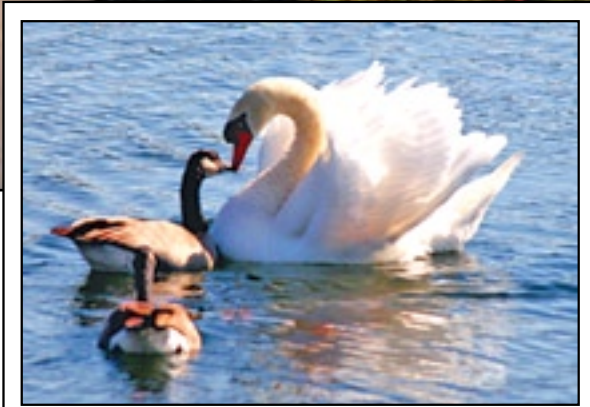




Teen bands spend a day in harmony

see page 4



Animal smackers

Haloed by rosebuds and the air of approaching spring, snowy Arab Dart drops a wet one on chestnut pasture mate, Coolio. Susan Maxwell Skinner snapped the affectionate equines on the Denison horse ranch, near California Avenue. Inset: Beak to beak. In a backwater of William B. Pond reserve, wildlife photographer Guy Galante witnessed a tender moment between a Canada goose and a lonely swan. Turn to page 18-19 for more Valentine vignettes from Arden-Carmichael's vast animal world.

Nursing program marks centennial University status for Merritt

By Elizabeth Valente
THE ARDEN-CARMICHAEL NEWS

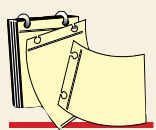
A Sacramento nursing teaching campus off of Gateway Oaks Drive is now boasting university status.

Samuel Merritt College became Samuel Merritt University last month. The 100-year-old institution has grown from a school of nursing to a multi-discipline health sciences institution.

"For me, the university status reflects more accurately the breadth and depth of opportunities available to all of our health science profession students," said Rene Engelhart, assistant professor and managing director

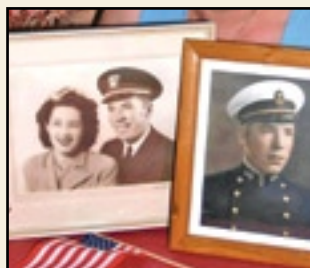
See Merritt, page 11

◆ INSIDE ◆



Community Calendar

pages 18-19



War hero's crew meets his child, shares his story

See page 6



Art, history come alive at Shalom

See page 10

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In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison

ARDEN CARMICHAEL

Local boy made good Sheriff to tell his story to the chamber

Sacramento County Sheriff John McGinness will bring the wisdom and wit of his long law enforcement career to the Carmichael Chamber of Commerce luncheon on Tuesday, Feb. 24. The event is open to the public.

McGinness grew up on California Avenue, Carmichael.

“As a kid, every Saturday, I’d jump on my bike and head for Ancil Hoffman Park,” the sheriff recalls. “I’d vanish for the whole day. My parents never worried.”

Now 53, McGinness remembers the old wooden sidewalks of Carmichael strip malls and a movie house that hosted his first dates. On vacation, he worked in the already ancient Carmichael plumbing store.

“In summer, we were in and out of the river so often, we didn’t even notice it was hot,” he says.

The future sheriff classified his youthful vices as “innocent vandalism.” He and chums once toilet-papered their teacher’s house.

“We had to apologize and clean it up next day,” admits the miscreant. “My parents tolerated pranks, but there were two rules: never do anything mean; never steal.”

Early role models

His first encounter with law enforcement was when



Sheriff John McGinness pictured with former Sheriff Lou Blanas (left), salutes fallen deputies at a monument of the Sheriff’s Academy, Carmichael.

his dad was caught speeding on Fair Oaks Boulevard. “The deputy seemed nine feet tall to me,” says McGinness. “He let dad off with a warning. He patted my head and told dad to drive safely; he was carrying precious cargo. I’ve often used the same line with drivers.”

Police officers little Johnny saw in Ancil Hoffman Park shaped his ambition. Says the 6-feet, 4-inch sheriff: “Mounted park deputies did a great job. I admired them. That old tradition of the Irish becoming cops was not a factor for me. As far back as I can remember, I never wanted to be anything else.”

True to the family’s Irish Catholic roots, he attended Our Lady of As-

sumption School and wed sweetheart Peggy in its chapel. Though he now lives in Folsom, McGinness, who now adds radio talk show host to his resume, often visits his childhood stomping ground.

“It always feels good to be in Carmichael,” he says. “Growing up there, we observed the honor of our community. In the hardware store, every customer was a friend. Handshakes were ironclad deals. Carmichael was a small town, never a hick town. It was Mayberry. Every kid should grow up in Mayberry.”

Attendance at the Feb. 24 Chamber event includes lunch. Reservations can be made at 481-1002.

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El Camino's outreach

Music day at high school for nascent musicians

Community service, music appreciation and education were the order of the day at a recent 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, drew 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.

At the end of the day, a 2:30 p.m. all-musician concert was performed for the public, free of charge.



Schaefer Bagwell, 16, 10th grader at El Camino HS, far left, keeps time during rehearsal for Jonathan Radu, 14, 8th grader at Starr King MS, left, Robby Potter, 15, 10th grader, El Camino HS, center, Joe Scherschligt, 12, 7th grader at John Barrett MS, right, and Michelle Marks, 13, 7th grader at Arcade MS, far right.



(above) Trent Hollingsworth, 14, 8th grader at Arcade MS, left, Josh Reeder-Esparza, 15 10th grader at El Camino HS, center, and Matt Swartzendruber, 15, 10th grader at El Camino HS, right, show each other riffs and techniques.

Jacob Swedlow, 11, 6th grade, far left, Paul Stater, 13, 8th grader, left, Dennis Johnston, 14, 8th grade, center, Jesse Szabo, 13, 8th grader, right, and Nathan Word, 13, 8th grade, far right, of Arcade Middle School practice their percussive techniques.

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PHOTOS BY
Robert Scott

Please Recycle this Paper, Thank You!





Photo by Susan Maxwell Skinner

Kitsch alert: Mid-20th century fasteners included animal motifs, styled in plastic de jour. Thousands of vintage and antique buttons will be exhibited or offered for sale at the Carmichael Park Hall, Saturday, Feb. 28.

Curious case of buttons. Festival Feb. 28.

Inventive garment fastenings have been around since cavemen sought to exclude draughts. But European dressmakers and buttons did not hook up until 12th century crusaders exported this handy notion from the Middle East.

Since, buttons have done yeoman's service and riveted the rich and famous. Pearls, gold, diamonds – almost no substance has been too costly to form fasteners. Button collecting clubs now dot the globe; rare bits and bobs change hands for small fortunes.

"You learn so much about history, art and manufacturing from buttons," enthuses a local collector. Fellow aficionados can behold buttons -- ancient, antique, vintage and contemporary – during the second annual Button Bazaar at Carmichael Park Hall (5750 Grant Ave.) on Saturday, Feb. 28. Vendors from the Bay Area and Nevada will augment local dealers.

The show runs from 10 a.m. to 5 p.m. Admission is by donation. For information, call 804-7687

With golf, practice can make 'permanent'

Jenni Martin knows golf – she's an LPGA teaching pro in Sacramento – and she's ready to share her knowledge with those who want to improve their game. Look for her column of advice, tips and strategies each month in the Arden-Carmichael News.



JENNI MARTIN
TEE TO GREEN

Wanna beat Obama?

If your goal this year is to break 90 (or even 100) follow these simple tips and -- don't give up.

1) Roll some putts indoors. Bring your putter to work and rehearse your putting pre-shot routine. Sink some putts into a paper cup or roll 'em over a paper clip. Remember to take dead aim. Getting your brain to trust your eye is an important skill. More than 60 percent of our strokes in a round typically come from the short game.

2) Consider using that gym membership. A strong flexible "core" involves more than just the abs. Flexibility and strength in also the low back, butt, hips will give you a better coil, and

more stamina after the turn. Consistency and length comes from a good mid section.

3) See your swing. Take a video lesson. Most pros now offer this benefit. Usually seeing your swing aids in applying the changes and doing the correct drills. Remember what Dave Pelz always says: "Practice makes permanent ... not perfect." Get good information and practice correctly.

This should give you a fighting chance to beat the new prez in 2009. Good luck!

Jenni Martin is a LPGA teaching professional in Sacramento. E-mail her with your questions: galgolfg2@me.com, phone 837-8952.

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USS Hoel daughter

Reunion recalls Navy hero dad she never met

Story and photos by Susan Maxwell Skinner

At the age of 50, Glori Hoffman plucked up courage to attend a reunion of strangers who had survived the greatest sea battle of naval history.

Her father, Lt. Stan McDaniel, was among the appalling death toll of the Battle of Leyte Gulf (1944). On board the USS Hoel, McDaniel was part of a small US patrol that encountered the might of the Japanese fleet in Philippine waters.

Together with the USS Johnson and several other vessels, the Hoel was sunk. Fatally wounded, its popular executive officer McDaniel went down with his ship. He never met the daughter who had been born nine months

'Men at the reunion remembered the day I was born because my father gave cigars to everyone on the ship, not just to his fellow officers. The survivors all knew him.'

before in Palo Alto, near San Francisco.

A dwindling number of his comrades still meet every October to commemorate the battle's date. It was among their ranks, 50 years after McDaniel's death, that a retired San Juan School District teacher got a belated introduction to her father's memory.

"After he died," Glori Hoffman explains, "My



Old salts. USS Johnson and Hoel veterans are dwindling as most WW2 veterans reach their mid-80s. Of a combined 666-strong complement from these two ships, 227 survived the Battle of Leyte Gulf. Greatly outnumbered, the small patrol's clash with the Japanese fleet is considered the greatest sea battle in history. Of remaining survivors, 13 recently reunited at the Double Tree Inn, Arden Way.

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New club at SFAC

A diverse group of photographic enthusiasts, ranging from professional to novice and all points in between, met for the first time on Jan. 29 in the form of the Fine Arts Photo Club, hosted by the Sacramento Fine Arts Center.

The purpose of the club is to provide a friendly learning environment, organizers say. Meetings will be at 7 p.m. on the fourth Friday of each month at the center, 5330-B Gibbons Drive, Carmichael.

The club is open to all formats and genres, although there will be a significant focus on digital photography.

Meetings will be conducted at 7 p.m. on the fourth Friday of each month. The next meeting, Feb. 27, has the theme "self portraits."

More information is available from doug@binaryemulsion.com or SEAC at 971-3713.

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Navy

Continued from page 6

mother was unable to speak of him. She was just two years married and never got over his death. I went to live with my grandparents. They did a great job bringing me up but they never talked about dad, either. My father was just a subject no one mentioned.

“It was sad for me; he should have been a major part of my life and I wanted to know about him. I heard of the Hoel/Johnson survivors’ annual reunions and I registered to attend the 50th, in Annapolis. I didn’t know a soul.

“As my husband and I got to registration, a stranger stopped me and asked: ‘You’re Lt. Stan McDaniel’s daughter, aren’t you?’ He said I looked like him. I learned dad had been badly wounded in the battle but declined a life vest or space in a raft until everyone else was taken off. When his turn came, he was hit by a shell.

“I knew my father was a hero, but I’d never known him as a real person. Men at the reunion remembered the day I was born because my father gave cigars to everyone on the ship, not just to his fellow officers. The survivors all knew him. They said he was popular; he was fair and lenient with punishment.”

For the survivors’ 2008 reunion, the Granite Bay grand-



Retired San Juan School District teacher Glori Hoffman was born during her father’s final naval deployment. Heroic Lt. Leyland (Stan) McDaniel perished on the USS Hoel in the Battle of Leyte Gulf, 1944. Hoffman is pictured with pictures of her youthful mom and the father she never met.

mother – now president of the USS Hoel/Johnson Association -- organized a banquet at the Double Tree Hotel (Arden Way).

“I could never do anything for my father, so it’s a privilege to at least do this,” an emotional Hoffman told her dad’s octogenarian shipmates . “I never met him but he still means so much to me.”



Bob DeSpain (left) and Glen Foster were both 19 when they boarded the destroyer escort USS Hoel. Now 83, the shipmates recall the battle that killed most of their buddies. After their vessel sank, the sailors swam beside overcrowded rafts for three days. At last rescued, they were taken to Australia, where the picture of seven bedraggled survivors was snapped.

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How diet affects the skin

Maddening case of eczema has client desperate for solution

It was a hot and humid summer day and 40-year-old Elizabeth sat across from me, peeping at me occasionally through the sunglasses dangling on her nose, filling out the client's questionnaire.

The lenses were so dark, I could not see her eyes.

("How odd, she still wears sunglasses indoors," I said to myself.)

I started observing her appearance. She wore a long-sleeved shirt with buttons up the front, long blue jeans and a pair of red-rimmed, dark sunglasses. On her feet were a pair of red sandals.

Scratch ... scratch ... scratch.

She was writing with the right hand, her left hand constantly scratching - her neck, her face, she put her hand inside her shirt collar ... scratch ... scratch ... scratch. She rubbed her face and squished down in the seat. Finally, she took off her sunglasses and rubbed both eyes with both of her hands for a full minute.

Extensive itch

"I have had severe eczema since I was 13 years old," she said in an apologetic tone. "Every year I searched for a new dermatologist hoping to find a solution, but they all threw up their hands. Nothing seems to help, it's getting worse as years go by.

"I cannot stop scratching day and night," she continued. "I wonder if Chinese herbs could help me."

Scratch ... scratch ... scratch.

Both her cheeks were tinted with tiny red dots. The skin around her eyes looked puffy, rough, dried and scaly.

("That's why she wears sunglasses indoors," I thought. "To hide the rough skin around her eyes.")

She rolled up both sleeves, showing her entire arm and the back of her hands fully marked with scratchy scars; some open wounds with dried blood. She pulled up the shirt, showing her abdomen, her back -- eczema all over her body.

She pulled up a leg of her pants -- eczema on both legs, bumpy-looking skin, not a inch of good skin. I touched the calf, the skin was hard, rough,



MAMIE WOO
HEALTHY LIVING - THE CHINESE WAY

She was writing with the right hand, her left hand constantly scratching - her neck, her face, she put her hand inside her shirt collar ... scratch ... scratch ... scratch.

dried, bumpy and had lost its elasticity.

She never stopped scratching.

Probable cause

She crooked her head, squinting at my astonished expression, waiting for my words. I knew why she wore a long-sleeved shirt and long pants - just to cover up her skin condition. Honestly, I had never seen anybody's eczema worse than hers. My heart went out to her.

I started to explain:

"Well, in Chinese medicine, the skin is related to the Lung. (When I capitalize the name of an organ, it is referring to the organ's energy. Lung energy is different from a lung's function.) When the Lung energy is weak, damp heat and wind invade and get trapped in the skin, make it itchy and rough.

"You must like hot and spicy food and have not been eating well-balance meals for a long time."

"How did you know!" she exclaimed, then protested: "You see, my husband works out of town a lot and I have four children. When I get off from work, I pick them up from three different schools. I have only one hour to cook and feed them their dinner so I can help them with their homework, bathe them and put them to bed.

"Most of the time we eat pizza, or fast food -- french fried and junk food. But I really don't have time to prepare a good meal. And I do like hot and spicy Mongolian Beef."

"If you eat balanced meals every day," I explained, "and

stay away from hot and spicy food, you will not have this problem. Hot and spicy foods dry up your lung tissue, making your skin dry. I bet you don't sleep well and are tired most of the time?"

"Wow, you are right again," she said. "I have very poor sleep. I sleep two to three hours most nights, scratching all night, never finding a comfortable position."

"When you don't eat nutritional meals," I said, "the Spleen cannot produce sufficient blood from your food to nourish the skin. Due to blood deficiency, the body creates Heat -- the Wei Qi -- defensive energy on the skin will be weak -- which leads the skin pores to open and then the invasion of dampness and wind, causing itchy eczema.

Plotting the course

"In order to clear the eczema, I would like to blend a special formula to expel all those evils out of the skin." I started lecturing her: "As for insomnia, it has many reasons. Again, your condition is due to insufficient blood to sooth the Liver and Heart so they will shift into relaxation mode, then you can fall into deep sleep, wake up refreshing. Having sufficient blood is very important to maintaining good health."

Finally she gladly accepted my suggestion to try a special formula. She also agreed to change to a better, more balanced diet for the children and her own sake.

It has been six months now. Every month she comes to refill the herbal formula. I

routinely checked her pulse and tongue and modified the formula accordingly. So far, her condition is improving as expected. It may take a while to clear up the eczema, but at least we are on the right track.

Eczema is very difficult to treat. A proper diet makes a big difference.

In addition to eliminating hot and spicy food, if you have eczema, try to avoid foods like bamboo shoots, pineapple, goose and duck, potato chips, seafood like shrimp, fish crab, lobster, etc. These foods may increase the itch.

Consume more cooling food like Asian pears, raw lotus roots, dried chrysanthemum tea, and sugar cane in the can or fresh since we must eat to survive, why not eat food that can prevent ailments and help to maintain good health. Avoid those harmful to our health - agreed?

Mamie Woo trained at China's Guangzhou College of Traditional Chinese Medicine. She is a Tai Chi instructor, Chinese herbalist and certified massage therapist. Contact her at 616-1688; website: www.mamiechineseherb.com.



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Art, history and family trees

Shalom School's annual Living History Faire last month gave students the opportunity to creatively give history a lively touch, and brought in world famous Judaic artist Mordechi Rosenstein, who joined the students in creating a painting in the rotunda. Rosenstein served as artist-in-residence for a week, as well as a guest lecturer at an evening event for families, that included a slide show on the history of Jewish art and a family-friendly art project centered on Family Trees. Shalom School, is the only Jewish day school in the Sacramento region, marks its 30th year this year. The campus is located at 2320 Sierra Boulevard, phone 485-4151.



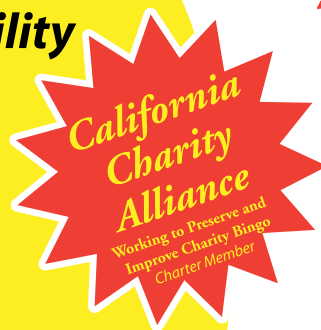
Sixth grader Greyson Horst donned a historical costume to bring his project on Greece to life.

Photos by Karl Garner

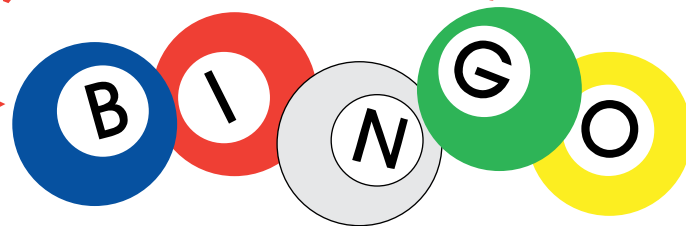


(left) Zachary Gonzalez and Elijah Ott, third graders, help create an American and Israeli flag with handprints. (center) Fifth graders Mia Fahn and Jenny Gurev dressed in Colonial costumes. (right) Zachary Lewin, fourth grade, displayed fruits and vegetables grown in California and the California flag.

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Merritt

Continued from front page

of the Sacramento Regional Learning Center. "We will continue to be responsive to employer expectations and lead the way in preparing nursing graduates using the most current technological and academic approaches."

Just like the first graduating class for the Oakland-based School of Nursing back in 1912, SRLC became the first remote campus for the institution in 2001 with only 18 members in the Entry Level Master of Science in Nursing-Case

Management Curriculum program. Seven years later, the learning center has nearly tripled this program and has added the Accelerated Bachelor of Science in Nursing program -- a two-year program that allows graduates to receive a nursing degree in just 12 months).

Audrey Berman, dean of nursing, has been with the institution for 35 years and has watched it grow from a hospital diploma nursing program into the current university.

"Achieving university designation is another external validation that all the work that has gone before was worth the effort," said Berman. "We are entering our second century and I

am confident that we will continue to be innovative, forward-thinking, and a great place to work or study."

Samuel Merritt University is now the largest source of registered nurses in the state of California, and the only provider of physical and occupational therapists, physician assistants and podiatric physicians in the East Bay of the San Francisco Bay Area.

The university offers doctoral programs in physical therapy and podiatric medicine, and plans to offer doctorate degrees in pharmacy and nursing in 2010.

The university says its graduates are in demand, and experience

very high rates of employment within one year of graduation. It prepares more graduates eligible for the National Council Licensure Examination than any other institution of higher education in California.

Nearly 1,300 students are enrolled at the university, with campuses in Oakland, Sacramento, San Francisco and San Mateo. Samuel Merritt University offers an undergraduate degree in nursing; master's degrees in nursing, occupational therapy, physician assistant; and doctoral degrees in physical therapy and podiatric medicine.

New fangled dental contraption

Modern dentistry has come a long way. Dr. Jayson A. Chalmers' office on the Alta Arden Expressway, for example, has brought in the E4D Dentist System that gets rid of the need for old-style in-your-mouth dental impressions, gets rid of temporaries, and means same-day service for a new crown. The laser scanning technology, they say, is not only extremely precise when 'capturing' all of the details of a patient's smile, but is also as safe as the check-out scanner at a grocery store. But, best of all, there is no need for a patient to hold unpleasant, possibly distasteful material in his or her mouth. E4D restorations are perfect for situations like chipped, worn or cracked teeth; teeth that are discolored or have gaps and spaces between them; teeth that have decay and/or old, worn fillings. Chalmers is located at 3315 Alta Arden Expressway, Suite B. This modern dentist's phone number is 483-8182, his e-mail -- admin@chalmersdental.com -- and he even has a website -- www.chalmersdental.com.



Photo by Patty Colmer

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One House of Peace

Two visions blend in a peaceful house in South Sacramento

Nestled in a country-like neighborhood off Freeport Boulevard in Land Park is a special place: One House of Peace.

When visitors enter, they are met with a feeling of spaciousness and quiet. The main room where there are sitting meditations, discussions and workshops is referred to as the "hall." Meditation cushions, placed in perfect rows, form a perimeter. The simplicity and orderliness supports a sense of calm.

There is a welcoming community kitchen offering teas and fruit.

One House of Peace has its own garden complete with a smiling, watchful Buddha and small pond with a fountain. Currently, a winter garden is coming up.

Zen in purpose, practice

The purpose of One House of Peace is to "serve the community by sharing a practice of conscious, compassionate awareness and by providing a



CORKY OAKES
CONVERSATIONS

sanctuary where this can take place. Movement arts and other teachings of wellness, sustainable living, and the movement toward a more conscious world all extend from the foundation of this shared Zen practice."

Its mission is to "further apply this practice of conscious, compassionate awareness by serving the extended community through outreach projects which manifest peace."

Caverly Morgan, the serene and graceful director of One House of Peace, maintains her own Zen practice on the premises. She has been a student of Zen for the last 12 years, having trained at a silent Zen monastery for more than seven of those years. A

native of Virginia, Morgan says she had never heard the word "Buddhism" until she was a young adult. A retreat in North Carolina not only exposed her to Buddhism, but triggered an epiphany resulting in becoming a student and teacher of Zen.

Sacramento's pull

Her journey to Sacramento began with a one-day meeting.

"I was taken by the receptivity to awareness that I found here," recalls Morgan. She was inexplicably drawn to establish herself in Sacramento, but had no funds to do so, no job to sustain her, nor a place to stay. When she discussed this challenge with her overnight host, she was immediately led to working with the developmentally disabled, a profession for which she is also qualified.

Morgan decided she wanted to stay in Sacramento and began imagining "a type of place centered on awareness practice." As fate would have it, Morgan met like-minded Roberta Jan-Johnson who independently shared Morgan's vi-



Photo by Corky Oakes

Caverly Morgan, above, has been a student of Zen for the last 12 years, having trained at a silent Zen monastery for more than seven of those years.

sion. Jan-Johnson and her husband had previously purchased the house next to theirs with the intention of creating such an environment.

Upon meeting Morgan, Jan-Johnson offered the house where One House of Peace is now located.

Silence, focus

One House of Peace maintains what Morgan describes as a "silent privileged environ-

ment." No one speaks above a whisper and people do not socialize as they might "in a coffee house." Morgan comments that "if you visit us you will not be asked who you are, where you came from or what you do. We are totally focused on awareness practice."

Morning and evening meditation is held during the week and on Sunday mornings. All meditation and discussions are facilitated by Morgan. One House requests that newcomers call or e-mail before visiting for the first time to arrange a 1/2 hour orientation.

Although rich in Zen practice, One House of Peace offers several other disciplines: Tai Chi, Yoga, the Alexander Technique, massage and Qi Gong. All disciplines and practices have one thing in common, what Morgan describes as "Being awake in life...being present, conscious and aware as opposed to asleep... dictated and governed by things that tend to cause us to suffer...conditioned-mind type activities...engaging in thoughts like 'there is always something wrong, what's wrong with us, what's wrong with other people.' This is a place dedicated

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Peace

Continued from page 14

to providing a sanctuary for people who want to go beyond that.”

Movement classes

On a community service level, One House of Peace recently supported President Obama’s National Day of Service at the Oak Park Elementary School by participating in the creation of a garden. One

House intends to continue its support of community-wide events of this nature.

There will be an Awareness Practice Workshop on Saturday, Feb. 7. During the spring and summer months Morgan hopes to have working meditation days where people can come and participate in gardening and “share in the bounty.”

Still in the process of becoming a 501(c)3 non-profit organization, One House of Peace relies on donations from the community. As its website states, “The heart of all that is shared from the house is conscious, compassionate awareness. It is through bringing awareness to our individual habits of suffering that we practice living

beyond the illusion of separation. It is from this place that we serve the community, inviting all to join.”

One House of Peace, 1470 27th Ave., phone 456-1795, e-mail information@onehouseofpeace.org. For more information visit the website: www.onehouseofpeace.org.

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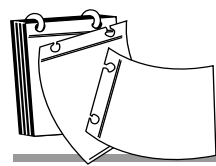


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Calendar

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

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.sacramentoastmasters.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.

Aviator interest

Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process 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, Fireside 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 to 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.

WEDNESDAYS

Chair yoga at Hart

Yoga instructor Pat Shaw leads chair yoga with exercises aimed to keep older adults strong, limber and relaxed, 1:45 to 2:45 p.m., Hart Senior Center, 915 27th St. Information at 808-5462.

WEDNESDAYS

Toastmasters Club

River City Speakers Toastmasters Club meets at noon at Coco's Restaurant, 1830 Arden Way. All area business people invited to hone their speaking skills; meeting ends at 1:15 p.m. Information: 747-8282.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7 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.

Free dessert for seniors

The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo, 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Drive, Carmichael. Bring a brown-bag lunch -- free coffee, tea and dessert. Information from Myrt at 348-8114.

Memory Seminar

Merrill Gardens is offering a "Memory Enhancement" seminar from 2:30 to 4 p.m. at 6350 Riverside Blvd. This is an ongoing series the second Wednesday of every month. Refreshments will be served.

Businesswomen's network

Referrals Plus, a networking group of businesswomen, meets, 12:15 to 1:30 p.m., in the Pocket area. Information and reservations with Chris, 492-6278. Website: www.referralsplus.

Dance at Mission Oaks

The Sensible Sounds Dance Band plays everything from rock to swing to country, 7 to 10 p.m., Mission Oaks Community Center, 4701 Gibbons Drive. Cost is \$7 per person. Information at 972-0336 x 228.

Alzheimer's support

Alzheimer's support group meets, 2:30 p.m., third Wednesdays each month, Primrose, 7077 Rush River Drive, for families and friends struggling with Alzheimer's disease. Care-giving strategies, education, resource information, and a shoulder to lean on. Facilitator: Kim Winters, BSG, M. Ed. Information at 392-3510.

Lewy Body Dementia support

Lewy Body Dementia support group is tailored for caregivers and loved ones diagnosed with Lewy Body Dementia, 2:30 to 4:30 p.m., fourth Wednesdays, Primrose, 7707 Rush River Drive. Facilitator: Kim Winters, BSG, M. Ed. Information at 392-3510.

'Joy' luncheons

Grace Presbyterian Church invites neighbors, men and women, young or old, for lunch on the first and third Wednesdays, 11:30 a.m., in Fellowship Hall at the church at Las Cruces Way and Eastern Avenue. Programs sharing joy, information, and hearing speakers over a noon-time meal. Information at 487-7849.

THURSDAYS

Los Oradores Toastmasters

Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores, 6:30 p.m., Opening Doors office, 2118 K St. For information, phone Teri Bullington 723-6232, e-mail teri.bullington@gmail.com. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Nos reunimos en la tarde a las 6:30 p.m. en el negocio Opening Doors, ubicado en 2118 K St. Para mayor informacion llame a Teri Bullington 723-6232, e-mail teri.bullington@gmail.com.

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Rotary Club meeting

The Rotary Club of Pocket-Greenhaven meets, 7:30 a.m., Aviator Restaurant, 6151 Freeport Blvd., at Executive Airport. Fellowship, good speakers, and the opportunity to work on projects serving the community and the world. For more information, call Louise at 424-2698.

Optimist Club meeting

Sutterville Heights Optimist Club of South Sacramento meets every Thursday at noon at the Aviator Restaurant, 6151 Freeport Blvd., at Executive Airport. Come and enjoy community speakers and community projects for youth. For more information, call Cliff at 427-2698 or Mary-Jo at 691-3059.

Sweet Adelines

Sacramento's Voice of the Valley Chorus of Sweet Adelines, International welcomes all interested women singers of all ages to join them for a free evening of singing and fun from 7 to 9:30 p.m.. Call now to reserve your welcome gift. The chorus will be held at Sierra Arden United Church of Christ, 890 Morse Ave. Information: B.C. at 971-1103.

Food Addicts Anonymous

This meeting is for Food Addicts in Recovery Anonymous and is held at 9 a.m. Thursdays at St. Andrews United Methodist Church, 6201 Spruce Ave. It is a 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Morning Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 9:30 a.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.

Aesop's Fables, story-tellers

Guests welcome first and second Thursdays, 7 p.m., free stories for all ages by the Aesop's Fables and Sacramento StoryTelling Guild, at the Hart Senior Center, 27th and J streets. Information at 362-9013.

Disabled American Veterans

Ray Clark Chapter No. 35 of the Disabled American Veterans meets on the first Thursday of the month, 7 p.m., Veterans' Hall in Carmichael Park, corner of Davis and Fair Oaks. All disabled veterans invited to attend. For information call 635-7608.

Coping with life alone

Beginning Experience support program for widowed, divorced and separated, 7 to 9 p.m., St. Michael's Episcopal Church 2140 Mission Avenue, Carmichael. Cost, \$10 registration and \$5 per week. Information at 835-2282 or www.sacramentobe.org

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

Sutro Library trip

Genealogical Association meets, 1 p.m., Colonial Heights Library, 4799 Stockton Blvd. Visitors welcome. Discussion on a research trip to Sutro Library in Sacramento on March 25. Information on the Sutro trip at 383-1221. Other information at 682-8004 or 689-4524.

FEB. 19

Family History Library tour

The Mission Oaks Genealogy club will meet, 4 p.m., for a tour of the Family History Library, 2745 Eastern Ave, between El Camino and Marconi. Visitors welcome. Information at 483-4703.

St. Francis Safe Grad Night. Information from Robbin Haitz, 601-8333.

Nursing home standards

Beth Mann, president of the California Culture Change Coalition, discusses standards for providing nursing home care for Sacramento area residents at the monthly meeting of the Sacramento Capitol chapter of the Older Women's League, 10:30 a.m., Hart Senior Center, 915 27th St. Public welcome. Information from Carolyn Negrete, 424-5316.

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tween El Camino and Marconi. Visitors welcome. Information at 483-4703.


FEB. 21

E-waste fund-raiser

Free, electronic waste collection from 9 a.m. to 1 p.m., St. Francis High School, 5900 Elvas Ave. Public may drop off used electronics including computer monitors, televisions, desktop and notebook PC's, VCR's and phones. Also accepting small household appliances. (No large appliances such as washers.) Proceeds benefit the

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Susan Maxwell Skinner joins fellow nature snapper Guy Galante on a whimsical Arden/Carmichael Valentine's safari. Learn more about these photographers at www.anotherguy.net and at www.susanmaxwellskinner.com



Ain't misbehaving. Two bees share a dinner date on succulent wild *Datura*, near Ancil Hoffman Park.



Getting to doe you. Female deer exchange a morning greeting at the Effie Yeaw Nature Center.



(above) A fish to build a dream on. Spawning in the American River, steelhead trout show no chilly tendencies



(left) On the wings of love, hummingbirds flitter and flirt on American River bluffs at Sutter Ave.

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(above) Damselfly abdomen form a perfect heart for Guy Galante's riverside study.



In the Carmichael aviary of Lara Maddox, African Mouse birds Koswe and Aconi find billing and cooing makes for warm winter nights.



Prelude to a kiss. Cover model chestnut Coolio goes nose to nose with paramour Dart. His sweetheart shows ears-back reserve but finally succumbs to the velvet lips offered.



(right) Snuggle puss. In the cocoon of their basket, Carmichael felines feel the urge to cuddle.

(below) Smiley coyote. Photographer Guy Galante captures flirtatious wild canine juveniles near their den in American River Parkway wilderness.



(above middle) Bambi kiss. Bearing spotted camouflage of infant months, a black tailed fawn busses her older brother. (right) On backwaters near Jacob Way, a young otter finds massage therapy speaks volumes. Picture by Guy Galante.





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