August 18, 2017 | www.valcomnews.com

Pocket News

— BRINGING YOU COMMUNITY NEWS FOR 26 YEARS —



See story page 2

- Crossword Puzzle 5
- Door-to-Door 7
- Faces and Places 14
- Home Improvement Guide 18
- What's Happening 20



Barrio Café temporarily closes its doors to the public

See page 3



Robbie Waters Pocket-Greenhaven Library turns 7 years old

See page 4

GET INTO A NEW HOME WITH 1% DOWN!



GFL CAPITAL MORTGAGE

Opening Doors for Homeowners since 2007

(916) 823-3333 | gflcapital.com | 1100 Corporate Way, Suite 210 | Sacramento, CA 95831 | BRE# 01846524 | NMLS# 64367

Experience Counts!

Proudly starting my 35th year
of representing our Greenhaven/Pocket
friends and neighbors with
Professionalism and Integrity!



Nick LaPlaca
764-7500

CRS CRB THE MASTERS CLUB OUTSTANDING LIFE MEMBER BERKSHIRE HATHAWAY HomeServices | Dunnigan Properties

24 Hour Info @ www.NickLaPlaca.com

Pocket News
WWW.VALCOMNEWS.COM

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

Pocket News is published on the first and third Fridays of the month in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... John Ochoa
Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives: ..... Melissa Andrews, Linda Pohl

Copyright 2017 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXVI • No. 16

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

Cover photo by:
Lance Armstrong

Other photos:
Stephen Crowley
Courtesy



Photo by Lance Armstrong
Thong Lu, an assistant for all of the SF Supermarkets stores, and Phat Thiem, grocery manager of the chain's 65th Street store, stand in front of the former Vic's IGA site in the South Hills Shopping Center.

Asian supermarket to fill vacancy at former Vic's IGA Market site

By LANCE ARMSTRONG
lance@valcomnews.com

Shun Fat Supermarkets, an Asian retail grocery store chain, has acquired the old Vic's IGA site in the South Hills Shopping Center. And work is underway to have a store of that chain open to the public by the summer of 2018.

This latest news ends longtime speculation regarding what business could fill the vacancy left by Vic's, which closed in March 2015.

The store, which will be known by the shortened name of SF Supermarket, will become the chain's third market in Sacramento, with the others being located at 6930 65th St. #123 and 4562 Mack Road. The future store's address is 5820 South Land Park Drive.

Altogether, the chain, which was founded in Monterey Park, Calif. in 1993 by a Chinese-Vietnamese entrepreneur and seafood wholesaler named Hieu Tran, consists of nine stores in California, two stores in Las Vegas and another one in Dallas.

Work on the future store's site began on Aug. 13 behind the privacy of chain-link fences with dark green coverings.

And among those helping a cleanup crew inside the building on that day was Thong Lu, an assistant for all of the chain's stores, and Phat Thiem, grocery manager of the 65th Street store.

At the end of that first workday, Lu and Thiem met with this publication to talk about plans for the future South Land Park store.

Lu stated that SF Supermarkets acquired the old South Land Park Drive grocery store building about three months ago, and that efforts are being made to open the store in the next 10 to 12 months.

"We're all working at SF Market over there, just to help them clean up," he said. "It's not our job. We're just helping them move faster."

Lu estimates the cost of completing the remodeling of the building will be about $1 million.

"That's to clean up, some new pieces, everything new," he said. "We have to remove all the refrigerators, everything. We have to clean up everything. That will take more than a month."

Lu added that although the project still must meet the city's approval, he believes that should not be an issue.

"The next move (after the remodeling) will be to draw out the plans to the city," he said. "We'll wait for the city to approve (those plans). But still grocery, I think is easy. I think if it's not a grocery store and you change it to something else, maybe it will (be) a little bit of a problem. But with grocery store changed to grocery store, I think it's OK."

Lu mentioned that the South Land Park store, which would be smaller than the other Sacramento stores, would have about 50 employees, compared to the other stores, which have about 80 employees each.

As for actual offerings at SF Markets, Lu noted that these stores have a wide variety of food.

"We carry Asian food, everything, fresh fish, meat, vegetables, all types of Asian (food) and we also carry American groceries, too," he said. "We carry some American brands, but not much."

Lu mentioned that the best way for people to become familiar with how the future South Land Park store will look is to stop by the 65th Street and Stockton Boulevard store.

"If you have time, stop by the 65th (Street store) and you'll know what we carry for food," he said. "Yes, stop by, then you'll see. It's the same style, just more."

Barrio Café temporarily closes its doors to the public

Owners vow to open next month, following alleged 'callow behavior' of their employees

By LANCE ARMSTRONG
lance@valcomnews.com

Barrio Café, a less than 1-year-old business in the South Hills Shopping Center, shut its doors to the public on Aug. 12. But its owners, Sergio Barrios and Melissa Allen, state that the closure is both temporary and necessary due to employee behavioral issues.

Taped on a window of this bakery and coffeehouse is the message: "To our valued customers, we are forced to close for a few weeks – possibly shorter – due to the callow (or immature) behavior of our employees. We will be recruiting new personnel and training them in the next few weeks.

"We will reopen with a new, more professional crew, and with our expanded menu. Again, sorry for the inconvenience, and hope to see you soon. Melissa (and) Sergio."

Shortly after the business's temporary closure, the Pocket News visited with business employees and local residents who were surprised by the sudden closure of the café, which opened on Sept. 24, 2016.

Wendy Lee, a manicurist at the neighboring business, Royal's Nails, commented about the closure.

"They closed this morning," she said. "This morning a lot of cus-

See Barrio, page, 8



Photo by Stephen Crowley

Sergio Barrios discusses the temporary closure of Barrio Cafe, located in the South Hills Shopping Center.



Gina Borges
Pocket Area Specialist

(916) 505-4242
gina.borges@icloud.com

Lifetime Master's Club
Certified Negotiation Expert
REALTOR, CRS, GRI, CNE, CSSA
CalBRE#: 01397123

GINA BORGES Move Forward

kw KELLER WILLIAMS REALTY

MASTERS CLUB

Charming Brentwood Village Home!



5635 Milner Way - $292,000

This immaculate and well-cared for home features, wood floors, updated kitchen, newer roof, a garage and central heat and air. The dining area looks out to the large backyard. You can enjoy the covered backyard patio in the summer or winter and plant a garden in the raised planter beds with drip system.

4 Bedrooms | 1 Bathrooms | 1,134 sqft

Half-Plex in Pocket



1 Jenney Court

Good location on a cul-de-sac. With some personal touch, this home will be charming! Nearby schools include John F. Kennedy High School, Caroline Wenzel Elementary School and School of Engineering & Sciences.

Open House: Sunday 1-4 pm

3 Bedrooms | 2 Bathrooms | 1,555 sqft

Integrity & Customer Satisfaction is Our Mission

FLOORS & MORE

WOOD • LAMINATE • TILE • WINDOW COVERINGS



Summer Flooring Special

We'll Pay The Sales Tax

On Any Flooring Purchase

Hurry, Only For The Month of August!

With Coupon, one coupon per household. Cannot be combined with any other discounts or offers. Expires 8/31/17 VCN



FREE INSTALLATION

ON HUNTER DOUGLAS WINDOW COVERINGS

Hurry, Limited Time Offer!

With Coupon, one coupon per household. Cannot be combined with any other discounts or offers. Expires 8/31/17 VCN

OUR LARGE BUYING POWER ALLOWS US TO SELL AND INSTALL AT LOWER PRICES.

• High End Laminates • Wood • Direct from the Wholesaler
• Interior Designer on Staff, Specializing in Hunter Douglas Window Treatments

Bringing You The Best Flooring with 100's of Colors to Choose From!

330 FLORIN ROAD (AT RIVERSIDE) 916-505-1703
www.sacfloorsandmore.com • larry@sacfloorsandmore.com

FREE ESTIMATES

MON–FRI 9AM–5PM
SAT 10AM–4PM
SUN CLOSED

Robbie Waters Pocket-Greenhaven Library turns 7 years old
Incoming JFK high freshman to teach youth basic drawing skills

By MONICA STARK
editor@valcomnews.com

Evan Fukuhara may just be entering high school, but he's already giving back to the youth of today. At this year's Robbie Waters Pocket-Greenhaven Library birthday celebration from noon to 1 p.m. on Saturday, Aug. 26, Evan, a self-taught artist, will teach guests how to draw basic summer scenery pictures, beginning with basic shapes followed with details to fill in a portrait. He will provide the crayons, color pencils and lead pencils.

With a love of comics, superheroes and Disney films, Evan's interests are vast. A favorite piece of his shows the Seven Deadly Sins in human form, with for example, "Gluttony" as a heavy-set and shirtless man-eating a steak. Of course, if Disney Studios were to offer him a job, he said, he'd gladly take it. You can follow the progress of this young artist on his drawing account on Instagram, Neondanublu?

https://www.instagram.com/neondanublu/

The birthday's celebration at the library actually begins at 10 a.m. with carnival games, a story walk, Moustache Mike's Italian Ice, and an appearance with the Sacramento Police Department mascot Safe T. Bear. Organized by the Teen Advisory Board volunteers, this free event is sponsored by the Pocket-Greenhaven Friends of the Library. Current and former TAB volunteers shared with the Pocket News their love of the library and their motivations behind joining TAB.

"When my mom mentioned a Teen Advisory Board, the idea of serving on a board and with other teens reminded me a lot of student council. I have been involved with student council ever since middle school and I love it," says Haily Holston.

Haily's biggest personal goal in TAB before she graduates is to stress the importance of what she believes to be the true purpose of libraries. "Yes, libraries are namely known for their collection of books, but they are so much more than that. I want people to understand that the library is a place where people can share space and participate in constructive and interesting activities in our neighborhood. And of course to make a special connection with a book-I love reading. Especially a wonderful series and falling so deep in to that other world. My high school life is extremely busy. Unfortunately, I don't have much time to do any free reading. But when I was in elementary and even middle school I was a complete bookworm. I loved being able to travel magically without leaving my bedroom. Books really opened my mind to the different ways I would perceive the actions or words of the characters. I want people to be able to harvest a love for books and for the feeling of investing yourself so deeply in a book that you are taken to a different place completely."



Photo courtesy

JFK freshman Evan Fukuhara, a self-taught artist, will lead an art class at the 7th birthday celebration of the Robbie Waters Pocket-Greenhaven Library on Saturday, Aug. 26.

Hailing from the Bay Area, Haily says when her family moved to the Pocket neighborhood, the library was "in the works", noting that one of the reasons her mother picked their house was because they were building this library nearby. "I have little cousins and when they come and visit the really enjoy walking with me to this library."

Haily looks forward to experiencing the library's birthday celebration. "I love, love, love this library. I have spent so much time here over the years."

Longtime TAB volunteer Amy Toy initially joined years ago for something to do over the summer that would help out the community. Aging out of TAB, Toy now volunteers as a member of The Friends of the Library, and yet, she continues to help with the library's birthday celebrations each year. "I always look forward to seeing a smile and joy on the children's faces because when I was little I had a joy and a smile on my face. I also look forward to the games. Last year, one of them was Curious Gorge and I was so excited because I love that little mischievous monkey. I am a big fan of Curious George even though I am 18."

As this year's birthday celebration promises fun for the family, it also provides an opoprtunity to visit with all the volunteers who make it all possible.

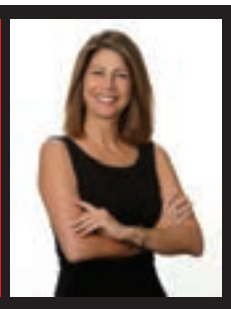
If you go:
What: Robbie Waters Pocket-Greenhaven Library 7th birthday
When: Saturday, Aug. 26 from 10 a.m. to 1 p.m., featuring art lessons from JFK freshman Evan Fukuhara at noon.
Where: The Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Drive.

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

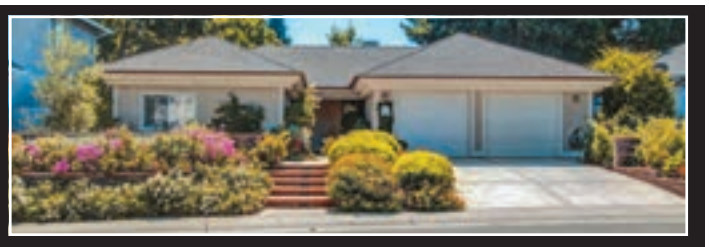


Jewelry
Rare Coins
UNWANTED BROKEN GOLD OR SILVER?
Turn It Into Cash!
We Buy and Sell Gold, Silver, Jewelry, Coins
Call for Today's Rates on Scrap Gold 916.457.2767
Hours: Mon-Fri: 11-6pm, Sat: 11-5pm, Sun: Closed
Watch Batteries $5.00+Tax Installed - per watch (Some Restrictions Apply) Expires 8/31/17 PN
5100 Freeport Blvd (corner of Arica Way & Freeport Blvd.) 916.457.2767
Ring Down-Size $15.00 Most Rings (Some Restrictions Apply) Expires 8/31/17 PN
Ring Up-Size $35.00 Most Rings. Up to 2 Sizes (Some Restrictions Apply) Expires 8/31/17 PN

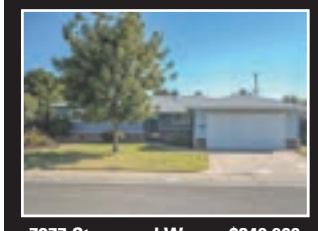
SusieSellsSac.com

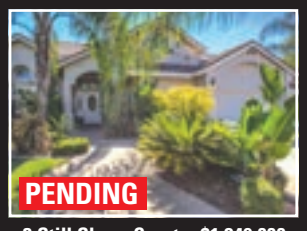


Susie Kuwabara Parker
Realtor® BRE#00833025
916-768-8494
4305 Freeport Boulevard, Sacramento 95822
Native Sacramentan
Pocket/Greenhaven
SPECIALIST
MASTERS CLUB
COOK REALTY

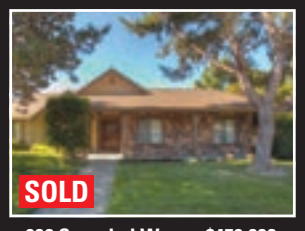


Contemporary Single Story Custom Home With Unique U-shape
3 Beds, 2 Baths & approx 2,100 sq ft
5 Bridgetender Court - $679,000

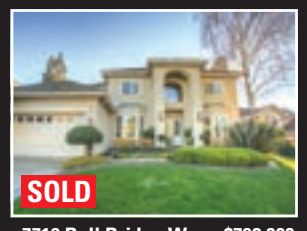

7277 Stanwood Way - $349,900



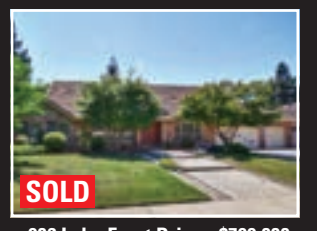
3 Still Shore Court - $1,249,000



906 Sunwind Way - $459,000

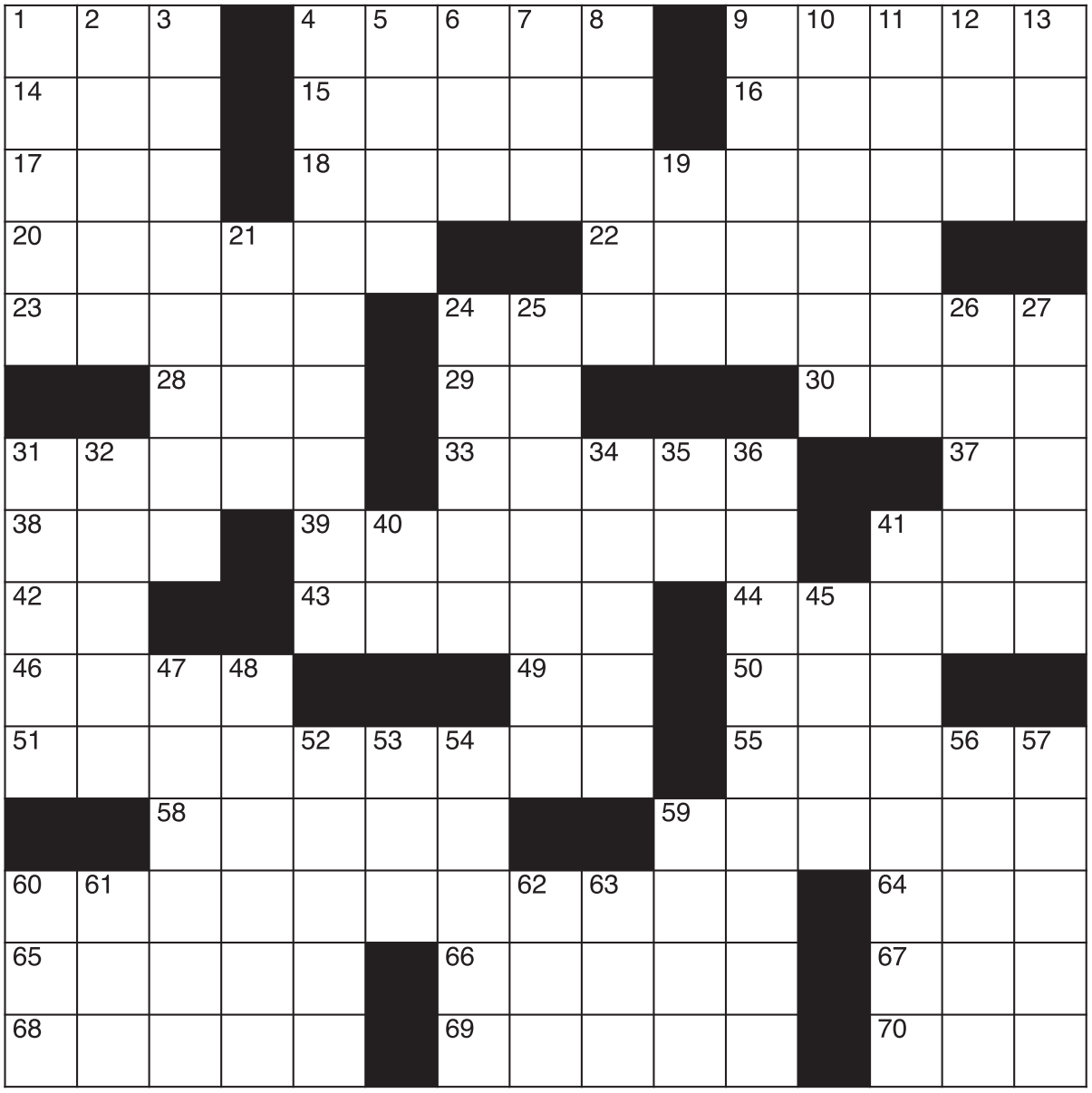


7719 Bell Bridge Way - $798,000



906 Lake Front Drive - $799,000

CROSSWORD



CLUES ACROSS
1. Defunct phone company
4. Rural area in Guinea
9. Hairstyles
14. Makes a good meal
15. Nats' CFer Adam
16. El __, painter
17. Midway between south and southeast
18. Baseball's "The Big Hurt"
20. A serialized set of programs
22. A woody climbing plant
23. Japanese metropolis
24. Whirlpool
28. Toddler
29. Integrated circuit
30. WWII British fighter Blackburn __
31. Ancient Briton tribe
33. Injurious weeds (Bib.)
37. Nonredundant
38. Turf
39. Canned fish
41. Team's best pitcher
42. Touchdown
43. Woody perennial plants
44. Rattling breaths
46. Smaller quantity
49. Of I
50. When you'll get there
51. Adventures
55. Type of chip
58. Having wings
59. Mutilated
60. Considered
64. Wrath
65 A citizen of Iran
66. American state
67. Explosive
68. One who challenges
69. ___ senilis
70. Affirmative

CLUES DOWN
1. Move rapidly in music
2. Brief are one type
3. Repeated
4. Quitter
5. Paddles
6. Broadway actress Hagen
7. Politician Paul
8. Joint
9. Ottoman military men
10. Covers for illegal operations
11. Comment
12. Office of Consumer Affairs
13. Distress signal
19. '__ death do us part
21. S. Korean boy band
24. Bishop's hat
25. Learning environment
26. Measurement
27. Equines
31. Hard plant fiber
32. Protocols
34. Stands up
35. Linear unit
36. Songs
40. One of the six noble gases
41. Cheerful readiness
45. Zoroastrian concept of holy fire
47. Having only magnitude
48. Containing salt
52. Chadic language
53. Fed
54. Beef or chicken intestine
56. Hill in Australia and London
57. "Waiting for Lefty" playwright
59. A list of available dishes
60. Have already done
61. Geological time
62. Swiss river
63. Twitch



iYa Taekwondo

Confidence
Focus
High Self-Esteem
Discipline

Join us today for a FREE introductory class. Taekwondo is more than kicks and punches. It's a way of life. A life of structure, discipline, order and obedience.

Call Today
916-382-9058
7385 Greenhaven Drive Suite1

"I'm your Seniors Real Estate Specialist, Offering Real Estate Advice tailored to Seniors and their families."



"A seasoned agent for all seasons"
John Woodall, GRI
Cal BRE License #01232653
(916) 421 5421
www.JohnWoodall.com
Free Estate Services
Real Property Valuations
LYON REAL ESTATE www.GoLyon.com
SRES where the future takes shape



Ron Nakano
Broker Associate
916-396-4430
CalBRE# 00793682
Ron.Nakano@cbnorcal.com
COLDWELL BANKER RESIDENTIAL BROKERAGE



PROBLEM with DMV?
Expert Consulting - Alternative To An Attorney
Honest, affordable help with Driver Safety issues anywhere in California. I will only take your case if I think I can help, and there is no cost for asking, so CALL ME
DMV Helper
916-206-6124



Let Me Take the Puzzle out of Home Buying and Selling!
Call Me Today for a Confidential Consultation
BERKSHIRE HATHAWAY HomeServices | Dunnigan Properties
6355 Riverside Blvd.
Ste. A
Sacramento, CA 95831
A member of the franchise system of BHH Affiliates, LLC.
Sharon Noda, GRI/SFR
Realtor® • CalBRE# 00796869
Cell: 916-370-5470
sharon.noda.realtor@gmail.com

Support for caregivers being offered through Pocket's River Edge Church

By MONICA STARK
editor@valcomnews.com

Reaching out to those who may be experiencing caregiver stress or exhaustion by providing emotional support, information, tools and resources, Harmony Support for Caregivers is a new group out of River's Edge Church that aims to uplift caregivers and the person being cared for, utilizing the strength and hope of the Christian faith.

Harmony supports caregivers serving adults, seniors, adolescents, and children with chronic illnesses, mental health diagnoses, and congenital birth defects.

Harmony has been successful in finding volunteers who have a heart for caregivers and the time and talent to make a valuable contribution. Currently, Harmony consists of a retired physical therapist, a retired grants administrator, a gerontologist with a flair for marketing and a graduate student.

Originated as a collaboration between River's Edge Church and a local non-profit in January, Harmony's original concept was to train a team of REC volunteers to provide support to the community caregivers served by the non-profit and the church. There was a loss of funding at the non-profit and REC agreed to run Harmony solely through the church.

An anonymous caregiver served by Harmony provided the following testimony: "Although Harmony Support for Caregivers is a fairly new ministry at River's Edge Church in the Pocket area, I have already had the opportunity to participate from both sides. A few months ago, I enjoyed the fellowship of helping to decorate cards of encouragement to be sent to caregivers to brighten their day. Then, this summer after having to entrust the care of a close loved one to hospice services, I have now been on the receiving end of the support. The continuing contacts, whether by mail or email or personal visits, let me know I am not alone with this burden. When life has a way of being, well, life it is comforting to have access to a group dedicated to providing an additional support system to those in trying times. When someone from the group is spending time with you to laugh and pray or offering to act as a sounding board when you need to give voice to reality, Harmony Support has been a blessing in troubled times."

Founder and ministry coordinator for the group, Beth Hieb began caring for seniors when she was in high school, volunteering at a local skilled nursing facility. Her dedication continued in the 1980s when she began studying gerontology at Sacramento State. However, the job offered after graduation was in social services with children and her desire to work with seniors did not materialize until later when she returned to college and took some gerontology post-graduate classes. UC Davis Health System Care Management hired her as a case manager to caregivers.

She says she found out quickly the needs of the caregivers were extensive including sacrificing their own careers, medical insurance coverage and reducing their own current and future financial security. "They were giving their all and many times were criticized by the other family members. Most of the caregivers became just as isolated as those they cared for and made many sacrifices to provide care. My own experience with my mom who has many chronic illnesses has given me a window into other's lives and their needs."

Hieb eventually completed a graduated degree in public health wanting to improve her program development and implementation skills not only at UCD but Del Oro Caregiver Resource Center and most recently at California Health Collaborative. With all three of these positions, she was responsible for the oversight of caregivers. For eight years at UC Davis Health System, she led a caregiver support group for working caregivers.

Through Hieb's 12 years working with caregivers, she noticed the need of those whose faith has been important to them and how many times they become disconnected from their place of worship once they become a caregiver. With the advancement of medical care, care recipients live with chronic disease longer which extends the caregiving years, so it is not unusual for a caregiver to be on their 10th year of full time care with no end in sight. "As much as the person loves their spouse, child, friend or neighbor, this caregiver may become physically, emotionally and spiritually strained beyond their capacity to cope. Harmony is focused on the whole person and assists all caregivers with emotional support, information and resources. Harmony is a faith-based ministry and will help caregivers reconnect with their place of worship, if this is their desire," she says.

Since Harmony's team members are all volunteers, financial support is the current need. "We are in need of funds for caregiver appreciation events and for respite," Hieb says. "Fundraising for caregivers does not attract the attention or interest other philanthropic causes garner. Most of the caregivers provide care for seniors but all caregivers are included. Ageism still exists and is very evident."

The volunteer leadership team includes: Beth Hieb, BA, MPH – Founder and Ministry Coordinator; Pastor Chris Gist – Pastoral Care; Sandra Puliz – Visitation Volunteer; Janette Nguyen – Administrative Support/Marketing; and, Elaine Gee – CSU – Sacramento, Graduate Student working on thesis.

In October or November, Harmony will be honoring the caregivers by an appreciation event and including a meal and a gift for each one, Hieb said.

Harmony has already had two card making nights for caregivers hosted at REC. The group has advertised requesting anyone interested in making cards of encouragement for caregivers to come to this event. Between the two events, the group has had over 40 come and make 300 cards for the caregivers. "We have used these cards to bless many community caregivers," Hieb says. "We will be hosting future card-making nights and inviting other local churches to make cards for caregivers who attend their churches. We also plan to have an interdenominational caregiver support group located in the Pocket area for those interested in how to grow their faith during their caregiving years."

If you are interested in helping the support group either financially or voluntarily by providing services, e-mail Beth Hieb at beth@recsac.org. "We are looking for new team members with the desire and time to serve caregivers. Many skills are still needed including additional administrative support, fundraisers, pediatric expertise, visitation volunteers, event planners. All volunteers are required to have a background check and be screened by ministry coordinator," she added.



Community Worship

Faith Presbyterian Church
625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • 428-3439
A community loving Christ, building disciples, serving all
Worship Sunday 9 and 11 am
• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

River's Edge Church
6449 Riverside Blvd. • 391-9845
Sunday Worship: 9:00am & 10:45am
www.recsac.org

Greenhaven Neighborhood Church
630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

St. Anthony Catholic Church
660 Florin Road • 428-5678
stanthony-sacramento.org
Sunday Masses: 8:00am, 9:30am & 11:15am (Saturday vigil, 5:00pm)
Daily Mass: 8:00am Monday-Saturday





Door to Door

with PAT LYNCH

We put a sign in our front yard. It says, "*In Our America, LOVE WINS, All People are Equal, Back Lives Matter, Immigrants and Refugees are Welcome, Disabilities are Respected, Women are In Charge of Their Bodies, People and Planet are Valued Over Profit.*" I know, it's a chatty sign, garrulous even, but that's how free speech works. You don't have to like the sign, but you have to leave it alone. It's our sign and we freely planted it in the lawn. Did we do it to provoke people? No. We did it to take a small but determined stand against the verbal bullying we're starting to see everywhere: on the news, on the street. Yes, here in sunny, serenely blue California.

Do you remember Milosevek who died in prison for war crimes? He used local media to revive ancient hatreds among Bosnians and Serbs. He ordered inflammatory commercials made. The ads reopened long dormant ethnic wounds. Influenced by the ad bombardment, friendly neighbors(people who barbequed together) became political opponents, then outright enemies. They ended up fighting and killing one another. That's how tyrants manipulate people. Remembering this, and aware of the resurgence of immigrant bashing and racial abuse in our country, we put out our sign.

Many people on 43rd Street said they liked it. So there it stood, out in the open and under the sun—a reaffirmation of humane and civic values. But early one morning a woman walking her dogs paused, angrily pulled out the sign out and threw it on the grass. Another neighbor watched her do it. "I let her know I was watching," our neighbor said.

We came home and replanted the sign in the same space. Days later it went down again. We put it back up. The woman (we assume it was the same woman) tore it out again. We replanted it. This went on for some time.

Then she, or somebody, broke it. Whoever it was stepped hard on the bottom rung, snapped it, left it bent and crooked on the grass. We stuck it back in the ground, and there it stood, brave and tilted: Refugees welcome, Black lives matter, Planet over profit. Really, what was not to like?

The next day (or night) the sign stalker/breaker ripped it from the ground and threw it in the gutter. Another neighbor happened by, retrieved the sign and placed it carefully behind our wheelbarrow. Some neighbors now took a kind of custodial regard for it. They weren't sign people themselves, but they protected ours.

I peered out the window one morning, fantasizing what I'd do if I caught the woman in the act. Maybe I'd yank her hair, good and hard, and bring the sign down on her head. She'd scrunch up in shame and I'd whack her. 'You never heard of the First Amendment?' *Whack*. 'A lawn sign is freedom of speech, you dumb thug.' *Whack*. 'You stupid (*whack*) authoritarian (*whack*) tyrannical (*whack*) two-bit, mob-minded, sleazy, spineless twit (*whack! whack! whack!*). It was an immensely satisfying reverie.

I told my friend, Joan, about the fantasy.

"What about LOVE WINS?" Joan said.

"Oh."

Joan's fantasy was that she'd stop the woman and say, "The Constitution protects free speech. This is in the Bill of Rights." She'd explain that what the woman did repudiated America's highest ideals.

It turned out that a few people had been thinking about this. Ray said he'd holler at her, "Hey! This is private property! Hands off!"

Ellen's fantasy was that she'd film and photograph the culprit in the act, then tell her: "We have evidence. Keep away or I'll report you, post your picture on Next Door, and file a legal complaint against you.

Eileen said simply, "I'd call the police."

So, Joan would try to educate the woman, Ray would invoke the sacrament of Private Property, Ellen would threaten to bust her legally, Eileen would call the cops, and I…well, I would have to delve a little deeper to find a few drops of that LOVE WINS juice.

Then another neighbor said she knew who the sign stalker was and where she lived. Enter fantasy number two: I'd sneak over to the stalker's house at 3 a.m. and plant a sign in *her* front lawn. Wouldn't that be delicious? Imagine when she got up to make her venom tea or whatever, glanced out and saw it. Better yet, I'd plant it where she wouldn't notice it from her window. Then when she went out to walk her dogs she'd see it and realize she'd been promoting black lives, refugees and birth control all morning.

But of course nobody would accompany me on this mission and I was too chicken to go alone.

Then another neighbor said she'd put up a sign too. Fantasy three: the sign crusher turns on our block and sees thirty identical signs sparkling under the sun. That ought to throw her into a conniption so epic you'd pay to see it.

One Saturday afternoon I came home to see the sign standing neat and straight, no more screwy tilt. "It's the gardeners," a neighbor said. "I watch them. They take it out to mow, and they put it back so carefully."

It's been two weeks now since the woman has been seen on our block. The sign still stands. Unmolested by multiple strangers walking to medical offices on the corner, Amazon delivery drivers, neighbors' visitors, salespeople, other dog walkers and random strollers; it's become part of the fabric of the street.

This morning I read in the Bee about the Durstons from Gold River. They displayed the same sign, and got a letter from Homeowners Association Board of Directors. The Board doesn't want the area to be "littered with signs" which could cause a "negative impact to the value of our homes." Here's the typical clash of values with which we always have to contend: monetary value vs. moral value. The Durstons made the moral choice and got flack for it. (What if they'd put up a sign saying, *God Bless the Almighty Dollar?*)

Here in East Sac we don't have a Homeowners Association, just the occasional crazed dog-walker. But we know what's happening in the world beyond our block, and it matters to us. Some neighbors don't approve the import of our sign, but they respect our right to display it. In turn, we appreciate their tolerance. If they put up a contrary sign, we won't like it, but we'll let it stand. Democracy is hard, and messy, but it's all we've got. We believe: use it or lose it.

Please RECYCLE this paper. Thank You

CALLING ALL PROVIDERS OF...
HOME IMPROVEMENT SERVICES
ADVERTISE YOUR BUSINESS IN THE NEW YEAR!!!
FOUR NEIGHBORHOODS, ONE PRICE
AFFORDABLE | CONSISTENT PRESENCE
REACH YOUR TARGET MARKET
FREE AD DESIGN
CALL MELISSA TO SCHEDULE YOUR AD NOW!
916.429.9901

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

GEORGE L. KLUMPP
Chapel of Flowers FD360
2691 Riverside Blvd
Sacramento, CA 95818
(916) 443-7917
KlumppsFuneralHome.com
A fully accommodating, caring facility; assisting families in their time of grief since 1921.
Please call for information

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

East Lawn
Memorial Parks, Mortuaries & Crematory
(916) 732-2000
EastLawn.com
4 Sacramento locations serving families since 1904

Barrio:

Continued from page 3

tomers came there. Oh, my God, I think about 100 people came in. They're good, they're nice and the coffee is good. I hope (the business) comes back."

Martha Cervantes, who arrived at Barrio Café that evening for a student art show that was to have been presented but was cancelled by the organizers, expressed her opinion about the message that was placed on the window.

"That wasn't very tactful the way they did it," she said. "They didn't handle it very right. They should have just said, 'Closed due to a staffing shortage.' That would have been better. They're putting their laundry out."

During the following morning after the temporary closure of this business, the Pocket News met with Sergio and Melissa inside their café at 1188 35th Ave., where Brick Oven Pizza operated for many years.

Sergio stated that he does not regret the strong words included in the message posted on his business's window.

"I'm going to say that is the right response, because the people don't know what we've gone through," he said. "Basically, it has to do with employees and discipline. Finally, the whole thing just collapsed in the sense of they're just not doing what they're supposed to do. And then they turned the tables around and said, 'We're doing what we're supposed to do.'" Sergio added that none of his staff were terminated from their employment.

"A couple of them did quit on their own," he said. "They said they're not coming back. The other ones, we haven't dismissed them yet. The two of those that quit, those could have been fixed with anything, but they just didn't want to come back for the whole mess. The other ones are disciplinary actions."

Sergio referred to the situation as a whole as "drama," and he mentioned that the two employees who quit claimed that they were being overworked and were unappreciated.

"They seemed to think that they were having too much work, of which now we can ease the pain," he said. "We're looking for more people to take care of the counter."

Sergio noted that he had already conducted some interviews prior to when those two employees quit. And as of the deadline for this story, those vacancies had not yet been filled.

In the meantime, the remaining employees are no longer earning money, Sergio said.

"I paid them up to Friday, (Aug. 11)," he said. "I don't know if we can continue the conversation (of employment with the remaining employees). Otherwise, we'll be doing some (additional) recruiting. We have things on Craigslist and other (job classified sources)."



Photo by Stephen Crowley

Closure signs posted on the windows of Barrio Cafe surprised customers over the weekend of Saturday, Aug. 12 and Sunday, Aug. 13.

Sergio mentioned that because of issues he has had with his employees, his business's progress has been slowed.

"We wanted to do breakfast and lunch and we're stuck on the breakfast part right now, because of the same reason," he said. "Our employees haven't really come up, but in their defense they're very young. One of them comes out of culinary school – just fresh out of culinary school – never had experience on the workforce. The other comes from a vocational school.

"We're behind our schedule where we're supposed to be. By this time, we were supposed to have a beer and wine license, be open some evenings and have lunch, and it hasn't materialized."

Sergio added that fortunately for his business, it can financially survive this temporary closure.

"Financially, (this closure) hurt us, but it doesn't put us in any potential thing," he said.

In further speculating about his South Land Park business's challenges, Sergio admitted a possible need for him and his wife to spend more time there.

"A point against us is that maybe we spend a little too much time over there (at their downtown Sacramento business, Fluid Espresso Bar) and not enough (time at Barrio Café)," he said.

Sergio and Melissa opened Fluid Espresso at 1230 N St. in Feb. 2006.

Moving forward, Sergio and Melissa are considering writing a statute of conduct for their employees at Barrio Café, and are planning for that business's reopening.

"We'll (reopen in) no longer than a month," Melissa said. "We're trying not to take up a month, but we're giving ourselves a month, just in case."

And in providing more specifics on that opening, Sergio committed to having the café operating with at least a partial menu by Sept. 1 and a full menu by the middle of September.

"If we have the right people, then we can do it sooner," he said.

Following Sergio and Melissa's interview for this article, several other community members spoke about the business and its temporary closure.

One of those people was Land Park resident Lisa Wunsch.

"I think it's nice for the neighborhood to have a coffee shop for the community," she said. "So, hopefully they get it together."

Another resident of the area, Jaquie Duerr stated that she had already found out about the café's closure and had come to the business hoping to provide her encouragement.

"I was going to stop by and say hello, and let them know I'm in the neighborhood and kind of routing for their success," she said. "I hope they resolve their labor issues for the benefit of both labor and the owners. We want to see them survive."

VCA CareClub®

Wellness Plans for Your Pet at Every Life Stage

VCA CareClub is the pet healthcare solution for pet owners who want a comprehensive and affordable way to keep their pets as healthy and happy as possible through every stage of their lives.



MEMBERSHIP INCLUDES:

- Convenient monthly payments.
- 5 visits to your VCA® Hospital each year.
- Doctor-recommended vaccines.
- Prevention and early detection tests of serious diseases.
- Routine dental care for your pet.*
- Peace of mind knowing you are doing the best for your pet.

Join the Club! Easy and Affordable Call Us Today

VCAgreenhaven.com
VCA Greenhaven Pocket Animal Hospital
1 Valine Court, Sacramento, CA 95831

Don't Wait: Prevention and Early Detection Starts Now!
916-391-3677 VCAcareclub.com

Mon–Thurs 7:30AM–7:00PM • Fri 7:30AM–6:00PM • Sat & Sun 9:00AM–5:00PM

Ms. Diana's Music Class performed classic Chinese standards at Belle Cooledge Library

By MONICA STARK



With a double harp, a flute and multiple zithers, students of "Diana's Music Class" performed Chinese classical standards to a room of Belle Cooledge Library patrons on Thursday, Aug. 3.

Students Zora, Sara, Tiffany Kong, Jolyn Kong and Zack are among eight young students in Ms. Diana Tang's Music Class.

On the double harp, Diana performed the "Song of Prairie", which describes the happy life of people; Zara performed two pieces on the double harp"Jasmine Flowers" which depicts the beauty of jasmine and "Little Girl Harvests the Mushrooms", a song that describes a happy country girl in her spare time; Tiffany also performed two songs on the double harp: the "Boat of Taiwu Lake" which is about people who enjoy their summer time by rowing a boat in Taiwu lake and she performed "Fishing Boat", a song that paints the portrait of a happy fisherman who has a great catch of fish.

On the flute, Zack performed the "Golden Peacock Light Dance", a song describing a happy bird dancing wildly.

Finally, on the zither, the students along with teacher Diana performed the "Sheep Herd Song", which describes the Shaolin temple monks practicing Kung Fu and are trained to be hard workers with the strengths of endurance, respect and self-determination; and the class also performed the "Strong Men Song" which depicts the characters of strong men in lion dance movements. (Team members in lion dance must balance their body as well as their minds. Lion dance is an excellent training for a person to balance the the physical and mental aspects of one's self.)

Ms. Diana teaches students of all ages. Besides children, there are four adults who take her class. Some of them work for hospitals and play music for their patients so they can heal faster. The class can be seen performing holiday performances at downtown churches on Thanksgiving Day and on Christmas. She is accepting students. For information, call Mike Tang at 402-3838.

INSERTS!

Your Company, Our Distribution!

You or Your Company Can Have Your Flier or Postcard Inserted in our publications! We Have Great Rates!

CALL 916-429-9901 for Information



A real estate company is like a home. The great ones have a strong foundation.

Our agents come with a network of experience and are backed by the most admired name in the business.

Let us help you with one of the biggest financial decisions you will make…buying or selling a home.

916-422-3756

BERKSHIRE HATHAWAY HomeServices

Dunnigan Properties

Good to know.™

Berkshire Hathaway HomeServices Dunnigan Properties • 6355 Riverside Blvd., Ste. A Sacramento, CA 95831
© 2015 BHH Affiliates, LLC. Real Estate Brokerage Services are offered through the network member franchisees of BHH Affiliates, LLC. Most franchisees are independently owned and operated. Berkshire Hathaway HomeServices and the Berkshire Hathaway HomeServices symbol are registered service marks of HomeServices of America, Inc.® Information not verified or guaranteed. If your property is currently listed with a Broker, this is not intended as a solicitation. Equal Housing Opportunity.

Sacramento Zoo celebrated their zookeepers last month



Can you learn the language of an animal that does not speak, spot an illness that an individual is hiding, get an orangutan to take his vitamin, or rake an exhibit when it is 105 degrees or pouring rain? The Sacramento Zoo's zookeepers can and do. During National Zookeeper Appreciation week (July 16-22), the Sacramento Zoo recognized the hard work, care, and responsibility zookeepers take on within this valuable profession. Amidst their passion for protecting animals and preserving wildlife, the responsibility our zookeepers take on is more than the day-to-day duties involving our zoo animals. It is important to highlight what it takes to be a zookeeper and the great contributions they are making to wildlife awareness, educational programs, scientific research, and the future care of the Sacramento Zoo animals.

At the Sacramento Zoo, zookeepers share their expertise on animal maintenance, health conditions and care with visitors and are truly able to provide valuable information due to their educational background and experience. Zookeepers often obtain college degrees in zoology, biology, life science, animal science, wildlife management, or other fields related to animal management and get their foot in the door through volunteer work before landing a job in this profession. Their educational background and experience both play a valuable role in future research and continuous support in learning and providing better care for all animals in the zoo and their natural habitat. Zookeepers are not only involved in the daily care of the animals, but also work closely with veterinarians, take part in daily training and enrichment programs, network with zoos around the world, monitor dietary requirements for all the animals, all in order to continue making a difference in the lives of the animals they take care of.

Zookeepers truly form a wonderful relationship with every single animal here at the Sacramento Zoo which is not only incredibly rewarding but helps them better able to teach them new behaviors to help take care of them better. Through positive training, the zoo has been able to have extraordinary events happen such as Joey the Chimpanzee's successful ultrasound examination, thanks to the regular positive training provided by the primate keepers.

Praising the work of the zookeepers, Tonja Candelaria, spokesperson at the Sacramento Zoo, said: "It's a really tight-knit, small world community that takes a lot of hard work to get into. Once they're here, the zookeepers are at the zoo on a daily basis, working in 106 degrees, working in the rain, working in the hail. Our zoo keepers spend more time here at the zoo with the animals that they care for than they do with their own families, so it's a tough job. It's full of a lot of hard work. But also, they need to know a lot, they have to basically talk to animals that can't talk to them in order to do their job."

On Thursday, July 20, some of the zookeepers participated in Zookeeper Olympics and zoo patrols witnessed zookeepers going head to head in fun and competitive relay activities (wheelbarrow pushing, running with baggies on their feet). In addition to the Zookeeper Olympics, the zoo celebrated its hard working and dedicated zookeepers with lunches, Marie's Donuts, gift cards, Zookeeper Olympics, and lots of love to the Sacramento Zoo's zookeepers.

CASA DE MERCADO

TILES ❖ TALAVERA TEXTILES ❖ DÉCOR



916.709.3215

1015 2nd St. Sacramento CA 95814

casademercado@yahoo.com



Helen Tarasco

916.798.7679

helentarasco@yahoo.com

RE/MAX Gold

Midtown

CalBRE#01302455

LOOKING TO SELL YOUR HOME?

Call Helen

Full-time keepers



Amanda Watters - If I could express anything to the public, I would want them to know how much we love and care for the animals. We lose sleep when they are sick, get teary when they become parents or achieve a goal. They are here to inspire people to care as much as we do. We believe, with your help, we can save these species!

Christa Klein - Christa has worked at the zoo since 2010, before that she volunteered at the Sacramento Zoo and Raptor Center while earning a degree in animal science from UC Davis. As a kid Christa was always drawn to animals and knew she wanted to dedicate her life to working with them.



Kate Gore - Kate has worked at the Sacramento Zoo for just over 10 years. She started as a relief keeper, working with carnivores, hoofstock, and reptiles for about four years, and then became a Primary Reptile Keeper. She a native of Sacramento, and has many memories of the zoo that helped guide her to her current profession.



Lindsey Moseanko - Lindsey has worked at the Sacramento Zoo for about 28 years. While she did not always know what she wanted to do, when Lindsay began volunteering at the zoo, she realized that was the career for her. Lindsay really enjoyed working with and taking care of animals such as elephants and hippos when they resided at the zoo many years ago. Quote: It is a privilege to do all I can, each day, to give my animals the best care I can to enrich their lives. I would like the public to know the amazing and beautiful place animals have in our world and the connection to what helps to make our lives deep and meaningful. Being a zookeeper is contributing to the many conservation programs out there to help keep these amazing creatures here on Earth and in our lives. I remember my first zoo trip as a child...that was when the magic happened for me. Now it is a passion to share these animals with our visitors and keep them always a part of our world.



Janine Steele - Primate keeper Janine Steele has worked at the Sacramento Zoo for over 15 years, and she has cared for everything from first-time mothers with their infants to geriatric animals. She stays up-to-date on the latest in zookeeping and primate knowledge by attending conferences and workshops. She also represented the Sacramento Zoo as a primate expert in China earlier this year.



Jason Skaleske - Jason can always be counted on for a can-do attitude and will put a smile on your face. He not only loves the animals he works with but loves taking time to answer guest questions about each individual. Jason is positive in all the roles he plays at the zoo, from mucking out the pond and unloading bales of hay, to handing out frozen treats on hot days.

Melissa McCartney - Prior to the Sacramento Zoo, Melissa was a zookeeper at both the Houston Zoo and Oakland Zoo. Working with Goody the reticulated giraffe to develop a support shoe and other means of treating her advancing arthritis has been one of the accomplishments that she is most proud of at the Sacramento Zoo. Melissa, like the other keepers, spends more time with the animals she cares for than she does her own family. Weekends, holidays...none of it means anything because the animals rely on her and the other zookeepers at all times to provide them the very best.

Tom Nakayama - Worked here 25 years as a relief keeper, and I started out as a volunteer and then had a job that was half records half keeper stuff. That job was cut from the City budget, then I returned as a relief keeper. In college I volunteered with the SPCA in Davis and volunteered as a keeper aide here. After graduation I had delivery driver jobs (which I really liked) then got the records job here. Wow, so many animals have come and gone. Everyone loved Baha, of course. Josie the chimp was a favorite as well. As for the current animals Blizzard is probably my favorite. I always thought I would work with animals in some way. Once I started volunteering here, it seemed like a natural fit. Thanks to a college career counselor for that. Besides, animals are much more honest than people! I suppose that it is rewarding, but not glamourous like people seem to think. That's for those folks at San Diego!!



Bill Bennett - Bill studied wildlife biology at Illinois State University. He has a true passion for wildlife and a respect for reptiles that only a herpetologist can understand. He bring education, experience, and a jovial atmosphere to the zookeeing team at the Sacramento Zoo.



Erik Bowker - Erik's favorite species at the zoo is the North American river otter. Looking back at his time at the Sacramento Zoo, one of his favorite memories is remembering the birth and cub years of CJ (Castro Jr.) the Sumatran tiger who now resides at the Los Angeles Zoo.

Kristene Hirsch - Kristene is a primary bird zookeeper. She knows everything about her feathered friends and spends countless hours working to improve their lives and educate guests about the importance of the various bird species. Kristene is filled with energy and dedication that drives her to work in the pouring rain and temperatures over 100 degrees, all to serve the animals under her care.

Matt Cline - Matt started in April 2015 as commissary (preparing diets for the day) and was hired as a full time keeper in February of 2016, prior to that he volunteered at the zoo. His favorite animals at the zoo are the river otters and their antics. He hopes to work at an aquarium one day.



Sadie Hutchison - Sadie has worked with everything from birds and hoofed animals to primates. Animals have always been a part of her life and she is humbled to be able to be a part of their care. Teaching visitors about these animals and why we should help save them in the wild is a rewarding experience and motivates Sadie to come to work every day.



Summer Copeland - Summer grew up with a variety of pets including snakes and a tortoise, but she always welcomed any opportunity to be around other animals. When she wasn't hanging out with sheep and horses on her cousin's farm, her family (also animal lovers) was visiting a zoo. At the Sacramento Zoo Summer spends her time rotating between and caring for all animal areas.



Bill Tabb - Bill has been at the zoo for over 30 years and has have worked in all areas of the zoo at one time or another. Some of his most memorable experiences at the Sacramento Zoo have been working on dioramas in the Reptile House after the zoo has closed for the day.

Part-time Keepers



Celina Barbero - Celina volunteered at the zoo and participated in other animal internships while obtaining a degree in animal science from UC Davis. Her favorite parts of being a zookeeper is hearing the excited squeals of the White-faced saki monkeys when she brings them their favorite treats of yogurt or applesauce.



Jessica Khuu - Jessica became a zookeeper to care for wildlife and to educate others about the importance of conservation. She notes that it is an amazing experience to share information about the animals you love and conservation goals that will make large impacts on the world. She also enjoys the fast-paced environment, teamwork, family-feel of this zoo.



Kelsey Oshimo - Growing up Kelsey attended my hometown zoo's zoo camp from kindergarten to senior year of high school and participated in their teen program. She found that her favorite days were "Keeper Days." She says that zookeeping is a super rewarding job. Not only is it physically challenging but you build relationships with the animals you work with and challenge one another through training, care, and enrichment.

Cody Watters - Cody grew up visiting to the Sacramento Zoo and gained a strong connection with animals because of his trips. As a zookeeper, he wants to inspire others to do their part as he does everything to do his. His number one goal is to provide the best care possible for the animals under his care.

Interpretive Center

Chris Llewellyn - Chris has worked for seven years in the Interpretive Center at the zoo and is an active volunteer at other animal conservation organizations. If you were to ask her what her favorite animal at the zoo is, she could narrow it down to three. Bateleur eagle, kinkajou and fruit bats.



Mike Owyang - Prior to his six years at the Sacramento Zoo Mike worked as an animal keeper, trainer, show presenter at a Bay Area theme park. The opportunity to work with and train a red panda, then traveling to Nepal to observe them in the wild has been a highlight of his career. Mike says that no zookeeper goes into the field expecting to become wealthy, but is richer for the experience.

Sam Curtis - Sam Curtis is a fan favorite at the Sacramento Zoo. As an education specialist in the Interpretive Center, Sam works with the animal ambassadors. He worked as a part-time employee at the zoo Center while working toward his B.S. in Evolution, Ecology, and Conservation. After receiving his degree Sam transitioned into a full-time employee.

Lara Kirkendall - Lara can often be seen representing the zoo on tv commercials and stage shows. She has worked at the Sacramento Zoo for 21 years, taking on a variety of roles over the years. Before the Sacramento Zoo she worked at the San Diego Zoo/ Wild Animal Park in a variety of positions. As a zookeeper and animal outreach manager she loves being able to share the animal world and all its intricacies with the public. The field of zookeeping has changed drastically over the past decade. Keepers are not janitors that just clean and feed the animals, but are college-educated scientists that work in the fields of genetics, conservation and research, making huge efforts to improve the environment and the natural world.

Sacramento comedian releases "Big Book of Jokes"

By MONICA STARK
editor@valcomnews.com

When he was just a wee lad, Robert Berry was the shy kind of class clown. Writing jokes on his homework for his teachers to read, while passing around joke books among his classmates, Berry shied from the spotlight of school-day showmanship. "I wasn't a noisy and boisterous class clown that wanted all the immediate attention. I was pretty shy in a lot of ways," he says today.

And yet, where are you likely to find him today? The stage.

From the Punchline to Laughs Unlimited, to dive bars like On the Y, as well as Bay Area venues and spots in towns like Gustine, Turlock, Mill Valley and Arcata, Berry has made a career out of performing those comedic one-liners, those groaners, those laugh-out-loud, out of left field cheese-ball jokes.

And now, this East Sacramento comedian has added another trick to his bag – a collection of sorts, a tribute to the dirty and tasteless joke books he grew up with. Aptly titled, "Robert Berry's Big Book of Jokes," the collection, is chock-full of nearly 1,000 jokes. If the Motion Picture Association of America were to give it a rating, they'd likely give it PG-13 or R rating.

Going old-school with this release, Berry and his wife put the books out in the mail themselves upon a customer's payment. With some good pre-order attention, the mom-and-pop operation sold about 80 copies before they came out. A biased friend endorsement goes as follows: It was the last time he ever saw his dad reading a book.

The book also provides an outlet for Berry to share his humor with friends who live afar.

Recalling a bit more of his school days and the beginning of performing in front of others, Berry said he signed up to try out for the school talent show as a violin player, but about an hour beforehand, he made the quick decision to tell jokes instead. He jotted some things down, to which he likens to material that Fozzie Bear from the Muppet Show may have uttered.



Photo by Stephen Crowley

Sacramento comedian Robert Berry

After one joke into the fifth grade performance, Berry panicked, cried and went home. It was many years before he tried that again. But his love of joke books never wavered. He'd memorize those jokes, shaping the kind of comedy he performs. Hitting up the local circuit for the last five years Berry has traveled, sharing one-liner after one-liner. He's also host

See Comedian, page 16

"Dementia Care at its best"

Revere Court
Memory Care



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

Quality they deserve...
and the help you need.

Find us on Facebook
Search for Revere Court

7707 Rush River Drive, Sacramento, CA 95831
Lic. #347001338/342

(916) 392-3510
www.reverecourt.com



For over 40 years

COOK REALTY

www.cookrealty.net
info@cookrealty.net
BRE# 00618471

PENDING



3 STILL SHORE COURT • $1,249,000
SUSIE KUWABARA-PARKER • 768-8494

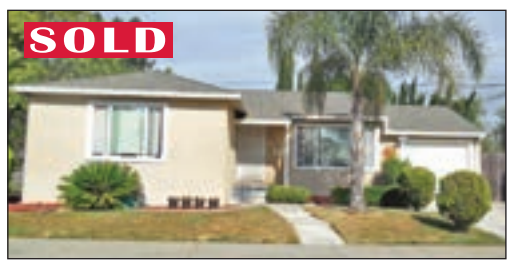
SOLD



7054 REICHMUTH WAY • $520,000
MINDY DEFENBAUGH • 834-6202



5322 KARBET WAY
Great opportunity for investor or owner occupied. Duplex in South Land Park-2 bedrooms 1 bath with 1 car garage on each side. Central heat & air, fireplace, larger backyard plus a separate parcel in back included in list price. $425,000
JOCELYN YAP • 601-9581



5410 ASHLAND WAY
Great corner lot in fantastic area near Sutterville Elementary School. Cutie 3 bedroom 1 bath home was remodeled many years ago with granite counter tops in kitchen - ceiling fans in each room. Dual panes are throughout the home. $339,000
MEENA CHAN LEE • 837-9104



5 BRIDGETENDER COURT
Contemporary single story custom home with unique u-shape. Traditional touches reflect the versatilty of this lovely home! Updated to perfection within the last few years. Truly a find for that buyer wanting a turn-key home! $679,000
SUSIE KUWABARA-PARKER • 768-8494



6053 13TH STREET
Four Bedrooms, 3 full bathrooms. Large living room with fireplace. Formal dining area. Kitchen/family room with fireplace. Sliding glass doors open out to large patio/yard. Large back yard, with bonus workshop, including roll up door. $619,000
TREY BONETTI • 768-9360

See all our listings at www.cookrealty.net

REAL ESTATE SCHOOL

★ LOW INTRODUCTORY COST
★ START ANYTIME
★ LIVE CLASSES

Call: Ed Daniels •451-6702

PROPERTY MANAGEMENT

★ MONTHLY CASH FLOW
★ TENANT SCREENING
★ MAINTENANCE

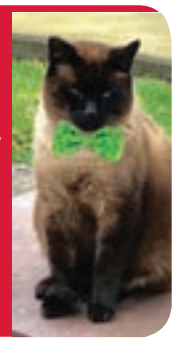
Call: Brittany Naucke• 457-4907

ADDITIONAL LISTINGS

5661 HAROLD WAY
SOLD
One of the most sought hoods hides this special gem! Meticulously taken care of with tons of storage and loads of built ins. Bonus room with brick fireplace adds square footage galore! The lovely yards are well maintained and manicured. $330,000
TAMMY NOVOA • 628-8530

6366 PARK VILLAGE STREET
SOLD
Beautiful, spotless, r room, 3 bath, 2366 square foot home upgraded and updated throughout. Separate living room & dining room. Large open concept family room and kitchen with lots of light. Kitchen w/large island and granite.
LARRY EASTERLING • 849-9431

Greetings FROM THE COOK CAT, **BIG BOY!**



4305 Freeport Boulevard, Sacramento COOK REALTY www.cookrealty.net • (916) 451-6702



Faces and Places:

8th Annual Sacramento Banana Festival



Photos by STEPHEN CROWLEY
stephen@valcomnews.com

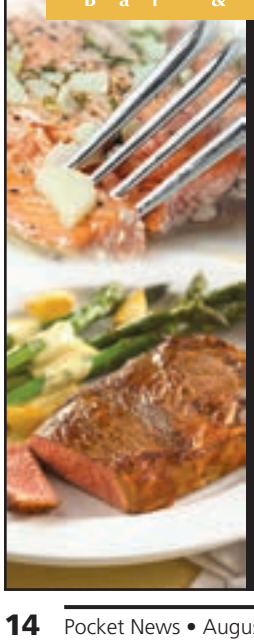
The Banana Festival, held on Saturday, Aug. 12 and Sunday, Aug. 13 at William Land Park, featured delicious foods from the Caribbean, Central America, Puerto Rico, Mexico, Africa and Pacific Rim cultures, as well as traditional festival foods, live entertainment including ethnic dancers; R&B, jazz, country and rock performers; fashion show; interactive hula hoop and hip hop stations; healthy cooking demos and culinary art for kids and families; crowd participation Zumba; community line dance and salsa lessons; arts and culture displays, crafts bazaar and vendor fair.

Kid-friendly activities included arts and crafts, face-painting, storytelling, banana split-eating contest, bounce houses and inflatables, carnival rides and more.





Freeport
Bar & Grill



Outside Patio Dining
Patio is Pet Friendly!

FREEPORT BAR & GRILL

HAPPY HOUR Mon – Fri: 4 – 7pm

1/2 OFF Select Appetizers & Drink Specials
Monday through Friday: 11am – 1:30am
Saturday and Sunday: 9am – 10pm
Saturday and Sunday Brunch: 9am-3pm

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

www.freeportbarandgrill.com

Like us on Facebook!
www.facebook.com/valcomnews

Thinking of selling or buying a home?



For a FREE Estimate of Value
or New MLS Listings
Call, Text or E-mail

Martha Macias • (916) 616-6600
MarthaMacias.Realtor@gmail.com
Berkshire Hathaway Home Services - Dunnigan Properties
Retired Franchise Tax Auditor
CalBRE# 01263611

UCLA, UCD, CSUS - Degrees in Buisness Administration, Accounting & Psychology
Nominated for the California Association of Realtors Champioins of Home Awards 2014













Tater Tots Daycare

LIC. 343618792

Evenings and Weekend spaces available for ages
16 months old and up. Meals and snacks provided daily.



Sacramento, CA 95831
Tatertotsdc.com ☺ 916-201-6038 ☺ Tatertotsdc@aol.com

BRITE CLEANERS

NOW OFFERING
IMPRESS Green Cleaning Solutions
• Biodegradable • Non-toxic
• Non-polluting • Noncarcinogenic

We do not use unhealthy chemicals that are toxic, polluting or carcinogenic.
We use only IMPRESS which is safe for you and the envrionment.

Environmentally conscious dry-cleaning.

7465 Rush River Dr., # 170
at Windbridge in the Promenade next to Bel Air
(916) 428-0138

GOOD FOR OUR HEALTH
GOOD FOR OUR EARTH

Papa Murphy's
TAKE 'N' BAKE PIZZA

$3.00 OFF*
Any Regular Menu Priced Pizza
(Limit One)

www.papamurphys.com • 916-424-7272
7465 Rush River Dr #420 • Sacramento, CA
*Not combined with any other offer

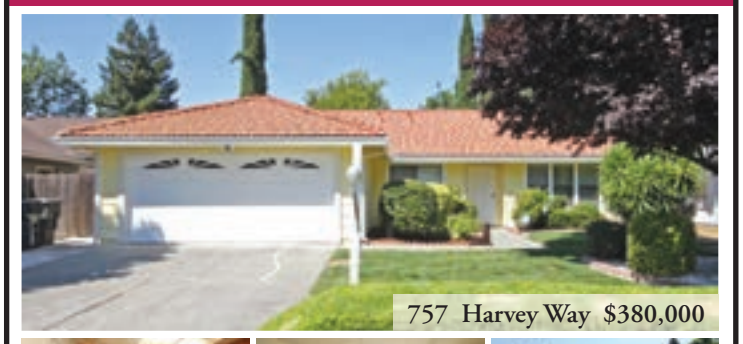


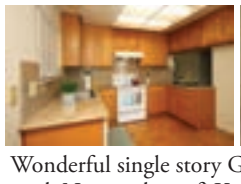
MONA GERGEN
CalBRE# 01270375
916-247-9555
mona@monagergen.com

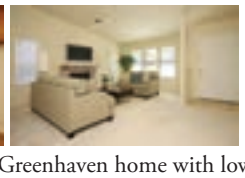
DUNNIGAN Realtors

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

Amazing Remodeled Home in Greenhaven









Wonderful single story Greenhaven home with low maintenance large yard. Newer tile roof! Kitchen & bath updated few years ago with granite counter tops, cabinets, and faucets. Newer appliances, gutters and exterior paint. New light fixtures. New Shower doors. Walk to stores and bus stop. Close to downtown, parks, bike trails & Sacramento River!

3 beds + Office, 2 baths, 1,390 sqft



Promenade Center

CALL LINDA TO ADVERTISE
(916) 429-9901

Comedian:

Continued from page 12

to the weekly open mic at On the Y on Fulton Avenue.

A "great classic dive bar", On the Y is home to a "fun and different type of crowd," he says. "They're not the most polite, quiet crowd. It can get boisterous compared to a comedy club. On top of that, it's a different caliber of folks that come and perform there. A ventriloquist would show up, all kinds of stuff that's pretty silly. I went there for karaoke because one of my first loves is singing and I saw they had an open mic comedy night. I checked it out and gave it a try."

After the longtime host stopped running the open mic, Berry said he thought that was the perfect time to take it over. With 20 comedians a week, the open mic night starts at 8 p.m., with sign-ups at 7:30 p.m., on a first-come, first-serve basis. Karaoke starts at 10 p.m.

Asked if he ever tells a bad joke on purpose, Berry said, "Oh yeah! There's some jokes that are darling jokes to me and they're so stupid and the crowd will let me know that they agree with me. I love it when you tell a bad joke and the crowd just goes, 'awwwwwww, man', and shakes their heads. But, they're so appreciative in a way that there's no hatred there. They're just like, 'I can't believe that was the punchline' but it gets them. And I rather have that than silence."

Concerned about the audience reception, he says he's performed shows where tears were shed with groans mixed in. It's as if time slows, he says. "Sweat's drippin' out of your forehead and it's like the water faucets on and it's a slow torture."

Of his long drawn out jokes, Berry becomes the ghost of Jim Kerr, lead singer of Simple Minds. Satirical in tone, he sings, "Hey, hey, hey. Whoooo, whoooo, whoooo" as he introduces "Don't You Forget About Me", a song featured in the 1985 John Hughes Brat Pack movie, The Breakfast Club.

"It's so dumb, and it has such a big build up to get to that and you expect a tomato to come flying at your head. People will tell me how dumb that joke is and then sing it to me. It sticks with them. I've got a lot of jokes that are stupid and hard to forget."

In 2010, Berry moved to Seattle for about 10 months for a job, while his family stayed in Sacramento, but the job didn't work out and he came back home. In the interim, he frequented karaoke bars and got hooked singing along to The Violent Femmes, Prince, Queen. "I just enjoyed it. I was conscientious at the time to make my voice better, louder and clearer." That's why he enjoys hosting the show at On the Y. Berry says they have a great karaoke book there with thousands of songs, featuring some of the weirdest, most obscure stuff.

Being a comedian is a weird existence, he says. "There might be five people in the audience staring at you and you just bomb miserably and you go home depressed. You can go from the extreme of having a giant crowd of people cheering and laughing through what you say to just complete silence and this gruesome gray fog that just hangs over you after you're done."

And that's what's great about performing comedy, he says. Any night could be either one of those things. After all, even the best comics in the world can bomb. "You grow from it and that's how you get better," he says.

Enjoying the performance of the "little quick jokes", Berry says it's great when you can get an audience behind that format, as most comics perform longer-form comedy. Comparing the two, he says, "If you got an hour to perform and you're doing little jokes that could be 120 jokes that you gotta tell (versus) six or seven longer bits of the traditional comedy form. It's different. So there are a lot more chances for people to laugh or not laugh when you're done. So, it's definitely a skill-building thing. Bill Cosby – the long form is his bread and butter; Rodney Dangerfield does the quick ones. I love them both, I just happen to be better at the quick ones. Just like some people can run a marathon better than a 100-yard dash. There's a silliness to the one-liners that you got to get into and you have to power through them. If you tell 20 jokes and some of them don't get the biggest laughs, you got to believe there's the best jokes that you're telling."

Asked about his goals and future projects, Berry says: "I'm an older comedian and there's a lot of young ones that are starting out. I turn 48 this year. So, my 20-year plan at this point is just being alive."

Find Robert Berry online at retrocrush.com. There you can buy a copy of his book and find more details and pricing information for the following shows:

You can catch Robert Berry live in comedic form on Aug. 16 at 8 p.m. at the Punchline (2100 Arden Way), Aug. 18 at the Blue Lamp (1400 Alhambra Blvd.), Aug. 30 at the Pizza Factory in Turlock (1050 W Monte Vista Ave), Sept. 1 at the Variety Club 582 Market St.) in San Francisco, Sept. 6 at Kozy Kar (1548 Polk St.) in San Francisco or at the Crawfish Fest at the Yolo County Fairgrounds (1250 Gum Ave., Woodland) on Sept. 9-10.





Life on Two Rivers:

Owling in the City

By ELLEN COCHRANE

Tucked into dense tree canopy or holed up in a palm tree, the urban owl is almost impossible to find in the day. Your best bet to see them is the magic, crepuscular hour—that faded, slate blue time at dusk and dawn. While more commonly encountered along the Sacramento and American Rivers, we do have three fellow travelers that share our city—the Barn, the Western Screech and Great Horned owls.

Owling is a full sensory quest. You can start on your block by noting white wash (droppings collected under a favorite roost) and listening for distinctive calls. One can go on line to hear the different calls and use the "Explore Data" feature of eBird (www.ebird.org) to locate owl sightings in the area. On eBird people post information on location, photos and even sound recordings and you can explore the site and see all the reports without joining. Look around the base of trees where you suspect there's a roost. If you're really lucky you'll find some owl pellets—coughed up remains of undigested bones and fur. Owls don't chew. They usually swallow prey whole and then regurgitate the remains.

As lords of the night, owls capture the imagination of many cultures. Wisdom, death, afterlife, medicine, luck, doom—powerful attributes were placed onto owls. According to the fossil record, they are one of the oldest groups of living birds and have lived with us and in our imagination since our beginnings.

Owl eyes are specially adapted for hunting low light. They are often very large, taking up as much as 30 percent of the skull volume (compared to about 1% for humans). The eyes are long tubes attached to the skull and they don't move in the sockets. This gives the owl its deep gaze that, along with up to 140 degrees of head rotation, has led to many myths of supernatural power and intelligence. However, in the scope of bird intelligence owls are not high on the list, but their senses make up for less brainpower.

Their main superpower, however, is their hearing. With asymmetric placement of the ears, a facial disc of feathers to funnel sound to those ears, and extreme acuity, some owls can locate and dispatch prey in total darkness. Specially adapted flight feathers allow nearly silent flight, which prevents alerting their prey as well as helping them hear the faintest noises from that prey.

Barn Owls

Miwoks believed that after death, the wicked were doomed to become Barn Owls.

Many of us have heard the long, eerie, raspy screech in the inky night. It's most common during the summer mating season and is meant to attract females or beg for food. In most neighborhoods this is the owl you're most likely to see.

This powerful night hunter does not hoot at all, and the blood curdling call must freeze the heart of nearby rats. It's a prodigious killer, able to hunt in the dark night with precision using hearing that can detect the minute sounds of rodents chewing and scratching.

These owls are adorned with a heart-shaped face with no ear tufts and light-colored feathers. They get their name from their love of barns and abandoned buildings for roosting. The

See Cochrane, page 22

EAST LAWN ACE AMERICAN CEMETERY EXCELLENCE AWARD WINNER

www.EastLawn.com

EAST LAWN
Memorial Park & Crematory
4300 Folsom Blvd.,
Sacramento, CA 95819
Tel 916.732.2000

EAST LAWN
Sierra Hills Memorial Park
& East Lawn Mortuary
5757 Greenback Lane,
Sacramento, CA 95841
Tel 916.732.2020
Lic. #FD-1242

EAST LAWN
Elk Grove
Memorial Park & Mortuary
9189 E. Stockton Blvd.,
Elk Grove, CA 95624
Tel 916.732.2031
Lic. #FD-1455

EAST LAWN
Andrews & Greilich Mortuary
3939 Fruitridge Road,
Sacramento, CA 95820
Tel 916.732.2026
Lic. #FD-136

EAST LAWN
Albert Brown Mortuary
3476 Piedmont Avenue,
Oakland, CA 94611
Tel 510.652.1873
Tollfree 800.652.1873
Lic. #FD-242

EAST LAWN
Sierra Hills Pet Cemetery
6700 Verner Avenue,
Sacramento, CA 95841
Tel 916.732.2037
Lic. #FD-1242



Make your final arrangements,
then go enjoy the rest of your life.

The Privilege of Planning

A 25-minute free presentation. We'll provide you with a Catered Meal!

Make Sure Those You Care About Are Always Cared For

"The Privilege of Planning" is not a sales seminar. It is a 25-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veterans benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

CHOOSE ONE OF THESE SEMINARS

Wed., Sept. 13
Thurs., Nov. 9
11:30 am to 12:30 pm
Elk Grove
Memorial Park & Mortuary
To RSVP or More Info: 916.732.2031

Thurs., Aug. 3 (Dinner @ 6:30 pm)
Thurs., Sept. 7 (Dinner @ 6:30 pm)
Thurs., Oct. 12
11:30 am to 12:30 pm
East Lawn
Memorial Park & Crematory
To RSVP or More Info: 916.732.2000

Wed., Sept. 20 (Dinner @ 6:30 pm)
(Spanish & English)
East Lawn
Andrews & Greilich Mortuary
To RSVP or More Info: 916.732.2026

Wed., Aug. 9 (Dinner @ 6:30 pm)
Wed., Oct. 11
11:30 am to 12:30 pm
Sierra Hills Memorial Park
& East Lawn Mortuary
To RSVP or More Info: 916.732.2020

VETERANS & GUEST LUNCHEON SEMINARS

Wed., Aug. 16
11:30 am to 12:30 pm
East Lawn
Andrews & Greilich
Mortuary

Wed., Oct. 18
11:30 am to 12:30 pm
Elk Grove
Memorial Park
& Mortuary

RSVP to the location of your choice

Reservations Required
If you prefer to RSVP via email, log onto our website and go to the seminar registration page.
Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

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
Certified Kitchen & Bath Remodeler

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

ELECTRICAL CONTRACTOR

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

CLEANING

Prime Quality Maintenance

- Window Cleaning (inside/out/screens washed)
- Rain Gutter Cleaning
- Pressure Washing (all surface areas)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured
CSL# 996271

Call Jesse: 916-428-2940



CONSTRUCTION/HAULING

DB Haul-away
Commercial & Residential Hauling
Reliable -Dependable - Insured
Lic# 627768

Residential/Construction waste removal
Foreclosure services • Yard clean ups
Handyman services • Demo • Drop bin services



Bobby Timms • 916-402-7546 • dbhaulaway@gmail.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



CONSTRUCTION

MIRAVDI CONSTRUCTION
- Complete Turn Key Remodeling
- New Construction Design/Build
- Property Restoration • Additions
- 203k Loan Approved Contractor

(916)676-3705
Miravdi@yahoo.com LICENSE #986698

HANDYMAN

Summer 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

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock - Furniture Anchoring
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"
NO JOB TOO SMALL!
Licensed and Insured #152902
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

PAINTING

COOK PAINTING
Full Service Company – Start to Finish
CSL# 432951



- 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

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

LANDSCAPING

Living Elements Landscape
Convenient and Reliable

- Drought tolerant concepts
- Care-free designs
- Add instant curb appeal and value
- Quality materials and service
- Warranty on all work
- Rebate programs available

Landscape design and installation



916-430-3777
Lic# 1013372
20+ years experience
www.livingelements916.com - bilalb@livingelementssac.com

HARDWOOD FLOORING

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

PAINTING

GARY'S PAINTING
FREE Estimates!
McClatchy '67
CSL# 742623

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

(916) 725-8781

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

PLUMBING

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

ROOF/GUTTER CLEANING

STAN THE MAN
GUTTER CLEANING
ROOF CLEANING
PRESSURE WASHING
WINDOW WASHING
SENIOR DISCOUNTS AVAILABLE
916-601-1030



ROOFING/SIDING

ZIMMERMAN REROOFING
3675 R Street
Sacramento, California 95816
Roofing Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR
Ceramic • Marble • Granite
Floors • Counters • Walls
33 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

TREE & GARDENING SERVICE

Terra Bella Tree & Gardening Service
"Not your typical mow, blow & go company!"
• One Time Clean-Ups • Tree, Bush & Hedge Removal
• Full Yard Maintenance
Family Owned • *25 years experience!*
Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 152584

TRACTOR WORK



TRACTOR WORK
Lic# 571637
Weeds/Blackberries Cut, Lawns,
Dirt & Landscape Removal, Rototilling,
Trenching, Discing, Bobcat Backhoe
Dave (916) 988-3283



Our Readers Need Your Service!
It Pays to Advertise!

Contact Melissa at 916-429-9901



CLASSIFIED ADS

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

TAX PREPARER

#1 CONCIERGE TAX PREPARER
34 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

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.**

HANDYMAN

CLEAN-UP SPECIALS!
Rain Gutter cleaning– 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. **18 yrs. exp.Specials for seniors. Licensed**

CASH PAID FOR DIABETIC TEST STRIPS

We pay up to $30 per box cash on the spot
(prices vary depending on brand, quantity and expiration date)
*We offer **FAST PICKUP** at a location that is conveniently located near you.*
Boxes must be unopened and unexpired
For Prompt Attention Please Call Rachel at:
(916) 505-4673

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
34 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

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 34 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

SENIOR LEGAL SERVICES

WILLS AND TRUSTS

Services	*Experience*
• Wills and Trusts	Medi-Cal - 10 Years •
• Special Needs Trusts	Francise Tax Board - 12 Years •
• Trust Administration	Private Practice - 17 Years •

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

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
MEMORY CARE Lic. #347001338/342
Day Club, Respite,
Residential, Support Groups
& Educational Classes
casey.s@chancellorhealthcare.com
www.reverecourt.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

HELP WANTED

SOFTWARE DEVELOPER: Radio station seeks Software Developer to develop software applications to support the digital delivery of on-air content, including mobile/web applications. Mail resume: Attn: COO/CFO, Capital Public Radio, Inc., 7055 Folsom Blvd., Sacramento, CA 95826.



SELL YOUR CAR IN THE CLASSIFIEDS!

Send us your calendar updates
E-mail us, editor@valcomnews.com

RESERVE YOUR SPACE IN THE CLASSIFIEDS!

What's happening Pocket/Greenhaven?

FRIDAY, AUG. 18

TRUCKS N SUCH AT GARCIA BEND PARK: Fun starts at 5 p.m., starting with food truck fare, followed by a movie (free) at dusk. 7654 Pocket Road, Sacramento, CA 95831.

SATURDAY, AUG. 19

ICE CREAM SAFARI AT THE SACRAMENTO ZOO: The Sacramento Zoo presents its 33rd annual Ice Cream Safari where you can get all-you-can-eat ice cream in cones, sundaes and floats and unlimited Coca-Cola beverages, all sponsored by SolarCity. Explore the 14-acre zoo with ice cream treats around every corner from 4 to 8 p.m., 3930 West Land Park Drive, Sacramento, CA 95822.

TUESDAY, AUG. 22

STEPPING ON: Stepping On is a community program proven to reduce falls in older adults. It consist of a workshop that meets two hours a week for seven weeks led by a health professional and a wellness instructor. Guest expert will provide information on exercises, vision, safety and medications. Pre-registration and a suggested $25 donation for materials. Class will be held Tuesdays beginning July 11- August 22, 2017 from 10 a.m. to noon at ACC Senior Services, 7334 Park City Drive. For more information, call (916)393-9026 ext 330. www.accsv.org

FRIDAY, AUG. 25

OUTDOOR SUMMER MOVIE @ THE RIZAL CENTER NEAR SOUTHGATE – In partnership with the Southgate Recreation and Parks District, enjoy the summer night with an outdoor movie on the back stage of the Rizal Community Center located at 7320 Florin Mall Drive, Sacramento. On Friday, August 25 at 7:30 p.m. we will be showing "Nine Lives". Southgate Library, 6132 66th Ave., Sacramento.

SATURDAY, AUG. 26

READ TO A DOG – Looking for a way to boost school-age reading skills? Come to the Pocket Library's Reading Tower area and practice reading out loud to a registered therapy dog (Marvin, the Wonder Corgi). Kids are invited to bring their own books or borrow one from our collection. Saturdays, August 12 and 26, 1 p.m. to 2 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BELLE COOLEDGE MOVIE NIGHT: TROLLS!: Are you ready to meet the Trolls? Come out to the Belle Cooledge movie night for popcorn and fun, from 7:20 to 10 p.m., 5900 S Land Park Drive.

TUESDAY, AUG. 29

MISTER COOPER'S SING ALONG – Preschoolers and their families are invited to enjoy a performance by local children's musician Ken Cooper, which may include such favorites as "I Like Your Hat" and the ever popular "Freeze Dance." Tuesday, August 29, from 11 a.m. to 11:30 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

WEDNESDAY, AUG. 30

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Wednesday, August 30, 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

NEW CLASS: LIVING AND COPING WITH FIBROMYALGIA: Held at Sacramento Natural Food Coop, this class is all about strategies that you can use to help you live an active and positive lifestyle with fibromyalgia, held from 6:30 to 8:30 p.m. For more information email Terry Mcsweeney <fibromyalgiapathways@gmail.com>. Tickets are $15-non-members, $10-members. Purchase ticket at http://www.brownpapertickets.com/event/3008494.

SATURDAY, SEPT. 2-SUNDAY, SEPT 3

CAMELLIA KOI CLUB'S 2017 KOI SHOW "A TASTE OF EXCELLENCE": The Camellia Koi Club will hold an educational and fun event featuring pond builders, fountains, landscape and other vendors, artists and beautiful koi on Saturday, Sept. 2 from 11 a.m. to 5 p.m. and Sunday, Sept. 3 from 11 a.m. to 3 p.m. at The Old Sugar Mill, 35265 Willow Ave., Clarksburg. Qualified judges are on hand to explain how koi are judged. The event is free admission and free to park. The purpose of the Camellia Koi Club is to promote, create and enlarge the hobby of keeping, breeding, appreciating and exhibiting Koi. This show is one way to accomplish that. For more information, visit www.camelliakoi.org.

THURSDAY, SEPT. 7

HOME INSURANCE COVERAGE: THE BASICS AND NEEDS: Learn the basic terminology used in a home insurance quote and learn what's covered to be sure that the amount of insurance you purchase will meet your personal needs. Learn about the documentation needed to support your claims and ways to safeguard that information. $3 prepayment and pre-registration required. $5 drop-in at the door. Class will be held Thursday, Sept. 7 from 11 a.m. to noon at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.org

FRIDAY, SEPT. 8

DIABETES 101 EDUCATIONAL SERIES: Diabetes 101 is a series of classes dealing with diabetes. In this class, you will learn how to manage better office visits, avoiding complications and psycho-social aspects of diabetes. Free of charge and pre-registration required. Class will be held Friday, Sept. 8 from 9 to 10:30 a.m. at ACC Senior Services 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.

SATURDAY, SEPT. 9

"HOT LITERARY NIGHTS": 916 Ink is excited to announce the first "Hot Literary Nights" showcase to support their mission of transforming Sacramento youth into confident writers and published authors. On Saturday, Sept. 9, the nonprofit will bring together community members, business supporters, and local political leaders for an evening of words, whimsy, and wine to highlight our work and make more of it possible. The doors of the magical creative writing space, The Imaginarium at The Maple Neighborhood Center, 3301 37th Ave., will open at 6:30 p.m. for cocktail hour and entertainment will begin at 7:30 p.m. Guests should prepare for a fun and entertaining show, kicked off by a reading from Sacramento's Poet Laureate, Indigo Moor, followed by readings from own published youth authors and performances by local musicians combining jazz and poetry into a one of-a-kind "moetry" experience. Drinks and appetizers will be served and local performance artists will open the show and there will be opportunities to tour our new outdoor creative space, The Writer's Garden, or participate in a Literary Cake Walk, where local bakers compete to produce the best literary themed cake and participants can bid for the chance to take home their favorite cake. Tickets are $45 and are available for purchase online at https://www.916ink.org/hotliterarynights or at the door. 916 Ink, Sacramento's only art-based literacy nonprofit that transforms Sacramento youth into published authors. Why? Because empowered students equipped with amazing literacy skills lead healthier lives. 916 Ink dispatches teams of trained volunteers to work in schools, libraries, nonprofits, and detention facilities. Learn more about us at www.916ink.org.

SATURDAY, SEPT. 9-SUNDAY, SEPT. 10

OTO'S MARKETPLACE 50TH ANNIVERSARY CELEBRATION: Oto's Marketplace celebrates 50 Years on Freeport (1967 - 2017) plus 10th year anniversary at current location, 4990 Freeport Blvd. There will be food tastings and demonstrations, Asian food booths, Osaka-Ya Shaved Ice. The schedule is, as follows: Saturday, Sept. 9 from 10 a.m. to 5 p.m. and Sunday, Sept. 10 from 10 a.m. to 4 p.m. On the "Sapporo Beer" Stage on Saturday, Sept. 9, The Bay Area's own "Rendezvous" will entertain the lunch crowd from noon to 2 p.m., followed by Sacramento's Island Sunset Band which takes the stage starting at 3 p.m. On Sunday, Sept. 10, Sacramento Taiko Dan will perform from noon to 1 p.m., followed by the Otahi Marama Hawaiian Dance Group from 2 to 3 p.m. On Saturday, visitors can "Spin The Wheel" for free prizes. Free popcorn will be given on both days to paying customers. An anniversary sale starts Wednesday, Sept. 6 will there will be a "special sale" on Sunday only. Parking lot will be closed for this event. Parking available at the "Church of the Masters", 1900 Potrero Way, Parking lot directly behind Rite-Aid.

TUESDAY, SEPT. 12

SAVE MONEY ON YOUR PHONE AND PG&E BILLS: Knowing about your phone service options can save you money, help you avoid telephone fraud and ensure that you get the service that is right for you. Also, were your PG&E bills extremely high this winter? Learn what you can do to help reduce your PG&E this winter. Free of charge and pre-registration required. Class will be held Tuesday, Sept. 12 from 2 to 3 p.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

FRIDAY, SEPT. 15

YOUR GUIDE TO MEDICARE'S COVERED PREVENTIVE SERVICES: This workshop provides an overview of the Medicare program including eligibility cost benefits and any recent changes to Medicare Part B covered preventive services, tests and general descriptions. Free of charge and pre-registration required. Class will be held Friday, Sept. 15 from 10 to 11 a.m. at ACC Senior Services 7334 Park City Drive. For more information, call (916)393-9026 ext 330, www.accsv.orgs.

ONGOING

IN CREATIVE COMPANY MEET UP AT ROBBIE WATERS POCKET-GREENHAVEN LIBRARY: Held on the 2nd and 4th Tuesdays of each month from 1 to 3 p.m, this meetup was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome to join--just bring whatever you're working on and come on in! 7335 Gloria Drive.

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month from 1 to 3 p.m.! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

VINTAGE HOT RODS AND CLASSIC CARS AT LAKE CREST VILLAGE: Starting May 12 through Oct. 13, 2017, cars will be displayed on the 2nd Friday of each month from 5:30 to 8:30 p.m. at Lake Crest Village Shopping Center corner of Florin Road and Greenhaven Drive. The June and August events will be held on the first Friday of those months. Come take a look, many of these cars participate in special events in the area. For more information you can contact Tony Antonucci at 916-606-5459.

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

PUZZLE SOLUTION

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

CALENDAR ANNOUNCEMENTS

Send you updated announcements

email to editor@valcomnews.com

VCN VALLEY COMMUNITY NEWSPAPERS | **916-267-8992**

1109 Markham Way, Sacramento 95818

What's happening Pocket/Greenhaven?

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. Appointment times are available for most Wednesdays between 4 p.m. and 7 p.m., Thursdays between 1 p.m. and 3 p.m., and Saturdays between 10 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY– Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY– Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SING ALONG WITH MISTER COOPER- Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

HOMEWORK ZONE AT BELLE COOLEDGE LIBRARY– Teen and adult volunteer homework coaches will be available to assist students in grades K-8 with homework assignments. Please note: Homework Zone ends on June 8, 2016. Space is available with coaches on a first-come, first-served basis. Wednesdays from 4 p.m. to 5 p.m. and Thursdays from 3 p.m. to 5 p.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

YOGA CLASSES AT PARKSIDE COMMUNITY CHURCH: **Svaroopa ©/Restorative Yoga** classes are a journey into yourself. Beginning by walking through the door, settling in a relaxation pose, guided through self awareness, breathing and poses. The poses are propped to meet your deepest muscular tension. As the support of props, specific alignments and the weight of your body gently reach into these deep tender areas, your spinal muscles release and let go. Side effects of this deep release are Bliss, resolving stress and fear, and a deep appreciation of yourself. Physical effects that have been reported are pain relief, improved respiratory, circulatory, immune, neurological systems and more. Walking out of the class you feel a greater sense of wellbeing. This is a body, mind and spirit filled experience. Thursdays 7:15-9:00pm advanced. Questions 916-833-9444.
Hatha Yoga – breath, meditation, and postures with various forms of movement to help release tension throughout the entire mind and body. You'll sweat a little, relax a lot, and leave feeling strong, calm and connected.
*Hatha Flow is Level 1-2 class and is suitable for active beginner and intermediate students. Wear comfortable, form-fitting clothes. Questions, Call (718) 578-5258 or email: eva@evacollins.com
Hatha Flow Classes Thursdays 5:45-7:00pm. All Classes held at Parkside Community Church Fellowship Hall 5700 South Land Park Drive; 916-428-7927.

DO YOU HAVE AN UPCOMING OR MONTHLY EVENT?
Let us know.
e-mail Monica: editor@valcomnews.com





Judy Cuong
(916) 613-3339
Samantha Tov
(916) 947-4312
JudyandSamTeam@gmail.com
CalBR#01258764 CalBRE#01309164













SOUTH LAND PARK
- 3 beds
- 1.5 bath
- 1,371 sqft

Newly remodeled corner lot, big backyard, RV driveway.

1101 25th Ave.
$399,900

RE/MAX Gold #1 Team
Recipient of Children's Miracle Network Award

Cochrane:

Continued from page 17



Barn owl



Great horned owl

Photos by Phil Robertson

happiest Barn Owl lives in an undeveloped habitat of open area that's not in the mountains and that's not too cold. But they are versatile. East Lawn and the Old City Cemetery, Land, McKinley, East Portal and Capitol parks often host some birds. They look for old tree cavities and structures that provide perches and dine primarily on small rodents. When these silent night hunters take flight there is often only a whisper of wings and a pale sail of body floating in the air.

Western Screech-Owl

Cherokee shamans believed Screech Owls can bring on sickness as punishment.

There is no hoot, and alas, no screech. This small, misnamed owl has a rich trilling whinny with the cadence of a bouncing ball – starting slowly and speeding up toward the end. You'll find it mostly in our river neighborhoods. It loves the heavy brush and is strictly nocturnal, hunting by looking more than listening. The best way to spot it is to learn the call. The sound is the key to seeing one.

These woodland owls are little, about the length of a red-winged black bird, with small ear tufts and yellow eyes. Like most owls, the female is slightly larger than the male. There are three different species with our Western Screech-Owl found west of the Rockies, the Eastern Screech east of the Rockies, and the Whiskered Screech, a mainly Central American species whose range barely reaches into southeastern Arizona.

They are cavity nesters and love old trees, abandoned woodpecker holes and empty crow or magpie nests. Their mottled gray plumage is perfect camouflage allowing them to easily blend into the grayish bark of oaks while they sleep through the day.

Great Horned Owl

Miwoks believed Great Horned Owl capture the souls of the dead and carried them to the underworld.

I heard the clicking first. It was dusk in East Lawn Cemetery on a hot August night. Quickly and silently, three large brown-gray owls floated above my head and disappeared into the urban canopy. I'd been owled. Great Horned. The clicking behavior was probably territorial. The parliament of owls was most likely a parent and offspring.

This is our neighborhood owl that hoots. Hoo, hoo, ha-hoo. The large ear tufts and blazing eyes mark this as a quintessential storybook bird. But don't mistake this animal as a benevolent, message carrying child's companion. This is an apex predator with very strong, fierce talons that can carry away rabbits and skunks. Rescued injured birds will often reek of skunk, the owl's favored meal. This bird has no natural predators and will eat anything from fish to small fox.

They are not as common in the urban area, but can be spotted in the larger parks and closer to the river. They hunt by scanning from perches or glide over areas searching for food. Sacramento's old growth urban canopy of mixed deciduous and conifer is perfect for nesting for the owl, but open areas provide the best hunting ground. They are found throughout North America in both low and high lands.

Sacramento Rats and Owls

This summer there was an uptick of rats on our block. Not only were they chubby; they were brazen—waddling across the telephone wires before sundown. These cretins destroyed my tomatoes. I'm surprised they don't travel with little napkins around their necks and cutlery curled in their tails.

The idea of rodent poison was ruled out. Most poisons kill rats slowly and they can crawl into hard to reach spots to die. (Like under your floorboards, or that great trumpet vine by your outdoor dining area.) More importantly for our natural neighborhood world, all who prey on them ingest the poisons that kill the rats. Owls, hawks, raccoons, dogs, cats, are killed by rodenticide. Typically, a rat won't succumb for a day or more to the poison and becomes easier prey.

Owls are my solution. A single barn owl can eat more than 1,500 rodents a year, and a nesting brood can scarf up to 20 a day. Owls, I'm inviting you in. The California State Fair had a demonstration owl box, and I researched them on line. It's not too hard to assemble and they are relatively inexpensive.

East Sacramento Preservation Neighborhood Group also understands that humans and owls form a healthy partnership. The group is fundraising for owl boxes to mount in McKinley Park. This is wise stewardship and supported by the neighborhood. Poisons are not preferable to control rat populations. Hopefully, Sacramento City Council will adopt a resolution banning the owl-killing rat poisons for sale in the city and promoting the use of owl boxes.

For more information about owl boxes and the problems of rat poison visit: http://www.raptorsarethesolution.org/

To help East Sacramento Preservation with the owl box project call (916) 457-2725 or email contact@eastsacpreservation.org.

To learn more about our owls, I recommend Field Guide to the Owls of California and the West by Hans Peeters.

Ellen Cochrane is a certified California Naturalist who lives close to the American Rivver.

Sacramento URGENT CARE



OUR SERVICES

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

OUR FACILITIES

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

Vaccinations Available

At Sacramento Urgent Care you will always be seen by a doctor.

Most Insurances Accepted - Se Habla Espanol

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

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

$15 OFF
Office visit for new cash paying patients
Expires 8-31-17

Camellia Koi Club's 2017 Koi Show "A Taste of Excellence"

By MONICA STARK
editor@valcomnews.com



The Camellia Koi Club will hold an educational and fun event featuring pond builders, fountains, landscape and other vendors, artists and beautiful koi on Saturday, Sept. 2 from 11 a.m. to 5 p.m. and Sunday, Sept. 3 from 11 a.m. to 3 p.m. at The Old Sugar Mill, 35265 Willow Ave., Clarksburg. Qualified judges are on hand to explain how koi are judged. The event is free admission and free to park. The purpose of the Camellia Koi Club is to promote, create and enlarge the hobby of keeping, breeding, appreciating and exhibiting Koi. This show is one way to accomplish that. For more information, visit www.camelliakoi.org.

Valley Community Newspapers got in touch with various club members to discuss their involvement with the club and their love of koi.

Club member Bob Haugland has been a member ever since he dug the hole. "My pond is small so I only have seven fish. Six of them are three years old and about 18 inches. I have one that's five years old and 24 inches because when I had a very bad problem with my pond, three years ago, a Camellia member came out and helped me save this one." He said he usually buys young, small koi because he likes to watch them grow. "Once you have a few years invested in these guys, you become very attached to them. Some of my fish even have names. It takes a few years before you can tell if it's a girl-fish or a boy-fish so I try to use appropriate names. Lulu grew up to be Lou, and Marilyn Monroe became Monroe. I feed them five or six times a day so they'll grow as fast as possible. They're very impressive when they're very big," he says.

Another club member, Jerold Kyle, joined the CKC in 2001 to have a hobby to keep him busy in retirement. "Joining a club gets one invited into some back yards one would otherwise never be privileged to view. Another plus is instead of learning from your mistakes building a pond, you can more easily learn from other's successes. Much more fun that way. The Japanese call Koi the 'Jewels of The Garden' for good reason. To raise special jewels does not just happen as success depends on learning Mother Nature's rules." Understanding a healthy pond environment is key, he explains. One of his fish, a white koi qualifies as a Jumbo Koi meaning it is at least a meter in length (over 39.3 inches) which can only happen in a healthy environment and virtually never happens in a normal backyard pond. How did it happen? He explains: "In the beginning, a club 'old timer' took me under his wing and helped me make better choices developing my pond environment. Now I am an old timer and carry on the tradition. It is what we do. A plus to all this is the CKC is very social so one will make great friends. We are all about friends helping friends. And sharing successes. I joined for the Koi and remain for the people. Consider this an invitation to others who have a desire to enjoy the serenity of having special Jewels of the Garden."

If you go:
What: Camellia Koi Club's 2017 Koi Show "A Taste of Excellence"
When:Saturday, Sept. 2 from 11 a.m. to 5 p.m. and Sunday, Sept. 3 from 11 a.m. to 3 p.m.
Where: The Old Sugar Mill, 35265 Willow Ave., Clarksburg
Cost: Free admission, free parking

Experience doesn't cost you more... It Pays!



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

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

CalBRE# 00692245
Berkshire Hathaway Home Services Drysdale Properties
A member of the franchise system of BHH Affiliates, LLC.
GreenhavenPocketHomes.com

BACK TO SCHOOL PROMOTION:
Buy $5 or more of yogurt, get $2 OFF with your student ID



Buy 8 oz. yogurt or larger,
GET UP TO 8 OZ. YOGURT FOR FREE!
Limit 1 free 8 oz. yogurt per coupon.
Monday - Thursday : 11am - 10:30pm
Friday - Sunday: 11am - 11pm
7600 Greenhaven Dr. #21
422-8120
heavenlysyogurt.com
Expires: 8/30/2017

RECYCLE
PLEASE RECYCLE THIS PAPER



$8.99 Haircut
Not valid with any other offers. Limit one coupon per customer. Valid at Lake Crest, 1054 Florin Road Only.
Great Clips
Offer expires: 9/15/17 PN

$8.99 Haircut
Not valid with any other offers. Limit one coupon per customer. Valid at Lake Crest, 1054 Florin Road Only.
Great Clips
Offer expires: 9/15/17 PN

OPEN Week Nights until 9:00 p.m.
Great Clips® Relax. You're at Great Clips.®
Lake Crest Village Center • 1054 Florin Rd. #6 • 429-7868
(Nugget Market Shopping Center at Florin & Greenhaven between Starbucks & AAA)

LABOR DAY SALE

EVERYTHING is ON SALE!*

EVERY sofa & loveseat,
EVERY bedroom set,
EVERY dining set,
EVERY home office,
EVERY kid's room,
EVERY recliner,
EVERY accessory
is ON SALE!*

PLUS Save 20 to **70%** OFF!

The parking lot is packed with
and clearance furniture.

HURRY IN BEFORE IT'S GONE!

FURNITURE CLEARANCE Parking Lot SALE



*Photo for illustration purposes only. Product not available.

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 "Special Buys" and all "Clearance". Allow time for delivery on some items. Some items are limited to stock on hand. Sale ends 9/4/17.