

The Pocket News

Vol. XVIII, NO. 3

February 5, 2009



Kennedy basketball's '09 outlook

See page 16-17



Photo by Kaiti Garner

Take walking up a notch

Pole-walking, sometimes called Nordic walking, has come to the Pocket. Wednesday mornings on the Elks Lodge No. 6 parking lot, instructors and students get out their poles for a free class, courtesy of Cure Arthritis Now. 'Thirty minutes of pole walking is equal to 50 minutes of regular walking,' says instructor Karen Vicari. Taking up the jaunt on a recent morning were, from left, Lynette Porter and Josh Ward of East Sacramento, instructor Vicari in the black jacket, and Ken Kuhl. For more about the class, see page 4.

Big crowd at Lisbon Mayor's Pocket meeting

By Matt O'Donnell
THE POCKET NEWS

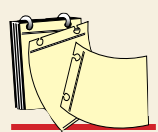
There's some symmetry between President Barack Obama and new Sacramento Mayor Kevin Johnson.

The two men were elected on change. The two men face drastic cut-backs in uncertain economic times. And, here just as in Washington, D.C., the honeymoon period only lasts so long for new leaders.

Still enjoying the honeymoon, Johnson visited Libson Elementary School in the Pocket area on Jan. 26 in the first of eight planned town hall meetings during his first

See Johnson, page 10

◆ INSIDE ◆



Community Calendar

pages 20-21



Six scouts earn their Eagle rank

See page 7



Believers: Top athletes with top grades

See page 15

WASHING CARS FOR 60 YEARS!

ECONOMY PROOF OFFERS FROM YOUR HOMETOWN CAR WASH...



We are proud to display the Blue Coral Logo next to our own! Some washes will advertise Blue Coral products while using only one or two products, such as Rain-X or Tire Shine, while using cheaper products in the wash process. Gem uses ONLY Blue Coral Premium products to care for your vehicle all while offering everyday low prices!

Gem Auto Wash is PROUD to be certified "Beyond Green" by Blue Coral. Blue Coral products are Hard on dirt. Easy on Earth!

-- COUPON -- COUPON -- COUPON --

\$5.00 OFF

WASH PACKAGE
The Ruby or Sapphire Wash

Offer may not be used with other discount programs...
Expires 02/28/09 W203

-- COUPON -- COUPON -- COUPON --

HAND WAXING SPECIAL!

\$34.99!
Most Vehicles
(Regularly \$49.99)

Includes Full Service Wash, Tire Dressing, Air Freshener Takes about 30 minutes
Offer may not be used with other discount programs...
Expires 02/28/09

5150 Freeport Blvd Sacramento (Freeport & Fruitridge)

Mon-Sat 8-5 • Sun 8-4

916.451.6524 • www.gemautowash.com

WWW.VALCOMNEWS.COM

Get more from the Pocket News on our website

Extended, updated calendar * Police Beat: arrests and police blog

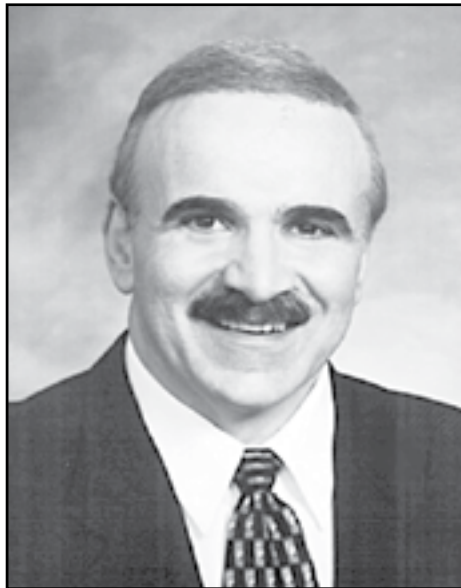
* Download this edition and archived editions * Check out our great photos

Experience Counts!

Now More Than Ever!

More than 2,025 of our Greenhaven/Pocket friends and neighbors have trusted me to serve their real estate needs over the past 26+ years!

Your Trusted Friend & Neighborhood Professional



#1 For a Reason!

Nick LaPlaca

422-3756 x113



24 Hour Info @ www.NickLaPlaca.com

The Pocketnews

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

Vol. XVIII • No. 3

Pocket News is published on the first and third Thursdays of the month and delivered by mail and home delivery in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

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

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

\$30 a year subscription

With golf, practice can make 'permanent'

Jenni Martin knows golf – she’s an LPGA teaching pro in Sacramento – and she’s ready to share her knowledge with those who wants to improve their game. Look for her column of advice, tips and strategies each month in the East Sacramento News.



JENNI MARTIN
TEE TO GREEN

Wanna beat Obama?

If your goal this year is to break 90 (or even 100) follow these simple tips and -- don't give up.

1) Roll some putts indoors. Bring your putter to work and rehearse your putting pre-shot routine. Sink some putts into a paper cup or roll 'em over a paper clip. Remember to take dead aim. Getting your brain to trust your eye is an important skill. More than 60 percent of our strokes in a

round typically come from the short game.

2) Consider using that gym membership. A strong flexible "core" involves more than just the abs. Flexibility and strength in also the low back, butt, hips will give you a better coil, and more stamina after the turn. Consistency and length comes from a good mid section.

3) See your swing. Take a video lesson. Most pros now offer this benefit. Usually

seeing your swing aids in applying the changes and doing the correct drills. Remember what Dave Pelz always says: "Practice makes permanent ... not perfect." Get good information and practice correctly.

This should give you a fighting chance to beat the new prez in 2009. Good luck!

Jenni Martin is a LPGA teaching professional in Sacramento. E-mail her with your questions: galgolfg2@me.com, phone 837-8952.

7600 Greenhaven Drive • 399-9309
Ravenous
European Style Bistro
A LOVE AFFAIR WITH FOOD - Celebrate Valentine's Day with us.
See ad on page 12.

LE RIVAGE HOTEL
Spend Valentine's Day at LE RIVAGE HOTEL
Valentine's Day & Valentine Weekend Packages includes:
Box of Temptation Chocolates • Love Spa Bath Potion Gift
Long Stemmed Red Roses in room
Packages Starting at \$199.00
For reservations, call 916-443-8400
www.LeRivageHotel.com

Correction

Bryant Philip Lee, a UC Irvine freshman who was recently promoted to Eagle Scout in Troop 50 ceremonies, was featured in an article in the Jan. 22 Pocket News. His last name was given incorrectly in that article.

Please Recycle this Paper, Thank You!





Derby feast

A new pine car derby track for Boy Scout Troops 259 was the goal at a fund-raising spaghetti feed recently held at Elks Lodge No. 6 on Riverside Boulevard. Nearly 300 people came to the feed, raising \$1,755 to help replace a 15-year-old wooden track that has seen its day. 'I can't tell you how much the Elks did for us,' said Russ Hudson, spokesman for the troop. 'Not just the volunteers on the dinner, but we have over 90 in attendance.' Troop 259 was out in full force for setup, serving and cleanup.



Photos by Linda Pohl

OLD SUGAR MILL WINERIES PRESENT

Ports & Chocolate Lovers Weekend

❖ February 14th & 15th ❖
 11am-5pm
 (\$10 admission)

❖ 70 Wines ❖ 5 Wineries ❖ One Location



35265 Willow Ave., Clarksburg (916) 744-1625 x234

oldsugarmill.com



Local Wine Makers
 Tasting Wed-Sun 11am-5pm

OLD SUGAR MILL
 Minutes From Downtown Sacramento

Carvalho Family Winery
 Heringer Estates
 Todd Taylor
 Solomon Wine Co.
 Revolution Wines

Free classes every Wednesday Nordic walking finds its way to the Elks' Pocket parking lot

By Tyrone Bowman
THE POCKET NEWS

A group of people walking around Elk's Lodge parking lot with ski poles, despite there being no snow, have not lost their minds. Instead, they have found a new form of exercise.

Pole walking, also called Nordic walking, has come to the Pocket. It could be the answer for people who are trying to get back in shape and its students insist that it's a great activity for people who have arthritis.

There's a big difference between pole walking and regular walking.

"Thirty minutes of pole walking is equal to 50 minutes of regular walking, because you are using your whole upper body," said Karen Vicari, executive director of the non-profit organization Cure Arthritis Now, a group that sponsors a free pole walking class at 10 a.m. Wednesday mornings.

The instructors, Quaint Brylski and Vicari, have both been diagnosed with rheumatoid arthritis and have been pole walking for more than five years.

"It helps ward off arthritis and if you already have it, it can keep it in check," Vicari said.



Pole walkers join in the Wednesday morning walk at Elks Lodge No. 6, 6446 Riverside Blvd. From left are Catherine Kirk, Elks Exalted Ruler Steve Clazie and Joan Clazie.

Photo by Kati Garner

Native Sacramentan Pocket/Greenhaven **SPECIALIST**



**Susie Kuwabara
Parker**
768-8494



**COOK
REALTY**

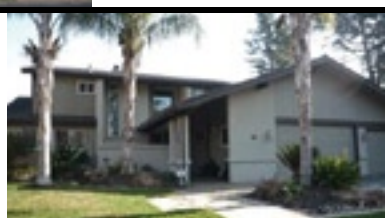


Home in South Shore

4 bd, 3 ba w/ large bonus room. 4-car garage. Professional design landscaping, video entry answering & intercom system, living & dining room deco ceiling, rope lighting, architectural columns, library/office w/ built-in custom cherry cabinets & box beam ceiling. Entertainment center w/ surround sound..\$789,000

Truly Lovely Home

Downstairs master suite, 2 large bedrooms upstairs each with its own bath, remodeled kitchen with stainless appliances and granite countertops. Great room concept but kitchen is separate. Large formal dining room, front courtyard, large backyard with pool & patio.\$675,000



ACTIVES

Pocket Greenhaven

975 Cobble Shores Drive (Lakefrontage).....	\$1,300,000
15 Spinner Point Court (Lakefront & Pool) (SOLD)	\$1,195,000
7704 East Port Drive (New Construction) (4700 SqFt)	\$998,000
823 LakefrontDr (Riverlake, 1 story w/ pool)	\$899,949
932 Lakefront Dr (Lake views) (SOLD).....	\$879,000
5 Southcrest Court	\$799,000
959 South Beach (Custom over 3,400 sq feet)	\$789,000
15 Rivershore Ct (Downstairs Master)	\$639,000
899 Glide Ferry (5 Bedrooms) (SOLD)	\$530,000
19 Princeville Circle (1 story) (SOLD)	\$399,000
1117 Rio Cidade (lot) (SOLD)	\$290,000
2 Skysail Ct. (Duplex or single family).....	\$249,000

Land Park/South Land Park

1148 Silver Lake (SOLD)	\$269,900
4628 Joaquin Way (3 bds, 2 bath & pool) SOLD	\$359,000
1156 Silver Lake (1 Story home) SOLD	\$275,000

Committed to Working and Raising Her Family in a Neighborhood that she Believes in!



FREE GIFT WITH CAR CARE SPECIAL!



YEE'S auto tech

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

Hours:
Mon-Fri
8 a.m. - 5 p.m.

- Your Friendly Car Care Pros
- Free ride to work (5-mile radius)
- Most factory scheduled services

Car Care Special

- Oil and filter change (up to 5 quarts)
- Tire rotation and chassis lube
- 41-point safety inspection
- New car warranty approved



SAVE \$45!
\$29.09
most cars

Tax and Environmental fee additional
With Coupon. Not valid with other offers. Expires 02/28/09

\$30 Off
any purchase
more than \$300

With Coupon. Not valid with other offers.
Expires 02/28/09



**We Service
Hybrids
too!**



From left: Wes, Ted, and Henry

**Let us build
an ad to fit
your
company's
needs**

One of our graphic artists will design a free of charge advertisement for you or your company, when you advertise in one of our publications. For more details on this offer, give us a call at

429-9901

The basics

Pole walking is regular walking with two ski poles strapped to each hand at a 90-degree angle, while keeping the elbows bent. It increases cardiovascular activity and improves balance and posture, which makes it also a great exercise for people with arthritis.

"It is more fun than walking and encourages people to exercise together and exercise more regularly," said Brylski.

According to Foot Solutions (a local store specializing in walking paraphernalia), pole walking tones more of the body's core muscles while improving body alignment. It decreases stress

"Thirty minutes of pole walking is equal to 50 minutes of regular walking, because you are using your whole upper body."

Karen Vicari
Instructor

to the knees, hips, and back while alleviating pain and tension to the whole upper body. Recent studies by the Cooper Institute in Dallas have shown that pole walking can burn up to 46 percent more calories than regular walking.

It's 'natural'

Pole walking, imported from Europe, is not entirely foreign to the U.S. A Wisconsin-based company has been selling Exerstrider poles since 1988.

In 2004, LEKI USA, based in Germany, brought over a lot of trainers to educate U.S. retailers, including those in Seattle and San Diego.

"As long as the upper body is engaged in some way, the result is better than regular walking," said Jim Garfield, LEKI USA's fitness consultant. He said that there is no wrong way to use the poles, but if used correctly, the benefits will be the greatest. Burning the most calories

does take some diligent and unrelenting practice, he said. Having a trainer is one of the best ways to get the greatest benefit from pole walking.

Unlike regular walking, a skill most toddlers pick up before 2, pole walking is not a naturally learned task, but can be learned by anyone.

"Even though it may feel unnatural, it is perfectly natural," Brylski said. If you can walk, you can pole walk."

For information and reservations for the Cure Arthritis Now-sponsored class at the Elks Lodge, 6446 Riverside Blvd., phone 208-8700. Additional information is at www.CureArthritisNow.org.

DL
Properties

Shopping Center For SALE
Approximately 27,000 Sq. Ft. • \$3,500,000
Call DENNIS 916-447-7355 BKR.

Please
RECYCLE
this paper.
Thank You



Lucille Wong call **715-0635**

"Duplex Specialist!"
lucillewong@sbcglobal.net



*Wishing all a joyous & prosperous
Chinese New Year-
filled with good fortune & good health.
Gung Hay Fat Choy.*

RECENT SOLDS

- 4716-4718 Robert Frost - Duplex - \$280,000
- 1036-1038 Clinton Road - Duplex - \$273,000
- 3161 Laurrehurst Drive - Duplex - \$249,900
- 6827 Concert Way - Duplex - \$243,000
- 6351 Denton Wa - Duplex - \$234,900
- 4524 Hayford Way - House - \$139,900
- 1591 Belinda Way - House - \$99,500
- 6206 Jack London Circle - House - \$127,900
- 4717 Large Oak Ct. - Duplex - \$260,000
- 2509 Merin Way - House - \$279,900
- 1221 Wayland Ave. - Half-Plex - \$254,900
- 3947 43rd Avenue - Duplex - \$99,900
- 6331 Buena Terra Way - Duplex - \$526,000
- 5526 East Knoll Dr. - Duplex -

**Newly Remodeled
825 Bell Air Drive**

DESIRABLE large newly remodeled 3 bed 2 bath located in charming established neighborhood. New AC/HT, roof, remodeled granite kitchen with new appliances and beautiful cabinets, over looking family room, separate living room with fireplace, new dual pane windows. Tile floors. new carpet, paint throughout. Spacious yard..... \$338,888



Loving, expert care.

*Every pet needs
dental care every year!*

Please call about our current
VCA Dental Promotion



Full Service Veterinary Hospital
Health Exams • Medicine/Surgery
Dentistry • Vaccinations
Spays/Neuters

**VCA Greenhaven
Animal Hospital**
1 Valine Court • Sacramento
916-391-3677

VCA
Animal Hospitals
Expert care. With a passion.

Mon, Tues, Thurs: 9 am - 7 pm
Wed, Fri: 9 am - 6 pm
Sat: 9 am - 5 pm
Early AM Drop-offs

VCAGreenhaven.com

COMSTOCK
MORTGAGE
*Pocket Area
Resident & Specialist*



**ADVANTAGES OF AN
FHA MORTGAGE**

- **FIXED RATES**
- **3.5% DOWN PAYMENT**
- **DOWN PAYMENT ASSISTANCE PROGRAMS AVAILABLE**
- **NO PREPAYMENT PENALTY**

Call Today:

Dave Mendoza
Managing Director/Broker/CMP
916-977-1227 direct
916-768-5231 cell
dmendoza@comstockmortgage.com

**DO YOU HAVE ANY
MORTGAGE QUESTIONS?
CALL DAVE TODAY!**

COMSTOCKMORTGAGE.COM

CA DRE BROKERS Lic.#01390474

Caring for a loved one with memory loss?



Take a break!

Experts agree that caregivers need time for themselves. At Primrose, our Day Club and Respite-stays provide a well deserved break for you. Your family member will enjoy making new friends, singing songs and going for long walks on our 3 acre park like campus.

† **Primrose**
Special Alzheimer's Living
(916) 392-3510

LIC#347001342

7707 Rush River Drive Sacramento Ca 95831

It's all on the table

Merging schools, cutting principals part of school use discussions

By Miranda Menestrina
THE POCKET NEWS

With the state calling for more budget cuts from the education system, the Sacramento County Unified School District turned to the community, Tuesday, Jan. 20, to brainstorm new ways to raise money.

The meeting, held at John F. Kennedy High School, was the third of 11 meetings in the district's five "study areas" (north, south, east, west and central) that have been organized to discuss ideas on how to best use the city's school facilities and other sites to gain back money that lost from budget cuts and falling enrollment.

Since 2002, the district has cut \$90.4 million and, since 1999, has lost roughly 10,000 students. A \$15 million deficit is projected for the 2009-2010 school year.

"Our school facilities are underutilized," said Susan Miller, interim schools superintendent. "We need to develop strategies for saving money and generating revenue."

Suggestions, please

Speaking to about 75 community members, school staff, and parents who

"Our school facilities are underutilized. We need to develop strategies for saving money and generating revenue."

Susan Miller

Interim superintendent

are in the west study area — meaning all schools west of Interstate 5 — Miller asked for input and recommendations.

"We want to bring services into the district neighborhoods," she said, "and we value your suggestions."

Among the proposals was to combine two elementary schools and dedicate the open facility to a middle school for sixth through eighth graders.

"Right now we have no middle school," said May Clark. Her son goes to the School of Engineering and Science, which has grades seven through 10 this year, but will add grades each year until it has grades seven through 12. "Having a middle school will bring the correct amount of funding for these particular grade levels, the right number of counsel-

ors, increase students' test scores, and allow for better sports."

But another parent expressed his concerns when it came to combining schools.

"When Bear Flag and Caroline Wenzel combined, the students weren't matched academically," said Dale Fong, whose daughter attends Caroline Wenzel. "You can't just drop (students) off and expect them to get caught up. Reserve money would have to be put aside for tutors to help students who aren't quite up to speed."

Other ideas to save money included removing unused portables and trimming administration.

"Each school in this district, no matter its size, has a full-time principal, secretary and plant manager," said Leo Bennett-Cauchon. "There are some schools out there that share principals and have an automated call center. Why not try that here?"

With concern to the falling enrollment, parent Michelle Miranda declared that test scores needed to be addressed.

"That's a major factor in the declining numbers," she said, noting that she's seen a drop in the test scores at Lisbon (K-6), which also

has the lowest number of enrolled students. "Students who live within blocks of Lisbon are going all the way to Elk Grove."

A mother of a fourth-grader agreed, saying, "I wouldn't send (my daughter) to Lisbon if she hadn't been accepted into the GATE program."

Those with ideas on how to best use the district's facilities are encouraged to come to future meetings, post their thoughts online at the district's website -- www.scusd.edu, under the Facility Use Community Meetings section -- or call the district directly at 643-9043. All comment, questions and responses will be posted online.

Future meeting sites

All meetings are scheduled from 6 to 8 p.m.

Central Study Area

• Wednesday, Feb. 11
Leonardo da Vinci K-8 School
4701 Joaquin Way

North Study Area

• Tuesday, Feb. 10
Sacramento Charter High School
2315 34th St.



JIM JEFFERS

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

448-6225



TUDOR ON .18 ACRE LOT



Loads of potential with this 3 bedroom + den. 1598 sq ft w/ additional unfinished space in upstairs bedroom area. If you're looking for the home that can be, here it is! \$439,900

1133 Vallejo Way

FIXER IN LAND PARK!



Call to see this 2 bedroom plus office, 1 bath 1200 sq ft 1 story home on Caramay Way. Here's a chance to get into Land park and earn equity at the same time! Cosmetic fixer on great street..... \$279,900

1816 Caramay Way

1939 7th Ave - SOLD

1163 7th Ave - SOLD

1470 8th Ave - SOLD

1177 Larkin Way - SOLD

1521 Santa Ynez - SOLD

2770 Marty Way - SOLD

1109 Perkins Way - SOLD

* 1141 Swanston Drive - SOLD

*Represented Buyer

Merrill Gardens – Where the Living is Easy

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

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



MERRILL GARDENS

AT GREENHAVEN

A one of a kind retirement community

(916) 427-1133

6350 Riverside Boulevard • Sacramento, CA 95831

www.merrillgardens.com

*Call for details.

License
#347001396



RETIREMENT & ASSISTED LIVING

Long journey of dedication Troop 259 honors six Eagle Scouts at Court of Honor

By Kim Worl

SPECIAL TO THE POCKET NEWS

Boy Scout Troop 259 celebrated the advancement of six of their Scouts to Eagle rank at a Court of Honor on Saturday, Dec. 27, at the Sacramento Elks Lodge No. 6.

The freshly minted Eagle Scouts included Anthony Fong, Miguel Francisco, Travis Murata, Matthew Puliz, Andrew Toy, and Kory Worl. These young men join 148 other Eagle Scouts who have risen through the ranks of Troop 259.

Achieving Scouting's highest rank is a significant challenge that requires a keen interest in nature and the outdoors, a commitment to learning and mastering new skills, dedication to achieving a goal, and planning. For those that complete the journey it a tremendous source of pride and accomplishment. Fewer than 3 percent of Scouts achieve Eagle rank.

What it takes

To earn the rank of Eagle, the Scouts must advance through the ranks of Tenderfoot, Second Class, First Class, Star and Life. Throughout the advancement the scouts are required to earn 21 merit badges, 12 of which are required for Eagle (such as Camping, Citizenship in the Community, First Aid, Personal Fitness and Personal Management). Each Eagle Scout also must earn nine elective merit badges. More than 100 different elective merit badges are available with subjects ranging from architecture to wilderness survival.

Each of the Eagle Scouts must also maintain positions of responsibility within the troop. The final, and for many, the most challenging Eagle requirement is the community service project, where the scout must conceive, develop, plan and complete a project that benefits the community.

Service projects

Anthony Fong designed and constructed a meditation garden park for the Chinese United Methodist Church; Miguel Francisco organized and coordinated the planting of 15 trees at St. Anne's Elementary School; Travis Murata organized the painting of addresses on the sidewalk curbs for numerous houses for the South Pocket Homeowners Association; Matthew Puliz restored the tables, benches, and amphitheater at Camp Fire USA at Goethe Park; Andrew Toy organized a significant re-landscaping effort for the local Ronald McDonald House; and Kory Worl organized the planting of six shade trees adjacent to the sports fields at West Campus High School.

These projects required considerable effort and time from the Scouts as well as the many volunteers who were mobilized to help.

Steve Clazie, Elks Lodge No. 6 Exalted Ruler, congratulated the Scouts and described the Elk's continued support for Troop



Eagle Scouts from Troop 259, from left, are Andrew Toy, Kory Worl, Matthew Puliz, Anthony Fong, Travis Murata, and Miguel Francisco.

Courtesy photo

259. To honor of the Eagle Scouts, the Elks Lodge donated individual U.S. flags and display boxes to each of the Eagle Scouts. To commemorate their achievements, each of the flags will be flown over the United States Capitol in Washington D.C.

Troop 259 meets from 7 to 8 p.m. Monday evenings at Elks Lodge No. 6, 6446 Riverside Blvd. For more information contact Scoutmaster Todd Thompson at 392-2885.

Angel's Nest
CHILD DEVELOPMENT CENTER

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

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

NOW OPEN!

Land Park Flowers and Gifts

Specializing in flowers for all occasions, weddings & funerals by an Award Winning Designer

"Ron is back!"
Former owner of Celeste & Company from 1993-2005

Delivering throughout Sacramento, outlying areas, & out-of-state.

5874 South Land Park Drive • Sacramento, CA 95822
916-392-ROSE (7673)

Bryan Chew & Associates
"Retirement & Tax Planning"

Now Offering Tax Preparation

To inspire our clients in making informed financial decisions through education, communication and service, which deeply impact their life.

FREE 30 Minute Consultation to review your last years return.
With this ad. Expires 02-28-09

7600 Greenhaven Drive, Suite 303
Phone: 916.427.5172 • Fax: 916.392.8287
www.lpl.com/bryan.chew

LPL Financial
Securities Offered Through LPL Financial member FINRA/SIPC
Bryan Chew: Registered Principal LPL Financial

Pet Haven

"Service & Selection Are Our Specialties"

Low Cost vaccine clinic Every Sat. 10-11:30am

15% Off General Merchandise PN
Excludes dog and cat food. Must present coupon at time of purchase. Not valid with other offers. Expires 02/28/09

Iams, Eukanuba, Nutro, Natural Choice, Science Diet

\$200 OFF 15 lb BAG OR LARGER
\$300 OFF 30 lb BAG OR LARGER PN
Must present coupon at time of purchase. Not valid with other offers. Limit 1. Exp. 02/28/09

421-PETS (7387) • 352 FLORIN ROAD
(Corner of Florin and Riverside)
M-F 9am-7pm • Sat. 10am-6pm • Sun. 11am-5pm

Inside and Outside Pocket/Greenhaven

Free e-waste disposal

Residents can rid themselves of electronic waste for free by dropping items off from 9 a.m. to 3 p.m. Sunday, Feb. 8, at Elks Lodge No. 6 parking lot, 6446 Riverside Blvd.

Electronic waste includes computer monitors, televisions, cell phones, digital cameras, scanners and more. No household appliances, furniture, hazardous waste will be accepted.

Proceeds will benefit the Elks Lodge Deceased Members Memorial.

Pick-up requests for those unable to drop by Feb. 8 can be made to Don Puliz, 429-6465.

Afghan aid in focus

Budd MacKenzie, a Bay Area lawyer who now spends months in Afghanistan each year, risking his life to provide secular education and alternatives to opium-based subsistence farming, will speak in an open forum at 7 p.m., Tuesday, Feb. 17, at Faith Presbyterian Church, 625 Florin Road.

MacKenzie founded Trust in Education, a grass-root, non-profit, secular organization in 2003. TIE provides education, health care and economic development programs in Afghanistan.

TIE first provided funding to build a co-educational school in Lalander that opened in March 2005. The school is

within a 15-minute walk from home, instead of the three hours it once took to reach schools in Kabul. In March 2006, adult education courses were added. Now, more than 300 girls attend TIE-funded classes. TIE financed playground equipment, a soccer field, and a soccer program that brought "fun" into the curriculum, thereby dramatically increasing enrollment.

A TIE sponsored irrigation project was completed in 2005. More than 23,000 fruit trees provided by TIE have been planted by hundreds of Afghan farming families.

TIE provides farmers with seeds, fertilizer, and farming courses. Farmers grow better produce, obtain higher yields, and generate more income.

For further information, contact DiAnne Brown, 395-6129.

Free tax help for economy victims

Free help to walk unemployed or foreclosed-on taxpayers through their 2008 tax forms is being offered by Irene Senst Tax and Bookkeeping through April.

"We will be doing our part for this economic situation in California," Senst says. "We are reinstating a tax school to walk the average 'Joe or Jane' through their tax returns."

To qualify, a person must have been out of a job for six months in 2008 or have a foreclosed house. It is not for business owners, landlords, those with stock market losses, or officers in a corporation of the tax return to be prepared.

Senst will provide all necessary forms for state and federal taxes. A \$5 kit is available that includes envelopes, stamps, calculator, pen and other hardware needed to complete the forms. If the items are self-provided, there is no fee.

Forms will be completed in a class setting, with experts walking taxpayers through their forms.

"The whole process will take less than an hour," according to

Senst, "and the result will be their tax return prepared by them and supervised by us."

For more information or to register for a class, phone 640-3820, e-mail taxirene@iwon.com, or see the website at www.taxirene.info.

Local burglaries increase

From the Sacramento Police Department

Since the middle of January, there has been an increase of residential burglaries in the north-east area of the Pocket. The burglaries have taken place at all hours of the day. Entry has been by force to the side garage door, breaking out sliding doors, or through unlocked doors.

Televisions, electronics, laptops, jewelry, video games, and cash have been stolen.

Locations include:
 900 block of Johnfer Way, Jan. 24, unknown time frame.
 6300 block of Oakridge Way, Jan. 17, between 3:30 and 4:30 a.m.
 1100 block of Lake Glen Way, Jan. 20, between 3:05 and 9:45 p.m.
 5900 block of Riverside Blvd, Jan. 21, between 2:20 and 4:20 p.m.
 6400 block of Holstein Way, Jan. 15 and 24.
 1000 block of Woodshire Way, Jan. 25, between 9 a.m. and 9:30 p.m.
 1200 block of 41st Ave, Jan. 26, at 8:48 p.m.
 1400 block of Kitchner Rd, Jan. 27, between 1:50 and 3 p.m.
 1200 block of 42nd Ave, Jan. 27, between 1:10 and 5:30 p.m.
 900 block of Woodshire Way, Jan. 27, between 8 a.m. and 3 p.m.
 5900 block of Lake Crest Way, Jan. 27, between 8 a.m. and 8 p.m.
 There were no descriptions of the suspect(s) as of press time. Information is asked to be given to Detective McMillan at NCU South, phone 808-5220.

CALL ME AND I'LL HANG UP...
 HANG UP...
A SOLD SIGN!

Gina LaPlaca
 REALTOR®, ABR, CRS
 2007 PRESIDENT-ELECT,
 NORTHERN CA CRS

"If it's important to you...
 It's important to me!"

Over the past twelve years, I have been fulfilling the real estate needs and dreams of those moving within or to the Sacramento area. My priorities are simple. They're yours. When buying or selling a home, you deserve a Realtor who'll take time to listen, find out what's important to you, and put your interests first. If you are thinking of buying or selling a home, please share your goals with me. In turn, I'll share my success with you!

- Certified Residential Specialist (CRS)
- 2007 President-Elect, Northern California CRS
- Director-Sacramento Association of Realtors
- Director-California Association of Realtors
- Sacramento Association of Realtors' Masters Club Life Member & Steering Committee Member
- Accredited Buyer's Representative (ABR)
- Born and Raised in Sacramento

SOLD

(916)
 523.3700

Gina@GinaLaPlaca.com
 www.GinaLaPlaca.com

COLDWELL BANKER
 THE DUNNIGAN CO.

GOLDEN STATE JEWELERS, INC.
 The Sacramento Gold Exchange
 996 FLORIN ROAD · WEST OF I-5 AT GREENHAVEN · LAKECREST SHOPPING CENTER

Valentine's Day Specials

Largest Selection of Gold Chains and Bracelets
UP TO 50% OFF

WATCH BATTERIES INSTALLED \$6.99
 Most watches. One per coupon. Not valid with other offers. Expires 02/28/09

This year we are presenting a new line of a masterpiece collection of fine 14 Gold, Diamond, and Colored Gemstone jewelry. Most items are one of a kind manufactured by our professional craftsmen at lowest prices.

• Exclusive Design Mens & Ladies
 • Diamond Rings • Diamond Wedding Sets
 • Diamond Pendants • Diamond Earrings

421-5284

HIGHEST QUALITY · LOWEST PRICES · FINANCING AVAILABLE

Come travel with us!
 CITY OF SACRAMENTO DEPARTMENT OF PARKS AND RECREATION
SAFARI TOURS

AFFORDABLE ONE DAY AND OVERNIGHT TRIPS FOR ACTIVE ADULTS

SAN FRANCISCO FLOWER AND GARDEN SHOW
 (San Mateo Event Center) Thursday, March 19 - Trip#37954 • With Late Lunch at Beach Chalet Restaurant
 Garden lovers take note! A floral funfest for you and your friends.
 Trip Cost: \$105 per person Deadline for full payment: Feb. 25, 2009.

FILOLI GARDENS AND MANSION
 Woodside - Thursday, April 9 - Trip#37955 • Visit the extensive sixteen-acres of beautiful formal gardens and the gracious mansion. We will have a 2 hour docent-led tour of the mansion and gardens, with an additional hour to enjoy the Garden Shop and grounds. Stop for a no-host late lunch on the return trip.
 Trip Cost: \$64 per person (does not include meals) Deadline for full payment: March 19, 2009.

For more tours and registration information please call (916) 808-TOUR (8687) or find us on-line at www.cityofsacramento.org/safari

TRAVEL FAIR February 12th • Coloma Community Center • 4623 T St.
 Free • Refreshments • Prizes

Kobasic's Candies

3rd and 4th Generation of Candy Makers!



- *Boxed Chocolates*
- *Chocolate Strawberries*
- *Gifts*

Sugar Free Chocolates Available!



\$200 OFF

Any purchase of \$25 or more

With coupon only. Not valid with other offers. Expires 3/31/09 POC.

Valentine's Day Is Saturday February 14th

Hours: Mon-Sat 10-6:30 • Sun 11-5

5324 Riverside Blvd. Sacramento • (916) 448-3555

I-5 to Fruitridge right on Riverside 3 blocks down • kobasicscandies.com



Courtesy photo

New pastor in Greenhaven

Paige Vincent Vorhies is the new minister at Greenhaven Neighborhood Church, 630 Ark Way.

The pastor hopes to bring a practical, no-nonsense approach to the how-to's of loving God and others to his ministry. He enjoys a game of golf on occasion, although he says he plays very badly, and loves long trips on his motorcycle. Married to Joanne for 20 years, the couple have two grown daughters, three grandchildren and two great-grandchildren. Contact the pastor at pastorpaige@greenhaven.org; for more information about the church, see the website www.greenhaven.org.

FIGURE 8 WOMEN'S WORKOUT



Treat your Sweetheart to a 60 Minute Massage for \$49.00 (offer expires 03/14/09)

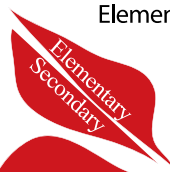
Gift Certificates Available



Call 505-2335

2355 2nd Avenue

Elementary. Secondary - Mathematics - English - Science - Business - Social Science + more!!!



Wanted:

Motivated individuals with a baccalaureate degree to become skilled, California credentialed elementary or secondary teachers. In just one year, earn your California Teaching Credential. New classes start in June.

Start a Rewarding Career TEACH!

Teacher Education Institute

A Fully Accredited Teacher Credential Program With San Francisco State University

For Information Contact: Teacher Education Institute (916) 525-1765 www.egusd.net/tei



Elementary. Secondary - Mathematics - English - Science - Business - Social Science + more!!!

LYON
REAL ESTATE
www.GoLyon.com

Downtown Lyon Office! • 2801 J St. • 447-7878



Sandy Kirsch
730-7705



Jim Anderson
806-4061

RECENT SOLDS

355 Light House Way
9971 Hatherton Way
8551 Castlehaven Court
2289 Davenport Loop
8263 Toad Hollow Way
102 Northlite Circle

Sindy Kirsch 730-7705



Great Rental Prospect!

Roomy 4 bed in nice So. Sac neighborhood at a great price. With a little elbow grease this home could be a charmer. Call John for details. Hurry, this one won't last! \$94,900

John Woodall GRI 421-5421



Prestige S. Land Park Home

Approx 3636 Sq.ft. (per Assor) w/ pool & spa, new carpet, paint, doors. Huge lot, 4 bd, 3 full ba, and 2 1/2 baths. 2-car garage. New Lower Price!! \$515,000

Jim Anderson "A" Team 806-4061



Sue Vitiello
212-1215



John Woodall
421-5421

Years of Experience Count.

Especially in a challenging market - Sue Vitiello represents her clients with Enthusiasm and Dedication.

Call Sue for a FREE market analysis of your home.

NEW PRICE

5109 Orchid Ranch Way
3 Bd, 2 Ba. \$199,900

Resident ~~For~~ **SOLD**, Zone R2
Close ~~to~~ **SOLD** College, \$69,000

5314 Ehrhardt Ave.

2 Homes 1 Lot on .8 of an acre \$399,000

John Woodall GRI 421-5421



Ultimate California Dream

Fabulous remodeled kitchen, crown molding, central house vac, whole house fan, intercom system, water softener. Bed & full bath downstrs, custom craft room, oversize walk-in pantry. Most rooms view the golf course lake & fountain. \$1,075,000

Jim Anderson "A" Team 806-4061

Johnson

Continued from the front page

year in office. About 350 people attended the meeting, hosted by Councilman Robbie Waters, who represents District 7. Police Chief Rick Braziel spoke as well.

Public safety was the main focus for Johnson, although he also discussed the strong-mayor initiative (since the meeting, Johnson has set-aside that initiative), the budget, education and even fixing potholes.

'Sense of purpose'

"I didn't set out to be a politician. I'm not going to be a normal politician," Johnson told the crowd before the question-and-answer period. "I ran because I thought I could make a difference and I ran because I felt a sense of purpose to do something in our community. I know that's why each of you are here today."

Johnson's supporters have collected about 37,000 signa-

tures for a strong-mayor initiative, which would give the mayor the authority to propose the budget and appoint department heads. The strong-mayor system has been used in other cities, like Fresno.

Even though mayor is a full-time position, Johnson said he doesn't believe the job entails "full-time responsibility." He added that the strong-mayor system would provide a better form of checks and balances between the mayor and the City Council.

Johnson said he doesn't mind if there's more dialogue about the initiative before a special election is called.

"At the end of the day, who are you holding accountable?" he said. "To me the buck should stop where there's clear accountability. When I was campaigning, I said that this was a discussion that our city should have."

Safety issues

Johnson and Braziel discussed the challenges of pub-

lic safety. Braziel pointed out that Sacramento has 1.49 officers per 1,000 residents, the lowest among all U.S. cities of the same size. Johnson later said he would like to get that number increased to at least two per 1,000.

Braziel said one of the unique characteristics of Sacramento is the amount of protests around the state Capitol, something that only San Francisco and Los Angeles deal with on a daily basis. Those protests and demonstrations always require a police presence. Braziel also mentioned the need to increase safety on the roads.

"We're the worst city in the state of California for injury accidents or fatal accidents and accidents related to alcohol, and that's not something to be proud of," Braziel said.

A question about education was one of the final ones of the night, but it struck a chord with Johnson. He pointed to a program

in Washington, D.C., that helped employ young people. Johnson said an education summit is scheduled for March 9 to discuss some of those issues.

"We need our businesses in our community to understand that we need a highly educated and highly skilled work force," Johnson said. "We have to make sure businesses are making this a reality."

Initial regret

Johnson talked about his first 55 days in office and admitted he was "embarrassed" that he couldn't spearhead an effort for an independent firm to look at the city's books. Sacramento faces a deficit around \$45 to \$50 million for 2009-2010. The City Council defeated the idea in January.

"That's my loss. I fell short," he said. "I have to do a better job, that's the bottom line."

Waters said he thought the meeting was the best attended District 7 session he had ever seen. He would like to bring Johnson back next year for a similar town-hall setting.

Johnson opened and closed the meeting talking about his trip to Washington, D.C., for the inauguration. He appeared on the "Larry King Show" two of the days. The one point he emphasized from the inauguration speech was Barack Obama saying that people were "the change we've been waiting for."

Johnson reiterated that point to the Pocket residents: "It's you, it's us collectively that's going to make a difference," he said. "If we sit on our cans or think we're involved in a spectator sport, Sacramento will never reach its potential."

To read Johnson's blog about the town-hall meeting, check out www.kevinjohnsonformayor.com/kjfm/.

JUST LISTED By Reneé Catricala

NEW LISTING



1297 Valley Brook Ave - \$325,000

Tucked away in a quiet location...Single level 4 Bedroom home. Quality built, well maintained with nice curb appeal. Inviting central entry with tile adjacent living & dining rooms. Spacious family/kitchen combination with fireplace, built-in bookshelves, dining area and newer laminate floors. Sunny kitchen with lots of counter space & pantry. Large laundry room, loads of storage throughout. Yard with covered patio and swimming pool. See it now!

With Interest Rates So Low It is A Great Time To Buy Or Sell A Home.

Call Reneé Today!

For a FREE Market Analysis of your home.

MY AVERAGE LIST TO SELL IS 20 DAYS!



Reneé Catricala, Realtor®
Direct: (916) 203-9690
www.ReneeCatricala.com
730 Alhambra Blvd., Suite 150
Sacramento, CA 95816



PENDING: 344 Cedar River Way - 399,000

I'm now taking listings! Do you know someone who wants to sell?

Having trouble making your house payment? Considering a short sale? I can help!



MONA GERGEN
247-9555



"Call for a private showing"

SPECTACULAR LAGUNA WOODS



Quality built custom home in desirable Laguna Woods in Elk Grove. 5 bedroom 3 bath two story home on .31 acre lot with 3-car garage and room for RV. One downstairs bedroom with full bath and an enormous bonus room.
5507 Lawnview Way. offered at \$638,000

JUST TAXES!

Quality Service. Affordable Price.

- Personal Service
- Experienced Preparers
- Reasonable Cost

7220 Greenhaven Drive, Suite 3

(Across from Lake Crest Village)

www.just-taxes.com



Diana Muller
Enrolled Agent

Call Today for your appointment

393-3430



Windermere

Dunnigan Realtors



SPECTACULAR LAGUNA WOODS

Quality built custom home in desirable Laguna Woods in Elk Grove. 5 bedroom 3 bath two story home on .31 acre lot with 3-car garage and room for RV. One downstairs bedroom with full bath and an enormous bonus room. See www.5507LawviewWay.com \$638,000

MONA GERGEN 247-9555



ENJOY THE SACRAMENTO RIVER

Located at the End of the Court! Open your Gate and Walk along the River! Beautiful open, light and bright. Large open kitchen & family room, sunken living room, wet bar, large dining room, romantic master with fireplace. Wonderful views. Must see this property. See www.19AlstanCt.com \$925,000

LISA HAVARD-ROTZ 698-3323



WONDERFUL OPPORTUNITY

Newer 5 bedroom 3 bath Meritage built home. Media buffs will love the pre-wired home theater/bonus room with gas fireplace and media center. Lovely curved staircase. Gorgeous master suite with huge bathroom. See www.9892Castelli.com \$435,000

CONNIE LANDSBERG 761-0411



CROCKER ELEMENTARY

Open and inviting floor plan flows from front to back affording views of the picturesque front yard to the inviting pool and patio in back. This home has beautiful hardwood floors, central heat & air, dual pane windows and a 1-year old roof. See www.937RobertsonWay.com \$499,000

CHRIS BRIGGS 834-6483



LAND PARK COTTAGE

Quaint charming 2 bedroom home with pride of ownership on display at every corner. Lush landscaping with brick walkways, shaded secluded decks and tree canopied lawn. Classic arches, recessed ceilings, plantation shutters, fun country kitchen with brick wall. See www.2615FreeportBlvd.com \$339,000

PAULA SWAYNE 425-9715



WISTERIA PLACE ELK GROVE

Beautiful Garden Glen model built by Lennar Homes in 2004 with bountiful upgrades including hickory wood & tile floors upgraded carpet, granite kitchen counters, stainless steel appliances & more. Trellised patio. See www.9662CountryFalls.com \$409,000

NANCY WEGEE 600-5458

NATOMAS ON THE LAKE

Welcome Home to Natomas living at its' finest. Open living room and plantation shutters. Designer touches from the paint color to the wall art. Custom cabinets for the media equipment. Wood floors throughout the home. Spectacular infinity edge pool, with an awesome view of Sundance Lake. See www.10SageGrouse.com \$399,000

DEBBIE TOWNE

HEART OF LAND PARK

Updated and ready for **PENDING** to move in! Charming 3 bedroom 2 bath home with beautiful hardwood floors and designer colors throughout. Fireplace in living room, kitchen with black granite and stainless appliances. See www.1270WellerWay.com \$509,000

LISA HAVARD 698-3323

GATED HILLSBOROUGH

Shows like a Model! **PENDING** Den/Ofc. Beautifully updated kitchen features wood floors, refinished cabinets, granite counter & stainless appliances. Family Room w/ brick fireplace. Master Bedroom w/sitting area opens to patio. See www.1133MurfieldDr.com \$399,000

LINDA WOOD 802-8042

ANATOLIA BEST BUY

Single story Anatolia home. Upgraded, well maintained, landscaped yards, granite kitchen with stainless steel appliances, 2 car garage. Bonus room off of kitchen perfect for home office. Fabulous price! See www.12007EratoCir.com \$265,000

KARA LABELLA PARKER 716-3313

LIBBY NEIL 539-5881



4215 FREEPORT BLVD.
454-5753

VISIT OUR WEB SITE: WWW.WINDERMEREDUNNIGAN.NET

For all your advertising needs turn to the

POCKETnews

Call Linda Pohl at
429-9901



Ravenous

lunch dinner brunch



**European
Style Bistro**

Share this **Valentine's Day** with Someone Special.
We will have Epicurean Delights to enjoy this special day

**Meat - Fowl - Fish - Pasta
Full Wine Menu**

Call For Reservations

Now at Riverlake Village

Accepting Walk-Ins,
Reservations & Food To-Go:

(916) 399-9309

7600 Greenhaven Drive
Suite 23, Sacramento CA 95831

Affordable
Quality Ingredients
Creative & Diverse Menu
Elegant dining in a casual atmosphere
New to the Pocket Area

Dinner: Tuesday - Sunday 5PM - 9PM. Lunch: Tuesday - Friday 11AM - 2PM. Sunday Brunch: 10AM - 3PM. View our menu at: www.RavenousCafe.com

API VICTORY CELEBRATION FOR KEVIN JOHNSON

Sponsored by: Mayor Kevin Johnson API (ASIAN PACIFIC ISLANDER) Community Outreach Network
Co-sponsored by: Mayor Kevin Johnson Community Outreach Network
Jan. 28, 2009- 6:30-8:30pm • Oshima Sushi Restaurant • 2017 Natomas Crossing Drive





“Sign” Language

For over 34 years



www.cookrealty.net



823 LAKE FRONT DRIVE • \$899,000-\$949,000
SUSIE K. PARKER • 768-8494



1201 FAY CIRCLE • \$ 380,000 - \$ 425,000
ATCHAN VAN PELT • 813-5919

See all our listings at www.cookrealty.net



7704 EAST PORT DRIVE
 RIVERLAKE Gated East Shore rare opportunity for a four or five bedroom four bath over 4700 Sq. Ft. home with luxurious details thruout and just 10 minutes from Downtown Sacramento! \$998,000
SUSIE K. PARKER • 768-8494



15 RIVERSHORE COURT
 TRULY Lovely four bedroom three and a half bath home with downstairs master suite, remolded kitchen and perfect backyard with pool for entertaining! \$675,000
SUSIE K. PARKER • 768-8494



6850 WESTMORELAND WAY
 Great location on quiet street. Newer stove and dishwasher. Shake roof 12 yrs old. Indoor laundry room w/cabinets. Fire-place w/gas logs. Close to Elementary School and JFK High School. \$350,000
ROBERT BILLET • 995-0284



959 SOUTH BEACH DRIVE
 CUSTOM four bedroom three bath home in gated South Shore, large bonus room and desirable four car garage all professionally designed & dramatic double staircase! \$789,000
SUSIE K. PARKER • 768-8494

International Relocation Service

Buying or Selling out of the Sacramento area? Being referred gets you, “hooked up,” with the best in your destination market!

Call Lindsay Filby

(916) 451-6702



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

REAL ESTATE SCHOOL

- ★ LOW INTRODUCTORY COST
- ★ START ANYTIME
- ★ LIVE CLASSES

Call: **Bob Shipley • 451-6702**

PROPERTY MANAGEMENT

- ★ MONTHLY CASH FLOW
- ★ TENANT SCREENING
- ★ MAINTENANCE

Call: **Brittany Naucke • 457-4907**

Local class of '14 girls rule at AAU tourneys

Special to *the Pocket News*

The 2014 Sacramento Believers, a seventh grade girls AAU basketball team of girls from the Pocket-Greenhaven and Elk Grove areas stands at 81 wins, 18 losses over the past three seasons with some prestigious trophies to their name.

The girls finished fourth in the 2008 AAU National Championships, Division 1, took first place in the 2008 AAU West Coast National Championships, and another first place in the AAU Memorial Day Jam in Reno, Nevada.

The Believers team is once again made up of local talent: Jamie Fong, Alyna Kanac, Kris-

ten Lau, Jessica Lauderdale, Rachel Lee, Katie Lee, Najah Queenland, Sabrina Wu, and Carmen Garcia. The team is coached by Russ Fong and John Kanac.

Six players attend Sutter Middle School, one at Toby Johnson in Elk Grove, one at T. R. Smedberg in Elk Grove, and one at Holy Cross in West Sacramento. All nine players received straight A's last quarter.

For more information, see the website at www.sacramentobelievers.com.



The Believers and their coaches: First-place trophies and all A's.

Courtesy photo

B - Bingo is fun!

I - Inviting State of the Art Facility
Secure & Comfortable

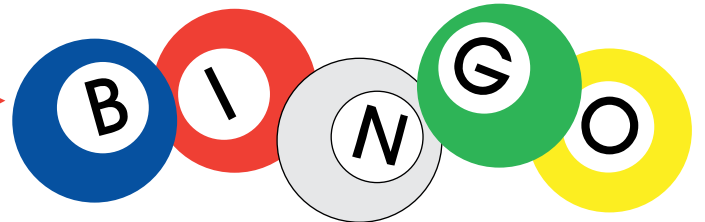
N - Nightly Prizes Over \$7,000

G - Great Giveaways

O - Our Area Charities Receive Proceeds



Florin Road



"The Best Hall of All"

2350 Florin Road (Corner of 24th & Florin)
(916) 422-4646 • www.scc-bingo.com



Wine & Chocolate Dipped Strawberry Weekend



SCRIBNER BEND
VINEYARDS

**Valentine's Weekend,
Black Hat and Chocolate
Dipped Strawberries**

February 14th & 15th: 11 am - 4:30pm

Why not come and join us for a very special complimentary Valentine's weekend. We will be serving our awarding winning Black Hat Tempranillo with chocolate dipped strawberries, this you don't want to miss. You will also be able to visit our new Tuscan room with large open Tuscan fireplace, how inviting.

Bring in this ad and we will give you

10% OFF

any item in the winery. This offer does not apply to the wines that are currently on sale.

www.scribnerbend.com



Heart-Shaped Pizza

\$6.99
Limited Time Offer

Handmade fresh. Home Baked® with love.



Pre-Order Today!

© 2008 Papa Murphy's International, Inc.

POCKET/GREENHAVEN...916-424-P7A2 P7A2
7465 Rush River Dr. • Promenade/Bel Air Center

Grand Opening



ROCKET JOE

Launching Your Day!™

1 Free Cup of Regular Coffee with Purchase of Pastry
* Present ad to redeem.

\$1.00 Off ANY Espresso Drink, Any Size!
* Present ad to redeem.

For Kids! Joe's Jet Pack
Includes a drink and healthy snacks

Coffee Drive Thru Open Daily

Seasonal Hours
M - F 6:30 am - 5:00 pm
Sat. 6:30 am - 2:00 pm
Sun. 7:00 am - 2:00 pm




5644 J Street • Sacramento
(out in front of Opa!Opa!)

* Present ad to redeem. One coupon per visit. Expires 02/28/09.

POC

Professional Dentistry



Dr. Jill Whitney **Dr. Eva Adams**

427-3003

5665 Freeport Blvd., Ste 1
 - Welcoming New Patients -

www.whitneydds.com

Community Worship

Greenhaven Lutheran Church

475 Florin Road (at Gloria Dr.) • 428-8449
 Sunday Worship Service: 8:00 am & 10:30 am
 Bible Class & Sunday School: 9:15 am • Youth Group: 6:00 pm
 Angels Nest Pre School 2 yrs. - 5 yrs.

Faith Presbyterian Church

625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • 428-3439
A community loving Christ, building disciples, serving all
 Worship Sunday 9 and 11 am
 • Sunday School, Bible Study, Childcare • Youth Activities
 • Family Programs • Adult Education

PARKSIDE COMMUNITY CHURCH


"Open & Affirming Congregation"
 Sunday Worship Service: 10:30 am
 Bible Class: 9:00am
 5700 South Land Park Drive & 35th Avenue 421-0492

Riverside Wesleyan Church

6449 Riverside Blvd. • 391-9845
 Sunday School: 9:15 am • Sunday Worship: 10:30 am • Wed. Evenings 6:30 pm.
 AWANA (Children's Ministry) • Youth - Jr. High - Sr. High

ESKATON

Senior Residences and Services




Eskaton Monroe Lodge

A Land Park Tradition

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

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

Eskaton Monroe Lodge
 Independent Living with Services
 3225 Freeport Blvd.
 Sacramento, CA 95818
916-441-1015 | www.eskaton.org



EQUAL HOUSING OPPORTUNITY

High school basketball update

First-time coach at Christian Bros; Kennedy starts off strong

By Matt O'Donnell
THE POCKET NEWS

To say that Christian Brothers High School plays standard, up-tempo basketball would be a gross understatement.

The Falcons are almost always in fast forward. When the team is in transition, it's like the final seconds of a game and the coach is out of timeouts. Even during a regular possession, Christian Brothers motors past half-court and eyes the defense, just in case an opponent is napping.

Head coach Bill Benford wants to take advantage of his team's superb athletic ability. The trick for the Falcons is – how do they walk the line between speed and sloppy?

"We have some athletes and we like to get out and run, but we have to be smart when we

do it," Benford said. "We don't want to have to force shots or force the tempo when it's not there. We want to take what the defense gives us."

Turn-over trouble

In a game against Galt on Jan. 22, the team showed its Jeckyll-and-Hyde issues. While Galt found seams in the defense, Christian Brothers forced up a number of ill-advised shots. In the final two minutes of the first half, however, the Falcons found themselves, breaking the zone with three 3-pointers. Martin Harris stole the ball near mid-court and made a driving lay-up in the final 20 seconds to finish off the 11-0 run.

But even in the fourth quarter with a comfortable lead, the Falcons turned the ball over five times in the first five minutes, letting Galt close to single dig-

its again. This time, however, senior point guard Sterling Arterberry saved them, as he made six of seven foul shots to ice the 66-53 win.

Arterberry scored 23 points against Galt, but the Falcons are almost always balanced offensively. Asante Cleveland, Paul Sikes, Harris and Arterberry all average nine points or better per game.

"That's a great thing – everybody is happy, everyone is getting their points," Arterberry said.

Coming out ready

The Falcons won 10 of 12 in the preseason, but lost two of their first three in the Sierra Valley League. They rebounded, however, with solid wins against Oak Ridge and Galt. The 70-49 blowout win over Oak Ridge was especially satisfying consider-

ing the Trojans beat them twice last season, one of those an ugly 88-51 setback.

The performance even surprised Benford, who is in his first year as varsity head coach.

"Oak Ridge is a very good basketball team, and we were just ready that night," he said. "We had two good practices before that game. We came out and got after them early."

Even though the Christian Brothers team is balanced, the Falcons figure to go as far as Arterberry will lead them. He leads the team in scoring, steals and assists.

"He's our catalyst out there. He's been the sparkplug the last two games," Benford said. "He's had it going and we've been successful because of it. He doesn't necessarily always have to put the points on the board. As long as he's leading us and

keeping us in line, we're going to be successful."

Arterberry said he is hoping for a 1 or 2 seed in Division IV for the Sac-Joaquin Section playoffs, which begin Feb. 25. Christian Brothers owns a number wins against schools with bigger enrollments, which will help its power ranking. Playoff seeds in the section are determined by power rankings, so strength of schedule is a major plus for the Falcons.

Kennedy's Cougars

At Kennedy High School, head coach Robert Fong is hoping that his young team can improve dramatically enough to sneak into the Division I playoffs. The Cougars were 4-11 in the preseason, but had won three of four to start the Delta Valley Conference. One of those victories was a 53-50 upset over league favorite Franklin on Jan. 16.


"That's probably one of the best games we've played all year," Fong said. "You always want your team to perform at a certain level, but I think we performed beyond that level."

The play of senior point guard C.J. Brown has been a major reason for the success of late. Brown is one of the few hold-overs from last year and Fong

FREE E-Waste Disposal
Sunday, February 8th, 9am-3pm
Elks Lodge #6, 6446 Riverside Blvd.
 Electronic waste includes computer monitors, televisions, cell phones, digital cameras, scanners and more.
 Proceeds to benefit Elks Lodge Deceased Members Memorial.
 Call DON if you need to schedule a pick-up. 429-6465.



Yoli Manzo
997-6934
Sharon Boatwright
825-4315
www.yoliandsharon.com



Pocket Gem
 2465 SqFt of beauty. Spacious living room with french doors leads to formal dining room w/ polish hardwood floors. Enchanting gourmet kitchen overlooks large fam room w/ brick fireplace. Laundry room w/ ample storage. Master bedroom has custom closets & cozy bathroom. \$465,000

THE REGENCY PLACE DIFFERENCE
THE REGENCY GUARANTEE
 at your side...always!



The Regency Place Guarantee

As Executive Director of Regency Place I am confident you will be completely satisfied with your new home. In fact, if during your first 90 days of residency you have any concerns that we cannot completely resolve to your satisfaction, we'll cover your moving expenses up to \$1,000 to move to another senior living community. That's my personal guarantee for your complete satisfaction.

Brent Vockrodt
Executive Director

*Offer limited and subject to change

- 6 MONTH SPECIAL -
1/2 OFF
 Room Rates

Move in by February 28, 2009.
 (Assisted Living only, while rooms last.)

 **8190 Arroyo Vista Dr.**
Sacramento, CA 95823
 (916) 681-7800

REGENCY PLACE License# 347003589
www.regencyplaceseniorliving.com



OPEN FOR DINNER
Wednesdays - Saturdays 5:30 - 9:30
Featuring a seasonal menu created by
Chef John Masia

Taylor's Kitchen
2924 Freeport Blvd
Sacramento, Ca 95818
916-443-5154

Taylor's Market
2900 Freeport Blvd
Sacramento, Ca 95818
916-443-6881

www.taylorsmarket.com

expected big things from him this season.

One of Brown's best attributes is his ability to stay calm and focused on the court. In a recent game against Valley, Brown showed the ability to go right at defenders in the lane. And he made all four foul shots in the final minute to ice the 59-53 victory.

"I'm trying to be more aggressive because we lost a lot of our scorers from last year," Brown said. "Coach wanted me to step up and be more of a leader."

Learning the system

The Cougars are young, but that could pay off big in the future. They feature three freshmen: Derrick West, Kyi Thomas and Mitchell Aaron, along with two sophomores, Raymond Montoya and Peter Flint, a transfer from Australia.

"The freshmen class we had coming in this fall was pretty strong. I wanted to keep a couple of them because potentially



(left) The play of Kennedy High School senior point guard C.J. Brown has been a major reason for the team's successes. (right) Christian Brothers Coach Bill Benford talks to his players during a timeout against Galt.

I know they can be pretty good ballplayers," Fong said. "I wanted to have them for four years so that they know my system that we run here at Kennedy. Hopefully, by next year and then their

junior years, they'll be very solid players."

For now, however, Kennedy would like to finish near the top of the DVC. It's a realistic goal since only Franklin was the only

league team to finish the pre-season with a winning record. Fong said it may take a 10-2 or 9-3 record in the conference to sneak in as a 15 or 16 seed for the postseason.

"We had a really tough pre-season," Brown said. "We played a lot of higher-ranked teams. That's why our record is so low, but we definitely feel like we can compete in the league."

Advertise Your Company Online!

www.valcomnews.com

Call (916) 429-9901 today for great ad rates!



Senior Services *and* Resources

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

SENIOR SPECIAL

Couples \$395 Singles \$350
Lynda K. Knight (916) 214-1215
614 Fulton Ave. #100, Sacto 95825

YOUR AD SHOULD BE HERE!

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

HELP AT HOME

HELP AT HOME
Senior Care
Caring, In-Home Assistance & Companionship
• Light housekeeping
• Meal preparation
• Med reminders • Errands
• Dementia care • Bathing & Much More
For no-cost/in-home assessment, call 877- 404-6636

HOUSE CLEANERS

House Cleaners
Since 1988
SPECIAL SENIOR RATES!
"Our professionalism will exceed your expectations!"
Sylvia
(916) 955-6089
Bonded-Licensed-Insured
Email: sachousecleaners@hotmail.com

LOVING COMPANIONS

Loving Companions Senior Services
A Proud Member of The Senior's Choice
"Assisted living" in the privacy & comfort of your home
Affordable rates, 1-24 hours/day
Certified Care (916) 509-7125

PERSONALIZED HOME CARE

PERSONALIZED HOME CARE & HOMEMAKER AGENCY, INC
No contract to sign
No minimum hours
Serving Sacramento's Senior Population For 30 yrs.
Call (916) 979-4975

"PS" ERRANDS 4 YOU

"PS" Errands 4 You
Saving you TIME & \$\$\$
No errand too small
Giving you a helping hand.
Patty @ (916) 296-5185
www.pserrands.com

WOODS RETREAT

Woods Retreat
Residential Care Facility for the Elderly now accepting applications
Let us care for your loved ones.
State Lic #340306720
Owner-operated (916) 421-5845

CALL TODAY !

Call Melissa to place your ad in Senior Services & Resources
Ad design is free!
Call (916) 429-9901

Your Home Improvement Guide

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

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

BATHROOM SAFETY

IMPERIAL TC, Inc.
 Afraid you'll slip in the tub??
SlipGrip prevents bathroom accidents
 •Apply to ceramic, tile, marble tubs/showers
 •Slip resistance
 •Long life
 Call Nick at (916) 456-6034
 Lic. #604647

BATH & KITCHEN

BATH & KITCHEN
 A "customer first" design/build company since 1960
 Distinctive custom homes & remodeling
Parrott Builders
 (916) 961-3429
 www.parrottbldrs.com LIC# 193775

CARPET & UPHOLSTERY CARE

JOHNNY ON THE SPOT
 Complete Carpet & Upholstery Care

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

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

Call (916) 391-9292

CONSTRUCTION

Griffin Construction
 • New Construction
 • Remodeling & Room Additions
 • Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double Larger Garage or Shop.
 Staying small to serve you better.
 Local references
 Lic # 510423
 Call (916) 402-7463

CLEANING

PRIME QUALITY MAINTENANCE
 Free Estimates Licensed & Insured

- RAIN GUTTER CLEANING
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Hard Water Stain Removal
- Landscape Maintenance

Call Jesse (916) 417-4231



CONSTRUCTION

"ABSOLUTE SATISFACTION"
HOME REPAIR

- Kitchen/Bath Design & Remodel
- Custom Tile/Fence/Garage Redesign
- Decks/Custom built Sun covers

You name it, I can do it!
 Quality/ Reasonable/Detailed Workmanship
 24 yrs exp. Ref's Local Greenhaven resident
 (916) 600-3018 Philly
 Current MT Lic#CA Lic in process

ELECTRICAL

Sunshine Electrical
 Prompt. Dependable. Honest!
 Security Lighting
 Computer Circuits Etc
 Spa Electrical
 New Houses/Additions
 (916)344-8735 or (916)752-5308
 Ca License # 633853

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC
 Since 1960 in Sac area
 Reasonable
 Res. & Commercial work
 Repairs, Trouble Shooting
 Custom Lighting/Free Est.
(916) 451-2300
Cell: 213-3740
 Neil McIntire — C.S.L.# 394307

ENGINEER

RMV Civil Engineering
 Residential structural design/drafting
 Roof framing to foundation; complete designs
 Remodel or New
 Long time Land Park resident
Rick @ 442-2120
 CE# C49823

FENCING

Aesthetic Fence Co.
 Experienced Workmanship
 Standard & customized fencing of all types
 • Including patio covers • Gates
 • And repair work
 • Wholesale fence lumber also available for retail.
 Free estimate & consultation!
 (916) 570-3078 ph/fax
 (916) 380-0061 cell
 • Local References • Unlicensed

GENERAL CONTRACTOR

FULSTER CONSTRUCTION
 Custom Remodeling & Additions
 Specializing in state-of-the-art Kitchens/Bathrooms & every aspect of construction
 from Painting to Roofing
 (916)443-4166 (916) 952-0838
 Local References/ Lic# 639780



HANDYMAN

Winter Clean-ups

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- YARD CLEAN-UP/HAULING
- PRESSURE WASHING

Pressure wash your driveways clean! your decks, too!
 Put up Xmas lights! Clean out your garage! Replace that old lawn
 Hard work ---not a problem!
 SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*

Call LESTER
 (916) 838-1247
 Lic#128758/Ref



HANDYMAN

Reliable Handyman

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



HANDYMAN

FREEDOM HANDYMAN SERVICES
 Free up your time from those pesky unwanted jobs. I do odd jobs, plumbing, carpentry, concrete remove/replace, drywall, hauling, graffiti abatement
NO JOB TOO SMALL!
 Call Eric
(916)470-3488

HEATING/AIR CONDITIONING

BONNEY
 PLUMBING, HEATING, AIR & ROOFER SERVICE

DON'T BE CAUGHT IN THE COLD!
 Season Special
 Heater Check-up-\$59.99
CALL 482-1119

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

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

YOUR AD SHOULD BE HERE!

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

LANDSCAPING

ROBERTS LANDSCAPE
 CUSTOM LANDSCAPE AND DESIGN
 *Sprinklers *Decks
 *Concrete *Masonry
 Experienced with Old Garden Renovation
Call: 444-6458
 License # 590317

PAINTING

ROSE & DYNAMIC PAINTING CO.
 Winter Discount 15% OFF
 Interior & Exterior
 Residential & Commercial
Steve Rose 665-1041
 References Available
 Lic# 911035 BBB - Member

PAINTING

COOK PAINTING
 Full Service Company--Start to Finish
 • Custom Painting
 • Super clean, neat & fast
 • Interior/Exterior • Cabinets
 Specializing in custom trim & molding!
 Color Consultants • Free Estimates
 www.cookpainting.com
 CSL # 432951 (916) 681-4011



PAINTING

SOVEREIGN PAINTING
 Quality craftsmanship
 3rd Generation Painter
 with over 30-years experience
(916) 422-4416
Dan Sovereign
 Interior & Exterior Painting
 Lic.#484215

PAINTING

OLEG'S CUSTOM PAINTING

- Interior/Exterior • Residential
- Dry Rot Repair
- Senior Discount
- Cabinets: Stain/Refinish/Repaint • Wall Paper Removal

(916) 719-6872
 Lic# 778634

Your Home Improvement Guide

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

PLUMBING

Riverside Plumbing *Keith & Harry Staley*
 Office 442-7586 Mobile 204-4090 *Full Service*
 Located on corner of 7th and Riverside Boulevard
25% Discount for all new customers with this ad, good until 03/31
 (discount applies to labor only)
 Water Heater Disposal Faucets
 Sewer & Drain Cleaning/Video Camera Inspections
WE SPECIALIZE IN
 •Copper repipe •Sewer and water line replacements •Gas lines - installed

PLUMBING

CORY'S PLUMBING
 Toilets, sinks, tub/shwrs,
 water heaters, drains,
 water lines
 & more.
All work guaranteed
(916) 452-5580
 Lic# 700849

PLUMBING

BONNEY
 PLUMBING, HEATING, AIR
 & ROOFER SERVICE
**WE CHARGE BY THE JOB...
 SO YOU KNOW THE COST
 BEFORE WE START!**
CALL 482-1119
 Toilet, faucet, sink & disposal repairs
 Installation of new plumbing fixtures
 Trenchless sewer replacement
 Sewer & Drain Cleaning
 Water & gas line repair
 Water heaters
FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

PLUMBING

**ROONEY'S
 PLUMBING**
 FULL SERVICE PLUMBING
456-7777
 rooneysplumbing.com
 License #683668

REMODELING CONTRACTOR

Retirement home costs start at \$3,000 to \$5,000 per month.
Remodel and stay in your own home longer and for less!
 Universal design/remodel: bathrooms, kitchens, whole house
 Husband and wife team • Your safety and satisfaction is our first concern.
 Nationally certified kitchen and bath remodelers C.K.B.R.
 Visit our web site for more information!
 www.PioneerWestRemodeling.com
CALL FOR FREE ESTIMATE:
(916) 726-2410
 CA CONTRACTOR LICENSE#748223

UPHOLSTERY

B & T Upholstery & Repair
*Furniture
 upholstery at
 its finest*
 * Senior Discounts
 www.bandtupholstery.com
 1600-B Kitchner Rd., Sacto 95822
 916/392-1959 • 916/995-7177

YOUR AD SHOULD BE HERE!

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

Do you offer services or products for seniors?

ADVERTISE YOUR SENIOR SERVICES IN OUR NEW RESOURCE GUIDE

Reasonable rates! • Great Exposure! Call Melissa to reserve space NOW • 429-9901

CLASSIFIED ADS

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

ANTENNA REMOVAL

ANTENNA REMOVAL
Conover's Antenna Removal Service
 Why not remove that old, ugly, unused antenna.
 A home improvement at little cost.
 Call (916) 973-9928 for an appt. for removal.

BOOKKEEPING

#1 BOOKKEEPER
 25 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820. www.taxirene.info.



List your auto for sale in the classified ads

COMMISSIONS WANTED

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

COMPUTERS

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

HANDYMAN

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

WINTER SPECIALS

Rain Gutter Cleaning – Concrete removal (Patio, driveways, borders, etc.) **ROTOTILLING**, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **Specials for seniors. Licensed.**

HEALING AFTER LOSS

HEALING AFTER LOSS
 Heal emotionally after loss (separation, divorce, death). Two-day workshop in Sacramento by Master Life Coach. March 6 & 7 or April 24 & 25, 10 a.m. to 4 p.m. For more information, call (916)446-4042.

HELP WANTED

HELP WANTED
 Administrative & Office positions available. Paid trng. Start immed. No experience req. No sales. Call 1 888 623-2147.

Sell your furniture in the classifieds

CAREER OPPORTUNITY

Advertising Sales Rep Valley Community Newspapers. Generate revenue through advertising sales, have basic computer skills & easy to train. Multi-tasker. Sales exp. a plus. Send resume to: kathleen@valcomnews.com or mail to: VCN 2709 Riverside Blvd. Sacto 95818. No calls please.

HOUSE FOR SALE

HOUSE FOR SALE
 Why rent when you can buy? 2 BR/1BA newly remodeled home. Easy to quality. Call (916) 339-7484.

OFFICE SPACE FOR RENT

OFFICE SPACE
 Office space for yoga studio, wholesale, or craft use. 1000 sq. ft. One large room + office. New paint & carpet. Near Sac City College. 650/month + utilities. Call (916) 443-6191.

Call 429-9901 and place your ad

TAX PREPARER

#1 TAX PREPARER-
 25 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including allState returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. Same low 1990 rates. www.taxirene.info

VENDORS/ARTISTS WANTED

VENDORS/ARTISTS WANTED
Premiere Venue to Celebrate the Arts. Arts & Crafts vendors with handmade & original items sought for 6th annual East Sac "Arts in River Park Festival." Sat., May 30th, 9-4 p.m., Scottish Rite Masonic Center. Go to www.artsinriverpark.org & click on "vendor" for application & info.

Place your ad today!
 Call Melissa
 429-9901

Call at 429-9901 and place your ad today!



The Nakano Real Estate Team

"The Best in Team Work"

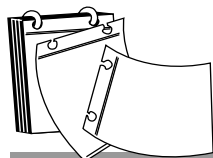
- 11005 Fiore Drive - SOLD*
- 8672 Gossamer Way - PENDING***
- 5204 45th Street - SOLD**
- 7130 Daisy Lane - FOR SALE
- 9830 Black Swan Drive - FOR SALE
- 6031 Ivy Spring Court - FOR SALE
- 7901 Elsie Avenue - SOLD**
- 11 Cache River Circle - SOLD**

*rep. seller • **rep. buyer • ***rep. seller/buyer



396-4430 - 691-3644

Jean & Ron Nakano



Calendar

There's always more calendar at www.valcomnews.com

FEB. 5

Info for fathers

Free workshop for fathers on child support issues, 6 to 8 p.m., Department of Child Support Services, 3701 Power Inn Road. Co-sponsored by the Fathers Resource Center. Topics include wage garnishment, tax refund protection, court order reviews and more. Pre-registration required with the center, 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fathercenter.org. Refreshments will be provided.

'Snicket' author in town

Author Daniel Handler presenting "Why Does Lemony Snicket Keep Following Me?" - the story of "how his pseudonym stole his ideas, blocked his spotlight, bought him a house, and ruined forever his dream of a scruffy, anonymous, bohemian life," 7:30 p.m., Crest Theatre. Tickets, \$27 general, \$15 stu-

dents, through www.tickets.com, at the theatre box office, 1013 K St., or phone 800-225-2277.

FEB. 6

Writers' Club networks

California Writers' Club's Nonfiction Network meets, 9 a.m., IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Author and columnist Tim Hererra speaks on "Writing the Personal Essay." Guests welcome. Information at 944-3185.

Forest Service speaker

Organic Gardening Club of Sacramento County meets, 10 a.m., at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave. "Penny Pines Reforestation" will be presented by guest speaker Gina Torvinen, Forest Service. Call 635-6724 for information.

FEB. 7

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., Faith Presbyterian Church, 625 Florin Road. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

Crab feed at St. John's

St. John the Evangelist School hosts its 26th annual Crab Feed Dinner Dance, 6 p.m. to midnight, at the school, 5701 Locust Ave., Carmichael. Tickets, \$39, on sale in the school office from 8 a.m. to 4:30 p.m. Information at 481-8845.

Feld Entertainment® and Kenny Ortega Present

Act One: Disney High School Musical

Act Two: Disney High School Musical 2

Walt Disney High School Musical 3 SENIOR YEAR

The coolest songs and hottest dance moves from the blockbuster movie. And so much more!

Pre-show experience exclusive to Ice Tour ticket holders.

SPECIAL BONUS EXPERIENCE!

THE ULTIMATE HIGH SCHOOL MUSICAL CELEBRATION!

FEB. 11 - 16



Wed. FEB. 11 • 7:00 PM	Thu. FEB. 12	Fri. FEB. 13	Sat. FEB. 14	Sun. FEB. 15	Mon. FEB. 16
OPENING NIGHT					
BUY ONE TICKET, GET ONE FREE!*	7:00 PM*	11:00 AM* 7:00 PM*	11:00 AM* 2:00 PM* 7:00 PM*	2:00 PM* 6:00 PM*	1:00 PM*

*KIDS UNDER 12 - SAVE \$3 ON TICKETS!
**Excludes Front Row and VIP Seats. No double discounts.

Buy tickets at www.highschoolmusicaltheicetour.com, **ticketmaster**® Retail Locations, ARCO Arena Box Office or call (916) 649-8497

Groups (916) 928-3650

TICKET PRICES: \$14 - \$17 - \$23
Limited number of Front Row and VIP seats available. Call for details.
(Service charges, facility and handling fees may apply.)

POCKET
1106 Corporate Way
Sacramento, CA 95831
Mon-Sat 9am-6pm
Sun 12pm-5pm
www.superiorselfstorage.net

- Convenient Office Hours
- Climate Control Units
- Individually Alarmed Units
- Computer Controlled Electronic Gate
- 24 Hour Video Surveillance
- RV and Boat Storage
- Overhead Roll-Up Garage Doors
- Wide Driveway Aisles Easy for Semis or Rental Trucks
- Record Storage Available
- Computerized Record Keeping
- FREE Truck Rental for Move in Customers.
- ONE MONTH FREE Rental with this ad.

Office: 424.8028 • Fax: 424.8597

908 Roundtree Court

Very nice gated community. Lush landscaping, pool, clubhouse. Unit is work in progress with fresh paint, carpet/lino being installed ASAP. New range/oven, new dishwasher. Nice location on Ark side of complex.

New Price...\$129,500



"Committed to the Clients"

Karla Oppliger

Office 916-422-3756 x124
Hm Office 916-399-0478
Cell 916-799-0010

www.CallKarla.com
KarlaOpp@Comcast.net



THE DUNNIGAN CO.

'Pocket Vine and Dine'

Rotary Club of Pocket-Greenhaven hosts "Pocket Vine and Dine," a fine wine and cuisine festival, at the Old Sugar Mill, 35265 Willow Ave., 6 to 9:30 p.m. Live, silent auctions, and raffle. Funds raised benefit DART, the Drowning Accident Rescue Team, Rotary Children's Dictionary Project and other community and international causes. Tickets, \$25, available from Louise at 424-2698.

Museums open free today

Eleventh annual Sacramento Museum Day, 10 a.m. to 5 p.m., presented by the Sacramento Association of Museums. Twenty-five participating museums will be open free of charge. For detailed information about participating sites and more, see the website www.sacmuseums.org.

Military Widows meet

Society of Military Widows, Sacramento Chapter No. 5, meets at the Lions Gate at McClellan Park for an 11:30 a.m. luncheon followed by "Celebrating our 35th Birthday Anniversary." Call 635-6724 for information.

AAUW hears author

Annual American Association of University Women Authors' Luncheon, 11 a.m., Casa Garden Restaurant, 2760 Sutterville Road, features Cheewa James speaking on her most recent book, "Modoc: The Tribe That Wouldn't Die." Public welcome; cost \$28 for chicken marsala. Reservations with Wendy Haydon, 539-3235.

Crab feed and kid party

Sierra Arden United Church of Christ's eighth annual crab feed and auction, 6 p.m., 890 Morse Ave., with pizza and movie party for kids. Crab feed tickets, \$40 in advance, \$45 after Jan. 30 or at the door. Kids party, \$5. Information and tickets at 483-5501.

Christian Singles dance

Christian Singles Network's annual Valentine's Dance for single adults, 7 to 11:30 p.m., Carmichael Presbyterian Church, 5645 Marconi Ave. DJ dance music of all types, dance lessons in the Cowboy Cha Cha. Dress is party or business attire. Tickets, \$15 presale or \$20 at the door, include Valentine buffet, desserts and the dance lessons. For more information call the 24-hour event line at 658-0606 or the CSN office at 530-878-8606.

FEB 7, 8

Jewish Film Festival

Twelfth annual Sacramento Jewish Film Festival, Crest Theatre, 1013 K St. Begins at 7 p.m. Saturday with "The Secrets," concludes at 5:15 p.m. Sunday with "Blessed is the Match." General admission for each screening is \$10, seniors and students \$8.50, with combined film tickets available. Advance tickets are available at the Crest Theatre box office. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L. For more information, visit www.thecrest.com or call 442-7378.

FEB. 8

Free e-waste disposal

Electronic waste disposal, 9 a.m. to 3 p.m., Elks Lodge No. 6 parking lot, 6446 Riverside Blvd. Proceeds benefit the Elks Lodge Deceased Members Memorial. Taking monitors, televisions, cell phones, digital cameras, scanners and more. No household appliances, furniture, hazardous waste. Pick-up requests to Don Puliz, 429-6465.

'Toy Story' movie night

Free showing of "Toy Story" with potluck and arts and crafts, hosted by the Elmhurst Parent's Group with funding from First 5 Sacramento, 4 to 6:30 p.m., Coloma Community Center Auditorium, 4623 T St. Drinks and popcorn provided, bring dish to share. More information from Phoebe DeMund at 452-8997.

FEB. 9

Seminar on love

Valentine's Day seminar on love and relationships, 7 p.m., Hubbard Diagnostics Foundation, 1010 Hurley Way, suite 505. Information at 925-2545.

FEB. 11

School district seeks input

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., Leonardo da Vinci K-8 school, 4701 Joaquin Way. Study all district real property and K-12 school sites.

Comments, questions and responses will be posted on the district web site at www.scusd.edu.

Networking lunch

Referrals Plus, a networking group of business women in the Land Park, Pocket, and South area, meets for lunch. Reservations to Chris at 492-6278. Information at www.referralsplus.org.

FEB. 11,12

Falls prevention workshop

Asian Community Center hosts a free, two-day "Falls Prevention Workshop: Live Strong and Safe." Wednesday, 10 a.m., nutrition, 11 a.m., medication management. Thursday, 10 a.m., exercise, 11 a.m., home modification and

safety. At ACC Greenhaven Terrace, 1180 Corporate Way. Reservations with Lucy Chao, 393-9026 x 222, or e-mail lsc@accsv.org.

FEB. 12

Computer Club meets

Mission Oaks Computer Club meets, 1 to 3 p.m., Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Bob Leblond will discuss voice recognition software -- Type it faster and with less wrist stress. Question and answer session follows the meeting. Visitors welcome. Information from 366-1687 or visit the website: www.missionoakscomputerclub.org.

Jon NASTRO Sells HOMES

Going... Going... Going... GONE!

No other Agent does more to get your home SOLD!

- 1345 Ascot Ave - SOLD in 3 days**
- 9240 Bromfield Ct - SOLD in 9 days**
- 8633 Spring House Way - SOLD in 14 days**
- 977 Park Terrace Drive - SOLD in 16 days**
- 849 Lake Canyon Ave - SOLD in 44 days**

Have a home to sell? Jon will do it guaranteed. WHY LIST YOUR HOME WITH JON NASTRO?



GATED COMMUNITY IN LAKESIDE

Gated neighborhood in Elk Grove - Lakeside - planned community with lake, clubhouse, pool- 1499 sq ft per tax records, 2 story, great room, 3 bedrooms, 2.5 baths, balcony off master bedroom, tile kitchen counters, gas stove, stucco exterior with tile roof.

9414 Windrift Lane \$224,750



(916) 405-5757



Or visit Jon's web site at www.JonNastroSellsHomes.com

Exclusive Featured Showcase Homes on Realtor.com

43rd Year of Senior Care



Call to schedule a Complimentary Lunch and Personal Tour.

Join us on or before
March 31, 2009 and Receive

1/2 OFF

Your First Month's Rent!

"A PLACE CALLED HOME"

Pioneer House
Senior Retirement Community

- Independent Living • Assisted Living • Skilled Nursing
- Activities Program, Dining Program, Transportation and More!
- RCFE#340300522

415 P St. Sacramento • (916) 442-4906
www.pioneerhouseretirement.org

How diet affects the skin

Maddening case of eczema has client desperate for solution

It was a hot and humid summer day and 40-year-old Elizabeth sat across from me, peeping at me occasionally through the sunglasses dangling on her nose, filling out the client's questionnaire.

The lenses were so dark, I could not see her eyes.

("How odd, she still wears sunglasses indoors," I said to myself.)

I started observing her appearance. She wore a long-sleeved shirt with buttons up the front, long blue jeans and a pair of red-rimmed, dark sunglasses. On her feet were a pair of red sandals.

Scratch ... scratch ... scratch.

She was writing with the right hand, her left hand constantly scratching - her neck, her face, she put her hand inside her shirt collar ... scratch ... scratch ... scratch. She



MAMIE WOO

HEALTHY LIVING - THE CHINESE WAY

rubbed her face and squished down in the seat. Finally, she took off her sunglasses and rubbed both eyes with both of her hands for a full minute.

Extensive itch

"I have had severe eczema since I was 13 years old," she said in an apologetic tone. "Every year I searched for a new dermatologist hoping to find a solution, but they all threw up their hands. Nothing seems to help, it's getting worse as years go by.

"I cannot stop scratching day and night," she continued. "I wonder if Chinese herbs could help me."

Scratch ... scratch ... scratch.

Both her cheeks were tinted with tiny red dots. The skin around her eyes looked puffy, rough, dried and scaly.

("That's why she wears sunglasses indoors," I thought. "To hide the rough skin around her eyes.")

She rolled up both sleeves, showing her entire arm and the back of her hands fully marked

with scratchy scars; some open wounds with dried blood. She pulled up the shirt, showing her abdomen, her back -- eczema all over her body.

She pulled up a leg of her pants -- eczema on both legs, bumpy-looking skin, not a inch of good skin. I touched the calf, the skin was hard, rough, dried, bumpy and had lost its elasticity.

She never stopped scratching.

Probable cause

She crooked her head, squinting at my astonished expression, waiting for my words. I knew why she wore a long-sleeved shirt and long pants - just to cover up her skin condition. Honestly, I had never seen anybody's eczema worse than hers. My heart went out to her.

I started to explain:

"Well, in Chinese medicine, the skin is related to the Lung. (When I capitalize the name of an organ, it is referring to the organ's energy. Lung energy is different from a lung's function.) When the Lung energy is weak, damp heat and wind invade and get trapped in the skin, make it itchy and rough.

"You must like hot and spicy food and have not been eating well-balance meals for a long time."

"How did you know!" she exclaimed, then protested: "You see, my husband works out of town a lot and I have four children. When I get off from work, I pick them up from three different schools. I have only one hour to cook and feed them their dinner

See Woo, page 23

Fusion Real Estate & Home Loans

(916) 955-8229

hollyrogers@comcast.net



- SOLD -

9 Firefly Court (represented buyer)
400 Spinnaker Way
9 June Vel Ct.

NEW LISTING



Original owners have meticulously maintained this 1-story home located near Didion School (k-8). Separate liv rm w/ frplc & vaulted ceiling, fam rm, formal dining rm & hallwys have hrdwood flrs. Updtd kitchn w/ maple cab., double ovens, glass cook top, Kohler sink, newer lighting & flring offers tons of storage & counter space. Both bathrms updtd w/newer cab., faucets, toilets & plumbing. newer carpet in bedrms, custom window covering/blinds, frsh pnt in & out, extended concrete patio area, wrkshp in garage + more.

271 Rivertree Way \$399,900

COLDWELL BANKER
730 Alhambra Blvd.



Bob Lystrup
628-5357
www.boblystrup.com



Beautiful South Land Park

Fantastic home with a fantastic price in lovely South Land Park. 3 bedrooms, 1.5 baths, formal living room, dining area, family room, hardwood floors, pool and so much more. Walking distance to Land Park, Funderland, and the Zoo..... \$429,000



Berkeley In Land Park

A totally unique & delightful home plus spacious guest-house/apartment in a magical rainforest environment, a short walk from William Land Park. Coffered ceilings, spectacular inlaid hardwood flrs, indoor-outdoor living w/ extensive decking, 30+ ft tall timber bamboo for privacy & serenity. Special & unusual property for a creative individual...MUST SEE!.....\$429,000



Mark Peters
600-2039
www.markpeters.biz



Yoli Manzo
997-6934
Sharon Boatwright
825-4315
www.yoliandsharon.com



Super Clean Pocket Home

Super clean home in a stellar location across from a small city park. Looking out over the oaks, you will love the serene and private aura that this property evokes. Easy access to shopping, restaurants, and services, as well as the I-5 Freeway. Perfect location for those who like to stroll along the Sacramento River levee as well... \$329,000



Beautiful Lake Greenhaven

Just listed. This 4 bd. 3 ba. custom home feels like Hawaii. Over 3300 sq. ft. with bamboo & cork floors, berber carpet, dining room, gourmet kitchen, granite counters, living room with fireplace and unfinished theater/bonus rm over 2 car garage. A must see! Call for Pricing

Woo

Continued from page 22

so I can help them with their homework, bathe them and put them to bed.

“Most of the time we eat pizza, or fast food -- french fried and junk food. But I really don't have time to prepare a good meal. And I do like hot and spicy Mongolian Beef.”

“If you eat balanced meals every day,” I explained, “and stay away from hot and spicy food, you will not have this problem. Hot and spicy foods dry up your lung tissue, making your skin dry. I bet you don't sleep well and are tired most of the time?”

“Wow, you are right again,” she said. “I have very poor sleep. I sleep two to three hours most nights, scratching all night, never finding a comfortable position.”

“When you don't eat nutritional meals,” I said, “the Spleen cannot produce sufficient blood from your food to nourish the skin. Due to blood deficiency, the body creates Heat -- the Wei Qi -- defensive energy on the skin will be weak -- which leads the skin pores to open and then the invasion of dampness and wind, causing itchy eczema.

Plotting the course

“In order to clear the eczema, I would like to blend a special formula to expel all those evils out of the skin.” I started lecturing her: “As for insomnia, it has many reasons. Again, your condition is due to insuf-

She was writing with the right hand, her left hand constantly scratching -- her neck, her face, she put her hand inside her shirt collar ... scratch ... scratch ... scratch.

ficient blood to sooth the Liver and Heart so they will shift into relaxation mode, then you can fall into deep sleep, wake up refreshing. Having sufficient blood is very important to maintaining good health.”

Finally she gladly accepted my suggestion to try a special formula. She also agreed to change to a better, more balanced diet for the children and her own sake.

It has been six months now. Every month she comes to refill the herbal formula. I routinely checked her pulse and tongue and modified the formula accordingly. So far, her condition is improving as expected. It may take a while to clear up the eczema, but at least we are on the right track.

Eczema is very difficult to treat. A proper diet makes a big difference.

In addition to eliminating hot and spicy food, if you have eczema, try to avoid foods like bamboo shoots, pineapple, goose and duck, potato chips, seafood like shrimp, fish crab, lobster, etc. These foods may increase the itch.

Consume more cooling food like Asian pears, raw lotus roots, dried chrysanthemum tea, and sugar cane in the can or fresh

Since we must eat to survive, why not eat food that can prevent ailments and help to maintain good health. Avoid those harmful to our health -- agreed?

Mamie Woo trained at China's Guangzhou College of Traditional Chinese Medicine. She is a Tai Chi instructor, Chinese herbalist and certified massage therapist. Contact her at 616-1688; website: www.mamiechineseherb.com.

Let Valley Community Newspaper Help

SHARE your GOOD NEWS & CELEBRATIONS!!!

- Births
- Engagements
- Weddings
- Milestone Birthdays
- Anniversaries
- Promotions

Call MELISSA (916) 429-9901 with all the details!

ADULT BASEBALL

Want to play hardball again but don't know where? You can play ball again in

THE NATIONAL ADULT BASEBALL ASSOCIATION

with over 60 existing teams in the Sacramento area.

- 18+, 28+, 38+ Age Groups and 48+ (wood bat only)
- Various Levels of Play
- 18-22 Game Season
- All Star Games • Playoffs
- Championships • Awards



For Info call (916) 729-3373 or visit www.sacnaba.org

NABA NOW ACCEPTING NEW PLAYERS AND TEAMS UMPIRES ALSO WELCOME • SUNDAY GAMES

Doreen Corsun & Aaron Imura



Doreen Corsun, a graduate of Boise State University is to be married to Aaron Imura, a graduate of CSU Sacramento. Doreen is the daughter of Sina and Irv Corsun of Sparks, Nevada and Aaron is the son of Georgette and Roy Imura of Sacramento. Doreen works as a Recruiting Specialist for Fed Ex Ground and Aaron works as a Fitness Manager and Personal Trainer for 24 Hour Fitness in the Pocket. They plan to be married sometime in 2010.

NOT THE NEW KID IN TOWN!



Bill Bonner & Bill Bonner © 1954

Thinking of Buying or Selling?
Call Bill first...
Experience doesn't cost more
It pays!



30 Years Experience - References
Greenhaven / Pocket Area Specialist
Masters Club, Outstanding Life Member



BILL BONNER
320-1888



COLDWELL BANKER

THE DUNNIGAN COMPANY

GreenhavenPocketHomes.com

Rosie Day Spa

VALENTINE SPECIALS
\$50.00

Your choice of:

Facial w/ Paraffin Hand Treatment OR
1 Hr Massage OR Body Treatment

Gift Certificates Available

*Must present this ad. Not valid with other offer or promotion.
Expires 2/28/09

7600 Greenhaven Dr. suite#3 (Corner of Pocket & Greenhaven)

Mon-Sat • 9-7pm

www.rosiedayspa.net • 916-393-4299



THE DUNNIGAN CO.

THE DUNNIGAN COMPANY®

6355 Riverside Boulevard • (916) 422-3756 www.cbdunnigan.com

GREENHAVEN/POCKET AREA

528 VALIM WAY \$499,000

SOLD



GREENHAVEN CUSTOM 4BD 3BA 3-CAR! 1BD/1BA W/SHOWER DOWNSTAIRS. OVERSIZED BDRMS UPSTAIRS. FRML LIVING RM. SEP FORMAL DINING RM. HUGE KITCHEN, BRKFST & FAMILY RM. LAUNDRY RM. CENTRAL VAC. DUAL-ZONE HEAT/AIR. FINISHED 3-CAR GARAGE. APX 3,074 SF PER COUNTY.

BILL BONNER 320-1888

696 RIVERLAKE WAY \$367,500

PENDING



3 BED, 2 BATH HOME, APPROX. 1736 SF. FRESH PAINT, NEW CARPET, NEW COOKTOP, MICRO & OVEN. EXTRA ROOM OFF LAUNDRY. SERENE BACKYARD. FAMILY ROOM WITH BUILT IN BOOKSHELVES AND FIREPLACE. LOVELY NEIGHBORHOOD.

JERRY LANDRETH 502-0928

12 PEBBLE COURT \$359,900

NEW PRICE



RANCH STYLE 3 BED, 2 BATH HOME APPROX. 1778 SF, ON A LARGER CUL-DE-SAC LOT W/FREE FORM POOL. NEWER LAMINATE & TILE FLOORS THROUGHOUT MOST OF THE HOME, SOME UPDATING IN KITCHEN & BATHS, SEP DINING, LIVING & FAMILY ROOMS. MASTER SUITE W/WALK-IN CLOSET, WHOLE HOUSE FAN, TILE ROOF AND NEWER POOL FILTERS.

NICK LAPLACA 764-7500

6757 STARBOARD WAY \$329,500

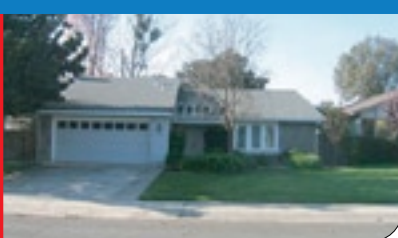


SINGLE STORY, 3 BEDROOM, 2 BATHROOM HOME OF APPROX. 1688 SF ON LARGER LOT. UPDATED WITH BRAZILIAN CHERRYWOOD, GRANITE TILE, NEW SLIDERS, GARAGE DOOR & OPENER, CLOSET ORGANIZERS, EXT PAINT & FENCING.

NICK LAPLACA 764-7500

70 RAMBLEOK CIR \$322,000

PENDING



3 BR/2 BA, 1 STORY APPROX. 1,620 SQ FT ON .19 ACRE LOT. OPEN FLR PLAN INCL. SEP FM & LIV RMS, UPDATED KIT W/ NEWER COUNTERTOPS & APPLIANCES, DOUBLE OVENS, DIN BAR, FM DIN RM, DUAL GAS FRPLS, DUAL PANE WINDOWS/SLIDING DRSS & MORE.

GINA LAPLACA 548-1628

7756 PARK RIVER OAK CIRCLE \$297,500

NEW LIST



3 BR, 2.5 BA END UNIT OF 1,593 SF, PER BUILDER, LOCATED IN BACK COMPLEX OVERLOOKING CLUBHOUSE & POOL. BEAUTIFULLY MAINTAINED BY ORIGINAL OWNERS-NO KIDS, PETS, SHOES OR SMOKING! NEUTRAL COLORS THROUGHOUT W/ UPGRADED TILE, GAS, FRPLC, WALK-IN CLOSET, CENTRAL VAC., SECURITY ALARM & TWO CAR GARAGE IN GATED SUBDIVISION.

NICK LAPLACA 764-7500

535 LITTLE RIVER WAY \$274,500

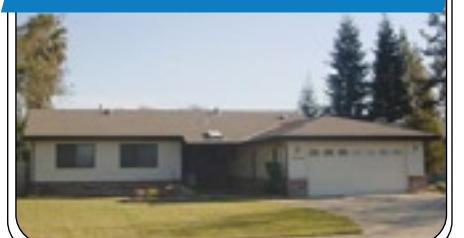
NEW PRICE



1 STORY, 3 BD, 2 BA HOME. APPROX 1,390 SQ FT. FEAT. LARGE OPEN KITCHEN W/ ROOM FOR CENTER ISLAND/WORK TABLE, GREAT RM W/ BRICK FIREPLACE, LIVING AREA/RETREAT OFF KITCHEN & FORMAL DINING RM. UPDATED MASTER SUITE. FRONT COURTYARD, GOOD SIZED-YARD W/ DOG RUN, NEWER ROOF & RARE RV/BOAT PARKING.

GINA LAPLACA 548-1628

6806 CLAIBORNE WAY - \$259,000



LOCATED IN DIDION ELEMENTARY DISTRICT. 3 BED 2 BA ON A CORNER LOT W/ RV ACCESS. LARGE COVERED PATIO, POOL & LARGE YARD. BRICK FIREPLACE W/ RAISED HEARTH GREAT ROOM CONCEPT W/ BONUS ROOM AND SEPERATE PANTRY!

BOB WILSON 686-6868

7480 DELTAWIND DRIVE \$250,000

NEW LIST



ABOUT \$50K SPENT ON UPGRADES PER SELLER. RYDE MODEL, MOST POPULAR 2 BDRM FLRPLAN IN POCKET. LRG GREAT RM, FORMAL DINING W/ SKYLITE THAT OPENS, LRG UPD KITCHEN W/ BREAKFAST AREA. CORIAN STYLE COUNTERS W/ INTEGRATED SINKS IN KITCHEN & HALL BA. BOTH BDRMS HAVE SLIDING DOORS EXITING TO BACKYARD.

BILL BONNER 320-1888

7308 POCKET ROAD \$235,000



HALFLEX W/NEWER DUAL PANE WINDOWS, ROOF APPROX 1 YR OLD, RECESSED LIGHTING, CUSTOM TILE, PERGO TYPE WOOD FLOORS, REAR YARD IS TO BE RE-LANDSCAPED & NEW WINDOW TRIM IS BEING PAINTED. MASTER BD DOWN WITH TWO UP. NEW STAINLESS FRIDGE, STOVE & DISHWASHER.

TERRY MULLIGAN 775-1908

651 CULLIVAN DR \$224,500



SINGLE STORY, 2 BD 2 BA POCKET AREA HALFPLEX OF APPROX 1,177 SQ FT. UPDATED KITCHEN, FORMAL DINING, DINING BAR, FAMILY RM W/ BRICK FIREPLACE, MASTER SUITE, UPDATED BA, RICH WOOD FLRS & VAULTED CEILINGS. LOW MAINTENANCE BACKYARD W/ PATIO. TWO CAR GARAGE W/NEW DOOR. WASHER, DRYER & REFRIGERATOR NEGOTIABLE.

GINA LAPLACA 548-1628

567 LEEWARD WAY \$197,500



Rare updated single-story Briarwood condo w/2 bed, 2 bath & 2 car garage. Current owners have replaced dual panes & heat pump, updt'd ba. w/tile & Corian, remodeled kitchen with new cabinets, tile counters, flooring & new appliances.

NICK LAPLACA 764-7500

OTHER SACRAMENTO AREAS

ELK GROVE

5707 ANCHOR BAY WAY-\$224,900

3-4 BEDROOMS, 3 BATHS, LARGE MASTER W/ FIREPLACE, LOFT, TILE KITCHEN WITH ISLAND. THIS HOME IS IN A TERRIFIC LOCATION, IN A WONDERFUL NEIGHBORHOOD.

MELODY TACTAQUIN 612-0825

5201 LAGUNA OAKS DR #15-\$99,000

1 BDRM, 1 BA CONDO! GAS FIREPLACE, WASHER/DRYER, REFRIGERATOR, COVERED PATIO, CLUBHOUSE W/ WORKOUT ROOM & POOL/SPA & MUCH MORE!

JOLEEN A JARVIS 717-3559

5201 LAGUNA OAKS DR #70-\$136,000

2 BDRM, 2 BA CONDO! GAS FIREPLACE, WASHER/DRYER, REFRIGERATOR, COVERED PATIO, CLUBHOUSE W/ WORKOUT ROOM & POOL/SPA & MUCH MORE!

JOLEEN A JARVIS 717-3559

5201 LAGUNA OAKS DR #73-\$156,000

3 BDRM, 2 BA CONDO! GAS FIREPLACE, WASHER/DRYER, REFRIGERATOR, COVERED PATIO, CLUBHOUSE W/ WORKOUT ROOM & POOL/SPA & MUCH MORE!

JOLEEN A JARVIS 717-3559

FOLSOM

116 WHITING WAY-\$323,500

NEW PRICE

3 BD 2 BA HOME. PERGO FLOORING, CUSTOM PAINT, CROWN MOLDING, NEWER DESIGNER LIGHT FIXTURES. BEAUTIFULLY LANDSCAPED. NEWER EXT PAINT & 50 YR ROOF.

ELIZABETH GONZALEZ 718-4753

LOOMIS

9816 HUDSON COURT-\$375,000

BUILD YOUR DREAM HOME AND CAPTURE SOME OF THE MOST CAPTIVATING WATER VIEWS THAT FOLSOM LAKE HAS TO OFFER. ONE THIRD OF AN ACRE WITH BEAUTIFUL OAKS AND GRANITE OUTCROPPINGS.

TERRY MULLIGAN 775-1908

SACRAMENTO

1920 21ST STREET-\$540,000

PENDING

A CLASSIC CRAFTSMAN BEAUTY. REMODELED & UPDATED KITCHEN, BOX BEAM CEILINGS, LARGE DINING & LIVING ROOM. HOME HAS COMMERCIAL ZONING AS WELL.

TERRY MULLIGAN 775-1908

2314 K ST (COMMERCIAL)-\$1,060,000

FREESTANDING STOREFRONT ON BUSY K ST. APPROX 3000SF DIVIDED INTO 2 STOREFRONTS. GREAT TENANTS & PLENTY OF CUSTOMER PARKING IN REAR AS WELL AS STREET PARKING. PLENTY OF WALKING & DRIVE BY TRAFFIC

TERRY MULLIGAN 775-1908

1116 ROSA DEL RIO WAY-\$239,500

2 BEDROOMS, 2 BATHS, INSIDE LAUNDRY AREA, LIVING/DINING COMBO W/ FIREPLACE & 2 CAR GARAGE. ONE STORY ACROSS FROM CLUBHOUSE, POOL & TENNIS COURTS. HOA DUES \$130 PER MO. INCL. ROOF, EXT PAINTING, FRONT LANDSCAPING.

MARY LEE 425-3749

1074 PERKINS WAY-\$449,000

OLD LAND PARK DUPLEX.. INVITING LIVING ROOM W/ FIREPLACE, BATHROOM W/ SEP BATH & SHOWER, 2 BDRMS, INSIDE LAUNDRY & 2 CAR GARAGE. BACK UNIT IS A 1BD/1 BA & LARGE LIVING AREA W/ FIREPLACE, APPROX 700 SQFT.

LYNN LUK LEE 628-2843

4320 53RD STREET-\$275,000

MANY UPGRADES, NEW CABINETRY, SALTILLO TILE, REFINISHED HRWD FLRS, UPDATE BR W/ TILE, DUAL PANE WINDOWS. NEWER ROOF. LARGE REAR YD.

BOB WILSON 686-6868

2105 ALHAMBRA BLVD-\$199,950

PLUMBING & ELECTRICAL UPDATED, SEWER LINE UPDATED, BATH & KITCHEN UP-DATED IN THE 80'S & 90'S, NEW WALL HEATER. NEW GAS LINE. ROOF IN GOOD COND. 1 CAR GARAGE-PLENTY OF PARKING. WALK-IN BEDROOM CLOSETS

BOB WILSON-686-6868

8120 FREEPORT BLVD. - \$379,000

IT IS PRESENTLY ROMEO'S BAIT SHOP AND CAN BE JUST ABOUT ANYTHING RETAIL. THE SLEEPY LITTLE TOWN OF FREEPORT IS RIPE FOR NEW IDEAS AND DEVELOPMENT. THERE IS TALK OF A NEW MARINA, A PARK, COMMERCIAL AND RESIDENTIAL DEVELOPMENTS, ETC.

TERRY MULLIGAN 775-1908

4100 FOLSOM BLVD #3D-\$390,000

NEW PRICE

2 BED, 2 BATH UNIT. NEWER CARPET & PAINT, PARQUET FLOORING, AMPLE STORAGE, PEACEFUL & SERENE VIEW OF LOVELY TREES FROM THE PRIVACY OF YOUR OWN LIVING ROOM.

JOLEEN JARVIS 717-3559

30 ANGER CIRCLE-\$279,000

NEW LISTING

LOVELY 5 BDRMS/3BA, 2-STORY HOME OF APPROX. 2,137 SF IN NATOMAS PARK W/ CLUB PRIVILEGES. LIGHT & BRIGHT FLOORPLAN INCLUDES SEPARATE FAMILY & LIVING RMS, OPEN KITCHEN W/ GAS COOKTOP, BUILT-IN MICRO & PANTRY, SPACIOUS BREAKFAST NOOK & FORMAL DINING. BED W/ FULL BA DOWNSTAIRS.

GINA LAPLACA 548-1628

WALNUT GROVE

1261 N B STREET-\$150,000

LOCATED IN THE CHARMING TOWN OF WALNUT GROVE. THE BUILDING CAN BE RETURNED TO SINBLE FAMILY IF WANTED.

TERRY MULLIGAN 775-1908

1259 A STREET-\$280,000

NEWER WINDOWS, DRYWALL, FOUNDATION, PLUMBING, ELECTRICAL, SIDING, INSULATION & INSTANT HOT WATER HEATERS, NEWER CARPETING. PROPERTY COULD BE CONVERTED BACK TO SINBLE FAMILY.

TERRY MULLIGAN 775-1908

540 VORDEN ROAD-\$250,000

LOCATED IN A RURAL AREA IN WALNUT GROVE. THIS HOME IS A CHARMER. LARGE LIVING AREA & BEAUTIFUL BACKYARD WITH EVERY FRUIT TREE IMAGINABLE.

TERRY MULLIGAN 775-1908

WEST SACRAMENTO

1000 RIVER CREST DRIVE-\$315,000

FANTASTIC LOCATION TO BUILD YOUR DREAM HOME.OVERLOOKING THE SACRAMENTO RIVER. THE HOMESITE IS LOCATED IN THE GATED COMMUNITY KNOWN AS THE RIVERS AT LIGHTHOUSE MARINA.

TERRY MULLIGAN 775-1908

940 RIVER CREST DRIVE-\$315,000

BUILD YOUR DREAM HOME AT THIS LUXURY GATED COMMUNITY KNOWN AS THE RIVERS AT LIGHTHOUSE MARINA. LOCATED ON THE RIVER W/ WATER VIEWS. MILES OF WALKING TRAILS & CLUB HOUSE.

TERRY MULLIGAN 775-1908

WILTON

12540 LEE SCHOOL ROAD-\$430,000

STATELY SETTING FOR DREAM HOME ON GENTLY SLOPED LOT (4.96 ACRES). LOT FRONTS ON LEE SCHOOL ROAD BUT ALSO HAS PRIVATE ROAD EASEMENT ON EAST FOR OPTION ON DRIVEWAY. PLANS AVAILABLE.

JERRY LANDRETH 502-0928

11940 WALMORT RD-\$374,500

SEMI-CUSTOM ON 5 ACRES, FEATURES INCL. DOUBLE SIDED FRPL, LNDRY RM W/ SINK & CABS. LRG DECK. OPEN FLR PLAN, HIGH CEILINGS, ABOUT 2,500 SQ FT LIVING SPACE.

BOB WILSON-686-6868