



Arcade's welded wonders

see page 2



Arden-Arcade in Sacto's plan Anti-annex group fears council vote

By Ron Barnes
THE ARDEN-CARMICHAEL NEWS

“Annexation is a hostile takeover without Arden-Arcade's input.”

Thus did Joel Archer sum up the thoughts of many residents who learned that Arden-Arcade was included in the City of Sacramento's 20/30 General Plan and annexation study areas.

Archer, chairperson for the Arden Arcade Incorporation committee, learned last November that the Sacramento City Council had expressed interest in annexing Arden-Arcade and parts of Carmichael. The city's 20/30 General Plan is scheduled to be finalized on March 3. Archer minces no words

See Annex, page 8

The incredible, artistical egg

Egg artists Diana Macias, Alice Cameron, and BJ Gothmann recently met to show and create more egg art -- and, yes, they use real eggs. Members of the International Egg Artist Guild will be teaching showing and selling all things related to this delicate art form at the group's annual gathering, this year from 10 a.m. to 5 p.m. Saturday, March 7, and 10 a.m. to 3 p.m. Sunday, March 8, at the Double Tree Hotel, 2001 Point West Way. Admission is \$5 and all proceeds will benefit the Shriners Hospital for Children. For more about creating art from ostrich, emu, goose and duck eggs, see page 9.



Photos by Robert Scott

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Animal world 'opportunists' at Effie Yeaw

See page 6



Real Estate Quarterly

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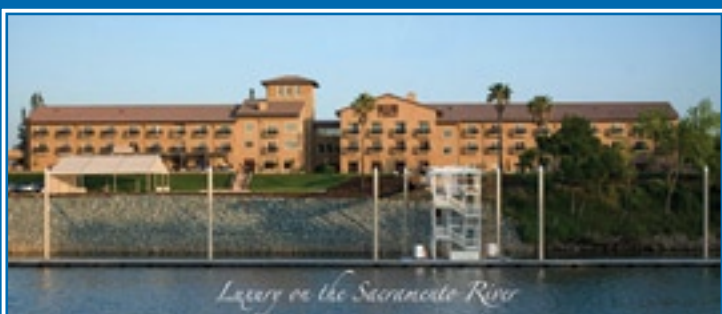
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In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison

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Arcade's heavy metal sculptor makes gardens bloom with welded wonders

It's not that sculptor/metalworker Max Stockinger wouldn't rather chip at alabaster than scrap metal.

"Recycled stuff is all I can afford," admits the biblically bearded 59-year-old.

"I take material people work hard to get rid of - propane tanks, hot water boilers, plumbing pipes. I reshape it; slap paint on it and then suddenly, people want it. My art is my statement; humans waste the world's resources."

His Arcade neighborhood is a drive-through illustration of Stockinger's philosophy. A Moretti Way lawn boasts a 20-foot metal sculpture of Elvis, with guitar. Another yard rejoices in a welded puppy, leg cocked over a pot plant. Around the corner, a front yard is embellished with a dancing couple. Creating a crescendo on

the sculptor's own lawn is a metal trumpet player.

"I like to make musicians," muses Stockinger. "It's odd, because I'm completely tone deaf. But my figures are musical and exuberant..."

Global love affair

So is his attitude. For him, art is largely love's labor. Apart from the odd small commission and a recent sale of an onyx dragonfly to his dentist, Stockinger seldom gets his teeth into a paycheck. Neighbors, however, beg him for statues. Comments his wife, Rancho Cordova Library branch supervisor Jill Stockinger, "Max loves the world. People see that in his sculptures."

While working in a Port Arthur (Texas) foundry, the metal worker had his first experience of art

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The Irish poet and dramatist J.M. Synge wrote: "In a good play every speech should be as fully flavored as a nut or apple."

Whether parents are most likely to pack a nut or an apple to keep their kids quiet and content, theater should be a must on everyone's list. It will bring delightful and enriching moments to the whole family.

As the parent of Sophia, 2, and Alex, soon to be 4, I've joined the ranks of other anxious parents, who seem to constantly push their kids to read by the age of 4, do sports, learn foreign languages, and so on, and have exposed my kids to different new playing and learning experiences as early as I possibly could.

Despite the fact most toys, games and other activities have an age recommendation, ever since I became a mom, I have disregarded these trivial details. While it's recommended to take your kids to see their first children's play around the age of 4 or later, I chose to take them at 22 months.

To me, seeing the lively actors on the stage dressed as a cat, a rooster, a reindeer and so on could only bring smile and joy to my kids -- as well as a little anxiety to me, while trying to envision escape and evacuation scenarios in case I had a crier on my hand.

Nonetheless, the temptation to test my kids' readiness was too big. I followed through with what my very cerebral and analytical husband, Catalin, called a ridiculous idea, only to discover that there was no place where

my kids were quieter than at Chautauqua Playhouse.

My oldest saw his first play at 22 months; his sister followed his example at the same age.

Formed in 1975 by Rodger Hoopman, and originally called the Chautauqua Players, the name of the company came from the traveling Chautauqua shows that toured the country in tents in the early part of the 20th century. The group, now a non-profit organization receiving the support of the Carmichael Recreation and Parks District, opened in the La Sierra Community Center in April 1985.

Chautauqua has produced a season of six plays per season (running from September through May), plus a six-show children's theater season under the direction of Marie Raymond. The theater also offers children's theater workshops in voice, drama and dance during their spring, fall and summer sessions.

Hoopman, the producer-artistic director, said that we can all support our community theater by attending their shows, after which we can bring all our friends with us next time.

"Our plan is to continue producing children's plays as part of our season commitment," Hoopman said. "We feel that by providing entertainment for children we are making theater part of their lives -- and hope theater-going will continue into their adult lives.

"We are preparing our audience of the future."

Terri Estes, the mother of a 2-year-old daughter and a 7-year-old son, received the



'Mom' and theater-going children Sophia, 2, and Alex, almost 4, get a photo taken with some Chautauqua Playhouse actors.

Courtesy photo

subscription to the children's plays from her mother-in-law three years ago. Chautauqua is quite appealing, she said, due to its small production group of people, and mostly because of its participating atmosphere.

Kids are invited to help and interact with the actors on the stage. Their birthdays are also acknowledged and celebrated, which is another aspect that Estes likes.

And if you come to see a children's show, don't be surprised to see the parents laughing heartily and having a good time, for the plays are a tapestry of silliness, appealing to the young audience, craftily mixed with subtleties and jokes that only adults can fully appreciate, such as a musing Santa dreaming of a white Christmas like the ones before the global warming.

The price for their regular plays is \$17, students and seniors are \$15; their season ticket price for all six shows is \$85. Regular admission to the children's plays is \$7, but the season ticket price is \$25 for all five shows, the option that I chose for the last two years. Also groups of 20 or more can get a special rate.

For more information on Chautauqua Playhouse and season subscriptions, visit www.cplayhouse.com. For more information on real estate and Sacramento, please visit my website www.CarmenMicsa.com, or call 342-2446.

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On the Wild Side Little bird, big thirst

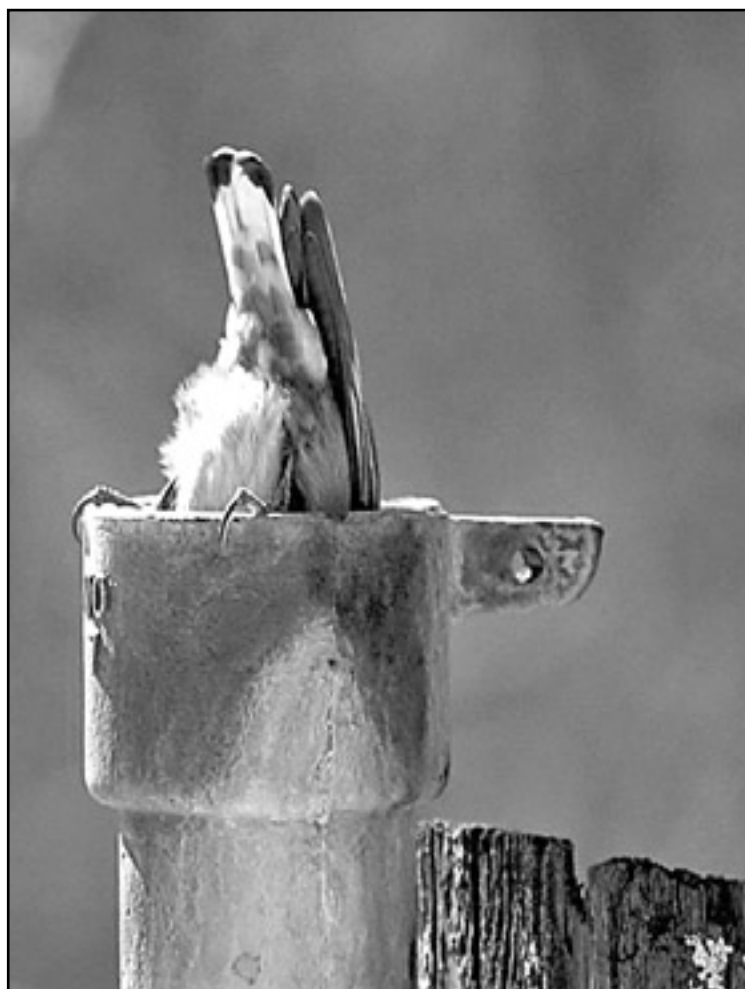
Effie Yeaw Nature Center staffer Natalie Morris captured proof that – even in a wilderness preserve – animals can be as opportunist as the humans they are protected from.

On a dry winter day, this tiny Nuthatch slaked a mean thirst by diving head-first into a fire sprinkler head. Said the observer: “This tiny guy had to turn upside down to get his fill.” The species’ acrobatics are otherwise remarkable. Since Nuthatches have the rare ability to walk headfirst down trees like squirrels, this surreptitious slurp was probably no big stretch.

Morris regularly sees such critter opportunism. Tottering baby deer frequently eschew steep banks in favor of the stairs installed for hikers’ ease at Effie Yeaw Nature Preserve.

“Crows and jays are also smart; they adapt quickly to human inventions,” she says. “They’ll hang out in our parking lot, waiting for cars to run over acorns and do the hard work of cracking them open for them to eat.”

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Though not quite a birdbath, this fire sprinkler head at the Effie Yeaw Nature area provides an oasis for a Nuthatch. The tiny bird alights, casts a wary eye left and right, then dives for the wet stuff.

Photos by
Natalie Morris

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Around and about *Arden-Carmichael*

BY SUSAN MAXWELL SKINNER



(above) A feed to remember. Carmichael Kiwanis' recently treated 400 seafood fans to a mountain of fresh crab. Held at the Sierra Community Center, the annual event supports area programs for youth groups, seniors and needy families. Crabby customers included Pat McDaniel (left), Winnie Bender, Cathy Snow, Deborah Cross, Ron Greenwood, Kirsten Fowler and Karen Borman. To learn about Carmichael Kiwanis, call 804-7687.

(right) Retiring guy. Stepping back from his eight-year term with the Carmichael Recreation and Park District recently, board President Peter Tateishi (second left) farewelled the fellow directors and staff. Admiring Carmichael Park and its landmark 'Great Wall,' Tateishi is pictured with office staffer Betty Phillips, District Administrator Jack Harrison, director Barbara Stafford and staffers Ingrid Penney and Tracy Kerth.



Courtesy photo

Aegis earns top company honors

From left, Aegis of Carmichael's Layla Seiler, assistant executive director, Chris Schoonveld, marketing director, and Terry Ervin, regional director, accepts honors and awards during their company's annual meeting in Seattle. Aegis of Carmichael, a senior living community specializing in retirement, assisted living and memory care, was presented with the Community of the Year award for being ranked highest among all Aegis communities for employee, resident and family satisfaction, financial performance and innovation. In addition to the coveted Community of the Year award, Aegis of Carmichael was also recognized with the Andrea Smith Award – given for outstanding contributions to its surrounding community -- the Aegis Mentor of the Year Award and the Black Box Award for innovative, cost-saving practices. Aegis of Carmichael is located at 4050 Walnut Ave. Congratulate them at 972-1313.

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Annex

Continued from front page

when expressing his feelings about annexation.

"We (will) respond by letting them know, loudly and clearly, that we have no interest in being annexed, and we will fight it all the way," he said.

No-vote fears

Archer said that annexation could go forward without the

vote or approval of residents and incorporation supporters. He also stated that the annexation attempt by the city is "an exact statement saying, 'We don't care what your decision or choice is; we are going to do to you that which is not in benefit for you.'"

Archer said that the decision to include Arden-Arcade in the general plan comes from the City of Sacramento, the city council and Sacramento Mayor Kevin Johnson.

"They can change that -- and they can simply take us out of the general plan as a study area," said Archer. "But as long as they vote on March 3, Arden Arcade is included."

Archer said that the city planning commission voted to approve the general plan and send it to the city council, despite receiving numerous opposition letters.

"We turned in over 300 letters in opposition, and our voice was not heard," said Archer.

Pat Cole, vice chair for the Incorporation Committee, said that while it is possible for the vote of the people to help avoid annexation, there are still some pretty tough circumstances to navigate.

"You have 30 to 60 days to get enough required signatures to put it to vote," she said. "So the onus is on us to say, 'We don't want to be annexed.' They don't ask us; there is no dialogue there where they come in and say, 'What do you think?'"

Freeport history

Cole recalled the same annexation battle against the City of Sacramento undertaken by Freeport.

"It's interesting to note that the last time they did this, they decided to annex the little town of Freeport," said Cole. "Once a city gets approval through the governmental process to go ahead and annex, then the folks being annexed have 30 to 60 days to get 25 percent of the registered voters to sign a petition saying they want to vote on it. In a big town like ours, that's kind of a daunting task. But (for) Freeport, being fairly small, it was more of a neighborhood thing.

"They got together, got the signatures, got it on the ballot, and defeated the City of Sacramento."

Both Cole and Archer agree that the underlying motive of the city is finances.

"They'll annex areas that they stand to be able to get some money from, and then take that money and spend it wherever in the city that they decide to spend it," said Cole. "So it won't stay in Arden-Arcade; it will get spent wherever the city wants to spend it. I believe they are concerned that we will incorporate, but they would rather have us themselves; they want the revenue.

"The city is struggling, as we all know, (with) terrible revenue problems, and we still have a good pile of money that is generated in Arden-Arcade."

Cole said the annexation would see the city take control of the area's fire stations, park districts and water districts.

The city responds

Scott Mende, a senior planner for the City of Sacramento, responded that the General Plan shows Arden-Arcade as a study area only.

"The council has never had a substantive discussion about what role, if any, we want to play in the future governance of Arden-Arcade," said Mende. "But the one comment that was made that caused it to become a study area really came down to the fact that, as there were discussions of incorporation, there were some voices on LAFCO and elsewhere that said, 'Shouldn't we study the full range of governance options so that the voters have some sense of comparison? We can take a look at annexation, incorporation, (and) status quo. Accordingly, the city actually needs



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Real egg shells – among them ostrich, emu, rhea, goose, duck, even tiny snail eggs – but not chicken (too fragile), are drained of their infertile contents, then set before the artist who lets imagination fly. The egg could be a jewelry box, ornament, purse, or jewelry, only the mind of the artist will know.

Egg artists from all over will gather their creations the weekend of March 7 and 8 at the Double Tree Hotel, 2001 Point West Way, just north of Cal Expo, for the Northern California Egg Artists 2009 Show and Sale. Proceeds benefit the Shriner's Hospital for Children in Sacramento.

Local and international egg artists will be attending, teaching seminars, selling egg art and supplies. For a \$5 admission, guests will be able to participate in hands on projects, meet artists, purchase decorated eggs and supplies.

At a recent art session in Land Park, experienced egg artists Diana Macias, Alice Cameron, and B.J. Gothmann demonstrated the process. It's exacting, delicate work, and the shell lends itself to painting, pencil, decoupage, beading, wiring, sculpting, jewellery and carving. Expect the unexpected when an experienced "egger" creates. Some eggs are outfitted with lights and moving parts, appealing to the ear with music boxes, bells and waterfalls.

Northern California Egg Artists meet each month on second Wednesdays, alternating meetings between Benicia and Sacramento, where they meet at 10 a.m. at the Crossroads Christian Church, 5501 Dewey Drive, Fair Oaks.



PHOTO BY
Robert Scott

Eggs created by Diana Macias, Alice Cameron, and BJ Gothmann, members of the International Egg Artist Guild.

For more information, see the website www.norcaleggart.org.

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Real Estate Quarterly



Inside environments

Making your home 'green' can be done without exotic expenses

Environmentally-friendly design, also known as "green design," is gaining popularity. Builders, architects, designers and other residential professionals recognize this trend and the fact it's growing more quickly than ever.

While the concept of going green or green design often entails methods of home design that can be costly, do know that not all "green" home improvement options are that extensive or expensive. Many eco-friendly, low cost strategies can be easily incorporated into a home's design.

What 'green' means

Green design is about the environment ... our environment: Minimizing our impact (carbon footprint) and preserving natural resources that have limited renewable capabilities.

Unfortunately, many of the materials that we favor in our homes are from non-renewable resources such as stone (marble, granite) and wood materials. Quarries are slowly being exhausted and many species of wood are being cut when the tree is smaller in order to meet the demand.

Why not select renewable materials that are grown and

TEAM BLACK

LYON REAL ESTATE

Why not select renewable materials that are grown and harvested for use due to their ability for continued growth such as bamboo (25 percent harder than oak) and cork?

harvested for use due to their ability for continued growth such as bamboo (25 percent harder than oak) and cork? Additionally, cotton, silk and wool are renewable materials that continue to grow after harvesting.

Inside tips

To reduce the use of water, replace old faucets with faucets that have economizing features that utilize the same water pressure while using less water. Don't forget to check the showerheads. Purchase CFL (compact fluorescent light bulbs) that are longer lasting and reduce "urban glow." Purchase new appliances that reduce noise pollution.

Make certain that you unplug your appliances when

not in use or use a "smart" power strip that cuts power when it senses they are not in use.

To improve the air quality and reduce the air pollution, use paint and finishes that are water-based instead of oil-based. If possible, avoid products that contain more glues and adhesives than other ingredients.

Try making your own non-toxic cleaning products. By using a few simple ingredients, you not only save money, you improve your indoor air quality.

More alternatives

Consider alternative energies such as solar lighting and heating. Make certain the heat and cool air loss is kept to a minimum



'Green living' means taking time to think environmental consequences.

by the use of proper insulation methods. You will be amazed at the difference just weather-proofing your home will make. Weather-proof around your doors and windows, the attic and exterior walls. Save energy and save money by setting your thermostat a few degrees lower in winter and higher in the summer months.

Since vehicles are a major cause of air pollution, choose locally made products to reduce the impact

traffic has on the environment.

By making a few conscious eco-friendly choices about the improvement of the inside and outside of our home, we will have made a positive impact on our global environment.

Team Black is part of Lyon Real Estate. Contact Annette Black at 552-7203.

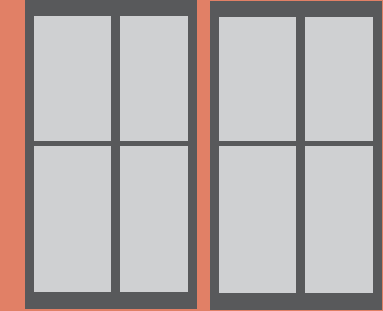
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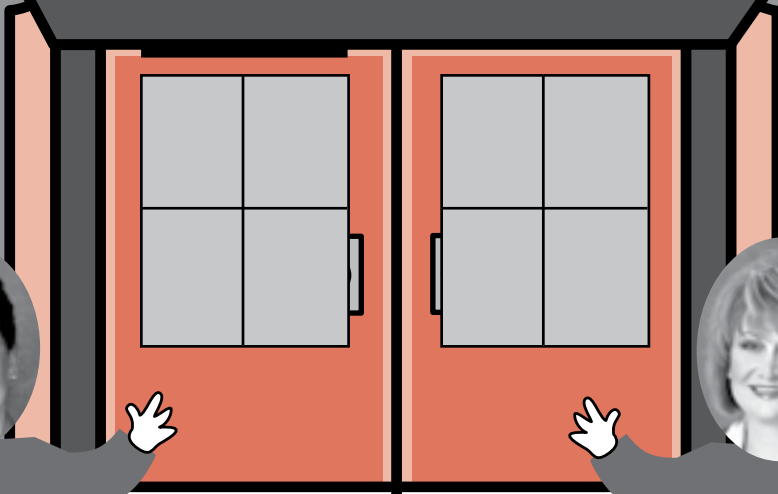
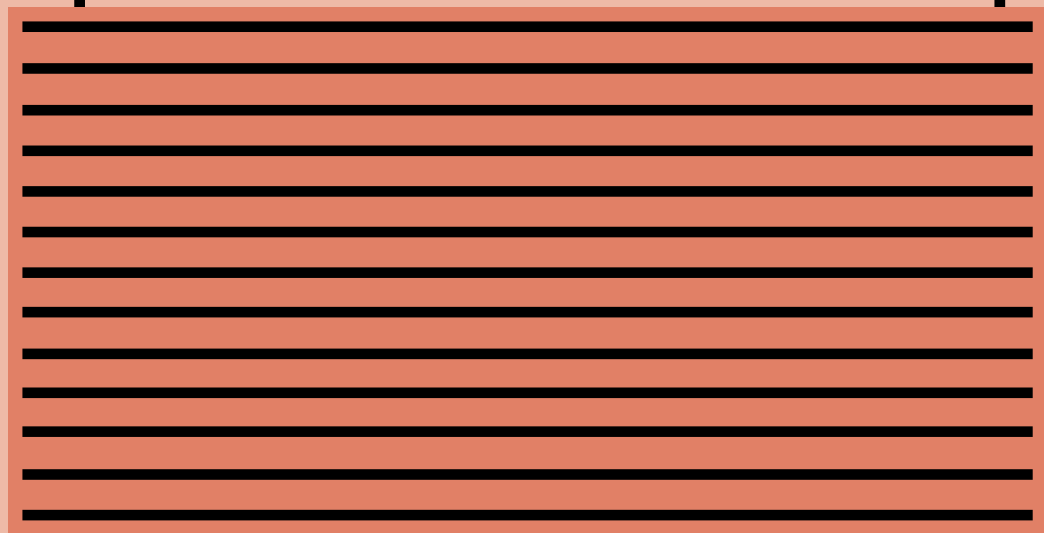
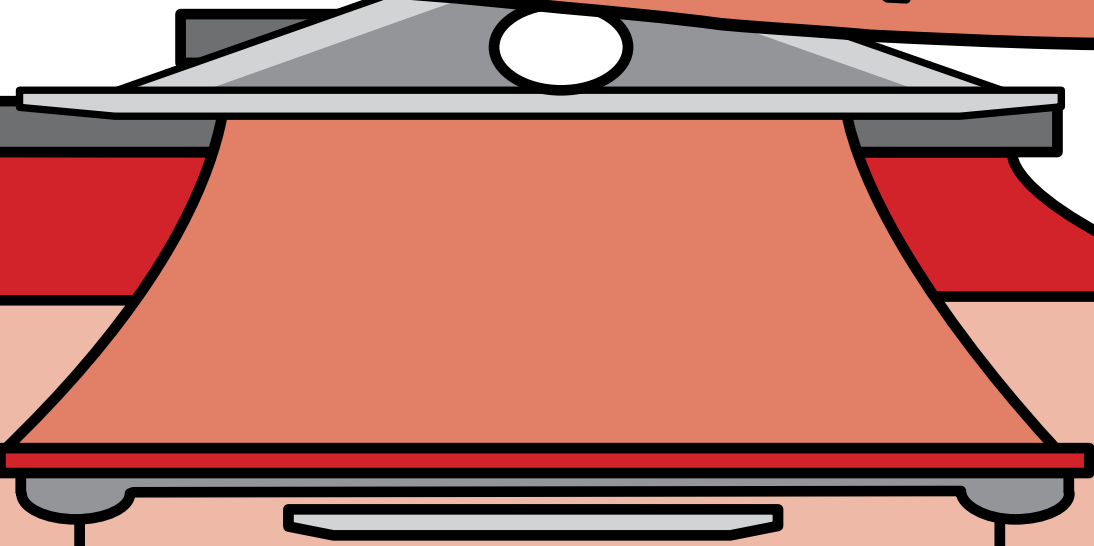
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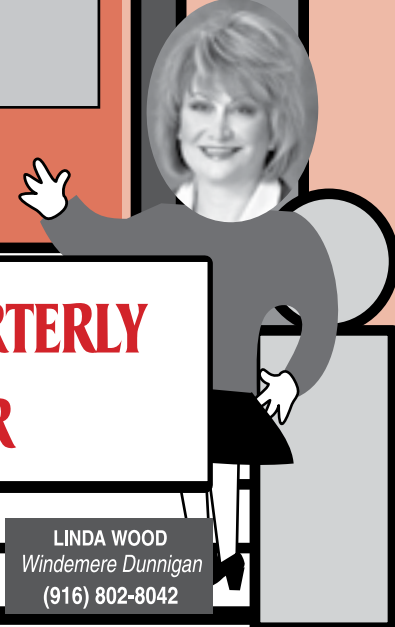
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InTune

Continued from, page 2

imitating life. He attended exhibitions by his famous Texan friend Doug Clark. Because of Stockinger's wooly hair and beard, patrons assumed he was the bespoke sculptor.

"The real Doug Clark looked more like a businessman. I couldn't convince anyone I wasn't the artist, incognito," complained Stockinger. "At the end of the day, I figured I was only invited because I had the archetypal artist look. I was valued for my appearance.

"I went home seething and chain-sawed clownish faces on a dead tree trunk. When I painted it bright colors, a crowd gathered. On the third day, I called a press conference. Every newspaper and radio station in Port Arthur showed up."

He was soon in demand to create sculptures, including the largest mobile sculpture Port Arthur had ever seen. An equally mobile career has since seen Stockinger painting, designing hundreds of toys and sculpting animals from marble. When his wife was pregnant with son Kaolin, the couple pursued a California dreaming ambition and hitchhiked to Sacramento.

Family man

A dedicated house-husband, Stockinger keeps his family in organic vegetables and also raised son Kaolin, now 30. The foray into larger-than-life metal sculptures was forged when a neighbor wanted to dispose of two air tanks.

"I don't like people throwing stuff away," explained the artist. "I try to make it attractive to someone else.

"My neighbors like my work and they're always asking for pieces. When I'm welding a musician with his instrument, I twist myself in all directions, trying different poses. I usually end up with a crowd watching me, but without my glasses, I don't see them. Though I'm tone deaf, people know it's always me who's playing the instrument."

Stockinger modestly admits: "I haven't accepted the 'artist' label yet. I've built houses, cut trees, worked in foundries and designed toys. I don't have strong ambitions, beyond making anything I want, when I want. You have total freedom working with my type of materials. After all, it's garbage."



Manikin with a horn. Stockinger's musician (with trumpet fashioned from a discarded mike stand) ornaments a Carmichael rose garden.

Stockinger shrugs: "If you begin with a sow's ear, you'll still end up with a sow's ear. But it'll be a more attractive one..."

Stockinger's sculptures can be viewed at Carmichael and Arden Arcade Libraries. Learn about the artist's other work at www.rockimage.com.

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City

Continued from page 8

to give some thought to what we would propose as a governance structure if it were part of the city."

"So that's what the study would do," Mende said, "and the first step, obviously, is to declare it as a study area and then to begin studying it."

Cole said that the ultimate goal for resisting annexation is simple and direct:

"To try and get as much support as we can to show up at city hall on March 3 with a big contingent of people and signed letters saying, 'Take us out of your plan; we're not interested.'"

For more information, visit www.ardenarcadecity.org.


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Calendar

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

FEB. 27

Youth Symphony performs

Join the Sacramento Youth Symphony's Premier Orchestra for an afternoon of peace, passion and tranquility, featuring the works of Brahms, Borodin, and the world premiere of Greek composer George Roumanis' "Symphonic Meditations," 7:30 p.m., Mondavi Center, UC Davis. Tickets, \$35 adults, \$20 children, seniors, students, available at www.mondaviarts.org. Information at www.sacys.org.

FEB. 28

Lawn alternatives

UC Cooperative Extension information on planting edibles or ornamentals in place of a lawn, 9 a.m., Fair Oaks Horticulture Center, 11549 Fair Oaks Blvd. Free. Information at UC Cooperative Extension, 875-6913. In case of rain, call 875-6818 to hear a recorded message.

Sac High athletics crab feed

Sacramento High School Athletic Boosters Club crab feed, 3 to 7 p.m., school commons area, 2315 34th St. All you can eat crab, salad, pasta and rolls; silent auction and desserts. Tickets, \$35 in advance and \$40 at the door, from Michele Woodson, 813-1850 or Coach Gatling, 275-9570.

Button Bazaar 2009

Sacramento Button Club's annual Button Bazaar, 10 a.m. to 5 p.m., Carmichael Park Community Clubhouse, 5750 Grant Ave. Cost, \$2. Vintage buttons are smaller antiques and collectibles; contemporary collectible and studio art buttons also available. Information on the website: <http://home.comcast.net/~ButtonBazaar/Show.html>.

Pancakes and car wash

All you can eat pancake breakfast and carwash, Didion Elementary School, 6490 Harmon Drive. Pancakes from 7:30 to 10:30 a.m., \$6 in advance, \$7 at the door. Carwash from 8 a.m. to noon is a fund-raiser for the 2010 eighth grade Catalina trip. Cost, \$5. Information from the school at 433-5039 or Tay Ducey, 428-5392.

E-waste fund-raiser for Waldorf

John Morse Waldorf Methods School collects electronic waste, 9 a.m. to 3 p.m., 1901 60th Ave. Items accepted are TVs, monitors, computers, microwaves, audio and video equipments, cell phones, telephone equipment and more. Information at 866-335-3373 or see the website: www.NoEwaste.com.

FEB. 28, MARCH 1

Camellia Show turns 85

The 85th Annual Camellia Show opens today from 3 to 6 p.m., Sunday from 10 a.m. to 5:30 p.m., at the Sacramento Memorial Auditorium, 16th and J streets. Blooms may be entered from 7:30 to 10 a.m. Free, open to the public. Information from Don Emitter, 967-8420, or Gary Shan, 447-1969.

Plant sales benefit charities

Robert Hamm, garden columnist, sells a wide range of hardy perennials for the area, many that are new, rare or hard to find here, with more than 200 varieties of perennials from starters to gallons, from 9 a.m. to 3 p.m., behind The Gifted Gardener, 18th and J streets. Sales benefit local AIDS charities such as Sunburst Projects. For more information, contact Hamm at 923-3745.

MARCH 3

Wine social at the Casa

Wine social, Casa Garden Restaurant, 2760 Sutterville Road, raises funds for Sacramento Children's Home and features hors d'oeuvres, entrée choices of chicken in filo and Thai noodle salad with shrimp, and dessert, 11:30 a.m. Tickets, \$16, include tax and tip. Pre-payment and reservations are required at 452-2809.

MARCH 4

Living with Loss

Mercy General Hospital begins a free, five-week workshop on Liv-

ing with Loss -- of a loved one, 6 to 8 p.m. Wednesdays through April 8. Registration required at 453-4552.

MARCH 5 TO 8

Sac Synchs host tourney

Sacramento Synchronized Swim Team, ranked sixth in the nation in the 16-17 age group, hosts a championship meet in the Olympic sport of synchronized swimming with 250 athletes from teams in Alaska, Arizona, Oregon, Nevada, Washington, and California. Opens at 9 a.m. Thursday, closes at noon Sunday. Free. At the Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd. For more information, call 296-SYNC (296-7962) or see the website at www.sacsynchro.org.

MARCH 7

Crab feed for El Camino

El Camino Booster Club's sixth annual Crab Feed Fund-raiser, 6:30 p.m., Mnsgr. Higgins Hall at Presentation School, 3100 Norris Ave. Raffle and live and silent auctions. Ticket, \$45, includes food with crab or chicken, beverages and entertainment; proceeds go to fund major upgrades to the gymnasium. Phone 971-7444 for more information.

Family photos needed

Fairytale Town celebrates 50 years with "Faces & Places of Sacramento" photo collection. Sacramentans invited to bring family photos and souvenir items from throughout the 50-year history of Fairytale Town; photos will be copied, preserved and archived. From 10 a.m.

See more Calendar, page 18



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<p style="text-align: center; font-weight: bold; font-size: small;">TILE & STONE</p> <div style="border: 1px solid black; padding: 5px;"> <p style="font-size: 1.2em; font-weight: bold;">Divine Tile and Stone</p> <p style="font-size: x-small;">Professional work at affordable prices!</p> <ul style="list-style-type: none"> • Floors/walls • Counters • Fireplaces • Patios/fountains • Bath/shower surround <p style="font-weight: bold; font-size: 1.2em;">(916) 600-3018</p> <p style="font-size: x-small;">You name it, we can tile or stone it! 30 ys Experience • References • Local CA License # 924364</p> </div>		

NOW IS THE PERFECT TIME FOR HOME IMPROVEMENTS!

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Calendar

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

to 3 p.m., 3901 Land Park Drive. Admission free for those bringing materials for the archive. Contact the Center for Sacramento History, 264-7072, for a reservation time; walk-ins are welcome. For more information see www.sacramentoarchives.org.

Jensen Garden workday

Volunteer Friends of Jensen Botanical Garden workday, 9 a.m. to 1 p.m., Charles C. Jensen Botanic Garden, 8520 Fair Oaks Blvd., Carmichael. Bring work gloves, hand pruners and your lunch or beverage. More information from Tracy Kerth at 485-5322 x 23 or e-mail: tracy@carmichaelpark.com.

East Sac pancake breakfast

Boy Scout Troop 8, East Sacramento, hosts a pancake breakfast fund-raiser to pay for troop equipment and summer camp, 7:30 to 11:30 a.m., River Life Church, 4401 A St. Tickets, \$5, buy a breakfast of pancakes, sausage, fruit, coffee ad juice. Buy tickets at the door or in advance from David Frank, 457-6891.

MARCH 10

Design with light

Free workshop to learn about the many ways to light your home while improving its look, feel and energy efficiency, 6

to 8:30 p.m., SMUD Customer Service Center, 6301 S St., Rubicon Meeting Room. Class size is limited, pre-registration required online at smud.org, e-mail etcmal@smud.org, or call 732-6738.

MARCH 13

All about geranium care

Carmichael Geranium Society meets, 10 a.m., Carmichael Park Clubhouse, 5750 Grant Ave., for a geranium workshop featuring "ABC's of Geranium Care." Visitors welcome. More information at the website: www.thegeraniumpage.com.

MARCH 14

Teachers Fight the Bite

Sacramento-Yolo Mosquito and Vector Control District workshop for local educators to learn more about mosquitoes and West Nile virus, then transition this knowledge into fun classroom activities, 8:30 a.m. to 12:30 p.m., Esquire IMAX Theatre, 1211 K St. Free. Register at www.fightthebite.net.

MARCH 14, 15

Master Singers turn 25

Sacramento Master Singers celebrate their 25th anniversary with "Sing On

"Till I Am Filled With Joy"-- works that highlight the choir's past, rejoice in the present, and look toward the future, 8 p.m. Saturday and 3 p.m. Sunday, First United Methodist Church, 21st and J streets. Tickets, \$18, available online at www.mastersingers.org., by phone at 788-7464, or 30 minutes before each concert at the door.

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.

Newcomer's Buffet

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

Toastmasters meet

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

Co-Dependents Anonymous

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

Evening Tai Chi class

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

Girls-only karate

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

Community sing-along

Harmonize on old hymns and folk songs, just for our own pleasure. Shower singers are welcome. First and third Mondays, 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 457-4527, daytime.

Aviator interest

Gray Eagles, a social group for men and women to share 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 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.

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 relation-

ships. For more information, call 558-0448.

Free dessert for seniors

The Senior Wednesday Club meets to chat, play bridge, pinocle 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.

Walking Sticks

The Sacramento Walking Sticks invite anyone interested in learning more about their club and walking to attend the monthly meeting, second Thursdays of the month, 7 p.m., SMUD Customer Service Center, Timberline III meeting room, 6301 First Street. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. For more information, call Gale at 364-5063 or www.SacramentoWalkingSticks.org.

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

is an international volunteer organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. For information or lunch reservation, phone Barbara McDonald, 363-6927.

Painting and design

Oil, acrylic and watercolor painting class for experienced and beginner painters taught by artist Susan Recely. All levels are welcome to learn and experiment with paint, new techniques and principles of design. For ages 50-

plus. Students provide their own materials. From 9:30 to 11:30 a.m., Ethel Hart Center, 915 27 St.; \$20 for four lessons. Information at 808-5462.

Taizé for de-stressing

Taizé service, Greenhaven Lutheran Church, 7 p.m., third Fridays: a layperson led evening designed for letting go of cares and stresses. Worship is contemplative and meditative with simple, repetitive songs, Bible readings, prayers, and silence in a candlelit setting. At the church, 475 Florin Road. Information 428-8449 or see the website, www.greenhavenlutheran.org.

SATURDAYS**Youth open gym**

Open gym from 2 to 4 p.m. for youths in grades 4 through 6; 4:30 to 6:30 p.m. for grades 7 and 8, Didion Gym, 6490 Harmon Drive. Cost: Five-Saturday punchcard, \$15, 10 Saturday card, \$30, available at Belle Cooledge Library, 5699 South Land Park Drive. Registration, tennis shoes required. Sponsored by the Didion-Lewis Park Recreational Community Committee and Sacramento Department of Parks and Recreation. Information at 808-5610.

FRIDAYS**Soroptimists of Sacramento**

Soroptimist International of Sacramento meets, 11:15 a.m. to 12:45 p.m., Casa Garden Restaurant, 2760 Sutterville Road. Soroptimist

only \$9.99
Angus Beef Prime Rib Dinner
 (No other discounts allowed)
 Friday, March 13th thru
 Monday, March 16th

only \$6.99
Traditional Corned Beef & Cabbage
 Tuesday, March 17th,
 St. Patrick's Day

\$2 House Draft Green Beer
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2 story home on one half acre. Complete remodel features raised ceilings, tile floors, lots of glass. Gorgeous grounds with pool. Gourmet kitchen and large breakfast room. Large formal dining room. 5 bedrooms + office. See www.411CrockerRd.com \$1,825,000

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SPACIOUS GRANDEUR

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

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A private gated lane leads you to this elegant two story home with soaring ceilings and open floor plan. 4 bedrooms and 4 and a half baths with a den or office. 3 sets of French doors lead to a private courtyard with pool and spa. See www.4943sudburyway.com \$1,095,000

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Great opportunity to live on the American River! Views are incredible!! The most private river location and closest to town location that you'll ever find! Beautiful remodeled kitchen with granite tops and cherry wood cabinets. You'll never find a deal like this in this location on the river! See www.1891ClaremontRd.com \$1,250,000

CARMAH HATCH 765-6210



SPECTACULAR ESTATE

Gated custom estate, built 2004. 24' entry, Main floor master, bath w/ onyx counters, jetted air tub w/ lighting, heated floor. Granite kitchen w/ high-end appliances, butler's pantry, large built-in banquette, kit open to family room. Home theater, surround sound and much more! See www.BarberryHome.com \$2,600,000

COLLEEN WIFVAT 719-2324



WYNDGATE CUL-DE-SAC

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

PATTY BAETA 806-7761

GARDEN OF THE GODS

Original Owner shows pride in this 3 bedroom with over 1600 sq ft. Living room fireplace, hardwood floors, CH/A, and large family room. Don't miss this one! See www.4308VulcanDr.com SOLD in 3 Days! \$250,000

LIBBY NEIL 539-5881

GATED COMMUNITY

Gated Community just north of Sierra Oaks Vista. Wonderful single story 3 bedroom 2 bath home with spacious floor plan and Ethan Allen decorating touches. The garden backyard is perfect for outdoor entertaining. Private and secure & centrally located. See www.SierraMillsLane.com \$469,000

CHRIS BALESTRERI 996-2244

SIERRA OAKS

Great house on a great street. 3100 sq ft. Fenced pool. Kitchen remodeled w/ stainless appliances, granite counters, and custom cabinets. Hardwood floors in entry, hallway, kit & family room. Master bedroom has extra space - perfect for office or exercise room. See www.3317SierraOaksDr.com \$799,000

ROSLYN LEVY-WEINTRAUB 952-6602

GORGEOUS CUSTOM HOME

Extraordinary 4 bedroom 4½ bath custom home overlooking Amen Hoffman golf course. Fabulous gourmet kitchen with 2 ovens, 2 dishwashers and large dining nook. Each bedroom has its own bath. Handsome office, beamed family room. See www.6236Gobemadores.com \$1,650,000

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