

Land Park to weigh in on Curtis Park Village Project

Special commentary from the Land Park Community Association

See page 10

Darby Patterson on health and wellness

See page 16

COMMUNITY CALENDAR, PAGE 22 • KNOW YOUR NEIGHBOR, PAGE 4 • FACES AND PLACES, PAGE 6

Inside This Edition



Running with the 'Elks'

See page 4



Get your motor running

See page 8



Culture and Community Collide

Food and Cultural Bazaar draws hundreds to tasty event

See page 6

SPLASH INTO BIG SAVINGS AND CLEAN UP BIG!

DETAIL YOUR VEHICLE STARTING AT JUST ...

- Carpet Steam Cleaning...
- Interior Vinyl Cleaning...
- Leather or Cloth Seat Cleaning...
- MiST In-Car Air Quality Treatment...

\$49.99 for the first service, \$29.99 each additional service chosen.

\$49.99
Most Vehicles

BUDGET STRETCHER OFFERS

Available On-Line Anytime!

WWW.GEMAUTOWASH.COM/LPNEWS



Auto Wash

5150 Freepoint Blvd Sacramento (Freeport & Fruitridge) 916.451.6524 • www.gemautowash.com

Mon-Sat 8-5 • Sun 8-4

\$15.00 OFF

EXPRESS HAND WAX PACKAGE

(Just \$34.99 with this coupon)

Blue Coral Revite-It Hand Wax

Includes our Best Wash Free!

Full Service Inside/Out, Smart Soap Bath, Online Wheel Cleaning, Underbody Wash, Triple Foam Wax, Velocity Clear Coat Protectant, Rain-X All Surface Protection, up to 4 Mats Cleaned, Tires Dressed, Your Choice of Air Freshener.

Not good with other offers or discount programs.

Expires August 31, 09

D421

THE LAND PARK NEWS

WWW.VALCOMNEWS.COM

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

Vol. XVIII • No. 15
2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

The Land Park News is published on the second and fourth Thursdays of the month and delivered by mail and home delivery in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Ryan Rose
Production Manager..... John Ochoa
Graphic Artist..... Ryan Vuong
Advertising Executives..... Linda Pohl
Patty Colmer, Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

\$30 a year subscription



Turtlerama is Aug. 15

The Sacramento Turtle and Tortoise Club presents a Turtlerama on Saturday, August 15 at the Belle Coolegge Library (South Land Park and Fruitridge Road) from 11 a.m. until 4 p.m. The Turtlerama is an exhibit of live turtles and tortoises for the purpose of educating the public as to the care of these special creatures at home as well as how to preserve them in the wild. Admission is free. For more information, call (916) 421-1134.

Photo by Ryan Rose

B2000Spa

Open: 7 days a week, 10am to 10pm

Foot massage: \$25 / hr.
Body massage: \$50 / hr.

Summer special:

\$40 per hour
Body Massage
Special with this ad.

Cannot be combined with other offers/coupons. B2000 Spa reserves the right to cancel, change or amend this offer. Expires 08/26/09

4950 Freeport Blvd. • Sacramento, CA 95822 • (916) 457-1800

Verizon Wireless is Now in Midtown in the Safeway Shopping Center



advanced
wireless

Safeway Shopping Center (19th & S)
1804 19th St
Sacramento Ca 95814
916-447-2300



LG EnV Touch

The Ultimate Touch Phone Great for texting!

\$99.99

after mail-in rebate debit card

\$169.99 2-year retail price - \$50.00 Mail in Rebate debit card With new 2 year activation.



LG EnV3

\$79.99

after mail-in rebate debit card

\$129.99 2-year retail price - \$50.00 mail-in rebate debit card With new 2 year activation.

AMERICA'S LARGEST AND MOST RELIABLE WIRELESS NETWORK



826

Activation fee/line: \$35 (\$25 for secondary Family SharePlan lines w/2-yr Agmts). IMPORTANT CONSUMER INFORMATION: Subject to Customer Agmt, Calling Plan, rebate form & credit approval. Up to \$175 early termination fee & other charges. Device capabilities: Add'l charges & conditions apply. Offers & coverage, varying by service, not available everywhere. Network details & coverage maps at verizonwireless.com. While supplies last. Shipping charges may apply. Limited time offer. In CA: Sales tax based on full retail price of phone. Rebate debit card takes up to 6 wks & expires in 12 months. © 2009 Verizon Wireless.

43rd Year of Senior Care

Call to schedule a Complimentary Lunch and Personal Tour.

\$1000 OFF RENT
Valid for Independent Living

Expires 08/31/09

"A PLACE CALLED HOME"

Pioneer House

Senior Retirement Community

• Retirement Living • Assisted Living • Skilled Nursing
Activities Program, Dining Program, Transportation and More!

RCFE#340300522

415 P St. Sacramento
(916) 442-4906

www.pioneerhouseretirement.org

PARKSIDE



PHARMACY

COMPOUNDING & WELLNESS CENTER

Full Service
Pharmacy

Skin
Spa



Delivery

Beauty
Boutique

Family
Owned



Specialty
Compounding



Competitive
Pricing

Let Parkside Pharmacy take care of your health and beauty needs like no other pharmacy in Sacramento.

MENTION THIS AD FOR A
FREE PHARMACIST CONSULTATION
on Bio-identical Hormone
Replacement

NOW OPEN NEXT TO LA BOU
4404 Del Rio Rd, Sacramento, CA 95822
Phone 916.452.2200

health, beauty... LIFE.



Mom really does have quality of life at Regency Place. From quality services and care to the people she interacts with every day.

Life is good...

Regency Place is pet friendly

Regency Place Independent Living, Assisted Living and Respite (short-term) care invites you to make a fresh start this spring. Enjoy the comforts of home with extra services and amenities to make life easier.

Move in by August 31st, 2009 and get your first month free!*



REGENCY PLACE
Independent Living • Assisted Living

8190 Arroyo Vista Drive
Sacramento, CA 95823
(916) 681-7800

www.regencyplaceseniorliving.com
Lic# 347003589

*Offer limited and subject to change without notice. See Executive Director for details. Not inclusive of assisted living services. Applies to new residents only.



For all your advertising needs turn to the

LAND PARKnews

Call
429-9901



Sue Olson

601-8834 • 341-7849

www.sueolson.net

Department of Real Estate License# 00784986



Call for a Complimentary
Market Evaluation of Your Property
Or for Assistance in Purchasing a Home.



A REAL CUTIE

2 bedrooms, living room w/ fireplace, formal dining room, newer kitchen, inside laundry room, updated bath, central H&A, wisteria covered backyard patio, built-in pool and bonus game room at rear of garage. 2273 9th Avenue. \$469,000



FORDHAM WAY

3 bed 2 ba rancher w/ mid-century modern details. Open flr pln, hwd flrs in entry, din area, liv rm w/ frplc & undr carpets in bdrms. Dual pane, new HVAC, tankless water htr. Lrg kit w/ new tile cntrs. Garden frnt yrd, brick patio bkdy. 6525 Fordham Way. \$349,000.



LAND PARK

Land Park "doll house", two bedrooms, living room w/ fireplace, formal dining room w/ hutch, updated kitchen w/ eating area, central H&A, inside laundry room, built-in pool w/ covered patio, pretty backyard gardens, garage conversion w/ bedroom & bath. 1560 9th Avenue. \$512,000.



LAND PARK

"Carmel Cottage" Two bedrooms plus den in main house, "Artsy" kitchen with sunny corner sink, living room/dining room comb, sunroom attached to living room opens to backyard deck, bonus art studio or guest quarters with two rooms and full bath. 1950 7th Ave. \$545,000



PARKRIDGE ROAD

Spectacular open floor plan on a lovely park-like street. Four bedrooms, two remodeled bathrooms & updated kitchen w/ large island & family room. The home also has dark wood floors, living room w/ fireplace, built-ins & a large corner lot. 4701 Parkridge Road. \$725,000



LAND PARK

Land Park Dollhouse, european flair, two bedrooms, living room with fireplace, remodeled kitchen with high ceilings and skylight, updated bath, hardwood floors, french doors in both bedrooms and cute yard with deck. 1840 Markham Way. \$399,900

ORGANIC
FAIRLY TRADED
INDEPENDENTLY OWNED

2114 SUTTERVILLE RD
SACRAMENTO 95822
916 451-5151

UNIQUELY DELICIOUS
SPECIALTY ROASTED
LOCAL

**BUY ONE
GET ONE
FREE***

WITH THIS AD
OFFER VALID THROUGH
08/20/09

*ITEM OF EQUAL OR LESSER VALUE

\$4.99 Meal

Any 6" Classic Sandwich, 20oz Fountain Drink and a Bag of Chips
Limit 4 with coupon.

**NEW! DAILY SPECIALS
FOR ONLY \$3.99**

Expires 09/30/09

4421 Freeport Blvd.
(916) 452-6453
Fax: (916) 452-1848
www.Togos.com

©2009 Togo's Franchisor, LLC. All Rights Reserved.

'Exalted Ruler' and chaplain wife serve charity well

By **BENN HODAPP**
Pocket News Writer
vcnnews@valcomnews.com

Most everyone has heard about the Elks. The term "Elks Lodge" has become a part of the American lexicon. But how many of us

really know what goes on within The Benevolent and Protective Order of Elks? For starters, it is unlikely that you knew the aforementioned full title of the organization. The group has been parodied by the likes of "The Flintstones"

and "The Honeymooners," but the actual entity in itself has remained a mystery for many people.

Richard and Barbara Cherry would like to fill you in.

Richard is the Exalted Ruler of the Elks Lodge No. 6 in Sacramento. The moniker might strike you as odd, but it remains because of the group's rich tradition.

"We're not the stereotype some people think we are," Richard said.

So if the Elks aren't a bunch of people wearing silly hats who meet to go bowling once a week a la Jackie Gleason and Fred Flintstone, what are they?

"Basically we are a charitable organization," Richard said. "Our members be-



Photo courtesy
Richard is the Exalted Ruler of the Elks Lodge No. 6 in Sacramento. His wife Barbara is the lodge chaplain. The couple has lived in the area for 15 years.

come active in social events which is what allows us to raise money for our charitable work."

Barbara, Richard's wife and chaplain of the No. 6

See Elks, page 9



JIM JEFFERS

www.JJeffers.GoLyon.com
JJeffers@GoLyon.com

448-6225

DRE# 00768740



LYON
REAL ESTATE
www.GoLyon.com

BEAUTIFUL NEW LISTING

1259 Perkins Way. Beautifully remodeled 3 bedroom, 2 full bath home plus an office! Remodeled kitchen and bathrooms, new HVAC system and dual pane windows \$599,900



TUDOR IN LAND PARK

1132 7th Avenue. Over 2900 sq. ft. 4 bed 3 bath beautifully remodeled Tudor home on .17 acre lot! Gourmet kitchen from Architecture Digest w/ Viking Appliances, granite counters, custom cabinets. Spacious floor plan \$899,900

BEAUTIFUL LAND PARK TUDOR

1510 12th Avenue. Close to park. Over 2500 sq ft. 4 bedroom plus office with separate family room! First time on the market in 30 years! \$695,000



STUNNING HOME

4425 Marion Court. Single story home close to the Park! Gourmet kitchen with Stainless Viking Range, Dual Pane windows, remodeled kitchen and bathroom plus a new 50 yr comp roof! 2 or 3 bedrooms with big backyard. All the work is done for you! \$399,900



LAND PARK BUNGALOW

909 7th Avenue. Great California Bungalow on huge lot! 2 bedroom 1 bath with new electrical and plumbing! Hurry this won't last! \$299,900



Stephanie Baker

341-3875

www.CentralCityDigs.com
DRE# 01402254



Tasteful Tradition

3 bed, 2 bath home features elegant living space, updated kitchen, eating nook, hardwood floors, beautiful fireplace and 2 car garage. Partial basement offers space for office/playroom/wine storage..... CALL FOR MORE INFORMATION

TAYLORS KITCHEN

Now featuring our Summer Menu
created by Chef John Masia

Serving Dinner
Wednesday - Saturday 5 to 9:30

2924 Freeport Blvd., Sacramento, Ca 95818

916-443-5154

www.taylorsmarket.com

Elks: Sacramento's historic lodge has an estimated 750 members

Continued from page 8

lodge, listed some of the charities the Elks are involved with including youth scholarships, veterans, disabled children, ROTC programs, boy scouts and girl scouts and the Pocket-Greenhaven Friends of the Library.

But the journey the couple took to become part of the charity organization is pretty interesting in itself.

As the two talked glowingly of the Elks, finishing each other's sentences or cutting each other off as married couples often do, it is hard to imagine that a pair so in synch could have started out as adversaries.

Picture-perfect meeting

In 1973, when Richard and Barbara were both photographers (and strangers), the two were hired to photograph a wedding. The only problem is that no one bothered to tell each of them that there would be another photographer on site.

"I decided to give myself an advantage by constantly standing up just as Richard was about to take a picture, which gave him a lot of shots of the back of my head," Barbara smirked. "He asked me if I would stop ruining his shots if he offered to buy me dinner." So became the couple's first date.

Six years later the two were married in the Elks Lodge in Redding where Richard's father, Clay, was a member for 45 years. Richard joined the Elks 10 years ago because of a promise he made to his father. Clay passed away before he could see his son fulfill his promise, but Richard kept up his end regardless.

Barbara joined five years later because she was already heavily involved with the organization because of Richard. The couple has lived in the Pocket area for 15 years, not far from the lodge itself at 6446 Riverside Blvd. in Sacramento.

The organization is often misunderstood, which prompted Richard to set the record straight about some things.

"We are a very diversified group," he said. "We are non-sectarian and we do not align ourselves with any political party."

While the sign up process on the group's Web site (www.elks.org) states that in order to become a member you must "be a citizen of the United States over the age of 21 who believes in God," Richard quickly intervened to explain this situation. He pointed out that while they require new members to believe in God, the organization does not objectify God as any in particular. People of all races and religions are welcome.

Running with "Elks"

According to Richard, there are 2,300 lodges nation-wide with just under 1,000,000 members. Sacramento's No. 6 lodge came into existence in 1877, nine years after the organization's founding in 1868.

But it is not the history of the Elks that is the most important thing for people to know, but rather the public works that they do as far as the Cherrys are concerned.

"Right now our major project is working with disabled children," Barbara said.

There is a staff of 45 people currently working on the project, providing physical, occupational and speech therapy to places and people who don't have ready access to therapy.

The Elks also run a vision screening program for pre-school children. It has been responsible for helping with the early diagnosis of some children with optical cancer. On Fridays, the lodge in Sacramento allows recent breast cancer survivors to exercise in the lodge's pool. During this time, the pool is off limit to all lodge members to give the women privacy as they recover from their illness.

As for that antiquated name, "Exalted Ruler," it stems from the beginning of the Elks way back in 1868. "I just tell people that I am the current president," Richard said, conceding that the name can be a bit much for people to take in at first. Richard was voted into the position in April of this year and his term ends March 31, 2010. Barbara became the chaplain partially because as the first lady of the lodge she "has to be at every event anyway" as does the chaplain.

Of rulers and leaders

Jerry Landreth, former Exalted Ruler (just the second female to hold the position in the No. 6 lodge's history in 2005-06), lauded the two with praise.

"Richard is very hands on. He is there day and night working constantly," she said. "Barbara put together the lodge's Web site and is the webmaster. She does a great job."

The Elks raise money for their charity endeavors by collecting contributions from members as well as holding a weekly Sunday breakfast from

8:30-11 a.m. at the lodge. The breakfast is open to the public and the entry is \$8 for the enormous buffet-style spread. Sacramento's lodge has an estimated 750 members according to Richard and despite the certain criteria that the group has for entry, he said the best way to become a member is to "just ask."

With all the work the Elks do in the community, Jackie Gleason's funny hat seems a not-so-fitting depiction of the Elks and their importance to local communities.



Ginger - another satisfied client!

The Clip Shop

PET GROOMING

35 Years of Experience

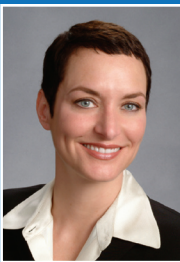
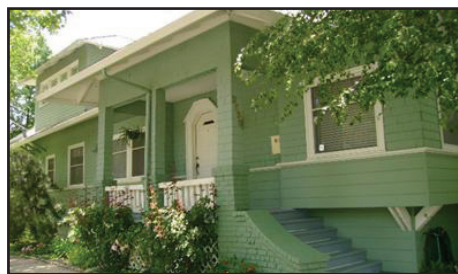
- All Breed Grooming
- Hand Scissoring
- Cats Welcome
- ONLY \$5 Nail Trimming

NEW LOCATION

3401 Freeport Blvd. @ 9th Ave. (Formerly on Riverside Blvd.)

447-0393

Turn-Of-The-Century Craftsman Cottage

Beautifully remodeled while retaining its original charm and details. Nearly 2100 sq ft with 3 or 4 bedrooms, 2 baths, hardwoods, formal dining room, granite and Italian porcelain in the kitchen, separate family room, master suite with walk-in closet, excellent storage, private yard and off-street parking. New sewer line, water line, and copper plumbing for peace of mind. Walk to the best restaurants from this great Midtown location.

2530 O Street \$535,000

Paloma Begin
628-8561
www.PalomaBegin.com
DRE# 01254423

COLDWELL BANKER

MASULLO

WOOD OVEN NEAPOLITAN PIZZA

1/2 OFF

ALL BOTTLES OF WINE ARE HALF OFF MONDAY AND TUESDAY NIGHTS.

WITH THIS AD MONDAY AND TUESDAY NIGHTS THROUGH JULY DINE IN ONLY, NOT VALID WITH ANY OTHER OFFERS

BEAT THE HEAT - TAKE OUT!



2711 RIVERSIDE BOULEVARD

916 443 8929

MASULLOPIZZA.COM

EASY PARKING
MONDAY THROUGH THURSDAY 5 TO 9
FRIDAY AND SATURDAY 5 TO 9:30

MASULLO

Relandscaping

By Capital Nursery

We Specialize in Renovating and Improving Existing Landscapes. — Fall Is a Perfect Season to Achieve This!

Landscape Services Include:

- ◆ Consultation
- ◆ Design and Installation
- ◆ Planting
- ◆ Sprinkler Installation and/or Repair

No Job Is Too Small!

Capital Nursery Landscape Division
4700 Freeport Blvd. Sacramento, CA 95822
(916) 455-2601 Exts. 228 & 232





Ca. Contractors Licence # 98919

Japanese bazaar draws thousands from the community, beyond

By LANCE ARMSTRONG
Land Park News Writer
vcnnews@valcomnews.com

A popular Land Park tradition continued last weekend when more than 40,000 people arrived at the Sacramento Buddhist Church and grounds to celebrate the church's 63rd annual Japanese Food and Cultural Bazaar.

Held each year at 2401 Riverside Blvd., near Broadway, the two-day event has grown throughout the years, as it continues to welcome both old and new guests.

The Japanese celebration had a modest beginning back in 1947, as it originally served the purpose of uniting local Japanese.

But expanding from more than a food and social event to include Japanese exhib-

its, flower arranging and entertainment, the event gained a more widespread interest.

Sacramento resident Bill Hatano, 78, remembers some of the earliest years of the event.

Pointing in the distance at the event, Hatano said, "They had barbecue pits right over there and they used to put up blocks and put screens over them and that's how they'd cook their chickens. (The event) was just so small back then. It was mostly (attended by) Japanese, but now it's a lot different. I was probably in my late 20s when I started coming out here (volunteering for the church) cooking chickens at first and then I was in the hot dog and ch-

ildog booth and I was in charge of that at one time. It gets pretty hot out here sometimes, but (overall), it's nice that they have kept the event going for so many years."

Today, the bazaar includes many food booths and a full schedule of entertainment.

Sights and sounds

Among the entertainment of the weekend were performances by Sakura Minyo Do Ko Kai (Japanese Folk Song and Dance Society), a koto solo, a shamisen instrument concert, Japanese classical dance by students of Senkinoh Nishikawa and a performance by Sacramento Taiko Dan, a Japanese drumming ensemble that recently celebrated its 20th an-



Land Park News Photo/Lance Armstrong
Members of Sakura Minyo Do Ko Kai (Japanese Folk Song and Dance Society) perform at the 63rd annual Sacramento Buddhist Church Bazaar last weekend.

niversary at the Sacramento Community Center.

Arden Arcade area resident Levi Saelva said that he enjoys participating as a member of Sacramento Taiko Dan, which was formed in Sacramento in 1989 by Sacramentan Tiffany Tam- aribuchi.

"I actually started playing in the group when I was 6 years old and I remember playing here (at the bazaar) when I was a kid," Saelva said. "This is a nonprofit group and all (adult performers) have day jobs and they just do this for fun. We really enjoy performing here at (the bazaar)."

Toshiye Kawamura, a third generation Japanese-American who led, as well as performed in, the Sakura Minyo Do Ko Kai performance on Sunday, said that she worked with the group to add an unusual number to this year's performance.

"We started off (dancing to) Michael Jackson's (song) 'Billie Jean' and then followed it up with a 600-year-old Japanese dance and then a dance with (colorful) fans," Kawamura said. "We just wanted to do something different and catch people's attention right at the beginning and I think that we did that. We (presented) a bit of something for everybody."

Communing cultures

Sacramento resident John Knowles, a 1953 graduate of McClatchy High School,

who attended the weekend's event with his wife Della and son, Joe, said that his family has been enjoying the bazaar for many years.

"We've been coming out here since the Sixties," John Knowles said. "I love the food and just spending time out here."

Joe Knowles, who graduated from McClatchy High in 1978, said that he remembers seeing the "big bingo" games for large prizes at the event.

"They had the big bingo, where you could play for big time (prizes), like television sets and the big cabinet - one (side) with the stereo and one with the (record player). But they stopped doing that in the 1970s sometime," Joe Knowles said.

Joe Knowles added that he also has an early memory of seeing a Japanese man painting Japanese characters on strips of paper, which could be hung on walls, for his family and others.

"(The artist) wrote something like 'Tom (Knowles and) Joe, no fighting' and (to his parents) Mom, Dad, long, happy marriage. I've actually still got mine."

One of the most entertaining aspects of the bazaar, Joe Knowles said, is visiting with many longtime friends at the event.

"I told friends just today that I don't have to go to my high school reunion, because

See Bazaar, page 7

SAVING THE WORLD
One luncheon at a time...
Join Us!
Local & Global Focus
Helping women & girls
Soroptimist International
thetruelsens@comcast.net
www.soroptimist.org

Is Back Pain Controlling Your Life? Suffering From Whiplash?
ELITE CHIROPRACTIC - WE CARE!

Effective for:
Whiplash injuries (Car Accidents)
Sudden Back Pain
Long-Term Back Pain
Sports injury expert
Headaches

Call today for your **FREE consultation!**

ELITE CHIROPRACTIC
451-7655
4611 Freeport Blvd

Chiropractic Costs Less!

www.drilie.com

SOLD by Wendi

1129 25TH AVE SOUTH LAND PARK PENDING \$299,000

2808 MARTY WAY LAND PARK SOLD \$360,000

2733 4TH AVE CURTIS PARK SOLD \$380,000

1200 57TH STREET EAST SACRAMENTO PENDING \$450,000

1200 43RD STREET EAST SACRAMENTO SOLD \$1,000,000

811 BELL AIR LITTLE POCKET \$359,900
Georgous Little Pocket home w/ 3 bedrooms & 2 baths, remodeled kitchen & baths, living room & family room w/ 2 fireplaces, dual pane windows, newer central heat & air & roof, & landscaped .19 acre yard for entertaining or a pool. Located on a quiet street in a beautiful, established neighborhood.

2327 SWARTHMORE DR. CAMPUS COMMONS \$334,000
3 bedroom 2.5 bath condo located in Campus Commons featuring a remodeled gourmet kitchen w/ newer appliances, granite counters & travertine floors. The baths have been remodeled w/ granite & travertine, bedrooms have wood floors & there are dual pane windows. There's a 2 car garage & a charming patio for entertaining. This community features a beautiful clubhouse, lushly landscaped common areas, miles of paved walkways, swimming pools, tennis courts, fitness rooms & access to the American River Parkway/CSUS.

Wendi REINL 916.206.8709 WendiReinl.com

Bazaar: 'We come here every year. We never miss it'

Continued from page 6

I just come here and I see everybody," Joe Knowles said. "I see some people here who I haven't seen in years."

Land Park resident Howard Lock has made it his own tradition to come to the event each year.

"I've been coming here for awhile, I'd say 15 years," Lock said. "I come here for the great food and the entertainment. Everything about (the event) is great, but my favorite is the Taiko drums. I like the sound, the beat. The (bazaar) is the best and it's a good time to be had by all."

An event like no other

Unlike its earlier years, the event draws many people from outside Sacramento.

One example is Kathy Zelnik, who has been coming to the event with her boyfriend Raymond Padilla and her two daughters for about 15 years.

"We come here every year. We never miss it," Zelnik said. "I like the food. It's the main reason I come out here. We pretty much always

get the same food – the teriyaki chicken and of course, the beers. It was fun when the kids were little and they were playing the games, but now we just hang out here (enjoying) a Sunday afternoon."

Zelnik's 14-year-old daughter, Elaina, added that she also likes the food, as well as learning about Japanese culture.

Of course there are always the newcomers to the event, like Land Park resident Diana Garcia.

"This is my first time at the event," Garcia said. "I saw the crowds and I thought I'd check (the event) out. I was happy to see all the food, especially the sushi. They had a good combination of sashimi."

Koichi Mizushima, who owns the popular Kamon

Restaurant on 16th Street, just north of Broadway, co-chaired the event's indoor and outdoor sushi booths with Sacramento Buddhist Church Minister Assistants Tim and Carol Castle.

Mizushima said that like many parts of the bazaar, preparing and operating the sushi booths was no small task.

"The morning crews came here at 7 a.m. and we sold 1,400 boxes of sushi per day," Mizushima said.

But selling product was not the most important part of the event, Mizushima said.

"This is much more than a fundraiser," Mizushima said. "The most important element of the event is people coming together and enjoying the camaraderie and spirit of the community."



Land Park News Photo/Lance Armstrong

Beverage vendors (left to right) Felix Wada, Jerry Fujimoto and Brent Ishida were among the many volunteers of the event.

DORIS BOSTICK

LAW OFFICE

PROMPT, PERSONAL SERVICE

Bankruptcy

(916) 424-3084

Start fresh, and retain most of your assets!

- Creditor harassment
- Lawsuits
- Wage Garnishments

We represent individuals in Chapter 7 Bankruptcy proceedings from start to finish.

Free half-hour Consultation • Debt Relief Agency



SUPPORT YOUR LOCAL "Gifted Geek"! (916) 447-4441

NETWORK/SYSTEMS ADMINISTRATOR • SECURITY/BACK-UP/RECOVERY

REAL TIME TECH SUPPORT 24/7 • SPEAKS ENGLISH

Gloria Dei LUTHERAN SCHOOL

www.gloriadeilutheranschool.org

- Small Classes one teacher to 15 students (1:15)
- Experienced teachers
- Safe and Nurturing Environment
- Rosetta Stone Spanish (Grades 6-8)
- Music Program (band, strings and choir)
- After School Sports Program and Daycare
- 54 years of program excellence
- Reasonable Tuition
- Church sponsored youth activities and events



Now Enrolling

- Registration Monday-Friday, 9am - 3pm
- Space available in all grades
- Infants - 8th grade

4910 Lemon Hill Avenue | Sacramento, CA 95824
(916) 428-1127

0 to 60 in just over 22 years

Story of California Auto Museum on DVD

By LANCE ARMSTRONG
Land Park News Writer
vcnnews@valcomnews.com

The California Automobile Museum – formerly the Towe Auto Museum – has a grand story that has for a long time been widely considered worth preserving. And through the work of some of those associated with the museum, much of that story was recently gathered for current and future generations to enjoy.

The result of this work was presented at the museum on Aug. 6, as a 30-minute video documentary about the museum was shown in a large

group setting for the first time.

But creating the video was a much more detailed task than one might imagine upon hearing that the length of the video was no longer than the average length of a television sitcom.

Filmed and edited by former KOVR Channel 13 photographer, John Iander, the video features 19 early members of the California Vehicle Foundation – the nonprofit organization that operates the museum.

These members dedicated their time to share their stories of the museum's past.

To understand the magnitude of the project, one must



Land Park News Photo/Lance Armstrong

Members of the film cast gather together following the film's May 6 showing at the California Automobile Museum. They are, back row, left to right: Bill Millard, Bev Davis, Rich Alonzo, Merle Neel, Chuck Peterson, Ernie Hartley and front row, left to right: Burl Waits, Dick Ryder, Guy Weybright and Margie Weybright.

Pre-Arrangements Available Since 1903

Harry A. Nauman & Son Funeral Directors
4041 Freepoint Blvd. • Sacramento • CA 95822 • (916) 452-6157
Found in the phone book under "Harry A. Nauman & Son Funeral Directors." Dignity

be presented with additional information, beyond the mere fact that the museum is presenting its story in a short DVD presentation.

Behind the scenes, 12 hours of raw footage was recorded and Iander then dedicat-

ed much time to editing the film.

An example of Iander's commitment to the video was apparent on the night of its presentation, when Iander said that he had been awake until 3 a.m., wondering if he

had spelled all the names in the video's credits correctly.

Although the video was presented in a group setting at the museum, some additional work remains, as the

See Auto Museum, page 9

Merrill Gardens – Where the Living is Easy

Life at Merrill Gardens is filled with friends, activities and a real sense of community. So go on, focus on the things you love in life, and we'll take care of the rest.

- Anytime Dining
- 24-Hour Staff
- Weekly Housekeeping
- A Variety of Activities
- 60-Day Guarantee*



MERRILL GARDENS

AT GREENHAVEN

A one of a kind retirement community

(916) 427-1133

6350 Riverside Boulevard • Sacramento, CA 95831

www.merrillgardens.com

*Call for details.

License #347001396



RETIREMENT & ASSISTED LIVING

Bellie Fit
The Ultimate Guide for a Fit Pregnancy and Fabulous Recovery
BASICS
by Monique Hollowell
Personal Trainer, BS, CPT

LOCAL AUTHOR BOOK SIGNING WITH YOUR GREENHAVEN/POCKET FITNESS EXPERT

WHERE: The Culture Collection
6391 Riverside Blvd., 95831

WHEN: Saturday, August 22, 11am - 2pm

Free workout kit w/ the purchase of a hardcover book!
For more information, go to www.fitforlafemme.com

Auto Museum: Dedication to education, entertainment

Continued from page 8

video will undergo a few minor alterations before it is produced in a large quantity of DVDs and made available to the public to purchase at the museum store by the end of this month.

Although the video certainly tells the story of the 22-year-old, 71,000-square-foot museum – at least in a condensed version – there was one other story to be told on the night of the video presentation – the story of how the video originated.

Ken Jordan, the museum's docent council chair, stood before the group of about 45 people, of which several appeared in the film, and told this other story.

"Last January, on the first night of the docent training course that Bill Millard puts on, each of us were given a few minutes to tell the new students a little bit about what we do," Jordan said. "(Long-time CVF member) Dick Ryder talked about the (foundation). After he finished his 3- or 4-minute, little talk, I said to Dick in the back room, 'That's not enough time to tell the story of the California Vehicle Foundation.

"My idea is that we would sit down all of the individuals that (Ryder) could locate from (the foundation's past) and I'd get a video camera and we'd sit down and interview them."

Ryder liked the idea, so during the following month's meeting, Jordan presented the suggestion of filming such a video.

Although all 16 CVF board members were interested in the idea, it was agreed upon during the meeting that the video should be professionally produced.

The museum's Executive Director Karen McClaffin suggested that Jordan speak to Iander regarding the possibility of filming the documentary video.

Following through with this suggestion, Jordan contacted Iander, a longtime supporter of the museum.

"I contacted (Iander about the project) on March 17 and he agreed to get involved," Jordan said. "It was a very small task. We were going to create a 12-minute video."

The project resulted in a much larger project, as the initial five people interviewed expanded to the 19 people interviewed on the video, including Edward Towe, the man whose name was originally associated with the museum.

The museum first opened as the Towe Ford Museum on May 1, 1987 and displayed Towe's personal collection of nearly every Ford model ever created, from the pre-Model T models to the Pinto.

In addition to Towe, John Joyce, who was the first person to donate a vehicle to the foundation, also shared his memories about the museum and his donated 1938 Buick sedan.

Also featured in the video are interviews with McClaffin, Millard, Ryder, Rich Alonzo, Bev Davis, Ernie Hartley, Truitt Loftin, Merle Neel, Chuck Peterson, Jan Quesenberry, Ken Shrewsbury, Don Snider, (Towe's daughter) Kristy Hartley-Updegraff, Burl Waits, Milt Webb and Guy and Margie Weybright.

Jordan said that despite the many hours spent creating the video, the project could have been much more extensive.

"We were (originally) going to (interview) five or six people, but the more we talked about it, the more involved we got," Jordan said. "I got comments from Kristy and Bill and others, saying we should interview these people and these people. It turned out we had 62 names that we probably should have interviewed and we just couldn't do that to make either a program or a 30-minute video."

But nonetheless, those who were directly involved with the project helped create a presentation that for a large part preserves the story of the museum, which is dedicated to its mission to "educate and entertain, while preserving and promoting the automobile and its influence in our lives."

For additional information about this video and the museum, call (916) 442-6802 or visit the Web site www.calautomuseum.org.



Land Park News Photo/Lance Armstrong
This 1933 Lincoln KB, which was once owned by Bank of America founder A.P. Giannini, is one of the museum's most popular attractions.

Angel's Nest

CHILD DEVELOPMENT CENTER

- FULL AND HALF DAY PROGRAMS BETWEEN 7AM-6PM
- SERVING AGES 2-5 IN A FAITH-BASED SETTING WITH EMERGENT CURRICULUM!



NOW ENROLLING!

GREENHAVEN LUTHERAN CHURCH • 475 FLORIN ROAD • (916) 428-4651
VISIT OUR WEBSITE FOR MORE INFO! WWW.ANGELSNESTCDC.COM

WWW.VALCOMNEWS.COM

Tired of a slow computer that doesn't work the way it used to?

Call the "Gifted Geek" – your Land Park neighbor (916) 447-4441

Home/Business • Desktop Certified • Wizardry • Computer Design • Affordable & Accessible • Exorcisms • Real Time Tech Support 24/7





Need Quality Auto Care? CALL NOW!



YEE's auto tech

3073 Freepoint Blvd.
Across from McClatchy High School
(916) 442-8340

www.yeesautotech.net

Hours: Mon-Fri, 8am - 5pm

- Your Friendly Auto Care Pros
- Free ride to work (5-mile radius)
- Most factory scheduled services
- We service hybrids



From left: Wes, Ted, and Henry

Auto Care Special

- Oil & filter change (up to 5 qts.)
- Tire rotation and chassis lube
- 41-point auto care inspection
- New car warranty approved

\$29.09

most cars

SAVE \$45!

Tax and Environmental fee additional
With This Ad. Not valid with other offers. Expires 08/31/09

Land Park to weigh in on Curtis Park Village Project

By **CRAIG POWELL**
 Land Park Community Association
 Special to The Land Park News

The developer has laid his plans on the table. The environmental reports have been prepared. The Curtis Park neighborhood, following 20 years of study and review, has staked out its position. Now it is Land Park's turn.

On Wednesday evening, August 19, the Board of the Land Park Community Association will debate and adopt a community position on the "Curtis Park Village," a project that would transform the old Western Pacific railyard situated between Land Park and Curtis Park into essentially a new neighborhood bridging the two older ones.

The project has generated a tremendous amount of interest and no small amount of controversy as it heads for official hearings in the coming weeks and months before the planning commission and the Sacramento City Council. Its 72-acre size alone accounts for much of the attention, mak-

ing it the second largest "infill" project in the city after the Downtown Rail-yards project. Pretrovich Development Co., the developer of Curtis Park Vil-lage, is proposing 260,000 square feet of commercial/retail space, 178 sin-gle-family residences, 80 multi-fami-ly senior housing units and 212 other multi-family units, mostly apartments, as well as an 8.7-acre park.

The Sierra Curtis Neighborhood As-sociation, while supporting the general thrust of the project, has expressed deep concern with several aspects of the pro-posal. It argues that the 260,000 square feet of commercial/retail space should be reduced to no more than 125,000 square feet to avoid drawing excessive traffic to what might become a region-al shopping destination, rather than a shopping district focusing primarily on serving nearby residents. SCNA is also concerned that the project, as current-ly configured, could have more of a car or suburban-orientation, making it in-consistent with the older, varied archi-

tectural styles of the Curtis and Land Park neighborhoods.

SCNA has also expressed concerns over whether the remaining toxic con-taminants in the soil, a legacy of de-cades of use as a railroad repair facili-ty, are being adequately addressed and safeguarded under the developer's pro-posal to bury remaining contaminants under the proposed park.

Finally, Curtis Park neighbors feel that more should be done to increase hous-ing density around the two light rail sta-tions on the west and north borders of the project to make it a more energy and climate-friendly use of the land.

The Land Park Community Associ-ation's Land Use Committee held two public meetings in June to give its mem-bers a chance to learn more about the project and to express their views on it. LPCA Land Use Committee Chair Jon Jensen is expected to submit a position letter on the project to the LPCA Board for its consideration at the August 19 Board meeting.

Jensen said, "My position letter is in-tended to be a starting point for discus-sion and deliberation by the Board. It is my attempt to distill the views of a ma-jority of members on our committee."

Jensen was quick to point out "there are a range of viewpoints on our com-mittee and, I would imagine, on our Board on this issue." He added, "the Au-gust 19 Board meeting is the best op-portunity for our members to make sure their viewpoints are heard on this major project and we encourage them to come."

Asked for a preview of his position letter, Jensen said, "The project is an important one for our neighborhood and for Sacramento. We applaud both the developer for listening to the com-munity and Curtis Park for their ad-mirable diligence in monitoring this project. There are concerns, however, with the potential dual impact of such a large amount of commercial/retail

See LPCA, page 27

Senior Services *and* Resources

Call Melissa (916) 429-9901

<p>A RETIREMENT COMMUNITY</p>  <p>MERRILL GARDENS AT GREENHAVEN <i>A one of a kind retirement community</i> (916) 427-1133 Spacious One Bedrooms Full Kitchens and Patios Starting at \$1,395 Equal Housing Opportunity Lic# 347001396</p>	<p>ASSISTED LIVING/MEMORY CARE</p> <p>Aegis of Carmichael 4050 Walnut Avenue Carmichael, CA 95608 <i>We're the people who make life better.</i> Lic #347001686 (916) 972-1313 www.aegisliving.com</p>	<p>DOCUMENT PREP SERVICES</p> <p>LIVING TRUST/LIVING WILL Legal Document Prep Services:</p> <ul style="list-style-type: none"> • Trust • Will • Powers of Attorney • Residential Deed <p>SENIOR SPECIAL Couples \$495 Singles \$450 Lynda K. Knight (916) 214-1215 641 Fulton Ave. #100, Sacto 95825</p>	<p>HELP AT HOME</p> <p>HELP AT HOME Senior Care Caring, In-Home Assistance & Companionship</p> <ul style="list-style-type: none"> • Light housekeeping • Meal preparation • Med reminders • Errands • Dementia care • Bathing & Much More <p>For no-cost/in-home assessment, call 877- 404-6636</p>	<p>HOME SAFETY</p> <p>California Energy Service</p>  <ul style="list-style-type: none"> • Safety Tub • Handicap bars & ramps <p>Senior Discounts Financing Available</p> <p>Bill Hill (916) 804-2243 Since 1978 Lic# 365598</p>
<p>LOVING COMPANIONS</p>  <p>Loving Companions Senior Services <i>A Proud Member of The Senior's Choice</i> "Assisted living" in the privacy & comfort of your home Affordable rates, 1-24 hours/day Certified Care (916) 509-7125</p>	<p>REBUILDING TOGETHER</p>  <p>(916)455-1880 Safe at Home Fall Prevention Program Sacramento.org <i>Vision: All homeowners in our community live in a safe, healthy & efficient home.</i></p> <ul style="list-style-type: none"> • Grab bars • Hand rails • Night lights • Smoke detectors • Shower stools • Fabrication of outdoor railings <p>Call to schedule a safety assessment of your home! FREE or for-a-fee depending on eligibility www.rebuildingtogethersacramento.org</p>	<p>SPECIAL ALZHEIMER'S LIVING</p>  <p>Primrose <i>Special Alzheimer's Living</i> Day Club, Respite, Residential, Support Groups & Educational Classes cas@primrosealz.com www.primrosealz.com (916) 392-3510 7707 Rush River Dr. Sacto, CA 95831</p>	<p>Transition/Relocation</p>  <p>Compassionate Relocations A Senior Transition Company SENIOR RELOCATION AND TRANSITION SERVICES <i>Serving all of Northern California</i> 916-966-8745 compassionaterelocations.com</p>	<p>WOODS RETREAT</p> <p>Woods Retreat</p> <p>Residential Care Facility for the Elderly now accepting applications for residents. Let us care for your loved ones.</p> <p>State Lic #340306720 Owner-operated (916) 421-5845</p>

YOUR SERVICES ARE NEEDED

CALL Melissa TODAY TO PLACE YOUR AD

(916) 429-9901

BEST BLOODY MARY IN TOWN!

paesanos

PRONTO

NOW SERVING BREAKFAST

SATURDAY & SUNDAYS 9AM TO 2PM

JOIN US AND RECEIVE A

2 FOR 1 BREAKFAST

Must present this coupon. Not valid with other offers. Buy one entree and receive a second entree of equal or lesser value. Good through July 26th

CHECK OUT OUR MENU ON OUR WEBSITE
WWW.PRONTOGO.COM

CORNER OF 16TH & O STREETS

Italian Benedict

Two poached eggs served over Prosciutto and marinated tomatoes on an English muffin and topped with house made hollandaise sauce. Served with house potatoes.

Amaretti Toast

Cinnamon raisin bread soaked in amaretto and cream, topped with amaretto cookie crumbles, powdered sugar. Served with butter and warm maple syrup.

Chile Rellena Omelet

Whole roasted Pasilla chile filled with melted cheddar cheese wrapped in an omelet and topped with our house made red chile sauce, sour cream and avocado. Served with house potatoes and toast.

Chorizo Hash

Potatoes, pasilla chilies, red peppers, onions and garlic cooked with spicy chorizo sausage. Served any style and...

The Merchants National Bank



of Sacramento

- Relationship Banking Since 1921 -

***Rock Solid YESTERDAY, Rock Solid TODAY
& Rock Solid TOMORROW***

Are you seeking a safe haven for your money in these tumultuous financial times? Then it's important to have a bank with a solid financial foundation. That's where Merchants National Bank comes in. Merchants National Bank has served Sacramento since 1921 and continues to uphold the standards of service, stability and values that have made it one of the safest banks in the nation. Merchants National Bank was rock solid yesterday and continues to be today. Member FDIC, Equal Housing Lender.

Call or Visit us today FOR ALL YOUR BANKING NEEDS

1015 7th Street • Sacramento, CA 95814

916.442.3883

www.merchantsnational.com

Bauer Financial
5 Star Rating



Member
FDIC
1090-C



Loans subject to
credit approval.



Veribanc Inc. Blue Ribbon Bank

SAFE, SECURE and STABLE

Answering your questions on local law enforcement

By OFFICER MICHELLE LAZARK
Sacramento Police Department
Special to The Land Park News

Editor's note: Ask Officer Michelle your question by emailing her at mlazark@pd.cityofsacramento.org or visit her online blog at http://blog.sacpd.org.

time to get burned before you become hyper-vigilant.

What you need to do is, if you live in the city, is to file an online information report with us. Explain what happened and the last time you used the card before it was compromised. Give

as much detail as you can remember. You will be given a case number that you can use when you contact outside agencies and banks. You would then have to contact the jurisdiction where your card was used. I spoke to the investigators with

our Financial Crimes Division. They receive reports from out-of-state agencies for similar reasons quite frequently.

Cancel your credit card – which you probably already have. You also need to check your credit with the three na-

tional credit companies, Experian, Equifax, and Trans Union. I was reprimanded by the Financial Crimes Sergeant for not doing this myself every six months. You may be surprised what is on your report! Good luck!

Officer Michelle

Fighting identity theft

I have had my debit card information (not the actual card itself) stolen and used fraudulently out of state twice in less than two months. Most recently, on Saturday.

I've heard that waiters at restaurants, when running someone's debit/credit card, will lift the card data and sell the information, is this common in Sacramento?

Posted by PoliticsAsUsual

Dear PoliticsAsUsual,

What a nuisance! I have heard about the method whereby waiters lift credit card data and sell it. The main factor is proof. It is suggested that you watch the waiter do the transaction with your card. It only takes one

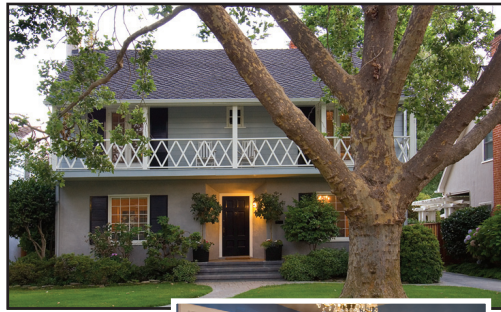
Beautifully Renovated



Some kind of wonderful! Incredible family home with 3 bedrooms, office, den, sitting area and loads of storage. Coffee on the patio - jogging or tennis in the park - minutes to downtown. Who could ask for anything more?!

2541 7th Avenue \$649,900

Character & Charm



This quality built (1939) home located on a tree canopied lane, within walking distance to Vics Ice Cream Parlor, has 3 bedrooms, 2.5 baths, beautiful hardwood floors, spacious rooms, front and rear balconies, deep backyard, and so much more!

1426 Teneighth Way \$725,000



Sheila Van Noy

Personalized Service
With you in mind

446-5757

DRE# 00924678

green
NAR's Green Designation

Windermere
Dunnigan Realtors



We're So Much More Than Child Care.

The 4th "R" Program believes in a philosophy that stresses positive self-esteem, in addition to respecting cultural, gender and developmental diversity while promoting fun and learning. Our child-centered, age appropriate program meets the individual needs of children and integrates activities vital to positive emotional, physical, and intellectual development.

Monday-Friday
7:00am - 6:00pm
12 months a year



Visit www.4thRchildcare.com or Call 808-6012 for more information

Big Spoon Yogurt 

NEW TO YOUR COMMUNITY

OPEN 11AM-11PM
7 DAYS A WEEK



75 TOPPINGS!
6 YOGURT FLAVORS!

BUY ONE YOGURT GET ONE FREE

One coupon per person. Not redeemable for cash. May not be combined with any other offer. Good for one yogurt of equal or lesser value. Valid only at Land Park.

Land Park • 4001 Freeport Blvd. • 916-454-4655

www.bigspoonyogurt.com



“Sign” Language

For over 35 years



www.cookrealty.net



5609 SURF WAY • \$404,900
ORIANNA RODRIGUEZ • 919-1282

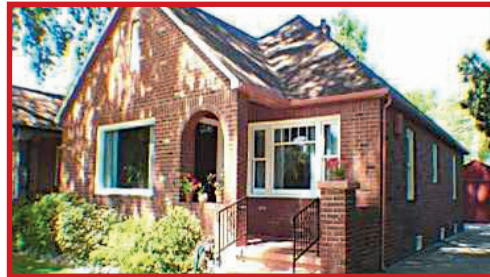


1681 PARKRIDGE ROAD...\$749,999
VICKIE HULBERT • 444-9973

See all our listings at www.cookrealty.net



2206 24TH STREET
Charming craftsman bungalow with shingle siding, 50 yr roof. Landscaped & irrigated front & backyards. Restaurants True refrigerator, stainless sink & counter, quality venting, large pantry. Walk to light rail and midtown restaurants. \$359,000
DAVID NAKASHIMA 451-9023



2680 16TH STREET
Classic Brick Tudor in one family over 58 yrs. Retro kitchen tall custom cabinets, tile counters, deep shelves 4 cook books, etc in breakfast nook area. Hardwood floors under carpeted areas. \$415,000
VICKIE HULBERT • 444-9973



2129 MURIETA WAY
Great location! Cute home with updated kitchen and bath. Beautiful wood floors. Newer extra long driveway leading to good sized 2 car garage. Pretty back yard.. \$310,000
ATCHAN VEN PELT 813-5919



2990 27TH STREET
Adorable Curtis Park bungalow with wood floors, built-ins, central heat and air, one car garage, private patio and beautifully landscaped yard. \$349,950
LARRY EASTERLING • 849-9431

FORECLOSURE OPPORTUNITIES:

- 3368 Call Lily Way , 95833, 3 bdrm , \$229,000
- 6345 Fruitridge Road, 95820, 4 bdrm, \$159,900
- 8445 Felton Crest Way, Elk Grove, 4 Bdrm, \$249,000
- 2283 Oakmont Way, Duplex, 95815, \$103,900

Please call Cook Realty for more Information
(916) 451-6702



“...FOR FINE OLDER HOMES AND
QUALITY NEWER HOMES”

REAL ESTATE SCHOOL

- ★ LOW INTRODUCTORY COST
 - ★ START ANYTIME
 - ★ LIVE CLASSES
- Call: Bob Shipley • 451-6702**

PROPERTY MANAGEMENT

- ★ MONTHLY CASH FLOW
 - ★ TENANT SCREENING
 - ★ MAINTENANCE
- Call: Brittany Naucke • 457-4907**

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702

ALLIED DOORS

"Straight & True"

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



STILL DOING
BUSINESS IN
OUR COMMUNITY
40 YEARS
STRONG! COME
SEE OUR NEW
SHOWROOM.

MENTION THIS
AD FOR A 10%
DISCOUNT

6550 BELLEAU WOOD LANE • SACRAMENTO, CA 95822
916-421-3090 • WWW.NCSALLIEDDOORS.COM

The second half of life

Get real: Looking ahead to healthy longevity

By DARBY PATTERSON
Land Park News Columnist
vcnnews@valcomnews.com

Having had the opportunity to attend the excellent Mini Medical School at the UC Davis School of Medicine, and serving on Sacramento's Adult and aging Commission, quite naturally, encourage me to focus on the issues of health, longevity and aging. While many baby boomers, such as myself, feel like 35 year-olds encased in the body of a 60-year-old, the mere passage of time brings changes, challenges and – believe it or not – opportunities.

Today, when the average life span for a woman born in 2009 is 79 years and about 72 for men, even 40-somethings are considering how to prepare for active longer lives. It's true that this may not happen if we don't consciously look forward and adapt our behaviors accordingly. This might be particularly true for men who, as you see, statistically live shorter lives than women. It's not that women are superior to men, (although I once believed that back in the 70s) but that we manage our health differently and "engage in less risky behaviors" – such as lounging on the couch and watching sports, smoking, driving sans seat belts and other activities. There are also certain hormonal differences that contribute to a male's shorter lifespan. But, hey, consider that an American born in 1776 had a life expectancy of 36 years. We've come a long way.

In this column, I'll be talking about the word few people want to hear, "exercise." How much is enough? I'll review medical advice about the healthiest diets, how to maintain strength and flexibility, and generally how make the most of the second half of life. It's common to hear that today's 70 is yesterday's 50, and with medical research revealing new secrets about aging, we might be able to prove that hypothesis.

Consider that, in 1950 there were 3,000 centenarians in the U.S. Today that number has risen to an estimated 55,000. By 2050, experts anticipate there will be 1 million centenarians. I'll have to take that on faith because, realistically, I won't be one of them.

Abundant resources are available to guide us through healthy and positive aging. Information, however, seldom comes knocking on our doors. It's incumbent on each of us to search out opportunities to get the facts about nutrition, exercise, attitude and social networks that support healthy aging.

Taking personal responsibility for our journey into greater maturity creates new opportunities to exert control over our lives. We don't have to become frail or depressed. We don't need to feel unattractive or too old to enjoy activities. Research already shows that the stereotype of aging doesn't stand up to reality. But, ultimately, it's up to each of us to make the decision to join the new era of people consciously aging well.

Next week, let's talk about the "e" word, exercise.

Editor's Note: It is with great pleasure on behalf of the editorial staff that The Land Park News will host Darby Patterson, a longtime local journalist. A new regular feature for the paper, Darby's columns on health and wellness will appear in the first issue of the month.

A Specialized Senior Day Club Program



*Your family member will enjoy
singing songs, making new friends
and going for long walks on our 3
acre park like campus.*

Call Today! 392-3510

 **Primrose**
Special Alzheimer's Living

www.PrimroseAlz.com

Lic# 347001338; 347001342

Day, Club, Respite, Residential & Educational Services



Meg Heede
803-1628

RE/MAX Gold

Meg@MegHeede.com
www.MegHeede.com



Highwater Bungalow

2 story with 4 beds, 2 baths and bonus room! Many updates, hardwood floors, updated kitchen and large lot!

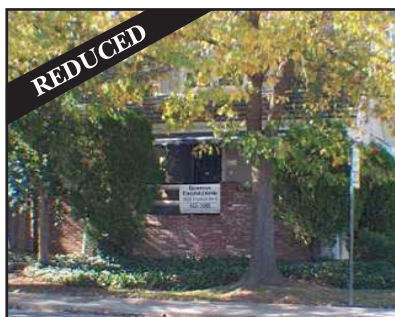
2665 Portola Way
\$449,900



Beautiful Curtis Park

3 bed, 3 bath 2 story with office and big family room on a quiet street. New kitchen and breakfast room a delight.

2725 11th Avenue
\$649,900



Curtis Park Office Opportunity

Zoned C2, this 2 story has been engineer offices, 25 yrs. 2 baths, kitchen and great office space! Call Me!

3000 Franklin Blvd.
\$379,000



Land Park

You need to get inside this 3 bed, 1.5 bath home with new kitchen and spacious rooms. Big living room too!

1341 Burnett Way
\$389,900

Open House Shabbat at Congregation B'nai Israel

Special to *The Land Park News*

Congregation B'nai Israel, the largest Reform congregation in the Sacramento Valley, invites the community to its Open House on Friday, August 28. They will be providing a light nosh at 6 p.m., with services starting at 6:30 p.m.. The service will be followed by light refreshments and the chance to talk to members of the clergy, the board of trustees, and the congregation.

Whether one is looking for a place to call home, a place for children to attend religious school, or a place to worship for the High Holidays, take this opportunity to feel welcome in the community.

As Sacramento's oldest Jewish congregation, B'nai Israel is devoted to hon-

oring the traditions of our heritage while creating a Jewish experience that is relevant to today's society. They nurture spirituality and personal reflection through prayer, music, education and social action. They foster friendship and community with Shabbat dinners, ritual events and affinity groups that reflect our diversity. Congregation B'nai Israel welcomes families and singles, interfaith couples, young and old, gay and straight.

Congregation B'nai Israel is located at 3600 Riverside Blvd in Sacramento. All are welcome. Please feel free to call them at (916) 446-4861 or send an email to inquiry@bnais.com for additional information. Visit them online at www.bnais.com.



Windermere
Dunnigan Realtors



"The Best Team in Real Estate"
Ron Roberts and Windermere Dunnigan Realtors

Over 60 years of Combined Experience

916.806.0118
ronroberts@windermere.com
DRE# 01037639



CHRIS BRIGGS
834-6483
DRE License #01391999



Windermere
Dunnigan Realtors

IMPECCABLY MAINTAINED, ORIGINAL OWNER PROPERTY




Original tiled bath sparkles. Hardwood floors under carpet have been covered for over 50 years. Quality roof is only several years old. Dual pane windows and central heat/air. This could be the cleanest home around. Pictures don't reflect how this home shines. Come see it in person!

1519 Christopher Way..... \$369,000

STYLISH AND ELEGANT SOUTH LAND PARK RANCH




Spacious & open living areas look out to the private gated courtyard area with landscaped grounds. Remodeled kitchen features newer cabinetry & appliances, granite counters & tile floor. Expansive walls of brick frames the fireplace in the living room and the master suite. Established neighborhood is 2 blocks from Land Park & public transportation.

4643 Cabana Way.....\$475,000

REMODELED DUPLEX IN SOUTH LAND PARK

3 bedrooms units, new paint in & out, dual pane windows, new moulding, doors, flooring, granite counters, and much more. Larger unit would be great for owner occupant. Collect premium rents on these well located units or move in and have your neighbor help with rent



6955 Buena Terra Way.....\$399,000

WONDERFUL HOME IN EAST LAND PARK VILLAGE

Built by Tim Lewis Homes in 2003. This 3 bedroom home is located near the end of a quiet cul de sac street. Nice open floor plan of 1753 sq.ft. and a large master suite. Call now to make arrangements to see this great value.




6390 Park Village Street.....\$349,000

ELEGANT CUSTOM RANCH IN SOUTH LAND PARK HILLS

This is the one to see! A brand new master suite, pool, guest house or cabana with its own full bath (#3), refinished hardwood floors, granite & stainless steel & much more! Conveniently located in an idyllic neighborhood with easy freeway access, close to shopping, public transportation, library & dog park. Just move in and enjoy.



5861 Wymore Way.....\$499,000

CURB APPEAL GALORE IN LAND PARK

One of the largest lots on Freeport Boulevard. 2 bedroom starter with hardwood floors. Land Park living for under \$300,000.




2729 Freeport Blvd.....\$269,000



ESKATON
Senior Residences and Services

Eskaton Monroe Lodge

A Land Park Tradition

Eskaton Monroe Lodge is an elegantly appointed six-story building featuring 100 private apartments, emergency pull cords in each apartment, shuttle van service, and a full-service dining room. We also feature a broad range of activities and spacious lounges on every floor for our residents to enjoy.

Eskaton Monroe Lodge is your answer to an active and independent lifestyle.

Eskaton Monroe Lodge

Independent Living with Services

3225 Freeport Blvd. Sacramento, CA 95818
916.441.1015 | www.eskaton.org



"Your Key to Sacramento Real Estate"

www.ElizabethAxelgard.com

Elizabeth Axelgard
REALTOR®
916.747.7919
DRE# 01846098



Starting school right Giving your student the best foot forward

By STEVE DEBENEDETTI-EMANUEL
Special to The Land Park News
steve@rivercitycounseling.com

As we near the end of summer, it's time for parents to consider how they can best help their high school students prepare for the upcoming school year. Each year, the academic demands placed on students

increase, and it's getting more and more difficult for teens to balance school with the rest of their lives. It's crucial for parents to take time now to have conversations with their children about the upcoming year and to help them set specific goals.

Think about what you want to discuss before speaking with your teen.

Did your child do as well academically last year as he or she (or you) wanted, and what helped or hindered their success? Could you have done anything differently to support your teen's performance? After considering these and other questions, you'll be better prepared for your conversation.

Begin by asking your child to share his/her thoughts on how the last school year went. Encourage your teen to focus on both the areas in which goals were and were not met. Then ask them why they think this happened and what they could have done differently to bring about better results.

Next, help your teen set goals for the upcoming school year. These goals should include academic and extracurricular activities, both in and outside of school.

Encourage your child to consider what could get in the way of meeting these goals. If your teen is hoping to earn straight "A's," be the lead in the fall musical, and play three varsity sports, it would probably be unrealistic to work twenty hours a week outside school. It's important that you raise your concerns and help your child evaluate if the goals should be adjusted.

Ask your student to consider what types of extra support they think they'll need and help them get it. Perhaps math isn't your son's strength, but he's still determined to take AP Calculus. Both compliment him for his willingness to challenge himself academically and remind him of the importance of seeking extra help when necessary. Encourage him to speak to his teacher sooner rather than later if he's struggling, and reassure him that you'll assist him with finding additional help, should it be necessary.

Help your child identify incentives for meeting these goals. Perhaps your daughter wants to buy her first car and would like your financial assistance. Let her know what help you'd be willing to provide, and be clear that it's connected to reaching the goals she sets. Be aware that many teens will attempt to convince you to provide this financial support ahead of time by promising to meet these goals, only to decrease their efforts once they get what they want. Should your teen attempt to influence you in this way, patiently remind her that your offer is good only after she reaches her goals.

Ultimately, the beginning of each school year brings chaos and upheaval. If students aren't prepared

California State Fair ★ Aug. 21 – Sept. 7

LET YOURSELF GO!

SUBWAY® Savings Days

Free State Fair admission with purchase of an unlimited ride wristband.

Pick up your special coupon at participating Subway® restaurants.

Offer expires August 19.

Get FREE State Fair Admission!

SUBWAY SAVINGS DAYS!



SUBWAY® eat fresh. proud sponsor

Pick up your Coupon good for

FREE Fair Admission

with purchase of UNLIMITED RIDE wristband.

Visit bigfun.org for details.



Coupons available ONLY at SUBWAY Restaurants. Offer expires 8/19/09.

SUBWAY® Savings Days is sponsored by SUBWAY® restaurants, the California State Fair & Butler Amusements, Inc. © 2009 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.

See School, page 19

School

Continued from page 18

to put forth their best effort right from the start, it's simple to fall behind and feel buried within a couple of weeks. To help prevent this from happening, I encourage parents to take the time now to initiate honest conversations with your children about the upcoming year. If you help your teen identify potential problem areas and explore solutions ahead of time, I'm confident that they will be more prepared to respond effectively when the real challenges hit in a couple of weeks.

Steve DeBenedetti-Emanuel is a licensed marriage and family therapist based in the Sacramento area. Contact him at steve@rivercitycounseling.com. Steve's columns appear periodically in the Valley Community Newspapers.



DELTA DOOR

Quality Workmanship at Reasonable Prices

Specialists in Garage Doors for the Home

CHAMBERLAIN®

LiftMaster®
PROFESSIONAL

- 15x7 or 16x7 raised panel sectional garage door &
- Liftmaster 1345 chaindrive garage door operator w/ 2 remote controls.
- Price includes standard installation in local market!
- Expires 08/31/09

License # 672266



**SIZZLING
SUMMER SPECIAL**
\$799 + TAX

8000 14th Avenue, Suite B • Sacramento, California 95826

916-422-1213 • info@deltadoorcompany.com • www.deltadoorcompany.com

MINI MARKETPLACE

CALL (916) 429-9901 FOR AFFORDABLE RATES!

LANDSCAPE

ROBERTS LANDSCAPE

Custom Landscape & Design
Call: 444-6458

License # 590317

GENERAL CONTRACTOR

HandyHand Service

Lic # 908157

Call Manda
(916) 606-6810

PAINTING

GARY'S PAINTING

EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323

FENCING

Aesthetic Fence Co.

Free estimate & consultation!

(916) 570-3078 ph/fax

(916) 380-0061 cell

• Local References • Unlicensed

CONTRACTOR/HANDYMAN

Contractor Connections plus Handyman Services

Call (916) 706-3688

Curry Construction#575967

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!

(916)344-8735 or (916)752-5308

Ca License # 633853

HANDYMAN

FREEDOM HANDYMAN SERVICES

(916)470-3488

ROOFING

All Seasons Roofing

Free est. (916) 483-1318

Bonded, insured, lic. #459864

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call Melissa 429-9901

CLASSIFIED ADS

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

ANTENNA REMOVAL

ANTENNA REMOVAL

Conover's Antenna Removal Service

Why not remove that old, ugly, unused antenna.

A home improvement at little cost.

Call (916) 973-9928 for an appt. for removal.

BOOKKEEPING

#1 BOOKKEEPER

25 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Ask for Irene Senst (916) 640-3820. www.taxirene.info

BUSINESS OPPORTUNITY

OPPORTUNITY

Tired of businesses that don't work? If you are financially motivated for a CEO level income, driven & want to excel in life, call 800-662-1961 x 1155 Not MLM. Major Training Event in Los Angeles on August 30.

**Sell your furniture
in the classifieds**

NEW BUSINESS OPPORTUNITY

Independent advisors needed. Eco-friendly, innovative, home-care solutions from France. Enjoy flexibility of working from home. Call Rosalie @ 775-224-2464 www.h2ogogreen.com

CAR FOR SALE

2005 FORD TAURUS

4D V6 Sedan, fully loaded SEL. Great condition, appearance. Mileage 39K, 25 MPG on fwy. Automatic, A/C. Power steering, brakes, windows, door locks, seat tilt wheel, AM/FM, CD player, dual front airbags, new tires. Silver \$7500 Call 978-9936.

COMPUTERS

GOT COMPUTER PROBLEMS?

Pocket Computer Technician. I do on-site visits in the Pocket area. \$30/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161.

EMPLOYMENT OPPORTUNITY

EMPLOYMENT OPPORTUNITY
Community Employment Opportunity: Full- or part-time representing Sacramento premiere senior debt resolution company. Excellent earnings. Fax resume/cover letter: (916) 333-5337 www.silandassociates.com

HANDYMAN

SUMMER CLEAN-UP SPECIALS

Hauling! Moving? I can move you! Concrete removal (Patio, driveways, borders, etc.) ROT-TILLING, pressure washing/power spray, painting, tree & shrub removal, clean-up, fence repairs. Ref avail. Call Les at 838-1247. **Specials for seniors. Licensed.**

HANDYMAN SERVICES

No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

HOUSEKEEPING

HOUSEKEEPING

Experienced, licensed housekeeper. Honest, Reliable, Dependable; References available; Affordable rates; Call Margarita @ (916) 335-2515.

EXPERIENCED HOUSEKEEPER

Experienced housekeeper looking to add new clients. Honest, dependable, reliable & very picky about how I clean your home. "I clean your home the way YOU want me to." Affordable rates. Ref available. Contact Sharon @ 916 451-4014.

**Sell your car
in the classifieds**

HUGE BOOK SALE

HUGE BOOK SALE

Saturday, August 22, 8 a.m. to 2 p.m. New and used books, children's books, fiction/non-fiction. Lutheran Church of the Master, Kastman Hall, 1900 Potrero Way. (Once inside go across courtyard from Potrero Entrance.)

PET PORTRAITS

ORIGINAL PET PORTRAIATS

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

TAX PREPARER

#1 TAX PREPARER

25 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. www.taxirene.infor

**Classified ads work!
Call today 429-9901.**

YOUR AD SHOULD BE HERE

**FOR A BOX
CLASSIFIED
AD**

Call MELISSA

429-9901

CALIFORNIA KIDS!

Advertise in California Kids!
Family Fun Guide!!!
Serving Greater Sacramento,

For more information, call Marc
at (916) 429-9901

Published by Valley Community Newspapers, Inc.

Your Home Improvement Guide

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

Land Park News

Home Improvement Guide

call Melissa at 429-9901 to advertise your service

AIR DUCTS & MASONRY



(530) 315-8980 or (916) 968-5649
 Servicing All Surrounding Areas
 • Air Ducts & Dryer vent cleaning
 • Stone & Masonry Lic. # 935115

AIR CONDITIONING/HEATING

BONNEY
PLUMBING, HEATING, AIR
& ROOPER SERVICE
 LIC# 696355

DON'T WAIT-BEAT THE HEAT!
 Season Special
 A/C Check-up-\$79.99
CALL 444-0551

- Cooling & Heating Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements
- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

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

CARPET & UPHOLSTERY CARE

JOHNNY ON THE SPOT
 Complete Carpet & Upholstery Care

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

- I.I.C.R.C. Certified Firm
- Carpet Repairs & Restretching
- I.I.C.R.C. Master Cleaner
- Red Stain Removal
- Pet Urine Removal Treatment
- Free in home written estimates

Call (916) 391-9292

CONSTRUCTION

Griffin Construction

- New Construction
 - Remodeling & Room Additions
 - Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double Larger Garage or Shop.
- Staying small to serve you better.*
 Local references
 Lic # 510423
Call (916) 714-1606

CUSTOM CARPENTRY

Sacramento Millworks
Measuring success one client at a time.

- Traditional & Contemporary Handrails • Crown molding
- Custom cabinets
- Doors • Mantels • Hardwood Floors

VISIT OUR WEBSITE FOR COMPLETE LISTING OF SERVICES
 SacramentoMillworks.com
(916) 332-5412 CA Lic# 910214

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC
 Since 1960 in Sac area

Reasonable
Res. & Commercial work
 Repairs, Trouble Shooting
 Custom Lighting/Free Est.
(916) 451-2300
Cell: 213-3740
 Neil McIntire — C.S.L.# 394307

FENCING

GATEWAY FENCE COMPANY

- Redwood, Cedar, pressure-treated
 - Ornamental Iron
 - Ranch-style fencing
- FREE Estimates**
10% Senior Discount

Lic# 927602 **Call (916) 425-7435**

GENERAL CONTRACTOR

FULSTER CONSTRUCTION
 Custom Remodeling & Additions

Specializing in state-of-the-art Kitchens/Bathrooms & every aspect of construction from Painting to Roofing

(916)443-4166 (916) 952-0838
 Local References/ Lic# 639780

GENERAL CONTRACTOR

HandyHand Service

Custom Design
 Remodel and Repair
Call (916) 606-6810
Quality work-No extra cost
 Manda
 General Contractor Lic # 908157

HANDYMAN

Reliable Handyman

Doors • Molding • Windows
 Cabinets • Electrical
 • Plumbing
 Water Heaters • Disposals
 All repairs
 15 Years Experience
Call (916) 806-7879

HANDYMAN

Summer Deals from Les for Less

- ROTOTILLING/& SOD PLACEMENT
 - RAIN GUTTERS CLEANED
 - CONCRETE REMOVAL
 - YARD CLEAN-UP/HAULING
 - PRESSURE WASHING
- Call LESTER
 (916) 838-1247
 Lic#128758/Ref
- Pressure wash your driveways clean! your decks, too!
 Clean out your garage! Replace that old lawn!
 Hard work ---not a problem!
- SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS***

HANDYMAN

FREEDOM HANDYMAN SERVICES

Free up your time from those pesky unwanted jobs. I do odd jobs, plumbing, carpentry, security door installation, light fixtures & fans, recaulking of tubs, hauling
NO JOB TOO SMALL!
 Call Eric
(916)470-3488

HAULING

TOUCHDOWN HAULING

Always quick to the end zone & cheap!
SPECIALIZING IN:
 • FORECLOSURES/EVICTIONS
 • YARD CLEAN UP
 • GARAGE CLEAN UP
 • GUTTER CLEANING

Open 24 hrs/7 days a week
 Sacramento & Surrounding areas
(916) 798-6787 or (510) 300-4906
 touchdownhauling@gmail.com

HOUSE CLEANING

ALLAWAY'S HOUSE CLEANING

• Owner Operated
 • Satisfaction Guaranteed
 • Reasonable Rates
 Excellent References of 17 Years
Call Rick (916) 600-0172
 for Free Estimate
 Lic# 83861 Bonded # 1214773

LANDSCAPING

Terra Bella
 Gardening Maintenance

• Full yard maintenance
 • One time clean-up
 • Tree trimming
"Not your typical mow, blow & go company!"
Call Randy (916) 454-3430
 or 802-9897
 www.terrabellagarden.com
 Lic# 152584

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
 INTERIOR & EXTERIOR OVER 20
 YEARS EXPERIENCE WITH PRIDE
 EXCELLENT REFERENCES
725-8781
 Contractors Lic. # 734323
 McClatchy '67

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

Your Home Improvement Guide

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

Land Park News

Home Improvement Guide

call Melissa at 429-9901 to advertise your service

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship
3rd Generation Painter
with over 30-years experience
(916) 422-4416

Dan Sovereign
Interior & Exterior Painting

Lic.#484215

PAINTING

DANEAU PAINTING



- RESIDENTIAL & COMMERCIAL
- QUALITY WORKMANSHIP
- 18 YEARS EXPERIENCE
- DISCOUNT AVAILABLE

CALL TODD **916.284.9413**
Lic# 923796

PAINTING

ROSE & DYNAMIC PAINTING CO.

Summer Discount 10% OFF

Interior & Exterior
Residential & Commercial

Steve Rose 665-1041

References Available
Lic# 911035 BBB - Member

PAINTING

ALKEMA PAINTING

CA LIC #933892

- Interior & exterior painting
- Staining & painting of decks & fences
- 20 plus years of experience
- Quality craftsmanship
- Fast & dependable

Call today for a free quote! **916-601-7125**

PAINTING

MODERN PAINTING COMPANY

- Interior/exterior
- Residential/commercial
- Popcorn ceiling removal & texturing

10% Introductory Discount

Call **(916) 215-7187**

18 yrs experience Lic # 892405

PEST CONTROL

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS



- Effective Termite & Pest Control
- Termite Inspections
- Termite Treatments
- Dry Rot Repairs

916-447-3922

Pest Control: \$68/Service* - Homes up to 2500 Sq. Ft.

Termite Inspection: \$95 - Homes up to 3000Sq. Ft.

* 5 service minimum agreement, additional Sq.Ft slightly higher

Ants • Spiders • Earwigs • Silverfish • Rodents • Roaches • Fleas • Bees

\$20 OFF COUPON

Pest Control Contract or Termite Insp.

Coupon cannot be used in conjunction with any other offer. One coupon per person or address.

PLUMBING

BONNEY PLUMBING, HEATING, AIR & ROOPER SERVICE

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

CALL **444-0551**

- Toilet, faucet, sink & disposal repairs
- Sewer & Drain Cleaning
- Installation of new plumbing fixtures
- Water & gas line repair
- Trenchless sewer replacement
- Water heaters

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

PLUMBING

ROONEY'S PLUMBING FULL SERVICE PLUMBING ROOPER SERVICE

CALL **456-7777**

rooneysplumbing.com
License #683668

PLUMBING

Straightline Plumbing

We'll beat any written estimate!
We charge by the job,
not by the hour!

COMPLETE Plumbing service & repair
BBB Lic # 713823

Call Don @ **(916) 481-3836**

REMODEL CONTRACTOR

All Range, Inc.



Free Estimates, WE DO IT ALL!

Kitchens & Bath Remodels,
Dry-rot repairs, Roofs, ADA, etc.
916-240-7700 or 916-320-2534

Lic# 930998

REMODELING CONTRACTOR

Retirement home costs start at \$3,000 to \$5,000 per month.

Remodel and stay in your own home longer and for less!

Universal design/remodel: bathrooms, kitchens, whole house

Husband and wife team • Your safety and satisfaction is our first concern.

Nationally certified kitchen and bath remodelers C.K.B.R.



Visit our web site for more information!

www.PioneerWestRemodeling.com



CALL FOR FREE ESTIMATE:

(916) 726-2410

CA CONTRACTOR LICENSE#748223

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services
are needed.

Your ad should be here.

Ad design is free.

Call **429-9901**

ROOFING

All Seasons Roofing

We specialize in
Residential Re-roofing
All types of roofing:

- Tile • Composition • Shake
- Seamless Gutters

Free est. **(916) 483-1318**
Bonded, insured, lic. #459864

ROOFING/SIDING

ZIMMERMAN REROOFING

3675 R Street
Sacramento, California 95816

Land Park Specialists

454-3667
zimroof.com

License #763169 Dave Zimmerman

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services
are needed.

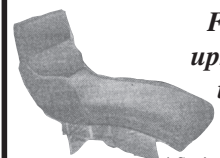
Your ad should be here.

Ad design is free.

Call **Melissa 429-9901**

UPHOLSTERY

B & T Upholstery & Repair



Furniture
upholstery at
its finest

* Senior Discounts
www.bandtupholstery.com

1600-B Kitchner Rd., Sacto 95822
916/392-1959 • 916/995-7177

**YOUR SERVICES ARE NEEDED
CALL MELISSA AT 429-9901 TODAY
TO PLACE YOUR AD**



Holy Spirit Parish School

"Over 60 years of outstanding Catholic education"

Limited spaces in grades: 1st, 3rd, 4th, & 5th

Solid academic tradition

K-8th grade

Strong team sports program

Hot lunch program

Before/after school child care

Fine arts - visual & performance

Emphasis on community service

3920 W. Land Park Dr. • 916-448-5663 • www.hs-ps.com



HIGH HILL FASHIONS

Merging the elegance of old and new, hard to find fashion items, and much more - from near & far!

Located inside SD Mart
6051 Mack Rd, #E, Suite I-5

Call or fax (916) 391-8910

Store hours: Mon-Sat 10am-6pm, Sun 10am-5:30pm, Closed Tuesdays

Congregation B'nai Israel

Invites You To

Open House Shabbat

Friday, August 28, 2009

6:00 pm Pre-service Nosh
6:30 pm Shabbat Service
followed by an Oneg.

We'll have a Pre-service Nosh and after-service Oneg
Meet Rabbi Mona Alfi,
Rabbi Shoshanah King-Tornberg
and members from our
Board of Trustees and
Membership Committee.

Please RSVP to let us know you're coming by calling Jeanette at the temple office, 446-4861.

3600 Riverside Blvd., Sacramento CA 95818
Phone: 916-446-4861 Fax: 916-446-2875
www.bnais.com

CALENDAR

GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event—including date, time, location, a brief description, cost (if any), and contact information—to Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd., Sacramento, CA 95818, or e-mail ryanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost. There is no guarantee that events submitted will appear in the calendar. To ensure placement within the newspaper, please call 429.9901 to place an advertisement.

AUGUST

Free pole walking clinics

Organized by Cure Arthritis Now, free pole walking clinics will be hosted Thursdays, August 13 and 27, at the Sierra 2 Commu-

nity Center, 2791 24th St. Interested people need to call the group directly for times and specific locations, to pre-register and reserve the walking poles for the clinics. For more information, call 208-8700.

Small works, miniatures exhibition

Small Works, miniatures and maquettes features a broad array of small works, from turn of the century female sculptor Camille Claudel, shown currently in the Louvre, to young college students Christopher Dubois and Wesley Wright. This free exhibition, which runs through August 23, attempts to display the diversity of miniatures as a whole, and will include a number of well-known national and international phenomena. A juried collection, Small Works provides emerging artists the opportunity to showcase their work among established greats. Visit the show at John Natsoulas Gallery, 521 First St., in Davis. The gallery opens at 11 a.m. For more information, call (530) 756-3938.

TAP DANCE CLASSES FOR ADULTS

Dust Off Those Shoes!

Beginning to Advanced Classes for Adults



Building New Classes Now

Please Contact Us For Schedule Information

rivercitytaps.com

916 244-2667

"had some?"
Classes Ongoing
& New Classes Starting
"want some?"
Introduction to Tap Classes Starting:

September 9th
Wednesdays 6:15-7:00 pm
10 weeks 9/9-11/18 (closed 10/28)

September 14
Mondays 7:00-7:45 pm
10 weeks 9/14-11/23 (closed 10/26)

Special Session Price \$75
Pre-registration required by 8/31
Class Size Limited

AUGUST 13

Computer Club meeting

Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Adam Lacey, Applications, Etc., will present a pot-pourri of subjects: Upgrading to a new computer, Backing up your data to CD, On-line and/or hard drive, and Transferring data. A question and answer session follows the meeting. Visitors are welcome. For additional information call 366-1687, or visit our Web site at <http://missionoakscomputerclub.org>.

Greater Broadway Partnership meeting

The next meeting is August 13 at 5 p.m. at the Broadway Career Center, 915 Broadway. Please check out their new Web site, www.greaterbroadwaypartnership.com, to keep informed of news and announcements.

AUGUST 14-16

Ragtime Festival

The 11th Annual Sutter Creek Ragtime Festival will be held Friday from 4 p.m. through Sunday, August 16 at 4 p.m. There will be 31 musicians and groups playing in five different venues on Main Street, Sutter Creek. Special events include Silent Movies, a Youth Concert, and two concerts featuring all the musicians. Early Bird special All Event Badges are on sale for \$60 before July 15, and \$70 after. Daily badges, concert tickets and Silent movies tickets are also available. Reserve your badge now through the Mother Lode Ragtime Society, 11310 Prospect Drive #10, pmb 12, Jackson, Ca. 95642. For more information call 209-223-0867, e-mail jasser09@yahoo.com, or visit www.suttercreekragtime.com.

See more Calendar, page 27

FREEPORT AUTOMOTIVE



421-2183 6000 FREEPORT BLVD



FREE ALIGNMENT WITH ANY TIRE PURCHASE

Must present coupon to get this offer. Offer ends 10/15/09

BRAKE SERVICE SAVINGS

\$20 OFF

Regular Price

ANY BRAKE SERVICE OVER \$100.00

Must present coupon to get this offer. Most vehicles. No other discounts apply. See retailer for complete details. Offer ends 10/15/09

COOLING SYSTEM SERVICE

\$44.95

Drain & refill radiator (up to 2 gallons anti-freeze)
Pressure test cooling system and radiator cap
Inspect water pump, hoses & belts. Tighten clamped connections. Waste fee extra \$5.00

Must present coupon to get this offer. Most vehicles. No other discounts apply. See retailer for complete details. Offer ends 10/15/09

TRANSMISSION MACHINE

FLUSH
\$10 OFF

Regular Price

Must present coupon to get this offer. Most vehicles. No other discounts apply. See retailer for complete details. Offer ends 10/15/09

TUNE UP SAVINGS

\$10 OFF

Regular Price

ANY TUNE UP OVER \$100.00

Must present coupon to get this offer. Most vehicles. No other discounts apply. See retailer for complete details. Offer ends 10/15/09

PREMIER SERVICE

\$29.95

Includes oil change w/ filter, tire rotation, brake inspection, check and top off all fluids, inspect all belts and hoses, safety inspection. Waste fee extra \$5.00

Must present coupon to get this offer. Most vehicles. No other discounts apply. See retailer for complete details. Offer ends 10/15/09

POWER STEERING

MACHINE FLUSH
\$44.95

INCLUDES INSPECTION OF STEERING GEAR. WASTE FEE EXTRA \$5.00

Must present coupon to get this offer. Most vehicles. No other discounts apply. See retailer for complete details. Offer ends 10/15/09

HOURS: MON-FRI 7:00am-5:30pm • We accept all major credit cards

3.00%

APY*
36 mo.
CD

2.75%

APY*
24 mo.
CD

Certificate of Deposit (CD)

You're protected if rates rise

On the annual anniversary date of your CD, if interest rates go up, your APY* will adjust to the higher rate.**



COMMUNITY BANKS OF NORTHERN CALIFORNIA

Offer good at the following locations:

Sacramento • 802 J St • 916-282-3300

Tracy • 2140 W Grant Line Rd • 209-820-6400

Tracy (Downtown) • 1003 Central Ave • 209-836-5111

Lathrop • 210 Towne Centre Drive • 209-670-0600

*Annual Percentage Yield (APY) is accurate as of 7/31/09 and is subject to change at any time.

Some restrictions may apply. A penalty may be imposed for early withdrawal. Fees may reduce earnings. \$1,000 minimum deposit to open. **On the 1st year anniversary of the 36 month CD, you'll receive the higher of your stated rate or current 2 year CD rate (higher of the stated rate or 1 year rate for the 24 month CD). On the 2nd year anniversary of the 36 month CD, you'll receive the higher of your stated rate or current 1 year CD rate. On October 3, 2008, FDIC insurance temporarily increased from \$100,000 to \$250,000 per depositor through December 31, 2013. **No IRA's with this product.**

Member
FDIC

www.cobnks.com



Professional Dentistry



Dr. Jill Whitney

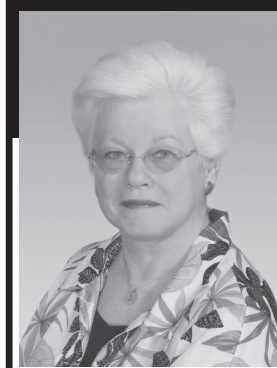
Dr. Eva Adams

427-3003

5665 Freeport Blvd., Ste 1

- Welcoming New Patients -

www.whitneydds.com



VALERIE L. KUHN, Realtor®

916-718-8111 • VKuhn@GoLyon.com

DRE # 01849436

Valerie has a great recipe for success!

Commitment, Knowledge and

Determination — Call her for all

our Real Estate Needs!



Village Opera Theater presents...

Orpheus in the Underworld

a comic operetta by composer Jacques Offenbach about Orpheus and Eurydice and the Olympian Gods (sung in English)

When: August 27, 28 and 29 at 8:00pm
Saturday, 29 Matinee at 3:00pm

Where: 24th Street Theater, 2791 24th Street

Tickets: \$15.00 for adults
\$12.00 for seniors and children 12 and under.

For tickets and information, call 731-4506

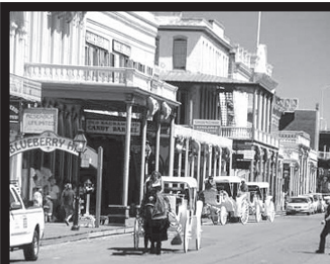
Valley Community Newspapers, Inc.

Concepts to suit your business needs.

Let our professional graphics department design an advertisement for you or your company. The initial ad design is FREE and all you have to do is give us a call at the number below.



429-9901



Old Sacramento Street Scenes

Old Sacramento presents free and low cost family-friendly and historically educational entertainment every Saturday and Sunday June through August.

Attractions: Saturday, August 1

California Consolidated Drum, Waterfront Park, 12:00-3:00
Children's Games, Wharf, 10:00-4:30
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 2

Storytelling, Waterfront Park, 11:00-2:00
Children's Games, Wharf, 10:00-4:30
Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Saturday, August 8

Jugglers, Dave and Caleb Sohigian, Pony Express Plaza, 11:00-2:00
Children's Games, Wharf, 10:00-4:30
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 9

Storytelling, Waterfront Park, 11:00-2:00
Children's Games, Wharf, 10:00-4:30
Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Saturday, August 15

Variety Show, Eagle Theatre, 1:00-3:00
Children's Games, Wharf, 10:00-4:30
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 16

Storytelling, Waterfront Park, 11:00-2:00
Children's Games, Wharf, 10:00-4:30
Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Saturday, August 22

Jugglers, Dan Holzman, Atlantis Park, 11:00-2:00
Children's Games, Wharf, 10:00-4:30
19th Century Dancing, Eagle Theatre, 12:00-3:00
1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 23

Storytelling, Waterfront Park, 11:00-2:00
Children's Games, Wharf, 10:00-4:30
Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00
1850's Bowling, B.F.Hastings Building, 11:00-4:00

For a complete summer schedule and more information visit:

www.sachistorymuseum.org or call 916-442-7644

Peek into the past

Pocket Pioneers: The Portuguese are coming to town

Early Pocket area Portuguese families chronicled for historic endeavor

By LANCE ARMSTRONG
Land Park News Writer
vcnnews@valcomnews.com

Find part two in the August 27 edition.

Editor's Note: "Pocket Pioneers: The Portuguese" is the first of a two-part series about early Pocket area Portuguese families.

Like many places in the Sacramento region, the well-developed Pocket area was certainly a different place in the 19th

century. And long before the establishment of the Pocket area's well-developed neighborhoods, shopping centers, parks and other common sites, the area consisted of many open spaces, farmlands and of course, the Portuguese.

The Portuguese were not the first inhabitants of the area, as this specific recognition most likely belongs to the Miwok Indians.

The 1800s arrival of the Portuguese in this location, however, marks the modern settlement of this area.

Enter the Portuguese

In telling the story of the early Portuguese settlers of the Pocket area, perhaps it is best to first mention the name, Joseph S. Miller (1822-1899).

Although he was not a resident of the Pocket area, Miller is believed to have been the first Portuguese person to settle in the Sacramento area. And in doing so, several of his descendents became some of the earlier Portuguese settlers of the Pocket area.

Born Joseph Souza Neves in Sao Jorge in the Azores islands of Portugal, Miller later received the last name Mello, which was Anglicized into the name Miller.

After being punished in the Azores for stealing meat at the age of 13, Miller chose a new life, opting to work on a whaling ship.

This venture eventually led him to other work in the United States and like many people in 1849, Miller heard news about the California Gold Rush, purchased mining equipment and headed out in search of riches.

This endeavor proved to be unsuccessful, but his time in California led to his accepted invitations for other Portuguese, including members of his family, to join him in the Golden State.

Purchasing 186 acres of Yolo County farmland in 1850, Miller, who believed strongly in the value of education, established the first Lisbon elementary school in the area on his property.

According to family history compiled by Miller's great-



Photo courtesy of PCHS

Portuguese children are shown in front of the original, converted barn, Lisbon School in the Pocket area in this c. 1885 photograph.

grandson Edward Dutra and his wife Linda, Miller was essential in assisting many Sacramento and Yolo County Portuguese in the processes of obtaining naturalization papers, purchasing land, starting small businesses and marketing their farm products.

From primary sources

Pocket area native and historian, Dolores (Silva) Greenslate, said that some of the earliest Portuguese family names have been identified in a c. 1885 photograph showing schoolchildren in front of the original Lisbon School in the Pocket area. The school was quite primitive in comparison to later Lisbon schools in the area, as it was located in a converted barn.

Standing in front of the school in the photograph with their teacher, Miss Agnes Devine, are children of all eight grade levels from the Pocket area Portuguese families: Perry, Waxon, Garcia, DaCosta and Williams.

The first of these mentioned names – although not listed in any particular order of their arrival in the Pocket area – Perry, has been associated with the Pocket area since the early 1850s.

Like many early Pocket area settlers, Antone Rodrigues Pereira (later changed to "Perry"), who was born in Faial in the Azores islands on March 26, 1831, worked as a farmer in the area.

Perry, who married Maria Gloria Silva and had 10 chil-

dren, also operated a freight produce business and delivered fruits and vegetables to miners in Northern California mining communities.

Working with Perry in this endeavor was Joseph W. Waxon, whose Portuguese name was Machado.

Waxon, who like Miller also worked as a whaler during his youth, became a member of Miller's family in about 1861, when he married Miller's sister, Mary Gloria Neves.

In addition to his work delivering produce to miners with his schooner wagon and a 14-mule or horse team, Waxon, who owned three ranches in the Pocket area, was a very active farmer.

Garsha to Garcia

Many Pocket area residents are familiar with the name Garcia, although few know that the name, which is most recognized through the area's Garcia Bend Park, is properly pronounced, "Garsha."

Further research has revealed that the name was originally spelled, "Gracia."

Located at the first turn in the road after passing Portuguese Hall at 6676 Pocket Road is the site of the former 70-acre ranch of Manuel da Roza Garcia.

Garcia, who died at the age of 30 in a farming accident on his Pocket area ranch in

See Pocket Pioneers, page 25

AUG. 27 - 30

ARCO ARENA

Thu. AUG. 27 ★ 7:00 PM	Fri. AUG. 28 11:00 AM	Sat. AUG. 29 11:00 AM	Sun. AUG. 30 11:00 AM
OPENING NIGHT			
TICKETS HALF-PRICE!*	7:00 PM	3:00 PM	3:00 PM
		7:00 PM	7:00 PM

*(Excludes Circus Celebrity™, Front Row and VIP seats. No double discounts.)

Buy tickets online,
at **ticketmaster**® Retail Locations,
ARCO Arena Box Office
or call **1-800-745-3000**

TICKET PRICES: \$14 - \$17 - \$23

Limited number of Circus Celebrity, Front Row and VIP seats available. Call for details. (Service charges, facility and handling fees may apply.)



Stay Connected At
Ringling.com

Pocket Pioneers: Cultural roots run deep

Continued from page 24

1889, left behind his widow, the former Anna Leonora Silveira, a native of Sao Roque, Pico in the Azores islands, and five children.

Although Anna Leonora remarried, her second marriage to Antone Pimentel, who was hired to assist her with the ranch, lasted only two years, as Pimentel accidentally shot himself while duck hunting with his stepson, Manuel Garcia, Jr.

Greenslate said that during her years of researching Pocket area Portuguese families, she was unable to locate any descendants of the DaCosta and Williams families. Therefore, close to nothing is known of these families, outside of the fact that they were early residents of the area.

"During my research, I could not find any members of these fami-

lies, so that I could write down their family histories," Greenslate said. "I even looked through phone books and called people, but I couldn't find anybody related to them. It appears that these families are gone. I have only found a little bit here and a little bit there, so I hope that if someone has any more information about these families that they will let me know."

Other Portuguese families who were instrumental in pioneering the Pocket area were the Lewis, Souza, Tash and Seamas families.

Check back next week

These families' stories and other information relating to early Pocket area history will be covered in the next edition of The Land Park News.



Photo courtesy of PCHS
Joseph S. Miller – shown with beard at center – sits alongside his family members in this historic photograph. Miller, a native of Sao Jorge in the Azores islands of Portugal, is believed to have been the first Portuguese person to settle in the Sacramento area.

Summer Sunday Concert Series
At Parkside Community Church
July 12 - August 30
7 p.m.
Tickets on Sale Now
916-421-0492
parksideucc.org

BEAUTIFUL LAND PARK CHARMER

This 3 bedroom 2 bath home has 1913 sq ft. Lovely living and family rooms. Remodeled kitchen and bathrooms. New carpet, paint and central heat & air. Beautiful street, four houses down from William Land Park.

Tami Batiz
Realtor
cell: 916-508-8665
office: 916-372-2400
tami.batiz@deanadamsre.com

Charlene Singley
CRS, GRI
(916) 452-2228
Charlene@charlenesingley.com
www.charlenesingley.com
License# 01219303

Jennifer Merica
(916) 397-1605
jmerica@golyon.com
www.jmerica.golyon.com
License# 01452892

SOLD

Cute, Cute, Cute Land Park Cottage.
Move-in ready! Hdwd floors, LR with faux-printed fp, recessed lighting & plantation shutters, Formal DR, remodeled kitchen, bkfst nook has French door to deck & lovely flowering bkyd. Inside laundry has new tile floor, qtr bsmt, master BR has French door to yard. Attic nicely finished off & perfect for home office or maybe small bedroom. Remodeled bath. Detached 2-car garage w/ opener. New driveway has gate for extra privacy/security, new sidewalk. So much work already done. This house is darling!..... \$399,000

Golden Opportunity
Great location, wonderful schools & big lot! This major fixer & great price combine for huge potential on street of million dollar homes in Del Dayo Estates. 4 bed, including master suite. Master bath already demolished & ready to be rebuilt to your taste. Much more to be done but price reflects condition. Could be beautiful again. Bring your contractor - here's your chance!..... \$450,000

SOLD

Curtis Park Tudor Cottage
Works all done in this nicely updated Curtis Park 2 bed, 2 bath Tudor cottage close to park. Remodeled kitchen and laundry room, features sunny Mediterranean colors. Master suite with lots of storage. Both baths have been remodeled. Bonus attic space, perfect for office or play room. with skylights. Large newer 2-car garage with pulldown stairs for storage and pretty backyard. \$399,000



Re-Discover Your Sex Life!

Doctor's Clinic for Men Specializes in the Treatment of Men with Erectile Dysfunction & Premature Ejaculation

If your romantic life is dead... and Viagra-type medicines have failed you... CALL US!

We've helped thousands of men and their partners including hundreds who has lost hope.

Romance is a vital part of your life.

We guarantee that if you don't respond to our custom blends of medicine there is no charge.

Men - all you have to lose is frustration.

Women - if your partner won't call... pick up the phone.

We can't help you if you don't call!

Mention you saw this ad in the Land Park News

DOCTOR'S CLINIC FOR MEN

2825 J Street #245, Sacramento CA 95816
Located near the heart of the Sutter medical complex.

CALL TODAY FOR YOUR APPOINTMENT
Toll Free 877-493-8839 or 916-551-1595

www.doctorsclinicformen.com

Calendar

Continued from page 22

AUGUST 15

A night at the movies

Enjoy a night at the movies and see a classic film the third Saturday each month at Didi-on/Lewis Park Recreational Center at 6490 Harmon Dr. Doors open at 6:30 p.m. Movie begins promptly at 7 p.m. Free admission, free popcorn and free prizes. See the following movies: "To Kill a Mockingbird" on August 15; and "Gaslight" on Sept. 19.

Elmhurst Ice Cream Social

The Elmhurst Parent's Group will host an Ice Cream Social and Family Resource Fair on Saturday from 10 a.m. to 12 p.m. at the Coloma Community Center. The event features free ice cream, water play, carnival games, music by Music Matt, a visit from the Sacramento Fire Department, a visit from the Sacramento Police Department, a family resource fair, and lots of fun for the whole family. Please bring a picnic lunch. This is a community event open to all. For more information, call 731-4319.

Turtlerama

The Sacramento Turtle and Tortoise Club presents a Turtlerama on Saturday, August 15 at the Belle Coolege Library (South Land Park and Fruitridge Road) from 11 a.m. until 4 p.m. The Turtlerama is an exhibit of live turtles and tortoises for the purpose of educating the public as to the care of these special creatures at home as well as how to preserve them in the wild. Admission is free. For more information, call (916) 421-1134.

AUGUST 16

St. Mary's Parish 78th Annual Festival

The annual festival is Sunday from 10 a.m. to 8 p.m. at the parish, 1351 58th St., The event features two great bands: Q-Balls and Miller Hi Lites. Plus lots of wonderful at-

LPCA

Continued from page 10

space in the project. It is likely to significantly increase traffic in parts of our neighborhood and it could impact the economic viability of our fragile commercial corridors, including Freeport Boulevard and parts of Sutterville, Broadway and Riverside Boulevard."

The LPCA is encouraging members and non-members alike to attend the Wednesday, August 19 LPCA Board meeting. The meeting, set to begin at 6:30 p.m., will be held at the Eskaton Monroe Lodge at 3225 Freeport Blvd.

Craig Powell serves as Vice-President and a board member of the Land Park Community Association. He may be contacted at ckpinsacto@aol.com.

tractions for the family and kids. Arts and crafts, festival booths, bingo, rock climbing, laser tag, water slides, shopping mall, chicken/pasta dinner, international selection of foods, and dancing. For more info, call 718-2766.

AUGUST 19

Free real estate seminar

Do you qualify for a loan modification? Visit the seminar held at 6 p.m. and hosted by Cook Realty at 4305 Freeport Blvd. RSVP to Deb Luna or Anthony Carrillo at 833-6266. For more information, visit www.cookrealty.net.

AUGUST 20

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious

Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

Genealogy Club meeting

Mission Oaks Genealogy Club in Carmichael with Meet August 20. If you have any questions, please contact the club's president: Robert Noyes (916) 332-5753.

AUGUST 21

On warm water therapy

A representative from Easter Seals will be here discussing the health benefits of aquatic exercise using their heated pool. Come learn if you qualify to take advantage of this great program. Please sign-up in advance. Friday, August 21st at 10 am, Ethel Hart Senior Center, 915 27th Street, Sacramento. Cost: Free. Info: 916-808-5462.

Introducing...

Now in Land Park!



House of Pilates

Offering

Private and Duet Pilates Training on the Reformer, Cadillac, & Chair.

Personalized Pilates Training Programs for Fitness, Golf, Pre- & Post-Natal.

SPECIAL!
First Private Session
only **\$25** with this ad
A \$45 value. Offer valid thru 9/30/09 for first-time students only.

Call (916) 498-9080 today
to schedule your personalized one-on-one session and begin improving your health, mobility, and strength!

House of Pilates 2733 Riverside Boulevard Sacramento, CA 95818



THE GOLF BARN

Getting Ready for Summer Golf?
DO IT RIGHT THIS YEAR!

New to Seasoned Golfers

- 6 1/2 hour lessons \$150
- Hour video/computer: \$70
- Heated and Air Conditioned barn
- video, computer, grass stalls, putting, short game...
- Men, women, beginning and returning

GalGolfG2.com

Contact Email or Call
Jenni Martin, LPGA Teaching Profession
(916) 837-8952 galgolfg2@me.com

Natomas Driving Range and Learning Center 5 minutes from downtown.

DO YOU QUALIFY FOR A LOAN MOD?

What are your options?

Short Sale vs. Loan Modification.

Attend this FREE seminar to get the answers.

August 19, September 16, October 21:
6:00 pm

4305 Freeport Blvd, Sacramento CA 95822



RSVP Deb Luna or Anthony Carrillo
(916) 451-6702
www.cookrealty.net



Deb Luna
916-834-1947
dluna@cookrealty.net



Anthony Carrillo
916-833-6266
acarrillo@cookrealty.net

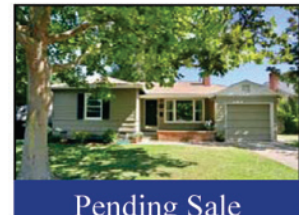
Welcome Home



4 Bedrooms, 2102 Sq.Ft.
\$650,000

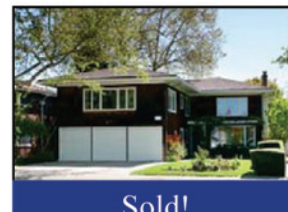


4 Bedrooms, 2432 Sq.Ft.
\$725,000



Pending Sale

2 Bedrooms, 909Sq.Ft.
\$200,000



Sold!

5 Bedrooms, 3327 Sq.Ft.
.18 Acre Lot



Pending Sale

3-4 Bedrooms, 1591 Sq.Ft.
\$189,000

With you every step of the way.



Paula Swayne, Realtor
(916) 443-1229
www.PaulaSwayne.com
DRE#01188158



Kellie Swayne, Realtor
(916) 206-1458
www.KellieSwayne.com
DRE#01727664

Windermere
Dunnigan Realtors



Windermere

Dunnigan Realtors

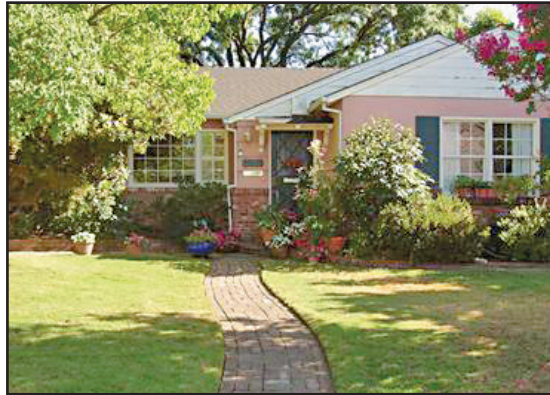


PENDING!

COMPLETELY REDONE

Everything is NEW! Ready for your to move in! Don't let the outside fool you. 4 bedrooms and 3 baths with over 2400sq.ft., including a full basement under garage that would make a great wine cellar or use your imagination to create your own perfect use. Plenty of storage. Large master bedroom & bath with private patio. Designer colors TOO! See www.windermereeddunnigan.com \$799,000

LISA HAVARD 698-3323



HOLLYWOOD PARK COTTAGE

Charming Cottage in the heart of Hollywood Park. 3Bedrooms, 2Bathrooms plus Den and detached 2-car garage. This spacious home features hardwood floors, a cozy fireplace, breakfast nook and laundry room. The large, shady yard is perfect for entertaining. See www.windermereeddunnigan.com \$340,000

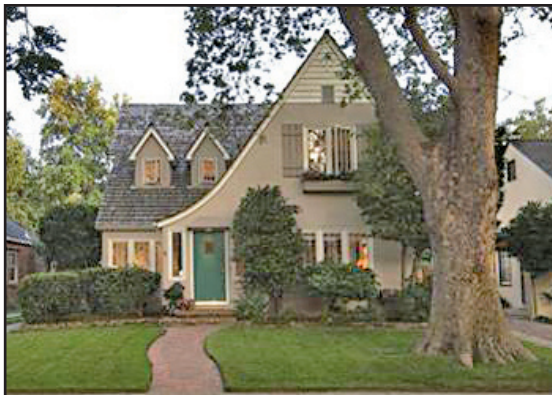
NANCY WEEGE 600-5458
LISA MARTIS 612-7548



A MUST SEE

Impeccably maintained home built in 1946 original owner property. Original tiled bath sparkles. Hardwood floors under carpet have been covered for over 50 years. Quality roof is only several years old. Newer dual pane windows and central heat/air. This could be the cleanest home around. Pictures don't reflect how this home shines. Come see it in person! See www.windermereeddunnigan.com \$369,000

CHRIS BRIGGS 834-6489



ENTERTAINER'S DREAM

Gracious 3 bedroom 3 bath Tudor with storybook grandeur plus today's updates. Nestled on a tree lined street just steps from the park. Enjoy, spacious rooms, gourmet kitchen, circular floor plan, outdoor dining on the patio pool and more. Beautifully updated plus all of the character of days long past. See www.25417thAve.View24Hours.com \$649,900

SHEILA VAN NOY 505-5395



LAND PARK SPANISH

From curbside to inside you will fall in love with this 3-4bd 2 bath home. With its classic 1920's Spanish design and touches and electrical, plumbing, kitchen, A/C and sewer line upgrades, this home offers timeless architecture with modern conveniences. Beautiful refinished hardwood floors throughout. See www.LandParkSpanishHome.com \$585,000

DAWN O'CONNOR ROWE 799-4835



HEART OF FAB 40'S

LOCATION! LOCATION! LOCATION! Right in the heart of the Fab 40's. This property has loads of potential to sparkle. Large pool in back. Great basement with wet bar, hardwood floors, large living room and dining room. www.windermereeddunnigan.com \$799,000

NANCY WEEGE 600-5458

PARK COLLAGE TRACT

Prepare to fall in love...great Land Park College Tract 3Bd 2Ba on large .20 lot. This home features, new roof, new HVAC, new h2o heater, refinished hardwood floors, new stainless appliances, large kitchen, HUGE closets, formal dining room, fireplace, lots of built-ins & storage. Great sunroom overlooks backyard. See www.19307thav.com \$495,000

DAWN O'CONNOR ROWE 799-4835

LITTLE BIT OF HEAVEN

The home you have been waiting for. **PENDING** The home you have been waiting for. tree-lined Teneighth Way. 3Bd 2.5Ba with quality feel throughout. Circular floor plan, spacious rooms, balconies front & back plus a lovely deep, private backyard. Detached 2 car garage w/carriage doors & stamped driveway. This truly is some kind of Wonderful! See www.1426-teneighthway.com \$725,000

SHEILA VAN NOY 505-5395

CLASSIC LAND PARK HOME

The spacious entry features a winding staircase leading to 2 large bedrooms & wonderful master suite. The impressive living room has bookshelves galore & pretty fireplace. Plenty of room to entertain. Kitchen w/all new appliances, granite counters, loads of light & view of the backyard. Don't miss the master suite w/a large dressing room, office & balcony to enjoy the Delta breezes. See www.179510thAvenue.epropertysites.com \$ 725,000

PAULA SWAYNE 425-9715

UPDATED TUDOR

Updated Tudor-style home. Single story, 3Bd/2Ba on private tree-lined street. Lot has mature shrubs and floral beds. Formal LR & DR. Dining room overlooks back yard and gardens and features French doors to patio area. Separate, private master suite. Electric gate to driveway. Smartly updated with wood floors. See 273712thstreet.2cmymhome.com \$599,940

PATTY BAETA 806-7761



Windermere

Dunnigan Realtors

4215 Freeport Blvd.
454-5753

Visit Our Web Site: www.windermereeddunniganrealtors.com