



Park and Rec has good spots for Tiny Tots

see page 2



Epic voyage ends

As the fall spawning season drew to a bitter end last month, adult salmon labored to cross shallow riffles below the Nimbus Dam. Their passage from the Pacific ended a three- to four-year life cycle that began in nearby gravel beds in American River shallows near Carmichael. Continuing their late run until the end of January, these salmon struggle to perpetuate a species now endangered in Central Valley arteries. (Inset) Vividly colored Chinook salmon spawn and steelhead trout (left) lurk to mate in the same bed. Folklore recalls winter 'runs' so abundant that pioneers boasted fording the river on the backs of migrating fish. Even five years ago, October to January spawners ran in tens of thousands. Climate and environmental changes have reduced all fish species in Central Valley rivers. Worse decimated are Chinooks that need cold water and gravel beds to breed. Department of Fish and Game scientists fear less than 6,000 adults will have reached local breeding sites by the end of this month. Turn to pages 10 and 11 for Susan Maxwell Skinner's photo essay on the dog days of 2008's salmon run.



'Heroine of 2009' Big night for little midwife

By Susan Maxwell Skinner
THE ARDEN-CARMICHAEL NEWS

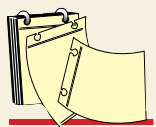
Proclaimed "Carmichael Heroine of 2009," Jaidan Lujan was toast of the community at the recent Carmichael Chamber of Commerce installation event.

When she delivered her mother's premature baby in an emergency situation last year, the Mary Deterding School fourth-grader received national media attention. Born rapidly -- and two months early -- Jaidan's brother was 3 pounds at birth. The accidental midwife achieved his safe delivery with the aid of a 911 telephone operator.

Receiving commendations from her local con-

See Heroine, page 6

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Community Calendar

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Hoop Shoot winners in the spotlight

See page 6



Expert talks older home remodeling

See page 12

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In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison

ARDEN
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Tots find park program tops

Long-established classes run by the Carmichael Recreation and Parks Department have openings for a few good kids.

Held in Veteran's Hall (5750 Grant Ave., Carmichael), the Tiny Tots program caters for children aged from 3 to 5 years old. Fees are competitive with most day-care facilities. Classes are held weekdays from 9 a.m. until noon.

Instruction follows preschool curricula, including such activities as art, puzzles, and singing. In fine weather, kids enjoy an enclosed playground with bicycles and sand toys.

"Children learn best when exposed to a variety of fun, stimulating activities," says instructor Kelly Stapp.

Herself a mother of four, "Miss Kelly" has 26 years experience in working with tots.

"Children should be accepted and happy wherever they are," she says. "Developing self esteem is the focus in everything we do in class. At snack time (food is provided by parents on a rotating schedule), we concentrate on teaching manners and the art of friendly conversation. Telling jokes seems a favorite with the kids."

Learn more about this park district program at 485-5322.



Happy campers. Mentored by child care professional Kelly Stapp and her assistant Celeste Alvarado, preschoolers enjoy play time at Carmichael Park's Veteran's Hall.



Calendar kids. Prize-winning artists exhibit their work at a recent meeting of the Carmichael Water District Board.

Almanac art accolades

Sponsored by the Carmichael Water District and Carmichael Kiwanis, a Barrett Middle School poster contest recently acclaimed 12 teen and pre-teen artists.

Each won gift certificates for books and the honor of seeing their work in print. The students' posters are featured in a 2009 calendar with water conservation as its theme. This publication will be sold to raise funds for Barrett art programs.

To learn about the water district's conservation programs, visit www.carmichaelwd.org

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New leaders installed Older Women's League targets health care issues in 2009

Special to *the Arden-Carmichael News*

The Sacramento Capitol chapter of the Older Women's League inaugurated its program for 2009 by installing two members to jointly hold the position of co-president during the coming year.

They are Carmichael resident Eunice Lycke, a retired California Youth Authority parole agent and social worker, and Kathleen Lane, a Land Park area resident and retired social worker for Kaiser Permanente. They were elected by OWL members Dec. 19 at the Hart Senior Center to replace Joyce Miller of West Sacramento.

Lane and Lycke, both in their 80s, said they felt the job could be handled best by having two co-presidents to share the workload. The two women have been

friends since they first met as students at Loyola University in Chicago.

With the U.S. in a major recession and the Obama administration set to take over in Washington in late January, Lane and Lycke agreed that OWL faces greater challenges than ever in its role of marshaling public and political support for meeting the needs of older and mid-life women.

Improved and universal health care services were listed as major needs for OWL's nationwide membership, Lycke said. She and Lane listed other areas to be targeted by OWL, including guarantees of adequate housing for all, along with improved Social Security, transportation and other needs to be secured by supporting appropriate legislation on the state and national levels.



Kathleen Lane, left, and Eunice Lycke share the gavel they will use as joint leaders of the Older Women's League.

Courtesy photo

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Around and about *Arden-Carmichael*

BY SUSAN MAXWELL SKINNER



Happy memories

Year 2009 got off to a jubilant start at the Chateau of Carmichael senior residence.

Memory impaired clients of the facility's day care program enjoyed a visit from the River Cat's baseball team mascot, Dinger. With the excuse that it was already midnight somewhere in the world, the big-hearted feline joined the seniors and their spouses in a 12-noon toast and a tuneful rendition of "Auld Lang Syne."

Pictured with the mascot were: Henry (left) and Ruth Freeman, Jane Miller, day care program Director Linda Zisko, Jack Wood, Geri and Gene Spence and Ginny Cobb.

For information on the Memory Day Care program, call 482-4603.



Hoop champs. A second round of eliminations at Foothill Farms Junior High came up with girl and boy winners in three age groups. The 10- to 11-year-old winners -- pictured with Carmichael Elks Hoop Shoot contest officials -- were (front row) Isobel Samosa (Sacramento), Carmichael Elks Exalted Ruler Shirley Gilmore, organizer Bill Cridland, Kings basketball representative Jenni Aaker, J.J. Whitney (Granite Bay). Back row: Kenny Macklin (Placerville), referee Jim Peterson, Andrew Williams (Sacramento), Rachel Ford (Roseville), referee Danny Ward and Ishante Burch (Carmichael).



Also enjoying limelight with contest officials were winners from the 12 to 13 age group. Middle row: Aaron Harmetz (Sacramento), Mario Zendejasiz (Woodland), Justin Herrmann (Rocklin). Back row: referee Bob Smith, Kellie Lee (Sacramento), Rylie Carter (Woodland), Alex Washington (Folsom), referee Ned Fox.

Heroine

Continued from front page

gressman, senator, assemblyman, county supervisor, Mercy San Juan Medical Center and the Carmichael Chamber, tongue-tied Jaidan thanked the 911 operator. She also commended her mom's foresight in "showing me (anatomy) books with really gross pictures."

Because the televised presentation fell on Jaidan's 10th birthday, she also thanked the chamber for the coincidence of "holding its installation the day I reached my double-digits."

Jaidan's family and baby Kai'rin, now thriving at 11 pounds, joined 100 community members at their heroine's presentation. The Palace facility hosted the dinner event.

The next issue of the Arden Carmichael News will record more of the celebration, with photo coverage of installed chamber officers, VIPS and guests. Look for this paper after Jan. 29.



(left photo) Now thriving at 4 months, premature baby brother Kai'rin weighed only 3 pounds when Jaidan delivered him. Now 11 pounds, he is still susceptible to lung infection and stayed under cover at the banquet. The smiling siblings posed exclusively for Community Liaison Susan Maxwell Skinner after the chamber event. (right photo) On her 10th birthday, an excited Jaidan Lujan gets a birthday cake at the Carmichael Chamber of Commerce installation banquet. Incoming chamber President Burnie Lenau and Chamber Executive Kris Kingdon congratulate the guest of honor, later proclaimed a community heroine.

Photos by Susan Maxwell Skinner

Water use a core issue

Carmichael water chief keeps wary eye on Delta panel's proposals

By Ron Barnes

THE ARDEN-CARMICHAEL NEWS

A desperate restoration plan splashing through the waters of the Sacramento-San Joaquin River Delta may very well send costly waves to Carmichael shores. So says Steve Nugent, general manager of the Carmichael Water District.

One of the few inverted river deltas in the world and one of the largest estuaries on the West Coast, the Bay Delta is the hub of California's water system and provides drinking water for much of the state; it is also home to more than 500,000 residents, an agricultural center and a crossroads for much of California's utilities and transportation corridors.

Delta woes detailed

A serious decline in the Delta ecosystem has created a critical need to repair and improve the water delivery system. Nugent painted a bleak picture at the latest Fair Oaks Community Council meeting.

"The Delta is in critical condition right now," he said. "We have decline of environmental species, we have levies that have failed and are going to continue to fail, we have land subsidence, we have a risk for salt water intrusion, and there's a huge risk that if we get a major earthquake it could turn the delta into a really unusable salt water sea."

A blue ribbon panel established by Gov. Arnold Schwarzenegger

"Right now, the only fee that we pay is to SMUD when we pull the water up ... we may have to start paying fees to the state on the water that we use."

Steve Nugent
Carmichael Water District

has adopted a set of recommendations designed to deal with the Delta's problems. The Delta Vision Strategic Plan seeks to address issues such as statewide water conservation, governing structure and reliability in the state's water supply. Nugent says that the plan is rapidly moving forward, but he has some concerns.

"There needs to be better conservation and more efficient use of water supply in California," he said. "There is a belief that there is enough water supply, but the conveyance system and storage system we have doesn't work well enough."

Carmichael's concerns

Nugent expressed deep concerns about the stated mandatory conservation efforts proposed by the plan and how they would impact Carmichael water needs.

"The 246 gallons per person per day that we've used in our area - they're talking about trying to make it a goal in California to get down to 170 (gallons) per person from 246 (gallons)," he said. "The concern about it is (that) in the southern part of the states they're very close to that usage; they

have a lot of different demographics ... than we have."

Nugent spoke of the governor's "20 by 20 by 20" plan, which requires that there be a 20 percent reduction in the state's water usage by 2020.

"That will help to develop water supply for estuaries for Delta improvement," he said. "But the concern is, where are they going to get that water supply from? If I live in Southern California, and I'm using 170 per day per person, I've achieved my goal... our area is different that a lot of areas. We have a lot larger parcels; we've got a lot more green areas."

Nugent stated that Carmichael may need to see a greater reduction to reach the per person water usage goal.

"It looks like 20 percent is not going to be enough," he said. "The goal right now is going to be somewhere around 31 percent that we're going to have to achieve here in our basin in order to achieve that goal."

"If we don't get that goal," he continued, "I imagine that what's going to happen is they're going to have fees attached to usage on leases from the American River. Right now, the only fee that we

pay is to SMUD when we pull the water up ... we may have to start paying fees to the state on the water that we use."

Reduced water rights?

Nugent said that a more realistic goal for the Carmichael area should be 220 gallons per day.

When an audience member asked about Carmichael's water rights, Nugent responded that Carmichael did indeed have early water rights.

"The concern is that, through the Bay Delta Plan and through the governor's 20/20/20 plan and through the (Department of Water Resources') plan, they're talking about actually going to agencies and saying, 'Are you efficient? Are you doing all the conservation measures that you can? Is your system run as efficiently as you can?' If not, then

what they could do is go in and say, 'maybe the thing to do is the water rights that you have now are going to be reduced, because this is the efficient amount that we need to have.'"

Nugent said that the loss of water rights was one of Carmichael's primary concerns.

"The loss of water rights, the mandatory conservation that we have to meet and the increased costs could be significant for us," he said, grimly.

Nugent added that officials were also discussing an individual water tax for every home in California.

"If (this) goes to legislature, this could be the holy grail of developing funding for people," he said. "They can continue adding a cost of living increase that we'd have a difficulty talking about or doing anything about."

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The \$100 hamburger Have plane, will fly for good food

By Earl Rogers

THE ARDEN-CARMICHAEL NEWS

It is not uncommon for a group of people with mutual interests to meet monthly for lunch at the Midtown watering holes. Some might even seek out more distant destinations – say, Redding or heading across the Sierras to Bishop in the Owens Valley.

That's what members of the Sacramento Valley Pilots Association do. They know every airport restaurant within a 150 mile radius of Sacramento Executive Airport. Their rules are simple. The restaurant has to be within walking distance of an airport, and the flying time has to be about an hour one way.

Off they go

They've gone as far north as Shelter Cove, a lovely spot

on the north coast, or as far south as Harris Ranch, a busy meal stop on I-5 that has its own airstrip. Both destinations are about an hour and a quarter flying time from Sacramento. Somewhat closer are places like Auburn, Boonville, Bridgeport, Hayfork, Quincy, Ukiah and Yerington, Nev., to name just a few.

In aviation circles it's called the \$100 hamburger. The price varies, of course, with the distance from home base and the fluctuating cost of aviation gas, but the cost of a \$100 hamburger would break down to about \$10 (including tax and tip) for the burger and \$90 for the avgas. However at today's price the gas will cost the pilot around \$60 per hour or \$120 for a two-hour round trip. You can see what the

high price of gas (and burgers) has done to the \$100 hamburger. Yet pilots are resourceful and will invariably find ways to cut expenses.

Carrying passengers and sharing the cost is one way. Another is to find a closer destination.

Point man

Bob Baker, retired from the U.S. Air Force and long time member of the SVPA, is the coordinator for these events. Once a month he will send out an e-mail naming his airport pick-of-the-month, the restaurant, the day and the time to meet.

He recently picked Half Moon Bay on the Pacific side of the San Francisco peninsula with the Half Moon Bay Brewing Company as the restaurant of

choice. Flying time is about 50 minutes one way.

A small plane departing from Sacramento Executive Airport will head for Napa, cut across San Pablo Bay, and steer for Sausalito. With a little luck the marine layer that usually shrouds the coast in fog and low clouds will be laying well off shore.

From the Marin headlands the plane will descend outside the Golden Gate where occupants have a grand view of the bridge and the San Francisco skyline. Dropping down to 1,500 feet above the ocean to get underneath the flight path of the heavies climbing out of SFO, the small plane will skim along the shoreline past Golden Gate Park and the blocks of houses spilling over the hills of San Francisco down to the sea.

A few miles farther along the coast is Half Moon Bay Airport where pilot and passengers can park their plane, walk down a woody path that leads to Capistrano Road and several good eating places.

Designated flyer

The Half Moon Bay Brewing Co. offers an eclectic lunch menu, but wouldn't you know there is a downside to flying-for-food if you are a person who enjoys a glass of wine with your lunch. The pilot may not swallow an alco-

holic beverage under threat of severe penalties for those who do. He or she is, so to speak, the designated driver. The rule for pilots is eight hours from bottle to throttle. This is a good rule intended for the safety of all concerned. Passengers are exempt, but for pilots there are no exceptions from airline captains to those of lesser stripe.

At the Half Moon Bay Brewing Co. the pilot must slurp down a Diet Pepsi with his Brewery Burger while sitting with passengers who may be sipping a glass of Cinnabar Chardonnay or drinking a mug of Pillar Point Pale Ale with their fish and chips.

Oh well! There is no charge for the views enroute. Both destinations are about an hour and a quarter flying time from Sacramento. Somewhat closer are places like Auburn, Boonville, Bridgeport, Hayfork, Quincy, Ukiah and Yerington, Nev., to name just a few.

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See Flying, page 9

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Flying

Continued from page 8

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Photo by Earl Rogers

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Demonstrating the nest (redd) building process, a steelhead female (right) agitates sideways to hollow a nest in silt and gravel with her tail. Excavations are attended by her mate (center) and an opportunist interloper. Salmonoid males often attempt to release milt (sperm) over the eggs of a rival's hen.

Parkway special

Fish and photog's uphill American River struggle

In wilder moments I have been chased by bucks and growled at by coyote. I never expected to be charged by a fish.

Eager to snap December's salmon spawning, I waited, frozen-footed. Knee-high in the icy American River, I could glimpse the sunlight on fish braving mid-river rapids. But it was in the shallows that a gnarled old fellow surprised me.

At this stage in his lifecycle, he bore scars of a long trek from halcyon Pacific days. To spawn in beds where he hatched three years ago was now his urgent mission. The krill diet that colored his flesh was a hundred miles behind; he had not eaten for weeks. As with other Chinooks at mating time, degenerating flesh had absorbed his scales. Mottles of decay now marked his sides like military camouflage. Hooked jaws and dog-like teeth transformed his once handsome profile.

"People are now making big efforts to give salmon more places to spawn. Tons of gravel have been poured in the shallows to create new beds; fishing has been banned."

Robert Vincik

Scientist

Fish and Game Department

But to salmon hens, such cruising gargoyles are princes. Though the act will kill them, these fish mean to mate.

Measured decline

Every week during the fall/winter spawning run, Fish and Game Department scientist Robert Vincik measured Chinook numbers by retrieving the dead. He lopped off heads so corpses would not be double-counted when thrown back.

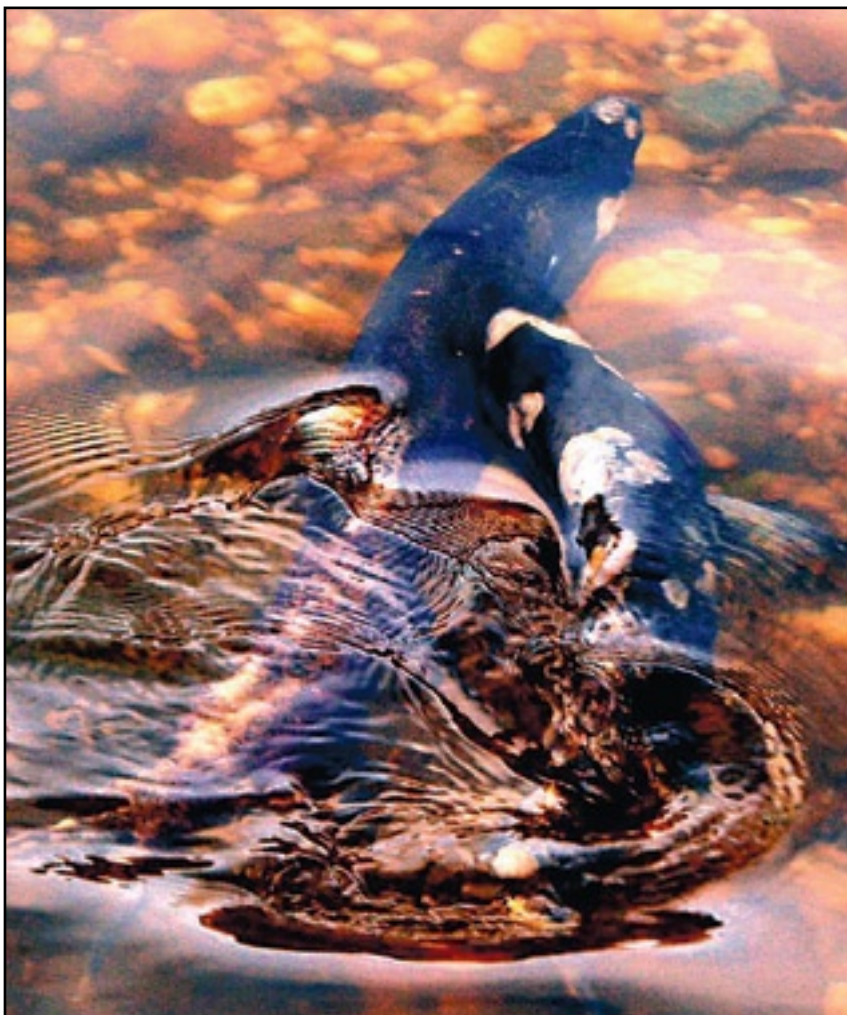
"Spawning doesn't just provide for their species' survival," he explained. "Their decaying bodies enrich the river. When carcass numbers fall drastically, all animal, insect and plant life in and around the river is affected."

Drastic is a fair description. Twenty winters ago, I stood on the bridge at William Pond Park and marveled – as thousands of Chinook corpses drifted downstream beneath me -- at nature's magnif-

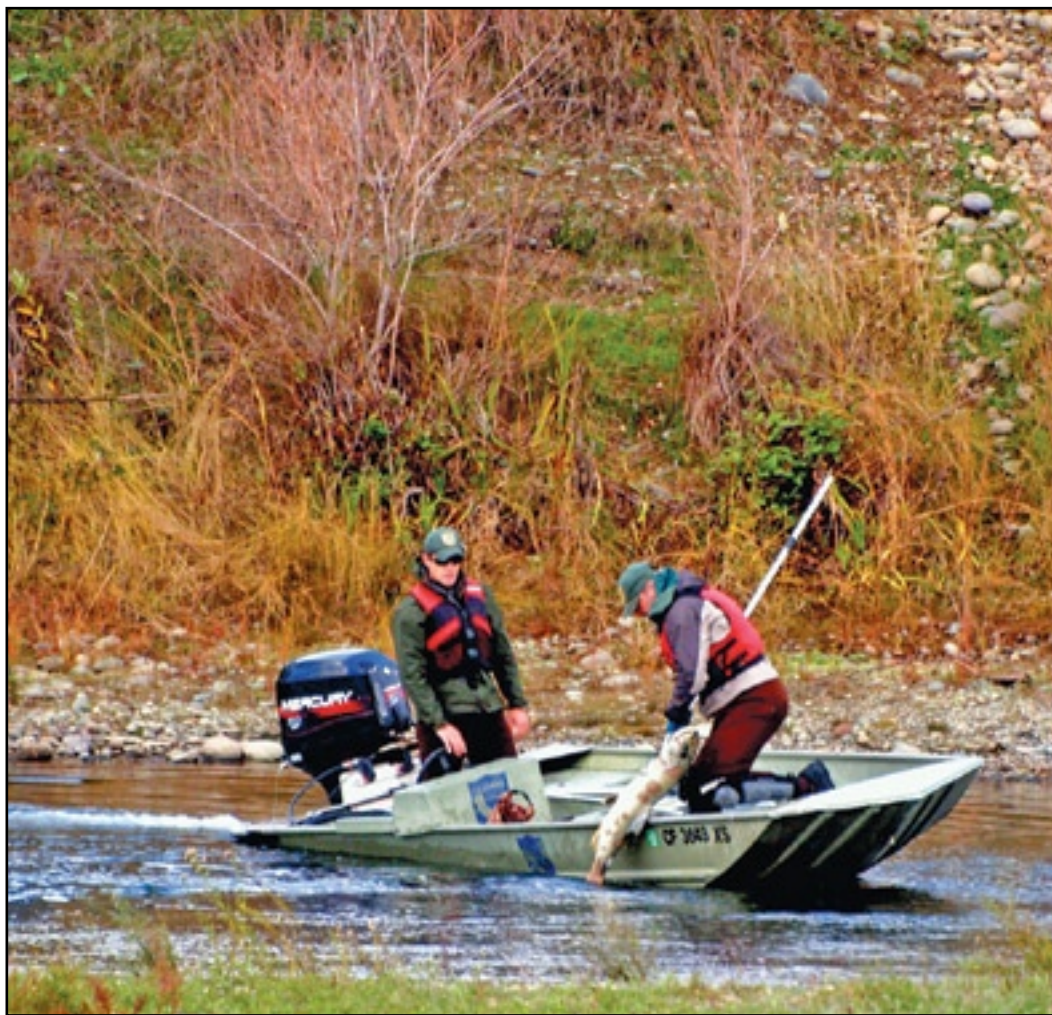
See Salmon, page 11



(above left) Courting dance. Large mottled adults color river shallows during exuberant wooing. (center) A fish called wanderer. Churning river shallows with fins and tail, this 3-year-old hen demonstrates wear accumulated by her inland migration. Before her eggs are released, frantic gravel digging will scour her tail and fins to bare bone. (right) Desperately seeking salmon, this mottled spawner rushed the photographer in shallows near Ancil Hoffman Park.



Powerful jaws serve to direct mates or deter rivals. At this stage of the lifecycle, the sole focus is spawning; these migrants have not eaten for weeks. Once hens deposit roe, males fertilize the precious eggs. If these survive to hatch, fry will head ocean ward in spring and return to mate in the same shallows three to four years thence.



Fish and Games Department scientist Robert Vincik examines a dead hen in American River shallows near Carmichael. Each week during the fall run, Vincik and colleague Joseph Kirsch record dead Chinook numbers. To ensure no corpse is counted twice, they machete each piscine head before releasing its remains.



Animal rights. Several times this otter's size and weight, a monster prize displays the daunting hooked jaw and dog teeth of an adult male salmon. Though the spawning stretch of the river was closed to human anglers, such seasonal flotsom ensures a winter protein boost for wildlife scavengers.



Salmon

Continued from page 10

icient efficiency. This winter, Vincik and his colleagues must search painstakingly for even single carcasses.

Of 60,000 Chinook considered likely to run in Central Valley arteries this season, one tenth were expected to favor American River spawning grounds.

Bans, beds and quotas

The count fell far short of a projected 6,000 last year, resulting in a ban on angling during the 2008 spawning period. Vincik fears this season's count might prove smaller yet. Though he surmises the Chinook population is "having bad times," the scientist does not predict curtains for the once-epic migration.

"This season's numbers reflect occurrences in the ocean and river from three to four years ago," he said. "People are now making big efforts to give salmon more places to spawn. Tons of gravel have been poured in the shallows to create new beds; fishing has been banned. The required egg

quota has been harvested in the Nimbus Hatchery. I believe such efforts will eventually pay off."

In the river shallows, my own aggressive companion was not waiting on scientific reassurance.

Motivated male salmon will rush anything impeding upstream progress. Perhaps my freezing feet seemed like rivals. Churning the shallows in his wake, he hurtled at me like a small shark. Precariously balanced on underwater stones, I couldn't back off. He diverted inches from my knees and returned to charge again. His battered coloring happily contrasted with the riverbed, so I snapped away like a cornered paparazzi. I later observed my warrior locating a likely mate. Their meeting was a kaleidoscope of mottled magenta.

I left the piscine pair solitude to reach the shallows. Hours of the digging, wallowing and shuddering of their last dance would soon begin. With a species so endangered, it didn't seem right to cramp their style.

For my chilly voyeurism and indeed, for the couple, this was -- as French love stories conclude -- *la fin*.

Story and photos by
SUSAN MAXWELL SKINNER

Inside and Outside Arden-Carmichael

Car oil 'myth' debunked

The California Integrated Waste Management Board, California Environmental Protection Agency, and General Motors Corporation are working together to educate Californians about the need to change their vehicles' oil based on manufacturers' guidelines and not automatically follow the long-standing 3,000 mile standard.

If your vehicle manufacturer recommends changing

your oil at 5,000 miles instead of every 3,000 miles, drivers can reduce the amount of oil generated and can keep used oil from entering the waste stream.

"We're asking drivers to check their vehicle owner's manual for best car care practices. With better cars, new technology, and the increase of synthetic oils, the 3,000 mile standard is not always recommended," said board Chairwoman Margo Reid Brown.

"And by reducing their oil usage, drivers can protect their pocketbooks and our environment."

A study by the waste management board found that 73 percent of California drivers change their oil more frequently than their manufacturer recommends, needlessly generating more used oil waste.

For more information on this topic, visit www.3000milemyth.org.

RSVP for WEAVE

Kicking off their ninth season of benefit concerts, Reconciliation Singers Voices of Peace will be joined by the nationally acclaimed Sacramento Children's Chorus to present a series of concerts titled "A Choral Tapestry" this month and next, as benefits for WEAVE, Women Escaping a Violent Environment.

Artistic Directors Julie Adams and Lynn Stevens once again combine forces to share a mix of American literature interwoven with the classics.

Founded in 1978, WEAVE is the primary provider of crisis intervention services to survivors of domestic violence and sexual assault in Sacramento County. It is WEAVE's mission to bring an end to domestic violence and sexual assault in partnership with the community.

All members of RSVP donate their time and all of their concerts are free. Donations are accepted.

The concert dates are:

- Friday, Jan. 30: 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd.
- Saturday, Jan. 31: 7:30 p.m., St. John's Lutheran Church, 1701 L St.
- Friday, Feb. 6: 7:30 p.m., First Presbyterian Church, 515 Sunrise Ave., Roseville.
- Saturday, Feb. 7: 7:30 p.m., Faith Presbyterian Church, 625 Florin Road.

For more information on RSVP and this concert series, go to www.rsvpchoir.org.

Meet Buddha at the Crocker

According to tradition, Buddha was a spiritual being who attained enlightenment and shared his teachings, giving birth to Buddhism, a philosophy originating in Asia and practiced for centuries.

"Buddha," an exhibition on view from Jan. 31 to April 19 at the Crocker Art Museum, explores the differences of Buddhist belief revealed through the depiction of the Enlightened One in more than 40 objects dating from the first millennium to the modern age.

Several programs will feature the exhibit throughout February:

6 p.m. Thursdays, Feb. 5 and 19, noon and 1 p.m. Saturdays beginning Feb. 7, Sundays beginning Feb. 1: Docents highlight works of art examining the role of spirituality in art. Free with admission.

Noon to 3 p.m., Saturday, Feb. 14: Second Saturday for Families, "The Shape of Love," lets families tour Buddha and

attend an art workshop to discover symbols of harmony and expansive love. Practice acts of kindness and goodwill by crafting Valentine cards for friends and family. Free with admission.

For more information on exhibits and events call 808-7000 or see the website www.crockerartmuseum.org.

Jewish Film Festival turns 12

The Sacramento Jewish Film Festival will celebrate its 12th year with two dramas, three documentaries and several short films highlighting a range of challenging and insightful topics about the Jewish experience on Saturday and Sunday, Feb. 7 and 8, at the historic Crest Theatre, 1013 K St.

The festival begins at 7 p.m. Saturday, Feb. 7, with "The Secrets," a film about the challenges of two free-spirited young women facing the complexities of a religious lifestyle. Desserts and coffee will follow the screening. Neil Needleman's short "Trip to Prague" accompanies this program.

The "Not So Kosher Comedy Shorts" program shorts hits the screen at 10 p.m. with "Circumcise Me." This 2008 documentary provides a hilarious and fascinating look at American-born Yisrael Campbell, a Catholic convert to Judaism who becomes a stand-up comedy star in Israel. Also on the program are Stephen and Joel Levinson's "Jewno," "Let My People Grow" and "Getting There is Half the Fun."

At 1 p.m. Sunday, Feb. 8, is a documentary about a rabbi's son with Down syndrome, "Praying with Lior." At 3:10 p.m. is "Love and Dance," a story about a young boy torn between the conflicts of his Russian-born mother and Israeli father. The final film at 5:15 p.m. is "Blessed is the Match," with the short film "Toyland."

General admission for each screening is \$10, seniors and students \$8.50, with combined film tickets available. Advance tickets are available at the Crest Theatre box office. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L.

For more information, visit www.thcrest.com or call 442-7378.



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Martin Luther King day 'on' Jan. 19

In 1994, Congress initiated "King Day of Service," which is an effort to transform the federal holiday honoring Dr. Martin Luther King Jr. into a day of community service that strengthens communities, empowers individuals and bridges social barriers.

"It's a day that we must take on, not take off," said Kathy Chow, director of Hands On Sacramento. That day is Monday, Jan. 19.

With King's goals in mind, Hands On Sacramento in partnership with various local organizations, businesses and nonprofits, has organized more than 15 Martin Luther King Jr. Day projects dubbed "80 Acts of Kindness: Keeping the Dream Alive."

This year would have marked King's 80th birthday and in honor of his legacy, volunteers at all project sites will conclude the day with a reflection of 80 Acts of Kindness that they can perform in their community.

"This January 19th, we can all find a project that suits us because the volunteer opportunities are as diverse as they are plentiful," Chow said. "From sorting donations for those in need to cleaning up a duck pond, we can find a way to serve our communities."

Not alone but have kids in tow? All events are family friendly so bring those tykes along, she said. Not only will they get out of the house for fun and fresh air, they will learn how they can make a difference in their community, a goal that continues to be very much a part of King's vision.

For more information and to sign up for volunteer opportunities in your area, visit www.handsonsacto.org and look for the MLK Day logo. Chow can be reached at 447-7063 or at kchow@handsonsacto.org.

Hear all about the North Watt Corridor plan

The draft North Watt Avenue Corridor Plan will be presented at a community meeting from 6:30 to 8:30 p.m., Tuesday, Jan. 27, in the Aerospace Museum of California, 3200 Freedom Park Drive.

"The Watt Avenue plan reflects the input from local residents and business people, citizens' groups and technical staff," said Sacramento County Principal Planner Tricia Stevens. The public draft of the Watt Avenue Corridor Plan includes a proposed transit-oriented development in the Triangle Gateway area, near- and long-term transportation options, and proposed streetscape, park and trail improvements.

The Watt Avenue Corridor Plan will guide future development and improvements along the North Watt Avenue corridor. In addition to opportunities for infill and revitalization, North Watt Avenue is also a major transportation corridor with the potential to include bus rapid transit.

The plan addresses the community's goals for business, employment, and housing while also meeting regional transportation objectives.

To RSVP for the meeting or to find out more information, phone Stevens at 874-2926, or e-mail at stevens@countysnet.net or Additional information can be found at: <http://www.corridors.sacounty.net/northWattPlan.asp>

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Trip Cost: \$64 per person (does not include meals) Deadline for full payment: March 19, 2009.

For more tours and registration information please call (916) 808-TOUR (8687)

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Time: 6:00 pm

RSVP: (916) 288-2004

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TRAFALGAR



CST#10003968-80

Leaks, rust, flakes and chill

Challenges abound behind the scenes when remodeling older homes

Older homes, such as those built in areas of town like Curtis Park, Land Park and East Sacramento, many of which were built in the '20s, '30s and '40s, present unique challenges when remodeling.

In many cases, since these period homes are beautiful as built originally, the goal may be to perform the work in such a way as to make the remodel or addition "feel" as though it was part of the original house. Blending existing and new materials is often an art.

Watch out for...

Older homes can also be a can of worms, since they can be more expensive to update if you want to stay true to the style of the home. In addition, all of the major building systems – electrical, plumbing, and heating and air may be outdated and in need of total overhaul. These improvements can be costly.

Wall and ceiling coverings may be removed when undertaking a remodel or an addition. This allows for systems upgrades to occur in these work areas. However, this accessibility does not typically extend outside of the work areas.



KENT EBERLE
REMODELING SAVVY

In this case, the costs can add up quickly when considering system upgrades

Antique electrical

Many older homes used knob and tube wiring for the electrical circuitry. This type of wiring can be the cause of fires. Over the years, the insulation coating around the wires becomes very brittle and flakes or breaks off, making it vulnerable to building up heat and possible contact with other ignitable materials.

Frequently, in an effort to make homes energy efficient, insulation is piled on top of the knob and tube wiring, elevating the heat levels of the wiring to an even greater extent and possibly leading to a fire.

Many older homes used only a few circuits for lighting and 110-volt outlets. The circuits may be overloaded with too many modern devices on one circuit. This, too, can lead to

fire if the fuse or circuit breaker does not function properly and shut off when it becomes overloaded.

Grounding all of the 110-volt outlets and light fixtures in a home can be a costly repair, and in many cases not even feasible, due to lack of accessibility. Anything can be repaired, but the cost may not match the benefit.

Many older homes still have old-style fuse boxes for the distribution of electrical power. Though electrical service panel updates have occurred on many homes over the years, there are still some out there that have old fuse boxes, or fuse boxes used as sub-panels. These too can be dangerous. New electrical sub-panels or main service panel change outs or upgrades may be advised.

Pipes and such

Most older homes utilized galvanized water lines and

cast iron drain lines. Galvanized water lines can deteriorate (rust out) so that water pressure is reduced to a trickle. Replacing water lines with copper or AquaPex (flexible plastic) can be costly, especially when the lines run within walls and ceilings.

Cast iron drain lines and sewer lines beneath older homes can completely rust out and leak, dumping drain water and waste beneath your home, or worse yet, back up into your house. You may have no choice but to replace them.

Many original sewer lines that lead out of your home and run to your sewer, or septic system, used Orangeburg pipe (bituminized fiber pipe made of layers of wood pulp and pitch), or similar products. These products deteriorate over time and can be broken by trees or shrubs causing sewer back up problems and the need for total replacement. This is quite common in older areas and sewer line replacements can be a costly fix.

Running hot and cold

Old heating and air systems can be energy inefficient and just down right inadequate. Replacement of the existing units

If you already live in an older home, unfortunately you probably already know this, but if you're new to older home ownership, be prepared.

will likely be called for, if the unit(s) have not been replaced already. In many cases, the old ducting will also need to be replaced, since many of the old supplies were typically made of sheet metal that may now have cracks, or be poorly insulated.

Speaking of insulation, many older homes were poorly insulated, which compounds cooling and heating problems, especially in winter. Many older areas have good tree cover, which is great for summer cooling, but poorly insulated older homes can be the cause of substantial heating bills in the winter.

As you can readily see, older home system updates can add up to thousands and thousands of dollars. If you already live in an older home, unfortunately you probably already know this, but if you're new to older home ownership, be prepared. If you're thinking about buying an older home, please educate yourself and know going in that these issues may come up.

As always, when remodeling or adding on, choose someone to guide you through the process who can advise you of everything that might be come up or need to be addressed. Otherwise, the "creep" might set in on you, and the cost of your project can creep slowly up at every turn.

Ideally, basing your selection of a company with a proven track record with many years of experience is likely your best guarantee of a successful project.

Kent Eberle, owner of Eberle Remodeling, a Design-Build, residential remodeling company for 23 years, is a NARI Certified Remodeler, Certified Kitchen and Bath Remodeler, and past president of The Greater Sacramento Valley Chapter of NARI. He can be reached via the website: www.EberleRemodeling.com.

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Expect freezes ahead

Get out the pruning shears for January's must-trim roses and trees

January is pruning time for roses, with "the earlier the better" a good rule. Growth buds start swelling fairly early and the longer you wait to prune, the more the first spring blooms will be delayed.

Many other items are pruned now, including deciduous fruit trees (such as apple, pear, peach, plum, etc.) and other fruiting plants such as grapes, raspberry and blackberry. Flowering shrubs such as buddleia (except *B. asiatica*) can be trimmed now; as can summer and fall bloomers, clematis, ornamental and shade trees (except those noted later). Please note that grapes and most maples bleed sap badly if pruned to late, so prune those now.

Perennials that benefit from a good pruning each spring to control sprawl include hybrid penstemon, perovskia and large salvias. Remember, however, to wait on frost tender items.

Early spring bloomers such as azalea, japonica, camellias, lilac, flowering quince, forsythia, deciduous magnolia, most species roses, dogwood, pieris, rhododendron, and the flowering forms of fruit trees (flowering peach, pear, cherry, etc., grown for flowers -- not fruit) have their buds already formed, so hard pruning will decrease or eliminate blooming this season. For these plants the rule is: "Prune immediately after blooming."

Do not prune frost-tender plants yet.

January and February are the months we are most likely to get frost and freeze damage. Do not prune or even clean up frost damage on tender plants until after March 1. Even frosted stems provide some protection to the growth underneath them, helping prevent further damage.

Notes and cautions

Be careful early in the season about plants brought into nurseries from warmer areas that are far ahead of our area.

While most hardy perennials have a natural antifreeze in early spring as new growth emerges, these plants brought in from out of the area have outgrown it. So while they may look better, they are subject to cold and frost damage that locally grown would shrug off.

A good example is blooming rose bushes from Southern Cal-

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

ifornia or Mexico sold for Valentines day. We often get frosts and freezes in February.

Bulbs come into the nurseries by the first week of January, however a few things HATE cold soil and will only rot if planted too early – the primary example being caladiums, although some of the hybrid-colored summer blooming calla lilies can also. Either start these in pots indoors, or hold till the weather warms up.

It is time to think of dividing and moving perennials, so they get rooted in again before hot weather.

If you're dividing things and have extra, check with me about donating them for the benefit sales.

Upcoming classes

Classes are four hours (9 a.m. to 1 p.m.) on either of the days given and are held at the house, 1689 Vallarta Circle. Cost per person, per class is \$40 or any two classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Circle, Sacramento CA 95834.

First come, first served; all classes have limited availability. For more info e-mail me or call, numbers are at the end of the column.

A class for new people

It doesn't matter if your new to gardening, or just new to Sacramento, this is a class for you, concerning our climate, our growing seasons, our soils and how things grow and work here around Sacramento.

It also covers things like why so many things that don't do well here are sold in local nurseries, when to plant what, and translating labels and directions printed for national use into something for Sacramento.

On Tuesday, Jan. 20, and Saturday, Jan. 24.

Plant propagation

This covers how to propagate plants from seed, cutting and division for the home gardener without fancy equipment and greenhouses. Not only does it cover techniques, but all the little things most classes miss that

make major differences in your success. There will also be practical experience with you taking the cuttings and such home.

On Tuesday, Feb. 17, or Saturday, Feb. 21.

Advanced topics

This is a set of miscellaneous topics that will cover a number of topics partly directed by questions from the attendees. Special propagation/ growing techniques, winter protection, trends in the nursery industry, why some plants are so hard to find, why so many gardening rules aren't always good for the average gardener, common misconceptions about plants and wherever else your questions lead. It is a chance to pick my brain of more than 35 years of gardening experience in several different climates.

On Tuesday, March 10, or Saturday, March 14.

Benefit plant sale dates

The early season sale of dormant plants, potted bulbs and bareroot perennials will be from Jan. 31 to Feb. 3, at the house.

The north area February sale of bareroot, potted bulbs, growing and dormant potted perennials will be Feb. 14 to 16.

For those of you who don't want to wait until late January for the next sale to check out plants – or can't make it out on a sale date – you can make an appointment to come over at another time by either e-mailing me leaving a message on my machine, or calling Kyle's cell phone at 420-1398.

Please note that while I added some concrete walkways last year, parts of the yard are still often muddy, and it's a growing area, so things are often not signed and arranged as they are at the downtown sales, at least not early in the year.

To the New Year

I want to wish you all a Happy New Year and hope that 2009 will be a healthy, happy and prosperous year for you.

The New Year for gardeners always brings visions of new growth and flowers to come, a new time



Polymonium 'Snow and Saphires' – for part shade, though will stand more sun than expected if only for a few hours. Grows about a foot tall. Supposedly winter dormant, but mine are still green even after the frost last week. Seems no one told them.

of hopeful looking ahead. We need that more than ever at this time of dismal economics with all of us affected one way or another.

The garden for many is our therapy, our time to escape from the everyday problems, relax and putter, look ahead and just remember the beauty of the world around us.

As always, I'll have new plants for you to try for the first time and old favorites to replace winter losses or overgrown oldies. I will also be trying to provide additional small starter plants that are cheaper for you to start out with than expensive gallons.

I also want to say thank you to all of you who helped Sunburst and its kids this holiday season. I am delighted to say, that even with the rough economic times, you made sure all

the kids received presents and hot holiday meal at the Christmas party. Thank you all!

Also I want to send a big thanks to those who sent in donations for the animals' shots and food through the winter. I thought I might have to give one of them up, but don't have that problem now. Thanks!

Sacramento Garden Notes is written by Robert B. Hamm, P.O. Box 189211, Sacramento, 95818-9211. Phone 923-3745. E-mail: garden-notes@sbcglobal.net. His monthly plant sales benefit the Breaking Barriers and Sunburst programs. Breaking Barriers assists with caring for people living with catastrophic illnesses, primarily AIDS and breast cancer. Sunburst serves children with AIDS.



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Calendar

There's always more Calendar online at
www.valcomnews.com

JAN. 15**Politics of investing**

The Senior Connection offers a class to analyze how past administrations have affected the U.S. economy and changed the marketplace, 1:15 to 2:15 p.m., Easton Monroe Lodge, 3225 Freepoint Blvd. Free. Information at 888-334-3490 toll-free.

Genealogy club meets

Mission Oaks Genealogy Club meets, 1 p.m., at the senior center, 4701 Gibbons Drive, Carmichael. Visitors welcome. Information at 483-4703.

JAN. 16**'Use It or Lose It'**

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part One," 1:30 to 2:30 p.m., the second of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about the benefits of mental exercise, physical exercise, get info on a brain-healthy diet and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 17**Funeral information**

Harry A. Nauman & Son Funeral Chapel open house, 10 a.m. to 3 p.m., 4041 Freepoint Blvd., for all questions about funeral planning. Free. Information at 452-6157.

New Year, new you

Free fitness fair at Arden Hills Resort Club and Spa features free fitness assessments, balance testing and mini-training sessions by top area physical fitness trainers, 9 a.m. to 1:30 p.m., 1220 Arden Hills Lane. Food samples, give-aways and hydrostatic body fat testing for a free. Information at 482-6111 or website: www.ardenhills.net.

Video games for health?

Arcade Library hosts a class for all ages on "Healthy Video Games," 2 p.m., 2443 Marconi Ave. Can video games be healthy? Get your heart rate up with "Dance, Dance, Revolution" and Wii Sports. Free. Information at 264-2920 or visit www.saclibrary.org.

Living with wildlife

Explore ways that humans can peacefully coexist with bats, raccoons, possums and other wildlife in their neighborhoods, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

Singles Winter Dance

Christian Singles Network's Winter Dance, 7 to 11:30 p.m., Carmichael Presbyterian Church, 5645 Marconi Ave. DJ dance music of all types from 8 to 11:30 p.m., salsa and samba line dance lessons from 7 to 8 p.m. Casual dress. Tickets, \$15 presale or \$20 at the door, include light buffet, desserts and the dance lessons. CSN dances are non alcohol; all ages welcome. Information from the 24-hour event line, 658-0606, or the network's office, 530-878-8606. Pre-sale dance tickets on-line at www.christiansingles.net.

JAN. 18**Secrets of a wildlife watcher**

Let a naturalist help you sharpen your wildlife observation skills as you discover signs of the animals living in the oak woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 20**Women's Connection**

Sacramento Women's Connection luncheon, 11:30 a.m. to 1 p.m., Lions Gate, Club Room A, 3410 Westover McClellan Park. Features speaker Vicki Mascara, and nationally recognized artist Sharon Mahnken displays wood carvings. Cost, \$20 per person. Reservations required by Jan. 14. Information at 332-1461, or SacCWC@aol.com.

Talk about the schools

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., John F. Kennedy High School, 6715 Gloria Drive. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

JAN. 21**Hear a harpsichord**

Harpsichordist Fayth Vollrath performs, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Know your fruits

Food Preservation demonstration on citrus and tropical fruits, 6:30 to 8 p.m., Sacramento County UC Cooperative office, 4145 Branch Center Road, \$3. No pre-registration required. Information at 875-6913.

How to pack light

Learn how to pack for months in merely a carry-on sized suitcase, get other hints on traveling light with minimum baggage, 9:30 a.m. demonstration, 10 a.m. travel show, Mission Oaks Community Center, 4701 Gibbons Drive. Free. Information at 972-0336 or website www.morpd.com.

JAN. 22**'Women in the Media'**

Women members from area media discuss their working challenges and issues, 7 p.m., Belle Cooleage Library Community Room, corner of Fruitridge and South Land Park Drive. Hosted by the

Women of the World interest group of the Sacramento Branch American Association of University Women. Reservations with Leigh Stephens at 395-7891.

JAN. 23**Italian film series**

Film series shows "My Brother is an Only Child," where two brothers discover they are more alike than they think, 8 p.m., at the Italian Center, 6821 Fair Oaks Blvd., \$10 admission. Shown in Italian, with English subtitles. Refreshments included. Information at ITALY-00.

Hot crab feed

Courtyard School's annual hot crab feed and auction, 6 p.m. social, 7 p.m. dinner, 205 24th St. Features hot crab, pasta, bread, and salad, \$45. Live, silent and dessert auctions. Information at 442-5395.

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about emotional health and memory, reducing stress, and the importance of social relationships. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 23-25**Master gardeners' clinics**

UC Master Gardeners present three plant clinics to solve the public's gardening problems. Bring samples from problem insects or plants. At the Cal Expo Fairgrounds, inside the Pavilion, 1600 Exposition Blvd. Friday, noon to 8 p.m., Saturday, 10 a.m. to 8 p.m., and Sunday, 10 a.m. to 6 p.m. Information at 875-6913.

JAN. 24**Walk on the wild side**

Walk with a naturalist and explore the winter season in the woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 25**East meets West in concert**

Sacramento Youth Symphony and The Firebird Youth Orchestra in San Jose join for a presentation of traditional Chinese music. Begins with the Chinese New Year Lion Dance, followed by selections of traditional Chinese music using original instruments and costuming. Classical symphonic selections, too. At 3 p.m., Sacramento Community Center Theatre, 1301 L St. Tickets \$20, general, \$10 for children and students with ID, at 808-5181.

Free e-waste recycling

McClatchy High School's Rugby Boosters fund-raise with a free e-waste recycling drop-off, 9 a.m. to 4 p.m., at the school, 3066 Freepoint Blvd. Accepting electronic waste including televisions, monitors, computers, computer components, phones, VCRs and DVDs, cameras, and more. Information at www.neuwaste.com.

JAN. 26**School district seeks input**

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., Alice Birney Elementary, 6251 13th St. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

JAN. 27**'Stumpwork' for embroiderers**

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Celeste Chalasami will teach stumpwork featuring a Gooseberry image. Visitors welcome. Information at 961-3558.

JAN. 28**Pops at lunchtime**

Curved Aire Brass Quintet plays pops to classics, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Reviving the brain

Larry Dawes leads brain workshops to help you maintain mental agility. Features four sessions of discussions and activities, every Wednesday, 9 to 11 a.m. Mission Oaks Community Center, 4701 Gibbons Drive. Space is limited. Reservations are required. Information at 334-1072.

The anti-cancer diet

Author and nutritionist Bronwyn Schweigerdt discusses ways to lower your exposure to cancer-causing compounds and outlines components of a cancer-prevention diet, 7 p.m., Arcade Library, 2443 Marconi Ave. Free. Information at 264-2920 or visit www.saclibrary.org.

JAN. 29**'Use It or Lose It'**

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about memory and identity, personal and collective memories, and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

The Thin Green Line

Sacramento County rangers, state Fish and Game wardens and US Fish and Wildlife officials are all part of the thin green line that protects wildlife, fish, parks and resources from harm. Hear stories both funny and tragic from those who keep the thin green line from unraveling, 7 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 30**RSVP for WEAVE**

Reconciliation Singers Voices of Peace present "A Choral Tapestry," 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd., a benefit for WEAVE. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.



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Save Ourselves Breast cancer support abounds

Special to *the Arden-Carmichael News*

Save Ourselves, the Breast Cancer Organization of Sacramento, offers support, survivorship, education, and advocacy to women and their families affected by breast cancer since 1991. All services are free.

Support meetings

Four different groups for English-speaking women meet bi-monthly at various Sacramento-area locations.

Meetings are held the first and third Thursday of each month at 10 a.m., noon, and 6 p.m. and the first and third Monday at 7 p.m.. There are groups tailored to those who are newly diagnosed, in treatment, post treatment, or living with metastatic disease.

The facilitator, Cass Brown Capel, is a trained professional and also a breast cancer survivor. For more information, contact Capel at 787-8787 or phone the hotline at 448-5432.

- A Latina Support Group facilitated by Angie Mejia (267-3303) meets at Sutter Cancer Center, 2800 L. St., Room 752 on the first and third Monday of each month from 5:30 to 7 p.m..

- A support group for lesbians meets on the third Monday of each month from 6:30 to 8 p.m. at 410 Alhambra Blvd. This group is facilitated by Roxanne Hardenburgh (920-7870).

- Open door meetings: On the third Wednesday of each month, a speaker addresses some topic related to breast cancer. Meetings are in the second floor training room of Nordstrom's at Arden Fair Mall. From 6:15 to 7 p.m., there is informal support/conversation, followed by the education-

al presentation from 7 to 9 p.m. On Wednesday, Jan. 21, Dr. Arnold Almonte, an El Dorado Hills plastic surgeon who specializes in reconstructive surgery for breast cancer patients, will speak. At the Feb. 18 meeting, local artist Frankie Hansbearry will discuss the topic "Art as a Modality for Healing."

For more information, see the website www.save-ourselves.org or phone the 24-hour hotline at 1-800-422-9747 or 916-448-5432. Caring and supportive volunteers (all breast cancer survivors themselves) help callers find answers to their questions, direct them to an appropriate support group, or just listen.

JAN. 31

Loving your chocolate

Arden Hills Resort Club and Spa hosts a "Healthy and Healing Chocolate" class, 11 a.m. to 12:30 p.m. Make chocolate a part of a well-balanced diet; learn what types of chocolate are best for your body plus the surprising healing attributes of chocolate. Cost, \$20. Space limited. Information at 482-6111 or www.ardenhills.net.

Counting crows, etc.

Learn how you and your family can help local avian wildlife by participating in February's 12th annual Great Backyard Bird Count, 10 a.m., Belle Cooledge Library, 5600 South Land Park Drive. Julie Serences, education chair of the Sacramento Audubon Society, will explain this important bird counting program designed for beginning to advanced birdwatchers. Information at 264-2920 or www.saclibrary.org.

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., St. John's Lutheran Church, 1701 L St. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

Middle School band clinic

El Camino High School Band's 12th annual Middle School Band Clinic concert, 2:30 p.m., at the school, 4300 El Camino Ave. Free. Concert wraps up a day of music for sixth through eighth graders. Information from Band Director Kevin Glaser, 971-7449.

FEB. 2

Community sing-along

Harmonize on old hymns, folk songs and popular ballads, just for fun. Shower singers welcome. From 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 284-5320.

FEB. 3

China commentary

Local writer/author Lawrence Klepinger gives two presentations on his recent book of commentary and analysis on the People's Republic of China, "China House," 10 to 11 a.m. and 6 to 7 p.m., Sacramento Asian Community Center, 7375 Park City Drive. Free. Information by e-mail at lawrenceklepinger@gmail.com, or website www.lawrenceklepinger.com.

Wine social at the Casa

Casa Garden Restaurant hosts a wine social, 11:30 a.m., with hors d'oeuvres, entree, dessert and wine samplings, \$16 per person. Proceeds benefit the Sacramento Children's Home. Reservations required at 452-2809.

Recorder group gathers

The Sacramento Recorder Society meets again under the baton of Bay Area early music scholar Frances Feldon, 7 to 9:15 p.m., 890 57th St. Newcomers welcome. Bring your instrument and music stand. Information at 489-2771, 391-7520 or see the website www.sacreorders.org.

MONDAYS

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Hometown Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

Toastmasters meet

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information: Jan at 284-4236 or www.sacramentotoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 558-0448.

Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment - join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

Community sing-along

Join the group singing old hymns, folk songs, and popular ballads, just for fun. "Shower singers" welcome. First and third Mondays, 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 284-5320.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step pro-

cess to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erismann at 231-5110.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous meets, 9 p.m., Lutheran Church of Our Redeemer, Fire-

side Room, 4641 Marconi Ave. A 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Women's networking

Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fund-raising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

Barbershop Harmony

Sacramento Capitolaire Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

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A private gated lane leads you to this elegant two story home with soaring ceilings and open floor plan. 4 bedrooms and 4 and a half baths with a den or office. 3 sets of French doors lead to a private courtyard with pool and spa. See www.4943sudburyway.com \$1,150,000

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Spacious single story 4 bedroom 2½ bath on a one-third acre parcel near Northridge Country Club; the garage even has space for your golf cart! Master bedroom suite, separate family room, gas log fireplace, 2-car attached garage, cul-de-sac lot and more. See www.5309WedgeCir.com \$395,000

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Newly built townhomes with all the bells and whistles. Each light and bright unit has their own elevator, 17' ceilings in living room and quality throughout. Lots of granite, travertine & designer tiles, marble and hardwood floors and oversized windows. See www.JStTownhomes.com \$639,000 to \$629,000

COLLEEN WIFVAT 719-2324



COOL CONTEMPORARY

Arden Park 3 bedroom 1½ bath in great location on a large one third plus acre lot! Light and open floor plan, bamboo floors in living room and dining room. Separate room with half-bath behind garage, great for studio, media room or guest quarters. Good sized kitchen, newly painted exterior. See www.3811SanYsidro.com \$569,500

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WYNDGATE CUL-DE-SAC

Beautifully updated 2 bedroom 2 bath. This lovely home is located in a private location in the highly regarded Wyndgate community. Gourmet kitchen with custom cabinetry; wood floors, formal living room and dining room, and den with custom shelves. Two patios and more! See www.400WyndgateCir.com \$689,000

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GORGEOUS CUSTOM HOME

Extraordinary 4 bedroom 4½ bath home in a private gated community of custom homes overlooking Ancil Hoffman golf course. Fabulous gourmet kitchen with 2 ovens, 2 dishwashers and large dining nook. Each bedroom has its own bath. Handsome office, beamed family room. See www.6236Gobernadores.com \$1,650,000

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BEAUTIFULLY REMODELED

Completely updated 3 bedroom 3 bath two story home. Gourmet kitchen with island and 3 pantries. Patio area redesigned and enclosed to add square footage; large second patio with lap pool and spa, professionally landscaped, 2 fountains. Surround sound in living and dining rooms. See www.480WyndgateRoad.com \$849,900

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SPACIOUS GRANDEUR

Spectacular art deco style home on one acre parcel! A striking 5 bedroom 4½ bath home mixes modern top-of-the-line materials and amenities with the grandeur of the 30's and 40's. Outdoor kitchen, infinity pool, basketball ½ court, large elegant dining room and more! See www.4500FairOaksBlvd.com \$1,775,000

DAVID KIRRENE 531-7495

CONVENIENT COMFORT

Stunning 3 bedroom 2½ bath home nestled among the trees on a private lane. Brazilian cherry hardwood floors, high ceilings, dual pane windows and California closets in all bedrooms. 2+ car garage with built-in cabinets and storage. Wrap around patio. Internet wired. Great location. See www.2529SierraBlvd.com \$385,000

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