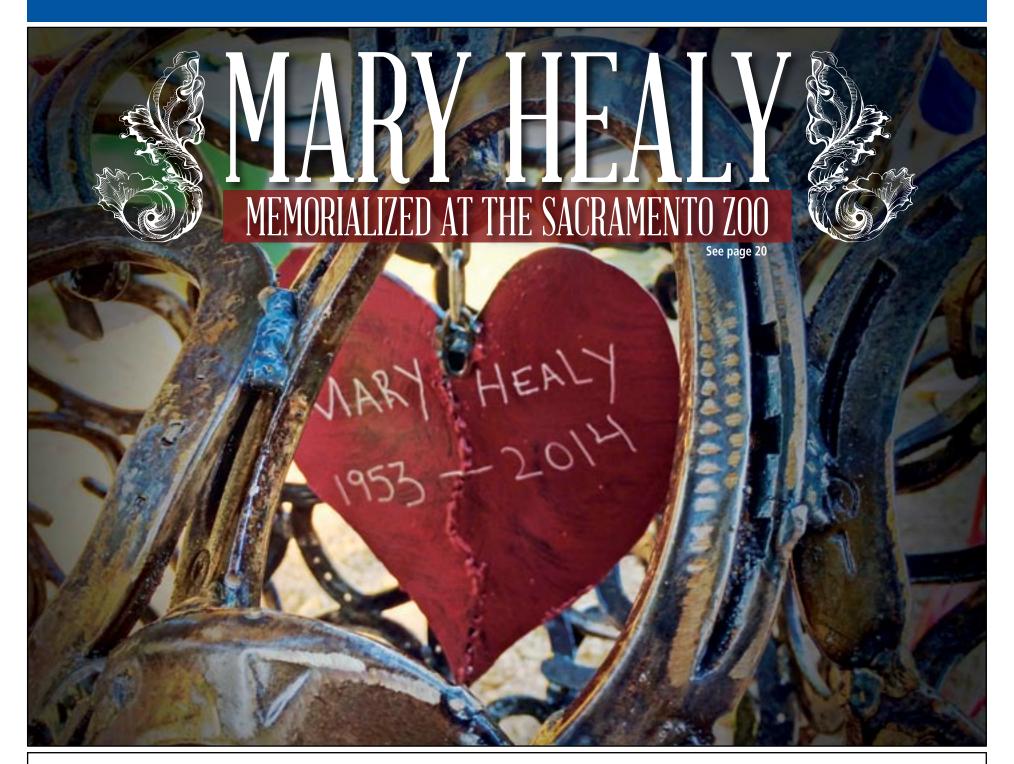
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Dog problems at LdV

See Over the Fence, page 5



Faces and Places: Solar Cooker International

See page 19





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Matías Bombal's Hollywood

"Get on Up"

The MPAA has rated this PG-

Universal Pictures brings us "Get on Up," the life of pop music legend James Brown. Helmed by director Tate Taylor, who brought us "The Help" and the year before that, the powerful "Winter's Bone," role of the dynamic self-focused force of nature that was James Brown, capturing his electrifying performances with studied accuracy.

In a decision to tell this sto- The MPAA has rated this R. ry in flashback fragments that move back and forth through time in a non-linear fashof which are quite memoralose the story arch of Brown's rise to fame, and occasionally are left wondering where in his lifetime did the event occur that you are witnessing.

The incidental music newly composed for the movie by Thomas Newman adds warmth to this story. Occasionally, James Brown looks at us watching, by talking directly into the camera. This is by no means a new device tional 35mm motion picture in the movies; you'll see it in "An-negative film stock, manuimal Crackers" of 1930 where factured by Eastman Kodak,

scene's dialogue and where actors would speak directly to audience. The recent release "Jersey Boys" used this device frequentscreen seems tiresome. Also in the cast are wonderful Octavia Spencer, Viola Davis, Dan Aykroyd and talented Nelsan Ellis as Bobby Bird. "Get on Up" is Chadwick Boseman plays the partially produced by Mick Jagger, certainly influenced by the singular James Brown.

'Bovhood'

IFC Films offers a movie

that was 12 years in the making, "Boyhood", in which young ion, director Tate has given Mason grows from the age of 5 us a series of vignettes some to 18. This is neither a documentary nor a "reality TV" type ble and well performed, yet of movie, but an actual scripted seem so fragmented that you story. It is a journey, not unlike one's own experience in those tender years that provide life's greatest influences. Twelve years ago, Direc-

tor Richard Linklater had to make the choice of how to record the images with uniformity from year to year. The digital movie change was beginning then, but he cleverly chose to remain with tradi-Groucho Marx would stare into so the image look would be

the camera, breaking from the consistent over time. A brave choice, since during that time, Kodak went in to bankruptcy. Like the phoenix from the ashes, Kodak is now makly, so to see it so soon again on ing motion picture negative again and it has become the

See Matías, page 9



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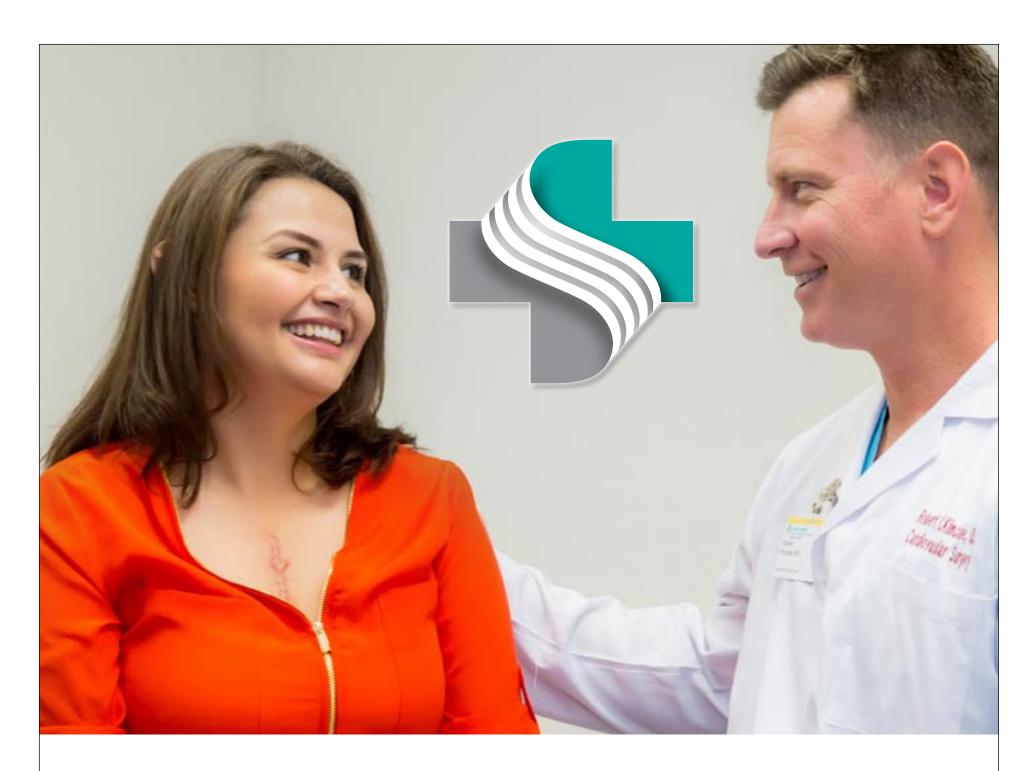
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Over the Fence



with Greg Brown

By GREG BROWN

Dog Problems at da Vinci

Hollywood Park has gone to the dogs. Well sort of Unlike Land Park, Tahoe Park and Curtis Park, Hollywood Park technically doesn't have a park. There is, however, a large green field area at Leonardo da Vinci School that neighbors use when school is not in session.

Call it Hollywood da Vinci Park School Field. Hollywood Park Field School?

Whatever you want to call it, it's a nice local neighborhood gathering spot for children, parents, as well as dog owners to enjoy. Families and friends get know each other at the school playground. Lately the talk has been about the issues at the neighborhood gathering spot. Mainly, is Hollywood Park going to the dogs?

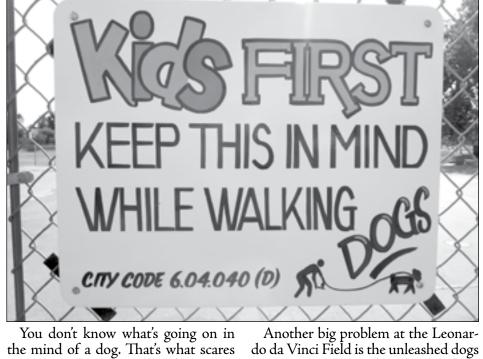
Unfortunately, there have been some irresponsible dog owners wrecking the fun for the majority of the neighbors who gather at the Leonardo da Vinci School area. Some of the dog owners are letting their four-legged creatures run rampant all over the school and creating tension among parents and other dog owners. As soon as some dog owners reach the school, they unleash their dogs and off they go to confront leashed dogs, run after children, and poop all over the soccer field and school playground. It's a minority of dog owners ruining things for the rest of the neighbors. A few bad apples.

There was a recent dog confrontation when Hollywood Park resident Gina Knepp, who runs the Front Street Animal Shelter, walked her dog over to the school. Before she could even enter the gate with her leashed dog, four unleashed dogs came charging at her. She asked the women to "please leash their dogs." Gina said, "I got some lip, I gave some lip." Obviously it's a volatile situation and folks lose their cool in a tense situation like that.

Another dog confrontation that occurred at the school earlier in the year was equally as nasty.

Nearby City Farms resident Jennifer Souza was walking her Russell Terrier mix when two unleashed border collies darted right towards her and her dog. She asked the two owners if they could leash their dogs and one of the women called her the "B word" and the other woman said,"No, we like to use the soccer field as an off-leash dog park." More unpleasantries were exchanged and the women basically said, "We can do what we want."

The off leash dogs are also terrorizing children who visit the school, including my 5-year-old son. He was innocently riding his bike on the school blacktop area when a large Boxer started chasing him. My wife was able to shoo the dog away to get my son off his bike and slowly walk to the gate to exit the school grounds.



some parents. You just don't know.

the school with his small children is a It could be nicknamed Fecal Field! surgery resident at the UC Davis trauma unit and he told me, "We see a lot of dog maulings and attacks at the trauma ground sandbox area and the kids step unit. A lot of the victims of these dog at- in it. Dave the custodian added, "Peotacks are children". Sobering statistics.

The dogs aren't just on the field. They're running amok at the playground, they're LdV Field is full of harmony. Kids slurping out of the drinking fountain, they're at the basketball courts.

treating the entire Elementary school like a dog park.

South Land Park. There's also the hardly used Mangan Park just across Fruitridge Boulevard where there's a signal and crossing lane. Lots of choices.

are pooping all over the school and the HP resident Mike Lasker who was at owners aren't cleaning up after them. The school custodian told me it's a real problem. They even poop in the playple aren't supervising their dogs."

There are some evenings when the kicking the soccer ball around with hey're at the basketball courts. their mom, a family playing baseball on the other end of the field and parents watching their children frolic around the school playground. There There is a dog park a few minutes are definitely some responsible dog from Hollywood Park on Fruitridge and owners who pick up after their dogs and keep them leashed at Leonardo da Vinci School. Local resident Mike

See Over the Fence, page 6





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Over the Fence:

Carroll was enjoying the Leonardo da Vinci school grounds with his two well-behaved leashed Greyhounds.

Mike Lee and his wife Alisha were at the school with their children and small pit bull mix, although Mike said, "We don't come here as much as we'd like because of the dogs off-leash."

His wife Elisha added, "It all boils down to responsible dog ownership."

The entire topic of the dog problems at the school were discussed on the Hollywood Park Facebook Group. The online conversation got a little heated when some dog owners felt they were being singled out.

The good thing to come out of all the back and forth on social media was outgoing school board member Patrick Kennedy, a Hollywood park resident and member of the Facebook Group, saw all the hubbub and decided to do something. He took action. That's when new colorful signs were placed all around the school that say, "Kids First, keep this in mind while walking dogs." There's a little drawing of a man walking a dog on a leash as well as picking up after the dog. There is also a city code listed which refers to the dog out sort of business...grab and go and poop ordinance. It's a gentle reminder to dog owners who visit the school.

At first there was even controversy about the signs, which was surprising. Someone actually said, "Who put those signs up? Is that even legal?" That's when the mystery do-gooder was revealed. It was the work of Sacramento City School Board member Kennedy. Patrick mentioned on the Hollywood Park Facebook Group, "Consider the signs one of my last official acts! And know they came from comments on this FB page."

Will the sign curtail all the bad behavior of the irresponsible dog owners? I'll keep you posted.

Starbucks/Noah's Rumored to be coming to Land Park...or Not.

Capital Power Equipment on Freeport Boulevard, which was in business for more than 50 years in Land Park, recently shut its doors and serviced their last

lawn mower. The owners are retiring.
Since the lawn mower shop closed, rumors have been rampant about what and who will take-over the old building next to Taylor's Kitchen and across the street from Marie's Donuts.

The latest rumor is Starbucks Coffee and a Noah's Bagels could be moving in.

Uh oh. Get ready for a huge traffic jam of Venti proportions!

Dave Hunter over at Taylor's Market told me he had heard of a Starbucks/ Noah's Bagels combo "similar to the development across from The (Old) Spaghetti Factory on J Street."

Dave said he met the mystery buyer about three times and he "has a vision how he wants things done. We have not seen or heard from the guy who is concerned about parking. That's a mapurchasing the property in about two jor issue. Seems like a bad fit for that months." But that's how they heard about the Starbucks/Noah's Bagels rumor.

A Starbucks/Noah's Bagels doesn't really fit the neighborhood businesses in that small section across from Marie's that would wreak even more havoc on that busy intersection that's already a bit of a traffic nightmare.

Dave said, "I'm not against a Starbucks or Noah's Bagel's," but he'd like to see a different business going in there.

He mentioned the brand new development in Curtis Park, Curtis Park Village, would be a great location for a real estate rep for Starbucks and they Starbucks or a Noah's bagels to go in.

Dave added, "We have Freeport Bakery, Marie's Donuts sells coffee, Vic's Coffee Shop, La Bou by the Zoo and a Starbucks a mile down the Boulevard." Plenty of coffee choices for residents to get their caffeine fix.



Marlene Goetzer, who owns Freeport Jade Fountain Café Gets a Remodel Bakery told me, "I'm not worried about it business-wise because they're a different business model. I would like to see something independent go in there because our little strip is pretty independent rather than a chain. I'm also a little spot. She added, "I'm not against people opening up businesses I just think there's a better fit."

Then she declared, "I'm pro-business. I'm a capitalist."

Starbucks is actually looking for a site in the area. Maybe that is how the speculation got started.

I spoke to the commercial broker, Fred Springer, and he said, "It's always interesting where these rumors come from because I think that would have been a perfect Starbucks and Noah's Bagels location".

Tri Commercial actually approached the broker for Starbucks as well as the never even replied to Mr. Springer

So straight from the broker, "At this point in time, to the best of my knowledge, I am not aware of any deal with either Starbucks or Noah's Bagels".

The Jade Fountain Café has been closed for remodeling since March. There have been quite a few hungry diners dropping by only to find a sign saying, "Closed for remodeling." The management also thanked their valuable customers for their patronage over the years.

There is a slew of Chinese restaurants in the little strip mall, but Jade Fountain Café seems to be a local favorite. Folks love the porridge!

There has been an old storage pod in front of the restaurant since the middle of March with no activity, until recently.

When I dropped by the family owned restaurant the jovial owner, Randy Lee, told me they were making some upgrades to the place. Keeping some old, adding some new. Lee told me they'll have more comfortable seating for diners; they're opening up the kitchen area and making the restaurant brighter with new paint and interior.

Lee added, "It's gonna look nice!"

He also told me they're replacing the worn, faded, sign in front of the restaurant. Look for the grand re-opening at the end of August.

Although Fred wasn't exactly under Got an item for Over The Fence? Greg@valcomnews.com

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Mahogany celebrates 15 years of urban artistry

By KAREN DEVANEY

Poetry penetrates the soul, joggles status quo, exposes and enlightens our perspecto social injustice. We are not ty. It gives people a place to talking about polite rhyming connect and reconnect," Cleo we are talking about raw, gut- anyone who wants to be cretural, spoken word that elec- ative." However, as Mahogany trifies. Where do you find it? is raising Sacramento's con-Thanks to Mahogany Urban Poetry Series, every Wednesday night you can hear literary artists, singer-songwrit- not what it should be." ers, comedians and musicians light up the stage at Queen Sheba restaurant on Broadway. The original Mahogany to host the weekly Wednesday founders Cleo Cartel, along with her brother, Khiry Malik; Guy Ellison, Ifa Modupe, Angelo Williams, and Victor Patton heard the cries of Sacramento and created a dynamic platform where poets er Sweet Fingers. Cleo said and performers could hone when the Jamaica House tured artists and others come their craft and relate with a owners sold the business to larger urban audience.

Över time, Cleo and Khiry remained out of the six originals working to keep the pulse of the series growing. It's time to celebrate the 15 years that Mahogany has gathered both local and international spoken word artists, poets, musicians and more. A performance like no other will commemorate this unifying force of artistry on Saturday, Aug. 30 at the histor- fine tune their work." ic Guild Theater in Oak Park.

the Guild Theater is both a to gather, to congregate with testimony of Mahogany's lon- other artists, to bring their gevity, as well as an opportu- work to life, to experience the nity to showcase artists and energy of a live audience. Maarouse community awareness. "Our number of hosts vides just this. has grown," Cleo told the Land Park News. "We went day show for the first time from one, myself, to four and on Wednesday, Aug. 6, I was

ists (at the poetry nights) is Cleo, who fell in love with poetry at the age of seven, was the first out of a group of four evening performances, which to this day, have continued at on your entire Thursday. 1704 Broadway. Now Queen Sheba, the open mics first began when the restaurant was gether for an evocative night midst. called Jamaica House and lat- of live performance, a dif-

Sweet Fingers, the sale was contingent on the new owner allowing Mahogany to continue their weekly event. And Luke Tailor, the fourth.) continue they did and thrived over the last 15 years.

hogany's mission is to provide artists with "a stage, a canvas, a ny's stage last week. Acey, born place where you can start over in New Jersey has won awards again, be phenomenal again. Avenue where performers can for his slam poetry. He speaks let's join the celebration.

In this age of technolo-The 15-year celebration at gy, people are craving a place hogany Urban Poetry pro-

Having witnessed a Wednes-

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the number of artists should floored by the gifted talent. be steadily growing. We Queen Sheba buzzed with want people of Sacramen- original music, poetry, spoken to to know they have a place word, and even a comedian to connect with one another, that mesmerized a packed au-A place to explore. Art is very dience. Cleo, the host for the tives on everything from love important in our communi- evening, was brilliant as she wove a rich tapestry of words with intros. She described the lyrics that lull folks to sleep; said. "Our stage is open to feature artist, Mic Jordan, as a "literary acrobat."

It was a phenomenal night that paralleled any professionsciousness through the arts, al performance minus a hefty Cleo said, "the number of art- entrance fee, as the cost for this thought-provoking entertainrolling by 10 p.m. Even if you have work early in the mornas the memory will put a smile

Each spinning their personferent host provides the fea- varying cultures and ethnicito sign up for the open mic each week. (Cleo has the first Wednesday; Khiry, the second; NSAA, the third; and

The featured artists are not limited to locals as acclaimed Cleo explained that Ma- performers Taalam Acey and the Last Poets graced Mahogain both Germany and London

about love and poverty, fatherhood, race and everything in the middle and draws in an international crowd. The Last Poets; Jalai Mansur, Abiodun Owyewole, and Umar Bin are ment is \$5. The doors open at a group of musicians and po-9:30 p.m. and the show starts ets who came out of the sixties civil rights movement and continue to perform to a ing, this is worth staying up for worldwide audience. Mahogany is no joke when it comes to scouting local and international performers and the beaual touch, threading acts to- ty is they are right here in our

Sacramento teems with ties. Come partake in the Mahogany Urban Poetry Series anniversary celebration at the Guild on Saturday, Aug. 30. The cost is \$20 the event begins at 7 p.m.

You can glimpse Mahogany on their Facebook page Mahogany Urban Poetry Series as well as contribute to their campaign fund at Mahogany 15th Anniversary/ Indiegogo.

Thank you, Mahogany, Now,

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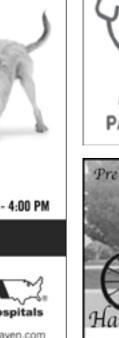


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Remembering Mike Nishio

By JIM COOMBS

Over 700 family, friends, McClatchy staff, and former students attended the funeral of Mike Nishio at the Sacramento Buddhist Temple on Riverside Boulevard on July 16. The entire temple and gymnasium were full for the service.

In mid-June Mike and wife Aileen took an Alaskan land and sea cruise with friends. They enjoyed beautiful Denali National Park the first week. Shortly after boarding the ship the next week, Mike contacted influenza.

Upon returning to Sacramento, he checked into the hospital immediately where he was diagnosed with pneumonia. Fighting a good battle, he passed away two weeks later on July 16.

Mike was born on May 10, 1945 at Tule Lake, California. He grew up in Sacramento with four brothers and two sisters. Long-time friend Harvey Tahara said the vacant lot next to Mike's house was home to many childhood football and baseball games while growing up.

As teenagers, golf became a favorite pastime, and often Mike and friends would play 18 holes in the morning, go home for lunch, and play another 18 in the afternoon.

Following his brothers to McClatchy, Mike immediately immersed himself into football, track, and basketball. He was known for his stocky legs and as a senior was a Sacramento Union All-City halfback for George Bican's 1962 McClatchy Lion football team.

the time he was stopped at the goal line by two Hiram Johnson defensive backs; there was a collision, and Mike's sturdy legs pushed the two defenders into the end zone for a touchdown.

Upon graduation Mike attended San Jose State for a year and then luckily returned to Sacramento City College where he met the love of his life, Aileen. Tahara mentions that during that summer he kept calling Mike to play golf, and Mike always had an excuse not to play. Finally, it was determined that Mike was in love.

At one point in the romance, Aileen became concerned about Mike's ambitions in life even though he had two part time jobs, and he taught swimming in the summer. She finally asked him what his major goal in life was. He immediately commented, "To always make you happy."

Both Mike and Aileen then moved on to Sacramento State where he would get his degree and teaching credential. He started teaching at Fern Bacon and coached football at Luther Burbank. In 1984 he moved to McClatchy, his dream job, as a PE teacher and coach. Aileen also became a teacher for many years.

Mike would go on to coach daughter Cindy in tennis and son Matt in basketball and golf at McClatchy. He also coached his children when they played for the Sacramento Rebels vouth basketball teams where they won many championships.

At McClatchy Mike was the ultimate team guy. He would coach both freshmen football and basketball, boys and

In the Nishio lore, they talk about girls' tennis, and golf. If the Lions needed a coach Mike was the man. Over the years he had tremendous influence on many 14-and 15-year-old teenagers who were trying to find their niche in life in sports and in academics.

Funeral chairperson Ruth Seo and Tahara both mentioned that Mike with the freshmen, along with Brad Klopp who coached the sophomores, were key people in helping Tahara achieve basketball success and championships in the 80's and 90's at Mc-Clatchy. Mike would also serve as athletic director for many years.

At least 25 of his former players now in their 30's and 40's were there to honor Mike for his influence on their lives. Mike Nishio circa 1988. Many are successful businessmen today and one is a counselor at Sacramento State and Folsom College.

As a family the Nishios took many camping trips in the "famous van." Bodega Bay was a popular spot at the coast along with national and state parks in the western United States. Golf trips with friends came after Mike retired.

Every guest speaker talked about Mike's quiet resolve and even temperament. If Mike got exited, you were really in trouble. Pete DeGusta, who was the basketball timer for many years, once asked Mike, "How can you stay so calm?" Mike just smiled and said, "My doctor told me it doesn't do me any good to get excited."

Mike was the ultimate life teacher with his children, nieces and nephews, and then later with his grandchildren. All remembered him fondly for



his enthusiasm and ability to become so involved while holding parties, playing games, or just visiting. Mike always made evervone feel verv important.

The Nishios wish to thank everyone who participated, brought food, gifts, and for the many nice cards and emails. They were overwhelmed by the outpouring for Mike.

In 2013 Mike was inducted into Mc-Clatchy Sports Hall of Fame for his athletic prowess and coaching dedication. He will be deeply missed by his many, many friends for his smile and "just being Mike."

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minute length, the situations times her character is more

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son, (Ellar Coltrane), liter- dy. I felt as if I raised my

ally grows into a performer own child in watching this

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Matías:

Continued from page 3

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SPORTS

250 people already signed up McClatchy Hall of Fame, more to come

Over 250 have already signed up for the third McClatchy Sports Hall of Fame banquet on Saturday, Oct. 11, at the Asian Sports Foundation off Laguna Blvd. Outstanding athletes from the 1980s will be honored as well as 18 players and coaches from earlier years.

McClatchy greats who will be honored include Brian Bedford, 83, who led the Lions in football and basketball and later starred at UC Berkeley, and Cary Kushida, 83, who still holds the basketball assist record after 30 years.

Great running backs Donald Hair 85, who broke the state scoring record in 1984, John Mikacich, 84, and Kevin KC Clark, 82, who would go on to play for the Denver Broncos will also be honored.

Baseball greats entering the hall of fame include former major league player, Dion James, 80; Ken Dowell, 79; Bob Puliz, 69; Jon Leake, 81; Pat Zalasky, 88; Ramon Gonzalez, 70; Roger Fong, 60; Tony Montez, 78; Joel Bishop, 72; and long-time Elk Grove coach, Mike Furtado, 64.

Brothers Jeff, 88, and Gregg Chenu, 86, head the many footballers that include Peter Gould, ly Ray 70 tennis, one of McClatchy's great-86, Gary Saccani, 65, Allen Bender, Clarence est wrestlers, Leo Woodfork 85, and Andre "Tiger" Orr, 49, and star- quarterback Kevin Elam, 86.

Coaches honored include Bernie Church, who led the Lions to baseball championships in the 1970s and 80s, Dub Carter, who rebuilt basketball team and the 85 wrestling team. the track and cross country teams in the 1980s, won the Metro League championship for the first time and will be honored as a team.

Wallace, who was All-City in soccer, basket- Jim Coombs 422-9082.

ball, and baseball as a senior, Aaron Fuller, outstanding in football and baseball, Tammy Olson Rocco, who played soccer, tennis, and ran track at CKM, Charmian Coombs Tallman, who set five swim records, and Sundae Brooks who led the Lions basketball team as a starter for three years.

Other outstanding athletes include Krista Margatich 88, who is the only Lion to play in the Optimist All-Star game in both bas-ketball and softball, and softballer Shannon Padovan 86, who became an All-American at Sacramento City College and later returned to coach at CKM.

Entering the Hall of Fame are Liz Baccigaluppi, 81, the first great Lion distance runner, Gayle Ichio, 87; top basketball scorer in the mid-80s, Bonnie Lee, 82; basketball, Maureen O'Conner Nowak, 83; basketball, Nancy Nakamura, 75; swimming, Karen Henderson, 88; McClatchy's greatest volleyball player, Vera Vaccaro 70; tennis, and Mary Bryte Johnson 77, who played on the boy's tennis team for three years.

Iim Williams 57-basketball and track, Eric Ross 80 and Russ Ortega 85, basketball, Bil-Schoorl 76, soccer and track round out the group of inductees.

Teams to be honored include the 1984 football team that won 10 games, the 87-88 girls'

The event can hold only 450, so get your and Charlie Becker, former athletic director reservations and money in early by going who coached both boys and girls basketball in the 1970s and 80s. Becker's 1987-88 girls team dinner applications. Last year people were turned away as the first two events have been sellouts. Further information can be ob-The class of 1989 has five inductees: Pat tained by calling Bob Sertich 441-0657 or





C.K. McClatchy renovates campus

By RUSSELL PRESTON

The campus of C.K. McClatchy High School is undergoing a makeover it has never seen before, thanks to Measures Q and R on the Sacramento City ballot back in November 2012.

The two measures passed, enabling the Sacramento City Unified School District to spend an extra \$414 million on renovation projects such as classroom, lab, gym upgrades, as well as heating and air conditioning improvements.

McClatchy Principal Peter Lambert said he is excited for the school's long-overdue freshened look.

"There are a lot of projects going on to really give us the opportunity that when we open up for the 2014-15 school year, we can restore our school to the grand image it has always been," Lambert said.

McClatchy's main building first opened in 1937 and other additions such as the main gym were made shortly after – the school needed an upgrade. McClatchy is the oldest school west of the Mississippi river still in its orig-

The main gym and connecting men and women's locker rooms are receiving the most improvement. The old gym saw old wooden bleachers, wooden backboards and faded paint - both on the walls and the hardwood. The new gym will bring new life with bright red paint on the walls, and a newly painted gym floor with electronically retractable red bleachers. Plus, the biggest upgrade of all: air conditioning.
"This is huge," Lambert said. "It may seem like a small

thing, but just the air conditioning and the electronic bleachers - it makes it more functional. Not just for the players but for the fans that come to the games."

Michael Flores, the Project Manager for Clark and Sullivan Construction, said how important making the school ADA compliant was to their planning. Everything from providing lower drinking water fountains, to wider hallways and larger bathroom and shower facilities, the new McClatchy will be much easier to maneuver around for those who are disabled.

"There is a decrease in gym capacity from before, but what we lose in seats, we gain in making it more accessible for those with disabilities," Lambert said. "And that's what's important."

McClatchy is also making improvements to become a greener campus by replacing paper towels with blow dryers and the old toilets with low-volume flush toilets. With 2,400 students using the restrooms year round, those paper towels and gallons of wasted water add up.

A special renovation is also in the works for McClatchy High, but this one is funded strictly from donations.

Behind the Media Center in the main building is a small courtyard with an old tile fountain placed in the middle.

See CKM Gym, page 17

Student athletes' top priority for SCC's new head women's basketball coach

By CRYSTAL LEE

Julia Allender started June 9 as the new head women's basketball coach at Sacramento City College.

Allender comes from Ohlone Community College in Fremont, where she served as head coach for the past five years. Previous to that, she was an assistant coach for three years at

As an alumna of San Jose City College, Allender is no stranger to the community college system. In fact, found that her experience as a student led her to prefer coaching at the community college level over other higher education institutions.

"I got into coaching to help people," Allender said. "From my experiences coaching at the community college level, I saw and realized that there is a large opportunity to positively affect and help players who may have been overlooked or need specific areas of development in order to go on and play at the next level.

"It's a development level and that's really what I enjoy about community college and working with these athletes. They have this goal in mind that you're really helping them go achieve."

Allender said she was "very much" one of those athletes who needed to be challenged and nudged to reach her performance goals.

"I didn't really get much better in high school. I was always better than the vast majority of my peers," Allender said. "So when I began playing at the community college, that gave me an opportunity to get better and add skills that I didn't have before. It gave me an opportunity to really compete on a daily basis and physically be able to be stronger and move better and be quicker."

From San Jose City College, Allender went on to play at Southern Utah University with a full Division I basketball scholarship.

"That was my goal; that was my dream," Allender said. "It was what I wanted to achieve because I knew I wanted to coach."

Allender said she knew she wanted to coach from a very young age, although she had opportunities to pursue a career as a professional athlete.

"Growing up as a kid, I just loved to help people and I also loved sports," she said. "I saw how my coaches at that age affect-

Alllender has a 95 percent transfer rate in her five years as Ohlone's head coach (100 percent in the last three years), which means she has helped nearly all her athletes transfer to the colleges where they want to play.
While Allender's first priority is her athletes' well-being and

development, that certainly does not preclude winning games. And she has the track record to back that up — she has won three conference championships in five years at Ohlone and won 105 games in five years.

"I am very highly competitive," Allender said. "But more than winning, I'm in it to help my athletes in many aspects — educationally, morally, in building leadership skills, giving them tools to live a very successful life."

Crystal Lee is a public relations technician at Sacramento City College.

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Land Park area insurance broker honored with special recognition

By LANCE ARMSTRONG

Ken Ming Sou, an insurance broker, who operates his business at 2215 16th St., was recently named as idents Council, notes the important sounding board a member of the prestigious release, were part of an to the leadership of the na-Farmers Insurance Presidents Council.

ern Zone Farmers agents who named to the council.

tional level, only about Farmers organization."

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300 out of about 13,000 These new Presidents Farmers agents were re- Council members will join cently named to the Pres- other members of the counidents Council.

elite group that was select- tional insurer." ed "based on a number of commitment to furthering

Charming Cottage!

cil in serving as "direct liai-Ken and others who sons with their peers across were selected to the Pres- the country and act as an

In regard to Ken and oth-According to a press release, criteria, including their ex- er new Presidents Coun-Ken was one of only 53 West- cellence in providing best cil members, Rick Shriver, in class service, their con- head of exclusive agent disreceived that honor. Nineteen sistent top-ranked busi- tribution in Farmers Insurdistrict managers were also ness performance and their ance's Western Zone, said, "On behalf of the thou-Furthermore, on a na- the goals and ideals of the sands of Farmers agents, district managers and em-



of the prestigious Farmers Insurance Presidents Council.

these talented individuals. These outstanding leaders are truly the best of the best. We sincerely appreciate all that these agents and district managers do for our customers and our organization."

Ken takes pride in his new recognition and the fact that he created a suc-America.

for a short time in the trav- endeavor in Sacramento. el agency of his father, Hoa

On Jan. 3, 1972, when he was 18 years old, Ken im-Francisco's Chinatown.

ployees, we are proud to State University, where he bestow this honor to all of continued his studies in electronic engineering.

On July 31, 1976, Ken married Mei Wang at the Chinese Christian Center (now Sacramento Christian Fellowship) at 2800 C St.

In 1978, Mei began the first of her 32 years of employment with the U.S. Postal Service.

Ken, whose family also cessful life for himself in includes his son, Jonathan, America. and his daughter, Christi-After graduating from na, explained that he evenhigh school in his homeland tually became involved in of Vietnam, Ken worked a very worthwhile business

"In July of 1983, I started Ming's Printing Co. (at 2208 16th St.) with my brother, Ben," Ken said. migrated to America and "We did pretty good, bewas soon residing in San cause we had a niche. There was no Chinese printing Ken eventually moved to company in town, and we



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Award:

Continued from page 12

typewriter. And we did the Surance agent and I start- Farmers Insurance's "Agent of Chinese gold foil invita- ed Ming Insurance Agency the Year" for District 33 for tions. So, all this stuff that after my business partner the past three years. you would have had to go at Ming Realty suggested liked us." After noticing a decline daughter. Shortly after that, er Farmers agent.

in April 2007.

in his business due to the she got a job as a kinderpublic's increasing involve- garten teacher. Since I nev- las said, "He is the most ment with computers and er want to quit on somecomputer printers, in 1998, thing that I start, I decided Ken left Ming's Printing - to continue to make a run 2215 16th St. - and began I was able to obtain a pret- success story, that (demonbecause of his success in policy) book of business. that field, he dedicated the I was able to work on that can go." following eight years of his book and have a successful life to his business, Ming run on it." Realty.

with his wife to the ma- in utilizing that book. jority of U.S. states and out 'the world, recalled book), because I know the that success. that he became inspired mandarin language and to make another career most of the clientele was an award winning agency, move upon a suggestion speaking mandarin," Ken with a staff of almost 10, from his former business said. "So, I was able to take and we plan to strive for partner, Rose Chan. That over that book and devel- more success in the future," suggestion led him to ob- op on that."

tain his insurance license In addition to his recent naming to the Presidents "I became a Farmers In- Council, Ken has been named

Wally Douglas, disto San Francisco for, we I should get involved with trict manager of District were able to offer those ser- insurance," Ken said. "I 33, said that he brought vices in Sacramento. The thought it was a good idea, Ken into the business as Chinese community really because it would provide a a Farmers agent followgood steady income for my ing a referral from anoth-

In describing Ken, Dougcoachable, genuine, nice person I've ever met in my life."

And Douglas added,"(Ken which was then located at on it. And in October 2009, is) an amazing American working in real estate. And ty good sizeable (insurance strates), if you're smart and you're motivated, where you

Ken, who has also received additional recogni-Additionally, Ken noted tion for his achievements as Ken, who in his spare that his ability to speak man- a broker, said that although time has enjoyed traveling darin Chinese was essential his agency has achieved a high level of success, efforts "Nobody else really are still being made toward many countries through- could have taken over (the continuously building upon

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complished, but they require more funding to complete all of them.

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the projects." McClatchy anticipates their current projects to be finished er desired renovations on top in time for the Sept. 2 first



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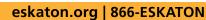




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Solar cooking festival brought folks from around the world to Land Park

By MONICA STARK

A daylong solar cooking festival in William Land Park was held on Saturday, July 19. There were solar cooking demonstrations by local and international chefs, solar cooking classes, a solar chef pic-nic, and kids' activities. The Land Park News caught up with a few demonstrators and volunteers for a quick chat. Here's what they had to say.

volunteering with SCI for more than a year now."He asked if I wanted to come along to the festival and I said, yeah. Kids (are having fun) but I should say adults are more actually. People come by in pairs and try a couple of things and challenge each other."

Next to Keely's booth was an awesome food stamping booth with potatoes, peppers and celery. Running this booth, Deborah Macres, friend of an organizer and a girl scout leader, said she has encouraged kids of all ages to play with their food, showing them how to make stamps out of vegetables. "Cookie cutter, broccoli, Brussels sprouts – It's fun to introduce veggies and say it's all good to play with food."
Alexandra Centmayer of Southern Germany

was at the festival. She borrowed one of SCI's solar cookers for her demonstration. She said she solar cooks about 150 days a year even though "(they) don't have the climate as nice as California. She heard about the event in Land Park through her five years volunteering for SCI.

Jim La Joie of San Diego finished a nice little egg and cheese sandwich and had just put a chicken in a cooker he designed himself. "This is my design. to make is cake."



I build it, I manufacture it and sell it. It's called Keely Roth who manned the ring toss booth got the All Season Solar Cooker. I like to cook on a "the position" because of her husband who has been nice flat surface. What I've done with this cooker, I lock it in, turn my cooker toward the west. I have this little shadow over here, it's getting shorter and shorter and disappear to the pin and I'll be able to leave this one going for three hours. (In San Diego) we have a small group of people who solar cook. You're right on the coast, and so you have all that fog. So it's not the best place for solar cooking. (SCI's event in Land Park was) the biggest gathering I've ever seen. If we solar cook in San Diego, we may be get 10 or 20 people together. I've sold 300 solar cookers in San Diego. I've been solar cooking since 1976. I built my first cooker. (The All Season Solar Cooker) in just a combination of all the things I know about solar cookers over

Donning a solar powered fan hat to keep herself cool, Torii Yasuko came to the event all the way from an area near Tokyo. "I also make fresh corn really fast. I use special aluminum foil you can't find here.

This is sold everywhere. I've been solar cooking almost 20 years. We have a small group promoting solar cooking in Japan. My favorite thing



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Mary Healy memorialized at the Sacramento Zoo

By MONICA STARK

Just outside the gates of the Sacramento Zoo, a solemn moment of silence filled the air on Saturday evening for the passing of Mary Healy, the zoo's longtime director who died on Thursday, Aug. 7 while en route from Ecuador to the Galapagos Islands. She suffered a cerebral aneurysm, and later that day she was declared brain dead and then suffered a massive coronary heart attack.

Mary was a leader in the community and a passionate advocate for animals. As was evident on Saturday, she is greatly missed by zoo staff, colleagues, supporters, the larger zoo community as well as neighbors from the Land Park area.

Saturday's moment of silence came on the heels of the already planned unveiling of three sculptural bike racks, one resembling Mary's favorite zoo animal – the giraffe, as well as a chimp and cheetah (which dons a gold medal around his neck) that were planted behind, as if they were chasing the 9-foot African mammal.

While Mary's death occurred on a trip doing what she loved – learning about animals in their natural environments – she was also saddened that her vacation was scheduled at the same time of the unveiling of the bike racks, Jane Richardson of the Land Park Community Association told the Land Park News on Friday.

Commissioned by the LPCA, the animals are the latest bike racks by midtown welder Gina Rossi as a donation to the Sacramento Zoo. Made from hundreds of horseshoes from various northern California ranches, Gina said she wanted the bike racks to be made from recycled materials and when the idea came to her to use old horseshoes she thought how perfect it would be that they were once attached to an animal. "I was fascinated from a historical end – the rebirth of something that once was. It was challenging to think outside the box." But as the saying goes: "Someone else's junk is someone else's treasures."

Jane recalled Mary's excitement over the bike

racks during the conception phase. "Mary wanted the bike racks not to be necessarily interpretative of those at the zoo. You could never play with them (the live animals). (Gina's) creation is interactive. It's unique. It is art that is structurally sound and you could use it for your bike."



Upon speaking about the process of nailing down which animals she was going to make bike racks to resemble, Gina recanted a tour of the zoo she had with Mary Healy. "When she gave me a tour around the zoo, she was passionate about the giraffes. Mary really loved the giraffe. It was one of her animal must-haves."

Born in 1953, Mary began her career in the zoo profession as a bird keeper at the Riverbanks Zoo and Garden in South Carolina. Years later, after a stint with a Disney animal park, she made her debut as the Sacramento Zoo Director in December of 1999. Under Mary's direction, a full-scale veterinary hospital was built at the Sacramento Zoo and renovations for new habitats have been completed for lemurs, Thick-billed Parrots, Giant Anteaters, Ground Hornbills, Burrowing Owls, Yellow-billed Magpies, Tamanduas, giraffes, Red Pandas and North American River Otters.

Mary would come to the quarterly neighborhood association meetings and Jane recalls speaking with her at least once a quarter. What comes to mind in regard to Mary, Jane said: "She had such intelligence and was such a leader too. She was a very powerful communicator and (exhibited) the passion for what she did with the animals and zoology. (Mary's passion) went much beyond the zoo. She planned on having many new things happen at the zoo. From new exhibits to train excursions (from Old Sacramento to the zoo), she was full of ideas. She was not only passionate, but she led her vision to fruition."

Adding symbolism to the late zoo director's love of giraffes and the appreciation Gina has over Mary's dedication to the animals at the Sacramento Zoo, the

See Mary Healy, page 21

Bike racks: Can you guess where they are at?





Mary Healy: Continued from page 20

artist wrote in paint on the giraffe's red heart, "Mary Healy 1953-2014" on the front and a testament to Mary's impact on the zoo on the back: "Inside of (the giraffe) it has a 6-inch by 6-inch heart on a chain. I put the whole message of who she is on that heart. (Mary) is the heart of Land Park, the heart of the Sacramento Zoo and I want her to feel it. I am going to put neat things about her passion," Gina said.

On a chain, the giraffe's heart has constant movement, which Gina likens to Mary's spirit floating through William Land Park.

Gina said she remembers one day when she was about 8 years old she, her mother and her brother were walking around the perimeter of the zoo, trying to peak through the cracks in the fencing. "We couldn't afford to get in. One of the people let us in. They were really, really sweet. They figured it out. It was really neat because we got to hang out in there. No matter how bad (life) was, it was OK (at the zoo). Animals don't know anything. They only know love. It's weird when I was in third grade I went there; now I am the one who gets to imprint something. That zoo had touched so many people's lives. That zoo does so much for people. I'm glad to be a part of it. It's just a neat thing."

A nurse for Kaiser Permanente, Gina said she puts in 20 hours a week at the hospital after deciding in 2009 she wanted to open up an art studio and not further her career in the medical field. "I had to decide if I wanted to become a physician's assistant or weld."

And, well, she's a self-proclaimed scrapper who went to Oakland to figure it all it. "I became certified as a welder and decided I wanted to teach our youth, our kids, retired people – anybody who wanted to pick up a hobby and not pay high crazy prices."

Gina writes on her website (in the second person) that her childhood was laced with many difficulties: "Although her experiences may not have been entirely unique, her response to these challenges definitely sets her apart." Asked for this article to describe her challenging childhood, she said, "In a nutshell, my mom was schizophrenic, and my brother has a handicap. That's why Sacramento means so much to me. The moments like that - there are all these challenges and what do you do with those? How do you turn to something cool that will make a difference? Whether it be with wives, battered kids – I do



Made from hundreds of horseshoes from various northern California ranches, Gina Rossi's bike rack at the Sacramento Zoo is dedicated to the longtime director, Mary Healy.

them to feel and believe again that there is possibility - doesn't matter (one's background)."

Gina is a self-taught artist, and one who has embraced those less fortunate to participate in the creative process of creating the zoo's new bike racks. "(Homeless people) would sit there and clean off the rust (on the horseshoes). We have that rapport. It was a neat experience. We've had conversations. At the end of the day, they felt needed. They felt they were doing a service. You got to know their story. They always have a back story."

As important as it was to listen to their stories, Gina was drawn to learning about the history behind the hundreds of horseshoes she welded together to make the bike racks. Recognizing the fact each horseshoe has had its own journey, Gina said

pro bono pieces. I bring them into the studio. I get one of the farmers she received boxes of horseshoes from, Samuel, "a little old man" told her the stories behind a few of the horseshoes. Recanting those conversations between she and Samuel, Gina said: (Samuel) is the coolest little guy. I got to eat his apples. He had about 10 dogs, and a cat. He talked about the journey of the horseshoes and the lives they touched before they got ready to weld. A few of (the horseshoes) were from the 1950s, for sure. You can just tell the different work on each one. There's writing on them. (One read) London. They have this inscribed stuff on them. Samuel was trying to educate me on the metal work back in the day."

Samuel's stories, stories about Mary's love of animals, Gina's artistic talent – all comes full circle and will be enjoyed for years to come as visitors arrive to the Sacramento Zoo.









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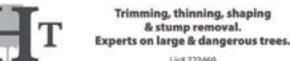
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"Aqua Fit" at ACC:

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Tuesday 6:30 – 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd,1615 Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

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Women with Good Spirits monthly meeting

Women With Good Spirits is a networking group that engages women in the Sacrameno community with non-profit organizations that make contributions to our quality of life and care for our fellow residents. Each month, Women With Good Spirits invites a commun ty non-profit to present on its mission work. The meeting is held at Revolution Wines on the second Tuesday of each month and starts at 6:30 p.m. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the nonprofit presenting that month. Revolution Wines is located at 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook

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Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m. The meetings discuss our fund raising Projects and Community Service, often with speakers from our community.

August

Food truck festival at Garcia **Bend Park**

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Fairytale Town offers a Family Campout Aug. 15-16: Every summer Fairytale Town

opens its gates after hours for a night of family fun! Families set up camp all over Fairytale Town's 2.5 acres. Tents, sleeping bags, blankets, chairs and picnic dinners are common items you'll see during the event. After the last guest arrives, the gates are locked and the fun begins! With scavenger hunts, a theater permance, sing-alongs, arts and crafts, bedtime stories and more, Family Campouts are a fun experience for the entire family. From the exienced camper to the first timer, it's the per ect summer adventure! A snack is served during the theater show and a light breakfast is served at 6 a.m. Campers must say goodbye to Fairytale Town at 7 a.m., but are welcome to re-enter the park for a day of play once it reopens. This is a special ticketed event, prices range from \$25 – \$30 per person and include all activities and overnight admission. Member discounts available! 3901 Land Park Dr. Visit: http://www.fairytaletown.org/calendar/campouts/ for more information.

Food truck festival at Tahoe Park Aug. 22: Enjoy food from local food truck vendors from 5 to 8 p.m.

The Fairytale Town Troupers present: "Beach Party Princess"

Aug. 23, 24, 30 and 31: The Fairytale Town Troupers present a family-friendly comedy review packed with pretty princesses, silly surprises, music, magic and interactive fun! All performances take place on the outdoor Mother Goose Stage and are free with paid park admission. Show times are at 12:30 and 1:30 p.m.

Weekend admission is \$5.50 for adults and children ages 2 and older. Children ages 1 and under are free. For more information. visit www.fairvtaletown.org or call (916) 808-7462.

Jackie Greene Live at Fairytale Town

Aug. 23: Sacramento favorite Jackie Greene returns to Fairytale Town for a sixth annual benefit concert. Gates open 6:30 p.m. Concert starts 8 p.m. Taking place on the park's Mother Goose Stage, the outdoor concert supports Fairytale Town's education programs and park improvements. This is a special ticketed event. Tickets go on sale June 1. Tickets are \$30 if purchased in June, \$35 in July, and \$45 in August, while supplies last. For concert rules and restrictions, please visit www.fairytaletown.org. For more information, visit www.fairvtaletown.org or call (916) 808-7462. Sponsored in part by Sierra Nevada Brewing Company, Barefoot Wine & Bubbly and Holiday Inn Capitol Plaza



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Bike racks: Can you guess where they are at?









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1) Paesanos, 2) R U Tan Salon, 3) Shoki, 4) New Helvetia Theater, 5) 1000 K Street, 6) Zocalo, 7) Maydestone Apts. 8) Ginger Elizabeth, 9) Gallery 2110, 10) Chimp at Sacramento Zoo



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South Land Park Condo

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ort Village Cutie!! 3/1, CH/A, enclosed sun porch/ patio & a hot tub. Custom lighting, new oven, hardwood, solar tubes, whole house fans, fireplace w/custom mantle. Dual pane windows; sprinkler workspace. Roof is 1.5 years old. This house has been o occupied for 35 years & impeccably maintained



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SPACIOUS LAND PARK

Charming 3 bedroom 2 bath home! Pretty random plank flooring, nicely appointed living room fireplace and dining room large enough to host holiday meals. Very large finished basement with fireplace, great for game room or additional living space. Large shaded backyard! \$598,000

PAULA SWAYNE 425-9715



FACING CURTIS PARK

Beautifully updated 3 bedroom 2½ bath two story home located on East Curtis Drive that features a lovely pool. Fabulous kitchen with granite counter tops, updated appliances and island with adjoining family room overlooking the pool. Spacious master suite too! \$719,500

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The "Didion House" in Poverty Ridge! 4 bedrooms 2 full baths and 2 half baths with 3rd floor media room that features stateof-the art equipment. Turn of the century woodwork and detailing; new kitchen and full basement. Beautifully updated while reserving the home's original quality and style! \$1,495,000

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Super clean, close in, and ready to go! Hard to find 4 bedroom home with 2½ baths in Land Park! Energy efficient and beautifully maintained. Conveniently located, an easy walk to Land Park, Vic's Ice Cream and Crocker Riverside Elementary School. \$325,000

SHEILA VAN NOY 505-5395 **ERIN STUMPF 342-1372**



SOUTH LAND PARK GEM!

3 bedrooms 2 baths plus a bonus room and potential for an additional half bathroom. With new heating and air systems in 2013, and new roof in 2009. Hobbyists and woodworkers will LOVE this oversized, fully insulated garage with dedicated 220v outlet. Lots of storage! \$319,900

KELLIE SWAYNE 206-1458



ADORABLE TAHOE PARK AREA

3 bedroom home with open floor plan, remodeled kitchen with maple cabinets, granite counters, and stainless appliances. Breakfast bar opens to spacious dining room and living room, bamboo flooring, remodeled bathroom, spacious bedrooms, and central heating and air. Truly amazing backyard! \$229,900

ERIN STUMPF 342-1372



WONDERFUL S. LAND PARK

Sharp 3 bedroom features new roof, floors, granite counters Land Park location, location, location within easy walkand master bath remodel. Nice location close-in, with easy access to both 99 and I-5. Screened-in Florida room for relaxing with those Delta breezes. Family room / kitchen / dining area, and generous sized living room with fireplace. \$365,000

MIKE PUENTE 395-4727



CONVENNIENTLY LOCATED

ing distance of Taylor's Market and Light Rail. Recently updated 2 bedroom home with a new kitchen and bath. This property also features a deep 155 foot lot awaiting personal touch. \$339,900

JAMIE RICH 612-4000



WALK TO CURTIS PARK

Adorable updated Tudor cottage with all the charm of 20's era home along with a remodeled kitchen, 2 new baths, updated wiring and tankless water heater. 3 bedrooms 2 baths, upstairs master suite with walk-in closet, new HVAC, deep lot, detached garage with workbench, and fruit trees. \$399,000

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