



Local kid makes it big in Australia

see page 5

HERE IS THE *church*;
HERE IS THE *heritage*



Supervisor's second term

Peters chairs board

Supervisor Susan Peters officially started her second term on the Sacramento County Board of Supervisors on Jan. 13 and subsequently was elected by her colleagues to be chair for the 2009 year.

"Chairing the Board of Supervisors is both an honor and a responsibility," said Peters. "This year will be a challenge due to the current economic situation and the impact on the budget. The board will need to concentrate on protecting vital services demanded by our residents like public safety and I will work to ensure we remain focused on that task."

Administering the oath of office to Peters was As-

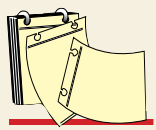
See Supervisor, page 11



The mission-style Carmichael Presbyterian Church on Marconi Avenue is deemed the prettiest building in Carmichael. In the adobe sanctuary (right), a 700-strong congregation recently celebrated 85 years of worship. Turn to pages 10-11 to read how, since the community's earliest days, church history has closely paralleled that of Carmichael itself.

Inset: Cups runneth over. Toasting 85 years, pastors Jack McNary and Keith De Vries share anniversary toasts with 45-year congregant Wayne Reimers and Sunday school teacher Lisa Torgerson.

◆ INSIDE ◆



Community Calendar

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Victory gardens circa 2009

See page 6



That nice 'new' smell isn't so nice

See page 12

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In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison

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We swear. Incoming Carmichael Chamber board members were sworn into service by County Supervisor Susan Peters. Picture shows: directors Fred Rivas (left), Gary Andersen, President Burnie Lenau, Supervisor Peters, directors Donna Deterding, Tami Beaulieu, Ross Davidson and Chris Schoonveld.

Family pride. Proclaimed a community role model on her 10th birthday, Jaidan Lujan (front center) and family display the accidental midwife's commendations. Jaidan is flanked by brother Michael and mom Valerie (with baby Kai'rin in pouch). Back row, dad Dan Sundukos and grandparents Victor and Annette Lujan.

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Burnie's big night

Chamber installs new board

Carmichael Chamber of Commerce's new President Burnie Lenau shared his recent installation banquet with a junior star whom local dignitaries proclaimed a heroine.

At 9, Jaidan Lujan delivered her premature baby brother in an emergency situation.

The Mary Deterding School fourth-grader received commendations, accolades and TV coverage at the installation event. Here is a photo report on the star-studded evening for chamber and community at The Palace in Carmichael, see pages 8-9.

On the Wild Side

O, Possum. What sharp teeth you have!

Marci the marsupial was not yawning from boredom at the Effie Yeaw Nature Center. The nocturnal critter's daytime nap was curtailed as volunteers cleaned her indoor habitat. Semi-tamed from early months as a pet, she was deemed unable to survive in the wild. For the enlightenment of visitors, the Nature Center made Marci an "educational ambassador."

A jaw-breaking yawn photographed by Susan Maxwell Skinner illustrates why opossum should never be raised as pets.

As the Effie Yeaw Nature center's resident marsupial took some air, the shutterbug got up-close and dental.

"It's rare to see a nocturnal animal in natural light," said Skinner. "At night, with a flash, their eyes glaze and you lose soft fur textures. Raised from her morning nap, I hoped this one might display those sharp and numerous opossum teeth. She did, in a yawn bigger than her head!"

As a baby, Marci was plucked from a swimming pool. With good intentions, the rescuer pampered her for five months. Little orphan omnivore grew big -- with jaws like a paper shredder -- and the noble Samaritan at last surrendered her illegal pet. Marci's gentle man-



ners were ill-suited in the wild, but befitted an Effie Yeaw Nature Center ambassadorial post. She now has an indoor habitat, equipped with exercise wheel and room-service meals.

Remember, it is illegal to keep wild animals as pets; it is also unwise to accustom wilderness creatures to depend on human providers. Semi-tame opossum, raccoons or coyote develop

boldness that compromises survival. To learn more about Marci and her species, attend the Effie Yeaw Nature Center's free opossum programs. Information at 489-4983.

Susan Maxwell Skinner is the author of "Carmichael - Americana on the Move," an award-winning book that details the beauty and nature of her home community. Information: www.susanmaxwellskinner.com

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A return to roots for playwright-actor

Sierra 2 hosts exclusive American presentation of exotic 'LyreBird'

It's a long way from Rio Americano High School to Australia, but Tyler Coppin paved that trail for himself – starting with his young interest in the Sacramento theater scene, to a 1976 scholarship to attend Australia's prestigious National Institute of Dramatic Art.

There he stayed, building a successful career in the country's entertainment industry. He's done films, radio and television. He's a playwright, director, dialogue coach for films, and has performed in countless plays and productions at the Sydney Opera House, with major Aussie theater companies, and internationally.

And now he's back after 30 years, bringing his self-written and solo-performed "LyreBird," to the 24th Street Theatre at the Sierra 2 Center through February. It's the story of flamboyant actor Sir Robert Helpmann (think evil child-catcher in '68's "Chitty Chitty Bang Bang.") Coppin has performed this play since '98 to European and Australian audiences, where it's been called "An absolute theatrical treat," and "Exotic from beginning to end."

After seeing the publicity photos of Coppin made up as the controversial, fantastic Sir Robert, we had to ask him Ten Questions...

1. "LyreBird" has a host of rave reviews from Australian and European writers. Is it Sir Robert himself that makes this play so compelling, or is "LyreBird" less biography and more your interpretation?

The show itself, I hope, is a good show, period. You needn't know Helpmann, or me. But ... Sir Robert Helpmann was an absolutely intriguing and funny person -- physically he's the equivalent of a human Halloween mask, and very theatrical and wicked -- in the old-style theater way - but it's unnecessary to have any knowledge of him. My solo-play is a story about a theater artist at the end of his life, a look back at a career he hung onto with passion his entire life, even though people

10 QUESTIONS

BY COLLEEN TRUELSEN

told him he wasn't any good at it at times. He ended up doing exactly what he intended to do.

"LyreBird's also expressionistic with a lot of my own embellishments. So in one way it's a stage biography about someone you probably haven't heard of, but it's also a comic stage-joke about over-acting, trying hard to get noticed as an actor, putting on way too much greasepaint, and hanging onto your dreams.

2. Tell us why you chose the title, "LyreBird." It's not a species we have here in Sacramento, you know.

Sir Robert Helpmann created a famous ballet based on the mating ritual of the Australian lyrebird that he dedicated it to his great friend Katharine Hepburn, who loved Australia. The Superb Lyrebird is an extraordinary bird that imitates the sounds around it: people talking, the shutters of cameras, even chainsaws. Take a look at this (website). It's amazing: www.youtube.com/watch?v=VjEOKdfos4Y.

Thematically, I felt Helpmann was very showy and lyrebird-like in both his persona and acting style, just as the show is a style of "transformation" theater -- (I use a lot of make up to become someone totally unlike myself) -- which is what the lyrebird does vocally.

3. It's been more than 30 years since you were on a Sacramento stage. Whatever have you been doing with yourself?

Living and working in Australia as an actor in movies, television, radio and theater. I've written plays and co-written movies; I was punched on stage by Rudolf Nureyev, driven at high speeds through the Australian outback while strapped to the front of a car in "The Road Warrior;" and I once coached a barefooted Australian teenager named Heath Ledger an American accent because he wanted to "go try his luck in Hollywood." And now I'm raising a son in Melbourne with my wife, Jane -- who helps me produce my theater work.

4. You first performed LyreBird in 1998. How has the play evolved over time?

What began as a 30-minute comic sketch performed for a handful of friends has become a full-length solo show that has (thankfully) given me the opportunity to travel the world and entertain people. I've been all over Australia with the show, to New Zealand, Scotland and Britain. And I enjoy maintaining the very high professional standard of "LyreBird" because of the time and effort that my co-creators (director, lighting designer, set and costume designers, etc.)



Courtesy photo

Sacramento-born playwright-actor Tyler Coppin brings his passionate, exotic tribute to flamboyant actor Sir Robert Helpmann to the Sierra 2 Center's 24th Street Theater beginning Feb. 2, when his play 'LyreBird' begins a month-long, exclusive American run.

have put into the show. I assembled the cream of Aussie theater artists for this show, and now I'm joined by some Sacramento ones for this season.

5. The performances will be in the 24th Street Theatre. Your thoughts on that venue?

I instantly knew it was the perfect house for the show

when my brother Mitch, who lives in Loomis and is the producer of our U.S. premiere in Sacramento, emailed some photographs of the theater to me in Australia. 24th Street Theater is warm, lush, beautiful, quite traditional with a nice proscenium arch, and Curtis

See LyreBird, page 15

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Victory gardens 2009

Edible gardens' popularity blooms anew in tough economic times

By Steffi Broski

THE ARDEN-CARMICHAEL NEWS

You know what's going to make you look really uptown? asks speaker Pam Bone.

Her audience members, sitting in lawn chairs enjoying gentle sunbeams on a winter morning, smile as Bone opens her arms in a gesture like the answer is a given: "Edible flowers in your salad!"

Bone was one of the Master Gardeners at the Fair Oaks Horticulture Center earlier this month who took time to give 150 advice-seeking visitors information on edible landscaping -- how and what to plant, when to water, and when to stop watering.

"The most calls we get at the Master Gardeners office are from people that drowned their plants," laughed Master Gardener and Landscape Horticulturist Bone.

Masters at work

The University of California Cooperative Extension Master Gardeners are enthusiastic plant lovers who go through extensive educational training. The volunteers pass along their knowledge to others who would like to try edible landscaping, but might be reluctant or are simply unaware of the how-to's.

Judy McClure, Master Gardeners program coordinator, gave calming advice:

"Just try one or two new plants," she advised, "get maybe an artichoke plant and let it do its thing. And gather some information so you put the right plant in the right place."

Such information can be gleaned from the various free and season-g geared workshops the Horticulture Center offers throughout the year. The Jan. 10 "Victory Garden 2009: Part I" workshop was the first one this year, but many more events will take place until October.

"Our biggest event of the year is Harvest Day on Aug. 1. Each year we have around 1,500 people that enjoy the many educational booths, talks, and fruit and vegetable tasting," said Chuck Ingels, cooperative extension environmental farm and horticulture adviser.

'Father of the garden'

Ingels, who many of the Master Gardeners call "the father of the garden," founded the Horticulture Center in 1998 with just a few volunteers. He started with an orchard, later grapevines, berries and vegetable areas were added. Ingels is especially proud of the water-sufficient landscape gardens, which are open to the public 24/7.

"The last two years we had extremely low rainfall," he explained. "We are trying to teach people that they don't



Victory gardens -- also called war gardens or food gardens for defense -- were vegetable, fruit and herb gardens planted during World War I and World War II to reduce pressure on the public food supply brought on by the war efforts. In tough economic times circa 2009, Master Gardeners say interest has blossomed anew on the home-grown idea.

have to have large lawns and that there is water-efficient landscaping. When you grow more plants, you don't even have to mow as much."

With the focus on water-efficiency and edible landscaping, the Master Gardeners hit the mark for the visitors. The victory garden theme reminds of concepts that were successful during World War I and World War II when many people grew their own fruit and vegetables.

"With the suffering economy right now and people being concerned with healthier eating, edible landscaping is becoming more interesting to many," said McClure.

A great place to grow

The Horticulture Center is adjacent to the Fair Oaks Community Garden. Bill Maynard, founder and project coordinator of the Sacramento Area Community Garden Coalition, said with one community garden for every 100,000 people Sacramento is "a little behind."

"California is sort of behind in general when it comes to people growing their own fruits and vegetables in organized gardens. We are the vegetable garden for the world because we grow everybody else's food. We just have access to fruit and vegetables," he said.

Maynard will have an educational booth about community gardens at the

Harvest Day in summer. And McClure encourages people to grow food by raving about the long growing season in Sacramento, the generally decent soils, and the lack of major pest problems.

"We are really fortunate here with our Mediterranean climate," she said.

They've got answers

Many hobby gardeners daydream about planting their own herbs, fruits and vegetables. But what soil should they get? Does a cucumber plant like sun or shade? And how much water does an apple tree need? The answers to these and many more questions are only a phone call away to the Master Gardeners office -- or can be answered at one of the workshops.

When James Gillson bought some grape vines recently, he said he "didn't know a thing" about how to prune the plants. Then he came to the January event at the center.

"I would always come back. These people seem to be very knowledge-



Master Gardener Pam Bone: "People drowning their plants" is a popular problem.

able," said Gillson. "Now I know what to do with my grapes, what to keep and what to cut off."

For questions regarding the Fair Oaks Horticulture Center workshops or for general gardening questions call the UC Cooperative Extension Master Gardeners from 9 a.m. to noon, or 1 to 4 p.m., Monday through Friday at 875-6913. All events at the center are free. Donations accepted. Visit the Sacramento Community Gardens Coalition's website www.saccommunitygardens.org for more information on community gardens.



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If you're just getting started investing, the Roth should be one of your first stops -- even before you open a regular, taxable account, or contribute to a workplace retirement-savings plan. The only exception is if your employer offers a match on your 401(k) contributions. That's free money you don't want to pass up. Yes, you can invest in both a Roth as well as a workplace retirement plan.

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- More than \$166,000 but less than \$176,000 for a married couple filing a joint return or a qualifying widow(er).
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- Less than \$10,000 for a married individual filing a separate return.

Your exact contribution amount can be calculated using the worksheets found in Publication 590 on the IRS web site at www.irs.gov.

POLST forms

Ensuring life ends your way

By Miranda Menestrina
THE ARDEN-CARMICHAEL NEWS

Major medical decisions can be difficult to make, especially in an emergency, but Mercy McMahon Terrace care facility attempted to make them a little easier with a free, hour-long seminar this month.

The presentation highlighted the voluntary medical form called POLST (Physicians Orders for Life-Sustaining Treatment), a new form that went into effect on Jan. 1.

Aimed at making medical requests clear and concise, the POLST form is completed by a health care professional and covers all aspects from resuscitation, antibiotics, and artificially administered fluids and nutrition. The written orders indicate any or all life-sustaining treatments a patient may or may not want if he or she becomes ill.

In addition, POLST complements any existing Advance Directives and/or Living Wills a patient may have to eliminate any confusion.

Paramedics need it

"There has been a movement across the country to help make sure people's end-of-life wishes are honored," says Marianne Richardson, the assistant administrator of Mercy McMahon Terrace. "In an emergency, para-

medics don't have time to look through paperwork. (POLST) makes it very clear about what to do and what not to do."

According to a spokesperson from First Responder Emergency Medical Services Inc., which provides medical and non-medical transportation here in Sacramento, it is highly important for everyone—especially those with severe illnesses—to complete the POLST form.

"It can help guide (paramedics) on how to

care for patients," he said. "Not only can we follow their requests, but also the requests of their families."

While the POLST form was a key aspect of the presentation, the lecture's focus was on the importance of making medical decisions before they are needed.

For more information about POLST, visit the California Coalition for Compassionate Care website at www.finalchoices.calhealth.org, or go to www.polst.org.



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Around and about *Arden-Carmichael*

BY SUSAN MAXWELL SKINNER



Family star. Newly installed president Burnie Lenau (center) enjoyed his big night with parents Ray and Jan Lenau (left) wife Anna, daughter Kim and son-in-law Michael. Grandsons are Alexander (4) and Liam (5 months).



Cake walks. The chamber installation event coincided with the beginning of Carmichael's 100th year and the junior guest of honor's birthday. Right: under the approving eye of 2009 President Burnie Lenau, Palace owner Sharifa Mancal and assistant Sharifa Sadat presented an anniversary tribute. Cake donated by Carmichael Bel Air. Right, a smaller gateau proclaimed Jaidan Lujan's 10th birthday.

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Weather thou goest. Veteran TV meteorologist Tom Loffman helped with emcee duties. He and wife Debbie first met at a 2002 Carmichael Chamber of Commerce installation banquet. "If you want results," quipped a friend "join the chamber..."



Dancing queen. In celebration of her 10th birthday, civic honoree Jaidan Lujan boogied down with Arden Carmichael News photojournalist Susan Maxwell Skinner.

Story and photos by
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Heritage of faith

Carmichael's landmark church celebrates 85 years

Story and photos by
Susan Maxwell Skinner

It may be just clay bricks and tiles. But Carmichael Presbyterian Church's mission architecture makes it one of the most painted and photographed buildings in Sacramento County.

The adobe compound houses the oldest organized congregation in 100-year-old Carmichael. Founders' descendants recently celebrated an 85th anniversary.

Indeed, church records parallel local and national 20th century history. Worship began several years after Daniel Carmichael's remote "colony" took root in 1909. Determining their offspring needed religious instruction, farmers' wives began Sunday classes in the town's first school -- Carmichael Elementary (Sutter Avenue).

Uniting 14 denominations as the Carmichael Community Church, 41 charter members soon formed a ministry.

Weathering the years

Denominational affiliation came in the early 1920s. To house Carmichael's Presbyterians, a plain wooden church and steeple then rose on donated Marconi Avenue land.

Community and church shared an unfolding century's ups and downs. During the Great Depression,

church olive trees were harvested to provide a small but vital income. When the 1932 "Great Freeze" destroyed hundreds of orchards, church water pipes burst and flooded basement rooms. Untimely deaths were lamented during every war fought by the United States over eight decades. Boasting bell chimes that were heard from Mission Avenue, the original building served Presbyterians till the mid 1940s.

Wartime shortages of material and manpower determined the shape of a replacement construction. Hauling mud from church property across the road, young parishioners fashioned adobe brick into a mission-style chapel. Older than any Sacramento construction, the pre-1800 dedication block was made by American Indians, builders of San Juan Bautista Mission, near Monterey.

A place for dignitaries

Early church supporters were a who's who of the vintage colony. Gibbons, Deweys, Clarks, Engels, Gunns, Beutlers and Donovans -- all parishioners -- are still immortalized by Carmichael street signs. Famed bricklayer Drew Dickson built the original pulpits and carved the church's enduring oak leaf motifs. Along with many vintage Carmichael homes, the tiled courtyard fountain wit-



Carmichael Presbyterian made this wooden church its first official home. Before construction, Sunday worship occurred in Carmichael Elementary School, Sutter Avenue. These gatherings served 14 denominations. The building came down after WW2.



nesses Dickson's skilled masonry.

Legendary naturalist Effie Yeaw taught Sunday school and donated a plaque bearing St. Francis of Assisi's prayer. Community pillar and garage owner Glen Hughes and his wife were first to be married in the original wooden church. Hughes later drove

Sunday schoolers to riverside picnics in his bus.

Carmichael's first librarian, Sarah Lott, sang in a choir swelled by many other local movers and shakers.



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Children of God. Under the approving gaze of choir and congregation, Pastor Keith De Vries chats with junior congregants. During the post-war baby boom, Sunday school enrollment reached 1,000.

Congregation numbers jumped to 800 when the community expanded after WW2. Reflecting the baby boom, church school enrollment reached 1,000. A large sanctuary building was commissioned and dedicated in 1951. Attendance peaked during the prosperous years of the Aerojet Company.

Reaping the benefits

The current church congregation is 700. Its Sunday school instructs 125 children. A Korean church worships in the small chapel.

The church stays relevant to a changing community with separate youth-oriented services and by providing a food closet and a monthly hot meal for the homeless and poor. Warm clothes and blankets are distributed in winter. This largesse helps sustain 1,400 people per month. Teenager parishioners are annually sent to build and repair homes in Mexico.

An 85th anniversary church program summarizes: "... we continue to reap the benefits of the love and service given by those who laid our foundations ... guided by Christ's commandment to love God and love our neighbors."

Learn more about Carmichael Presbyterian Church services and programs at www.carmichaelpres.org.

(right) Etiquette rules that the appropriate gift for an 85th anniversary is cake. Presbyterians Marie Segur, Christian Bolen, Jimmi Mishler and Deacon Kira Lanfranchi obligingly prepare to sing "happy birthday, dear church."



As it has since early 1900s, the Carmichael Presbyterian choir makes a joyful noise.



Supervisor

Continued from front page

semblyman Roger Niello, who had served on the Board of Supervisors before his election to the legislature in 2004, the same year Peters was elected to her first term as supervisor. Most of Peters' supervisorial district is within the boundaries of the Fifth Assembly District represented by Niello.

The two officials also share a mutual bond as having been both past chairs of the Sacramento Metro Chamber before their entries into effective office.

Peters was re-elected to a second term last June with 55 percent of the vote. Under state law, her new four-term commenced in January.

After being sworn in, Peters called upon her board colleagues and the county workforce to "embrace challenge and work toward a common goal that makes improving the quality of life for the residents of Sacramento County our first priority over entrenched bureaucratic procedures, protocols and red tape."

Happy Valentine's Day



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Meet the VOCs

Bummer news about that wonderful 'new' smell

We all know that familiar odor when we buy something new – a shower curtain, new car, new carpet, a new toy for a child.

That “new” smell is typically not unpleasant -- it just smells “new.” But the origins of that odor are often toxic chemicals that are used both in the materials and production of the new item.

These smells are typically “off-gassing” a dangerous soup of unhealthy volatile organic chemicals, typically known as VOCs. The VOCs can cause eye, nose and throat irritation, headaches, loss of coordination, nausea, and damage to the liver, kidneys, and cen-

tral nervous system. Some VOCs are known to cause cancer in humans.

Sadly, the Environmental Protection Agency, one of the government agencies dedicated to keeping the public safe, does not regulate air quality in the home.

Can we avoid these VOCs? Sometimes a good washing of the item is all that is needed. For that shower curtain that has soap scum across the bottom, a good washing with a soap and brush or

in the washing machine will make it like new again.

If cleaning or reconditioning something we already own is not possible, how do you avoid exposure to the VOCs? Ventilate, ventilate, ventilate! If you can detect that “new” smell then the item is off-gassing harmful chemicals. If at all possible, let the new item air out -- leave the windows cracked open on your new car, leave the win-

dow open where the shower curtain is, take the toy out of the packaging.

Our favorite thing to do is to open an item from its original packaging and place the item outside or in the garage for a few days or until the “new” smell is gone or very faint.

We are exposed to toxic chemicals everyday in our lives; these simple tips are another way to limit our exposure. Good for us and our families and good for the planet.

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Inside and Outside Arden-Carmichael

'Joy' for lunch

Grace Presbyterian Church invites neighbors, men and women, young or old, to a series of "Joy Luncheons" at 11:30 a.m., the first and third Wednesdays of the month beginning Feb. 4.

They will meet in Fellowship Hall at the church, Las Cruces Way and Eastern Avenue.

The idea for the lunches stems from church members who said they've discovered an "underlying current of joy among us."

"We decided that by inviting people to share a noon-time meal with us twice a month we might be able to create a setting in which we can share the joy that we all can have in common," according to a church spokesperson. "We have considered special featured programs during these meals -- informational or entertaining, inviting experts in the fields of health, arts, books, or current topics affecting our lifestyles and choices. But first, we would like to share with our guests 'What is it that brings you joy?' 'Why is it hard to let go of certain mementoes, except the tug of a joyful memory?' 'Why do certain books draw us in, except some kind of resonance we feel with the author's words and spirit?'"

Assuring the public they are good cooks who will be making a simple, nutritious meal, cost is by donation, as able.

Meetings continue Feb. 18, March 4 and 18, April 7 and 21, and May 6 and 20. Contact person is Pat Stokes at 481-4219, or the church at 487-8749.

Auburn mansion the prize

Ronald McDonald House Charities Northern California is raffling off a fully furnished \$1.9 million home in Auburn.

Proceeds from the Dream House Raffle benefit the Sacramento Ronald McDonald House and Camp Ronald McDonald at Eagle Lake. The holder of the winning raffle ticket will take possession of the \$1.9 million dream home, a five-bedroom, 5,760 square foot Mediterranean villa situated on a 1.7

acre foothill lot with manicured grounds and a picturesque swimming pool.

A limit of 33,000 \$150 raffle tickets are on sale through May 15. The grand prize drawing will take place on May 30 when the winning ticket holder will choose between the Dream House or \$1.5 million in cash.

More information is available at the website www.sacramentoaffle.com.

AAUW brings in 'Modoc' author

The annual American Association of University Women Authors' Luncheon will be at 11 a.m. Saturday, Feb. 7, at Casa Garden Restaurant, 2760 Sutterville Road.

Author Cheewa James will speak on her most recent book, "Modoc: The Tribe That Wouldn't Die." James was born on the Klamath Reservation in Oregon and grew up in Taos, New Mexico. She is a Communications Studies graduate of Northwest Missouri State University.

James' career as a motivational speaker grew out of her Modoc background as a ranger-interpreter for the National Park Service. She has also worked in media as a reporter and anchorwoman. She says her great grandfather was a Modoc warrior, Shacknasty Jim.

"I'm grateful he changed the family name to James or else I'd be Cheewa Shacknasty!"

The public is invited to the AAUW luncheon. Reservations are \$28 per person for a set menu of chicken marsala.

Contact Wendy Haydon at 539-3235 or e-mail whaydon@ch2m.com

Free tax help for economy victims

Free help to walk unemployed or foreclosed-on taxpayers through their 2008 tax forms is being offered by Irene Senst Tax and Bookkeeping through April.

"We will be doing our part for this economic situation in California," Senst says. "We are reinstating a tax school to walk the average 'Joe or Jane' through their tax returns."

To qualify, a person must have been out of a job for six months in 2008 or have a foreclosed house. It is not for business owners, landlords, those with stock market losses, or officers in a corporation of the tax return to be prepared.

Senst will provide all necessary forms for state and federal taxes. A \$5 kit is available that includes envelopes, stamps, calculator, pen and other hardware needed to complete the forms. If the items are self-provided, there is no fee.

Forms will be completed in a class setting, with experts walking taxpayers through their forms.

"The whole process will take less than an hour," according to Senst, "and the result will be their tax return prepared by them and supervised by us."

For more information or to register for a class, phone 640-3820, e-mail taxirene@iwon.com, or see the website at www.taxirene.info.

El Camino band tutors middle schoolers

Community service, music appreciation and education will be featured Saturday, Jan. 31, at an instrumental music teaching and tutoring clinic for middle school band students hosted by El Camino High School's 80-member strong high school band.

The 12th annual clinic, unique in the Sacramento

area, is expected to draw between 40 and 60 students in sixth through eighth grades for a day-long series of workshops, private and small group lessons on practical skills, proper techniques, and music education led by their older high school counterparts.

A \$30 student registration fee will cover the cost of music, study guides, scale sheets, music stands, fingering charts, percussion instruments and facility use. Each student also will receive a free souvenir band clinic t-shirt and a complimentary lunch.

At the end of the day, at 2:30 p.m., the middle and high school students will perform a free community concert.

For information, contact Band Director Kevin Glaser at 971-7449, or e-mail kglaser@santjuan.edu.



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Jo Smith: Author, naturalist Carmichael loses long-time advocate for environment

Special to *the Arden-Carmichael News*

Jo Smith, a prominent Carmichael naturalist, artist and environmental advocate who inspired others to learn about and love the natural world, died on Dec. 29 at the age of 83.

Smith was a friend of Effie Yeaw, having first met her in the early 1960s when taking a Girl Scout troop on a guided walk along the American River in the area then known as Deterding Woods (now the Effie Yeaw Nature Area).

Yeaw became her mentor as they both gave tours along the American River and advocated for the creation of the American River Parkway. Smith carried on this work by helping to establish such local favorites as the Effie Yeaw Nature Center, the American River Natural History Association, and the Sacramento Urban Creeks Council and its popular neighborhood Creek Week cleanup event. She remained involved in these organizations up to her death.

Smith was elected to the Arcade Creek Park District board and served on the Sacramento Parks and Recreation Commission. Over the years she was active in the Audubon Society, the American River Parkway Foundation, Save the American River Association, the League of Women Voters and the Sacramento Tree Foundation. She received a number of national and regional honors.

Last year a path along Arcade Creek behind her home near American River College was designated the Jo Smith Nature Trail.

"She was very bright and caring about the community in which she lived," former Sacramento County Supervisor Illa Collin said. Her passion for preserving the environment inspired others to get involved. Certainly all who knew Smith will fondly remember her quick mind, her strong desire to help and encourage, and her generous nature.

Smith earned a bachelor's degree in art at Stanford University and was a talented



Jo Smith leaves a legacy of community caring.

Certainly all who knew Smith will fondly remember her quick mind, her strong desire to help and encourage, and her generous nature.

wildlife illustrator. "The Outdoor World of the Sacramento Region," with hundreds of plant and wildlife illustrations penned in her precise style, was first published in 1963 and is still available several editions later.

Smith and her husband, George, were married for 61 years and have four grown children and four grandchildren who will miss her greatly.

Donations in Jo Smith's memory may be made to the American River Natural History Association, P.O. Box 241, Carmichael, CA 95609 or online at www.arnha.org.

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LyreBird

Continued from 5

Park is a great part of town. Kudos to them for having a cultural center at their heart.

6. What do you hope the audience will take away from the play?

I love transporting an audience for 93 minutes, taking them on a journey to the Australian outback and then beyond, snaking them through an unfamiliar life. My own life as a creator and performer of theater work has many rewards (I'm not talking about money), but really it all comes down to the audience. I do it for the audience. So I hope people will come away having felt something from my story with a heart; and the play's themes of passion, the dignity of age, and courage to hold onto one's dreams

even through the harshest of times.

7. Who should see it?

Anybody who loves theater and performance. Also seniors, students of theater and acting, ex-patriot Australians, Americans, my Rio Americano 1974 classmates, Carmichael people (my hometown), Arden (I went to Arden Middle School), and Rancho Cordova where I spent my early years.

8. Who should not see it?

Well, it's for "mature" audiences. And if you don't like prancing theater fairies then maybe you should stay home and watch the football. Having said that, "LyreBird" has a funny section about sport vs. ballet.

9. Any nerves showing in bringing this very personal play to your hometown stage?

I might get the typical butterflies in my stom-

ach an opening night. But I don't really get nervous anymore because I love doing it and look forward to it. Also, I think nervousness as an actor comes from a fear of making a mistake and a fool of yourself in front of an audience. To me, it's no big deal. If that happens, so be it. We all make mistakes, so maybe it's best to admit them (in front of 300 people!) and then move on. And anyway, an actor's mistake often ends up being the best part of a show, right?

10. After three weeks in Sacramento, where does "LyreBird" go from here?

I have an offer to tour it again around Australia in 2010. But if the show gets the opportunity to perform elsewhere in the United States I'll consider it.

Mounting this Sacramento season has been a lot of work for us - it's really

just a one-off project that we wanted to do for the fun and adventure of it. Ten years ago my brother flew to New Zealand to see me perform it, and then we talked about the possibility of putting it on here in my hometown of Sacramento. So now here we are, with all the set, costumes and props having been flown from down-under. Even my Australian technical manager has come to help us out.

But right after the Sacramento show is over on Feb.



Tyler Coppin: Arden Middle School, Rio Americano '74, returns after 30 years with his solo-play 'LyreBird.'

22, I'll fly home to Australia and go to the beach with my wonderful wife and 6-year-old son, who I really miss.

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Calendar

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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.

tions accepted. For more information, see the website www.rsvpchoir.org.

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. 1

Dianetics DVD showing

Find out how the painful experiences (physical or emotional) stay with you for a lifetime and hear how to achieve happiness and health with Dianetics techniques, 7 to 8 p.m., 1010 Hurley Way, Suite 505. Free. Information at 925-2545. Repeats Feb. 15.

FEB. 2

Community sing-along

Harmonize on old hymns, folk songs and popular ballads, just for fun. Showers 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.

FEB. 4

'Joy Luncheon' with Grace

Grace Presbyterian Church invites the public to the first of a series of lunches celebrating joy, 11:30 a.m., 4300 Las Cruces Way. Free. Simple, nutritious meal with joy as a theme. Repeats Feb. 18. Information from Pat Stokes, 487-8749.

FEB. 5

Info for fathers

Free workshop for fathers on child support issues, 6 to 8 p.m., Department of Child Support Services, 3701 Pow-

er Inn Road. Co-sponsored by the Fathers Resource Center. Topics include wage garnishment, tax refund protection, court order reviews and more. Pre-registration required with the center, 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fathercenter.org. Refreshments will be provided.

'Snicket' author in town

Author Daniel Handler presenting "Why Does Lemony Snicket Keep Following Me?" – the story of "how his pseudonym stole his ideas, blocked his spotlight, bought him a house, and ruined forever his dream of a scruffy, anonymous, bohemian life," 7:30 p.m., Crest Theatre. Tickets, \$27 general, \$15 students, through www.tickets.com, at the theatre box office, 1013 K St., or phone 800-225-2277.

FEB. 6

Writers' Club networks

California Writers' Club's Nonfiction Network meets, 9 a.m., IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Author and columnist Tim Hererra speaks on "Writing the Personal Essay." Guests welcome. Information at 944-3185.

Forest Service speaker

Organic Gardening Club of Sacramento County meets, 10 a.m., at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave. "Penny Pines Reforestation" will be presented by guest speaker Gina Torvinen, Forest Service. Call 635-6724 for information.

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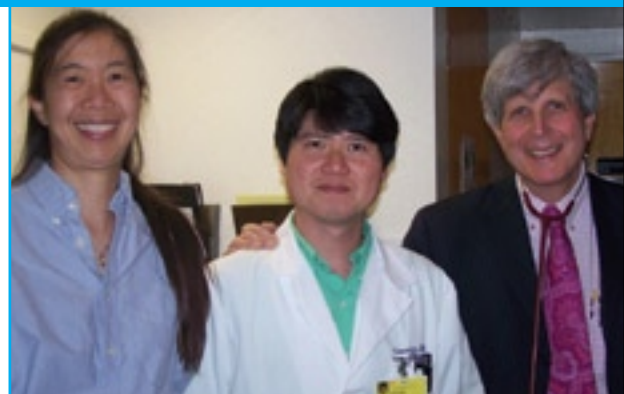
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Kiwanis cook up crab

East Sacramento-Midtown Kiwanis Club third annual crab feed, 6 p.m., Dante Club, 2330 Fair Oaks Blvd. All you can eat crab and pasta, silent auction, DJ dancing. Tickets, \$45, at 215-1460 or 947-0778.

FEB. 7

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., Faith Presbyterian Church, 625 Florin Road. 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.rsvp-choir.org.

Crab feed at St. John's

St. John the Evangelist School hosts its 26th annual Crab Feed Dinner Dance, 6 p.m. to midnight, at the school, 5701 Locust Ave., Carmichael. Tickets, \$39, on sale in the school office from 8 a.m. to 4:30 p.m. Information at 481-8845.

'Pocket Vine and Dine'

Rotary Club of Pocket-Greenhaven hosts "Pocket Vine and Dine," a fine wine and cuisine festival, at the Old Sugar Mill, 35265 Willow Ave., 6 to 9:30 p.m. Live, silent auctions, and raffle. Funds raised benefit DART, the Drowning Accident Rescue Team, Rotary Children's Dictionary Project and other community and international causes. Tickets, \$25, available from Louise at 424-2698.

Museums open free today

Eleventh annual Sacramento Museum Day, 10 a.m. to 5 p.m., presented by the Sacramento Association of Museums. Twenty-five participating museums will be open free of charge. For detailed information about participating sites and more, see the website www.sacmuseums.org.

Military Widows meet

Society of Military Widows, Sacramento Chapter No. 5, meets at the Lions Gate at McClellan Park for an 11:30 a.m. luncheon followed by "Celebrating our 35th Birthday Anniversary." Call 635-6724 for information.

AAUW hears author

Annual American Association of University Women Authors' Luncheon, 11 a.m., Casa Garden Restaurant, 2760 Sutterville Road, features Cheewa James speaking on her most recent book, "Modoc: The Tribe That Wouldn't Die." Public welcome; cost \$28 for chicken marsala. Reservations with Wendy Haydon, 539-3235.

Crab feed and kid party

Sierra Arden United Church of Christ's eighth annual crab feed and auction, 6 p.m., 890 Morse Ave., with pizza and movie party for kids. Crab feed tickets, \$40 in advance, \$45 after Jan. 30 or at the door. Kids party, \$5. Information and tickets at 483-5501.

FEB 7, 8

Jewish Film Festival

Twelfth annual Sacramento Jewish Film Festival, Crest Theatre, 1013

K St. Begins at 7 p.m. Saturday with "The Secrets," concludes at 5:15 p.m. Sunday with "Blessed is the Match." 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.

FEB. 8

Free e-waste disposal

Electronic waste disposal, 9 a.m. to 3 p.m., Elks Lodge No. 6 parking lot, 6446 Riverside Blvd. Proceeds benefit the Elks Lodge Deceased Members Memorial. Taking monitors, televisions, cell phones, digital cameras, scanners and more. No household appliances, furniture, hazardous waste. Pick-up requests to Don Puliz, 429-6465.

'Toy Story' movie night

Free showing of "Toy Story" with potluck and arts and crafts, hosted by the Elmhurst Parent's Group with funding from First 5 Sacramento, 4 to 6:30 p.m., Coloma Community Center Auditorium, 4623 T St. Drinks and popcorn provided, bring dish to share. More information from Phoebe DeMund at 452-8997.

FEB. 9

Seminar on love

Valentine's Day seminar on love and relationships, 7 p.m., Hubbard Diagnostics Foundation, 1010 Hurley Way, suite 505. Information at 925-2545.

FEB. 11

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., Leonardo da Vinci K-8 school, 4701 Joaquin Way. 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.

FEB. 12

Computer Club meets

Mission Oaks Computer Club meets, 1 to 3 p.m., Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Bob Leblond will discuss voice recognition software -- Type it faster and with less wrist stress. Question and answer session follows the meeting. Visitors welcome. Information from 366-1687 or visit the website: www.missionoakscomputerclub.org.

City-hosted travel fair

City of Sacramento, Department of Parks and Recreation, travel fair for its Safari Tours Travel Program, 10 a.m. to noon, Coloma Community Center Auditorium, 4623 T St. Safari Tours features day and overnight trips for active adults. Free, refreshments and door prizes. Call 808-TOUR (8687) for more information.

National Health Federation

Sacramento Chapter of the National Health Federation sponsors a free lecture to "Transform All Levels of Your Being," by Jane St. Croix of Body, Mind, Spirit Healing, 7 to 9 p.m., SMUD Auditorium (the old SMUD Building), 6201 S St. Call 635-6724 for information.

FEB. 14

Big Band dance

Take your sweetheart out to dinner and stop by after for an evening of dancing and dessert with The Swing Masters' authentic, multi-voiced Big

Band sound, 7:30 to 10:30 p.m., La Sierra Community Center, 5325 Engle Road, Carmichael. Cost, \$10. Sponsored by the Swing Masters and the Carmichael Recreation and Park District. Information at 485-5322.

Jane Austen book club

First of a two-part adult book discussion of Jane Austen's "Pride and Prejudice," 1 p.m., Fair Oaks Library, 11601 Fair Oaks Blvd. Led by CSUS Professor Jason Gieger, participants will discuss this timeless romantic and comedic classic, looking at how it reflects on its own time as well as speaking to today. Chapters 1 to 34 today; concludes Saturday, Feb. 21, 1 p.m., with chapters 35 to the end. Information at 264-2920 or visit www.saclibrary.org.

FEB. 16

Heritage day for kids

Seventh annual American Heritage Day brings history to life for children with hands on re-enactment performances; more than 17 different presentations. From 10 a.m. to noon. Free. Mt. Vernon Memorial Park, 8201 Greenback Lane, Fair Oaks. Information at 969-1251.

FEB. 18

Art for healing

Local artist Frankie Hansbearry discusses "Art as a Modality for Healing," 7 to 9 p.m., for the Save Ourselves breast cancer organization of Sacramento. Free. In the second floor training room of Nordstrom's at Arden Fair Mall. Information support/conversation from 6:15 to 7 p.m. Informa-

tion at the website www.save-ourselves.org, or phone the 24-hour hotline at 1-800-422-9747 or 448-5432.

FEB. 19

Same-sex legal help

Attorney Penny R. Brown and financial planner Rebecca E. Harper leads a presentation on legal and financial planning for same sex couples, 4:30 to 6 p.m., The Crocker Art Museum, 216 O St. Teaches effective estate planning and financial strategies. Information at 808-7000.

FEB. 21, 22

Sojourner Truth for kids

Fairytale Town hosts a two-day event to celebrate the life of Sojourner Truth as part of Black History Month. Each day from 11 a.m. to 3 p.m., activities include hands-on arts and crafts, storytelling, interactive-clothing displays and more. At the park, 3901 Land Park Drive. Park admission \$4.50 general, free to children 2 and under. Information at 808-8886, e-mail magic@fairytaletown.org, or see the website www.fairytaletown.org.

FEB. 24

Embroiderers meet

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Angelica Garrido will demonstrate construction of rugs and pillows using cross stitch. Visitors welcome. Information at 961-3558.

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