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ARDEN-CARMICHAEL NEWS

July 26, 2012

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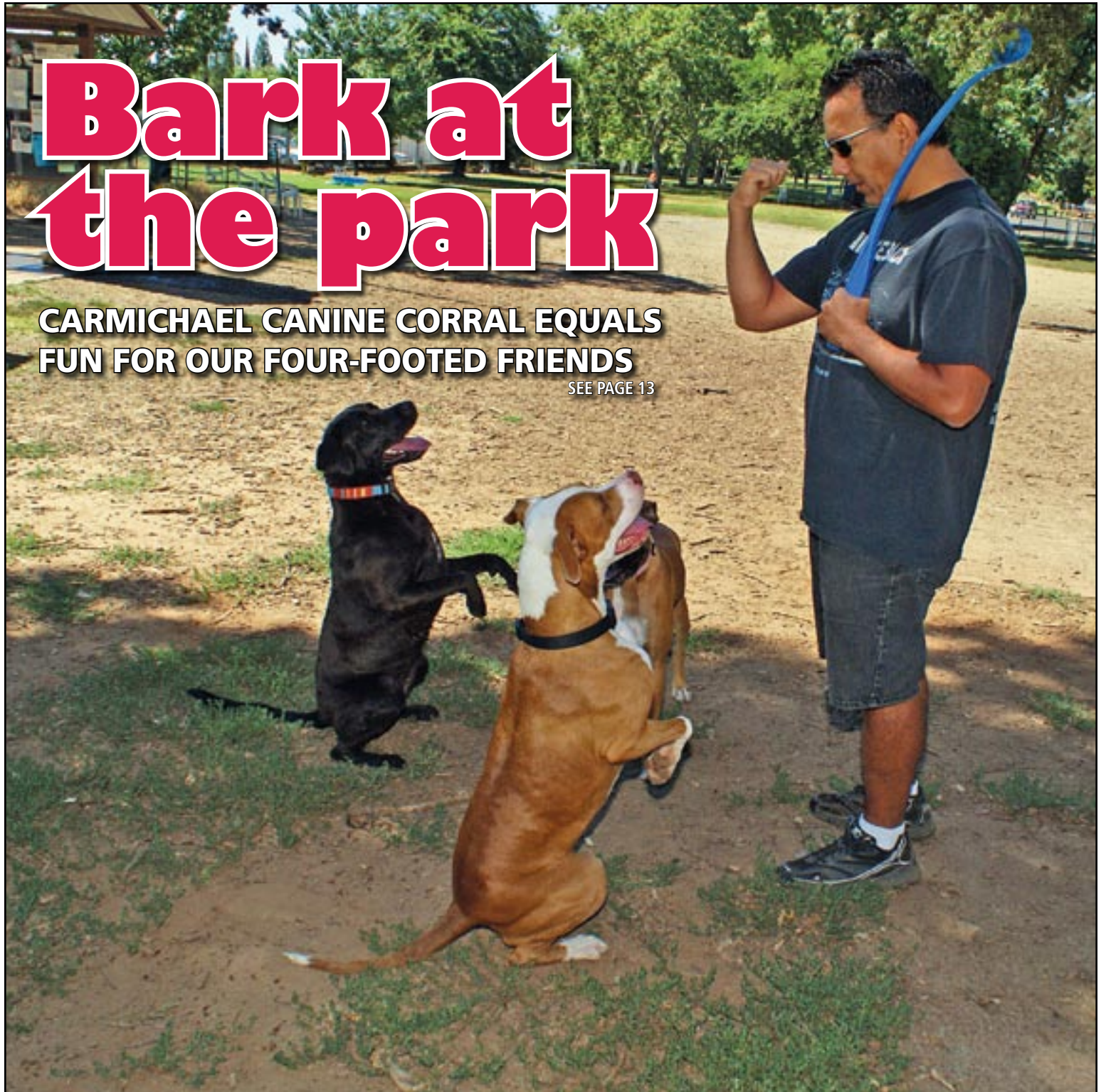
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JANEY WAY MEMORIES:

Floating the river just like Huck Finn

By MARTY RELLES
Arden-Carmichael News columnist
marty@valcomnews.com

Early one morning in the summer of 1961, my friend Al Wilson and I set out to fish on the American River.

We walked across the pit (the vacated sand and gravel site behind the houses on the east side of Janey Way), crossed Elvas Avenue, and then climbed over the levee to Sacramento State College.

There we crossed the campus to Alumni Grove Park, then walked upriver to a spot we called the "marina."

There we waded over to an island in the middle of the river and took a path to its north side. As we approached our fishing spot, we made a discovery: a crude wooden raft constructed from pieces of driftwood and scrap lumber.

To us, this seemed pretty cool. We dragged the boat back into the brush and concealed it.

That day we fished, but a week later we returned, prepared to board the raft and float down river. Each of us carried a canteen filled with water, and a couple of candy bars to sustain us on our adventure.

We also carried scrap two-by-four boards to use as oars. We pushed the raft down into the water, then Al boarded first and went toward the front.

I followed and pushed off with my trailing foot. The raft floated out into the river, and float it did. A little water dribbled through the cracks, but the boat proved to be seaworthy.

Once in the river, we used our makeshift oars to steer the raft into the current, then off we went down river at a slow but steady pace. Soon we passed Alumni Grove Park where some students waved at us as we floated by.

Next, we approached the H Street Bridge. We had to use our oars there, to avoid hitting the bridge's con-

crete columns. Soon, however, we cleared the bridge and floated by the northern edge of River Park.

Eventually we drifted by the area called Paradise Beach. Swimmers waved at us there and yelled, "Where are you guys headed?"

That was a good question.

We never thought much about that. How far would we go, and where could we dock the boat? We began to keep an eye out for a place to end our little cruise.

Eventually, we spied a place to land. Under a black railroad bridge that crossed the river, we saw a little patch of sandy beach. Using the oars we rowed the raft onto the beach.

We barely made it, almost running into the bushes at the far end of the sand. There we pulled the boat up on the beach, disembarked and sat down to ponder our next move.

After eating our last candy bar, we walked up a path to the top of the levee. From there, we headed east, back toward River Park.

After walking about an hour, we reached Glen Hall Pool at the end of Carlson Drive in River Park. Phew, we were getting close to home. Finally, we reached the H Street Bridge, walked down to the street and headed west.

When we reached 57th Street, we turned left and walked over to J Street. There, in front of Shakey's Pizza Parlor, we parted ways. Al headed for his home on 56th Street, and I returned to Janey Way.

We felt very satisfied that day. We had accomplished our goal. Just like Huck Finn, we had floated down a mighty river.

That was more than 50 years ago, but it seems like only yesterday. Friends tell me that Al Wilson passed away a few years ago.

Now, the day Al and I floated on a raft down the American River is just another, swashbuckling Janey Way memory.

Vedanta Society of Sacramento adds to diversity of area

Roots of local religious group date back to 1948

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

The diversity of the Sacramento area is undoubtedly great. And a fine example of this can be found at a unique place on Mission Avenue, just north of Fair Oaks Boulevard.

This place is the Vedanta Society of Sacramento at 1337 Mission Ave. on the Carmichael side of the Sacramento-Carmichael border.

The Vedanta Society of Sacramento is a nonprofit religious organization that promotes the practice, study and teaching of the philosophy and religion of Vedanta – the ancient spiritual wisdom of India, especially as expounded by Sri Ramakrishna (1836-1886), Swami Vivekananda (1863-1902) and Sri Sarada Devi (1853-1920).

What is Vedanta?

Swami Prapannananda, minister and teacher of the Vedanta Society of Sacramento, presented the following words when asked to describe Vedanta:

"Vedanta forms the basis of the various branches of Hinduism and is one of the living philosophies and re-

ligions of the world. The word, 'Vedanta,' means literally, 'the concluding portions of the Vedas,' and also 'the supreme spiritual knowledge.' The Vedas are India's most ancient scriptures, whose composition (is) said by scholars to extend as far back as 4000 B.C. The books that comprise Vedanta – known also as Upanishads – were composed, for the most part, during the second millennium B.C., and consist of the accumulated knowledge of God, soul and the universe, as derived from the spiritual experiences and discoveries of generations of India's seers."

The basic Vedanta teaching is that God exists in every being and man's real nature is divine, he said.

Society's roots

The roots of the Vedanta Society of Sacramento's history date back to 1948, when a small group of Sacramento area residents became interested in Vedanta teachings and began traveling to San Francisco on a regular basis to attend services at the Vedanta temple in that city.

The Vedanta Society of Northern California was established in San Francisco on April 14, 1900.



Swami Prapannananda has served as the swami-in-charge of the Vedanta Society of Sacramento since 1996.

This Sacramento group's travels to San Francisco, coupled with the desire of various residents of the area to have a Vedanta temple in the capital city, led to efforts to construct a local Vedanta center.

Heading this project was Swami Ashokananda, who was then serving as swami-in-charge of the Vedanta Society of Northern California in San Francisco.

By the following year, a branch of this main society in San Francisco was formed in Carmichael, and the center of the branch was named The Church of Universal Philosophy and Religion.

It was not until November 1970 that the center was registered as an

See Vedanta, page 6

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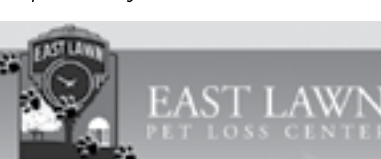
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Gidget #16613594

Breed: Domestic Shorthair Mix Color: Black & orange
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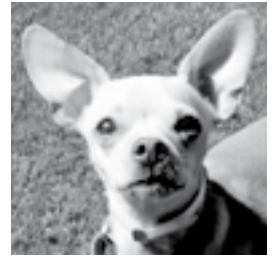


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Breed: Chihuahua Color: Tan & white
Gender: Male Hair: Short
Age: 1 year
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Breed: Amer. Staffordshire Terrier Color: Fawn
Gender: Female Hair: Short
Age: 4 months
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Mamas #1477628

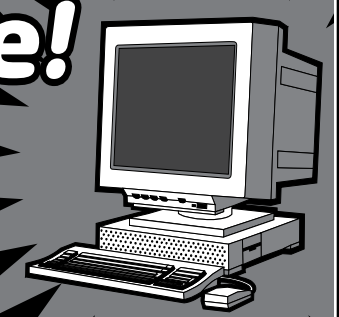
Breed: American Staffordshire Mix Color: White & grey
Gender: female Hair: Short
Age: 3 years 11 months
Mamas is a big bundle of friendly. She is a happy, confident girl who is very outgoing and affectionate and loves to have her belly rubbed. She wants to say hello to everyone she sees.

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Vedanta: 'Garden of Saints' includes a variety of shrines

Continued from page 3

independent religious corporation and renamed the Vedanta Society of Sacramento.

Constructing the center

The earliest branch classes were held at the residence of a local devotee.

For the purpose of establishing a permanent place for services and other uses, all but one acre of the local Vedanta center's present 8-acre Mission Avenue site was purchased in 1950.

An additional acre of property, which included a small house and walnut trees and was located adjacent to the north side of the

property, was purchased in 1963.

After the acquisition of the initial property, architect Henry Guttererson of San Francisco drew plans for structures that would be built on the property.

These plans were designed in a manner that construction would occur based upon the growing needs of the branch.

Initially, volunteers provided the entire workforce for the project. But as construction progressed, several Vedanta members from San Francisco added to these labor efforts.

A temporary chapel was dedicated on the grounds on Feb. 28, 1953.

Altogether it took 14 years to complete the main portion of the project, and the temple was dedicated on Saturday, Nov. 14, 1964.

The new temple

Swami Areshananda, swami-in-charge of the Vedanta Society of Portland, officiated the dedication.

In attendance at this special event were about 220 people, including swamis, monks, nuns and devotees from the Bay Area and Portland.

Today, the site includes a permanent chapel, a monastery, an auditorium, a 3,500-volume library, offices and a bookstore.

The present chapel, which has a seating capacity of about 100, includes an altar with the universal OM, or Order of Merit symbol, which is an ancient, sacred Indian representation of the highest impersonal spiritual ideal.

Also included on the altar are flowers, candles and images of Sri Ramakrishna, Swami Vivekananda, Sri Sarada Devi, Guatama Buddha and Jesus Christ.

It is at this altar where daily worship is performed. The Sunday services, which are held from 9:30 to 10:30 a.m., are the most wide-

ly attended services. These services are followed by an 11 a.m. public lecture.

The grounds

Adding to the uniqueness of this religious site is its landscaped, lightly-wooded grounds, which, for the most part, have the appearance of a beautified park.

Many first-time visitors of this site are pleasantly surprised to observe such a highly developed, serene setting, which includes tall Italian cypresses, magnolia trees, fruit trees, lotus ponds, lilies, roses and statuary.

These grounds were recently enhanced with the presence of colorful, lotus blooms, which are used as a religious symbol in Hinduism, as well as in Buddhism.

The garden of this local Vedanta center is known as Santodyan or "Garden of Saints."

Included within the garden are shrines dedicated to St. Francis, Our Lady of Guadalupe, Moses, Lord Shiva, Lord Krishna, Shankaracharya, Sri Chaitanya and Guru Nanak.

Religious tolerance

Swami Prapannananda described the idea behind the garden's wide variety of shrines.

"We respect all kinds of religions and we learn from all spiritual person-

ages, so to focus on that, we have made this Garden of Saints," he said. "People can also learn from this sort of teaching of religious tolerance or mutual understanding."

Swami Prapannananda, who is a native of Kolkata, India, became a resident of Gujarat in 1966. Gujarat, a highly populated state in western India, is the world famous birthplace of Mahatma Gandhi.

In 1989, Swami Prapannananda came to the United States to become the assistant swami of Carmichael's Vedanta center.

Seven years later, he replaced Swami Shradhdhananda as the local center's swami-in-charge. Swami Shradhdhananda, who came to San Francisco from India in 1957 to become the assistant swami of that city's Vedanta center, served as swami-in-charge of the Carmichael Vedanta center from 1964 to 1996.

Vedanta centers are located throughout the world, including more than 150 centers in India and 13 centers in the United States.

The local compound is open daily from 6 a.m. until 8:30 p.m. or dusk, whichever arrives first.

For additional information regarding the Vedanta Society of Sacramento, call (916) 489-5137 or visit www.vedantasacto.org.

Local youth artists 'step up' to be counted the State Fair

By SUSAN LAIRD
Arden-Carmichael News writer
slaird@handywriting.com

For the last 158 years, Californians have proudly celebrated the talent and bounty of this great land at the annual California State Fair.

Whether in good times or tough ones, somehow the good folks of the Golden State manage to "step up" and show why there is always hope for the future.

Case in point: A number of Sacramento County's youth artists – those in middle school and high school – submitted art work for the Youth Art & Design Expo.

And the young people "faired" very well.

In fact, there were some 840 entries from Sacramento County's young people that were judged good enough to win ribbons for first, second and third places, plus honorable mention. Not every entry was awarded a ribbon, so honorable mentions from this juried show are a significant accomplishment.

Private sponsors also stepped up to make additional awards available.

The titles of the submitted works are lively and imaginative – and seeing the creativity and talent of this younger generation is a great encouragement to fairgoers, as well as fun entertainment.

Here are a few of the schools in the Valley Community Newspapers readership area that are represented at this year's fair:

Sam Brannan Middle School

Erinn Wong won a second place ribbon for "My Memory of Grandma Po Gee Lo" (Scrapbooks & Collections).

Christian Brothers High School

Morgan Gable won a second place ribbon for "Moon and Sun" (Wood items) and an honorable mention for "Cabin Sweet Cabin" (Any Other Craft or Hobby).

Julia Grajeda won the Best of Class trophy and a first place ribbon for her "Travel Backpack" in the Any Other Sewing Project category. She won two additional first place ribbons for "Plaid Sweatshirt" (Single Clothing Item) and "Pretty Pink Pillow" (Any Other Sewing Project). Julie also won a red ribbon for "Tie-Dye Tote Bag" (Any Other Sewing Project) and a third place ribbon for "Purple Skirt" (Single Clothing Item).

Crocker Riverside Elementary

Annabelle Long won a first place ribbon for her watercolor painting, "Hungry," and an honorable mention for her painting, "Awe."

Genevieve Didion Elementary

Derek Yuan won a first place ribbon for "Pacific Fair" (Mixed Media), sec-



Photo by Susan Laird
The Youth Art & Design Expo at the California State Fair has a number of impressive entries this year, with many from Sacramento County students.

ond place ribbons for "Sunset On The Shore" (Watercolor) and "After Snow" (Pastel & Charcoal). He received honorable mentions for his Pastel & Charcoal entries, "What A Blossom!" and "Enjoy The Vacation, Enjoy The Life!" Evan Yuan won a first place ribbon for his Mixed Media entry, "Three Pals."

John F. Kennedy High School

Kelly Peng received honorable mentions for her Pastel & Charcoal entries, "Chinese Orchid" and "Spring Bird." Briana Santiago won a first place ribbon for "No Two Alike" (Mixed Media). Casey Wong won a third place ribbon for her 3D Sculpture entry, "See Youth art, page 17"

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39th Annual Eppie's Great Race

Story and photos by TOM PANIAGUA
Arden-Carmichael News photographer
tom@valcomnews.com

Another Eppie's Great Race has come and gone, but memories of a fun-filled day will live on. Thousands of people participated as well as volunteered for the annual event, now in its 39th year, which took place Saturday, July 21.

The race began with a 5.82-mile run along the American River bike trail near the bridge at William Pond Recreation Area.

Teams, "Ironmen" and "Ironwomen" then biked 12.5 miles from Guy West Bridge at Sacramento State to the Sunrise Avenue Bridge in Rancho Cordova.

The race concluded with a 6.35-mile kayak down the American River to River Bend Park.



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Spare the water, save the money

Vincent Smelser, water conservation specialist for the city of Sacramento, began the morning by explaining the city ordinances in effect to save water. Smelser let folks know there are many ways to save on their water bill. He pointed out enforcement comes in the form of citations and fines can get up to \$500.

Water use around the home
Smelser suggested when washing the car, use a shut-off nozzle. Running hoses are no longer allowed, he said.

Another way to save on water is sweeping the patio or sidewalk instead of hosing it down. Smelser said per city ordinance, the only time water is allowed for cleaning a sidewalk is if there is an unsanitary event, but to be careful not to wash animal excrement or chemicals into the gutter, that also constitutes a fine.

When to water

Watering is allowed between 7 a.m. and 4 p.m. For spring through fall, odd number addresses water on Tuesdays, Thursdays and Saturdays. Even number addresses water on Wednesdays, Fridays and Sundays.

During winter, (when daylight saving time ends) folks are allowed to water only one day a week, either Saturday or Sunday.

Use the right gear

Smelser said often times improperly functioning sprinklers waste a lot of water.

Another water waster are older toilets. The city has a rebate program up to \$100 for toilets installed prior to 1992. The city also offers free showerheads and aerators for the sink.

On average a person saves 25 gallons of water the first 10 minutes of their shower using a water saving showerhead, he said.

"The courthouse on Bicentennial Circle saved 300,000 gallons of water a year just by replacing the aerators," Smelser said. "Just by using a water efficient toilet, one can save 12,000 gallons of water a year."

City services

The city of Sacramento makes water-wise house calls for folks within city limits. A trained water conservation specialist will visit the home or office to identify potential water savings both inside the home and outside. If needed, the city will analyze and make suggestions on how to improve the soil, keeping water costs down.

Smelser said the city is able to identify leaks through smart meter technology. The water department is able to tell by looking at a residential water bill online where the leaks are

located. Consumer's now have the option of looking at their bill online to see where their water is being used most frequently.

Watering methods

Smelser demonstrated various methods used for watering; spray, hose and drip. The city provides information on the best watering system for different types of landscapes. Smelser said to keep sprinklers in good repair. There are proper designs to keep sprinkler heads from breaking. Pop ups should be even with the ground. A good timer is essential to saving water.

"Seventy percent of water goes to landscaping in the summer, and switches to bathrooms in winter" Smelser said. "27 to a 1,000 gallons of water per irrigation is used for a typical landscape."

A water-efficient yard

David Campbell, Siegfried Engineering and designer of the city of Sacramento's water efficient demonstration garden, gave a presentation discussing drought tolerant plants, shrubs and grasses used for landscaping. He also discussed efficient ways to design yards and water saving irrigation systems.

Campbell, a licensed landscape architect, said when designing a landscape around saving water, there are specific things to think about.

The function and design of outdoor landscaping, turf alternatives and how efficiently the water is delivered are important in designing a water saving landscape.

"When thinking about what your yard is used for, turf is not the only answer," Campbell said.

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Water: City of Sacramento makes water-wise house calls

Continued from page 10

"Grass is the cheapest, but not the most water efficient way to landscape a yard."

Landscapes may include gardens, a place to escape to, or a place to attract birds and butterflies. Campbell said often yards are used for screening or buffering the home from busy streets and noise.

Types of plants

Campbell discussed a variety of plants, ornamental grasses, shrubs and groundcovers that are drought tolerant. He said some landscapes change throughout the year with the seasons and some folks enjoy seeing their landscape change.

There are many types of grasses that do not need constant mowing, watering, aerating, or fertilizing. He said ornamental grasses are not meant for foot traffic.

"A group called WUCOS (Water Use Classification of Landscape Species) now has empirical data on how much water certain types of landscapes use," Campbell said. "The information can be accessed online through the University of California Extension."



Photo by Sally King

David Campbell, of Siegfried Engineering, designed this water-efficient demonstration garden for the city of Sacramento.

The irrigation system

Campbell explained there are different types of conversions kits people can use to update and improve their irrigation system. In general, overhead sprays are 30 to 55 percent efficient, rotators and rotors are 65 to 75 percent efficient, bubbles and micro sprays are 80

to 85 percent efficient and drip is 85 to 90 percent efficient.

All who came to the meeting left with buckets full of free goodies to improve water use in the home

and information on how to conserve water with an efficient landscape.

For more information on water savings, visit www.cityofsacramento.org/utilities or call 311.



Faces and places: Carmichael dog park welcomes furry, four-legged friends

By BILL CONDRAY
Arden Carmichael News writer, photographer
bill@valcomnews.com

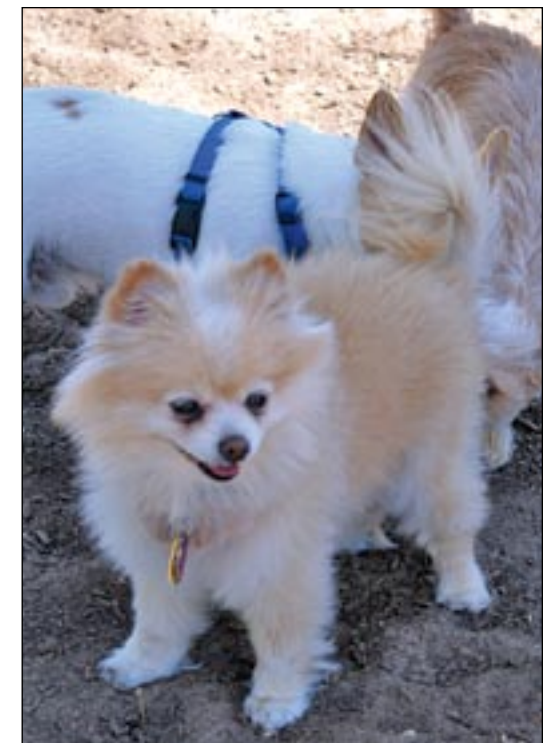
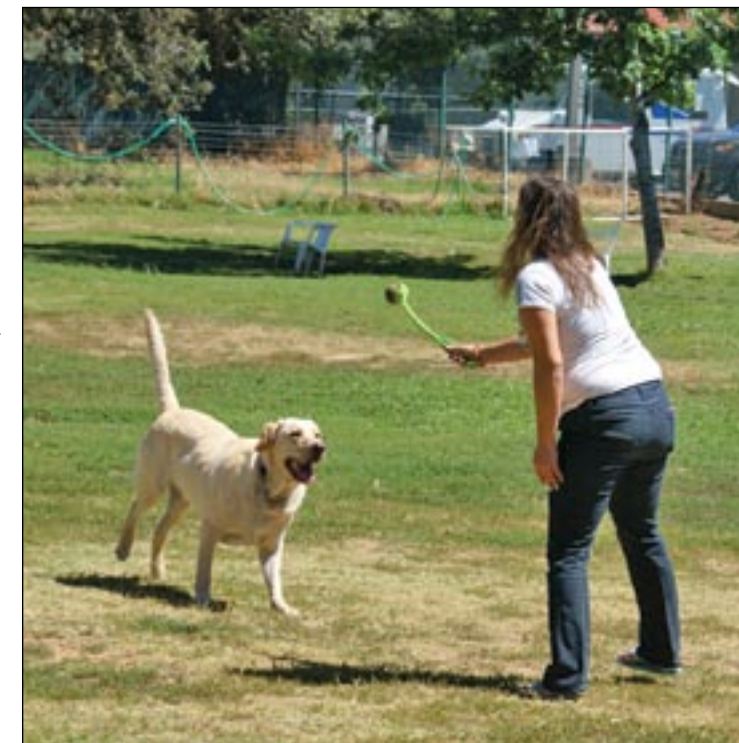
A "barking good time" can be had by dogs and owners at the Carmichael Canine Corral off-leash dog park.

It is well fenced, including a double-gated area for entry so any anxious four-footed "friends" could not easily get away. Most of the dogs run loose and are well behaved.

Dogs of all sizes can run free, chasing balls or other toys and get plenty of exercise in a large fenced-in area.

The dog park at Carmichael Park is located in the southeast corner. If you enter the park off Fair Oaks Boulevard, at 5750 Grant Ave.

Turning left at the end of the parking lot and follow the drive around, you will find the dog park on your left near the natural outdoor theater area.



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Carmichael Creek Community selected for 'Blue Thumb Neighbors' program

Special to Arden-Carmichael News

The Carmichael Water District announced that its Carmichael Creek service area has been selected to participate in "Blue Thumb Neighbors," a free program designed to teach participants how to create beautiful, River-Friendly landscapes.

River-Friendly landscaping is a holistic approach to sustainable landscaping that uses resources, like water, efficiently and incorporates practices that foster soil health, reduce waste and prevent pollution of the air and waterways.

Each participating household will receive a free at-home consulta-

tion on efficient watering, sponsored by the Carmichael Water District, and then education and resource kits during three workshops.

Workshops will be held at the Deterding Elementary School, Multipurpose Room at 6000 Stanley Ave. from 6:30-8:30 p.m. on:

Tuesday, Sept. 11: Sustainable Landscape Design – taught by landscape designer Cheryl Buckwalter of Landscape Liaisons.

Tuesday, Sept. 18: Efficient Watering – taught by licensed landscape contractor and irrigation specialist Don Smith.

Tuesday, Sept. 25: Right Plant, Right Place – taught by Ellen Zagory, Director of Horticulture for the UC Davis Arboretum.

In addition, the program includes a free hands-on workshop at a participant's home during which volunteers will transform two areas of the front yard from 9 a.m. to noon on Oct. 13.

Two participants will win weather-based "smart" irrigation controllers donated by Rain Bird and Hunter.

"Our Carmichael Creek customers directly came to mind when we first heard of this program," said Carmichael Water District General Manager Steve Nugent. "They have long been advocates of water efficiency as evident in their active participation in the District's water conservation programs. With expert guidance and advice, this program will greatly enhance our Carmichael Creek customer's efforts to improve

and maintain their quality of life."

Neighborhoods from throughout the Sacramento region were nominated for the program and then evaluated according to 13 criteria, which included whether the neighborhood is metered and representative of other communities in the Sacramento region. After interviews with leaders at top-ranked neighborhoods, program sponsors selected the Carmichael Creek community.

Carmichael Creek, which was nominated by Carmichael Water District, was the only neighborhood selected for the 2012 Blue Thumb Neighbors program.

The Blue Thumb Neighbors team will be going door-to-door on Saturdays, August 4 and 11 in some Carmichael neighborhoods to provide more information about the program and invite residents to participate.

Interested residents may contact Blue Thumb Neighbors Program Coordinator Christine Kohn at (916) 944-1631 or ckohn@INCommunications.biz to sign up or visit the Carmichael Creek Neighborhood Association website at carmichaelcreek.org to learn more.

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Youth art: State Fair a venue for county 'bragging rights'

Continued from page 7

nic Lantern" and received an honorable mention for "Bridge Of Hope" (Wood Items).

Matsuyama Elementary

Gabriela Ham won two third place ribbons for "Cherry Blossom Hills" (Mixed Media) and "Spring Fountain" (3D Sculpture). She received an honorable mention for "Easter Bunny" (Paintings).

Lauren Ham won second place for "A Day In Fruit Garden" (Pastel & Charcoal). She received honorable mentions for "Rose And Butterflies" (Watercolor) and "My Neighbor's Dog" (Pastel & Charcoal).

Janice Ng won a first place ribbon for "Myths of Dragon" (Mixed Media) and a third place ribbon for "Birds' Paradise" (Pen, Pencil & Printmaking).

C.K. McClatchy High School

Maxwell Bauer's photography was well received at the fair. Maxwell won first place for "Primary Houses," a third place ribbon for "A Modern Concert" and an honorable mention for "Rows."

Sierra Brown won a blue ribbon for "Spirals of Smoke" (Photography) and a second place ribbon for "A Cat Always Nose" (Photography). Sierra received honorable mentions for "Another Day on the Farm" (Photogra-

phy) and "Jack the Rabbit" and "Overflowing" (both 3D Sculpture).

Mira Loma High School

Sarah Liu received honorable mentions for "Two Orchids in Bloom" and "Hibiscus With Leaves," both in the Pastel & Charcoal category.

Saint Francis High School

Always a powerhouse in the world of the arts, the Troubadours proved that they continue to have "the right stuff" at the State Fair. Art is just a one semester requirement at St. Francis, but over 80 percent of the student body take additional art classes.

Tessie Berghoff won third place for "The Dark Rose" (Pastel & Charcoal).

Katie Chappelle won third place for her untitled work in Photography.

Jessica Cosca won second place for "I'm Thirsty" (Photography).

Megan Daly won first place for "Synesthesia" (Pastel & Charcoal).

Morgan Finegan won second place for "Tears" (Pastel & Charcoal).

Megan Foy received an honorable mention for "Maya" (Paintings).

Jessica Gutierrez won third place for "Flora" and received an honorable mention for "Laconsentida" (both Photography).

Grace Hollingsworth won first place for "Angel" (Photography).

Clarissa James won third place for "Above Bunny Falls" (Paintings).

Jinyan Li received an honorable mention for "Blessed Mother" (Paintings).

Victoria Ogorodnikov received an honorable mention for "Spence In The Kitchen" (Pastel & Charcoal).

Bianca Quiroz received an honorable mention for "True Beauty & Snow Queen" (Digitally Manipulated Photography).

Gabriella Riegos won second place for "Tomassy" (Digitally Manipulated Photography).

Melanie Rogers-Mantel received honorable mentions for "Venice In Blue" (Paintings) and "Self Portrait" (Pastel & Charcoal).

Natalia Smith won third place for "Tiger" (Pen, Pencil & Printmaking).

Kenall Spector received an honorable mention for "The White Moon" (Digitally Manipulated Photography).

Danielle Villaluna won first place for "A Bus In London" (Pastel & Charcoal) and received an honorable mention for "Gypsy" (Mixed Media).

Sydney Wall won a third place ribbon for her "Self Portrait" (Photography).

Frances Wiese won a third place ribbon for "Native To The Sun" (Mixed Media).

Shalom School

Oliver Black won first place for his 3D Sculpture entry, "Folding Cup."

Daniel Levine won third place for "Hamburger" (3D Sculpture).

Zoe Osorio received an honorable mention for "Blooming" (3D Sculpture).

Sutter Middle School

Benjamin Bauer won a third place ribbon for "Tic-Tac-Toe" and an honorable mention for "Patterns" (both Photography).

Santana Garcia won two third place ribbons for "Puddle of Youth" and "You Make Beautiful Things" (both Photography). Santana also received an honorable mention for "Nature's Heart" (Photography).

Caitlin McLaughlin won third place for "Beautiful Treasures" and received an honorable mention for "Unique" (both Pen, Pencil & Printmaking).

Aaron Won won first place for "Escape" and received honorable mentions for "Mysterious Garden" and "Reflection" (all Watercolor).

The California State runs through July 29 at Cal Expo, located at 1600 Exposition Boulevard in Sacramento.

Fair hours are 11 a.m. to 10 p.m. Monday through Thursday, 10 a.m. to 10 p.m. Friday through Sunday. Visit www.bigfun.org for admission and Midway information.

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

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Available wheelchair taxi van, 5 passenger capacity. Without wheelchair 6 passenger. \$3 per mile. Trips 15 miles and over only \$2 per mile. Can also help push your wheelchair to run errands. Permit & liability insurance. (916) 505-7952.

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Send your event announcement for consideration to: editor@valcomnews.com as least two weeks prior to publication.

JULY

Hatha Yoga
July, meets every Monday, Wednesday and Friday: Align the body through breathing techniques, postures and deep relaxation, 2:15 - 3:15 p.m., Hart Senior Center, 915 27th St., Sac. (916) 808-5462.

Kid Olympics
July 26: Jumping rope and hula hoping may not be Olympic sports, but you can still receive a medal. Kids can show off their athletic skills and get ready for the real Olympics with lots of sporty fun for all ages at the Belle Coolege Library, 5600 South Land Park Dr. Sac. (916) 264-2920.

Documentary
July 26: "Surviving in Our Toxic World," by filmmaker Deborah J. Whitman, of Environmental Voices, 7 to 9 p.m., Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr. Sac. Free program in the Meeting Rm.

Fire Station 12 open house
July 28: Come visit Fire Station 12 at 4500 24th St., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Kiwanis Club of East Sacramento-Midtown
June 29: 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

Roosevelt Park Farmer's Market
July 31: Roosevelt Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 9th & P streets, Sac. www.california-grown.com

AUGUST

Families Anonymous
July 29: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addiction problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. June (916) 402-2465

Community Sunday breakfast
July 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m. every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Rotary Club of South Sacramento
July 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi
July 30, meets every Monday: Chinese exercise combines specific movements and relaxation. 10:45 to 11:45 a.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters
July 30: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freestoasthost.org

Fremont Park Farmer's Market
July 31: Fremont Park Farmer's Market. Every Tuesday, May-Sept. 10 a.m.-2 p.m. 16th & P streets, Sac. www.california-grown.com

grapes, tomatoes, visit educational booths and the silent auction, more. 8 a.m.-2 p.m. Free. Fair Oaks Horticultural Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

Land Park Volunteer Corps
Aug. 4: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as we maintain, improve and beautify lovely William Land Park. First Saturday of every month, March - Nov. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsact@aol.com

Pancake Breakfast
Aug. 4: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/ person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

POWERtalk International
Aug. 4, 7: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Pancake Breakfast
Aug. 4: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Harvest Day
Aug. 4: Hear presentations by local gardening experts, tour the unique Horticulture Center demonstration gardens, taste fruit,

Crochet Guild
Aug. 8: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

Referrals Plus
Aug. 8: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org

Volkssport walking
Aug. 11: 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

Fire Dancers
Aug. 11: Fire performers from the Bay Area and beyond will come to the Land Park Amphitheater for the fifth-annual Fire Spectacular. The Obsidian Butterfly fire troupe and fire friends will perform from 7 to 10 p.m. Live music, workshops and vendors will be at the amphitheater from 3 to 6 p.m. tickets on the day of the event are \$20 for adults, \$10 for 18 and under \$10 and children under 8 are free. A special \$45 family rate applies for two adults plus two children. Advanced tickets are available until Aug. 10: adult \$15, family rate \$30. For tickets and information, visit www.sacred-fireanddance.com/FireSpectacular.html

Fire Station 43 open house
Aug. 11: Come visit Fire Station 43 at 4201 El Centro Rd., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

'The Fox on the Fairway'
Aug. 17-Sept. 23: Screwball comedy about love, life and man's eternal love affair with...golf. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

Fire Station 13 open house
Aug. 18: Come visit Fire Station 13 at 1100 43rd Ave., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Free Dental Clinic
Aug. 24-25: The Calif Dental Assoc. Foundation will offer a free dental clinic at Cal Expo, 1600 Exposition Blvd, beginning 5:30 a.m. Volunteers are needed. Services are free of charge and include cleanings, fillings and extractions. Open to all who do not have dental insurance. First-come, first-serve basis. More info at http://cdfoundation.org/Give/Volunteer/CDA-Cares-FreeDentalClinics.aspx or call 1-888-959-1331.

Fire Station 15 open house
Aug. 25: Come visit Fire Station 15 at 1591 Newborough Dr., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Mend-A-Thon
Aug. 25: The Capitol Ballet Company Costume Committee presents a Mend-A-Thon fundraiser from 2:30 - 4:30 p.m. Bring your clothes that need mending, as volunteers will repair them on a donation basis while you wait. Volunteers will repair items such as loose buttons, small tears and simple hems. Bring buttons if you have them. The event will take place at the Arcade Library Community Room, 2443 Marconi Ave.

SEPTEMBER

Land Park Volunteer Corps
Sept. 1: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as we maintain, improve and beautify lovely William Land Park. First Saturday of every month, March - Nov. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsact@aol.com

Pancake Breakfast
Sept. 1, Oct. 6: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

POWERtalk International
Sept. 1, 4: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Fire Station 19 open house
Sept. 8: Come visit Fire Station 19 at 1700 Challenge Way, Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Volkssport walking
Sept. 8: 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

Crochet Guild
Sept. 12, Oct. 10: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

Referrals Plus
Sept. 12, Oct. 10: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org

Carmichael Geranium Society
Sept. 14, Oct. 12: 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

Fire Station 57 open house
Sept. 15: Come visit Fire Station 57 at 7927 East Parkway, Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Fire Station 18 open house
Sept. 22: Come visit Fire Station 18 at 746 No. Market Blvd., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Fire Station 60 open house
Sept. 29: Come visit Fire Station 60 at 3301 Julliard Dr., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

OCTOBER

POWERtalk International
Oct. 2, 6: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.-1 p.m. and First Saturdays of the Month 12 noon-3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Fire Station 8 open house
Oct. 6: Come visit Fire Station 8 at 5990 H St., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Land Park Volunteer Corps
Oct. 6: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as we maintain, improve and beautify lovely William Land Park. First Saturday of every month, March - Nov.

Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsact@aol.com

Pancake Breakfast
Oct. 6, Nov. 3: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/ person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Crochet Guild
Oct. 10, Nov. 14: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Karolyn (916) 457-4044

Referrals Plus
Oct. 10, Nov. 14: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org

'Rehearsal for Murder'
Oct. 12-Nov. 18: A play within a play, with murder and surprising revelations. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

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Call (916) 429-9901 for rates.

FREE LUNCHEON SEMINAR
"The Privilege of Planning"
Thursday, August 9 - 6:30 to 7:30 p.m.
Presenter: Mel Osborne
General Manager
East Lawn Elk Grove Memorial Park
Funeral Director Lic#1455
30-minute presentation followed by a question and answer period.
Wednesday, August 29 - 11:30 a.m. to 12:30 p.m.
Tuesday, September 18 - 6:30 to 7:30 p.m.
Seating is limited to 30 attendees per seminar
East Lawn Elk Grove Memorial Park
9189 E. Stockton Blvd., Elk Grove, CA 95624
Reservations Required RSVP to (916) 732-2031
melo@eastlawn.com

"Surviving in Our Toxic World"
Documentary filmmaker Deborah J. Whitman, of Environmental Voices, will show a 40 minute documentary film - "Sky Lines" followed by a discussion of how you can survive in our toxic world.
Thursday, July 26 - 7 to 9 p.m.
Robbie Water's Pocket-Greenhaven Library Meeting Room
7335 Gloria Drive, Sacto-This is a free program.

CRAFTERS NEEDED
St. Josephs Catholic Church in Clarksburg is holding its Annual "Craft Faire," "Chili Cookoff," & "White Elephant Sale" on Sat. & Sun, October 6 & 7. We are looking for Homemade Arts & Crafts. If are interested in participating, call Joan Kleist @ (916) 392-9946 or for more info & display table reservations.

Malt Shop Memories 4
a talented group of local musicians
August 2
Casa Garden Restaurant
11:15 a.m. & 1:15 p.m.
2760 Sutterville Rd., Sac
Call (916) 452-2809
for lunch reservations

FREE LUNCHEON SEMINAR
"The Privilege of Planning"
Thursday, July 26 - 11:30 a.m. to 12:30 p.m.
Seating is limited to 30 attendees per seminar
St. Francis Community Hall
6700 Verner Avenue, Sacramento, CA 95841
(1-80 @ Greenback)
Reservations Required RSVP to Lisa West @ (916) 732-2020

**CALL (916) 429-9901
TO ADVERTISE YOUR EVENT
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East Sacramento News
The Land Park News and
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Here's your chance to live in one of the most exclusive spots on the American River! 3 bedrooms, 3 baths in the main house, 3 car garage plus separate 1 bedroom guest house on .895 Acre. Endless possibilities in a very private location - Don't Miss It! \$1,235,000

CARMAH HATCH 765-6210



SPACIOUS ARDEN OAKS

Wonderful Arden Oaks property located on 1½ acres of trees, floral gardens and fountains. Features separate guest quarters, large formal dining room, and patio area with fireplace, 2 office areas in addition to 5 bedrooms, 4 fireplaces and 4 HVAC units. See: 3910windingcreekroad.ePropTour.com \$1,650,000

PATTY BAETA 806-7761



WONDERFUL ARDEN PARK

Remodeled 4 bedroom 3 bath home with over 2400 sq. ft. The great room kitchen/family room includes a gourmet kitchen with gas cooktop, custom cabinets, and dining bar. The stacked stone fireplace and media wall make this a fabulous family area. Pool. See: www.990CastecDrive.com \$509,000

CHRIS BALESTRERI 996-2244



SIERRA OAKS CONTEMPORARY

Immaculate 3 bedroom 2½ bath Streg featuring custom kitchen cabinets by Poggenpohl. Modern feel throughout, with new roof in '04, newer pool equipment, dual pane windows, custom garage doors, laminate flooring lovely pool by the covered patio. \$525,000

MIKE PUENTE 395-4727



CUSTOM SIERRA OAKS VISTA

Located on .83 acre with park-like setting. Tall trees, sparkling pool, large patio areas, floral gardens and a fire pit. Features include 4 bedrooms, library, 3 baths, hardwood floors, high ceilings and walls of glass. 2 fireplaces and large custom master suite with big shower, Jacuzzi tub and limestone counters. \$1,295,000

PATTY BAETA 806-7761



WYNDGATE CUSTOM

Customized 2-story featuring His & Hers baths with walk-in cedar closets! Open floor plan with raised wood beamed ceilings in LR & DR. French doors to tranquil private patio with custom water feature. Den with wrap around desk. See: 455wyndgaterd.epropertiesites.com \$579,000

PATTY BAETA 806-7761



TRANQUIL CAMPUS COMMONS

Wonderful property in tranquil and convenient Campus Commons. 2 bedroom 2 bath, new and refreshed features! Hardwood floors in living room, dining room and family room. Family room fireplace. 2 patios - Zen Feeling. Fresh paint, granite counters, new lighting, and more! \$249,900

SHEILA VAN NOY 505-5395



SIERRA OAKS VISTA

Custom 2 story home in very private setting on park-like grounds. Grand home with huge rooms, high ceilings and wide hallways. 4 bedrooms, 5 full baths and 2 half baths; most bedrooms have baths. Tennis, pool, spa & pavilion with fireplace. See: www.3101adamsroad.epropertiesites.com \$1,599,000

PATTY BAETA 806-7761



SIERRA OAKS

Wonderful family home, 3 bedrooms 2 baths in a desirable Sierra Oaks location. Many updates; features include granite kitchen counters, hardwood floors, family room fireplace, master suite, dual pane windows, newer roof, newer HVAC system and whole house fan. \$595,000 (PENDING)

PATTY BAETA 806-7761

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