

THE POCKET NEWS

since 1991

August 1, 2013

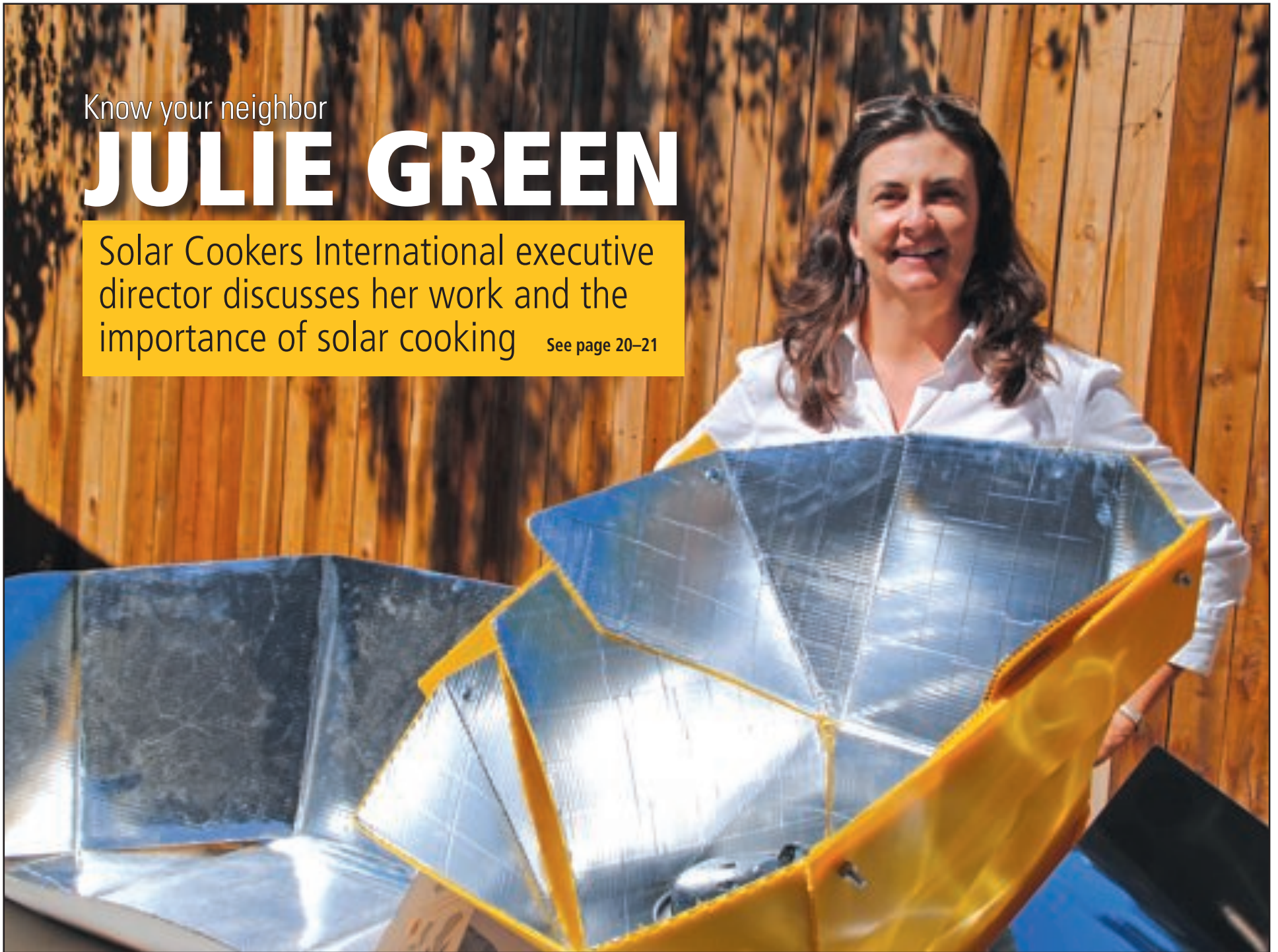
Community News in Your Hands

www.valcomnews.com

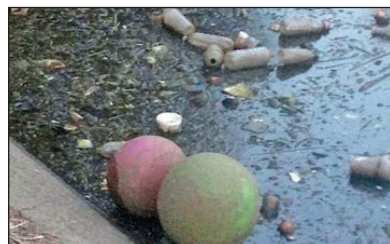
Know your neighbor

JULIE GREEN

Solar Cookers International executive director discusses her work and the importance of solar cooking See page 20-21



- School: Summer of Service program.....4
- Local history feature..... 6
- In the Pocket.....9
- Faces and Places..... 13
- Calendar 24-26



Where was this?

See page 9



Going on a walk down Starlit Circle

See page 18

VCA Greenhaven Pocket Animal Hospital

More Than Just a Veterinarian!



Do you like to spend time having fun on weekends or perhaps you would like to see us after work or school?

Now you can!

Monday, Tuesday and Wednesday our hospital will be open until 8:00pm. Appointments available now.

1 Valine Court • 916.391.3677



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

Mon-Weds: 7:30am - 8pm • Thurs-Fri: 7:30am - 6pm • Sat: 8am - 5pm • Sun: 9am - 4pm www.vcagreenhaven.com

• FULL SERVICE ANIMAL HOSPITAL • HEALTH EXAMS • DENTISTRY • MEDICINE/SURGERY • VACCINATIONS • SPAYS/NEUTERS

Experience Counts!

Now More Than Ever!

More than 2,200 of our Greenhaven/Pocket friends and neighbors have trusted me to serve their real estate needs over the past 30+ years!



Nick LaPlaca
764-7500



Prudential
Dunnigan Real Estate

24 Hour Info @ 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.

PublisherGeorge Macko
General Manager Kathleen Egan
Editor Monica Stark
Art Director John Ochoa
Graphic Designer Serene Lusano
Advertising Executives Linda Pohl
Patty Colmer, Melissa Andrews, Jen Henry
Distribution/SubscriptionsGeorge Macko

Vol. XXII • No. 15

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

Cover photo by:
Monica Stark

Other photos by:
R.E. Graswich
Monica Stark

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

Turning Your Dreams Into An Address



Ilah Turner
GRI

Call 206-4016
BRE# 01278805



Pocket Halfplex
3 bedrooms, 3 bathrooms, over 1,600 square feet and move in ready!
14 Park West Ct. \$238,000

Call me for my other listings!

Real Estate Questions?

Visit my website. www.ilahturner.com



There's a reason 20,000 doctors have recommended the Medifast Brand since 1980.

It's Not a Miracle... It's Medifast.
The fast and healthy way to lose weight.

WANT TO LOSE 20, 40, OR 100 LBS? WE'LL HELP YOU TAKE IT OFF AND KEEP IT OFF!

- Lose Weight Quickly & Safely
- One-on-One Consultations
- The Brand Recommended by over 20,000 Doctors Since 1980

Medifast.
WEIGHT CONTROL CENTERS

(888) 963-3432

www.MedifastCalifornia.com

Elk Grove Center • (916) 478-3550

Howe Ave. • Roseville • Sunrise

\$100 OFF* with this ad.
Expires 8/31/13

*Promotional offer may not be combined with any other offer and is based on the purchase of a full-service Medifast Weight Control Center Program.

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

7200 S. Land Park Drive, Ste. 100 • Sacramento, CA 95831
(916) 422-9110 • www.sacurgentcare.com

Open 9 AM to 9 PM • 365 Days a Year • No Appointments Needed

\$15 OFF
Office visit for new cash paying patients
Expires 8-31-13

Pocket Martial Arts School featured August 10 at Sacramento Banana Festival

Students and faculty of iYa Taekwondo will perform an on-stage demonstration of martial arts skills Saturday, August 10, at the 4th Annual Sacramento Banana Festival. The performance will take place from 4:30- 5:00 pm. at the festival's Teen Zone Stage. Some 8,000 visitors are expected to attend the Sacramento Banana Festival August 10 and 11 at William Land Park, 3800 W. Land Park Drive.

The Sacramento Banana Festival is a multicultural event celebrating cultures in Asia, Africa and the Americas that use the banana as a source of food, art and culture. Entertainers will perform on three age-appropriate stages during the two-day, drug and alcohol-free festival, which also will feature a youth talent show, youth art exhibits, banana-themed cooking competitions, and educational activities and displays focused on culture, health, wellness and the environment. Festival hours are 10 a.m. to 7 p.m. on Saturday, August 10; 10 a.m. to 5 p.m. on Sunday, August 11. General admission tickets are \$5 and may be purchased online at <http://www.eventbrite.com/event/6587963777> or at the gate. Exhibitor spaces and event sponsorships are available—visit <http://bananafestival.sojoarts.net> for more information.

iYa Taekwondo focuses on teaching taekwondo as more than just kicks and



Photo by Stephen Crowley

iYa at this year's July 4 Pocket Parade.

See Banana, page 12

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!

Now ENROLLING!

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

HOT AUGUST NIGHTS
Perfect Time for a Family Cruise!

GREENHAVEN BIKE SHOP

Neighborhood Sales & Service Professionals

Greenhaven Bike Shop
354 Florin Rd. | Sacramento, CA | 95831
916.424.2453

Hours of operation:
Monday - Friday 10 - 7
Saturday 10-6 | Sunday 10-5

Hot August Nights
CAR SHOW

FRIDAY, AUGUST 23RD
6 - 8 PM

CLASSIC CARS, HOT RODS

Come see the Bay Area's most famous Elvis Impersonator, Rick Torres

Greenhaven Estates Assisted Living Community

7548 Greenhaven Drive
Sacramento, California 95831
Ph: 916.427.8887

Free Refreshments

www.PrestigeCare.com
LIC # 347003239

JFK Summer of Service Program collects donations

Program raises awareness about community concerns

By **MONICA STARK**
 editor@valcomnews.com

The summer program at Kennedy collected more than \$500 worth of money and donations Saturday, July 13 at their car wash, bake sale and donation drop. All proceeds collected from the event will be donated to Sacramento charities to support local foster youth, animal shelters and homeless shelters.

In an interview with incoming freshman Amy Toy, who was looking to raise awareness of animal abuse, she said her group was taking food donations. "Right now we have two huge garbage bags full of food. We have more than enough. We have 200-225 pounds of food." Toy said she has enjoyed working with her friends and meeting new people as a part of the program.

Mr. Plotts called Janae Wilkerson, who participated in the program last year and who came back to help special needs kids this year, "a key member in our group."

Wilkerson said the program has given her some insight into the working of foster care and how unfortunately, many of the youth are kicked out of the system at age 18, left poor without anywhere to go. "We did the car wash and made flyers, donated money and clothes and now my friend Natalie is talking to the person where the foster care is (to find out where the best place to drop off the donations would be)."

Wilkerson and Toy said later in the school year, they will take a field trip to deliver the supplies.

Wilkerson said that as a mentor, she is teaching the in-



Photo by Monica Stark

See Summer of Service, page 5



POCKET BISTRO



- Catering • Chef's Fried Chicken Mondays
- Prime Rib Thurs. Nights
- Sat. & Sun. Brunch • Lunch & Dinner Served Daily
- Happy Hour: Tues.-Fri., 3:30-7:00 pm • Full Bar

**Monday
Night Special**
Chef's Fried Chicken

**Saturday &
Sunday Brunch**
10:00am -2:00pm


6401 Riverside Boulevard
916.391.7990 • www.PocketBistro.net

Hours: Mon 5-9:30pm • Tues-Thurs 11:30am-9:30pm • Fri - Sat 11:30am-10pm Sun. 10am-8:30pm

ALL PHASES *of* DENTISTRY

- Extractions
- Dentures
- Sedation
- Small diameter implants
- Senior discounts

**ARTHUR A.L.
BURBRIDGE, D.D.S.**
25 years experience



916.428.6684
 7485 Rush River Drive, Suite 755
www.BurbridgeDDS.com

**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

SusieSellsSac.com



Susie Kuwabara Parker
 Realtor®
 DRE#00833025
 916-768-8494 | 916-421-3546
 4305 Freeport Boulevard,
 Sacramento 95822
**Native Sacramentan
 Pocket/Greenhaven
 SPECIALIST**



**COOK
REALTY**

**COMING
SOON**



7462 Griggs Way

NEW



975 Cobble Shores Drive \$869,000

PENDING



18 Iron River Court \$339,000

SOLD



18 Alstan Court \$1,004,000

PENDING



6 Reyes Court \$1,195,000

PENDING



635 Castle River Way \$309,950

NEW



230 Audubon Drive \$739,000

Summer of Service:

Continued from page 4

coming freshmen what to expect when they are in high school and the principals, she said, are expecting her to make sure their behavior is good when they enter high school. She said she has seen some of the students grow.

These students are a part of the Summer of Service Program, which is meant to engage Sacramento youth in meaningful activities. It is designed to help incoming freshmen acclimate to high school and get involved in their community by using their own actions and voice. Mr. Plotts said the program had about 95 to 100 students participate with an attendance rate of 85 to 90 percent.

Part of the program required the students to choose a topic or community issue they felt strongly about and then teachers helped develop the issue – “Why do you think this occurs? We have them flesh it all out,” Mr. Plotts said.

He said he had students come up with ideas of what the root causes of homelessness and problems with foster care are, for example, which followed up with raising awareness.

They did the car wash to raise money. It's a two-tiered thing. Help the cause right now and help raise



Amy Toy and Janae Wilkerson.

awareness so we don't have the problem.”

Mr. Plotts said the program also helps students acclimate to high school as well as get them involved. They can find out about school and make friends before they even have their first day! “It's a collective experience for kids,” he said.

The program culminated at CSUS for a 3-day leadership event as Kennedy freshmen joined other South Sacramento high school for team building exercises including a relay race, talent show and rope climb-

ing. They also got to sleep over in the residence halls.

“It's something for them to step in the spotlight and make them feel good ... and it's a lot of fun,” said Calvin Ly, one of the leaders of this event. “It's all about positive reinforcement — the kids are going through a chaotic time but they have support from team members.”

The students also got to discuss what they all experienced with the SOS program and how certain values like — integrity and hard work can help you reach your goals.



Students at the last day of SOS at JFK.

Great American Stage



Check out our Casino Bus Tours for scheduled trips to Harvey's in South Lake Tahoe!

Sundays, only
\$30.00 per person!

HARVEYS BONUS: \$20 Slot Play + Free Buffet!

For information and reservations call (916) 929-8833
Monday - Friday 8am to 5pm

FARES & BONUSES SUBJECT TO CHANGE WITHOUT NOTICE. MC165768

Did Your 401(k) Make the Trip?
Make sure to take it with you
when you leave your job!

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



Did you know...

Employer-sponsored retirement plans require a mandatory tax withholding on most distributions.

If you have an employer-sponsored retirement plan with a former employer, those funds can be rolled over to give you more distribution options and greater control over your money.

Call us to discuss the benefits of rolling over your money into an IRA when you leave your job.

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

Got News?

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

Brown Chiropractic & DB Fitness Training



Lifelong Land Park and Pocket resident, **Dr. Randall Brown**, has taken his 40 years of experience as a professional athlete, rehabilitation physician, and junior golf development advocate... to his new Fitness Training and Chiropractic Therapy Facility.

\$18/visit
Chiropractic Back & Neck Therapy
Limited time offer

Fitness Consultation
FREE

Call for details!
Limited time offer

(Across from Bing Maloney Golf Course)

www.dbchirofitness.org • (916) 541-2281 • 6700 Freepoint Blvd. #202

Major flood washed through Riverside-Pocket area 109 years ago

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part 16 in a series about the history of the Sacramento River.

When it comes to the history of the Sacramento River, in relation to the Riverside-Pocket area, the river received its most concentrated attention from residents of that area on Feb. 27, 1904.

This fact is undeniable, as it was on that day that a break in the levee at the sharp turn in the river, near Sutterville Road, about three miles south of the old Y Street (today's Broadway) levee, caused floodwaters to inundate an estimated 10,000 acres in the Riverside-Pocket area.

The levee break became known as the Edwards Break due to its location at the ranch of local farmer Eustace Richard Edwards (1849-1931).

Eustace, who was the oldest of the children of Welsh native Thomas C. Edwards (1816-1877) and Massa-

chusetts native Sarah W. (Lincoln) Edwards (1822-1897), was born in Massachusetts.

According to the 1870 U.S. Census, Eustace was then residing with his family in the Sutter Township, which included the area that would become known as Riverside.

Eustace resided in this general area for the remainder of his life, with his final address being 3225 Freeport Blvd.

The Edwards Break occurred shortly after noon, and less than three hours later, the break had grown to about 100 feet wide, and was continuing to expand.

While a reporter for *The Sacramento Bee* was interviewing county surveyor Joseph C. Boyd, about 10 feet of the levee was washed away, along with a massive oak tree that had been derooted by the floodwaters.

Although Boyd said that it would take two weeks to repair the break in the levee, *The Bee* then-reported that because of the pro-



Photo courtesy of PHCS

On Feb. 27, 1904, the river quickly reminded Riverside-Pocket area residents of its great power, as a levee break resulted in a major flood in the area. Shown in this photograph is the flooded home of Pocket resident Manuel Seamas.

tection of the Y Street levee, there was "absolutely no danger in the water entering the city (which then had its southern boundary at Y Street)."

A Feb. 29, 1904 report in *The Bee*, in part, read: "The Sacramento River is steadily falling (from 27.9 feet on the day of the break), registering 25.9 feet at noon to-day (sic). So far, as Sacramento is concerned, this

fact is of merely passing interest, for there never has been a time during the present high water that the least fear from flood has been felt. The levees about the city offer absolute protection."

However, on another page of the same edition of *The Bee*, it was reported that some city residents feared that the floodwaters from the south might spill over the Y Street levee.

While the city avoided floodwaters from the river, the previously mentioned chaotic flood scene transpired to the south of that area.

With news of the break, rescue crews were quickly organized and efforts were made to bring various south area residents to safety.

Many curious residents of the city set out

See River, page 7










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

\$12 BeckShoes.com **\$12**

\$12 BECK'S BUCKS

\$12 BECK'S SHOES Expiration Date 8/31/13 **\$12**

Regular priced purchase of \$75 or more. One Beck's Buck per customer per purchase








Local Mortgage Bankers



Whether you are interested in buying, selling or refinancing call Dave Mendoza, your trusted advisor!

Locally owned for over 20 years!

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

It's a great time to re-examine your mortgage strategy!

CALL DAVE TODAY!

WWW.COMSTOCKMORTGAGE.COM | CA DRE LIC. #01000837 | NMLS ID #243859 | SAC 1ST MORTGAGE DBA COMSTOCK MORTGAGE



RESERVE YOUR SPACE IN THE UPCOMING

California Kids!

Be Seen by Over 100,000 Readers Each Month.

CALL JEN TODAY!
(916) 429-9901

River: Images of the flood never left the memories of residents in that era

Continued from page 6

on excursions to view the changes in landscapes that occurred as a result of the levee break.

Thousands of people visited the city cemetery at the present day address of 1000 Broadway to observe the submerged area south of the city.

Graves on the low ground and the southern and southeastern portions of that cemetery were submerged in water due to the break.

In its Feb. 29, 1904 edition, *The Union* described the Odd Fellows plat along Riverside Boulevard as a "lake of water," which, in part of that area, was being used as a thoroughfare for rowboats during the previous afternoon.

Sightseers on foot and in buggies and other types of vehicles made their way along the road atop the Y Street levee from Front Street to 25th Street to view flooded scenes, which included St. Joseph's Cemetery, which was halfway submerged with floodwaters.

The Union described the scene at St. Joseph's Cemetery, as follows: "The highest points of the cemetery were not submerged, but in the northern section, not even the gravestones showed above the flood."

In describing the southward view from the Y Street levee, *The Union* noted: "Standing on the levee and looking south, the inland sea stretched as far as the eye would carry. Here and there a clump or grove of trees waved in the south breeze; here the tops of a row of fence posts marked a division line: there a house, submerged to the windows, looked the acme of desolation. A big cattle barn, submerged halfway to the eaves, stood sturdily in one direction, in the other, a hop house looked out over the watery waste."

A line of people could constantly be seen on the

bridge connecting Sacramento with Washington in today's West Sacramento during the daylight hours.

Several hundred of the city's more courageous residents walked southward down the Front Street levee to obtain a close view of the break in the levee.

In its February 28, 1904 edition, *The Union* encouraged the public to view the flood from the Capitol, as follows: "As the submerged district is of unusual extent, the sight from the Capitol dome is one well worth seeing. The view from the first and second balconies surrounding the dome is preferable from that obtained from the cupola, as there is plenty of room in which to move about and take in the panorama in all directions. The Capitol cupola will be open for visitors to-day (sic), says Secretary of State (Charles F.) Curry."

The Bee reported that floodwaters were still rushing through the "great crevasse" with "undiminished force" two days after the levee broke.

The same report noted that "the roar of the rushing torrent could be heard a great distance away."

Although the loss of human life seems to have been limited to a man who was killed at the site of the levee break, many animals, including livestock, perished in the floodwaters and large amounts of crops were destroyed.

Several weeks passed before the floodwaters finally receded and people were able to return to their homes.

And despite the fact that the levee was eventually repaired and many flood-free years followed, the images of the great flood of 1904 would never leave the memories of Riverside-Pocket area residents of that era.

Where Do I Live? Biologist writes children's book

"I was shocked when I started reading to my new baby," says Kristine Duehl. "As a scientist with a Ph.D. in biology, I couldn't believe the inaccuracies in children's science based books and knew I had to make a difference." One of the first people Duehl reached out to was Katy Castronovo, an illustrator she met during childbirth classes. Happy to collaborate with Duehl, *Budding Biologist* took off and the rest, as they say, is history.

The second book in the *Budding Biologist* series, *Where Do I Live?*, explores the five major biomes and is aimed at pre-schoolers and early readers. Unique for books in this genre, *Where Do I Live?* uses an inquiry style format and vocabulary appropriate for young chil-

dren to encourage their natural curiosity and foster analytical thinking.

Dr. Duehl, with a Ph.D. in biology from the University of Florida, is as meticulous in her research as she is in her writing. She researched age-appropriate descriptions and vocabulary for her books and Castronovo drew realistic pictures that are colorful and accurate without creating misconceptions about the animals or places they live. Finally, all *Budding Biologist* books are mom-approved and peer-reviewed by scientists and educators.

Kristine Duehl received her Ph.D. in biology from the University of Florida. She has spent months and years at a time conducting research in other countries focusing on plant-animal interactions and science education. She also has an ex-

tensive background teaching science and biology classes in middle school and at the college level. She currently lives with her husband and toddler outside of Sacramento, CA.

Katy Castronovo has a B.F.A in painting and drawing from The Ohio State University. She has worked as an administrative assistant for the Canzani Gallery for the Columbus College of Art & Design.

Website: www.buddingbiologist.com

Where Do I Live? and *Am I an Insect?* are available on www.amazon.com, www.buddingbiologist.com, and Net Galley

WILLS and TRUSTS

*Protect Those You Care For;
Protect Your Children and Loved
Ones if Something Happens to You*



GL Gilberto Lopez, Jr. Estate Planning Attorney
(916) 665-1122 • www.gljlawoffice.com
8031 Freeport Blvd., Sacramento, 95832
Also experienced in Trust Administration & Personal Injury Auto Accidents

VALLEY COMMUNITY NEWSPAPERS, INC.

Community News In Your Hands



CONTACT A SALES REPRESENTATIVE TO
ADVERTISE IN OUR NEWSPAPERS!
2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

FUNERAL DIRECTORY

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



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

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

Call
Patty
Today



916-429-9901

74-year-old scrapbook returned to well-known, local Chinese family

By LANCE ARMSTRONG
Lance@valcomnews.com

South Land Park resident Dr. Herbert Yee, a retired local dentist and the patriarch of a well-known Sacramento Chinese family, and his wife, Inez, had an unexpected and pleasant surprise last week.

After being called to a special meeting arranged by this publication, Vallejo resident Jeff Feri drove about 60 miles to meet the Yees and explain why he was the central part of the gathering, which was held at the South Land Park Chinese restaurant, Macau Café.

While directing his attention toward Herbert and Inez, Jeff, who was accompanied by his 19-year-old son, Jordan, said, "I live in Vallejo and there's this old homeless guy, Al, that comes around. He'll try to sell me an old bicycle part or

something. I get off work and I usually give him the aluminum cans from my car or whatever. So, I usually look at the stuff that he has, and on this particular day he had this scrapbook. I just looked at it and it had (Yee family related) newspaper clippings from 1939 from *The Sacramento Union*, (a newspaper), which we all know doesn't exist anymore. So, I said, 'If you don't mind me having it, I would like to look into it.' I looked online and saw the report that (*The Land Park News*) did on (Herbert) and I figured maybe Dr. Yee (and his family) would like to have this (scrapbook)."

After contacting this publication, Jeff described the scrapbook and how he acquired it.

Unfortunately, Jeff, who spent his entire life residing in Sacramento before moving to Vallejo four years ago, said



Photo by Lance Armstrong

Vallejo resident Jeff Feri, who grew up in Sacramento, presents a vintage family scrapbook to Dr. Herbert Yee.

that Al had no recollection of how the book came to be in his possession.

The paper covers of the 9-inch by 12-inch, spiral-bound scrapbook features a printed artistic representation of a Dutch countryside, which unsur-

prisingly includes an image of a windmill as its focal point.

Inside the book are 70 yellowed pages, the earliest of which contain

See Yee, page 10

Senior Services *and* Resources

Call Melissa (916) 429-9901

<p>CLEANING SERVICES</p> <p>House Cleaning Services by a 'Local' name you can trust, ABM Cleaning</p> <p>Indoor/Outdoor Cleaning FREE QUOTE</p> <p>6640 Fair Oaks Blvd., Carm. (916) 489-3322 Lic# 045974</p>	<p>DOCUMENT PREP SERVICES</p> <p>LIVING TRUST/LIVING WILL Legal Document Prep Services:</p> <ul style="list-style-type: none"> • Trust • Will • Powers of Attorney • Residential Deed <p>Couples \$495 Singles \$450 Lynda K. Knight (916) 214-1215 1337 Howe Ave., Ste. 103 Sacto 95825</p>	<p>HELP AT HOME</p> <p>HELP AT HOME Senior Care Caring, In-Home Assistance & Companionship</p> <ul style="list-style-type: none"> • Light housekeeping • Meal preparation • Med reminders • Errands • Dementia care • Bathing & Much More <p>For no-cost/in-home assessment, call 877-404-6636</p>	<p>IN-HOME HEALTH CARE</p> <p>Care Comfort Choice</p> <p>In Place, Where You Live</p> <ul style="list-style-type: none"> ★ Personal Home Care ★ Skilled Home Care ★ Palliative Care ★ Hospice Care <p>916-779-0811 Family-centered care.</p> <p>Int-rim HEALTH CARE.</p> <p>For over 40 years, providing continuity of care through life's transitions.</p> <p>People you know • People you trust • People who care</p>
<p>LEGAL SERVICES</p> <p>Will/Trust/Health Directive \$750 Complete Package</p> <p>Estate and Medi-Cal Planning</p> <p>Free In-Home Consultation</p> <p>Tim Tyler, Ph.D., Attorney at Law 916-452-0624</p>	<p>LOVING COMPANIONS</p> <p> Loving Companions Senior Services A Proud Member of The Senior's Choice</p> <p>Certified care (866) 312-2157</p> <p>Specializing in 24/7 Live-In Service</p> <p>Excellent Rates & Discounts</p>	<p>REAL ESTATE SERVICES</p> <p>LYON REAL ESTATE <i>Moving On?</i> www.dogon.com</p> <p>FREE Real Estate Help & Advice tailored to seniors & their families</p> <p>Contact John Woodall, GRI Seniors Real Estate Specialist (916) 421-5421</p> <p>✓out my blog at: aSeniorsBlog.com</p>	
<p>SENIOR CARE @ HOME</p> <p>Senior Home Care Service</p> <p>BILINGUAL AVAILABLE</p> <ul style="list-style-type: none"> • Light housekeeping • Meal preparation • Bathing and caring by Certified Nurse Assistants <p>Call 929-2598 FREE IN HOME ASSESSMENT</p>	<p>SPECIAL ALZHEIMER'S LIVING</p> <p> Primrose Living With Memory Loss</p> <p>Day Club, Respite, Residential, Support Groups & Educational Classes cas@primrosealz.com www.primrosealz.com (916) 392-3510 7707 Rush River Dr. Sacto, CA 95831</p>	<p>YOUR SERVICES ARE NEEDED</p> <p>CALL Melissa TODAY</p> <p>TO PLACE YOUR AD</p> <p>(916) 429-9901</p>	

In the Pocket

By SHANE SINGH
shane@valcomnews.com

All for one: The idea is as old as humanity. A group of people come together for the collective good, looking out for each other, making the community safer and stronger. Now the power of the Internet is helping the Greenhaven-Pocket community become safe again, thanks to a new social media website called "Nextdoor."

The program is national, but local resident Richard Markuson has organized the local edition, called "Nextdoor Pocket." Says Markuson, "This is an exciting new tool to allow Pocket neighbors to connect, share information and events and discuss current events. The participation of city and public safety officials makes this an effective way to communicate. All Pocket residents are invited and encouraged to join."

The Nextdoor website notes, "Thousands of neighborhoods are already using Nextdoor to build happier, safer places to call home. People are using Nextdoor to quickly get the word out about a break-in; organize a Neighborhood Watch Group; track down a trustworthy babysitter; find out who does the best paint job in town; ask for help keeping an eye out for a lost dog" and other community benefits. Nextdoor Pocket is already hitting those categories and more. If we don't look out for ourselves, who will? Check the site at www.nextdoor.com...

Root canal: The power of social media was demonstrated in a big way when Pocket resident and author R.E. Graswich blasted out a series of Tweets about garbage piled up in the neglected Pocket Canal near Greenhaven Road — complete with photos. Graswich compared our canals to Mumbai or Tijuana, and his photos proved the point. "I'm sick of excuses from our representatives at City Hall about the decrepit conditions of our community," Graswich said. "God knows what they're doing with the higher fees and sales taxes we pay." His Tweets caused much social media chatter. That evening, a City of Sacramento crew was on site cleaning the canal shown in Graswich's photos, prompting applause all around...

Kicking off: You know summer is winding down when more than 1,200 youth soccer players in Greenhaven-Pocket take to the parks and school fields to practice for the fall season. It's a busy time for local sporting goods specialty outfitter Kombat Soccer on South Land Park Drive, next to the Post Office. By Labor Day, Kombat will provide about 30,000 uniform kits for kids playing across Northern California. Kombat owner Pat Kitt, a former Greenhaven Soccer Club youth footballer, sells about 2,500 pairs of boots each fall, each with the personal touch. "After 12 years doing this, I think Kombat now simply means great ser-



vice and competitive pricing," Pat said about his store's unique name....

Just for kicks: As predicted right here in this column, Sacramento Pro Soccer Day was a huge success at Raley Field. Sacramento's new USL-Pro soccer team was christened as the Sacramento Republic FC, to the delight of the capacity crowd of 15,000 that saw Norwich City of the English Premier League beat a second division Mexican League team. Republic FC will begin play at Hughes Stadium in 2014. A new video featuring Greenhaven-Pocket's own Pat Kitt made its debut with the team's new chant, "Glory, Glory, Sacramento." The new team is determined to build a grass-roots base. "How do we know Sacramento is a soccer city? There are more than 93,000 registered soccer players in the Sacramento region and capturing that passion for the world's most popular sport was one of our top priorities," Sac Republic FC says on its website. Long live the Republic!...

Bag it: Looks like the new Greenhaven Grocery Outlet will not be ready by early August, as previously expected. But there is progress, if you want to call it that. A chain-link fence has gone up in the parking lot to safeguard construction equipment and supplies. The construction site has gobbled up about a third of the center's parking spaces at Florin and Riverside, prompting some locals to complain about being unable to visit Baskin Robbins, Pocket Bistro or Bonzai....

Birthday Robbie: The third anniversary of the Robbie Waters Pocket-Greenhaven Library arrives on Saturday, August 24, 2013 from 10 a.m. to 1 p.m. The celebration will feature an outdoor picnic party with games and tasty treats. Musical Robot will perform at 11 a.m. Hard to believe our beautiful little library is three. Another 15 years, and it will be ready for college.

VALLEY COMMUNITY NEWSPAPERS, INC.

Community News In Your Hands



CONTACT A SALES REPRESENTATIVE TO ADVERTISE IN OUR NEWSPAPERS!

2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

Community Worship

Greenhaven Lutheran Church

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

9:00am Bible Study & Sunday School
10:15am Traditional Liturgical Sunday Worship Service
www.GreenhavenLutheran.org
Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

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.rwcsac.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

Centennial United Methodist Church

5401 Freeport Blvd. • 452-4477 • centennialumc.com

United in Christ ~ Embracing Diversity
Sunday Services: 9:30am, 12:00 noon (Fijian), 6:00pm (Informal)

Crosswalk Christian Ministries

Belle Cooledge Community Center, 5699 S. Land Park Drive

801-1588 • www.crosswalksacto.org

Sunday Worship: 10:00am with Children's Program

St. Anthony Catholic Church

660 Florin Road • 428-5678

stanthony-sacramento.org

Sunday Masses: 8:30 and 10:30am, 5:00pm (5:00pm vigil on Saturday)
Daily Mass: 8:00am Monday-Saturday

Yee: Returned book brought back fond family memories

Continued from page 7

the majority of the newspaper clippings.

Most of these writings were printed in English, while others were cut out of Chinese newspapers.

Nearly all of the clippings, which were affixed to pages of the book with glue, are from 1939, and the latest dated clippings were added to the book in 1965.

A letter-sized page of lined paper with handwritten Chinese writings is tucked away between pages of the book.

After observing the page, Herbert, 89, said that these writings were most likely written by his father, Dr. Henry Way Yee, or his mother, Hum We Fong Yee.

The hand-written writings, Herbert added, feature information pertaining to the Sacramento chapter of the Yee Fung Toy Family Association.

Included on one page of the book are birth announcements from *The Union* that include news of the birth of Herbert's sister, Carol, at the Sutter Maternity Hospital – today's Sutter Memorial Hospital.

Herbert especially enjoyed that the scrapbook was mainly dedicated to his father's writings, which were published as advertisements for his business, Dr. Henry Yee Herb Co., at 707 J St.

The articles feature themes related to such topics as longevity, healthy eating practices, rheumatism and, of course, Chinese herbs.

The book also includes an advertisement inviting people to undergo \$1 "complete examinations" at Henry's office. The examination included the use of an X-ray fluoroscope and "the wonderful, new hemovitameter."

The latter, 4-foot-tall, 3-foot-wide instrument was claimed to serve the purpose of "detecting the presence of infections, toxins and disease in the human body."

Henry was a descendent of the more than 1,000-year-old Yee family of China.

His grandfather, Yee Fung Cheung, was perhaps the first Chinese herbal doctor to come to the United States. In 1851, he established his practice in Amador County's Fiddletown, which was then the largest Chinatown in the state outside of San Francisco.

Yee Fung Cheung, who also practiced in Sacramento and Virginia City, Nev., was the father of Dr. T. Wah Hing, a Sacramento physician and surgeon whose true name was Yee Lock Sam.

Dr. T. arrived in Sacramento with Henry Yee in 1906, and about a decade later,

Henry graduated from Sacramento High School.

Henry later attended Stanford University and the University of California, Berkeley.

He continued his education at the University of Michigan, where he earned bachelor's degree in civil engineering in 1921 and a master's degree in the same subject in 1923.

During the same year, Henry, after working for the Michigan highways department, returned to China.

And while once again in his native country, Henry served as chief engineer of railroads and highways in the Canton area from 1924 to 1926 and chief of public works in Swatow from 1926 to 1929.

Henry returned to America in 1929 with his son, Paul. He eventually earned sufficient money to pay for Paul to bring the rest of the family to the United States.

Henry was among the leaders in the Chinese and American communities.

Among his many roles were his service as the two-time grand president of the Yee Fung Toy Family Association, seven-term vice president of the Chinese Benevolent Association, director of the Chinese Language School of Sacramento, vice president of the Bing Kong Tong Association of Sacramento, chairman of the board of Yee Investments, Inc., charter member of the Chinese Lions Club and chairman of the board of the Chinese Methodist Church.



Photo by Lance Armstrong
Dr. Herbert Yee observes an old Chinese newspaper article in the scrapbook.

Additionally, Henry was active in the efforts to build the Confucius Temple and community center at 4th and I streets.

He also founded Big Town Market in 1940. The market, which was located at 2210 16th Street, was one of the city's first Chinese supermarkets.

In describing how much his father meant to him, Herbert said that ever since his father passed away at the age of 84 on June 8, 1979, he has carried a photograph of him in his wallet and worn a jade ring that belonged to him.

Herbert said that the presentation of the scrapbook was a very interesting and joyous experience for him.

"Number one, I was interested in where (Jeff) found it," Herbert said. "My sister (May Yee Chinn) used to live in Vallejo, so it may have formerly been in her possession.

(The book) brings back pleasant memories of our father and mother. We get busy in life and then when something like this happens, we think about (special memories) more."

Following his meeting with Herbert and Inez, Jeff, who graduated from Johnson High School in 1990, said that he was very pleased to have had the opportunity to present the scrapbook to the Yee family.

"I was just trying to do something good," Jeff said. "I did it because I would want the same thing done if the roles were reversed. It just so happens that (Herbert) is a very prominent member of the community, but I would have given the book to a janitor. And because (Herbert) appreciated (the book), it made me feel better about going out of my way to get that to him."



A Special September Insert

Calling all home and garden related businesses and services!!

Deadline: September 5, 2013

Publishes: September 19 and 26, 2013

Great exposure to residential customers, quality control for advertising dollars spent

Appearing in the following newspapers:

Arden/Carmichael News, East Sacramento News,
Land Park News & Pocket News

Go on-line www.valcomnews.com to view all of our papers/inserts

Call 429-9901 To Reserve Your Ad Today!

discover your style with

Hair Color, Style and Eyelash
Extension Specialist - Paris is now at
Taki's Salon & Spa!



5866 South Land Park Drive
Call for your appointment
916.761.8255

20% OFF
NEW CLIENTS ONLY
Formerly at Nathan Michaels

Call for your appointment! Pamper yourself!

Wedding parties, proms, special occasions, welcome.

*All wedding day services can be obtained at my salon or at your location.



SLP CROWD PLEASER

Something here for everyone! 3 or 4 bedrooms 2 baths, on nearly a quarter acre of park like grounds. An overabundance of storage space and a family room that could do double duty as a master suite plus an office and dark room. Also a detached Summer House. \$464,500

CHRIS BRIGGS 834-6483



AN AMAZING PROPERTY

Owner/builder used only the best quality materials for this amazing estate! Two master suites (1 up/1 down) with outdoor access to patio/balcony overlooking gorgeous private large yard. 5 bedrooms 5½ baths with office and billiard room. Outdoor kitchen and much more! \$1,250,000

MONA GERGEN 247-9555



GREENHAVEN CUSTOM HOME

Amazing remodeled one story home in the Didion School boundaries! Huge .31 acre lot, and big master suite that can be converted for office or 4th bedroom. Upgrades and features include remodeled kitchen and updated bath, wood and tile floors, landscaping, patio off master. \$449,000

MONA GERGEN 247-9555



PENDING

PARK PLACE SOUTH

Desirable single story halfplex 2 bedroom 2 bath! Newer central heat and air conditioning. Newer kitchen appliances. Two walk-in closets! Tile entry and bath floors, laminate kitchen floor. Upgraded security system. HOA dues cover the roof, exterior paint, front yard lawn maintenance, and tennis courts. Wow! \$219,000

CONNIE LANDSBERG 761-0411



PENDING

SPACIOUS POCKET HALFPLEX

Roomy 2200 square feet of space in this 3 bedroom 2½ bath two story home that also features living room fireplace, family room, connected dining space, skylight and a bonus room! The kitchen has been updated; the backyard is fenced and there is also a 2-car attached garage! Conveniently located near shopping and Didion school district. \$309,000

MONA GERGEN 247-9555



PENDING

CLASSIC SOUTH LAND PARK

Wonderfully spacious 4 bedroom home with two master suites and 3 baths! Lovingly maintained, open floor plan (great for entertaining), tasteful landscaping front and back, dual pane windows, central heat and air, breakfast nook; and finished garage has insulated garage door! Convenient to shopping and downtown! \$324,900

PAULA LOPEZ 719-9210



PENDING

SLP INVESTOR SPECIAL

Comfy 2 bedroom home conveniently located near transportation and park is ready for you! Extensive remodel completed in 2012. Everything is new from the ground up! New kitchen and bath, granite and stainless steel, large yard, beautiful flooring throughout. Please call agent for details! \$125,000

JAMIE RICH 612-4000



PENDING

SOUTH LAND PARK

Great Value !!! 3 bedroom Cottage. Features include living room fireplace, large covered patio perfect for outdoor entertaining. Freshly painted interior, newer HVAC plus 2-car attached garage. Good neighborhood, centrally located, close to schools, public transportation and nearby shopping. \$198,000

**CAROLE GOODIN 718-0875
PAMELA ANDERSON 502-2729**



CUSTOM HOME IN HOOD

Beautiful custom built with pride and attention to detail! High ceilings, arches, 8' doors, Brazilian Cherry wood flooring, this unique home oozes quality! Amenities include porcelain tile floor, stainless steel appliances, granite counters, pantry, breakfast nook, dual paned windows, maintenance free yards..and much more! \$390,000

BETH SHERMAN 800-4343

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®





Steve Walker
 REALTOR
 448-2848 • WalkerRealty.net
 Selling Sacramento Since 1984

Banana: Festival supports Sojourner Truth Museum

Continued from page 3

punches but as a way of life. It teaches taekwondo as the balance of the body, mind and spirit and blends it with life skills every child and adult needs. The school teaches form, Olympic Sparring, and self-defense techniques, along with character development and practical safety skills. iYa Taekwondo is located at 7385 Greenhaven Drive, Suite 1, in Sacramento. For information, call 916-382-9058 or e-mail iyatkd@yahoo.com.

Proceeds from the Banana Festival support the National Academic Youth Corps, a non-profit organization that does business as the Sojourner Truth Museum. In addition, 11 other non-profit, community-based organizations are invited to exhibit and fund-raise at the festival for a nominal cost to the organizations. "The Sojourner Truth Museum launched the Banana Festival in 2010 to raise funds for programs to help area youth through the arts and celebrate the diverse cultural heritages of the Greater Sacramento region," said festival organizer Shonna McDaniels. "The festival has grown larger each year with a positive, healthy message that brings families together from all different parts of the city. Our fourth annual festival will be bigger and more exciting than ever."

The Banana Festival is produced by the Sojourner Truth Museum, which provides year-round arts, educational, and health and wellness programming serving more than 15,000 at-risk youth from all communities in the Greater Sacramento area. With the assistance of volunteer artists, the organization offers a summer art camp; workshops on mural arts and a mobile mural program; an after-school needlecrafts and mentoring program for adolescent girls; volunteer opportunities for senior citizens to encourage community involvement; a monthly Family Art Day; dance and movement classes; and HIV/AIDS awareness, drug and alcohol awareness, and gang prevention programs for youth.

Proceeds from ticket sales and exhibitor fees for the 2013 Banana Festival will also support a newly launched endeavor for the Sojourner Truth Museum. The museum recently received authorization from the Sacramento City Unified School District to move to a district-owned facility at 2118 Meadowview Road, a location it will share with an existing charter school.

For more information about the Banana Festival, visit <http://bananafestival.sjoarts.net>.



Greenhaven Estates
 Living, Loving, & Thriving
 Caring for a loved one with Alzheimer's Disease or other memory related illnesses can be very overwhelming. We're here to help.

We are offering FREE informative seminars to provide support and education.

THURSDAY, JULY 11, 6:00 PM
Being Active and Engaged, The New Treatment for Dementia
 David Troxel, MPH, presents on how people living with dementia can continue to lead a meaningful life.

TUESDAY, AUGUST 6, 6:00 PM
Managing Challenging Behaviors
 Learn how you can minimize and cope with behavior changes.

TUESDAY, AUGUST 27, 6:00 PM
Successful Communication
 Learn how to manage your own expectations and how to create paths for effective communication.

TUESDAY, SEPTEMBER 17, 6:00 PM
Dining and Nutrition
 Learn how to introduce healthy foods and create enjoyable dining experiences.

TUESDAY, OCTOBER 15, 6:00 PM
Maximize Enjoyment
 Learn how to create meaningful and memorable moments with activities and events.

To register for these free events please call (916) 427-8887, or email erobertson@prestigecare.com

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.

Expressions
 Memory Care
 Prestige Senior Living
www.PrestigeCare.com

LOAN MOD TROUBLES?!?
It's possible to stay in your home.

Have you been turned down for a loan modification, but would like to stay in the house for another 3 years or more?

Our investors are willing to buy your house and lease it back to you for the next 3 years.

- In most cases you will pay substantially less per month than your current mortgage payment.
- This approach also wipes out your negative equity.
- Your credit starts to rebound immediately.
- It's FREE to apply because we get paid by the lender.

Visit us at
www.financialfreedomstartsnow.com
 Please call Tom at (916) 448-3580
 BRE# 00336265



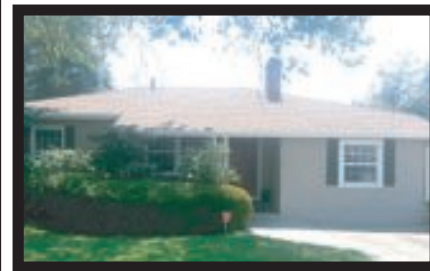
Faces and Places:

Greenhaven Cabana's Fourth of July celebration

The Greenhaven Cabana Club North celebrated the Fourth of July with their traditional activities. The group started the day with participation in the Pocket-Greenhaven Fourth of July Parade. Spirited lifeguards and members shared candy and club information with the crowd. The celebration continued at the club, 6207 Riverside Blvd., where young boat builders designed and built their own Styrofoam ships to sail across the pool. Prizes were given for Most Creative Boat, Most Patriotic Boat, Fastest Boat, Most Original Boat and Coolest Boat. Activities also included diving for coins and make-your-own ice cream sundaes.



HOLLYWOOD PARK



This adorable 3 bedroom 1 bath home has it all... fireplace, granite kitchen counters, hardwood floors, dual pane windows and a great inside laundry room. Entertaining is great in the huge yard with fountain. Once you see the newer built extra tall 1 1/2 car garage you will know you can bring the boat or huge truck! The newer roof and patio cover has transferrable warranty. Original garage was converted with permits into 3rd bedroom. Come live the Hollywood life!

\$284,900

Sindy Kirsch



www.SacOnTheMove.com
916.730.7705
Sindy@SacOnTheMove.com

BRE# 01483907

WWW.VALCOMNEWS.COM

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

Summer Sale

Watch Batteries ONLY \$4.98

One per coupon installed most watches. Not valid with other offers. Expires 8-31-13 PN

(916) 421-5284
996 FLORIN RD.
AT GREENHAVEN DRIVE
LAKECREST VILLAGE SHOPPING CENTER

HIGHEST QUALITY • LOWEST PRICE

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

Applications are being accepted for the 2013/2014 school year, please call for a private tour.

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



Text "GEM" to CLUBS (25827) for more specials

Experience the difference!

Going to the CAR WASH should be an ENJOYABLE EXPERIENCE, we'll do our best to make sure it is!

Active Life? ... New LONGER hours!
Weekdays 7:30am to 6pm
Weekends 8:00am to 5pm



916-374-WASH (9274)
5150 Freeport Blvd - Sacramento
 (Just 1 Block north of Fruitridge Rd @ Freeport Blvd)
www.GEMAUTOWASH.com

Find us on **Facebook**
facebook.com/gemautowash



EARLY BIRD SPECIAL

7:30am to 9am
Monday thru Friday

\$5 OFF ALL FULL SERVICE WASH PACKAGES

*Packages retail at \$23.99 and up before discount. Special may not be combined with other offers, discounts, or promotions.

No Coupon Necessary For Early Bird Specials - Valid through September 30th, 2013

MANAGER'S SPECIAL WASH

We do all the work so you don't have to!

Interior Full Service

- Carpets Vacuumed up to 2 Rows
- Windows Cleaned Inside & Out
- Door Jams Wiped Down
- Dash & Console Dusted
- Choice of Air Freshener

\$19.99

Special Price!
 a \$38.99 value

Exterior Service

- Rain-X Total Surface Protection
- Velocity Clear Coat Treatment
- Triple Foam Wax Treatment
- Underbody Rust & Inhibitor
- 3-Step Soap Bath

Limit 1 coupon per customer per transaction. Coupon must be present at time of purchase. May not be combined with other coupons, Diamond Savings Cards, offers, or discount programs. Expires 9/30/13 - VALSHOP

Meguiar's \$10 OFF DETAIL

Express Detail Package
 \$89.99 or more

**Vinyl, Carpet, Seat Cleaning, Hand Waxing
 Leather Treatment, or Headlamp Restoration**

Packages include our Best Wash, "Bling Supreme" a \$39.99 value!

Limit 1 coupon per customer per transaction. May not be combined with any other coupons, offers, or discount programs. Expires 9/30/13 - VALSHOP

\$20 OFF DETAIL



Meguiar's Paint Sealant Package

Seals Paint Surface and Provides U.V. Protection. Ideal for new cars. Dealers charge upwards \$400 or more!

OR Meguiar's Smooth Surface Clay Treatment

Removes pollutants and contaminants from your paint's surface leaving a clean, smooth, & shiny finish!

\$149.99

most vehicles before discount

Both Packages Include our BEST WASH, the "Bling Wash Package" a \$39.99 value at no additional charge!

Limit 1 coupon per customer per transaction. May not be combined with other coupons, offers, or discount programs. Expires 9/30/13 - VALSHOP



For over
36 years

COOK

REALTY

www.cookrealty.net



SOLD

1012 EILEEN WAY • \$419,950
PAMELA LIGHTFORD LYGREN • 806-1020



PENDING

6 REYES COURT • \$1,195,000
SUSIE K. PARKER • 768-8494



PENDING

2 PARKLITE CIRCLE
Lovely classic home in the heart of Greenhaven. Just down the street from a greenbelt. Lush mature landscape gives this home great curb appeal. Spacious open floor plan with 4 bedrooms and 3 full baths make this home very appealing.
KEIKO WONG • 718-7400

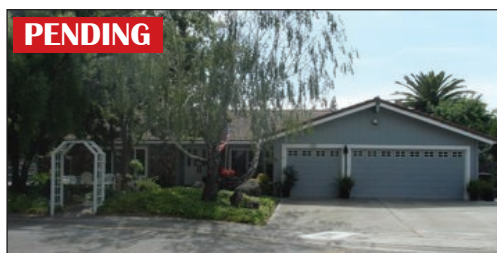


SOLD

1029 RIO CIDADE WAY
4 bedrooms, 2.5 full bathrooms, and approximately 3060 square feet.
\$470,000
SUSIE K. PARKER • 421-3546



528 VALIM WAY
Great curb appeal from the outside with brick entry to courtyard-new landscaping, new lawn. Remodels include new fixtures, upgraded tub. Huge kitchen w/new stainless steel appliances opens up into the spacious family room. \$499,000
MEENA CHAN LEE • 837-9104



PENDING

18 IRON RIVER COURT
Wonderful single story home on a cul-de-sac. Huge master bedroom, could have been 4th bedroom owners chose to make it a large master. Harwood floors thruout most of the home, seperate liv/fam rm. \$339,000
SUSIE K. PARKER • 421-3546

See all our listings at 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 by top builder for his own personal home. Two fireplaces, large granite slab island mixed with easy care corian kitchen. \$1,075,000
SUSIE K. PARKER 421-3546

2373 CORK CIRCLE
Beautiful home in the neighborhood of Fuller Town by Executive Airport. 4 spacious bdrms, 2.5 baths, family & living rooms w/double sided frplc. \$259,000.
KATHERINE HOWES 548-3632

1029 RIO CIDADE WAY
4 bedrooms, 2.5 full bathrooms, and approximately 3060 square feet.
\$470,000
SUSIE K. PARKER • 421-3546

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702

We make healthy affordable.

The Joint provides affordable chiropractic care to address nearly all your health needs. We're even open nights and weekends, making ongoing care convenient.

\$19 | adjustment*

No Appointments
Convenient Hours
Chiropractic Physicians

Lake Crest Village

1028 Florin Road
Sacramento, CA 95831
(916) 233-0909

Monday - Friday: 10:00AM - 7:00PM
Saturday: 10:00AM - 4:00PM

Walk-Ins Welcome

Find and Like us at
Facebook.com/thejointchiro :: thejoint.com :: Franchises Available

THE JOINT
...the chiropractic place[®]

*Offer valid for first visit only. Initial visit includes consultation, exam and adjustment. This location is operated by Cherry Chiropractic Corp., P.C. and managed by The Joint.

© 2013 The Joint Corp

INDEPENDENT LIVING WITH SERVICES

... in the Heart of Land Park



Live Well with Eskaton

Surrounded by three acres of beautiful trees and just minutes from downtown Sacramento, Eskaton Monroe Lodge offers independent living with services in a country-like retreat. Enjoy an active lifestyle among good friends and a professional, caring staff.

Call us today to register for one of our upcoming events!

ESKATON MONROE LODGE

3225 Freeport Boulevard

Sacramento, CA 95818

916-265-0038

Scan our QR code
to learn more



ESKATON
Transforming the Aging Experience



866-ESKATON | www.eskaton.org

What's happening at ACC?

Asian Community Center nursing homes earned 5 stars from CMS

ACC Nursing Home has earned another Five-Star rating from the Centers for Medicare and Medicaid Services (CMS). This rigorous rating system is based on several categories, which include health inspection surveys, staffing levels and quality measures.

ACC Legacy Corps seeks new volunteers for 2013-2014

The ACC Legacy Corps team for getting through mid-year! Legacy Corps, a sub-program of AmeriCorps, is funded by the Corporation for National and Community Service and includes a great team of volunteers who provide caregiver support services to military veterans and family members. Volunteers serve for one program year, and as this year comes to a close in October, they are seeking volunteers to join the team for 2013-2014.

The team recently held a retreat at Capsity (which is located at 2572 21st St. in Land Park). They shared all things that inspire them to serve, and most importantly, engaged in conversations that helped team members understand their strengths and weaknesses and how they can work harmoniously as a team.

Are you crafty?

ACC is looking for some craft-loving volunteers to help prep holiday gifts for their nursing home residents. Must have cloth scissors! This can be a fun group activity or an individual one. Email volunteer@accsv.org for more information. They are getting an early start!

ACC upcoming events Health Evaluation

Aug. 5: Discover your nine body composition numbers and how to use the numbers to figure out what you need to do to increase your energy and productive level from 3 to 4 p.m. at the Asian Community Center, 7375 Park City Dr., Sacramento. Cost is free and must pre-register. Contact Anna Su at (916) 393-9026 ext. 330.

'Maximizing Your Memory' discussion

Aug. 8: Learn how to tell the difference between normal memory loss and dementia and learn tips and strategies for improving memory from 2:30 to 4 p.m. at Asian Community Center, 7375 Park City Drive, Sacramento. Cost is free and must pre-register. Paula Tardio (800) 272-3900, paula.tardio@alz.org www.accsv.org/d/

See ACC events page 17

LAND PARK GOLD & SILVER

State of the Art Jewelry Repair and Metal Diagnostics

A Family Shop

LIC# 34041416



Sell your gold with confidence

Jewelry Rare Coins

UNWANTED BROKEN GOLD OR SILVER?

Turn It Into Cash!

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 10-6pm, Sat 10-5pm, Sun 10-4pm

Watch Batteries

\$5.00 + Tax

Installed - per watch
(Some Restrictions Apply) Expires 8/31/13 LP

5100 Freeport Blvd

(corner of Arica Way & Freeport Blvd.)

916.457.2767

Ring Down-Size

\$15.00

Most Rings
(Some Restrictions Apply) Expires 8/31/13 LP

Ring Up-Size

\$35.00

Most Rings. Up to 2 Sizes
(Some Restrictions Apply) Expires 8/31/13 LP

ACC events

Continued from page 16

'How to Improve and Keep Track of Your Exercise' discussion

Aug. 20: Discover the four types of exercise that your body needs and learn three different ways to improve your exercise routine in order to keep it fun and give you the most benefits from 10-11a.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Cost is \$8/\$10 at door, and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

'Qi Gong Movements & Meditation'

Aug. 21: Learn simple sitting and standing movements and meditations to unblock the flow of energy to your body and awaken body and soul from 1:30 to 3 p.m. at the Asian Community Center, 7375 Park City Drive, Sacramento. Cost is \$15/\$20 at door, and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

Outreach event

Aug. 21: Introduction to ACC – Learn about the Asian Community Center programs

and services and opportunities for outreach. August 21, Wednesday, 4:00-5:00pm at Asian Community Center, 7375 Park City Drive, Sacramento. Cost is free and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

Memoir Writing Workshop

Aug. 22: – A Shovel to Dig Roots – In this workshop, Award-winning author and speaker, Frances Kakugawa will help you find that shovel and pen to start digging and writing. The workshop will go from 10 to 11:30 a.m. at the Asian Community Center, 7375 Park City Drive,

Sacramento. Cost is \$10 and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

Everything You Wanted to Know About Telephone Fraud

Aug. 22: Learn the different types of fraud and how to prevent them. We will also discuss ways to save money on your phone bill (bring a copy of a recent bill for review). August 22, Thursday, 2:30-3:30pm at Asian Community Center, 7375 Park City Drive, Sacramento. Cost is free and must pre-register. Contact

Anna Su at (916) 393-9026 Ext. 330.

Dignity in Caregiving

Aug. 29: – Award-winning author and caregiver, Frances Kakugawa will share her poetry and stories on how she transformed into a capable caregiver by embracing caregiving with dignity and compassion. August 29, Thursday, 10-11:30am at the Asian Community Center, 7375 Park City Drive, Sacramento. Cost is \$5 and must pre-register. Contact Anna Su at (916) 393-9026 Ext. 330.

 <p>7762 River Village Drive - \$329,500 Virtual Tour: www.tourfactory.com/1006154</p>	 <p>1167 Cedar Tree Way - \$269,000 Virtual Tour: www.tourfactory.com/1036337</p>	 <p>665 Cutting Way - \$325,000 Virtual Tour: www.tourfactory.com/1022127</p>	 <p>792 Sao Jorge Way - \$289,000 Virtual Tour: www.tourfactory.com/1033109</p>	 <p>392 Aquapher Way - \$310,000 Virtual Tour: www.tourfactory.com/1004414</p>	 <p>Renee Catricala, Realtor® Direct: (916) 203-9690 www.ReneeCatricala.com 730 Alhambra Blvd., Suite 150 Sacramento, CA 95816 Lic# 01077144</p> 
 <p>1195 Rose Tree Way - \$249,900 Virtual Tour: www.tourfactory.com/1033112</p>	 <p>7716 Roberts River Way - \$359,888 Virtual Tour: www.tourfactory.com/588324</p>	 <p>635 Rivercrest Drive - \$359,900 Virtual Tour: www.tourfactory.com/1032844</p>	 <p>6633 Gloria Drive - Duplex - \$369,000 Virtual Tour: www.tourfactory.com/1018812</p>		

What is your Real Estate Story? Everyone has one
Move-up Buyer,
Downsizing,
Investment Properties
Put my 22 years of experience to work for you

Primrose is hosting a

Car Wash & Day Club Open House

August 10th 9-1pm

Hot Dogs & Drinks!
Raffle Prizes!
T-Shirts!
Day Club Tours!
Enjoy Sweet Treats!
Coupon Specials for Day Club & Respite!

DONATIONS ARE ENCOURAGED!
All proceeds will go toward the Alzheimer's Association's Walk to End Alzheimer's




Contact us for more information (916) 392-3510
7707 Rush River Drive, Sacramento, CA 95831
LIC 347001338; 347001342

The trio on their morning walk

Photos by MONICA STARK
 editor@valcomnews.com

Elaine Martinez loves walking her 70-pound Sweet Pea up and down Starlit Circle.

Sweet Pea is a 12 (or 13) year old southern Saharan tortoise that lives next door to the turtle lady, Felice Rood.

Sweet Pea has a lot of energy and needs his walk. So it walks sometimes for one or two hours! All Martinez has to do is get a cart out and Sweet Pea is ready. It's like when a dog sees a leash. Walk time! Except for the fact that Sweet Pea is a tortoise and doesn't wag its tail out of excitement. And of course, Sweet Pea doesn't have a leash. (I guess it could have a harness, but that's besides the point, it doesn't.)

It's a free-range tortoise on Starlit Circle! And then there's

the dog Ruby who came with the house. Long story but he's free-range too.

The three of them go walking down the street sometimes literally in the street, but Sweet Pea has never been hit by a car. He's been gently bumped by one Martinez said, but he recovered and has a "good bill of health." It gets an annual check up at the vet.

Martinez said most people don't mind Sweet Pea wandering through their front yards while they are on their walk, but she is quick to know whose houses use pesticides. She doesn't want her tortoise grazing there.

Pointing down the street towards Greenhaven Drive, she told me it could get to the greenbelt in 15 minutes.

Sweet Pea is only half grown now and can live to 80 years old, which if he does he'll outlive Martinez.



Elaine Martinez, Sweet Pea, and Ruby.

Photos by Monica Stark

"It's like a toddler that can push over a fence. It can be very destructive." One day when she wanted to control it, she sat on it. But it kept on walking.

Asked if when she first got Sweet Pea if she knew what she was getting herself into, she said: "I knew it would be active, but I didn't know this active."

Advertise Your Company Online!

www.valcomnews.com

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



LAMINATE FLOORING • CARPETS • LINOLEUM • TILE • HARDWOOD FLOORS • VINYL • WALLPAPER • LAMINATE FLOORING • CARPETS

Waldo Bowers

FLOOR COVERING INC.

"The ART GALLERY of FLOORS"

2300 Broadway
Sacramento, CA

Professional Installation
FREE Estimates

Financing Available on Approved credit

451-0114

waldobowersfloorcovering.com

- Sand and Finish
- Carpet
- Area Rugs
- Wallpaper
- Hardwood Flooring
- Ceramic Tile
- Laminates
- Linoleum
- Vinyl

LIC# 522078

Carpet & Floor Coverings

Specializing in Custom Area Rugs and Floor Designs

Featuring

We are a "FULL SERVICE" floor covering store.

SACRAMENTO'S OLDEST FLOOR COVERING CENTER

LAMINATE FLOORING • CARPETS • LINOLEUM • TILE • HARDWOOD FLOORS • VINYL • WALLPAPER • LAMINATE FLOORING • CARPETS

Meet the turtle lady: Pocket's very own Felice Rood

By MONICA STARK
editor@valcomnews.com

It was 11 a.m. on a pleasant, not too hot Monday morning on Starlit Circle. Felice Rood had visitors – two children and their grandmother came through the side gate of her home in the Pocket. Grandma Marilyn Flynn was holding a very badly beat up red-ear slider turtle they picked up at the SPCA on Bradshaw Road. She and Rood quickly examined the shell. “She’s nasty,” they said. “Gotta get the shell better,” Rood said.

Meanwhile, the children went on exploring, visiting the turtles that are now residing in Rood’s suburban backyard.

It was just another day ‘At The Bunker’.

“I try to help one and all with their problems,” Rood says.

“My home is a hotel, hospital, hospice, orphanage and maternity ward all for turtles and tortoises and there is no charge although if people want to donate, the money goes into the Sick Turtle Fund,” she says.

Rood said she thinks she may be the only legitimate turtle and tortoise rescue in Sacramento, with a rubber stamp of approval from the California Department Fish and Game while others who have turned into “hoarders” who don’t end up adopting out any of the turtles that live there.

Rood says she doesn’t know how many turtles she has since the population changes daily. Monday was a case in point and in fact, two more were added the previous Friday -- a box turtle and a Russian tortoise because the children had grown and the parents did not want to care for the creatures any longer.

Rood says she adopts the homeless turtles to people with outdoor ponds where they live happily ever after. “Oh, you can’t release non-native turtles into the river because they interfere with the wild population of natives,” she says.

Her backyard is really serene loaded with lots of water, plants, grass and snacks for the turtles.

Rood doesn’t keep any turtles in the house except for babies in the winter. “Turtles and tortoises are wild animals and should never be in fish tanks indoors. Outdoors they remain healthy and active and not depressed surrounded by glass from which they cannot escape,”

she says. Her mantra – “Aquariums are for fish and fluorescent lights are for potted plants.”

Rood says she’s lucky enough to have built a greenhouse a long time ago to house her African leopard tortoises over the winter since they do not hibernate. The box turtles, Russian tortoises, Greek tortoises are allowed to hibernate outside along with all of the water turtles in their ponds, she says. Only critters from warmer climates must be kept warm all winter.

That turtle Flynn brought in did look really bad off, I agreed, after the rescuers left. “It looked like it had been in a drainage ditch,” Rood said, adding that it could take about a year to heal completely. Just a little TLC, clean water and a peaceful atmosphere with plenty of sunshine is all it will need to heal the wounded shell and beat-up belly.

Rood said she has always loved turtles from the time she was very little and the only pet she was allowed to have was a tiny turtle in a plastic bowl. “They never lived too long. There was no information available,” she says.

When Rood moved to California from Dayton Ohio in 1971, she had several box turtles with her, including a tortoise named Brutus.

“I did find Brutus a mate and everything was fine until one day ‘Nero’ became ill and no matter how hard I tried, I could not get any information or help with his care and he did die. This was in 1977.”

At this time T.E.A.M. was formed, Turtle and Tortoise Education Adoption Media in Los Angeles and Rood became a Sacramento representative, approved by the Fish and Game.

“I was able to take in homeless turtles and tortoises and find them good homes and I am still doing this today,” she says.

Rood later learned what happened to Nero; it was kidney failure. “He drank too much. He was always drinking,” she says.

In 1981 Rood was urged to start a club. “Never having belonged to a club, I made this one up,” she says.

The Sacramento Turtle and Tortoise Club dues have always been \$2 a year and there are no officers. “It’s a friendly club and nobody is ever elected to do anything which is what makes it so



Photo by Monica Stark

Children brought in a damage turtle to the home of Felice Rood.

popular,” she says. There are more than 800 members and a huge Facebook page, which is “great fun and very informative.” The club has four seasonal meetings a year and discusses problems pertaining to that particular season. They also have the annual Turtlerama, which is coming up on Aug. 17 at Belle Coledge Library. It’s a club event that educates the public and where members display their pets.

Rood hopes to continue her efforts for as long as she’s able and she appreciates the greens some of the supermarkets save for her and also the friends who collect snails for the box turtles and deliver them to her doorstep regularly. “They make my life so much easier!” she says.

Asked if there’s anything to add, Rood warns: “Raccoons are a terrible threat to our turtles, please be on guard, everyone.” She said they bite a turtle in the middle of the night, turn it over so it can’t

go anywhere and let it bleed to death. Then the owners will come to see it in the morning completely shocked when they ask Rood about what could cause such a tragedy and she tells them. The Tuesday when I was over visiting her, she said she ran outside in the early morning when her motion sensor and alarm went off. But it was just a cat.

If you go:

What: Turtlerama will include live turtles and tortoises, a turtle boutique, free plants with any donation, adoption information, lectures, educational displays, free admission

When: Saturday, Aug. 17 from 11 a.m. to 4 p.m.

Where: Belle Coledge Library (South Land Park Drive and Fruitridge Road)0

Local volunteers help bring solar cooking worldwide

Solar Cookers International to hold annual gathering at Sierra 2 Aug. 14

By MONICA STARK
editor@valcomnews.com

Angelina Seda is 87 years old and lives in Kenya. Eight of her nine children have died, one is bedridden and she is raising an orphan grandchild with no money and no income. But thanks to local relief efforts from Solar Cookers International, Seda says she can eat hot food now and her life has improved for the better.

Headquartered in Sacramento, SCI facilitates humanitarian and environmentally focused partnerships around the world through a database of connections. As an umbrella organization to numerous groups that try to spread solar cooking worldwide, SCI helps facilitate partnerships.

As in Seda's case and that of other women around the world, solar cooking is about women's issues. If a woman doesn't have to spend hours a day walking to collect firewood, she could use that time growing crops for her family, or spending time with her kids, visiting her relatives or starting a business, Solar Cookers International Executive Director Julie Greene, said during an interview in the backyard of her Pocket area home.

Greene's advocacy with solar cookers began after she read a *Parade* article about SCI's involvement with a Jewish World Watch refugee camp. The inspiring article led her to buy one of the low-end SCI solar cookers, a Cook-It. With it, she did demos for her kids' classes, which among things like learning more about the organization made SCI to become her favorite nonprofit for many years.

Greene loves her job because she feels like what she does matters. "I am lucky because I get to talk to people directly. John said to me (he's our partner in Kenya), he said for you, in the States, it's for emergencies only but for us, it's a matter of life and death. I think of that almost every day," Greene said.

Greene said a lot of the work SCI does not only educates people on how to solar cook but also how to find materials, which are natural to the people's environments. "What happens if something breaks? There needs to be enough knowledge, enough materials," she said. "And in places where there are no stores, people are always looking for cookers that could be made of local materials such as cardboard and foil," Greene said.

The array of issues solar cooking impacts spans the gamut of women's, health, poverty and the environment.

Women's issues

Besides the mere time savings a woman has for other things when cooking with the sun, their own personal safety is guarded, explained Greene.

"Women who are in refugee camps and are in a hostile environment, in some places where they leave the camps and walk 20 or 30 kilometers to collect firewood, they are raped, attacked or beaten as a warning to anyone else that they cannot take the scarce trees. 'We don't have enough for us.' It's understandable. People want to protect what little they have," she said.

Similarly, for those who live in the desert and rely on finding twigs for firewood, having thousands of refugees from the camp collecting the twigs that



Dr. Robert Metcalf, SCI Dr. Bob Metcalf of SCI brings solar cooking and water pasteurization to Tanzania

the local people cannot even find, this causes a lot of tension.

"So to be able to provide a woman at a refugee camp with a solar cooker means she's safe," Greene said.

Health issues

Besides helping to prepare food, the solar cookers have been used to pasteurize water.

In 72 water samplings in Kenya, 52 of them had E. coli, so SCI representatives taught people how to pasteurize water in a Cook-it. "It kills Giardia. It kills cholera, Hep A and rotavirus and all these things we are really familiar with," Greene said. "We've been told the children stop complaining that their tummies hurt," she said. Many people in Kenya believe that water is a gift from God and therefore drink from swamps and streams.

Environmental issues

With depleted forests in Kenya due to increased population, many of the indigent would focus on the environment if their needs weren't so great. "So if (SCI) can provide people with these (solar cookers), there are so many benefits," Greene said.

Come see for yourself

SCI is currently getting ready for its annual Shine On! gathering at Sierra 2 on Aug. 14 and the general public is welcome to come celebrate the global importance of solar cooking. There will be plenty of food, wine, music, cooking displays, and more. If you are a supporter or simply want to know more about the importance of solar cooking, join SCI at the Sacramento Sierra 2 Community Center on Aug. 14.



J. Amayo SCI's community-based partner organization distributes integrated cooking method tools to families near Kisumu, Kenya 2013.

Solar Cookers International is headquartered in Midtown at 1919 21st St. Suite 101

Sacramento, 95811. For more information, visit www.solarcookers.org.

IF YOU GO:

WHAT: Shine On annual SCI gathering (open to the public)

FEATURING: Dinner, wine, sun-baked desserts, Girl Scouts solar cooking display, silent auction, solar cooker sale. Monica Woods, News10 Meteorologist will MC. The event will also feature Julie Greene and Allart Ligenberg, inventors of Trekkers' Cooker backpack used at the summit of Mt. Everest

WHERE: Sierra 2, 2791 24th St., Sacramento, 95818

CONTACT: 452-3005

WHEN: Wednesday, Aug. 14, 5:30 – 8 p.m.

Solar advice from Sacramento novice and experts from SCI

By MONICA STARK
editor@valcomnews.com

Local novice

Sacramento resident Ilsa Hess has been solar cooking on and off for 20 years. Using a variety of cookers, including the dashboard of her VW Beetle, she's tried making everything from cornbread to muffins, steamed vegetables, and chili.

She remembered watching a wacky morning show years ago where they would cook turkeys in cars. "They actually did it in an old Cadillac. That sucker cooked! It's so hot out there ... I don't know why it's taken so long to get this together," she says. But on a hot July day, she put out two mason jars filled with half a russet potato each on her car's dashboard between a reflective car sunshade and the window. She put the thermometer in the jar. Before she closed the door, the thermometer read between 70-75 degrees Fahrenheit. Within a few minutes after shutting the door, it read 100. A few hours later, she went out to check on the progress. The heat was holding steady at 175 degrees no matter how hot it got outside. "The potato was still cooking!" she said.

Talk about free energy!

Hess said out of all the cookers she has tried, her favorite remains the fold-up Cook-it, which you can get through Solar Cookers International. A friend of hers let her borrow a big box cooker. "I tried to cook muffins, but they released a lot of moisture. I thought it would be the god of all cooking gods. But it's so heavy and I was blowing my back out. For what it's doing, it's not that awesome."

With the Cook-it, she has found that if it's hot enough outside, by noon her food can be all done.

While SCI recommends black enamel pans, Hess said the glass jars work well for her because she can actually see when something is done.

Solar cooking definitely has a learning curve. Different factors like the time of day and the wind can be an issue, she said.

Sometimes when cooking vegetables in a solar cooker, she has noticed the flavor change. "It will dry out and taste weird," she said. But when cooking chili, that's something that needs to cook for a long time. "It could sit there and simmer all day ... It's hard to boil a large pot of water. You can combat that by separating the beans into multiple jars to help get things moving and presoaking the beans helps."

For the interested, Hess recommends beginners purchase a solar cooking cookbook.

"Someone has done all the trial and error!"

As a vegan, she has gotten a vegan solar cooking cookbook, but she said the recipes were fancier than she wanted. "It was hippie wheat germ! I don't make that. Wheat germ almond crust pie – that just sounds nasty."

So Hess went rogue and started making her own personal cookbook. Here are some of her recipes:

Solar Chili

- 1 14oz can diced tomatoes
- 2 cans water
- 1 medium bell pepper cut into 1/2 inch cubes
- 1/2 cup corn (optional)
- 2 tsp salt
- 1/4 cup chili powder
- 1 Tbs cumin
- 2 tsp coriander
- 1 tsp red pepper flakes
- 1 tsp oregano
- 1/2 tsp cayenne pepper



Photo by Monica Stark

Julie Green displayed a variety of solar cookers in her back yard.

- 1 tsp onion powder
- 1/2 tsp garlic powder
- 1/4 cup ketchup
- 1 cup of your favorite beans, drained (either dried beans pre-soaked overnight or canned)

Open can of diced tomatoes and put into a very large canning jar. Refill the empty can of tomatoes with water and put in a total of two cans of water. Add all other ingredients. Shake vigorously.

Place in a solar oven and cook for at least 4 hours in high sun (between 10am and 2pm). You can leave the chili in the cooker all day since it will not burn. Be aware that the longer the chili cooks, the softer the beans will become.

The key to steaming veggies is to not let them overcook. It will make them taste weird. I just wanted to steam the yellow squash and it came out perfect! Just put the food on the dash and the thermometer already says 100 degrees! I've been checking the temp and it's staying at a solid 175 even with the reflectors behind the jars. Two of the jars have chunks from one big russet potato and the third is dried mano coba beans and water. Looks like they are cooking well!

Rosemary potatoes

- 5 small potatoes (any kind)
- 1 tsp olive oil
- 1 TBS dried rosemary

Wash potatoes being sure to scrub away any dirt. It's okay if the potatoes are still damp. Put all potatoes into a very large canning jar. Add olive oil then rosemary. Put on the lid of the jar and shake to combine.

Place the canning jar into a solar cooker and cook for at least 3 hours in high sun (from 10am to 2pm). It is okay to cook for longer, but be aware the potatoes will start to become very soft and may fall apart a little bit.

The experts

If you are interested in trying solar cooking for the first time yourself, you may be wondering whether

it is best to build your own solar cooker, or to buy a finished solar cooker commercially. Take a look at how solar cookers work to help understand the principles of solar cooking. Building your own solar cooker can be a fairly easy and inexpensive way to go. Various types of solar cookers that are available to build are listed at build a solar cooker off the website, <www.solarcookers.org>. You will find information there comparing the advantages and disadvantages of each style of cooker. There are also many solar cookers available commercially. Commercial cookers are typically well made, and waterproof. The location of the retailer will be important to consider to avoid high shipping costs.

Once you have decided on a cooker, you will need to find appropriate cookware. Thin-walled dark enameled metal cook pots work well. They are good at heating up quickly. Cast iron pots also work, and are typically preheated in the solar cooker before cooking. The advantage of the heavier pots is that they will help maintain an even cooking temperature if the sun is occasionally blocked by clouds, but most solar cooks seem to use the enamel pots. Because dark cooking pots work the best in solar cookers, it is important to remember to use a nontoxic paint for the exterior cook pot surface if you choose to darken your own pots.

Consider the type of foods you will be preparing in your cooker. Solar panel cookers and solar box cookers are simple to use, and are best at baking and slow cooking, similar to crockpot cooking. Parabolic solar cookers will require frequent reorientation to the sun, but have the ability to fry foods and cook food on a griddle. Cooking guidelines will explain the best way to prepare specific food types. There are also many recipes of proven approaches to great dishes, but basically, most any recipe will work with the right solar cooker, by simply allowing for more cooking time. Most solar cooks will advise to not add much extra liquid when cooking, as you might do with traditional stovetop cooking. The natural juices of the food are retained when solar cooking.

Courtesy of www.solarcookers.org

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

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



BRICK/STONEWORK

CALL JOHN (916) 449-8055

Fireplaces • ALL Tile Work • Brick & Stone Walkways
Patios • Repair Work • Planter Boxes
Barbeques • Retaining Walls • Outdoor Kitchens

HOUSE OF STONE

Masonry Contractors

BRICK • BLOCK • STONE • TILE Lic # 588971

YOUR AD HERE

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

YOUR AD HERE

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

CLEANING

PRIME QUALITY MAINTENANCE

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

Free Estimates
Licensed & Insured



Call Jesse (916) 417-4231

CONTRACTOR



Complete Home Remodeling

Garry Construction

General Building Contractor - Residential & Commercial
Office (916) 486-1871 ~ Cell (916) 835-1735

Kitchens, Bathrooms, Additions, Plumbing, Concrete
Exterior Work/Painting, Flooring, Decks, Roofing, Fencing

GarryConstruction.webs.com

Celebrating our 25th Year Anniversary! FREE ESTIMATES! Lic# 558941

CREATURE CATCHERS/REMOVAL



Creature Catchers Wildlife Management

"If it walks or flies, we'll remove it"

Humane and non-toxic solutions for both animals & man

Dead Animal Location/Removal • Exclusion Work

Live Trapping • Humane Removal • Repair

Skunks • Fox • Raccoon • Opossum • Squirrels

Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)

California State Trapping License #7781 - Insured by Lloyds of London

DECKS!

HOUSE OF STONE General Contractor

I build & repair
decks!

Lic#588971

(916) 449-8055

ELECTRICIAN



Commercial
Residential
License #699500

David Fischer

916 • 456 • 6862

FAX 916 • 456 • 4441

metcalfelectric@me.com

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

YOUR AD HERE

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

HANDYMAN

SUMMER CLEAN-UP SPECIALS!

- 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 16 YRS*



HANDYMAN



**RELIABLE
HANDYMAN
SERVICE**
916-806-7879

Craftsmanship at an affordable price

CARPENTRY • ELECTRICAL • PLUMBING • ALL REPAIRS
DOORS • WINDOWS • MOLDING • CEILING FANS • MUCH MORE

Serving The Sacramento Valley With Honest Reliable Service

For Over 15 Years

License #093312

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

LANDSCAPE HANDYMAN

Landscape Handyman

- * Shrub removal
 - * Tree roots * Pruning
 - * Sprinkler Repairs/Timers
 - * Trouble Shooting
- FREE ESTIMATES

Call (916) 612-3601

Your Home Improvement Guide

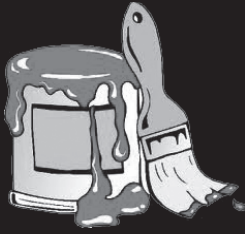
Call a sales representative today for great advertising rates: 429-9901

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



HOME INSPECTIONS



Pre-Listing Inspections • Mold, Lead & Asbestos Testing
• Home Energy Audits

Pre-Purchasing Inspections • Thermal Imaging Inspections

*Serving the Greater Sacramento Area
for over 7 years (NACHI07041201)*

Ask us about our Thermal Imaging Inspection!

SAVE \$25 BY SCHEDULING YOUR INSPECTION ON OUR WEBSITE

Call Jeff at 916-202-1353 | www.fullcirclehomeinspections.com

LANDSCAPING

Gill Landscaping CA Lic# 963450

Professional Service • Professional Results

- Full Landscape Installation
- New Irrigation Installation
- Full Concrete/Cement Work
- Landscape Maintenance
- Fence Installation/Repair
- Sprinkler Repair
- Old Landscape Removal

Great Value - Over 10 years experience - FREE onsite estimate
(916) 856-0308 GillLandscape@hotmail.com

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67

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

COOK PAINTING

Full Service Company - Start to Finish

Freshen up
for Summer!

VCN Special



In business since 1982
CSL# 432951

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

(916) 591-5056

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 • Accepts all major credit cards

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

YOUR AD SHOULD BE HERE!

Call today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

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

SEWER/PLUMBING

Affordable Trenchless & Pipe Lining

(A complete trenchless company)

Sewer Inspections — Hydro Jetting

Trenchless Sewer Replacement

Sewer Repairs — Pipe Lining

"We're #1 in the #2 business!"

Lic # 754886 (916) 488-1215 www.Ydig.com

TILE WORK

BAXTER TILE

EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates

916-213-4669

License #668100

TREE SERVICE

Terra Bella Tree Service

"Not your typical mow, blow & go company!"

- Tree Trimming
- Stump Grinding
- Tree Removal
- 20 years experience!

Call Randy (916) 454-3430 or 802-9897

www.terrabellagarden.com • Lic# 974388

TREE SERVICE

DON'S TREE SERVICE

ISA CERTIFIED ARBORIST WE4590A

Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction

(916) 428-4882

(916) 689-5244

www.donandsonstreeservice.com

Lic# 331196

YOUR AD SHOULD BE HERE!

Call today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901



Our Readers Need Your Service! It Pays to Advertise!

Contact Melissa at 916-429-9901



CALENDAR

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

AUGUST

Rotary Club of Pocket/Greenhaven

Aug. 1: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Bi-Polar Anonymous

Aug. 2: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Aug. 2: Visitors Welcome, weekly breakfast meeting on first, second and third Fri-

days at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Fire Station 56 Open House

Aug. 3: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 3720 47th Ave. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

My Sister's House Huge Parking Lot Rummage Sale

Aug. 3: Support My Sister's House, a Sacramento-based non-profit serving victims of domestic violence and hu-

man trafficking, by attending the annual Rummage Sale from 8 a.m. to 1 p.m. There will be a huge selection of unique, affordably priced items such as housewares, small furniture, clothing, etc. Free admission, free parking. Call our office at (916) 930-0626 with any questions or concerns. 915 Broadway, Sacramento

Music in Carmichael Park

Aug. 4: John Skinner Band, dance band, from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Beyond 'Les Roses': The Life and Art of Botanical Artist Pierre-Joseph Redoute

Aug. 4: At 2 p.m. at the Central Library - West Meeting Room, learn about Belgian botanical painter Pierre-Joseph Redoute, court artist to Marie Antoinette and the Empress Josephine, with author and rose expert Ingrid Verdegem. She will discuss Redoute's most famous botanical volume, 'Les Roses', and his many other works produced during his career in the heady days of the French Revolution. Verdegem will describe techniques used by Redoute and share examples of his works. The program is presented by the Historic Rose Garden in the Sacramento's Historic City Cemetery. Garden volunteers will display examples of Redoute's roses and other botanical works from the Sacramento Public Library.

Sacramento Geranium Club meeting

Aug. 5: Shelly Berlant, Master Gardener will talk about drip systems for container gardening from 10 a.m. to 1 p.m. Free. Shepard Garden and Arts Center is located at 3330 McKinley Blvd. Call 916-991-0442

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 6: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

National Night Out Ice Cream Social

Aug. 6: Join the Avondale Glen Elder Neighborhood Association and Southeast Village Neighborhood Association for the 2013 National Night Out (NNO) Ice

Cream Social Celebration, 6:30-8:00pm at George Sim Community Center (6207 Logan St). Activities: free ice cream sundaes, potato sack races, bubble war, arts & crafts, community resources and other fun activities. For questions please contact Nailah Pope-Harden at 916-501-5941 or nailahware@gmail.com OR Faye Wilson Kennedy at 484-5025, fayek@springmail.com. Organizers thank Building Healthy Communities for their sponsorship.

Soroptimist International of Sacramento North meeting

Aug. 6: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

Rotary Club of Pocket/Greenhaven

Aug. 8: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

The Mission Oaks Computer Club meeting

Aug. 8: The next meeting will be from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. Ken Spencer from EmpowerMac will present information and answer questions relating to Apple products. A problem-solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

East Sac Rotary

Aug. 7: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Bi-Polar Anonymous

Aug. 9: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Kiwanis Club of East Sacramento-Midtown

Aug. 9: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at

UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Cat & the Fiddle Music Festival

Aug. 9, 10, 11: Daytime concerts start at 11 a.m. Evening concerts start at 6 p.m. Hey diddle diddle! Celebrate music and fun in the summer sun with a three-day music festival at Fairytale Town. Mumbo Gumbo, the Keri Carr Band, Joy and Madness, and more will take to the Mother Goose Stage for live evening concerts. Evening concert tickets are \$15 for adults and \$10 for children. Three-night combo tickets are \$30 for adults and \$20 for children. Children's concerts featuring the Raytones, Two in Tune: Sacramento Opera and Philharmonic, and more will take place Saturday and Sunday beginning at 11 a.m. and are free with paid park admission. Visit www.fairytaletown.org for the full festival lineup and ticket information. For more information, visit www.fairytaletown.org or call (916) 808-7462. Sponsored by the River Cats Foundation and Capital Public Radio

Screen on the Green at Glenn Hall Park

Aug. 10: Movie begins at sundown (approximately 8:15 p.m.)

Fire Station 43 Open House

Aug. 10: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 4201 Centro Rd. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Second Saturday at Old Sugar Mill

Aug. 10: Old Sugar Mill is partnering with the downtowngrid association to bring Second Saturday to the Old Sugar Mill from noon to 5 p.m. There will be installation receptions, hands on demonstrations, and an Artist in the Round Curation. Old Sugar Mill is located at 35265 Willow Ave. Clarksburg, California 95612

Music in Carmichael Park

Aug. 10: Roni & the Flight, R&B, classic rock and dance from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

SACRAMENTO CHILDREN'S CHORUS

CALLING ALL

Singers

AUDITIONS
AUGUST 2013

Do you LOVE TO SING or know someone who does?

SIGN UP TODAY - openings available in five choirs, grades 2-12.



Information: (916) 646-1141
www.sacramentochildrenschorus.org

Enhancing Children's Lives ... Inspiring Audiences

CLASSIFIED ADS

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

COMPUTERS

GOT COMPUTER PROBLEMS?

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

HANDYMAN

HANDYMAN SERVICES

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

SUMMER CLEAN-UP SPECIALS

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

HARWOOD FLOORING

HARDWOOD FLOORING

Install, sand & finish hardwood flooring. Or repair and refurbish your existing flooring. Call Michael at (916) 383-8742. References available/Lic#544159

PET PORTRAITS

ORIGINAL PET PORTRAITS

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

Sell your furniture
in the classifieds
call Melissa at 429-9901

REALTOR



Ron Roberts

Listing & selling in the neighborhood!

(916) 806-0118
BigHeartRealty.com



Sell your car
in the classifieds!

TAX PREPARER

#1 TAX PREPARER

30 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. www.taxirene.info

Need Home Improvement?
Check out the
Home Improvement Guide
in the Pocket News.
For Melissa for
Home Improvement
ad rates, call 429-9901.

BOOKKEEPING

#1 BOOKKEEPER

30 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info

ADVERTISE YOUR RENTALS

Call 429-9901

Friends of the River Banks present Dragons and Damsels

Aug. 10: Friends of the River Banks present Dragons and Damsels with Greg Kareofelas. Greg is wonderfully knowledgeable and fun. He will bring live specimens of our local dragonflies, then we'll take nets to the river and try to catch our own (catch, identify, release). This is one of our best annual gatherings--we always have a great time and learn lots. Kids love this event!! Starts at 9:30 a.m. at Sutter's Landing.

South Sacramento Rotary mixer

Aug. 10: South Sacramento Rotary mixer at the residence of rotary member Nancy Coben, located at 6386 Haveside Dr., 95831. The mixer goes from 6:30 to 8 p.m. For more information, call 393-2459, 447-9851.

Music in Carmichael Park

Aug. 11: Todd Morgan and the Emblems, 50s Rock n' Roll and 30s Jazz from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Northminster summer music series presents The Dixie Minsters

Aug. 11: The Dixie Minsters—Northminster's own resident Dixieland band, playing many Dixie standards, will play during the worship service at 9:55 a.m. and a short concert on the patio at 11 a.m. during fellowship at Northminster Presbyterian Church, located at 3235 Pope Avenue. Refreshments will be available. For more information, call (916) 487-5192 or visit northminsteronline.org.

Town Hall meeting on 'The Grove', an East Tahoe Park development proposal

Aug. 12: Campus Crest is proposing to build a housing development called "The Grove". Plans have been submitted to the City for the 600-bed, multi-story apartment complex just across Redding from The Element student housing (former names being Jefferson Commons and The Verge). Councilmember Kevin McCarty will hold the meeting regarding the project at the Coloma Community Center, 4623 T St. at 6 p.m.

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 13: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

Aug. 13: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Aug. 14: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

Aug. 15: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Bi-Polar Anonymous

Aug. 16: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.



KELLER WILLIAMS REALTY

Nathan Mitchell
916.240.4318
 nathanhomesales@gmail.com
 BRE#01882882

LOVELY HOME



6252 Fennwood Court
 Sacramento, California 95831
 4bd/3ba
\$314,000

SACRAMENTO
 ELK GROVE
 GAITHERSBURG
 LODI
JIM Cooper
 STATE ASSEMBLY
 CITY COUNCILMEMBER ★ SHERIFF'S CAPTAIN



COME OUT AND MEET JIM COOPER

CANDIDATE FOR THE 9TH ASSEMBLY DISTRICT

Thursday, August 8, 2013, 6-7:30pm

Giovanni's Pizza, 5924 S. Land Park Drive

RSVP at 916-203-7650 or dwight@buchananenterprises.org

Got News?

e-mail editor@valcomnews.com



27th Annual ACC Nursing Home Fundraiser

Saturday, September 14, 2013
 6:00 p.m. ~ 9:00 p.m.

Sacramento Asian Sports Foundation (SASF)
 9040 High Tech Court
 Elk Grove, CA 95758 **New Location!**

Asian Buffet *desserts*
silent auction *last person standing* **RAFFLE**



Ticket Price
 \$60 (advance) \$75 (at the door)

For more information, contact Terisa Lee
 (916) 394-6399 x141 or tlee@accsv.org
 www.accsv.org IRS #94-2271380

BRIAN J. WONG
barber & stylist

STRAIGHT RAZOR SHAVES
HAIRCUTS
Appointments only

BrianJWongTheBarber.com
 Lake Crest Village 1024 Florin Road
 Located inside Simone Salon (916) 832-9949

Serving:
Saturday Brunch, 10am - 2pm
\$10.00 endless mamasas
Lunch, Tuesday - Friday, 11am - 2pm
Dinner, Tuesday - Saturday 5pm - 9pm
Reservations Recommended, Closed Sunday & Monday

Ravenous

7600 Greenhaven Drive, Suite 23 • 916-399-9309
 RavenousCafe.com • RavenousCafe on Facebook

ZUMBA
 fitness

BURN UP TO 1,000 CALORIES IN A ONE HOUR CLASS

Beginners or Experienced! High or Low Impact!
 Teens & Adults - Dance to the Music & **Get Fit!**

Mondays 5:45-6:45pm Wednesdays 4:45-5:45pm ONLY \$5 PER CLASS

Certified Instructor Frances Jones
 916.304.5682 zfitconcepts@yahoo.com

Pannell Community Center, 2450 Meadowview Rd.

City of SACRAMENTO
 Parks and Recreation

"OH MR. SOUSA!"
 a new musical bio celebrating the life of **John Philip Sousa "The March King!"**

love! laughter! marches! waltzes! ragtime! comedy! opera!

"Strike up the band...The timing is right [for] 'Oh Mr Sousa!'"

www.ohmrsousa.com

Saturday, September 7th, 2013 • 8:00pm
Harris Center-Three Stages at Folsom Lake College

for tickets please call **916.608.6888**

CALENDAR

Kiwanis Club of East Sacramento-Midtown

Aug. 16: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and 'first meal for visitors on us'. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Family Campout at Fairytale Town

Aug. 16, 5:30 p.m. through Saturday, Aug. 17, 7 a.m. Spend the night at Humpty Dumpty's house. This exciting overnight adventure includes a theater performance, arts and crafts activities, a scavenger hunt, bedtime stories and a sing-along. Wake up the next morning under Fairytale Town's canopy of trees to a light continental breakfast. Prices range from \$25-\$30 per person and include all activities. Member discounts are available. For more information, visit www.fairytaletown.org or call (916) 808-7462.

Fire Station 13 Open House

Aug. 17: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 1100 43rd Ave. You are invited to bring your family and friends to visit with fire-fighters, take a tour of the fire station, and more! For more information, call 808-1011.

Music in Carmichael Park

Aug. 18: Capitol Pops Concert Band, 50-piece concert band, from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 20: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

Aug. 20: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Aug. 21: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotrary.com.

Food trucks at Carmichael Park

Aug. 21: From 5 to 9 p.m., enjoy food from various food trucks at Carmichael Park, 5750 Grant Ave.

Rotary Club of Pocket/Greenhaven

Aug. 22: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Kiwanis Club of East Sacramento-Midtown

Aug. 22: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and 'first meal for visitors on us'. Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

Gala opening reception with wine and hors d'oeuvres:

Aug. 23: Art at Casa Gardens, featuring creations by David Lobenberg [acrylic watercolor landscape] and Henry Evans [botanical linocut] -- from 5 to 7:30 p.m. at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento; 916-452-2809. Come talk with David Lobenberg and Marsha Evans. Tickets \$20 each available at www.casagardenrestaurant.org.

Bi-Polar Anonymous

Aug. 23: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

The Humor Times presents Will Durst

Aug. 23: The Humor Times presents national touring comedian and five-time Emmy nominee Will Durst, in an exclusive Sacramento engagement with his all-new show, "Boomeraging from LSD to OMG." The one-night-only event will take place at 7 p.m. at the Sierra II 24th Street Theatre, 2791 24th Street, Sacramento. Tickets (which include complimentary drinks), are \$20 (or \$25 preferred seating) in advance, or \$25/\$30



gripsFastgolf.com
SINCE 1989

While You Wait!
Regrip • Reshaft • Repair • Custom Clubs

Take an Additional **5% OFF** with any coupon

BUY - SELL - TRADE!

LOOK FOR MONEY SAVING COUPONS AT:
WWW.GRIPFASTGOLF.COM

Reshaft Coupons, Regrip Coupons, Accessory Coupons...

4819 Freeport Blvd, Sacramento CA 95822 (916) 457-5532



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

SACRAMENTO ASIAN SPORTS FOUNDATION
Annual Benefit Dinner Show
Proceeds will be used towards our community building expansion



Featuring
TAIKOPROJECT

Saturday, August 24, 2013
9040 High Tech Court, Elk Grove, CA 95758

5:00 p.m. - Dinner • 7:00 p.m. - TaikoProject Show

Show Ticket	\$20 pre-sale	\$25 at the door
Dinner	\$8 pre-sale	\$10 at the door

For benefit tickets, call 916-739-1616 or online at www.sasfquest.org

Freeport

Bar & Grill



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

Call for reservations: 916-665-1169
8259 Freeport Blvd., Sacramento, CA 95832
www.freeportbarandgrill.com



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

DUNNIGAN
Realtors

"Call for a private showing"

Amazing Estate Designed By Architect Debbie Gualco-Reynolds



Interior by award-winning designer Michelle Eaton. 2 masters (1 up/1 down) with outdoor access to patio/balcony overlooking gorgeous private large yard. 5 bedrooms with office and billiard room. Exquisite front door, 2 laundry rooms, 4 car garage and large side yard. Surround sound throughout. Electric and underground plumbing for future pool, 4 fireplaces, outdoor kitchen with fireplace & wired for TV. Multi hvac units. Unimaginable upgrades!

5 Alstan Court, \$1,250,000

at the door. They may be purchased online through Brown Paper Tickets. More info: 455-1217, info@humortimes.com

Music in Carmichael Park

Aug. 24: The Count, 60s-90s Classic Rock (with a little soul) from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Jackie Greene Live at Fairytale Town

Aug. 24: Gates open 6:30 p.m. Concert starts 8 p.m. Sacramento favorite Jackie Greene returns to Fairytale Town for a fifth annual benefit concert. Taking place on the park's Mother Goose Stage, the outdoor concert supports Fairytale Town's education programs and park improvements. Ticket prices are \$35 in August. For concert rules and restrictions, please visit www.fairytaletown.org. For more information, visit www.fairytale-town.org or call (916) 808-7462.

City of Elk Grove Multicultural Festival

Aug. 24: The City of Elk Grove is again hosting the annual Multicultural Festival at Elk Grove Regional Park from 10 a.m. to 6 p.m. This event is Elk Grove's premier community-wide celebration of diversity. More than 5,000 participants are expected to attend the popular event, which features ethnic foods, entertainment, music and fashion shows representing Elk Grove's diverse community. http://www.elkgrovecity.org/multicultural-festival/

Fire Station 15 Open House

Aug. 24: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 1591 Newborough Dr. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Music in Carmichael Park

Aug. 25: River City Concert Band, 50-piece concert band, from 6:30 to 8:30 p.m. at Carmichael Park Band Shell 5750 Grant Ave. 485-5322. www.carmichaelpark.com.

Get Your Motor Runnin' and Support Shelter Animals!

Aug. 25: TEAM (Teaching Everyone Animals Matter) and car enthusiast group EuroSunday will host the first-ever Wheels For Wags – a celebration of cool cars and even cooler Shelter animals – from 8 to 10:30 a.m., to benefit the Sacramento County Animal Shelter. This free family-friendly and dog-friendly event will feature rare, exotic and vintage cars from around the Sacramento area. Attendees can also tour the Shelter and win prizes in a fabulous raffle, with all proceeds benefitting Shelter animals. Attendees that bring a donation of dog or cat food will receive three free raffle tickets! 3839 Bradshaw Road (between Highway 50 and Kiefer) in Sacramento. For more information on Wheels for Wags 2013, contact TEAM at 916-876-PETS, email contact@sacanimalshelter.org, or visit www.sacanimalshelter.org, or check out EuroSunday at EuroSunday.net or Facebook.com/EuroSunday.

Rotary Clubs of Arden-Arcade, Carmichael

Aug. 27: Guest speakers address local, regional and international topics. Visitors wel-

come, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

East Sac Rotary

Aug. 28: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

Aug. 29: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Bi-Polar Anonymous

Aug. 30: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.



Specializing in Hair Colors
Simone Salon Spa
 Bronzing Your Body with **Spray Tans \$25 Special**
 With South Seas Tahitian Tan Solution you'll get a tan with a perfect Mahogany color, evenly applied by a trained professional!
50% OFF Haircuts
 Colors • Perms • Highlights
 With coupon. New clients only. Expires 8/31/13 Mondays, Tuesdays, Wednesdays only.
916.391.9229
 www.simonespa.com | 1024 Florin Road, Sacramento
 Monday-Friday: 9am-7pm • Saturday 9am-5pm • Sunday 12-4pm

WALK-INS WELCOME!

TIME FOR SPORTS AND CAMP PHYSICALS
 GET YOURS COMPLETED TODAY. NO APPOINTMENT NEEDED.

Same-day sports and camp physicals at **Sutter Express Care – Only *\$45** Now through Labor Day.

Sutter Express Care inside Rite Aid at:
Greenhaven 980 Florin Rd. **Natomas** 2751 Del Paso Rd. **Roseville** 4004 Foothills Blvd.

Mon. - Fri. 9 am – 8 pm
 Sat. and Sun. 10 am – 4 pm
 SutterExpressCare.com 1-800-972-5547

*Health insurance not accepted for sports and camp physicals

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

286 Rivertree Wy – \$369,000 >
 Charming 4bd or 3+den, 3ba Great Room plan w/downdstair bdrm & bath w/shower! Cul-de-sac location. Within the Didion school boundaries.* Formal dining. Lrg kitchen w/granite counters & breakfast area. Flexible loft area! Apx 2,339 sqft

< 7317 Flowerwood Wy – Pending Sale!
 Gorgeous home & yards! 3bd 2ba 1-story with designer colors, Brazilian Cherry & Travertine flooring, upgraded kitchen & baths, open living/dining rm, cozy family rm. Dark-bottom Pool/Spa. Near bike-path, more!

5 Rasha Court – Pending Sale! >
 Pristine 4bd 2.5ba w/separate living & family rms, formal dining rm, brkfst area. Lrg master suite. Cul-de-sac location near the bike path, parks, more! Potential boat access. Within the Matsuyama school boundaries.*

< 18 Payne River Cir – SOLD!
 Vacation at home everyday! Awesome 3bd 2.5ba 1-story features a resort-like backyard w/Pool, Spa, Gazebo. Wood flooring extends from entry to great rm, formal dining, kitchen & brkfst area. Large master suite. More!

"Bill made the entire home buying experience incredibly smooth and easy. He went to bat for us numerous times and was the best advocate we could ask for. Would highly recommend him to anyone buying or selling a home."
 Chris & Diana Warner, Buyers – Pocket Area, 2013

**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
 BRE#00692245

GreenhavenPocketHomes.com

HeavenLy's Yogurt

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. 8/31/13

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

TURNING PROBLEMS INTO SOLUTIONS

5 RASHA COURT \$355,900



PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2278 SF
BILL BONNER 320-1888

6600 LAKE PARK DRIVE \$369,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1857 SF
BRANDON SHEPARD 479-1936

47 RIVERSTAR CIRCLE \$375,000



PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2234 SF
LIZ GONZALEZ 718-4753

6120 RIVERTON WAY \$374,000



NEW LISTING
DUPLEX, EACH UNIT 2 BEDROOM, 1 BATH
LYNN LUK LEE 628-2843

286 RIVERTREE WAY \$369,000



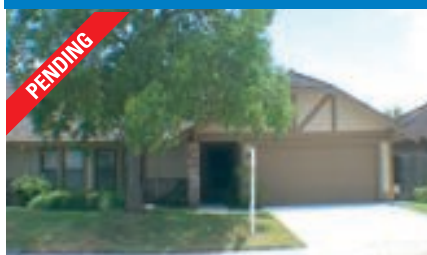
NEW PRICE
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2339 SF
BILL BONNER 320-1888

6910 ARABELLA WAY \$289,950



PENDING
HALF-PLEX, 4 BEDROOM, 3 BATH, 1955 SF
JOHN G WONG 531-7150

1184 ROSE TREE WAY \$252,500



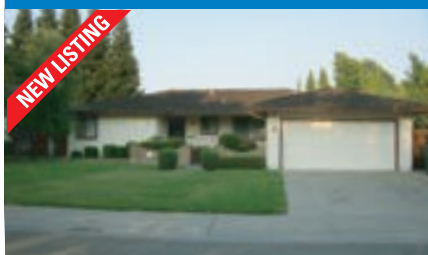
PENDING
HALF-PLEX, 3 BEDROOM, 2 BATH, 1454 SF
NICK A LAPLACA 764-7500

6762 STARBOARD WAY \$289,950



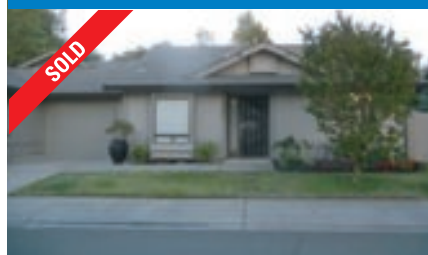
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1688 SF
JOHN G WONG 531-7150

5 SEA COURT \$329,000



NEW LISTING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1701 SF
JOHN G WONG 531-7150

7665 HOWERTON DRIVE \$199,900



SOLD
HALF-PLEX, 2 BEDROOM, 2 BATH, 1090 SF
MARSHA CHAN 217-5500

6839 STARBOARD WAY \$199,950



SOLD
SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1384 SF
MARY JEW LEE 425-3749

7317 FLOWERWOOD WAY \$339,000



PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1620 SF
BILL BONNER 320-1888

OTHER AVAILABLE LISTINGS

ELK GROVE

9178 EPHRAIM WAY-\$300,000

PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1973 SF
JERRY LANDRETH 502-0928

6414 LAGUNA MIRAGE LN-\$157,500

SOLD
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1112 SF
LYNN LUK LEE 628-2843

8769 WILLIAMSON DRIVE-\$185,000

PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1470 SF
NEAL ALIE 981-7129

9561 SPRING RIVER WAY

SOLD
SINGLE FAMILY, 4 BEDROOM, 4 BATH, 2795 SF
BRANDON SHEPARD 479-1936

5509 LAGUNA PARK-\$250,000

SOLD
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2391 SF
ALEX AGUILAR 416-4559

9236 CAMBRA COURT-\$559,999

PENDING
SINGLE FAMILY, 5 BEDROOM, 5 BATH, 3842 SF
NEAL ALIE 981-7129

9221 BELLA VISTA-\$499,000

PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2716 SF
BRANDON SHEPARD 479-1936

10309 BECKLEY WAY-\$270,000

PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2659 SF
NEAL ALIE 981-7129

SACRAMENTO

2580 W EL CAMINO AVENUE-\$195,000

NEW LISTING
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1622 SF
JOLEEN A DUNNIGAN 717-3559

300 SANTA YNEZ WAY-\$770,000

SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2007 SF
BRANDON SHEPARD 479-1936

916-918 V STREET \$375,000

MULTI FAMILY UNIT, 3049 SF
JOHN G WONG 531-7150

2885 NORWOOD AVE-\$325,000

1 TOTAL UNITS, LOT DIM 139,392 SF
JOHN G WONG 531-7150

2122 57TH AVENUE-\$109,000

PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1074 SF
LYNN LUK LEE 628-2843

1901 BELL STREET-\$150,000

PENDING
TWO UNITS, 14183 SF LOT SIZE
JOHN G WONG 531-7150

2414 27TH STREET-\$299,950

NEW LISTING
SINGLE FAMILY, 2 BEDROOM, 1 BATH, 1795 SF
JOHN G WONG 531-7150

5605 KINGSTON WAY-\$305,900

NEW PRICE
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1585 SF
JOLEEN A DUNNIGAN 717-3559

5014 M STREET-\$649,900

NEW PRICE
SINGLE FAMILY, 5 BEDROOM, 3 BATH, 2870 SF
TERRY J MULLIGAN 768-3796

2865 BELLE FLEUR WAY-\$275,000

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1450 SF
JUAN JIMENEZ 947-1806

2241 S 15TH AVENUE

SOLD
SINGLE FAMILY, 3 BEDROOM, 1 BATH, 925 SF
JOHN G WONG 531-7150

5325 BAMFORD DRIVE-\$175,000

PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1129 SF
BRANDON SHEPARD 479-1936