



Salmon face uphill battle on the river

See pages 10-11



Victory gardens 2009

Master Gardener Pam Bone gives enthusiastic advice on growing victory gardens on a chilly winter morning at the Fair Oaks Horticulture Center. Victory gardens -- also called war gardens or food gardens for defense -- were vegetable, fruit and herb gardens planted during World War I and World War II to reduce pressure on the public food supply brought on by the war efforts. In tough economic times circa 2009, Master Gardeners say interest has blossomed anew on the home-grown idea. For more about the gardens, see pages 4-5.



Photos by Steffi Broski

Appeal denied Bunya-bunya must go

By *The East Sacramento News*

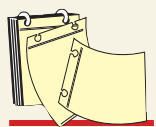
A bunya-bunya tree is sacred to the Aboriginal people of Australia, and in East Sacramento a particular bunya-bunya has served as a symbol of community voice in a controversial growth and expansion project.

Once spared from removal during the construction of Mercy General Hospital's new Alex G. Spanos Heart and Vascular Center and new Sacred Heart Parish School, the 90-year-old tree on the corner of 39th and H streets was again in peril once toxic substances were found in its soil.

The city's Parks and Recreation Advi-

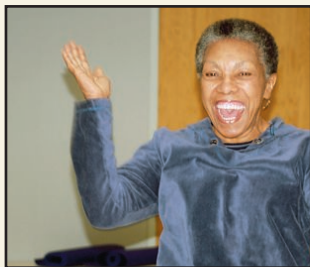
See Bunya, page 13

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Community Calendar

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Laugh away stress, cares with this yoga

See page 6



Orchestras combine for Year of the Ox

See page 12

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Clear, concise medical directive New POLST form essential to ensure your life ends the way you choose

By Miranda Menestrina
 THE EAST SACRAMENTO NEWS

Major medical decisions can be difficult to make, especially in an emergency, but Mercy McMahan Terrace care facility attempted to make them a little easier with a free, hour-long seminar this month.

The presentation highlighted the voluntary medical form called POLST (Physicians Orders for Life-Sustaining Treatment), a new form that went into effect on Jan. 1.

Aimed at making medical requests clear and concise, the POLST form is completed by a health care professional and covers all aspects from resuscitation, antibiotics, and artificially administered fluids and nutrition. The written orders indicate any or all life-sustaining treatments a patient may or may not want if he or she becomes ill.

In addition, POLST complements any existing Ad-

vance Directives and/or Living Wills a patient may have to eliminate any confusion.

Paramedics need it

“There has been a movement across the country to help make sure people’s end-of-life wishes are honored,” says Marianne Richardson, the assistant administrator of Mercy McMahan Terrace. “In an emergency, paramedics don’t have time to look through paperwork. (POLST) makes it very clear about what to do and what not to do.”

According to a spokesperson from First Responder Emergency Medical Services Inc., which provides medical and non-medical transportation here in Sacramento, it is highly important for everyone—especially those with severe illnesses—to complete the POLST form.

“It can help guide (paramedics) on how to

“There has been a movement across the country to help make sure people’s end-of-life wishes are honored.”

Marianne Richardson
 Mercy McMahan Terrace

care for patients,” he said. “Not only can we follow their requests, but also the requests of their families.”

While the POLST form was a key aspect of the presentation, the lecture’s focus was on the importance of making medical decisions before they are needed.

For more information about POLST, visit the California Coalition for Compassionate Care website at www.finalchoices.calhealth.org, or go to www.polst.org.



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Inside and Outside East Sacramento

Auburn mansion the prize

Ronald McDonald House Charities Northern California is raffling off a fully furnished \$1.9 million home in Auburn.

Proceeds from the Dream House Raffle benefit the Sacramento Ronald McDonald House and Camp Ronald McDonald at Eagle Lake. The holder of the winning raffle ticket will take possession of the \$1.9 million dream home, a five-bedroom, 5,760 square foot Mediterranean villa situated on a 1.7 acre foothill lot with manicured grounds and a picturesque swimming pool.

A limit of 33,000 \$150 raffle tickets are on sale through May 15. The grand prize drawing will take place on May 30 when the winning ticket holder will choose between the Dream House or \$1.5 million in cash.

More information is available at the website www.sacramentoraffle.com.

Kiwanis cooking up crab

The East Sacramento-Midtown Kiwanis Club hosts its third annual crab feed at 6 p.m., Friday, Feb. 6, at the Dante Club. Proceeds benefit local you and other community service projects.

The event begins at 6 p.m. with cocktails and hors d'oeuvres; followed by dinner at 7 p.m. that features all-you-can-eat crab and pasta. There will also be DJ dancing, a silent auction, and raffle.

Kiwanis Club's 2009 projects include support of the Kiwanis Family House, meal preparation at a women's shelter, elementary

school literacy projects, and youth leadership programs at local high schools and at Sacramento State University.

Tickets, \$45 each or a table of 10 for \$425, are available at 215-1460 or 947-0778. Advanced purchase required; no tickets will be sold at the door.

The Dante Club is located at 2330 Fair Oaks Blvd.

Crab feed for Sac High sports

An all-you-can-eat crab feed to support Sacramento High School sports takes place from 3 to 7 p.m. Saturday, Feb. 28, at the school's commons area, 2315 34th St.

Sponsored by the Athletic Boosters Club, tickets, \$35 in advance and \$40 at the door, mean a dinner of crab, salad, pasta and rolls. Drinks and desserts will also be available, and a silent auction is planned.

"Many of the basic needs for our sports, such as scholarships funds, coach's clinics, uniforms, equipment, and officials are not covered by our school or district budget and must be earned through events like this," according to booster club President Michele Woodson.

Tickets are available through Woodson, 813-1850, or Coach Gatling, 275-9570. Advance tickets sales end Feb. 20.

Those purchasing three or more tickets can have their tickets delivered by phoning Jack Stephens at 448-2349.

More information about Sac High sports is available on-line at www.sachighathletics.org.

Health panel at St. Francis

The 2009 Speaker Series at St. Francis High School at 7 p.m., Tuesday, Jan. 27, will focus on healthy living for the mind, body and soul.

An alumni panel of nurse practitioners and a naturopathic doctor will discuss living a healthy lifestyle in various stages of life: childhood, adolescence and adulthood.

Speakers include:

- Pantea Jahani Dunn '92, nurse practitioner: New Year's Resolutions: How to set goals and actually obtain them. Simple steps to a healthier you.
- Amy Smith Kuzmich '92, nurse practitioner: No Breakfast and Too Much Caffeine – Exposing the typical teenage diet.

• Anne Smith Harty '93, nurse practitioner: A New Year, A New You: Living a Healthy Lifestyle.

• Dr. Dennis Godby, primary care naturopathic medical doctor: Health for the Whole Person – Mind, Body and Spirit. His focus will be from a naturopathic perspective.

Doors open at 6:30 p.m. at St. Francis High School Campus Life Center: 5900 Elvas Ave. Cost is \$5, proceeds benefit the St. Francis High School Scholarship Fund.

Reservations with Carrie Harcharik, 737-5020 or e-mail CHarcharik@stfrancishs.org.

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Victory gardens 2009

Edible gardens' popularity blooms anew in tough economic times

By Steffi Broski
THE EAST SACRAMENTO NEWS

You know what's going to make you look really up-town? asks speaker Pam Bone.

Her audience members, sitting in lawn chairs enjoying gentle sunbeams on a winter morning, smile as Bone opens her arms in a gesture like the answer is a given:

"Edible flowers in your salad!"

Bone was one of the Master Gardeners at the Fair Oaks Horticulture Center earlier this month who took time to give 150 advice-seeking visitors in-

formation on edible landscaping -- how and what to plant, when to water, and when to stop watering.

"The most calls we get at the Master Gardeners office are from people that drowned their plants," laughed Master Gardener and Landscape Horticulturist Bone.

Masters at work

The University of California Cooperative Extension Master Gardeners are enthusiastic plant lovers who go through extensive educational training. The volunteers pass along their knowledge to others who would like to try edible land-

scaping, but might be reluctant or are simply unaware of the how-to's.

Judy McClure, Master Gardeners program coordinator, gave calming advice:

"Just try one or two new plants," she advised, "get maybe an artichoke plant and let it do its thing. And gather some information so you put the right plant in the right place."

Such information can be gleaned from the various free and season-gear'd workshops the Horticulture Center offers throughout the year. The Jan. 10 "Victory Garden 2009:



The Fair Oaks Horticulture Center hosts free and season-gear'd workshops for gardeners year-round.

See Victory, page 5

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Victory

Continued from page 4

Part I" workshop was the first one this year, but many more events will take place until October.

"Our biggest event of the year is Harvest Day on Aug. 1. Each year we have around 1,500 people that enjoy the many educational booths, talks, and fruit and vegetable tasting," said Chuck Ingels, cooperative extension environmental farm and horticulture adviser.

'Father of the garden'

Ingels, who many of the Master Gardeners call "the father of the garden," founded the Horticulture Center in 1998 with just a few volunteers. He started with an orchard, later grapevines, berries and vegetable areas were added. Ingels is especially proud of the water-sufficient landscape gardens, which are open to the public 24/7.

"The last two years we had extremely low rainfall," he explained. "We are trying to teach people that they don't have to have large lawns and that there is water-efficient landscaping. When you grow more plants, you don't even have to mow as much."

With the focus on water-efficiency and edible landscaping, the Master Gardeners hit the mark for the visitors. The victory garden theme reminds of concepts that were successful during World War I and World

War II when many people grew their own fruit and vegetables.

"With the suffering economy right now and people being concerned with healthier eating, edible landscaping is becoming more interesting to many," said McClure.

A great place to grow

The Horticulture Center is adjacent to the Fair Oaks Community Garden. Bill Maynard, founder and project coordinator of the Sacramento Area Community Garden Coalition, said with one community garden for every 100,000 people Sacramento is "a little behind."

"California is sort of behind in general when it comes to people growing their own fruits and vegetables in organized gardens. We are the vegetable garden for the world because we grow everybody else's food. We just have access to fruit and vegetables," he said.

Maynard will have an educational booth about community gardens at the Harvest Day in summer. And McClure encourages people to grow food by raving about the long growing season in Sacramento, the generally decent soils, and the lack of major pest problems.

"We are really fortunate here with our Mediterranean climate," she said.

They've got answers

Many hobby gardeners day-dream about planting their own herbs, fruits and vegetables. But what soil should they get? Does a cucumber plant like sun or shade? And how much water does an apple tree need? The answers to these and many more questions are only a phone call away to the Master Gardeners office -- or can be answered at one of the workshops.

When James Gillson bought some grape vines recently, he said he "didn't know a thing" about how to prune the plants. Then he came to the January event at the center.

"I would always come back. These people seem to be very knowledgeable," said Gillson. "Now I know what to do with my grapes, what to keep and what to cut off."

For questions regarding the Fair Oaks Horticulture Center workshops or for general gardening questions call the UC Cooperative Extension Master Gardeners from 9 a.m. to noon, or 1 to 4 p.m., Monday through Friday at 875-6913. All events at the center are free. Donations accepted. Visit the Sacramento Community Gardens Coalition's website www.saccommunitygardens.org for more information on community gardens.



Master Gardener Pam Bone: 'People drowning their plants' is a popular problem.

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What's so funny?

Laughter Yoga snickers at stress, chuckles at cares at Belle Coolegge

Special to *the East Sacramento News*

The library usually isn't the place to find a group of women in uproarious laughter, but at Belle Coolegge Library when Laughter Yoga is in session, the giggles and guffaws abound.

"Laughter Yoga is a combination of laughter and breathing exercises that together help relieve everyday stresses," explained instructor Judy Knott. "It allows you to cultivate that childlike playfulness and joy you may not have felt for a while."

A recent class – one that repeated, free, on Saturday, Jan. 17 – gave women the gift of laughter to ease symptoms of menopause.

"Laughter brings positive changes to your body, mind and emotions," Knott said. "Your body can't tell the difference between a good laugh and a 10 minute jog."

"When we laugh we produce endorphins, which make us feel good. What better way to start or end your day than with laughter."

Developed by Dr. Madan Kataria of India in 1995 with just five people, Laughter Yoga and has quickly spread throughout the world, Knott said. There are more than 6,000 laughter clubs in at least 60 countries.

"The combination of laughter and breathing is like a full body exercise without the sweat," Knott said. "It increases the oxygen supply to the

body and brain, which in turn gives you a sense of well being that can last for hours and sometimes days."

And if you think you need to be funny -- you don't.

"Have you ever noticed how when someone else laughs even if you don't know what they are laughing about, it makes you smile?" Knott noted. "You don't have to know the punch line, all you have to hear is the laughter."

Imagine what it would be like in a room of 10 or 20 people all laughing at the same time. The joy is contagious.

Laughter Yoga classes are led by certified trainer. Each class lasts from 30 to 45 minutes and moves people through several 30-second laughter scenarios.

Knott is one of a few certified laughter leaders in the area and has been leading classes at assisted living facilities as well as at Belle Coolegge Library. Contact her at 539-1716.



Alice Calhoun helps spread infectious laughter at Laughter Yoga...



...and Margaret Takemoto joins in.



(left) Judy Knott, certified Laughter Yoga instructor, leads the giggles and, JoAnn Peter gets them.



Photos by Kaiti Garner

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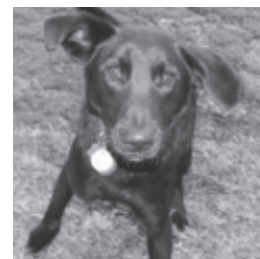
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Walter #6246803

Breed: Labrador Retriever Color: Black
Gender: Male Hair: Short
Age: baby

Walter is a five-month old Labrador Retriever mix puppy. I weigh 22 lbs. but I'll be getting a lot bigger as I get older. I'm such a sweet puppy, but I'm a little shy. When I sit in your lap, I'll try to hide my face until I get comfortable.

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Breed: Border Collie Color: Black/White
Gender: Male Hair: Short
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Age: Adult

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Meet the VOCs

Bummer news about that wonderful 'new' smell

We all know that familiar odor when we buy something new – a shower curtain, new car, new carpet, a new toy for a child.

That “new” smell is typically not unpleasant -- it just smells “new.” But the origins of that odor are often toxic chemicals that are used both in the materials and production of the new item.

These smells are typically “off-gassing” a dangerous soup of unhealthy volatile organic chemicals, typically known as VOCs. The VOCs can cause eye, nose and throat irritation, headaches, loss of coordination, nausea, and damage to the liver, kidneys, and central nervous system. Some VOCs are known to cause cancer in humans.



Sadly, the Environmental Protection Agency, one of the government agencies dedicated to keeping the public safe, does not regulate air quality in the home.

Can we avoid these VOCs? Sometimes a good washing of the item is all that is needed. For that shower curtain that has soap scum across the bottom, a good washing with a soap and brush or in the washing machine will make it like new again.

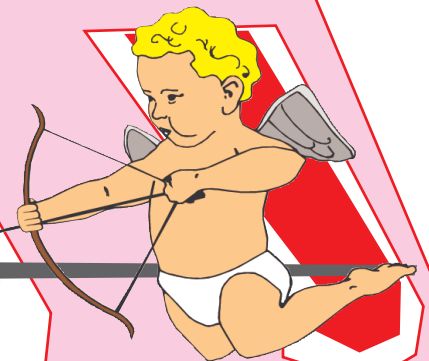
If cleaning or reconditioning something we already own is not possible, how do you avoid exposure to the VOCs? Ventilate, ventilate, ventilate! If you can detect that “new” smell then the item is off-gassing harmful chemicals. If at all possible, let the new item air out -- leave the windows cracked open on your new car, leave the window open where the shower curtain is, take the toy out of the packaging.

Our favorite thing to do is to open an item from its original packaging and place the item outside or in the garage for a few days or until the “new” smell is gone or very faint.

We are exposed to toxic chemicals everyday in our lives; these simple tips are another way to limit our exposure. Good for us and our families and good for the planet.

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Save Ourselves Breast cancer support abounds

Special to *the East Sacramento News*

Save Ourselves, the Breast Cancer Organization of Sacramento, offers support, survivorship, education, and advocacy to women and their families affected by breast cancer since 1991. All services are free.

Support meetings

Four different groups for English-speaking women meet bi-monthly at various Sacramento-area locations. Meetings are held the first and third Thursday of each month at 10 a.m., noon, and 6 p.m. and the first and

third Monday at 7 p.m.. There are groups tailored to those who are newly diagnosed, in treatment, post treatment, or living with metastatic disease.

The facilitator, Cass Brown Capel, is a trained professional and also a breast cancer survivor. For more information, contact Capel at 787-8787 or phone the hotline at 448-5432.

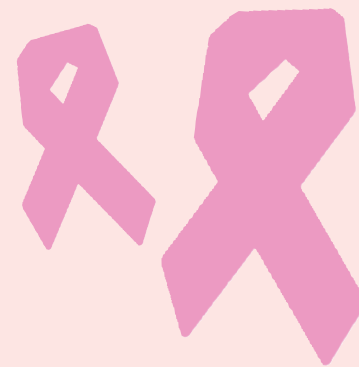
- A Latina Support Group facilitated by Angie Mejia (267-3303) meets at Sutter Cancer Center, 2800 L. St., Room 752 on the first and third Monday of each month from 5:30 to 7 p.m..

- A support group for lesbians meets on the third Monday of each month from 6:30 to 8 p.m. at 410 Alhambra Blvd. This group is facilitated by Roxanne Hardenburgh (920-7870).

- Open door meetings: On the third Wednesday of each month, a speaker addresses some topic related to breast cancer. Meetings are in the second floor training room of Nordstrom's at Arden Fair Mall. From 6:15 to 7 p.m., there is informal support/conversation, followed by the educational presentation from 7 to 9 p.m. On Wednesday, Jan. 21, Dr. Arnold Almonte, an El Dorado Hills plastic surgeon who specializes in reconstructive surgery for breast cancer patients, will speak. At the Feb. 18 meeting, local artist Frankie Hansbearry will

discuss the topic "Art as a Modality for Healing."

For more information, see the website www.save-ourselves.org or phone the 24-hour hotline at 1-800-422-9747 or 916-448-5432. Caring and supportive volunteers (all breast cancer survivors themselves) help callers find answers to their questions, direct them to an appropriate support group, or just listen.



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Demonstrating the nest (redd) building process, a steelhead female (right) agitates sideways to hollow a nest in silt and gravel with her tail. Excavations are attended by her mate (center) and an opportunist interloper. Salmonoid males often attempt to release milt (sperm) over the eggs of a rival's hen.

Parkway special

Fish and photog's uphill American River struggle

In wilder moments I have been chased by bucks and growled at by coyote. I never expected to be charged by a fish.

Eager to snap December's salmon spawning, I waited, frozen-footed. Knee-high in the icy American River, I could glimpse the sunlight on fish braving mid-river rapids. But it was in the shallows that a gnarled old fellow surprised me.

At this stage in his lifecycle, he bore scars of a long trek from halcyon Pacific days. To spawn in beds where he hatched three years ago was now his urgent mission. The krill diet that colored his flesh was a hundred miles behind; he had not eaten for weeks. As with other Chinooks at mating time, degenerating flesh had absorbed his scales. Mottles of decay now marked his sides like military camouflage. Hooked jaws and dog-like teeth transformed his once handsome profile.

"People are now making big efforts to give salmon more places to spawn. Tons of gravel have been poured in the shallows to create new beds; fishing has been banned."

Robert Vincik
Scientist
Fish and Game Department

But to salmon hens, such cruising gargoyles are princes. Though the act will kill them, these fish mean to mate.

Measured decline

Every week during the fall/winter spawning run, Fish and Game Department scientist Robert Vincik measured Chinook numbers by retrieving the dead. He lopped off heads so corpses would not be double-counted when thrown back.

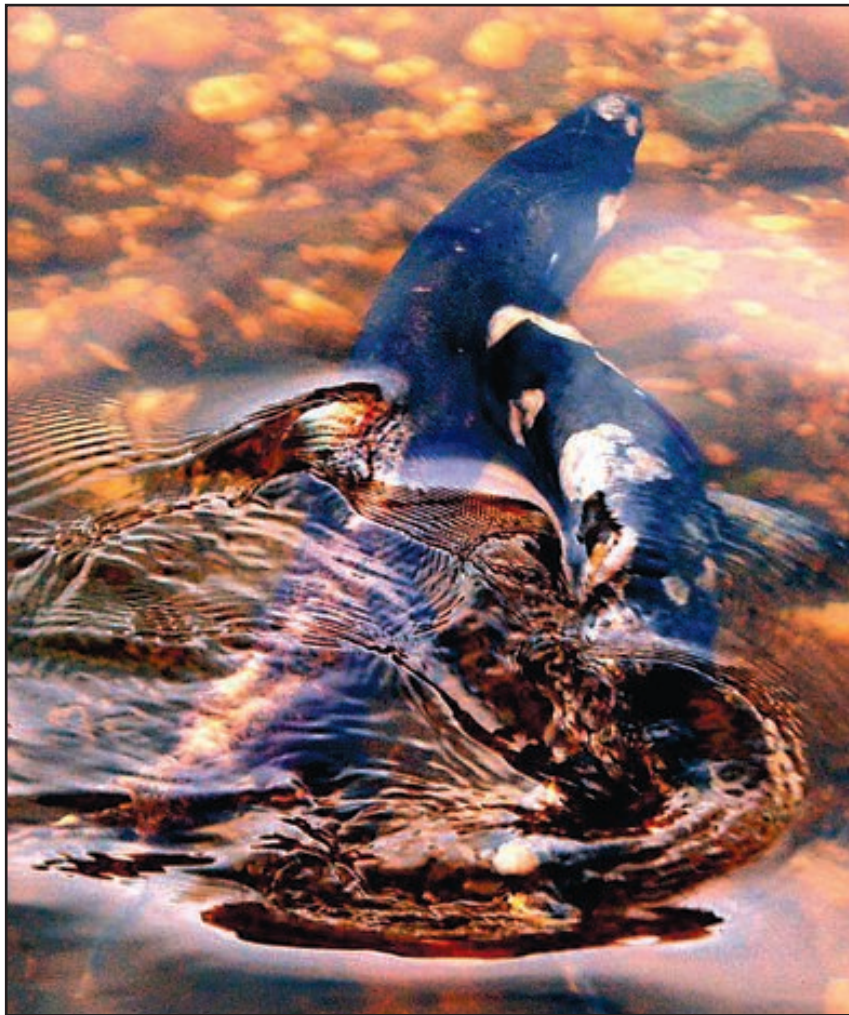
"Spawning doesn't just provide for their species' survival," he explained. "Their decaying bodies enrich the river. When carcass numbers fall drastically, all animal, insect and plant life in and around the river is affected."

Drastic is a fair description. Twenty winters ago, I stood on the bridge at William Pond Park and marveled – as thousands of Chinook corpses drift-

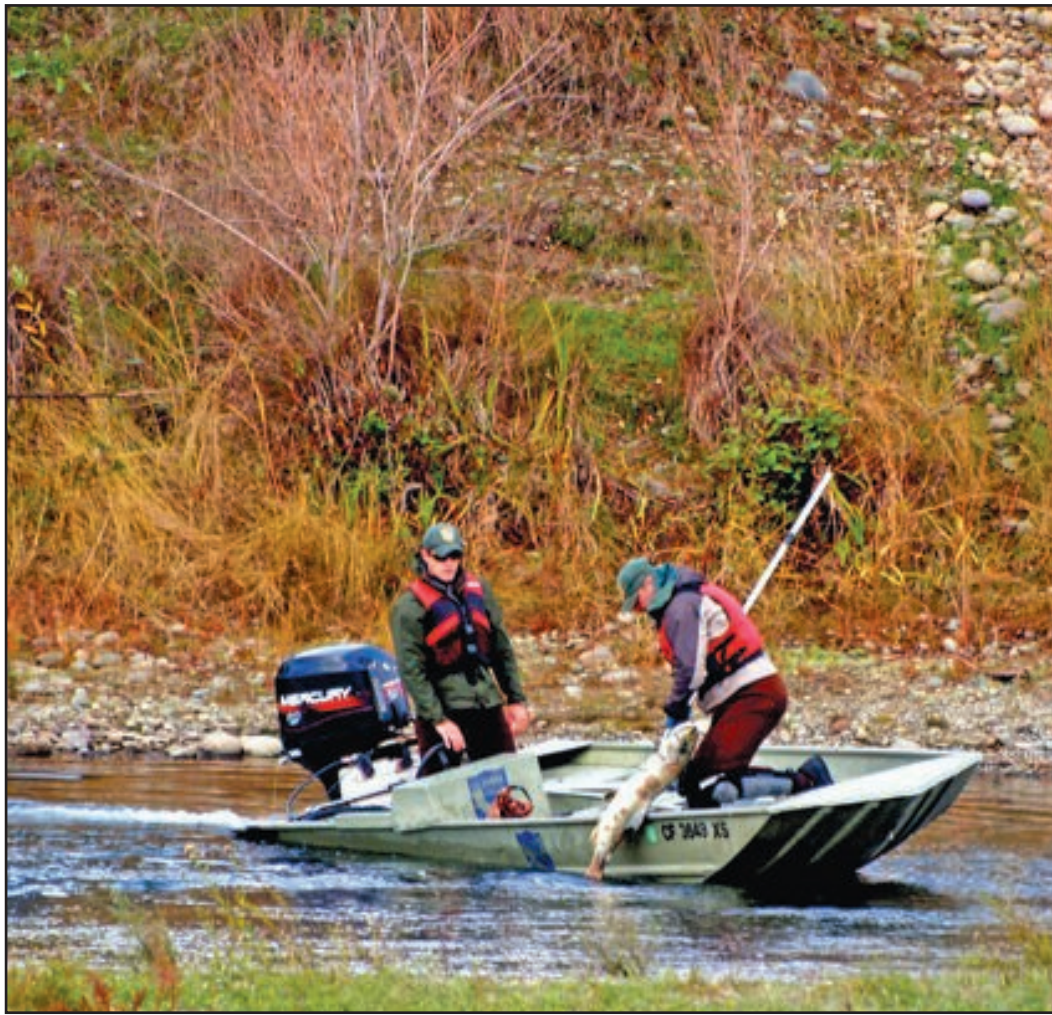
See Salmon, page 11



(above left) Courting dance. Large mottled adults color river shallows during exuberant wooing. (center) A fish called wanderer. Churning river shallows with fins and tail, this 3-year-old hen demonstrates wear accumulated by her inland migration. Before her eggs are released, frantic gravel digging will scour her tail and fins to bare bone. (right) Desperately seeking salmon, this mottled spawner rushed the photographer in shallows near Ancil Hoffman Park.



Powerful jaws serve to direct mates or deter rivals. At this stage of the lifecycle, the sole focus is spawning; these migrants have not eaten for weeks. Once hens deposit roe, males fertilize the precious eggs. If these survive to hatch, fry will head ocean ward in spring and return to mate in the same shallows three to four years thence.



Fish and Games Department scientist Robert Vincik examines a dead hen in American River shallows near Carmichael. Each week during the fall run, Vincik and colleague Joseph Kirsch record dead Chinook numbers. To ensure no corpse is counted twice, they machete each piscine head before releasing its remains.



Animal rights. Several times this otter's size and weight, a monster prize displays the daunting hooked jaw and dog teeth of an adult male salmon. Though the spawning stretch of the river was closed to human anglers, such seasonal flotsom ensures a winter protein boost for wildlife scavengers.



Salmon

Continued from page 10

ed downstream beneath me -- at nature's magnificent efficiency. This winter, Vincik and his colleagues must search painstakingly for even single carcasses.

Of 60,000 Chinook considered likely to run in Central Valley arteries this season, one tenth were expected to favor American River spawning grounds.

Bans, beds and quotas

The count fell far short of a projected 6,000 last year, resulting in a ban on angling during the 2008 spawning period. Vincik fears this season's count might prove smaller yet. Though he surmises the Chinook population is "having bad times," the scientist does not predict curtains for the once-epic migration.

"This season's numbers reflect occurrences in the ocean and river from three to four years ago," he said. "People are now making big efforts to give salmon more places to spawn. Tons of gravel have been poured in the shallows to create new beds;

fishing has been banned. The required egg quota has been harvested in the Nimbus Hatchery. I believe such efforts will eventually pay off."

In the river shallows, my own aggressive companion was not waiting on scientific reassurance.

Motivated male salmon will rush anything impeding upstream progress. Perhaps my freezing feet seemed like rivals. Churning the shallows in his wake, he hurtled at me like a small shark. Precariously balanced on underwater stones, I couldn't back off. He diverted inches from my knees and returned to charge again. His battered coloring happily contrasted with the riverbed, so I snapped away like a cornered paparazzi. I later observed my warrior locating a likely mate. Their meeting was a kaleidoscope of mottled magenta.

I left the piscine pair solitude to reach the shallows. Hours of the digging, wallowing and shuddering of their last dance would soon begin. With a species so endangered, it didn't seem right to cramp their style.

Story and photos by
SUSAN MAXWELL SKINNER

Year of the Ox celebration

Orchestras unite for unique Chinese New Year performance

By Miranda Menestrina
THE EAST SACRAMENTO NEWS

January 26 marks the dawn of a new year -- the Chinese New Year.

To ring in the Year of the Ox, the Sacramento Youth Symphony is planning a one-time-only Concert of Unity at 3 p.m., Sunday, January 25, in the Sacramento Community Center Theatre.

United with the Chinese Firebird Orchestra of San Jose for the first time, the two orchestras will work together, complete with traditional Chinese music, instruments and costumes -- even the customary Lion Dance.

"It's going to be great," said Michael Neumann, artistic director of the Sacramento Youth Symphony. "It will be a wonderful performance."

The inspiration to perform together came about a year ago when Neumann met with Firebird Orchestra Director

The inspiration to perform together came about a year ago when Michael Neumann of the Sacramento Youth Symphony met with Firebird Orchestra Director Gordon Lee at a conference in Los Angeles.

Gordon Lee at a conference in Los Angeles.

"He said, 'If we could do something together, that would be great,'" Neumann remembers, and the idea sprang from there.

Three-part harmony

Organized into three parts, the performance will feature the Firebird Orchestra first, followed by the Sacramento Youth Symphony's Premier Orchestra. To finish it off, the two will play together to bring in the new year in style.

"We're very excited to work with the Sacramento Youth Symphony," Lee says. "They

are a great group, and Michael is an excellent conductor."

Celebrating his 30th year with the symphony, Curtis Park resident Neumann has been a major factor in its success. Since 1979, he's worked to develop a strong organization with three full orchestras and roughly 90 kids in each.

However, Neumann said that there are more than 500 young people involved in a variety of ensembles coming from all over Sacramento, and as far as Nevada City, Vacaville and Yuba City.

"It's a real commitment, but some kids and parents are willing to drive two hours to get to our weekly rehearsals," Neumann says.

Admiring students

Yet the players will be the first to tell you that it's Neumann that makes it all worthwhile.

"He makes music so much fun," says Eunah Cho, the concert mistress of the Premier Orchestra. "You can tell that he feels the music."

And he's been feeling it his whole life. Since the age of 7, Neumann has been intensely involved in music; first in his home country of South Africa, then at the Cincinnati Conservatory of Music where he received his bachelors in violin



Curtis Park resident Michael Neumann has led the Sacramento Youth Symphony for 30 years. 'He makes music so much fun,' said Eunah Cho, concert mistress of the Premier Orchestra.

performance and then his masters in orchestral conducting -- all on a full scholarship.

But it's been at the Sacramento Youth Symphony where he's accomplished many of his dreams.

"When I took over, one of my goals was to build the organization," he said. "I also wanted to do international tours; something that they had never done."

To date, the symphony has been overseas six times to places including China, Brazil, Russia, and Finland; even plac-

ing first in the International Youth and Music Festival in Vienna, Austria.

"We have a real treasure here with the Youth Symphony where high-quality young people do really wonderful work," Neumann says. "Sacramento has something to be very proud of."

For tickets or more information, contact the Sacramento Community Center Theatre, 1301 L Street, at 808-5181. Cost is \$20 general, \$10 students, with VIP seating available for \$60 to \$75.

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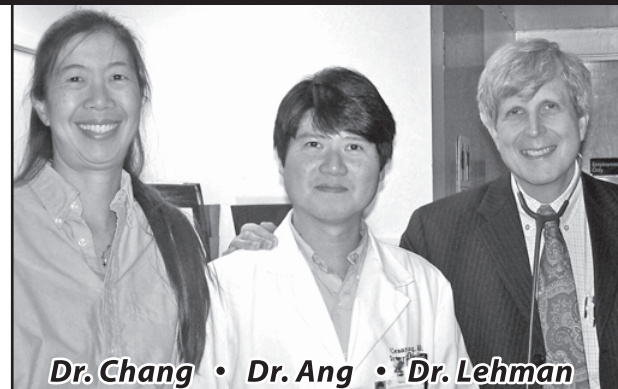
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Bunya

Continued from front page

sory Commission heard the matter on Thursday, Jan. 8.

According to City Councilman Steve Cohn, the commission, "approved the removal of the tree based on certain conditions," which include a set cost and an agreement to replace the tree with a "suitable species."

The bunya-bunya tree has been a topic of discussion for some time, caught in the controversy that always accompanies heritage tree removal in the City of Trees. Mercy Hospital, the owner of the property at 800 39th St., had originally request-

ed for the tree to be removed to make way for the new construction.

While the application was approved by the parks director, after community protest it was later decided that the tree should be preserved.

Landscaping and green space design were priority for surrounding residents, the hospital and school staff, and the city during the approval process for the hospital and schools' building plans.

Once construction began, the area around the tree was deemed toxic and the debate was on again. Ultimately, it was determined that the tree had to be removed and the contaminated soil to be disposed.



The heritage bunya-bunya tree on 39th Street has to go, defeated by soil toxins.

Child support workshop for fathers' issues

The Fathers Resource Center is offering a free workshop on child support issues from 6 to 8 p.m. Thursday, Feb. 5, at the Department of Child Support Services, 3701 Power Inn Road.

Space is limited and pre-registration is required with the Fathers Resource Center at 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fatherscenter.org. Refreshments will be provided.

The workshop is co-sponsored by the Sacramento County Department of Child Support Services.

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Leaks, rust, flakes and chill

Challenges abound behind the scenes when remodeling older homes

Older homes, such as those built in areas of town like Curtis Park, Land Park and East Sacramento, many of which were built in the '20s, '30s and '40s, present unique challenges when remodeling.

In many cases, since these period homes are beautiful as built originally, the goal may be to perform the work in such a way as to make the remodel or addition "feel" as though it was part of the original house. Blending existing and new materials is often an art.

Watch out for...

Older homes can also be a can of worms, since they can be more expensive to update if you want to stay true to the style of the home. In addition, all of the major building systems – electrical, plumbing, and heating and air may be outdated and in need of total overhaul. These improvements can be costly.

Wall and ceiling coverings may be removed when un-



KENT EBERLE
REMODELING SAVVY

dertaking a remodel or an addition. This allows for systems upgrades to occur in these work areas. However, this accessibility does not typically extend outside of the work areas. In this case, the costs can add up quickly when considering system upgrades

Antique electrical

Many older homes used knob and tube wiring for the electrical circuitry. This type of wiring can be the cause of fires. Over the years, the insulation coating around the wires becomes very brittle and flakes or breaks off, making it vulnerable to building up heat and possible contact with other ignitable materials.

Frequently, in an effort to make homes energy efficient, insulation is piled on top of the knob and tube wiring, elevating the heat levels of the wiring to an even greater extent and possibly leading to a fire.

Many older homes used only a few circuits for lighting and 110-volt outlets. The circuits may be overloaded with too many modern devices on one circuit. This, too, can lead to fire if the fuse or circuit breaker does not function properly and shut off when it becomes overloaded.

Grounding all of the 110-volt outlets and light fixtures in a home can be a costly repair, and in many cases not even feasible, due to lack of accessibility. Anything can be repaired, but the cost may not match the benefit.

Many older homes still have old-style fuse boxes for the distribution of electrical power. Though electrical service panel updates have occurred on many homes over the years, there are still some out there that have old fuse boxes, or fuse boxes used as sub-panels. These too can be dangerous. New electrical sub-panels or main service panel change outs or upgrades may be advised.

Pipes and such

Most older homes utilized galvanized water lines and cast iron drain lines. Galvanized water lines can deteriorate (rust out) so that water pressure is reduced to a trickle. Replacing water lines with copper or AquaPex (flexible plastic) can be costly, especially when the lines run within walls and ceilings.

Cast iron drain lines and sewer lines beneath older homes can completely rust out and leak, dumping drain water and waste beneath your home, or worse yet, back up into your house. You may have no choice but to replace them.

Many original sewer lines that lead out of your home and run to your sewer, or septic system, used Orangeburg pipe (bituminized fiber pipe made of layers of wood pulp and pitch), or similar products. These products deteriorate over time and can be broken by trees or shrubs causing sewer back up problems and the need for total replacement. This is quite common in older areas and sewer line replacements can be a costly fix.

Running hot and cold

Old heating and air systems can be energy inefficient and just down right inadequate. Replacement of the existing units will likely be called for, if the unit(s) have not been replaced already. In many cases, the old ducting will also need to be replaced, since many of the old supplies were typically made of sheet metal that may now have cracks, or be poorly insulated.

If you already live in an older home, unfortunately you probably already know this, but if you're new to older home ownership, be prepared.

Speaking of insulation, many older homes were poorly insulated, which compounds cooling and heating problems, especially in winter. Many older areas have good tree cover, which is great for summer cooling, but poorly insulated older homes can be the cause of substantial heating bills in the winter.

As you can readily see, older home system updates can add up to thousands and thousands of dollars. If you already live in an older home, unfortunately you probably already know this, but if you're new to older home ownership, be prepared. If you're thinking about buying an older home, please educate yourself and know going in that these issues may come up.

As always, when remodeling or adding on, choose someone to guide you through the process who can advise you of everything that might be come up or need to be addressed. Otherwise, the "creep" might set in on you, and the cost of your project can creep slowly up at every turn.

Ideally, basing your selection of a company with a proven track record with many years of experience is likely your best guarantee of a successful project.

Kent Eberle, owner of Eberle Remodeling, a Design-Build, residential remodeling company for 23 years, is a NARI Certified Remodeler, Certified Kitchen and Bath Remodeler, and past president of The Greater Sacramento Valley Chapter of NARI. He can be reached via the website: www.EberleRemodeling.com.

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Calendar

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JAN. 22

'Women in the Media'

Women members from area media discuss their working challenges and issues, 7 p.m., Belle Cooledge Library Community Room, corner of Fruitridge and South Land Park Drive. Hosted by the Women of the World interest group of the Sacramento Branch American Association of University Women. Reservations with Leigh Stephens at 395-7891.

Practice your English

English skills class, a 12-week class, begins 9 to 11 a.m., Ethel Hart Center, 915 27th St. Interactive communication-based class to practice and improve speaking, reading and writing skills in English. Free. Information at 808-5462.

Alzheimer's support

Alzheimer's Association Support Group meets, 3:30 p.m., Mission Oaks Community Center, 4701 Gibbons Drive. Meeting is for those who are caring for loved ones with dementia to talk about the trials and the joys of caregiving, to receive information, and share with others. Free. Information at 930-9080 or e-mail denise.davis@alzncorcal.org.

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.

Clown for a day

Learn the art of clown make-up, costuming, and clown skits by a team of professional clowns, 10 a.m. to 12:30 p.m. Includes a stage performance with all students demonstrating their

new-found character. Cost, \$5 a person or \$2 to watch. La Sierra Community Center, 5750 Grant Ave., Carmichael. Information at 485-5322 or see the website www.carmichaelpark.com.

Lions host crab feed

Land Park Lions Club 37th annual crab feed, 6 p.m. cocktails, 7 p.m. dinner with music and dancing after. New location: Sacramento Asian Sports Foundation, 9040 High Tech Court. Tickets, \$40, from Trey Bonetti, 768-9360 or Larry Freund, 457-6931. Proceeds support myriad local community needs.

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.

Health panel at St. Francis

Alumni panel of nurse practitioners and a naturopathic doctor discuss living a healthy lifestyle at various stages of life, 7 p.m., St. Francis High School Campus Life Center, 5900 Elvas Ave. Cost, \$5, benefits the high school's scholarship fund. Reservations with Carrie Harcharik, 737-5020 or e-mail Charcharik@stfrancis.org.

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.

See more Calendar, page 17

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Trip Cost: \$64 per person (does not include meals) Deadline for full payment: March 19, 2009.

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Calendar

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

JAN. 29

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.

Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

JAN. 31

Loving your chocolate

Arden Hills Resort Club and Spa hosts a "Healthy and Healing Chocolate" class, 11 a.m. to 12:30 p.m. Make chocolate a part of a well-balanced diet; learn what types of chocolate are best for your body plus the surprising healing attributes of chocolate. Cost, \$20. Space limited. Information at 482-6111 or www.ardenhills.net.

Counting crows, etc.

Learn how you and your family can help local avian wildlife by partic-

ipating in February's 12th annual Great Backyard Bird Count, 10 a.m., Belle Cooledge Library, 5600 South Land Park Drive. 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.

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., St. John's Lutheran Church, 1701 L St. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

Middle School band clinic

El Camino High School Band's 12th annual Middle School Band Clinic concert, 2:30 p.m., at the school, 4300 El Camino Ave. Free. Concert wraps up a day of music for sixth through eighth graders. Information from Band Director Kevin Glaser, 971-7449.

FEB. 1

Dianetics DVD showing

Find out how the painful experiences (physical or emotional) stay with you for a lifetime and hear how to achieve happiness and health with Dianetics techniques, 7 to 8 p.m., 1010 Hurley Way, Suite 505. Free. Information at 925-2545. Repeats Feb. 15.

FEB. 2

Community sing-along

Harmonize on old hymns, folk songs and popular ballads, just for fun. Shower singers welcome. From 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 284-5320.

FEB. 3

China commentary

Local writer/author Lawrence Klepinger gives two presentations on his recent book

of commentary and analysis on the People's Republic of China, "China House," 10 to 11 a.m. and 6 to 7 p.m., Sacramento Asian Community Center, 7375 Park City Drive. Free. Information by e-mail at lawrenceklepinger@gmail.com, or website www.lawrenceklepinger.com.

Wine social at the Casa

Casa Garden Restaurant hosts a wine social, 11:30 a.m., with hors d'oeuvres, entree, dessert and wine samplings, \$16 per person. Proceeds benefit the Sacramento Children's Home. Reservations required at 452-2809.

Recorder group gathers

The Sacramento Recorder Society meets again under the baton of Bay Area early music scholar Frances Feldon, 7 to 9:15 p.m., 890 57th St. Newcomers welcome. Bring your instrument and music stand. Information at 489-2771, 391-7520 or see the website www.sacreorders.org.

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'Heroine of 2009' Big night for little midwife

By Susan Maxwell Skinner
THE EAST SACRAMENTO NEWS

Proclaimed "Carmichael Heroine of 2009," Jaidan Lujan was toast of the community at the recent Carmichael Chamber of Commerce installation event.

When she delivered her mother's premature baby in an emergency situation last year, the Mary Deterding School fourth-grader received national me-

dia attention. Born rapidly -- and two months early -- Jaidan's brother was 3 pounds at birth. The accidental midwife achieved his safe delivery with the aid of a 911 telephone operator.

Receiving commendations from her local congressman, senator, assemblyman, county supervisor, Mercy San Juan Medical Center and the Carmichael Chamber, tongue-tied Jaidan thanked the 911 operator. She also commended her mom's foresight in

"showing me (anatomy) books with really gross pictures."

Because the televised presentation fell on Jaidan's 10th birthday, she also thanked the chamber for the coincidence of "holding its installation the day I reached my double-digits."

Jaidan's family and baby Kai'rin, now thriving at 11 pounds, joined 100 community members at their heroine's presentation. The Palace facility hosted the dinner event.

The next issue of the Arden Carmichael News will record more of the celebration, with photo coverage of installed chamber officers, VIPS and guests. Look for this paper after Jan. 29.



Photo by Susan Maxwell Skinner

Now thriving at 11 pounds, premature baby brother Kai'rin weighed just 3 pounds when Jaidan delivered him.

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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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