May 12, 2022 | www.valcomnews.com

Land Park News

— BRINGING YOU COMMUNITY NEWS FOR 30 YEARS —



Bobcat tracker and overall animal lover hails from Land Park

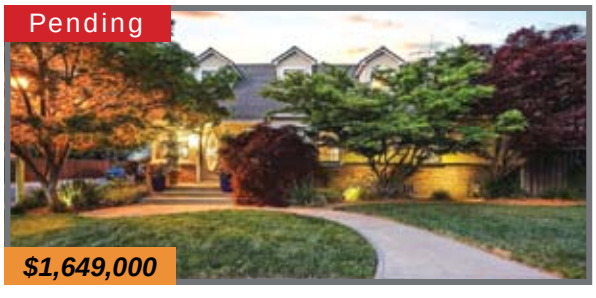
See page 3

PRSRT STD
U.S. POSTAGE
PAID
ELK GROVE CA
PERMIT NO. 16

ECRWSS EDDM
POSTAL CUSTOMER

HOUSE
REAL ESTATE

Pending



$1,649,000

1701 Markham Way 4 Beds | 2.5 Baths | 3,252 Sq. Ft. *Opportunity Knocks!*

JAMIE RICH REALTOR

916.612.4000
JamieRich.net
DRE# 01870143

LIFE MEMBER

LAND PARK • CURTIS PARK • MIDTOWN
EAST SACRAMENTO • HOLLYWOOD PARK



The Zoo: To move or not to move?

By Art Taylor
Special to the Land Park News

Our Mayor has been quoted as advising that he wants Sacramento, California to be a 'BIG CITY'. If I wanted to live in a BIG CITY, I would have moved to SF, San Jose, LA, etc., but I choose to stay in Sacramento, to live, go to the local public schools and raise a family. As a Land Park resident since 1983, I have had a strong respect and appreciation for William Land Park, a Regional Park.

Sacramento has been blessed to have such a beautiful park, which also includes many amenities and different locations for different venues. Some of the amenities include the golf course, Funderland, Fairy Tale Town, The Zoo, Pony Rides, amphitheater, and Village Green. We also have a number of small lakes, and many open spaces where individuals, friends and families can enjoy: walking, running, bike riding and skating, picnicking and attending outings. William Land Park truly has 'one-stop excitement, for all'.

Fast forward. The Sacramento Zoo is losing some of its prize possessions/residents, due to the Accreditation process that requires more room and care, for the Zoo residents. With that revelation, there has been a movement afoot to move the zoo to larger digs. Recently, we have had such sites as Natomas and Elk Grove mentioned as a 'new home' for the Sacramento Zoo and its residents.

I think it's time we STOP and STEP BACK, to get a clearer picture of how this 'Zoo Move' will affect Sacramento and William Land Park.

My first question is: Do we need to move the Sacramento Zoo and Why? If we, as a City, want a Zoo the size of the San Francisco Zoo or San Diego Zoo, then the Sacramento Zoo would need to move. But, if we want a local, traditional zoo or specialized zoo, where families, kids, students, and all, can go to see exotic birds, reptiles, and other zoo residents, then William Land Park is the place.

Do we need or want all of the Sacramento Zoo residents we have had, prior to the Accreditation process? What will happen to the other amenities noted, if the Sacramento Zoo moves? Will the other amenities stay in William Land Park or also move? Will our politicians then decide that the Sacramento Zoo location, having moved, would be a perfect location for homeless, low -income housing, public housing, etc?

Some say that William Land Park is 'sacred ground' and was bequeathed to the City of Sacramento by Mr. William Land. I do not trust this would never happen...but I never thought that there would be 3 different, approved Homeless Camps, in Miller Park, a City of Sacramento Park, at the west end of Broadway. Yes, 3 different, approved homeless camps, including a homeless camp for RVs, a homeless camp in the Gully adjacent to the RV Homeless Camp, and the homeless camp, overlooking the Sacramento River with 50-60 tents.

I propose that the Sacramento Zoo at William Land Park, be organized and function within the confines of its present location and be organized to accommodate the Sacramento Zoo Residents in accordance with the Accreditation requirements. This would bring about a restructuring of what Zoo Residents would stay or leave. A smaller Sacramento Zoo would accommodate the Accreditation process and allow the City of Sacramento and the Sacramento Zoo, to exist without a continued concern of losing the accreditation, losing zoo residents.

There are at least two city zoos, within approximately 25 miles of Sacramento, located in Lodi and Folsom. These smaller City Zoos provide each noted city with their versions of their city zoos. I suggest if someone wants to see a Big City Zoo, they travel to SF, LA or SD. There you will also find the trappings of larger cities, including Crime, Homeless, Drugs, Filth, Noise, etc.

The Sacramento Zoo is an exciting, distinct and traditional part of Sacramento's, past, present, and future and should continue to exist in its present location.

Art Taylor is on the Park Community Association and has been a resident of Sacramento since 1950.


Bruce Reddick
916-919-7338
CalDRE# 01814263
LYON REAL ESTATE
www.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 ..... Bonnie Rodriguez
Editor ..... Monica Stark
Graphic Designer ..... Liang Ly, Michael Williams
Advertising Director ..... Jim O'Donnell
Advertising Executives ..... Linda Pohl, Melissa Andrews

Copyright 2022 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. 31 • No. 9

1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906


STEFFAN BROWN
REAL ESTATE
717-7217
steffan@steffanbrown.com
COLDWELL BANKER REALTY
CalDRE# 01882787

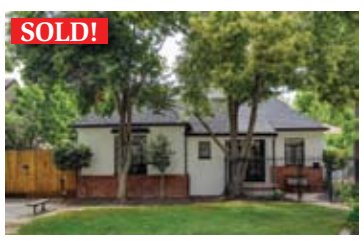
Steffan Brown
Your Vintage Home Specialist

Grand French Tudor in the heart of Curtis Park!



This beautiful, architecturally unique 3 bedroom, 2.5 bath nestled on a lushly landscaped corner lot will take your breath away the moment you walk in. Exquisite original lead mullioned windows fill this spacious and elegant home with light, showcasing the hardwood floors, the generous living room with historic Batchelder tile fireplace and adjacent study, graceful arched doorways and charming built-ins throughout the formal dining and breakfast nook. Stunning kitchen lovingly remodeled with Cortona marble countertops, lead mullioned glass cabinet doors, Bluestar professional stove and Miele speed oven/microwave make cooking and entertaining a delight! The luxurious master bdrm/bthrm suite with dressing area is uniquely original to the 1924 design. Large finished basement, updated boiler (2016) for radiant heat throughout. Detached 2 car garage with workshop and lovely backyard. All this and much more complete this enchanting home! 1,349,990.

Curtis Park Cottage!



This remarkably large and spacious 2 bedroom, 1.5 bath home has been lovingly updated and brought back to life with all the charm and character of yesteryear and the comforts of today. The lovely hardwood floors throughout, exquisite fireplace, arched doorways and coved ceilings, cozy breakfast nook and adorable built-ins remind you of a time of true craftsmanship. The handsome and tastefully updated kitchen with modern SS appliances and sink, quartz countertops and chic tile floors is comfortable as well as efficient. Beautifully updated bathroom with tub and separate shower, marble floor tiles and a gorgeous vanity. Not just a pretty face, this home also has a new roof (2021), new electrical panel/wiring (2019) and new front and back doors (2022). Large and lovely backyard with patios and pergolas perfect for hanging out with family or entertaining guests. Partially converted garage for a man-cave/she-shed/office and plenty of parking spaces even for your RV! $799,990.

Bobcat tracker and overall animal lover hails from Land Park

By Monica Stark

Land Park resident Kiana Hargreaves has a very interesting day job. She's a bobcat tracker for the California Department of Fish and Wildlife in Rancho Cordova. A typical day includes hiking around for 10 or more miles looking for bobcat sign. Hargreaves and her team put up trail cameras to try and identify individual bobcats based on their spot patterns on the inside of their arms. Recently, her days have been centered around trapping bobcats so they can track their movements by GPS collars. They also take genetic samples from each cat to build a population estimate.

Currently, she is working on a statewide bobcat project whereby the CDFW hopes to gain a better understanding of what the California bobcat population looks like. "Bobcats in California are pretty common sight. Most people get excited when I tell them I'm working with bobcats and explain where they saw one before and how cool it is to see them running around," Hargreaves said. Focusing on the North Central region, which includes land between Chico, South Lake Tahoe, Clear Lake, and Galt, there is a lot of ground to cover. Therefore, her team camps three nights a week most of the time. The project includes the entire state, and each region has a team doing the same steps, so it is a uniform project.

To identify cats they have collared, they place ear tags in with numbers, so if they are caught again or walk past the trail cameras, they can easily see who they are. They also use trail cameras to get photos of both sides of a cat and find multiple unique markings to separate that cat from another one. Lastly, they pick up any scat they find and send it to a lab so they can get genetics off of it, and they can establish how many unique cats there are in one area and do a whole bunch of math to extrapolate that information to gauge the population numbers.

"I am very lucky to have had the opportunity to hold multiple bobcats while in this position. For the most part though I get to see bobcats running across the road in front of me while I am out checking traps and cameras," she said.

Asked about a day on the job that was particularly memorable, Hargreaves said recently two bobcats went into traps around the same time. "It was really exciting to have our whole day revolve around being up close to the cats. Every trap check gets your heart racing especially when the doors are down but when you see it's a cat there is a sense of validation that you understand your study species and have done everything correct."

A graduate of Humboldt State and Center High School in Antelope, Hargreaves always knew she wanted a job working with animals.

She grew up loving the Sacramento Zoo and being a member. Her parents even got one of the golden bricks in front of her favorite animal, the tigers, when she was a young child. When she was 19, Hargreaves worked at the kids' summer camp that used to be held on the lawn where the Cheetahs are now. She was one of the teachers who did wildlife crafts and activities all summer long with different kids every week. "It was so much fun being behind the scenes and having the kids get excited about wildlife and why it is important to



be educated on what we can all do to protect wildlife while having fun all summer," Hargreaves said.

Hargreaves has had the opportunity to work in Malawi, Africa as well as all over the U.S. She has a varied background where she has worked with carnivores, sea turtles, birds, small mammals, and bats. "I was lucky enough to get a career that gets me outside and allows me to camp in beautiful places while studying amazing animals...Carnivores have piqued my interest from the start," she said.

Bobcats are a fascinating study species, she said, because they are resilient and have adapted to live in a variety of habitats. "You could run into one anywhere in California and across the country which amazes me," Hargreaves said.

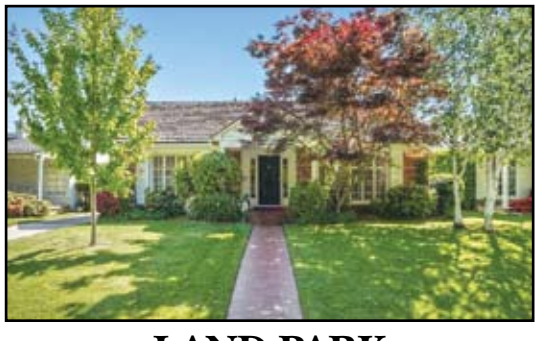


Sue Olson
916-601-8834
sue@sueolson.net
CalBRE# 00784986
landparkhomes.com



LAND PARK

Classic Spanish Beauty with tiled courtyard and raised porch area that complement the entry door. Spacious living room with coffered wood ceilings, charming fireplace, built-in alcoves and newly refinished plank hardwood floors. Formal dining with wood ceiling and hardwood floors opens to a spacious kitchen with many upgrades, including granite counters, stainless-steel appliances, and access doors to outdoor brick patio, fountain and raised garden bed. Three downstairs bedrooms and two bathrooms. Upstairs room has coffered ceilings, parquet floors, another charming fireplace with original decorative tiles, bookcases and two separate balconies on south and west sides to enjoy the views of the park, two car garage with storage and partial basement. Truly a Land Park Classic. 3619 Land Park Dr.



LAND PARK

Great curb appeal in the heart of Land Park! Classic Single Story with over 1800 sq. ft. per County Assessor. Three bedrooms, hardwood floors, spacious living and dining rooms. Charming features, louvered doors and large fireplace with detailed mantle. Remodeled main bathroom, extra one-half bath, updated kitchen with breakfast bar and ample storage. Inside laundry off kitchen with stackable washer and dryer. Sunny bedroom has glass doors on South side that opens to a sunroom with pavers, fireplace and French doors. Brick patio in backyard is surrounded by mature plants and trees. Arched gate on driveway leads to backyard and two car garage. **1350 Robertson Way $880,000**



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

COLDWELL BANKER
RESIDENTIAL BROKERAGE

Grand Gold Rush celebration held in Sacramento a century ago

Festival drew many thousands of people from throughout the state

By LANCE ARMSTRONG

One of the most well attended and memorable events in Sacramento's earliest decades occurred a century ago, as the capital city hosted a festival celebrating the 73rd anniversary of the great California Gold Rush.

Many thousands of people gathered for this weeklong event known as "Days of '49." The festival was held under the auspices of the Sacramento Chamber of Commerce – today's Sacramento Metropolitan Chamber of Commerce.

Held Tuesday, May 23 through Sunday, May 28, 1922, the Days of '49 featured a wide variety of attractions, including an old, 4-block-long "Mining Town" with replica buildings, stagecoaches, prairie schooners, and authentic relics of the Gold Rush era.

Helping to ensure an authentic experience, representatives of the California State Library spent months researching the Gold Rush era.

As an event that presented a pioneer atmosphere, Days of '49 drew many people young and old who arrived in Old West attire.

Everyday clothes of the time were temporarily put away in closets and replaced by such clothing as red flannel shirts and boots for men and hoop skirts and bonnets for women.

Some men wore period clothing of miners, while others wore garb representing outfits worn by frontiersmen or aristocrats of the Gold Rush period.

Many women at the festival also wore long dresses, as they hoped to win prizes for the gowns most characteristic of the Gold Rush era.

Jewelry with gold nuggets and old-fashioned broaches were also often seen during this celebration week.

In another competition, Sacramento men, who were clean-shaven nine weeks earlier, entered their whiskers in a Whiskerinos contest for prizes on May 24, 1922.

In its May 23, 1922 edition, The Sacramento Bee referred to that contest as "one of the greatest publicity campaigns in the history of the country."

In the same edition, The Bee called the Days of '49 the "greatest celebration (in the city's) history."

With much anticipation, The Sacramento Union, in its May 13, 1922 edition, referred to the Days of '49 as "the greatest national celebration of the year" and "the greatest national (sic) festival since the Panama-Pacific International Exposition."



Photo courtesy of the Lance Armstrong Collection

The Days of '49 celebration drew many thousands of people to Sacramento a century ago.

The Panama-Pacific International Exposition was a world's fair that was held in today's Marina District of San Francisco from Feb. 20 to Dec. 4, 1915. It celebrated the completion of the Panama Canal, and also gave San Francisco a stage to show its visitors how far it had come since the 1906 earthquake and fire, which devastated that city.

In an attempt to draw visitors to the Days of '49 from beyond California, summer excursion railroad rates began to be offered on May 15, 1922, instead of June 1, 1922, as was the custom in previous years.

Efforts to beautify the capital city for the festival began in the

See Gold Rush on Page 14





Looking For Sellers! Receive a *FREE CONSULTATION* and Market Value Report!

Curious about your home value? Call me at (916) 798-7679

Or go to: wwwSouthLandPark-Sacramento.com, input your Street address and receive your free report.

Helen Tarasco
Master Realtor
DRE #01302455

Specializing in South Land Park & Land Park homes.

*Your home's value could be even higher; numbers calculated using average prices of homes that vary in age, size and condition. Please disregard if your home is currently listed with another Broker.

Sellin' with Helen
RE/MAX GOLD

Creating memorable experiences with Project Lifelong

By Farrah Avender, 10th grade



(Note: Project Lifelong is a Sacramento nonprofit organization that provides local youth with unique and affordable outdoor adventures, teen mentorship, volunteer and work experience, and experiential growth from grade 5-12. Participants build friendships while fostering community connection. Learn more at www.projectlifelong.org.)

Project Lifelong is a safe place where I am welcomed and encouraged by my peers and instructors. It's a place where I can be safe, learn, build new relationships and have fun. I can't have these experiences at skateparks because of the older people, drugs and alcohol that I don't want to be around.

I remember as a middle schooler my first session with Project Lifelong at the end of the year party. Professional skaters like Ryan Sheckler came out and I got to talk to them. I even got a picture with them and my board signed by them. I got to represent my program in front of pro skaters and got some sweet swag.

As a high schooler, I'm learning how to build ramps, set up lights, safely set up heavy ramps and practice teaching middle schoolers how to skate. After my first year with Project Lifelong, my younger sister was able to join as a middle schooler with a friend. I found that they started following me around because I was the only one they knew at the skate nights. It was a whole new experience skating in a group of girls. I had been with the program since 2019 and I am excited to be a high school mentor this year.

I was the only girl at my site when I first started and I was very shy and intimidated by the boys. Skateboarding has been a male-dominated sport for so long and now the world is finally recognizing more skateboarding girls. I gradually became more comfortable skating around boys when encouraged by instructors. Now half of the middle school program are girls and I'm so excited to be a mentor there for them; to be a girl that they can look up to for help or advice.



I recently went on my first snowboarding trip with Project Lifelong.

I was given a round trip ride, gear, aboard, my own lessons, and lunch to use for the day. I was excited because I had never had the opportunity to go and I was also nervous. I felt more confident when I noticed that I was learning along with more of my peers. On this trip, I learned how valuable communication is with my team. Being able to stick together, learn with each other and give advice to one another. I'm so excited to go on more

See Lifelong on Page 6

Lifelong:

Continued from page 5

trips with my team!

By joining Project Lifelong anyone can learn something new while working at their own pace. It's a personalized sport, but you are still learning with other people like a team. You get to meet new people and build new relationships. The high school program gets the travel and participates in other alternative sports. These experiences contributing to the vision of this project are also lifelong memories I will never forget.











Introducing the Trash Pandas!

The younger kids at the Land Park Pacific Little League celebrated the new season with an opening day parade. The team's name is associated with Double A team, the Angels, and of course takes its inspiration from raccoons who like to forage in the trash.

Photos by Heather Schlenker





REVERE COURT
MEMORY CARE

Educational Monthly Seminars!

If someone you love has memory loss, we can help!

We Provide?

- Free Support Groups and Education
- Day Club — Fun and Friends
- Respite — Giving Family Caregivers Much Needed Breaks
- Specialized Residential Care
- Warm feeling of home
- Caring, loving staff
- Delicious homemade meals
- Special programs

CHC CHANCELLOR HEALTH CARE, LLC

Quality they deserve… and the help you need.

Find us on Facebook
Search for Revere Court

EQUAL HOUSING OPPORTUNITY

7707 Rush River Drive, Sacramento, CA 95831
LIC 347001338; 347001342

(916) 392-3510
www.reverecourt.com



A World Class Senior Living Experience

at Eskaton Monroe Lodge

The families of our residents rate us as "World Class."* Here's why:

"This is a wonderful community. The director and all the staff truly care about the residents and the community. The residents enjoy the lifestyle and all the amenities. They say there's always something going on."

Call today to learn about our exciting move-in specials!

Eskaton Monroe Lodge
916-245-7649 • eskaton.org/eml

ESKATON®
Transforming the Aging Experience

Equal Housing Opportunity. *Vital Research is a third party that measures customer satisfaction and the willingness of customers to recommend a company's products or services to others; this is called a net promoter score.



Princess Vue, a student at McClaskey Adult Center, comes three times a week to help in the kitchen at Kit Carson.

What goes into making lunch for students at a high school?

Behind the scenes at Kit Carson International Academy

By Mirella Bennett/Sacramento School Beat

The manager of the cafeteria at Kit Carson, Stefanie Gunnels, usually starts her shift at 6 a.m. in order to provide students with healthy food for the school day. When she gets to work she gets right to cooking, baking, packaging, or heating a breakfast for the students.

Gunnels is in charge of kitchen management such as ordering the incoming food, inspecting said food, and overseeing kitchen staff.

While many students often overlook the school lunches, a lot of work is put into the preparation and distribution of them by many hard working cooks, bakers and staff.

"Every person who works here is responsible for every single thing in this kitchen", says Gunnels, "They all have to know how to do it."

Everything students at Kit Carson eat at the cafeteria has to be measured out into proper serving sizes by the staff. Big boxes of foods such as fruit are brought to the cafeteria and it is up to the workers to put them into smaller bags in serving sizes for the students.

State law requires that students get a certain amount of food categories such as meat, starch, and fruit. Everything the students get are measured out in proper serving sizes by the staff.

The workers in the cafeteria have to put in a lot of attention to make sure all the food is safe for consumption as well. In order to make sure everything meets the standards for food consumption, cafeteria workers must keep everything clean and ensure all food prepared is at the proper temperature. Gunnels and others must make sure all foods served are within date code and that the servings are proper sizes.

At Kit Carson the cafeteria receives around 350 servings of food every day from Central

See Lunch on Page 9

Lunch:

Continued from page 8

Kitchen. Shipments of meals arrive daily and other foods such as fruits and vegetables arrive weekly. An inventory specialist works in the main office at Central Kitchen who receives Stefanie's count of estimated meals. This count is then divided into two or three for the breakfast items and then the meals are told to Stephanie.

Here, Gunnels will check what is on hand at Kit Carson and adjust the meal amounts.





When the staff get the materials from Central Kitchen, they make it and send back information to the company.



People in nutrition services come up with lunch menus for all the schools served by Central Kitchen. They often go to the school's cafeteria staff and ask questions about what food they should send for the students. "We're always absolutely willing to send messages and talk to you guys because we're here to serve you guys, we want to make you guys happy," says Gunnels.

She continued to say that if students would like to try anything out or have any suggestions, the meal providers are always willing to listen and to feel free to contact her about it.

While lunch ladies often have a bad reputation in the media, school personnel say there are many hardworking adults and cafeteria workers who put a lot of time and energy into making meals for students because of their care for children.

Gunnels said,, "I've always loved children, I've had a soft spot in my heart for them."

Mirella Bennett attends Kit Carson International Baccalaureate High School in Sacramento. This article has been reprinted with permission from Sacramento School Beat. Visit sacschoolbeat.com for more local education stories.

SOL AUREUS
COLLEGE PREPARATORY
K-8TH GRADE



PREPARATION RESPECT RESPONSIBILITY COMMUNITY EXCELLENCE

Now Enrolling Kindergarten - 6th Grade for the 2021-2022 School Year.

Enrollment for 2022-2023 School Year is now open!
Enrollment closes April 8th, 2022

For more information please call us at (916) 421-0600
6620 Gloria Drive, Sacramento, Ca 95831
(916) 421-0600 I www.sacprep.org

Cathay Bank 60 YEARS

Embrace opportunity with these special offers



Banking solutions that prime your business for growth

Promotion period: May 2 to October 31, 2022

Maximize your business finances with our **Ready, Set, Grow** suite:

Open **Advanced Business Checking**	Open **Commercial Analysis Checking**
Enjoy $0 monthly maintenance charge for the first 6 months[1]	**Earn 50 additional basis points** above our standard earnings allowance for the first 6 months[2]

To thank you, we'll **waive up to 3 incoming wire fees**[3] per month during the promotion period and **the first 2 monthly fees for Autobooks**[4] – an accounting solution within our online banking that helps you send invoices and get paid more easily.

Ready, Set, Grow clients also enjoy these benefits at no additional cost:

- **A checking starter kit**, which includes starter checks, deposit slips, and an endorsement stamp[5]
- **Business Online Banking**, including bill pay, e-statements, and QuickBooks integration

And don't forget to ask about our limited-time **Merchant Services Promotion**[6] **and Premium Smart Capital Loan Offer**[7]!

See important details below.

1. Offer valid for new 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. Offer valid for new Commercial Analysis Checking only. Account must be opened during the promotion period with new money only. Commercial Analysis Checking: $200 minimum opening deposit. $18 monthly maintenance charge and activity fees apply, which may be fully or partially offset by earnings allowance. The earnings allowance rate consists of 3 tiers and is determined by the bank. Balances maintained in the account will determine the tier used to calculate allowance. Ask a Relationship Banker for details.
3. Offer valid for clients opening new Advanced Business Checking Account or Commercial Analysis Checking during the promotion period. The fee will be charged, then credited back to the account in which the wire(s) are received. We will waive up to 3 incoming wire fees per month, up to a maximum of $180 for six months, with the promotion period ending October 31, 2022.
4. To use the Autobooks service, enrollment in Cathay Bank's Business Online Banking is required. Autobooks monthly fee of $9.99 (waived for the first two months of service). Transaction processing fees and other fees may be charged by Autobooks. Ask a Relationship Banker for details.
5. Deluxe Corporation will charge shipping and tax.
6. Cathay Merchant Services is offered and managed through Elavon, Inc. All applications are subject to approval by Elavon. Elavon is a registered trademark in the United States and/or other countries. All rights reserved. Offer subject to change without notice.
7. Terms and conditions apply. Loans subject to credit approval. Opening a deposit account does not guarantee credit approval. Ask a commercial loan officer for details.

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

MEMBER FDIC EQUAL HOUSING LENDER MKTB006E-05/22

cathaybank.com | 800-922-8429

Follow us WeChat ID: cathaybankus

GREENHAVEN ESTATES
Assisted Living & Memory Care

Enriching the Lives of Seniors in the Pocket Area for 30 Years!

- **Assisted Living Rates Starting at $3040**
- **Memory Care Rates Starting at $3115**
- **Assisted Living With Personalized Care**
- **Dedicated Memory Care Neighborhood**
- **Chef Prepared Cuisine**
- **Life Enrichment Program & Daily Activities**
- **Active and Engaging Lifestyle**
- **One Bedroom Residences, 600 sq. feet**
- **Two Bedroom Residences, 900 sq. feet**
- **Memory Care, Private and Shared**

Walk Through Tours Available! Make Your Appointment Today!

For more information and our Response to COVID-19, Please visit our website at www.greenhavenassistedliving.com and Facebook at Facebook.com/GreenhavenALMC/

(916) 427-8887

7548 Greenhaven Dr. Sacramento CA 95831

greenhavenassistedliving.com

Lic# 347005239

Community Briefs

May 2022 Programs at Fairytale Town

Dinosaur Day: Sunday, May 15
10 AM - 2 PM
Weather Permitting

RAWR! Join Fairytale Town in celebrating Dinosaur Day. Step back to prehistoric times to explore and learn all about dinosaurs through interactive hands on activities. Play themed games and enjoy a craft activity from 10 AM – 2 PM.

Weekend admission is $8 for adults and children ages 2 and older. Members and children ages 1 and under are free.

For more information, visit fairytaletown.org or call (916) 808-8884.

Fairytale Town Troupers Present: Fairytale Town's Got Talent 3
Saturday, May 21 - 22 & May 28 - 29
Showtimes: 11:30 AM & 12:30 PM
Weather Permitting

See talented young performers from the Sacramento area perform LIVE on our Mother Goose Stage in this fast and funny entertainment experiment. Enjoy singing, dancing, comedy, and more! There will be 2 performances per day. Showtimes are 11:30 AM & 12:30 PM on May 21, 22, 28, & 29.

For more information, visit fairytaletown.org or call (916) 808-5474.

Scout Night: Fur, Feathers, and Ferns
Wednesday, May 25
5 PM - 7:30 PM

Calling all Bear Cub Scouts! Join us for an evening of fun and earn your Fur, Feathers and Ferns Adventure Loop. This two and a half hour workshop will fulfill all badge requirements and include a snack break.

In this adventure, Bears will explore the outdoor world of mammals, birds, plants, and more! They will understand that every living thing has a home—often very close by. Scouts will also discover that almost every living things shares their neighborhood with another living thing. Protecting those homes, called habitats, is up to everyone, and Bears can help!

Scouts will receive a certificate and their Belt Loop at the conclusion of the event.

For more information, visit fairytaletown.org or call (916) 808-8884.

Library Updates

ADULT 101: LIFE SKILLS FOR TEENS & YOUNG ADULTS WORKSHOP SERIES

Sacramento Public Library is offering a 6-week workshop series focusing on core skills that support the transition from youth to adulthood. Participants will learn skills related to sustainable employment and the overall development of a person as they enter a new season of life. We will be discussing 6 different topics over the 6-week period, with one virtual and one in person session each week available for teens and young adults ages 16-24.

Week 1: Healthy Living with the Health Education Council

Learn about food advertising and how it impacts choices and shopping on a budget. Receive a hands-on food demo to make a quick, cheap and good tasting healthy meals and get a bonus 30-minute basic yoga tutorial.

Each participant will receive an insulated grocery shopping bag and a yoga mat.

Tuesday, June 14, from 3-5 p.m. Register here(Opens in a new window).

Continued on page 11

Continued from page 10

Location: Zoom

Thursday, June 16, from 3-5 p.m. Register here(Opens in a new window).

Location: Arcade Library(Opens in a new window)

Week 2: Money Savvy with SAFE Credit Union

Understand the basics of budgeting, opening and maintaining a checking account, as well as overall financial health and the impacts that debt can have long term.

Each participant will receive an envelope budgeting system.

Tuesday, June 21, from 3-4:30 p.m. Register here(Opens in a new window).

Location: Zoom

Thursday, June 23, from 3-4:30 p.m. Register here(Opens in a new window).

Location: South Natomas Library(Opens in a new window)

Week 3: Job Readiness with SETA/Sacramento Works for Youth

Go over the process of seeking and securing employment by marketing yourself to potential employers and begin familiarizing yourself with your skills, your personality, and your accomplishments. Digital literacy skills for job searching, resume writing, and interview preparation will also be included.

Each participant will receive a resume padfolio.

Tuesday, June 28, from 3-4:30 p.m. Register here(Opens in a new window).

Location: Zoom

Thursday, June 30, from 3-4:30 p.m. Register here(Opens in a new window).

Location: Colonial Heights Library(Opens in a new window)

Week 4: Effective Communication in a Digital World with Hacker Lab & Data Privacy with Data Detox x Youth presented by the Sacramento Public Library

Examine common digital communication methods, how to stand out, when to use each, how to be effective, and the common pitfalls of different platforms in part one of this session. Then learn about data privacy and how to navigate online platforms while keeping your information secure in part two.

Tuesday, July 5, from 3-5 p.m. Register here(Opens in a new window).

Location: Zoom

Thursday, July 7, from 3-5 p.m. Register here(Opens in a new window).

Location: Sylvan Oaks Library(Opens in a new window)

Week 5: Mental Health & Stress Management with Sacramento Youth Mental Health & NAMI Sacramento

Destigmatize mental health issues and learn about what resources are out there for you. You will be provided with hands on mindfulness and stress reduction tools and techniques.

Each participant will receive a stress reduction fidget keychain.

Tuesday, July 12, from 3-5 p.m. Register here(Opens in a new window).

Location: Zoom

Thursday, July 14, from 3-5 p.m. Register here(Opens in a new window).

Location: Belle Cooledge Library(Opens in a new window)

Week 6: Personal Organization & Time Management with Pam Posz, Professor Librarian at Sacramento City College

Become proficient in ways to keep yourself organized and on track while keeping stress levels low. You'll also learn how to organize your tools for job hunting and how to start a LinkedIn profile.

Each participant will receive a dot journal planner to be used in the session.

Tuesday, July 19, from 3-5 p.m. Register here(Opens in a new window).

Location: Zoom

Thursday, July 21, from 3-5 p.m. Register here(Opens in a new window).

Location: Valley Hi-North Laguna Library(Opens in a new window)

Participants will receive a digital badge from Badgr(Opens in a new window) upon completion of each session as well as digital certificates. The project was supported in whole or in part by the U.S. Institute of Museum and Library Services under provisions of the Library Services and Technology Act, administered in California by the State Librarian.

Virtual Children's Programming

Enjoy virtual storytimes featuring popular childrens' books and activities to grow your child's vocabulary. Follow us on Facebook(Opens in a new window) and catch our live storytimes(Opens in a new window) every Tuesday and Thursday at 10:30 a.m. www.saclibrary.org/Event/Special-Events/Virtual-Programs

Play and Rhyme

Join librarians on Facebook every Thursday at 10:30 a.m., starting July 8, for Virtual Play and Rhyme! This program unites playful elements of storytime with play activities and prompts that encourage families to move, bond, learn, and play. Join us for this wonderful opportunity to bring developmentally appropriate early learning ideas home. https://www.saclibrary.org/Event/Special-Events/Virtual-Programs

Dial-A-Story

Call to hear children's stories read in English and Spanish. Stories are available 24/7 and change every few days. Call (916) 441-1234 or (866) 241-7490. https://www.saclibrary.org/Event/Special-Events/Virtual-Programs

Mary Hocking Hairstyles
New Client Special
$10 OFF first visit
Land Park Salon
5878 S. Land Park Drive
(South Hills Shopping Center)
Call for Appts: 530 906-8566
COLOR – PERM TECHNIQUES - CUTS
Celebrating 40 years in business! McClatchy Graduate



FD360
GEORGE L. KLUMPP
CHAPEL OF FLOWERS
Serving Sacramento & Land Park for 100 years



Erica Tescher
etescher@cfcssacramento.org
916 840-2144
Pre-Planning Specialist

916 443-7917 Call TODAY!
Advanced Planning & Immediate Need:
- Individual or Group Presentations
- Remote and In-Person Appointments Available
- Ask about our Lunch & Learn Pre-Planning Classes

2691 Riverside Boulevard, Sacramento 95818
www.klumppsfuneralhome.com



Brian Noble
bnoble@cfcssacramento.org
916 443-7917
Funeral Home Manager

East Sacramento teen bobsledder breaks 21-year-old record

The Christian Brothers High freshman sets goal to make U.S. Olympic team

By LANCE ARMSTRONG and MONICA STARK

Not yet old enough to drive a car, 14-year-old East Sacramento resident Emily Bradley is the fastest youth bobsledder in the nation.

Bradley became interested in the sport of bobsled while watching televised bobsledding competitions of this year's Winter Olympics, which was held in Beijing.

She witnessed women making history in the monobob event, which was being featured for the first time in the Olympics. The U.S. women's team took gold and silver.

A monobob is an individual version of a bobsled that has resulted in more female participation in the sport.

Bobsledding is not a typical sport for young girls, especially in California. But Emily has a unique link to the sport.

Her father, Mike Bradley, raced for the U.S. bobsled team until 2010. He began participating in the sport at 12 years old, and he raced in the United States, Canada, Austria and Germany.

While living and training at Lake Placid, New York, upon a prestigious invitation, Mike made the U.S. national team in about 2000 and competed in the 2006 and 2010 Winter Olympic team trials.

Mike told the East Sacramento News last week that although Emily grew up around bobsledding, she never expressed any interest in participating in the sport until this year.

"After she watched the games, she said, 'Dad, I think this is something I want to do,'" he said. "I took it as her being serious, (but) I wanted to wait and see. You know, like is this really going to develop into an interest or is she just interested right now, because she's watching the Olympics?



Photos courtesy of Mike Bradley

Fourteen-year-old East Sacramento resident Emily Bradley broke a 21-year-old bobsledding record at Lake Placid, New York last month.

"And then a week later, she said, 'So, Dad, I really want to try this. How do I get into it?'"

After obtaining that confirmation that Emily was serious about wanting to try bobsledding, Mike made some calls and wrote email messages to old friends who were still involved in the sport.

Mike was told that a development camp would begin at Lake Placid in two weeks.

"Lake Placid is where I learned everything I know about bobsled and (it) was like a second home to me as a teenager," he said. "We booked our flights and the next thing we knew, we were setting her up to drive on the most difficult track in the world."

Emily started from the middle point of the track where her speeds would be lower and more manageable. This allows the drivers to learn the track little by little and work their way up to the ultimate goal of beginning from the top of the track.

Driving from the top of Lake Placid's track is no easy task. It typically takes weeks, even months, of endless runs from lower starting points to develop the skill and confidence to successfully pilot a bobsled at 70 mph down from the top of the track.

However, Emily was a natural at driving bobsleds and in just five days of training, and having only 15 runs under her belt, she became the youngest person to ever drive a bobsled from the top of Lake Placid's bobsled track, on March 15. The previous record was set 21 years ago by a 15-year-old boy.

Emily has broken barriers in the sport of bobsled with this accomplishment. She plans to continue training and racing with hopes of reaching the Youth Olympic Games in Korea in 2024.

In an interview with this publication last week, Emily recalled her record-breaking run at Lake Placid.

"It was really exciting," she said. "I mean, honestly, going out there though, I didn't really think about breaking any records. I was just focused on working my way up the track at my own pace. And then when I drove off of the top for the first time, I didn't even know I was going to break a record until I got to the bottom."

Upon completing her run, Emily heard an announcement over a loudspeaker that she had become the youngest bobsledding pilot to drive successfully to the bottom of the track.

Emily is well known among her family and friends as a youth who enjoys athletic challenges and a bit of thrill seeking. And

See Bobsled on Page 12

WHY PAY A HIGHER MORTGAGE
WHEN YOU DON'T HAVE TO?
COME HOME TO THE EXPERTS
PUT MORE MONEY INTO YOUR HOUSE,
NOT YOUR HOUSE PAYMENT.
More Lenders = More Competition = Lower Rates and Fees / Multiple options to lower payments / Lower Payments = More Money in your Pocket!
916.476.6507 info@greenhavencap.com
Kevin Oto, President/Broker, DRE Lic# 01721444, NMLS ID: 62641
Kyle Garman, Sr. Loan Consultant, DRE Lic# 01886785, NMLS ID: 354318
Bryan Tom, Loan Consultant, DRE Lic# 01960546, NMLS ID:1234757
Nancy Chen, Loan Consultant, DRE Lic# 02080773, NMLS ID:1666222
Laura Corbett, Loan Consultant, DRE Lic# 01758984, NMLS ID:1180623
Hilda Sousa, Loan Consultant, DRE Lic# 01873794, NMLS ID: 1439315
GREEN HAVEN CAPITAL INC
CA DRE #01842493, NMLS ID: 173062. Equal housing opportunity lender. We do not conduct business in states where we are not licensed. Interest rates are subject to change.

Bobsled:

Continued from page 12

bobsledding offers its fair share of adventures for thrill seekers.

The sheer speed of Emily's bobsledding experiences is something that she said she thoroughly enjoys.

"It's around 70, 80 miles per hour," she said. "I am (a thrill seeker), yes. I mean, the speed, although it's really scary, I love it and it feels like you're flying when you're going through the curves, and it's really fun."

She added that a bobsled is "like a roller coaster you get to drive."

Emily mentioned that while she has the support of her friends, they also marvel at her involvement in this sport.

"Most of my friends think I'm crazy for doing it, for how fast we're going and for how little protection it is," she said. "But all my friends think it's awesome, and they're really supportive of me."

Emily's mother, Yolanda, shared the same sentiment.

"I'm a little bit nervous, because of how fast she's going," she said. "You know, there's little protection. So, as a mom, I feel a little overwhelmed and nervous. But I'm so excited for her and she seems to have a lot of fun, and my husband has a lot of knowledge into this sport.

"So, I think it will be a good time and I just can't wait for her to race this winter and then we're crossing our fingers that she'll make it to the Youth Olympics."

In speaking about the dangers involved with bobsledding, as well as her drive to succeed in this sport, Emily noted that it is important to have a very focused, mental approach to participating in this sport.

"I just try to stay out of my own head, because, really, that's what will sabotage you," she said. "And I really just try and stay calm and stay focused and visualize the track. And as I'm going through it, I'm just talking to myself, (saying), 'OK, here comes curve one, here's two (and so forth).'"

Approaching bobsledding as a serious endeavor, Emily mentioned that she is already planning her training toward making the Youth Olympic Games, which showcases top athletes, ages 15 to 18 years old.

"Now I want to train really hard to get my speed and strength top tier, so that I can go to the Youth Olympic Games in 2024, and then going from there, probably go to the Olympic Games," she said.

Aiding Emily's athleticism as a bobsledder is her longtime involvement as a softball player.

Emily has been playing that sport for the past eight years and she is a catcher on the Christian Brothers High School junior varsity girls' softball team. She is currently a freshman at that school.

In her drive to further excel as a bobsledder, Emily noted that she is fortunate to have a father who is also her coach.

"He's a big influence, and honestly, he's probably my biggest inspiration," she said. "I mean, I've grown up around seeing his medals and hearing all his stories, and (now) getting to learn from him at the (Lake Placid) track. And everybody at the track knew him personally from when he was there and raced there."

Emily emphasized that her motivation to reach high levels as a bobsledder is continuously on the rise.

"I'm excited to train really hard and go into the next season and go into Olympic gear, and I want to move forward with this sport," she said.



Photos courtesy of Mike Bradley

A bobsled driven by Emily Bradley, a freshman at Christian Brothers High School, is shown leaving the starting point of Lake Placid's bobsled track.



Photo courtesy of Mike Bradley

Emily Bradley and her father and coach, Mike Bradley, study the bobsled track at Lake Placid.

Make A Difference
BECOME A MENTOR

California MENTOR
Family Home Agency

California MENTOR is seeking loving individuals just like you to support adults with special needs.

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

CALL HEATHER DAWSON
916-383-9785 ext. 11

MentorsWanted.com



Absolutely stunning Del Dayo home featuring a formal living room and family room, 4 spacious bedrooms and 2.5 baths. The family room has a fireplace and access to the backyard. The kitchen is updated with granite counters, beautiful wood cabinets, tons of storage, a breakfast nook, a bar for casual dining and a wet bar for entertaining. The formal dining room is right off the kitchen and is ideal for holidays. The primary suite is light and bright and has access to the backyard, a large walk in closet and a spa-like bath. This home has an inside laundry room with cabinets which is adjacent to the coveted half-bath. The backyard has mature trees, low maintenance synthetic turf, a charming covered patio and a sparkling pool; perfect for summer parties. Located on a quiet street and walking distance to Jesuit and Rio Americano High Schools and the American River Parkway, this is the ideal place to call home.

Wendi REINL

EMILY WELCH REALTOR



COLDWELL BANKER

WENDI REINL Realtor®
CAL BRE 01314052
(916) 206-8709
Wendi@WendiReinl.com
www.WendiReinl.com

EMILY WELCH Realtor®
CAL BRE 02145901
(916) 639-2686
Emily@EmilyWelchRealtor.com
www.EmilyWelchRealtor.com

Gold Rush:

Continued from page 4

fall of 1921.

An article in The Union's Nov. 22, 1921 edition notes: "When the heralded Days of '49 celebration is staged here next year, Sacramento wants to be spick and span in every regard, so as to create a favorable impression on visitors. Citv streets should be clear of thrown away papers, bits of refuse, discarded flowers and remnants of 'smokes.'

"But keeping the pavements, gutters, sidewalks, parks, alleys, entrance ways and vacant lots clean is much more than a week's or even a month's effort."

Being that the Days of '49 was a celebration that was well planned, it was not by chance that this event received much publicity throughout the state.

Newspapers throughout California carried articles promoting the festival.

The San Pedro News Pilot, in its Dec. 23, 1921 edition, mentions that the "stirring days of the Gold Rush (would) be revived with picturesque and adventurous incidents of the period depicted in pageant and panamora (sic)" and "California's capital (would) be turned back in its entirety to the days of the gold seekers."

In its April 28, 1922 edition, the News Leader, of San Mateo, notes: "Streetcars and automobiles will give way to ox teams, prairie schooners, stagecoaches and burros as means of transportation over the principal business streets.

"Surrounding Sutter('s) Fort, most famous of '49 landmarks, will be clusters of Indian villages inhabited by real Indians."

The success of the event was evident from its opening day, as more than 50,000 people arrived to enjoy that day's festivities.

This day began with a morning reenactment of the August 1839 landing of Capt. John A. Sutter on the American River.

The reenactment was held on the Sacramento River at the foot of R Street, and Sutter was portrayed by Hobart Bosworth.

Following this attraction, Bosworth, while still portraying Sutter, was escorted to Sutter's Fort at the head of a large parade, which also included floats, bands and Native Americans portraying American Indians of that time.

A 13-gun salute greeted the procession, which was also met by many spectators who had gathered together at the L Street entrance of the fort.

Another opening-day attraction was the Whisker Palace where Hans N. Langseth displayed what was recognized as the "longest beard in the world."

Whisker Palace was one of the many structures of Mining Town. Also included were reconstructions of famous gambling halls of the 49er era, a manmade mountain, and rock drilling contests.

Additionally, a shooting exhibition by Capt. A. H. Hardy was held at the fairgrounds at Stockton Boulevard and present-day Broadway.

Given that real-life, California pioneers were still living at the time that the Days of '49 was held, on May 24, 1922, the event's committee presented a '49 dinner for those who came to California prior to 1860.

On May 27, 1922, the Days of '49 extended to Coloma, where the gold that led to the Gold Rush was discovered by James W. Marshall on July 24, 1848.

Among the attractions of May 28, 1922 was the "Parade of Beards."

Every day of the celebration featured a parade, and on Friday, May 26, 1922, a parade made its way along J and K streets and out to Sutter's Fort.

Admission to the festival was 50 cents per ticket. However, blocks of four tickets could be purchased through participating chambers of commerce for $1.

Well more than 100,000 people attended Days of '49.

In summarizing this festival in its May 29, 1922 edition, The Bee noted: "Sacramento in that spectacle proved conclusively that she had staged her celebration as a success of which she can well be proud."

Ukraine Relief Concert to be held May 15 at Pioneer Church

Ukraine Relief Concert to be held May 15 at Pioneer Church

A Ukraine Relief Concert will feature a variety of vocal and instrumental musicians to benefit several local and international relief organizations, Sunday, May 15 at 7 p.m.

Pioneer Congregational Church is sponsoring a concert that will present various music styles featuring some of the best young and seasoned musicians in the area: the women's choir, Chanteuses; Hornet Horns Brass Quartet, Sacramento State University; St. Francis High School Chamber Singers; Lorna Peters, harpsichord; Duncan McElman, jazz saxophone; Igor Veligan, violinist, and Natsuki Fukasawa, pianist; Ryan Enright, St. Johns Lutheran organist.

According to Rev. William Pifer-Foote. "It is critical for our community to support the Ukrainian people. The mounting refugee crisis is having an impact around the world and especially within the Ukrainian community here. Our church and these volunteer musicians are thrilled to be able to help. This is a perfect way to contribute and enjoy beautiful music. Our concert was conceived and is being produced by Jack Miller, our Pioneer organist."

The all-volunteer concert will benefit local relief through Spring of Life Church and House of Bread; international relief through UCC Ukrainian Relief Fund and World Central Kitchen. A suggested $20 donation can be made at the





YOUR HOME IMPROVEMENT GUIDE

Call a sales representative today for great advertising rates: 916.429.9901

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

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



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

Spring Yard Clean-up Specials!

- **HAULING & YARD CLEAN-UP**
- **RAIN GUTTER CLEANING**
- **CONCRETE REMOVAL**
- **HEDGE TRIMMING /SHRUB REMOVAL**
- **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 20 YRS*

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

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Co2 & Smoke Alarms - Light Bulb Replacement - Door Bells
Grab Bar Instalations - Security Doors - Sprinkler Repair & New Valves
Carpentry Electrical - Plumbing - 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**

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

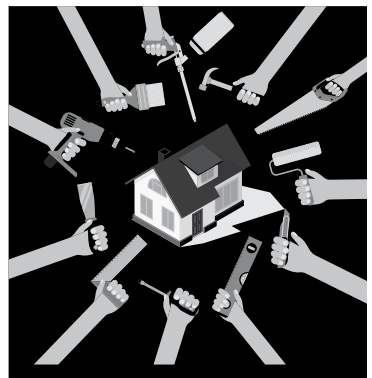
FREE Estimates!

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

McClatchy '67

CSL #734323

(916) 725-8781



YOUR SERVICES ARE NEEDED!

4 papers, 1 low price!

(916) 429-9901
and reserve your space in this section, today!



Advertise

your company ONLINE, today!
Call 916-429-9901 for more information.





YOUR HOME IMPROVEMENT GUIDE

Call a sales representative today for great advertising rates: 916.429.9901

PEST SERVICES



Creature Catchers Wildlife Management

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

Humane and non-toxic solutions for both animals & man

Live Trapping • Humane Removal • Dead Animal Location/Removal
Exclusion Work • Repair
Bats • Snakes • Rats/Mice • Squirrels • Raccoon • Skunk • Opossum • Birds

CreatureCatchers.org | 530-885-PEST(7378)

California State Trapping License #7781 - Insured by Markel

PEST/TERMITE SERVICES

DEFENDER TERMITE & PEST MANAGEMENT
WINNING THE WAR ON PESTS!®

Protect Your Investment

Initial Start-Up ~~$159~~

NOW ONLY *$49

We Defend Against: Ants, Spiders, Earwigs, Wasps, Rats/Mice, Cockroaches and More!

(916) 389-BUGS (2847) • www.defenderpest.com

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

Please **RECYCLE** this paper. Thank You

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

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

Advertise

your company ONLINE, today!

Call 916-429-9901 for more information.



CLASSIFIED ADS

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER

38 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 a.k.a. "Mama Bear" (916) 640-3820.
www.taxirene.info • taxireneinfo@gmail.com

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES

Put our 38 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 a.k.a. "Mama Bear" (916) 640-3820.
www.taxirene.info
taxireneinfo@gmail.com

HANDYMAN

CLEAN-UP SPECIALS!

SPRING 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**



Sell your car in the classifieds!

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

TAX PREPARER

#1 CONCIERGE TAX PREPARER

38 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 a.k.a. "Mama Bear" (916) 640-3820 CA. Same low 1990 rates.
www.taxirene.info
taxireneinfo@gmail.com

Call a sales representative today for great advertising rates: 916.429.9901

Elk 6's Vic Cima is working for a healthier self and neighbors

By Stephen B. Clazie
Special to the Pocket News

Victor "Vic" Cima is an interesting local Sacramento native, born during World War II when everyone had "Victory Gardens." Today, this supposedly retired senior living in the Greenhaven/Pocket area is busy working to establish a farmer's market. It could easily be called "Vic's Family Market" located at Sacramento's Elks Lodge every Saturday morning starting May 7 from 8 a.m. to noon.

Vic is sincerely interested in the health of his neighbors, and that starts with eating healthy foods. He has researched his newfound interest and knows that the average consumer finds lower prices and higher quality of produce at a Farmer's Market. Vic also stresses that farmers' market tend to be extremely competitive, and "This is a good thing for everyone's family!" Vic also points out, "The food you get from a farmer's market is also fresher!"

Vic first became interested in a farmers' market in the spring of 1965 when he married his wife Melanie. They packed all of their belongings in a trailer and drove to Utah, where Vic and Melaine went to college. Vic claims he wanted to be the quarterback, but back then they did not have quarterbacks that weighed over two-hundred pounds. He had been a tackle at Christian Brother's High School and Sacramento City College. The University of Utah gave him a full-ride scholarship to play tackle. He still weighs over two-hundred pounds, but now that former star athlete gets his exercise in Elk 6's water aerobics classes every Monday morning and Wednesday afternoon. Vic, however, is now tackling the final details and being the quarterback in charge of the Elk 6's Farmers' Market opening Saturday, May 7th.

Vic is telling his fellow Elks, "Attending a farmer's market is a great chance to ask questions about how a certain vegetable was grown, or the best way to prepare the ever-mysterious fruit or vegetable you see before you." He goes on to note, "Fresh vegetables and fruits delivered into your eager hands always outshine the out-of-season varieties that are picked well before they're ready and shipped from warmer climates." Vic gets excited and wants to tell everyone, "At the grocery store, the goods might have been on the shelves for a day or two, in storage before that, on the road before that, in a warehouse before that." Vic has the full support of the City of Sacramento and embraces the "farm to fork" idea of "... seasonal eating with its host of nutritional benefits."

Most market farmers get up before the sun on market day to harvest, which is why the produce seems "extra fresh." People will easily be able to see Vic at the Elk 6's Farmer Market at 6446 Riverside Blvd. at the end of Florin Road. Any Elk member including Vic will be glad to give anyone attending the Farmers' Market a tour of the Lodge and which includes pickleball, handball courts and an indoor swimming pool. They will also show off their new RV storage area exclusively for Elk members, and the Lodge has an active RV club with over 30 "rigs" that will be using this paved facility. Many of the RV club members also belong to the Lodge's golf club and enjoy playing different courses on their camping trips.

The Lodge is excited that the Farmer's Market will be a great success because the previous year Vic demonstrated his leadership ability in establishing pickleball at the Lodge. His efforts earned him being named the 2021 Elk of the Year.

Vic, and the other members of Future Direction Committee, like Pamela McKinnon, Glen Smith, James Von Bergen, Ray Nielsen, George Pfiefer, Ron Domingos, Carol Armstrong, Vera Lambert, Jan Wilson, and Barbara Cherry have been working very hard on this Farmers' Market and RV storage. The committee has also had help from a lot of other Elks, and community members. Vic, on behalf of the committee, said they all really appreciated the help they received from the very beginning from City Councilman Rick Jennings and his Chief-of-Staff Dennis Rogers and their success in providing funding to cover the cost of the start-up of the Farmers Market.



Photo by Stephen B. Clazie
Vic Cima, a former football scholarship player at the University of Utah, is now the quarterback in-charge of the Elk 6's Farmers' Market.





First Church of the Nazarene to celebrate centennial

By LANCE ARMSTRONG

First Church of the Nazarene, one of the capital city's longtime operating places of worship, will celebrate its 100th anniversary on Saturday and Sunday, May 14 and 15.

This church has been located on the same city block, at 1820 28th St. since its founding in 1922.

Saturday's attractions of this free event, which is open to the entire community from 1 to 4 p.m., will include an arts and crafts sale, car show, jump house for kids, live, gospel music by Kyle Rowland's band, and a church open house. As part of the open house, the nursery, kids' connection area and youth room will be open, and the public will have opportunities to meet the leaders of those areas.

The church's clothes closet and the clothes closet of the River City Food Bank will also be present on Saturday to receive donations.

A free, continental breakfast will be served on Sunday from 9:30 to 10:30 a.m., followed by a worship service from 10:30 a.m. to noon.

In a nod to the church's history, when dinners were traditionally served on the grounds to members and guests, a "dinner on the grounds" will be offered free-of-charge to all members and guests, from noon to 2 p.m., when the event will conclude.

Marcia Hull, the church's senior pastor, invited the community to join in this 100th anniversary celebration.

"It's my heart's desire that we would be a spiritual connection to the community where the church has been planted for 100 years," she said. "So, we invite you to see what we're about. We want to get to know you. We would love for you to get to know us, so that we can walk through this life helping each other."



Photo courtesy of the First Church of the Nazarene

The First Church of the Nazarene, pictured earlier this year at night, will be the site of its centennial celebration, on Saturday and Sunday, May 14 and 15.

A century of memories

While things have changed, much has remained the same for the First Church of the Nazarene, which was organized in Sacramento on May 20, 1922, by the Rev. Edward E. Mieras through the leadership of Dr. Charles A. Gibson, superintendent of the Northern California District of the Church of the Nazarene.

In addition to remaining at the same site throughout its existence, this church, Hull noted, has maintained its original directives.

"They started on this same corner 100 years ago," she said. "The building has changed, but the message and the purpose for our meeting has not changed," she said. "The message is God loves all people, and all people are welcome here. And (also), our simple gospel message is 'good news' that Jesus came to die for all."

An announcement of the work to permanently establish this church in Sacramento was published in the Friday, Dec. 2, 1921 edition of The Sacramento Bee.

An article in that edition notes: "(The) Rev. Edward E. Mieras has been named to officiate at services of the Church of the Nazarene, which are to be held on the second floor of Pythian Castle, Ninth and I streets.

"The opening services are to be held Sunday at 2:30 and 7:30 o'clock. An effort to establish a permanent society here will be made."

In a historic photograph of the original church building, a large sign on that structure includes the words, "Gospel Tabernacle Church of the Nazarene."

Hull, who has studied many of the church's archives, mentioned that the early years of the church included its presentation of "tent meetings."

"They would erect big tents with no walls and have church, and the community would just flock to hear evangelists and special speakers," she said. "And (the tent meetings) would last for a week at a time. They were open-air kind of tent meetings with a Billy Graham kind of feel. This was in the very early stages when the church first started in the 1920s, and (continuing into) the 1930s and the 1940s and the 1950s. They had many tent meetings."

Hull also described the first church building of Sacramento's First Church of the Nazarene.

"That was (built at 28th and S streets) in 1922," she said. "It was a

See Church on Page 19

Enjoy Life at
Pioneer Tower
A 55+ Community



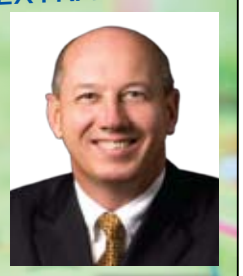
Come tour our newly remodeled, downtown facility featuring:
Spacious 1-bedroom apartments with complete kitchens, new appliances, walk-in showers, large closets, balconies, lovely views

We pay utilities, offer free transportation to shopping, medical appointments, and fun excursions to local area points of interest

- Active residents association with a variety of social activities
- On-site Service Coordinator
- 24-hour maintenance, compassionte, caring staff
- Small pets welcome
- Rental Assistance Programs for income-qualified applicants

We Pay Utilities!
Active Senior Living Retirement Community
515 P St., Sacramento
(916) 442-2907
www.rhf.org EOE

LIVING and SELLING
South Land Park
GOING THE EXTRA MILE
SINCE 1999



Chip O'Neill
Broker Associate
Coldwell Banker
Residential Brokerage
CalDRE #01265774
916.807.0158
chip.oneill@cbnorcal.com
www.chiponeill.com

Sacramento
COLDWELL BANKER RESIDENTIAL BROKERAGE
Owned by a subsidiary of NRT LLC

Church:

Continued from page 18

clapboard, wooden structure with a sawdust floor," she said.

A brief history of the church mentions that the congregation bought a white bungalow to the north of their wooden building in the spring of 1923. That structure, which faced 28th Street, was later enlarged.

Meiras, along with his assistant pastor, Nellie Hallett, established five churches and an extension Sunday School while leading the Sacramento congregation until June 1927.

With his desire to have a larger congregation on Sundays, Meiras conducted street and park meetings in downtown Sacramento.

The Rev. I.W. Young became the church's second pastor in 1927, and served in that role until the spring of 1932 when he departed to Oklahoma. At that time, the Church of the Nazarene had more than 100,000 members throughout the world.

During his last year in Sacramento, Young oversaw the construction of the 28th and S streets, brick church building and its basement.

The 1940s was an important decade for the church, as its highlights included the installation of permanent lighting and its first telephone, and the changing of the church's name from "Church of the Nazarene" to "First Church of the Nazarene."

On Jan. 14, 1945, a celebration was held for the symbolic burning of the church's mortgage.

Various additions and upgrades to the 1931 church building have been made at different times in the church's history.

Another highlight of the church was its Sunday evening radio broadcasts on Sacramento radio station, KFBK, 1530 AM.

The original sanctuary is currently used as the church's fellowship hall. A new sanctuary was dedicated on Oct. 19, 1969.

The church celebrated its 50th anniversary on May 22, 1972 under the direction of its senior pastor, the Rev. Arnold E. Woodcock.

A 1972 advertisement for the church refers to its location as the place "where Sacramento's freeways converge."



Photos courtesy of the First Church of the Nazarene

This vintage photograph shows participants of the church's Sunday evening radio broadcast on Sacramento radio station, KFBK, 1530 AM.



Photos courtesy of the First Church of the Nazarene

Early members of the church are pictured at the dedication of the brick church building – now the fellowship hall – in 1931.

The church celebrated its 60th anniversary on Oct. 16, 1983, with a Rally Day, which included a church-sponsored dinner and members dressed in old-fashioned attire.

The 75th anniversary was celebrated in 1997 under the direction of the Rev. Trueman Leslie "Les" Shelton (1940-2018).

Shelton, who spent 28 years as the church's senior pastor, was the longest serving senior pastor in the church's history.

Due to his health issues, Shelton was replaced by Hull in July 2018.

Hull, who had formerly served as the associate pastor, became the interim senior pastor, and she had the "interim" portion of that title removed on Jan. 20, 2019. She is the church's 16th pastor and the only female lead pastor in that institution's history.

Among the members of the church who are looking forward to attending the centennial celebration on May 14 and 15 is Alice (Benham) Stringer who joined the congregation in 1990.

In thinking back on this institution's 100 years of history, Stringer shared her thoughts on that milestone.

"Love, outreach, (and) lots of fellowship, lots of people getting together and connecting with each other," she said.

Stringer, who is the church's main pianist, noted that the church no longer focuses on hymns, and instead mostly plays contemporary music featuring a variety of instruments.

A lifelong member of Church of the Nazarene churches, Stringer fondly recalled her favorite memory associated with Sacramento's First Church of the Nazarene.

"Before I started going there, I got married there (to Leroy Stringer)," she said. "So, that was pretty important to me. The new one had just been completed and we got married in the new church (on July 31, 1971)."

Stringer also noted that the church has a long history of helping homeless people in the capital city, picking up trash around the church's neighborhood, and hosting many community events.

Those interested in attending this institution's centennial celebration can visit the First Church of the Nazarene website, www.SacFirstNaz.org or call (916) 452-6171.

CRAWFORD'S BOOKS
Family Owned Indepent Bookstore
NEW - USED - TRADE
SUPER SIDEWALK SALE





Monthly Pop-up Market
4th Saturday of every month
Local artists
behind the store
May 28th, 10 a.m. - 1 p.m.
5301 Freeport Blvd. #200, Sacramento CA 95822
NEW HOURS!
Monday - Saturday, 10am - 6pm,
Sunday, 11am - 3pm
Accepting books for trade (2 bag limit).
916-731-8001 • WWW.CRAWFORDBOOKS.NET

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



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

HOME SALE











EVERYTHING'S ON SALE!*

With So Many Choices, You Will Want To Restyle
EVERY Room In Your Home

Naturwood® HOME FURNISHINGS

12125 Folsom Blvd. Rancho Cordova

916-351-0227

Mon 10am – 8pm • Tue – Thu 10am – 6pm • Fri 10am – 8pm
Sat 10am – 6pm • Sun 11am – 6pm

"Tell 'em Brooklynn sent you!"



www.naturwood.com

Largest Selection of
PROUDLY MADE IN THE USA with U.S. & Imported Materials
Products

Sale applies to all indicated items except all "Mega Clearance", "Special Buys", and Serta iComfort. Sale price not available in conjunction with any other offer or discount. Allow time for delivery on some items. Sizes and colors are approximate. Sale ends May 15th, 2022.