

# THE POCKET NEWS

since 1991

June 7, 2012

Community News in Your Hands

www.valcomnews.com

## Call for Pocket Parade volunteers, floats

See page 3

JFK counseling services making a difference

See page 10

COMMUNITY CALENDAR, PAGES 24-25 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 26

### Inside This Edition



Fitness for all at Garcia Bend Park

See page 19



Pocket-Greenhaven service club voted 'Best Small Club'

See page 12



## FRIENDS & PIONEERS

Friends of the Robbie Waters Pocket-Greenhaven Library blaze a trail of success

See page 6



## Greenhaven Pocket Animal Hospital

More Than Just a Veterinarian!



**FUN FACT**  
Did you know dogs see certain colors?

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

**1 Valine Court • 916.391.3677**

Mon: 7:30am - 7pm • Tue-Fri: 7:30am - 6pm • Sat: 8am - 5pm • Sun: 9am - 4pm

Check out our website for more special offers! [www.vcagreenhaven.com](http://www.vcagreenhaven.com)

**BEST CARE Senior Checkup**  
For Pets 7 years & older.  
Call for Details





# Experience Counts!

Now More Than Ever!

More than 2,075 of our Greenhaven/Pocket friends and neighbors have trusted me to serve their real estate needs over the past 30+ years!

Your Trusted Friend & Neighborhood Professional



**Nick LaPlaca**  
764-7500



24 Hour Info @ [www.NickLaPlaca.com](http://www.NickLaPlaca.com)

## THE POCKET NEWS

WWW.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, west, and south.

Vol. XXI • No. 11

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

Publisher..... George Macko  
General Manager..... Kathleen Egan  
Editor..... Susan Laird  
Art Director..... John Ochoa  
Junior Designer..... Serene Lusano  
Advertising Executives..... Linda Pohl  
Patty Colmer, Melissa Andrews, Jen Henry  
Distribution/Subscriptions..... George Macko

Cover photo by:  
Tom Paniagua

Other photos by:  
Courtsey  
Courtsey

E-mail stories & photos to: [vcnnews@valcomnews.com](mailto:vcnnews@valcomnews.com)

Advertisement design • Commercial flyers • Logo development  
Political campaigns • Brochures • Posters  
Postcard mailers • Identity systems • Any print design

red all over  
DESIGN

## Register your float today!

Pick up a registration form at  
The Pocket News,  
2709 Riverside Blvd.  
The deadline for entry is June 29  
For more information call  
(916) 429 9901 and ask for Linda Pohl

## Time for Sports and Camp Physicals

Get Yours Completed Today  
*No appointment necessary*



## Sport and Camp Physicals Only **\$45**

Sutter Express Care Inside Rite Aid at:

Natomas: 2751 Del Paso Rd.  
Greenhaven: 980 Florin Rd.  
Roseville: 4004 Foothills Blvd.

Now through Labor Day.

\*Health insurance not accepted for sports and camp physicals



Sutter Express Care

A Service of Sutter Medical Foundation



OPEN 7 DAYS A WEEK  
Mon. - Fri. 9 a.m. - 8 p.m. / Sat. - Sun. 10 a.m. - 4 p.m.  
1-800-972-5547 / [SutterExpressCare.com](http://SutterExpressCare.com)

K654911P

AT THE SACRAMENTO ZOO ★ OPEN LATE UNTIL 8 PM

## TWILIGHT THURSDAYS

HOT BANDS ★ CAR SHOWS  
COLD DRINKS ★ EXOTIC ANIMALS

EVERY THURSDAY 5:30-7:30 PM! DINNER SPECIALS \$9.95!  
CONCERTS AND CAR SHOWS INCLUDED WITH GENERAL ZOO ADMISSION

**JUNE 14**  
VW GROOVE!  
THE NIBBLERS  
CAR SHOW...  
VW CAR SHOW  
CEVICHE TACOS



**JUNE 21**  
SWING SWING SWING!  
STOMPY JONES  
CAR SHOW...  
KALBA PULLED PORK SANDWICHES WITH MANGO COLESLAW



VINTAGE '40S & '50S TRAILERS & CARS

**JUNE 28**  
RED WHITE & BLUES  
MICK MARTIN AND THE BLUES ROCKERS  
CAR SHOW...  
AMERICAN MUSCLE CARS  
CALIFORNIA BRATWURST WITH FRESH AVOCADO, CUCUMBER, TOMATO, RED ONIONS, WITH HOUSE PASTA SALAD



ZOO MEMBERS GET IN FREE



FOR MORE INFORMATION VISIT: [sacZOO.org](http://sacZOO.org)



## Call for Pocket Parade volunteers, floats for July 4

Pocket News staff

The annual Fourth of July Spirit of the Pocket Parade, the largest parade event in the Pocket-Greenhaven area, is preparing for another magnificent patriotic celebration and is looking to the community for volunteers and floats. The parade, to be held on July 4 this year, is a popular community-produced visual spectacle.

The Fourth of July Pocket Parade will begin promptly at 10 a.m. at Parkway Oaks Park, next to Lisbon Elementary on South Land Park Drive. The parade will then travel down Windbridge, ending at Garcia Bend Park.

Co-chairs of this year's event are Linda Pohl and Kathy Garcia.

"We are looking for people to step forward with floats," Pohl said. "Our main thing is to

make this great visual presentation, so we would like a lot of floats."

Volunteers are needed to support the efforts (and the fun) of the 17th annual Fourth of July Pocket Parade. To volunteer in positions ranging from pre-parade phone calls, blocking streets (while sitting in a comfortable chair), parade marshals and helping with the after-parade activities at Garcia Bend, e-mail [linda@valcomnews.com](mailto:linda@valcomnews.com) or contact her at The Pocket News at (916) 429-9901. Also visit [www.valcomnews.com](http://www.valcomnews.com) for parade entries.

Parade float entry forms can be picked up at The Pocket News office, 2709 Riverside Blvd. Completed entries can be dropped off at the newspaper office or emailed to [linda@valcomnews.com](mailto:linda@valcomnews.com). All pre-registered parade entrants will be part of the parade judging. Entries will be judged against others in their group type.

## Got News?

e-mail [susan@valcomnews.com](mailto:susan@valcomnews.com)

## Superior SELF STORAGE



**ONE MONTH FREE**  
Rental with this ad

- Convenient Office Hours
- Climate Control Units
- Individually Alarmed Units
- RV and Boat Storage
- FREE Truck Rental for Move in Customers

### POCKET

1106 Corporate Way  
916.424.8028  
[www.superiorselfstorage.net](http://www.superiorselfstorage.net)

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

**GRADUATION =**  
*A Time of Accomplishment and Acknowledgement*

**LEIS, BOUQUETS AND MORE**  
IN STORE SPECIALS: 20%-30% OFF - CASH & CARRY ONLY

**Relles Florist & Gifts**  
66 years in Sacramento with Service & Quality

2400 J Street 801 Howe Avenue  
(916) 441-1478 (916) 920-4911

FREE PARKING • [RELLESFLORIST.COM](http://RELLESFLORIST.COM)

DOWNLOAD THIS PAPER ONLINE AT:  
[WWW.VALCOMNEWS.COM](http://WWW.VALCOMNEWS.COM)

**Susie Kuwabara Parker**  
Realtor®  
Direct: 916-768-8494  
Office: 916-421-3546  
LIC#00833025

**Native Sacramentan Pocket/Greenhaven SPECIALIST**

**6 El Vado Court \$669,000**  
4000 SF custom home on quiet tucked away cul-de-sac next to Sacramento River. 5 bedrooms, 4 baths, updated kitchen, great bonus room with sink, frig and tons of built-ins.

**766 Still Breeze Way \$1,075,000**  
Over 4500sf of living space, patios, Italian porcelain floor tiles, granite, marble & inlaid hardwood floors, wood windows w/shutters, two stairways. Two fireplaces, large granite slab island mixed with easy care corian kitchen.

**ACTIVE**

766 Still Breeze Way PENDING	\$1,075,000
6 El Vado Court 4000 SF Beauty	\$689,000
2 Rivershore Court SOLD	\$379,950
8150 Fresport Blvd. On The River	\$350,000
1100 Rio Cicade Way SOLD	\$215,000
7709 East Port Gated Riverlake Lot	\$175,000

**COMING SOON: Single story, nearly 1/2 acre, minutes to Downtown Sacramento!**

**RECENT SOLD**

51 Watershore Circle	\$599,000
817 Shore Breeze Drive	\$449,000
1016 Cobble Shores Drive	\$1,475,000
1007 Cobble Shores Drive	\$749,000
957 Lake Front Drive	\$619,000
7607 Marina Cove (represented buyer)	\$535,000
330 Rivertree/7035 Riverside	\$450,000
5 Angel Island Circle	\$369,000
700 Lake Front Drive	\$299,000
7508 Desertwind Drive	\$259,000
6344 Oakridge	\$295,800
1816 1st Avenue (represented buyer)	\$260,000
1150 Cedar Tree (represented buyer)	\$225,000
714 Skylake Way (represented buyer)	\$104,000

**SAVE TODAY**

Home Affordable Refinance Program (HARP)

- New federal sponsored loan program
- Refinance regardless of your home's value
- No appraisal required\*
- Lower your monthly mortgage payment
- Get into a fixed rate loan

**CALL NOW**  
888-557-8836  
Also Offering Purchase Pre-Approvals  
\*Subject to AUS Findings

**GFL CAPITAL GROUP**  
1215 K St. Suite 1700 Sacramento, CA 95814  
[www.GFLcapital.com](http://www.GFLcapital.com)  
NMLS ID # 64367 DRE # 01846524

**BBB**





**Your ticket to Heritage Park**  
We live here!

**CALL US!**  
Holly Brickner  
215-7127  
Brick Brickner  
747-2901

**LYON**  
REAL ESTATE  
www.GoLyon.com

DRE#01076748 | DRE#01236113

**PLANET GYMNASTICS**  
WWW.PLANETGYMNASTICS.NET  
3202 RIVERSIDE BLVD. SACRAMENTO, CA 95818  
WWW.FACEBOOK.COM/PLANETGYMNASTICSOFSACRAMENTO

4th Annual Recital & Summer Show, June 2012 // Unlimited Classes June-August // Looking for new Dance Teacher

**SUMMER CAMPS**  
WEEK OF JUNE 18 // JULY 16 AND  
AUGUST 13, 2012

- GYMNASTICS • TAE KWON DO • DANCE
- CHEER • BATON • CAMPS • PARENT'S NIGHT OUT • BIRTHDAY OR PRIVATE EVENT PARTIES

**CALL AND SIGN UP TODAY!**  
**(916) 447-4966**

**PARKSIDE PHARMACY**  
COMPREHENSIVE WELLNESS CENTER

Parkside wants everyone to be **SKIN CANCER FREE!!**  
for the whole month of June...

**10% OFF**  
St. Tropez self tanning products  
(#1 Self Tanner on the market to date)

**AND...10% OFF Epicuren SPF**  
**AND...\$60 Epicuren Hydrating Facial!**  
(\$80.00 VALUE!)

Hydrate, Glow and be safe this summer!!

4404 Del Rio Rd.  
Sacramento, CA 95822  
Phone 916.452.2200  
myparksidepharmacy.com

**Sindy Kirsch**

"Together...we can make doors open."  
- Sindy

**COLDWELL BANKER**

**www.SacOnTheMove.com**  
**916.730.7705**  
Sindy@SacOnTheMove.com

# Land Park Girl Scouts 'drive' no texting campaign

By **CORRIE PELC**  
Pocket News writer  
corrie@valcomnews.com

When deciding on a topic to focus on for their "advocacy journey" this year, the South Sacramento-based Girl Scout Troop 864 decided to focus on a problem they see every day - texting and driving.

"We decided to pick texting and driving since all the girls in the troop are (high school) juniors, everyone is learning how to drive, and all our friends are driving now," explained 17-year-old troop member Christianna Louie. "We thought that it was a topic or issue that would really impact our lives and deal with some of the major things that people our age are facing."

"The journey (teaches) the girls to be advocates of whatever is close to their hearts and this is something they chose," added Troop Leader Terri Larkin. "Because all of my girls just recently got their licenses in the last year except for one of the girls - she's still too young - it opened their eyes to teen texting and driving and how it can really be harmful."

## On the journey

Through their journey, Troop 864 - which includes developed a bumper sticker with the phrase "Don't Look @ UR Phone! U Might Not Make It Home!" to hand out to classmates and community members to help bring awareness to the dangers of texting and driving.

Louie said she and her troop mates passed the stickers out to their respective high schools and other clubs and organizations they were involved with. Additionally, the troop had an opportunity to showcase their project at a Girl Scout Leaders meeting last month, as well as the Girls Scouts 100th Anniversary event at Cal Expo in March.

Larkin said the bumper stickers were very well received by the California Highway Patrol at the 100th Anniversary event.

"(The troop) shared them with the Highway Patrol and they shared what their thought was on why they did it," she explained. "The police officers were very impressed with the girls at their ages and how they presented themselves."

## Making an impact

Larkin feels Troop 864's advocacy journey has made an impact on the community.

"Even if we just touched one person's life, we made a difference," she said.

Larkin added other Girl Scout Troops were so impressed with their project there is talk of the troop soliciting donations to make more bumper stickers for a broader distribution, and also for the girls to share their project with other troops.

"They do have upcoming girls that will be driving here in the next year or so and they would like to meet with some other troops and just share with them some of the knowledge that they've gotten," she said. "It was an eye opener for the girls and they do want to carry this and share it with other troops."

And for Louie, the program has had a personal impact.

"I think personally it has made me more aware of the problem," she explained. "When we're at a stoplight or something (and) we see people on their phones, we're like 'Hey, you shouldn't do that.'"



Photo courtesy, Girl Scout Troop 864  
JUST SAY NO to texting and driving. The members of Girl Scout Troop 864 want everyone who drives and has a cell phone to be aware of the deadly dangers of distracted driving. Left to right, top row: Corina Crany, Christianna Louie and Macy Webb. Bottom row: Spencer Trussell, Karly Webb and Mariah Ruiz. Not pictured: Mecca Evans.

Take care of business...  
Take care of yourself.

Life. Simplified.

**Lake Crest Village Shopping Center**  
Florin Road & Greenhaven Drive

**Create your dream garden**

**\$150.00**  
for a two-hour consultation!

We supply a hand-drawn design with everything you need to create your dream garden.

Personalized garden designs that not only reflect you but are also easy for you to maintain.

Interesting gardens that will surprise you as they change during the seasons.

**The Garden Tutors**  
Garden Design & Education

Complete garden designs by quote! Visit us online at **www.TheGardenTutors.com**  
**916.606.6029**

**LAND PARK GOLD & SILVER**  
State of the Art Jewelry Repair and Metal Diagnostics  
A Family Shop LIC# 34041416

**Jewelry Rare Coins UNWANTED BROKEN GOLD OR SILVER? Turn It Into Cash!**

*Sell your gold with confidence*

**We Buy and Sell Gold, Silver, Jewelry, Coins**  
Call for Today's Rates on Scrap Gold 916.457.2767

**Buying 7 Days a Week: M-F 9-6pm, Sat 9-5pm, Sun 10-4pm**

<b>Watch Batteries</b> <b>\$5.00</b> +Tax Installed, NO LIMIT! (Some Restrictions Apply) Expires 6/30/12 PN	<b>5100 Freeport Blvd</b> (corner of Arica Way & Freeport Blvd.) <b>916.457.2767</b>
<b>Ring Down-Size</b> <b>\$15.00</b> Most Rings (Some Restrictions Apply) Expires 6/30/12 PN	<b>Ring Up-Size</b> <b>\$35.00</b> Most Rings. Up to 2 Sizes (Some Restrictions Apply) Expires 6/30/12 PN

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

One of our graphic artists will design a free of charge advertisement for you or your company, when you advertise in one of our publications. For more details on this offer, give us a call at **429-9901**

**BECK'S SHOE EMPORIUM**

**Clarks**

Sacramento  
5663 Stockton Blvd.  
@ the intersection of Fruitridge & Stockton Blvd.  
**(916) 453-1719**

**\$12 BECK'S BUCKS**  
Expiration Date 6/30/12 POC

**When You Leave Your Job — Don't Leave Your Money Behind**  
Join us for a Lunch & Learn

No matter when you leave your job, the money you accumulated in your employer's retirement plan (such as a 401(k) or a 403(b) plan) while you were there can make the trip with you. Just be sure you don't lose it en route.

Esther Aw, CLTC, and Mark J. Pratt, CLTC, invite you to join them for an informational seminar to learn:

- The 10 reasons to roll over assets from a former employer's retirement plan to an IRA;
- The penalties and taxes for premature withdrawals; and
- The common pitfalls to avoid when rolling over assets into a new retirement account.

**Thursday, June 21, 2012**  
12:00 to 1:00 pm  
**Bank of California Center**  
770 L Street, Suite 950  
Downtown Sacramento

**RSVP to Ruth at 916-646-0310 or Ruth@estheraw.com**  
(Lunch will be provided so please specify turkey, ham, or vegetarian)

This is an informational and sales presentation. Neither New York Life nor its agents provide tax, legal, or accounting advice. Please consult your own professional for tax, legal, and accounting advice.

**Mark J. Pratt, CLTC**  
CA Insurance License #0669221  
Pratt Financial & Insurance Services  
430 F Street, Ste. G  
Davis, CA 95616  
530-753-4195  
Prattfinancial.com

**Esther Aw, CLTC**  
CA Insurance License #0C15780  
EMA Financial & Insurance Services  
8110 Pocket Rd., Ste. 101, Sacramento, CA 95831  
916-646-0310  
Estheraw.com



Know your neighbors

# Active, growing 'Friends' membership marks Robbie Waters Pocket-Greenhaven Library's success

By LANCE ARMSTRONG  
Pocket News writer  
lance@valcomnews.com

Since its establishment seven years ago, the Pocket-Greenhaven Friends of the Library has reached many milestones.

From its earliest times of advocating for what eventually became Robbie Waters Pocket-Greenhaven Library at 7335 Gloria Drive to replenishing new books and materials on the library's shelves, the group has maintained an active and growing membership.

Currently the community's Friends group has 182 memberships – a statistic that ranks it fourth in the number of Friends volunteers within the Sacramento Public Library's 30 branches.

Although many people have joined the local Friends and are well aware of the group's purpose, others remain curious about its activities and history.

### Vibrant library promoters

The Friends of the Sacramento Public Library is self-described as "a member-supported, nonprofit organization that advocates, fund-

raises and provides critical support for the Sacramento Public Library, branch libraries and related literacy and educational programs."

### New members welcome

Kathi Windheim, president of the Pocket-Greenhaven Friends, said that although the local Friends group has many dedicated and energetic members, the organization is always seeking new members.

"In today's economy, it is essential to continue to grow the (number of) Friends memberships to keep the programs plentiful and free at our library," Windheim said. "The goal in annual memberships is for the library's programs to become sustainable from our mem-

bership funds. Memberships are actually quite affordable. For example, a family membership is only \$20 a year. We (the Friends board) invite anyone interested in supporting our community library to join."

Annual memberships are also available at the following levels: \$75/patron, \$35/business or association; \$15/individual and \$10/youth.

Applications to join the Pocket-Greenhaven Friends are located in the library's lobby and can be turned into any of the branch's librarians.

### Early library dream

Certainly in highlighting the history of the local Friends group, it is important to begin with its efforts to as-

sist in the establishment of the community's library.

The local Friends group, which was founded on May 4, 2005, originated through the dream of former Councilmember Robbie Waters, who recognized a need for a library in the Pocket-Greenhaven area.

In an interview with this publication, Waters recalled his earliest efforts to have a library established in this community.

"My first day as a city councilman back in 1994 was to try to get a library on that piece of property (where the library is presently located)," Waters said. "The school district at the time wanted that piece of property for a junior high. And so, I worked really hard with them, but I could never get them to do a joint-venture with us, like there is now, until they decided, basically, that there were no more junior highs to speak of in the Sacramento school district. (The trend of the new schools) was K through 8."

### Joint venture

The joint-venture between the adjacent School of Engineering and Sciences and a new library presented an ideal situation, since it is a state law that every school must have a library.

### FOL recommended library name

During the process of bringing a library to the community, a name for this future institution was recommend-



Photo courtesy, Pocket-Greenhaven Friends of the Library  
BRIGHT BEGINNINGS. The ribbon cutting for the grand opening of the Robbie Waters Pocket-Greenhaven Library was held on Aug. 28, 2010. Shown in the photograph from left to right are then-Pocket-Greenhaven Friends fundraising chair Kathi Windheim, Mayor Kevin Johnson, Sacramento Public Library director Rivkah Sass, Senate President Pro Tem Darrell Steinberg, Councilmember Robbie Waters, Pocket branch supervisor, Brendle Wells and California State Librarian Stacey Aldrich.

## FOL: Active group welcomes new members to help grow library offerings

Continued from page 6

ed by the Pocket-Greenhaven Friends.

The name, Robbie Waters Pocket-Greenhaven Library, was submitted and approved by the city council.

In commenting about the library's name, Waters said, "It's the most humbling thing that's happened to me other than the birth of my kids and my 52 years of marriage. To have something named after me before I pass was very, very humbling."

### Friends campaign for library

In discussing the efforts to bring a library to the Pocket-Greenhaven community, Windheim recalled that after four years of presenting information about the library at government and neighborhood meetings, conducting fundraisers and gathering community support, a groundbreaking for the library was finally held on May 30, 2008.

### Community effort

"During the four years before the groundbreaking, we went through a series of meetings with the city council and school board to talk about the joint-use library and school and the roles of the different partners," Windheim said. "We had (an artistic) rendering of the library and a portfolio. Importantly, during those four years, we had the full support of then-Senator Darrell Steinberg, Assembly member Dave Jones and Ralph Pettingell, the director of the city's park and recreation department. We also had an annual book sale at the Elks lodge (on Riverside Boulevard), where they let us use the parking lot for free, and their grand ballroom for our 'A Novel Idea Dinner' at no rental cost each fall. Other service clubs and businesses, including the Pocket Rotary and Amy Eddy's Curves, helped us tremendously. We raised about \$65,000 from the book sales, annual dinners and other fundraisers."

### A dedicated group

In reflecting upon the contributions of the Pocket-Greenhaven Friends, Waters praised the organization's dedication to the library. "The Friends group has done such an outstanding job

a Pocket-Greenhaven library had a "Plan B."

This backup plan included the acquisition of capital improvement program funds from the city, as well as the utilization of district discretionary funds that Waters had saved during his terms in office.

### Key volunteers

As the library materialized toward its completion, members of the Pocket-Greenhaven Friends continued to play essential roles in its development.

These early volunteers and board members included Windheim, Dolores Nuse, Janice Marschner, Mary McDonald, Bonnie Bartholomew, Bart Lagomarsino, Denise Watts, Margaret Sutera, Harriet Steiner, Wallis Hofsis, Rebecca Talley, Kathy Donovan and Liz Ehlers.

Also helpful in the drive to establish a library and assist in continuing its progress was a group of student representatives. These students were: Britany Hori, Courtney Hori, Olivia Kirkland, Katie Wong, Scott Newman, Christine Highstreet, Kenji Bennett and Anthony Fukuhara.

The library held its grand opening, which included a ribbon cutting ceremony with Waters cutting the ribbon, on Aug. 28, 2010.

For additional information regarding the Pocket-Greenhaven Friends of the Library, contact Kathi Windheim at (916) 392-0101 or write to the e-mail address jo@recessisover.com.



Photo courtesy, Pocket-Greenhaven Friends of the Library  
ARRRR...Dressed as Long John Silver, former Councilmember Robbie Waters leads children into the Pocket Tower of Timeless Tales during the library's first anniversary celebration on Aug. 27, 2011.

## FUNERAL DIRECTORY

Call Patty at (916) 429-9901  
www.valcomnews.com

EAST LAWN FD136  
ANDREWS & GREILICH  
MORTUARY

3939 Fruitridge Road  
Sacramento, CA 95820

"Ready to provide guidance at a difficult time."  
916-732-2026

### EAST LAWN

EAST LAWN MEMORIAL PARK

4300 Folsom Blvd.  
Sacramento, CA 95819  
916-732-2000  
FD1242

"Compassion and Integrity Since 1904."

EAST LAWN  
ELK GROVE  
MEMORIAL PARK  
AND MORTUARY  
FD1455

9189 East Stockton Blvd.  
Elk Grove, CA 95624  
916-732-2031

EAST LAWN  
SIERRA HILLS  
MEMORIAL PARK AND  
EAST LAWN MORTUARY

5757 Greenback Lane  
Sacramento, CA 95841  
916-732-2020

"Knowing that professional guidance is always by your side" FD1242

GEORGE L. KLUMPP  
CHAPEL OF FLOWERS  
FD 360

2691 Riverside Boulevard  
Sacramento, CA 95818  
Phone: (916) 443-7917  
Fax: (916) 443-7931

Family owned and operated since 1921

Harry A. Nauman & Son

Dignity 4041 Freeport Blvd  
Sacramento, CA 95822  
FD366 (916) 452-6157

Serving Sacramento Families since 1903.  
Pre-arrangement packages available.

LIND BROTHERS  
FD 1141

A Local Family-Owned Funeral Home  
Serving Sacramento Since 1964  
916.482.8080

Call  
Patty  
Today

916-492-9901

Local Mortgage Bankers

COMSTOCK MORTGAGE

DO YOU OWE MORE THAN YOUR HOME IS WORTH...  
...and want to take advantage of the historically low interest rates?  
NOW IS THE TIME TO REDUCE YOUR PAYMENT OR TERM!  
Call to see if you are eligible today!

Dave Mendoza  
Vice President/Certified Mortgage Planner  
916-977-1227 direct  
916-768-5231 cell  
dmendoza@comstockmortgage.com

If anyone you know is purchasing a home, have them call me today!  
CALL DAVE TODAY!

www.comstockmortgage.com | CA DRE Lic. #010837 | NMLS ID #30899 | SAC THE MORTGAGE DBA COMSTOCK MORTGAGE

Pet Haven

"Service & Selection Are Our Specialties"

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

15% Off General Merchandise  
Excludes Advantage and Frontline. Must present coupon at time of purchase. Not valid with other offers. Expires 5/31/12 PN

Chicken Soup for the Pet Lover's Soul, Nutrisource, Taste of the Wild, Natural Planet Organics, Pure Vita, Natural Choice, Science Diet

\$2.00 OFF 15 lb BAG OR LARGER  
\$3.00 OFF 30 lb BAG OR LARGER  
Must present coupon at time of purchase. Not valid with other offers. Limit 1. Expires 6/30/12 PN

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

Cremation...

A choice this personal deserves talking to the right person.

If you've decided on cremation, you probably have a multitude of questions. "Can I have a service? A viewing? What about costs?" These questions are easily answered, but only if you know who to ask.

We're available anytime to answer any questions, big or small. Feel free to call us... you'll be glad you did.

(916) 732-2000  
5 Northern California Locations  
Visit our website for nearest location.  
EastLawn.com

EAST LAWN



Janey Way Memories:

# Knocking on the back door of the Memorial Auditorium



By **MARTY RELLES**  
Pocket News columnist  
marty@valcomnews.com

The City of Sacramento constructed the Memorial Auditorium in 1926. This Sacramento cultural icon opened to much hoopla in 1927. Over time it became a center piece for entertainment in Sacramento.

My recollections of the auditorium date back to the 1950s.

My dad enjoyed professional boxing, and often took my brother Terry and me to the fights.

By the 1960s, however, the Memorial Auditorium took on new importance for me.

In addition to boxing matches, wrestling matches, circuses and theatrical productions, the auditorium began hosting rock and roll concerts.

Bands, such as the Beach Boys, the Rolling Stones and Temptations performed routinely at the old hall.

We had to be there.

Our dad, a Sacramento policeman, often worked off-duty at these events to earn extra money, so we begged him to take us to the shows, and he did. We walked in the front door with him, then disappeared into the general admission seating.

The shows were great.

The Beach Boys brought the house down, with girls running up onto the stage to try to kiss Mike Love.

In 1965, Mick Jagger walked out to perform, picked up the mike, and was knocked unconscious by an electrical charge.

The show ended immediately.

Jagger was unhurt, but incident made quite a splash in the Sacramento Bee.

When James Brown brought his show to the auditorium, including a full band, dancers and backup singers, we were there, thanks to Dad.

Sometimes though, Dad had conflicts and could not work at events of great interest to us.

Then we had to use our guile to get into the shows.

We had one of the Janey Way parents drop us off downtown at the back of the auditorium.

We knocked at the back door.

Eventually, a police officer opened the door and said, "What do you boys want."

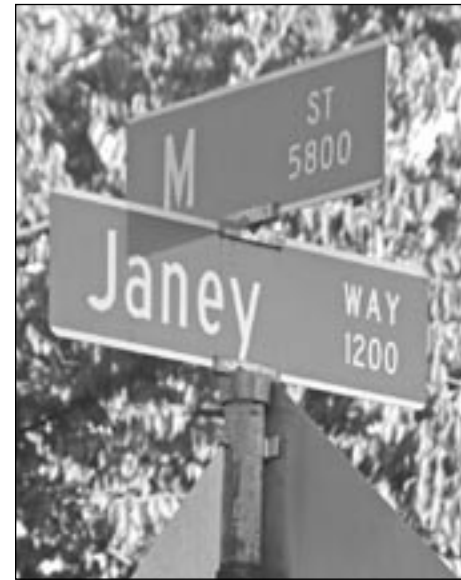
We asked for my father's friend and partner Herb Kunz. Herb eventually came to the door and let us in.

"Stay out of trouble," Herb would say as we went through the double-doors, turned right and headed upstairs to the general admission seating.

We attended many Memorial Auditorium concerts this way.

I remember seeing groups like the Temptations and Frank Zappa and the Mothers of Invention.

My friends thought I must have been some sort of celebrity, getting them into concerts this way. It always seemed to work and we had a great time at the shows.



Eventually, however, we grew up and moved onto other things like college, girls and adulthood.

I will never forget the good times we had attending the shows at the Memorial Auditorium though. Sadly, now it's just another rock and rolling Janey Way memory.

# Sam Brannan Drum Line marches through the year with four first place wins

By **CORRIE PELC**  
Pocket News writer  
corrie@valcomnews.com

After only two years of competing, the Sam Brannan Middle School Drum Line took first place in four competitions during the 2011-2012 school year, including the Drumline Championships held in Stockton in March.

"I'm very proud of them - they did a wonderful job (and) they worked really hard," said Jeremy Hammond, the band and orchestra teacher at Sam Brannan. "They've come so far in the last couple of years."

## On the beat

According to Hammond, the school started the Drum Line about six years ago. This year's Drum Line included 20 seventh and eighth grade students from the school's music program.

"Some of them are drummers and some of them are not - some play wind instruments and some of them even play orchestra instruments," he explained. "They just have to be able to show skill in playing drums."

Hammond said being part of the Drum Line is an after-school elective for the students involved, with rehearsals held on Tuesday, Wednesday and

Thursday afternoons, plus all-day Saturday competitions.

"That was a lot of work - a huge commitment for them," he said.

The Drum Line has gotten so big that this year Hammond hired two instructors to help him work with the students - Sam Brannan and John F. Kennedy High School alumnus Sergio Soto and Patrick Manning.

"Both have been a tremendous help and did a wonderful job with the kids this year," Hammond added.

## Big winners

Last year the Drum Line had participated in two competitions, and this year they decided to go for four competitions held at McClatchy High School in Sacramento, Elk Grove High School, Woodcreek High School in Roseville, and the final Drumline Championships at Lincoln High School in Stockton.

During all four competitions the Drum Line was scored by judges.

"Each time that they played they got first place, so they did a wonderful job," Hammond said.

For this year's performance, the Drum Line played music from the *Pirates of the Caribbean* movies. Hammond



MARCHING TO THE BEAT of success, the Sam Brannan Middle School Drum Line is winning regional competitions - with only two years of competition under its belt.

said the Drum Line students learned all the music and marching choreography in about two months.

"They put together a really nice show that has marching and all sorts of different things in it, which is really pretty awesome to watch," he added. "You have xylophones, bells and vibraphones and cymbals and drums. It's not just hitting drums, it's a whole production. We include digital pianos - just you name it, it's in there."

## Learning curve

In addition to learning the music and accompanying moves for this year's production, Hammond said the Drum Line students walk away with a myriad of other positive skills as well.

For instance, Hammond said the students learn discipline as playing a musical instrument takes a whole

lot of that, as well as persistence to always be practicing the materials and learning from mistakes they make.

"It's a huge practice in teamwork - it's such a team activity," he added. "Everybody is depending on everybody else's part. Every part is equally important and if one person is not doing their best, it affects the rest of the group, so it's a huge team sport."

And of course being a part of the Drum Line teaches the students music.

"They're learning how to properly play an instrument technically correct and play with dynamics and turn something into music to make a beautiful show,"

Hammond said. "There are a lot of really good skills they get out of it, outside of just music."

## Marching on

After a successful year, the Drum Line team is beginning to look to next year. Hammond said Soto and Manning will still be on board to help instruct the drum line, and they are currently working on ideas for next year's performance theme. And they are also looking at adding some more competitions to their line-up.

"We want to go along the same line we did this year, except do it a little bit bigger and a little bit better," Hammond added.

# Senior Services and Resources

Call Melissa (916) 429-9901

## ASSISTED PLACEMENT



Specializing in finding the proper Assisted Living or Board and Care for your loved one.

**Placing People First**  
Since 2004  
888.980.9880  
www.lifetimesolutions.org

We are a FREE Service!

## DOCUMENT PREP SERVICES

### LIVING TRUST/LIVING WILL

Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450  
Lynda K. Knight (916) 214-1215  
1337 Howe Ave., Ste. 103  
Sacto 95825

## HELP AT HOME

### HELP AT HOME

Senior Care

Caring, In-Home Assistance & Companionship

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

For no-cost/in-home assessment, call 877-404-6636

## IN HOME CARE & ASSISTANCE

### Right At Home

In Home Care & Assistance

- Companion Care • Personal Care
- Memory Care (Alzheimer's)
- Supportive Hospice Care
- Transportation

Flexible schedules including hourly, part time/respite(adult in home day care) 12 or 24 hour live in care.  
Call Right at Home today for a Free Consultation (916) 779-0601  
www.RightAtHome.net/rivercity

## YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.

Your ad should be here. Ad design is free.

Call 429-9901

## LOVING COMPANIONS



Specializing in 24/7 Live-In Service

Excellent Rates & Discounts

Certified care  
(866) 312-2157

## MEDICAL SUPPLIES

### + AMD Medical Supply



Visit our website - amdmedsupply.com  
Tel/Fax: (916) 485-2500  
3108 Arden Way, Sacramento, CA 95825

## REAL ESTATE SERVICES

### LYON Moving On?

FREE Real Estate Help & Advice tailored to seniors & their families

Contact John Woodall, GRI  
Seniors Real Estate Specialist  
(916) 421-5421

✓ out my blog at:  
aSeniorsBlog.com

## SPECIAL ALZHEIMER'S LIVING

### Primrose

Living With Memory Loss

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

cas@primrosealz.com  
www.primrosealz.com  
(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

## YOUR SERVICES ARE NEEDED

CALL Melissa TODAY TO PLACE YOUR AD  
(916) 429-9901

## Advertise Online

Have your ad seen by many instantly. With thousands visiting our website daily, your ad will get tons of exposure.

Fast, Easy & Affordable.  
Call 429.9901 for more info & rates.



VALLEY COMMUNITY NEWSPAPERS, INC.

is online at

www.valcomnews.com

## Swim Club!

### Greenhaven Cabana Club

Home of the Stingray Swim Team

## Family Fun For All

- New Family Discounts -

Parties • BBQ's • Private Swim Lessons (One on One)  
Night Swimming • Heated Pool • Social Events

# 556-4622

6207 Riverside Boulevard  
(Between Greenhaven & Havenside)

## Community Worship

### Greenhaven Lutheran Church

475 Florin Road (at Gloria Dr.) • 428-8449

New Service Schedule  
8:31am New Creation (Contemporary)  
9:37am Bible Study & Sunday School  
10:42am Traditional Liturgical // www.GreenhavenLutheran.org  
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 • AWANA (Children's Ministry)

• Youth • Jr. High • Sr. High • College • Young Adults • www.rwscac.org

### Greenhaven Neighborhood Church

630 Ark Way • 422-8253

Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am

Weekly Bible Studies - Jr/Sr High Events



# JFK High School sees positive results with on-campus drug & alcohol counseling

By CORRIE PELC  
Pocket News writer  
corrie@valcomnews.com

According to The Partnership at Drugfree.org, 11 million American adolescents and young adults ages 12 to 29 will need help with drug and alcohol problems, and 90 percent of the nearly two million adolescents who need help with drug and alcohol problems are not getting the help they need.

To help combat these issues, a few years ago John F. Kennedy High School in the Pocket area decided to start offering its Drug & Alcohol Psycho-Educational Counseling Services on campus for students. According to Principal Chad Sweitzer, offering an on-campus program has proven to be more effective than sending students somewhere off-campus.

"The benefit is that they're here and not having to go through an agency out in the community, so there's no transportation issue, there's no cost to the student, and it is confidential," he explained. "(Having it) on campus is a great benefit of the program."

## Getting started

According to Sweitzer, the Counseling Services are provided by an outside company called Panacea Services, Inc. — a community service organization that offers youth and family counseling services.

Veronica Villalobos is a youth drug and alcohol counselor with Panacea and works on JFK's campus three days a week, while another Panacea counselor covers the other two days.

She said the Counseling Services offers help for students with drug and alcohol abuse, as well as anger management.

"I find if there is an anger problem, there's a likelihood there's an alcohol history for them dealing with their anger by drinking, so I find a lot of the kids that do have anger issues also have some history of substance misuse or abuse," she explained.

During the 2011-2012 school year, Villalobos said 55 of almost 2,220 JFK High School students enrolled in the Counseling Services at the school.

Villalobos said since the Counseling Services program is voluntary, students will be referred to them if they are sus-

pending from school or get in trouble due to drug or alcohol issues or are in a fight on campus. And she said the school administration supports the students to try to get them to take part in the program.

Sweitzer said students can refer themselves to the program if they confide in an adult on campus about issues they are having.

"And we even have parents that call and say I suspect my son or daughter is having a problem, can you help me out and we do make a referral for that as well," he added.

## Getting help

When a student enters the program, Villalobos said the counseling is mainly group counseling, although one-on-one counseling is used as necessary. And students will stay in the program for a variety of different lengths depending on their situation, anywhere from five weeks to more.

"I do have students that will stay the entire school year for support," she added.

For the counseling sessions, Sweitzer said students may be pulled out of class once a week, and sessions are sometimes held before school, after school or during lunch to help cut down

on the amount of time a student is out of class. However, he said the Counseling Services rotates the times the counseling sessions are held each week so a student does not constantly miss the same class.

And Villalobos said she works with the teachers to make sure students are not falling behind on their school work. "I always tell the teachers at the beginning of the school year if there's a test or the student is behind, just let me know that the student can't come for whatever reason and we'll just reschedule them because we don't want them falling behind," she said.

## For parents

In regards to parents, Villalobos said the Counseling Services are completely confidential and they do not need a parent's permission to a student to seek their services.

"Usually the vice principal will sit down with the parents and they'll notify them, but as far as our contact with the student, it's confidential so the parents don't have to sign off, we don't need to tell them anything unless of course (the student is) a harm to themselves or in a high-risk situation and then we have to break the confidentiality for child abuse and safety issues," she explained.

"Typically parents do want to know, but that's one of the things that's a benefit that the kids do enjoy is that it's confidential from their parents," Sweitzer added.

Villalobos said students can opt to sign a waiver giving them permission to talk to the parents about whatever issue referred them to the Counseling Services, which would also allow the parents to come on campus for everyone to talk together.

Additionally for parents that may want to talk to someone themselves, Panacea offers parenting classes and family therapy at their three outpatient locations on Bradshaw Road off Highway 50, on Palm Avenue in the Foothill Farms area, and on Bond Road in Elk Grove.

## The results

Has offering on-campus Counseling Services for drug and alcohol abuse and anger management helped JFK High School?

Sweitzer said "Yes," citing specifically that the amount of marijuana use by students on campus has decreased this year compared to last year.

"I know that last year we caught a few kids that had large quantities (of marijuana) on them, but this year we've done far fewer marijuana or controlled substance suspensions than we did last year, so it's actually down for us," he said.

Villalobos agrees, saying she has seen positive changes in the students she worked with this year.

"For them, it's just not coming to school under the influence or not bringing it to school, so I can see changes in them not doing it at school or bringing it to school," she said.

And Sweitzer said being able to help kids handle their stresses, whether from school or personal life, rather than turning to drugs and alcohol is a positive result.

"(Drugs and alcohol are) far too readily available to kids, so they see that as the easy out to whatever the problem is versus actually looking at the root of the problem and trying to deal with it head on," he said. "I think this is just one more avenue that we have to try to help the kids stay away from drugs and alcohol for better options."



### CUSTOM POCKET HOME

Located in Dutra Bend and backing to the Sacramento River this is a gorgeous home. Two story 4 bedrooms plus oversized bonus room and office, 3 full baths, and recently painted interior. One remote downstairs bedroom. Upgrades include refinished cabinets, newer microwave, and tile bathroom floors. Spacious floorplan, 3296 square feet, oversized 3-car garage. \$538,000

MONA GERGEN 247-9555



### RESIDENTIAL LOTS

Amazing opportunity to develop five new homes half a block from William Land Park! Approved by Sacramento Planning Commission to subdivide .7 acre lot and build two 2500 SF homes, two 2400 SF homes and one 2000 square foot home. Close to new market. See: 4540delriroad.epropertiesites.com \$650,000

NATHAN SHERMAN 969-7379



### NESTLED IN SLP

A quality single story 4 bedroom home in South Land Park; features hardwood floors, custom wood blinds, remodeled bathrooms, updated kitchen, stainless steel double oven and dishwasher. The home also has newer dual pane windows, fence, tile roof and appliances. Large yard to run around in. Home is less than 10 minutes from Downtown. \$239,500

MONA GERGEN 247-9555



### LAKE GREENHAVEN

Spectacular Waterfront Property with sandy beach on desirable Lake Greenhaven. Sunny single story 4 bedroom 3 bath home with beautiful views of the beach and water from the master bedroom, spacious great room and backyard. Paddle boat on 65 acres of Lake! Picnic at the private 1 acre park which is also ideal for parties and weddings! Vacation 365 days a year! \$549,000

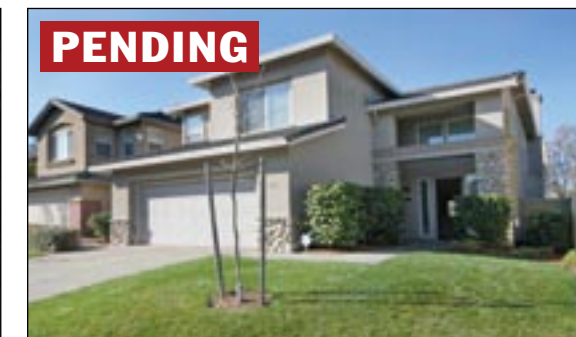
CONNIE LANDSBERG 761-0411



### NEAR VALLEY HI CC

Amazing custom home in Chezimme Estates across from the Valley Hi Country Club/Golf Course, only 14 custom homes in development. Features include: 4 or 5 bedrooms 3 1/2 baths, built-in pool, 4 car garage, putting green, game room, granite, crown molding, French doors, stainless steel appliances, custom cabinetry, huge master & more. See: visualtour.com/shownp.asp?t=2691939 \$525,000

MONA GERGEN 247-9555



### PARKER BUILT GLIDE FERRY

Gorgeous Parker built home in gated community. 3 bedrooms plus an office/loft area 2 1/2 baths, located in the highly desired Coleman Ranch community. HOA dues include access to 32 acre lake, private park, private gate to the Sacramento River, roving security & front yard landscaping. See: 897glideferryway.ePropTour.com \$385,000

MONA GERGEN 247-9555



### SHARP POCKET HOME!

Located on a quiet street, this home features 3 bedrooms plus a den (or bedroom), 3 baths, a large inviting master suite with sitting room, huge walk-in closet, formal dining area, comfortable family room with fireplace and a large living room. In addition, the deep 2 car garage has room for all the toys. The large yard is a wonderful entertaining area. \$295,000

LEIGH RUTLEDGE 612-6911 • BILL HAMBRICK 600-6528



### SOUTH LAND PARK HILLS

Beautifully remodeled 4 bedroom, 3 full bath home. High vaulted ceilings in the formal living and dining rooms, kitchen includes a separate eating area that opens to a family room with a wood burning fireplace. Upstairs has a spacious Master with a walk-in closet and private bath, plus two additional bedrooms and abath. \$339,000

CHRIS BALESTERI 996-2244



### GORGEOUS!

Immaculate 2 or 3 bedroom home 2 full baths within the Genieve Didion School boundaries. Seller spent over \$10,000 in the backyard in 09. Yard features seat walls and a built-in ground water jets for kids to play in, just like the ones at theme parks. Newer roof, HVAC, paint and carpet. See: visualtour.com/shownp.asp?t=2607866 \$180,000

MONA GERGEN 247-9555 • KELLIE SWAYNE 206-1458

**Sun City**  
**55+ Retirement Area**  
**7672 Rosestone Lane**  
**\$290,000**

Spacious, immaculate Sun City 55+ retirement area home with updated kitchen-- granite counter tops, roller-drawers, island, extra wide hallways, 3 car garage and bonus, with acceptable offer,--GOLF CART!!!!

*"Committed to the Clients"*

Making home buying pleasurable from start to finish...

**Karla Oppliger**  
Real Estate specialist for over 24 years

916-799-0010  
KarlaOpp@comcast.net

**Prudential**  
Dunnigan Real Estate

4th of July  
2012  
in the Pocket

**Register Now!**  
Join In The Fun  
Parade Wednesday,  
July 4th

**THE 4th OF JULY POCKET PARADE**  
**This is a Community Parade!**  
Kids. Families. Friends. Businesses. Organizations.  
Ride your bike or Build a Float.  
Deadline for entries is June 29, 2012.

For more information about the parade or after parade activities at Garcia Bend, Call Linda at the Pocket News 916-429-9901.

for current home listings, please visit:  
**DUNNIGANREALTORS.COM**  
916.484.2030 | 916.454.5753

**Dunnigan is a different kind of Realtor.®**

SACRAMENTO • LAND PARK • SIERRA OAKS • EAST SACRAMENTO • CARMICHAEL • WEST SACRAMENTO • GREENHAVEN

**DUNNIGAN**  
Realtors



'Small but Mighty'

# Rotary Club of Pocket Greenhaven voted 'Best Small Club'

Pocket News staff

The Rotary Club of Pocket-Greenhaven was voted "Best Small Club" at the service organization's annual district conference on May 20.

The Club, whose motto is "Small but Mighty," also came home with Gold Awards in the areas of: Attendance, Club Service, Community Service, Foundation, International Service, Membership, New Generation, Public Relations.

The club also won the district award for Vocational Service, as well as the district's Changemaker Award.

The Pocket Greenhaven club also received the Blood Source award for most pints donated per club capita.

But the crowning glory for the "small but mighty" club came in the form of two awards for individuals.

### JFK High student honored

First, the Rotary Club of Pocket-Greenhaven's speech contestant, Kennedy High School's very own Daniel Li, won Second Place in the District's Speech Contest.

Li won a nice monetary prize for his skill.

### District Rotarian of the Year

Second, Judy Foote, past president of the Pocket-Greenhaven club, was named the district's Rotarian of the Year. There are 41 clubs and more than 2000 members in the District 5180 area, so the award is significant.

"We couldn't be prouder!" said Kieko Wong, club president.

"The District could not have picked a more deserving recipient," echoed Tracy Wilson, club membership director.

Rotary International is an international service club whose stated purpose is to

bring together business and professional leaders in order to provide humanitarian services, encourage high ethical standards in all vocations, and help build goodwill and peace in the world. It is a secular organization open to all persons regardless of race, color, creed, gender, or political preference. There are 34,282 clubs and over 1.2 million members worldwide.

Visit [www.pocketgreenhaven.rotary5180.net](http://www.pocketgreenhaven.rotary5180.net) or call (916) 395-4400 for more information. Also visit [www.facebook.com/pages/Rotary-Club-of-PocketGreenhaven](http://www.facebook.com/pages/Rotary-Club-of-PocketGreenhaven).

# West Nile Virus activity increases in Sacramento County

Special to Pocket News

The Sacramento-Yolo Mosquito & Vector Control District announced on June 4 that further evidence of West Nile virus activity has been detected throughout Sacramento County as 32 new mosquito samples and four birds have tested positive for the disease.

The birds and mosquito samples have been collected from different areas in Sacramento County but especially focused in communities near Gerber and Calvine roads.

"We're very concerned about the level of intense activity we're seeing this season," said David Brown, district manager. "While it's not uncommon to find widespread areas with dead birds and mosquito samples in August, finding virus activity in June is certainly earlier than anything we've seen in recent years and we urge residents to take these early indications seriously."

West Nile virus activity was also detected last week in the city of Davis in Yolo County as dead birds and mosquito samples also tested positive.

The increased activity comes as the region recently received a late rain storm which created even more aquatic sites capable of producing mosquitoes.

"The excess water will increase mosquito habitats. Now more than ever we need everyone to do their part and drain mosquito breeding sources in their back yard," said Brown. "As the warming trend con-

### 2012 West Nile virus activity update:

**Level 2 – Sacramento County:** 23 dead birds and 42 mosquito samples have tested positive for West Nile virus to date.

**Level 2 – Yolo County:** 2 dead birds and 2 mosquito samples has tested positive for West Nile virus to date.

tinues for the remainder of the week, the virus will likely amplify and the risk of human transmission will increase."

In response to the recent findings, the District has started ground fogging around areas where positive mosquitoes and birds have been found.

For current information about any treatments planned, visit [www.FIGHTtheBITE.net](http://www.FIGHTtheBITE.net). Residents may also subscribe to receive email notifications for mosquito treatments by zip code. To sign up go to Spray Notifications on the website.

**Angel's Nest**  
CHILD DEVELOPMENT CENTER

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

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

**Got News?**

e-mail [susan@valcomnews.com](mailto:susan@valcomnews.com)

**Another Home JUST LISTED by Reneé Catricala**

**NEW LISTING**

**5642 Delcliff Circle**

Custom Single Level over 2,100 sq ft...Immaculate Condition! \$298,500

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

**ANOTHER NEW LISTING COMING SOON!**

**I have over 20 years of Real Estate experience!**

Call Reneé for a FREE Market Analysis of your home.

Reneé Catricala, Realtor  
Direct: (916) 203-9690  
[www.ReneeCatricala.com](http://www.ReneeCatricala.com)  
730 Alhambra Blvd., Suite 150  
Sacramento, CA 95836

**COLDWELL BANKER**

**AMADOR HOME & Lifestyle SHOW**

**FREE PASS**

**June 8, 9 & 10, 2012**

Fri 12PM-6PM  
Sat 10AM-5PM  
Sun 10AM-4PM

**Amador County Fairgrounds**  
18621 Sherwood St.  
Plymouth, CA 95669

**Talk to the Pros!** The latest products & services for your home at discounted home show rates!  
**PLUS...** Outdoor Recreation Big Kids' Toys, Garden Products, Live Music, Food, Beer, Wine **AND MORE!**

[www.AmadorHomeShow.com](http://www.AmadorHomeShow.com)

**AMADOR COUNTY FAIR AID**  
WE NEED YOU TO SAVE OUR FAIR!

**Celebrate Amador! Amador County Fair Grounds**  
Saturday 10-11PM & Sunday 10-8PM  
**June 9 & 10, 2012**

**FAIR AID:** Bands, Cook-off, Beer, Kids' Activities  
**HORSE SCHOOLING SHOW:** Sunday, June 10 ONLY at 8AM  
**STEAM POWER EXPO:** Exhibits and Demonstrations

**Alzheimer's and Dementia Education and Empowerment Training**  
Hosted by **Greenhaven Estates Senior Living**

*Be Informed*

**Tuesday, June 26th, 2012 6:30 pm**

Linda Nickolisen, Executive Director, Prestige Senior Living at Manteca, presents:

**'Behaving vs. Misbehavin'**

Is your loved one resistant to assistance with care? Or has difficulty sleeping or wandering? Learn why these behaviors occur and what you can do to improve your quality of life and theirs! As a Best Friends Master Trainer, published writer and speaker, Linda Nickolisen brings her expertise on memory care to others with a real life approach.

Seating is limited. To reserve a seat for you and a friend or colleague, call Liz Robertson at 916-427-8887 or email at [erobertson@prestigecare.com](mailto:erobertson@prestigecare.com)

**Expressions**  
Memory Care

Whether you are a family member, professional provider or want to further your education, you are invited to learn how to help support and care for those with Alzheimer's disease and dementia.

All seminars are free and open to the public. Refreshments provided.

Greenhaven Estates Senior Living  
7548 Greenhaven Drive  
Sacramento, CA 95831

Prestige Senior Living  
License #347004312

**Please Recycle this Paper, Thank You!**

**HASTIE'S**  
Capitol Sand & Gravel

**Spring SPECIALS**

**We have the supplies you need with prices you'll love.**

- Gravel
- Blended Soils
- Decorative Rock
- Topsoil
- Bark
- Compost
- Sand

VEGGIE MIX (TOP SOIL & COMPOST).....\$32.00 YD	SHREDDED CEDAR.....\$32.50 YD
PREMIUM ORGANIC COMPOST.....\$29.50 YD	DRAIN ROCK 3/4" X 1 1/2".....\$34.00 YD
PLAYGROUND FIBER (CERTIFIED).....\$36.50 YD	COBBLES 2 X 6.....\$48.00 YD
FILL SAND (CLEAN WASHED).....\$28.00 YD	RED LAVA 3/8", 3/4", 1 1/2".....\$40.00 YD
SALT & PEPPER 5/8" OR 3/4".....\$49.50 YD	RUSSIAN CHOCOLATE 3/4" CRUSHED (SACRAMENTO LOCATION ONLY).....\$39.00 YD

Prices Good Through June 30, 2012. Cannot be used in conjunction with any other offers.

**gohasties.com**

Buy 4 yards of material and get **FREE LOCAL DELIVERY**  
(Call for details)

**Sacramento** 9350 Jackson Rd. 361-2760  
**Roseville** 700 Berry St. 772-7900  
**West Sacramento** 3222 West Capitol Ave. 374-9935  
**Marysville** 4709 Skyway Dr. (530) 749-9000

**CALL 1-800-TOP SOIL**  
\*From 916 and 530 area codes



21<sup>st</sup> Century Brainwave Technology 

**Neurofeedback** benefits **Everyone!**

Improved Attention, Behavior for **KIDS**

Academic Success, Maturing for **TEENS**

Relaxation, Sleep, Focus for **ADULTS**

Brain Brightening for **SENIORS**

optimal-neurofeedback.com

CALL for a free consult & demo (916) 927-4741

Find us on Facebook  videos at facebook.com/OptimalNeurofeedback

**Got News?**

e-mail susan@valcomnews.com

**Nelson Dental** 

"We're in your Pocket Neighborhood"

Committed to providing you the best care in a pleasant environment. We use the latest technology to provide advanced services like: single visit crowns and Velscope oral cancer screenings.

7400 Greenhaven Drive - 916.427.1101  
(Off I-5 between Florin and Pocket Road)  
www.NelsonDental.com

**Mueller Pet Medical Center & The Pet Inn**

Come in for a behind the scenes tour!

**Open House!**  
June 10<sup>th</sup> 11am-3pm

face painting! • clown!  
raffles, and more!

7625 Freeport Boulevard  
(916) 428-9202 • muellerpmc.com  
Open 24 hours a day


**Tuesday, June 19, 2012 @ 2:00pm**

**Alzheimer's Aid Society President Sheryl Ashby will present:**

- Lunch with Grandma
- Early Stage Alzheimer's vs Alzheimer's
- Useful tricks for caring for an Alzheimer's Patient
- Useful tricks for coping with behaviors
- Warning signs

*\*Refreshments & Appetizers will be provided.\**

Please RSVP by June 12, 2012. You can contact us for more info @ (916) 392-3510

 **Primrose**  
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342



For over 36 years

**COOK**  
REALTY

www.cookrealty.net




**18 ALSTAN COURT • \$1,175,000**  
SUSIE K. PARKER • 768-8494

**PENDING**




**6874 GLORIA DRIVE • \$219,000**  
TODD LOHSE 776-6542 • TYLER EDWARDS 538-4883

**PENDING**



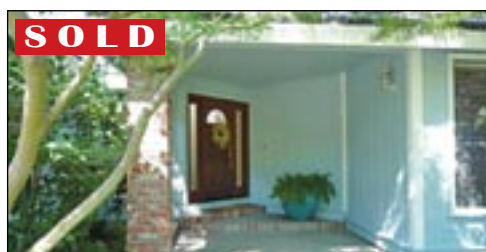
**6 EL VADO COURT**  
Great fam home w/ Beautiful wood paneled fam rm w/box beam ceiling, full size wet bar w/blt in mixer & full size conditioned wine rm. Dwnstrs bdrms w/full bath. \$669,000  
SUSIE K. PARKER • 768-8494

**SOLD**



**51 WATERSHORE CIRCLE**  
Exquisite 3,100 sq. ft. waterfront home. Beautiful Master Suite w/ balcony over looking lake. Second master could be split into 2 bedrooms Three car garage, 3 bathrooms, in-ground spa & boat dock in Riverlake. \$599,000  
SUSIE K. PARKER • 421-3546

**SOLD**



**2 RIVERSHORE COURT**  
This is a Single-Family Home located at 2 Rivershore Court, Sacramento CA. 2 Rivershore Ct has 3 beds, 2 baths, and approximately 2,783 square feet. The property was built in 1989. \$384,000  
SUSIE K. PARKER • 768-8494

**SOLD**



**166 OXBOW MARINA DRIVE**  
Lovely quality built manufactured home in Oxbow Marina, waterfront on the Georgiana Slough. Lot is owned. Just sit back, relax and enjoy the river, watch the sunset and Mt. Diablo from your own large private covered front deck. \$219,000  
PAMELA LIGHTFORD-LYGREN • 806-1020

See all our listings at [www.cookrealty.net](http://www.cookrealty.net)

**REAL ESTATE SCHOOL**  
★ LOW INTRODUCTORY COST  
★ START ANYTIME  
★ LIVE CLASSES  
Call: Ed Daniels • 451-6702

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

**ADDITIONAL LISTINGS**

**766 STILL BREEZE WAY**  
Exquisite custom home. **PENDING**  
Two fireplaces, large granite slab island mixed with easy care corian kitchen. \$1,075,000  
SUSIE K. PARKER 421-3546

**8160 FREEPORT BOULEVARD**  
House is in very good condition. **PENDING**  
3bd 3 baths, downstairs bed & bath. Upstairs could be a great master suite w/view of River. \$324,950  
SUSIE K. PARKER • 421-3546

**1 SAND PEBBLE COURT**  
Wonderful home up for sale. **SOLD**  
new carpet, exterior and interior paint. Open kitchen floorplan with island, remodeled with granite counters. \$219,000  
MEENA CHAN LEE • 837-9104

4305 Freeport Boulevard, Sacramento  [www.cookrealty.net](http://www.cookrealty.net) • (916) 451-6702



# POCKET BISTRO



- Full Bar • American Cuisine
- Family Friendly • Lunch & Dinner Served Daily
- Happy Hour: Tuesday-Friday, 3:30-6:30 pm

**Father's Day**  
**Rib eye steak dinner special**  
 June 17th, 10:00am - 2:30pm

**6401 Riverside Boulevard**  
**916.391.7990 • www.PocketBistro.net**

Hours: Tuesday-Thursday 11:30am-9:30pm • Friday-Saturday 11:30am-10pm • Sunday 11:30am-8:30pm



Photo iStockphoto

RECORD CAMPAIGN. The "Man, Woman & Students of the Year" campaign for the Leukemia & Lymphoma Society raised \$360,000 for blood cancer research and patient services in just 10 short weeks.

## 'Man, Woman & Students of the Year' breaks local fundraising records

By SUSAN LAIRD  
 Pocket News editor  
 susan@valcomnews.com

The "Man, Woman & Students of the Year" campaign for the Leukemia & Lymphoma Society broke three local fundraising records during the 2012 campaign.

Kris Vogt and his team raised \$108,449, setting a record in Sacramento and earning him the title of "Man of the Year."

Prakashni Shandil raised \$17,336 and received the title of "Woman of the Year."

Students Brooke Carroll and Annie Sompayrae raised \$24,362 and were designated "Students of the Year."

Delbert Stapp ran a highly visible campaign, reaching out to thousands of individuals in the community. He received the "Man of the Year" runner-up award, the Extraordinary Fundraising Achievement Research Grant (awarded at \$50K) and the Bobby Dean Award for exemplary commitment to the mission of the LLS.

The \$50K research grant will be awarded to a top cancer researcher to further his or her work in defeating blood cancers. The grant will be awarded in honor of Gloria Torres, a 12-year leukemia survivor and "Team Delbert" member.

Altogether, the "Man, Woman & Students of the Year" campaign raised \$360,000 for blood cancer research and patient services in just 10 short weeks.

**GOLDEN STATE JEWELERS, INC.**  
 The Sacramento Gold Exchange  
*Serving the Sacramento region for over 30 years*

**WE BUY GOLD**

- All diamonds, colored gemstones, rings and wedding sets up to **60% OFF!**
- Gold Chains starting at \$59.95
- Silver Chains starting at \$9.95
- Custom Design
- Diamond Settings
- Jewelry Repair

All Jewelry Repair 5% Lower Than Any Written Advertised Price

Watch Batteries ONLY

**\$4.98**

One per coupon installed most watches. Not valid with other offers. Expires 6-30-12 PM

*Father's Day Sale!*




**(916) 421-5284**

996 FLORIN RD.  
 AT GREENHAVEN DRIVE  
 LAKECREST VILLAGE SHOPPING CENTER

**HIGHEST QUALITY • LOWEST PRICE**  
 PRICES GOOD THROUGH JUNE 30, 2012

INDEPENDENT LIVING WITH SERVICES  
 ... in the Heart of Land Park




Carefree living.

Choose from a Kitchenette, Studio, One-Bedroom or our spacious two-bath Deluxe One-Bedroom floor plan.

Features include:

- Emergency pull cords
- Staff on-site 24 hours a day
- Easy freeway access
- Beautiful party rooms and common lounges
- Fully furnished guest rooms for visiting friends or relatives
- Complimentary shuttle bus service and car service
- Elegant dining room
- Putting green and custom spa

**ESKATON MONROE LODGE**  
 3225 Freepoint Boulevard, Sacramento, CA 95818  
**916-441-1015**




866-ESKATON | www.eskaton.org



**MONA GERGEN**  
 DRE# 01270375  
**916-247-9555**  
 monagergen@att.net  
 www.monagergen.com



*"Call for a private showing"*

Custom Chezimme Estates Home








Amazing custom home in Chezimme Estates. This highly exclusive gated community has only 14 custom homes - no home has ever sold! This is a rare opportunity to live in this highly desired area. Features include: built-in pool, 4 car garage, putting green, imperfect smooth texture, granite, crown molding, french doors, shutters, custom drapery, two tone paint, stainless steel appliances, custom cabinetry, game room, huge master bedroom and more. Wow this is a quality home!

9561 De La Rosa Place \$599,000

Do you have a story?  
 Tell it to us.  
 Call Susan Laird at 916-429-9901

the sacramento **ZOO**

wishes to thank the

Taco Bell Foundation for Teens

for its generous \$5,000 grant in support of the  
 Zoo Teen Program.

The Taco Bell Foundation for Teens is committed to providing youth with real-world experiences that will motivate them to stay in school and achieve more in life.



sac zoo

.org

For more information on how you can support the Sacramento Zoo Teens, call 916-808-8811 or email cweiss@saczoo.org



TACO BELL foundation for teens

Dream Big READ!

## Summer reading fun for all ages at the Sacramento Public Library

Special to Pocket News

The Sacramento Public Library invites everyone to Dream Big READ!, by participating in the library's 2012 Summer Reading program.

The Dream Big READ! theme will be incorporated into more than 500 entertaining and educational programs for pre-readers, school-age kids, teens, adults, and families. The free programs will range from story times to crafts, music, dance, book clubs and other activities at all 28 Sacramento Public Library locations (visit [saclibrary.org](http://saclibrary.org) and click on Events for a complete listing).

"While Dream Big READ! makes reading fun for everyone, parents and teachers especially appreciate that children's participation in Summer Reading programs can prevent a decline in reading achievement scores from the spring to the fall," said Rivkah K. Sass, Sacramento Public Library director. "Sacramento Public Library's program also offers some great incentives for getting involved - a free book or book bag for everyone who finishes, plus the chance to win an iPad or \$100 Target gift card in our grand prize drawing."

Library patrons can either sign up to participate in Summer Reading online at [www.saclibrary.org](http://www.saclibrary.org) or at their neighborhood Sacramento Public Library branch.

The Robbie Waters Pocket-Greenhaven Library (and all branches of the Sacramento Library) will be closed on June 15 as part of the library furlough program to save funds.

For more information, call (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org) for information about the Summer Reading Program and programs for all age groups this summer.

Convenient to South Land Park, Greenhaven & Pocket



Kinder World

CHILD CARE & PRESCHOOL

www.KinderWorldPreschool.com

422.5437

"We Accept Child Action!"

\$25 OFF Registration

Call for Details

"Now Enrolling for FREE, 3-hour Preschool!"



License #'s 340320568, 340310774, 340315012



# McClatchy High School student wins Global Citizen Scholarship

By **CORRIE PELC**  
Pocket News writer  
corrie@valcomnews.com

It is safe for one to say that C.K. McClatchy High School junior and Pocket resident Allison Yamamoto is never bored. She's an honors student in McClatchy's highly competitive Humanities and International Studies Program (HISP), student body president, captain of McClatchy's women's varsity tennis team, and manages a tutoring program for elementary students at her local library.

Now Yamamoto is also one of 20 students selected across the United States to receive the 2012 Global Citizen Scholarship from EF (Education First) Tours, granting her

*'I certainly believe that traveling, especially internationally, helps you really develop a better perspective outside of your closed bubble.'*

**-Allison Yamamoto**  
Global Citizen Scholarship winner



*A NATURAL LEADER. Upcoming Captain Allison Yamamoto runs down the McClatchy Women's Varsity Tennis line up before a match.*

a free educational tour found out I got it," Yamamoto said.

"I believe there were over 400 applicants, so it was really pretty amazing - I was shocked when I

ty when she participated in an EF Tour to Europe during the summer after her freshman year.

"It was really fun - I think that was probably the best two weeks of my life because we got a really good taste of Switzerland, Italy and France," she said. "It was really interesting, considering we had studied that in school."

To enter the Global Citizen Scholarship contest, entries could be either essay or video. Yamamoto selected a video project for her entry, which can be viewed on the EF Tours Global Citizen Facebook page, [www.facebook.com/educational.tours](http://www.facebook.com/educational.tours).

"It describes my role as a global citizen and explained why I would want to go to Berlin and how I help out in my local community (in) the aspect of leadership," she explained.

Now as a 2012 scholarship winner, Yamamoto will spend 10 days in Berlin in July with the other scholarship recipients. During their time there, she said they will be participating in a "global quantifiable research project" where they will be asked to interview Berlin community members for their projects, which will eventually be put up on the EF Tours website.

### World traveler

Yamamoto said her past three years in McClatchy's HISP program has helped her prepare for this summer's experience.

"It's one thing to just learn about it in a book, but then the fact that I'm actually going to be at the places... it's going to be pretty amazing, so I feel that my background will certainly prepare me well," she added.

She also believes being able to participate in a program like this will add to her overall educational experience.

"I certainly believe that traveling, especially internationally, helps you to really develop a better perspective of the world outside of your closed bubble," Yamamoto explained. "I feel that you have to experience a culture - you can't really get a taste of it through simply reading about it. Even though that does provide a nice background, it's better to actually experience it yourself."

And once Yamamoto returns to the United States and begins her senior year at McClatchy, it's time to start considering the future. She is considering schools both in and out of California, and although she obviously enjoys travel and international studies, she's not settling on a major just yet.

"I don't want to limit myself at this point by saying I'm certainly going to become this major" when I go to college," she said. "I just want to experiment a little more, figure out what I'm really good at and maybe what I'm not so good at to get a better idea so later on I don't feel trapped in an occupation. I certainly do enjoy history and international relations, so it is a possibility."

# Lifetrail stations at Garcia Bend Park provide fitness for everyone

By **CORRIE PELC**  
Pocket News writer  
corrie@valcomnews.com

In 2007, City of Sacramento Department of Parks & Recreation installed Lifetrail Stations in five community parks, including Garcia Bend Park in the Pocket area, to help get seniors moving.

According to Rosanne Bernardy, program supervisor in the Older Adult Services Section of the City of Sacramento Department of Parks & Recreation, the Lifetrail Stations are a series of three-sided kiosks along walkways or in parks designed to be used by older adults to help them increase their strength while using walking trails.

"They're really designed for people who are maybe not so accustomed to doing a lot of exercise, but they're perfect for people particularly who are using walking as their primary form of exercise to supplement that," she added.

### Let's get physical

Bernardy said the Lifetrail Stations cost about \$100,000 to install in all five parks, and the funds came from the Ethel Ethel MacLeod Hart Endowment, whose funds are to be used exclusively for programs and equipment to benefit older adults.

"Several years ago this Lifetrail equipment caught my attention and it looked like something that would be a good thing to supplement what's going on in the parks, and so the funding from this trust fund was used to install these," Bernardy said.

The Lifetrail Stations were originally installed by Dennis Day, associate landscape architect for City of Sacramento Department of Parks & Recreation. He said the Lifetrail Stations each have three sides.

Two of the sides have exercise equipment.

"There are some things as simple as like a step up that would help to motivate the seniors to improve their health," Day explained. "There's a standing pushup on one of them, (and) a low-body workout. There's just a variety."



*FITNESS FOR ALL. Lifetrail stations at Garcia Bend Park, such as this one, provide information for seniors on how to maintain physical strength. They also provide all members of the community with a way to stay (or to get) physically fit.*



*Pocket News photos, Corrie Pelc*

*'They're really designed for people who are maybe not so accustomed to doing a lot of exercise, but they're perfect for people particularly who are using walking as their primary form of exercise to supplement that.'*

**- Rosanne Bernardy**  
Program Supervisor, Sacramento DPR

### Fitness for all

At Garcia Bend Park, Day said there are four stations for a total of eight pieces of physical exercise equipment.

Day said Garcia Bend Park was selected to be one of the five parks to receive Lifetrail Stations as it was one of the major community parks in the Pocket area. The other four parks with Lifetrail Stations are South Natomas Community Park, Marshall Park in downtown Sacramento, and George Simm Park and Jacinto Creek Park in South Sacramento.

"We strategically distributed them around the city," he added.

Bernardy said the Department of Parks & Recreation wanted to install the Lifetrail Stations in areas that were heavily used and had walking trails already present.

"And then probably most importantly, we wanted to install them in parks that we felt were accessible to older adults and that means the demographics of a certain neighborhood would be such that there would be a large enough number living close by enough to use it that it would warrant

installing them in the parks," she explained.

### Sweat it out

So why is it so important to give seniors free access to workout equipment in community parks?

Bernardy said it's very important because strengthening exercises are increasingly important as we age.

"One of the realities of aging is that we lose muscle mass and so it's increasingly important to learn on keeping as much strength as possible," she said.

Additionally, Bernardy said seniors working on particularly lower body strength is vital for balance as falling is one of the primary risks as people grow older.

"A fall can be a major life-changing episode, and so the more strength someone has, the more likely they are to keep upright and not have those devastating falls," she explained.

Although the Lifetrail Stations are geared towards senior fitness, that doesn't mean they can't be used by everyone, Day said.

"It's low impact, it's good for somebody who's starting out on fitness," he added. "It's intended for somebody who doesn't do much fitness whatsoever and doesn't have access to a gym or equipment at home."

And the Lifetrail Stations are just one more way for people

to get out and stay active, Bernardy said.

"It gets people talking about health with other community members, and in general I just think it's a really positive thing for any neighborhood," she added.

**Turning Your Dreams Into An Address**

**Ilah Turner**  
GRI  
Call 206-4016  
DRE# 01278805

**Hollywood Park Cutie**  
Charming 3 bedroom, 2 bathroom updated home. Large family room with big mature backyard. Newer roof, CH/A, hardwood floors, and plantation shutters. Traditional sale - call me for a private showing.  
2369 Hooke Way \$239,000

**Real Estate Questions?**  
Visit my website. [www.ilahturner.com](http://www.ilahturner.com)

**Sacramento URGENT CARE**

Sacramento Urgent Care is a walk-in medical clinic established by a group of emergency-trained Physicians with years of experience providing a full range of medical care. Our Mission is to provide quality health care, and a consistently high level of customer service that exceeds expectations and demonstrates a sincere concern for you. We are conveniently located at the corner of Florin Road and South Land Park Drive, just off I-5 and minutes from Downtown, Midtown, East Sacramento, West Sacramento, Davis, Natomas, Elk Grove, Meadowview, and the Land Park & Pocket areas.

**At Sacramento Urgent Care you will always be seen by a doctor.**  
Most Insurances Accepted - Se Habla Espanol

**OUR SERVICES**  
Immunizations, Tdap Boosters, Flu & Allergy Shots • Flu, Coughs Sore Throats & Ear Aches • Sports, Employment, D.O.T. & Immigration Physicals • Workman's Comp & Occupational Medicine • Weight Management & Weight Loss Clinic • Fractures, Sprains & Dislocations • Cuts, Burns & Stitches • Asthma, COPD & Breathing Treatments • Women's Health • Drug, STD, HIV, Pregnancy, Diabetes, Cholesterol & Tb Testing • Ear Wax Removal • In-Grown Toenails

**OUR FACILITIES**  
On-site X-ray & EKG • On-site Lab • Six Exam Rooms • Trauma Bay and Procedures Room • Comfortable Waiting Room • Plenty of Free Parking

**\$15 OFF**  
Office visit for new cash paying patients  
Expires 6-30-12

7200 S. Land Park Drive, Ste. 100 • Sacramento, CA 95831  
(916) 422-9110 • [www.sacurgentcare.com](http://www.sacurgentcare.com)  
Open 9 AM to 9 PM • 365 Days a Year • No Appointments Needed

**Senior Lifestyles**

Special Insert in  
**VALLEY COMMUNITY NEWSPAPERS, INC.**  
Arden-Carmichael News, East Sacramento News, The Land Park News, and The Pocket News.

**YOUR AD IN 4 PAPERS FOR 1 PRICE**

1/8 page	Black/White \$70	Full Color \$80
1/4 page	Black/White \$100	Full Color \$125
1/2 page	Black/White \$200	Full Color \$225
Full page	Black/White \$300	Full Color \$350

Contact your Representative at (916) 429-9901



'Girls On the Run'

# Local organization provides after school prevention program for young girls

By CORRIE PELC  
Pocket News writer  
corrie@valcomnews.com

More than 250 girls in the third through eighth grades in Sacramento area schools participated in the spring 2012 session of Girls On the Run – a nonprofit program that strives to educate and prepare girls for a lifetime of self-respect and healthy living.

"Girls On the Run is an after-school prevention program for girls in the third through eighth grade and it addresses issues that pre-teen girls are just starting to think about and face, things like positive body image," explained Kristen Condie, council director of Girls On the Run of Greater Sacramento.

Condie said this is the time in a girl's life where they are beginning to feel self-conscious as they are beginning to be influenced by topics they hear through the media, at school, or even from their parents. "We really focus a lot on how everybody is great just the way they are," she added.

"These are the grades that are merging into adolescence and they're starting to encounter changes in their bodies, in their relationships with their friends, they're encountering new social topics that they might not have thought about," added Corrie Buckmaster, principal of Theodore Judah Elementary in East Sacramento, which has been hosting Girls On the Run programs for the last three years. "It gives them an arena to talk together, to work together on positive self-esteem, good social skills and those types of things so when they encounter these topics that are common in adolescence, they'll have some background and support."

Ready...

According to Condie, Girls On the Run offers two programs – Girls On the Run for third through fifth grades, and Girls On Track for sixth through eighth grades. "The Girls On Track curriculum is a little more mature – they deal with things like boys, dating and internet safety," she explained.

Both programs consist of two 12-week sessions during the year – fall and spring – with three levels of curriculum. The first sec-



WARMING UP. Participants for the Spring Girls On the Run 5K held April 28 warm up for their race.

Photo courtesy, Girls On the Run

tion teaches the girls to look inward and talks about values and being healthy. The second section addresses teamwork, while the final section has the girls take on a community service project. And the entire session ends with the girls running a 5K.

Darcy Foran Williams decided to bring Girls On Track to Sierra Oaks K-8 school in the Arden area as she saw the need for such a program for her two middle school-aged daughters and their classmates. "It's a difficult age for a lot of girls and I just saw a need that there would be some positive energy, and we had a very good experience with it," she said.

Set...

So where does running fit into the picture? Condie said the Girls On the Run program uses running as a tool to help build self-esteem and work on the lessons the girls are taught through the curriculum.

"And as you know when you're healthy and fit, and when you're outside moving around and being active, you just automatically feel better about yourself," she added. "We try to combine all of that."

"I like that they encourage everybody to be part of it and it's not based

on skill – it's just participation and really just motivating the girls to do their best," said Eric Duarte, a sixth grade teacher at Pony Express Elementary who coached Girls On the Run at her school for the first time this year. "I felt like the program really encouraged girls no matter what their size was or their skill level was."

Williams said the running portion of the program helps the girls channel their energy in a positive way.

"I saw girls that were kind of down, kind of tired, kind of negative throughout the day, but once we got there and got out running, their atmosphere would completely change," she explained. "It totally turned their mood around because it was a good, fun peer group, it was a positive experience they looked forward to."

Condie has seen the program have a positive influence on parents as well.

"We have so many amazing stories of parents who have decided to run their first 5K because their daughter was training for her first 5K," she said. "It's really neat to see them cross the finish line together and for the girls to feel like, 'Wow. Because of me, my mom did this and my dad did this, too.'"

Go!

Condie said Girls On the Run of Greater Sacramento is beginning to prepare for the fall 2012 session, which normally runs from September to December. They hope to provide the program in up to 25 schools in the Sacramento area next year, an increase over the 19 that participated this year.

If a parent would like to place his or her daughter in a Girls On the Run program but their daughter's school does not currently have one, they can register for a program at a different school, Condie said. She advises parents to visit [www.gotrsac.org](http://www.gotrsac.org) for the most up-to-date list of confirmed schools for the fall 2012 session.

For parents seeking to see a program started at their local school, Condie said once a parent or teacher receives a principal's approval, the organization will work with them to train volunteer coaches and give them all the tools they need.

**Got News?**  
e-mail [susan@valcomnews.com](mailto:susan@valcomnews.com)

Restore the Roar:

# C.K. McClatchy High School 'Athletic Hall of Fame' to induct first group of alumni

Special to Pocket News

In recognition of McClatchy High School's 75 years in serving Sacramento's youth, Restore the Roar is pleased to announce the establishment of the C. K. McClatchy High School Athletic Hall of Fame.

The 2012 class of inductees includes the outstanding Lion athletes of the first 25 years of the school (1937-1962). A 75 Year celebration dinner honoring these inductees will be held Sept. 20 at the Elks Lodge No. 6 on Riverside Boulevard.

There are 48 athletes and two coaches included in this distinguished class.

The inductees include four of the top 100 Sacramento area high school football players identified by the Sacramento Bee in 2000, a Ladies Professional Golf Association (LPGA) member and a Professional Golf Association (PGA) member, and a participant in the 1960 and 1964 Winter Olympics.

The two coaches selected are the legendary Jack Mauger (track) and George Bican (football).

Restore the Roar will also recognize the following athletic teams as part of the CKM Hall of fame ceremony: the undefeated 1944 and 1947 Lion football teams; the 1951-1952 baseball team that carried a 40 game win-streak including an undefeated 1951 season; the 1958 baseball team that won the conference championship and posted an 18-1 record; and the 1959-60 Cross Country teams that won back-to-back Sac-Joaquin Section Titles.

The CKM Hall of Fame will include not only those athletes, coaches and teams who compiled an outstanding athletic record while at McClatchy, but also those athletes who established an outstanding athletic record in sports for which there was no opportunity to compete while at McClatchy. A committee sought nominations from alumni and the public, researched school and local newspaper files and interviewed many alumni and observers to compile the class.

The committee included alumni and former faculty members Jim

Coombs ('57) and Mike Nishio ('63), Rod Hollander and Jan Olmsted, and alumni Bob Sertich ('67), Mike Ricci ('69) and Rod Kunisaki ('75).

Bob Sertich, who initiated the effort, said, "It will be exactly one year from the first meeting of the committee until we recognize these outstanding athletes in September. The committee put in many hours and many votes to identify the best athletes from the first 25 years of the school."

During its research and discussions, the committee found many family names popped up often in the early years of the school including: Geremia, Stathos, Rose and Thomas. Also, it was more often than not that an athlete was a multi-sport athlete, something that is not so common today.

UC Berkeley was a big benefactor among these athletes with the following playing for Cal's Football team: John Pappa, Herb Jackson, Doug Graham, Steve Radich and Tom Relles. The committee believes that the most extraordinary accomplishment in the first 25 years was the win streak by the 1951 and 1952 baseball teams of 40 games. The 1951 team went undefeated with a 22-0 record and the 1952 team continued to win 18 more in a row for a streak or 40 wins. It is hard to believe that any high school team in Sacramento, or anywhere can match that streak.

According to Jim Coombs, "The committee work was a labor of love and awe. Many of the inductees are the same athletes whom I idolized as a child growing up in Land Park. I watched these ath-

letes compete at McClatchy, Land Park and Hughes Stadium."

Coombs has an eye for talent, as he spent 40 years as a high school and collegiate basketball official in addition to his duties as McClatchy faculty member and coach.

Former McClatchy Athletic Director Mike Nishio said, "These athletes set the foundation for a strong and enduring athletic program at McClatchy. The current Lion athletes continue to uphold the tradition by remaining on top of the Metro League in many sports every year."

Sertich adds one final comment, "We are saddened that we did not get this put together before we lost some of these legends such as Fred Wristen, Tony and Frank Geremia, Herb Jackson and several others. At least now they become a formal part of the McClatchy athletic tradition."

Restore the Roar is still attempting to locate some of the inductees and members of the outstanding teams being recognized. If you are on the inductee list or were a member of one of the recognized teams and have not been contacted, please call Bob Sertich at (916) 441-0657 or Jim Coombs at (916) 422-9082.

The inductees and teams will also be recognized at the McClatchy Football Game at Hughes Stadium on Sept. 21. Restore the Roar is seeking sponsors for the event. The public is welcome. For reservations for any of these events, visit [www.restoretheroar.org](http://www.restoretheroar.org). e-mail [golions@restoretheroar.org](mailto:golions@restoretheroar.org), or call Jim Coombs or Bob Sertich.

# CLASSIFIED ADS

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

<p><b>COMPUTERS</b></p> <p><b>GOT COMPUTER PROBLEMS?</b> Pocket Computer Technician. I do on-site visits in the Pocket area. \$45/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161</p>	<p><b>HANDYMAN</b></p> <p><b>SUMMER CLEAN-UP</b> Rain Gutter cleaning—Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree &amp; shrub removal, clean-up, fence repairs, light tree trimming, &amp; more. Ref avail. Call Les at 838-1247. Specials for seniors. Licensed.</p>	<p><b>HARWOOD FLOORING</b></p> <p><b>HARDWOOD FLOORING</b> Install, sand &amp; finish hardwood flooring. Or repair and refurbish your existing flooring. Call Mike at (916) 383-8742. References available/Lic#544159</p>	<p><b>TAX PREPARER</b></p> <p><b>#1 TAX PREPARER</b> 29 yrs. exp. We specialize in Business Tax returns including Corp &amp; Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered &amp; Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. <a href="http://www.taxirene.info">www.taxirene.info</a></p>	<p><b>BOOKKEEPING</b></p> <p><b>#1 BOOKKEEPER</b> 29 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit &amp; Loss &amp; Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. <a href="http://www.taxirene.info">www.taxirene.info</a></p>
<p><b>GARDENING</b></p> <p>Fuji Gardening Service—Monthly service-basic or complete care. 1 time clean up. Sprinkler repair. Medium Tree service or bonsai shaping. Please call Kousei (916) 921-5992 or leave message. 20 years experience.</p>	<p><b>HANDYMAN SERVICES</b></p> <p>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.</p>	<p><b>PET PORTRAITS</b></p> <p><b>ORIGINAL PET PORTRAITS</b> Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph—turn around 7-10 days. Email <a href="mailto:melissa@melissandrews.com">melissa@melissandrews.com</a> or call 447-4441. See <a href="http://www.MelissaAndrews.com">www.MelissaAndrews.com</a></p>	<p><b>Advertise in California Kids!</b> Serving Greater Sacramento, For more information, call Jen at (916) 429-9901 Published by Valley Community Newspapers, Inc.</p>	<p><b>Sell your car! 429-9901</b></p> 
<p><b>Place your ad!</b> Call 429-9901</p>	<p><b>Advertise your rentals!</b> 429-9901</p>	<p><b>Sell your furniture in the classifieds call Melissa at 429-9901</b></p>		

**The Lytle Construction Design/Build Advantage**  
Why work with a design/build firm instead of drawing up plans with one firm and having them bid on and constructed by another firm? The design-build advantage helps you, as the homeowner, in three important ways:

- You're in control. Your priorities drive the project. We manage the project. You gain a more active role in all phases of a project, and our expertise helps make your dreams a reality more quickly, and at a lower cost than a traditional process.
- Proactive Planning. We work with you to match desires to priorities and budget, which means you'll get a design you can realistically afford to build. We help you consider space needs, building code requirements, the impact of product choices on budget, and more.
- More efficient, effective relationship. Working with the same firm from design through construction offers convenience, consistency, a more proactive building process, a more fluid change process, and a more effective working relationship with your contractor from start to finish.

**Next Steps? When you're ready to talk further about your project, please give us a call at 916.686.8608. Visit our website for more about who we are. LytleConstruction.com**

---

**LYTLE CONSTRUCTION INC.**  
Award-Winning Design/Build Firm  
Serving Sacramento for more than 25 years

Remodeling and Design  
LIC# 480492

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

Certified Kitchen & Bath Remodeler

**FREE Consultation 916-422-6639**

[www.lytleconstruction.com](http://www.lytleconstruction.com)



# Your Home Improvement Guide

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

## AIR CONDITIONING & HEATING

**BEYOND PROS. WE'RE HEROES!**

**Huft** HEATING AND AIR CONDITIONING, INC.  
Service • Sales • Installation

916-686-2626  
HuftHeroes.com

**SUPER A/C TUNE-UP** with this ad  
**\$59.00**

© 2012 Huft Heating & Air Conditioning, Inc. License #13133

## YOUR AD SHOULD BE HERE!

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

# Your Home Improvement Guide

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

**Our Readers Need Your Service!  
It Pays to Advertise!**

Contact Melissa at 916-429-9901

### HANDYMAN

**FREEDOM HANDYMAN SERVICES**  
I specialize in all areas of Home Improvement!  
Carpentry - Electrical  
Sprinklers - Plumbing  
Drains & Mainline  
Quality work the first time, Guaranteed!  
NO JOB TOO SMALL!  
Call Eric (916) 470-3488  
Licensed and Insured #152902

### HANDYMAN

**SUMMER CLEAN-UP!**  
• RAIN GUTTER CLEANING  
• ROTOTILLING/ & SOD PLACEMENT  
• CONCRETE REMOVAL  
• HAULING/SPRINKLER REPAIR  
• PRESSURE WASHING  
Call LESTER (916) 838-1247  
Lic#128758/Ref  
Pressure wash your driveways clean! your decks, too!  
Clean out your garage! Replace that old lawn!  
Hard work ---not a problem!  
SPECIALS FOR SENIORS\*/SERVING THE AREA FOR OVER 15 YRS\*

### HARDWOOD FLOORING

**Hardwood Flooring**  
Specializing in installing, sanding, and finishing hardwood flooring or repair and refurbish your current floors.  
Call Michael - (916) 383-8742  
Lic # 544159/References Available

### ADDITIONS/RENOVATIONS

**HARTIGAN CONSTRUCTION INC.**  
GENERAL CONTRACTOR  
THE REMODEL EXPERTS! "Building your dreams!"  
(916) 372-0530  
Free estimates - Small jobs welcome  
Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lead Certified • Lic.# 706474

**DESIGN/BUILD**  
• Additions, conversions, renovations  
• Kitchens & baths  
• Electrical & plumbing  
• Decks & pergolas  
HartiganConstruction.com

### YOUR AD SHOULD BE HERE!

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

### ADDITION SPECIALIST

**LYTLE CONSTRUCTION INC.**  
Award-Winning Design/Build Firm  
Serving Sacramento for more than 25 years  
Remodeling and Design  
LIC# 480492  
Certified Kitchen & Bath Remodeler  
• Additions  
• Kitchens  
• Bathrooms  
• Custom Cabinetry  
FREE Consultation  
916-422-6639  
www.lytleconstruction.com

### YOUR AD SHOULD BE HERE!

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

### PAINTING

**SOVEREIGN PAINTING**  
Quality craftsmanship 3rd Generation Painter with over 30-years experience  
(916) 422-4416  
sovereignpaintingco.com  
sovereignpaint@yahoo.com  
Dan Sovereign, Interior & Exterior Painting  
Lic# 484215  
Better Business Bureau Member

### PAINTING

**BK PAINTING**  
All Interior/Exterior Custom Painting  
Call Bill (916) 519-1175  
References Available • Owner-Operated • Fully Insured/Workers Comp/Bonded • Lic# 792971

### PAINTING

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

### CARPET & UPHOLSTERY CARE

**Johnny on the Spot**  
Complete Carpet and 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. Master Cleaner  
• Carpet Repairs & Restretching  
• Stain Removal Experts  
• Pet Urine Removal  
Visit our website at [www.johnnyonthespot.com](http://www.johnnyonthespot.com) for more info, coupons and specials.  
Call (916) 997-7895

### CLEANING

**PROFESSIONAL** Free Estimates Licensed & Insured  
• WINDOW CLEANING (inside/out/screens washed)  
• Pressure Washing (house ext/walkways/all concrete areas)  
• Rain Gutter Cleaning  
• Hard Water Stain Removal  
Prime Quality Maintenance  
Call Jesse (916) 417-4231

### YOUR AD SHOULD BE HERE!

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

### PAINTING

**COOK PAINTING**  
Full Service Company - Start to Finish  
Ask about our VCN Special!  
• Custom Painting • Super clean, neat & fast  
• Interior/Exterior • Cabinets  
Specializing in custom trim & moulding!  
Color Consultants • Free Estimates  
(916) 591-5056 • www.cookpainting.com  
In business since 1982 • CSL# 432951

### PLUMBING

**MIDTOWN PLUMBING** Licensed Plumbing Contractor Since 1973  
Reasonable Residential Work • Repairs • Re-Pipes  
Sewers • Water Heaters • Drains • Disposals Etc.  
916-393-2109 Cell 275-8236  
CSL # 284755 • Fully Bonded & Insured

### PLUMBING

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

### CLEANING

**The Cleaning Brothers**  
"We Treat Your Home Like It's Our Own"  
Commercial & Residential Services:  
• Pressure Washing  
• Gutter Cleaning (Starting at \$75)  
• Window Cleaning  
• Solder Panel Cleaning  
• Pool/Spa Draining  
Free Estimates! Call Now! (916) 402-8390  
www.TheCleaningBrothersCo.com  
Licensed & Insured

### YOUR AD SHOULD BE HERE!

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

### ELECTRICAL CONTRACTOR

**CAPITOL ELECTRIC**  
Reasonable Residential & Commercial Work since 1960  
Repairs, Trouble Shooting  
Custom Lighting/FREE Est.  
Excellent ref from Angie's List  
(916) 451-2300  
Cell: 213-3740  
Neil McIntire - C.S.L.# 394307

### ELECTRICAL

**Sunshine Electrical**  
Residential Specialist  
Security Lighting  
Upgrades/Remodels/Repairs  
Spa Electrical  
FREE Estimates/Small jobs OK  
(916)344-8735 or (916)752-5308  
Ca License # 633853 (Liability Insured)

### GLAZIER/GLASS WORK

**TOUCH OF GLASS**  
We'll beat any price!  
Commercial & Residential  
REPAIR & INSTALLATION  
Replace broken windows, etching, shower doors, mirrors, patio doors  
916.456.2420  
www.touchofglass916.com  
Glazier Lic# 812600 • Over 20 years!

### ROOFING

**HOPKINS ROOFING**  
34 years experience  
Specializing in all types of roofing & repairs  
Dry rot repairs • Senior discount  
(916) 731-7073  
24-hour service • License #667013

### TILE WORK

**BAXTER TILE**  
EXPERT INSTALLATION  
REMODELING & REPAIR  
Ceramic • Marble • Granite  
Floors • Counters • Walls  
33 Years Experience • FREE Estimates  
916-421-9786  
License #668100

### YOUR AD SHOULD BE HERE!

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

### TREE SERVICE

**DON'S TREE SERVICE**  
ISA CERTIFIED ARBORIST WE 4590A  
Trimming, thinning, shaping & stump removal  
Family Owned & Operated since 1967  
#1 in customer satisfaction  
(916) 428-4882  
(916) 689-5244  
www.donandsonreeservice.com  
Lic# 331196

### UPHOLSTERY

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

**Home Improvement Guide: a "Keeper" by our readers**  
Great exposure in these four upscale neighborhoods:  
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.  
Contact Melissa at 916-429-9901

**YOUR SERVICES ARE NEEDED  
CALL Melissa TODAY  
TO PLACE YOUR AD  
(916) 429-9901**



# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## JUNE

### Bilingual Toastmasters

June 7, 14, 21, 28: Una oportunidad única para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Capitol Mall Farmer's Market

June 7, 14, 21, 28: Capitol Mall Farmer's Market. Every Thursday, May-Sept. 10 a.m.-1:30 p.m. 6th St. & Capitol Mall, Sac. www.california-grown.com

### East End State Capitol Park Farmer's Market

June 7, 14, 21, 28: East End State Capitol Park Farmer's Market. Every Thursday, June-Sept. 10 a.m.-1:30 p.m. 15th & L streets, Sac. www.california-grown.com

### Florin Sears Store Farmer's Market

June 7, 14, 21, 28: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

### Food Addicts Anonymous

June 7, 14, 21, 28: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

### Living Positive with Chronic Disease group

June 7, 14, 21, 28: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Dana Horn (503) 319-4247

### Rotary Club of Pocket/Greenhaven

June 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Kelly Byam (916) 684-6854.

### Sacramento Downtown Plaza Farmer's Market

June 7, 14, 21, 28: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

### Sutterville Heights Optimist Club

June 7, 14, 21, 28: Come enjoy community speakers and community projects for youth. 12 noon, every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

### Ballroom Dances

June 8, 12, 15, 19, 22, 26, 29: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

### Carmichael Geranium Society

June 8: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.-12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

### Kiwanis Club of East Sacramento-Midtown

June 8, 15, 22, 29: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast on us. 7 a.m.-8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

### Movies in the Park

June 8: "Up." Bring a blanket, lawn chair & flashlight. Free. Movie begins at sunset. Carmichael Park, 5750 Grant Ave., Carmichael. (916) 485-5322

### Rotary Club of Point West

June 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Double Tree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

### Sacramento Kaiser Farmer's Market

June 8, 15, 22, 29: Sacramento Kaiser Farmer's Market. Every Friday, June-Nov. 9:30 a.m. - 1 p.m. 2025 Morse Ave., Sac. www.sierrafresh.com

### Saint Rose of Lima Park Farmer's Market

June 8, 15, 22, 29: St. Rose of Lima Park Farmer's Market. Every Friday, June-Sept. 10 a.m. - 1:30 p.m. 7th & K streets, Sac. www.MarketLocations.com

### Soroptimists of Sacramento

June 8, 15, 22, 29: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

### Annual Nichiren Bazaar

June 9, 10: Games, raffle, chicken teriyaki, tempura noodles, sushi, music, hula, more. Public welcome. 11 a.m.-5 p.m. 5191 24th St., Sac.

### Food Addicts Anonymous

June 9, 16, 23, 30: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

### Fire Station 16 open house

June 9: Come visit Fire Station 16 at 7363 24th St., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Continued from page 24

### The Great American Songbook III

June 9: Enjoy the American River Chorus as it presents "Where Dreams Come True!" Performances at 2 p.m. and 7:30 p.m. Reserved seating \$35, general \$20, students \$10, group rates available. Hiram Johnson High School Auditorium, 6879 14th Ave., Sac.

### SPCA Doggy Dash and Bark at the Park Festival

June 9: Come for the 2K or 5K walk, then stay for the SPCA's Bark at the Park Festival! Walk registration begins at 7:30 a.m., festival is from 8 a.m. until 1 p.m. Walk begins at 9 a.m. Registration \$25 per person. Proceeds benefit the Sacramento SPCA. (916) 504-2802 specialevents@spsca.org

### Volkssport walking

June 9: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

### Carmichael Farmer's Market

June 10, 17, 24: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

### Co-Dependents Anonymous

June 10, 17, 24: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac. (866) 794-9993.

### Community Sunday breakfast

June 10, 17, 24: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

### Families Anonymous

June 10, 17, 24: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. June (916) 402-2465

### State Parking Lot Farmer's Market

June 10, 17, 24: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

### Sunday Support for the Widowed

June 10, 17, 24: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El

Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

### Taste of Land Park

June 10: Mingle with friends and neighbors, taste samplings from favorite neighborhood eateries and enjoy sips from regional wineries and breweries, all while enjoying the energizing classic rock and jazz horn sounds of On Air. Raffle, silent auction. \$25 advance tickets, \$30 at door. 3rd Ave. between Regina Way and 14th St., Sac. www.landpark.org/events/annual-events

### Hatha yoga

June 11, 18, 25: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916) 808-5462. Meets every Mon. Repeats Wed., Fri.

**SACRAMENTO ANNUAL NICHIREN BAZAAR**

*Chicken Teriyaki, Tempura, Noodles, Sushi & more!*  
Games • Raffle • Ice Cream • Sno-Cone  
PUBLIC WELCOME

**Saturday, June 9<sup>th</sup>: 11am - 5pm**  
**Sunday, June 10<sup>th</sup>: 11am - 5pm**

**SACRAMENTO NICHIREN BUDDHIST CHURCH**  
5191 24th St (2 blocks north of Fruitridge Rd)

Sacramento Storytellers Guild presents

**"History in a Nutshell"**  
Saturday, June 16<sup>th</sup>, 2 p.m.

3225 Freeport Boulevard (Eskaton)  
Stories for young and old - **FREE Event**  
Questions? Contact Lawrence at 916-399-1999

See more Calendar, page 25

the Land Park Community Association presents

**a Taste of Land Park**

**Sunday, June 10 4pm to 7pm**  
VIP hour for LPCA Members: 3pm to 4pm  
3rd Ave, between Regina Way & 14th Street

NEIGHBORHOOD EATERIES • REGIONAL WINERIES & BREWERIES • LIVE MUSIC  
SILENT AUCTION • RAFFLES • COMPLIMENTARY BIKE VALET

**PURCHASE YOUR \$25 ADVANCE TICKETS AT:**  
Vic's Ice Cream • Track 7 Brewing  
Riverside Clubhouse • Capital Nursery

More information at: www.landpark.org You must be 21 to attend this event!

**2012**  
4<sup>th</sup> of July Matsuyama Fun Run/Walk  
**5K & 8K**

**Wednesday, July 4<sup>th</sup> 2012, 8:00 am**  
Registration forms available at <http://schools.scusd.edu/matsuyama>  
Registration forms accepted through day of event

**Matsuyama Elementary School**  
7680 Windbridge Drive  
Sacramento, CA 95831  
433-5535

Questions?  
Contact Geoff Miyao  
gmiyao@yahoo.com

**\$20.00**  
Registration

*Come and join this family fun event!*

## - EVENT LISTING SECTION -

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.  
Call (916) 429-9901 for rates.

**FREE LUNCHEON SEMINAR**  
**"The Privilege of Planning"**

Presenter: Josh Tuttle  
General Manager  
East Lawn Mortuary &  
Sierra Hills Memorial Park  
Funeral Director Lic#3435

Friday, June 29 - 11:30 a.m. to 12:30 p.m.  
Seating is limited to 30 attendees per seminar

**St. Francis Community Hall**  
6700 Verner Avenue, Sacramento, CA 95841  
(1-800 @ Greenback)

30-minute presentation followed by a question and answer period. Reservations Required RSVP to Lisa West @ (916) 732-2020

**CHAMBER MUSIC SOCIETY OF SACRAMENTO**  
25th YEAR OF BEAUTIFUL MUSIC!

**Concerts 6/12/2012**

**cmssacto.org 443-2908**

**The American River Chorus presents**  
**"The Great American Songbook III"**

A musical production with International guest quartets:  
**Storm Front and Maxx Factor**

**June 9, 2012**

For tickets or information: **(800) 385-3659**  
**www.americanriverchorus.org**

**Northern California Art by Fire**  
**Annual June Show & Sale**  
Featuring a diverse selection of original, functional, decorative, and wearable clay, metal, and glass art.  
Additional information and pictures available at [www.artbyfire.org](http://www.artbyfire.org) or contact us at [artists@artbyfire.org](mailto:artists@artbyfire.org)

**Saturday, June 16, 2012 — 10 a.m. to 4 p.m.**  
Shepard Garden & Art Center - 3330 McKinley Blvd.  
Free admission. Easy parking in the charming location of McKinley Park.

**CALL (916) 429-9901**  
**TO ADVERTISE YOUR EVENT**

**Arden Carmichael News, East Sacramento News**  
**The Land Park News and The Pocket News**

**Health & Community resources fair**  
Saturday, June 9, 2012, 10 am - 2 pm  
ACC Park City • 7375 Park City Dr. • Sacramento, CA 95831

**Blood Source Blood Drive and Bone Marrow Screening**  
**Blood Pressure and Hearing Tests**

**FREE Community Resources**  
Senior Services Vendors  
In-Home Care  
Advance Directives Planning  
Dementia Care  
Meals on Wheels  
Child ID Program  
Home Modifications for Seniors

**Door Prizes**  
**FREE Mini-Lessons**  
Taiko Drums  
Line Dancing  
Tai Chi  
Ukulele  
Fly Fishing  
Movement Through Music  
And More!

**Sake Ceremony**

**Food Available for Purchase**  
Hot Dogs  
Halo Halo  
Cookies

**Meet Dinger from Sacramento River-Cats!**

For more information, please call (916) 393-9026 or visit our website - [www.accsv.org](http://www.accsv.org)

**HOLY SPIRIT PARISH SCHOOL**

**A Leader in Catholic High School Preparation**  
Faith, Lifelong Learning and Community

K-8 • Academic Excellence • Interactive Classroom Technology  
Performing/Fine Arts • Competitive/Recreational Sports Teams  
Community Service • After-School Care

**Now accepting applications.**

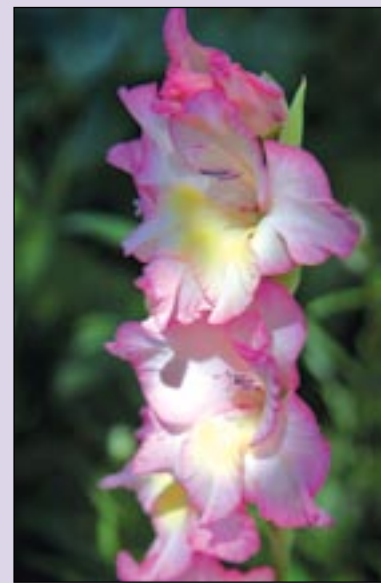
Call **916-448-5663** for information or to arrange a campus tour  
**www.hs-ps.com**



Faces and Places  
A POCKET FULL OF  
*Flowers*

By STEPHEN CROWLEY  
Pocket News photographer  
stephen@valcomnews.com

Summer officially begins in a few short weeks – and it might as well be here already, if gardens in the Pocket are any measure of the seasons. These lovely blooms were found right here in Pocket neighborhoods.



# Freeport

Bar & Grill

**Father's Day Brunch 9am to 3pm  
Dinner 4pm to 10pm**

Call for reservations: 916-665-1169  
8259 Freeport Blvd., Sacramento, CA 95832  
[www.freeportbarandgrill.com](http://www.freeportbarandgrill.com)

Open for breakfast Saturday and Sunday  
Happy Hour Mon – Fri 4 – 7pm • Fri Nights Karaoke 9pm – 1:30am  
Dinner 4 – 10pm • Patio Seating Available  
Mon through Thur 11am – 10pm • Friday 11am – 1:30am  
Saturday and Sunday 10am – 10pm

**YOUR AD IN 4 PAPERS FOR 1 PRICE**

*Real Estate Quarterly*

- East Sacramento News • Arden-Carmichael News
- Pocket News • Land Park News

Contact Linda Pohl for more information  
Ad deadline June 7th Reserve your space today! 916-429-9901

**Father's Day**  
Sunday, June 17  
Game Time: 1:05 p.m.

BBQ Tool Set Giveaway  
(val 2,500 Fans)

Win a chance to have your dad's name painted on the warning track or throw out the first pitch by purchasing the Baseball & BBQ ticket package. For more info go to [rivercats.com/specialoffers](http://rivercats.com/specialoffers).

See More Photos & Open House Schedule for my "Featured Homes" at:  
**GreenhavenPocketHomes.com**

**Just Listed! \$249,900** < 6943 Gallery Way - \$249,900  
Attractive 4bd 3.5ba with remote 4th bdrm. Separate living & family rms. Dining area & brkfst area. Prior kitchen update. Updated A/C & gas heating c. 2010. Upd carpet; vinyl flooring in baths & laundry. Apx 1,895 sf\*

**Greenhaven Area!** 4-5bd, 3ba, 8-9 car garage!

**100 Audubon Circle – Now \$628,000 >**  
Custom hm builder's own home. 1-of-a-kind 4-5bd 3ba Great Rm plan w/many high quality updates, plus an enormous 8-9 car garage! Downstairs bdrm, full bath & den. Great yard w/brick patio & pergola. More! Apx 3,419 sf\*

**Great Room Plan!** < 234 River Acres Dr – Call for details!  
Exceptional location & features! 3bd 2.5ba "Great Room" plan w/formal dining rm, upd stainless kitchen appliances w/Blue Star gas range. Tile roof. Upd laminate & tile flooring. Apx 25' deep garage. More! Apx 1,899 sf\*

**Pocket / Didion Area\***

**1253 56th Avenue – Pending Sale! >**  
Very sharp 4bd 3ba w/oversize 3-car tandem gar. RV/boat access. Upd granite counters in kitchen, master & hall bath. Wood flrs in living rm/dining area. Upd tile flrs in kitchen, baths, pantry, laundry. More! Apx 1,955 sf\*

**PENDING SALE!** South Land Park Hills

**PENDING SALE!** < 271 Audubon Circle – Pending Sale!  
Spacious 4-5bd, 3ba Custom w/Upd granite kitchen & bath counters! Den, bath w/shower downstairs. Huge family rm & master bdrm. Separate formal living & dining rooms. Large yard, 3-car gar w/high ceiling! Apx 3,259 sf\*

\* Per public records or other sources deemed reliable, but has not been verified by agent or broker; interested parties to verify.

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

**Bill Bonner**  
(916) 320-1888  
Bill@PocketAreaHomes.com

**Prudential**  
Dunnigan Real Estate  
DRE# 00692245

**GreenhavenPocketHomes.com**

**HeavenLy's Yogurt**

[www.HeavenLysYogurt.com](http://www.HeavenLysYogurt.com)

Kids get first 4 oz. FREE every Friday from 4-8pm

**FREE YOGURT**  
Get a FREE 8 oz. yogurt when you purchase 8 oz. or more of yogurt.  
Limit 1 free 8 oz. yogurt per coupon.  
One coupon per person per visit with coupon. Not valid with other offers. Exp. 6/30/12

7600 Greenhaven Dr., #21  
(916) 455-6000  
11:00 am – 9:30 pm Daily

5535 H Street, #10  
(916) 422-8120  
11:00 am – 9:30 pm Daily



# PRUDENTIAL DUNNIGAN REAL ESTATE

## WE'RE ALL ABOUT YOU

100 AUDUBON CIRCLE \$628,000



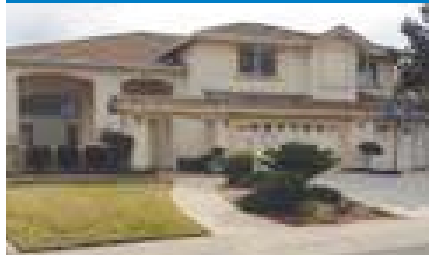
SINGLE FAMILY, 4-5 BEDROOM, 3 BATH, 3419 SF  
**BILL BONNER 320-1888**

271 AUDUBON CIRCLE \$515,000



SINGLE FAMILY, 4-5 BEDROOM, 3 BATH, 3259 SF  
**BILL BONNER 320-1888**

7727 RIVER LANDING DRIVE \$519,000



SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3270 SF  
**LYNN LUK LEE 628-2843**

6678 BENHAM WAY \$489,900



SINGLE FAMILY, 5 BEDROOM, 3 BATH, 2257 SF  
**NICK LAPLACA 764-7500**

3 WALNUT BAY COURT \$459,500



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2612 SF  
**NICK LAPLACA 764-7500**

8042 LINDA ISLE LANE \$337,500



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1428 SF  
**NICK LAPLACA 764-7500**

234 RIVER ACRES DRIVE \$299,900



SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 1899 SF  
**BILL BONNER 320-1888**

6485 CHETWOOD WAY \$299,500



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1905 SF  
**LYNN LUK LEE 628-2843**

1253 56TH AVENUE \$279,900



SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1955 SF  
**BILL BONNER 320-1888**

6456 HARMON DRIVE \$249,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1682 SF  
**NICK A LAPLACA 764-7500**

6943 GALLERY WAY \$249,900



SINGLE FAMILY, 4 BEDROOM, 4 BATH, 1895 SF  
**BILL BONNER 320-1888**

7456 MYRTLE VISTA AVENUE \$215,000



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1568 SF  
**DAWN O'CONNOR-ROWE 799-4835**

### ELK GROVE

9556 SUNLIGHT LANE-\$134,000  
**PENDING**

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1351 SF  
**FARES ALIE 247-7198**

9069 QUAIL TREE COURT-\$289,000  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2425 SF  
**LYNN LUK LEE 628-2843**

8708 ARMAGH COURT-\$160,000  
**PENDING**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1598 SF  
**BRANDON SHEPARD 479-1936**

9037 ALLBRITTON WAY-\$201,500  
**SOLD**

SINGLE FAMILY, 5 BEDROOM, 3 BATH, 2790 SF  
**FARES ALIE 247-7198**

9372 OREO RANCH CIRCLE-\$210,000  
**SOLD**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 2263 SF  
**MARSHA CHAN 217-5500**

9570 CAMIE COURT-\$279,000  
**SOLD**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2700 SF  
**BRANDON SHEPARD 479-1936**

9404 RIVER FALLS COURT-\$180,000  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1854 SF  
**BRANDON SHEPARD 479-1936**

9327 SALMON CREEK DRIVE-\$245,000  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2539 SF  
**BRANDON SHEPARD 479-1936**

8641 FESTIVAL DRIVE-\$219,999  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2212 SF  
**NEAL ALIE 981-7129**

8291 FOX HOUND CIRCLE-\$220,000  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2526 SF  
**BRANDON SHEPARD 479-1936**

### SACRAMENTO

6537 VERNACE WAY-\$68,000  
**PENDING**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1034 SF  
**NEAL ALIE 981-7129**

1 FLORIN ROAD-\$1,460,000  
RESIDENTIAL ACREAGE, 60.409 ACRES  
**DAVID OHARA 600-9495**

3 LENMAR COURT-\$150,000  
**PENDING**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1428 SF  
**DAVID OHARA 600-9495**

4200 E COMMERCE WAY #623-\$50,000  
**PENDING**

CONDO, 1 BEDROOM, 1 BATH, 667 SF  
**DAVID OHARA 600-9495**

9096 BEDROCK COURT-\$229,000  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2781 SF  
**DAVID OHARA 600-9495**

4909 T STREET-\$649,000  
**NEW PRICE**

SINGLE FAMILY, 4 BEDROOM, 2 BATH, 3009 SF  
**DAWN O'CONNOR-ROWE 799-4835**

3328 SAN JOSE WAY-\$49,000  
**SOLD**

SINGLE FAMILY, 2 BEDROOM, 1 BATH, 864 SF  
**NEAL ALIE 981-7129**

8732 KENTSHIRE WAY-\$175,000  
**PENDING**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1663 SF  
**JERRY LANDRETH 502-0928**

2720 33RD -\$38,900  
**NEW LISTING**

SINGLE FAMILY, 2 BEDROOM, 1 BATH, 1156 SF  
**MONIKA A WEYER 422-3756**

1454 FRUITRIDGE ROAD-\$150,000  
**PENDING**

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1479 SF  
**DAVID OHARA 600-9495**

8823 SALMON FALLS DRIVE #B-\$85,000  
**PENDING**

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1518 SF  
**JOLEEN A DUNIGAN 717-3559**

2319 V ST. - \$495,000

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3100 SF  
**DAWN O'CONNOR-ROWE 799-4835**

2885 NORWOOD AVENUE-\$350,000  
RESTAURANT, 139.392 SF  
**DAVID OHARA 600-9495**

2329 22ND AVENUE-\$185,000  
**SOLD**

SINGLE FAMILY, 2 BEDROOM, 1 BATH, 1156 SF  
**LYNN LUK LEE 628-2843**

2613-2615 T STREET-\$175,000  
**PENDING**

MULTI FAMILY, 6534 SF  
**TERRY J MULLIGAN 768-3796**