

SPECIAL: MEDICAL GUIDE TO 2,500+ DOCS

# sacramento

JULY 2001

## Insiders' Guide

**23** Places to Go

**20** Things to Do

**14** One-of-a-Kind Finds

**Beautiful Nails**

*Trends, Techniques & Salons*

**Bed & Breakfast Inns**

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# insiders' guide to sacramento

BY ELENA M. MACALUSO

We've got secrets to share. Looking for a good vegan cookie? We've found one. Ever been in a gold mine? We take you to one. Want to find a place with a good selection of Hawaiian shirts? We've got that, too. Have you ever encountered Chromatic Oasis? We tell you how. We even found a business that sells flowers as well as treats for your pet. In addition, we introduce you to businesses where you will be greeted by pets (as well as humans), glean insider tips from local personalities and tell you of some places to go when you can't sleep—or you wake up early. It's all within our second annual insiders' guide.



## Kids, Cool Your Jets

**Bertha Henschel Park**, 45th Street near B Street, Sacramento—Kids will love this L-shaped play pool. In the middle is a big, mushroom-style apparatus that makes a big shower, cascading into a shallow pool. The pool is open daily during the summer 11 a.m.–5 p.m., holds 50 people maximum and, best of all, it is free. The pool can be rented for private parties (\$60 for the first two hours; \$30 for each hour thereafter) during off hours. Call (916) 277-6060. Call your local parks and rec department for a list of other kid-friendly pools and water structures in the area.

*Insiders' note: There is no lifeguard on duty.*

BY WILCOX

## Cool Things to See

► **Chromatic Oasis**, Sacramento International Airport, Terminal A—If you've ever taken a flight that departed from Terminal A at Sacramento International Airport, you've probably experienced "Chromatic Oasis." Chromatic Oasis, a 6,000-pound glass sculpture that reacts to pedestrian traffic, is the brainchild of artist Christopher Janney. When people walk by, the sculpture erupts in a parade of lights, music and familiar Sacramento sounds: carriages (reminiscent of our famous Old Sacramento), wildlife, choirs—a score Janney created with local musician, sculptor and multimedia specialist Brad Stark. Time of day and amount of pedestrian traffic affect the pitch and timbre. A rose-colored skylight shines through the curved glass panels, creating colored shapes on the floor below. While it was designed to provide a "calming respite," most people, nonetheless, pass by Chromatic Oasis—located a few feet in front of the security checkpoint—without giving it a moment's nod, although one woman we know brings her 3-year-old daughter to the airport just to experience the sculpture.

*Insiders' tip:* More information—including early sketches and photos—on Chromatic Oasis is provided on the first floor of Terminal A.

▼ **Carolee Shields White Flower Garden ("Moon Garden")**, UC Davis Arboretum, UC Davis campus; (530) 752-4880; [www.arboretum.ucdavis.edu](http://www.arboretum.ucdavis.edu)—Amid the hustle and bustle of the University of California, Davis campus lies a pleasant, tranquil retreat called the Carolee Shields White Flower Garden, dubbed "moon garden" because the white flowers and silvery leaf plants shimmer in moonlight. The concept of the white flower garden dates back more than 2,000 years. The flowers—which may include White Winter Daphne, Angel's Trumpet and White Ginger—thrive in warmer climates, those consisting of hot days but pleasant

evenings. In addition, many of the flowers are more fragrant at night—we were delighted with whiffs of jasmine when we visited. "It's a pretty and kind of quiet place," says Warren G. Roberts, superintendent of the arboretum. With a gazebo (Roberts says some people also refer to this place as the "gazebo garden") and benches, the garden is the perfect place to bring a picnic, study or just sit and reflect.

*Insiders' tip:* Dusk is a great time to view the flowers and although they may be further illuminated by a full moon, it certainly is not a necessary element.



TOM MYERS



## IF YOU...

• **Want the next best thing to a slice of New York City pizza...**

Visit **Pieces**, 1309 21st St., Sacramento; 916-441-1949, which brings a little bit of the Big Apple to the Big Tomato, selling pizza by the slice. How do Pieces' slices measure up? They are New York City big—two to three times the size of a local pizza parlor slice. The best part, a slice costs less than \$3. Pieces has four or five different varieties on hand. Or call ahead and custom order a whole pie. It's open late—until 11 p.m. Tuesday–Thursday and until 2:30 a.m. Friday and Saturday.

Pieces opens up at 11 a.m. Tuesday–Friday and at noon on Saturday.

• **Want to go to a deli where everybody knows your name—or, at least, your sandwich order...**

Try **Adorno's Delicatessen and Catering**, 3068 Sunrise Blvd., Rancho Cordova; 916-851-9070—Owner Tony Adorno Jr. says he knows regulars by their orders—even if they haven't been regulars in his friendly, family-owned deli for years.

Another friendly, "Cheers"-like aspect of this joint—they are wonderfully accommodating even in the midst of the lunch hour. When a dining companion with special dietary needs asked numerous questions about the prepared salads in the deli case, she was answered politely and thoroughly—as if she were the only person in the deli. It's the kind of place where water is automatically offered if no drink order is placed. (Yep, they did that, too.) It's just simple customer service combined with great food. Even Carla would be impressed.

*Insiders' tip:* Grab it and go! Fax your order to (916) 851-9071. The menu is on the web at [www.adornos.net](http://www.adornos.net).

## TANTALIZING TREATS

▼ **Cookies from Sun Flour Baking Company**—At nearly 4 inches in diameter and 1½ inches thick, these soft and chewy delicacies are “the bomb” in vegan cookies. (Translated: They are darn tasty!) For four years, Sun Flour Baking Company has been baking vegan—that’s sans animal products—cookies and distributing them locally and nationally. They can be found at The Sacramento Natural Foods Co-op, Sunrise Natural Foods in Roseville, Wild Oats Market, Elliott’s Natural Foods on Greenback, Raley’s on Freeport Boulevard as well as at some local coffeehouses, such as Capitol Garage. With 23 varieties of cookies—including everything from chocolate chip to carrot spice—there is sure to be one to please even the pickiest cookie connoisseur (we highly recommend the lemon custard coconut). In addition to traditional vegan, Sun Flour also makes a wheat/gluten-free variety using a pinto bean flour/rice flour combination. For more information, log onto the Sun Flour website at [www.sunflourbaking.com](http://www.sunflourbaking.com).

*Insiders’ tip: Both the regular and the wheat/gluten free varieties are tasty, but—in all honesty—the regular variety wins hands down. They are simply amazing.*

**Johnson’s Farm Fruitstand & Bakery**, 6255 Sawtelle Ave., Yuba City; (530) 673-0406—Don’t blink or you’ll miss it. But once you try the pies, cookies, cinnamon rolls and housemade jams and jellies at Johnson’s Farm, we guarantee you’ll keep your eyes peeled for this treasure stand as you drive along Highway 99, seven miles south of Yuba City proper.

It’s not a fancy place, this brown, barn-shaped building. But step inside and you’ll instantly be treated to the smell of freshly baked pies. Johnson’s Farm makes several varieties, but according to owner Dave Johnson, olallieberry is the favorite among regulars. “They come from far away to get those olallieberry pies,” he says.

Johnson’s Farm offers more than just sweets. Customers can shop for fresh fruit and vegetables, some—including the walnuts, Fuji and Granny Smith apples, tomatoes and sweet corn—grown on Johnson’s 20 acres. There’s also a small gift shop. However, the 1929 GE refrigerator that sits in the store is for decoration only.

So plan a road trip—even if Johnson’s Farm is the road trip.

Johnson’s Farm Fruitstand & Bakery is open daily from 8 a.m.–6 p.m. with the exception of Thanksgiving Day and Christmas Day.

*Insiders’ note: All of the baked goods are made without butter, with vegetable shortening used as a substitute.*



ROY WILCOX PHOTOGRAPHY / MAKEUP BY SHERRI MORRIS OF BRUSHWORK / MODELS COURTESY OF CAST IMAGES



TOM MYERS

## IT MAY NOT BE LONDON BRIDGE, BUT ...

▲ **Old Fair Oaks Bridge**, Bridge Street, Fair Oaks—This walking bridge (it was closed to automobiles in 1967) is especially intriguing at sunrise. It's soothing to listen to the roosters, watch birds and ducks frolic and see the newly rising sun reflecting on the water. Built in 1901 and twice washed out and rebuilt in 1907, the bridge can be accessed via Bridge Street—watch where you park—or the American River Bike Trail.

**Foresthill Bridge**, Foresthill Road off Interstate 80, Foresthill—This bridge, perched about 700 feet above the American River and three-quarters of a mile long, offers breathtaking views of the Auburn Ravine. Walkways provide an opportunity for those not easily shaken by the vibration of fast cars—or afraid of heights—to spy on the trails below. Another insight gained from walking the bridge: messages carved in the railing—everything from “Kenneth and Donna '79” to “We will always be this high” to, um, some unprintable words and illustrations.

**Bridgeport Covered Bridge**, South Yuba River State Park, 17660 Pleasant Valley Road, Penn Valley; (530) 432-2546—The Bridgeport Covered Bridge is one of nine historic covered bridges remaining in California. Built in 1862, the bridge crosses the south fork of the Yuba River, and during the peak of the Gold Rush as many as 100 wagons a day traveled across it. The bridge was closed to traffic with the construction of the Pleasant Valley Road Concrete Bridge and the area became a state park in 1997. Historic Bridgeport also is an ideal spot for fishing, swimming and picnicking. Hiking trails—the longest, Point of Defiance, is 2.7 miles—allow you to explore the bridge, the Kneebone Family Cemetery, beaches and other points of interest. The day we visited we saw mud swallows building nests.

## Don't Miss These Items ...

▶ **Flour chips at Rick's Hacienda**, 3330 Fruitridge Road, Sacramento; (916) 428-1344 and **El Novillero**, 4216 Franklin Blvd., Sacramento; (916) 456-4287—Both these restaurants serve complimentary

corn chips, so when it comes to ordering flour chips (a few bucks gets you a basketful), many people may think, “Why bother?” Well, bother. Flour chips make a savory precursor to a meal. Between Rick's Hacienda and El Novillero, we couldn't decide which are better. Rick's are crispy, similar to a wonton; El Novillero's are more pliable. They probably use up half of your daily allotment of calories and all of your daily allotment of fat, but they are *oh, so worth it*.

*Insiders' tip:* Rick's Hacienda automatically serves flour chips as part of its weekday lunch. During evenings and weekends, ask for them; they are not on the menu. At El Novillero, request a special order—or two—of *pico de gallo*. It makes a great dipping companion when paired with El Nov's regular salsa.

**Vegetable Soup at Marie Callender's Restaurant & Bakery**, various locations—Remember that commercial for soup that asked whether to use a spoon or fork? That same dilemma applies to Marie Callender's vegetable soup. Generous chunks of vegetables, including carrots—we have seen both baby carrots as well as 1½ inch rounds used—zucchini, yellow squash, green beans and celery, populate this warm and delicious treat, which also has peas, tomatoes and onions. The broth offers all of the liquid comfort we know and love about soup; the vegetables provide the filler. So maybe you should be prepared to use both a spoon and a fork. Just \$4.99 gets you a bowl of soup and a slice of Marie Callender's famous corn bread.

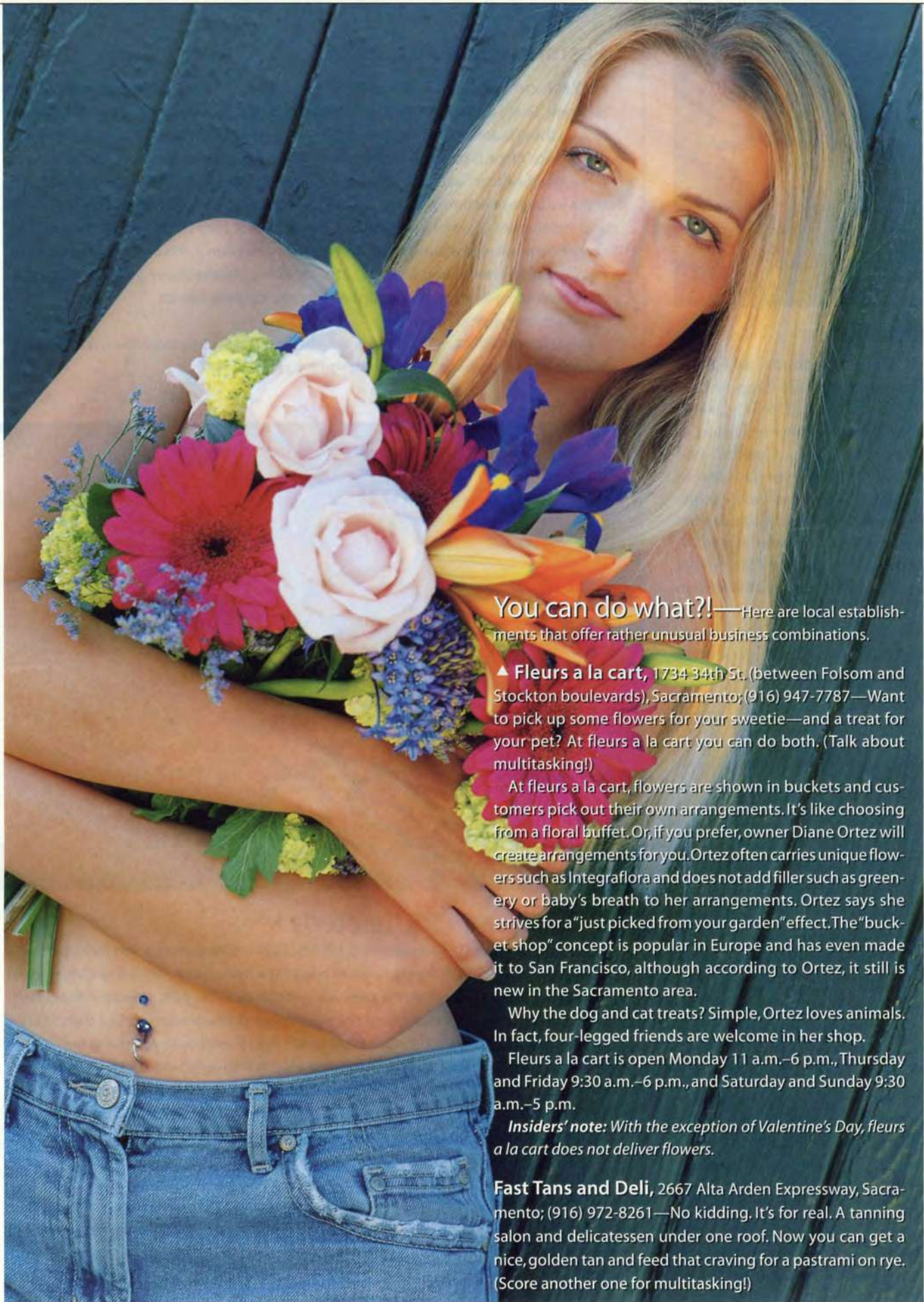
*Insiders' note:* A recent article in Health magazine touted the benefits of such soups as an aid in weight loss due to their high satiety level—you feel full on less. (Something to feel good about when you order that slice of luscious pie for dessert, eh?)

## To Market, to Market

**Galt Market**, Highway 99 south, Central Galt exit—Peddling goods from clothing to collectibles, dried flowers to pots and pans, the Galt Market thrills bargain seekers with its 10 acres—housing 400 to 450 different vendors—of wares. Offering free admission and parking, the market runs every Tuesday and Wednesday. Generally, you'll find new merchandise on Tuesdays, the more popular day for retailers and wholesalers. Wednesdays offer the produce market and a larger selection of used items. Wednesday is more crowded—and a bit more lively. We heard vendors shouting their goods—“\$1 sunglasses,” “\$5 crate of strawberries” and the like. Also, Wednesday's offerings are more culturally diverse; we spotted several Asian and Hispanic music CD vendors and a booth showing—and selling—Hmong movies. (And it always had a crowd.) “So much of the world is used to outdoor markets; this is a comfortable atmosphere,” says Helene Hausman, market manager. “It's anybody's guess what the vendors are going to bring week to week.” Hausman notes that vendors change often and come from all around the world including Afghanistan and Kenya as well as from five or six states. “We strive to keep things different because it keeps it interesting and it keeps it fresh,” she says. “It's like a little mini-globe here in Galt.”

The market runs 6 a.m.–3 p.m. Call (209) 745-2437, Monday-Wednesday or (209) 745-4695 Thursday–Friday or dial up [www.ci.galt.ca.us](http://www.ci.galt.ca.us).





**You can do what?!**—Here are local establishments that offer rather unusual business combinations.

▲ **Fleurs a la cart**, 1734 34th St. (between Folsom and Stockton boulevards), Sacramento; (916) 947-7787—Want to pick up some flowers for your sweetie—and a treat for your pet? At fleurs a la cart you can do both. (Talk about multitasking!)

At fleurs a la cart, flowers are shown in buckets and customers pick out their own arrangements. It's like choosing from a floral buffet. Or, if you prefer, owner Diane Ortez will create arrangements for you. Ortez often carries unique flowers such as Integraflora and does not add filler such as greenery or baby's breath to her arrangements. Ortez says she strives for a "just picked from your garden" effect. The "bucket shop" concept is popular in Europe and has even made it to San Francisco, although according to Ortez, it still is new in the Sacramento area.

Why the dog and cat treats? Simple, Ortez loves animals. In fact, four-legged friends are welcome in her shop.

Fleurs a la cart is open Monday 11 a.m.–6 p.m., Thursday and Friday 9:30 a.m.–6 p.m., and Saturday and Sunday 9:30 a.m.–5 p.m.

*Insiders' note: With the exception of Valentine's Day, fleurs a la cart does not deliver flowers.*

**Fast Tans and Deli**, 2667 Alta Arden Expressway, Sacramento; (916) 972-8261—No kidding. It's for real. A tanning salon and delicatessen under one roof. Now you can get a nice, golden tan and feed that craving for a pastrami on rye. (Score another one for multitasking!)



## OH DEER

▲ **Live “Reindeer” at Kelley Display, Inc.**, 3825 Gregory Ave., West Sacramento; (916) 371-2644—We didn’t see Dasher or Dancer or Prancer or Vixen. Couldn’t find Comet or Cupid or Donner or Blitzen. We didn’t run into Rudolph. However, at Kelley Display, Inc. we did meet Rudy, a 4-year-old fallow deer and one of about 52 that resides on owner Dave Kelley’s 10 acres in West Sacramento.

They are remnants of a bygone era. Kelley, whose business specializes in banners, signs and exterior Christmas decorations, at one time rented the deer out to shopping centers for Christmas displays—he says his fellows are reminiscent of reindeer in Christmas fables. Shopping centers did away with live displays some 25 years ago, and now for Kelley, the deer are like family.

Fallow deer are not domesticated animals and are typically timid around people. Rudy is an exception. Kelley took special care of Rudy—whose mother died shortly after his birth. “He’s like a dog now,” reflects Kelley. “I can call at him and he’ll come running.” Rudy’s full name is Rudolph Cornelius Alexander Mack (Connie Mack) after both the manager of the Philadelphia Athletics (now the Oakland Athletics) and, of course, “the most famous reindeer of all.” He is the only one to be graced with a name.

*Insiders’ tip: Kelley welcomes visitors to see the reindeer. Please avoid parking in his driveway. And you’d better not go on Christmas Eve: Kelley claims these guys work as “substitute” recruits on that busy night.*

## Fashionable Find

**Hi-Fashion Fabrics**, 4106 Franklin Blvd., Sacramento; (916) 451-5648—Something different. That’s what you’ll find at Hi-Fashion Fabrics on Franklin Boulevard. Focusing less on the arts and crafts materials that tend to dominate many fabric stores, Hi-Fashion Fabrics’ niche is material for evening wear, bridal wear and theater costumes—sequins, hand-beaded laces, silk velvets, Jacquards, appliqués and rhinestones. In addition, there is a large selection of velvets and silks with Asian-inspired designs, as well as African and Indian prints. “Something that’s really special that they can’t find in [other] stores,” that’s how employee Nikie Nguyen describes the selection in this 6-year-old family business, which she runs along with her sister, Dynise, and father, Hoang. The store also carries bridal accessories, as well as upholstery and drapery fabrics.

Hi-Fashion Fabrics is open daily.

*Insiders’ note: Hi-Fashion Fabrics also has a tailor shop, where store owner/tailor Hoang Nguyen does alterations. He’ll even design suits from pictures.*



## Cafe Plaza/PERS Cafeteria ▲

Lincoln Plaza, 400 P St., Sacramento; (916) 326-3091—It’s a cafeteria. You pick up a tray, a plate and some utensils, then you go to one of the many food stations to choose what you want to eat. But my gosh, the selection—which includes daily specials—the cleanliness, the friendly staff, the portions, the price (most of the entrées are less than \$5). It is these traits that make a trip to Cafe Plaza worth the 75 cents or so you put in the parking meter outside. This place is a known treasure among area state workers. You’ll find a burger bar, a salad bar, a deli bar, “healthy choices.” Still not sure how good “cafeteria food” can be? It’s good enough for a once-in-a-lifetime event—wedding receptions and other events held in the Lincoln Plaza atrium and courtyard are catered by Cafe Plaza.

Cafe Plaza/PERS Cafeteria is open Monday–Friday, Breakfast: 6:45–10:30 a.m., Lunch: 11 a.m.–1:30 p.m. and Snacks: 1:30–3:30 p.m.

*Insiders’ tip: Beware! The regulars at this joint will push you along if you hem and haw over your selection. Study the menu, decide what line you need to wait in, and proceed quickly.*

**It's a Pet's Life**— Love animals? Check out 10 businesses where bringing an animal to work is as common as bringing a briefcase.

▶ • **Abreu Gallery**, 3712 Auburn Blvd. (between Watt Avenue and Wind-ing Way), Sacramento; (916) 488-1211—*Who*: Sadie, a 7-year-old Manx cat, new mom Jetta, a 4-year-old black Labrador, Crossfire, a 4-year-old Welsh corgy, and two dachshunds, Skippy, 16, and Pinky, 10. "I don't really feel that I want to go anyplace without them," says Abreu co-owner Tom Head. Abreu Gallery has a sign on the door introducing people to the animals, so there are no surprises when you walk in. If you have allergies let them know, and they will place the animals in the back room.

*Insiders' tip*: Check out the gallery's website, [www.abreugallery.com](http://www.abreugallery.com) for information on all of the animals.

• **American Fly Fishing Co.**, 3523 Fair Oaks Blvd., Sacramento; (916) 483-1222—*Who*: Travis, a 9-year-old golden Labrador/Australian sheep dog. "I don't know if it's the right thing to do, to have dogs in businesses, but it works for us," says co-owner Gary Eblen. "Customers like having the dogs here. It's a fly fishing store... it's not like a restaurant or a baby store or a toy store."

• **Coulson Winery**, 3550 Carson Road, Camino; (530) 644-2854—*Who*: Fred, a 3-year-old "alley" cat with "beautiful green eyes and a pink nose," according to owner and winemaker Ed Coulson. "I asked [the shelter] for a cat with attitude and this is what I got," says Coulson of his procurement of Fred.

In February, the winery threw a birthday party in Fred's honor. Coulson says they took a poll to see if people would be interested in attending and the response was overwhelming.

*Insiders' tip*: Check out the winery's website, [www.coulsonwinery.com](http://www.coulsonwinery.com), for Fred's monthly wine selection.

• **El Dorado County Chamber of Commerce**, 542 Main St., Placerville; (530) 621-5885—*Who*: Mason, a 2-year-old cat who is thought to be part Persian. Chamber executive director Laurel Brent-Bumb says Mason is well cared for by the 90 percent female staff and he loves people. "We have a ball with him," Brent-Bumb says.

• **Feather Your Nest**, 9665 East Stockton Blvd., Elk Grove; (916) 686-2747—*Who*: Breanna, a 5-year-old standard poodle. "Breanna is just perfect," says manager Joy Hensley. Breanna, who belongs to store owner, Lynn Scholla, divides her time between Feather Your Nest and the newly opened Feather Thy Nest located at 4747 J St., Sacramento; (916) 737-2747.

*Insiders' tip*: "She loves men," Hensley says.

• **Fleet Feet Sports**, 2311 J St., Sacramento; (916) 442-3338—*Who*: Pearson, a 3-year-old yellow Labrador. Pearson used to stay home with the owners' son and babysitter, but then the boy went off to pre-kindergarten. "He's such a lovable dog, we couldn't bear to leave him home alone," says Jan Sweeney, who with husband, Pat, owns Fleet Feet and Pearson. Pearson usually resides in the back office so as to not intimidate customers, but he often can be seen lying in the hall. And yes, if you're so inclined, he does like to be petted.

• **Flower Concepts**, 2220 J St., Sacramento; (916) 447-8238—*Who*: Mika, an 11-year-old Shih Tzu and Maynard, an 11-year-old Lhasa apso, who, incidentally, weighs 35 pounds. (A Lhasa apso normally weighs 17 to 19 pounds, says Flower Concepts owner Marvin Girtz.) Maynard, it seems, rules the roost. "He owns J Street," Girtz says. Mika, on the other hand, is the social butterfly, often greeting patrons as they enter the store.

• **Ivy House**, 56th and H streets, Sacramento; (916) 737-0895—*Who*: Katerina, an 8-year-old calico. "She's a fixture in the store. She lies on the counter most of the time except when a dog walks by; then she leaps off the counter like she's going to attack it," says Ivy House owner Jackie Vikre. "We have a lot of people who want to take her home, but we're not going to get rid of her. We love her too much."

• **James W. Cameron Construction**, 1420 Merkley Ave., Suite 7, West Sacramento; (916) 375-1771—*Who*: Sheila, an 11-year-old black Labrador. "She's a great little girl dog," says Donna Cameron, office manager. "She greets everybody who comes to the door." Well, almost everybody. "She doesn't like salesmen," Cameron says, referring to door-to-door solicitors.

◀ • **Tony Matthews**, 447 Main St., Placerville; (530) 626-9161—*Who*: Chase and Annie, 28-month-old brother and sister golden retrievers. "Annie greets everybody and she wants everyone to touch her. Once you pet her, she'll leave you be," says Tony Granados, who—along with Matthew Huckabay—owns the gourmet kitchen/home decorating store. "Many people come in for the dogs," he says. "They have a following."





ROY WILCOX

## SHOP, SHOP, SHOP

**Krazy Mary's**, 3200 Folsom Blvd., (next to MedClinic), Sacramento; (916) 455-MARY—Faux-fur baby blue vests, camouflage knickers, skirts with ruffles on the hem. How about a “Magic Scarf”—so named because it can be worn a variety of ways (belt, head or neck wrap, tank top—yes, tank top). These are just a few of the items we spied at Krazy Mary's one spring afternoon. With hip, Melrose-type fashions, Krazy Mary's carries some big designers—To The Max, Morgan, Mavi—but strives to carry things not found at the mall. Not in the mood for a pair of leather pants with studs up the sides? Don't fear. We also saw traditional A-line dresses and jeans—all done with a twist: a bold color, a decorative trim. The best part: Almost everything we looked at was less than \$100.

Keep in mind, if your friend has a cool shirt from Krazy Mary's and you are dying to get the same, you might be out of luck. “The more unique it is, the less I carry,” says owner Mary Kawano.

Krazy Mary's is open Tuesday–Saturday 11 a.m.–8 p.m. and Sunday 11:30 a.m.–6 p.m.

*Insiders' tip:* Be careful where you park. Street parking is available, but weekdays are crowded because of the MedClinic. “Saturday there's always parking here because no one's at the MedClinic,” Kawano says.

▲ **Swanberg's for Men**, 2101 Second Ave., (two blocks south of Broadway), Sacramento; (916) 456-8728, [www.californiashirts.net](http://www.californiashirts.net)—Lauren Lundsten started out carrying vintage sports memorabilia and vintage bikes—“vintage guy stuff,” he says. Oh, and a small rack of Hawaiian print shirts. Five years later the store now houses more than 1,000 shirts. Lundsten also carries Hawaiian-themed shirts of pro and college sports teams and what he dubs “nightclub or martini shirts”—ones with tiny guitars for buttons, for example. Lundsten says many customers come in during the winter months, the shirts providing them a lift in overcast weather. Stepping into the tiny shop off 21st Street you suddenly may get an urge to take up surfing—like our model above. But while Swanberg's for Men doesn't carry surf boards, you will find sandals, hats, travel bags, swim trunks, even World Music CDs. In addition, the on-site listening station can help put you in the island mood. “I think most of my customers are sun lovers,” Lundsten says. “They are outdoor people.” (And perhaps they include a certain Hawaiian shirt lovin' *Sacramento Bee* columnist?)

Swanberg's for Men is open Monday–Friday 10 a.m.–6 p.m., Saturday 10 a.m.–5 p.m. and Sunday 11 a.m.–4 p.m.

*Insiders' note:* Next door, Swanberg's Natural Fiber Clothing carries a potpourri of women's and children's finds—clothing, books, cards, household items and more.

## POOCH PRESENTS

**First Northern Bank**, 1300 Harbor Blvd., West Sacramento; (916) 372-1023 and 434 Second St., Davis; (530) 758-7500—In addition to balloons and lollipops for the kids, Rover gets a special treat at the West Sac location when mom or dad uses the drive-up window. Yes, dog treats are provided. This trend was started in the early '90s by the bank's operations manager, who noticed the large number of pets who appeared at the drive-up window. In Davis, treats are granted to four-legged friends who come with customers into the bank's lobby or to its walk-up window. One staffer even brings in homemade dog biscuits on occasion.

**Manhattan Bagel**, 4701 H St., Sacramento; (916) 451-9895—Although dogs are not allowed in the shop (guide dogs aside), Manhattan Bagel does offer dog bagels—day-old bagels too tough for humans but perfect for the pooch. Ask for the bagels next time you place an order.

*Insiders' note: You don't have to leave Fido at home. You may fasten the dog outside and—if you want to stay and eat—a bowl of water will be provided for your beloved.*

**Newsbeat**, 514 Third St., Davis; (530) 756-6247 and 1005 L St. Sacramento; (916) 448-2874—Both stores offer dog treats for visiting canine friends. You even may find a dog or two on the premises.

## CHOP HOUSE

Have a favorite set of chopsticks? When you dine at **Yama Sushi** in Roseville, you may bring your own chopsticks and leave them there for the next time you visit. Just bring along a case or a plastic bag with your name on it and they'll place it behind the bar.

Yama Sushi, 1603 Douglas Blvd., Roseville; (916) 786-9220.

## Tours and More

**Gold Bug Park**, Bedford Street, one mile north of Highway 50 (2635 Gold Bug Lane), Placerville; (530) 642-5232, [www.goldbugpark.org](http://www.goldbugpark.org)—Gold Bug Park, on the state and national registries of historic places, offers a fun and educational experience. Ever been in a gold mine? Put on a hard hat and proceed 352 feet into Gold Bug Mine to see original mine rails as well as quartz veins, which indicate where gold may lie. You'll see the stamp mill—used for crushing quartz to extract gold. The museum displays the gold scales used during the Gold Rush. The gift shop offers mugs, shirts and books about the Gold Rush, with all proceeds supporting interpretive and educational programs within the park. Kids and adults will have fun gold panning (\$2 for adults, \$1 for children age 16 and younger) in the running trough.

Gold Bug Park is open daily from 10 a.m.–4 p.m. mid-April–September; weekends 10 a.m.–4 p.m. October–November; and weekends noon–4 p.m. December–mid-April. Mine admission: \$3 adults, \$1 children ages 6–16 and free for children ages 5 and younger.

*Insiders' tip: Dress in layers. It is cold in the mine, yet it can get quite warm in the stamp mill.*

▼ **Crystal Cream & Butter Company**—Go see how milk is processed. Founded in 1901, the Crystal Cream & Butter Company offers free group tours by reservation. The tours start with a video sharing the history of the family-run business and serves as a precursor to sights you will see, including how milk is sanitized, processed, cooled and packaged.

(This plant, located on Belvedere Avenue, deals solely with "fluid" products—milk and



juice. Ice pops, butter, ice cream and other items are made at separate plants, and tours are not available.) Afterward, youth groups may be treated to a "Jeopardy" meets "Saved By the Bell" type show offering milk trivia and touting the benefits of milk over soda and/or an assortment of Crystal commercials made throughout the years—including ones by Sacramento's own Jack Gallagher. Tours can be customized for specific groups. To sign up, call Bonny Hodges at (916) 444-7200. For more information, dial up [www.crystal-milk.com](http://www.crystal-milk.com).

*Insiders' note: Guess what, at the end of the tour—treats, treats, treats. Need we say more?*

**California Military Museum**, 1119 Second St. Old Sacramento; (916) 442-2883—Nestled between Carl's Jr. and Subway sits the California Military Museum, devoted to the preservation of state military history. When you enter, your eye is drawn to a Civil War cannon. According to volunteer Glyen Brown, the cannon—a popular spot for picture happy tourists—was found in a barn in the South and is one of only two or three that still exist. Other mementos include pictures, newspaper clippings, handbills, flags, musical instruments and weapons, such as a sword used by Maj. Gen. Zachary Taylor, who would later become our 12th president. The museum is toured on a self-guided basis, however, volunteers are available to answer questions. Call the museum to inquire about group reservations, rates and guided tours.

The California Military Museum is open 10 a.m.–5 p.m. Tuesday–Sunday.

*Insiders' tip: On the second floor there's a poignant collection of envelopes from letters one soldier sent to his family while he was serving in the Vietnam War. The man drew cartoons and pictures and wrote funny messages on the envelopes to entertain his family back home. On some he wrote numbers, which indicated the days remaining until his tour was up and he would see his loved ones again.*

## Know Your Locations

"Hey, let's meet at Players." The next time someone suggests that, make sure you have the proper location. There are two Players locations within a mile radius of each other. **Players Sports Pub and Grill** at 4060 Sunrise Blvd., at Sunrise and Fair Oaks (just south of Fair Oaks Boulevard), Fair Oaks; (916) 967-8492 and **Players Neighborhood Pub** at 9729 Fair Oaks Blvd., (one block west of Sunrise Boulevard), Fair Oaks; (916) 967-7870.

Players Sports Pub and Grill welcomes all ages and has 32 TVs, including two big screens and six satellites. There is a jukebox, karaoke on Saturday nights, a full menu, and games including shuffleboard and darts. Players Neighborhood Pub, on the other hand, is more of a game room and has—among other games—three shuffleboard tables, six dart boards and 11 pool tables, and you must be 21 years or older. It also has a jukebox and although it does have TVs that show the games, according to one employee, Players Sports Pub and Grill is the main sport-watching venue with Players Neighborhood Pub receiving the overflow crowd if the former gets too crowded.

Players Sports Pub and Grill is open daily from 11:30 a.m.–2 a.m., but may open earlier depending on game times. Players Neighborhood Pub is open daily from noon–2 a.m.

## Local Libations

**Joshua Pup's**, 617 Munroe St., Sacramento; (916) 972-7877—There is a picture of Joshua above the bar in Joshua Pup's. The beloved yellow Labrador of owner Arny Rosenberg, Joshua died in 1983; Joshua Pup's—named in his honor—opened on April 1, 1988.

The bar, located next to the Lemon Grass restaurant, may not look like much from the outside, but inside you'll find a quaint, cozy neighborhood bar—where candles provide most of the light and a gas fireplace graces the corner. A small patio offers both heaters and misters, so guests can be comfortable whatever the season.

The bar—known for its martinis and bloody Marys, according to bartender Amy Morgan—also serves appetizer-type food such as pizza and buffalo wings and offers weekday drink specials as well as happy hour Monday–Friday from 5 to 7 p.m. With numerous televisions—including a big screen—Joshua Pup's provides a low-key place to watch the game.

The small bar gets crowded on Thursdays, Fridays and Saturdays, making for a friendly, lively evening. But if you're in the mood for a bar brawl or an obscenity shouting contest, you'd best skip Joshua Pup's. You will be asked to leave.

Joshua Pup's opens at 5 p.m. Monday–Friday and 7 p.m. Saturday.

**Insiders' note:** Rosenberg's 84-year-old mother, Esther, is his business partner, and she often greets customers at the door.



TOM MYERS

## ANIMAL LOVERS TAKE NOTE

**Blessing of the Animals**, St. Joseph's Church, 32890 South River Road, Clarksburg—St. Francis of Assisi is the patron saint of animals, so how fitting to hold a blessing of the animals on the Feast of St. Francis of Assisi on Oct. 4. Every year for the past four, Father Dan Madigan has been blessing "all God's creatures" at his Delta church, about 15 minutes south of Sacramento. "I'm an animal lover," says Madigan, who owns seven dogs, four donkeys, two mules and a cat. Madigan says the reason for the blessing is simply to celebrate the animals. It is done "out of pure respect of the animal and the love of God. We have a little ceremony and we say a little prayer for them," Madigan says. Then, one by one, people bring their pets to Madigan, who dips his hand in holy water and blesses them. How do the animals react? Madigan says they are very friendly—sometimes even jumping on the table. "I guess the owners convey to them that this is an OK guy," he says, referring to himself. The ceremony draws primarily dogs and cats, but all animals are welcome—hamsters, birds, even cows and horses. You don't have to be Catholic or even Christian to attend the celebration—everybody is welcome. He simply asks that your pet remain in your control—perhaps in a cage or on a leash. For more information, call Madigan at (916) 665-1132.

*Insiders' tip:* Madigan says that other churches may hold a similar ceremony. If you fear the trip to Clarksburg may be too taxing on your animal—or on yourself—check with churches in your area.

## Show Off Your Knowledge or Learn Something New

**Wine Classes by Wine Savvy**—From wine novices to people with private collections, wine distributors and restaurateurs, monthly wine classes by Wine Savvy draw a mix of people. The class is led by Elaine Smith, the antithesis of the haughty wine snob many people fear. Make no mistake, Smith knows her wines, but she conveys her knowledge in down-to-earth terminology and remains open to others' opinions, answers and comments. "It's very rare that there's one right answer," Smith says. "I try to provide the objective framework, but the really exciting part is everybody's reaction." Smith, who studied viticulture and agribusiness marketing at Cal Poly, San Luis Obispo, covers wine-making techniques, wine jargon and wine labeling. You'll also learn good food and wine pairings and how to choose a wine that matches your palate—as well as your budget. Each month Wine Savvy offers a different theme and wines that fit that theme are tasted blindly. "We taste with an unbiased palate," Smith says. Classes cost \$20–\$30 and are limited to 50 people. Locations vary; pre-registration is required. For more information or to register, log onto [www.winesavvy.homestead.com](http://www.winesavvy.homestead.com).

*Insiders' note:* July's theme is "Around the World with Sparkling Wine." Smith says she chose this for July because it tastes great in the summer with all kinds of foods and because of July 4th—"sparklers, get it?"

**Trivia Night at The Streets of London Pub**, 1804 J St., Sacramento; (916) 498-1388—Do you know which Rolling Stones album cover was designed by Andy Warhol? How about which fast food chain is the second most successful after McDonald's? If so, you may be a good candidate for trivia night at The Streets of London Pub. Held every Sunday from 9 to 10 p.m., trivia night is a must for fans of the board game Trivial Pursuit. Except in this version, prizes—in the form of wine and dinners and pitchers of beer—are involved. Be prepared: This crowd—made up of a mix from college students to retirees—is serious. The place was eerily quiet when we walked in at half past nine on a recent Sunday evening. Teams of one to four people wrangled for answers to questions—30 in all on everything from movies to music to Saturday morning cartoons—read aloud by a moderator. FYI, movie buffs will want to call the pub to find out when the next movie trivia night takes place. By the way, the answers to the above questions: *Sticky Fingers* and Kentucky Fried Chicken, respectively.

*Insiders' note:* Trivia Night was started by bartender and manager of The Beat, Simon MacMillan, who passed away late last year.

▼ **Open Studio Life Drawing Sessions**—If you would like to try your hand—pun intended—at drawing the human form, the art studios behind Michelangelo's restaurant provide a venue. (Pass the restaurant at 18th and I streets, turn when you see the walkway.) Volunteer James Sherry says artists of all levels come to draw. All is quiet during drawing time—except for music playing—but students can offer each other feedback during breaks. The class is noninstructional; you come, you draw. The drawing sessions take place four times a week: Monday and Saturday at 10 a.m., Wednesday and Thursday at 6:30 p.m. and each session lasts three hours. Operated on a walk-in basis, a session costs \$7, although accommodations may be made for varying financial situations. Each session offers something different, depending upon the facilitator. For example, models may be clothed or not. Call (916) 448-8546.

*Insiders' tip:* Get there early and you get an easel; otherwise, bring a drawing board and you are welcome to sit on the floor. (But bring a cushion; it's a cement floor.) Most people bring their own paper and supplies.



# Expert Opinions

## • David SooHoo, chef/owner Bamboo restaurant

Q: *What's a great, relatively unknown place to eat in Sacramento?*

A: "It's a restaurant called **Rice Noodles** that's across the street from the post office on Arden Way, and I can tell you my son, Robert, and wife, Elaine Corn, sneak out there all the time. And it's not well known, but the service is very personable. It's a family-run Vietnamese operation and they're really polite and nice people. Try the food. I'm sure you'll love it. It's a very friendly small restaurant."



## • Adam Gottlieb, marketing and communications director, California Arts Council

Q: *Piece of public art people should take notice of?*

A: "**Gold Rush**" by Tom Otterness, Front Entrance Plaza, United States Courthouse, Fifth and I streets, Sacramento. "I love the sense of whimsy and humor in this piece of public art. It's a fun way to look at public art and it's also exciting to know that it [art] doesn't have to be stuffy and serious. This is fun art for all the people."

## • Christopher Cabaldon, West Sacramento city councilman and former mayor of West Sacramento

Q: *Name one thing not to miss in West Sacramento.*

A: "Tucked away in the industrial district of West Sacramento is California's own version of the Smithsonian. **The State Museum Resource Center** has been collecting objects and artifacts illustrating California history and culture since 1890. You won't find many bells and whistles in this unassuming warehouse that calls itself a 'museum without walls,' but you will find an unparalleled collection of Native American basketry, an 1850s bar and Murphy bathtub, and thousands of paintings, prints, drawings, books, photographs, clocks, pianos and other treasures."

The State Museum Resource Center is open to the public only by reservation for special tours of up to 10 people. Call (916) 324-7002 for more information.

## • Chris Macias, pop music writer, *The Sacramento Bee*

Q: *Name a must-see music store in Sacramento.*

A: **Records**. "Packets of tissue or allergy tablets should be on standby for a shopping excursion at the aptly titled Records. But tickled sinuses are worth the trip to this haven for record collectors. Stacked among the store's dusty confines are mountains of vinyl records, which feature rock, jazz, classical, children's music—

and everything in between. A robust collection of used CDs and videotapes is also ripe for rummaging. Happy hunting." Records is located at 710 K St. Sacramento; (916) 446-3973.

## • Rev. Bob Oshita, Buddhist Church of Sacramento

Q: *What insider tip would you give to someone new to the area?*

A: "Allow Sacramento to be Sacramento and **don't compare it to anyplace else**. As soon as we become critics we don't appreciate what is in front of us. If you allow Sacramento to be Sacramento you'll really find it has a lot of wonderful treasures and is full of a lot of surprises. If you're new here, [don't try] to compare it to where you come from. Just allow Sacramento to be itself and you'll enjoy it."

## • Sophia Scherman, Elk Grove City Council member

Q: *Tell us some interesting factoids about the Elk Grove/Laguna area.*

A: "We have an original member of the Donner Party buried in the **Elk Grove Cemetery**: Elitha Donner. She died at the age of 91 in 1923. In the early 1900s we had a house that was the grand-

est in the Sacramento Valley—the Dixon Family House—[they] also owned the Dixon Pit and the pit provided almost all of the gravel [used to build Highway 99]. And out of the excavation of that gravel they found some dinosaur bones. Elk Grove was known for its strawberry fields because they were grown and harvested by the Japanese. When the Japanese were interned, the strawberry

fields just died. They have never fully recovered."

## • "Commander Bill" Eveland, KFBK and Y92 airborne reporter

Q: *What are some insider driving tips or secret detours?*

A: "I save those for special situations. I never mention them on the air. As soon as you mention it on the air, then perfectly good routes get messed up." He does offer this advice: "**Use surface streets. Don't drive at slow speeds in the left-hand lane.** Stay in the right lane if you're not familiar with the area. If you know what the address is, get a Thomas Guide and look it up before you go there. Most important, plan what you're going to do. Be a thinking driver."

## • Rocky Rockholm, vice mayor, City of Roseville

Q: *What is something in the Roseville area that people may not know about?*

A: "**The Maidu Interpretive Center** recently opened at Maidu Park. It gives a historical look at the beginnings of Roseville."



**Dreamland for an Insomniac**—Whether you are having trouble sleeping, are a bona fide, card-carrying night owl or like to rise with the roosters, here are some late-night and early-morning places to check out.

• **Broadway Bait Rod & Gun**, 1701 Broadway, Sacramento; (916) 448-6338—Many anglers say that fish bite best at first light. Opening at 5 a.m. Monday through Friday and 4 a.m. Saturday and Sunday, Broadway Bait provides the avid fisherman with fresh bait in time for him to get to his favorite fishing hole, set up shop, and wait for the little guys to bite.

• **Country Club Lanes**, 2600 Watt Ave., Sacramento; (916) 483-5105—Ever get an itch to bowl at 4 a.m.? You can; this place is open 24 hours, seven days a week. There's an arcade as well as late-night laser tag and billiards. Check the schedule for special "glow bowl" times, when the lights are dimmed and the music soars.

• **Lai Wah Restaurant**, 5912 Freeport Blvd., Sacramento; (916) 428-6183—And you thought you had to give up your dreams of getting chow mein and egg rolls in this town after 9:30 p.m.? Not so. Lai Wah serves a full menu—including pot stickers and sweet and sour pork—until midnight Sunday–Monday, 1 a.m. Tuesday–Thursday and until 3 a.m.—yes, 3 a.m.—on Friday and Saturday.

*Insiders' Tip:* Weekend patrons may want to place that order to go after 2:30 a.m.—or at least be respectful of the 3 a.m. closing time.

• **Marie's Donuts**, 2950 Freeport Blvd., Sacramento; (916) 444-5245 —We all know about a certain doughnut shop with the initials KK, but here's another place to go when you have a craving for a hot, fresh doughnut at 2 a.m. Serving maple bars, chocolate bars, apple fritters and more, Marie's Donuts bakes throughout the night until 7 or 8 in the morning (bump that up to 9 a.m. on weekends) so the goods are always fresh. Best selection—we are told—is in the wee hours. Think 5 a.m.

Marie's Donuts opens daily at 1 a.m.

◀ • **True Love Coffeehouse**, 2406 J St., Sacramento; (916) 492-9002—Listen to a band, play a board game (they have several available to borrow) or just sit and relax in this downtown dig, which serves a variety of coffee and tea drinks, beer, wine as well as snacks. Events happen nightly and include an all-

wrestling talk show on Mondays, open mic on Tuesdays, movies on Wednesdays and live music Thursdays through Saturdays. True Love Coffeehouse is open until midnight Monday–Thursday and until 3 a.m. on Friday and Saturday. Log onto [www.truelovesacto.com](http://www.truelovesacto.com) for more information.

*Insiders' note:* True Love's special treat for the after-midnight crowd: waffles—with nearly two dozen toppings to choose from.

• **24 Hour Fitness**, various locations. OK, we realize that anyplace that has "24-Hour" in its business name is not exactly an "insider" tip. But there is one major perk to a middle-of-the-night trek to the gym: no waiting. Imagine: Stairmasters, treadmills, barbells, dumbbells and floor mats all waiting for you. Besides, if you're already tossing and turning, you might as well work out. (And it's the least we can do after tantalizing you with late-night doughnuts and Chinese food.) If that's not motivation enough, at the Howe Avenue location, you'll be greeted warmly by the front-desk night crew, Douglas and Richard, who motivate and inspire all who walk into the club, be it midnight, 2, 4 or 6 a.m.

*Insiders' note:* There are some 24 Hour Fitness locations that are not open 24 hours on the weekends. Call ahead to confirm.



JEREMY PANGOLINIAN