THE POCKET NEWS

Your News in Your Hands August 6, 2009 www.valcomnews.com

Pocket Pioneers: The Portuguese are coming to town Early Pocket area Portuguese families chronicled for historic endeavor See page 6

Darby Patterson on health and wellness See page 11

COMMUNITY CALENDAR, PAGES 24–28 • KNOW YOUR NEIGHBOR, PAGE 8 • FACES AND PLACES, PAGE 10

Inside This Edition

Running with Pocket 'Elks'





Special Section: Back to School See page 12



DETAIL YOUR VEHICLE STARTING AT JUST ... Carpet Steam Cleaning... Interior Vinyl Cleaning... Leather or Cloth Seat Cleaning...

MiST In-Car Air Quality Treatment...

BUDGET STRETCHER OFFERS

Available On-Line Anytime!

WWW.GEMAUTOWASH.GOM/POCKETNEWS

Blue Coral Revite-It Hand Wax

Includes our Best Wash Free!

Experience Counts

Now More Than Ever!

Nick LaPlaca was recently honored by The Sacramento Association of Realtors Master's Club for having earned membership for 25 CONSECUTIVE YEARS!!!

In good markets and through tough times, a pattern of success you can count on!



For a Reason!











24 Hour Info @ www.NickLaPlaca.com

THE POCKET NEWS

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

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, vest, and south.

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

\$30 a year subscription

Vol. XVIII • No. 15

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



1.000 Words

In this photo from Pocket News writer Celia Green, we see the names of Judie and Robbie Waters on the final beam raised at the topping off ceremony for the new Pocket-Greenhaven library. Read the story on the event on page 5.

Here is an assignment to all Pocket News readers out there: We want to see your photos, too. Send your digital pictures to ryanrose@valcomnews.com. Show us your favorite picture of the Pocket and Greenhaven, whether it be of a person, place or thing (any noun will do), and we will share it with our readers. Good luck, shutterbugs.



Full Service Pharmacy

Skin Spa



Delivery

Beauty Boutique

Family Owned



Specialty Compounding



Competitive Pricing

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

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

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

health, beauty... LIFE.

Verizon Wireless is Now in the Pocket in the Nugget Shopping Center



Nugget Shopping Center 1050 Florin Rd Sacramento Ca 95831 916-231-9858



The Ultimate Touch Phone Great for texting!

AMERICA'S LARGEST AND MOST RELIABLE WIRELESS NETWORK



service, not available everywhere. Network details & coverage maps at verizonwireless.com. While supplies last. Shipping charges m CA: Sales tax based on full retail price of phone. Rebate debit card takes up to 6 wks & expires in 12 months. © 2009 Verizon Wireless.









Summer Jazz in the Pocket

The July 26 Jazz Concert at Seymour Park drew dozens of Pocket residents out of their homes to the welcoming lawns of the local park to hear live music among friends and neighbors. Set in the evening, as the temperatures cooled, the event was as popular as ever, with many taking advantage of the free admission and community atmosphere.

Photos by Linda Pohl

An afternoon to myself...mmm.
Miracle...I need a plan. I need... new shoes. No 1 20n't. Yes 120. 1 really 20... Need a cool birthday card. TWO, actually. Probably pickup some And fruit. bread and milk Maybe get my nails done. Yeah, that's good. Should stop by the bank-first. Oh, and another latte.



Life. Simplified



Anchor Tenants

- Nugget Market
 Marshalls
- · Rite Aid
- Big 5 Sporting Goods

Food Service & Eateries Burger King

Cold Stone Creamery Jimboy's Tacos L&L Hawaiian BBQ Nugget Market Panda Garden Shari's Restaurant Starbucks Coffee Subway Wingstop

Specialty Services

Dry Clean Today Leslie's Pool Supplies Sylvan Learning Center

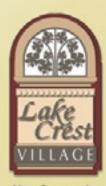
Health & Beauty

Ambrosia Nails Circle of Beauty Evebrow Express In Focus Optometry Jenny Beauty Supply Massage Envy Moulin Rouge Salon & Spa Rite Aid

Specialty Retail Big 5 Sporting Goods Dress Barn

Golden State Jewelers Payless Shoe Source Radio Shack

Financial Services Citibank US Bank



Your Community Shopping Center.

Florin Road & Greenhaven Drive

A Shopping Center Development of Peter P. Bollinger Investment Company









Coffee. Tea. Speciality Drinks and The Pocket News, your community newspaper!

Bel Air Market • 7465 Rush River Dr. • 916.399-9091



Now featuring our Summer Menu created by Chef John Masia

Serving Dinner Wednesday - Saturday 5 to 9:30

2924 Freeport Blvd., Sacramento, Ca 95818 916-443-5154 www.taylorsmarket.com



cramentan Pocket/Greenhaven



Susie Kuwabara Parker 768-8494



Traditional Style Home remium red oak hrdwd firs thruou arge formal dining room, sep livin oom. Family room has french door vanity. Low maintenance yard, quie

bdrm. Modifications have been made for care facility use but can be easily changed back. Currently has 2 bedroom but when converted back to single family it would be a 4 coom. Family room has french doors o close off from rest of home. 2 neat/air systems. Spacious kitchen w/loads of cabinets, counter space & valk-in pantry. Master bed has 2 valk-ins, jetted tub, 2 sink & makeup

ACTIVES	
Pocket Greenhaven	
766 Still Breeze Drive	
975 Cobble Shores Drive (Lakefrontage) \$1,300,000	
15 Spinner Point Court (Lakefront & Pool) (SOLD) \$1,195,000	
823 LakefrontDr (1 story w/ pool, 3% financing) \$828,000	
932 Lakefront Dr (SOLD)	
7704 East Port Drive (REO-new 4700 SqFt) (SOLD) \$800,000	
7716 South Cove Drive	
15 Rivershore Ct (SOLD)	
899 Glide Ferry (5 Bedrooms) (SOLD)	
39 Los Gatos Circle (5 bedroom, 1 story) (PENDING) \$495,000	
7686 River Ranch (SOLD)	
19 Princeville Circle (SOLD)	
1205 Grand River Drive (1 story, 2600 SqFt) (PENDING) \$369,000	
1117 Rio Cidade (lot) (SOLD)	
6744 Orleans Way (Didion School District) (SOLD) \$269,000	
2 Skysail Ct. (Duplex or single family) \$249,000	
Sierra Oaks	
579 Kevinton (Pool, 1 story, over 1/3 acre) \$921,000	

'Topping Off' ceremony is tipping point for new library

By CELIA GREENPocket News Writer vcnnews@valcomnews.com

The big beam was hoisted, an American flag hanging from it, and an evergreen tree strapped to it, and placed atop the construction site as more than 200 people braved the 90-degree weather on Friday morning, July 17, to watch the "Topping Off" ceremony at what will be the new Robbie Waters Pocket-Greenhaven Library.

"It's a very humbling experience," to have a library named for him, said the longtime Sacramento City Councilman. "It's kind of like when your first child is born, or when I got married 50 years ago. I just can't explain it."

The library has been named for Waters because of his perseverance in getting this facility built.

I started working on this 15 years ago, since the first day I took office," Waters

The "Topping Off" ceremony celebrates the last beam to be placed at the top of a building under construction. Prior to its raising, visitors were asked to sign the beam for posterity (although the signatures will not be visible inside the

building). The evergreen tree is considered a sign of good luck, to last a long time.

"I am e-e-e-xcited! One of the greatest things that could happen to the Pocket," said Vincene Jones, director of the city of Sacramento's Neighborhood Services Department. "The school and the library – they're going to be great."

The library will be 15,000 square feet, will house 50,000 items, and comes at a price tag of \$15 million. The building will be a joint-use facility among the Sacramento's School of Engineering and Sciences, city of Sacramento's Parks and Recreation Department and the Sacramento Public Library.

"I can't believe I got to see it being built," said Jacob Clark, a ninth-grader at the new School of Engineering and Sciences. "It's gonna be awesome! I saw the schematic – it's going to capture sunlight all day long.'

Scheduled to open mid-2010, the library is located at 7335 Gloria Dr., near Rush River Drive, and as Robbie Waters said, "It was a long process."

"Robbie had the vision to make it happen. He saved money from his council budget" to be used for the library,

said Mary McDonald, a member of the Pocket-Greenhaven Friends of the Library, a community group that raises money for the library and gives input regarding the design.

The Friends of the Library formed about five years ago and has since raised more than \$40,000 by hosting dinners, holding book sales and membership dues.

"We used to set up a folding table in front of Baskin-Robbins and ask for donations," said McDonald.

To help the library

The Friends of the Library group has continued its "Buy a Brick" program to help support the mission of the library and the costs associated with bringing such a facility to the Pocket.

"That's our big fundraiser," said McDonald. "People can buy a brick for \$100 and have a personalized engraved inscription on it (up to 3 lines.) The bricks will be used in a walkway in front of the library. We challenge people to come up with something creative. And only three hundred bricks are available."

Visit http://www.saclibrary. org/file/7.pdf to download information on purchasing a brick at the library.



it was lifted into the building's superstructure, was the last of the steel beams to be placed at the library site on Gloria Drive. Front page cover photo by Celia Green.

Malt Shop Melodies Aug. 11

Malt Shop Melodies, performed by the VoCALs, will be at the Casa Garden Restaurant, Tuesday, Aug. 11. Shows are at 11:15 a.m. and 1:15 p.m.

Ticket are \$20. To purchase tickets, call (916) 452-2809.



Join Us!

Local & Global Focus Helping women & girls

Soroptimist International

thetruelsens@comcast.net www.soroptimist.org





247-9555



"Call for a private showing"

Special Home In Greenhaven



Quality 3 bedroom 2 bath home on desirable street. This home is meticulously maintained inside & out. Private yard w/ covered patio & trex deck. French doors in the

living room leads to relaxing sunroom, Spacious master, drive thru garage leads to a concrete patio which may be used for boat (shed would need to be moved).

10 Havenwood Circle - \$369,000

Harris Built Home in Greenhaven



Home in quiet Greenhaven neighborhood, vard backs to Sacramento River. 4 bedroom 1 story home w/ remote bedroom. Dual pane windows. Large peaceful private yard. Sales includes two parcels (.47 acres for both parcels). Rare opportunity to own a home on the river.

715 Clipper Way - \$359,000

Pocket Pioneers: The Portuguese are coming to town

Early Pocket area Portuguese families chronicled for historic endeavor

By LANCE ARMSTRONG Pocket News Writer vcnnews@valcomnews.com

Editor's Note: "Pocket Pioneers: The Portuguese" is the first of a two-part series about early Pocket area Portuguese families. Find part two in the August 20 edition.

Like many places in the Sacramento region, the well-developed Pocket area was certainly a different place in the 19th century. And long before the establishment of the Pocket area's well-developed neighborhoods, shopping centers, parks and other common sites, the area consisted of many open spaces, farmlands and of course, the Portuguese.

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

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

Enter the Portuguese

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

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

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

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

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

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

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

According to family history compiled by Miller's great-grandson Edward Dutra and his wife Linda, Miller was essential in assisting many Sacramento and Yolo County Portuguese in the processes of obtaining naturalization papers, purchasing land, starting small businesses and marketing their farm products.

From primary sources

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

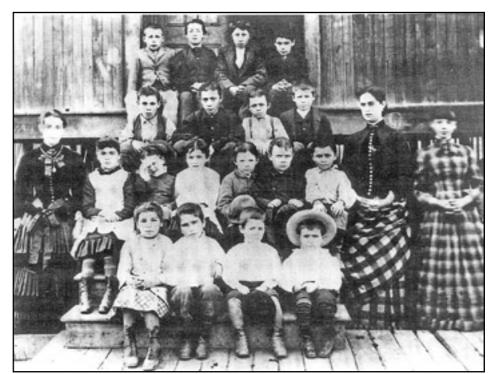


Photo courtesy of PCHS

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

in comparison to later Lisbon schools in the area, as it was located in a converted barn.

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

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

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

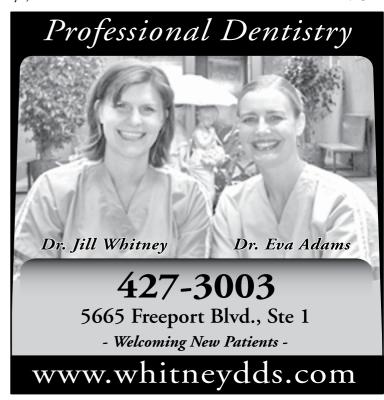
Perry, who married Maria Gloria Silva and had 10 children, also operated a freight produce business and delivered fruits and vegetables to miners in Northern California mining communities.

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

Waxon, who like Miller also worked as a whaler during his youth, became a member of Miller's family in about

See Pocket Pioneers, page 7





Pocket Pioneers: Cultural roots run deep

Continued from page 6

1861, when he married Miller's sister, Mary Gloria Neves.

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

Garsha to Garcia

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

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

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

Garcia, who died at the age of 30 in a farming accident on his Pocket area ranch in 1889, left behind his widow, the former Anna Leonora Silveira, a native of Sao Roque, Pico in the Azores islands, and five children.

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

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

"During my research, I could not find any members of these families, so that I could write down their family histories," Greenslate said. "I even looked through phone books and called people, but I couldn't find anybody related to them. It appears that these families are gone. I have only found a little bit here and a little bit there, so I hope that if someone has any more infor-



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

mation about these families that they will let me know."

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

Check back next week

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

Portuguese Historical and Cultural Society holds 30th anniversary gala Sept. 13

Special to The Pocket News

The Portuguese Historical and Cultural Society will hold their 30th Anniversary Gala Banquet on Sept. 13 at the Sacramento Portuguese Holy Spirit Society SPHSS Hall, 6676 Pocket Rd. The reception begins at 1 p.m. and a luncheon with live music starts at 1:30 p.m.

Tickets to the event are \$35 and include New York

Steak and scampi, Portuguese wine and dessert. A table for 10 can be reserved for \$300. For information on purchasing a ticket, call Ralph Nevis at 421-7161.

About the society

In the mid 1800s, Portuguese settlers arrived in the Sacramento area. Some sought gold; others established farms, dairies, orchards, and the like. Many settled south along the Sacramento River where the soil was rich and fertile, and where, together, they formed religious societies, cooperatives and schools. As Sacramento city spread to the suburbs in the 1960s and 1970s. farmland was sold and developed. The history of the Portuguese settlers in the Riverside-Pocket was disap-

Sacramento Portuguese-American Historical Committee was formed in 1979 by a group of people to educate others on the important contributions made by the Portuguese and to honor those who had given so much of themselves to the land. Working with City, County and Portuguese governments and local residents, and through grants, contributions and fundraisers, PHCS

established a Portuguesethemed community park and succeeded in having many streets and other area parks named for the early pioneers. The informational bulletin became a popular quarterly newsletter, "O Progresso" and membership increased. PHCS members participated in local civic events, exhibits, and parades, and published "Portuguese Pioneers of the Sacramento Area."



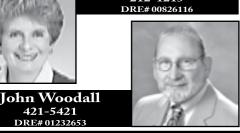
THE POWER OF WE DELIVER

Reputation . Knowledge . Honesty . Communication . Results





Tanya Curry 698-9970 Sue Vitiello 212-1215



900 Park Ranch Way

Greenhaven halfplex, 3 bed, 2.5 bath, 2-story, 2-car garage Ceiling fans throughout, skylight in living room. Updated kitcher inters, tile backsplash. Upstairs bath has a jetted spa ntenance yard w/ shed..... Call for Price Reduction Tanya Curry 698-9970



This home speaks of class and serenity. This stylist contemporary boasts of wood floors and updated kitchen and family room that open to a large delightful garden. 4 bed, 2 ba home... \$419,000 Sue Vitiello 212-1215



Custom halfplex by Dutra Bend in the Pocket! Close to Marri Park, Sacramento River walking trails, schools, downtor Sacramento, and more! 4 bed, 3.5 baths, hardwood floor ent John Woodall 421-5421



Lovely property in Land Park. Beautifully remodeled kitcher separate family room overlooking .34 of an acre. Formal living & dining rooms, breakfast area, spacious bedrooms... \$299,000 **John Woodall, GRI 421-5421**



Sindy Kirsch 730-7705

In our current market there are many great opportunities for buying and investing in Real Estate. Let me help make your experience an enjoyable one!

Sindy Kirsch 730-7705

'Exalter Ruler' and chaplain wife serve charity well

By BENN HODAPP Pocket News Writer vcnnews@valcomnews.com

Most everyone has heard about the Elks. The term "Elks Lodge" has become a part of the American lexicon. But how many of us really know what goes on within The Benevolent and Protective Order of Elks? For starters, it is unlikely that you knew the aforementioned full title of the organization. The group has been parodied by the likes of "The Flintstones" and "The Honeymooners," but the actual entity in itself has remained a mystery for many people.

Richard and Barbara Cherry would like to fill you in.

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

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

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

"Basically we are a charitable organization," Richard said. "Our members become active in social events which is what allows us to raise money for our charitable

Barbara, Richard's wife and chaplain of the No. 6 lodge, listed some of the charities the Elks are involved with including youth scholarships, veterans, disabled children, ROTC programs, boy scouts and girl scouts and the Pocket-Greenhaven Friends of the Library.

But the journey the couple took to become part of the charity organization is pretty interesting in it-

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

Picture-perfect meeting

In 1973, when Richard and Barbara were both photographers (and strangers), the two were hired to photograph a wedding. The only problem is that no



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

one bothered to tell each of them take a picture, which gave him a that there would be another photographer on site.

I decided to give myself an advantage by constantly standing up just as Richard was about to

lot of shots of the back of my head," Barbara smirked. "He asked me if I would stop ruining

See Elks, page 9

Merrill Gardens – Where the Living is Easy

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

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





MERRILL GARDENS AT GREENHAVEN

A one of a kind retirement community

(916) 427-1133

6350 Riverside Boulevard • Sacramento, CA 95831 www.merrillgardens.com

*Call for details.



RETIREMENT & Assisted Living

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

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

Headaches **Chiropractic Costs Less!**

Call today for your **FREE consultation!**

ELITE CHIROPRACTIC 451-7655 4611 Freeport Blvd

www.drilie.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 • Hmong Worship: Sundays 7pm Taize Prayer & Worship Service: 7pm, 3rd Friday of every month 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: 9:15am • Sunday Worship: 10:30am • Wed. Evenings 6:30pm (Youth) AWANA (Children's Ministrey) • Youth - Jr. High - Sr. High

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

his shots if he offered to buy me dinner." So became the couple's first date.

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

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

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

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

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

Running with "Elks"

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

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

"Right now our major project is working with disabled children," Barbara said. There is a staff of 45 people currently working on the project, providing physical, occupational and speech therapy to places and people who don't have ready access to therapy.

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

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

Of rulers and leaders

Jerry Landreth, former Exalted Ruler (just the second female to hold the position in the No.

6 lodge's history in 2005-06), lauded the two with praise.

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

does a great job."

The Elks raise money for their charity endeavors by collecting contributions from members as well as holding a weekly Sunday breakfast from 8:30-11:30 a.m. at the lodge. The breakfast is open to the public and the entry is \$8 for the enormous buffet-style spread. During the summer months, the Elks also host a Wednesday dinner at the

Sacramento's lodge has an estimated 750 members according to Richard and despite the certain criteria that the group has for entry, he said the best way to become a member is to "just ask."

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





Going... Going... GONE! No other Agent does more to get your home SOLD! SHON 9246 Salmon Creek Drive - SOLD in 7 days 8928 Warmsprings Street - SOLD in 9 days 9366 Laguna Pointe Way - SOLD in 13 days 5008 Krista Court - SOLD in 16 days





Original owner, 3 bed, 2 bath home. Vaulted ceilings, solid One of the best views! 1 story 3 bed, 2 bath, great room, new birch built in cabinets thru out, new paint & light fixtures, carpet, newer paint, granite kitchen, tile floors, new tile granite kitchen counters, marble bath floors w/ newer toilets shower, new light fixtures, inside laundry room, fantastic view & faucets, professionally landscaped secluded backyard of lake! Custom patio with access to water and boat dock - a retreat. 610 Fairgrounds Drive. 1343 Sq.Ft.

...\$279,950 must see! 3400 W Island Court. 1441 Sq. Ft. \$300,000



(916) 405-5757 B

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

Exclusive Featured Showcase Homes on Realtor.com

Faces and places

National Night Out in the Pocket

The National Night Out event, this year held Aug. 4, is a day for neighborhoods and communities to strengthen neighborhood spirit and police-community partnerships and send a message to criminals letting them know that neighborhoods are organized and fighting back. The event involved citizens, law enforcement agencies, civic groups, businesses, neighborhood organizations and local officials from over 15,000 communities from all 50 states, U.S. territories, Canadian cities and military bases worldwide. Dozens of National Night Out block parties were held across the region, including the Pocket-Greenhaven area.









All photos by Danny Kam





Culture Collection

6391 Riverside Boulevard • Sacramento, CA 95831 (Corner of Riverside Blvd & Florin Rd in Greenhaven)

916-427-7715

Ethnic Collectibles, African Art, Clothing, Jewelry, Fabric, Wedding Accessories, OES, Masonic, Fraternity & Sorority Items, Home Decor, Books, Puzzles, Games, Body Oils, Shea Butter, Incense & Much More!

OPEN Tuesday-Saturday 10-7pm • www.culturecollection.com

DORIS BOSTICK LAW OFFICE PROMPT, PERSONAL SERVICE

Bankruptcy

(916) 424-3084

Start fresh, and retain most of your assets!

- Creditor harassment
- - Lawsuits
 - Wage Garnishments

We represent individuals in Chapter 7 Bankruptcy proceedings

Free half-hour Consultation • Debt Relief Agency

Get real: Looking ahead to healthy longevity

By DARBY PATTERSON East Sacramento News Columnist vcnnews@valcomnews.com

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

Today, when the average life span for a woman born in 2009 is 79 years and about 72 for men, even 40-somethings are considering how to prepare for active longer lives. It's true that this may not happen if we don't consciously look forward and adapt our behaviors accordingly. This might be particularly true for men who, as you see, statistically live shorter lives than women. It's not that wom-

en are superior to men, (although I once believed that back in the 70s) but that we manage our health differently and "engage in less risky behaviors" - such as lounging on the couch and watching sports, smoking, driving sans seat belts and other activities. There are also certain hormonal differences that contribute to a male's shorter lifespan. But, hey, consider that an American born in 1776 had a life expectancy of 36 years. We've come a long

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

Consider that, in 1950 there were 3,000 centenarians in the U.S. Today that number has risen to an estimat-

"In this column, I'll be talking about the word few people want to hear, "exercise." How much is enough? I'll review medical advice about the healthiest diets, how to maintain strength and flexibility, and generally how make the most of the second half of life." -Darby Patterson



ed 55,000. By 2050, experts anticipate there will be 1 million centenarians. I'll have to take that on faith because, realistically, I won't be one of them.

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

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

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

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



New Listings, Not REO or Short Sale – Motivated Sellers



邡 Prudential (**Dunnigan Real Estate**



1455 s.f. in Didion school boundary. Newer



3 bed, 2.5 ba, updated kitchen & bath, kitchen has granite counters, new int/ext paint, new appliances, location across from park



3 bedroom, 2 bath, single story home, approx.

Real Estate Experience Counts... Proven Results Call Lynn Luk Lee for all your Real Estate Needs!

lynnluklee@aol.com ynn Luk Lee



Retirement is a GOOD thing.

Retiring with Guaranteed Lifetime Income

is even BETTER!





Specialists in Garage Doors for the Home

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

License # 672266



8000 14th Avenue, Suite B • Sacramento, California 95826 916-422-1213 • info@deltadoorcompany.com • www.deltadoorcompany.com

Transitioning back to school without overloading your child

Special to the Pocket News

(NAPS) - We can all remember the excitement, anxiety and enhanced level of activity that take place as a new school year begins. This time of year brings increased expectations as well as new routines, new friends, a new teacher and possibly a new school.

Simultaneously, families review the type and number of activities in which they want to enroll their children. While research studies recognize the benefits of extracurricular activities, juggling these changes can be overwhelming to even the most well-adjusted child.

"It is important to consider your child's interests and ability to adjust when planning activities," says Janeal Roberts, Vice President of Education for Champions, a nationwide provider of before- and after-school programs. "Be-

ing aware of your child's needs and preparing for this transition can be the key to a successful and fun school year."

Roberts offers the following tips to help parents schedule children for suc-

- Look at each child as an individual. All children are different and have different talents and varying abilities to manage their time and handle change. Be sure to take this into consideration, especially if your family has more than one
- Establish expectations and priorities with your child. Ask yourself "what is most important to me?" and "what do I want for my child?" Be sure to involve your children and consider their input in your decision. Your family's schedule should reflect these goals. Revisit these priorities with your children

regularly, engage them in discussions, celebrate successes and review challenges and lessons learned.

- Wait before you commit or overextend your child. Look for extracurricular activities that can be added after school schedules are established. Waiting 30 days to add a new activity after the school year begins can give you and your child the time needed to settle into a routine.
- Streamline and organize activities. It's not the additional one to two hours a week of soccer or dance that causes stress or frustration, but the added time and rush to get from place to place. Look for centralized after-school programs that provide multiple activities on-site to reduce running from place to place.
- + Establish family rtoutines and traditions early. Make a calendar that clear-

Juggling after-school activities can overwhelm children. A centralized after-school program can minimize the stress.

ly lists meal-times, bedtime, homework, chores, activities and other important family commitments that your child is expected to attend. Review and reinforce the schedule with your children to help establish routines.

+ Plan for downtime, don't wait for it. There is a lot to be gained from unstructured activities. Reserve downtime so that your child can accept an unexpected invitation, be

spontaneous and appreciate the times when "there is noth-

ing to do."

Working together with your child to find the schedule that works for your family will ensure a comfortable balance and teach children to understand their own tolerance. Discussing these challenges will help as your children transition into middle school and their teenage



www.gloriadeilutheranschool.org

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



Now Enrolling

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

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

Windermere

Dunnigan Realtors



GREENHAVEN AREA

Beautiful quality 3 bedroom 2 bath home on desirable street. Meticulously maintained inside & out. Outstanding curb appeal & spectacular floor plan. Private yard w/ covered patio & Trex deck. Gorgeous French door in the living room leads to relaxing sunroom. Drive thru gar leads to a concrete pad which may be used for boat. This is truly a special home! See www.10HavenwoodCir. com \$369,000

MONA GERGEN 247-9555



SPACIOUS HALFPLEX

A dream house to entertain in - it is open and inviting. Each bedroom has its own full bath. Floor to ceiling brick fireplace in family room with built in bookshelves. The spacious kitchen has tons of counter space. 3300 square feet of living space. See www.34PiniosRiverCt. com \$399,900

SHEILA VAN NOY 505-5395



SOUTH LAND PARK RANCH

Stylish and elegant. Spacious open living areas look out to the private gated courtyard area with beautifully landscaped grounds that surround the home. The remodeled kitchen features newer cabinetry and appliances, granite counters and tile floor. Expansive walls of brick frame the living room fireplace. Established neighborhood is two blocks from Land Park and public transportation. See www. windermere.com \$475,000

CHRIS BRIGGS 834-6483



BACKS TO SACRAMENTO RIVER

Quality Harris built home in quiet, highly desired location. 4 bedroom single story w/remote bedroom. Dual pane windows, large peaceful private yard. Sale includes two parcels (.47acres for both parcels). Some neighbors built boat docks within the last few yrs on the levy parcel. Buyer to consult w/city re permit process & availability. Rare opportunity to own on river. See www.715ClipperWay.com \$359,000

MONA GERGEN 247-9555



WONDERFUL FAMILY HOME

A wonderful family home! This home is move-in ready and features a large upstairs master suite with a walk in closet, an open kitchen with lots of counter space and a dining bar, a relaxing backyard with a patio cover, a built-in desk/office space downstairs and plenty of storage. Nearly 1600 square feet - this is an opportunity you won't want to miss. See www.7566WhitmoreSt.view24hours. com \$189,000

KELLIE SWAYNE 206-1458



WEST SACRAMENTO

Beautiful home located in The Rivers. Great neighborhood, close to downtown and freeways. Spacious kitchen with granite counters and a center island. First floor master suite with large walk-in closet. Upstairs loft. Not a Short Sale or REO! See www.windermeredunnigan.com \$290,000

NANCY WEGGE 600-5458 LISA MARTIS 612-7548

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, large dining room, romantic master with fireplace. Wonderful views. See www.19AlstanCt.com \$649,000

LISA HAVARD-ROTZ 698-3323

GREAT INVESTMENT/HOME

Fantastic remodel two 3Bdrm units. New paint in & out, dual pane windows, new molding, doors, flooring, granite counters & much more. Larger unit would be great for owner occupant. Collect premium rents on these well located units. See www. Windermere.com \$399,000

CHRIS BRIGGS 834-6483

SOUTH LAND PARK

Spacious and open living areas look out to the private gated courtyard area that surround the home with beautifully landscaped grounds. The remodeled kitchen features newer cabinetry and appliances, granite counters and tile floor. Features a brick fireplace in the living room as well as the master suite. See www.5861wymoreway.canbeyours.com \$499,000

CHRIS BRIGGS 834-6483

LOOKS LIKE A MODEL HOME

Amazing 5/6 bedroom 3.5 bathroom in Elk Grove. This home has it all! I bed & bath on 1st floor. Tile roof, 3 car garage, spectacular curb appeal and fantastic floor plan. Many upgrades! Granite, beautiful tile, stainless steel appliances, designer paint and much more. Stunning professionally landscaped yard with beautiful built-in pool and salt pitted concrete patio. \$329,000

MONA GERGEN 247-9555



4215 Freeport Blvd.

454-5753

Visit Our Web Site: www.windermeredunnigan.net

A season like no other

The 2008-09 Genevieve Didion Elementary School golf team, pictured at right, had an outstanding season finishing with six wins and one loss. The only loss was to undefeated powerhouse Sutter Middle School.

The Didion Dragons held a successful carwash fundraiser to purchase team golf bags. Eighth grader Corrine Chann held the top spot for most of the season with seventh graders Matthew LaBella and Kimberly Chann rounding out the top three. Coach Mike Carras, along with assistant coaches Kurt Chann and Dave LaBella, gave the team inspiration and leadership. Next season Didion hopes to upset Sutter for the championship.







We're So Much More Than Child Care.

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

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



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



Sacramento's award winning locally owned prime restaurant and bar specializes in Midwestern corn fed dry aged beef, and the freshest most succulent seafood the world's oceans have to offer. Our USDA prime ribs, steaks and chops are dry aged up to 28 days in our exclusive displayed aging facility and then hand trimmed and cut to the most generous portions ensuring that every steak is the most tender and flavorful possible. These truly are, "The Best Steaks in Town".

\$2995

Friday - Saturday - Sunday
Steak and Lobster Dinner

\$ 1995

Sunday - Monday

Prime Rib Dinner

\$1000

Thursday - Friday

Burger and Beer until 4pm

1117 11th Street • Sacramento , CA

Call 916.447.8900 for

Reservations & Banquets

Happy Hour: 3-7pm, Monday - Friday • www.chopssacramento.com



Three Great Summer Specials at Sutter Express Care

A walk-in medical clinic inside your local Rite Aid

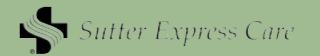
Quick, easy, affordable treatment

- No appointment necessary
- You don't need to have a Sutter doctor to visit
- Many insurance plans accepted, but not required

Convenient

Hours: Mon-Fri: 9am - 8pm Sat-Sun: 10am - 4pm

800-972-5547 | SutterExpressCare.com





980 Florin Road

Lake Crest Village Corner of Florin Road & Greenhaven



Treatment of common illnesses including: Strep throat Strains and muscle strains

One coupon per visit. Offers available for cash

Expires 08/31/09



Heart Healthy

Cholesterol check, including HDL, LDL, and triglycerides Blood pressure check Body mass index and body fat percentage

One coupon per visit. Offers available for cash paying patients only and cannot be combined.

Expires 08/31/09



One coupon per visit. Offers available for cash

Good thru Labor Day 2009



"Sign" Language

For over 34 years

www.cookrealty.net



5 SOUTHCREST COURT • \$799,000 **SUSIE K. PARKER • 768-8494**



7716 SOUTH COVE DRIVE • \$679,000 SUSIE K. PARKER • 768-8494

See all our listings at www.cookrealty.net



6 VISTAWOOD COURT

Fabulous Greenhaven house located at cul-de-sac, close to schools and all amenities. Only 3 years old dual pane window and 6 years old roof per seller. Very well maintained home. Attractive price and location! Not an REO. Must see! \$354,990 **VICTOR LIN • 600-3388**



7677 RIVER VILLAGE DRIVE

7677 RIVER VILLAGE DRIVE
Step into a model home - vaulted ceilings, newer carpet, newer stainless steel appliances, decor'd paint sitting in a cul-de-sac. Home painted on exterior, newER roof plus Trane XL14 central heat and air - easy access to stores, school and freeway. Everything has been done for you to move right on in. \$299,000

MEENA CHAN LEE • 837-9104



961 GLIDE FERRY WAY

Beautiful home in gapen PENDING Ranch. Shows pride of ownership, custom shutters and paint throughout. Built in china cabinets and entertainment center. This home is light and bright and an absolute must see! \$325,000 **ANGELA ADAMS • 761-9505**



10 LORI COURT

Rare 4 bdrm/3 ba in a custom area w/1 bdrm down, full bath, wet bar, & fireplace. Enjoy gorgeous kitchen, top of the line DeWils kitchen cabinets incl roll outs/quiet close drawers surrounded by Brazilian cherry flooring. \$199,000

MEENA CHAN LEE • 837-9104

FORECLOSURE OPPORTUNITIES:

3901 42nd Ave., 95824, three Houses!, \$99,900 6345 Fruitridge Road, 95820, 4 bdrm, \$159,900 6730 Burdett Way, 95823, 3 bdrm, \$77,900 2283 Oakmont Way, Duplex, 95815, \$103,900

Please call Cook Realty for more Information

(916) 451-6702



"...FOR FINE OLDER HOMES AND QUALITY NEWER HOMES"

REAL ESTATE SCHOOL

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

Call: Bob Shipley • 451-6702

PROPERTY MANAGEMENT

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

Call: Brittany Naucke • 457-4907

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702

BEAUTIFUL LAND PARK CHARMER



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



Tami Batiz Realtor cell: 916-508-8665

office: 916-372-2400

tami.batiz@deanadamsre.com





Right Touch Painting

Residential • Commercial Interior • Exterior

Call for a FREE Estimate 916.391.6673 or 916.607.5670 www.righttouchpainting.com

John Stellmach • Owner





Renie Vasu Broker LIC# 01100600

916-399-8689





This is a well kept secret in Sacramento, a vacation everyday on Riverlake! Beautiful waterfront home with a large gourmet kitchen, 5 bedrooms, bonus room, 4 full baths, 3 car garage, covered patio, pool/spa and private boat dock. Call for an appointment. \$1,099,000 View at www.VasuRealEstate.net

ALLIED DOORS

"Straight & True"

COMMERCIAL & RESIDENTIAL Doors, Millwork, Hardware "PRE-FIT SPECIALTY"



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

MENTION THIS AD FOR A 10% DISCOUNT

6550 BELLEAU WOOD LANE • SACRAMENTO, CA 95822 916-421-3090 • www.ncsallieddoors.com

COLDWFILL BANKE

30 Alhambra Blvd.



Ilah Turner 206-4016 www.llahTurner.com DRE# 01278805



Bob Lystrup 628-5357 www.boblystrup.com DRE# 00991041



Park Like Setting at the River Nestled at the back of quiet cul-de-sac on 1/2 acre. Over 3,800 sf., 1-story, 5 bedrooms, 3 bathrooms. Remodeled kitchen, updated baths. Remote bed/bath offer privacy. RV access. Lots of storage and very spacious.



One of East Sac's Best Homes This 3 bed home is located in one of the best neighborhoods of East Sacramento. There are hardwood floors, a large picture window in the living room, a dining room, a kitchen that overlooks the sizeable backyard, and many other amenities. A wonderful home in a wonderful neighborhood!........\$389,000



Stephanie Baker 341-3875

www.CentralCityDigs.com DRE# 01402254



Dee Schwindt 341-7852

www.calldeefirst.com DRE# 00498850



PRE-FORECLOSURE (SHORT SALE) SPECIALIST

- ALL SERVICES FREE TO HOMEOWNER
- SUCCESSFULLY NEGOTIATED MANY SHORT SALES CALL FOR REFERENCES
- LOCAL AGENT WHO WILL PERSONALLY WORK WITH YOU THROUGHOUT THE PROCESS
- NAMED IN AN ARTICLE IN MONEY MAGAZINE AS A SHORT SALE AGENT REPRESENTING BOTH BUYERS & SELLERS
- INVESTORS CAN QUALIFY, TOO
- BEEN TURNED DOWN FOR A LOAN MODIFICATION? CALL **DEE** TO SEE IF A SHORT SALE WILL WORK FOR YOU.





of Sacramento - Relationship Banking Since 1921 -

Rock Solid YESTERDAY, Rock Solid TODAY & Rock Solid TOMORROW

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

Call or Visit us today FOR ALL YOUR BANKING NEEDS

1015 7th Street • Sacramento, CA 95814 916.442.3883 www.merchantsnational.com

Bauer Financial 5 Star Rating





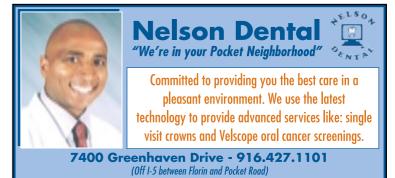






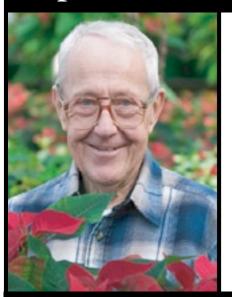
- Climate Control Units
- Individually Alarmed Units
- FREE Truck Rental for Move in Customers.

Pocket • 1106 Corporate Way • 916.424.8028



www.NelsonDental.com

A Specialized Senior Day Club Program



Mon-Sat 9am-6pm, Sun 12pm-5pm

www.superiorselfstorage.net

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

Call Today! 392-3510



www.PrimroseAlz.com

Lic# 347001338; 347001342

Day, Club, Respite, Residential & Educational Services



Concert Series

At Parkside Community Church

July 12 - August 30 7 p.m.

Tickets on Sale Now

916-421-0492 parksideucc.org

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



Providing jobs & job training to people with disabilities in **Sacramento since 1933**

GOODWILL

Donation Xpress_m

Now in The Pocket!

Located in Promenade Center

7465 Rush River Drive | Sacramento, CA 95831

(916) 429-2789

Open for your convenience 8am - 8pm daily

"Goodwill turns your Donations into Jobs!"

Connecting with the City Council, the community

By ROBBIE WATERS Sacramento City Councilmember Special to The Pocket News

National Night Out

Tuesday, August 4 was National Night Out, the annual celebration when we celebrate partnerships between law enforcement and communities to keep our neighborhoods safe and deter crime. As usual, we had outstanding events in District 7 including block parties, BBQ's, ice cream socials and more!

Riverside Blvd road improvements

The stretch of Riverside between Florin Rd and Deer River Way will undergo roadwork and improvements until August 15. This marks the second and last phase of major work to repair the roadway. Included in the work is a water repellent layer that will make the road less susceptible to groundwater seepage, a custom solution intended to fix this recurring problem.

Summer Jazz Concert a success

Our annual Summer Jazz Concert was held July 26 at Seymour Park. Many local residents, with blankets and picnic dinners, attended this free event in hand. Fulton Street Jazz Band was the featured performance of the evening, ensuring that everyone had a great time.

District 7 Youth Commissioner says goodbye

A chorus of "Bravo" to departing Commissioner Laura Mandler, who has served as the District 7 youth representative for the past two years. Laura graduated from the Mc-Clatchy High School HISP program and will begin her freshman year at Seattle University in the fall. Congratulations and thank you, Laura! Let us also give a warm welcome to Jamee Hawthorne, the new District 7 Youth Commissioner hailing from the Valley Hi area. Jamee joins Jordan Gonzalez, who enters his second year with us.

Comcast honors local student

Kennedy graduate Cory Bridgewater was recognized on June 17 by the Comcast leadership and Achievers Program as a student with immense involvement in her community. The philosophy behind the program is to recognize the efforts of young people in their communities, and to demonstrate the importance of civic involvement. Cory, a Pocket native, was one of just two students to receive a special \$10,000 scholarship from Comcast. Great job Cory!

Pocket Coalition

The next meeting of the Pocket Coalition group will be August 13 at 6:30 p.m. at Martin Luther King K-8 School in the Multi Purpose Room. The coalition is an organization of Neighborhood Associations and Neighborhood Watch groups in the Pocket area that meets regularly to discuss issues affecting our community, improve the network between the existing associations, and watch groups.

Keeping our quality of life

Are you concerned about lacking upkeep on nearby properties? Suspect criminal activity at a certain address? Have a vehicle parked on the street for more than the 72-hour limit? Call 311 and report the activity. Or call my office at 808-7338. You can remain anonymous. We need you to partner with us, neighborhood associations and neighborhood watch groups to send the message that we are a family-friendly neighborhood and crime and/or blight will not be tolerated!

Need more information?

My office sends out helpful community information on an e-mail list. To join the list, visit the main city Web page at www.cityofsacramento. org and use the "e-mail alert" link to sign up.

Boards and Commissions

For a list of openings on city Boards and Commissions, check the city Web page at www. cityofsacamento.org and click on the "Boards & Commissions" icon on the left side of the main page for updated information throughout each month or call the City Clerk's Office at 808-7200. Applications can be found on the Boards and Commissions page.

Councilmember Waters' mailing address is City Hall, 915 I Street, 5th Floor, Sacramento, Calif. 95814. Phone is 808-7338. E-mail is rwaters@ cityofsacramento.org. Web site is www.cityofsacramento.org/council then choose "Robbie Wa-



Photo by Rezlab via Flickr.com

The stretch of Riverside between Florin Rd and Deer River Way will undergo roadwork and improvements until August 15.



Inventory always changing! In this economy, every penny counts!

916-369-1846 www.builderssurplusllc.com

6015 Power Inn Rd, Suite G • Sacramento 95824 Hours: Mon-Fri 9-5, Sat 9:30-4, Closed Sunday

MINI MARKETPLACE CALL (916) 429-9901 FOR AFFORDABLE RATES!

LANDSCAPE

ROBERTS LANDSCAPE

Custom Landscape & Design Call: 444-6458 License # 590317

GENERAL CONTRACTOR

HandyHand Service Call Manda (916) 606-6810

PAINTING

GARY'S PAINTING

EXCELLENT REFERENCES

725-8781

FENCING

Aesthetic Fence Co.

(916) 570-3078 ph/fax (916) 380-0061 cell

CONTRACTOR/HANDYMAN

Contractor Connections plus Handyman Services Call (916) 706-3688

Curry Construction#575967

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest! (916)344-8735 or (916)752-5308 Ca License # 633853

HANDYMAN

FREEDOM HANDYMAN SERVICES (916)470-3488

ROOFING

All Seasons Roofing Free est. (916) 483-1318

Bonded, insured, lic. #459864

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services are needed. Your ad should be here. Ad design is free.

Call Melissa 429-9901

Local residents put modern twist to Italian experience

By LANCE ARMSTRONG Pocket News Writer vcnnews@valcomnews.com

As the face of the constantly revitalizing 16th Street continues to change, at the helm of one of the latest changes are Land Park residents Andrea Lepore and Fabrizio Cercatore.

Owners of the new restaurant, Hot Italian, Lepore and Cercatore joined together to create a restaurant, which represents their Italian roots, yet provides a refreshing new twist.

Lepore, an 11-year resident of Land Park, said that it was very important for both herself and Cercatore to bring a restaurant to Sacramento that showcased new Italian designs.

"What we wanted to create was a place that represented Italian design and typically the places you see maybe in New York or pretty much anywhere when you go to an Italian restaurant, there's red and white tablecloths or a Tuscan design and we really appreciate more modern Italian designs," Lepore said. "Everything you see here represents modern Italian, from the chairs to the lighting to the tables to the pictures."

Guests of the new midtown restaurant, which is located at the northeast corner of 16th and

O streets, where Young's Fireside Shop was located for a halfcentury until 2006, will also be greeted by a collection of motorbikes by the Italian manufacturers, Ducati and Vespa. The bikes are located at the south end of the 5,000-square-foot building, near the show windows, which formally showcased such items as freestanding gas, wood and pellet stoves.

Helping to create a unique Italian feel at the restaurant, the Ducati motorcycles have also attracted members of the Ducati Club of Northern California, who meet at the restaurant for their monthly meetings.

While sitting near a large flat screen television, Lepore explained that the restaurant enjoys promoting motorcycle races and supporting other sporting events that are typically enjoyed by Italians.

"Our feeling is that people who like Italian culture and sports like soccer or cycling or motorcycle racing that they would also like Italian pizza," Lepore said. "They kind of go hand in hand."

But of course, in being a restaurant, which places an emphasis on culture, Hot Italian does not serve the typical types of pizzas that one

would generally encounter in a Sacramento pizza-serving restaurant.

Serving authentic Italian pizza with California ingredients, Hot Italian offers 16 flavorful, 13-inch, thin crust pizzas, ranging from \$10 to \$16. And for those who prefer an alternative, several of these pizza ingredients can be served in the forms of panini sandwiches, calzones and sal-

Among the restaurant's most popular pizzas are the Belucci with tomato sauce, mozzarella, spicy sausage and ricotta cheese (\$12), the Arcuri with grilled zucchini, eggplant, cherry tomatoes, mozzarella and goat cheese (\$13) and Lepore's personal favorite, the Pezzo with tomato sauce, mozzarella, speck ham and mascarpone cheese (\$14).

Commenting about her favorite pizza, Lepore said,"I like it because it's sweet and smoky and the flavor combination is very unique. It's very good!"

Lepore added that Cercatore, who was visiting Italy during the time this article was written, truly enjoys the art of making pizza and com-

See Hot Italian, page 23



Pocket News Photo/Lance Armstrong

Land Park resident Andrea Lepore enjoys a moment at her new midtown restaurant. Hot Italian, which she co-owns with another Land Park resident, Fabrizio Cercatore

Senior Services Resources

Call Melissa (916) 429-9901

A RETIREMENT COMMUNITY



A one of a kind retirement community (916) 427-1133

Spacious One Bedrooms Full Kitchens and Patios Starting at \$1,395 **Equal Housing Opportunity**

Lic# 347001396

ASSISTED LIVING/MEMORY CARE

Aegis of Carmichael

4050 Walnut Avenue Carmichael, CA 95608

We're the people who make life better.

Lic #347001686 (916) 972-1313 www.aegisliving.com

LIVING TRUST/LIVING WILL **Legal Document Prep Services:**

- Trust Will
- Powers of Attorney
- · Residential Deed

SENIOR SPECIAL

Couples \$495 Singles \$450 Lynda K. Knight (916) 214-1215 641 Fulton Ave. #100, Sacto 95825

ELDERLY CARE

Woods Retreat

Residential Care Facility for the Elderly now accepting applications for residents. Let us care for your loved ones.

State Lic #340306720 Owner-operated (916) 421-5845

SPECIAL ALZHEIMER'S LIVING

†Primrose Special Alzheimer's Living

Day Club, Respite, **Residential, Support Groups** & Educational Classes

cas@primroselz.com www.primroseal com

(916) 392-3510 7707 Rush River Dr. Sacto, CA 95831

HELP AT HOME

HELP AT HOME Senior Care

- Light housekeeping
- Meal preparation
- Med reminders Errands
- · Dementia care · Bathing & Much More

For no-cost/in-home assessment

call 877-404-6636

HOME SAFETY

California Energy Service

Safety Tub Handicap bars

Senior Discounts Financing Available

Bill Hill (916) 804-2243

LOVING COMPANIONS



"Assisted living" in the privacy & comfort of your home Affordable rates, 1-24 hours/day

Certified Care (916) 509-7125

REBUILDING TOGETHER

(916)455-1880 Safe at Home Fall Preve

in a safe, healthy & efficient hom

Grab bars • Hand rails • Night lights · Smoke detectors · Shower stools • Fabrication of outdoor railings

Call to schedule a safety assessment of your ho FREE or for-a-fee depending on eligibility www.rebuildingtogethersacramento.org

Transition/Relocation



SENIOR RELOCATION AND TRANSITION SERVICES

Serving all of Northern California

916-966-8745

Hot Italian: 'Not only did (the pizza) look good, but it was spectacular...'

Continued from page 22

ing up with many different flavor profiles.

'What's exciting for him is to take his pizzas and work with local farms and purveyors to combine the pizzas with local ingredients," Lepore said.

And when it comes to serving Italian wines, Hot Italian is certainly not short on its offerings.

Instead, the restaurant wine list includes selections from several of Italy's 20 regions, as well as local wines produced by Italian families.

These wines are available at \$48 or less per bottle and \$5 to \$10 per glass.

The restaurant, which has a seating capacity of 120, also offers Italian draft beer, coffees and espressos, gelato, sorbetto and its own line of apparel, including Tshirts with names from Hot Italian's large pizza oven, bags and vintage-style cycling hats.

Although their restaurant is not quite a half-year old, Lepore and Cercatore are already enjoying the benefits of their labors to create a unique Italian restaurant in the capital city.

But the success of the restaurant is also an indication of the experience of its owners.

Both owners have business backgrounds, as Cercatore owned a restaurant in La Spezia, Italy for 12 years and Lepore, who earned a bachelor's degree in communications at UC Davis, spent a decade working for the Sacramento Kings and Monarchs at Arco Arena. Lepore also worked in sports marketing for six years with two of her clients being Chipotle and Tunel 21, the restaurant originally owned by former Sacramento Kings player Vlade Divac.

With the knowledge that Cercatore had an interest in establishing a business in the United States, Lepore, who was a friend of Cercatore, contacted him about the possibility of opening a restaurant in Sacramento.

"I called (Cercatore) and said that there were a lot of opportunities (in Sacramento) and invited him to come over and check them out," Lepore said. "He came over and (soon) he started working on a business plan."

After deciding to rent the then-vacant 16th and Q streets building, Lepore and Cercatore's dream to open their Sacramento restaurant

was in the works. And after a long remodel of the building, which included adding a wide variety of "green" features, and the completion of several other projects, the restaurant opened about two and a half years later last February 14.

Demonstrating her Italian heritage when recently being reminded that her business opened on Valentine's Day, Lepore said, "No, it opened on the opening day of the Tour of California (bicycle race)."

Lepore, who enjoys riding bicycles herself, dining at Taylor's Market with friends and "spoiling" her Welsh terrier, Erving, said that customer satisfaction is an essential part of the restaurant's many efforts.

Among Hot Italian's many satisfied customers is Sacramento resident and former Land Park resident Michael Galizio, who was visiting the restaurant for his first time last week.

After enjoying a Ferri pizza with tomato sauce, mozzarella, spinach and ricotta cheese (\$12), Galizio expressed his opinion about the restaurant's pizza, as well as its wine.

"Not only did (the pizza) look good, but it was spectacular," Galizio said. "It was actually the best thin-style pizza we've had in California by far. It was really fantastic. They also have a great wine list with good selection of regional Italian wines, which we really enjoy, so that's very exciting. We live right up the street and we will absolutely be back."



Pocket News Photo/Lance Armstrong

In addition to pizza, diners can also enjoy a variety of Italian salads, ranging from \$7 to \$10 each.

Lepore said that such comments are the reason that so much time, energy and research has been put forth to create this unique Sacramento restaurant and that she looks forward to seeing many new customers in the future.

Hot Italian, which is open daily from 11 a.m. until late, also offers take out service and has plans to eventually provide both delivery and catering services.

For additional information about this restaurant, call 444-3000 or visit the Web site www. hotitalian.net.





Old Sacramento Street Scenes

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

Attractions: Saturday, August 1 California Consolidated Drum, Waterfront Park, 12:00-3:00 Children's Games, Wharf, 10:00-4:30 1850's Bowling, B.F.Hastings Building, 11:00-4:00

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

Attractions: Saturday, August 8 Jugglers, Dave and Caleb Sohigian, Pony Express Plaza, 11:00-2:00 Children's Games, Wharf, 10:00-4:30 1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 9 Storytelling, Waterfront Park, 11:00-2:00 Children's Games, Wharf, 10:00-4:30 Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00 1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Saturday, August 15 Variety Show, Eagle Theatre, 1:00-3:00 Children's Games, Wharf, 10:00-4:30 1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 16 Storytelling, Waterfront Park, 11:00-2:00 Children's Games, Wharf, 10:00-4:30 Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00 1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Saturday, August 22 Jugglers, Dan Holzman, Atlantis Park, 11:00-2:00 Children's Games, Wharf, 10:00-4:30 19th Century Dancing, Eagle Theatre, 12:00-3:00 1850's Bowling, B.F.Hastings Building, 11:00-4:00

Attractions: Sunday, August 23 Storytelling, Waterfront Park, 11:00-2:00 Children's Games, Wharf, 10:00-4:30 Shootout, Blue Canyon Gang, Waterfront park, 4:00-6:00 1850's Bowling, B.F.Hastings Building, 11:00-4:00

For a complete summer schedule and more information visit: www.sachistorymuseum.org or call 916-442-7644

CALENDAR

GET IN THE CALENDAR

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

AUGUST

Small works, miniatures exhibition

Small Works, miniatures and maquettes features a broad array of small works, from turn

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

Summer Concert Series

Parkside Community Church, 5700 S. Land Park Dr., will host area musicians to present Seven Summer Sundays + One Concert Series. The series funds the work and mission of Parkside Community Church. Suggested donations for each concert are: \$10 per person; \$30 per family; and a "Season Special"

of \$65 per person for all eight concerts. Tickets may be purchased at the church office between 8:30 a.m. to 12:30 p.m., Monday through Thursday, at the door, or by phone at 421-0492. The concerts are the Sequential Sundays at 7 p.m. through to August 30. For more info, call 391-3317.

August 5

Wealth Builders club meeting

Capital City Wealth Builders, Sacramento's top Real Estate and Investment Club invites you to join them for their August 5 meeting on Successful Investing in Today's Real Estate Market. Wednesday August 5, 6:30-9:00 p.m., Double Tree Hotel, Sacramento 2001 Point West Way, Sacramento CA 95815. Cost \$20 pre register or at the door, www.ccwealthbuilder.com for more information.

August 6

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

AUGUST 8

Luther Burbank Class Reunion

Classmates: Attend the reunion for the Luther Burbank High School Class of 1989 at the Holiday Inn Downtown. Ticket are \$75 per person. Contact information is at www.lbhsclassof 89.com.

Miracle on Second Saturday

Staging a Miracle (SAM) is a First United Methodist Church program developed to offer high-quality music and arts education to the children of the City of Sacramento, regardless of their ability to pay. The program culminates in a series of performances on Second Saturday, August 8. Free or donation on Saturday, August 8th, to enter, performances at 6 p.m., 7 p.m. and 8 p.m. at the First United Methodist Church Courtyard, 2100 J St.

Lunch give-away

KSL Inc. Sack lunch Give-A-Way starting at 11 a.m. The event will provide a nutritious sack lunch to the kids in the Meadowview area on this day. KSL Inc. will visit Country Wood Apts., California Place, and Orangewood Apts.

Book-binding workshop

Sharon Tanovitz, of Art Ellis Supply, will demonstrate how to make a piano hinge book at a free art workshop at 1 p.m., Saturday, August 8, at Central Library, 828

I Street, Sacramento. This free class is for adults only, and all skill levels are welcome. Book binding materials will be supplied, but participants must bring the following tools: scissors, pencil, glue PVA, glue brush, bone folder, and ruler. These tools can be purchased at art supply stores. The art program series is sponsored by the Friends of the Sacramento Public Library. For details, telephone the Sacramento Public Library (916) 264-2920 or visit www.saclibrary.org.

Fe Gallery Artist Reception

Metal and Wood Artist Steven Florman and Fused Glass Artist Krista Flood will join Fe Gallery Resident Artists Stephen Lyman (metal art) and Sheena Wolfe (fused glass) for a Second Saturday Reception Aug. 8 from 6-9pm. There will be an art demonstration at 7:30pm. Fe Gallery is located at 1100 65th Street (north of Folsom Blvd., corner of 65th and Elvas). East Sacramento. For more information about the artists and the gallery visit www.FeGallery.com or call, (916) 456-4455. Daytime gallery hours are currently from 8:30am to 4pm Monday through Friday and Saturday $10 \mathrm{am}$ to noon. The current show will run throughout August.

Aug. 11

Malt Shop Melodies

Malt Shop Melodies, a unique musical presentation performed by the VoCALs, will be at the Casa Garden Restaurant, Tuesday Aug. 11. Shows are at 11:15 a.m. and 1:15 p.m. Ticket are \$20 per person and include tax and gratuity. Registration is on a firstcome-first-served basis. To purchase tickets, call (916) 452-2809. Casa Garden Restaurant, located at 2760 Sutterville Rd., has gained a reputation for excellent food, superb service and an elegant atmosphere. Guests also enjoy knowing that their dining experience helps children and families in the Sacramento community. Proceeds from the Malt Shop Melodies event and tax deductible gratuity benefit the Sacramento Children's Home.

August 13

Computer Club meeting

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

Greater Broadway Partnership

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

AUGUST **14-16**

Ragtime Festival

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

August 15

A night at the movies

Enjoy a night at the movies and see a classic film the third Saturday each month at Didion/Lewis Park Recreational Center at 6490 Harmon Dr. Doors open at 6.30 p.m. Movie begins promptly at 7 p.m. Free admission, free popcorn and free prizes. See the following movies: "To Kill a Mockingbird" on August 15; and "Gaslight" on Sept. 19.

Elmhurst Ice Cream Social

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

August 16

St. Mary's Parish 78th Annual Festival

The annual festival is Sunday from 10 a.m. to 8 p.m. at the parish, 1351 58th St., The event features two great bands: Q-Balls and Miller Hi Lites. Plus lots of wonderful attractions for the family and kids. Arts and crafts, festival booths, bingo, rock climbing, laser tag, water slides, shopping mall, chicken/pasta dinner, international selection of foods, and dancing. For more info, call 718-2766.

lams, Eukanuba, Nutro, Natural Choice , Science Diet \$200 OFF 15 lb BAG \$300 OFF 30 Ib BAG PN OR LARGER PN 421-PETS (7387) • 352 FLORIN ROAD (Corner of Florin and Riverside) M-F 9am-7pm • Sat. 10am-6pm • Sun. 11am-5pm

"Service & Selection Are Our Specialties"

15% Off

General

Excludes dog and cat food. Must present coup at time of purchase. Not valid with other offers. Expires 08/31/09

Merchandise ™

Fusion Real Estate & Home Loans



POCKET AT ITS BEST! 3 bed, 2.5 ba, separate living w/ frplc, formal dining



4 bed/3 full baths approx 1,878 sq ft with very open floor plan. 3-car garage, Bamboo wood floors, french doors to patio, newer Heat/AC, updated kitchen, inside laundry room & more. Visit www.351AquapherWay.com 351 Aquapher Way...... NEW PRICE \$349,900

closets & dual sinks in ba. Updates include: int & ext paint, new flooring throughout, lighting, baseboards, new kitchen appliances, blinds and more! 9 Chart Court.....\$290,000

rm & living rm w/ vaulted ceiling. Mastr bed w/ 2

August 20

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

Genealogy Club meeting

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

August 21

On warm water therapy

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

August 22

Fourth annual Kids Bash

Hosted by KSL Inc in partner with Bonnie Pannell, the 4th Annual Kid Bash will be held at Meadowview Park from 11 a.m. to 5 p.m. At this event we have various games and contest such as our 3 on 3 B-Ball, Talent show, Relay races and entertainment and guest speakers. Along with the fun and games we provide a wide range of resources for the parents as well as a lunch to all those who attend and our ever so popular backpack and school supply give a way.

Class of 89 McClatchy Reunion

The McClatchy High School class of 1989 is having their 20-year reunion at 5 p.m. at Scott's Seafood on the River, 4350 B Riverside Blvd. Tickets are \$75 per person. For ticket information and event info, e-mail Cindy Hollander at cindy014@sbcglobal.net.

August 28

Jewelry Extravaganza

The Sacramento Discovery Shop presents its 2009 Jewelry Extravaganza, beginning Friday, August 28. For sale will be antique, vintage, and contemporary necklaces, bracelets, rings and earrings, many created in 14 and 18 karat gold and sterling with fine gems, including diamonds, sapphires, rubies, emeralds and opals. Costume and designer jewelry will also be featured, highlighted by two sterling Los Castillos pins, one designed by the noted artist, Jorge (Chato) Castillo. Come on Friday at 10 a.m. for the best selection. The Sacramento Discovery Shop is a specialty resale store known for its selection of quality merchandise. Donations of new and gently used merchandise are accepted at 2744 Marconi Avenue, near Fulton Avenue, Monday through Friday from 10 to 6; Saturday 10 to 5; Sunday noon to 5. Prospective volunteers are always welcome. One hundred percent of the proceeds go directly to help support American Cancer Society's commitment to research, education, advocacy and patient services. For more information, call 484-0227.

August 28

Open House Shabbat

Congregation B'nai Israel, the largest Reform congregation in the Sacramento Valley, invites you to our Open House on Friday, August 28. We'll be providing a light nosh at 6 p.m., with

services starting at 6:30. The service will be followed by light refreshments and the chance to talk to members of the clergy, the board of trustees, and the congregation. Congregation B'nai Israel is located at 3600 Riverside Blvd in Sacramento. All are welcome. Please feel free to call us at 446-4861 or send an email to inquiry@bnais.com for additional information. Our Web site is www.bnais.com.

August 29

SummerFest

SummerFest Beer, Wine & Art Festival is back for it's Second Annual fundraising event benefiting the Alzheimer's Association's Sacramento Memory Walk. Memory Walk is the Alzheimer's Association's national, annual, signature fundraising event, raising more than \$220 million since 1989 for research, programs and services. Located along the scenic Sacramento River in Miller Park on Saturday from 1-5 p.m., this event will bring our community together for a beautiful summer afternoon and a worthy cause! The SummerFest Silent Art Auction will feature many of Sacramento's local artists, as well as items such as weekend getaways, limousine packages, signed collectors items, and more.

SPCA Bowl-a-thon

The Bobbie Wortell Memorial Education Fund is sponsoring a Bowl-a-thon on Saturday, August 29 from 11 a.m. to 5 p.m. to benefit the Sacramento SPCAs Camp Kindness and other humane education programs. The event will take place at Mardi Gras Lanes, 4800 Madison Avenue, Sacramento. Bowling times are 11:30 a.m. and 2:30 p.m., and include two games of bowling and shoe rental. The cost is \$25 per adult, \$12.50 for those under 18. All proceeds benefit education programs at the SPCA. For additional information, call (916) 813-7272 or visit www.bobbiewortell.com.

SEPTEMBER 3

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

SEPTEMBER 10

Computer club meeting

The Mission Oaks Computer Club will meet on September 10, 2009 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The topic is: "Behind the Scenes at Capital Public Radio", presented by Tom Keller, Webmaster. A problem solving clinic, led by Adam Lacey of Applications, Etc., will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

SEPTEMBER 11

Wine, Beer and Food Extravaganza

The Christian Brothers Alumni Association will host their annual Wine, Beer and Food Extravaganza Friday, Sept. 11, from 7 p.m. to 10 p.m. Purchase tickets online at http://cbhs-sacramento.maestroweb.com. For more information, call (916) 733-3600 or visit www.cbhs-sacramento.org.

Dragon Fundraiser and Reception

The Asian Pacific Community Counseling, a non-profit agency, is having their annual Dragon Fundraiser and Reception on Friday, September 11, from 5:30-8 p.m. at the Sacramento State Alumni Center. Catered by Town & Country/Splendid Gourmet Catering of Citrus Heights, the event will include hors d'oeuvres, wine and a raffle. Tickets are \$40 each and include one complimentary wine ticket. For tickets, sponsorship packages or donation pick-up, call Effie Shum at 916.383.6784 ext. 135.

SEPTEMBER 12

BBQ, Beer and Boogie

Hosted by Carmichael Oaks and Kiwanis Club of Carmichael and featuring SwingMasters band, this special event held from 5 p.m. to 8 p.m. will benefit Alzheimer's Association Memory Walk 2009. Tickets for food only is \$12, tickets in advance are \$25, and \$30 at the door. RSVP by Sept. 5. For information, call 944-2323.

16th Annual Community Festival

International cuisine, entertainment, games, and activities for the entire family are all part of the 16th annual St. Anthony's Parish Community Festival (660 Florin Road) on Saturday, September 12 from Noon—9 p.m. Admission is free and you can sample unique foods from around the world including Filipino pancit, lumpia, and chicken adobo as well as German bratwursts, Irish stew, scones, and soda bread. Also available for tasting is Italian rigatoni, sausages, and pasta Alfredo along with Mexican tacos and burritos, Greek cuisine grilled hamburgers, hot dogs, snow cones and a variety of desserts including make your own waffle cakes.

SEPTEMBER 12-13

61st Annual Show and Plant Sale

The Ioan Coulat - Sacramento Branch of the American Begonia Society is holding its annual judged show at the Garden and Arts Center. Each year well over 100 entries are on display and this year there will be over 1,000 plants for sale. The event is Saturday, Sept 12., from 2 p.m. to 6 p.m. and Sunday, Sept. 13, from 10 a.m. to 4 p.m. at the Shepard Garden and Arts Center, 3330 McKinley Boulevard. There will also be educational talks and displays as well as begonia experts to answer your culture questions. Admission is free. For further information or an article for publication about growing begonias in Sacramento, please call Paul Tsamtsis at 524-3013

SEPTEMBER 13

Portuguese Historical Society Gala

The Portuguese Historical and Cultural Society will hold their 30th Anniversary Gala Banquet on Sept. 13 at the Sacramento Portuguese Holy Spirit Society SPHSS Hall, 6676 Pocket Rd. The reception begins at 1 p.m. and a luncheon with live music starts at 1:30 p.m. Tickets to the event are \$35 and include New York Steak and scampi, Portuguese wine and dessert. A table for 10 can be reserved for \$300. For information on purchasing a ticket, call Ralph Nevis at 421-7161.

SEPTEMBER 17

Latino Dance and Culture Group

Come dance to the beat of all types of Latin music! Featured DJ music and delicious Mexican food! Held at the Ethel Hart Community Center, 915 27th St., from 6:15-8:45 p.m. Suggested donation: \$3. For more information, call Barbara Alarcon 400-4514.

SEPTEMBER 19

Authentic Hawaiian Luau and Dance Extravaganza

Luau and Dance Extravaganza is at the Elks Lodge No. 6, 6446 Riverside Blvd. Tickets for Luau and Show available from \$30-\$45 and must be purchased in advance. Doors open at 3:00 p.m. and the feast runs from 4 to 5:30 p.m. At 6:00 p.m., the Dance Extravaganza by Ka Pa Hula Kanoelehuaoka halema`uma`u`o Kalama begins. For ticket information: www.onipaa.net or call (916) 344-7270

SEPTEMBER 21

Free computer class

Back to School! Yes it's that time of the year, but going back to school is not just for kids anymore. Come learn how you to can be a part of the computer age. Chandra Dawson, our SeniorNet Supervisor, will be discussing our computer classes, and doing 1 on 1 evaluations, to see what class will best suit your needs. Please sign-up in advance. Monday, September 21st at 1:30 p.m., Ethel Hart Senior Center, 915 27th Street, Sacramento. Cost: Free. Info: 916-808-5462.



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

AIR CONDITIONING/HEATING

PLUMBING, HEATING, AIR & ROOTER SERVICE

- ♠ Cooling & Heating Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements

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

DON'T WAIT-BEAT THE HEAT! Season Special

A/C Check-up-\$79.99

CALL 444-0551

- Service on All Brands
- high Efficiency Air Filters
- ♠ Freon Leak Detection

CARPET & UPHOLSTERY CARE

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

CHIMNEY SERVICES



530) 315-8980 or (916) 968-5649 Servicing All Surrounding Areas Air Ducts & Dryer vent cleaning

•Stone & Masonry

CONSTRUCTION

Griffin 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

CUSTOM CARPENTRY

Sacramento Millworks

 Traditional & Contemporary Handrails • Crown molding Custom cabinets

• Doors • Mantels • Hardwood Floors

VISIT OUR WEBSITE FOR COMPLETE

SacramentoMillworks.com

(916) 332-5412 CA Lic# 910214

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC Since 1960 in Sac area

Reasonable

Res. & Commercial work

Repairs, Trouble Shooting Custom Lighting/Free Est.

(916) 451-2300 Cell: 213-3740

Neil McIntire — C.S.L.# 394307

FENCING

GATEWAY FENCE COMPANY

- Redwood, Cedar, pressure-treated
- Ornamental Iron
- Ranch-style fencing

FREE Estimates 10% Senior Discount

Lic# 927602

Call (916) 425-7435

GENERA L 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

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services

are needed.

Your ad should be here.

Ad design is free.

LISTING OF SERVICES

HANDYMAN

Summer Deals from Les for Less

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

Call LESTER (916) 838-1247



Pressure wash your driveways clean! your decks, too! Clean out your garage! Replace that old lawn! Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*

HANDYMAN

Reliable Handyman

Doors • Molding • Windows Cabinets • Electrical

• Plumbing

Water Heaters • Disposals

15 Years Experience

Call (916) 806-7879

HOUSE CLEANING

ALLAWAY'S HOUSE **CLEANING**

• Owner Operated

- Satisfaction Guaranteed
- Reasonable Rates

Excellent References of 17 Years

Call Rick (916) 600-0172

for Free Estimate

Lic# 83861 Bonded # 1214773

HANDYMAN

FREEDOM HANDYMAN SERVICES

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

Call 429-9901 Call Erio (916)470-3488

HAULING

TOUCHDOWN HAULING

- SPECIALIZING IN:
- FORECLOSURES/EVICTIONS • YARD CLEAN UP
- GARAGE CLEAN UP
- GUTTER CLEANING

Open 24 hrs/7 days a week Sacramento & Surrounding areas

(916) 798-6787 or (510) 300-4906

LANDSCAPING

Terra Bella

Gardening Maintenance

- Full vard maintenance
- One time clean-up
- Tree trimming 'Not your typical mow, blow & go company!

Call Randy (916) 454-3430

or 802-9897

www.terrabellagarden.com Lic# 152584

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services are needed.

Your ad should be here. Ad design is free.

Call 429-9901

YOUR SERVICES ARE NEEDED CALL Melissa TODAY TO PLACE YOUR AD (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

LANDSCAPING

ROBERTS LANDSCAPE CUSTOM LANDSCAPE

AND DESIGN *Sprinklers *Decks *Concrete *Masonry Experienced with

> **Old Garden Renovation** Call: 444-6458

PAINTING

SOVEREIGN PAINTING

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

Dan Sovereign

Interior & Exterior Painting Lic.#484215

PAINTING

MODERN PAINTING COMPANY

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

10% Introductory Discount

Call (916) 215-7187

18 yrs experience Lic#89240

PAINTING

ROSE & DYNAMIC PAINTING CO.

Summer Discount 10% OFF **Interior & Exterior Residential & Commercial**

Steve Rose 665-1041

References Available Lic# 911035 BBB - Member

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL INTERIOR & EXTERIOR OVER 20 YEARS EXPERIENCE WITH PRIDE

EXCELLENT REFERENCES 725-8781

Contractors Lic. #734323 McClatchy '67

PAINTING

DANEAU PAINTING



- RESIDENTIAL & COMMERCIAL
- QUALITY WORKMANSHIP
- 18 YEARS EXPERIENCE DISCOUNT AVAILABLE
- CALL TODD 916.284.9413

PAINTING



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

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

PEST CONTROL

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS



- Effective Termite & Pest Contro
- Termite Inspections
- Termite Treatments

• Dry Rot Repairs

Pest Control: \$68/Service* - Homes up to 2500 Sq. Ft. Termite Inspection: \$95 - Homes up to 3000Sq. Ft. * 5 service minimum agreement, additional Sq.Ft slightly higher Ants • Spiders • Earwigs • Silverfish • Rodents • Roaches • Fleas • Bee: \$20 OFF COUPON

Pest Control Contract or Termite Insp.

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

PLUMBING

Specializing in Repairs, Replacements & Leak Detection



- We sell, service, install & repair water heaters, toilets. disposals, sinks,
- Bathroom Remodeling

Ask about our 1st time caller & senior discounts!

PLUMBING, HEATING, AIR ROOTER SERVICE Call Larry at

- ▲ Toilet, faucet, sink & disposal repairs
 - **▲** Installation of new plumbing fixtures
 - **♦** Trenchless sewer replacement

BEFORE WE START!

CALL 444-0551

Sewer & Drain Cleaning ♦ Water & gas line repair

WE CHARGE BY THE JOB..

SO YOU KNOW THE COST

- Water heaters
- FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

COMPLETE Plumbing service & repair

PLUMBING

Straightline Plumbing

We'll beat any written estimate

We charge by the job,

not by the hour!

Call Don @(916) 481-3836

PLUMBING

ROONEY'S

456-7777

rooneysplumbing.com License #683668

916-613-9646

Gallagher Roofing

Serving Sacramento Since 1993

*Residential Composition **Specialist**

*Roof Repair & Maintenance

"No job too small" FREE estimates

Call DAN: (916) 965-6381

ROOFING

All Seasons Roofing

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

- •Tile Composition Shake
 - Seamless Gutters

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

ROOFING/SIDING

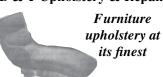


3675 R Street Sacramento, California 95816 \$100 OFF Emergency Repairs

454-3667

UPHOLSTERY

B & T Upholstery & Repair



* Senior Discounts 1600-B Kitchner Rd., Sacto 95822

916/392-1959 • 916/995-7177 LIC# 664323 License #763169 Dave Zimmerm

PLUMBING

YOUR SERVICES ARE NEEDED CALL Melissa TODAY TO PLACE YOUR AD

(916) 429-9901

Calendar

Continued from page 25

SEPTEMBER 26

Beverly's Annual Nifty '50's Classic Car Show is Saturday from 9:00 a.m. to 3:00 p.m.. Marconi Avenue & Fair Oaks Blyd., in Carmichael. Admission is one new, unwrapped toy or toys for Beverly's Annual Holiday Angel Project. The event will feature music, food and prize drawings. Call (916) 402-7202 for more information, or e-mail toprcdrvr1@aol.com. The Angel Project takes care of over 1,500 children each holiday season giving them blankets, filled stockings, stuffed animals and age appropriate toys.

Mondays

Tai Chi at Hart Center

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

Hatha yoga class

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

Gray Eagles meet

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

Newcomer's Buffet

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

Toastmasters meet

Guests always welcome at Klassv Talkers Toastmasters to have fun while im-

proving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 558-0448.

Evening Tai Chi class

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

Girls-only karate

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

Aviator interest

Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday,

4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

11:30 a.m. to 1 p.m., at Hometown Buffet,

TUESDAYS

Pastel landscapes class

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

Free Medicare counseling

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

Food Addicts Anonymous

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

Women's networking

Soroptimist International of Sacramento South, a service club for business and pro-

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

Barbershop Harmony

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

Antelope Quilters Guild

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

WEDNESDAYS

Yoga at Parkside Church

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

Wednesday Night Dance

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



GREENHAVEN PRINT PACK & SHIP

New Name, Same Great Service!

- Mail boxes
- Color copies
- Wide format printing
- Computer rental
- Scanning services

372 Florin Road

P: 916-421-4623 • **F**: 916-421-5512 • avisingh372@gmail.com

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 improvment at little cost. Call (916) 973-9928 for an appt. for removal.

BOOKKEEPING

#1 BOOKKEEPER-

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

BURIAL SPACE

DELUXE FAMILY CRYPT

For up to 3 persons in highly desired old section of East Lawn Memorial Park Mausoleum, 4300 Folsom Blvd. Priced lower than current cost. For sale by family members. 916 428-4555 or 916 454-2497.

Place your ad today!

BUSINESS OPPORTUNITY

OPPORTUNITY

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

NEW BUSINESS OPPORTUNITY

Independent advisors needed. Eco-friendly, in-novative, home-care solutions from France. Enjoy flexibility of working from home. Call Rosalie @ 775-224-2464 <u>www.h2ogogreen.com</u>

CAR FOR SALE

2005 FORD TAURUS

2005 FORD TAURUS

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

COMPUTERS

GOT COMPUTER PROBLEMS?

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

EMPLOYMENT

DRIVERS:

Ave. Wkly \$1000-\$1200 Cryogenic Transportation Great Pay, Hometime, Benefits! CDL-A w/X End. 2yrs Exp. 866-339-0072 www.cryodrivers.com

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.

SUMMER SPECIALS

Rototilling—Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, 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.

PERFECT GIFT!

PET PORTRAITS

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.

Sell your furniture in the classifieds

SCOOTER FOR SALE

SCOOTER FOR SALE

2009 Kymco 125cc motor scooter. Brand new. \$1300 OBO. Retails for \$2,000. Incred. gas mileage. Lots of fun. (916) 201-8803.

TUTORING

Learning is an exciting business! 8 yrs. exp @ Caroline Wenzel, moving students from below basic to proficient & adv. levels. B.A. in Bus/K-8th Teaching Credential. I am happy to discuss my experience & your child's needs. Contact: Steve disharp@yahoo.com

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 vr appt, today Irene Senst (916) 640-3820. Same low 1990 rates www.taxirene.info

Call 429-9901 and place your ad

Pocket News would like to hear from you! Do you have an interesting story to tell? Unusual hobby, collection or job? Do you have fun/unusual

photos you would like to share

with the readers? Do you know someone who deserves recognition for volunteering?

We want to hear from you. Mail to: Pocket News 2709 Riverside Blvd. Sacramento, CA 95818

or: ryanrose@valcomnews.com



List your auto for sale in the classified ads

Call Melissa at 429-9901 and place your ad today!



Re-Discover Your Sex Life!

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

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

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

Romance is a vital part of your life.

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

Men - all you have to lose is frustration.

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

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

Mention you saw this ad in the Pocket News

DOCTOR'S CLINIC FOR MEN

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

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

www.doctorsclinicformen.com





SPEND TOO MUCH TIME AND MONEY CLEANING? WANT TO LEARN A NEW WAY TO CARE FOR YOUR HOME? - WITHOUT CHEMICALS?

H20 At Home - Natural Solutions saving you time and money Host a Get Green Together with your friends – Learn and earn our products - Be the first in your area to show **H20 At Home**.

Rosalie Kammerzell, Independent Group Leader 775-224-2464



Your community newspaper

- Arden/Carmichael news
- East Sacramento news
 - Land Park news
 - Pocket news
 - California Kids!



To Subscribe to any of these publications or Advertise your business call:

• 429-9901 •





Eskaton Monroe Lodge

A Land Park Tradition

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

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

Eskaton Monroe Lodge

Independent Living with Services

3225 Freeport Blvd. Sacramento, CA 95818

916.441.1015 | www.eskaton.org

Renters:

Declare your Ondependence!

The only way to avoid PAYING someone else's mortgage *forever* is to start paying your own. The sooner you start... the sooner you'll be free!

<u>1ST TIME BUYERS... tick tock!</u> Thinking you'd like to take advantage of a potential <u>\$8,000 federal tax credit ???</u> Time may be

running out! (You may be considered a "1st time buyer" if you

haven't owned a principal residence in the U.S. for 3 years. Income limits

and other rules apply: please consult with your tax advisor).

Isn't it time to start the process toward OWNING your own home?



Bill has 30 years Experience helping Renters to become Homeowners! Call for your free consultation.

BILL BONNER

320-1888



DRE# 00692245

GreenhavenPocketHomes.com





PRUDENTIAL DUNNIGAN REAL ESTATE

Dunnigan Real Estate

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

SOLD SIGN THAT COUNTS!





SINGLE FAMILY, 3 BEDROOM, 2 BATH, 2935SF.

NICK LAPLACA 764-7500

6790 ARABELLA WAY \$535,000



NICK LAPLACA 764-7500

NEW PRICE

6828 GLORIA DRIVE \$340,000

STNGLE FAMILY 4 REDROOM 3 RATH 2065SE

BILL BONNER 320-1888

1370 CORNELL WAY \$325,000



STNGLE FAMILY 3 REDROOM 2 RATH 1693SE

LYNN LUK LEE 628-2843

401 LITTLE RIVER WAY \$285,000



STNGLE FAMILY, 3 BEDROOM, 2 BATH, 1474SE GINA LAPLACA 548-1628

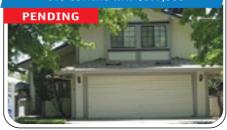
1063 LAKE GLEN WAY \$284,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1663SF

BILL BONNER 320-1888

613 CUTTING WAY \$277,500



STNGLE FAMILY 3 REDROOM 3 BATH 1388SE IYNN I IIK I FF 628-2843

6550 RIVERSIDE BLVD \$197,500

6806 CLAIBORNE WAY \$255,000



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1498SF.

BOB WILSON 686-6868

7480 DELTAWIND DRIVE \$250,000



SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1275SF **BILL BONNER 320-1888**

7244 CAMINO DEL REY \$243,888



SINGLE FAMILY, 3 BEDROOM, 2 BATH, APPROX 1444SF

HALFPLEX, 3 BEDROOM, 2 BATH, 1455SF LYNN LUK LEE 628-2843

908 ROUNDTREE COURT \$110,000



KARLA OPPLIGER 399-0478

BILL BONNER 320-1888

CLARKSBURG

36043 WILLOW AVE-\$330,000

CHARMING AND ALL REDONEICUTE COTTAGE LOCATED IN THE WONDERFUL TOWN
OF CLARSBURG. ALL WIRING, PLUMBING AND ELECTRICAL HAS BEEN REDONE ALONG WIT CARPETS, LINO AND FRESH PAINT.

TERRY MULLIGAN 775-1908

COURTLAND

12865 RIVER ROAD-\$890,000

VICTORIAN, BUILT BETWEEN 1963-67, HAS ORIGINAL CHARM. AGA STOVE & COPPER BACK SPLASH. SITS ON 2 ACRES, HAS GUEST HOUSE, POOL, AND MORE!

TERRY MULLIGAN 775-1908 RIVER ROAD-\$1,500,000

BEAUTIFUL PROPERTY WITH PLANS FOR HOME. METAL SHOP IS APPROX. 3000 SQ FT AND DOUBLE WIDE TRAINLER HAS BEEN REDONE TO A T! CURRENTLY GROWING WHEAT BUT HAS PLANS FOR A LARGE VINEYARD. BOAT DOCK MAY BE POSSIBLE AS WELL AS PROPERTY HAS RIVER FRONTAGE.

TERRY MULLIGAN 775-1908

ELK GROVE

5013 FALABELLA WAY-\$209,900

NEW PRICE

SHARP, WELL MAINTAINED HOME IN GREAT NEIGHBORHOOD. MOVE IN READY. MELODY TACTAQUIN 612-0825

4522 SHENANGO WAY-\$240,000

1 STORY, 4 BED, 2 BA APPROX. 1,798 SF. OPEN KITCHEN W/ TILE COUNTERS & FLOORS, PANTRY, NOOK. FAMILY ROOM W/ FIREPLACE, LIVING & DINING AREA. SPACIOUS BACKYARD W/ PATIO & GARDEN, TILE ROOF, 3 CAR GARAGE & MORE!

GINA LAPLACA 548-1628

5201 LAGUNA OAKS DRIVE-\$99,000

1 BED, 1 BATH CONDO. WELL MAINTAINED, CLUBHOUSE, POOL, WORKOUT RM. CLOSE TO TRANSPORTATION & WITHIN WALKING DISTANCE TO SHOPPING.

JOLEEN JARVIS 717-3559

9632 CONEY ISLAND CIRCLE #73-\$138.000

SOLD

DOWNSTAIRS UNIT. 2 BED, 2 BA CONDO W/ OVERSIZED GARAGE. UPDATED KIT.

LYNN LUK LEE 629-2843

9296 GEM CREST WAY-\$209,000

NICE HOME IN A GOOD ELK GROVE NEIGHBORHOOD, 3 BEDROOM, 2.5 BATH WITH A BUILT-IN POOL ON A NICE SIZE LOT. GREAT BUY AT THIS PRICE.

BRANDON SHEPARD 479-1936

3013 GRANITE PARK LANE-\$349,950

SAME GREAT OFFICE,

GATED COMMUNITY FOR 55+. TILE AND CARPET UPGRADES, GRANITE COUNTERS, WHOLE HOUSE FAN AND SOLAR TUBES IN KIT., SERVICE AREA, DINING AND HALLWAYS BATH. CUSTOM PAINT, BLINDS. LOW MAINTENANCE REAR YARD. CLUBHOUSE W/ POOL, WORKOUT RM, PUTTING GREEN, LOTS MORE!

BOB WILSON 686-6868

6905 SPRINGMONT DRIVE-\$205,000

PENDING
3 BED, 2 BATHS HOME. UPDATED & REMODELED THRU-OUT. NEW ROOF, DUAL PANE WINDOWS, LAMINATED FLOORING, TILE/STONE FLOORING IN KITCHEN & BATHS, REFACED CABINETS, GRANITE COUNTERS, FIXTURES, SINKS, HEATING & AIR. LOW MAINTENANCE FRONT & BACKYARD

LYNN LUK LEE 629-2843

9452 EMERALD COVE LANE-\$335,000

PENDING

GATED COMMUNITY FOR 55+. SHOWS LIKE A MODEL HOME, ADDITIONAL OFFICE RM AND OVERSIZED GRAGE. 1 STORY WITH TILE FLOORING UPGRADED CARPET, KIT NOOK, CUSTOM BLINDS & WINDOW COVERINGS. BEAUTIFULLY LANDSCAPED REAR YARD. CLUB HOUSE W/ POOL & TENNIS COURT. TONS OF EXTRAS!

BOB WILSON 686-6868

9308 BOXELDER WAY-\$189,000

PENDING
PRICED TO SELL NOW! 3 BEDROOMS, 2 BATHS IN A VERY NICE ESTABLISHED NEIGHBORHOOD. 3 CAR GARAGE, OPEN FLOOR PLAN, STAINED CONCRETE IN BACKYARD, AND PROFESSIONALLY LANDSCAPED.

BRANDON SHEPARD 479-1936

LOOMIS

9816 HUDSON COURT-\$375,000 BUILD YOUR DREAM HOME AND CAPTURE SOME OF THE MOST CAPTIVATING

WATER VEIWS THAT FOLSOM LAKE HAS TO OFFER. ONE THIRD OF AN ACRE WITH BEAUTIFUL OAK'S AND GRANITE OUTCROPPINGS.

TERRY MULLIGAN 775-1908

NORTH HIGHLANDS

4123 POTOMAC LANE-\$39,000

THIS HOME IS HANDICAP ACCESSIBLE AND IS EQUIPPED WITH A RAMP TO THE FRONT DOOR AND EXTRA WIDE DOORWAYS FOR WHEELCHAIR. A VERY FUNCTIONAL FLOORPLAN WITH NEW CARPET AND PAINT. IT ALSO HAS A NEW TOOL SHED IN THE BACK AS WELL. MOTIVATED SELLER.

BRANDON SHEPARD 479-1936

SACRAMENTO

PEOPLE AND LOCATION!

6709 WOODBINE AVE-\$95,000

PENDING

NEW LISTING

PROBATE SALE DOESN'T NEED COLIRT APPROVAL INVESTMENT PROPERTY

BOB WILSON 686-6868

6227 BAMFORD DRIVE-\$73,000

PENDING
4 BEDROOMS, 2 BATHSROOMS, APPROX. 1337 SQFT.

BRANDON SHEPARD 479-1936

7001 DEMARET DRIVE-\$97,000 PENDING

DUPLEX-PROBATE SALE, CORNER LOT, SOME RENOVATIONS COMPLETE: CARPET, PAINT, LINO, KIT AND BATH REDONE. SUBJET TO INSPECTION.

BOB WILSON 686-6868

11775 RIVERSIDE AVE-\$570,000

IDEAL FOR AN AUTO OR BOAT BUSINESS. ETC. LOCATED IN COURTLAND BY THE SACRAMENTO RIVER. AUTO TOW YARD AT THE STIE FOR YEARS. 1 BED 1 BA VERY NICE APARTMENT IN SHOP WITH 2 BATHS. POSSIBLE LEASE OPTION!

TERRY MULLIGAN 775-1908

2314 K ST (COMMERCIAL)-\$975,000

FREESTANDING STOREFRONT ON BUSY K ST. APPRX 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

395 LITTLE RIVER WAY-\$79,000 SOLD

SELLING LAND VALUE ONLY. FIRE IN 2008 W/ EXTENSIVE DAMAGES. COUNTY RECORD SHOWS THE PROPERTY AT 2062 SF W/ 4 BED, 3 BA, 2 CAR GARAGE &

LYNN LUK LEE 628-2843

8120 FREEPORT BLVD. - \$355,000

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

TERRY MULLIGAN 775-1908

6424 WOODBINE AVE-\$33,000

SOLD
VACANT LAND FOR YOU, ALMOST 1/4 OF AN ACRE. READY TO BUILD.

BOB WILSON 686-6868

1820 ZURLO WAY-\$184,900

PENDING

3 BED, 2 BA SINGLE STORY HOME OF APPROX 1,170 SF (PER COUNTY RECORDS). TILED ENTRY, OPEN KITCHEN, TILE COUNTERTOPS & DINING BAR, FORMAL DINING AREA, FAMILY ROOM W/ GAS FIREPLACE. INDOOR LAUNDRY, CEILING FANS, RECESSED LIGHTING, SHUTTERS, STUCCO EXT, 2-CAR GARAGE.

GINA LAPLACA 548-1628

2183 60TH AVE-\$109,000

SOLD

DUPLEX WITH 2 BED, 1 BATH, 1-CAR GARAGE ON BOTH SIDES. CLOSE TO SHOPPING, PUBLIC TRANSPORTATION & FREEWAY ACCESS. SOME DEFERRED MAINTENCE, PRICED TO SELL. PEST INSPECTION REPORT AVAILABLE.

LYNN LUK LEE 628-2843

5630 MADISON AVE #2-\$64,950 PENDING

NICE CONDO IN THE WELL MAINTAINED MADISON VILLA ESTATES. NICELY UPDATED KITCHEN W/ NEW CABINETS, COUNTERTOPS, APPLIANCES AND MUCH MORE! NEAT AS A PIN AND MOVE IN READY.

JOLEEN JARVIS 717-3559

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

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

940 RIVERCREST DRIVE-\$299,000

LUXURY GATED COMMUNITY KNOWN AS THE RIVERS AT LIGHTHOUSE MARINA. LOCATED ON RIVER W/ WATER VIEWS. WALKING TRAILS & CLUB HOUSE.

TERRY MULLIGAN 775-1908

1000 RIVER CREST DRIVE-\$299,000

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