

National health survey in Sacramento County

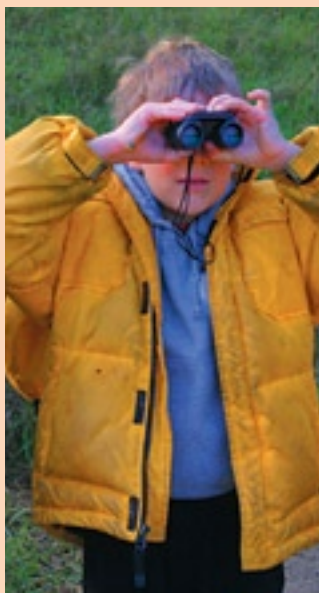
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Get your order in early Spring Food Festival is just around the corner

Special to Arden-Carmichael News

Enjoy some really delicious Japanese home-style cooked foods with the “aji” (flavor and taste) that you get only at home or at local Japanese restaurants.

The Spring Food Festival will be held on March 11 at the Sacramento Buddhist Church.

Last year, for the first time in forty years, the Spring Food Festival hosted by the Sacramento Buddhist Women’s Association (SBWA) and the Adult Buddhist Association (ABA) underwent a dramatic change. The menu was basically the same as in prior years, but instead of serving diners in the Kaikan (church gymnasium), orders will be filled as “take out” Japanese home-style cooked foods.

This met with such success that this year will be the same.

All the food items will be prepared in the church kitchen by SBWA and ABA members. The menu items include: Shioyaki Chicken (half) with some Teriyaki Sauce on the side, Combination Sushi, Maki (Uncut) Sushi, Age Sushi, Chirashi, Udon, Spam Musubi, Cabbage Salad and Teriyaki Sandwich.

The Girl Scouts will also host a Pastry Table, so guests can pick up some dessert items.

Deadline to order Feb. 26

An early sell-out is anticipated, so orders need to be placed quickly, no later than Feb. 26. Order forms can be downloaded at www.buddhistchurch.com.



Photo courtesy

DELICIOUS HOMEMADE Japanese cuisine is available to pre-order from the Spring Food Festival at the Sacramento Buddhist Church. The event, featuring take-out items, will be held on March 11 in Sacramento. Meal orders should be placed by Feb. 26.

On March 11, come by the Betsuin and pick up orders between 11 a.m. and 1 p.m. All purchased food items will be carefully packaged and ready to eat.

Some of the foods are best when reheated...perfect for enjoying in the comfort of your home, while watching the Kings play and in the company of family and friends.

The Sacramento Buddhist Church is located at 2401 Riverside Boulevard in Sacramento. For more information concerning this event, call (916) 442-0121 or visit www.buddhistchurch.com.

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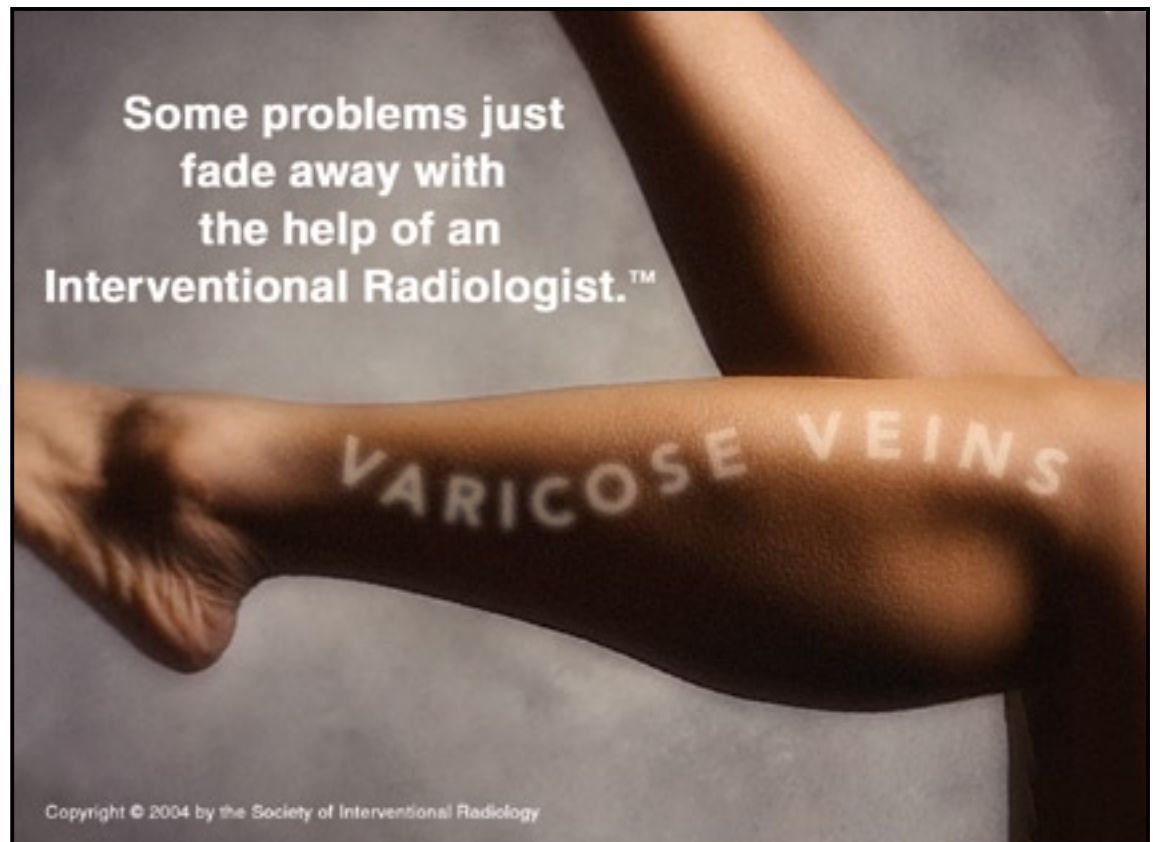
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Special to Land Park News

Bring your valentine to a special I Heart Sacramento Zoo day organized by the Sacramento Zoo Teen volunteers on Sunday, Feb. 12 from 9 a.m. to 4 p.m.

The festive event will feature Valentine-themed animal enrichments, informative talks and activity tables – all included with general admission.

Scheduled enrichments include scented Valentine cards for the lemurs and a special piñata for Vallynn-tine the giraffe as she celebrates her 17th birthday. Keepers and Zoo Teens will be present during each enrichment to give information and answer questions about the animals. Also, don't miss this opportunity to sign a Valentine card for the animals from Zoo staff and guests.

Zoo Teens are 13 to 19-year-old volunteers interested in animals, the earth, and the community who spend their weekends at the Sacramento Zoo. Zoo Teens develop their own ideals, views and passions to encourage Zoo patrons become better stewards of the Earth. I Heart Sacramento Zoo gives the teen volunteers experience communicating with the public and offers visitors an opportunity to learn more about the Zoo's unique animals.

The Sacramento Zoo is located at the corner of Land Park Drive and Sutterville Road in Sacramento's beautiful William Land Park. For admission information, call (916) 808-5888 or visit www.saczoo.org.

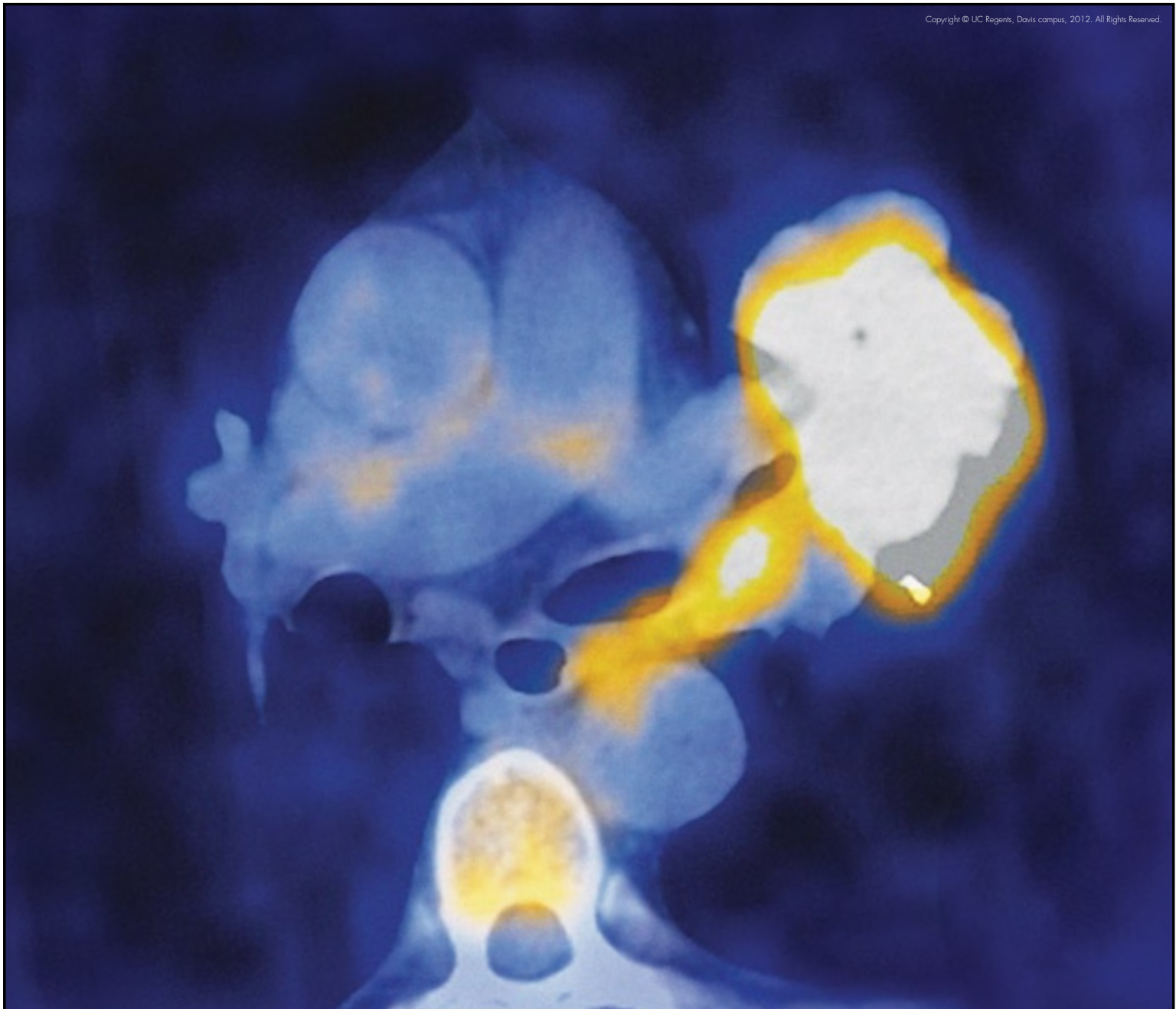


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Comfort pillows for breast cancer patients

Necessities Bag 'Pillow Party' a success

By **SALLY KING**
Arden-Carmichael News writer
sally@valcomnews.com

The Fellowship Hall at the Central United Methodist Church was filled with women of all ages bustling about, getting work stations set up for the quarterly "Pillow Party" on Jan. 9.

Necessities Bag Volunteer Coordinator Joan Eddy felt the energy in the room and began the evening by thanking the volunteers who came to make comfort pillows for women recovering from breast cancer mastectomies.

"I anticipated around 45 volunteers, but I know we have more than that," Eddy said. "Our goal is to make 120 pillows and I think we will exceed that amount."

The final headcount for the evening was 68 volunteers and Eddy said a "whopping 262 pillows."

Necessities Bags are reusable totes filled with hand-made pillows for wound care, comfort and practical items given to women facing mastectomies.

Sacramento resident Ellen Mack started necessities Bag Sacramento in August 2005 after she underwent surgery for a bilateral mastectomy and reconstruction and found the surgery traumatic. She wanted to comfort other women going through this surgery and had read



COMFORT PILLOWS aid women who have breast cancer mastectomies to heal more quickly.

an article about an organization in Connecticut that provided a tote filled with practical items and information specific to women facing mastectomies. Mack believed women needed this service in Sacramento and by April 2006, Necessities Bag Sacramento was incorporated. There are 15 affiliates throughout the country.

Omega Nu Sorority member Wendy Weir said their

See *Pillow Party*, page 18



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Know your neighbor

Linda Melody: the Carmichael Chamber of Commerce's secret to success

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

The Carmichael Chamber of Commerce has experienced high and low points since its establishment 46 years ago. Among its high points was the hiring of Linda Melody.

Linda, who has served as the chamber's executive consultant since December 2009, said that she began working for the chamber at one of its lowest points after its then-president and Arden area resident Trish Harrington, who owned A Leap Ahead Information Technology, was contemplating the possibility of discontinuing the chamber's operation.

A chamber in trouble

"The president at the time wanted to close the chamber," Linda said. "She said, 'I just don't know what we're going to do.'" And I said, 'You can't (close the chamber). You've got these great businesses and your role in the community.' And she said, 'Well what are we going to do?' And I said, 'What if I agreed to come and help part time?' And that's what I did.

"When I came in, (the chamber was) broke, they had lost a lot of their memberships, they had few activities and they just really needed to be revived and that was my goal. (Improving the chamber's status) was a team effort. At that time, we had like five board members. We now have 11 board members, which is a full compliment. We have added many, many new programs

and activities, more opportunities for our businesses to advertise, more exposure for them. We're getting more involved in all the community stuff that's going on. So, how people view the chamber has really changed (during the past two years) and that's important."

Chamber turned around

When asked about Linda's contributions to the chamber, Harrington was quick to praise her accomplishments.

"She saved the chamber, basically," Harrington said. "I solicited her. I knew she could help us. She's been incredible. I don't know how she did it, but she was open to innovative ideas and came up with some (ideas) herself and implemented them. She didn't need a lot of supervision and she was self starting. She just took it and flew with it. We started a constant contact account and started doing our newsletters via e-mail, instead of having them printed and having



Arden-Carmichael News photo, Lance Armstrong

LOCAL GIRL. Linda Melody, who recently attended the 40th reunion of Mira Loma High School's Class of 1971, has spent about 80 percent of her life residing in the Carmichael area.

to take them to the post office. It not only saved a lot of expense, but a lot of time. (Linda) has worked diligently with boundless energy. (The chamber) was terribly disorganized and she brought organization and made some real cost effective changes and even made it look better, as she followed up on remodeling it. She's marvelous."

Linda said that the chamber, which is presently led by its president, Chris Meyer, has become more "cutting edge," as

opposed to its former reputation as the "old folks' chamber."

But to avoid a misunderstanding, Linda said, "We love our senior citizens."

A chamber for all

Linda explained that a unique aspect of the Carmichael Chamber of Commerce is that it is one of the few chambers that include both business and residential members.

"We feel (residential members) are important to the community," Linda said. "A lot of (the older residents), they don't work, so they're able to volunteer more time and they're very loyal to the chamber. It's a good balance of residential and business members. We focus a lot of our programs to our businesses, because after all, we are a chamber of commerce. But the two can work together."

Linda said that she is excited about the current status of the chamber, since during the recession the chamber had lost about 20 percent of its businesses.

"My joy is to see the chamber be on solid financial footing, see our members growing and even the membership retention," Linda said. "We want to grow the chamber even more. We've added a lot of events that we didn't have before."

Community events

Among these events is the chamber's "Shred Days," which will also include opportunities to properly dispose of e-waste and automobile batteries. This year, the event will be held in the parking lot of the La Sierra Community Center at 5325 Engle Road on June 16.

Another recently established event is Carmichael

See Melody, page 7

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Melody: Credited with 'saving the Chamber,' adding new community events

Continued from page 6

Day at a Sacramento River Cats' game at Raley Field.

Last year, the River Cats held a competition between different chambers, in which the chamber that sold the most tickets won a suite for a separate River Cats game. The Carmichael chamber won the competition by selling 250 tickets.

In a joint event with BeMoneySmartUSA, which operates the farmers' market at Carmichael Park, the chamber will host a fundraising night at the Sacramento Kings-Oklahoma City Thunder game at Power Balance Pavilion on April 20.

The chamber has also added Person of the Year, Business Person of the Year, Veteran of the Year and Patriot of the Year events.

Most recently, radio and television personality Kitty O'Neal was named Person of the Year, Jim Warrick and his mother Lola were the Patriots of the Year and Earl "Ranger Jack" Koobs was named Veteran of the Year.

Orientation Coffees

Last year, Linda implemented the chamber's "Orientation

Coffees" gatherings, in which people are introduced to the chamber and given a presentation of how it works and how to take advantage of certain opportunities that assist local businesses and organizations.

Chamber sponsorships were also introduced during Linda's time with the chamber.

Linda said that the chamber appreciates the work of District 3 Supervisor Susan Peters, who has contributed toward the success of the chamber, and Carmichael's honorary mayor, Esteban Nava, who Linda describes as "a real go-getter who is not just excited about the chamber, but the entire community of Carmichael."

Local girl

Linda expressed her own love for Carmichael and said that part of this love derives from the fact that she has spent about 80 percent of her life residing in the Carmichael area.

After being born at Mercy Hospital at 4001 J St. in East Sacramento, Linda grew up in the Carmichael area with her father and mother, Vahey and

Nellie Jenanyan, her sisters, Charmain Jenanyan (now Ferguson) and Cheryl Jenanyan, and her brother, Ron Jenanyan.

Linda's father died in 1978 and was survived by Nellie until she passed away last year.

After graduating from Mira Loma High School in 1971, Linda attended American River College, where she was a writer for the school's newspaper, and San Jose State University.

Linda initially planned to become an English teacher. Her love for radio broadcasting, however, took her to assignments in radio in Sacramento for KNDE 1470 AM and for a Christian radio station, and for radio stations in San Francisco, San Diego, Long Beach, New York, New Jersey, Maryland and Iowa.

Linda said that she also served as a tour guide at *The Sacramento Bee* for about eight months in about 1975.

"There would be school groups (on field trips) and things that came through (*The Bee's* headquarters at 2100 Q St.) and we would show them how the newspaper presses ran

and all about the history of *The Sacramento Bee*," Linda said.

Linda worked in the development department of Victory Christian Schools at 3045 Garfield Ave. in Carmichael, handling fundraising from 2001 to 2008.

In addition to her work with the chamber, Linda, who has a

husband named Michael and a 24-year-old daughter named Rebecca, enjoys cooking, following politics and watching Sacramento Kings games.

As Carmichael approaches its 103rd anniversary, its chamber of commerce, with the assistance of Linda Melody, appears to have a bright future in the community.

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Snowman Sculpting and Other Life Lessons

Mom would say that Dad was always the "first kid out of the house" to build the winter snowman. My brother and I giggled about it; we knew at a young age that Dad was enthusiastic about all his works of art.

Dad was a painter. He made the most beautiful pictures and I wanted to grow up to be just like him.

One time Dad gave me a drawing he made of an elephant and encouraged me to color it. He watched carefully as I tried to stay inside the lines. He put his hand on mine and said, "Sweetie, don't be afraid to go outside the lines, your ideas are too big to be boxed in."

Over the years I learned so much from him, and the gift of self-confidence tops the list.

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'Unconventional' approach saving furry lives at Sac City Shelter

By **CORRIE PELC**
Arden-Carmichael News writer
corrie@valcomnews.com

Gina Knepp is one busy woman. A City of Sacramento employee for the last 25 years, she is public information officer for the Department of General Services, division manager of Sacramento City 311, and, since July 2011, the acting Animal Care Services manager for the City of Sacramento Animal Care Services.

Not coming from a shelter management background, Knepp has been busy making some "unconventional" changes to how Animal Care Services operates.

"One of the philosophical shifts for us is (focusing) on the people in Sacramento – we have to look at our community as the solution to our problem," she says. "We have to take an approach in running our shelter like a business and recognizing that it's the people that are going to do the adoptions, it's the people who run the rescue groups that are going to partner

with us to pull animals here so they leave with a heartbeat."

'Leave with a heartbeat'

Having animals "leave with a heartbeat" is one of Knepp's constant messages to her staff in managing their animal population and keeping a steady flow of adopted animals out the front door.

"I'm really proud of the fact that our adoptions have risen and the number of animals that we are sending out to rescue groups is going up," Knepp adds. "We're working feverishly to improve every single aspect of what we do here."

To help with this philosophy, Knepp is having all her staff undergo behavior evaluation training and has volunteer professional photographers taking what she calls "glamor shots" of adoptable animals, which she says has been a huge boon to their pet adoptions.

To help new adopters keep their animals, Knepp is starting to give each new family a free book on taking a pet home for the first time, plus the shelter has started providing information

in Spanish. The shelter just started a program offering free ID tags and collars and free microchipping for lost pets.

"My goal is A: reducing intake, and B: if I get your animal I really want to get it back to you," Knepp adds.

Knepp has even been helping the homeless population in Sacramento by taking care of their pets free-of-charge if they find themselves jailed or hospitalized, including vaccinations, altering and microchipping.

"If you're homeless, your dog is your companion, your friend, your family – that's all you've got," she explains. "We all come from different walks of life, but the love of our animals is universal."

Next for Knepp

Right now Knepp is working to achieve a 75 percent leave-live rate for the Shelter by August.

"The highest that I've gone, that was about two weeks ago, was 57.7 (percent)," she says. "Right now I'm at 49.6 (percent). Historically, it's been much lower and I want to get to 75 percent."

Call for volunteers

Additionally Knepp would like to have 200 active volunteers at Animal Care Services by this time next year.

"I think the most important component of successful sheltering and getting animals out alive is your volunteer program – it's the people in the community who come in here to augment what staff do," she says. And she is working on grant opportunities to expand the shelter's current surgical capacities to spay and neuter adopted animals so they can go home with their new owners sooner.

However, Knepp is quick to point out that when it comes down to it, it's not about how much money you have, but how much passion that makes the difference.

"It's not about the dollars and it's not about the number of people that work here. It's about do you have passion to essentially do whatever it takes to get these animals adopted," she explains. "Six years ago when there was money and more staff, their statistics weren't better. So I really do believe it's a shift in thinking that, 'Yes, we can do this.'"

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Lyon Real Estate opens new office in Fair Oaks

Photos by TOM PANIAGUA
Arden-Carmichael News photographer
tom@valcomnews.com

Local realtors and their many friends turned out on Jan. 26 to celebrate the opening of the brand-new Lyon Real Estate office at 8814 Madison Avenue in Fair Oaks. Pat Shea, president of Lyon Real Estate, was on hand with Carol Kellogg, manager of the new branch, to welcome one and all.



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Man with dog—Clipart © Microsoft Media

How sweet it is

Local spots offer chocolatey concoctions perfect for your Valentine

By CORRIE PELC
Arden-Carmichael News writer
corrie@valcomnews.com

Ah, chocolate. If ever there was a food with magical powers, this would be it. It has the ability to turn any frown upside down. And it's a treat enjoyed by everyone – male or female, young or old, rich or poor.

Chocolate has a very rich history. According to Wikipedia, a form of drinking chocolate can be traced all the way back to 1900 BC. Chocolate was used in the religious rituals of the Mayans and Aztecs, leading eventually to European explorers being introduced to the substance. From there the production of what we know as chocolate did not evolve until the 18th century, thanks to the Industrial Revolution and machinery that began producing large quantities of chocolate treats.

In the US, chocolate is purchased by 97.3 percent of households and chocolate candy sales totaled about \$7.5 billion in 2009, according to Nielsen. Of those sales, about \$345 million occur during the week of Valentine's Day, with consumers purchasing more than 58 million pounds of chocolate candies, Nielsen adds.

Sweet Sacramento

With Valentine's Day right around the corner, it is fortunate that there are quite a few options in our community to pick up the perfect chocolate sweet for your Valentine.

For example, Midtown's Ginger Elizabeth Chocolates will be offering a decorated heart-shaped box made of chocolate that is then filled with "chocolate pearls" and their signature truffles.

"We specialize in a French style truffle. It's a cut truffle, called bon bon," explains owner Ginger Elizabeth Hahn. She adds the shop will also be offering a special Valentine's Cake featuring rum-soaked banana cake layered with banana Bavarian cream and crunchy chocolate pearls, all wrapped in bittersweet chocolate mousse. Hahn says pre-ordering is a must for these items.

In the Arden area, Capital Confections will be offering chocolate-dipped strawberries both the day before and on Valentine's Day, as well as their 24 flavors of handmade truffles packaged in handmade boxes made from mulberry paper.



Photo courtesy

LOVELY IN ALL ITS FORMS, people all around the globe love chocolate. These cut truffles are a specialty of Ginger Elizabeth Chocolates in Midtown Sacramento.

Looking for a unique gift?

"One of the fun things we do for Valentine's Day is our handcuffs and I have little printed ribbons on the handcuffs that say 'Prisoner of Love' and it's very cute," suggests owner Teresa Higgins.

Additionally the shop can make your Valentine a special chocolate from one of the 700 chocolate molds they have in stock. Higgins suggests placing Valentine's Day orders at least a week in advance, including for the strawberries.

Cool treats

If it's chocolate ice cream that your love craves, Vic's Ice Cream in Land Park has you covered with its chocolate mousse pie.

"It has a chocolate cookie crust, chocolate mousse ice cream – which we make here – fudge on top, chocolate whipped cream, and then chocolate flakes on top of that," details Craig Rutledge, president of Vic's Ice Cream. Rutledge says Vic's can also create bon bons, which are hand-scoops of ice cream dipped in Guittard chocolate, or create a "party cake" with 10 scoops of any ice cream they have available. And he said the shop is getting ready to bring back its famed Jik Jak flavor – a light

chocolate with cinnamon, malt, almonds and fudge ripple. Rutledge advises placing orders at least a week before Valentine's Day.

Dine out

Over in the Pocket area, no dinner is complete without dessert. The Pocket Bistro has this covered with a special cake they will be serving only on Valentine's Day, according to chef and owner Edmund Abay.

"We'll be doing a chocolate decadence cake that's going to be stuffed with a chocolate ganache, warmed up, and served with fresh strawberries," he says. Abay says the special dessert is house-made by their pastry chef and will feature semi-sweet Ghirardelli chocolate. For Valentine's dinner, he suggests making reservations as soon as possible.

Make me melt

With the obvious chocolate infatuation most Americans have, what is it that draws us in? What is it about chocolate that makes it so hard to resist?

Hahn says it's the color of chocolate that actually draws people to it subconsciously, the mouth-feel, and how it melts in your mouth.

"One of the biggest perks of chocolate is that if it's a good

quality one, it melts on the human palate perfectly," she explains.

Abay believes people are drawn to chocolate for its richness as a comfort food.

"When people were growing up, as a child chocolate has always been there and I think when people order chocolate on the menu, it's more a comforting thing," he adds.

Happy memories

Rutledge agrees, citing both nostalgia and comfort. In fact, he says Vic's sells more chocolate ice cream flavors in the winter than any other season. And when it comes to chocolate ice cream, he says it's also a texture thing.

"Since you already have a butter fat product with the dairy and if you're adding the butter fat from the cocoa in there, it actually makes it a smoother, creamier product then if we just put like vanilla extract in it," he says. "You're getting a much smoother texture, so I think that drives people to like it."

And when all of these elements are added together, it boils down to one thing for why people love chocolate so much, Higgins says.

"It's a treat, it's like a moment on vacation," she said. "It's like going and treating yourself to something small that makes you feel good."

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Educational and entertaining

It's never a dull moment at Effie Yeaw Nature Center

By **BENN HODAPP**
Arden-Carmichael News writer
benn@valcomnews.com

One thing that the unusually balmy winter weather has afforded the people of Sacramento County is more chances to get outside and have fun. At the Effie Yeaw Nature Center, a staple of promoting outside activities and education, people can come and learn about the animals, trees and insects that call our region home.

The center has free weekend programs for anyone looking to learn more about the native creatures. The programs have been run at the center for many years, according to Effie Yeaw Development Director Betty Cooper. She said that the programs "let people know that we're still here."

Wide variety of programs

Depending on what the particular week's program is, they can take place either inside or outside in the form of guided nature walks. Experts from different fields are often guests who teach those in attendance about a wide range of topics. Cooper said that the programs are usually attended by 30 to 40 people and last anywhere from 60 to 90 minutes.

Past programs have included how animals find their food, what they eat and where the animals can be found. At times, animals are brought in to show those in attendance. Sometimes, young and old alike are even permitted to touch the animals under supervision of the experts.

During this time of year, Cooper explained that the nature walks can include the sightings of bucks that still have their antlers, turkeys, coyotes, all manner of birds in trees and tracks or other signs that a certain type of animal has recently been around.

Popular and ongoing

Some of the most popular programs include the bird programs, the owl program and the "Things That Slither" program about reptiles and amphibians. Since these are generally well-received by the

audiences, they are brought back on a regular basis for a new group of people to enjoy. Said Cooper, "kids like snakes if they aren't told to hate them."

Many visitors to the center over the years have come to know the owl that roams the premises and acts as an "educational ambassador." The current ambassador is a Great Horned Owl named Echo, whom Cooper calls a visitor favorite.

Upcoming attractions

On Friday, Feb. 17, Effie Yeaw will welcome Art Shapiro of Art's Butterfly World in the center's ongoing "The Nature of Things" speaker series. According to the Effie Yeaw website (www.sacnaturecenter.net), Shapiro has catalogued 159 species of butterfly species and subspecies. The event takes place from 6:30 to 7:45 p.m. and costs \$5 per person. Space is limited, so get tickets soon by calling (916) 489-4918.

Shapiro's demonstration is the second in a series of six such events scheduled to take place through June. In January, Effie Yeaw welcomed Mike Cardwell for a demonstration called "Venomous Bites and Stings." The events from March-June include Connie Wade with "Preserving our Oak Woodlands;" Cheryl Buckwalter with "Eco-Landscaping/Water Efficiency;" Lewis Kemper with "Outdoor Photography;" and Kate Marden with "Falconry - The Sport of Kings." All events are \$5 per person and space is limited.

Also currently on hand at the center is an interactive exhibit called "Wild About Wetlands," which includes hands-on activities, educational games as well as photos and art. The Effie Yeaw website describes the Central Valley as having "different types of wetlands, including marshes, ponds, edges of creeks and rivers, and vernal pools. These areas are some of the most biologically productive environments on the planet, comparable to tropical rainforests."



LOOK! UP IN THE SKY! Children gaze into the trees at Carmichael's Effie Yeaw Nature Center to get a look at one of the many species of birds that live in the area. Photo courtesy, Betty Cooper

Here is the slate of programs coming up in February:

Saturday, Feb. 11 - Astonishing Animal Adaptations (exotic insects, invertebrates and reptiles) Hosted by Eric San Gregorio of Insect World - 10:30 a.m.

Sunday, Feb. 12 - Nisenan Maidu Village Walk - 1:30 p.m.

Saturday, Feb. 18 - The Great Backyard Bird Count - 10:30 a.m.

Sunday, Feb. 19 - Birds of the River - 1:30 p.m.

Saturday, Feb. 25 - Let's Draw a Cougar (no live cougars present; people can try their hand at sketching the center's mountain lion taxidermy display) - 10:30 a.m.

Sunday, Feb. 26 - Hawks and Falcons (the center's hawk Skye and kestrel Rocky will be on hand for all to see) - 1:30 p.m.

Effie Yeaw is located along the American River inside the Ancil Hoffman County Park at California Ave. and Tarshes Dr. in Carmichael. Park entrance fee is \$5 per car. Family memberships are available for \$40 which includes free parking for a year. The center is open from 9 a.m. to 4 p.m. Wednesday through Sunday. There is no charge to enter the center itself, but donations are always welcomed at the door.

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Sacramento high school warms up the community with new installation

By ELIZABETH VALENTE
Arden-Carmichael News writer
elizabeth@valcomnews.com

Thanks to foresight, campaigning, budget crunching, and maybe even spiritual intervention, St. Francis High School is showing the City of Sacramento ways to heat things up in terms of conserving energy. This past month, the East Sacramento Catholic high school completed the installation of 253 kilowatt, solar energy supply system on seven buildings.

The solar installation will generate 31 percent of the campus electricity usage generating an estimated \$1 million in energy cost savings to the school over the next 20 years.

Stephanie Droste-Packham, state field associate for Environment California said putting solar panels up in schools is a win-win-win for Californians.

"They create green jobs in our communities, clean up air pollution, and save our schools money," she said.

Last week Environment California Research & Policy Center released a new report, *California's Solar Cities 2012: Leaders in the Race Toward a Clean En-*

ergy Future, that featured the 72 year old all-female college preparatory high school as a leader in renewable energy conservation.

As Sacramento Mayor Kevin Johnson explained at State of the City address at the Convention Center on Jan. 30, St. Francis High School's commitment to make clean energy a priority is an "example of how an investment in solar makes great business sense for a property owner, creates green jobs, and improves our environment."

"I am proud of today's recognition by Environment California," Mayor Johnson said. "Sacramento and Greenwise Joint Venture, have made a concerted effort to leverage our competitive advantages and make clean energy a priority. We see the results in the statewide data and in projects throughout our region. We are also teaching our students that we care about their future."

Kate Ely, a senior at St. Francis High School, became involved in this project at the end of her junior year. She served on the school's planning and finance committee, wrote a letter



Photo courtesy, St. Francis High School

SOLAR FARM TO SAVE ENERGY...AND MONEY. This photo shows the building of the solar "farm" that sits atop seven buildings at St. Francis High School in Sacramento. Photovoltaic panels were then installed on the frames. The completed system is expected to generate over one-third of the campus' energy, and is expected to save the school \$1 million over the next two decades.

to the Diocesan Finance Council (that had to approve the project, since St. Francis is a Sacramento Diocesan School), and even joined Mayor Johnson at media events on the plans for the installation of solar panels at the Catholic school.

"As I grew to understand the charts and graphs, installation techniques, and advantages of the prospective bidders, a spe-

cific role developed for me to represent the students, to be their voice," Ely said. "While St. Francis solar panels on campus will cut energy costs and reduce carbon emissions, other key benefits from the students' perspective is to model the social justice teachings of the Catholic Church and demonstrate the

See Solar, page 13



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Solar: California leads nation in solar energy; Sacramento is seventh in state

Continued from page 12

importance of living in cooperation with nature."

Droste-Packham said that putting solar panels up on schools educates the students on how to power life sustainably.

"When a teenager in high school knows the lights in the library, the auditorium, the hallways, or even the power point presentation in math class is powered not by fossil fuels, but by the sun, they become stewards of clean energy," Droste-Packham said. "They know what direction we should be heading as a state, and that's away from fossil fuels, away from air pollution and away from global warming pollutants."

"Our students are excited and happy to have solar panels here at the high school," said Ingrid Niles, St. Francis High School communications director. "I think overall, our kids think having something like this is pretty cool and we hope we inspire a few of them to look at this stuff after high school."

St. Francis High School's photovoltaic (PV) solar installation is funded through a U.S. Treasury Grant, SMUD rebates and reductions in electric utili-

According to Environment California, the nation's 31st state is number one in the country in terms of solar power, leading the way through the next great energy transition.

"California is steadily moving away from powering our lives on dead dinosaurs to powering our lives with sunshine. Solar panels are going up across the state, on homes, warehouses, military bases and schools," said Stephanie Droste-Packham.

A Environment California Research & Policy Center report shows that Sacramento ranks seventh in the state in terms of the total amount of solar electricity generated, measured in capacity, with 16 megawatts. Sacramento ranks 10th in the state in terms of the number of solar installations on residential, commercial and government buildings, with just over 1,000 projects installed.

Sacramento has experienced the greatest rate

of solar growth of all major cities, tripling the total amount of solar power installed in the past two years alone.

"Solar power is booming in Sacramento," said Bernadette Del Chiaro, director of clean energy programs at Environment California Research & Policy Center. "Despite the slow economy, Sacramento has found a way to grow one of the most promising clean energy solutions, bringing clean air and jobs to the city."

The top 12 solar cities are:

1. San Diego
2. Los Angeles
3. San Jose
4. Fresno
5. San Francisco
6. Bakersfield
7. Sacramento
8. Santa Rosa
9. Oakland
10. Chico
11. Clovis
12. Roseville

ty bills. It will result in a significant reduction in carbon emissions compared to traditional forms of generating electricity. It's also designed to produce 30.6 percent of the school's current electricity requirements.

"It will lock in the cost of electricity for 30 percent of the school's needs, thus serving as an effective hedge against future inflation in the cost of electricity," explained Niles. "California utility rates have increased an

average of 6.7 percent over the last 30 years."

St. Francis High School's Director of Finance and Business Operations Sharon Tobar worked closely with the school's Finance Council to bring the solar project to fruition. Tim Lien, a Sacramento businessman and parent of a St. Francis graduate, became involved in the project early on and spent hundreds of hours on the proposal. Paul Lau, SMUD assistant general manager and also a St. Francis

parent, was one of many SMUD representatives instrumental in the planning stages.

"SMUD has been supporting the project from the top of the organization all the way down with customer support and PV expertise," said Tobar.

"It is my hope that the St. Francis High School Solar Project will encourage each member of our community to embrace their role as Christian Stewards," Ely said.

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CDC to conduct national health survey in Sacramento County

Special to Arden-Carmichael News

Government workers will be ringing some doorbells in East Sacramento neighborhoods and throughout Sacramento County, but it won't be for the census. These surveyors will be recording data on America's physical health.

The National Health and Nutrition Examination Survey (NHANES) is the most comprehensive survey of the health and nutritional status of the U.S. population.

Sacramento County is often chosen for marketing studies because it is a diverse community. The National Center for Health Statistics (a part of the Centers for Disease Control and Prevention) will conduct the surveys starting on Feb. 2 and running through April 1.

So, what is it?

For the last 50 years, the NHANES has kept track of the nation's health and nutritional status. It is a tool to check on the fitness levels of children and teens. It is a valuable resource for finding out which health policies and programs are working. Areas that need work can be identified.

Local residents are chosen at random to be interviewed. For the people who are interviewed, the NHANES is an opportunity to gain information about one's health.

Each year, residents in 15 counties across the nation have the chance to participate in the latest NHANES.

National 'checkup'

"NHANES serves as the nation's 'health check-up,' going into communities to get health information throughout the country," said CDC Director Thomas Frieden. "The survey is a unique resource for health information, and without it we would lack important knowledge about major health conditions."

Public health officials, legislators, and physicians use the information gathered in NHANES to develop sound health policies, direct and design health programs and services, and expand the health knowledge for the na-

tion. NHANES captures data to identify and address health issues that will help everyone maintain independence and good health. In addition, national references are produced and standardized growth charts are created for pediatricians across the country using NHANES data.

Focus on youth obesity

This year, NHANES will embark on a new effort to increase attention to the importance of health related fitness in youth in the United States. This youth survey, called the National Youth Fitness Survey, will provide additional information with which to evaluate the health and weight

of children and adolescents. Given the epidemic levels of childhood obesity throughout the nation, results from this national survey are extremely important.

What to expect?

Individuals selected for the NHANES program represent the U.S. population of all

ages. People will be chosen from all areas of Sacramento County.

Respondents first participate in a health interview conducted in the respondent's home followed by a health examination that takes place in one of three mobile examination centers. These will be at Cal Expo.

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CALENDAR

For more Calendar entries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

FEBRUARY

Bilingual Toastmasters

Feb. 9, 16, 23: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Feb. 9, 16, 23: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Feb. 9, 16, 23: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 9, 16, 23: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic

Disease group

Feb. 9, 16, 23: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best

practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven

Feb. 9, 16, 23: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepport Blvd., Sac. Kelly Byam (916) 684-6854.

Sacramento Downtown Plaza Farmer's Market

Feb. 9, 16, 23: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

Feb. 9, 16, 23: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Volkssport walking

Feb. 9: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65t St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Ballroom Dances

Feb. 10, 14, 17, 21, 24, 28: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Best Friend Fridays

Feb. 10, 17, 24: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Carmichael Geranium Society

Feb. 10: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.-12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

Kiwanis Club of East Sacramento-Midtown

Feb. 10, 17, 24: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m.-8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Feb. 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Feb. 10, 17, 24: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Country Club Plaza Farmer's Market

Feb. 11, 18, 25: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 11, 18, 25: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.



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Pillow Party: Goal exceeded – more cancer patients to benefit

Continued from page 5

group donates the money made from Bunko Night to Necessities and most of them attend the quarterly "Pillow Party."

"This is a good way to give back," Weir said. "And I do have friends who have or have had breast cancer."

Dixon resident Grace Be-doian who is a breast cancer survivor sees this as a way to help other women. She has attended six of these parties. She hopes the person receiving the pillow is comforted.

"Doing this makes me feel warmer," breast cancer survivor Sue Clark said. "These pillows are good for wom-

en who have had radiation treatments too. The pillow protects the area where it's sore from the treatment."

Buford Goodenough said he showed up because he likes to volunteer and this is a project that is near and dear to his heart. He works with a breast cancer survivor.

Volunteers could choose one of six stations to work. The first station had women busy cutting fabric, the second group matched fabrics up and pinned them together. There was a whirl of sewing machines where volunteers were sewing fabric together at the third station. The group at station



Arden-Carmichael News photo, Sally King

A-WHIR WITH ACTIVITY, volunteers for Necessities Bag manned six stations to create comfort pillows for women recovering from breast cancer mastectomies on Jan. 9. Some cut fabric, others pinned it, some sewed while others trimmed, stuffed or finished the pillows. The group's goal was to create 162 pillows, but a "whopping 262" pillows were made in one evening.

four trimmed the corners and turned the fabric right side out and handed them off to a small group ironing the fabric. The next group stuffed Polyfill into the pillows and handed them off to the last group who hand sewed the small opening on the side of the pillow together.

Through the whole evening, only one small hitch interfered with the assembly line process. Early in the process some of the sewing machines lost power, but Eddy had it fixed right away.

This is the Jaime Clifton's second time volunteering for this project. She attends Laguna Hills High School and sees this as a good way to receive community credits.

A young boy and girl whose mother recently passed away from breast cancer and their aunt were helping sew the pillows together.

Lynn Smith is 88 years old and was stuffing the pillows.

"This is my meditation," Smith said. "I have to keep busy after losing my hus-

band of 53 years and this makes me feel good."

Ask any of the volunteers who showed up and there would be a big smile and a feeling of warmth as many of them expressed how much they enjoy being a part of this quarterly event, knowing that somewhere there is someone who is using that small pillow as a comfort in a painful, scary situation.

To learn more, and to read comments from Necessities Bag recipients, visit <http://necessitiesbagsac.org>.

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Faces and places Museum Day a hit with families

Photos by **BILL CONDRAY**
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Museums throughout the region participated in the annual Free Museum Day, held the first Saturday in February.

The Aerospace Museum of California, located on the former McClellan Air Force Base, saw nearly 10,000 people visit the museum that day. In addition to seeing the many vintage aircraft, visitors to the museum were able to meet some of the people who flew or worked with those remarkable flying machines...including a member of the George S. "Spanky" Roberts Chapter of the Tuskegee Airmen, SMSgt. George W. Porter, USAF Ret.



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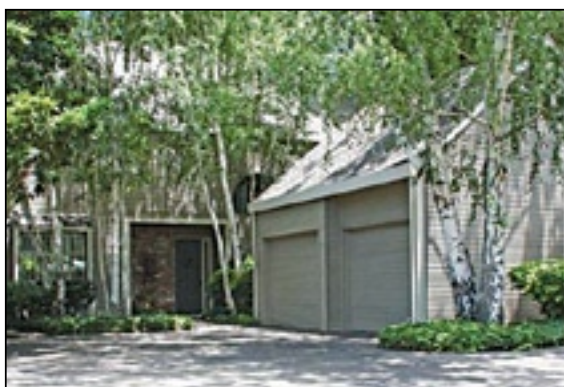
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