

Reflexology is more than just massage

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Photo by Susan Maxwell Skinner

The \$100 hamburger Have plane, will fly for good food

By Earl Rogers
THE EAST SACRAMENTO NEWS

It is not uncommon for a group of people with mutual interests to meet monthly for lunch at the Midtown watering holes. Some might even seek out more distant destinations – say, Redding or heading across the Sierras to Bishop in the Owens Valley.

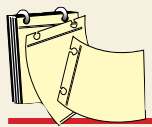
That's what members of the Sacramento Valley Pilots Association do. They know every airport restaurant within a 150 mile radius of Sacramento Executive Airport. Their rules are simple. The restaurant has to be within walking distance of an airport, and the flying

Watch me

A Great Blue Heron waits for his dinner on the American River, near Ancil Hoffman Park. Beginning birders took an ornithologic outing in his territory last month under the tutelage of experts from Effie Yeaw Nature Park. Views of herons, turkeys, hummingbirds, scrub jays and more were their reward. More about this day in nature is on page 6.

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

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Open schedule, office hours and more

Mayor moves toward his promised 'City That Works for All of Us'

This is the first of a monthly column from Sacramento's new Mayor Kevin Johnson.

Change. It's a word we all heard a lot in last year's elections – both on the national level and here in Sacramento.

During my first month in office, I've been committed to making sure that it simply wasn't campaign rhetoric.

During my mayoral campaign, I held eight "Town Hall" meetings throughout our city. These forums provided an opportunity for unfiltered give-and-take with voters. No moderators. No screened questions. Just an honest-to-goodness back and forth that provided me with a unique opportunity to listen to what matters to Sacramento families.

No matter which city council district I visited, there was no shortage of suggestions on how to improve the efficiency and effectiveness of city government.

At the David Lubin School in East Sacramento, a McKinley Park homeowner talked about how frustrated she was with City Hall. She called it "unresponsive," "bureaucratic," and "completely inaccessible."

At the California Middle School in Land Park, a neighbor expressed her dissatisfaction with municipal government, noting a "disconnect" between the city's leaders and the citizens they were supposed to serve.

In the Pocket, several families at the Didion Elementary School told me their calls to city for assistance were either ignored or became entangled in red tape.

Everywhere I went throughout the city, I heard much of the same.

I wasn't surprised.



MAYOR KEVIN JOHNSON
NEIGHBORHOOD MATTERS

I ran for mayor to change the way city government works. I want it to be responsive, smart and focused. Most of all, I want our city government to work for all of us.

That's why in the first few weeks of my administration, I took several steps to make Sacramento government more accountable, transparent and accessible.

Changing the way the city does business

No longer will city government be inaccessible. I've launched a series of initiatives to bring the city services and my office to you.

- Office hours – To provide Sacramento citizens with direct access to their city government and their mayor, I will hold office hours one Saturday every month, beginning at 9 a.m. These field office hours will be held throughout the city to ensure every resident has the opportunity to speak directly to me about the issues most important to them. (Check the city website, www.cityofsacramento.org for the schedule.)

- Town Hall meetings – There's no need to trudge down to City Hall to share your views on issues facing the city. Each month I will hold a town hall-style meeting where you can voice your opinion on city issues, along with your

See Matters, page 3



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Matters

Continued from page 2

neighbors. These meetings will be held in each city council district, with city officials on hand to answer questions and address neighborhood concerns.

- An “open book” schedule – My daily schedule of official meetings and activities will be open and available to all Sacramento residents, and it will appear on the city website. This will provide you the opportunity to see the energy and dedication I plan to put into being mayor.

- Communicating with citizens – I will be open and accessible with the media, which, in turn, will provide you with continuous updates about your city government. I will appear for one hour every Wednesday afternoon at 3 p.m. on KFBK radio and every Friday at 12:30 p.m. on the “Eric Hogue Show” on KTKZ radio (the latter will be broadcast live from “The Park” on 16th Street at lunchtime once month so citizens can participate). I also will appear on News10, answering questions sent via the web, every Thursday either at 11 a.m. or 5 p.m. Every Monday morning at 7:45 a.m., I will be featured on “Mondays with the Mayor” on Fox 40 TV, where I will answer questions submitted via e-mail by viewers.

I welcome your direct feedback to what is published here. E-mail me directly at mayor@cityofsacramento.org.

Charter reform

Reforming the city charter is often a dry exercise. But it’s time Sacramento join the rest of the state’s large cities in modernizing its charter to provide more accountability in city government.

Under the current charter, an unelected city manager – appointed by the City Council – has the major responsibility for managing city government. Department heads report to him, not to any elected official. Most major decisions are made by the city manager – sometimes contrary to what citizens want. Yet the city manager isn’t accountable to voters.

That’s why more and more cities – most recently Oakland and San Deigo – have reformed their charters to provide citizens

the opportunity to hold their mayors accountable for city government actions.

Under the proposed system, the mayor is the city’s chief executive officer, similar to the governor or the president. The council is the legislative body, providing checks and balances to the mayor’s authority.

If charter reform is passed, Sacramento residents will have an individual – me – that they can judge as to whether or not we’re solving the problems and making progress at fixing the problems at City Hall.

That means no more passing the buck or finger pointing. It means you can hold me accountable for what’s happening with our city government.

This would be a significant change in the way city government works, and I will be providing more details on this crit-

ical charter reform in my next column.

Auditing city spending

It’s no secret that these are difficult economic times. The downturn in our economy is straining city services with new demands for programs that serve low-income families, the homeless, and others that are having a difficult time making ends meet. Crime also is inching up, as it does during every recession, requiring increased spending to keep our streets safe.

Even though Sacramento enjoys some degree of economic stability as the home of state government, our city has been hard hit by the foreclosure crisis and private sector job losses. This, in turn, has caused major declines in the taxes we are able to collect.

As a result, I have inherited a record deficit. This will require difficult decisions to be made in the next few months – and years – as we try to balance our books.

The first step toward budget solvency is a top-to-bottom fiscal and operational review of the city’s finances – something I promised to do in my campaign. It’s time to open up the city’s books and find ways to eliminate waste and duplication of services, and to see if we can do things smarter and more efficiently.

Last month, I was able to convince one of the nation’s most prominent auditing firms, Alvarez and Marshal of New York, to conduct a “diagnostic” assessment of city spending at no cost to city taxpayers. The firm will focus on three to five key budget areas for potential savings, and report back to the City Council.

If the council then gives the green light, the firm will then move ahead with an eight-week intensive review of the city budget beginning in January. The firm’s services will end up costing the city nothing, as it guarantees that it will find savings twice that of its fee. If the city does not adopt its findings, no fee is charged.

This is a unique opportunity for Sacramento to become a more efficient, responsive, and results-based government. Many other cities employ outside auditors to ensure taxpayer dollars are wisely spent, and it’s time Sacramento join their ranks.

All of these measures – increased accessibility, improved accountability, and a thorough fiscal review – are part of the change I promised to bring Sacramento. As always, I welcome hearing your perspective on these actions.

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More than just a massage

Reflexology lets the hands lead the body to improved health



MAMIE WOO

HEALTHY LIVING - THE CHINESE WAY

I have many clients who come regularly for massages to maintain their well-being.

They understand regular massage sessions can relax muscles, lubricate joints, ease tension and stress, and enhance the immune system. Massage also helps remove toxins, so the body can heal itself, bringing clarity to the body and mind.

Many people like extra attention paid to their hands and feet. Repairmen and computer keyboard punchers, who constantly move their fingers and wrists, like their palms and the back of their hands massaged. For those on their feet all day long, such as postal workers, waiters, hair stylists, and meter-readers, a foot massage is bliss.

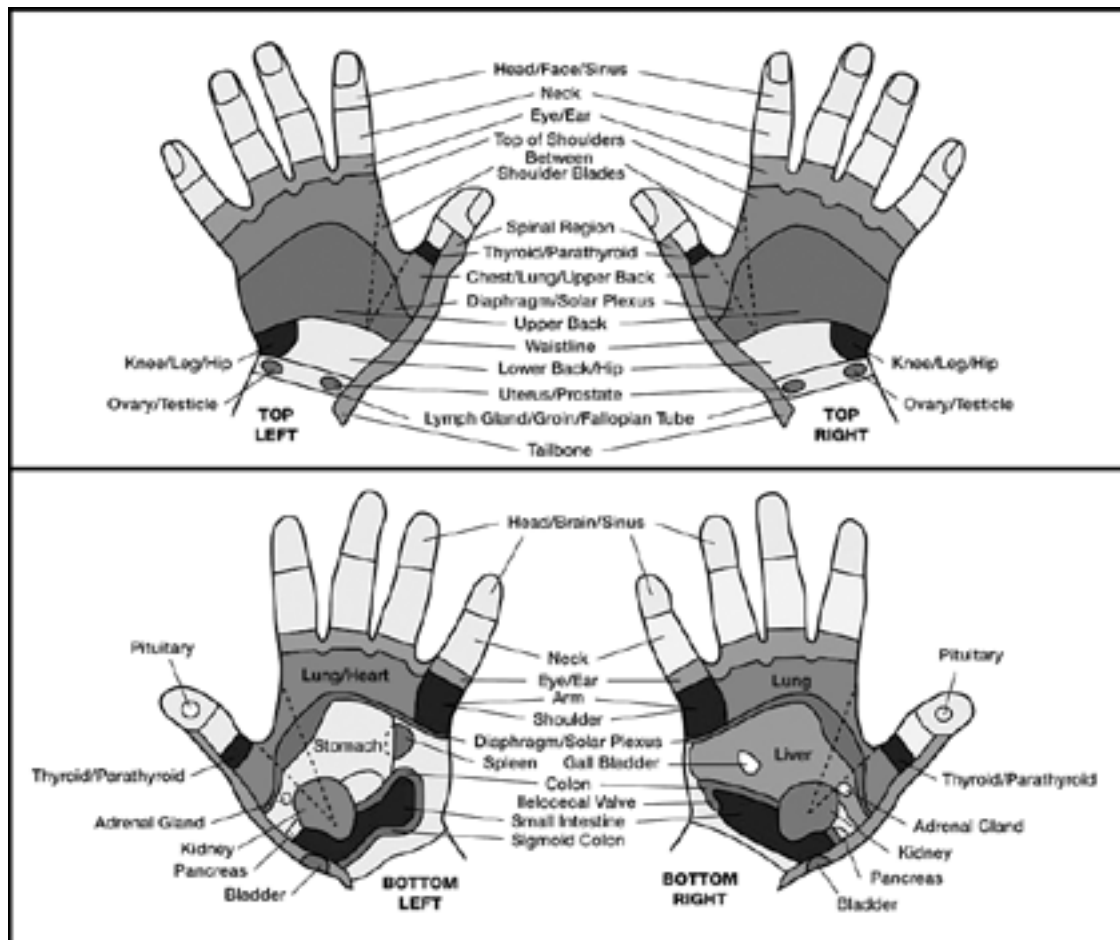
But with the hands and feet, massage goes deeper with reflexology.

A healing touch

Reflexology is an ancient "touch" therapy, a safe, nurturing healing art that has a sound basis in physiology and Chinese medicine.

We believe there are many organ nerve-ending zones at many parts of the body. For example, at the tip of the nose, ears, on the bottom of the feet and on the palms, each part is the reflection of the whole body, related to nerves, organs or gland systems. By stimulating the reflex region, it will accelerate the healing of a related health problem.

When manipulating the specific reflex regions for a specific ailment, the chemical causing muscle blockage or poor blood circulation is reduced. Once the blockages are released, circulation is improved, increasing blood flow, oxygen supply and nutrient supply to the tissues and every cell, or-



More than just a massage: Reflexology puts pressure on internal ailments.

gan and gland in the entire body.

Do it yourself

Take a look at the chart. It shows your body's organ, nerve and gland locations as

pertains to hand reflexology. On the left hand, there is the heart and spleen. On the right hand, there is the liver and gall bladder, but other than these organs, both hands have same organs and glands.

So, it is beneficial work on both hands.

Don't worry, you don't need a special tool, just

See Woo, page 5

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Woo

Continued from page 4

use your fingers! Try this with a friend.

First, you and your friend must sit comfortably at the same height across from each other. Make sure your fingernails are short and not sharp. Hold his or her hand in both of your hands. Using the pad of your thumb, glide on the skin feeling for bump or "sand" under the skin. If you find some, do a circular motion to break the calcium build-up. If not, just glide and rub on every bone in the palm and back of the hand to release the toxins trapped among the muscles.

You may shake the hand and stretch each finger one at a time. The hand will feel refreshed and alive. After the session, drink plenty of room temperature water to flush out the impurities you stirred up, so your body can rejuvenate.

Which regions to work

Let's say you have a sinus allergy -- stuffy nose with clear watery discharge, and had a bad night's sleep. This is how a trained reflexologist will work:

1. Work on adrenal gland and kidney reflex, both hands, to stimulate energy flow in the body.

One of the greatest aspects of this system is that it can easily become a self-care technique.

2. Spleen reflex, left hand, to enhance the immune system of the body and to reduce mucus formation.

3. Lung and sinus reflex, both hands, because the symptom of sinus and allergy is weakness of the Lung Qi.

4. Lymphatic system reflex, both hands, to drain out nasal mucus.

5. Solar plexus and diaphragm reflexes, both hands -- this is a very small region below the middle fingers on the palm. This is the whole body energy field and it must be enhanced, whatever the ailment.

6. Heart reflex zone, both hands, because Heart and Kidney harmony can improve insomnia

Why did I choose these reflexology zones? I look at the symptoms and then take the Chinese medicine approach: Sinus > Lung > Kidney > Spleen relation.

The sinuses need other organs' support. Insomnia can be eased by working on Heart and Kidney harmony.

Who can use reflexology

Because reflexology influences the whole person on all levels, it is appropriate for everyone -- infants, children and adults in all walks of life. One of the greatest aspects of this system is that it can easily become a self-care technique. It can be applied to anyone without fear of injury.

Reflexology can help with arthritis, asthma, anxiety, allergies, respiration problem, digestion, insomnia, nausea, immune system enhancement, in managing pain, removing toxins, with kidney/urinary problem and much more.

Today, reflexology is in widespread use. Many medical professionals and healing practitioners believe in the bioenergetic flow. The harmonious alignment of bodily function and nerve energy is a prerequisite to good health; and reflexology allows us to experience such ultimate benefit.

Mamie Woo trained at China's Guangzhou College of Traditional Chinese Medicine. She is a Tai Chi instructor, Chinese herbalist and certified massage therapist. Contact her at 616-1688; website: www.mamiechinesherb.com. She is hosting a workshop at the Asian Community Center on Tuesday, Jan. 13).

Jewish Film Festival: Hours of artistic insight

The Sacramento Jewish Film Festival will celebrate its 12th year with two dramas, three documentaries and several short films highlighting a range of challenging and insightful topics about the Jewish experience on Saturday and Sunday, Feb. 7 and 8, at the historic Crest Theatre, 1013 K St.

The festival begins at 7 p.m. Saturday, Feb. 7, with "The Secrets," a film about the challenges of two free-spirited young women facing the complexities of a religious lifestyle. Desserts and coffee will follow the screening. Neil Needleman's short "Trip to Prague" accompanies this program.

The "Not So Kosher Comedy Shorts" program shorts hits the screen at 10 p.m. with "Circumcise Me." This 2008 documentary provides a hilarious and fascinating look at American-born Yisrael Campbell, a Catholic convert to Judaism who becomes a stand-up comedy star in Israel. Also on the program are Stephen and Joel Levinson's "Jewno," "Let My People Grow" and "Getting There is Half the Fun."

At 1 p.m. Sunday, Feb. 8, is a documentary about a rabbi's son with Down syndrome, "Praying with Lior." At 3:10 p.m. is "Love and Dance," a story about a young boy torn between the conflicts of his Russian-born mother and Israeli father. The final film at 5:15 p.m. is "Blessed is the Match," with the short film "Toyland."

General admission for each screening is \$10, seniors and students \$8.50, with combined film tickets available. Advance tickets are available at the Crest Theatre box office. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L.

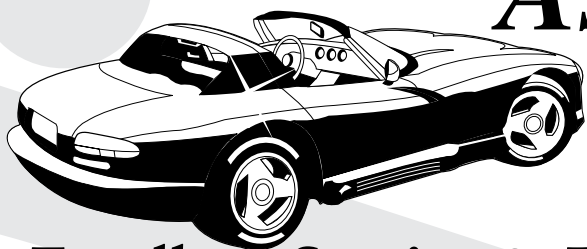
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Beginning birders bring their binos Do you see what I see?



Binoculars, whether brought or borrowed from the center, were a must.



Children learned a little about birds inside the Effie Yeaw Nature Center before heading out on their hunt.



There are clues all around for serious birders. The holes in this tree can only mean woodpeckers have been at work.

Beginning birders began with the basics at Effie Yeaw Nature Center in Ancil Hoffman Park last month. Binoculars in hand, they fought the fog to learn the who (anyone who wants to at any age), what (on this trek there were egrets, blue heron, wild turkeys, hummingbirds, scrub jays, woodpeckers and flickers, when (preferably in daylight, without fog), where (outside) and why (because it's fascinating and affordable) of birding.

Birding and all sorts of nature information is always available from Effie Yeaw. Phone 489-4918 or see the website www.effieyeaw.org.

Photos by
Kati Garner



Birding lends itself to all kinds of natural encounters, these deer being a grand bonus for the day.



Wild turkeys kindly made themselves available for beginning viewing and identifying.

Expect freezes ahead

Get out the pruning shears for January's must-trim roses and trees

January is pruning time for roses, with "the earlier the better" a good rule. Growth buds start swelling fairly early and the longer you wait to prune, the more the first spring blooms will be delayed.

Many other items are pruned now, including deciduous fruit trees (such as apple, pear, peach, plum, etc.) and other fruiting plants such as grapes, raspberry and blackberry. Flowering shrubs such as buddleia (except *B. asiatica*) can be trimmed now; as can summer and fall bloomers, clematis, ornamental and shade trees (except those noted later). Please note that grapes and most maples bleed sap badly if pruned to late, so prune those now.

Perennials that benefit from a good pruning each spring to control sprawl include hybrid penstemon, perovskia and large salvias. Remember, however, to wait on frost tender items.

Early spring bloomers such as azalea, japonica, camellias, lilac, flowering quince, forsythia, deciduous magnolia, most species roses, dogwood, pieris, rhododendron, and the flowering forms of fruit trees (flowering peach, pear, cherry, etc., grown for flowers -- not fruit) have their buds already formed, so hard pruning will decrease or eliminate blooming this season. For these plants the rule is: "Prune immediately after blooming."

Do not prune frost-tender plants yet.

January and February are the months we are most likely to get frost and freeze damage. Do not prune or even clean up frost damage on tender plants until after March 1. Even frosted stems provide some protection to the growth underneath them, helping prevent further damage.

Notes and cautions

Be careful early in the season about plants brought into nurseries from warmer areas that are far ahead of our area.

While most hardy perennials have a natural antifreeze in early spring as new growth emerges, these plants brought in from out of the area have

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

outgrown it. So while they may look better, they are subject to cold and frost damage that locally grown would shrug off.

A good example is blooming rose bushes from Southern California or Mexico sold for Valentines day. We often get frosts and freezes in February.

Bulbs come into the nurseries by the first week of January, however a few things HATE cold soil and will only rot if planted too early – the primary example being caladiums, although some of the hybrid-colored summer blooming calla lilies can also. Either start these in pots indoors, or hold till the weather warms up.

It is time to think of dividing and moving perennials, so they get rooted in again before hot weather.

If you're dividing things and have extra, check with me about donating them for the benefit sales.

Upcoming classes

Classes are four hours (9 a.m. to 1 p.m.) on either of the days given and are held at the house, 1689 Vallarta Circle. Cost per person, per class is \$40 or any two classes for \$70. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Circle, Sacramento CA 95834.

First come, first served; all classes have limited availability. For more info e-mail me or call, numbers are at the end of the column.

A class for new people

It doesn't matter if your new to gardening, or just new to Sacramento, this is a class for you, concerning our climate, our growing seasons, our soils and how things grow and work here around Sacramento.

It also covers things like why so many things that don't do well here are sold in local nurseries, when to plant what, and translating labels and directions printed for national use into something for Sacramento.

On Tuesday, Jan. 20, and Saturday, Jan. 24.

Plant propagation

This covers how to propagate plants from seed, cutting and division for the home gardener without fancy equipment and greenhouses. Not only does it cover techniques, but all the little things most classes miss that make major differences in your success. There will also be practical experience with you taking the cuttings and such home.

On Tuesday, Feb. 17, or Saturday, Feb. 21.

Advanced topics

This is a set of miscellaneous topics that will cover a number of topics partly directed by questions from the attendees. Special propagation/ growing techniques, winter protection, trends in the nursery industry, why some plants are so hard to find, why so many gardening rules aren't always good for the average gardener, common misconceptions about plants and wherever else your questions lead. It is a chance to pick my brain of more than 35 years of gardening experience in several different climates.

On Tuesday, March 10, or Saturday, March 14.

Benefit plant sale dates

The early season sale of dormant plants, potted bulbs and bareroot perennials will be from Jan. 31 to Feb. 3, at the house.

The north area February sale of bareroot, potted bulbs, growing and dormant potted perennials will be Feb. 14 to 16.

For those of you who don't want to wait until late January for the next sale to check out plants – or can't make it out on a sale date – you can make an appointment to come over at another time by either e-mailing me leaving a message on my machine, or calling Kyle's cell phone at 420-1398.

Please note that while I added some concrete walkways last year, parts of the yard are still

often muddy, and it's a growing area, so things are often not signed and arranged as they are at the downtown sales, at least not early in the year.

To the New Year

I want to wish you all a Happy New Year and hope that 2009 will be a healthy, happy and prosperous year for you.

The New Year for gardeners always brings visions of new growth and flowers to come, a new time of hopeful looking ahead. We need that more than ever at this time of dismal economies with all of us affected one way or another.

The garden for many is our therapy, our time to escape from the everyday problems, relax and putter, look ahead and just remember the beauty of the world around us.


As always, I'll have new plants for you to try for the first time and old favorites to replace winter losses or overgrown oldies. I will also be trying to provide additional small starter plants that are

cheaper for you to start out with than expensive gallons.

I also want to say thank you to all of you who helped Sunburst and its kids this holiday season. I am delighted to say, that even with the rough economic times, you made sure all the kids received presents and hot holiday meal at the Christmas party. Thank you all!

Also I want to send a big thanks to those who sent in donations for the animals' shots and food through the winter. I thought I might have to give one of them up, but don't have that problem now. Thanks!

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



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Surviving loss

Coping With Life Alone helps its grieving members do just that

By Steffi Broski

THE EAST SACRAMENTO NEWS

The first time Joan Neill came to a Coping with Life Alone meeting, she felt -- though shy at the beginning -- great relief. Everybody was so warm, she says, and looking back now, it has been an amazing healing process.

The group Coping with Life Alone has been in the Sacramento area for 32 years as part of the Beginning Experience program. In that time, it has provided much needed support to its divorced, widowed or separated members.

Coping with Life Alone meets from 7 to 9 p.m. every Thursday at St. Michael's Episcopal Church, 2140 Mission Ave., in Carmichael.

Finding a connection

"We all have suffered from some sort of major personal loss," says Neill, who is now one of the 28 group facilitators and board treasurer of Beginning Experience. "It's a grieving process that you are helped through by other people who have experienced it."

Marie Alfuso, facilitator and board president of Beginning Experience of Sacramento, found the group when she and her husband divorced after 28 years of marriage. At times, she says, it was hard to talk to family and friends and when she first came to the group, discussing her story with strangers was easier because "there is something that connects us."

"I hear a lot of people say in this group, they don't feel judged here or nobody is putting me down because I am divorced," says Alfuso.

The program Beginning Experience was founded by Sister Josephine Stewart in 1974. As a counselor and director of Family Services in her parish, she discovered that more divorced, widowed and separated people came to seek her help. After a Marriage Encounter weekend she accompanied her divorced friend Jo Lamia on, the women felt inspired to organize something similar.

It's that 'new hurt'

Today, the program is international and offers not just week-

end, but also weekly programs to help people who grieve the loss of their relationship move toward a new beginning. Neill points out that the Sacramento chapter welcomes everyone "who has suffered from a major personal loss" and has had members in the past that lost a child or grandchild.

Alfuso says for next fall, they plan to offer "Happiness is an Inside Job" and "Rebuilding" in spring. Both groups are for those that have completed the 10-week sessions of Coping with Life Alone.

"Coping with Life Alone is for the person with the new hurt. Right now, we are really focusing on this group," says Alfuso.

Still, many members return to Coping with Life Alone after the first 10 weeks. Cost is an initial \$10 registration charge and \$5 for each week.

Inside a session

Each Thursday meeting is opened and ended with a prayer. Alfuso says though the group is Catholic-based, "an atheist could easily find healing power here." The group uses the Bible for prayers, but that is not mandatory.

Sessions have topics such as "Coping with Memories," "Rediscovering and Trusting Yourself," or "Growth through Loss." After two facilitators read their own personal stories to group members, they listen to a song, then split up in small groups. Three to four members get together with two facilitators to talk and listen.

"As facilitators, we are peers. We don't pretend to be experts and my situation isn't yours,"

says Alfuso. "We do a lot of reflective listening."

Chuck Murphy, facilitator and coordinator of Beginning Experience, has been with the program for more than six years. He says it has been a great healing experience, emotionally rewarding and spiritually satisfying. Above all, the program has given him many friends and has made it a lot easier for him to express his feelings.

"The camaraderie is extremely strong within Beginning Experience," he says. "It's just an excellent support system."

Alfuso agrees.

"We are not a social club, but we make friendships and do fun things along the way. We go out for pizza, organize dinners for the holidays. And these friends are not sort of therapist-friends, we really talk about everything, the good and the bad things," says Alfuso.

The weekend programs especially, says Alfuso, give members a chance to really get to know each other and form tight bonds. Murphy says they would also like to move into other areas, such as Roseville, Rocklin or Elk Grove. All they need are facilities.

"No one has to go through this thing alone. No one has to stay in that place of pain and anger. We are here," says Alfuso.

Coping with Life Alone meets every Thursday from 7 to 9 p.m. at St. Michael's Episcopal Church. The current ten-week session started Dec. 4 and ends Feb. 19. For more information call 835-2282 or visit www.sacramnetobe.org.



Coping With Life Alone facilitators at work. Second from left is Marie Alfuso, third from left, Chuck Murphy, next to him is Joan Neill.



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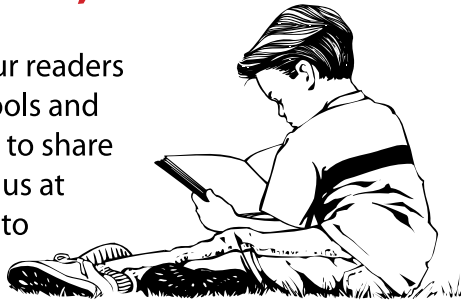
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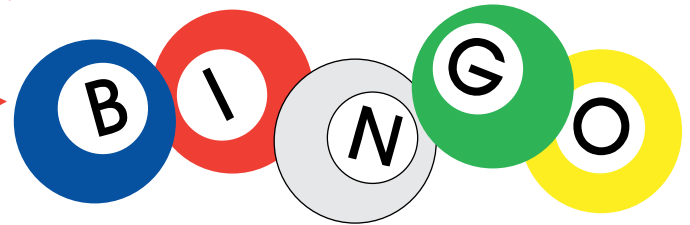
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Inside and Outside East Sacramento

Car oil 'myth' debunked

The California Integrated Waste Management Board, California Environmental Protection Agency, and General Motors Corporation are working together to educate Californians about the need to change their vehicles' oil based on manufacturers' guidelines and not automatically follow the long-standing 3,000 mile standard.

If your vehicle manufacturer recommends changing your oil at 5,000 miles instead of every 3,000 miles, drivers can reduce the amount of oil generated and can keep used oil from entering the waste stream.

"We're asking drivers to check their vehicle owner's manual for best car care practices. With better cars, new technology, and the increase of synthetic oils, the 3,000 mile standard is not always recommended," said board Chairwoman Margo Reid Brown. "And by reducing their oil usage, drivers can protect their pocketbooks and our environment."

A study by the waste management board found that 73 percent of California drivers change their oil more frequently than their manufacturer recommends, needlessly generating more used oil waste.

For more information on this topic, visit www.3000milemyth.org.

RSVP for WEAVE

Kicking off their ninth season of benefit concerts, Reconciliation Singers Voices of Peace will be joined by the nationally acclaimed Sacramento Children's Chorus to present a series of concerts titled "A Choral Tapestry" this month and next, as benefits for WEAVE, Women Escaping a Violent Environment.

Artistic Directors Julie Adams and Lynn Stevens once again combine forces to share a mix of American literature interwoven with the classics.

Founded in 1978, WEAVE is the primary provider of crisis intervention services to survivors of domestic violence and sexual assault in Sacramento County. It is WEAVE's mission to bring an end to domestic violence and sexual assault in partnership with the community.

All members of RSVP donate their time and all of their concerts are free. Donations are accepted.

The concert dates are:

- Friday, Jan. 30: 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd.
- Saturday, Jan. 31: 7:30 p.m., St. John's Lutheran Church, 1701 L St.

- Friday, Feb. 6: 7:30 p.m., First Presbyterian Church, 515 Sunrise Ave., Roseville.
- Saturday, Feb. 7: 7:30 p.m., Faith Presbyterian Church, 625 Florin Road.

For more information on RSVP and this concert series, go to www.rsvpchoir.org.

Meet Buddha at the Crocker

According to tradition, Buddha was a spiritual being who attained enlightenment and shared his teachings, giving birth to Buddhism, a philosophy originating in Asia and practiced for centuries.

"Buddha," an exhibition on view from Jan. 31 to April 19 at the Crocker Art Museum, explores the differences of Buddhist belief revealed through the depiction of the Enlightened One in more than 40 objects dating from the first millennium to the modern age.

Several programs will feature the exhibit throughout February:

- 6 p.m. Thursdays, Feb. 5 and 19, noon and 1 p.m. Saturdays beginning Feb. 7, Sundays beginning Feb. 1: Docents highlight works of art examining the role of spirituality in art. Free with admission.

Noon to 3 p.m., Saturday, Feb. 14: Second Saturday

for Families, "The Shape of Love," lets families tour Buddha and attend an art workshop to discover symbols of harmony and expansive love. Practice acts of kindness and goodwill by crafting Valentine cards for friends and family. Free with admission.

For more information on exhibits and events call 808-7000 or see the website www.crockerart-museum.org.

SPCA alters 90 feral cats

The Sacramento SPCA participated in the trap, neuter and release of more than 90 feral cats at its high-volume Spay/Neuter Clinic last month.

The SPCA, in conjunction with the Coalition for Community Cats, orchestrated the trapping of the cats, half of which were trapped as part of a colony living at Cal Expo Fairgrounds. More than 30 people participated in the trapping of the cats and the Sacramento SPCA performed a record number of spay/neuter surgeries, vaccinations, health checks and more in their high-volume Spay/Neuter Clinic.

The SPCA holds three feral cat spay/neuter clinics each month in its clinic, where more than 12,000 animals will be spayed or neutered this year.

The feral cat population in Sacramento is staggering. Many of the cats in parking lots and around shopping cen-

ters are feral cats. Feral cats are the "wild" offspring of domestic cats and are primarily the result of pet owners' abandonment or failure to spay and neuter their animals.

A pair of breeding cats and their offspring, which can have two or more litters per year, can produce a staggering 420,000 offspring over a seven-year period.

For more information, see the SPCA website at www.sspca.org.

'Grand' fund-raiser for the opera

The Sacramento Opera will host its signature fund-raiser of the year, Grand Opera in the Grand Ballroom, at 6:30 p.m. Friday, Feb. 13, in the ballroom of the historic D.O. Mills Bank building, 629 J St.

Proceeds from the event help support the Sacramento Opera's artistic and education programs throughout the year.

Tickets are \$125 per person and include hors d'oeuvres, cocktails, a four-course dinner, a tribute to the legendary dramatic soprano Jane Eaglen, exclusive auctions, live entertainment from the stars of the Sacramento Opera's "The Marriage of Figaro" production.

The mission of the Sacramento Opera is to produce outstanding opera, to develop and cultivate a wider public interest in opera and its allied arts, and to further music education in the region.

For reservations or to donate auction items, phone 737-1000.

'What's Opera, Doc?' and more

A free musical event for children ages 6 to 12 exploring how Warner Bros. cartoons introduced classical music to generations is scheduled for noon and 2 p.m., Saturday, Jan. 10, at Curtis Hall in the Sierra 2 Center, 2791 24th St.

Thanks to Bugs and Elmer Fudd, the music of Wagner, Donizetti, and Rossini is familiar to young audiences today. Discover the origins of opera, its relation to the visual art world, its diffusion to other countries and how it came to appear in cartoons and other pop culture outlets.

Such masterpieces as "What's Opera, Doc?," "The Rabbit of Seville," and "Long-Haired Hare," will be shown. The program also features live performances of three popular opera selections.

Reservations are not required.



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Sarus on 21st Street

Great Vietnamese food from a gracious immigrant

Sarus, a new, family-owned dining option in Midtown, is open at the former site of First Choice Chinese Restaurant. It's one woman's dream come true.

Specializing in homemade Vietnamese food, family-operated Sarus is named after a crane from Southeast Asia. The owner, Dawn Nhan, emigrated from Vietnam in 1980 with the dream of one day opening a restaurant. Previous restaurant work and her love of cooking fueled her desire.

Those who like loud music, rowdy customers at nearby tables or blaring televisions will be disappointed. Sarus is elegant in its simplicity. The food, ambiance and individual attention make for a genteel dining experience and everyone receives the same personal treatment when Nhan is in the house.

She manages to work a full-time job with the state, but is always in the restaurant on Mondays and in the evenings. When asked what makes Sarus different from other restaurants, Nhan replies without hesitation: "The food and service are better than any other restaurant!" She just might be right -- people say they love the food and keep coming back for more.

Portions are generous, prices are reasonable, the food is fresh and attractively presented, and Nahn adds her personal touch to the package.

Be sure to pick up a take-out menu.

Sarus is located at 1315 21st St., between Capitol and N. Phone 448-8833.



Photos by Melissa Andrews



Sarus Restaurant, 1315 21st St., gets its name from a south-east Asia crane. Owner Dawn Nhan (inset) came to Sacramento from Vietnam in 1980. Her restaurant is a dream realized.



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East Sac issue updates

Water rates, McKinley Village, and bunya-bunya tree on tap for New Year

As we turn the page to welcome the New Year, we can look back at 2008 and see that it was certainly a year of CHANGE. Whether in the White House or City Hall, Main Street or K Street, change was in the air.

In terms of the economy, the change has been all negative. But the new administrations both in Washington and in Sacramento offer a renewed hope that we can and will turn the economy around and create new jobs, even as we address the many other important public policy issues facing us, such as public safety, transportation, education, and health care, just to name a few.

I think most Californians have less reason for optimism about our governor and state Legislature. It is time for us to consider a complete restructuring of state government, particularly when it comes to how they pass budgets.

At City Hall, I am excited about working with our new Mayor Kevin Johnson to tackle our local and regional problems. Right off the bat in 2009, we will be working with an outside auditor to identify creative ways to close the city's growing budget deficit and create better systems of accountability. Closing the budget deficit will be even more difficult after the state enacts further local government cuts to balance its growing deficit.



Cohn's Corner

COUNCILMAN STEVE COHN, DISTRICT 3

Thanks to city voters passing Measure O in November (65 percent in favor), the city will retain its telecommunication utility users tax. If Measure O had lost, it would have cost the city \$12 million in revenues annually out of the city's General Fund.

Mayor Johnson's accountability initiatives

During the mayoral campaign, Mayor Johnson repeatedly raised the issue of having more accountability and greater efficiencies in running city government. I share these goals. The mayor's first initiative to accomplish these goals is hiring an independent auditing firm to work with the city's auditor to do a top-to-bottom analysis of city government and identify measures to reduce costs and increase efficiency.

The second initiative, which is more controversial, is changing the city's governance structure from a council-city manager shared structure to a strong mayor system. I am sure we will be talking a

lot more about that proposal in 2009.

Council defers water rate increase

On Tuesday, Dec. 2, while I was acting mayor of the city council, the council voted to defer the staff-proposed increase in city water rates, as well as a corresponding change in the metered water rate, until the newly appointed Rate Advisory Commission, which was created by an ordinance I sponsored last year, has an opportunity to carefully review the proposal and make a recommendation to council.

City utilities staff had proposed to increase water rates by a total of 4.5 percent, which includes 1.5 percent for baseline operational increases for water service and 3 percent for the state-mandated meter program. City staff initially proposed the rate hike in June, but council deferred the rate increase until after hearing a report back on the city's internal audit of the Department of Utilities, including the missing meters.

In November, the Department of Utilities reported to the City Council that more than 98 percent of the water meters that were unaccounted for the June 2008 auditor's report had been located. The process helped to identify many issues with data tracking and record keeping processes. The department has since implemented new policies and procedures for tracking meter data, such as recording serial numbers.

In other areas, the Department of Utilities has identified potential efficiency gains by limiting overtime and implementing a swing shift to cover calls for service that come in as customers return home from work. This more efficient routing would limit mileage driven on vehicles and fuel consump-

tion, and utilizing hybrid vehicles would cut down on fuel costs. Additionally, the department has recently implemented new inventory policies and procedures and barcode technologies that better track materials.

While it is never easy to increase utility rates, especially in tough economic times, the proposed average water rate of \$27.14 a month would still remain the lowest in the Sacramento region and one of the lowest in California. By comparison, Roseville residents pay \$32.79 per month, Elk Grove residents pay \$69.91 per month and Sac Suburban customers pay \$89.80 per month. Nonetheless, I expect the new Rate Advisory Commission to review the staff proposal carefully, including the issue of the appropriate metered rate.

I also want to see city staff return to council with options on how to implement the state-mandated meter program in the most cost effective manner possible. You can read the staff report on this item by visiting http://sacramento.granicus.com/ViewPublisher.php?view_id=8.

McKinley Village project

The council is currently scheduled for review and comment on the proposed McKinley Village project at 6 p.m. Tuesday, Jan. 20. A "review and comment" is a chance for the community to weigh in early about its issues as well as to provide initial feedback, comments and concerns with the project and to encourage the applicant to work with the community and staff.

Please check with the agenda at the City Clerk's website or call 808-7200 on Friday, Jan. 16, to confirm the item will be heard.

The proposed project is located in the old "Centrage" site. As currently proposed, the project includes 369 single-family detached homes and about 28 live/work residential units located above ground-floor commercial space, two parks, 15 green-courts (open space lots) and a future church site. The zoning is currently M-1 (heavy industrial).

Currently the site has access via a two-lane overpass (A Street Bridge) across Business

80 and connects to 28th Street. The project proposal includes another access point at Lannatt Way via construction of a railroad undercrossing that would connect to Elvas Avenue and C Street. The draft EIR is currently in process and is expected to be completed in Spring 2009.

The project requires a General Plan Amendment and several entitlements including a rezone to designate land uses and zoning consistent with the proposed project, a tentative map to subdivide 48 acres into 394 lots, a Special Permit for Alternative Housing and a Subdivision Modifications to establish non-standard street sections and alleys.

I have met with neighborhood and business leaders from East Sac, River Park and Midtown to develop common principles that we can all agree to in analyzing this proposal.

For more information, contact Steven Kerr, City of Sacramento at 808-5416.

Mercy/SHPS construction update

An appeal by the East Sacramento Preservation Task force of the Mercy/Sacred Heart Parish School application to remove the bunya-bunya tree located on the H Street side of the new school site will be heard by the Parks and Recreation Advisory Commission at 7 p.m., Thursday, Jan. 8.

Citing significant amounts of soil lead contamination as the grounds for removal, Mercy SHPS was granted removal by a third party hearing officer obtained by the Director of the Department of Transportation. Mercy Hospital had originally requested removal of this tree. The application was approved by the Parks Director, appealed to and denied by the Parks Commission, then called-up by Councilman Waters. At the final council hearing for the Mercy project, the applicant agreed to an alternative site plan that protected the bunya-bunya tree roots, which was incorporated into the city permit.

If you would like to comment on this or other issues, please contact me at City Hall, 915 I St., Sacramento, 95814, 808-7003, or by e-mail at scolm@cityofsacramento.org.



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Fly

Continued from front page

time has to be about an hour one way.

Off they go

They've gone as far north as Shelter Cove, a lovely spot on the north coast, or as far south as Harris Ranch, a busy meal stop on I-5 that has its own airstrip. Both destinations are about an hour and a quarter flying time from Sacramento. Somewhat closer are places like Auburn, Boonville, Bridgeport, Hayfork, Quincy, Ukiah and Yerington, Nev., to name just a few.

In aviation circles it's called the \$100 hamburger. The price varies, of course, with the distance from home base and the fluctuating cost of aviation gas, but the cost of a \$100 hamburger would break down to about \$10 (including tax and tip) for the burger and \$90 for the avgas. However at today's price the gas will cost the pilot around \$60 per hour or \$120 for a two-hour round trip. You can see what the high price of gas (and burgers) has done to the \$100 hamburger. Yet pilots are resourceful and will invariably find ways to cut expenses.

Carrying passengers and sharing the cost is one way. Another is to find a closer destination.

Point man

Bob Baker, retired from the U.S. Air Force and long time member of the SVPA, is the coordinator for these events. Once a month he will send out an e-mail naming his airport pick-of-the-month, the restaurant, the day and the time to meet.

He recently picked Half Moon Bay on the Pacific side of the San Francisco peninsula with the Half Moon Bay Brewing Company as the restaurant of choice. Flying time is about 50 minutes one way.

A small plane departing from Sacramento Executive Airport will head for Napa, cut across San Pablo Bay, and steer for Sausalito. With a little luck the marine layer that usually shrouds the coast in fog and low clouds will be laying well off shore.

From the Marin headlands the plane will descend outside the Golden Gate where occupants have a grand view of the bridge and the San Francisco skyline. Dropping down to 1,500 feet above the ocean to get underneath the flight path of the heavies climbing out of SFO, the small plane will skim along the shoreline past Golden Gate Park and the blocks of houses spilling over the hills of San Francisco down to the sea.

A few miles farther along the coast is Half Moon Bay Airport where pilot and passengers can park their plane, walk down a woody path that leads to Capistrano Road and several good eating places.

Designated flyer

The Half Moon Bay Brewing Co. offers an eclectic lunch menu, but wouldn't you know there is a downside to flying-for-food if you are a person who enjoys a glass of wine with your lunch. The pilot may not swallow an alcoholic beverage under threat of severe penalties for those who do. He or she is, so to speak, the designated driver. The rule for pilots is eight hours from bottle to throttle. This is a good rule intended for the safety of all concerned. Passengers are exempt, but for pilots there are no exceptions from air-



Members of the Sacramento Valley Pilots Association know every airport restaurant within a 150-mile radius of Sacramento Executive Airport. A recent "\$100 hamburger" lunch found them taking off for Half Moon Bay.

line captains to those of lesser stripe.

At the Half Moon Bay Brewing Co. the pilot must slurp down a Diet Pepsi with his Brewery Burger while sitting with passengers who may be sipping a glass of Cinnabar Chardonnay or drinking a mug of Pillar Point Pale Ale with their fish and chips.

Oh well! There is no charge for the views enroute.

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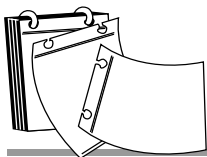
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From left: Wes, Ted, and Henry



Calendar

There's always more calendar at
www.valcomnews.com

JAN. 8

Computer Club meeting

Mission Oaks Computer Club meets, 1 to 3 p.m., for a program on digital scrapbooking -- printing scrapbooks on internet sites. A question and answer session follows the meeting. Visitors welcome. At the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Information at 366-1687 or the website: <http://missionoakscomputerclub.org>.

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "Memory and Function," 1:30 to 2:30 p.m., the first of a four-part series called "Use It or Lose It," by Community Education Director Kim Winters. Learn about dementia, Alzheimer's disease and treatment, what is normal with aging and memory loss, and more. Free. At the Asian Community Center, 7375 Park City. Reservations at 393-9026 x 222.

Wellness coach gives tips

Sacramento Chapter of the National Health Federation sponsors a free lecture on "Change Your Beliefs - Change Your Life with PSYCH-K," by Marie Wilson, Wellness Coach, 7 p.m., SMUD Building Auditorium, 6201 S St. Call 916-635-6724 for information.

JAN. 9

'Venturing in Italy'

Travel presentation, 8 p.m., at The Italian Center, 6821 Fair Oaks Blvd. Based on the book "Venturing in Italy: Travels in Puglia: Land Between Two Seas," features a Power Point presentation and readings from several of the 19 writers, \$10 admission. Copies of the book available for purchase as well as signings by the writers. Refreshments included. Information at ITALY-00.

JAN. 10

Twelfth Night party

The Sacramento Recorder Society's free musical program and dessert potluck, 7 p.m., Parkside Community Church, 5700 South Land Park Drive, celebrates Twelfth Night, an annual winter party. Unique recorders and 15th century Madrigal arrangements, plus Parkside's Bell Choir. For more information, contact the church office at 421-0492.

Robbie Burns Supper

Sacramento Lodge of Daughters of Scotia breaks out bagpipes for annual Robbie Burns Supper, Bethany Presbyterian Church, 5625 24th St. Marks the 18th century poet's birthday, with highland dancing, poetry-readings, a Scottish sing-song, a wee dram of Scottish whiskey and haggis. Admission by donation. For information, call 452-5204.

E-waste for Tiny Tots

Tiny Tots Preschool's free electronic-waste collection fund-raiser, 9 a.m. to 1 p.m., 1941 Bell Street. Accepting old monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines. Information at 433-0646.

'Pressure's On' demo

Sacramento County UC Cooperative Extension Master Food Preservers give a food preservation public demonstration, "Pressure's On!," a basic introduction to pressure canning, 10 a.m. to noon, Sacramento County Cooperative Extension office, 4145 Branch Center Road. Free. No registration required. Information at 875-6913.

Create a victory garden

Learn to incorporate a variety of edibles into your garden, 9 a.m., at the Horticulture Center, 11549 Fair Oaks Blvd. Free. Information at 875-6913.

Black-tailed deer adventure

Grab your binoculars to catch a closer look at the black-tailed deer in their habitat and learn more about their world, 1:30 p.m., Effie Yeaw Nature Center, Ancil Hoffman Park, 2840 San Lorenzo Way, Carmichael. Park entrance fee, \$5. Information at 489-4918 or e-mail eync@saccounty.net.

Counting crows, etc.

Learn how you and your family can help local avian wildlife by participating in February's 12th annual Great Backyard Bird Count, 10 a.m., Fair Oaks Library, 11601 Fair Oaks Blvd. Julie Serences, education chair of the Sacramento Audubon Society, will explain this important bird counting program designed for beginning to advanced birdwatchers. Information at 264-2920 or www.saclibrary.org.

Massage matters

Certified massage therapist Daren Yee gives information and demonstrations of medical and sports massage, 1 to 3 p.m., Belle Coole Library, 5600 South Land Park Drive. Free. Follow-up class, "Secrets of Massage," is scheduled for 6 to 7:30 p.m., Wednesday, Jan. 14. Yee is the massage therapist for the Flexible Flave breakdancers who perform at the Sacramento Kings and Monarchs professional basketball games. Information at 264-2920 or www.saclibrary.org.

Family fitness

Captain Running Man from Anytime Fitness discusses the benefits of health and fitness, giving extra attention to the importance of developing healthy habits at a young age, 2 p.m., Arcade Library, 2443 Marconi Ave. Free. Information at 264-2920 or visit www.saclibrary.org.

Eye science update

Sacramento Chapter of the Foundation Fighting Blindness invites the public to "An Eye on Science," a science update on retinal degenerative diseases and human clinical trials, 9:30 a.m. to 1 p.m., UC Davis School of Medicine, Medical Education Building, 4610 X St, Room 1222. Free, park in Lot 17. RSVP at 866-782-7330 or e-mail Sacramento@FightBlindness.org.

JAN. 11

Great Backyard Bird Count

Find out how to participate in The Great Backyard Bird Count, an annual four-day event in February that engages bird watchers of all ages in counting birds to create a real-time snapshot of where the birds are across the continent, 1:30 p.m., Effie Yeaw Nature Center, Ancil Hoffman Park, 2840 San Lorenzo Way, Carmichael. Park entrance fee, \$5. Information at 489-4918 or e-mail eync@saccounty.net.

Water blessing service

Parkside Community Church conducts a water blessing service, 10:30 a.m., 5700 South Land Park Drive. Bring a vial of water from home, a river or creek. For more information, contact the church office at 421-0492.

JAN. 12

Balancing workshop

Free workshop for people who have experienced a serious fall or are concerned about their stability, 1 to 3 p.m., Eskaton Administrative Center, 5105 Manzanita Ave. Participants will be included in eight sessions, learning methods to improve balance. Space limited, and reservations required. Information at 888-334-3490 toll-free.

JAN. 14

Concert pianist performs

Eldred Marshall, concert pianist, plays Schubert, Beethoven, and more, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Weight loss workshop

Carmichael Health and Wellness Center's one-hour workshop on how to lose weight and maintain it the healthy way, 6728 Fair Oaks Blvd., suite 306. Learn how to control blood pressure, high cholesterol and diabetes. Free. Reservations at 979-0716.

Medical decisions

Mercy McMahan Terrace retirement home hosts a free presentation on "Medical Decisions: When They Count the Most," 1:30 p.m., 3865 J St. Reservations required at 733-6510. Repeats Jan. 17.

Foot, ankle surgery info

Orthopedic surgeon and foot and ankle specialist, Dr. George Lian, presents information on the newest trends in surgical and non-surgical management of common foot and ankle disorders including total ankle replacement, 6 p.m., Sutter Cancer Center, 2800 L St., classrooms 1-4. Free. Space is limited. To RSVP or for more information, call 1-877-361-2663 and select option 5.

JAN. 15

Politics of investing

The Senior Connection offers a class to analyze how past administrations have affected the U.S. economy and changed the marketplace, 1:15 to 2:15 p.m., Easton Monroe Lodge, 3225 Freeport Blvd. Free. Information at 888-334-3490 toll-free.

JAN. 16

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part One," 1:30 to 2:30 p.m., the second of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about the benefits of mental exercise, physical exercise, get info on a brain-healthy diet and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 17

Funeral information

Harry A. Nauman & Son Funeral Chapel open house, 10 a.m. to 3 p.m., 4041 Freeport Blvd., for all questions about funeral planning. Free. Information at 452-6157.

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California Kids! is an events and activities guide for active families and is published once a month by Valley Community Newspapers, who also publish the *Arden Carmichael News*, *East Sacramento News*, *Land Park News* and *Pocket News*. We have been in business for over 15 years.

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



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New Year, new you

Free fitness fair at Arden Hills Resort Club and Spa features free fitness assessments, balance testing and mini-training sessions by top area physical fitness trainers, 9 a.m. to 1:30 p.m., 1220 Arden Hills Lane. Food samples, give-aways and hydrostatic body fat testing for a free. Information at 482-6111 or website: www.ardenhills.net.

Video games for health?

Arcade Library hosts a class for all ages on "Healthy Video Games," 2 p.m., 2443 Marconi Ave. Can video games be healthy? Get your heart rate up with "Dance, Dance, Revolution" and Wii Sports. Free. Information at 264-2920 or visit www.saclibrary.org.

Living with wildlife

Explore ways that humans can peacefully coexist with bats, raccoons, possums and other wildlife in their neighborhoods, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 18

Secrets of a wildlife watcher

Let a naturalist help you sharpen your wildlife observation skills as you discover signs of the animals living in the oak woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 20

Women's Connection

Sacramento Women's Connection luncheon, 11:30 a.m. to 1 p.m., Lions Gate, Club Room A, 3410 Westover McClellan Park. Features speaker Vicki Mascara, and nationally recognized artist Sharon Mahnken displays wood carvings. Cost, \$20 per person. Reservations required by Jan. 14. Information at 332-1461, or SacCWC@aol.com.

Talk about the schools

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., John F. Kennedy High School, 6715 Gloria Drive. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

JAN. 21

Hear a harpsichord

Harpsichordist Fayth Vollrath performs, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Know your fruits

Food Preservation demonstration on citrus and tropical fruits, 6:30 to 8 p.m., Sacramento County UC Cooperative office, 4145 Branch Center Road, \$3. No pre-registration required. Information at 875-6913.

How to pack light

Learn how to pack for months in merely a carry-on sized suitcase, get other hints on traveling light with

minimum baggage, 9:30 a.m. demonstration, 10 a.m. travel show, Mission Oaks Community Center, 4701 Gibbons Drive. Free. Information at 972-0336 or website www.morpd.com.

JAN. 23

Italian film series

Film series shows "My Brother is an Only Child," where two brothers discover they are more alike than they think, 8 p.m., at the Italian Center, 6821 Fair Oaks Blvd., \$10 admission. Shown in Italian, with English subtitles. Refreshments included. Information at ITALY-00.

Hot crab feed

Courtyard School's annual hot crab feed and auction, 6 p.m. social, 7 p.m. dinner, 205 24th St. Features hot crab, pasta, bread, and salad, \$45. Live, silent and dessert auctions. Information at 442-5395.

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about emotional health and memory, reducing stress, and the importance of social relationships. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 23-25

Master gardeners' clinics

UC Master Gardeners present three plant clinics to solve the public's gardening problems. Bring samples from problem insects or plants. At the Cal Expo Fairgrounds, inside the Pavilion, 1600 Exposition Blvd. Friday, noon to 8 p.m., Saturday, 10 a.m. to 8 p.m., and Sunday, 10 a.m. to 6 p.m. Information at 875-6913.

JAN. 24

Walk on the wild side

Walk with a naturalist and explore the winter season in the woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 25

East meets West in concert

Sacramento Youth Symphony and The Firebird Youth Orchestra in San Jose join for a presentation of traditional Chinese music. Begins with the Chinese New Year Lion Dance, followed by selections of traditional Chinese music using original instruments and costuming. Classical symphonic selections, too. At 3 p.m., Sacramento Community Center Theatre, 1301 L St. Tickets \$20, general, \$10 for children and students with ID, at 808-5181.

Free e-waste recycling

McClatchy High School's Rugby Boosters fund-raise with a free e-waste recycling drop-off, 9 a.m. to 4 p.m., at the school, 3066 Freeport Blvd. Accepting electronic waste including televisions, monitors, computers, computer components, phones, VCRs and DVDs, cameras, and more. Information at www.neuwaste.com.

JAN. 26

School district seeks input

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., Alice Birney Elementary, 6251 13th St. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

JAN. 27

'Stumpwork' for embroiderers

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Celeste Chalasami will teach stumpwork featuring a Gooseberry image. Visitors welcome. Information at 961-3558.

JAN. 28

Pops at lunchtime

Curvd Aire Brass Quintet plays pops to classics, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Reviving the brain

Larry Dawes leads brain workshops to help you maintain mental agility. Features four sessions of discussions and activities, every Wednesday, 9 to 11 a.m. Mission Oaks Community Center, 4701 Gibbons Drive. Space is limited. Reservations are required. Information at 334-1072.

The anti-cancer diet

Author and nutritionist Bronwyn Schweigerdt discusses ways to lower your exposure to cancer-causing compounds and outlines components of a cancer-prevention diet, 7 p.m., Arcade Library, 2443 Marconi Ave. Free. Information at 264-2920 or visit www.saclibrary.org.

JAN. 29

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about memory and identity, personal and collective memories, and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

The Thin Green Line

Sacramento County rangers, state Fish and Game wardens and US Fish and Wildlife officials are all part of the thin green line that protects wildlife, fish, parks and resources from harm. Hear stories both funny and tragic from those who keep the thin green line from unraveling, 7 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 30

RSVP for WEAVE

Reconciliation Singers Voices of Peace present "A Choral Tapestry," 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd., a benefit for WEAVE. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

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New leaders installed Older Women's League targets health care issues in 2009

Special to the *East Sacramento News*

The Sacramento Capitol chapter of the Older Women's League inaugurated its program for 2009 by installing two members to jointly hold the position of co-president during the coming year. They are Carmichael resident Eunice Lycke, a retired California Youth Authority parole agent and social worker, and Kathleen Lane, a Land Park area resident and retired social worker for Kaiser Permanente. They were elected by OWL members Dec. 19 at the Hart Senior Center to replace Joyce Miller of West Sacramento.

Lane and Lycke, both in their 80s, said they felt the job could be handled best by having two

co-presidents to share the workload. The two women have been friends since they first met as students at Loyola University in Chicago.

With the U.S. in a major recession and the Obama administration set to take over in Washington in late January, Lane and Lycke agreed that OWL faces greater challenges than ever in its role of marshaling public and political support for meeting the needs of older and mid-life women.

Improved and universal health care services were listed as major needs for OWL's nationwide membership, Lycke said. She and Lane listed other areas to be targeted by OWL, including guarantees of adequate housing for all, along with improved Social Security, transportation and other needs to be secured by supporting appropriate legislation on the state and national levels.



Kathleen Lane, left, and Eunice Lycke share the gavel they will use as joint leaders of the Older Women's League.

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DEBBIE TOWNE 532-2652



TWO TOWNHOMES LEFT

Just two, still available! New townhomes by Ken Dyer, 3 bedroom 3 bath units each with elevators and oversized 2-car garages. Dramatic living rooms with vaulted 17½ foot ceilings and corner gas fireplaces; top-of-the-line kitchens. 3rd floor master suites. See www.JStTownhomes.com \$629,000

COLLEEN WIFVAT 719-2324



PENDING!

SANTA YNEZ BUNGALOW

Great location and what a charmer, and ... there is still some work to be done. 2 bedroom home with some cute built-ins; some upgrades including central heat and air conditioning, some dual pane windows, relandscaping, plumbing and leafless gutters. Large lot. See www.1549SantaYnezWay.com \$280,000

DAVID KIRRENE 531-7495



GREAT POTENTIAL

Spacious 3 bedroom East Sacramento home on larger lot is a fixer with lots of potential. Large rooms, separate family room, living room fireplace, double sinks in big bathroom. Good location with mature trees and big backyard with room to grow the house footprint. See www.1056-57thSt.com \$375,000

TIM COLLOM 247-8048



WYNDGATE CUL-DE-SAC

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

PATTY BAETA 806-7761



PENDING!

CHECK OUT THIS CHARMER!

This spacious 2 bedroom home (1379sf) shows like a dream ... with beautiful hardwood floors, large family room with fireplace, living room with fireplace, and master bedroom suite. Remodeled bathroom, large backyard, 2-car garage and central heat and air. Close to fine eateries. See www.5284HStreet.com \$369,900

DAVID KIRRENE 531-7495

EXCEPTIONAL TOWNHOME

New townhome in the heart of East Sacramento. **PENDING** 3 bedroom 3 bath unit with elevator and oversized 2-car garage. Dramatic living room with vaulted 17½ foot ceiling and corner gas fireplaces; top-of-the-line kitchen. 3rd floor master suite. See www.JStTownhomes.com \$675,000

COLLEEN WIFVAT 719-2324

BEAUTIFULLY REMODELED

Completely updated 3 bedroom 3 bath two story home. Gourmet kitchen with island and 3 pantries. Patio area redesigned and enclosed to add square footage; large second patio with lap pool and spa, professionally landscaped, 2 fountains. Surround sound in living and dining rooms. See www.480WyndgateRoad.com \$899,000

PATTY BAETA 806-7761

SPACIOUS GRANDEUR

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

DAVID KIRRENE 531-7495

COOL CONTEMPORARY

Arden Park 3 bedroom 1½ bath in great location on a large one third plus acre lot! Light and open floor plan, bamboo floors in living room and dining room. Separate room with half-bath behind garage, great fro studio, media room or guest quarters. Good sized kitchen, newly painted exterior. See www.3811SanYsidro.com \$569,500

CARMAH HATCH 765-6210



Windermere

Dunnigan Realtors

2401 American River Drive,
Suite 150
484-2030

Visit Our Web Site: www.windermereDunnigan.com