

POCKET NEWS

— BRINGING YOU COMMUNITY NEWS FOR 23 YEARS —



Introducing the Elks P.M. Crew

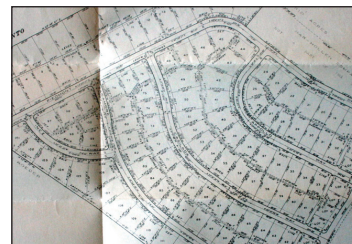
See page 20

- From the editor2
- Library news.....4
- Lance Armstrong's history feature.....6
- Faces and Places.....12
- Calendar 24



Who's reading our paper?

■ See page 3



Local resident recalls the development of Riverside Village

■ See page 6

GET A FREE FIRST EXAM!*

It's a risk-free way for you to see the care and special attention we give to each pet at VCA Animal Hospitals.

- Complete Wellness Care
- Preventive Health Care
- Early Disease Detection
- Surgery
- Dentistry
- Preventive Care Clinic
- VCA Best Care Packages
- Expert Grooming

Mon-Wed 7:30 AM - 8:00 PM • Thu-Fri 7:30 AM - 6:00 PM
Sat 8:00 AM - 5:00 PM • Sun 9:00 AM - 4:00 PM

VCA GREENHAVEN POCKET ANIMAL HOSPITAL
1 Valine Court • Sacramento, CA 95831
916-245-2988



Pet Owner Empowerment:
facebook.com/VCAanimalhospitals

Celebrate and Showcase
pinterest.com/VCAhospitals



VCAgreenhaven.com

NEVER STEP INTO THE UNKNOWN ALONE!



The LaPlaca Triplets

**Trust My 32 Years Of
Experience – I Will Be With
You Every Step Of The Way!**

Nick LaPlaca
764-7500



Prudential
Dunnigan Real Estate

24 Hour Info @ www.NickLaPlaca.com

POCKET NEWS
WWW.VALCOMNEWS.COM

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

Pocket News is published on the first and third Thursdays of the month 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 Ryan Wunn
Advertising Executives Linda Pohl
Patty Colmer, Melissa Andrews, Jen Henry
Distribution/SubscriptionsGeorge Macko

Copyright 2014 by Valley Community Newspapers Inc. All rights reserved.
Reproduction in whole or in part without written permission is prohibited.

Vol. XXIII • No. 3

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

Cover photo by:
Monica Stark

Other photos by:
Courtesy
Lance Armstrong

Dear, reader:

This year, I will be hosting a political forum at Kennedy High School in April where candidates for city council (for district 7) and assembly (district 9) will answer questions that will be generated by the community—students in government classes will get extra credit for attending and their families will be encouraged to come and participate as well. Government and history teachers on campus are thrilled and Principal Chad Sweitzer said the large theater is pretty much free during the month of April. And Gary Martin of Access Sacramento has offered to televise it. Also as the editor of the *Pocket News*, I will be asking you, dear reader, to submit questions you'd like candidates to answer. So feel free to email me at any time editor@valcomnews.com and I will save them for the forum.

Candidates and I are working to nail down a date.
Sincerely, Monica Stark

ATTENTION!

Call (916) 429-9901

To include your flyer and/or postcard in your
Community Newspaper(s)!

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

 JERUSALEM BY JEZ BUTTERWORTH DIRECTED BY BILL ENGLISH JANUARY 21ST - MARCH 8TH SFPPLAYHOUSE.COM 410.477.9556	 BEACH BLANKET BABYLON 30TH ANNIVERSARY	 FENCES DIRECTED BY DEBRA SANDER APRIL 10 - MAY 17 MTC	 Sacramento Theater Troupers <i>Tours to see live Broadway Shows!</i>
 JERUSALEM	 BEACH BLANKET BABYLON	 MTC MARIN THEATRE COMPANY	ALL TRIPS INCLUDES TRANSPORTATION VIA MOTORCOACH, TICKET TO SHOW & FREE TIME AFTER THE SHOW.
FEB 15TH \$89PP	MARCH 22ND \$109PP	MAY 10TH \$105PP	RSVP ONLINE AT www.sactrips.com OR CALL 916.443.8741 CST#2084147

Bobinski Dental

Because Your Smile is Our Passion



Margaret Bobinski, D.D.S.



Cosmetic and General Dentistry.

New Patient Special

Come in for a **FREE**
exam and x-rays!

**7410 Greenhaven Dr. Ste 107
(916) 391-2888
www.BobinskiDental.com**



Who's reading our papers?

Courtesy of the Sacramento Zoo

Sacramento Zoo animals, like a Harris Hawk, and a Madagascar Hedgehog Tenrec have come to enjoy recent issues of the *Pocket News*.

LAND PARK GOLD & SILVER

State of the Art Jewelry Repair and Metal Diagnostics

A Family Shop

LIC# 34041416



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

Sell your gold with confidence

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

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

Watch Batteries

\$5.00 + Tax

Installed - per watch
(Some Restrictions Apply) Expires 2/28/14 PN

5100 Freeport Blvd

(corner of Arica Way & Freeport Blvd.)

916.457.2767

Ring Down-Size

\$15.00

Most Rings
(Some Restrictions Apply) Expires 2/28/14 PN

Ring Up-Size

\$35.00

Most Rings. Up to 2 Sizes
(Some Restrictions Apply) Expires 2/28/14 PN

Nancy & Toquyen

**Welcome All Former
& New Customers to
Their New Location!**



TNT Beauty Salon

Recieve a **FREE** shampoo
with haircut
or **FREE** haircut with
chemical service

Former and new clients. Offer ends 2/28/14

7600 Greenhaven Dr. #303

(Next to Subway)

916-392-8883



Ilah Turner
GRI

Call 206-4016
CA.BRE# 01278805

Turning Your Dreams Into An Address



Pocket Halfplex
3 bedrooms, 3 bathrooms, over
1,600 square feet and move in ready!
14 Park West Ct. \$215,000

Call me for my other listings!

Real Estate Questions?

Visit my website. www.ilahturner.com



Advertise Online

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

Fast, Easy & Affordable.

Call 429.9901 for more info & rates.



**VALLEY COMMUNITY
NEWSPAPERS, INC.**

is online at

www.valcomnews.com

VALENTINE SURPRISE
WILL LAY AWAY UNTIL VALENTINE'S DAY



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

Snips would like to thank all of our customers for your loyalty throughout the years and for your continuous support!

Come see Venetia at Simone's Salon and Spa in Lakecrest Village.

Simone Salon Spa

Call for an appointment: **916-835-1755**

B POCKET BISTRO



Valentine's Day Special 4 course meal
Make your reservations now!
February 14

Live Music: Friday Nights
Starting at 6pm

- **Now catering!** • Prime Rib Thursday Nights
- Saturday & Sunday Brunch 10 a.m. – 2 p.m.
(Enjoy Bottomless Bloody Mary's or Mimosas)
• Lunch & Dinner Served Daily
- Happy Hour: Tues.-Sat., 3:30-6:30 pm • Full Bar

6401 Riverside Boulevard
916.391.7990 • www.PocketBistro.us

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

Community briefs



Photo courtesy

Greenhaven Mothers' Club donated \$2,000 to Robbie Waters Greenhaven Pocket Library.

Didion Kids' can drive collected 3,000 cans for the food closet

Last fall, the Genevieve Didion Student Council did such a great job on the "Kids can Food Drive", contributing more than 3,000 cans that went to the South Sacramento Interfaith Food Closet. The kids organized, collected, and gave the canned food items to

the food closet just in time for Thanksgiving.

Greenhaven Mothers' Club donated \$2,000 to Robbie Waters Pocket Greenhaven Library

These lovely ladies from the Greenhaven Mothers' Club donated \$2,000 to Robbie Waters Pocket Greenhaven Library. They visit for Mr. Cooper's sing-a-longs, Stay and Play, and especially stop on by the library during live animal exhibits. Friends of the Library held a special Mommy and Me Nutrition Workshop for them on Saturday, Feb. 1 and will host a second one on Saturday, March 1 from 3 to 4 p.m. Those nutrition workshops are presented by nutrition interns who work in Assemblymember Dr. Richard Pan's office.



DENTAL EXCELLENCE
of Greenhaven

Dennis Wong, DDS

1108 Corporate Way, Suite 2, Sacramento, CA 95831
www.SacramentoSleepDentist.com

No insurance? No problem.
Platinum Membership Plan

Includes: 2 Exams, 2 Cleanings
X-Rays, 20% off Restorative Fees
& a FREE Whitening Kit
Plans Starting at \$200/yr

No insurance? No problem. This plan is designed for those without dental coverage.

Now Accepting New Patients: **916-395-5700**

\$49
CLEANING

\$115 Value

FREE

SLEEP APNEA
CONSULTATION

SusieSellsSac.com



Susie Kuwabara Parker

Realtor® BRE#00833025

916-768-8494

4305 Freeport Boulevard,
Sacramento 95822

**Native Sacramentan
Pocket/Greenhaven
SPECIALIST**



COOK
REALTY

SOLD
635 Castle River Way \$309,950
230 Audubon Drive \$739,000



Gated Riverlake - 975 Cobble Shores Drive \$799,000



7462 Griggs Way \$299,000



18 Alstan Court \$1,004,000



6 Reyes Court \$1,195,000

"Walk 4 Water" set for March 22

Experience what it is like to get up every morning and to have to walk in some cases miles to fetch contaminated water for your family and to have to do it again each evening. This is the case for many, especially women and young girls in southern Ethiopia where Faith Presbyterian Church sponsors water, education, medical clinics, sanitation and health and

See Community Briefs, page 17

Dollhouse décor:

Pocket resident makes and decorates dollhouses

By MONICA STARK
editor@valcomnews.com

Inside of the living room of Pocket resident Nancy Streukens' home are two elaborate dollhouses, well actually one is a house and the other, she calls a shopping mall.

"I made them myself, well my husband put the first one together. The second one I did all myself. My husband is a retired carpenter and my father is an architect."

Retired from 30 years of working for The Bank of America, Streukens spends many hours detailing the insides of these "homes."

"I call them simplistic. You see the Victorian ones now, but mine are more like a bookshelf dollhouse like the way they used to design them for little girls," she said.

Streukens has made a dollhouse for her two stepdaughters, one for her granddaughter, a bakery for her sister, but, the ones in her living room – they are all hers.

"A friend has asked: 'Do you let the neighborhood children play?' Well, I smiled and said 'no.' I always loved miniatures. My sister had an old-fashioned dollhouse with furniture. She let me play anytime I wanted but, in back of my head, it was hers."

Well when Streukens grew up, she knew what she wanted: A dollhouse of her own. "Even though it was expensive and impractical, I started collecting ever since," she said.

The attention to detail is so extraordinary and this reporter was fortunate enough to get a "home tour". Below describes each of the rooms of the dollhouse, which has been added to over the course of 40 years and has had been remodeled over time. What follows is just a sampling of the work she has done to the one house.

When viewing the home, you see it from the back of the 3-story house, as the front actually faces her wall.

The bottom floor includes a living room, den, dining room, kitchen and back porch. I make some (interior) pieces, but I buy majority of pieces. I decorate. I don't make everything. I did build the front door myself.

It was kind of strange. In the 70s, there weren't a lot of pre-made windows or doors. Now you can buy them. But when I did my first – that wasn't an option. It's eclectic 70s-80s style and some things look like antiques."

The den has a rug that a friend of hers made in exchange for a handmade dollhouse-size set of dishes. Also inside the den, sits an arm chair, a copy of the *Sacramento Bee* and the main wall is filled with little books that Streukens has made. "Some of them don't open. Some just have covers over them," she said.

A set of handmade dishes decorate the dining room. Each place setting has five to six pieces with tiny silverware she has bought.

Ten years ago, Streukens remodeled the kitchen. The room's first incarnation has cupboards made out of basswood. But, she said, "they looked kind of crude, so with the remodel, I

was able to buy cupboards and islands and things. It made me refurbish the whole dollhouse."

As a result she bought standardized doors, rewired the house with little lamps, so if she flips the switch in the back of the dollhouse, the lights could come on.

"Outside" on the back porch, Streukens has a barbecue nicely placed and a porch swing she made. "That's about it," she said about the first floor.

The second story, meanwhile has a little girl's room, hallway, nursery, a bathroom, master bedroom and another porch.

The little girl's room has a handmade bed she made, a hand-crocheted rug her sister made and a closet she bought when she remodeled. Because Streukens wanted to put stairs in and liked the more realistic look, she had to build them herself.

In the nursery, she made the needlepoint rug and her sister knitted the afghan and hand crocheted a dime-size pig.



Inside the master bedroom is a bed and two dressers with pictures of her family, showing herself, her son and her mother. There are French doors that swing out to a second porch, which is decorated with a white table and surprisingly, the only doll in the house.

"I like dolls but I don't like doll house dolls. They make

the scene look too static and I don't want to share my dollhouse. It's my house. It's true. There are dollhouse people that feel that way," she said.

Streukens decorates her own home similarly to the eclectic English cottage style dollhouse. "But I have a lot of leftover stuff of family members. I mix and match and make it all fit in," she said.

Massages by Larry

Your house.
My table.
One hour of pampering!

Let me take away the stress with a non-therapeutic & relaxing full massage. Introductory offer only \$45 for the hour.



Call Larry at (614) 296-4456

Comstock MORTGAGE Local Mortgage Bankers



WE NOW HAVE RENOVATION LOANS TO FINANCE YOUR HOME & IMPROVEMENTS

WITH ONE LOW INTEREST RATE!



CALL TO START REMODELING YOUR HOME!

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 | NMLS ID #243859 | SAC 1ST MORTGAGE DBA COMSTOCK MORTGAGE

GROCERY
OUTLET
bargain market



YOUR NEIGHBORHOOD GROCERY STORE!
Open daily, 7am-9pm

6419 Riverside Blvd, 95831



WOLVERINE

CATERPILLAR

Timberland



BECK'S SHOE EMPORIUM



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

\$12 BeckShoes.com **\$12**
\$12 BECK'S BUCKS **\$12**
Expiration Date 02/28/2014 PN
Regular priced purchase of \$75 or more. One Beck's Buck per customer per purchase.



**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

**Elk Grove
History Book**
By Local Author
Lance Armstrong

**E
L
K
G
R
O
V
E**



Purchase his 374-page book about the history of Elk Grove, 1850 to 2000s, for only **\$25**

This award-winning book includes more than 1,200 historic and modern photographs.

To purchase the book, visit www.echoesofyesterday.com or send a check or money order to:

**Echoes of Yesterday
PO Box 189113, Sacramento, CA 95818**

Name: _____

Address: _____

Phone: _____



Photo by Lance Armstrong

Theresa Marie (Godwin) Knight was among the original residents of Riverside Village.

Local resident recalls development of Riverside Village

By **LANCE ARMSTRONG**
Lance@valcomnews.com

At 89 years old, longtime Sacramento resident Theresa Marie (Godwin) Knight said she "has seen a few things in her life."

For one thing, Theresa explained, she was one of the earliest residents of what became known as the Little Pocket.

"I moved to Sacramento from St. Louis after the war when my husband (Sacramento native Russell William Knight), who was serving in the Army Air Force, was assigned to serve in the (Aleutian Islands)," said Theresa, who met Russell at a bowling alley in her native state of Texas in about 1942. "I first lived at (1115 U St.) with my husband's aunt and uncle, (Melvin) 'Buck' and Leona Weaver. After (Russell) returned from the Aleutians, we lived (in another Sacramento residence) for about three years. After that time, we had saved a little bit (of money), and were looking to buy our own house. We went driving around and found a new subdivision called Riverside Village. It only had one house (which

was owned by Irvin J. Fagg) and I don't know if they even had all the streets in then. We liked the area right away and it was close to town, so we soon decided to purchase the property and build a house. (The subdivision) was not in the city of Sacramento. It was just part of the county back then, and we had the rural address of Route 8, Box 664."

Theresa said that she "slightly recalled" purchasing the property, which consists of about three quarters of an acre, from one of her husband's friends who had bought the property from a representative of the subdivision.

The Knights' property was recognized as Lot 116, and is shown on the official "Plat of Riverside Village," which was filed in the office of the county recorder of Sacramento County on Jan. 10, 1947, in Book 25 of maps, Map No. 13.

In about early 1949, the Knights had their house built on their newly acquired property by a Japanese man, whose name Theresa unfortunately does not recall.

Theresa fondly remembered that contractor's work, noting, "He did an

excellent job and he was an honest contractor who did great work. I never had to check up on him, but I probably still did, being it was my first house and everything."

And while chuckling a bit, Theresa also recalled that the monthly payment for her house, which was sold for \$45,000, was only \$45.

A Riverside Village document, dated March 12, 1952, recognizes the owners of 117 lots in the development, which consisted of Apollo Way, Casilada Way, Inez Way, Piedmont Drive and Sagamore Way.

As would be expected, home values in that area have risen significantly since the development's original houses were constructed.

For instance, in 2005, Coldwell Banker advertised the availability of a three bedroom, two bathroom home on Piedmont Drive for \$519,000. That home was last sold in 2007 for \$375,000, which was a much greater sale price than its original, 1950s sale price.

In addition to Irving J. Fagg, who resided with his wife, Oneita, at Route 8, Box 585, other early Riverside Village residents who Theresa re-

See *Riverside*, page 7

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.rwscac.org

Greenhaven Neighborhood Church

630 Ark Way • 422-8253

Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

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

Riverside:

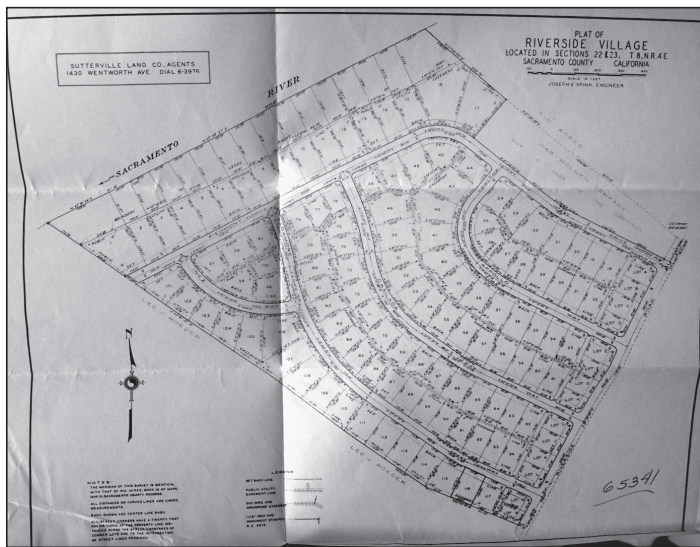
Continued from page 6

called were Arnold and Sylvia Harry, John Lopes, George Dorothy McDowell, Luther Nishimura and Chet Ryan.

Theresa said that purchasing a home in Sacramento County with her now late husband was a great moment in her life, especially considering that she had been "raised in poverty, with love."

"I grew up in a western town where they drove the cattle to market," Theresa said. "We lived in the town of Bonita, (Texas) on the Red River. It was a town of about 1,000 residents.

My father (Everett) was a farmer and he also worked in the oil fields around (the nearby town of) Nacona, which was home to the famous Nacona Boot (Co.) factory. He died when I was about 6 years old and left my mother to raise five children on her own. I had one brother, Ray Godwin, and three sisters, Viola Godwin (who became Viola Walther), Guindia Godwin (who became Guindia Thomas) and Jimmie Lou Godwin (now Jimmie Lou Hooks). To support the family, she did the laundry for the local physician (Dr. Drabing) and the local dentist. She drew the water from a well and she also did the ironing. My mother was also the school librarian at St. Jo High (School) in St. Jo, (Texas), which was located about nine



The official "Plat of Riverside Village" was filed in the office of the county recorder of Sacramento County on Jan. 10, 1947.



Russell William Knight and Theresa Marie (Godwin) Knight were married on June 13, 1943. By the latter part of the same decade, they became the second homeowners in the then-new Riverside Village subdivision.

miles from the German town of Muenster."

In about 1942, Theresa began living with the Osborn family, who owned the Wayside Inn restaurant in Fort Worth, Texas.

She would regularly drive herself and a younger student, Shirley Osborn, to attend the private, all-girls institution, Our Lady of Victory Catholic School.

Following her education at that school, Theresa met Russell and they were married on June 13, 1943.

As the wife of an Army Air Force private, Theresa traveled to different parts of the country, including Missouri, where she learned to play poker from a woman with the last name of Steppi.

"As soon as Mr. Steppi, who played for the St. Louis Symphony, left for work, Mrs. Steppi would

gather together the other Air Force wives and we played poker. We didn't play for money. It was just something to do."

Theresa would also become employed working at Scott Field – now Scott Air Force Base – in St. Clair County, Ill.

And as previously mentioned, when Russell left for the Aleutians, Theresa went to reside in Sacramento.

Theresa said that she soon acquired employment after coming to Sacramento.

"I did clerical work for the Bureau of Reclamation for a period of time," Theresa said. "I quit the job and adopted and raised two children – Randy William and Judi. I eventually went back to work for the federal government working for the Department of Housing and Urban Development. Altogether I

worked for 40 years, working up to a job as a foreclosure clerk with an early computer that filled an entire room."

After about 65 years of residing in today's Little Pocket area, Theresa remains motivated in her life. She said that she is dedicated to attending meetings of the Gypsy Traders club, which meets monthly in East Sacramento, and to going to church "as often as she can."

Theresa has also held a longtime interest in antiques and doll collecting, and was a longtime member of the Sacramento Pioneer Doll Club.

While gazing out a large window of her house last week, Theresa said, "I love my home and sitting in front of my big, glass window and looking out into my big yard, and I'm nev-

er bored. I'm maybe not as strong as I was, but I'm still kicking butt. I don't mind saying that. I tell everybody that."

Please
RECYCLE
this paper.
Thank You

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

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
FD 360
2691 Riverside Boulevard
Sacramento, CA 95818
Phone: (916) 443-7917
Fax: (916) 443-7931
Family owned and operated since 1921

Harry A. Nauman & Son
Dignity
FD 366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

LIND BROTHERS
FD 1141
A Local Family-Owned Funeral Home
Serving Sacramento Since 1964
916.482.8080

Call
Patty Today
916-429-9901

ADULT BASEBALL
Want to play hardball again but don't know where?
You can play ball again in
THE NATIONAL ADULT BASEBALL ASSOCIATION
Many new and existing teams in the Sacramento area.
18+, 25+, 35+, 45+ & 52+
Age Groups
Various Levels of Play
All Star Games • Playoffs
Championships • Awards
For info call (916) 672-8055
or visit www.sacnaba.org
NABA NOW ACCEPTING NEW PLAYERS AND TEAMS
UMPIRES ALSO WELCOME • SUNDAY GAMES

JOB OPENING!
DOOR-TO-DOOR DELIVERY
Openings for individuals to deliver our community newspapers door-to-door.
Must have a car.
Call George (Tuesday & Wednesday only) at (916) 429-9901 for more information.
VALLEY COMMUNITY NEWSPAPERS
Arden-Carmichael
East Sac
Land Park
Pocket
NEWS

Building a time banking economy: Pocket resident discusses local efforts

By MONICA STARK
editor@valcomnews.com

In an effort to build an alternate economy, community members, such as Pocket resident Donna Fong, have come together to time bank, where their time and skills are valued equally. The idea is that for every hour Time Bank members spend doing something for someone in the Time Bank community, they earn one time dollar. Some offerings include: gardening, web design, tutoring, babysitting, party planning, dog walking, clerical work, cooking and childcare services.

Simply put: A time bank is a community system where people share their skills and the local system has been named "Community Skill Exchange - Sacramento".

In time banking all people's time is of equal value. It's been said that whether you got your master's de-

gree in English and you're editing a paper for someone, or you are using a shovel to dig up someone's plants they don't want in their garden anymore-- that is equal time. So time bankers don't value one person's skill over another based on their education or opportunities. They're all spending the same amount of time to do it.

Fong has done outreach on the social networking site Nextdoor, where most of the neighborhoods in the city are represented.

As a retired teacher, Fong said she loves the idea of meeting new people, sharing skills, creating community and at minimal cost, she has been budget-minded all her life and now on a fixed income, she has to be. She said, "When thinking of what I had to offer, I couldn't believe that there were a lot more than I originally fathomed."

"My list included but was not limited to teaching Mahjong, dance lessons, rides to the store

and/or airport, pet and house sitting, math tutoring, etc. I originally heard to this concept, which is different than bartering, in the AARP newsletter. I was thrilled to find one in Sacramento that I could join. I'm looking forward to being a charter member."

Southside Park Cohousing resident Don Knutson explained relationship of values between cohousing and time banking. "Here in cohousing, sharing and working for our mutual benefit is the hallmark of our community of 40 adults and 15 children. I think the obsession with money we so often see in mainstream society drives a wedge between all of us and works against the development of empathy for one another. Time banking allows us to value work equally and removing the onus of money allow us to appreciate each other's uniqueness."

Outlining the core values of time banking, organizer Eileen Murray said they are each based on mutual respect. They are as follows:

Assets- every human being has something to contribute

Reciprocity- we serve others and let others serve us

Respect - we listen to and are accountable to another.

Social networks- by helping one another we build communities of support, trust and strength

Redefining work - all kinds of work are honored and rewarded

A professional cook, Murray is hoping to trade for things she needs, as she explained in an interview with *Valley Community Newspapers*: "I need to have someone come help me figure out a water system for my garden in the backyard. Somehow I am dyslexic; I've tried a number of systems myself. Or tutor me on the computer because I'd like to learn. At times, I had to ask my neighbor to walk my dog when I had a catering appointment. So she came to walk my dog. She would have gotten a time dollar. She and her husband came to the last information meeting. They will probably become members. (As an excuse to not participate) people say they don't have time. But it's just a matter of starting to shift the way that we live and

See Time banking, page 18

Senior Services *and* Resources

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

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

HELP AT HOME

HELP AT HOME
Senior Care
Caring, In-Home Assistance & Companionship

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

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

IN-HOME HEALTH CARE

Care | Comfort | Choice

In Place, Where You Live

- ★ Personal Home Care
- ★ Skilled Home Care
- ★ Palliative Care
- ★ Hospice Care

Int-rim
HEALTH CARE

916-779-0811

Family-centered care.

For over 40 years,
providing continuity of care
through life's transitions.

People you know • People you trust • People who care

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call **429-9901**

LEGAL SERVICES

WILLS AND TRUSTS

Services

- Wills and Trusts
- Special Needs Trusts
- Trust Administration

Experience

- Medi-Cal - 8 Years •
- Franchise Tax Board - 10 Years •
- Private Practice - 13 Years •

Free **In-Home** Consultation
Tim Tyler, Ph.D., Attorney at Law 916-452-0624

LOVING COMPANIONS

 **Loving Companions Senior Services**
A Proud Member of The Senior's Choice

Certified care
(916) 753-1491

Specializing in
24/7 Live-In
Service

Excellent
Rates &
Discounts

REAL ESTATE SERVICES

LYON REAL ESTATE
Moving On?

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

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

✓out my blog at:
aSeniorsBlog.com

RN SUPERVISED HOME CARE


NP Supported Team of Caregivers

Private Duty Caregivers.
Wheelchair Transportation.
Board & Care Homes.

First & only Nurse Practitioner (NP)
supported & RN/LVN supervised team
of caregivers.

www.PrivateDutyCaregivers.com
(916)416-1378

SPECIAL ALZHEIMER'S LIVING

 **Primrose**
Living With Memory Loss

Day Club, Respite,
Residential, Support Groups
& Educational Classes
cas@primrosealz.com
www.primrosealz.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

YOUR SERVICES ARE NEEDED

CALL Melissa TODAY

TO PLACE YOUR AD

(916) 429-9901

Advertise Your Company Online!

www.valcomnews.com

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



Take Me Home!



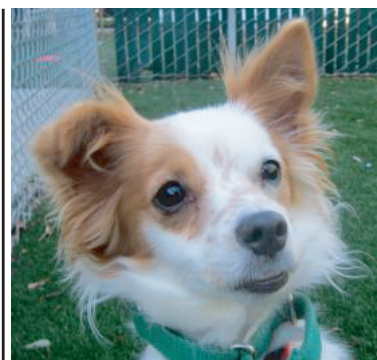
Thanks to the following sponsors! A pet can be a wonderful addition to a family. Won't you adopt one of these animals at the SPCA?

Sponsored by:

B POCKET BISTRO

- Full Bar
- Catering!
- Saturday & Sunday Brunch
- Lunch & Dinner
- Happy Hour: Tuesday - Saturday, 3:30 - 6:30 pm
- Live Guitarist Tuesdays

6401 Riverside Boulevard
916.391.7990
www.PocketBistro.us



Kari

#21424436

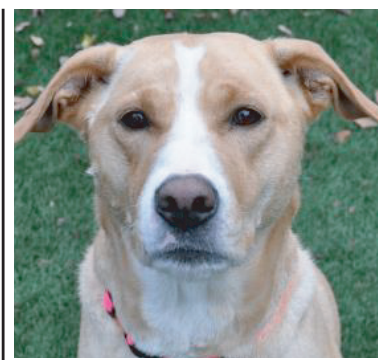
Breed: Papillon/Chihuahua Color: White/Tan
Gender: Female Hair: Long
Age: 3 years 2 months

Sponsored by:

Primrose
Living With Memory Loss

**Day Club.
Respite.
Residential.**

7707 Rush River Drive
Sacramento, CA 95831
(916) 392-3510
LIC 347001338; 347001342



Bella

#21866217

Breed: Terrier, American Staff/Shepherd Color: Blond/White
Gender: Female Hair: Short
Age: 3 years

Sponsored by:

Giovanni's Pizzeria
OLD WORLD NEW YORK

Real Italian, Real New York
5924 S. Land Park Dr. • 393-7001
6200 Folsom Blvd. • 455-8831

FREE
Medium
Pepperoni
Pizza
with purchase
of any large
pizza



Like us on
facebook



CC

#21621188

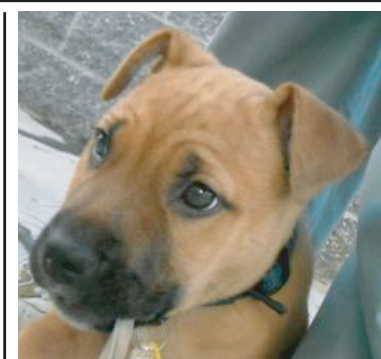
Breed: DSH/Mix Color: Brown/Black
Gender: Female Hair: Short
Age: 8 years 2 months

Sponsored by:

Greenhaven Estates
Assisted Living and Memory Care

*Dedicated to enhancing the lives
and experiences of our residents.*

7548 Greenhaven Drive
Sacramento, CA 95831
(916) 427-8887
Licence #347005239



Dean

#21588084

Breed: Terrier, American Staff/Bulldog Color: Tan/Black
Gender: Male Hair: Short
Age: 2 months

Sponsored by:

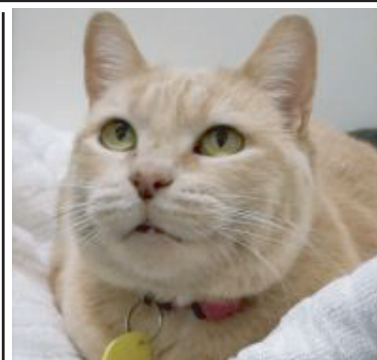
Cherry Bankruptcy
Attorney Sacramento

Julius J. Cherry, Esq.

2600 H Street
Sacramento CA
95816-4322

916-233-2663

Julius@CherryLawConsulting.com



Baby

#21780757

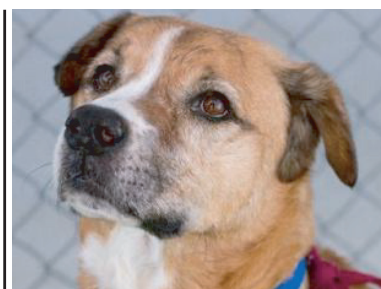
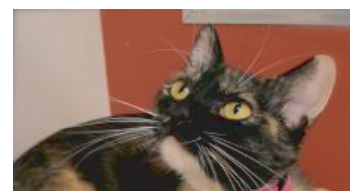
Breed: DMH/Mix Color: Fawn
Gender: Female Hair: Short
Age: 4 years 1 month

Sponsored by:



VALLEY COMMUNITY NEWSPAPERS

You can be a sponsor on
this page by calling
(916) 429-9901



Bernie

#18827731

Breed: Australian Cattle Dog/Mix Color: Tan/Black
Gender: Male Hair: Short
Age: 8 years 1 months
Bernie is an outgoing, talkative guy. He doesn't really like to be alone (and will tell you so), but, on the other hand he is an independent dog.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.



Unique Valentine's gift:

Singing Valentines

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

When love is in the air, a beautiful serenade from a Capitolaire's Barbershop Chorus quartet might be the perfect surprise for your sweetie. Along with a performance of love songs between "Let Me Call You, Sweetheart" and "Story of the Rose: Heart of my Heart", members will present the lucky one with a silk rose, box of chocolates and a personalized greeting card from the sender. In the past, such gifts have come with marriage proposals, with future grooms on bended knee.

Besides singing to the romantics, the Capitolaire's have received requests to perform their Singing Valentines in schools, usually by the request of a teacher for her class and also in businesses where coworkers have gotten to enjoy the harmonizing of a tenor, baritone, bass and lead. Simply put, singer Joe Samora told Valley Community Newspapers: "We do songs for men and women."

Last year, the Capitolaire's sold 47 valentines. One quartet had 16 valentines to sing in one day, with 12 being the typical amount. While they generally stick to the greater Sacramento area, Samora said last year they accepted a request from a military officer serving in Afghanistan for a Singing Valentine for his sweetheart who was living in Yuba City. Also in the past, they delivered a Singing Valentine to a staff member in the Mayor's Office and also sang to nurses and donors at BloodSource.

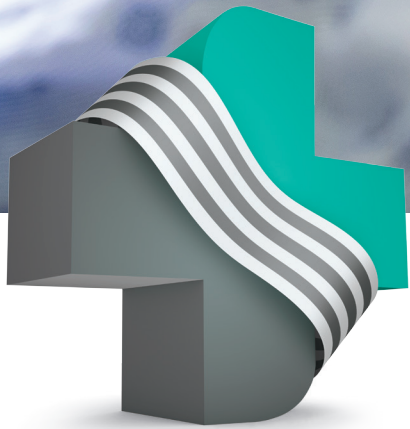
This year, the organization is hoping to sell 60 valentines and performed amongst the five quartets.

With more than 30 members of local singing phenomenon, the Capitolaire's turns 70 years old in 2016. Formed in 1946, it is the second oldest barbershop harmony chorus along the Northwest coast with Reno being the first. Besides the annual Singing Valentines fundraising event, the group performs for children and their fam-

ilies each December at the Polar Express event where Santa and trains mixed with Christmas music gets visitors in the holiday spirit.

The Capitolaire's belong to the Sacramento Metro Chamber of Commerce and are sponsored by Sacramento Metro Arts Commission as they have qualified to receive grants for the past several years. From events like the Singing Valentines and the Polar Express, they raise funds to help pay for teaching four-part harmony to high school boys at a camp in Pollock Pines each September. The boys memorize the words and the notes.

The quartets will deliver the Singing Valentines on Friday Feb. 14 and on Saturday, Feb. 15 between the hours of 8 a.m. and 10 p.m. with a four hour delivery window for \$50. If you're interested in giving the gift of song, all you have to do is call (888) 877-9806 or order at www.capitolaire.org and express where you want the quartet to show up.



A CLEAR VISION FOR A HEALTHIER YOU

Sutter Imaging is continuing its partnership with you by providing more service options, including diagnostic imaging, interventional radiology and tele-radiology, all using the latest technology. This expanded coverage offers patients more services and locations to choose from in our region. It's one more way we plus you.

(916) 878-3456

Learn more at
sutterimaging.org

 **Sutter Imaging**
We Plus You

Faces and Places:

Getting ready for Valentine's Day at Primrose

Photos by MONICA STARK

Seniors at Primrose enjoy each other's time together as staff decorate the facility for Valentine's Day. Reportedly, there are a number of couples at the center who have been together for many years, some of whom have been together since high school. Primrose is located at 7707 Rush River Dr. For more information, call 392-3510.



 <p>1833 Burnett Way - \$499,500 Virtual Tour: http://tour.TPGtours.com/165749</p>	 <p>6221 N Point Way - \$999,000 http://tour.TPGtours.com/164082?a=1</p>	 <p>4 Kathy Court - \$299,000 http://tour.TPGtours.com/164084?a=1</p>	 <p>43 Sage River Cir - \$369,500 Virtual Tour: http://tour.tpgtours.com/161343?a=1</p>	 <p>1070 Perkins Way - \$439,500 2 bd main house + guest house w/ 4 car garage</p>	 <p>Renee Catricala, Realtor® Direct: (916) 203-9690 www.ReneeCatricala.com 730 Alhambra Blvd., Suite 150 Sacramento, CA 95816 Lic# 01077144</p>  
 <p>7327 Pocket Rd - \$299,500 Virtual Tour: http://tour.tpgtours.com/143885?a=1</p>	 <p>966 Cobble Shores Dr - \$320,000 Virtual Tour: http://tour.tpgtours.com/145393?a=1</p>	 <p>6715 Steamboat Way - \$345,000 Virtual Tour: http://tour.TPGtours.com/155100?idx=1</p>	 <p>1060 Eileen Way - \$469,500 Virtual Tour: http://tour.TPGtours.com/154885?idx=1</p>		


What is your Real Estate Story? Everyone has one
Move-up Buyer,
Downsizing,
Investment Properties
Put my 24 years of experience to work for you!

PN ADVERTORIAL

ON THE MENU

Call to be included in this section! (916) 429-9901

Pocket Bistro | 6401 Riverside Boulevard
Skirt Steak: A generous 8 ounce steak with Asian marinade. Served with mashed potatoes and seasoned vegetables.
Pocket Bistro in the heart of Pocket/Greenhaven. Serving Wonderful special dishes everyday. Brunch is served both Saturdays and Sundays.




POCKET BISTRO


- Full Bar
- Now catering!
- Live Guitarist Friday Nights 6 – 9p.m.
- Saturday & Sunday Brunch 10 a.m. – 2 p.m.
- Lunch & Dinner Served Daily
- Happy Hour: Tuesday - Friday, 3:30 – 6:30 p.m.

Valentine's Day Special
4 course meal
Make your reservations now!
February 14

6401 Riverside Boulevard • 916.391.7990 • www.PocketBistro.us
Mon 5-9:30 p.m. Tues-Thurs 11:30 a.m. -9:30 p.m. • Fri-Sat 11:30 a.m.-10 p.m. • Sun 10:00 a.m.-8:30 p.m.

Masullo Pizza | 2711 Riverside Blvd., Land Park
“Masullo is fanatically dedicated to pizza. You won't find deep dish or California style pizza here. Masullo rewards those who are willing to enjoy pizza in its original form, a quality flatbread accentuated, not overburdened, with adornments. Don't overlook Masullo's other offerings; salads and other appetizers are also made with finesse and care.” - from Yelp.com





MASULLO

2711 Riverside Blvd.
Between 2nd & Castro
in Land Park
443-8929

Thin Crust Wood Oven Pizza
Everything is made in our 800°F wood-fired oven.

www.masullopizza.com
Lunch M-F • Sat. Dinner Only
M-Th 11:30am - 9pm • F 11:30am - 9:30pm
S 5pm - 9:30pm • Closed Sunday

Sarah Jacobsen
HAIRSTYLIST
916.803.2358
 Sarah Jacobsen, former stylist from the Promenade Shopping Center, has relocated to Shear Poetry!
 7600 Greenhaven Dr. Suite 10



Angel's Nest
CHILD DEVELOPMENT CENTER



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

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

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



Moyneur & Perisho Family Dentistry

Giving Our Neighborhood a Reason to Smile!



7210 Greenhaven Drive, Ste D
 Sacramento, CA 95831

(916) 421-4686
www.pocketfamilydentistry.com

Got News?

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

A+ POOL & SPA

Installation Service & Repair
 Contractor Lic. #856489

*Ready For A Change?
 New To Pocket Area! Experienced!
 Quality and Personal Service!*

Licensed and Insured
 Private, Public & HOA

Providing Professional Service Since 1999



- New Equipment Installation
- Repairs
- Advanced Diagnostics
- Cleanings
- Comprehensive Maintenance
- Algae Treatments
- Stain Removal
- Spa Repairs
- Safety Focused

- Hot Tub Not Working?
- Pool Sweep Not Moving?
- Concerned About Your Current Service?

916-955-5677 Call Today!
 Email Phill at appoolsca@yahoo.com
 License # 856489

1/2 Off* First Month Of Service
\$10.00 Off Any Service Call
 *With new customer agreement.





The WATERLEAF at Land Park

Assisted Living for the Elderly



Lynda Shively
Community Outreach Director

The WaterLeaf is very happy to announce that Lynda Shively has recently joined the team as our Community Outreach Director. Lynda has worked locally in the senior housing field for over a decade and has resided in Land Park and The Pocket area for over thirty years.

"Seniors are my niche and I am thrilled to be out there in the community again helping folks. Please give me a call and say hello at 916-822-0543. Come to The WaterLeaf for a visit or perhaps lunch; our treat!"

Welcome to the WaterLeaf...

At The WaterLeaf, you'll find a friendly, family-oriented atmosphere and a staff dedicated to putting resident comfort and dignity first. It is our goal to be as flexible as possible in responding to the needs and requests of our residents. From the welcoming courtyards to the attentive staff, we think you'll find a warm, inviting, and reassuring environment that wears well over time. As an owner-operated community since 2001, we are personally invested in the surrounding community and committed to providing a reasonably priced, well-maintained, clean, casual environment while serving the needs of our residents and their family members.

- **Providing licensed vocational nurses (LVNs) for individuals requiring diabetic management and higher medical needs.**
- **Specialized dementia activity program featuring sensory stimulation and aromatherapy.**

Please call or visit today for a FREE assessment for your loved one.

Lic# 347001970



916.877.9497 | www.TheWaterLeaf.com | 966 43rd Avenue, Sacramento, CA 95831



For over
36 years

COOK

REALTY

www.cookrealty.net



7677 RIVER VILLAGE DRIVE • \$309,000
MEENA CHAN LEE • 837-9104



975 COBBLE SHORES DRIVE • \$799,000
SUSIE K. PARKER • 768-8494



951 CASILADA WAY
Great home for the entertainer. Large rooms and flowing floor plan. Updated baths and kitchen with stainless appliances. Two central heat and air systems and whole house fans. Huge spans of window bringing the lush back yard and pool. \$620,000
TREY BONETTI • 768-9360



528 VALIM WAY
This is a 10 - outstanding home like a model. Great curb appeal from the outside with brick entry to courtyard-new landscaping, new lawn. Remodels include new fixtures, upgraded tub, lighting, whole house fan. \$509,000
MEENA CHAN LEE • 837-9104



5609 SURF WAY
Dreaming of a move-in, magazine showcase home? Mid-Century 3/2 remodeled to perfection by current owner. Sophisticated, tasty, yet comfortable. Great room w great natural light, artful night lighting, perfect blond oak floors, fireplace. \$379,000
JAMES WALKER • 607-0519



780 SAO JORGE WAY
Wonderful single story for in great kitchen. Tile floors in high traffic area, tile counters in kitchen, newer roof, freshly painted interior. Seller is constantly doing improvements to the property. \$189,000
MEENA CHAN LEE • 837-9104

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

1147 FAY CIRCLE
Many upgrades in this property. Beautiful back yard with pool, large trex deck, and pool/guest house with bath and kitchenette. \$549,500
ATCHAN VAN PELT 813-5919

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

975 COBBLE SHORES DRIVE
Stunning custom home on the Lake! Very open floor plan that takes great advantage of the lake views. Unique home and lot with views and privacy. \$799,000
SUSIE K. PARKER • 768-8494

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702



Arthur A. Benjamin Health Professions High School



Our Mission

Provide students with an outstanding education filled with meaningful academic, application and leadership experiences.

HPHS is 2nd in SCUSD for college attendance by graduates!

A Linked Learning Certified School working closely with UC Davis Health System, Los Rios Community Colleges, Cal-HOSA, CSUS and Kaiser Permanente... Just a few of the industry professionals partnering with our students.

Enroll January 27—February 11

Call Main Office at 916-264-3262 or go online at www.scusd.edu and complete the Open Enrollment Application

See your future and visit our school January 13, February 3, March 3, or April 7 from 9:00–10:00am where you will meet the Principal, speak with current students, and visit our hands-on classrooms!

Arthur A. Benjamin Health Professions High School | 451 McClatchy Way, Sacramento, CA 95691
916-264-3262 | www.hphsjaguars.com

Like us on Facebook 



Enriching the Lives of Others

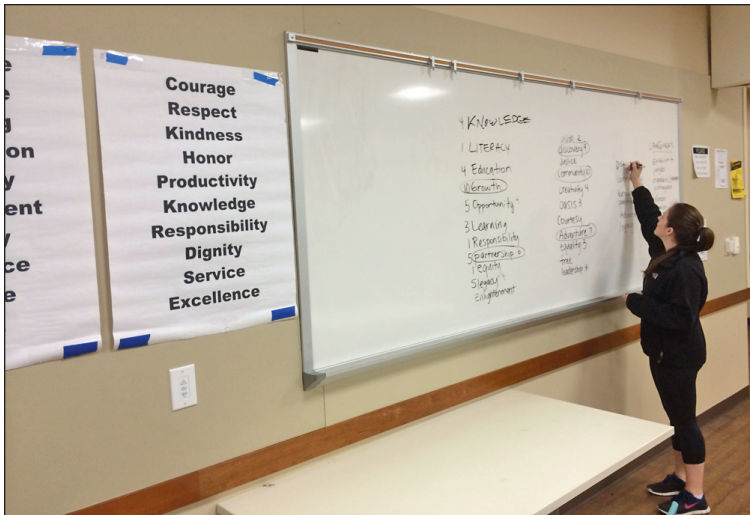
Residents enjoy an active, engaging lifestyle that promotes wellness and independence.

Whether short-term, following an illness or injury, or permanent, our assisted living and memory care programs utilize professional nursing staff to help determine your specific needs. Around the clock caregiver staff are here to provide services when you need or want them - allowing you to devote your energies to a life well lived!



7548 Greenhaven Drive
Sacramento, CA 95831
Lic# 347005239

greenhavenassistedliving.com
(916) 427-8887



Community briefs:
Continued from page 4

hygiene projects to improve the quality of life for the world's poorest of the poor.

Walkers are asked to bring a container to fill with water at a local event called "Walk 4 Water", which will begin on March 22 at Faith Presbyterian Church, 625 Florin Rd. and will continue to the Cabana Club South, 6615 Gloria Dr. and back for a 2-mile round trip. A shorter loop is available for children and others on the church property.

Registration begins at 9 a.m., and the walk begins at 10 a.m., coinciding with United Nations World Water Day 2014. The cost is \$25 to register, \$10 for children accompanied by an adult. All funds go to Faith Church's mission work in the Abaya Ethiopia Area Development Program water distribution points. Faith Church will match up to \$20,000 in funds collected. For more information contact: Natalie Reyes at skem2510@msn.com

The Values Project at Robbie Waters Pocket Greenhaven Library

On Friday, Jan. 17 library volunteer Erica Jarmillo and Values Project organizer Peter Hassen held a workshop with representatives of the senior class at the School of Engineering and Sciences as a "legacy project" to choose the words to represent the school. The words chosen by the class are (in order of popularity): Chivalry, Civility, Individuality, Respect, Journey, Confidence, Achievement, Leadership and Perseverance. "What wonderful words—and a first for many!" said Hassen. These words will be painted in English, as well as French, Italian, German, Spanish, Tagalog, Hmong, Vietnamese, Japanese and Russian. Then on the following week, Hassen held a workshop at the Robbie Waters Pocket/Greenhaven Library with Elizabeth Wallner, another great volunteer.

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

Valentine Sale

Watch Batteries ONLY \$4.98
One per coupon installed most watches. Not valid with other offers. Expires 02-28-14 PM

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

HIGHEST QUALITY • LOWEST PRICE



MONA GERGER
CalBRE# 01270375
916-247-9555
monagerger@att.net
www.monagerger.com



DUNNIGAN
Realtors

"Call me for a private showing or an estimate of value"

Wonderful Land Park Home



520 Merkley Way - Sacramento, CA 95818 - Offered at \$329,000

Wonderful three bedroom two bathroom home in Land Park on a nice cul-de-sac street. Newer upgrades include: dual pane windows, composition roof, remodeled bathrooms, interior paint, ceiling fans and more. This charming home also features hardwood floors, open floor plan, two car garage, bay window, inside laundry, brick exterior, lots of storage, alarm, fantastic yard and RV parking. This is a spectacular home and location. Please call for a private showing.

RESERVE YOUR SPACE
IN THE UPCOMING



California Kids!

CALL (916) 429-9901 TODAY!





GREAT Haircut SALE. \$7.99

Great Clips® No coupon necessary.
IT'S GONNA BE GREAT™ VALID FEB 15-21 ONLY
Not valid with other offers. At participating salons.

Lake Crest Village Center
1054 Florin Rd. #6
(Nugget Market Shopping Center at Florin & Greenhaven between Starbucks & AAA)
429-7868

OnlineCheck-In™
Download our free app or visit greatclips.com.

\$9.99 HAIRCUT
OFFER EXPIRES 2-28-14
Not valid with any other offers. Limit one coupon per customer. Valid at 1054 Florin Road Only.

Great Clips® PN
IT'S GONNA BE GREAT™

Over 3000 Salons in the US/Canada. Visit www.greatclips.com for the salon nearest you. Gift cards available.

Freeport

Bar & Grill



Special Valentine Dinner
Call for reservations: 916-665-1169

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

www.freeportbarandgrill.com
8259 Freeport Blvd., Sacramento, CA 95832

ESKATON INDEPENDENT LIVING with SERVICES

Land Park Friendly



People are friendly at Eskaton Monroe Lodge.
Maybe it's the lively environment or the set-your-own-pace lifestyle.

Friendships blossom at our picturesque lodge, where you can join in on the recreation and excursions, spend time with friends, and interact with children through Kids Connection. Surrounded by three acres of trees and minutes from downtown Sacramento, Eskaton Monroe Lodge offers independent living in a country-like retreat with all the city advantages.

Housekeeping, dining and personal services keep life easy (and fun.) Eskaton Monroe Lodge is the active senior's answer to living the fullest and most independent life possible. So, call or visit us today.

Live here ... Live at your own pace.

ESKATON
Transforming the Aging Experience

Eskaton Monroe Lodge
Independent Living with Services

3225 Freeport Boulevard | Sacramento, CA 95818

916-265-0038

eskaton.org | 866-ESKATON



Time banking:

Continued from page 8

that would probably be a good thing. In some ways, it's good to slow down and receive from other people."

"It's about building community. It's about making friends. It's wonderful," she said.

Murray, a Sacramento resident of 23 years, has done contract work for the Sacramento Natural Foods Co-op as a cooking teacher and chef, where she happened to friend Rob Lang who has since moved to Boston where time banking is a big deal. "He called me up and said, "you won't believe this thing called time banking here. It's completely amazing. Said you need to check it out." So Murray read the philosophy behind it all and said to herself: "This is really right up my spiritual, emotional and financial highway. So then I tried for a couple of years to get people interested. I did fliering, tabling. I needed people to come on board with me because you need a team to build it, to form it. I was looking for those people, I couldn't find any. I did a presentation at the co-op a couple years ago."

And then she met East Sacramento resident Nanci Kuzins and since September 2012, they have educated themselves and each other on time bank websites. After many presentations and potlucks, they've garnered the support of about

30 people who have committed to pay their dues (which is a sliding scale of \$10 to \$20 a year), which pays for the operation of the computer software program, Community Weaver, which is affiliated with Time Bank USA.

Upon describing the local efforts using the website, Murray said: "We will have a page there and people once they become members, they will be able to bank their hours. Nanci will be the facilitator. She will be the banker so to speak to make sure it's updated. Anybody with a computer can use it, but

you could get time dollars by helping someone else who doesn't have a computer. It's a computer software program. You have a profile. You put your information in there. You can log in and see (for example) oh Amanda, she does child care and Amanda says yes I can babysit. Those hours are in her bank account."

Right now it's just Murray and Kuzins holding team leader positions, but they will be looking for members to get more involved. "I don't know if we will call them team leaders but we will hone out those positions and figure out the format."

Those interested in getting involved have to go through an orientation and tutorial with the software. For more information, contact Murray at emurray68@att.net.

Sindy Kirsch



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

~ Sindy



www.SacOnTheMove.com

916.730.7705

Sindy@SacOnTheMove.com

BRE# 01463907

Meet the Poodlums: Sacramento kindie-rock that teaches

By GREG BROWN
greg@valcomnews.com

The Poodlums are a playful Sacramento kindie-rock band that perform at libraries, schools, and fundraisers, as well as children's birthday parties.

They're more fun than a bounce house.

The Poodlums are Anne Howard and her husband Jason Wright, who are not hoodlums, but their standard poodles Murray and Dina are. It's how they jokingly came up with the name of their band. Jason said, "I think I was just trying to make Anne laugh and kinda put poodles and hoodlums together." Anne interjected: "And because our poodles act like hoodlums!"

They recently performed a show at the Belle Coolege Library. The place was packed with children and parents singing along and tapping their toes to songs like "Five Little Pigs".

*Five little pink pigs
Living on the farm
The farmer rings the dinner
bell (sou-ee!)
And one runs into the barn.*

They have the children gleefully join in on the sou-ee! part. The parents get a kick out of it, too. It's a catchy ditty that's sung partly in Spanish. "Tres Cerditos"! It's also a fun video that's available on YouTube and their website.

Another song they perform live and on the Poodlums disc is Alphabet Soup. The guitar has a Green Day sound to it. It compliments the melodic vocal styling of Anne. Anne wears a red apron and oven mitt while stirring a bowl of soup. Jason dons a tall white chef's hat.

And word to your mother – they also do a little alphabet soup rap with the kids.

The Poodlum's concerts last about an hour and really capture the children's attention, which isn't easy to do. The kids are transfixed on the duo while they sing songs and tell stories. No kids running around, screaming, playing with the curtains. "That is the goal," Jason quipped.

All of the original songs the Poodlums perform have educational value. The married duo are board certified music therapists. They both graduated from the University of the Pacific Conservatory of Music in Stockton.

Anne told me, "The way we look at it is, kids are learning and they don't even know it because they're having fun."



Jason Wright and Anne Howard, a local kindie-band called The Poodlums, are shown here performing in costume as pirates. The married couple performs at local libraries.

There's a science to the clapping, singing, stomping and storytelling.

Anne went on to say: "Music therapy is built on a principle that music and rhythm organizes motor output. Whether it's clapping your hands or stomping your feet or it's oral motor output where you're singing. All of your learning is going to be measured in those motor output forms and music is a great way to optimize learning and a great way to address skills in cognition, communication, and motor skills."

When The Poodlums got started in 2008, they targeted individuals with special needs. Anne said, "We originally, and we still, target individuals with special needs of all ages, but we found once we got started that children who don't have special needs love the music as well."

They also think it's important for the parents to enjoy the music, too. "We want our stuff to be fun for grown-ups because they're going to be playing our CDs over and over," Jason said.

He told me he grew up watching The Muppet Show and they always had music with a lot of puppets and humor. "That was part of our goal with the Poodlums, to have (something) music parents aren't going to be bored with and something they can enjoy." Jason is the comic relief of the duo. "I try to cater to the adults in the room. Sometimes the



Photo by Samantha DeLeon

kids laugh at the same jokes as the parents and sometimes the jokes are just for the parents. I don't really have a plan, I just do it."

During the Belle Coolege Library concert, quite a few parents were bopping their heads up and down to the tunes and laughing along with the jokes. That doesn't really happen when Barney, the dinosaur, is playing. Some parents just want to leap out the window when they hear the I Love You song over and over. It can be maddening!

The Poodlums incorporate fun theatrics into each song, using props and costumes they discovered at local thrift stores. The old retro Samsonite suitcases they use in their shows were bought at a couple of garage sales. "We are collecting things as we go." Anne said.

They're also building up their puppet collection. Anne's parents instilled the importance of being

creative with stuffed animals and puppets when she was growing up. "Our stuffed animals each had a different personality and were almost like another family member," she said.

It's obvious The Poodlums love to perform for children. The duo is always smiling and animated on stage. Anne said, "I really love to connect with kids on a level of pure joy and fun where everyone can engage in a musical experience together. Experiences like that have always meant a lot to me as a kid and grownup too. I feel like I'm getting to connect with kids in that important time of life."

The Poodlums will be performing at a local library near you. Like them on Facebook or check out their website www.thepoodlums.com for upcoming concert dates, music videos, and merchandise including the Poodlums CD. They're available for birthday parties, too!

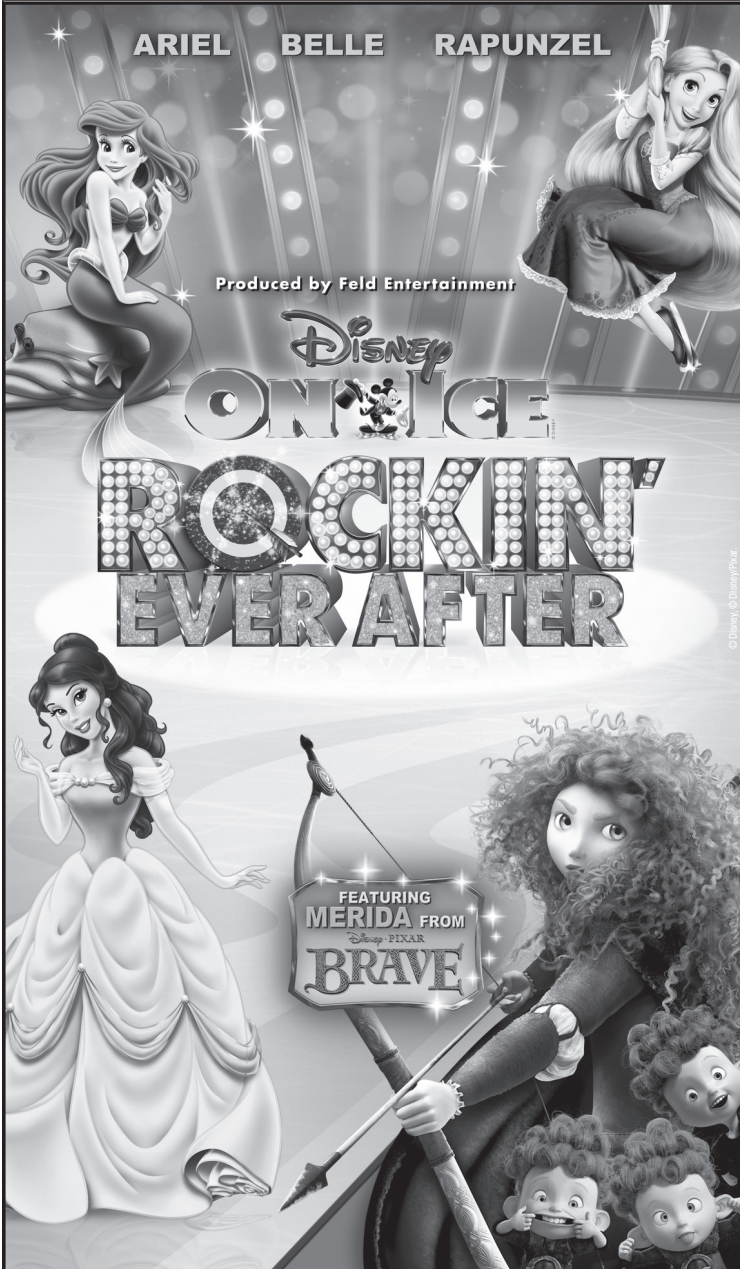


MARY ANN CARBONE
916.832.3010

DOG TECH & PET TECH CERTIFIED
LICENSED & INSURED

MARY ANN'S
PAMPERED PETS

• DOG WALKING • DAY VISITS • PET SERVICES
WWW.MARYANNSPAMPEREDPETS.COM



ARIEL BELLE RAPUNZEL

Produced by Feld Entertainment

Disney
ON ICE

ROCKIN' EVER AFTER

FEATURING
MERIDA FROM
Disney PIXAR
BRAVE

Tickets Start at \$17!

Restrictions, exclusions and additional charges may apply. Subject to availability. Supply and demand may affect price.

FEB. 6 – 9 STOCKTON ARENA

Thu. FEB. 6	Fri. FEB. 7	Sat. FEB. 8	Sun. FEB. 9
7:00 PM	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM

FEB. 12 – 17 SLEEP TRAIN ARENA

Wed. FEB. 12	Thu. FEB. 13	Fri. FEB. 14	Sat. FEB. 15	Sun. FEB. 16	Mon. FEB. 17
7:00 PM	7:00 PM	7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	12 NOON 4:00 PM

Buy Tickets: Ticketmaster.com • 800-745-3000 • Venue Box Office



disneyonice.com



Photos by Monica Stark

Members of the P.M. Crew stand in front of the new Elks 6 sign they built. Shown in the back row, from the left: Ken Horst, Mack Vance, John Ericson, Joe DiPinto, Clarence Facha, Bob Morlan, Jim von Bergen, John Endres. Shown in the front row, from the left: Ray Nielsen, Mike Johnson, Bob Van Gundy, Bill Sligar, Frank Carlin. The wooden sign was drawn from a sketch on large pieces of wood and each one was cut by the hands of the P.M. Crew. The crew will paint the sign next, color to be determined. The following missed the impromptu picture day, but volunteer often and come to meetings: Steve Clazie, Donna Etheridge, Richard Hanson, Jim Finley, Bill Haertle, Jose Hernandez, James Lange, Ray Martin, Lester Mielcasz, Canaro Smith, Steve Sterns, Harry Yeager.

Meet the P.M. Crew: Retired Elks members keep the lodge running

By MONICA STARK
editor@valcomnews.com

Come 8 a.m. each Tuesday at the Elks Lodge, No. 6, a crew of about 30 strong seniors enjoy each other's company over doughnuts as they catch up on the latest Elks news and discuss things around the lodge that need fixing. It could seem like a long morning of volunteer work, as the tasks are endless from oven replacements to exercise equipment repair, gardening and keeping up with electrical problems.

Collectively, the volunteers are called the Preventative Maintenance Crew of the Elks Lodge, No. 6.

Undoubtedly, the P.M. Crew helps keep the lodge open, as chair Ray Nielsen estimates the group saves the lodge at least \$100,000 per year in maintenance and repairs, as the facility, located at 6446 Riverside Blvd. costs about \$800 a day to operate.

Some have been volunteering for more than 20 years and others have "just started" about two years ago. But their love for the lodge is the same, as they share a sense of camaraderie with one another. "It's a great organization. It's really wonderful, I think. I've met nice friends here," P.M. Crew member Clarence Facha said.

Added Jim von Bergen: "I mean (The Elks) do something. They don't just sit in here and have parties. They actually do something and that's the idea."

In existence for more than 118 years, the Elks Lodge, No. 6 has continued to be a stalwart for charitable endeavors, most recent-

ly being tending to the aid of Andrew Bowring, a 4-year-old-boy with cerebral palsy. With a large hall for community events, an exercise room, a bar and cozy lounge, a sauna and pool, the Elks Lodge, No. 6 is a huge operation that wouldn't be possible to keep open if it wasn't for the P.M. Crew.

Late Elks Lodge No. 6 Exalted Ruler James Harris founded the P.M. Crew in 1980 and chaired it until 1994, at which time John Doherty took over and led it until 2009. Nielsen has been chairing since.

The P.M. Crew just three weeks ago built and installed a large new sign reading: Elks 6. Placed on the front of the building, the hope is passersby don't have to question what the place is. "People didn't know we were here. People kept thinking this was a masonic temple," Nielsen said.

Just another day

Tuesday, Jan. 28 was just a typical morning, as von Bergen and Facha assembled a brand new abdominal bench for the exercise room, Bob Morlan organized the facility's keys, and both Donna Etheridge and Richard Hanson worked in the garden.

The fact the ab bench is brand new surprised von Bergen, as most of the equipment is donated and some of the other pieces of equipment in the gym are quite old but as the cliché goes, "if it ain't broke, don't fix it," but if it is, the PM is on top of it. "I

See P.M. Crew, page 21

P.M. Crew:

Continued from page 20

have some that are broken and they wind up out back, so crew members take the busted pieces outside to fix. That's our job – to repair things. That's why we're the Preventative Maintenance Crew," Nielsen said.

Asked where some of the old pieces end up, von Bergen laughed and said: "It's all here. Either you find them on the street or you find them here."

Von Bergen's sense of humor and cheery personality is not one of a kind in this group of energetic worker bees.

Frank Carlin, who was cleaning ceiling vents that day, keeps to a schedule as particulate matter accumulates over time. Asked what he enjoys most about being a part of the P.M. Crew, he said without hesitation: "The food! They feed us. Doughnuts, coffee, all that good stuff. Around noontime they usually fix us some leftovers from other days. I just come for the food."

Meanwhile Morlan was organizing keys, making sure none are missing. "It's a pain," Morlan said. Retired from administrative work, Morlan said he's learning from others in the P.M. Crew. "I enjoy going after parts as a gofer and then whatever needs to be done, even down to raking leaves. I also do quick purchases. The other guys who are more experienced order online and so forth. If they're working on something like today and need something, I'll go get it for them. That's my main job. It doesn't take any brains that way," he said.

"All important jobs"

Retired from various professions, spanning from blue collar to white collar, some of the volunteers are more skilled than others, but the crew is non-discriminate. As Nielsen put it: "They're all important jobs."

Added Morlan: "After I joined (the Elks), I talked to three or four guys who were P.M. members and I decided I'd like to try that. I'm not skilled, but I like what I'm doing. My wife told me if I was going to do any more volunteering, we'd have to have a talk. That's all I know. I just enjoy what I'm doing. Most of them know what they like to do and are very skilled at doing it. We've had a good welder, two good electricians, which if we didn't have them, we'd be (in trouble)."

With Facha each morning checking the chemicals in the pool, there's Bob Van Gundy who helps keep it sparkly clean. Van Gundy, who swam and played water polo in college at Sacramento State University. "I loved it. I did. I swim as much



A member of the P.M. Crew is cleaning the floors of the large hall inside of the Elks Lodge No. 6, located at 6446 Riverside Blvd.



(above left) "The recycling guy" poses for a photo. The Lodge recycles!



(above right) Frank Carlin, who was cleaning ceiling vents that day, keeps to a schedule as particulate matter accumulates over time. Asked what he enjoys most about being a part of the P.M. Crew, he said without hesitation: "The food! They feed us. Doughnuts, coffee, all that good stuff. Around noontime they usually fix us some leftovers from other days."

as I can now, but it's kind of funny around here. It's not my time anymore. My time is devoted to everybody else. If nobody is around the pool, I'll go in, but if there's someone there, they'd say: 'you need to do this; you need to do that.' This morning, for example, there was a guy in the spa. He said the tile on the sides of the spa were dirty and needs to be cleaned. And I said, 'all right. I'll go get your brush.' And he got mad."

While the Facha and Van Gundy do a lot to keep the pool clean, Nielsen said there are some swimmers who swim every afternoon. Then when they get done, they get brushes and brush down the sides, he said.

One of the major accomplishments the P.M. Crew includes the installation of solar panels on roof four years ago. The crew realized the panels were not in an optimum location on the roof, so about a year ago, they moved them around. The new panels provide the facility with a savings of \$100 or more a month, Nielsen estimated. "Hopefully we have a lot of savings. We have a swimming pool. It's warm like that all year long. We had to buy all the

solar, but the P.M. Crew did all the measuring, cutting. It was quite a project. We had six or seven or eight people on there."

Not all of the work the P.M. Crew completes is indoors, in fact, much is outside in the garden.

Donna Etheridge, the only lady on the PM Crew, has been helping out since 2002. Etheridge recalled how she got her start with the P.M. Crew: "The gentleman who took care of all the roses became too old to do that. In the beginning, I worked with him and he finally said he couldn't do it anymore."

Working alongside her partner Richard Hanson, Etheridge takes care of all of the fauna every Tuesday. Hanson described the weekly ritual: "You spend most of the time standing on your head because you come down low and you're cutting this and cutting that and pulling weeds, cleaning out leaves, so you're bent over a good share of your time."

Despite that, Etheridge urges: "We're doing good, we both are, but, I can't kneel any longer because I had a knee replacement."

Retired from aviation career Navy and having grown up on a

farm, von Bergen explained the importance of fixing things as needed. "If something breaks, you fix it. You haven't got time to call somebody. So you learn these little tricks of the trade and, of course, that was passed down from grandfather to grandfather."

While von Bergen acknowledges his skills, he doesn't expect recognition, though he and three other members of the P.M. Crew, Joe DiPinto, Facha, Nielsen, were awarded the President's Award for Service last year. "I have certain talents like everybody in the P.M. Crew. We give back. We've done all of these things all of our lives and now we're retired and now we're paying back and doing volunteer service," von Bergen said.

Members of the P.M. Crew include: Ken Horst, Mack Vance, John Ericson, Joe DiPinto, Clarence Facha, Bob Morlan, Jim von Bergen, John Endres, Ray Nielsen, Mike Johnson, Bob Van Gundy, Bill Sligar, Frank Carlin, Steve Clazie, Donna Etheridge, Richard Hanson, Jim Finley, Bill Haertle, Jose Hernandez, James Lange, Ray Martin, Lester Mielcasz, Canaro Smith, Steve Sterns and Harry Yeager.

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 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



CLEANING

PRIME QUALITY MAINTENANCE

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

Free Estimates
Licensed & Insured



Call Jesse (916) 417-4231

YOUR AD SHOULD BE HERE!

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

YOUR AD SHOULD BE HERE!

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

BUILDING MATERIALS

**BUILDERS
SURPLUS**
DISCOUNT BUILDING MATERIALS

www.builderssurplusllc.com

NEW Kitchen and Bath Cabinets, ALL WOOD

Come check out our Showroom!!

Offering ... Design, Measuring, & Installation

Our warehouse is filled with liquidated building materials!

6043 Power Inn Rd, Sacramento, CA 95824 • 916-369-1846

Hours: Tues – Fri 9 to 5; Sat 9:30 to 4; Closed Sun/Mon

BUILDERS

PRECISION WEST BUILDERS

GENERAL CONTRACTORS SINCE 1979

For All Your Design/New Construction & Home Renovation Needs

- CUSTOM HOMES • KITCHEN/BATH REMODELS • ADDITIONS
- FULL TEAR-DOWNS • ROOFS • CONCRETE
- FIRE/FLOOD DAMAGE REPAIR • ADA ACCESSIBLE ALTERATIONS

CALL NOW FOR FREE ESTIMATE: (916) 441-4800

*Highly Competitive Rates • CA Lic #794864 • Accepts All Major Credit Cards

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 ~ GarryConstruction@sbcglobal.net
Celebrating our 25th Year Anniversary! **FREE ESTIMATES!** Lic# 558941

YOUR AD SHOULD BE HERE!

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

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

BUILD • REPAIR • REPLACE

I **build** new redwood & composite Trex™ decks.

I can **repair** your existing deck.

I can **repair/replace** your dry rot issues.

HOUSE OF STONE

Contractors

CALL JOHN
(916) 449-8055

General Contractors LIC # 588971

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

HANDYMAN

FREEDOM HANDYMAN SERVICE

I specialize in all areas of home improvement!

Quality work the first time, guaranteed!

Carpentry - Electrical - Sprinklers - Plumbing

Accepts All Major Credit Cards

"Senior Discount"

NO JOB TOO SMALL!

Licensed and Insured #152902

Call Eric (916) 470-3488

HANDYMAN

WINTER CLEAN-UP

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- HAULING/SPRINKLER REPAIR
- PRESSURE WASHING

Call LESTER
(916) 838-1247

Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

SPECIALS FOR SENIORS! *SERVING THE AREA FOR OVER 16 YRS*



HARDWOOD FLOORING

Hardwood Flooring

Specializing in installing, sanding,
and finishing hardwood flooring
or repair and refurbish your current floors.

Call Michael – (916) 383-8742

Lic # 544159/References Available

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

Freshen up
for Winter!

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

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

Your Home Improvement Guide

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

PAINTING

GARY'S PAINTING

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

725-8781

Contractors Lic. # 734323
McClatchy '67
"Member BBB"

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

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

ROOFING

TOPKINS ROOFING

34 years experience

Specializing in all types of
roofing & repairs
Dry rot repairs • Senior discount

(916) 731-7073

24-hour service • License #667013

TILE WORK

BAXTER TILE

EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates

916-213-4669

License #668100

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.donandsonreeservice.com

Lic# 331196

TREE SERVICE

Terra Bella Tree Service

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

- Tree Trimming
- Tree Removal
- Stump Grinding
- Clean Ups!

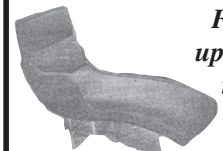
• 20 years experience!

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

www.terrabellagarden.com • Lic# 974388

UPHOLSTERY

B & T Upholstery & Repair



Furniture
upholstery at
its finest

* Senior Discounts

www.bandtupholstery.com

1600-B Kitchner Rd., Sacto 95822
916/392-1959 • 916/995-7177

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:

Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901



Advertise Your Company Online!

www.valcomnews.com

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



– EVENT LISTING SECTION –

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

All Saints Presents

Used Book Sale

February 13, 14 & 15, 11am-2pm (each day)

No book over \$2.00

Choose from a large selection of fiction, non-fiction,
children's books, coffee table books, etc.

ALL PROCEEDS GO TO RIVER CITY FOOD BANK

All Saints Episcopal Church
2076 Sutterville Road, Sacramento

Overflow parking available across Sutterville Rd. at City College



32nd Annual

Spring Craft Faire

Saturday, March 1, 2014

9 a.m. – 3 p.m. FREE

Over 90 Crafters!!!
Great shopping for specialty gifts!

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael

972-0336 MORPD.com

All Saints Presents

Dominique Piana, Harpist Greg Allen Friedman, Tenor

In concert on

Sunday, February 9th, 2014
at 4:00pm

All Saints Episcopal Church
2076 Sutterville Road, Sacramento

\$10 at the door • Overflow parking available across Sutterville Rd. at City College



CALENDAR

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

Editor's note: City Councilmember Kevin McCarty told the East Sacramento News the city council has likely postponed the vote for the controversial student housing project, Campus Crest, to Jan. 14. It was previously scheduled for the Dec. 10 meeting.

ONGOING

AARP tax aide seeks volunteers for 2014

The nation's largest free, volunteer-run tax assistance and preparation service is seeking volunteers for tax assistance/preparation and leadership coordinators. Volunteers of all ages and backgrounds are welcome. Each year from Feb. 1 through April 15, AARP Tax-Aide volunteers prepare federal, state, and local tax returns for low and middle income taxpayers, with special attention to those age 60 and older. Volunteers are especially needed to assist with electronic filing of tax returns. You do not need to be an AARP member or retiree to volunteer. For more information on how you can join the AARP Tax-Aide team in Northern California, contact Ron Byrd at NoCalTaxAide@Outlook.com or visit website at: www.aarp.org/taxaide

Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

Davis Art Center invites teen girls to write and publish

The Davis Art Center is offering a six-week creative writing class for girls

ages 13-18 from 4 to 6 p.m. Tuesdays starting February 11. The class will offer a positive, supportive space for girls who love reading and writing and are interested in discovering and developing their individual voices. Participants will use short stories by a diverse range of contemporary women writers as jumping off points for their own writing sessions. Each student will pick her best writing to include in a class-produced literary magazine. The class will be taught by Elise Winn Pollard, who earned her M.A. in creative writing from UC Davis. The fee is \$95 for Art Center members and \$105 for the general public. To enroll, stop by the Art Center at 1919 F. St., call (530) 756-4100 or register online at www.davisartcenter.org. Students must be registered at least two weeks before the first class session.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 2 to 3 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

Attn. students: Submit now for water efficiency video contest

High school students can win cash prizes and the chance to view their video on the Raley Field Jumbotron by entering the 2014 Water Spots Video Contest. The contest, sponsored by the Regional Water Authority (RWA) and the Sacramento Bee Media in Education (MIE) program, challenges teens to create compelling and original 25-second Public Service Announcement (PSA) videos on

a select water efficiency topic. The 2014 water efficiency theme is: Don't be a gutter flooder: Prevent overspray and runoff. Judging will be based on creativity, entertainment value, accuracy, originality and incorporation of the water efficiency topic. Finalist videos will be displayed on the Raley Field Jumbotron screen and winners announced at a Sacramento River Cats game in April 2014. Winning students and their teachers will also get cash prizes. The grand prize winner's spot may become part of RWA's 2014 television ad campaign. Submissions due Feb. 28. Visit www.BeWaterSmart.info for more information and tips on using water more efficiently and to submit entries or get more information about contest rules, judging and prizes, visit www.sacbee.com/water-spots

California Youth Basketball League taking applications

CYBL is a non-profit year round league for ages 4 through 18 that prides itself on being well organized that aims to develop basketball skills, sportsmanship and self-esteem through coaches, gym official and organizers. Visit www.cybhoops.com or call 391-3900.

Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. 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!

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: www.capitolaires.org, call 888-0877-9806, or email info@capitolaires.org

Artisan holds Food Drive

Artisan Salon is participating in the Spirit of Giving Food Drive. Over the last 17 years, the Spirit of Giving (SOG) drive has helped Sacramento Food Bank collect and distribute over 4.6 million pounds of canned and non-perishable food items for local families in need. Help support families in need by participating in this year's drive! Artisan Salon is located at 3198 Riverside Blvd.

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group

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

FEBRUARY

Sacramento Community Concert Association performance

Feb. 22: Celebrating Black History Month, SCCA presents Tenor Darron Flagg & Soprano Candace Johnson and The UC Berkeley Gospel Chorus at 7:30 p.m. at Westminster Presbyterian, 1300 N St. Singer-actor Darron Flagg is recognized as a standout professional bel-canto tenor, lauded for his heart-felt performances. A few of Mr. Flagg's engagements include the Lincoln Center, theaters in Eastern Europe, Walt Disney Hall, as well as the San Francisco and Sacramento Opera companies. Candace Johnson is a dynamic vocal artist who has experience in musical theater, television commercials, poplar songwriting, and piano performance. Among her many accomplishments, she held the title of Ms. Black Tennessee, and she was a finalist in the National Leontyne Price Competition. The UC Berkeley Gospel Chorus started in the 1970s as an informal student activity. Since 2007, director D. Mark Wilson has taken the Gospel Chorus in new directions, building a repertoire, which includes traditional and contemporary gospel music, spirituals, and classically influenced gospel anthems. Regular subscription: \$90, Group discount (8 or more people): \$75, Students subscription: \$45, Single Ticket: \$25. For more information, contact Sacramento Community Concert Association www.sccaconcerts.org; info@sccaconcerts.org; 400-4634.

2014 Polar Plunge: Polar Plunge so a Special Olympics athlete can compete

Feb. 15: Swim at the Sacramento State Aquatic Center to benefit Special Olympic Northern California & Nevada! This is the first plunge in Sacramento. Know that while the water may be cold, you're plunging so that 19,000 Special Olympics athletes in your community may compete. 1901 Hazel Avenue in Gold River! Every Plunger is required to raise a minimum of \$125, which sponsors one Special Olympics athlete for a sports season. You will be fundraising to support Special Olympics Northern California & Nevada. Visit <http://www.kintera.org/faf/home/default.asp?event=1080725#> for more information.

Sacramento International of Sacramento, Inc. annual crab fiesta

Feb. 15: All you can eat crab, silent auction, dessert bar auction, live auction; Saint Mary's Giovanni Hall, 58th and M streets. Doors open at 6 p.m., dinner at 7 p.m. Cost is \$50 per ticket and funds are used for services to support vulnerable women and children. 2013-14 funds support Tubman House, a program of Waking the Village. The program provides 18 months transitional housing and other life skills training and support for local women and children. Call 709-6748, or visit the Crab Fiesta website at www.crabfiestasac.org to purchase tickets. Visit us at www.soroptimistsacramento.org.

Camellia Chapter, Embroiderers' Guild of America at their meeting

Feb. 18: Starting at 7 p.m., SMUD Building, 6201 S Street for a hands-on program on Assisi needlework. Guests welcome. Free. 223-2751.

Casa Garden 'Girls Just Want to Have Fun' lunch and Red Hat fashion show

Feb. 26: "Girls Just Want to Have Fun" lunch and Red Hat fashion show at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Chicken Stuffed with Spinach and Smoked Gouda or Black Bean Tostada Salad with Grilled Chicken Breast; dessert: Chocolate Torte with Raspberry Coulis -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

MARCH

Sacramento Community Concert Association performance

March 22: SCCA presents A Night At The Movies With Pipe Organist Dave Moreno at 7:30 p.m. at Westminster Presbyterian, 1300 N St. Complemented by emcee Matias Bombal, organist-entertainer Dave Moreno will thrill you as he accompanies popular silent films on Westminster's grand 3000-pipe organ. Don't miss this extraordinary event. Regular subscription: \$90, Group discount (8 or more people): \$75, Students subscription: \$45, Single Ticket: \$25. For more information, contact Sacramento Community Concert Association www.sccaconcerts.org; info@sccaconcerts.org; 400-4634

Pasta Sausage Feed

at Elks Lodge #6 • 6446 Riverside Boulevard

Presented by: Ron Domingos, Mike Cima & the Fitness Center Crew (aka Mostaccioli Salsiccia Dinner)

Friday - February 28, 2014

No Host Cocktails 6 p.m. • Dinner 7 p.m.
Huge Raffle, Music & Dancing to follow

TICKETS \$15.00 EACH ON SALE IN LODGE OFFICE

You may reserve a table for ten by paying \$150.00 at time of purchase

All proceeds benefit the Fitness Center



— EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

All Saints Presents

Used Book Sale

February 13, 14 & 15, 11am-2pm (each day)

No book over \$2.00

Choose from a large selection of fiction, non-fiction, children's books, coffee table books, etc.

ALL PROCEEDS GO TO RIVER CITY FOOD BANK

All Saints Episcopal Church
2076 Sutterville Road, Sacramento

Overflow parking available across Sutterville Rd. at City College



32nd Annual

Spring Craft Faire

Saturday, March 1, 2014
9 a.m. - 3 p.m. FREE

Over 90 Crafters!!!
Great shopping for specialty gifts!

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael

972-0336 MORPD.com

All Saints Presents

Dominique Piana, Harpist Greg Allen Friedman, Tenor

In concert on

Sunday, February 9th, 2014
at 4:00pm

All Saints Episcopal Church
2076 Sutterville Road, Sacramento

\$10 at the door • Overflow parking available across Sutterville Rd. at City College



It's Electrifying!

Alternative Fuel Vehicles in California

Presented By  **SMUD**
Electric Vehicles



Exhibit Grand Opening CELEBRATION! February 15 / 12:00 pm - 3:00 pm
Food & beverages / Exhibit tours & 150+ cars on display!

2200 Front Street · Sacramento Waterfront
916.442.6802 · calautomuseum.org



FLOWERS
ARE THE PERFECT VALENTINE GIFT

IN STORE SPECIALS: 25%-30% OFF - CASH & CARRY ONLY

Relles Florist & Gifts

68 years in Sacramento with Service & Quality

2400 J Street
(916) 441-1478

FREE PARKING

RELLESFLORIST.COM

WWW.VALCOMNEWS.COM

ND Nelson Dental
We show. We tell. You decide.



From invisalign braces to single-visit crowns, we provide an array of dental services to meet your needs.

We have the latest technology and exceptional quality treatment!

7400 Greenhaven Dr. Sacramento, CA 95831
(916) 427-1101 | www.NelsonDental.com



Steve Walker

Real Estate Broker **SRES**

(916)448-2848

steve@walkerrealty.net

www.WalkerRealty.net

License: 00880608



Tahoe Park

Tahoe Park, remodeled with new windows, stucco, etc. Oversized 2 car garage w/ huge shop & huge bonus room.
\$279,950



South Land Park

South Land Park, just steps from the park with a granny flat behind the RV height garage.
\$349,950



Kindergarten Morning

Saturday, February 15th, 9:30am

Parents and their future Kindergartners (4 by May 31, 2014) are invited to experience the magic of our Kindergarten for a morning.

Children blossom at Camellia!

Now Enrolling for Fall



Camellia Waldorf School

Reserve your spot online or by phone.

5701 Freeport Boulevard, Sacramento CA
www.camelliawaldorf.org
(916) 427-5022 ext. 13

NEW YEAR. NEW YOU!

Come learn how you can lose up to 10% of your weight – or more – in just 10 weeks!*

Sign up Today!

Lean for Life® is part of the new Sutter Weight Management Institute and is currently offered exclusively at Sutter Express Care inside Rite Aid at:

Natomas: 2751 Del Paso Rd. **Greenhaven:** 980 Florin Rd.

FREE Weight Loss Consultation

Call 1-855-720-7964 for more information.

Lean for Life is a registered trademark of Lindora, LLC.

*Patients lose on average a total of 10% of their starting weight in 10 weeks.



For some, losing 15 lbs. is nothing. For me, it was everything!

JENNIFER, WESTLAKE VILLAGE, CA

OPEN 7 DAYS A WEEK Mon. - Fri. 9 a.m. – 8 p.m. / Sat.- Sun. 10 a.m. – 4 p.m.
1-800-972-5547 / SutterExpressCare.com



Sutter Express Care
We Plus You

EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT DEMENTIA BUT WERE AFRAID TO ASK!

Tuesday, February 18th at 2:00pm

Presented by:
Laura Wayman,
 "The Dementia Whisperer"

- Internationally renowned dementia care expert
- Gerontologist
- Speaker
- Author of best-selling book, "A Loving Approach to Dementia Care"
- **Book Sales & signing to follow the presentation!**

Refreshments & Appetizers will be provided

Please RSVP by February 14, 2014 or contact us for more information at **(916) 392-3510**

7707 Rush Drive, Sacramento CA 95831
 LIC 347001338; 347001342



We're Your Neighbor

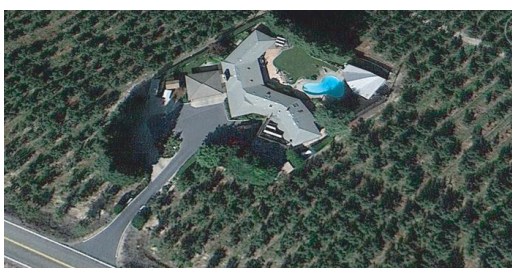
RIVERFRONT IN GREENHAVEN/POCKET



Custom 4 beds, 2 ½ baths plus game room on .51+ acre lot which includes the levee with 79ft of waterfront & boat dock w/steel ramp. Lg family room, updated kitchen w/granite & gas, remodeled master bath, enclosed patio & Didion (K-8) too! **\$674,500**

Nick LaPlaca 764-7500

PARADISE IN COURTLAND



4-5 beds, 3 ½ baths, single story with a built in pool and a guest home of approx. 780sf. This high end mid-century home is surrounded by 7 acres of pear trees! All this privacy and only about 20 minutes from Sacramento! **\$930,000**

Terry Mulligan 768-3796

FALLBROOK IN ELK GROVE

Rare opportunity to own a meticulously maintained single story with a sparkling built in pool on one of the most desirable courts in highly coveted Fallbrook! 4 beds, 2 ½ updated baths, huge 3 car garage on a spacious lot. Walking distance to Elk Grove Elementary and a great park! **\$329,900 - Mandy Shepard 213-3013**

WALNUT GROVE

Cute as can be on almost a ¼ of an acre! This 2 bed, 1 bath is located just 3 doors down from the Sacramento River so all you need is your fishing pole! Newer comp roof & gutters, 2 car detached garage, many fruit trees with lovely view.

\$190,000 - Terry Mulligan 768-3796

EAST SACRAMENTO

Looking for a large 2/3 bedroom home in East Sac? Look no more! Approx. 1434sf, home office, spacious family room, beautifully remodeled kitchen and bath, large closets, lots of built-ins, skylights, hardwood floors and private brick patio in backyard. Newer roof, newer HVAC & fresh paint. **\$376,000 - Dawn Rowe 799-4835**

CLARKSBURG

1910 Queen Anne Victorian on 2.1 acres! This 3 bed, 3 baths, features separate laundry, basement, 3 car shop and additional 1 car garage. Frontal views of the Sacramento River and rear views of Bogel Vineyards. You can have your own private boat dock! **\$599,000 - Terry Mulligan 768-3796**

1.2 ACRES IN ELK GROVE

This 6 bedroom 3 bath, 7 car garage on 1.2 acres has all the amenities present on your wish list! Features include solar heated swimming pool with its own outdoor bathroom, separate in-law quarters with 2 bedrooms 2 bath, kitchen and living room. The spiral driveway leads you from the auto RV gate to a separate 4 car garage.

\$799,999 - Neal Alie 224-9640

ROSEMONT

This 4 bed, 3 bath, well maintained home features a sparkling built in swimming pool, new carpet, new paint, newer roof, dual pane windows throughout, newer exterior paint & tons of closet space. Hurry and see this great floor plan!

\$250,000 - Brandon Shepard 479-1936

SOUTH LAND PARK



This 4 bed, 3 bath home features a large kitchen, tile flooring in the kitchen, entry, laundry room & baths, beautiful wooden floors in the livingroom, family room, bedrooms & hallway. Good sized master w/jetted tub & separate shower. **\$525,000**

Karla Oppliger 799-0010

GATED GREENHAVEN/POCKET



This 4 bed, 2 ½ bath home is located on one of the largest lots in the community and features laminate flooring, Granite kitchen countertops, separate living & family rooms, double sided fireplace and 1 bed and 1 bath downstairs. **\$409,000**

Lynn Luk Lee 628-2843



Prudential
 Dunnigan Real Estate

6355 Riverside Boulevard • 916.422.3756 • www.prudunnigan.com

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



Quality Service. Affordable Prices.

Personal Service
Experienced Preparers
Reasonable Cost



Dennis Graff
Senior Partner

Doris Gorin
Enrolled Agent

Margol Lee-Kennison
Enrolled Agent

Shirley Wells
CRTP



Diana Muller
Enrolled Agent

Just Taxes

7311 Greenhaven Dr, Ste 274
Sacramento, California 95831

393-3430

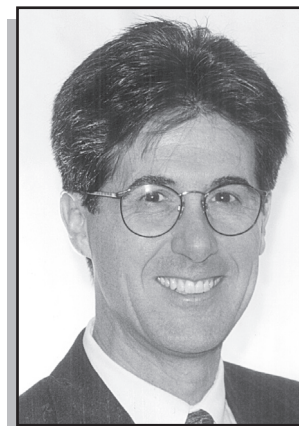
www.just-taxes.com

PROVIDING "OLD FASHION" HOMETOWN SERVICE TO BUYERS AND SELLERS ...



"We both have years of experience in real estate... As an agent, Bill is superior... the best we've seen! His attention to detail and continuous communication approach is refreshing. We are very satisfied customers! Thank you, Bill!"

Jim & Olga Martin Steele, Sellers - Pocket Area



35 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

Sacramento URGENT CARE



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

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

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 2-28-14

FLU SHOTS
AVAILABLE NOW!
\$25.00



Heavenly's Yogurt



www.HeavenLysYogurt.com

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

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

FREE YOGURT

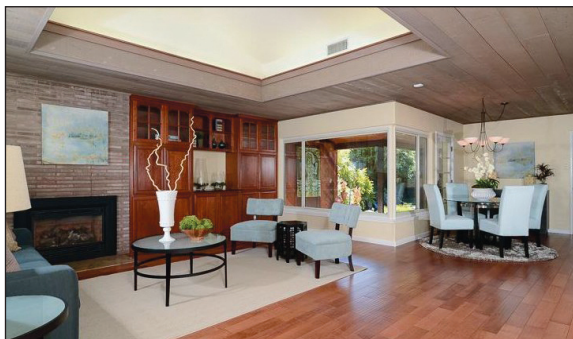
Get a FREE 8 oz. yogurt when you purchase 8 oz. or more of yogurt.
Limit 1 free 8 oz. yogurt per coupon.
One coupon per person per visit with coupon. Not valid with other offers. Exp. 02/28/14



RIVERGATE HOME

Wonderful four bedroom home on a quiet street. This home has a great floor plan with lots of light! Private living room, kitchen family room combination and spacious master suite. Sliding glass doors in family room and master suite leading to generous sized backyard. \$329,000

PAM VANDERFORD 799-7234



STYLISH AND ENERGY EFFICIENT

Gracefully appointed, South Land Park 3 bedroom 2 bath home. The home combines natural elements of wood, masonry and light to create alluring spaces throughout. Lush landscaping, pool and koi pond and spacious 2 bedroom guest cottage. Comme see the magic! \$667,000

STEPHANIE GALLAGHER 342-2288



QUALITY WEBER BUILT HOME

4 bedroom 2½ home on almost 1/2 acre lot with RV access. Gorgeous remodeled items: kitchen, baths, flooring, imperfect smooth finished walls, windows, sliders, counter tops, custom cabinets, stainless steel appliances, high-end granite, designer lights, fireplace & more. Tons of quality upgrades! \$569,000

MONA GERGEN 247-9555



GREENHAVEN HALF-PLEX

Quality Parker built half-plex in highly desired neighborhood. Nice floor plan with 2 bedrooms, 2 bathrooms and 2 car garage. Dual pane windows, covered patio and spacious family room. Down the street from the greenbelt for biking or walking. Close to shopping, freeway and downtown. \$175,000

MONA GERGEN 247-9555



PENDING

S. LAND PARK HILLS DUPLEX

This is a wonderful duplex in a great location! Spacious 1500+ square foot units, 3 bedrooms 2 baths with formal living room, family room and master suite on each side. Central heat and air, dishwasher, disposal, garages and small yards. \$400,000

PAULA SWAYNE 425-9715

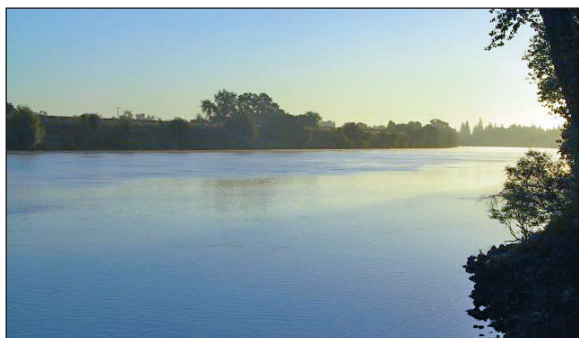


PENDING

HOLLYWOOD PARK

Welcome to one of the finest streets in Hollywood Park! Great curb appeal and a huge professionally landscaped backyard. This adorable 2 bedroom home offers plantation shutters, an updated bath, California Custom closets and a home theater center ready in the living room. Newer HVAC. \$290,000

KAREN SANDSTROM 803-0530



LOT ON THE RIVER

Must see this beautiful lot! A rare opportunity to build your own home on a riverfront lot in the Little Pocket area close to the freeway and downtown. Riverside Blvd close to 35th Ave. Go by, walk around the lot and enjoy the Sacramento River. Call agent if you have questions. \$279,000

MONA GERGEN 247-9555



HOLLYWOOD PARK CHARM

Hard to find updated 3 bedroom charmer with central heat and air. Country kitchen is large with granite counters, new cabinets and stainless steel appliances. Dual pane windows, hardwood floors and a wonderful fireplace in the living room. Big backyard a garden delight! \$235,900

LISA MCCAULEY 601-5474



WONDERFUL WEST SAC

Wonderful single-level home in a quiet cul-de-sac. 4 bedrooms, 2½ baths on almost a quarter acre. Granite counters and glass subway tiled back splash set the kitchen apart. Solar heat for pool and house (annual electric bill \$300 - \$500!). \$430,000

NANCY WEGGE 600-5458

LISA MARTIS 612-7548

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN,
Realtors