



Iraq duty for Carmichael's 'first lady'

see page 2



Photo by Susan Maxwell Skinner

Here come the mosquitoes... Drain after every rain

The Sacramento-Yolo Mosquito and Vector Control District reminds the public to "drain after every rain" to prevent mosquito population explosion.

Wet weather followed by warm temperatures creates an ideal breeding ground for mosquitoes, so it becomes necessary to have good water management practices around the house.

"We're starting to see many mosquitoes now," said David Brown, District Manager. "Mosquitoes that have been resting all winter are coming out ready to bite and begin their cycle."

With the recent rains, the district urges all residents to inspect their

See Drain, page 19

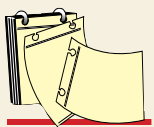
Winter smorgasbord

Dining on golden pond. A lone egret waits dinner on a midwinter afternoon in a private Carmichael garden. Inset: With fabled speed, cunning and grace, a coyote surprises a rabbit on the American Parkway. Turn to page 10 to see more local critters engaged in their eternal forage for survival.



Photo by Guy Galante

INSIDE



Community Calendar

pages 17-18



Arden Hills serves up raw vegan

See page 12



Local church celebrating its 60th year

See page 6

NEW DUO TEAM - MAKES A DIFFERENCE

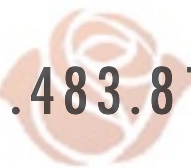


We are pleased to introduce **Rose Ullery**, LVN as our new Nurse Case Manager at Rosewood Rehabilitation. Rose will be in the field to assess your patients on site and understands the complexities of acuity.



Kyle Dahl, MSG - Administrator, Kyle manages the Rosewood Rehabilitation Administration with expertise and compassion. This combination/duo makes for a competent, relaxed and secure atmosphere.

916.483.8103



Rosewood Rehabilitation
Providing Courteous 24-Hour
Skilled Nursing Care &
Sophisticated Rehabilitative Services



6041 Fair Oaks Blvd • Carmichael, CA 95608

The Arden-Carmichaelnews

E-mail stories & photos to: vcnnews@valcomnews.com
www.valcomnews.com

Vol. XVIII • No. 5
2709 Riverside Blvd.
Sacramento,
CA 95818

Arden Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.

t: (916) 429-9901
f: (916) 429-9906

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Colleen Truelsen
Production Manager..... John Ochoa
Graphic Artist..... Ryan Vuong
Sales Manager..... Patty Colmer
Advertising Executives.....
.....Linda Pohl, Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

\$30 a year subscription

WWW.VALCOMNEWS.COM

Get more from the Arden-Carmichael News on our website
Extended, updated calendar * Police Beat: arrests and local reports *
Download this edition and archived editions * Check out our great photos



In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison

ARDEN
CARMICHAEL

Please send your updated 2009 Calendar Announcements

...especially if you host monthly events!
e-mail to colleen@valcomnews.com

Fax to: 429-9906
Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

SOLD!

Carol Kellogg
Serving With Integrity And Excellence
(916) 966-0405
www.CarolKellogg.com

The Kellogg Team
"Getting Results"

LYON REAL ESTATE



Postcards from the edge. Capt. Anna Feliz and brother Second Lt. David Feliz proudly brandish cards for their Carmichael hometown. The siblings are stationed in Baghdad. The cards – featuring Carmichael scenes – are part of a new series issued to celebrate the community's 100th year.

Mayoral spouse defends USA – and Carmichael – in the desert

Carmichael's lady mayoress is unlikely to set combat boots on Carmichael soil during her husband's year as honorary mayor.

Recently married to His Honor, Capt. Anna Feliz Tateishi is now in her second Iraq deployment. The 28-year-old West Point graduate serves with the US Army Military Police Corps. Her daily routine is light years from the predictable hum-drum life of her hometown and of her husband.

"We wake at 5 a.m.," she explains. "Our job is to mentor Iraqi police throughout the country; we go to bed around 10 p.m. Every day, we send our transition teams to police academies or to patrol with the Iraqi police, in Baghdad and in other towns.

"Right now, it's winter. Night temperatures fall below 20 F. In summer, days reach 130 degrees. It's hard to sympathize when my husband complains of 105 degrees in Carmichael.

"Water is precious. We are restricted to 'combat showers' of a couple of minutes, just to get

clean. But with two deployments under my belt, I accept there is no beautiful, clean American River nearby. Bathing water is non-potable. Our drinking water comes from a water-cleaning plant."

One of West Point's 200th anniversary (2002) graduates, Feliz comes from a Carmichael family with a strong military tradition. At Our Lady of Assumption School for kindergarten and grade school years, she was classmate to her future husband. Though grown up Peter claims little Anna as his grade school crush, the couple did not date until they were reintroduced at the age of 25.

A couple in service

Her military postings and Tateishi's career on Congressman Dan Lungren's mobile staff made courtship difficult.

But not impossible. With her father's permission, Tateishi proposed and was accepted in Ha-

Luxury on the Sacramento River

**LE RIVAGE
HOTEL**

Thank You for making LE RIVAGE HOTEL
Sacramento's first Four-Diamond Luxury Hotel on the river!!!

Rates Starting at \$169.

For reservations, call 916-443-8400
www.LeRivageHotel.com

Preferred
HOTELS & RESORTS



First crush. Toddler Peter Tateishi (front row, second left), casts a sidelong glance at future bride Anna Feliz (middle row, second right). They attended St. Mark's preschool and Our Lady of Assumption grade school together, but did not date until both were 25.



Capitol bride. Carmichael's honorary Mayor Peter Tateishi proposed to sweetheart Anna while she was stationed in Hawaii. They married last year. Capt. Anna Feliz now wears US Army uniform for her second Iraq deployment. (Bridal picture by Gino Greglia)

InTune

Continued from page 2

waii. He was then left alone to plan the 2008 nuptials at Our Lady of Assumption.

Tateishi now runs his own government relations business from their Carmichael home. He has served eight years as chairman of the Carmichael Recreation and Parks Board and – via the Carmichael Chamber of Commerce – was

recently appointed honorary mayor. He is also chamber vice president.

Says his absent bride: “I am proud of Peter and what he is doing for the community. I wish I could support his mayoral duties, but it will be another 10 months before my deployment ends. Even then, I must finish my service obligation in Hawaii.”

She is not without family support Baghdad. Her cousin, Second Lt. Aimee Feliz, heads

there soon. Her brother, Second Lt. David Feliz (another West Point graduate) is stationed nearby with the Army's Field Artillery.

“We spent a short time together on Christmas Day,” says the higher-ranking sibling. “It was great to eat dinner together and talk about home.

“I was thrilled to get a bunch of beautiful Carmichael postcards in my Christmas parcel from Peter. Now I can show people the place

where I grew up. I won't mail them anywhere. My brother and I will keep them in our uniform pockets to haul out and brag on Carmichael.

“They remind us that the beauty and values of small American towns are worth

serving in the desert to protect.”

Postcards proudly displayed by Capt. Feliz are available as a centennial year keepsake from the Carmichael Chamber of Commerce. For purchase information, call 481-1002.

CHANGE
is a good thing

be in a great career in less than a year

- Paralegal
- Healthcare
- Business
- Computer Technology

mti
College
916-339-1500

THE CARMICHAEL CHAMBER OF COMMERCE

"There's No Business Like OUR Business"

www.carmichaelchamber.com • (916) 481-1002 • 6825 Fair Oaks Blvd. #100 Carmichael, CA 95608



Aegis
Assisted Living
Visionary Care In Senior Housing
People Live Here.

"Complimentary Tours & Fun Events"

Aegis of Carmichael
4050 Walnut Avenue
Carmichael, CA 95608
Lic# 347001686
ph: 916-972-1313
fax: 916-972-1060

Chris Schoonveld
Marketing Director
chris.schoonveld@aegisliving.com
www.aegisliving.com

BACK-TO-BACK NATIONAL WINNER FOR 100 TOP HOSPITALS

One of the best hospitals in the country is right here in your community.

Mercy San Juan Medical Center, for the second straight year, has been named to Thomson Healthcare's 100 Top Hospitals list.

Out of 3,000 hospitals, Mercy San Juan is one of only four California hospitals to stand out in five key areas – quality patient outcomes, patient safety, efficiency, growth and financial stability.

Learn more about the medical center by checking out mercysanjuan.org.






TREE TECH SERVICES
Serving the Green Industry
A Subsidiary of Tree Technology, Inc.

RESIDENTIAL / COMMERCIAL

- Trimming
- Tree Preservation
- Chipping
- Pruning/Shaping
- Tree Removal
- Lawn Maintenance
- Crown Reduction
- Stump Grinding

688-7979 ELK GROVE
386-1780 SACRAMENTO

1-800-821-TRIM
TOLL FREE

Thorough Clean-Up Prompt friendly service
www.TreeTechServices.com

4 CERTIFIED ARBORISTS ON STAFF
REPORTS & CONSULTATION AVAILABLE

SENIOR DISCOUNTS
FREE ESTIMATES

\$25 OFF ANY SERVICE
Of \$200 Or more
TREE TECH



Carmichael Towing
24 HOUR
AUTO SERVICE INC.

Celebrating 50 years
Since 1959

- Towing
- Auto Body Shop

Ask for **"Bud"**

7344 Fair Oaks Blvd.
Carmichael, CA 95608
(916) 483-4649
fax: 483-7410

Live Well and be Blessed at

Blessing Care Home

- Residential Care Facility
- 6 patient home
- Located in the heart of Carmichael
- Personal one on one care
- Delicious Homemade Meals

CALL TODAY FOR A TOUR AND RECEIVE A 7 Night Cruise to Mexico, Hawaii or the Caribbean.
Call 916.342.2446 for details.
Certain conditions apply.
Lic: 347-001-570

carmen@carmenmicsa.com



SKILLED NURSING & REHABILITATION




SPECIALIZED SERVICES:

- Extensive Rehabilitation
- Post Surgical Rehabilitation
- Intravenous Therapy
- Wound Care Management
- Hospice & Palliative Care
- Pain Management

(916) 488-8601
3529 WALNUT AVE.
CARMICHAEL, CA 95608
www.horizonwest.com/walutwhitney

ATTORNEY AT LAW



JERRY GLAZEBROOK
9833 FAIR OAKS BLVD, STE B
FAIR OAKS, CA 95628
916-966-9363

22 years experience in Family Law - divorce, custody, and child/spousal support. Reasonable fees.
FREE consultation.

Now Curves works for you, your budget and your community.

There's never been a better time to join than during our Curves Food Drive. Our 30-minute circuit works every major muscle group so you can burn up to 500 calories. It's good for everyone.

JOIN FOR FREE* WHEN YOU DONATE A BAG OF GROCERIES.

*Food or cash donation required to local food bank determined by club. Drive based on first visit enrollment, minimum 12 mo. curvFit program. New members only. Not valid with any other offer. Valid only at participating locations through 3/20/09. ©2009 Curves International, Inc.

OVER 10,000 LOCATIONS WORLDWIDE

978-9900 722-1400
4141 Manzanita Ave 4320 Elverta Rd
Carmichael, CA 95608 Antelope, CA 95843



LIKE A GOOD NEIGHBOR, STATE FARM IS THERE.®

For your insurance and financial needs, see State Farm Agent:



Stephanie Slagel, Agent, CLU
Insurance Lic. #: 0C34763
6130 Fair Oaks Blvd. Suite E
Carmichael, CA 95608
Bus: 916-485-4444



statefarm.com
State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company - Bloomington, IL



Invites you to our monthly health series

Complimentary Lunch Tour Daily!

RE-DEFINING SENIOR LIVING

- A History of Excellence
- Life Style Options for Aging in Place
- Value and Quality Services

Carmichael's Convenient Location
5757 Cypress Avenue, 95608
Call us anytime: (916) 486-3533
www.seniorhousing.net/ad/atriumofcarmichael

Get going on gardens now

Jump in after winter rains with a good nitrogen kick-start

March is the month that spring breaks out in earnest here in Sacramento with trees budding out, most plants starting growth and spring blooms are everywhere you look by later in the month.

Although there is still a chance of frost here in the valley (especially in colder areas) and the higher areas may still have snow, for many of us it is time to plant many things including all the hardy perennials (not real tender stuff yet), hardier annuals and cold hardy veggies such as potatoes (Talin's usually has a good selection) carrots, peas, beets, radish, chard, etc., so they will mature before the real heat of summer veggies.

And most summer bulbs (except caladiums, which need starting indoors or held

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

until soil is warm. They hate cold).

No -- not heat lovers like tomatoes, peppers and eggplants -- the nurseries may get them in but it is WAY to early outside of a greenhouse. They like warmth.

Need for nitrogen

With all the new growth comes the time to think of feeding the garden -- light and more frequent is better than heavier, less frequent feedings.

After all the winter rain, the biggest need for most soils is nitrogen (the first number) since it is water soluble and washes out. I always

use a higher nitrogen fertilizer for the first feeding of the year to give things a kick-start and then switch to a more balanced fertilizer.

For those who don't want to worry about remembering a schedule, time release fertilizers that last for six or eight months are a great way to go, especially for containers.

Early in the month you may find some good deals as nurseries clear out bare root material, but be careful about dried out material, material with long stringy shoots that will burn or die when put out or material that has rotted in the packages



Above is the newer Sedum 'Cloud Walker' and below is the older dependable Sedum spectabilis 'Brilliant'

Another reminder for you is that snails and slugs are out early, and will often eat the new shoots breaking ground before you even see them.

Be sure to start baiting for snails early to prevent this. Especially sensitive to this are

See Garden, page 7

Carmichael
Senior Living Oaks
www.carmichaeloaks.com

The Lifestyle You Deserve

- Three Chef Prepared Meals • Elegant Dining
- Many Apartment Styles/Sizes to Choose From
- Fun, Friendly Atmosphere • Exciting Activities & Events
- Now also offering - Assisted Living & Memory Care

INDEPENDENT LIVING SINCE 1978
8350 Fair Oaks Blvd. - Carmichael, CA 95608
(916) 944-2323
Lic. #347003685

COMSTOCK Mortgage Lending
MORTGAGE Excellence!

ADVANTAGES OF AN FHA MORTGAGE

- FIXED RATES
- 3.5% DOWN PAYMENT
- DOWN PAYMENT ASSISTANCE PROGRAMS AVAILABLE
- NO PREPAYMENT PENALTY

Call Today:

Dave Mendoza
Managing Director/Broker/CMFS
916-977-1227 direct
916-768-5231 cell
dmendoza@comstockmortgage.com

DO YOU HAVE ANY MORTGAGE QUESTIONS? CALL DAVE TODAY!

COMSTOCKMORTGAGE.COM CA DRE BROKERS LIC.#01390474

Some Banks Come and Go ONE BANK STAYS THE SAME

With many banks selling and merging, isn't it comforting to do business with a local community bank that has been under local ownership and management for over 50 years?

To our customers, we appreciate your confidence and patronage.

To others who are thinking of changing banks, we invite you to experience the stability, excellent customer service and competitive banking products that have made El Dorado Savings Bank one of the most respected banks in the financial services industry.

EL DORADO SAVINGS BANK
Serving our local communities since 1958
www.eldoradosavingsbank.com
CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Member **FDIC** 1-800-874-9779

Deposits insured to \$250,000 by the Federal Deposit Insurance Corporation.

LOCAL MEMBER LENDER

A history in photos

Carmichael community church marks 60 years

The American River Community Church in Carmichael recently celebrated its 60th birthday. A service of thanksgiving and lunch for 150 commemorated this milestone for the congregation that first worshipped in a tiny chapel on Walnut Avenue after WW2. In those days, they called themselves the First Baptist Church of Carmichael. Though the ministry still adheres to Baptist principles, a 1998 name change sought broader outreach. Places of worship are a formative part of Arden/Carmichael history. In pictures and words, Susan Maxwell Skinner summarizes the story of one church...

Learn about the American River Community Church at www.ARCCOnline.org or call 483-3465.



Founding parishioners Norman and Retta Rasmussen (both 87) still attend Sunday services. They help build the original wooden chapel. "It came prefabricated; we had to assemble it," he recalls. "It was like a barn-raising, the whole congregation hammered and painted for three weeks." Fellow congregants recently named a social hall after the Arden Park couple. "Our three children were baptized here," says the pioneer. "This church has brought richness to our lives."



1950s church literature proclaimed: "Here is an opportunity for Christ and his kingdom ... we are responsible as a church to provide atmosphere for (children's) Christian education." The church began with 25 Sunday schoolers and now welcomes 35 kids each Sabbath. A mid-week youth meeting also ministers to teenagers. "Children are not just the future of the church," says a contemporary parishioner. "They are the future for the world."



The church's new community garden was harvested for private and charity use this summer. Pictured at the dedication ceremony were County Supervisor Susan Peters, volunteer Brenda Emmons, Pastor Rich Reimer, Loaves and Fishers director Sister Libby Fernandez, consultant Lee Tecklenburg, former Chamber of Commerce president Jim Vargas and garden founder Ken Brizzi and wife Catherine.

THE GOLF BARN

Getting Ready for Spring Golf? DO IT RIGHT THIS YEAR!

New to Seasoned Golfers

- 6 1/2 hour lessons \$150 •
- Hour video/computer: \$70 •
- Heated and Air Conditioned barn •
- video, computer, grass stalls, putting, short game... •
- Men, women, beginning and returning •

GalGolfG2.com

Contact Email or Call
Jenni Martin, LPGA Teaching Profession
(916) 837-8952 galgolfg2@me.com

Natomas Driving Range and Learning Center 5 minutes from downtown.

FREE!

Loan Modification Counseling

Saturday, March 21, 2009
10:00am - 12:00 noon

American River Community Church
3300 Walnut Avenue, Carmichael

RSVP: info@arconline.org or 916.483.3465
Call Now - seats are limited

NID HOUSING COUNSELING AGENCY

A HUD APPROVED ORGANIZATION

NID Housing Counseling Agency is offering FREE Housing and Legal Counseling for Homeowners having difficulty in refinancing or maintaining their monthly mortgage payments.

NOW OFFERING!

EMPLOYMENT Find & Seek

Let Valley Community Newspapers help bring jobs and Employees together!

- Facing furlough or lay off?
- Need a part-time employee?
- Have skills will travel?
- Looking for a job?
- Need to list a job?

\$25/month for 4 lines in twice monthly issues of all four neighborhood papers! Arden Carmichael, East Sacramento, Land Park AND Pocket.

VALLEY COMMUNITY NEWSPAPERS INC.
"We're in your neighborhood"

Call Melissa @ 916.429.9901

Garden

Continued from page 5

echinacea, brugmansia, hosta, some lilies, hardy hibiscus and others with soft tender new growth.

While many plants are in active growth, there are a few things that are normally late breaking dormancy, though they grow rapidly once they do. The most common are the hardy mallow-type hibiscus, some varieties of the large flowered dahlias and Chocolate Cosmos, these probably won't emerge till later next month or even later in cool springs.

Surviving the times

Sales since last fall have been dismal, and at this point I am looking at the possibility that this may be the last season for the Benefit Plant Sales.

I will stay open and growing plants through June in the hope things may improve enough that we can continue, but at this point it is questionable that things will improve that much.

I understand everyone is under financial pressure, and accept the fact that all I can do is try to go as long as I can, paying the plant sale bills down as I go.

I'm still propagating lots of new plants for sale this season and will have as wide a selection as always, though perhaps fewer of each.

One of the ways I'm conserving money is cutting the monthly newsletter back by one page. This should cut printing costs. Also sale flyers will no longer be in full color.

As for downtown sales, I will wait to see how the Feb. 28 and March 1 went and how March 14 and 15 sales go before I decide if I have to cut them back further.

Here's hoping things improve for all of us. Sunburst has had to lay off personal, and make further cuts to the kids' summer camp, from the three sessions two years ago, there will only be one session this year.

I and my fellow AIDS patients have lost our food vouchers due to budget cuts, so just eating is more of a problem with \$70 less

a month. Plus it makes it harder to get to medical appointments and such when they've taken away bus tickets also.

Still, I'm trying to be hopeful while at the same time preparing for the worse. It seems to be the only way to live in these times.

Some observations

Flowering quince, flowering pears, flowering plum are all coming into bloom in various locations around town.

My Dutch Master Daffodils are bigger by the day, and should open their flowers within a few days.

Ipheon are in bloom, and the scilla peruviana are budded and about to bloom.

The smaller scabiosa forms are budded and the first blooms open.

Rodents have been a problem this season, digging up and eating tulips, Dutch Iris and rhodohypoxis bulbs and even the rhizomes of violets around the yard. I've never had such problems with them before.

Benefit Plant Sale

Downtown: March 14 and 15, 9 a.m. to 3 p.m., in the covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items



Sedums have several great features – they are very drought resistant, grow in hot sun or light shade, are generally deer resistant, attract butterflies when in bloom and are extremely hold hardy so can even be grown at higher elevations.

and about 200 varieties of perennials.

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



Philippe Gerald
@ PJF Salon

Sassoon Trained • Stylist for 40 years

- Specializing in color correction & short hair
- Services for men, too!
- Ask about specials for furloughed state workers.

2310 Fair Oaks Blvd. Suite C • 916.708-5698

FIRST TIME CLIENTS

HALF OFF color correction, highlights, or touch-ups

Call for FREE consultation
Expires 4/30/09, AC

40% OFF
Hair Cuts

Expires 4/30/09, AC

- NEW FOR 2009 -
"CAUSE for CELEBRATION!"

Share your GOOD news with the community!

- Births
- Promotions
- Graduations
- Anniversaries
- Milestone Birthdays
- Engagements & Weddings

Reasonable rates with pictures.

Call MELISSA at 429.9901

LA DENE

Specials of the Month

www.ladene.com

Your Choice
\$49

SIGNATURE FACIAL
This is our deep pore cleansing facial with exfoliation, steam and a conditioning masque followed with a warm towel. This is a great skin compliment for both men and women. 45 min.

— OR —

MICRODERMABRASION
This is our "lunch time" approach to skin resurfacing. It stimulates the production of new skin cells and collagen. Quick and painless. 45 min.

916.485.9682

La Dene Hours:
Monday 11-6 • Tuesday - Friday 10-6
Saturday 10-6 • Sunday CLOSED
Open after 6pm by appointment

Add "Essential Pedicure" only \$20

2441 Fair Oaks Blvd
in Loehmann's Plaza

GASP your way to a higher golf score

There is a common expression around my students “if you can’t play well, at least look good.”

All kidding aside, the basic pre-swing fundamentals of GASP (grip, alignment, set up, position of ball) can go a long way in improving your swing dynamics. It is essential to have an athletic “ready” address to make a repeatable swing, which will allow solid contact with the ball and develop a longer ball flight –consistently.

I am going to cover each element of GASP separately in my “tips column.” As always ... practice well and smartly.

The grip is more appropriately called “placement of the hands” as grip infers the common and disastrous “death grip.” The palms are placed parallel to each other. Even if you have decided on a “strong” grip (the infamous “v’s” point to the shoulder and not the right eye), the hands need to work together without one dominating



JENNI MARTIN
TEE TO GREEN

the other. The hands are passive, acting as the connection between golfer and club.

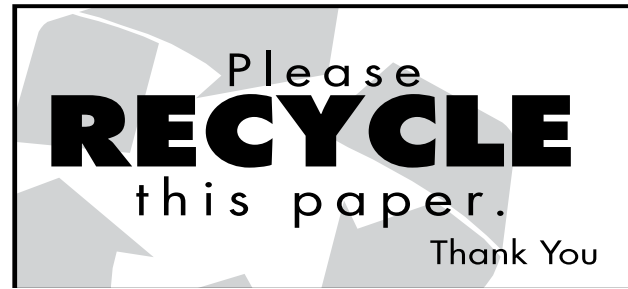
To get the hands working together, think of the left thumb (if you are golfing right-handed) fitting into the right palm like a tongue and groove wood panel. Keeping your grip strength light can add yardage immediately to your tee shots.

Tweaking your grip can be very challenging, but also very rewarding on the scorecard. Have your pro check your grip. Some famous tour golfers have spent hours making slight changes in their grip with wonderful results.

As always, these tips are stated for the right-handed golfer. Did you know that presidents Obama, elder Bush, Clinton, Truman and Garfield all golf left-handed?

Hoover was also left-handed, but I don’t picture him golfing.

Jenni Martin is a LPGA teaching professional in Sacramento. E-mail her with your questions: gal-golfg2@me.com, phone 837-8952.



Discover the Davey Difference
Expert Care for Your Living Investment

Healthy trees and shrubs add to the value of your home. Davey offers the nation’s most comprehensive tree and shrub care services, and our Certified Arborists use today’s most modern, state-of-the-art equipment. Let us develop a customized program tailored to your needs.

- Tree & Shrub Pruning
- Insect & Disease Control
- Lightning Protection
- Tree Removals & Moving
- Tree & Shrub Fertilization
- Cabling & Bracing
- Tree & Shrub Installation

To learn more, or to schedule a free, no-obligation analysis of your trees and shrubs, call today or visit us on the Web at www.davey.com.

DAVEY
TREE & SHRUB CARE EXPERTS SINCE 1880
(916) 443-5500

Be storm ready!
Prepare for winter rains

875-RAIN

DEPARTMENT OF WATER RESOURCES
STORMWATER UTILITY

www.SacCounty.net
(search: StormReady)

Free genealogical resources

History center hosts gathering for Black History Month

Special to
the Arden-Carmichael News

Black families will come together again for the fourth annual African-American Family History Seminar on Saturday, March 14, in conjunction with Black History Month.

The seminar is free and is sponsored by the California Black Chamber of Commerce, Councilwoman Lauren Hammond, Councilwoman Bonnie Pannell, and The Church of Jesus Christ of Latter-day Saints.

The Sacramento Regional Family History Center, 2745 Eastern Ave., is hosting the seminar. The center has been providing free services to Sacramento's metropolitan genealogists and the public since 1962 and is one of only 13 centers in the entire world.

The facility provides access to records from the largest family history archives in the world, located in Salt Lake City, Utah. Extensive British, Canadian and U.S. Census records, book and family history collections, numerous computer stations, Social Security Indexes and Pedigree Catalogues are just a few of the items contained at the center.

The seminar will provide a variety of beginning, intermediate and advanced classes on African-American genealogy presented by Jackie Chauhan, Eric Thomas, Barbara Tyson, Linda Bradley, Karen Burney and others - none

of which are members of the LDS faith - but all have generously donated their time and are well-qualified in African-American genealogy and research.

Directors of the Sacramento LDS Regional Family History

Seminar, Ronald and Lynette McDowell will offer tours and instruction on how to use the center.

The seminar will be from 8:30 a.m. to 4 p.m. If participants wish to receive workshop materials, pre-registration is en-

couraged and there is a \$25 fee for the materials with lunch. Materials for the workshops without lunch will cost \$19.

For pre-registration or further information, please call 487-2090 or 966-3460.



Fitness Swimming Tennis


MENTION THIS AD AND RECEIVE

NO ENROLLMENT FEES
PLUS

50% OFF YOUR FIRST TWO MONTHS DUES
WITH A 12-MONTH MEMBERSHIP
OR

50% OFF THE ENROLLMENT
WITH A MONTH-TO-MONTH MEMBERSHIP

CALL US FOR DETAILS! OFFER EXPIRES MARCH 31, 2009



3040 Becerra Way Sacramento, CA 95821
483-5111 delnortecub.com

**Let us build
an ad to fit
your
company's
needs**

One of our graphic artists will design a free of charge advertisement for you or your company, when you advertise in one of our publications. For more details on this offer, give us a call at **429-9901**

Dining alfresco in the Carmichael chill

Winter's hungry hunters on the scrounge



(above) While a great blue heron licks his chops anticipating a fish lunch, (right) ornamental carp engage in their own feeding frenzy in the Atrium of Carmichael's fish pond.



Photo by Natalie Morris

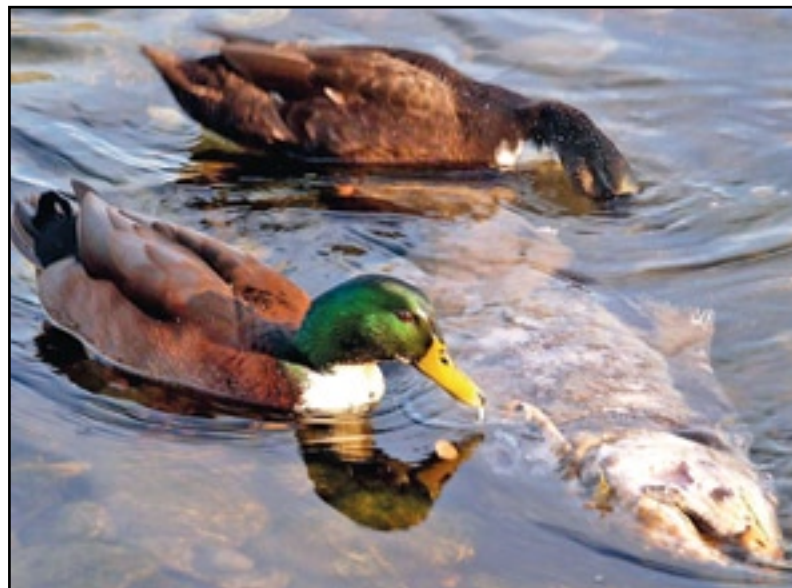
Conservationists at the Effie Yeaw Nature Center protect young oaks trees from grazing black-tailed deer, though the metal cage is no barrier for Bambi.

I would feel more optimistic about a bright future for man if he spent less time proving that he can outwit Nature and more time tasting her sweetness and respecting her seniority.
E. B. White
Author, humorist

Photos by Susan Maxwell Skinner unless indicated otherwise



Busted! Trespassing in a Carmichael garden, raccoons find cat food to their liking. Note: nature experts caution against feeding wild animals that must retain foraging skills to survive.



(left) The recent salmon spawning season barred human anglers from Arden Carmichael reaches of the American River. Enjoying animal rights with impunity two omniverous ducks. (right) Near Jacob Way, a coyote races to his den to share his winter prize with a hungry family.



Photo by Guy Galante

Inside and Outside Arden-Carmichael

OWLs learn yoga

Eunice Lycke of Carmichael, co-president of the Sacramento Capitol Chapter, Older Women's League, will conduct a yoga mini-class for OWL members and guests at the Saturday, March 21, meeting of the organization at the Hart Senior Center, 27th and J streets.

The program will be part of OWL's 2009 annual "Hope and Change" series.

Lycke, 86, a champion athlete, former Marine, air traffic controller and social worker, requests that visiting yoga participants wear comfortable clothing and removable shoes. The public is welcome.

The program will be preceded by a business meeting at 9:45 a.m. Snacks and coffee will be served.

More information is available from Carolyn Negrete, 424-5316.

Nominate local heroes

Carmichael Recreation and Park District is seeking nominations for the Patriots Park Wall of Honor.

Last year the district opened its newest park, Patriots Park, at 6827 Palm Ave. off Dewey Drive. Included in the park is a "Wall of Honor" to provide a lasting monument to residents of the district who gave their life while serving their country or community.

Candidates must meet the following criteria:

- The individual gave their life for their country or community.
- The individual was a resident of the Carmichael Recreation and Park District or the town of Carmichael or worked or served the community of Carmichael.
- The individual must not have been convicted of a felony.

Candidates for nomination must be submitted by July 31.

Go to www.carmichaelpark.com and click on the navigation bar "Wall of Honor" for an application and the list of our current heroes.

Call 485-5322 x 23 for more information.

Experience culture

The Academic Foundation for International Cultural Exchange is looking for Community Representatives and Host Families.

Community Representatives will help find host families and work with stu-

dents during the school year. They must enjoy working with teenagers and have good communication skills.

Host families will host foreign exchange students who speak English and are between the ages of 15 and 18.

Students come with their own spending money and medical insurance.

For information, call Anne or Dianne at 1-866-462-3423, or visit www.afice.org.

Plant recycling

The Sacramento Area Community Garden Coalition will recycle your unwanted plants by placing them in new

homes, community gardens, school gardens and green space projects.

Small trees, shrubs and bulbs can be picked up by appointment. In addition, unwanted garden tools and other items can be donated to the coalition.

Call Bill Maynard at 508-6025, or e-mail him at sacgc@ulink.net.



File this under "Achieving Financial Goals"

A Golden 1 Financial Consultant can assist you in reviewing your portfolio as you strive to achieve your financial goals. We will work closely with you to identify the financial options that may best suit you by:

- Reviewing your financial situation.
- Providing historical information on your current investments.
- Recommending adjustments should conditions or your objectives change.

Schedule a confidential, no-cost consultation with Golden 1 Financial Consultant Cathy Pearson by calling (916) 486-2629 or 1-877-GOLDEN 1 (1-877-465-3361).



Investments:	
Not An Obligation of The Golden 1 Credit Union	No Credit Union or Affiliated Entity Guarantee Not NCUA Insured
Not Insured by Any Federal Government Agency	Involve Investment Risk, May Lose Value Including Possible Loss of Principal

Securities and insurance products are offered through LPL Financial and its affiliates. Member FINRA/SIPC. LPL Financial is a Registered Investment Advisor. LPL Financial is not affiliated with The Golden 1 Credit Union. You are advised to seek advice from your own tax professional and attorney.

Chef touts health benefits

Raw vegan foods served up at Arden Hills Country Club demo

By Celia Green

THE ARDEN-CARMICHAEL NEWS

High-carb, low fat. High protein. Food trends come and go, but one that is picking up speed and popularity these days is raw vegan.

The premise of this lifestyle is to eat no animal meat or by-products and nothing cooked.

"What would we be eating if we were in the Garden of Eden?" asked Brooke Preston at a recent healthy food demonstration at Arden Hills Country Club. Preston gives demonstrations there the last Saturday of every month.

Pre-diabetic wake-up

"A raw food diet allows the body to heal itself," said Preston. She had been eating a high-protein diet when she noticed some health conditions associated with pre-diabetes. Overnight she changed to raw

vegan diet and her health quickly improved.

"Cooking can change the integrity of nutrients, such as magnesium and calcium. Minerals are heat-resistant but still get altered, so nothing is heated above 118 degrees."

On this particular Saturday, Preston prepared a Dark Chocolate Tart and Chocococo Cranberry Candy Bites. The crust for the tart is made with pecans (or walnuts) ground into flour and held together with coconut and date paste. The filling is raw cacao powder, maple syrup and coconut oil.

"I prefer to buy some ingredients, such as nuts, directly from the farmers," she said. "I like to buy local. That way I know I'm getting them raw. And I buy such large quantities. Some of the other ingredients, cacao nibs and agave nectar, can be purchased at Whole Foods or the Sacramento Food Co-Op."



Chef Brooke Preston: 'A raw food diet allows the body to heal itself.'

Mendocino-trained

"Brooke is probably the best raw chef in the area. That's (raw vegan) how she eats and that's how she cooks," said Ish Fazekas, the Wellness Director at Arden Hills.

Preston started cooking while in college and worked as a personal chef in the Bay Area. She

received her training in raw food at the Living Light Culinary Institute in Mendocino, considered by many to be the premiere raw vegan academy in the world. Her company, The Green Boheme, provides prepared meals for pick-up. She plans to open a new site, somewhere in Midtown, in the coming months. The new location will still have a pick-up window and will offer sit-down service as well.

"This is really good!" said Oneatha Herne, part of the audience at Preston's recent demonstration, after tasting the chocolate tart. "Serving this is a good way to surprise someone who doesn't know it's raw vegan. I would use this crust recipe in other desserts," said Genel Almeda.

"Even if just your breakfast and lunch are raw vegan your health can improve," said Preston. "If it comes in a box or a bottle, it's no longer food."

Chocococo Cranberry Candy Bites

(About 30 candies)

2 cups macadamia nuts
2 T. raw honey
1/4 cup raw cacao powder
1/2 vanilla bean (scraped)
or 2 t. vanilla extract
1/4 cup agave nectar
1/2 t. sea salt
1/4 cup raw cacao nibs
1/4 cup dried cranberries
or other dried fruit
1/4 cup dried shredded coconut

Roll in:

Coconut flakes
Raw cacao powder

Place 1 cup macadamia nuts, salt, vanilla bean, agave nectar, cacao powder and honey into food processor outfitted with the "S" blade. Process until smooth. Add in the other cup of nuts and pulse until chopped. Transfer to a bowl.

Hand mix in cacao nibs, dried cranberries or other dried fruit, and shredded coconut. Form dough into candies, using a mold or by hand. Roll in raw cacao powder, shredded coconut flakes, or any other addition you wish.

Cool in freezer for 2 hours or more to set. Can be eaten right out of the freezer. These will get too soft if allowed to come to room temperature, so enjoy right away. Candies can be stored in the freezer for up to 2 months.

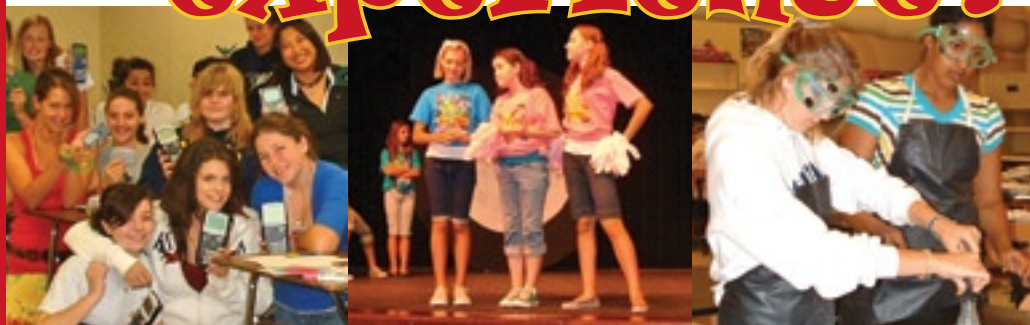
St. Francis

CATHOLIC HIGH SCHOOL

A College Preparatory School for Young Women

LOOKING FOR A FUN AND PRODUCTIVE

SUMMER experience?



ENROLLMENT NOW OPEN FOR MIDDLE SCHOOL AND HIGH SCHOOL
SUMMER COURSES AND CAMPS • WWW.STFRANCISHS.ORG

Algebra 1B • Algebra 2A • Art 1 • Biology • Chemistry • Civics • Economics • Geometry
Health • Painting 1 • Painting 2 • World Geography • Academic Decathlon • Debate
Driver Education • Japanese Workshop • Literature and Writing • Speech
Art Camp • Basketball Camp • Cheer Camp • Dance Camp • Guitar Camp
Hula Camp • Lacrosse Camp • Soccer Camp • Theatre Arts Camp

5900 Elvas Avenue • Sacramento • 916.737.5012

ADULT BASEBALL

Want to play hardball again but don't know where?
You can play ball again in

**THE NATIONAL ADULT
BASEBALL ASSOCIATION**

with over 60 existing teams in the Sacramento area.

18+, 28+, 38+ Age Groups
and 48+ (wood bat only)
Various Levels of Play
18-22 Game Season
All Star Games • Playoffs
Championships • Awards



For Info call (916) 729-3373
or visit www.sacnaba.org

NABA NOW ACCEPTING NEW PLAYERS AND TEAMS
UMPIRES ALSO WELCOME • SUNDAY GAMES

From diagnosis to diet

A Chinese medicine perspective on the 'silent killer' in diabetes

Diabetes is a very common health problem. It's not a fearful disease in itself, but the complications from it are silent killers.

You may not feel the diabetic onset stewing in your body for years before your doctor discovers it. Most people don't know it can affect the eyes, kidneys, nerves, feet, heart and the teeth. None of this is good news:

Eyes – High sugar from diabetes can lead to blindness.

Kidneys – High blood sugar and high blood pressure can lead to kidney failure and other kidney disease.

Nerves – Among adults with diabetes, 60 to 70 percent of them have damage to the nerves in their legs and feet.

Feet – Poor blood circulation and nerve damage will bring on infection in the legs and toes. In severe cases it leads to amputation.

Heart – Disease of the heart and blood vessels (cardiovascular disease) is the major cause of death in Type 2 diabetes, because it elevates cholesterol plaque in blood vessels, leads to high blood pressure, or both.

Teeth – People with diabetes most likely have teeth and gums problem.

Early onset reports

You can see that we must work hard to control blood sugar, blood pressure and cholesterol development to help lessen this condition. That means we must control our sugar and fat intake and exercise regularly regardless of our age.

Recent reports from the Diabetic Foundation show that diabetes is attacking the younger generation -- from children to teenagers -- because of insufficient exercise and too much starchy and sugary food in their diet. Insufficient protein, mainly found in meat and nuts, hinders their mental development.

Since diabetes is a silent killer, how do we know the problem is stewing inside your body?

In Chinese medicine, we can detect it from the early symptoms such as a dry mouth, constant thirst no matter how many glasses of water you drink, always hungry and eating bigger portion often without weight gain, or urinating often during



MAMIE WOO

HEALTHY LIVING - THE CHINESE WAY

the day and night. Itchy skin and cracked heels are two skin symptoms that are hardly mentioned in many diabetic publications.

Diagnosing diabetes

In Chinese medicine we see the causes and symptoms of diabetes as:

1. Heat in the Lung burns out the moisture so you feel thirsty constantly. (Remember when I capitalize the name of the organ, I am talking about the organ's energy in Chinese medicine, not its organic function. It's different from Western thought).
2. High heat in the stomach metabolizes the food quickly, so you need to eat more often to satisfy the hunger.
3. Kidney Yang deficiency. Kidney controls the bowels and urine flow. When Kidney Yang energy is low, you need more bathroom trips to release the pressure in your bladder.
4. Yin deficiency results in insufficient body fluid, making the skin dry and cracked.

5. Yin and Yang deficiency leads to many dysfunctions of other organs in addition to diabetes.

Regardless whether you choose either oral or injection methods to control diabetes, the most important step is watching your diet. The right type of diet will elevate your cure; the wrong diet will create severe problem.

Diet instructions

What herb or food is beneficial for diabetes? Let's talk about the food first.

High protein is needed. It's in all type of lean meat, egg and nuts. Walnuts are best.

High fiber, too. Eat plenty of dark green vegetables and multi-colors of fruit. Eat orange oranges, purple plums; red strawberries, blue berries, green grapes, and such, not just one type of fruit. Avoid starchy food like white rice and white bread. Instead use brown rice, multi-grain bread and wheat flour.

Eat a low fat diet by avoiding deep fried food like french fries

and fried chicken. Instead bake or broil your lean meat and fish. And eliminate completely sugary food like cake, cookies and even Diet Pepsi. Yes, including Diet Pepsi. Too many sweet-tasting foods make the Spleen lazy to help the pancreas produce insulin and the pancreas becomes insulin deficient.

There are many Chinese herbs that can help, too.

Korean or American ginseng can nourish Qi (energy) and lower blood sugar. Sang Bai Pi, or mulberry bark, Di Gu Pi, or wolfberry fruit tree bark, and Zhi Mu, or anemarrhena rhizome, reduce heat and lower blood sugar.

To nourish Yin and lower blood sugar try Yu Zhu, or polygonatum rhizome; Bai He, which is fresh or dried lily bulb, Shan Zhu Yu, or dogwood fruit; and Tian Men Dong, or asparagus root.

Try yoga or tai chi

All forms of exercise are good for muscle flexibility and to elevate the heart beat and improve blood circulation. I

personally strongly recommend yoga and tai chi. These two types of exercise are low-impact, slowly stretching your body and limb muscles, creating balance in the internal organs and coordination of mind and body movements, which in turn achieves ultimate health.

I am sure your doctor can provide tons of material and many websites you can check out for ways to control the problem. These organizations are helpful:

- American Association of Diabetes Educators, 1-800-832-6874 or www.diabeteseducator.org
- American Diabetes Association, 1-800-342-2383 or www.diabetes.org.
- Medicare, 1-800-633-4227, or www.medicare.gov/health/diabetes.asp.

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.

After All These Years...
WE'RE STRONGER THAN EVER!

Valley Community Newspapers

"Your known source for community news"



**Arden/Carmichael News • East Sacramento News
Land Park News • Pocket News**

FOR ADVERTISING

Call (916) 429-9901 Today

2709 Riverside Blvd., Sacramento, CA 95818

OPEN HOUSE

Saturday, March 28

FREE SEMINAR FOR SENIORS

"FRAUD PREVENTION"

11am - Noon

by

Indecare In-Home Care

RSVP by March 25 (916) 442-4906

"A PLACE CALLED HOME"

Pioneer House
Senior Retirement Community

• Independent Living • Assisted Living • Skilled Nursing
Activities Program, Dining Program, Transportation and More!
RCFE#340300522

415 P St. Sacramento • (916) 442-4906
www.pioneerhouseretirement.org

Senior Services *and* Resources

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

SENIOR SPECIAL

Couples \$495 Singles \$450
Lynda K. Knight (916) 214-1215
641 Fulton Ave. #100, Sacto 95825

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

SENIOR LIVING

Call about our TLC Suites!



Short-term residency for recovery, rehabilitation or hospice care.

SENIOR LIVING
2791 Capitol Ave.
Midtown - Sacramento
(916) 447-4444

the Chateau
on Capitol Avenue
LIC #2146511

www.HankFisherProperties.com

HELP AT HOME

HELP AT HOME

Senior Care

Caring, In-Home Assistance & Companionship

- Light housekeeping
- Meal preparation
- Med reminders • Errands
- Dementia care • Bathing & Much More

For no-cost/in-home assessment, call **877- 404-6636**

SENIOR LIVING

Ask about our full-time Concierge!



Reservations made, gift-buying, delivery pick-up and much more.

SENIOR LIVING
601 Feature Drive
Sacramento
(916) 921-5131



www.HankFisherProperties.com

LOVING COMPANIONS



"Assisted living" in the privacy & comfort of your home
Affordable rates, 1-24 hours/day

Certified Care (916) 509-7125

MOBILITY PRODUCTS



Approved by the Joint Commission of Accreditation of Healthcare Organization (JCAHO)
DEPENDABLE SERVICE



- POWER WHEELCHAIRS
- SCOOTER
- MANUAL WHEELCHAIRS
- HOSPITAL BEDS
- LOW AIR-LOSS MATTRESSES
- T-PUMPS

MEDICARE - MEDI-CAL PROVIDER
www.g7medical.com

(916) 983-6366

PERSONALIZED HOME CARE

PERSONALIZED HOME CARE & HOMEMAKER

AGENCY, INC

No contract to sign
No minimum hours

Serving Sacramento's Senior Population
For 30 yrs.

Call (916) 979-4975

SENIOR LIVING

Ask about Assisted Living & Memory Care!



Discover the hidden jewel in the Campus Commons area.

SENIOR LIVING
641 Feature Drive
Sacramento
(916) 921-1970

the Chateau
at River's Edge
LIC #2031402

www.HankFisherProperties.com

POP INS WITH A PLUS

POP INS with a PLUS

Senior In-home Care Specialists

- Complete personal care
- 3 hr min to 24-hour care
- Shopping/errands
- Transportation
- LVN on staff
- Hospice

(916) 247-1019

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

SENIORS IN TRANSITION

Worried about the welfare of an older adult?

Having trouble living on your own?

www.SeniorsInTransitionOnline.com

or call Shirley @

Call (916) 524-2828

SKILLED NURSING FACILITY

Asbury Park

Nursing & Rehabilitation Center

- 24 hour admission availability
- Short term skilled nursing services
- Long term care
- Hospice services

(916) 649-2000

www.jdlhealthcare.com

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

SENIOR LIVING

Call about the finest Memory Day Care!



Family caregivers can take a break at **The Club Carmichael Park.**

SENIOR LIVING
7125 Fair Oaks Blvd.
Carmichael
(916) 482-2850

the Chateau
at Carmichael Park
LIC #44709534

www.HankFisherProperties.com

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed.

Your ad should be here.

Ad design is free.

Call 429-9901

MOBILE DENTAL HYGIENE

T.L.C. MOBILE DENTAL HYGIENE

Preventive Dental Care

We bring the Dental Office to YOU!

Private homes, all Assisted Living facilities, Convalescent hospitals, Rehab centers, etc.

Call for an Appointment TODAY!

(916) 521-5457 Sandi Rust, RDHAP

www.tlcmobiledentahygiene.com

SENIOR LIVING

Ask about Residential & Memory Day Care!



Discover the help you need with Memory Care.

SENIOR LIVING
7125 Fair Oaks Blvd.
Carmichael
(916) 482-2850

the Chateau
at Carmichael Park
LIC #44709534

www.HankFisherProperties.com

WOODS RETREAT

Woods Retreat

Residential Care Facility for the Elderly now accepting applications for residents. Let us care for your loved ones.

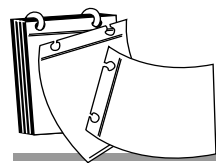
State Lic #340306720

Owner-operated (916) 421-5845

YOUR SERVICES ARE NEEDED

CALL Melissa TODAY TO PLACE YOUR AD

(916) 429-9901



Calendar

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

MARCH 12

Voice Masters Class

The Sacramento City College Choral Department will present its Spring Voice Masters Class, 7 p.m., under the direction of guest artist Jacqueline Victorino. Soloists from the SCC Intermediate and Advanced voice classes will perform and then be critiqued. An open Q & A session will follow. Room A27 of the Music Building at Sacramento City College, 3835 Freeport Blvd. Contact Doreen at 558-2496 for more information.

An eclectic mix

The Sacramento City College Community Jazz Band will entertain you with pieces by Count Basie and Chuck Mangione, Latin pieces, Bebop-inspired tunes and more, 8 p.m., SCC Little Theater, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Evening with Richard Price

California Lectures presents an evening with author Richard Price, 7:30, Crest Theatre, 1013 K St. Price is known for such works as Bloodbrothers, Clockers, Freedomland and The Wanderers. Books will be available for purchase and book signing after the event. For information, call 737-1300.

Communication and dementia

Learn to communicate effectively and compassionately with a loved one who is suffering from dementia, at Primrose, 7707 Rush River Drive., 2 p.m. RSVP by March 7. For information, call 392-3510.

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.

Tsubaki Spring Dance

The Tsubaki Dance Club will hold its spring dance, 7:30 to 11:30 p.m., at the Scottish Rite Temple, 6151 H St. Tickets are \$20 in advance and \$23 at the door.

Refreshments will be available. For information, call Frank at 684-9289, Harry at 395-0587, or Eric at 647-3360.

Fe Gallery

Watercolor artist Anna Rolin, metal artist Stephen Lyman and fused glass artist Sheena Wolfe will be honored at an artist reception, 6 to 9 p.m. at the Fe Gallery, 1100 65th St. For more information, call 456-4455.

Choral concert

Sacramento State University's Chamber Choir, Concert Choir and University Chorus perform, 8 p.m., at Sacred Heart Church, 1040 39th St. Advanced tickets are strongly suggested; \$10 general and \$5 students/seniors. Call the CSUS Central Ticket Office at 278-4323, or visit www.csus.edu/music/choral.

Pipe organ concert

Pipe organ concert with Stephen Janzen, 4 p.m., at St. John's Lutheran Church, 1701 L St. Free parking at the garage on 18th and K Street. Suggested donation of \$20 per person. Call 444-0874.

Recycle to raise money

Bring your unwanted electronic equipment to be recycled, 8 a.m. to 1 p.m., Sam Brannan Middle School, 5301 Elmer Way. Raises money for the music department, which is planning a trip to the Forum Festival in May.

Celebrate Pi Day

The Sacramento Walking Sticks invite everyone to help celebrate Pi Day by walking about 3.14 miles. The non-competitive event will start at Starbucks, 458 Howe Ave., 3:14 p.m. and go until 6 p.m. Everyone will get to eat pie

at the finish line. Families are encouraged to walk, strollers are welcome and dogs will love it. Please bring one can of food to donate. To find out more, go to <http://mathforum.org/dr.math/faq/faq/pi/html>, or <http://www.piday.org>.

All about astrology

Free lecture by spiritual astrologer Taylor Lynne Smith called "What Can Astrology do for Me?," 7 to 9 p.m., SMUD Auditorium, 6201 S. St. Call 635-6724 for more information.

Family history seminar

All-day, free seminar for beginning, intermediate and advanced classes on African-American Genealogy and family history research, 8:30 a.m. to 3:30 p.m., Family History Center, 2745 Eastern Ave. Key-note speaker Electra Price on "Clues and Analysis in Genealogy Research." Reservations at 487-2090 and 966-3460.

Laughter Yoga class

Laugh out loud at Belle Cooledge Library, 9 to 9:50 a.m., 5600 S. Land Park Drive, in a Laughter Yoga class. Free. The exercises have been shown to relieve stress, help you sleep and lighten your mood. Guided by Certified Laughter Yoga leader Judy Knott. Information by e-mail at knottmorris@hotmail.com or phone 539-1716.

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.

Broadway show concert

Sacramento City College Choral Department present great songs from some of your favorite Broadway shows, 8 p.m., Saturday, St. Luke's Lutheran Church, 7595 Center Parkway; and 8 p.m. Sunday, at the Lutheran Church of the Master, 1900 Potrero Way. Admission is \$5. Contact Doreen at 558-2496 for more information.

Trout derby

SMUD semi-annual trout derby at Rancho Seco Lake, 6 a.m. to 5 p.m., 14440 Twin Cities Road. Reel in the heaviest trout and win a cash prize of \$100 for adults and \$50 for children under 16. A pancake breakfast will be available to derby participants beginning at 6 a.m. both mornings. Call 732-5111.

MARCH 15

Folk dance concert

Camellia International Folk Dance Concert features international groups performing folk dances from around the world, 1 to 3:30 p.m., Sacramento State University Student Union Ballroom. Cost, \$7, free to CSUS students and people under 18. Free parking in Parking III. Information at www.folk-dance.com/sacramentocouncil or 536-9809.

See more Calendar, page 17

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

ANTENNA REMOVAL

ANTENNA REMOVAL
Conover's Antenna Removal Service
Why not remove that old, ugly, unused antenna. A home improvement at little cost.
Call (916) 973-9928 for an appt. for removal.

BOOKKEEPING

#1 BOOKKEEPER
25 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Ask for Irene Senst (916) 640-3820. www.taxirene.info

COMPUTERS

GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. \$30/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

CONSTRUCTION

PHILIP BRAUN CONSTRUCTION
Quality work, affordable rates. Additions, remodels, new construction, windows, doors & trim, fences, decks & crown molding. (916) 370-3129 Lic#814641.

Classified ads work!

PLEASE RECYCLE your Arden Carmichael News

FINANCIAL SERVICES

FINANCIAL SERVICES
Are you unemployed, laid off? Let me help you self-direct your IRA-401K into home ownership without taxes. Learn how to become an entrepreneur & take charge of your finances. Pls call Sophie NOW @ 916-202-7189.

HANDYMAN

AFFORDABLE CLEANUP
Concrete removal (Patio, borders, etc.), gutters cleaned, pressure washing, painting, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, odd jobs & more. LICENSED. References available. Call Les at 838-1247. Ask about the specials for seniors.

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

HOUSEKEEPING

EXPERIENCED HOUSEKEEPER
Experienced housekeeper looking to add new clients. Honest, dependable, reliable & very picky about how I clean your home. "I clean your home the way YOU want me to." Affordable rates. Ref available. Contact Sharon @ 916 451-4014.

PET PORTRAITS

ORIGINAL PET PORTRAITS
Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph--turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

Check out the Home Improvement Guide in the Arden Carmichael News Call 429-9901.

INSTRUCTION @ BEVERLY'S

INSTRUCTION
Learn to knit, crochet or use Knifty Knitter. Help w/patterns. Jewelry making -- bracelet/2 pr earrings. Crochet jewelry, macramé & more. Beverly's Crafts @ Fair Oaks & Marconi. Call Karyn (916) 588-5259.

TAX PREPARER

#1 TAX PREPARER
25 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. www.taxirene.info

Sell it fast in the classified ads: autos, furniture, misc., rentals, services. Call 429-9901

APPRAISER/ESTATE SERVICES

Ormolu Estate Services

Full Service Estate Sale Firm
Certified Appraisals
Probate-Insurance-Divorce-Bankruptcy
Licensed - Bonded - Insured
Competitive Rates
Serving Sacramento Since 1987
(916) 988-9393

Advertise in California Kids!
Serving Greater Sacramento,
Natomas and Elk Grove
Call for more information
at (916) 429-9901

Published by Valley Community Newspapers, Inc.

"NOTICE TO READERS: California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at <www.cslb.ca.gov> or call (800) 321-CSLB. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board."

—Contractors State License Board

Call Melissa at 429-9901 for advertising information

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

BARBERSHOP

2nd GRAND OPENING



Jake's Barbershop
(916) 967-0763

Seniors 59+ - \$7 Haircuts
Hrs. 7:30 a.m. - 5:30 p.m.
Open 6 days - Sunday 12 - 4 p.m.
Current customers \$3 OFF with ad

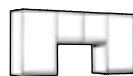


Located at
4739 San Juan Ave
(see map)

BATH & KITCHEN

BATH, KITCHEN & REMODELING

Distinctive custom homes, additions & remodeling.



A "customer first" design/build company since 1960.



Parrott Builders
961-3429

www.parrottbldrs.com
Lic# 193775

BUILDING MATERIALS

Steel Buildings #1

Recession Discounted
Some below Cost to Site

Call for Availability
Phone: 916 428-4416

www.scg-grp.com
Source#OWK

CARPET & UPHOLSTERY CARE

JOHNNY ON THE SPOT

Complete Carpet & Upholstery Care

"Our cleaning is the most thorough you have ever had, or we will clean it again free. If you are still not pleased, we will refund your money."

- I.I.C.R.C. Certified Firm
- Carpet Repairs & Restretching
- I.I.C.R.C. Master Cleaner
- Red Stain Removal
- Pet Urine Removal Treatment
- Free in home written estimates

Call (916) 391-9292

CLEANING & DECLUTTERING

DUST 'N TIME

Sacramento's Premier
HOUSECLEANING SERVICES

SPRING CLEANING SPECIAL

Ask about "decluttering!"
Call now for your FREE estimate

(916) 613-1397
www.dustntimedecclutter.com

CLEANING

PRIME QUALITY MAINTENANCE

Free Estimates
Licensed & Insured

- RAIN GUTTER CLEANING
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Hard Water Stain Removal
- Landscape Maintenance

Call Jesse (916) 417-4231



CLEANING

Joy of Cleaning

Customized for your home or office

Let us schedule your
SPRING CLEANING now!

"We foster long-term relationships
through our quality of work."

Call NOW for a FREE estimate!

(916) 208-5015
www.jovofcleaning.net

COLOR CONSULTANT

Ground-Up Interiors

- Consultant for all color selection & finishes
- Interior decorating & project management

(916) 997-4642
Lic#684947

CONCRETE

WOLFE Concrete

Residential / Commercial
Stamp / Custom



Tim Wolfe
(916) 973-9653

License # 751665
www.wolfeconcrete.com

CONSTRUCTION

Griffin Construction

- New Construction
- Remodeling & Room Additions
- Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double Larger Garage or Shop.

Staying small to serve you better.
Local references
Lic # 510423

Call (916) 714-1606

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!

- Security Lighting
- Computer Circuits Etc
- Spa Electrical
- New Houses/Additions

(916)344-8735 or (916)752-5308
Ca License # 633853

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Since 1960 in Sac area
Reasonable

- Res. & Commercial work
- Repairs, Trouble Shooting
- Custom Lighting/Free Est.

(916) 451-2300
Cell: 213-3740

Neil McIntire - C.S.L.# 394307

FENCING

Aesthetic Fence Co.

Experienced Workmanship
Standard & customized fencing of all types

- Including patio covers • Gates
- And repair work
- Wholesale fence lumber also available for retail.

Free estimate & consultation!
(916) 570-3078 ph/fax
(916) 380-0061 cell

• Local References • Unlicensed

FENCING

GATEWAY FENCE COMPANY

Wood, Iron & Ranch-Style Fencing

10% Senior Discount

FREE Estimates

Lic# 927602

Call (916) 425-7435

GENERAL CONTRACTOR

FULSTER CONSTRUCTION

Custom Remodeling & Additions

- Specializing in state-of-the-art Kitchens/Bathrooms & every aspect of construction from Painting to Roofing

(916)443-4166 (916) 952-0838
Local References/ Lic# 639780

GENERAL CONTRACTOR

HandyHand Service

Custom Design
Remodel and Repair

Call (916) 606-6810

Quality work-No extra cost

Manda
General Contractor Lic # 908157

YOUR AD SHOULD BE HERE!

Call today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

HANDYMAN

Reliable Handyman

- Doors • Molding • Windows
- Cabinets • Electrical
- Plumbing
- Water Heaters • Disposals
- All repairs
- 15 Years Experience

Call (916) 806-7879

HANDYMAN

FREEDOM

HANDYMAN SERVICES

Free up your time from those pesky unwanted jobs. I do odd jobs, plumbing, carpentry, security door installation, light fixtures & fans, recaulking of tubs, hauling NO JOB TOO SMALL!

Call Eric
(916)470-3488

HANDYMAN

Winter Clean-ups

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- YARD CLEAN-UP/HAULING
- PRESSURE WASHING

Call LESTER
(916) 838-1247

Lic#128758



Pressure wash your driveways clean! your decks, too!
Hang holiday lights! Clean out your garage! Replace that old lawn!
Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*

HEATING/AIR CONDITIONING

BONNEY

PLUMBING, HEATING, AIR & ROOPER SERVICE

- Cooling & Heating Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements

DON'T BE CAUGHT IN THE COLD!

Season Special
Heater Check-up-\$59.99

CALL 482-1119

- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

YOUR AD SHOULD BE HERE!

Call today!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901



Calendar

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

MARCH 17

St. Patrick's party

Mission Oaks Recreation and Park District St. Patrick's Day party, noon to 3 p.m., with live music by Delta Breeze, dancing and traditional corned beef and cabbage served from noon to 1 p.m. Cost, \$5. At the Swanston Community Center, 2350 Northrop Ave. Information at 333-6464.

St. Patrick's parade

Old Sacramento's 13th annual St. Patrick's Day parade, 6 p.m., with more than 500 marchers including bagpipe and drum corps, Irish step dancers, school bands, police and fire representatives and more. Free. Information at 646-1545 or e-mail info@mallory-pr.com.

HATitudes luncheon

Sacramento Christian Women's Connection luncheon, 11:30 a.m. to 1 p.m.,

Lions Gate restaurant in McClellan Park, 5640 Dudley Blvd. Vicky Septor from The Village Hat Shop will show off the latest hat styles, and Donna Taignen, retired school principal, will be the guest speaker. Reservations must be made by March 11. Call Fran at 332-1461 or Sharon at 361-1642 or e-mail SacCWC@aol.com. Childcare will be available by advance reservation only.

Music ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, noon, in the SCC Campus Quad, 3835 Freeport Blvd. Free. Contact Kurt for more information at 558-2243.

'Growing a Concert'

Building on last semester's theme of "Growing a Concert," where each concert consists of a recently composed piece, the Sacramento City College

Community Concert Band presents its second of four concerts for the spring semester, 7 p.m., in the SCC Auditorium, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Memory retention

Primrose Special Alzheimer's Living presents "How to Make the Most of Your Memory, Part 3," 2:30 p.m., at Mercy McMahon Terrace, 3865 J St. Second in a four-part Tuesday, 2:30 program called "Use It or Lose It," presented by Kim Winters, Primrose community education director. Free. Information, reservations at 733-6510.

MARCH 18

Veggie know-how

Learn how to best use winter and early spring veggies like beets, cauliflower and asparagus with the Sacramento County Master Food Preservers, 6:30 to 8:30 p.m., Sacramento County UC Cooperative Extension office, 4145 Branch Center Road. Cost is \$3 and no pre-registration required. All facilities are handicap accessible. More information at 875-6913.

See more Calendar, page 18

Important News About Your Personal Retirement Crisis!

AIG in trouble, Big 3 auto companies in trouble, Bear Stearns fails, Washington Mutual seized. Who could be next and how will it affect you? How safe is your insurance, bank, investment, retirement or family?

What can you do to protect your retirement now? The market may be volatile but your future doesn't have to be. Your best protection is knowledge. What are the experts doing about this problem? Let us help.

Is it worth \$125 to spend up to 2 hours with a professional to compare the choices you have or will make for your future so you aren't left behind? Yes, legal and tax opinions can be given.



Investors Capital Corporation & Kroeker Law Offices
Since 1972

Call (916) 256-3520 for day & time

Cal State Bar 50936 and CA Dept of Lic 0808439

Securities offered through Investors Capital Corporation Member FINRA/SIPC

Investment Advisory through Investors Capital Advisory

Pavilions Professional Center
641 Fulton Avenue
Sacramento, CA 95825

www.investcapitalnow.com

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

MOULDING ARTISAN

Moulding Artisan

Add Old World charm to all of the rooms in your home by adding one or more of the following:

Crown Moulding • Wain-Scot • Fireplace mantels

Call the Moulding Artisan today

Jeff Oliver

(916) 962-2892

License # 578647

PAINTING

ROSE & DYNAMIC PAINTING CO.

Winter Discount 15% OFF

Interior & Exterior

Residential & Commercial

Steve Rose 665-1041

References Available

Lic# 911035 BBB - Member

PEST CONTROL

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS



- Effective Termite & Pest Control
- Termite Inspections
- Termite Treatments
- Dry Rot Repairs
- One Time Services

\$20 OFF COUPON

Pest Control Contract or Termite Insp.

447-3922 • www.hydrexpestctrl.com

\$68/Service* - Homes up to 2500 Sq. Ft.

* 5 service minimum agreement, additional Sq.Ft slightly higher

Ants • Spiders • Earwigs • Silverfish • Rodents • Roaches • Fleas • Bees

PLUMBING

Riverside Plumbing

Keith & Harry Staley
Full Service

Office 442-7586 Mobile 204-4090 Lic# 338816 C-36

Located on corner of 7th and Riverside Boulevard

25% Discount for all new customers with this ad, good until 03/31

(discount applies to labor only)

Water Heater Disposal Faucets

Sewer & Drain Cleaning/Video Camera Inspections

WE SPECIALIZE IN

•Copper repipe •Sewer and water line replacements •Gas lines - installed

PLUMBING

BONNEY PLUMBING, HEATING, AIR & ROOPER SERVICE

WE CHARGE BY THE JOB... SO YOU KNOW THE COST BEFORE WE START!

CALL 482-1119

- Toilet, faucet, sink & disposal repairs
- Installation of new plumbing fixtures
- Trenchless sewer replacement

- Sewer & Drain Cleaning
- Water & gas line repair
- Water heaters

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

PLUMBING

CORY'S PLUMBING

Toilets, sinks, tub/shwrs, water heaters, drains, water lines

& more.

All work guaranteed

(916) 452-5580

Lic# 700849

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com

License #683668

ROOFING/SIDING

ZIMMERMAN REROOFING

3675 R Street

Sacramento, California 95816

\$100 OFF Emergency Repairs

454-3667

zimroof.com

License #763169 Dave Zimmerman

TILE & STONE

Divine Tile and Stone

Professional work at affordable prices!

- Floors/walls • Counters
- Fireplaces • Patios/fountains
- Bath/shower surround

(916) 600-3018

You name it, we can tile or stone it!

30 ys Experience • References • Local CA License # 924364

TILE & STONE

DURBAN Tile & Stone

No job too small!

Chico Naidoo, Owner

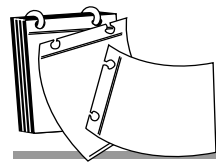
"Workmanship & value in the neighborhood."

(916) 712-0843 Lic #926769

DurbanTile@gmail.com

NOW IS THE PERFECT TIME FOR HOME IMPROVEMENTS!

CALL Melissa at 429-9901 FOR RATES



Calendar

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

MARCH 18

Research your ancestry

The Genealogy Association of Sacramento will meet, 1 p.m., at the Colonial Heights Library on 21st Avenue and Stockton Boulevard, to discuss the all-day research trip to the Sutro Library in San Francisco on March 25. Cost for the trip is \$35 for members and \$40 for non-members. Everyone is invited. Call Melanie at 383-1221 for details.

Fibromyalgia hope, truth

Dr. Tony Baratta, who has successfully treated patients with fibromyalgia will present a class Fibromyalgia: Truth, Hope and Results, 6:30 p.m., at the Fibromyalgia Centers of America, 6728 Fair Oaks Blvd., suite 306. Reservations at 979-0716.

Senior Day at SPCA

Sacramento SPCA hosts Senior Day, 10 a.m. to 3 p.m. at the SPCA shelter, 6201 Florin Perkins Road. Features senior-focused SPCA informa-

tion booths, demonstrations, vendors, entertainment by the Rotary Rooters, guided tours, refreshments and more. Free. Information at 383-7387 x 9051.

MARCH 19

Alaska birding review

Meet a Bristle-thighed Curlew when Chris Conard revisits a trip last summer to some of the best birding spots in Alaska, 7 p.m., at the Sacramento Audubon Society's meeting, Shepard Garden and Art Center, 3330 McKinley Blvd. Free, public welcome. More information at 649-7600 or www.sacramentoaudubon.org.

Music Ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, 7 p.m., in the SCC Little Theatre, 3835 Freepoint Blvd. Free. Contact Kurt for more information at 558-2243.

Hearing aid services

Atlas Hearing Aid Services will give a presentation at Primrose Alzheimer's Center, 7707 Rush River Drive, at 5:30 p.m. For information, call 392-3510.

Volunteer training

Senior Peer Counseling, a nonprofit outreach program that matches volunteer visitors with isolated seniors, is offering a five-week volunteer training beginning today. Dinner is included at each training session. Call 855-5444 for information.

'Fall and Injury Prevention'

"Fall and Injury Prevention" health presentation for seniors, 1:15 p.m., Eskaton Monroe Lodge, 3225 Freepoint Blvd. Free. Presented by the Sacramento County Department of Health and Human Services - Senior Health Education Program. Information at 875-6041.

MARCH 20

Taize prayer service

Taize prayer and worship, a lay person-led, contemplative and meditative ser-

vice to end the week, 7 p.m., Greenhaven Lutheran Church, 475 Florin Road. Information at 428-3213.

MARCH 21

Victory Garden

A healthy garden begins with the soil. Learn how to evaluate your soil, improve its structure and feed it to grow the summer garden of your dreams, 9 a.m. at the Fair Oaks Horticulture Center in Fair Oaks Park, 11549 Fair Oaks Blvd. Free, public welcome. More information at 875-6913. In case of rain, call 875-6818 to hear a recorded message.

Christian Brothers auction

Christian Brothers High School hosts its annual charity auction, 6 p.m., 4315 Martin Luther King Jr. Blvd. Silent and live auctions with dinner. Tickets, \$75 per person if purchased before March 3, \$90 if purchased after March 3, or \$700 for a table of 10. Visit <http://cbhs-sacramento.maestroweb.com> or call 733-3605.

Dinner dance for FFA

Silent and live auctions, dinner, dessert and drinks, entertainment by The Jay Rolerz Band at the annual Delta Ag Boosters' Dinner Dance, 6 p.m. to midnight, at Thornton Hall, 29650 N. Sacramento Blvd. Donation, \$30, all proceeds benefit the Delta FFA. Must be 21. For tickets, call Elaine at 719-6655, Karen at 955-1133, or Laurel at 214-4683.

Free loan counseling

HUD-approved NID Housing Counseling Agency offers free loan modification counseling, 10 a.m. to noon, American River Community Church, 3300 Walnut Ave., Carmichael. Reservations required at 483-3465 or e-mail info@arconline.org

Composting class

U.C. Master Gardeners teach how garden clippings can be transformed into compost, 9 a.m., Fair Oaks Park, Fair Oaks Boulevard and Madison Avenue. Free. Bring a lawn chair. Information at 875-6913.

A day of French

Alliance Française de Sacramento hosts the annual "Journée de la Francopho-

nie" celebrating the language and culture of the French-speaking world. Open to all, come learn more about the French culture in countries as diverse as Senegal, Tahiti, Switzerland, Rwanda, Belgium, Guadeloupe and Canada. Family event includes movies, dances and lectures. From 11 a.m. to 5:30 p.m., 1721 25th St. Cost, \$5, children under 14 free. Information at 200-9284 and e-mail af@afdesacramento.org.

MARCH 22

Wine tasting and jazz

Wine tasting and silent auction fundraiser for Discovery Montessori Preschool, an East Sacramento non-profit educational preschool, 3 to 7 p.m., Sweetwater Restaurant and Bar, J and 57th streets. Food, smooth jazz, silent auction items, raffle prizes. Tickets, \$30, available by calling 739-1462 or e-mail dmontessori@sbglobal.net.

Hina Matsuri

Fairytale Town celebrates Hina Matsuri, the traditional Girls' Day Festival (Japanese Doll Festival), 11 a.m. to 3 p.m., 3901 Land Park Drive. The event will include a display of Hina Dolls with an accompanying oral history presentation. There will also be origami paper-folding activities and Ikebana floral arrangements to enjoy. General admission \$4.40, free admission for children under 2. For information, call 808-8886.

All about the 'evil eye'

Author Lawrence Di Stasi ("Mal Occhio: The Underside of Vision") discusses the ancient belief in the evil eye as practiced in his Italian-American family and its roots in Italian village culture, 1 p.m., Italian Cultural Center, 6821 Fair Oaks Blvd. Cost, \$10. Information at 482-5900, e-mail italy@winfirst.com.

MARCH 24

How much is your art worth?

Have your art informally appraised at the Crocker Art Museum, 216 O St. Jim and Karen Alkons, will appraise American and European paintings, and Arthur Prisco will appraise prints and works on paper. Make an appointment by calling Judy at 482-8351.

ADVERTISE YOUR COUPON SPECIALS

April 2009

VALLEY SHOPPER

Published by Valley Community Newspapers

Quarterly

Reach Over 50,000 Potential Customers who live in
**Arden, Carmichael, East Sac,
Land Park, and Pocket areas.**

(Deadline: April 2, 2009)

www.valcomnews.com

Publishers of:
ARDEN/CARMICHAEL NEWS
EAST SACRAMENTO NEWS
LAND PARK NEWS
POCKET NEWS

Call a Valley Shopper Representative today
(916) 429-9901

THIS WORKS!

Cleaner Storm Drains, Cleaner Rivers



875-RAIN

County of Sacramento, City of
Rancho Cordova, City of Citrus Heights

808-4H2O

City of Sacramento, City of Folsom,
City of Galt, City of Elk Grove

www.sacramentostormwater.org

Advertise Your Company Online!

www.valcomnews.com



Drain

Continued from front page

homes and drain any standing water from household containers such as buckets, cans, flower pots and old tires that might be in their back yard.

“Swimming pools and common backyard sources such as piles of garbage or old tires

pose major problems for us,” Brown said. He encourages anyone who knows of a vacant home that has been neglected to contact the district.

To report a neglected swimming pool or other mosquito breeding problems, call 1-800-429-1022 or fill out a service request online at www.FIGHTtheBITE.net.

B - Bingo is fun!

I - Inviting State of the Art Facility
Secure & Comfortable

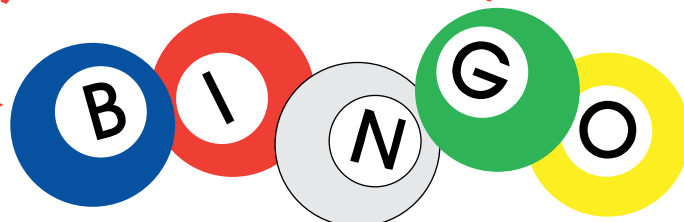
N - Nightly Prizes Over \$7,000

G - Great Giveaways

O - Our Area Charities Receive Proceeds



Florin Road



"The Best Hall of All"

2350 Florin Road (Corner of 24th & Florin)
(916) 422-4646 • www.scc-bingo.com



Advertise in California Kids!

California Kids! is an events and activities guide for active families. It is published once a month by Valley Community Newspapers, which also publishes the Arden-Carmichael News, East Sacramento News, Land Park News and Pocket News.

It is distributed throughout Sacramento and surrounding areas.

California Kids! reaches those parents most likely to purchase products and services by targeting active families who get out and enjoy all that the community has to offer.

We've had a wonderful response. What we're hearing from both our readers and advertising business is that we have filled a void in the market by reaching parents of kids between toddler and teenager.

- Puzzles • Mazes • Word Search • Travel • Book Report • Crafts • Who Wrote That? • Science • Zoo Biz • Calendar of Events and a lot more!



Rates are very affordable.

Call your Sales Representative
(916) 429-9901 • www.valcomnews.com



Windermere

Dunnigan Realtors



EXCEPTIONAL BUY ON THE RIVER

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



CUSTOM MEDITERRANEAN

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

PATTY BAETA 806-7761



SIERRA OAKS HOME

Dramatic 2 story LR w/ fp. Large stately rooms. Enormous kitchen w/ granite counters, butler's pantry, mahogany island. Huge Family room off kitchen w/ fp. Main floor master. Huge media room prewired for home theater. Fully landscaped with pool & spa. In a quiet bend of Sierra Oaks. See www.newclemenshome.com \$1,495,000

CLLEEN WIFVAT 719-324



SPACIOUS GRANDEUR

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

DAVID KIRRENE 531-7495



GARDEN OF THE GODS

Original Owner shows pride of ownership 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! Your updates will make this home a winner! Close to shopping and schools. See www.4308VulcanDr.com \$250,000

LIBBY NEIL 539-5881

GATED COM MUNITY

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 \$450,000

CHRIS BALESTRERI 996-2244

CARMEL FEEL IN CARMICHAEL

Wonderful updated custom home **PENDING** landscape w/pool/spa & waterfall. 2 Master Suites. Quality updates in chefs-kitchen featuring Viking gas cook top, granite counters & custom cabinets. Patios with view. See www.6230RioBonito.com \$997,500

PATTY BAETA 806-7761

GORGEOUS CUSTOM HOME

Extraordinary 4 bedroom 4½ bath **PENDING** gated community of custom homes overlooking Ancil Hoffman golf course. Fabulous gourmet kitchen with 2 ovens, 2 dishwashers and large dining nook. Each bedroom has its own bath. www.6236Gobernadores.com \$1,650,000

CARMAH HATCH 765-6210

DESIRABLE OLD SIERRA OAKS

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

PATTY BAETA 806-7761



Windermere

Dunnigan Realtors

2401 American River Drive,
Suite 150
484-2030

Visit Our Web Site: www.windermereDunnigan.com