



End of an era: Tower sign comes down

see page 14

VOLUME XVIII, NO. 6

March 26, 2009



Volunteers display vintage costumes that are part of St Mark's United Methodist Women's "Fashion Memories" show. Models are from left: Margie Shunk, Gwen Tilton, Jacquie Taber, Marilyn Hasbrouck, Ruth Ann Baker, Millie Loutensock, Joanna Ballard, Cathie Haywood, Connie Hagerty, Caryn Ballard, Joyce Weiland, Rose Bidinian, Marion Dodd, Ginny Baldauf. Inset: For a more contemporary parade segment, Gwen Tilton and Marion Dodd compare 1950s and 60s wedding chapeaux. More than 200 vintage garments pack the show closet.

# Reflections on style, reflections through time

By Susan Maxwell Skinner
THE ARDEN-CARMICHAEL NEWS

omen from St.
Mark's United Methodist Church have
found a way to recycle fashion for entertainment and education.

Armed with donated crinolines, bustles and beads, they sally forth to present vintage garments in an enlightening fashion show called "Fashion Memories."

Their collection started in 1961, with gowns bequeathed by two 1920s fashion plate sisters. Church ladies exhibited the garments and thereafter, mothballed donations poured in. The collection now totals over 200 garments and is regularly aired for fundraisers and senior events.

Organizer Marilyn Hasbrouck's models are all volunteers and range in age from 30 to 80.

See Fashion, page 10

### \*INSIDE\*





Carmichael comes into bloom

See page 2



Souls Tavern brings musical heart

See page 6

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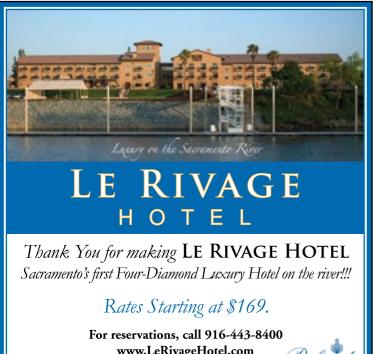
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### In Tune with Arden Carmichael

By Susan Maxwell Skinner, Community Liaison





The hybrid will be introduced at the Carmichael Geranium Society's April 25 festival in Carmichael Park

## What's the buzz? Official Carmichael bloom to debut at geranium festival April 25

eralding summer celebrations to mark Carmichael's 100th year, a new geranium described as "beautiful and tough as nails" will soon be introduced to gardeners.

Developed in Sacramento by Donn ("Mr Geranium") Reiners, the peerless pelargonium was named for a community whose geranium society glories in Reiners' membership. His pearly white "Lady Carmichael" has been adopted as an anniversary logo by the Carmichael Chamber of Commerce.

"When I saw my hybridization had produced a dwarf type with large double flowers, I realized I had an extraordinary - almost regal - plant," says Reiners, who began growing geranium in 1946. "It seemed the perfect centenary centerpiece for a town with the world's

largest geranium society." The progenitor recommends his creation for containers in areas of

Offspring of Reiners' hybrid will debut at the April 25 Carmichael Geranium Festival. Centenary celebrations on Carmichael Founder's Day (Sept. 26) will also parade the hardy little bloomers.

In readiness for their first fling, scores of Lady Carmichael cuttings are now rooted in a secret Bay Area greenhouse. The 100member Carmichael club will offer its bespoke hybrid among scores of geraniums at the April 25 festival in Carmichael Park Club House, 5750 Grant Ave. Doors open at 10 a.m.

For information, call 485-5322.

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## Arden and Carmichael: Together in proximity, unique in spirit

By Ryan Rose
THE ARDEN-CARMICHAEL NEWS

ivided from the eastern and southern portions of Sacramento County by the American River and connected by the web of freeways, highways and roadways that propel the local economy, Arden Arcade and Carmichael have established an individual look and lifestyle while still maintaining unique cultures that compliment one another.

These two communities are sanctuaries, built by residents seeking a calm alternative to the hustle-and-bustle of the city. Arden and Carmichael are anchors for travel-weary commuters looking to leave downtown behind for settings of solace—they are a people looking for home.

To many on the outside of looking in, Arden Arcade and Carmichael are seen as closely connected communities that have access to some of the city's most popular shopping centers. But to those who live here, it is so much more

Beyond the many wonderful stores and services that are available to local residents, the Arden-Carmichael area is a place for families, a friendly community built by honest, hard-working people that provide the heartbeat for the Sacramento Valley. And it is in that quality that Arden and Carmichael shine together, as these two communities don't just share a boarder, they share a spirit.

### Looking forward

The Arden-Carmichael News will echo that signature community spirit in its news coverage. This paper will endeavor to cover the news and events – the quality of life issues – that are important and relevant to Arden-Carmichael residents and business owners. To meet that end, the paper is looking to the community, as it is your respective stories we wish to tell.

This paper asks its readers to raise their voices and provide story tips, news reports, photos

and letters. Whatever the information, whether it is on school events, sports scores or scenes of everyday life, the Arden-Carmichael News wants to report on it. There are great stories and grand people that need coverage, and we aim to give them the notice they deserve. In regard to highlighting local residents in particular, this paper will launch a new "Know your neighbor" feature in the coming weeks. Nominate worthy individuals via e-mail at ryanrose@valcomnews.com.

Together, with the help of the community, the Arden-Carmichael News will remain the voice of Arden Arcade and Carmichael and its many diverse and unique residents.

Please send your story tips and community news to ryanrose@valcomnews.com or call 429-9901.

## **New editor on board**

yan Rose has joined the Valley Community Newspaper group as the new editor for the Arden-Carmichael News, taking over for outgoing editor Colleen Truelsen as she pursues a master's degree in anthropology.

Rose, a resident of Sacramento for 10 years, is the former managing editor of the recently closed Sacramento Union newspaper and a former community news reporter for the Gold Country Media newspaper chain.

A graduate of Sacramento State University, Rose holds a B.A. in English and has worked as a news reporter in the Sacramento region since 2002, having provided freelance editorial support for the Valley Community Newspaper group, Prosper Magazine and the Sacramento News and Review among others.

In addition to his time as a reporter, Rose also worked as the director of communications for Sacramento's historic Christian Brothers High School.

Excited to lead the editorial department of the Valley Community Newspaper group, Rose is eager to reach out to local residents and report on the stories that are important to them.

"It's my goal that this paper continues its mission to report on the good news happening in our community every day," he said.



Rose is a native of California's Central Valley, growing up in Manteca. He lives in East Sacramento with his wife Vanessa, 16month-old daughter Gabrielle and cat Lex-

 $\hbox{$E$-mail Ryan Rose at ryan rose @valcomnews.com.}$ 



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## **Arden-Carmichael community update by Supervisor Susan Peters**

### Airport Cell Phone Lot Now Open

Sacramento International Airport has opened a 150 space Cell Phone Parking Lot providing drivers a place to park temporarily while waiting for passengers to call upon arrival.

The new lot is located on the southwest corner of the airport with access to both terminals. It is free, gateless and allows drivers picking up passengers to wait without having to circle the airport. Drivers taking advantage of this service must remain with their vehicles at all times and there is a three-hour waiting limit. Sheriff's deputies regularly patrol the parking lot and unattended vehicles will be towed.

For drivers wishing to park and help their guests with luggage, hourly parking is available.



SUPERVISOR SUSAN PETERS COMMUNITY REPORT

More information is available online at sacairports.org.

### Attend Sheriff's Community Meetings

The Board of Supervisors has made public safety its number 1 budget priority but support to prevent crime still is needed from area residents and businesses. If you reside in the unincorporated areas of Arden Arcade or Carmichael, please help by attending the regular community

meeting for your neighborhood hosted by the Sheriff's Department.

The meetings report on recent neighborhood activity and are perfect for the public to interact with law enforcement and other attendees (California Highway Patrol, Code Enforcement and Department of Transportation representatives typically participate).

Meetings for the Arden Arcade area west of Watt Avenue are held on the first Tuesday of every other month at 7 p.m. at the Sheriff's Service Station, 2500 Marconi Ave. near Fulton Avenue. April 7 is the next meeting.

The Arden Arcade area east of Watt Avenue meets on the second Tuesday at 7 p.m. every other month and the next meeting is April 14 also at the Marconi Avenue Service Station.

Meetings for North Carmichael are held on the first Tuesday of every month at 6:15 p.m. at the Living Hope Community Church, 5301 Dewey Dr. near Palm Avenue.

**Select Your Caregiver** 

The southern portion of Carmichael meets on the last Tuesday of every other month at 6:30 p.m. at the local Sheriff's Service Center, 4005 Manzanita Ave. April 28 is the next meeting.

For more information, please contact either Arden Arcade's Crime Prevention Specialist Cindy Burdette at 876-5717 or Carmichael's Crime Prevention Specialist Francie Fitzsimmons at 487-4309.

Susan Peters represents the 3rd District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

## Weave a tangled web

By Art German

THE ARDEN-CARMICHAEL NEWS

he public is invited to the Hart Senior Center on 27th and J Streets on Saturday, April 11, to view a faceoff among contestants seeking the top prize as Sacramento's No. 1 liar in an annual contest sponsored by the Storytellers Guild.

The competition has been a tradition since 1998 when the Storyteller's Guild's first liars contest was won by Marian Kile, a Sacramento native who will host this year's competition. Kile said attendance is open to nonmembers who are being courted, she said, "Because liars from all over will try their best to top each other in a tall tale. Attendance is free and we need an appreciative audience."

There is a \$10 registration fee for non-members who would like to become liar contest participants. The first prize winner selected by the judges will take home a prize of \$25, Kile said.

Registration is scheduled for 11:30 a.m. and the competition will begin around noon. "The lie needs to be less than five minutes long," Kile said,

"and the story must be in good taste, and the clothing must be 'appropriate.'"

She cautioned that words "of a vulgar or sexual nature are not allowed and storytellers who go astray will promptly be removed from the stage."

The storyteller's guild and liars competition are side activities for Kile, who also is a board member of the Renaissance Guild, a learning-in-retirement program at Sacramento State.

More information can be obtained from Kile at 424-0532.



Stephanie Slagel CLU

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Heart and soul live in Sacramento

## **Sweet sounds spring from Souls Tavern**

By Tyrone Bowman
THE ARDEN CARMICHAEL NEWS

ive from Souls
Tavern" is sort of
a local version of
"American Idol," without the
painful (and sometimes degrading) judgment calls.

Tony Singing Eagle-James, a local cameraman and director, and wife Raina LeGarreta (from Souls & Sounds Productions), host the new monthly webcast filmed from their private lounge and studio, Souls Tavern, located in East Sacramento.

On "Live From Souls Tavern," the married couple fea-

ture acoustic performances from different artists, interviews and other tidbits.

New episodes can be viewed online at www.livefromsoulstavern.com on the 13th of each month.

### Good Vibrations

Since 2004, the goal of Souls & Sounds Productions has been to help local musicians from across the region get off their feet and into the public eye via promotions and interviews on their Web site – www. soulsandsounds.com – and numerous radio shows they have had on KFSR in Fresno, KDVS



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in Davis and Access Sacramento.

"There are so many artists that don't even get looked at," James said. "This (Souls Tavern) can help many up-andcoming bands out."

"When we first started our Web site while living in Fresno, we'd have different artists come to our apartment for the interviews," LeGarreta said, "Some of them would bring their acoustic guitars and end up doing impromptu jams for us."

These freestyle jams coupled with shows like Daryl Hall's (of

"There are so many artists that don't even get looked at," James said. "This (Souls Tavern) can help many up-and-coming bands out."

Hall & Oates) webcast "Live From Daryl's House" and MTV's "Unplugged" sparked LeGarreta's interest to mastermind "Live From Souls Tavern."

A notable part of the webcast is that the artists, for the most part, perform acoustically.

"Acoustic performances really depict an artist's music in

the most raw form," LeGarreta said.

Built by James in October of last year, Souls Tavern's comfy vibe is reminiscent of a quaint lounge in London – complete with brick walls, dim lighting (the place is covered with red candles), a sound system with turntables, small stage and a full bar

"The ambiance is perfect for the mood of the show," James said.

"Live from Souls Tavern" adds to the couple's continued effort to showcase independent and unsigned artists who are being downplayed and, as Le-Garreta said, deserve a chance to blossom.

"There are way too many good musicians out there being overshadowed by the current mainstream B.S.," she said.
"We want to help them out."

In addition to the new "Live from Souls Tavern" webcast, LeGarreta and Janes also host a radio show, "Thrift Store Records," from 10 p.m. to midnight Saturdays at www.kfsr.org.

Contact Tyrone at vcnnews@valcomnews.com.





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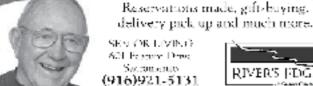
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### Bunny alert!

### **Park districts host Easter festivities**

ymbolizing nature's spring resurgence, egg hunts are the order of days preceding Easter Sunday (April 12). To avoid conflicts, the Carmichael, Fulton-El Camino and Mission Oaks Park Districts have staggered children's egg scrambles over different days.

Fulton El Camino Park District's "Egg-o-rama" welcomes families on Saturday April 4.

Program: pancake breakfast from 8 a.m.; music, raffles, children's activities and bounce houses 10 a.m. to 2 p.m.; egg scramble (hosted by the Easter bunny) at noon.

Location: Howe Park (2201 Cottage Way).

Cost: \$4 for children's pass to activities and egg scramble.

Information: (916) 927-3802 or visit www.fecrecpark.com.

Mission Oaks Park District celebrations emphasize the bond between children and grandparents with "Peter Cottontail's Egg Hunt" on Tuesday April 7.

Program: games and activities (10 a.m. – 12 noon) include visitors from the Citrus Heights 4-H Club with live bunnies, lambs and chicks. Mr. and Mrs. Easter Bunny kick off the egg hunt at 11 a.m. Location: Gibbons Park (4701 Gibbon's Dr.).

Cost: Free.

*Information*: (916) 972-0336 or visit www.morpd.com.

Carmichael Recreation and Park District's annual Easter egg hunt for under eight-year-olds is set for Saturday, April 11. *Program*: Kiwanis pancake breakfast from 7 to 11 a.m. At 9.30 a.m., Mr Easter Bunny arrives, accompanied by firefighters and engines; Supervisor Susan Peters hosts a meet-your-representative clinic. Egg hunts begin at 10 a.m. *Location*: Carmichael Park (5750 Grant Ave.). *Cost*: Free.

*Information*: (916) 485-5322 or visit www.carmichaelpark.com.



Bunny buddies: Easter Bunny's media image provokes discussion in Carmichael Park. Between April 4 and April 11, the big-eared Easter ambassador will hop between Arden Carmichael parks.

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### Inside and Outside Arden-Carmichael

### City receives \$20 million for railyards

With the March 19 approval by Sacramento Area Council of Governments of \$20 million in economic stimulus funds, the city of Sacramento now has enough funding to move passenger and freight rail tracks at the city's railyard, which is the critical path to railyards development. These new funds are in addition to millions approved by the state and federal government in the last two weeks for track relocation for the railvards.

Construction on the estimated \$60 million track relocation project is expected to start early next year.

"I am very excited by today's news," said Mayor Kevin Johnson. "The railyards represents a signature development opportunity for our city and it's critical that we work as hard as possible to bring in dollars from federal and state sources."

Recently, the city gained approval on \$950,000 for track relocation in a federal bill supported by Rep. Doris Matsui, D-Sacramento, and Democratic Sen. Barbara Boxer.

The city also learned it would receive \$5.26 million in state Proposition 1B funds for the west tunnel connecting Old Sacramento with the railyards' central shops. These recent commitments will be added to the pots of money for track relocation the city was awarded last year, mainly from state Proposition 1B.

The city also will be able to resurface at least five additional roads this summer, double the number of streets typically budgeted for the city's annual street overlay program with the recently awarded \$8 million in federal stimulus funds.

### Crocker Art Museum holds auction

The Crocker Art Museum will bring together regional artists and art collectors to raise funds for education programs during two Art Auction events. The events return to Cal Expo for a third time while the Museum is under construction, allowing more than 200 of the

regions most distinguished artists to participate.

"The Art Auction and Preview Party are my favorite events at the Crocker," said Lial A. Jones, Museum Director. "This is the perfect way for patrons to support both the Museum and practicing artists. The beginning collector and the seasoned connoisseur will certainly find works they'll want to take home."

The Art Auction, set to start at 5 p.m. on June 6, includes silent and live auctions, an elegant outdoor dinner buffet by Bella Bru Café and Catering, and heated competition as attendees bid on their favorite artworks by the likes of Pat Mahony, Mark Bowles, Robert Brady and more.

Art Auction tickets are \$150 and available on April 18. Tickets can be purchased by calling (916) 808-7843.

The Art Auction Preview Party is a casual evening reception with a no-host bar and buffet, and will take place on May 28 from 6-9 p.m. Mingle with Art Auction artists and preview their works to be sold at the 2009 Art Auction. Bid on works in the acclaimed Big Names, Small Art Silent Auction where original artworks start at just \$25.

Admission to the Art Auction Preview Party is free, and parking is \$10. RSVP to (916) 808-7789 or cam@cityofsacramento.org.

For more information, visit crockerartmuseum.org/auction. An online preview of the

All leather items

Shoes, boots, sandals, shoe dying and purchase

artworks up for auction will be available May 1.

### Fun at Fairytale Town

It's springtime at Fairytale Town and that means FunCamps. Children between the ages of 3 and 10 have special adventures awaiting them. The fun begins during their school break in April, and lasts through August. For five consecutive days, trained staff members at Fairytale Town will lead children in special activities grouped by age and theme.

Starting Monday, April 6, Humpty Dumpty Days returns by popular demand through Friday, April 10. Humpty Dumpty Days are designed for children aged 3 to 5 and will take place from 9 a.m. to 12 p.m.

For older kids (aged 6-10), Adventure Playground picks up from 1 to 4 p.m.

The next week, April 13 to 17, Fairytale Town will offer My First FunCamp from 9 a.m. to 12 p.m. (exclusively for children age 3), with Stars on Stage for all budding thespians (children aged 5 to 8) from 1 to 4 p.m.

Additional FunCamps include: Little Ranch Hands, How Green Can We Be?, Kids Making Music, Art for Little Hands, Puppets R Fun, Hands on Art and Belly Biology.

Fairytale Town FunCamp registration is now open for members (registration for non-members began Monday, March 23). Fairytale Town members receive a special discount for FunCamps, in addition to the early registration option.

For more information about the FunCamps, please contact the Fairytale Town Education Specialist at 808-8884 or email education@fairytaletown.org.

### Reading lives at Sierra 2

The Life History Writing Class from the Senior Center at Sierra 2 will do dramatic readings of their life stories at the 24th Street Theatre on Sunday, April 19. The theatre is located on 24th St. just south of Broadway after Castro Ave., and is part of the Sierra 2 Community Center. Admission is \$5 at the door. A reception will follow in Curtis

Hall. The writers will also have a book of their stories for sale at the reception for \$5. All proceeds go to support the Senior Center.

The Life History Writing Class is now in its eighth year with an average weekly participation of 16-26 seniors ranging in age from 62 to 92. The stories cover the gamut of their lives from their childhood memories in the 1920s to 1940s, to World War II to current experiences with technology. Joe and Bubbles Miguel have been facilitating the group faithfully since its inception.

For more information, please call senior center coordinator Mae Denman at 455-6339.



Call (916) 429-9901 Today

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489-0454



## Fashion

Continued from front page

"Finding small enough ladies is the problem," she laments. "Waists were very tiny in the early years of last century." Parade fashions zip from straight-laced Victorian to brash 1960s minis and 70s flower child modes. "When we visit senior homes," says Hasbrouck, "Residents remember older styles fondly – the workmanship was amazing. For some old timers, memories aren't that fond, though. No one liked wearing corsets.

"When we show the garments, our narrative tells the history of women's role in society. With Victorian fashions, we recall a time when women did not even vote. We note that in the early 1900s, some had professions; when they married, they generally lost their jobs.

"During WWII, women moved from home to workplace. Rosie the riveter let that genie out of the bottle, forever. Before and since, feminine fashions have reflected what society expected of women and what they expected of themselves."

To learn more about the ladies' fashion presentation, call (916) 481-0851.



Personifying a daring 1960s bride, Caryn Ballard models a mini wedding gown. In traditional catwalk style, the Fashion Memories parade ends with a nuptial scenario.



World War II's Rosie (Gwen Tilton) inspired women to enter the workplace in numbers thereafter could not be diminished. Nurse Connie Hagerty fends off the icon's fabled riveter.



In tailored outfits, Rose Bidinian and Joanna Ballard show formal styles of the mid-1900s. Joyce Weiland sports a snappy World War II naval uniform



(above) Gwen Tilton models a walking suit in the turn of 20th century style favored by Mary Poppins.

(right) Atrium of Carmichael residents Marge Wilson and Eileen Happe are catwalk critics as Ginny Baldauf displays the feathered and bejeweled "Titanic" look.





(left) Volunteer dresser Millie Loutensock lingers over lingerie with Atrium residents Gracia Zimmerman, Dorothy Reck and Gladys Cossairt.

Circa World War I era stenographer Marion Dodd parades office wear and a vintage typing manual. Though somewhat represented in the workplace, women usually retired when marriage



Lacing boots and hooking buttons was a chore. Edwardian fashion plates required maids. Model Cathie Haywood gets by with her own fair hands.



A lacy mantua and painted fan accent crinoline skirts modeled by Rose Bidinian.

# Around and about Hiden-Carmichael

BY SUSAN MAXWELL SKINNER



Toeing the line. Instructor Bill Swayne (left) has students hopping at Mission Oaks Community Center, Carmichael. Enjoying one of many classes at the 4701 Gibbons Ave facility, Swayne's mixed-age dancers learn various line dances that all end with in a loud "yee-hah!" Learn about Mission Oaks Parks and Recreation classes at 972-0336.

(right) American River Community College recently hosted VIPs in bulk. Gov. Arnold Schwarzenegger topped the bill in launching the California Green Corps, a program directing young adults to training and jobs promoting clean technology. The governor toured the campus and met ARC solar energy installation students. Flanking the governor during speeches were: California Community Colleges Chancellor Jack Scott (left) Sacramento Mayor Kevin Johnson and Oakland Mayor Ron Dellums





(left) Local firefighters Captain Steve Craig, J.B. Lee and Chris Montoya recall their colleague Dean Rhoades, who died on battling a fire in 1981. Rhoades is among community heroes commemorated by Patriot Park's "wall on honor." Central to the newly opened Patriots Park on Palm Ave (Fair Oaks), a stonewall and seven engraved plaques commemorate local heroes. Carmichael Park District seeks to expand these honors by adding further names each vear. Nominees must have lived within the Carmichael Park district (an area that includes parts of Fair Oaks) and have died in service to community or county. Their act of sacrifice must postdate the park district's establishment in 1945. Nominations for 2009 inclusion should reach park executives by May 31. A summer ceremony will formally install plaques for 2009 honorees. Sponsors should direct candidate applications to the park district. For information, call (916) 485-5322.

Bare feet and open windows

## Toxic-free homes start at the floor and end in the fresh air

here are many simple things we can do that, with little to no effort, help rid our homes of harmful toxins.

An added benefit is that are homes actually become cleaner without all the hard work that is typical of house cleaning:

- Ditch your shoes at the door. Think of where you travel throughout the day. Chances are you do not want the dirt, bacteria and grime traveling into your home sweet home.
- Pets entering the home cannot take their shoes off – and you or your family may slip up and forget the no-shoes policy – so entry mats will also collect harmful pollutants. Who wants that fertilizer on Fluffy's paws all over the living room carpet?



- Houseplants are wonderful air purifiers. Granted, you have to water them and that takes a little effort, but they are so worth it. Not only are they miraculous at filtering out harmful indoor air pollutants, they are aesthetically appealing. Easy to grow and effective air purifying varieties include spider plants, peace lily, golden pothos, and the weeping fig.
- Air freshening in the home can be as simple as opening a window. If a fragrance is desired, do not buy those chemical laden commercial products that shall go unmentioned. A few drops of essential oils, available at the Sac Coop and other stores, mixed in water in a spray bottle and spray to your heart, or nose, content.
- Change your air filter on your central HVAC. This can prove difficult to do as the old adage "out of sight, out of mind" applies. It is an easy, inexpensive and effective way to trap many of the harmful indoor air pollutants, in addition to dust, that circulate in our air.
- How often does it need changed? When it is dirty. Check the filter monthly to access what works for your home. If it is dirty after a month, change it monthly. Three months should be the maximum time between filter changes.

The Green Life is brought to you by the folks at California Green Clean. To learn more about green cleaning and their services, phone 497-0333.

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, 239306A



Carmichael Seniors Club

## **Celebrates 40th Anniversary**

he Carmichael Senior Citizens Club celebrates its 40th anniversary on April 9. And it's still going strong.

For the past four decades, members have gathered for potlucks, entertainment and recreational activities.

"I have developed so many new friendships," said Florence Jaffarian, a past president who has been a club member for 10 years. "Many members help non-driving members with transportation to the club meetings and activities."

The club's main focus is the meetings where birthdays are celebrated, potlucks are shared and bingo is enjoyed. Occasionally, a bus trip is planned to a local casino.

"The seniors have a really fun time when they are together," said Valerie Hobin, club secretary. "They look forward to these meetings." Club president Judith Evers said the club's object for 2009 is to increase membership.

"Club attendance is steady but has decreased in the past few years due to seniors moving into retirement communities," Evers said. "Carmichael Seniors Club provides an opportunity for active seniors to socialize with like-aged individuals twice a month."

Anyone age 50 or older is welcome to attend the bi-monthly meeting on the second and fourth Thursdays from 10 a.m. until 2 p.m. at the Carmichael Park Clubhouse, located at Grant Avenue and Fair Oaks Boulevard. The annual membership fee is \$7. A 50-cent charge is paid each meeting at the door for coffee and condiments.

For more information, call Hobin at (916) 487-5525.



### Ask Officer Michelle

## **Answering questions on law enforcement**

By Officer Michelle Lazark SACRAMENTO POLICE DEPARTMENT

Editor's note: Ask Officer Michelle your question by emailing her at mlazark@pd.cityofsacramento.org or visit her online blog at http:// blog.sacpd.org.

### Signing up for ride-alongs Hello Officer Michelle,

In regard to ride-alongs, where is the best location to mail the application? Both my daughter and I are finishing up on our [Administration of Justice] degrees and would like to participate in a ride-along.

### Thanks for your time. Posted by Bociba

### Dear Bociba,

A ride-along is a great way to see the inner workings of what a police officer does on a dayto-day basis. This is a very exciting and important job and you will see that either you will want to apply the day after your ride-along, or you may realize, "I wouldn't do this job even if my salary was one million a vear!"

If you want to go on a ridealong in our south jurisdiction, you would mail the application to 5303 Franklin Blvd., Sacramento, 95820. If you want to ride in the north area, you would mail it to 3550 Marysville Blvd., Sacramento, 95838. If you want to ride in our central region, you

would mail it to 300 Richards Blvd., Sacramento, 95811. The application will be processed through whichever station you apply. Be sure that you are a criminal justice student. They will waive the requirement that you must live in the city in order to go on a ride-along with us. Hope you

### Take care, Officer Michelle

### What to do in car accident

I was rear-ended downtown by a driver who was not insured (his dad had insurance on the vehicle, minimal, 5K for damages, which will not cover my damages); had no license (only a DMV ID card); and the registration on the car was expired. An officer came and looked at the driver's information, called it in and left on another call. Why was this person not punished by the law or arrested? He is totally illegal.

Posted by vetta2d

### Dear vetta2d.

Wouldn't vou know! What an inconvenience. First off, did the officer provide you with a case number? It would have been a number starting with 08- followed with five or six other numbers. In the case of vehicle accidents, if the parties aren't injured, the vehicles don't require tows and no obvious violations such

as DUI drivers, unlicensed or suspended licensed drivers were present, drivers exchange information with each other and report it to their insurance companies. If there are violations, a report must be taken. The officer could have taken a report. If there is a citation to be issued, the officer usually sends the citation to the driver through the mail once the investigation is complete. This may have been the case here and you wouldn't have been notified. The driver would then have to go to traffic court to clear the ticket, or to receive punishment for the violation. A failure to make the court date would result in a warrant.

The driver may have had a driver's license. People sometimes drive without their physical licenses. If the driver did have a valid license, it would be depicted in our computer system. The officer could cite him at a later time for not driving with a license and the citation would be sent to his residence.

As far as the dollar amount of your damages, your insurance companies will have to hash it out. What usually happens is that your insurance company will cover the difference and then go after the other party's insurance company for the difference.

> Good luck. Officer Michelle



The Arden-Carmichael News wants to keep our readers informed about what's going on in their schools and with our kids. If you have any photos or news to share with the community, we want to know... Call us at 429-9901 and we'll tell you how to submit it to appear in the Arden-Carmichael News.

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Wednesday, April 1st

11:00am Lenten Bible Study with Pastor Todd\* 6:45pm Lenten Service

Thursday, April 9th

11:00am & 7pm Maundy Thursday Service

Friday, April 10th

11:00am & 7:00pm Good Friday Services

Sunday, April 12th

8:30am, 9:45am, & 11:00am Easter Sunday Worship Services w/ Holy Communion \*Morning Bible Studies are in the Fireside Room



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and children's chime choirs):

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April 10 7:00 PM

In our Good Friday service we remember the sacrifice of Jesus on the cross through candles, darkness, and music. We invite you to join us for our Tenebrae service

EASTER SUNDAY

6:30 AM

Join us at East Lawn Sierra Hills (\$757 Greenback Lane) for this inspiring service.

Traditional Service

9:55 AM We celebrate this glorious Resurrection Day with our chancel and bell choirs leading us in jayous, inspirational praise and traditional music including Handel's Hallelujah Chorus. Come celebrate with us.

Northminster Presbyterian Church

3235 Pope Avenue (tension Wat and Futor Jack Raymore, Pastor (916) 487-5192

## Sign of the times: The end of an era for Tower Records

By Miranda Menestrina

THE LAND PARK NEWS

undreds of area residents turned out March 12, to witness the end of an era and watch as the original neon Tower Records sign from the company's first store, on the corner of Watt and El Comino avenues, was carefully removed.

Installed in 1960, the sign has been a familiar sight in the city where Tower Records began, and the crowd that gathered was testament to the fact that the business played a big part in the lives of those who grew up here.

"So many kids grew up listening to music in the booths," said Kristina Swanson, deputy director for the Historic Old Sacramento Foundation at the Sacramento History Museum. "Tower Records was where it all happened."

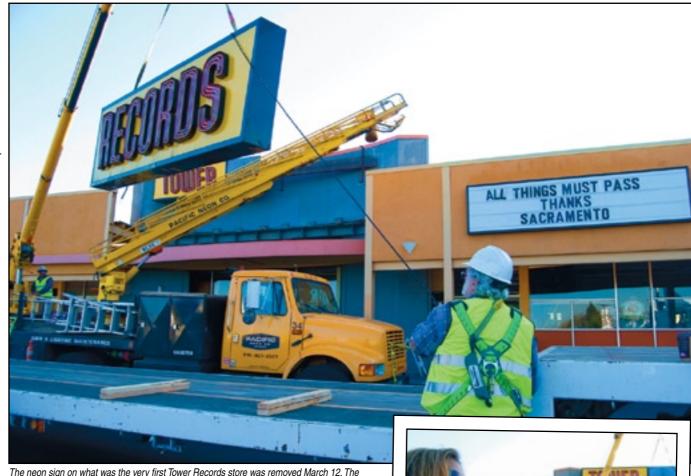
The sign was removed to make way for a new business, and was donated to the Sacramento Archives & Museum Collection Center along with the Tower Books sign on the adjacent building. In the future, after some renovation, the two signs and other items will be part of an exhibit.

"We're just in the beginning stages," said History Manager for the City and County of Sacramento, Marsha Eymann, of the exhibit project. "There's a lot of stuff out there still, and it would be nice to pull together the whole story of the business and the music scene in Sacramento."

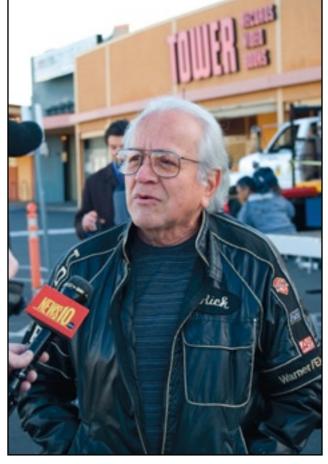
Eymann believes that the exhibit will be ready in three to five years, and hopes it will travel around the country.

Tower Records originated on Broadway when Russ Solomon started selling records out of his father's pharmacy, which shared a building and name with Tower Theater. After the first store opened on Watt Avenue in 1960, expansion of the company was unstoppable. Unfortunately, the company filed for bankruptcy in 2004 and 2006, and finally shut the 89 Tower Records stores throughout the United States in 2006. However, many stores continue to operate around the world.

Contact Miranda Menestrina at vcn@valcomnews.com.



The neon sign on what was the very first Tower Records store was removed March 12. The sign is being donated to the Sacramento Archives and Museum Collection Center. Inset: Tower Records founder Russ Solomon was on hand for the event.





The neon Tower Records signs were removed with the help and donation of services by Pacific Neon and SR Moving and Storage. The signs will be moved to the storage facility of the Sacramento Archives and Museum Collection Center at McClellan Park, where they will be preserved for all Sacramentans. At left, Tower Records first employee Rick Hernandez talks about the occasion.

Photos by Kati Garner



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

### GET IN THE CALENDAR

Is your club, group, church, school, or organization having an upcoming event? Let us know. Send information about your event-including date, time, location, a brief description, cost (if any), and contact informationto Calendar, c/o Valley Community Newspapers, 2709 Riverside Blvd.. Sacramento, CA 95818, or e-mail rvanrose@valcomnews.com. Deadline is one week before publication. Priority is given to events that are in the community and/or of little or no cost.

### March 28

### Japanese roots workshop

Connect with your Japanese roots during Lost and Found, 2 to 4 p.m., at the Asian Community Center, 7375 Park City Drive. Speaker Leo Goto, who has traced his ancestors back 36 generations to 645 AD, gives the necessary tools and information to begin or refine your own family tree. Donation, \$5 per person, reservations or information, call 395-2589 or e-mail jkpca21@yahoo.com.

### Early roses in bloom

Enjoy early blooming rose plants on this Saturday morning tour at the Sacramento Historic City Cemetery, 10 a.m. Meet at the cemetery's main gate at Broadway and 10th Street; park across the street from the 10th Street gate. Free. Information at 448-0811.

### March 29

### **Concert at La Sierra**

Bring the entire family to a concert featuring music from ballet, Big Band and Broadway, 3 p.m., in Smith Hall at the La Sierra Community Center, 5325 Engle Road. General admission, \$5; children, students and seniors are free. For tickets, call 489-2576.

### **Ethnic dance class**

Free Introduction to Ethnic Dance class, 2 to 6 p.m., at the YLI Hall on the corner of 27th and N streets. Learn European and Middle Eastern dances, no partners needed. Call 961-6144 or visit www.folkdance.com/sacramentocouncil.

### Prayers for jobs, economy

Christian community prayer service for your job and family, 10:30 a.m., Riverside Wesleyan Church, 6449 Riverside Blvd. Information at 391-9845, or see the website www.riversideweslevanchurch.com.

### APRIL 2

### Free concert at SCC

Student soloists present popular vocal tunes at Sacramento City College's Spring Pops Concert by the Choral Department, 12:10 p.m., 3835 Freeport Blvd., Little Theatre, Room A6. Free. Information at 558-2496.

### Leher at the Crest

California Lectures brings in journalist and author Jim Lehrer, executive director and anchor of "The News Hour with Jim Lehrer," 7:30 p.m., Crest Theatre, 1013 K St. Tickets, \$27, through www.tickets.com, by phoning 225-2277, or in person at the Crest Theatre box office. Lecture preview at 6:30 p.m. by Sacramento State University professor Fiona Glade. Information from California Lectures at 737-1300 or visit www.californialec-

### APRIL 3

### Pops concert at SCC

Student soloists present popular vocal tunes at Sacramento City College's Spring Pops Concert by the Choral Department, 8 p.m., 3835 Freeport Blvd., Little Theatre, Room A6. Cost, \$5. Information at 558-2496.

### APRIL 3

### Nonfiction writers meet

California Writers' Club Nonfiction Network meeting, 9 a.m., IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Sandy Martin, noted author of several books on poetry, will speak on "Marketing Your Poetry." Guests welcome. Information at 944-3185.

### **APRIL 3, 4**

### Benefit plant sales

AIDS Benefit plant sales by garden columnist Robert Hamm, 9 a.m. to 3 p.m., in the covered parking lot behind The Gifted Gardener, 18th and J streets. Wide selection of hardy perennials for this area and hard-to-find varieties. Proceeds benefit the children's projects of Sunburst Projects. Information and volunteer sign-ups at 923

### Fashion benefit at St. Francis High

Northern California's sophisticated style goes on display with Sacramento's trendiest boutiques providing the new looks for spring and summer on Friday and Saturday, April 3-4, when St. Francis High School presents "Once Upon A Time," its annual mother-daughter fashion show. Featured clothes and accessories are from Bijoux, Blush Boutique, Davids Bridal, Jessica Mc-Clintock, Katia's Collections, Kenneth Cole, Krazy Mary's, Sugar Shack, Madam Butterfly, MW Tuxedos, Patrick James, Pinkadot, Quiksilver and Serendipity. Hair and style makeovers are provided by Hoshall's Salon & Spa and Federico Beauty Institute. Proceeds benefit the school's scholarship fund. For tickets, visit www.stfrancishs. org or call 452-3461.

### APRIL 4

### Elmhurst potluck, egg hunt

Elmhurst Parents Group's fourth annual Spring Potluck and Egg Hunt, 9:30 a.m. to noon, Coloma Community Center, 4623 T St. Features an egg hunt for all ages, a visit by the Easter Bunny, arts and crafts, raffle prizes, face painting and fun. Bring a side dish to share. Information from Leslie Oberst at 206-1096.

### **Backyard composting seminar**

Learn how to save money, reduce your waste and improve the quality of your soil in a free Backyard Composting Seminar hosted by The City of Sacramento Department of Utilities Solid Waste Services, 8-10 a.m., Fremont Community Garden, 14th and O streets. Attend the seminar and purchase a compost bin for \$65. For more information, call 264-5011 or visit www.cityofsacramento.org/utilities.

### **Greenhaven Easter Carnival**

Greenhaven Lutheran Church and Angel's Nest Child Development Center's Easter Carnival, noon to 2 p.m. rain or shine, with carnival house, bounce house, Easter Egg hunt, craft activities, the Easter Bunny and refreshments. At the church, 475 Florin Road. Information at 428-8449 or on the web: www.greenhavenlutheran.org.

### Jensen plant, craft sale

Friends of the Jensen Botanical Garden plant sale at the garden, 9 a.m. to 1 p.m., 5930 Muldrow Road, Carmichael. Vendor tables available for \$10. Information at 338-2072.

See more Calendar, page 18

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### RUMMAGE SALE

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Call Melissa at 429-9901 for advertising information



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

### APRIL 4

### **Conflicts and cooperation**

Sierra Arden United Church of Christ hosts a day-long workshop on conflicts in relationships, "Celebrating Conflicts and Cooperation," 9 a.m. to 3:30 p.m., for ages 14 and up. Cost, \$25 per person, \$40 for couples. Information and registration from Mark at 216-5700, or e-mail 3C!@newpowerlearning.com.

### 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.

### **APRIL 4, 5**

### Bonsai Sekiyu Kai show

Annual Bonsai Sekiyu Kai show features sensei John Ushida demonstrations, door prizes and more, noon to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sunday, Buddhist Church, Riverside Boulevard at X Street. Free, public welcome. Information at 396-3617.

### APRIL 5

### See the giant colon

Sutter Cancer Center free community health clinic features the "Prevent Cancer Super Colon," an inflatable, 20-foot long, 8-foot high human colon replica that serves as an interactive educational tool, 8 a.m. to 5 p.m., 2800 L St., classrooms 1-4. Free parking in south lot across from the center. Information at 733-8327.

### APRIL 7

### How much is your art worth?

Have your art informally appraised at the Crocker Art Museum, 216 O St. Lee Kavaljian and Randall Abbott will appraise Asian art and artifacts, while Doug Scougle will appraise gold and silver coins, and vintage photographs. Make an appointment with Judy at 482-8351.

### **Legacy writing workshop**

Arden Hills Resort Club and Spa offers a "Leaving a Legacy" writing series to determine individual legacies and help participants in writing it down, 6 p.m., 1220 Arden Hills Lane. Cost, \$20. Reservations required at 482-6111 or see the website: www.ardenhills.net.

### Casa Gardens wine event

Casa Garden Restaurant, 2760 Sutterville Road, hosts a wine tasting social, 11:30 a.m., with wine, hors d'oeuvres, lunch and a talk on "What's on a Label." Cost, \$16, with proceeds benefiting the Sacramento Children's Home. Reservations and pre-payment required at 452-2809.

### **Recorder group meets**

The Sacramento Recorder Society meets under the baton of recorder-virtuoso Judy Linsenberg, who will bring beautiful and interesting music to conduct, 7 to 9:15 p.m., 890 57th St. Newcomers welcome. Bring instrument and music stand. Information on the website, www.sacrecorders.org, phone 489-2771 or 391-7520.

### Strive for Strength retreat

The Strive for Strength retreat, which is meant to inform educate and empower female particpants, will be held from 9 a.m. to 3 p.m. at the SASF/Bel Air Wong Family Community Center, 9040 High Tech Court in Elk Grove. The event is open to all young females, aged 12 to 18 years old. Registration is \$60 per participant and includes a Tshirt, continental breakfast, lunch and a give-away b

### APRIL 8

### **Arden Hills chef secrets**

"Live with Obadiah" cooking class using lean meats features Arden Hills Resort Club and Spa executive chef Obadiah Huetter 6 p.m., 1220 Arden Hills Lane. Cost, \$20, reservations required at 482-6111 or on the website: www.

### Rheumatoid arthritis info

Rheumatology specialist Dr. Kenneth Wiesner presents information on advances in arthritis treatment options and provides information on community resources available to assist with managing arthritis, 6 p.m., Sutter Cancer Center, 2800 L St. Free. Space limited. Reservations, information at 1-877-361-2663 and select option 5.

### APRIL 9

### **Computer club meets**

Mission Oaks Computer Club meets to hear Adam Lacey from Applications, Etc. discuss managing files, folders and photos, 1 to 3 p.m., Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Visitors welcome. Information at 366-1687 or the website www.missionoakscomputerclub.org.

### APRIL 11

### **County discussions**

Residents can discuss issues with County Supervisor Susan Peters during her "Office Hours" at Carmichael Park, from 9:30-11 a.m. For information, call 485-5322, or visit www.carmichaelpark.com.

### **Kiwanis Pancake Breakfast and** Easter Egg Hunt

The East Sacramento-Midtown Kiwanis Club will be hosting its 22nd annual Pancake Breakfast and Easter Egg Hunt on Saturday at McKinley Park's Clunie Clubhouse in Sacramento. Breakfasy will be served from 7:30-11:30 a.m., \$5 for adults and #3 for children. Free egg hunts start at 9:30 a.m. and are divided by age groups. For more information, call 484-1314.

### Pocket's spring egg hunt

Annual Pocket Spring Egg Hunt, 9:30 a.m., Parkway Oaks Park, next to Lisbon Elementary School, 7555 South Land Park Drive. Free. Sponsored by City Councilman Robbie Waters. Bring a basket - and a camera. Friendly bunny for posing with, arts and crafts. Information at 808-3821.

### APRIL 11

### Egg hunt and pancakes, too

Carmichael's annual Egg Hunt and Pancake Breakfast returns to Carmichael Park, the egg hunt at 10 a.m. (arrive 30 minutes early) and breakfast

served 7 to 11 a.m. Includes live music, clowns, fire trucks and more. The egg hunt is free, but bring a basket. Pancakes cost \$5, children 12 and under, \$3. Information at 483-7826.

### Mondays

### Tai Chi at Hart Center

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

### Hatha yoga class

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

### **Gray Eagles meet**

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

### Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a nohost 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.

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

### **T**UESDAYS

### **Pastel landscapes class**

Award-winning pastel artist Reif Erickson teaches a four-step process to cre-

ating 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 Sacra-

mento 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 Capitolaires 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

### Pole walking clinic

Free pole-walking clinic sponsored by Cure Arthritis Now, every Wednesday morning -- demo poles provided for use during your first clinic. Call 208-8700 for details of times and locations. Come learn a new way to exercise and get healthy.

### 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 relationships. For more information, call 558-0448.

### Free dessert for seniors

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

### **Memory Seminar**

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

### **Businesswomen's network**

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

### **Dance at Mission Oaks**

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

### Alzheimer's support

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

### **Lewy Body Dementia support**

Lewy Body Dementia support group is tailored for caregivers and loved ones

diagnosed with Lewy Body Dementia, 2:30 to 4:30 p.m., fourth Wednesdays, Primrose, 7707 Rush River Drive. Facilitator: Kim Winters, BSG, M.ED. Information at 392-3510.

### 'Joy' luncheons

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

### 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.

# Adverfise 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.

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