October 24, 2019 | www.valcomnews.com

Land Park News

— BRINGING YOU COMMUNITY NEWS FOR 28 YEARS —



St. Robert's Fall Festival Draws Hundreds

See Page 10

Idelle & Rhonda
Your Premier Realtors
idelleandrhonda.com



More Than 50 Years Combined Experience



Idelle Claypool
916-730-8895
01097766

Rhonda Holmen
916-296-8886
01189785

LYON REAL ESTATE
GoLyon.com

Land Park News
WWW.VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

The Land Park News is published on the second and fourth Thursdays of the month in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... Annin Piper
Advertising Director ..... Jim O'Donnell
Advertising Executives ..... Linda Pohl, Melissa Andrews

Vol. XXVIII • No. 20
1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by: Lance Armstrong

Copyright 2019 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

LYON REAL ESTATE
www.GoLyon.com
Bruce Reddick
916-919-7338
CalDRE# 01814263



Waterfront value in Riverlake



4 Beds | 3 Baths | 3,274 SqFt
Lakefront views from nearly every room. Beautiful double entry doors greet you everyday. Relax in the newly remodeled Master suite upstairs, step-in luxury shower or soaker tub, walk-in closet ready for your entire wardrobe. Fireplace for a cozy evening. True hardwood, ash tongue & groove everywhere that there used to be carpet. Deck from Master, yes!!! Lake views morning, noon & night.
788 Still Breeze Way $1,140,000



Door to Door
with PAT LYNCH

Woke Whites

I watched Chelsea Handler's documentary on white privilege. The general gist of it was this: white people are responsible for confronting their own inherited racial privilege. This makes sense. Some white people like to talk to African Americans and Latinos about race, specifically about how he or she, the white person, scorns racism. This isn't always welcome. In fact it's obnoxious to go babbling to people of other races about how you're dealing with your Caucasian advantages. And it ought to be embarrassing because it's part of the Me-ism of white privilege—expecting gratitude and applause from African Americans and others when you empty your windbag of self-discovery on them. Haven't they already been through enough?

So Handler made her documentary to help whites help themselves. For this, kudos. And it's a fast-moving, flawed, but absorbing piece of work. Chandler is trying to be "woke." She doesn't confront the ancient structural nature of racism, but wisely focuses on what whites can do now. The problem is that whites are plentiful, and fall into multiple classifications: whites who try, whites who don't get it, whites who won't get it, whites who don't care, and stunted, jackass whites who hate nonwhites and wear MAGA hats. And then there are those high status, gentlemen whites like president Reagan who said, "To see those, those monkeys from those African countries—damn them, they're still uncomfortable wearing shoes." Reagan was talking to Richard Nixon, another president, who laughed heartily and later referred to the same African United Nation members as "cannibals." And then there's Trump, who sees "many fine people" in the alt-right racist mob of Klansmen, nativists, immigrant haters, populists, and radical militia-thugs who swarm his rallies.

So how do people who are trying to be Good-Though-White disassociate themselves from these Bottom-of the-Cesspit Whites and at the same time identify and reject white privilege in their lives? It's not enough to have voted for Obama. And it's not enough to say loudly in mixed groups, "Damn, I sure wish we had Obama back." Whites have to confront racism where they find it and stand against it. Speak against it. That means engaging loudmouth racist whites and causing others to have an uncomfortable evening. This is hard. And you have to do it without "virtue signaling," which is even harder.

Another problem for whites is that the Cesspit whites who surfaced to support Trump are a crushing embarrassment to Good-Though-White people who dread to be held in contempt by people of color. Many Cesspit whites have stockpiled guns and ammo for a future race war. Is it possible for these Cesspit whites to get 'woke?' Who knows? But that is the duty of the Good-Though-Whites: to try to reach them, to teach them.

Do people of color have a duty? Not to whites. To one another. But in large parts of the country, life is white. That's where racist malignancies metastasize. The embedded culture is white. Family, neighbors, friends, people in church, work and school—all white, all the time. White Christmas. White Easter with the risen White Christ with the Anglo features. The teachers, the mayor, the sheriff, the shopkeeper, the minister, the congressmen,—all white. Their fave shows and films are about white people. They TV binge on whiteness. When you visit these regions it's like stepping back in time. Even the food is white. The people seem submerged, maybe permanently, in their cozy blind whiteness.

Also, there's a special white exodus from California: whites who dislike the state's welcoming policies are heading in groups to Idaho to snuggle up to Republicans. Idaho. Here there are miles and miles of whiteness, whole valleys of whiteness. Can these California expats actually become more white in Idaho? Yes. Idaho bleaches the urbanity from them. The Idaho exodus is a pilgrimage for whites who don't believe they have enough privilege, or want more privilege, or fear others will take their privilege from them. They're hard to talk to. They call Good-Though-

see DOOR TO DOOR page 4

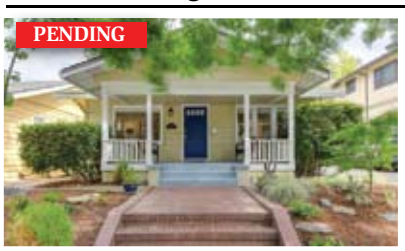


STEFFAN BROWN
REAL ESTATE

916-717-7217
steffan@steffanbrown.com
COLDWELL BANKER
REAL ESTATE SERVICES
CalRE# 01882787

Steffan Brown
Your Vintage Home Specialist

Beautiful Bungalow in Curtis Park!



This lovely 2 bedroom 1 bath Craftsman style home is in great company on an excellent street and close to everything. Open living room with hardwood floors and a fireplace that looks on to the charming dining room complete with box beamed ceilings. Spacious updated kitchen with granite countertops, glass tile backsplash and stainless steel appliances. Updated Jack and Jill bathroom with separate tub and shower. Quarter basement with lots of storage.
2159 Portola Way | $459,990

Iconic Parkside Mediterranean!



Nestled amongst the trees with a commanding view of Curtis Park, this 3(possibly 4) bed, 2 bath tile-roofed beauty has been admired by many as they enjoy the Park. Gorgeous lead-mullioned windows drink in light and bathe the exquisite Moroccan style arched doorways and hardwood floors throughout. Curved barrel ceilings grace the generous living and dining rooms for elegant entertaining or comfortable day-to-day living and the spacious kitchen.
2545 Curtis Way | $835,000



Sue Olson
916-601-8834
sue@sueolson.net
CalBRE# 00784986
landparkhomes.com



LAND PARK

Charming storybook tudor on a lovely street. Formal living room with fireplace, vaulted beamed ceiling, dark wood floors and leaded glass bay window. Formal dining room with hand hewn beams and french doors to brick patio. Updated kitchen with granite counters, stainless steel appliances and breakfast nook with built-in hutch. Three bedrooms and two updated baths. Master suite with sitting/office area and over-sized walk-in closet. Master bath with double sinks and marble flooring. Low maintenance backyard with pool/ spa combo and detached garage. Tiled 1/4 basement with laundry hook-up. This is a must see!

1120 Robertson Way $955,000



ROSA DEL RIO

Rosa Del Rio Planned Unit Development. Sought after 2 bedroom / 2 bath single story unit. Living room with fireplace, eating area, vaulted ceiling and access to back patio. U shaped kitchen with dining bar. Master bedroom with walk-in tub and sliding door to patio. Attached two car garage, close to transportation and shopping.

1155 Oak Hall Way

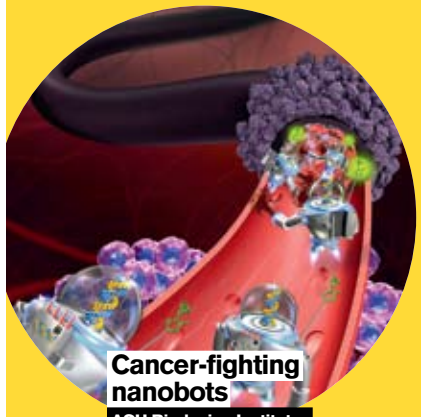


Teresa Olson
916-494-1452
teressa.olson@cbnorcal.com
CalBRE# 01880615

COLDWELL BANKER
RESIDENTIAL BROKERAGE

Top 10 in the world for patents

among universities granted U.S. patents
U.S. National Academy of Inventors and the Intellectual Property Owners Association



Cancer-fighting nanobots
ASU Biodesign Institute Center for Molecular Design and Biomimetrics

ASU faculty, students and alumni are leading discoveries that move our world forward. From patents and startups to new technologies and bioscience breakthroughs, our innovation mindset fuels extraordinary outcomes with global impact.



Mechanical "trees" that combat global warming
ASU Center for Negative Carbon Emissions

ASU Arizona State University
innovate.asu.edu

#1 in the U.S. for innovation
ASU ahead of Stanford and MIT
– U.S. News & World Report, 5 years, 2016–2020

BEST COLLEGES USNews MOST INNOVATIVE 2020

RECYCLE
PLEASE RECYCLE THIS PAPER

Like us on Facebook!
WWW.FACEBOOK.COM/VALCOMNEWS

Sac Zoo's lion pair back on exhibit with twice the space and closer than ever

For the first time ever, you can get nose-to-nose with an African lion at the Sacramento Zoo. The grand reopening of the expanded lion habitat was unveiled for exhibit donors over the weekend and officially launched for zoo guests today. After months of renovation, the zoo's resident lion pair, Cleo and Kamau are back on exhibit in double the living space and closer than ever!

African lions have been a part of the zoo experience in Sacramento for over 90 years. Lions have lived in the same space since the exhibit was built by the City of Sacramento in 1961. What was a state of the art exhibit in 1961 was in dire need of an update due to the evolving standards in animal care and welfare. In 2018, zoo staff made the difficult decision to send the zoo's last tiger to the San Francisco Zoo. The departure of tigers, a species the zoo had cared for since 1927, cleared the way for an initiative to double the living space and improve the quality of life for the zoo's two lions.

River City Glass took a leading philanthropic role in assisting the Sacramento Zoo in these efforts by working with the zoo's facilities department to create a glass barrier at the front of the exhibit. A crossing area that doubles as a shelter for the lions allows the cats to move between the two spaces. The shelter includes heat lamps for the winter and will also provide shade during the summer. Training panels were added at opposite ends of the habitat, so animal care staff can demonstrate operant conditioning and husbandry techniques in front of zoo guests. As the zoo looks forward to a potential relocation, the glass frames could be repurposed at a new location.

Kamau and Cleo have lived at the zoo for several years. Both cats were born at other AZA (Association of Zoos and Aquariums) institutions. At ages 14 and 13, they are an older pair of lions that serve as ambassadors for their species. Since 1961 when the zoo's lion grotto was built, the population of lions in Africa has declined by over 70 percent. The zoo has made a commitment to assist wild lions by supporting CLAWS (Conservancy Communities Living Among Wildlife Sustainably) with its Quarters for Conservation program. Lions face challenges such as habitat loss, poaching and poisoning from farmers where lions encounter livestock. A portion of the Sacramento Zoo's admission fee goes towards the mitigation of challenges facing lions in Northern Botswana.



Photo courtesy of the Sacramento Zoo

African lion Kamau by glass viewing windows.

The zoo's new lion exhibit expansion is just one of the many recent projects at the zoo. These include the addition of a mob of meerkats (November 2018), a new habitat for okapi – an endangered relative of the giraffe (February 2019) and a temporary exhibit of dinosaurs (September 2019 through January 5, 2020).

Sacramento Zoo wishes to thank River City Glass as well as the other generous donors who made it possible to double the space for our lion pair.

Source: Sacramento Zoo

YEE LAW GROUP

Your Lawyer Should Know As Much About You As They Do About the Law... Talk to Mike Yee

ESTATE PLANNING & PROBATE

Practice Areas:

- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession
- Real Property



Mike Yee

Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.

Call 916-927-9001 for Free Consultation

mylawyersllp.com *See our awesome reviews on:* yelp

4010 S. Land Park Drive, Suite B, Sacramento 95822

Door to Door:

continued from page 2

White people snowflakes, libtards and cucks (don't ask).

Meanwhile California Good-Though-Whites like Handler try to reach out to them, try to help them recognize how white privilege has coddled them. There should probably be a place for Good-Though-Whites to gather, like an AA meeting hall where anonymous whites could talk about their privilege-awareness and the secret security it gives them. They could have confessions, realizations, revelations and breakthrough epiphanies, and not one African American, Latino, Asian or Native American person would have to sit there and listen to it. If this happens Handler's documentary is already part of the solution.

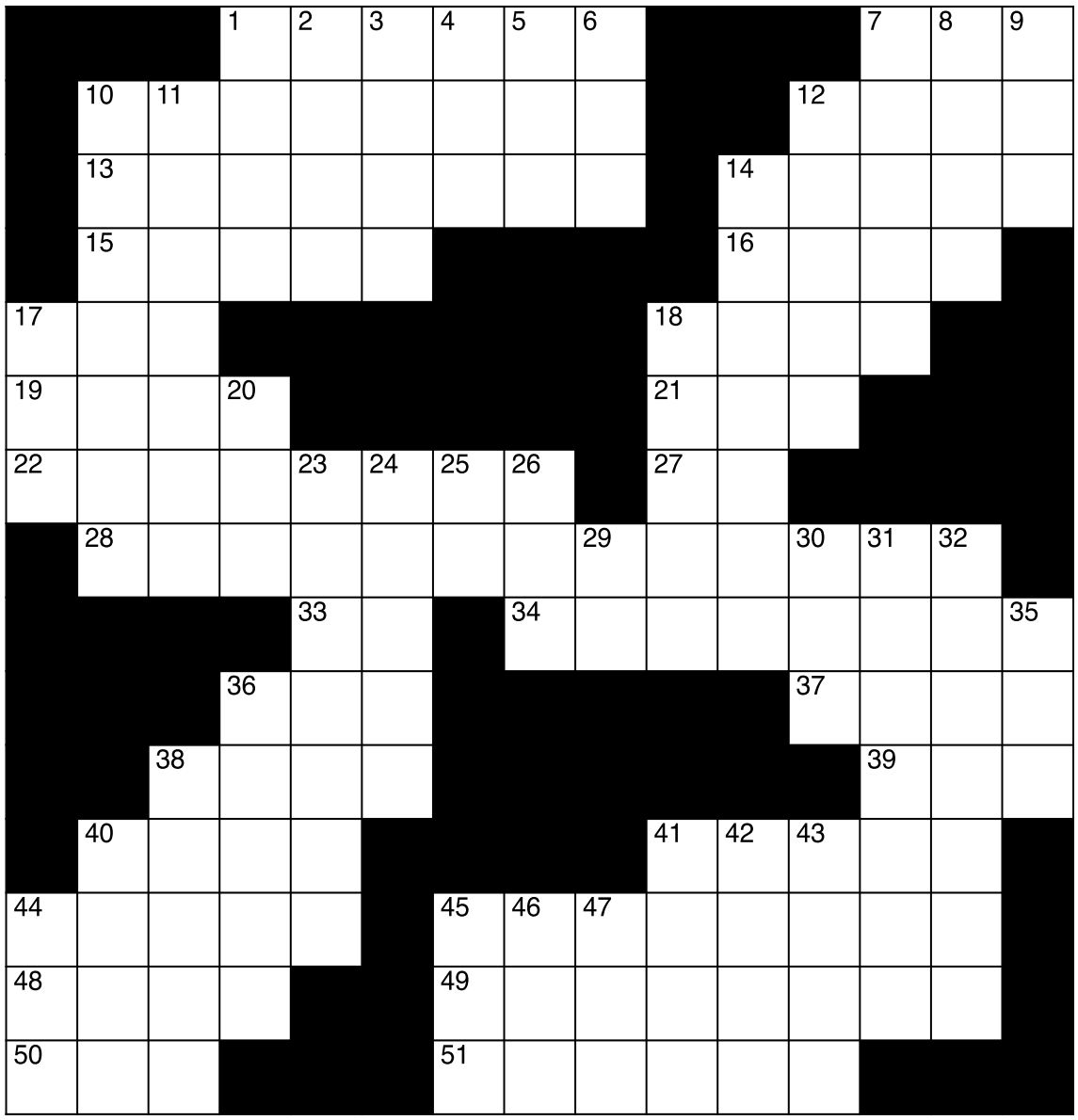
They could discuss blackface. When a sour, grumpy-faced GOP governor was shown to have worn blackface in his youth, the aggravated media pounced on him. When Justin Trudeau confessed to the same mocking burlesque, some tempered their criticisms. The white privilege group in the AA hall could put out a statement that says every public figure should be held to the same standard.

Finally, many people find fault with Chelsea Handler. She's blond, white, rich, pretty, smart, funny, fabulously successful, has had her own TV shows, and writes best sellers. So of course some critics took pains to shred her documentary. But she is a Good-Though-White person who actually tried something, actually put money and skill behind her project. The director of the documentary, Alex Stapleton, an Emmy award winning, African American female, said, "Too often conversations about race turn into heated screaming matches. The goal with this film was to have civilized, honest yet uncomfortable conversations about how intertwined race and privilege are in this country." In that way, it succeeded.

Still, did Handler have to give a black woman a playful slap on the butt on the first night of filming? Netflix thought not, and required her to take sensitivity training because the slapped woman was offended. Was the slap a shocking, ironic leak of white privilege on Handler's part? Handler said no. "It wasn't sexual assault because I'm straight," she said, thinking that addressed the issue. But there were other issues: race, power, fame. So Chandler spoke with the offended woman and took the training. "It's not about how you mean it, it's about how the person takes it," she said afterward. Understanding had come to the star.

So nobody does everything right, especially in the fraught arena of race relations. But for those conscientious enough to try: bravo.

CROSSWORD



CLUES ACROSS

1. Type of relic
7. Type of medical program (abbr.)
10. Outer defense of a castle
12. 1,000 calories (abbr.)
13. A way of using
14. Abounding with surf
15. Expressed violently
16. Shared a boundary with
17. Swedish krona
18. Thick piece of something
19. Wreaths
21. Animated program network (abbr.)
22. Regains possession of
27. Spielberg sci-fi film
28. 2-time Super Bowl winner
33. Ice hockey position (abbr.)
34. Circulatory system parts
36. Supervises flying
37. District in Peru
38. Impudence
39. __ willikers!
40. One point east of southeast
41. Papas' partners
44. Youngsters
45. Type of tree
48. A hazy or indistinct appearance
49. Poems with distinct pattern
50. Marketing term that denotes price
51. Fast drivers

CLUES DOWN

1. Grenade
2. Off-Broadway theater award
3. Small, immature herring
4. __-fi (slang)
5. 007's creator
6. Liquefied natural gas
7. Cleanse thoroughly
8. Handle of a knife
9. Perform diligently
10. Drink pourer
11. Extreme greed
12. Southern Russia river
14. Type of cracker
17. Single Lens Reflex
18. Barely sufficient
20. Slick
23. Reference books
24. Federally recognized native peoples
25. Manganese
26. Senior officer
29. Atomic #18 (abbr.)
30. Tax collector
31. World wonder __ Falls
32. Origins
35. Car mechanics group
36. MMA fighter Urijah
38. Gland secretion
40. Gelatinous water creature
41. Good friend
42. Arab ruler
43. Capital of Belgian province Hainaut
44. English broadcaster
45. Soviet Socialist Republic
46. Affirmative
47. Trigonometric function (abbr.)

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

Harry A. Nauman & Son
Dignity
FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

Strange BUT TRUE

By Samantha Weaver

• It was Marquette University basketball coach and beloved national basketball commentator Al McGuire who made the following sage observation: "The world is run by C students."

• There were no armadillos in Texas until the 1840s.

• Many people think that adding cream to coffee makes it colder, but that's only partially correct. As it turns out, after cooling the coffee a little bit, the cream forms a layer of fat molecules across the surface, insulating the coffee and keeping it warmer longer.

• Those who study such things say that only about half the French-speaking people in the world actually live in France.

• After the Civil War, Varina Davis — widow of Jefferson Davis, president of the Confederacy — and Julia Grant — widow of Ulysses S. Grant, famed Union general and later president of the United States — ended up living near each other. According to historians, they became very close friends.

• On average, twins arrive 24 days earlier than babies from single births.

• It's been claimed that it was customary in Austria at one time for women to wear small dogs draped about their shoulders for warmth.

• You might be surprised to learn that the hula hoop was banned in some Indonesian cities. Why, you might ask? According to officials, the toy "awakens sensuality."

• In China, it is traditional for men do the knitting.

• According to anthropologists, if you'd never worn shoes, there would be a larger gap between your big toe and the rest of your toes.

***

Thought for the Day: "Four be the things I am wiser to know: idleness, sorrow, a friend and a foe. Four be the things I'd be better without: love, curiosity, freckles and doubt." — *Dorothy Parker*

© 2019 King Features Synd., Inc.

Artist Gregory Kondos was raised in Sacramento

He was inspired to seek career as a painter during WWII

By LANCE ARMSTRONG

Editor's Note: This is part one of a two-part series on Sacramento artist Gregory Kondos.

Among the notable people who have called Sacramento their home is the world- renowned California landscape artist Gregory Kondos.

While meeting with Valley Community Newspapers last week, Kondos, 96, spoke about growing up in this area and other memories of his life.

Kondos said that although he was not born in Sacramento, he has lived in this city for nearly every year of his life.

"I was born in Lynn, Massachusetts, and we left there (in about 1927), and came to Sacramento," he said. "The reason for that (move) was the climate."

Kondos noted his father, Steve, found work as a barber, and his mother, Kanela, eventually became a cannery worker for the Bercut-Richards Packing Plant, which opened on North 7th Street, near today's Richards Boulevard, in 1932.

Steve and Kanela, who were both immigrants from Greece, had two other children, Olympia and George.

The first Sacramento home of the Kondos family was located at 524 10th St.

By the following year, the family was living at 324 34th St., near McKinley Park, in East Sacramento.

Kondos, who enjoyed the typical offerings of McKinley Park, said that his favorite memory of the park pertains to his mother.

"The Greeks were average people, poor, and my (family) for Thanksgiving, they would celebrate Thanksgiving somehow," he said. "They bought a baby turkey and raised it in the backyard, and my mother had it tied to a string. And here, this turkey got big, and it made a tug and it broke the string, and then it flew over the roof of the house into the panhandle of McKinley Park.

"My mother spotted where it landed, so she ran back home, got in the closet, got my father's 12-gauge shotgun and went to the park and shot the turkey out of (a) tree. She carried it home (by its) two legs, and we had Thanksgiving."

Kondos added that his family also enjoyed chicken dinners at home with chickens that his parents purchased in Sacramento's Chinatown.

"They would go down to (downtown) Sacramento and buy the chickens from the Chinese down there, and (workers) would chop off the head and put the chicken in a garbage pail and let it run around in the garbage pail (until it died. This Chinese market) was across from the (Southern Pacific) depot, right in that area. It was the chicken, poultry area for Sacramento."

Also memorable to Kondos are two deliverymen who had routes in East Sacramento.

"I was around when the iceman would come down the street," he said. "He was a Greek (man). He would bring blocks of ice for our icebox – not a refrigerator, but an icebox. Then Mr. (Peter B.) Andrews, who lived on the corner of McKinley Park, he was the bakery man with a horse and a buggy delivering bread to all the Greek families."

Andrews, who resided about a block away from the Kondoses at 461 34th St., was an employee of William J. Kakavas' bakery at 1531 4th St.

Kondos also recalled how is brother would fall asleep while watching movies at the Alhambra Theatre at Alhambra Boulevard and K streets.

"He hadn't come home yet, because (he would be) sleeping in the third row," he said. "He was born (a) seven months baby, so they blamed everything on that."



Photo by Lance Armstrong

Gregory Kondos, a world-renowned Sacramento artist sits inside his home on Sept. 27.

On Sundays, the Kondoses attended the Greek Orthodox Church of the Annunciation, when it was located at 620 N St. The current church, just west of McKinley Park, was completed in the fall of 1951.

As for his education during his childhood, Kondos attended Theodore Judah School at 39th Street and McKinley Boulevard, and Sutter Junior High School at 18th and K streets.

While at Sutter Junior High, Kondos earned a Golden Key for excellence in art.

Asked to comment on his Golden Key, Kondos did not place much significance in that award, and he added that he no longer knows the whereabouts of the award.

In June 1941, Kondos graduated from Sacramento High School at 34th Street and Broadway.

Less than six months later, the United States declared war on Japan, in response to the Japanese attack on Pearl Harbor.

Kondos recalled how proud his father was to learn that he enlisted in the Navy.

"My father was a wounded soldier from World War I in the Argonne Forest (battle) in France, and he was very, very proud (of his service in the U.S. Army)," he said. "So, when the war broke out, I didn't tell my dad. I went and enlisted, and then when I got home, I said, 'By the way, Dad, I just enlisted in the Navy.' (He responded), 'Oh, my boy.' He just thought that was the greatest thing. Now I'm going to war for America."

Kondos mentioned that it was during his service in the war when he became serious about art.

"When we would shoot the enemy, like shoot a plane down, I would put the flag up, paint it on the bridge," he said. "Then the skipper says, 'I want you to do my portrait.' I said, 'Why? I'm not an artist.'

"He said, 'Well, I saw some of your sketches and I liked them. So, you can use my quarters, but I can't model for you for a long period.'"

Fellow sailors also asked Kondos to sketch drawings for them.

seeKONDOS page 7

PUZZLE SOLUTION

			F	O	S	S	I	L				S	H	P
	B	A	R	B	I	C	A	N			K	C	A	L
	A	V	A	I	L	I	N	G		S	U	R	F	Y
	R	A	G	E	D					A	B	U	T	
S	K	R							S	L	A	B		
L	E	I	S						C	T	N			
R	E	C	L	A	I	M	S		A	I				
	P	E	Y	T	O	N	M	A	N	N	I	N	G	
				L	W		A	R	T	E	R	I	E	S
			F	A	A						S	A	N	A
		S	A	S	S							G	E	E
	S	E	B	E					M	A	M	A	S	
B	A	B	E	S		S	Y	C	A	M	O	R	E	
B	L	U	R			S	E	S	T	I	N	A	S	
C	P	M				R	A	C	E	R	S			

Herbert Yee receives prestigious dentistry award

By LANCE ARMSTRONG

Dr. Herbert K. Yee, a retired dentist and longtime resident of South Land Park, on Oct. 4 received the Ottofy-Okumura Award, which is the highest award presented by the International College of Dentists (ICD).

ICD, which is one of the world's three dental honor organizations, has been honoring leading dentists since 1920.

The award is named after ICD's co-founders, Drs. Louis Ottofy and Tsurukichi *Okumura*.

According to this organization's website, Yee became the 14th person to receive the Ottofy-Okumura Award since its inception in 1988, and the first recipient since 2013. Each of the recipients earned the award through the approval of ICD's international council.

Dr. Henrik Hansen, ICD's California regent and a general dentist in Fairfield, said that this prestigious award is given to those who demonstrate "incredible leadership and service, humanitarian activities."

Hansen also commented on a few of the reasons why Yee was selected to receive this honor.

"Dr. Yee has not only been a fellow of college for a very long time, but he has also been president of the USA section, and he has also been president of the international section of the (ICD).

"In that position, he was instrumental in getting the International College of Dentists into China, and also into Vietnam after the end of the Vietnam War – two really great achievements.

"He has also done many, many humanitarian activities, including being president of the American Cancer Society (for Sacramento County). He has also been president of the dental board, just so many accomplishments."

Yee, who was born in China in 1924 and raised in Sacramento, graduated from the school of dentistry of what is now the University of the Pacific, in 1948. He also served as president of that institution's dental alumni association.

Among Yee's greatest humanitarian efforts was contributing funding for the construction of China's Kee Siu School, which opened on Sept. 28, 1981, and a cultural center and library named after himself and his father, Henry Yee. The cultural center and library opened in China in 2007.

Yee has additionally provided monetary support to various other organizations, including the University of the Pacific, the California State Railroad Museum, and the Sacramento Zoo.

Dr. Don Rollofson, a past ICD deputy regent and an orthodontist in Elk Grove for 38 years, stressed the grand nature of the award that Yee recently received.



Photo by Lance Armstrong

Pictured left to right are Dr. Henrik Hansen, Dr. Herbert Yee, Helen Yee (Herbert Yee's daughter-in-law) and Dr. Don Rollofson.

"It's rarely given and we're always honored to do it," he said. "When somebody gets this award, they really, really, really deserve it."

Yee, who is also a World War II veteran, having served in the U.S. Army from 1944 to 1945, commented on his reception of the Ottofy-Okumura Award.

"Even though I've been honored many times, this is the highest award that I could receive," he said. "So, I'm very thankful and thank all of you that came to bring me this award."

Kondos:

continued from page 6

Kondos also recalled being inspired by a Life magazine artist who he viewed painting during the war.

"This guy came on board with a canvas stool and a paint box, and he opened it up on the flight deck and started painting the sailors running around," he said. "Well, that's not bad. I knew I could sketch, but it didn't mean art to me. It was just getting extra doughnuts."

Following the war, Kondos' father asked him what he planned to do next in his life.

Kondos said that his father was surprised by his answer.

"I'm going to go to art school," he replied.

Utilizing the GI Bill and maintaining a budget-strict diet that consisted of many bologna and mayonnaise sandwiches, Kondos attended Los Angeles' Art Center School (today's Art Center College of Design, in Pasadena), in 1947.

He returned to his hometown a year later to continue his studies in art at Sacramento State College – today's California State University, Sacramento. It was at that institution where he also met Wayne Thiebaud, who would also bring artistic notoriety to the capital city through his art.

Kondos said that before his years of earning a living through his art, he worked a variety of jobs.

"I did go to work, selling clothes, selling shoes, and I did cannery work (at Bercut-Richards' Sacramento plant)," he said. "It was the life of a peasant, and the wonderful life of a peasant. I don't regret one minute."

Cathay Bank

From your business idea to international expansion.
We're ready to help you tackle what's next —
enjoy these limited time offers.

Promotion period: September 16 to December 31, 2019

Open **Advanced Business Checking**, and for the initial 6 months

$0 monthly maintenance charge[1]

2 free online outgoing wire transfers per month[2]

Sign up for **Merchant Services**[3]

Enjoy up to **$700 statement credit**





Berkeley Richmond 510-526-8898	Cupertino 408-255-8300	Dublin 925-551-8300	Fremont 510-624-8800	Millbrae 650-652-0188
Milpitas 408-262-0280	Oakland 510-208-3700	Sacramento 916-428-4890	San Francisco 415-398-3122	San Francisco Clement 415-831-1288
San Jose 408-238-8880	San Jose Brokaw 408-437-6188	Union City 510-675-9190		

See important details below.

1. Offer valid for Advanced Business Checking only. Account must be opened during the promotion period with new money only. Advanced Business Checking: $3,000 minimum opening deposit. $15 monthly maintenance charge and monthly activity fees may apply. $3,000 minimum balance required to waive monthly maintenance charge (waived for first six months after opening). Activity fees still apply.
2. Rebate on 2 international outgoing wire fees **OR** 2 domestic outgoing wire fees when originated online. Offer valid for new customers opening Advanced Business Checking Account during the promotion period and maintaining a daily average balance of $25,000 or more in the month the wire(s) are sent. Rebate up to $40 will be credited to the account at the end of the month the wire(s) are initiated and sent.
3. Cathay Merchant Services are offered through Elavon Inc. To qualify for credits, funding account must be a Cathay Bank business checking account and new merchant account must be established between September 16 and December 31, 2019, and activated by processing at least a $10 transaction by January 15, 2020. If either of these qualifiers is not completed by the required date, all credits will be forfeited. Applicable merchant account fees must be collected before account credits will be processed. $500 merchant statement credit applies toward the purchase or lease of new processing equipment/software solutions or setup costs. Peripherals, such as card readers and pin pads, do not qualify for the equipment credit. Merchant statement credits will be applied to the Elavon statement the month following account activation. $200 Cathay checking account statement credit will be applied within 90 days of activation. ©2019 Elavon Inc. Elavon is a registered trademark in the United States and/or other countries. All rights reserved. Offer subject to change without notice.

Cathay Bank reserves the right to withdraw these offers at any time.

MEMBER FDIC EQUAL HOUSING LENDER

MKT8012-E (09/19)

cathaybank.com | 800-922-8429

Scan QR code to follow our WeChat account

Follow us

Go Veggies: Food Literacy Center held groundbreaking of Floyd Farms, adjacent to Leataata Floyd Elementary School

Story and photos by Joe Perfecto



An artistic rendering gives a glimpse of how the field in the background will soon appear.

Consider the lowly lunchbox. Its humble origin can be traced primarily to the 19th century dawn of America's industrial era; ever greater numbers of workers in the rapidly-growing manufacturing sector, who previously worked at or close to home and took their midday meal at their own rural tables, now labored in urban factories and had to transport their lunches to be consumed in the workplace. Prior to the appearance of the first patented designs at around the time of the Civil War, woven baskets with handles, tinplate boxes, recycled cracker cans and other configurations closer to the modern form were used. The goals common to all such devices were to safely transport meals to the workplace and to store them in what often was a harsh environment. Buttressing this was the introduction of the ingenious "Thermos" vacuum flask at the turn of the 20th century, providing a very convenient and temperature-controlled means to transport soups and beverages; while commonly included in the modern lunchbox, today's flask uses insulating foam rather than glass and vacuum.

That was also roughly the time at which commercially-produced containers began to see usage by schoolchildren, who previously would often carry sundry types of canisters in emulation of their fathers. This market sector was the driving force behind a decades-long evolution from a purely utilitarian item that few users likely gave more than perfunctory thought to a design-conscious vessel serving not just as a means to store comestibles but as a billboard for personal statements. Manufacturers capitalized on children's exposure to mass media by decorating their products with images of characters popular with juveniles, beginning with Mickey Mouse in the 1930s. Hopalong Cassidy followed a generation later, and by the 1970s themed boxes featuring imagery of a wide range of popular TV shows and cultural icons were widespread. As a child's lunchbox provided a de facto billboard for displaying personal taste, or at least for indicating that the bearer was up on the latest trend, its role as fashion accessory meant that a great deal of thought likely went into choosing one at the start of each school year. The makeup of the box has also changed, with traditional metal construction supplanted by formed plastic or insulated polyester fabric.

Whatever their appearance, the central issue is what children have toted in these containers over the generations. Whether it was parents or the children themselves who determined what would be consumed at school, the decision-making process was (and often still is) often a relatively uninformed one. Levels of nutritional literacy have spanned a wide range, with dietary theory and preference varying according to a number of factors including geographic location, culture and socioeconomic stratum. What's more, the USDA guidelines in place at any given time, since found to have been consistently inaccurate, made them unreliable as an authoritative resource. In some population sectors (found e.g. in economically depressed regions) this had little impact due to a general lack of awareness of these guidelines, but the level of awareness was a moot point for such sectors were typically "food insecure"—many elements of a balanced diet were not obtainable due to either cost or scarcity. As a result of this hodgepodge of nutritional knowledge and accessibility, nearly anything could be found in a student's lunch kit, and often it was far from optimal.

Further, there was no safety net in the form of oversight on the part of schools—no policy of assessing the suitability of such lunches according to any established guidelines; rather, the American educational system has taken an essentially laissez-faire stance in this regard, leaving families to their own devices.

The nutritional consistency afforded students who partook of school-provided midday fare was often not appreciably better. For most of the history of US public education, the significance of the role played by proper nutrition in children's overall health and its impact on learning ability have not been sufficiently recognized, and thus not adequately emphasized. Although

see VEGGIES page 9



Veggies:

continued from page 8

schools have long been subject to federal guidelines/standards put forth by legislation such as the National School Lunch Act of 1946, as mentioned above, the science informing nutritional policy has been a work in progress. Plus, some federal actions may have done more harm than good as they were focused largely on helping school administrators bring meal programs into conformity with guidelines, but to the detriment of those programs; for example, the Omnibus Reconciliation Acts of 1980 and 1981 cut school meal program funding and compensated by instituting relaxed nutritional standards under which pickle relish and tomato paste qualified as servings of vegetables. Further still, while schools seeking eligibility for federal meal program funds did strive to comply with imposed requirements, specific meal composition was determined mostly at the school district level and not standardized countrywide, resulting in menus that technically complied with the federal dictum but varied in quality and suitability.

Another detrimental tradition is the widespread availability of fast food and junk food on elementary and secondary school campuses—via vending machines, snack bars, cafeteria menu items and even on-site third-party vendors—the consumption of which is not regulated. A steady intake of nutrition-poor but unhealthy-ingredient-rich items such as candy bars, potato chips and energy drinks can cancel out benefits of an otherwise balanced diet and often exacerbate borderline health problems.

Lack of adequate knowledge, food insecurity and other issues on the part of students and their families and often-inadequate school district wellness policies continue to impact the extent to which the nutritional needs of the nation's schoolchildren are being met. But thanks to comprehensive educational programs targeting such factors, the odds of a healthier future for America's youth are improving. These programs employ a paradigm shift that replaces the traditional trickle-down approach to nutrition education (fed-issued guidelines) with a boots-on-the-ground, grass-roots approach that delivers what is termed "food literacy" directly to students, parents, community members and school staff via outreach efforts that are integrated into the school curriculum. They take the old and make it new again by introducing participants to what was common knowledge in a younger, agrarian America—the essentials of food production and meal preparation—and guide their pupils in choosing what to eat (preferably after growing it themselves) based on current nutritional axioms.

Sacramento's back-to-the-earth effort coalesced with the 2011 founding of Curtis Park non-profit Food Literacy Center (FLC), which has worked with the Sacramento City Unified School District (SCUSD) to provide students with cooking and nutrition education through afterschool programming. FLC has also helped guide the district in improving its nutritional policy, according to David Edgar, the district's executive chef. "Together we have [secured] a farm-to-school grant to increase local food purchases; we have experimented with new vegetables on our elementary salad bars; we have worked on the schools' wellness policy to kick junk food out."

"I'm proud we're increasing our oversight of this policy this school year because all kids deserve to grow up healthy and free of preventable conditions like childhood obesity and type 2 diabetes," said district boardmember Lisa Murawski.



Potentates pose for official groundbreaking photos.

"A poor diet also affects learning; nutrient deficiencies affect cognitive development. I see our children bombarded constantly with junk food and empty calories, and somehow we accept this as normal. The FLC is helping our kids develop the *new* normal that we desperately need—where healthy food is lifted up and celebrated." One in three Sacramento students are afflicted with type 2 diabetes and 40% are overweight-to-obese.

The programs have seen definite results. "In a world full of junk food, FLC's team show up week after week, talking to the kids about their health and tempting them to eat their vegetables," said FLC founder Executive Director Amber Stott. "These kids are smart—they see what we're doing—and the message they are receiving is that we care. We care about their health and we care about them. And if we care so much, maybe they should care more too."

"When students are exposed to healthy foods, they begin to change their attitude and become more open to eating new things, including the fresh local foods we serve in our cafeterias," said SCUSD's Edgar.

Despite FLC's successes, Stott envisioned bigger things, and in 2015 the organization embarked on a quest to realize her ambitious brainchild: the establishment of larger facilities that would include a cooking school, student/community gardens and a new operations center, and provide greatly expanded programming. And so it came to pass that four challenging years later, a number of FLC staff, government representatives, school district officials, community stakeholders and project partners would gather on the grounds of Leataata Floyd Elementary near I-5 and Broadway, sandwiched between the Sacramento Housing and Redevelopment Agency's Marina Vista low-income housing area and The Mill at Broadway housing development, to witness the Sept. 18 groundbreaking ceremony for "Floyd Farms." The "Farms," which will include gardens and 10,000 square feet of facilities designed pro bono by HMC Architects, will occupy about 2.5 acres just west of the school compound and are slated to open in time for the beginning of fall classes next year. Developer fees paid by project partner The Mill at Broadway will be used for construction

see FLOYD page 18



St. Robert's Fall Festival draws hundreds



Five-year-old Wyatt Bonomi plays a game a Skee-Ball at the festival. He finished the game with 100 points, which is considered a notable score for a boy his age.

By LANCE ARMSTRONG

Among the indicators that the fall season has finally arrived in Hollywood Park is the large crowd that assembled at St. Robert Catholic School and Parish on Sunday, Oct. 6, for the annual Fall Festival.

Hundreds of people gathered on that campus on Irvin Way to participate in this event, which featured a merchants' fair, music, children's games, raffle prizes, face painting, food and more. These festivities were preceded by the Parish Council dinner less than 24 hours earlier.

Samara Palko, principal of St. Robert Catholic School, a kindergarten through eighth grades institution, said that the festival is a more than 30-year tradition in the community.

"It's a festival that celebrates our faith, our school, academic and families," she said. "Most importantly, it's a friendship builder, a fundraiser where you have fun and you incorporate the parish site and the school site in one entity to really just celebrate our combined faith."

The festival is presented by volunteer committee members from the school, led by Anthony Jackson, Natalie Boelke and Roz Pulmano-Thompson.

Despite the festival's existence as a fundraiser, Palko said that raising funds is less important than community relationships.

"This festival is more about building community within and exterior, so that we can really have a viable place in the

see ST. ROBERT'S page 11

7707 Rush River Drive,
Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

"Family Caregiver Rejuvinating Retreat"

Thursday, November 14th 2019

ITINERARY:

10-11am: Group Healing w/Toni Tirapelli, Universal Power Healing

11am-12pm: Aromatherapy with Luz Johnson, LPL Financial & Casey Simon, Revere Court

12-1:30pm: Lunch & learn w/ Stefani Wilson, MS MFT, Aging Family Advocate, "Caring for the Caregiver"

1:30-3pm: Painting to relieve stress w/ Tiffany Paige, Hummingbird Project

3pm-4:30pm: "Rythms of Empowerment", Empowering Lives through Rhythm & Breathing w/ Tandy Bowman

Caregiving is a tough job. This November, we remember the people who lovingly give baths, clean houses, shop for, and comfort the millions of elderly and ill people who are friends and loved ones. November is National Family Caregivers Month and this year's theme is "Caregiving Around the Clock."

Even the most loving and patient caregivers will become tired and need to recharge in order to avoid emotional or psychological burnout as a result of stress and overwork. At Revere Court Memory Care, we understand that dementia affects whole families. Each person with memory loss and his or her family experience different challenges and needs, which vary at different times during their journey

Space Limited
Please RSVP At 916-392-3510

CHC CHANCELLOR HEALTH CARE, LLC

Residential License #: #342700005
Day Club License #: 347001342

Revere Court Memory Care offers a Day Club, Respite & Residential Care for those with a memory impairment, also offering Support Groups and Monthly Seminars for caregivers and loved ones.

EQUAL HOUSING OPPORTUNITY

St.Robert's:

continued from page 10

Hollywood Park neighborhood," she said. "The money does help. Money always helps, and our school is driven on tuition and donations.

"So, anything that comes extra will of course help offset tuition costs for students, providing scholarships and then helping with facility upgrades for an aging facility."

For many St. Robert alumni, the festival is a family tradition.

That fact is evident through the Rodriguez family.

One member of that family who attended the event last weekend was Susie Rodriguez Alcala, whose parents were Martin and Angelina Rodriguez.

"They sent us to this school in (the late 1960s)," she said. "There wasn't enough room in St. Anne's (School at 7720 24th St.), and so, they let us come here. Six girls and one boy graduated from St. Robert, and then from there we went on to Bishop Manogue and Christian Brothers (high schools). We came back, and 24 grandkids, which are our kids, also graduated from St. Robert. And we now have our (own) grandchildren here."

Christie Farrell-Perez, a 1995 graduate of the school, said that the Fall Festival is a very memorable event in her life.

"Fall Festival was always a great tradition, and for us kids we loved coming out here, because we got to be here all weekend," she said. "We just got to run around and do whatever we wanted to do."

As for her time as a St. Robert student, Farrell-Perez recalled one of her favorite teachers: Brian James.

"(James) is still here," she said. "I had him not only as an eighth grade teacher, but I also had him as a principal throughout my years here at St. Robert. He was just an all-around great guy. He's well respected. I still can't call him by his first name."

Dee Dee Dacong-Farrell, Farrell-Perez's mother, also recalled one of her teachers.

"Sister Alphonso was a mean teacher," she said. "I respected her. She was a great teacher, but (there is that memory of) just being scared of coming in, seeing a nun for the first time."

Angie Rodriguez Jimenez, a 1983 St. Robert graduate, said that the festival also serves as a way to hold class reunions.

"There were about six of us (1983 graduates) here today," she said. "We look forward to this day to kind of connect."

Jimenez also has four kids who attended St. Robert, and she continues to be very active at the school. She has been employed by the school since 2006, and currently works in the office.

Among the dominant scenes at this year's festival was the sight of children playing various games and participating in raffle drawings.

A popular attraction for children at the event was Skee-Ball, a game in which one rolls wooden balls up an inclined ramp, over a hump and into bull's-eye rings for prize tickets.

Five-year-old Wyatt Bonomi demonstrated that he possibly has a natural talent for the game, as he coolly scored 100 points, which is considered a notable score for a boy his age.

During one of the raffle drawings, St. Robert first grader Jason Levario proved to be the event's luckiest kids. He was twice the winner of major prizes: a large, stuffed toy moose and a mountain bike.

But Jason's luck also included strategy.

With his full concentration placed on winning a bicycle in that raffle, Jason placed all of the tickets he won in children's games into that raffle drawing.

Julian, a St. Robert second grader, explained why his brother wanted to win the bicycle.

"He (already) had a bike, (but) his bike broke," he said. "So, he got another one. He's lucky."

Jason's father, who is also named Jason, said that the younger Jason had never won any prize in a competition until his lucky day at the festival.

"This is the first time he's won anything," he said. "I never win anything. Maybe (with luck on his family's side), we should go start playing the lotto now."

While children continued to play games and others enjoyed different elements of the festival, Palko emphasized the community approach to the festival.

"This (event) is about making sure people understand that St. Robert is not this little hidden jewel or diamond in the rough, but we're a community of faith that wants to give back to the greater community," she said. "This is an annual event, always about the first weekend in October. So, look for us on social media: Nextdoor, Facebook."



St. Robert students and alumni are pictured at the festival on Oct. 6.

Mary's Back in Town!!
Mary Hocking Hairstyles
NEW CLIENT SPECIAL!
$20 OFF 1st Chemical Services ONLY
Expires 12/31/19
3212 Riverside Blvd in Land Park
Inside Gayle & I for Hair, across from Vic's Ice Cream
Call for appointment: 530 906-8566
Celebrating 40 years in business! McClatchy Graduate



GREENHAVEN ESTATES
Assisted Living & Memory Care
Enriching the Lives of Seniors in the Pocket Area for 30 Years!
• $1,000 off first month's rent!
• Independent Living With Services
• Assisted Living With Personalized Care
• Dedicated Memory Care Neighborhood
• Chef Prepared Cuisine
• Life Enrichment Program & Daily Activities
• Active and Engaging Lifestyle
• One Bedroom Residences Starting at $2,895
• Two Bedroom Residences Starting at $4,295
• Memory Care starting at $2,995
We Look Forward To Your Visit
(916) 427-8887
7548 Greenhaven Dr. Sacramento CA 95831
greenhavenassistedliving.com
Lic# 347005239

Land Park Community Association thanks the sponsors and vendors who made "A Taste of Land Park" 2019 fabulous. Proceeds support the LPCA Grants program.

A Taste of Land Park

Thanks to our vendors:

Acheson Wine Co
Alaro Craft Brewery
Alaskan Brewing Co
Bike Dog Brewing Company
Bogle Winery
Cafeteria 15L
Carmazzi Caramel Corn
Carvalho Family Winery
Chocolate Fish Coffee Roasters
Device Brewing
Eskaton Monroe Lodge
Espresso Metro
Farm Fresh to You
Freeport Bakery
Giovanni's Pizzeria
Hawks Provisions & Public House
Kimberly Jones Portfolio / Riverside Valero
M2 Wines
Nello Olivo Wines
New Helvetia Brewing Co
Porchlight Brewing Company
Raley's
Selland's Market Café
Sierra Vista Vineyards
Three Wines Company
Urban Roots Brewing
Vallejo's (Ejo's)
VFW w/ Yolo Brewing
Vic's Ice Cream
California Auto Museum

Thanks to our sponsors:

Urban Cow Half Marathon
Two-Person Relay
5K Run/Walk

TEICHERT

STEVE HANSEN
SACRAMENTO CITY COUNCIL

THE MILL AT BROADWAY

ESKATON
Transforming the Aging Experience

Mitchell Rohrer
proudly supporting
TASTE OF LAND PARK

DUNNIGAN Realtors
Paula Swayne

Anonymous Donor

Donnald K Anderson
Idelle Claypool & Rhonda Holmen
Jean 'Pinki' Stevenson Cockrell
Dan and Nancy Cole
Dennis Devore and John Puente
Garick HVAC
Greater Broadway Partnership
Klumpp's Chapel - Marlene Oehler
PHC Medical - Philip Coelho
Lisa & Hubert Riley
John J. Schade, PhD.
Steven and Alice Schnaidt
Waldo Bowers
Dr. L. Steven Winlock
Zajic Appliance Service

Faces and Places: Chinese Community Church fall fellowship and food festival



Photos by Stephen Crowley

The Chinese Community Church held its 36th annual Fall Fellowship and Food Festival on Oct.12. This free admission event, at 5600 Gilgunn Way, presented freshly cooked Chinese food, baked goods, and activities for kids. There was live entertainment, with special performances by Sac of Soul, CCC Ukulele and Hula Fellowship, ACC Pocket Pickers, and Teens Create Dreams.













Volunteers needed to help kids read this fall

Local residents age 50 and up are needed this fall to help kids in kindergarten through third grade improve their reading through AARP Experience Corps, managed locally by United Way California Capital Region. To learn more and sign up to volunteer, visit YourLocalUnitedWay.org/Experience-Corps-Literacy-Program.

"Kids who are not reading at grade level by fourth grade are more likely to fall behind in all subjects, including math and science, making them less likely to graduate from high school," said Stephanie Bray, president and CEO, United Way California Capital Region. "This corps of volunteers is essential to ensuring our community's kids are successful."

Volunteers serve at local schools approximately two days per week for two to three hours a day throughout the school year, tutoring and tracking progress for groups of two to three students for the year. Volunteers meet monthly to share best practices and receive literacy and classroom management experience. They receive training to become mentors and role models and to hone their skills to help students reach their reading goals.

Last year, United Way's AARP Experience Corps helped 415 students with reading – 62 percent of those who were reading below grade level improved their reading and literary performance. In 2018, program participant Robla School District reported more students meeting and exceeding standards in English Language Arts compared to 2017 – the rate of annual increase was three times higher than state and county averages.

"The results are encouraging and worth the work," said Experience Corps volunteer Mary Ann Rider. "I never felt like I was cut out to be a teacher, but I felt prepared by the curriculum I had learned in our training. Plus getting to know the kids is fun. If you're looking for volunteer work, what's more important than helping a child learn to read?"

United Way California Capital Region is one of only seven nonprofits across the country helping to grow Experience Corps, the evidence-based AARP Foundation literacy program that improves the reading skills of children, enriches the lives of volunteer tutors and strengthens schools in local communities.



For nearly 100 years, United Way California Capital Region has brought local people together to make community change happen. Today, the nonprofit is bringing people together across Amador, El Dorado, Sacramento, Placer and Yolo counties for its Square One Project, a 20-year promise to significantly increase the number of students in our region who graduate from high school ready for success in college and beyond. United Way believes ending poverty starts in school and is working to ensure kids meet important milestones and their families receive support and resources. To learn more and make a donation: YourLocalUnitedWay.org.

TRUNK OR TREAT • CANDY • GAMES • PRIZES • BOUNCE HOUSE • PET COSTUME CONTEST

VCA Greenhaven Pocket Animal Hospital Presents:

1ST ANNUAL

TRUNK OR TREAT

VCA



Sunday October 27, 2019: 1 pm to 4 pm

1 Valine Court, 95831

Bring the family out for a fun and Gould times!!

TO OUR CLIENTS, IF YOU ARE INTERESTED IN HOSTING A TRUNK PLEASE CONTACT REBECCA AT 916-391-3677

Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

BBB NARI

ASBESTOS/LEAD/MOLD/SILICA/RADAR TESTING

Westech Environmental LLC
CA State Certified Asbestos Consultant

ASBESTOS & MOLD TESTING

Westech Environmental

Commercial & Residential *Member: American Industrial Hygiene Association*

5960 South Land Park Drive #367, Sacramento CA 95822
916-392-2006 • www.1westech.com

DOG POOP REMOVAL SERVICE

The Doo Doo Squad
DOG POOP PICK UP SERVICE
1st Month FREE
Weekly Service, One-Time Pick-Ups
Deodorize & Neutralize Yards
Serving Greater Sacramento, Yolo, Placer, & El Dorado Counties
916-364-7667
DooDooSquad.com

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS WILDLIFE MANAGEMENT

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



FENCING SERVICES

VINSON FENCE CO.
Licensed, Bonded & Insured Lic#1049925

NO JOB IS TOO SMALL
Serving Sacramento & surrounding communities
Specializing in:
Wood Fences (New or Repair)
Family Owned & Operated

Call Rick 916-239-5192
email: rick@vinsonfence.com
FREE ESTIMATE

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

GUTTER CLEANING

Prime Quality Maintenance

- **GUTTER CLEANING**
- **Window Cleaning** (inside/out/screens washed)
- **Pressure Washing** (all surface areas)
- **Junk Removal/Hauling**
- **Landscape Maintenance**

Free Estimates
Licensed & Insured
CSL# 996271

Call or Text Jesse: 916 417-4231



HANDYMAN

Fall Winter Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING/SHRUB REMOVAL
- PRESSURE WSHING

CALL LESTER
(916) 838-1247
LIC# 128758/REF

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



SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 20 YEARS*

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock - Ceiling Fan installation
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"

NO JOB TOO SMALL! **Call Eric (916) 470-3488**

HANDYMAN



D & H Service

Office: **916-428-5907**
Cell: **916-206-8909**

Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair

25 years of experience

4 papers, 1 low price!
Advertise your service in this section, today!
Call 429-9901

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

Your services are needed!
4 papers, 1 low price!
(916) 429-9901
and reserve your space in this section, today!

Your Home Improvement Guide

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

PAINTING

COOK PAINTING

Full Service Company – Start to Finish

CSL# 432951



In business since 1982

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

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp

(916) 591-5056

PAINTING

GARY'S PAINTING

FREE Estimates!

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

CSL #734323

McClatchy '67

(916) 725-8781

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

PLUMBING

Mack's Plumbing

Repairs - Replacement - Service

916 761-5780

License # 784099

ROOF/GUTTER CLEANING

Stan The Man

est 2007

* ROOF / GUTTER CLEANING
* WINDOW CLEANING
* PRESSURE WASHING
* SENIOR DISCOUNTS



916.601.1030

Cleaning and Repair
Sacramento, CA

TILE WORK

BAXTER TILE

EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

40 Years Experience • FREE Estimates

916-213-4669

License #668100

TILE WORK

NIETO'S
TILE & LANDSCAPING
RESIDENTIAL & COMMERCIAL

Frank Nieto
(916) 480-9512

Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors

NietosTile@sbcglobal.net www.nietostile.com Lic. #917883



Our Readers Need Your Service!

It Pays to Advertise!

Advertise your service in this section, today!

Call 916-429-9901



CLASSIFIED ADS

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

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
36 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

YOUR AD HERE

RESERVE YOUR SPACE IN THE CLASSIFIEDS! CALL 916-429-9901

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 36 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

HANDYMAN

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

SPECIAL ALZHEIMER'S LIVING

REVERE COURT

MEMORY CARE Lic. #347001338/342

Do you enjoy making people smile?

Do you want to work with people who care? Are you ready to join a team that makes a difference every day? If so, you may be interested in becoming a caregiver!

Stop by Today!

www.reverecourt.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

www.valcomnews.com

FOR SALE

2003 FORD FOCUS FOR SALE
White. Mileage 127 K.
Well cared for, great little car.
$3,500 FIRM.
In Pocket area.
Call 916 399-5719

HANDYMAN

CLEAN-UP SPECIALS!
Fall Winter Yard Clean-up Special – Yard clean-up. Rain gutter cleaning, pressure washing/ power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **22 yrs. exp. Specials for seniors. Licensed**

TAX PREPARER

#1 CONCIERGE TAX PREPARER
36 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

Check out the Home Improvement Guide Call Melissa at 429-9901 for ad rates.

Reboot to retro craft: Local seamstress brings a "sewcial" hour that's "not your mama's quilting circle"





In days long gone, women often gathered for a sewing bee - using needle and thread to laugh, bond, and stitch together friendships along with their project. A radical reboot to a retro craft, Sewcial Sacramento reintroduces the needle to your girl squad with grit and sass, and they're "not your mama's quilting circle."

Sewcial's got sewing machines, but they've also got some boozy beverages, a killer playlist, and the occasional F-bomb (but not to worry, they show up squeaky clean for kids' Sewcials - also available). "Sewcialites" attend a home party or a pop-up event and no matter their experience level, leave with a completed, on-trend project. There are gorgeous linen and leather bags, custom fabric pillows, and potholders featuring an heirloom family recipe - just to name a few available options.

Sewcial Sacramento offers an answer to the question that women are beginning to ask in earnest - "What am I doing to take care of me?" Sewcials give women a chance to escape the daily grind, experience authentic connection, and tap into their creative flow.

Women can host Sewcials in their homes, and Sewcial Sacramento will bring all materials, equipment, and instructors. Sewcial Pop-Ups also happen in homes, brew pubs, tap houses, maker spaces, art studios – or any venue where there's a great vibe and room to set up sewing machines.

Melissa Barton, Sewcial's founder and creative director, started the company after a friend asked her to help fix her dress. "I offered to teach her how to do it herself," Melissa says, "and we invited a few more gals over. We were all drinking wine and laughing and learning to sew, and I just realized I had something special here."

Sewcial's mission is to empower women to learn something new, make amazing connections, and have a blast doing it. They encourage women to show up as their authentic selves - no experience required.

Sewcials are a great activity for birthday parties, baby showers, mom's nights out, book clubs, wine clubs - you name it. As far as the kiddos are concerned, Sewcials are a sweet way to bond with a parent, a unique birthday party activity, or an awesome way to earn a Scout badge.

How does it work? Visit Sewcial's website, www.sewcialsacramento.com to see their list of scheduled events, or choose one of their projects, pick a date, and start inviting your gal pals! If you're planning to host a party, they'll help you plan, prep, and even create custom invitations and digital tools to get your besties excited. It's not socializing; it's SEWcializing, and just like their tagline says, "It's time to make time for friends."

For more information, visit www.sewcialsacramento.com or call/text, 916-213-9460.



California MENTOR is seeking individuals and families who want to make a difference in the life of an adult with intellectual and development disabilities.

Receive ongoing support and $1075-$3820 per month to help cover the cost of care.

CALL OLIVIA CERDA
916-383-9785 ext. 17
MentorsWanted.com

California MENTOR
Family Home Agency



Leataata Floyd students were offered a variety of fresh produce.



Sweet treats and the Holy Cow, both from Clover Sonoma, were popular with toddlers.



Floyd:

continued from page 9

of the facilities, which will be owned by SCUSD and leased to FLC.

The new facilities will enable FLC to supplement the programming currently provided to eight district schools by giving students and their families, as well as community members, access to cooking instruction in kitchen facilities employing solar-powered convection ovens and the opportunity to cultivate their own crops under staff guidance in staff- and City-maintained plots. In addition to the cooking school, there will be a prep kitchen for training FLC staff/volunteers for school district programs, and a training space for afterschool curriculum instructors.

Most programming will be free of charge to Leataata Floyd students and afterschool students in other Title 1 schools but will likely be fee-based for visiting schools, family members and community members.

Floyd Elementary was chosen as the site for the new center as about 82% of its students participate in free/reduced lunch programs (vs. 70% in the school system as a whole) and 96% are socioeconomically disadvantaged; students in these groups are known to have the greatest need for FLC programs.

The project garnered a large support base that includes partnerships with the California Endowment, City of Sacramento, Dignity Health, Raley's, the Rite Aid Foundation, Sierra Health Foundation, UC Davis Health and others such as Clover Sonoma, which was one of several vendors offering product samples at the groundbreaking but the only one that had a large, brightly-costumed "Holy Cow" mascot roaming the grounds. The cow, along with frozen confections that were handed out, proved to be quite popular with toddlers.

The first such project in the US, Floyd Farms' potential generated much enthusiasm at both local and state levels, which was expressed by all who took the podium at the groundbreaking. "This lot is going to be transformed into a world-class, more-than community garden," said Mayor Darrell Steinberg. "It is going to be a place where people—and especially young people from all walks of life—can learn early in life about the importance of food literacy; [a place] to learn how to cook, to learn how to begin lifelong habits of healthy eating, and to be able to find joy in working with others to create. I can't wait to see what this becomes."

"Kids from all over the region will be served by the FLC's 'Broccoli Headquarters' here, but this farm and the headquarters will [also] help this neighborhood rise," said District 4 City Councilmember Steve Hansen. "The City's investing, through our park impact fee, millions of dollars into creating [this] new community garden to serve Marina Vista, Alder Grove and the surrounding community, but also into this farm. The property once owned by the Setzer family, where we stand, was actually a hop farm at the turn of the last century, and so we've been growing things here for a very long time."

Hansen introduced a gaggle of Leataata Floyd students who, lead by a staffer, performed a well-rehearsed "veggie cheer" for the assembled crowd. "When I say fruits, you say veggies. Fruits! *Veggies*! Fruits! *Veggies*! V-E-G-G-I-E-S! *V-E-G-G-I-E-S*! Fruits and veggies are the best! *Fruits and veggies are the best*! Clap your hands! *Clap your hands*! Stomp your feet! *Stomp your feet*! **Move to the rhythm of the veggie beat**! **It goes**: [clapping a beat]—**go veggies**!"

State Assemblymember Kevin McCarty touched on the importance of FLC's programs. "When you think about what this is all about, [there are] two things that we need to remember. One is the tremendous challenge we're facing with the obesity epidemic; unfortunately, over 50 percent of our kids are on a one-way path to type 2 diabetes, and in communities of color it's even worse. [It's] so important to teach the kids where food comes from, and how they can prepare it themselves, and how sometimes good nutrition also tastes good. But also, unfortunately, in so many of our neighborhoods families are food-insecure. And so for them to understand about cooking and how they can make a go of it, this is what the legacy of this project is all about."

Perhaps the ceremony's most enthusiastic speaker was Karen Ross, Secretary of the State Dept. of Food and Agriculture, who described FLC as a model program. "I want to see this program be duplicated up and down the state because making an investment in showing kids how things are grown, harvested and prepared and shared is setting them up for lifelong habits that will make them the best they can possibly be," she said. "This is exactly the kind of program that's nearest and dearest to my heart."

Despite the popularity of the FLC programs and the Floyd Farms project, the process of finding project funding was not without setbacks, including the loss of an opportunity to secure state monies. "[L]ast year in our state budget, for a hot second I had a million dollars earmarked for this project, and it kind of slipped away," said Assemblymember McCarty. "But you found other resources to make it happen." Fundraising is an unending task for non-profits just to sustain day-to-day operations, but FLC also needs to find additional capital in the near future to cover the cost of cooking school equipment and other items the construction financing does not cover. The organization welcomes financial support from all sources, including private donors. Information about this and all other aspects of FLC and Floyd Farms can be found at https://www.foodliteracycenter.org.

What's happening, Land Park?

SATURDAY, OCT. 26 AND SUNDAY, OCT. 27

SAFE & SUPER HALLOWEEN IN OZ: There's no place like Fairytale Town for four nights of trick-or-treating and family friendly fun at the 33nd annual Safe & Super Halloween held from 5 to 9 p.m. on both nights. Follow the Yellow Brick Road as you journey to the Emerald City. Visit Munchkin Land, the Haunted Forest, and more! Meet Professor Marvel for an up-close magic experience. Plus meet all your favorite Wizard of Oz characters—but watch out for the Wicked Witch of the West and her flying monkeys! This Halloween extravaganza also features 15 treat stations, a nightly costume parade at 8:30 p.m., hands-on activities, and lots of fun.
Please note: Tickets are on sale now and are limited. Adults must be accompanied by children and children must be accompanied by adults in order to gain admittance to Fairytale Town. Fairytale Town will be closing at 2 p.m. each day in order to prepare for the evening festivities.
Adults are $10, children (2-12yrs.) are $10. Children 1 and under are free. Fairytale Town members receive $3 off per ticket. Fairytale Town is located at 3901 Land Park Drive. For more information, call 916-808-5233 or email mail@fairytaletown.org

BOO AT THE ZOO: Get out those costumes, grab a trick-or-treat bag and head to the Sacramento Zoo for the daytime Boo at the Zoo from 11 a.m. to 4 p.m. Enjoy trick-or-treating throughout the entire zoo at 15 different candy stations, face painting for kids, festive games, themed stage shows, magic shows with the magician Trevor Wyatt MAGIC, keeper chats and even animal enrichments. Top off a perfect day with a ride on the spooky zoo train or the creepy carousel for an additional fee. COSTUME NOTICE: Due to animal safety, you may be asked to remove full head costume pieces in certain areas of the zoo. Costume accessories, such as wands, brooms, etc. are allowed, but CANNOT be used over fences or animal barriers. Included in the event are the following activities: trick-or-treating stations, interactive EdZOOcation stations, face painting and teen crafts and games. General tickets are $18. Babies under 1 year old are free of charge. Sacramento Zoo members receive $3 off per general ticket and a 10 a.m. early admittance. For more information, visit www.saczoo.org/visit/event-calendar/boo-at-the-zoo/

THURSDAY, OCT. 31

MEDICARE UPDATE FOR 2020: Health Insurance Counseling and Advocacy Program (HICAP) is a program of Legal Services of Northern California, a non-profit organization. The presentation will provide unbiased information to help Medicare beneficiaries and those with disabilities, understand Medicare and decide what's best for their individual healthcare insurance needs. Free of charge and pre-registration required. Class will be held on Thursday October 31, 2019 from 1:00p -2:30p at ACC Senior Services 7334 Park City Drive. For more information, please contact Anna Su at (916) 393-9026 ext 330 or www.accsv.org.

SATURDAY, NOV. 2

OLD CITY CEMETERY - HISTORY TOUR: MASONS: The Old City Cemetery Committee presents a tour of Mason history in Sacramento on Saturday, November 2 at 10 a.m. at the Sacramento Historic City Cemetery, 1000 Broadway. Some of California's earliest residents were Masons, some famous and some lost to history. This tour will be a walk through the cemetery telling some of the stories of residents that were Masons, and we'll even have some Masons shedding some light on the ways and the history of the Masons not only in Sacramento, but around the world. The tour convenes at the 10th Street entrance. The cemetery is located at 1000 Broadway, Sacramento. There is free parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation. For more information, call 916-448-0811.
SAINT JOHN'S PROGRAM FOR REAL CHANGE ANNUAL PARTY FOR CHANGE FUNDRAISER: Saint John's Program for Real Change, Sacramento's largest comprehensive program addressing the needs of homeless mothers and their children, will hold its annual Party for Change fundraising event on Saturday, November 2, from 6:00 p.m. to 11:00 p.m. at the Mather Jet Center, 10510 Sunperfortress Ave. in Mather. This elegant black tie gala provides critical support to one of our region's most vulnerable communities, formerly homeless women and children, while serving up a gourmet meal-with-a-meaning accompanied by delicious varietals, exhilarating entertainment, live music and dancing. Hosted by KVIE's Rob Stewart of "Rob on the Road" and KCRA Anchor Kellie DeMarco, the event will feature cuisine by Chef Santana Diaz of UC Davis Health, dance and aerialist performances by the Sacramento Contemporary Dance Theatre and a live auction with auctioneer Halie Behr. Sponsorship opportunities are still available, and individual tickets to the event can be purchased on line on a first-come, first served basis at $350. Visit www.saintjohnsprogram.org/partyforchange, or call Bethany Knudsen or Sasha Wirth at 916-453-1482 for more information on tickets and sponsorships. To volunteer at the event, contact Karen Edwards, kedwards@saintjohnsprogram.org, or call 916-453-1482.

WEDNESDAY, NOV. 6

CHINESE FORTUNE TELLING: In this workshop, you will learn three forms of fortune telling: ChiChi Stick or Kuan Yin Oracle stick bouncing, Chinese Astrology or Bazi "Four Pillars of Destiny" and I Ching or Book of Changes Hexagram interpretations. Each person will receive a short Chinese Astrology reading based on their birth date and relationship to the five elements (wood, fire, earth, metal, and water). Pre-registration required. Prepayment of $20 or drop-in fee of $25 at the door. Class will be held on Wednesday November 6, 2019 from 1:30p -3:00p at ACC Senior Services 7334 Park City Drive. For more information, please contact Anna Su at (916) 393-9026 ext 330 or www.accsv.org.

WEDNESDAY, NOV. 6

CRAFTING SOCIAL:DIV PAINTED BOOKS: Join us in this workshop for an evening of crafting and socializing while learning how to transform everyday books into unique decor. Bring three books to paint. Pre-registration required. Pre-payment of $10 payable to Natalie Wyatt and $3 payable to ACC program. No refund or credit. Class will be held Wednesday, November 6, 2019 from 6:00p-7:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.accsv.org.

THURSDAY, NOV. 7

DOWSING WORKSHOP: People in ancient times have been using tools such as pendulums and dowsing rods for divining. Today we can still use these tools in everyday life. Dowsing rods and pendulums can be used to confirm yes/no questions or find lost objects, people, geopathic stress lines, and more. If you do not have the tools, they can be purchased from the instructor for $15. Pre-registration required. Prepayment of $10 or drop-in fee of $12 at the door. Class will be held on Thursday, November 7, 2019 from 10:30a -12:30p at ACC Senior Services 7334 Park City Drive. For more information, please contact Anna Su at (916) 393-9026 ext 330 or www.accsv.org.

SATURDAY, NOV. 9

'YOGA FLOW' FITNESS CLASS FOR CHARITY: First Annual Infinite Giving 916 Charity Event! This year's theme is 'Yoga Flow.' All fitness levels are welcome. Free with item donation. All fitness levels are welcome! Yoga Flow will be held from 9am-10:15am (the class starts with a morning stretch, proceeded with a modified sun salutation flow). Please bring your own fitness/yoga mat. Free entry into the class with a charitable contribution from the list below. Donations will be given to the Oak Park Community Center Senior Program and Maryhouse of Sacramento. ÓA beautiful Infinite Giving Art Piece will be Auctioned at the event with half the proceeds going to our Charities (Art piece will be displayed on October 18th on our instagram page @infinitegiving916). The following items are needed: Used adult tennis shoes, blankets, adult diapers, washcloths, robes (new and gently used), women's new underwear, women's jeans (new and lightly used), bras/sports bras (new and lightly used), size 5 and 6 diapers and pull-ups, new tooth brush and tooth paste, board games, new soap and lotion, back packs (new and used), eyeglass readers (new and gently used). Any items that you're willing to give. Donations are accepted from 8 a.m. to noon. Location: Jazzercise/M Mobile Gym, 7485 Rush River Drive Ste 630, Sacramento, CA 95831

ONGOING

ACC FAMILY CAREGIVER SUPPORT GROUP: Are you caring for a loved one? We understand that caregiving comes with the joy of giving back but many challenges as well. Please join us in our support group meeting and share informational/emotional support and guidance with other caregivers and staff. Meetings are held on the second Wednesdays from 12:00p-1:30p and the 4th Thursdays from 6:30p-8:00p at ACC Senior Services 7334 Park City Drive. For more information, please contact Soojin Yoo, MSW at (916) 393-9026 ext 336 or www.syoo@accsv.org. .accsv.org.

ACC FAMILY CAREGIVER SUPPORT GROUP: Are you caring for a loved one? We understand that caregiving comes with the joy of giving back but many challenges as well. Please join us in our support group meeting and share informational/emotional support and guidance with other caregivers and staff. Meetings are held on the second Wednesdays from 12:00p-1:30p and the 4th Thursdays from 6:30p-8:00p at ACC Senior Services 7334 Park City Drive. For more information, please contact Soojin Yoo, MSW at (916) 393-9026 ext 336 or www.syoo@accsv.org. .accsv.org.



71st ANNIVERSARY SALE

EVERYTHING IS ON SALE!*

Come Join our Celebration with Huge Savings in Every Department!



OMNIA Personalizing Comfort

OMNIA
REPRESENTATIVE,
MURRAY EASTERN
WILL BE IN
OUR STORE ON
SATURDAY,
OCTOBER 26TH!

Trailway

TRAILWAY
REPRESENTATIVE,
KURT ROTHSCHILD
WILL BE IN
OUR STORE ON
SUNDAY,
OCTOBER 27TH!

FREE LOCAL DELIVERY
ON ALL OMNIA AND TRAILWAY
PURCHASES OVER $1500.**

In 1948 the Keyes family opened Naturwood with a vision to provide quality home furnishings with the best value, selection, and service. 71 years later the family vision continues!



Naturwood® HOME FURNISHINGS

12125 Folsom Blvd.
Rancho Cordova
916-351-0227

Mon – Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

www.naturwood.com

*Sale applies to all indicated items except all "Clearance", "Truckload", "Special Buys" and iComfort mattresses. Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sale Ends 10/31/19.
**Free Local Delivery ($99 value) requires a $1500 minimum purchase. For delivery outside of local area $99 will be deducted from that area's delivery charge. Allow time for delivery on some items.