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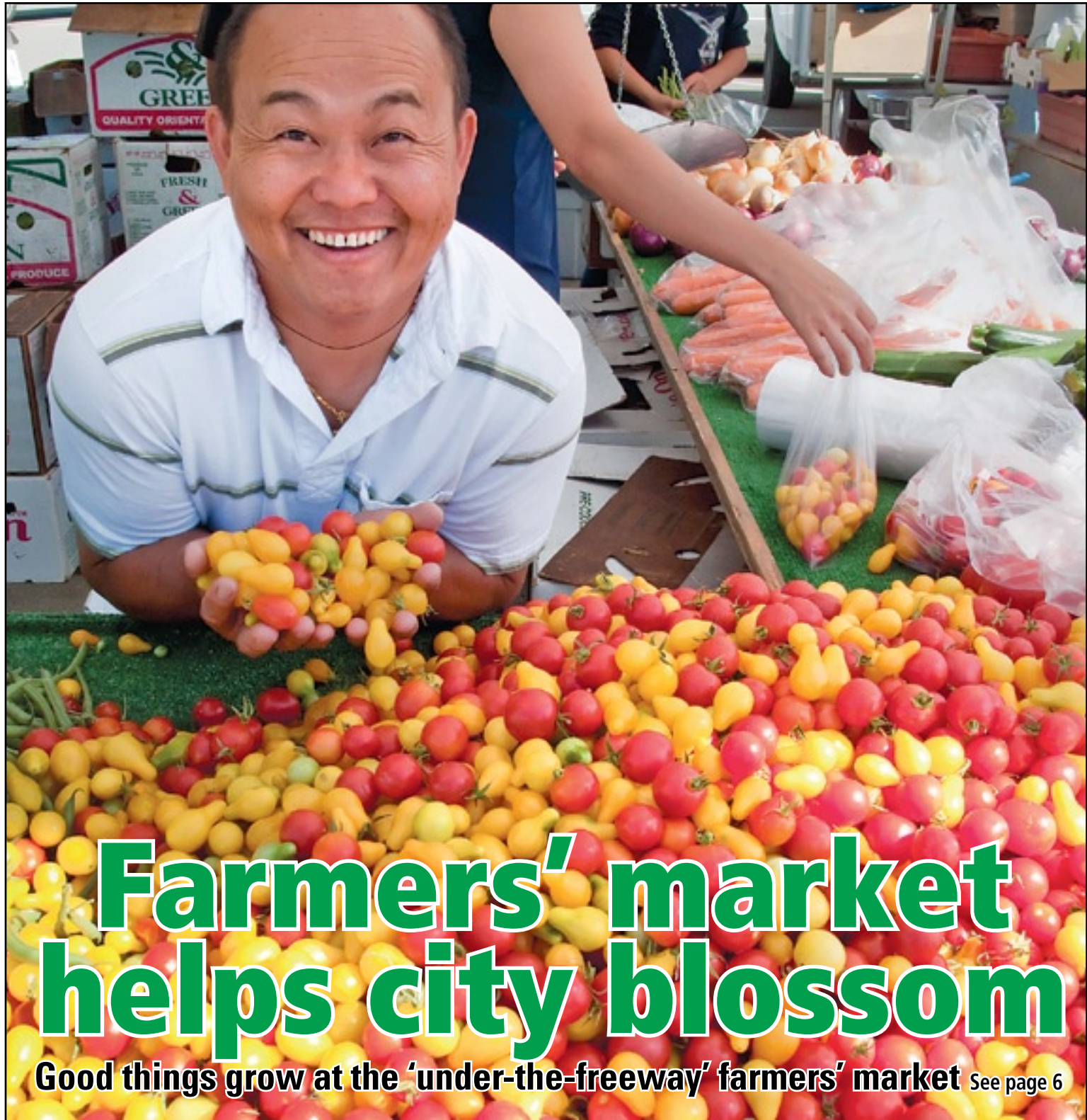
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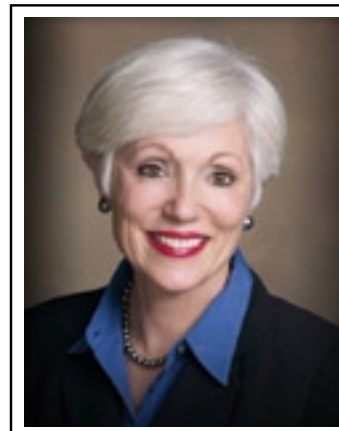
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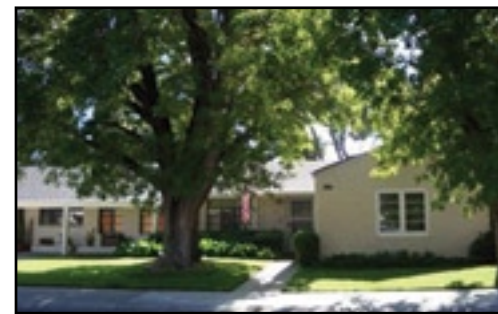


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Sac City Unified students increase academic growth among all groups

Special to The Land Park News

Sacramento City Unified School District superintendent Jonathan P. Raymond said Sept. 15 student achievement in both state and federal accountability measures for every student group but progress was not sufficient to meet

higher new national performance bars in English Language Arts and Mathematics. Raymond released district results on Sept. 15 at 10 a.m. at Ethel Phillips Elementary School, 2930 21st Ave.

"We moved forward, but not enough for too many students," Raymond said.

Raymond is the district's new superintendent; hailing from North Carolina, the administrator started work Aug. 21.

"Today's news conference is about informing our community about how well we are serving our students," Raymond said. "It is important that we be transparent and takes ownership for our results and that we showcase our principals and schools who are increasing student

achievement on their campuses."

Among the state API highlights Raymond released:

- + Under the state Academic Performance Index accountability system, SCUSD gained 11-points to reach 746 on the API, which matched the county and was under the overall state API of 755.

- + Twenty-four schools, 2 more than last year, met or exceeded

ed California's API target of 800

- + All student groups, such as African American, Hispanic, Asian, Pacific Islanders, English Learners and low-income students saw API growth ranging from 2 to 26 percentile points.

Students also made progress in English Language Arts and Mathematics under the federal accountability measure even as targets increase by approximately 11 points each year. However, growth was not sufficient to meet Adequate Yearly Progress targets. District wide, 37 of 46 AYP targets were met.

Last year, SCUSD met 44 of 46 targets. Forty schools of 86 reporting AYP results met 100 percent of their targets. (The district has three more schools, but they do not report AYP results because of their small numbers.) SCUSD also saw a significant increase in the number of Program Improvement (PI) Schools—sites failing to meet AYP targets for two consecutive years. Schools in Year 1 of PI status jumped from three in 2008-09 to 15 in 2009-10.

"We performed in the middle of the pack compared to similar districts and to the state," Raymond said. "We do have great things happening at many schools for children, but not at every school—and that is and must be our goal."



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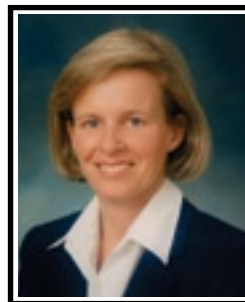
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Certified Farmers' Markets provide farm-fresh produce year-round

Now 30 years old, 'Under-the-freeway' market first of 10 CFM markets established in Sacramento area

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

Whether it's this Sunday, next Sunday or whatever Sunday for that matter, the good news is that the popular Certified California-Grown Farmers' Markets continues to offer fresh produce at the "under-the-freeway" farmers' market at 8th and W streets throughout the year. Along with this market, four other CFM markets in the county also operate 12 months per year.

So, despite a misconception that many people have about these markets that they are solely warm-weather-markets that will close down their operations after the summer in the same manner as swimming at public pools, outdoor concerts at local venues and baseball games at Raley Field, the public can rest assured that these markets will continue to operate long after the last of the local tomato vines dry up.

Good food not far

Here in Land Park, every Sunday from 8 a.m. to noon, guests arriving at the market at the state parking lot, just south of Southside Park, will continue to find a wide array of fruits and vegetables, explained Dan Best, Certified

On the cover: This special photo of Sacramento's Certified Farmers' Market is by photographer Robert Couse-Baker. See his photostream on Flickr.com at <http://www.flickr.com/photos/29233640@N07>.

Farmers' Markets coordinator.

"The farmers' market (at 8th and W streets) is a year-round market, because people actually eat with the seasons," Best said. "We're starting to lose some of the summer fruit, but then in just a month or so, we'll start seeing kiwis, we'll see a large apple crop and then by November, we'll see the first of the citrus, which will carry us into the winter."

Best said that in terms of upcoming vegetables, guests of the market will soon be able to purchase Sacramento Valley-grown broccoli.

Residents of the Land Park area and other Sacramento area residents are fortunate to have such a high caliber farmers' market as the 8th and W streets market, Best added.

Furthermore, Best describes this market as a world-class quality market.

"The farmers' market under the freeway is prob-



Every Sunday, the state parking lot, just south of Southside Park, transforms into the Land Park area's popular under-the-freeway farmers' market.

ably one of the great markets in the world," Best said. "I mean, we have people who have traveled all over the world and they have come on back and they say that there is nothing that compares to this (market) in terms of our offerings from real farmers. We usually have almost 120 real

farmers down there and you're buying directly from them. We don't fool around, because it's a real farmers' market."

Best's comments regarding the quality of this farmers' market are additionally validated considering that Best has been a part of the market since its inception.

History of healthy offerings

Best recently shared how the market began nearly 30 years ago and what his participation was with the market during its earliest years.

"The (8th and W streets market) started in August of 1980 as a Certified Farmers' Market," Best said. "It was

See Farmers' Market, page 7



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Farmers' Market: Popularity of the market grows

Continued from page 6

basically started by the Interface Service Bureau and the Hunger Action Coalition and then a group of growers. Through the efforts of those three and the state of California, it was started. And I was part of the first growers who sold there. My family grows out of Lodi, so we were selling white sweet corn there and we ended up selling organic tomatoes and bell peppers. So, at various times, I was either known as the 'White Corn Guy,' the 'Pepper Man' or the 'Organic Tomato Guy.' So, every time someone becomes noted for whatever they sell, they become a commodity themselves. Not quite like SpongeBob SquarePants, but similar."

Best said that the motivation for operating certified farmers' markets is to bring low cost produce to the inner city.

"Primarily what we're trying to do is keep the food supply secure in California and the only way that you do that is to preserve farmland and then make farming viable on that farmland," Best said. "Without farmers farming in California, there is no food supply, unless you're going to get it from out of state or out of the country and that isn't very secure."

Growing a crowd

Since the first Certified Farmers' Market was established in the Land Park area, the popularity of CFM markets has continued to grow.

Best, however, said that this growth did not occur instantly.

"During the early 1980s, it was really tough to get people to come on down and get into the concept (of the market)," Best said. "But we got to be kind of faddish maybe during the 1990s and then all of a sudden now it has just really taken off with all the writings of 'The Omnivore's Dilemma' and Alice Waters. There's been an awful lot of publicity about farmers' markets and about eating fruits and vegetables and being green by eating local. There's just a ton of things that have contributed to our recent success."

Best noted, however, that despite such continuously growing success, the market still only reaches a small portion of the population, because the majority of the population still is not cooking their own food or eating fresh fruits and vegetables.

"(The public) is still buying things in a box and microwaving it," Best said. "So, there's a limit as to how far we will grow until more people in society start cooking their own food. We don't sell prepared food, because we're farmers and the whole focus of that particular market is to keep farmers in farming."

Best encourages the public to take advantage of the market throughout the year for not only the freshest produce sold directly from the farmers, but also to take advantage of seasonal products that provide many health benefits.

The season actually provides you with what you need at that time for health reasons," Best said. "I mean,

all the vegetables that we're going to be seeing are really high in Vitamin A and Vitamin C and all your fruits are very high in Vitamin C. I think one kiwi is worth 10 lemons in Vitamin C. So, it's a year-round love affair with whatever the local farmer has to produce and what the body needs for that particular time in the season."

One-of-a-kind market

Best said that the 8th and W streets, Land Park area farmers' market is a one-of-a-kind experience that offers a phenomenal range of diversity.

"Sacramento is the most diverse city in California and California is obviously the most diverse state in the union and the union is the most diverse country in the world, so we're looking at the most diverse (farmers') market in the universe," Best said. "So, if you really want an eye opener of seeing a great market in action, then come on down to the Sunday market, because you'll never see anything like it again."

For additional information regarding Certified Farmers' Markets, call 688-0100 or visit the Web site www.california-grown.com.



Land Park News Photo/Lance Armstrong
The under-the-freeway Certified Farmers' Market at 8th and W streets in Sacramento is held every Sunday throughout the year, from 8 a.m. to noon.

Year-round Certified Farmers' Markets

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Non-profit theater company currently presenting the musical 'Footloose'

Runaway Stage Productions has strong Land Park roots

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

Runaway Stage Productions, the non-profit, live theater company established in Sacramento 12 years ago, is continuing its well-rooted history in the Land Park area.

Currently featuring the musical, "Footloose," Runaway Stage is in its eighth year presenting its continuously popular productions at the 24th Street Theatre in the historic Sierra School building at 2791 24th St.

The establishment of Runaway Stage began with a group of five state workers –

Bob Baxter, his wife Lillian Baxter, Brian McCann, Sandra McCann and Gina McCann – who had an interest in live theater.

These individuals worked together to present their first production, "Serenity Lost: A Tale of Gold, Greed and Gossip," at Old Sacramento's 150-seat Eagle Theater.

Bob Baxter, who serves as RSP's producing director, recalls the early steps that he took to begin the creation of RSP.

"After the success of one show, I went to Tower Books and got a book on (the topic of) incorporating and applied to the IRS for a 501(c)3 designation and that's how Runaway Stage Productions became Runaway Stage Productions," Bob said.

RSP spent the following three years producing musicals at the Eagle Theater before relocating to its current Land Park area site.

Finding life on stage

The original Runaway group's love for live theater, as well as their personal connections with one another, proved to be very beneficial in the formation of RSP.

Bob, who spent the earliest years of his life in Southern California, said that an important strength of the group was established through his connection with Brian McCann, who was enrolled with Bob in drama classes at Hiram Johnson High School about 30 years ago.

After graduating from Johnson High in 1982, Bob, who first became interested in live theatrical performances in junior high school when he saw the musical, "Damn Yankees," and then took his first theatrical role as Gremio in "The Taming of the Shrew," continued his work in drama.

Following his performances in many community shows, Bob moved to Los Angeles, where he performed as a member of both the Actor's Equity Association and the Screen Actors Guild.

Bob said that while in the Los Angeles area, he also became involved in a very time consuming schedule, when he took a professional role in a regional musical, called "Peril on the Prairie," at Knott's Berry Farm.

"I was working for the state and working at Knott's Berry Farm, so I would do six days a



Photo courtesy RSP

Pictured here is Runaway Stage Productions' performance of "The Sound of Music."

week (at Knott's), six shows-a-day and I would work my state job from 5 a.m. to 11:30 a.m.," Bob said. "I would also do some extra time for the state on Saturdays in order to make up some of the hours. It was quite a schedule, but I loved it."

Bob said that the road to the creation of Runaway Stage was paved when he moved to the Sacramento area with his wife. Soon after this move, RSP was born.

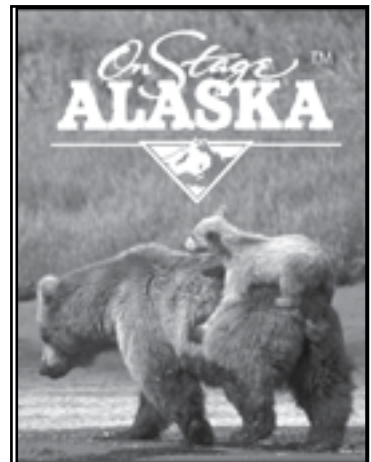
Although the McCanns are no longer directly connect-

ed with Runaway Stage, the family-like working relationship established by the original RSP members set the foundation for the family-like working relations and environment that continues at RSP today.

Acting up

Since establishing itself as a small, five-member board, RSP has since grown into an 11-member board, which is split into two sections. The

See Acting up, page 9



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Acting up: 'We are a family...in our home at the 24th Street Theatre'

Continued from page 8

first section is the administrative or executive side, led by Executive Director Karen Day, and the second section is the artistic side, which is operated by Bob and Lillian.

Bob said that Runaway Stage's nine-year run at the 24th Street Theatre has been a great experience for both RSP and the theater itself.

"We kind of put 24th Street Theatre on the map with the general public of Sacramento, because they didn't even know it was there," Bob said. "We love the theater. It has a wonderful feel inside. It's in a neighborhood, it's in a business district and it feels like home for us. And we are a family of theater people in our home at the 24th Street Theatre."

RSP's existence in the theater was made possible through the 1989 Music Circus project that transformed

the old Sierra School flat gym with a stage at one end into the 260-seat theater, which includes vintage seats from the Memorial Auditorium.

Bob, who served as the assistant to former Music Circus Producing Director Leland Ball from 1981 to 1984, said that the Music Circus' unsuccessful inaugural winter season at the theater opened the door for RSP to make the theater its home.

"The (Music Circus) created the 24th Street Theatre for their winter season," Bob said. "That was the first winter season that Music Circus did. They (permanently) left the facility, which made it available for the community."

After a year of hosting musical theater workshops at the 24th Street Theatre, RSP obtained full-time status within the building with the retirement of local dance teacher

and choreographer Margaret Farris, who was renting out space within the building.

Today, RSP rents the theater every other month and has a rehearsal studio and a costume cottage with 24 hours-a-day, 7 days-a-week availability at the theater.

Using its regular status at the theater to its benefit, RSP has gained a strong following within the community, as it has produced a variety of award-winning productions.

Among RSP's most successful productions have been "Wild Party," "All Shook Up" and classics such as "The Sound of Music" and "Fiddler on the Roof."

As further indication of RSP's success, the theatrical company has won various Elly Awards, including this year's awards, which were: Chris Cook, Best Musical Director for "Wild Party," Robin Hushbeck, Best Support-

ing Actress for "Wild Party," Bob Baxter, Best Leading Actor, Adult, Young People's Play for "Rapunzel" and Kacey Kamrin, Best Supporting Actress, Adult, Young People's Play for "Rapunzel."

On stage now

The community is invited to purchase tickets to current and future RSP productions.

These productions include the aforementioned Footloose (through Sept. 27), a musical featuring the character Ren's challenge to bring dancing back to a small town, which has banned its activity, and the children's Storybook Theatre musical, "The True Story of the Big Bad Wolf" (through Sept. 26), a reversed story featuring the Big Bad Wolf's point of view that he was framed and he did not do the crime that he was accused of committing.

Upcoming productions will include: "Meet Me in St. Louis" (Nov. 6 through 29), an optimistic musical about the Smith family of St. Louis in 1904, and the Storybook Theatre's "The Emperor's New Clothes" (Nov. 14, 21 and 28), a story about an emperor who was so fond of new clothes that he spent all his money on such beautiful new apparel.

Main productions are performed on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m.

All Storybook Theatre productions, which are original, fractured fairytale scripts written by Lillian Baxter and other writers, are held on Saturdays at noon and 2 p.m.

For tickets for performances and additional information regarding Runaway Stage Productions, call (916) 207-1226 or visit the Web site www.runawaystage.com.

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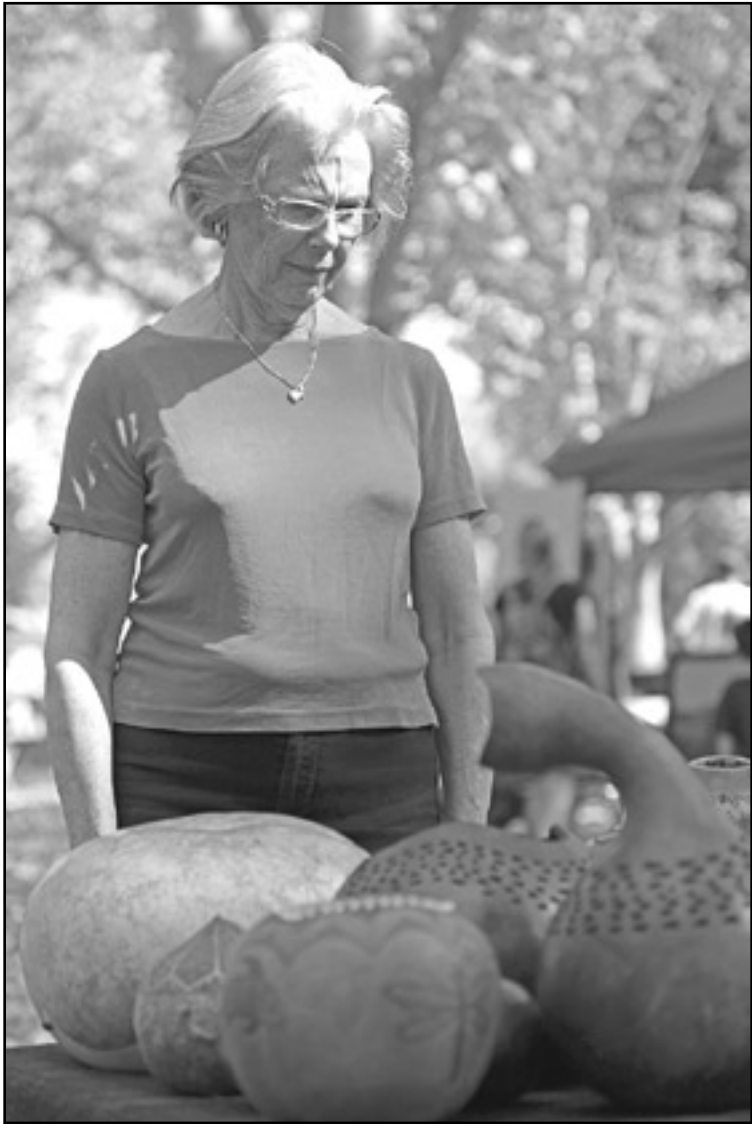
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Curtis Fest: Family fun

Held Sept. 19 at William Curtis Park and sponsored by the Sierra Curtis Neighborhood Association, the third annual Curtis Fest drew scores of local residents to this special community-building event. Picnic baskets and lounging neighbors abound, the event featured more than 60 artisans, musical performances from a variety of locally renowned musicians, and activities focused on children's entertainment. For more information on the Curtis Fest celebrations and the Sierra Curtis Neighborhood association, call 452-3005.

All photos by Land Park News photographer Stephen Crowley.




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Life at the Old City Cemetery

Early educators informed and entertained crowds at a special tour Sept. 19 at the Sacramento Historic City Cemetery. The tour, presented by docents from the Old Sacramento Schoolhouse Museum, featured the lives and experiences of early educators in Sacramento.

The tour commenced at the cemetery's main gate at Broadway and 10th Street. Held under the auspices of the City of Sacramento Division of History & Science, the tour was a public service by the Old City Cemetery Committee, Inc. For information on future tours, call (916) 448-0811.

All photos by Land Park News photographer Kati Garner.



Docents explain the history of residents of the Old City Cemetery at the Sept. 19 tour.



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Sacramento Zoo mourns zebra

Sacramento-born Grevy's zebra passes at age 26

Special to The Land Park News

The Sacramento Zoo is saddened by the death of one of their female Grevy's zebras. The 26 year-old Grevy's zebra was born at the Sacramento Zoo on May 22, 1983 and died September 16, 2009. She gave birth to 6 foals here between 1987 and 1994. Hoof stock keeper, Lindsay Moseanko said, "She was the 'leader of the pack' for the herd and would show the newer zebras the ropes. She was a character and a fabulous mother – she will truly be missed."

On Wednesday morning animal care staff found the Grevy's zebra displaying signs of weakness, disorientation and acute neurological disease. She was immediately examined by the Sacramento Zoo veterinary staff. Due to the rapid progression of her condition and the poor prognosis for recovery, she was humanely euthanized. A complete necropsy report will be conducted. In captivity, Grevy's zebras usually live to be between 20 and 30 years old.

Grevy's zebras are native to Africa from southern Ethiopia to northern Kenya. They are listed as endangered and are estimated to have declined by more than 50 percent over the past 18 years due to poaching, loss of habitat and competition for habitat from cattle.

The Sacramento Zoo participates in the AZA Grevy's Zebra Species Survival Plan. The focus of this program is on captive breeding and education awareness to prevent the extinction of the species. The Zoo also supports the Grevy's Zebra Trust, which raises awareness of conservation issues in local African communi-

ties, monitors wild populations, coordinates productive partnerships with local organizations in Kenya and secures resources for Grevy's zebras through holistic management of community rangeland. The Sacramento Zoo is involved in the conservation of this species both locally and internationally.



Photo courtesy the Sacramento Zoo Shani, of the Sacramento Zoo's three-zebra herd, passed away last week.

Sacramento Zoo – Wildly Inspiring

Open since 1927, the Sacramento Zoo is home to over 140 native, rare and endangered species and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9 a.m. to 4 p.m., general admission is \$9.50; children ages 3-12 are \$7.00 and two and under are admitted free. Parking is free throughout the park or ride Regional Transit bus No. 6. For information, call 916-808-5888 or visit saczoo.com.

The second half of life Exercising daily opportunity

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

A woman in my Mini-Med School class at UC Davis responded to a lecture about the importance of exercise with a remark that likely represented a significant percentage of students – most over the age of 45. "Honestly, I have to tell you that I just hate exercise," she boldly admitted. "I'd much rather hunker down on the couch with a book!" There was a collective mummer of agreement.

For people who strongly resist the idea of beginning an exercise program – and also for those who grasp the importance of it, I have some painless short cuts that I've integrated into my daily routine for years.

• Say "No thanks, I don't need any help," when the courteous grocery clerk offers to have someone carry your bags – or push your cart – to your car. If you've just filled a small hand-carry basket and you have two or three bags of groceries, it's very likely you can manage to get them to the car yourself, without a cart. I balance the load using the bag handles, walk slowly and do a few repetitions of arm lifts. I get to work my biceps while pulling in my stomach muscles and tucking in the hip area to maintain proper posture for standing exercise. It's very important to understand the ergonomic way to do this because it's possible to do it wrong and hurt your back. If you've pushed the cart, again, flex your arm muscles, pull in your tummy and the gluteal muscles as you walk. Use conscious posture while lifting and loading bags into your car and feel the muscles you are using. So you get maybe 8 to 10 reps of arm lifts, some healthy tightening of the core area and, if you park far enough from the store, a little aerobic walking for extra measure.

• Stairs are your friend. If you live in a two-story home – and any time you have the opportunity to take the stairs rather than ride an elevator – you've got an opportunistic exercise. To make stair climbing count as exercise you have to again be conscious of your body. Tuck the pelvis in, tighten the gluteal muscles and stomach muscles. (Don't climb with your back curved and butt out.) With this erect posture, climb stairs so that you feel the muscles in your legs tighten and lift you. You should feel it in your thighs and in your calves.

• The vacuum cleaner is your friend, as is the garden rake and push broom. Of course, these implements are designed to make cleaning easy, but I use them as power tools. I tighten up my biceps when I push and pull the vacuum, pull in the core muscles and condition myself as I clean the house. There are numerous opportunities to slip in a little "opportunistic exercise" every day – and what you can do depends on your schedule and activities. Just be open to those moments and prepared to use them.

By the way, people do look at me strangely when I am power lifting my grocery bags. But, one of the freedoms of growing older is really not caring what people in the parking lot think about me. Of course, consult with your doc about any exercise program – even my "accidental" routines!

Editor's Note: Darby Patterson is a longtime local journalist specializing in government affairs and health care issues. Due to popular demand, Darby's columns will now run in every edition of the Valley Community Newspaper publications. Visit her Web site at www.storiesandbooks.com and read her blog at <http://booksbydarby.blogspot.com>.



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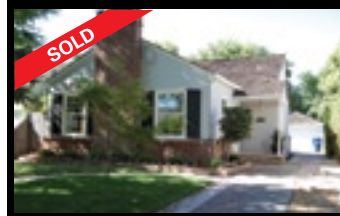
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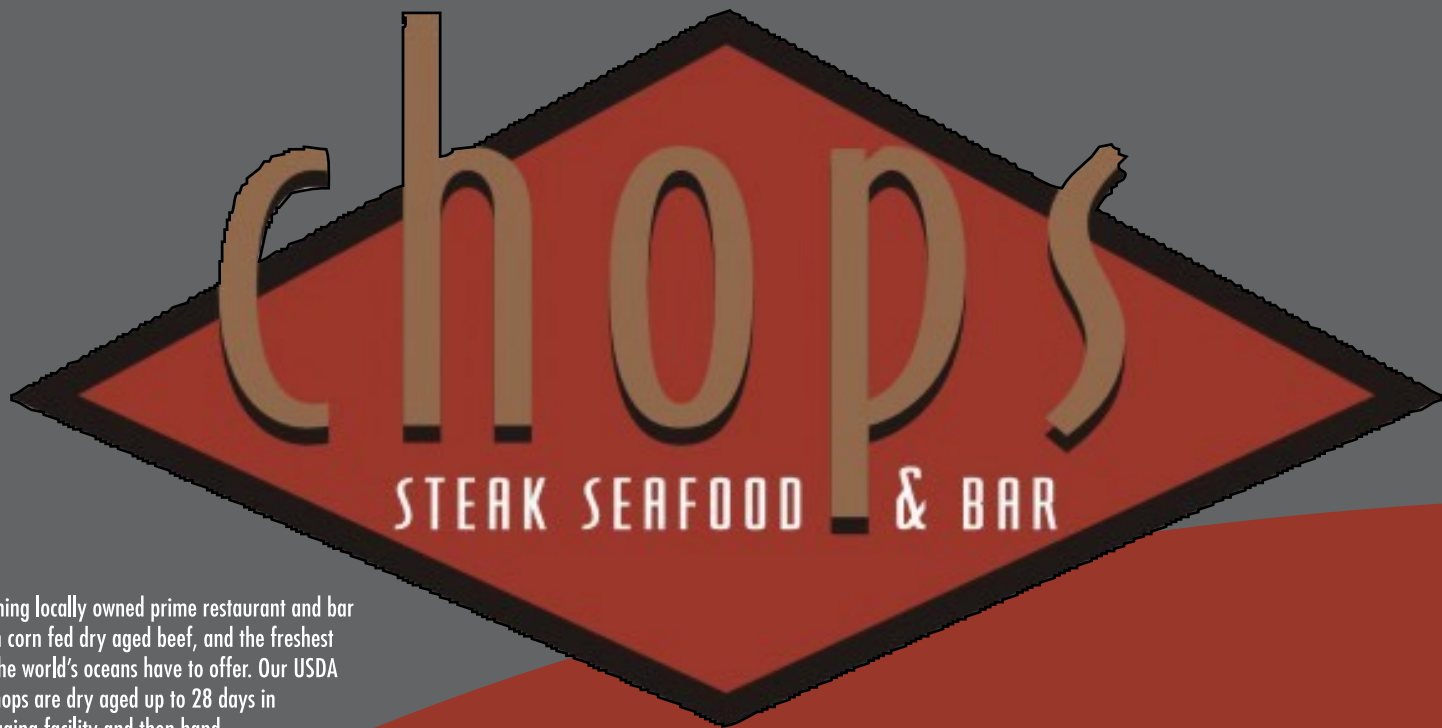
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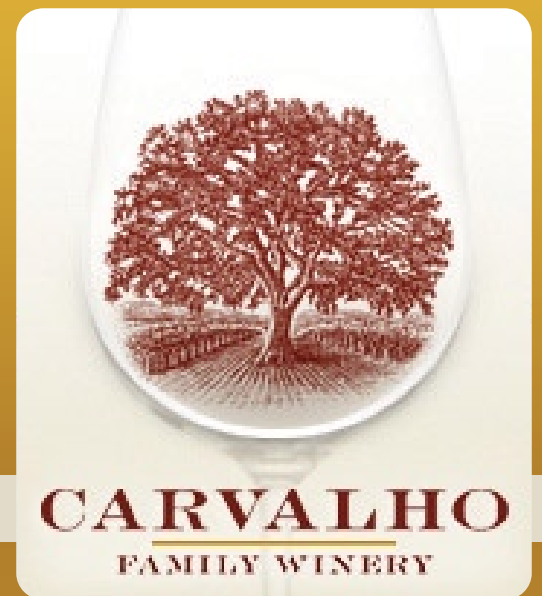
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Baristas Joseph Wyatt and John Morrison prepare coffee at Spill the Beans.

Land Park News Photo/Stephen Crowley

Business brief Word's out on new café

On Sept. 19, the area's latest café opened for business. Spill the Beans, a coffee house and specialty eatery, opened its doors at the site of the former bakery inside of Vic's IGA Market, 5820 S Land Park Dr. After months of construction and development, café owner Michael Shugert realized his dream last weekend, celebrating with the community and holding the grand opening for the new coffee venue.

Spill the Beans offers gourmet coffee and unique bakery items. The café is located inside Vic's IGA Market and is open from 6:30 a.m. to 3:30 p.m. on weekdays and 7:30 a.m. to 3 p.m. on weekends. For more information, call (916) 428-1920.



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East Sac Hardware: Serving the community since 1951

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

In a day and age when the old “Mom and Pop” type stores are disappearing on a regular basis and the much larger stores often prevail, it can be nice to see that certain small community businesses continue to prosper.

One such business that undoubtedly fits this description is East Sac Hardware at 5800 Folsom Blvd.

Established in 1951 by Frank Robinson, a former resident of Arkansas, the business has built a long tradition of serving its customers in that old-fashioned “Cheers” kind of way, where regular customers are known on a first name basis.

A quality example of this level of service was captured during a recent visit to the store by Tahoe Park resident, Ken Templeton.

Templeton, who began coming to the store about 20 years ago, said that he appreciates the fact that the recently revamped East Sac Hardware provides both quality customer service and a good selection of merchandise.

“This is an institution really and they’ve only made it better recently the way they’ve laid everything out,” Templeton said. “You can go to a big box (store) like Home Depot or something and spend half the day looking for something and then you get the wrong thing. You come here and the people are right here to help you, like (for instance) I wasn’t going to get this style of sheer. I was going to get the same kind of sheers that I’ve used for the past 30 years. (A store worker) asked me what I use them for and I said, ‘To cut branches and stuff.’ He said, ‘What kind of branches?’”

Looking down at his newly purchased pair of sheers, Templeton said that if it had not been for East Sac Hardware, he would have walked out of a different store with the “wrong product.”

It is this type of customer service that has encouraged people to return to East Sac Hardware again and again throughout the years.

Fortunately for those who enjoy the convenience of having a reliable neighborhood

community hardware store, East Sac Hardware has managed to survive and, in fact, improve its services and offerings throughout the years.

Following about 33 years under the ownership and operation of Robinson, one of Robinson’s nephews briefly ran the store before it was placed up for auction with the victor being Richmond “Rich” Leland Johnston, Jr.

Operating the store with his wife, Sheree and several other employees, the store continued its constant commitment to its number one goal of providing Grade A customer service.

Something Old, Something New

Recently, part of this customer service included the aforementioned revamping of the store to provide customers with a community business with new modernized elements, additional offerings, more convenience and an overall improved store.

Sheree, who was very involved with the store’s 15-month “face-lift” project, which began on July 1, 2008 and had the theme of “Something Old, Something New,” explained the idea behind the project.

“We wanted to keep the old aspects of the store that differentiated the business from other hardware stores, while updating the store design and adding in new merchandise and services,” Sheree said. “Our whole goal was to pave the road to another 58 years of serving the East Sac community.”

The store, which is a one-stop shop for plumbing, electrical, paint, lumber, housewares and gifts, underwent improvements in the areas of clean-up, repainting, reorganizing, redecorating, as well as resetting merchandise. Many displays kept the old-time wood features, while receiving stainless steel additions.

The crown jewel of the project was the store’s new neon sign, which brings the store full circle back to its 1950s roots.

Other newly-added reminders of the past are the store’s Fifties-themed mural and window displays.

The window displays are reminiscent of the old Breuner’s furniture window displays, which once graced the

corner of 6th and K streets in downtown Sacramento.

The hardware store’s 1950s-themed window displays include a pair of life-sized children figures with marbles, dominoes, children’s books and board games such as Bobsey Twins on the Farm.

Another display features a past to present women’s scene with a figure of a woman from 1951 with clothing patterns, a washboard, a cookbook and a package of Grandma’s Lye Soap.

The final display takes a look at happenings in 1951 and includes images of television’s “I Love Lucy Show,” the film, “A Streetcar Named Desire,” with Marlon Brando, and J.D. Salinger’s novel, “The Catcher in the Rye.”

Shop around the corner

And when it comes to history, the building, where East Sac Hardware is located certainly has plenty of it, including history that predates the hardware store itself.

For those old enough to remember the building in its pre-1951 years, especially those who lived in the surrounding area including Little Italy, which was roughly located from 48th to 58th streets between H Street and Folsom Boulevard, such people recall that an earlier hardware store was located in a different section of the building.

During its early years, the building, which was constructed in 1929 and today consists of the 10,000-square-foot hardware store and the 4,000-square-foot One Speed Restaurant, was divided into various sections with several businesses, including the previously mentioned, early hardware store, a grocery store, a restaurant, a beauty shop, a variety store and a barbershop.

Willie DaPrato, who grew up at 1217 48th St. in Little Italy, said that he likely received his first haircut in the building from barber Frank Mazzanares during the mid-1930s.

“The barbershop was in (the building) and I would imagine that (Mazzanares) was the first guy who ever cut my hair,” DaPrato said. “He lived on 48th (Street), he was Italian, we were Italian, so you just went where you



(above) The crown jewel of the East Sac Hardware remodel was the store’s new neon sign, which brings the store full circle back to its 1950s roots. Land Park News Photo/Ryan Rose

could speak to a man in your language. But before that, my mother cut my hair to save 50 cents, because that bought a lot of meat back then.”

Understanding the importance of tradition, East Sac Hardware strives to continue its notoriety of providing the type of quality merchandise and customer-friendly service

that has made it a longtime East Sacramento favorite.

East Sac Hardware is open on Mondays through Fridays from 7 a.m. to 7 p.m., Saturdays from 8 a.m. to 6 p.m. and Sundays from 9 a.m. to 6 p.m.

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Portuguese Historical and Cultural Society celebrates 30th anniversary

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

Members of the Portuguese Historical and Cultural Society gathered together at the Sacramento Portuguese Holy Spirit Society Hall on Pocket Road September 13 to celebrate a very special occasion – the 30th anniversary of their cherished organization.

Founded by the late Lorraine (Perry) D'Alessandro and her son Joseph D'Alessandro, the non-profit society has enjoyed a successful journey of promoting Portuguese historical and cultural heritage and providing a harmonious environment for those of Portuguese ancestry to remain connected to their ethnic past.

Among the accomplishments of the organization have been launching successful campaigns to establish the Portuguese Community Park, Portuguese street names, historical registry for Portuguese meeting halls and churches and working with the local media to publish historical articles.

Specifically recognized during the gathering were recent Portuguese-related historical articles published in The Pocket News and successful efforts made to halt the city's former goal of changing the name of Pocket Road to Riverside Boulevard.

A special celebration

The Sept. 13 gala event, which drew more than 200 people, including dignitaries from various Portu-

guese organizations, featured a full program with a lunch catered by Antoinette Duarte, speakers and entertainment.

The gathering, which was also attended by several senior members who made a special effort to participate despite struggling with personal health issues, began with a welcoming by Nancy Souza-Mallory, a presentation of both the American and Portuguese flags by local Boys Scouts and an invocation by the Rev. Giancarlo Mittempergher, pastor of the St. Elizabeth Parish.

The main speakers of the afternoon were Dr. Elamano Costa, John Bento and Joseph D'Alessandro. Other speakers included Frank Dias, Al Balshor, Dolores (Silva) Greenslate and Gui Sequiera.

Joseph D'Alessandro, who served as the society's first president, marveled at the many accomplishments of the organization since its inception, noting that the society began with a much smaller focus.

"I think it's very encouraging, because we started with a very small focus, a very small idea," Joseph D'Alessandro said. "We knew the area as the Pocket, we knew that Riverside Road at that time led to the little community of Riverside and Pocket was its own community. We thought we had to kind of come together to preserve the rich, long history of this neighborhood, because it was getting developed and it was changing rapidly and to



Land Park News Photo/Lance Armstrong

Joseph D'Alessandro, co-founder of the Portuguese Historical and Cultural Society, speaks at the organization's 30th anniversary gala banquet, which was held last Sunday at the Portuguese Holy Spirit Society Hall on Pocket Road.

showcase why it became what it is today, why it was called the Pocket, why there was a Lisbon School. It was a real attempt to kind of preserve the culture and the traditions of this neighborhood, but it grew beyond that to the greater Sacramento Valley."

And looking to the future, Joseph D'Alessandro added, "It's beautiful to have this 30 years of recognition of the history and tradition and realizing that we're going to be (continuing) for a long time, because the history is still happening and

the tradition is also happening today."

Service in the society

The efforts of Joseph D'Alessandro and others who have dedicated themselves to the society and the promotion of Portuguese heritage and culture were certainly not overlooked during the gathering, as the society's President Terri White and Vice President Mary Ann Marshall

See Portuguese, page 23

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Portuguese: 'This celebration was a great way to show what we have done'

Continued from page 22

presented several awards of recognition.

In addition to recognition given to Joseph D'Alessandro as the society's first president, recognition was given to Lionel Holmes, a former society president and a former, 22-year editor of O Progresso, the society's quarterly newsletter, Marilia Wiget, a former society president and current editor of O Progresso, Greenslate, historian and archivist, and Sequeira, the society's secretary.

Also honored at the event were: Dias, who established a Portuguese radio program that broadcasts the late mass from St. Elizabeth Portuguese Catholic Church for those who are unable to attend the mass, Balshor, a longtime Sacramento florist, who has promoted many society events with his flowers, and District 7 city Councilman Robbie Waters, who was active in the naming and development process of Pocket area streets, parks and schools and the establishment of the new library, which was named in his honor.

Joseph D'Alessandro said that when it comes to reviewing the success of the society, many other people are very deserving of recognition.

He added that it is important to remember the society's original members, which in addition to himself, his mother, Greenslate and Holmes, included Lorraine's sister, Evelyn Nordeste, Tony Dutra, Clarence Nevis, Aileen Alves Gage, Clarence Machado, Grace Rose and Gregg Campbell.

These members were extremely noteworthy, explained Joseph D'Alessandro, considering how timely their efforts were in establishing the foundations of the society.

"Had we not (established the society) at this time, it would have been much more of a challenge," said Joseph D'Alessandro, who recalls keeping his horse at his cousin's Pocket area ranch and seeing miles of open land from the site of Kennedy High School and

"I think we started at the right time when there were still some elements that were recognizable and real and we were able to bring them to the future."

beyond to the south. "At that time, there were more of the pioneers who were still alive and there were more of the immigrants who were still alive. Since then, things have changed and development has taken over much more of the area and the face of the landscape has changed. I think we started at the right time when there were still some elements that were recognizable and real and we were able to bring them to the future."

Future's past

And in terms of the future, during the event, the society embraced a challenge to establish a Portuguese museum in the Sacramento area.

Wiget said that such Portuguese museum projects are being reviewed in the Bay Area and Turlock and that a Sacramento museum would likely be located

inside an existing building, perhaps at a local college facility.

Frank Dias, 83, a longtime Sacramento resident who was born on a ranch in Newcastle, Calif. to Pico, Azores islands natives Francisco Rodrigues Dias and Francisca Luisa Dias, praised the society for its efforts in celebrating the organization's 30th anniversary.

"This was a triple-A, first-class event," Frank Dias said. "(The society) had that (event) very well organized. This organization, everything they do is always first class and this was definitely no different."

Supporting Dias' words, Greenslate added, "This celebration was a great way to show what we have done and to express our thanks to all the people who have helped us to achieve this milestone of 30 years. It was a wonderful event."



Land Park News Photo/Lance Armstrong

Dolores (Silva) Greenslate, right, is presented with an achievement award for her many years of dedication as the organization's historian and archivist by the society's Vice President Mary Ann Marshall.



Land Park News Photo/Lance Armstrong

Ramana Vieira and Ensemble provided entertainment at the event.



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From left: Wes, Ted, and Henry

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SEPTEMBER

Free pole walking clinics

Organized by Cure Arthritis Now, free pole walking clinics will be hosted Wednesdays (at 6 p.m.), Sept. 16 and 30, Thursdays, Sept. 10 and 24, and Friday, Sept. 18, at the Sierra 2 Community Center, 2791 24th St. There will be an additional clinic Saturday, Sept. 12, on Scripps Drive. 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.

California State Library Show

National travelling exhibit "Louis Braille: Celebrating 200 Years of Braille." Born the same year as Abe Lincoln and Charles Darwin, Braille invented a tactile alphabet that shattered barriers for vision-impaired readers. Exhibit continues through Sept. 25. Held 9 a.m. to 5 p.m., Monday through Thursday, and Friday, Sept. 25. Closed Labor Day. Free. Lobby, Library & Courts Bldg. 2, 900 N Street, (916) 654-0640.

Straw into Gold

The Hart Senior Center will once again host the "Straw Into Gold" poetry writing workshop for Seniors. Led by Julia Connor, Sacramento Poet Laureate 2005-2009, this workshop offers an outstanding opportunity for seniors to hone their writing skills in a creative, spontaneous environment. The workshop will be held Thursdays from 3:00 to 5:00, September 3 through November 12. Registration is required, but there is no cost for this workshop. Please contact the Hart Senior Center at (916) 808-5462 for more information.

Memory Seminar

A special memory seminar will be held throughout the month of September and into October, September 14 through October 5. Mondays, 9:30 a.m. to 11 a.m. Facilitated by Kim Winters, BSG, M.Ed. of the Primrose Living Fund. Located at Hart Senior Center, 915 27th Street, Sacramento. No Charge. RSVP at (916) 808-5462.

Just Change exhibit opens

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Past Tents exhibit opens

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Greenhaven bridge group

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SEPTEMBER 23

College Essays—What Do I Write?

Working on your college essays? This workshop will give a close-up look at the UC Essay prompts and Common Application prompts and provide strategies to write successful and interesting college essays. You will also learn what colleges are looking for in your writing. The workshop will be held from 7:00 to 8:30 p.m. at Sierra 2 Community Center, 2791 - 24th Street. The cost is \$20/person or \$25/family. Space is limited so register early! Contact Marilyn van Löben Sels, certified college counselor: (916) 601-6909 or email: marilyn@college-gps.com.

SEPTEMBER 24

Town Hall with Mayor Johnson

The meeting is a great opportunity to hear from Mayor Johnson and get some of your questions answered using a town hall format. Please bring a friend or neighbor and join in Thursday, September 24 from 7-8 p.m. at California Middle School, Multi Purpose Room, 1600 Vallejo Way. If you need more information, then please call 808-5300.

SEPTEMBER 25-30

Book Fair

With budget cuts in California, we don't want our children to suffer in the area of literacy. Fremont Nursery School is hosting a Scholastic Book Fair in order to increase the availability of books for children in the Sacramento community. The events are Friday, Sept. 25, 8:30 a.m.-1 p.m., Sunday, Sept. 27

8 a.m.-1 p.m., Monday, Sept. 28 8:30 a.m.-1 p.m., Tuesday, Sept. 30 8:30 a.m.-1 p.m. and will be held at Fremont Nursery School Gymnasium Classroom, 5770 Carlson Dr. For information, call 498-9537.

SEPTEMBER 26

Carmichael's Founders Day

Celebrating 100 years, Carmichael is hosting their Founders Day event at Carmichael Park, 5750 Grant. Ave. Opening Ceremonies begin at 11 a.m. Admission is free and the event includes an auto show, free inflatable jumping structures for kids, music and food, beer and wine. Fireworks begin at 8:15 p.m. For more information, call 485-5322.

Car show

Beverly's Annual Nifty '50s Classic Car Show is Saturday from 9:00 a.m. to 3:00 p.m., Marconi Avenue & Fair Oaks Blvd., in Carmichael. Admission is one new, unwrapped toy or toys for Beverly's Annual Holiday Angel Project. The event will feature music, food and prize drawings. Call (916) 402-7202 for more information, or e-mail topcdrvr1@aol.com. The Angel Project takes care of over 1,500 children each holiday season giving them blankets, filled stockings, stuffed animals and age appropriate toys.

Walk for Lupus Now

Walk for Lupus Now is the signature event of the Lupus Foundation of America, Inc. The event is Sept. 26, at Southside Park, 2115 6th St. (near U Street). Check in at 9 a.m. Walk begins at 10 a.m. Parking available around the park. Participants will walk one mile or three miles. For more information, call 202-510-8937.

JKPG's annual fundraising event

Jan Ken Po Gakko's annual fundraising event will be held on Saturday, September 26 from 9 a.m.-3:30 p.m. In the heart of Elk Grove, California at the Sacramento Asian Sports Foundation (SASF) located at 9040 High Tech Court, Elk Grove, CA 95758. For more information, please visit www.jan-kenpogakko.com.

Special community sale

Special community sale offering items of interest to the region at-large. The event is Saturday, Sept. 26, 8 a.m. to 1 p.m., 913 El Dorado Way, Sacramento, CA 95819

SEPTEMBER 27

East Sac Home Remodeling Tour

The East Sacramento Home Remodeling Tour, sponsored by Friends of East Sacramento, will be held on Sunday, September 27 from 10:00 a.m. to 4:00 p.m. Featuring six remodeled homes, the theme for the 2009 tour is "Honoring Tradition, Making it New." While enlarging spaces inside, the homeowners have honored the tradition of the house. Tickets go on sale beginning September 1 and proceeds will go to support neighborhood parks and beautification projects in East Sacramento. For more information, call 452-8011 or e-mail east-saclife@aol.com.

Taste of Land Park

The Land Park Community Association is pleased to present the 9th Annual Taste of Land Park, where residents of the neighborhood come together for an evening of fine wine, delicious food and community con-

nections. The event is Sunday, Sept. 27 from 4:00 p.m. to 7:00 p.m. on 17th Street between 11th and 13th avenues. Admission is \$30 in advance. Tickets will be available 2 weeks prior to the event. Purchase locations to be disclosed at a later date. Tickets are \$35 at the door. Over 15 Land Park food vendors and 20 regional wine purveyors. Complimentary bike valet provided by the Sacramento Area Bicycle Advocates. Musical entertainment by On Air, an eleven-piece power horn, classic rock band. Visit www.landpark.org for details and updates regarding this exciting event.

Swinging Fall Ball

Nor Cal Big Bands Preservation Society will present the Swinging Fall Ball on Sept. 27, from 1 p.m. to 5 p.m. at the Sacramento Elks Lodge No. 6, 6446 Riverside Blvd. Admission is \$14, \$12 for groups of ten, and \$10 for Gold Card holders. For information, call Lou Coppola, Executive Director, at 916-444-6138.

OCTOBER

Free pole walking clinics

Organized by Cure Arthritis Now, free pole walking clinics will be hosted Wednesdays (at 6 p.m.), Oct. 7 and 21, and Fridays, Oct. 9 and 23, at the Sierra 2 Community 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.

Managing health conditions class

Healthier Living is an award-winning program designed by Stanford University to help you better manage chronic health conditions and lessen their impact on your life; reduce fatigue, anxiety, sleep loss and gain; communicate better with your doctors, friends, and family; and set goals and problem solve to make positive changes. This class is also recommended for caregivers of people with chronic conditions. Classes are held at Asian Community Center- October 8, 15, 22, 29, Nov 5, and 12 from 9:30 a.m.-12 p.m. Free. To register, call Lucy at 393-9026 x 322.

OCTOBER 3

Skate Park Concert

Held at La Sierra Community Center Skate Park, 5325 Engle Rd. in Carmichael, join us for our second Skate Park Concert of the year. Local bands will perform while participants are grinding the rails and skating the half pipe! Admission is \$5. Music starts at 4 p.m. For more information, call 483-7826.

Great Duck Race

On Saturday, October 3, thousands of rubber ducks will descend on the mighty Sacramento River for the Great Sacramento to Duck Race - an exciting bridge to bridge race benefiting Special Olympics Northern California. Using frontloading tractors, the racing rubber birdies will be ceremoniously dumped off the I Street Bridge and will race to the Tower Bridge in hopes of winning one of many fabulous grand prizes like airline tickets, an LCD television, gas and grocery gift cards, vacation getaways and more! For just five bucks you can adopt a duck and be eligible to win. The Great Sacramento to Duck Race will be held promptly at 3 p.m. and winners announced at 4 p.m. The Great Sacramento Duck Race is sponsored by Quick Quack Car Wash and PRIDE Industries, with additional support powered by Sacramento Regional Transit, Sudden

Values.com, KLOVE and Air1 Radio. For more information or to adopt your lucky duck, visit us online at www.sacramento-duckrace.com.

Armenian Food Festival

This is the 63rd year for our event and it is one of the longest running festivals in Sacramento. This event features traditional Armenian foods (shisk kebab, pilaf, etc.), Armenian music and dancing. The festival hours are from 11:30 a.m. to 10 p.m. Food is served from 11:30 AM to 8:00 PM and take out is available. The festival is held in the hall of the Greek Orthodox Church, 614 Alhambra Blvd, Sacramento (across from McKinley Park). Entry is free until 5 p.m. After 5 p.m. an entrance fee of \$3.00 will be charged. Music and folk dancing begins at 5 p.m. This event is hosted by the St. James Armenian Church. For more information, call (916) 443-3602 or visit www.stjamesarmchsac.org.

Fall Fairy Festival

Held Oct. 3 from 11 a.m. to 5 p.m. at the Fair Oaks Community Clubhouse, 7997 California Ave, Fair Oaks, the Fall Fairy Festival is a time to put on your best pair of wings and come celebrate with the fairies. Use a wishing stone, make a fairy wand, learn to fairy ribbon dance, see fairy houses, have your picture taken as a fairy and lots of other fun activities. For more information, please visit www.FairyGardenParty.com.

Huge Parking Lot Sale

There will be a huge parking lot sale at Elks Lodge No. 6, 6446 Riverside Blvd., Saturday, Oct. 3 from 8 a.m. to 2 p.m. Vendors welcome. For more information, call 714-1301.

Military Widows

The Society of Military Widows, Sacramento Chapter No. 5, will meet on October 3, at the Lions Gate at McClellan Park at 11:30 a.m. for lunch and program on "Tri Care Benefits" presented by Mary Brown from Travis A.F.B. Call 916-635-6724 for information.

OCTOBER 3-4

Benefit plant sale

Sunburst Projects and the Benefit Plant Sales announce: There will be plant sales held in the covered parking area behind the Gifted Gardener at 18th & J Streets, midtown Sacramento from 9am to 3 pm both Saturday and Sunday. A wide selection of perennials plus some winter growing CA natives will be available.

St. Robert's Fall Festival

Held Saturday, Oct. 3 from noon to 7 p.m. and Sunday, Oct. 4 from noon to 6 p.m., the St. Robert Parish and School is holding their Fall Festival. Located at 2243 Irvin Way, the event will offer great food, children's games, bingo, entertainment and even televised football games on Sunday all to benefit St. Robert Parish and School.

OCTOBER 4

McKinley Song Circle

McKinley Children's Song Circle with the Shadechasers will perform for free Oct. 4 at 3-4:30 p.m. in the Clunie Clubhouse, 601 Alhambra Blvd. Families welcome. Brand new songbooks for singers available. For more information and directions, call 531-4110. The Shadechasers is a local folk group of 10 members playing Woody Guthrie,

Calendar

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Pete Seeger, Malvina Reynolds, Raffi, and other singable family music suitable for children's activities. We sing and dance, and encourage families to sing together whenever they can. Now we have a new songbook with about 60 songs to share with our group.

Classical concert

Performing at 4 p.m. at All Saints Episcopal Church, 2076 Sutterville Rd., is a new Sacramento ensemble – Trio brio, with Elizabeth Coronata, Flute; James Een, Viola; and Beverly Wesner-Hoehn, Harp. Music of Debussy, Ibert, Bloch, Persichetti. A reception will follow, and childcare is available. Entry is a \$10 suggested donation. Parking is available across the street at City Colleges. Further information www.allsaintssacramento.org or 916-455-0643.

OCTOBER 6

Recorder music group

The Sacramento Recorder Society meets Oct. 6 from 7-9:15 p.m. at 890 57th St. under the baton of Annette Bauer, Early Music scholar. She will bring beautiful and interesting music to conduct. Please bring your instrument, a pencil and a music stand. Newcomers are welcome. For more information: www.sacrecorders.org or 391-7520.

OCTOBER 7

Raising Financially Responsible Kids

Cynthia L. Kinney with New York Life will be presenting a free workshop entitled "Raising Financially Responsible Children." The workshop will be held from 9-11 a.m. at Chinese Grace Church at 6656 Park Riviera Way. To RSVP please contact Janice Joe at 422-7523.

San Juan Unified College Night

Families should mark their calendars for our once a year district wide College Night held in conjunction with the Northern California College consortium, which will be held on Wednesday, Oct. 7 from 6-8 p.m. at Rio Americano High School. More than 120 colleges, technical schools, military and advising programs are represented as students can learn more about their options after high school graduation. Students and their families can also attend FREE seminars on Navigating the College Course, Writing their Personal Statements for their College applications, Community College and Financial Aid. Check back on your school website for more information this fall.

Understanding dementia

The Meadows Senior Living and A Place For Mom have teamed up to offer the following informational series to the Elk Grove and Sacramento Community: Bringing Light into the Darkness of Dementia Laura Wayman, The Dementia Whisperers, October 7, 6-7 p.m., at The Meadows Senior Living, 9325 East Stockton Blvd, Elk Grove.

OCTOBER 8

Computer Club meeting

The Mission Oaks Computer Club will meet on Oct. 8, from 1p.m. to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The club will be celebrating its 21st anniversary with

member presentations and a finger-food potluck. First-time visitors are welcome to bring a finger-food item as well. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. For additional information, call (916) 366-1687 or visit our Web site at www.missionoakscomputerclub.org.

Swine Flu lecture

The Influenza A H1N1 (Swine Flu) Pandemic will be the topic of discussion at the Shriners Hospital Lecture Series on Thursday, October 8. The one-hour lecture begins at 12 noon at Shriners Hospitals for Children Northern California, 2425 Stockton Boulevard. The community is invited to attend the lecture, which is approved for one hour of continuing medical education credit. Reservations are not required and the lecture is free. For further information about the lecture call (916) 453-2041.

National Health Federation

The Sacramento Chapter of the National Health Federation meets at the SMUD Auditorium (the old SMUD Building) on 6201 S Street, Sacramento. A free lecture, "Health for the Holographic Cell" presented by Victoria Morse, Ph.D. Call 916-635-6724 for information.

OCTOBER 9

Barbershop quartet

A barbershop quartet will perform at the Casa Garden Restaurant, 2760 Sutterville Rd., Friday, Oct. 9. Seatings at 11:15 a.m. or 1:15 p.m. Main entrée is roast pork loin with berry chutney and mixed green salad or Asian chicken salad with dried cranberries. Dessert is an apple pecan cake with caramel sauce. Tickets are \$20 per person and reservations are offered on a first-come-first-served basis. For reservations, call 916-452-2809.

Organic Gardening

On October 9, 2009, the Organic Gardening Club of Sacramento County will meet at the Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, at 10 a.m. The program "Old City Cemetery: Perennials and Roses" will be presented by Barbara Oliva, Curator of Heritage Roses. Call 916-635-6724 for information.

OCTOBER 10

Family Magic Show

Held Saturday, October 10, 2009, doors open 6:30 p.m.; show starts at 7 p.m. Tickets are \$5/person at the door, 5 years old & under free. Register online & get \$1.00 discount per person, www.morpd.com. This gathering of top named magicians in Northern California comes to share their MAGIC with you. All ages will enjoy their mysteries with "OOOhs" and "AAAAs" and thoughts of "How did they do that?" Held at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. For more information, call 972-0336.

Fe Galley art reception

Fe Gallery presents "Celebration." You are cordially invited to attend our second year anniversary party with art, food and fun! Our guest artist for October is Fused Glass Artist Cindy Rubado. She will be joining Mental Artist Stephen Lyman and Fused Glass Artist Sheena Wolfe for our Second Saturday celebration and opening from 6am to 9pm. There will be a metal demonstration by Stephen Lyman beginning at 7:30pm. Fe Gallery is located at 1100 65th

Street (north of Folsom Blvd., corner of 65th and Elvas), East Sacramento. For more information about the artists and the gallery visit www.FeGallery.com or call, (916) 456-4455. Daytime gallery hours are currently from 8:30 a.m. to 4 p.m. Monday through Friday and Saturday 10am to noon. The current show will run throughout October.

Learn about H1N1 flu

The Ethel Hart Center will host Sacramento County Public Health Officer Glennah Trochet, M.D., on Saturday, October 10 at 10:30am. Dr. Trochet will discuss H1N1 Influenza and how members of the community can prepare and protect themselves from this new virus. This free meeting will be held at the Ethel Hart Center located at 915 - 27th Street in Sacramento. Please sign up by phoning 808-5462. Free.

OCTOBER 11

Walkathon for feral cats

On Sunday, Oct. 11, the Coalition for Community Cats will hold its fifth annual "Put Your Best Paw Forward" 5K Walkathon honoring National Feral Cat Day. This walkathon will begin at Southside Park at 6th and T streets and wind its way past the State Capitol, down J Street and return to the park. The Coalition for Community Cats is a volunteer-run organization that assists people in the community to spay and neuter abandoned and feral cats. For more information on sponsoring or joining the walkathon and the activities of the Coalition for Community Cats, visit their Web site, www.coalition4cats.org, or call (916) 446-4290.

OCTOBER 17

Food festival

Chinese Community Church will hold their 26th annual Fall Fellowship and Food Festival Oct. 17, from 11 a.m. to 7 p.m. The event will be located at the church 5600 Gillgunn Way. There will be Chinese food, entertainment and games. Admission is free. For more information, call 916-392-7875 or 916-424-8900.

Aging in place week

In honor of National Aging in Place Week, Eskaton Village Roseville is hosting this entertaining and educational event highlighting programs and services that can help older adults live independently. This event will feature: tours of Eskaton's award-winning national demonstration home; seminars by professional speakers; cooking and health demonstrations; resident art show; and flu shots. Eskaton Village is located at 1040 Cabris Ln., in Roseville. For more information, call (916) 771-5151.

OCTOBER 20

Sleep and senior health

On Tuesday, October 20, there will be the Sleep and Senior Health, presented by Steven Brass, M.D., M.P.H. Co-Medical Director of the Sleep Division of UC Davis Health System. Dr. Brass will explain reasons which we sleep, and age-related sleep changes and problems. 1:30-2:30 p.m. Ethel Hart Center, 915 27th Street. (916) 808-5462. Please sign up in advance.

OCTOBER 21

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 Freepport Blvd. RSVP

to Deb Luna or Anthony Carrill at 833-6266. For more information, visit www.cookrealty.net.

NARFE meeting

The Town & Country Chapter No. 1674 of NARFE (National Active & Retired Federal Employees) will hold its monthly meeting on Oct 21, at Sam's Hof Brau, 2500 Watt Ave. (cross street El Camino Avenue). Lunch at 11 a.m. Speaker at noon with business meeting to following. For further information, contact Clarence Howard, 972-9348.

OCTOBER 23

Harvest Festival

There will be a Harvest Festival at Matsuyama Elementary School, 7680 Windbridge Dr., from 4 p.m. to 7 p.m. Admission is free. Guests will enjoy foods, crafts, and entertainment.

OCTOBER 24

Baby fashion show

Baby Oh Baby! Fashion Show, Lyon's Village, 2580 Fair Oaks Blvd., (corner of Fair Oaks and Fulton). 2-4 p.m. call Cottage Affair 480-0971 for info. Arts and Craft vendors will be present with their crafts.

OCTOBER 27

Embroiderer's meeting

Embroiderer's Guild of America is 7 p.m. Tuesday, October 27, SMUD Building, 6301 S St. Pat Godlove will teach our second annual petite Christmas Stocking. Visitors welcome. (916)961-3558

OCTOBER 30

Bizarre bazaar

Westminster Presbyterian Women are sponsoring a Bizarre Bazaar at Westminster Presbyterian Church, 1300 N Street, Sacramento CA 95814 on Friday, October 30 from 10:00 am - 3:00 pm Telephone (916) 442-8939. We will be selling handmade craft items for your Christmas gifting and Decorating; plants for your home and yard; good small furniture, household items and childrens toys; food items including pickles, jams jellies and baked goods; and gently used clothing, shoes and purses. Items to be sold at various prices. All ages are welcome. Proceeds support Westminster Presbyterian Women's Mission Projects. This is going to be a fun event. For your snacking pleasure a slice of pie, cake or cookies and coffee are available for purchase in the patio.

NOVEMBER 1

McKinley Song Circle

McKinley Children's Song Circle with the Shadechasers will perform for free Nov. 1 at 3-4:30 p.m. in the Clunie Clubhouse, 601 Alhambra Blvd. Families welcome. Brand new songbooks for singers available. For more information and directions, call 531-4110. The Shadechasers is a local folk group of 10 members playing Woody Guthrie, Pete Seeger, Malvina Reynolds, Raffi, and other singable family music suitable for children's activities. We sing and dance, and encourage families to sing together whenever they can. Now we have a new songbook with about 60 songs to share with our group.

NOVEMBER 4

Home safety and fall prevention

The Meadows Senior Living and A Place For Mom have teamed up to offer the following informational series to the Elk Grove and Sacramento Community: Home Safety and Fall Prevention, Home Instead Senior Care, November 4, 6-7 p.m. at The Meadows Senior Living at The Meadows Senior Living, 9325 East Stockton Blvd, Elk Grove.

DECEMBER 6

McKinley Song Circle

McKinley Children's Song Circle with the Shadechasers will perform for free Dec. 6 at 3-4:30 p.m. in the Clunie Clubhouse, 601 Alhambra Blvd. Families welcome. Brand new songbooks for singers available. For more information and directions, call 531-4110. The Shadechasers is a local folk group of 10 members playing Woody Guthrie, Pete Seeger, Malvina Reynolds, Raffi, and other singable family music suitable for children's activities. We sing and dance, and encourage families to sing together whenever they can. Now we have a new songbook with about 60 songs to share with our group.

ONGOING

American Legion Dance

The American Legion Dance, Held on the first Friday of each month from 7 – 10 p.m. at Veterans Memorial Hall at Royer Park in Roseville, featuring ballroom, Latin, swing, and night club dances with DJ Bob Wayman. The public is invited and singles are welcome. There is a great wood dance floor, good parking, no-host bar, soft drinks, and snacks. Come dance and make new friends. The hall is located at 110 Park Drive. Cost \$8. Info: (916) 783-7267. Proceeds go to support the troops and our veterans.

MONDAYS

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

Toastmasters meet

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freepport

Calendar

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Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment – join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

Aviator interest

Gray Eagles, a social group for men and women to share stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erisman at 231-5110.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous meets, 9 p.m., Lutheran Church of Our Redeemer, Fireside Room, 4641 Marconi Ave. A 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Women's networking

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fundraising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

Barbershop Harmony

Sacramento Capitolaire Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

Antelope Quilters Guild

Held the second Tuesday of each month from 7 p.m. to 9 p.m., the Quilters Guild invites community members to their general meeting at the Lutheran Church of Ascension, 7607 Garden Gate Dr. in Citrus Heights. For more information, call 488-8858.

WEDNESDAYS

Yoga at Parkside Church

Svaroopa Yoga is a style of Hatha Yoga that can relieve pain, reduce stress, increase strength and flexibility, help with proper alignment and posture, calm the mind, and promote personal transformation. The classes are open to everyone. Beginning Yoga is offered on Wednesday mornings from 9:15am – 11:00am and Advanced Yoga is offered on Tuesday mornings from 8:45a – 11:00am. Fees are \$52 for a series of 4 sessions. Parkside Community Church is located at 5700 South Land Park Dr. Call 421-0492 for more information.

Wednesday Night Dance

Dance to the rhythms of the Sensible Sounds Dance Band in the community center's beautiful auditorium. Enjoy Ballroom and Line dance from Swing to Rock to Country music. Call 972-0336 for more information. \$7 per person, from 7-10 p.m. every Wednesday at the Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael.

Community sing-along

Harmonize on old hymns and folk songs, just for our own pleasure. Shower singers are welcome! Wednesdays 6:00-8:00 p.m., June 10 through August 26. Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information: 457-4527, daytime.

Pole walking clinic

Free pole-walking clinic sponsored by Cure Arthritis Now, every Wednesday morning -- demo poles provided for use during your first clinic. Call 208-8700 for details of times and locations. Come learn a new way to exercise and get healthy.

Chair yoga at Hart

Yoga instructor Pat Shaw leads chair yoga with exercises aimed to keep older adults strong, limber and relaxed, 1:45 to 2:45 p.m., Hart Senior Center, 915 27th St. Information at 808-5462.

Toastmasters Club

River City Speakers Toastmasters Club meets at noon at Coco's Restaurant, 1830 Arden Way. All area business people invited to hone their speaking skills; meeting ends at 1:15 p.m. Information: 747-8282.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 1-866-794-9993.

Free dessert for seniors

The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo, 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Drive, Carmichael. Bring a brown-bag lunch -- free coffee, tea and dessert. Information from Myrt at 348-8114.

Memory Seminar

Merrill Gardens is offering a "Memory Enhancement" seminar from 2:30 to 4 p.m. at 6350 Riverside Blvd. This is an ongoing series the second Wednesday of every month. Refreshments will be served.

Businesswomen's network

Referrals Plus, a networking group of businesswomen, meets, 12:15 to 1:30 p.m., in the Pocket area. Information and reservations with Chris, 492-6278. Website: www.referralsplus.

Dance at Mission Oaks

The Sensible Sounds Dance Band plays everything from rock to swing to country, 7 to 10 p.m., Mission Oaks Community Center, 4701 Gibbons Drive. Cost is \$7 per person. Information at 972-0336 x 228.

Alzheimer's support

Alzheimer's support group meets, 2:30 p.m., third Wednesdays each month, Primrose, 7077 Rush River Drive, for families and friends struggling with Alzheimer's disease. Care-giving strategies, education, resource information, and a shoulder to lean on. Facilitator: Kim Winters, BSG, M. Ed. Information at 392-3510.

Lewy Body Dementia support

Lewy Body Dementia support group is tailored for caregivers and loved ones diagnosed with Lewy Body Dementia, 2:30 to 4:30 p.m., fourth Wednesdays, Primrose, 7707 Rush River Drive. Facilitator: Kim Winters, BSG, M.ED. Information at 392-3510.

'Joy' luncheons

Grace Presbyterian Church invites neighbors, men and women, young or old, for lunch on the first and third Wednesdays, 11:30 a.m., in Fellowship Hall at the church at Las Cruces Way and Eastern Avenue. Programs sharing joy, information, and hearing speakers over a noontime meal. Information at 487-7849.

THURSDAYS

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music on the first and second Thursday of the month through to December 2009! 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.

Los Oradores Toastmasters

Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores, 6:30 p.m., Opening Doors office, 2118 K St. For information, phone Teri Bullington 723-6232, e-mail teri.bullington@gmail.com. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Nos reunimos en la tarde a las 6:30 p.m. en el negocio Opening Doors, ubicado en 2118 K St. Para mayor informacion llame a Teri Bullington 723-6232, e-mail teri.bullington@gmail.com.

Rotary Club meeting

The Rotary Club of Pocket-Greenhaven meets, 7:30 a.m., Aviator Restaurant, 6151 Freeport Blvd., at Executive Airport. Fellowship, good speakers, and the opportunity to work on projects serving the community and the world. For more information, call Louise at 424-2698.

Optimist Club meeting

Sutterville Heights Optimist Club of South Sacramento meets every Thursday at noon at the Aviator Restaurant, 6151 Freeport Blvd., at Executive Airport. Come and enjoy community speakers and community projects for youth. For more information, call Cliff at 427-2698 or Mary-Jo at 691-3059.

Sweet Adelines

Sacramento's Voice of the Valley Chorus of Sweet Adelines, International welcomes all interested women singers of all ages to join them for a free evening of singing and fun from 7 to 9:30 p.m.. Call now to reserve your welcome gift. The chorus will be held at Sierra Arden United Church of Christ, 890 Morse Ave. Information: B.C. at 971-1103.

Food Addicts Anonymous

This meeting is for Food Addicts in Recovery Anonymous and is held at 9 a.m. Thursdays at St. Andrews United Methodist Church, 6201 Spruce Ave. It is a 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Morning Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 9:30 a.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment -- join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

Aesop's Fables, story-tellers

Guests welcome first and second Thursdays, 7 p.m., free stories for all ages by the Aesop's Fables and Sacramento Story Telling Guild, at the Hart Senior Center, 27th and J streets. Information at 362-9013.

Disabled American Veterans

Ray Clark Chapter No. 35 of the Disabled American Veterans meets on the first Thursday of the month, 7 p.m., Veterans' Hall in Carmichael Park, corner of Davis and Fair Oaks. All disabled veterans invited to attend. For information call 635-7608.

Walking Sticks

The Sacramento Walking Sticks invite anyone interested in learning more about their club and walking to attend the monthly meeting, second Thursdays of the month, 7 p.m., SMUD Customer Service Center, Timberline III meeting room, 6301 First Street. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. For more information, call Gale at 364-5063 or www.SacramentoWalkingSticks.org.

Coping with life alone

Beginning Experience support program for widowed, divorced and separated, 7 to 9 p.m., St. Michael's Episcopal Church 2140 Mission Avenue, Carmichael. Cost, \$10 registration and \$5 per week. Information at 835-2282 or www.sacramentobe.org

FRIDAYS

Soroptimists of Sacramento

Soroptimist International of Sacramento meets, 11:15 a.m. to 12:45 p.m., Casa Gar-

den Restaurant, 2760 Sutterville Road. Soroptimist is an international volunteer organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. For information or lunch reservation, phone Barbara McDonald, 363-6927.

Painting and design

Oil, acrylic and watercolor painting class for experienced and beginner painters taught by artist Susan Recely. All levels are welcome to learn and experiment with paint, new techniques and principles of design. For ages 50-plus. Students provide their own materials. From 9:30 to 11:30 a.m., Ethel Hart Center, 915 27 St.; \$20 for four lessons. Information at 808-5462.

Taizé for de-stressing

Taizé service, Greenhaven Lutheran Church, 7 p.m., third Fridays: a lay-person led evening designed for letting go of cares and stresses. Worship is contemplative and meditative with simple, repetitive songs, Bible readings, prayers, and silence in a candlelit setting. At the church, 475 Florin Road. Information 428-8449 or see the website, www.greenhavenlutheran.org.

Furlough Fridays

Every Friday, state, county and city employees can receive reduced admission at the Crocker Art Museum for up to four individuals. Admission rates are \$4 adults, \$3 seniors, \$2 students (regularly \$6 adults, \$4 seniors, and \$3 students). Public workers will also receive \$10 off of a new membership when purchased on Fridays. For more information, visit crockerartmuseum.org/specials.

SATURDAYS

Youth open gym

Open gym from 2 to 4 p.m. for youths in grades 4 through 6; 4:30 to 6:30 p.m. for grades 7 and 8, Didion Gym, 6490 Harmon Drive. Cost: Five-Saturday punch-card, \$15, 10 Saturday card, \$30, available at Belle Cooleedge Library, 5699 South Land Park Drive. Registration, tennis shoes required. Sponsored by the Didion-Lewis Park Recreational Community Committee and Sacramento Department of Parks and Recreation. Information at 808-5610.

Food Addicts Anonymous

This meeting is for Food Addicts in Recovery Anonymous and is held at 8 a.m. Saturdays at Mercy General Hospital, North Auditorium, 4001 J St. It is a 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Dianetics lecture

Dianetics Foundation invites the public to reduce stress and "come and find out how the painful experiences contained in the reactive mind command one to act against their own wishes and goals," 1 to 2 p.m., 1010 Hurley Way, Suite 505. Free. Information at 925-2545.

SUNDAYS

Faith Sunday Shuttle Bus

Faith Presbyterian Church, 625 Florin Road (next to Kennedy High School) is sending around a "Faith Sunday Shuttle Bus" for Sunday services at 9 a.m. and 11 a.m. The shuttle bus will pick up anywhere in the Pocket Area for the 11 a.m. service. Please call 212-0519 by Saturday at noon.

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Expanding world views in Land Park

A local photojournalist and world traveler is displaying his documentaries and journey through Indonesia, China, Tibet, Nepal, and India in his latest exhibition.

Titled "Growth," Sacramento resident Andri Tambunan's latest photographic exhibition will be displayed at the Land Park-adjacent Beatnik Studios at 2421 17th St. from Sept. 25-Oct. 28.

Tambunan is a local freelance photojournalist and photo documentarian and in this exhibition he will be displaying selected images from the 2008 Olympics in China and the terrorist attack in Mumbai and images from several documentaries on



social issues such as HIV/AIDS in Papua, China's modernization, Buddhist pilgrimage in Tibet, Nepal's Annapurna Sanctuary, and sulfur workers in Indonesia. Tambunan has also contributed to The Land Park News as a contract photographer, shoot-

ing the cover spread for the April 23 edition.

Two reception dates are scheduled for this event: the opening reception, Oct. 2, 5 p.m.-12 a.m., and the closing reception, Oct. 24 5 p.m.-12 a.m. There will be live music performances on these dates starting at 9 p.m.

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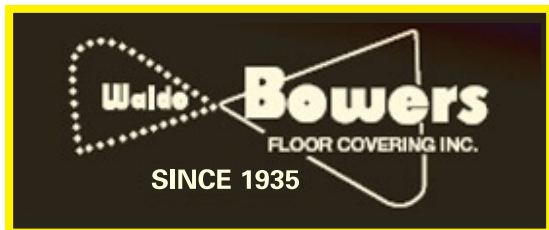
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Featuring over 2000 square feet, 4 bedrooms, 2 and 1/2 bathrooms, and a large .21 acre corner lot with beautiful Oak trees! Upstairs Master Suite with walk-in closet, dual shower heads and access to the backyard balcony. Other features include an oversized living room with fireplace, formal dining room, large 2 car attached garage, and dual pane windows. See www.1085SanMateoWay.com \$450,000

KELLIE SWAYNE 206-1458



BEAUTIFUL REMODEL

New granite kitchen, new master bath, new roof, new central heat & air, new plumbing & electrical, new low energy dual pane windows, new inside laundry w/new washer & dryer, new Rinnai tankless H2O heater, re-finished hardwood floors, Garage has new sheetrock & new electric sub-panel. New paint. & landscaping. See www.3708DowneyWay.com \$369,000

CONNIE LANDSBERG 761-0411



COLLEGE TRACT TUDOR

Beautifully remodeled kitchen and updated bathrooms. Formal living room with wood beams and fireplace. Large lot and spacious rooms. 2 bedrooms downstairs and 3 upstairs. Downstairs rooms provide space for home office and separate family room. Dual pane windows, clear pest work, and pristine condition. Walking distance to the park, golf course, shopping and public transportation. An amazing value! See www.3401CollegeAve.com \$699,000

KARA LABELLA PARKER 716-3313

LIBBY LABELLA NEIL 539-5881



CLASSIC LAND PARK HOME

Winding staircase leading to 2 large bedrooms & wonderful master suite. Living room has bookshelves galore & pretty fireplace. 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.1795-10thAve.com \$ 725,000

PAULA SWAYNE 425-9715



OLD WORLD CHARM

Much of this home was remodeled by the previous owner, keeping the old world charm while replacing much of the electrical and plumbing. Features include hardwood floors, leaded glass hutch, vaulted ceiling, spacious kitchen and wonderful master bedroom with French doors to the backyard. Three bedrooms upstairs with a full bath See www.1861-9thAve.com \$650,000

PAULA SWAYNE 425-9715

ENTERTAINER'S DREAM

Gracious 3 bedroom 3 bath Tudor **PENDING** 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.2541-7thAve.com \$639,000

SHEILA VAN NOY 505-5395

CURTIS PARK COTTAGE

Step inside and be welcomed by the natural light, open floor plan and stunning cooks kitchen-remodeled top to bottom. The home offers a large private landscaped backyard, remodeled bathroom, refinished hardwood floors, dual pane windows, central heat & air. Good sized bedrooms and closets with ample storage. See www.windermere.com \$299,950

DAWN O'CONNOR ROWE 799-4835

A MUST SEE

Impeccably maintained home built in 1946. 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. See www.1519ChristopherWay.canbyours.com \$359,000

CHRIS BRIGGS 834-6489

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.2cmhome.com \$589,000

PATTY BAETA 806-7761



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