



Local kid makes it big in Australia

See page 4



One House of Peace

Caverly Morgan has been a student of Zen for the last 12 years, having trained at a silent Zen monastery for more than seven of those years. On a one-day meeting to Sacramento, she began imagining 'a type of place centered on awareness practice.' As fate would have it, Morgan met like-minded Roberta Jan-Johnson who independently shared Morgan's vision. Jan-Johnson and her husband had previously purchased the house next to theirs with the intention of creating such an environment. Now, that house is One House of Peace. Read more about it on page 9.



Photos by Corky Clarke

East Sac new build Testing the heart of McMansion

By Elizabeth Valente
THE EAST SACRAMENTO NEWS

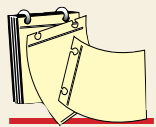
The fight to protect the distinctive character of an East Sacramento neighborhood has sparked plenty of controversy between neighbors and a local television and radio personality.

According to neighbors living in the 1500 block of 38th St., Jim Kozimor, a broadcaster for the Sacramento Kings and the Sacramento Monarchs, wants to move his home closer to the street to gain more yard space for his growing family.

The disagreement stems from Kozimor's first proposed building project, a 3,400-square-foot-house

See McMansion, page 6

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Community Calendar

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Marci finds her way to Effie Yeaw

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Cold cases revived in the county

See page 13

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Vol. XVII • No. 3

East Sacramento News is published on the first and third Thursday of the month and delivered by mail and home delivery in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

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\$30 a year subscription

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Inside and Outside East Sacramento

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.

Free tax help for economy victims

Free help to walk unemployed or foreclosed-on taxpayers through their 2008 tax forms is being offered by Irene Senst Tax and Bookkeeping through April.

"We will be doing our part for this economic situation in California," Senst says. "We are reinstating a tax school to walk the average 'Joe or Jane' through their tax returns."

To qualify, a person must have been out of a job for six months in 2008 or have a foreclosed house. It is not for business owners, landlords, those with stock market losses, or officers in a corporation of the tax return to be prepared.

Senst will provide all necessary forms for state and federal taxes. A \$5 kit is available that includes envelopes, stamps, calculator, pen and other hardware needed to complete the forms. If the items are self-provided, there is no fee.

Forms will be completed in a class setting, with experts walking taxpayers through their forms.

"The whole process will take less than an hour," according to Senst, "and the result will be their tax return prepared by them and supervised by us."

For more information or to register for a class, phone 640-3820, e-mail taxirene@iwon.com, or see the website at www.taxirene.info.

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With golf, practice can make 'permanent'



JENNI MARTIN
TEE TO GREEN

Jenni Martin knows golf – she’s an LPGA teaching pro in Sacramento – and she’s ready to share her knowledge with those who want to improve their game. Look for her column of advice, tips and strategies each month in the East Sacramento News.

Wanna beat Obama?

If your goal this year is to break 90 (or even 100) follow these simple tips and -- don't give up.

1) Roll some putts indoors. Bring your putter to work and rehearse your putting pre-shot routine. Sink some putts into a paper cup or roll 'em over a paper clip. Remember to take dead aim. Getting your brain to trust your eye is an important skill. More than 60 percent of our strokes in a round typically come from the short game.

2) Consider using that gym membership. A strong flex-

ible "core" involves more than just the abs. Flexibility and strength in also the low back, butt, hips will give you a better coil, and more stamina after the turn. Consistency and length comes from a good mid section.

3) See your swing. Take a video lesson. Most pros now offer this benefit. Usually seeing your swing aids in applying the changes and doing the correct drills. Remember what Dave Pelz always says: "Practice makes permanent ... not perfect." Get good information and practice correctly.

This should give you a fighting chance to beat the new prez in 2009. Good luck!

Jenni Martin is a LPGA teaching professional in Sacramento. E-mail her with your questions: galgolfg2@me.com, phone 837-8952.

Maps, portraits and more Sacramento Audubon expands bird guide

Special to *the East Sacramento News*

A new "must have" guide for anyone birding in the Sacramento area has just been published by the Sacramento Audubon Society.

It's an updated and greatly expanded fourth edition of their popular "Birding in the Sacramento Region." It covers 77 sites, nearly twice as many as the previous edition, all described by experienced birders familiar with the birding spots.

New Google maps allow more precise pinpointing of site locations, and the separate section on where to find different species is much more detailed.

Its nearly 200 pages also include information on where to find check lists and guides

for other areas in Northern California, how to contact Audubon chapters and other conservation organizations in this part of the state, with addresses and websites, and a rundown on special events throughout the year.

It's ring-bound to withstand heavy use, with a sturdy plastic cover featuring portraits by Dan Brown of the Nuttall's Woodpecker, California Thrasher, and Yellow-billed Magpie, all unique to this area.

The book can be purchased for \$10 from the Sacramento Audubon Society and at the Effie Yeaw Nature Center, and with a slight mark-up from Wild Birds & Gardens at Madison and Fair Oaks, Wild Birds Unlimited at Loehman's Plaza, and The Naturalist in Davis.



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Fairytale Town plans Sojourner Truth days

In honor of Black History Month, Sacramento's Fairytale Town is celebrating the life of Sojourner Truth with a two-day event, 11 a.m. to 3 p.m., Saturday and Sunday, Feb. 21 and 22.

Presented by the Sojourner Truth Multicultural Art Museum, the event features activities for young and old alike, focusing primarily on the Abolitionist Movement, but also touching on modern events such as the Civil Rights Movement.

Hands-on arts and crafts activities for kids include the construction of wallpaper hangers inspired by Dr. Martin Luther King Jr., stand-up historical paper dolls, and multi-cultural wooden puzzles. Full-size likenesses of Sojourner Truth and Harriet Tubman will be on display, and children will have the opportunity to try on period clothing from the 19th Century.

A three-part dramatic storytelling presentation of "The Journey of Sojourner Truth" will also be offered live in the indoor Children's Theater both Saturday and Sunday. Key events in the life of Truth will be retold, including her introduction to Abraham Lincoln.

Fairytale Town is located at 3901 Land Park Drive. For information, see the website www.fairytaletown.org, or phone 808-8886.

A return to roots for playwright-actor Sierra 2 hosts exclusive American presentation of exotic 'LyreBird'

It's a long way from Rio Americano High School to Australia, but Tyler Coppin paved that trail for himself – starting with his young interest in the Sacramento theater scene, to a 1976 scholarship to attend Australia's prestigious National Institute of Dramatic Art.

There he stayed, building a successful career in the country's entertainment industry. He's done films, radio and television. He's a playwright, director, dialogue coach for films, and has performed in countless plays and productions at the Sydney Opera House, with major Aussie theater companies, and internationally.

And now he's back after 30 years, bringing his self-written and solo-performed "Lyre-Bird," to the 24th Street Theatre at the Sierra 2 Center through February. It's the story of flamboyant actor Sir Robert Helpmann (think evil child-catcher in '68's "Chitty Chitty Bang Bang.") Coppin has performed this play since '98 to European and Australian audiences,

10 QUESTIONS

BY COLLEEN TRUELSEN

where it's been called "An absolute theatrical treat," and "Exotic from beginning to end."

After seeing the publicity photos of Coppin made up as the controversial, fantastic Sir Robert, we had to ask him Ten Questions...

1. "LyreBird" has a host of rave reviews from Australian and European writers. Is it Sir Robert himself that makes this play so compelling, or is "LyreBird" less biography and more your interpretation?

The show itself, I hope, is a good show, period. You needn't know Helpmann, or me. But ... Sir Robert Helpmann was an absolutely intriguing and funny person -- physically he's the equivalent of a human Halloween mask, and very theatrical and wicked

– in the old-style theater way – but it's unnecessary to have any knowledge of him. My solo-play is a story about a theater artist at the end of his life, a look back at a career he hung onto with passion his entire life, even though people told him he wasn't any good at it at times. He ended up doing exactly what he intended to do.

"LyreBird's also expressionistic with a lot of my own embellishments. So in one way it's a stage biography about someone you probably haven't heard of, but it's also a comic stage-joke about over-acting, trying hard to get noticed as an actor, putting on way too much greasepaint, and hanging onto your dreams.

2. Tell us why you chose the title, "LyreBird." It's not a species we have here in Sacramento, you know.

Sir Robert Helpmann created a famous ballet based on the mating ritual of the Australian lyrebird that he dedicated it to his great friend Katharine Hepburn, who loved Australia. The Superb Lyrebird is an extraordinary bird that imitates the sounds around it: people talking, the shutters of cameras, even chainsaws. Take a look at this (website). It's



'LyreBird' is based on the life of Australian actor Sir Robert Helpmann.

amazing: www.youtube.com/watch?v=VjE0Kdfos4Y.

Thematically, I felt Helpmann was very showy and lyre-bird-like in both his persona and acting style, just as the show is a style of "transformation" theater -- (I use a lot of make up to become someone totally unlike myself) – which is what the lyrebird does vocally.

3. It's been more than 30 years since you were on a Sacramento stage. Whatever have you been doing with yourself?

Living and working in Australia as an actor in movies,

television, radio and theater. I've written plays and co-written movies; I was punched on stage by Rudolf Nureyev, driven at high speeds through the Australian outback while strapped to the front of a car in "The Road Warrior;" and I once coached a barefooted Australian teenager named Heath Ledger an American accent because he wanted to "go try his luck in Hollywood." And now I'm raising a son in Melbourne with my wife, Jane – who helps me produce my theater work.

4. You first performed Lyre-Bird in 1998. How has the play evolved over time?

What began as a 30-minute comic sketch performed for a handful of friends has become a full-length solo show that has (thankfully) given me the opportunity to travel the world and entertain people. I've been all over Australia with the show, to New Zealand, Scotland and Britain. And I enjoy maintaining the very high professional standard of "LyreBird" because of the time and effort that my co-creators (director, lighting designer, set and costume designers, etc.) have put into the show. I assembled the cream of Aussie theater artists for this show, and now I'm

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See LyreBird, page 17

LyreBird

Continued from 16

joined by some Sacramento ones for this season.

5. The performances will be in the 24th Street Theatre. Your thoughts on that venue?

I instantly knew it was the perfect house for the show when my brother Mitch, who lives in Loomis and is the producer of our U.S. premiere in Sacramento, e-mailed some photographs of the theater to me in Australia. 24th Street Theater is warm, lush, beautiful, quite traditional with a nice proscenium arch, and Curtis Park is a great part of town. Kudos to them for having a cultural center at their heart.

6. What do you hope the audience will take away from the play?

I love transporting an audience for 93 minutes, taking them on a journey to the Australian outback and then beyond, snaking them through an unfamiliar life. My own life as a creator and performer of theater work has many rewards (I'm not talking about money), but really it all comes down to the audience. I do it for the audience. So I hope people will come away having felt something from my story with a heart; and the play's themes of passion, the dignity of age, and courage to hold onto one's dreams even through the harshest of times.

7. Who should see it?

Anybody who loves theater and performance. Also seniors,

"What began as a 30-minute comic sketch performed for a handful of friends has become a full-length solo show that has (thankfully) given me the opportunity to travel the world and entertain people."

Tyler Coppin
Rio Americano graduate

students of theater and acting, ex-patriot Australians, Americans, my Rio Americano 1974 classmates, Carmichael people (my hometown), Arden (I went to Arden Middle School), and Rancho Cordova where I spent my early years.

8. Who should not see it?

Well, it's for "mature" audiences. And if you don't like prancing theater fairies then maybe you should stay home and watch the football. Having said that, "LyreBird" has a funny section about sport vs. ballet.

9. Any nerves showing in bringing this very personal play to your hometown stage?

I might get the typical butterflies in my stomach an opening night. But I don't really get nervous anymore because I love doing it and look forward to it. Also, I think nervousness as an actor comes from a fear of making a mistake and a fool of yourself in front of an audience. To me, it's no big deal. If that happens, so be it. We all make mistakes, so maybe it's best to admit them (in front of 300 people!) and then move on. And anyway, an actor's mis-

take often ends up being the best part of a show, right?

10. After three weeks in Sacramento, where does "LyreBird" go from here?

I have an offer to tour it again around Australia in 2010. But if the show gets the opportunity to perform elsewhere in the United States I'll consider it.

Mounting this Sacramento season has been a lot of work for us – it's really just a one-off project that we wanted to do for the fun and adventure of it. Ten years ago my brother flew to New Zealand to see me perform it, and then we talked about the possibility of putting it on here in my hometown of Sacramento. So now here we are, with all the set, costumes and props having been flown from down-under. Even my Australian technical manager has come to help us out.

But right after the Sacramento show is over on Feb. 22, I'll fly home to Australia and go to the beach with my wonderful wife and 6-year-old son, who I really miss.

For more information, see the website www.sacramentolyrebird.com. For tickets, phone 888-597-3247 or go to www.Tix.com.



Courtesy photo

Tyler Coppin left Sacramento after his graduation from Rio Americano High School in 1976 and studied at Australia's National Institute of Dramatic Art.

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McMansion

Continued from front page

with a 25-foot setback. After neighbors argued that the size is too uncharacteristic of the neighborhood, the broadcaster scaled back designs by 10 feet and even changed designers. But neighbors said they believe another proposal is in the works.

“At first he (Kozimor) did ask for support of the proposed new home and assured everyone that after demolition of the original house the new house would be exactly in the same location and setback as the other homes on the block,” said Jay Benjamin, a neighbor.

“Instead, plans were submitted to the city to build 20 feet from the sidewalk.” Benjamin said he believes Kozimor is trying to work around the interim ordinance to get a larger backyard by building closer to the street.

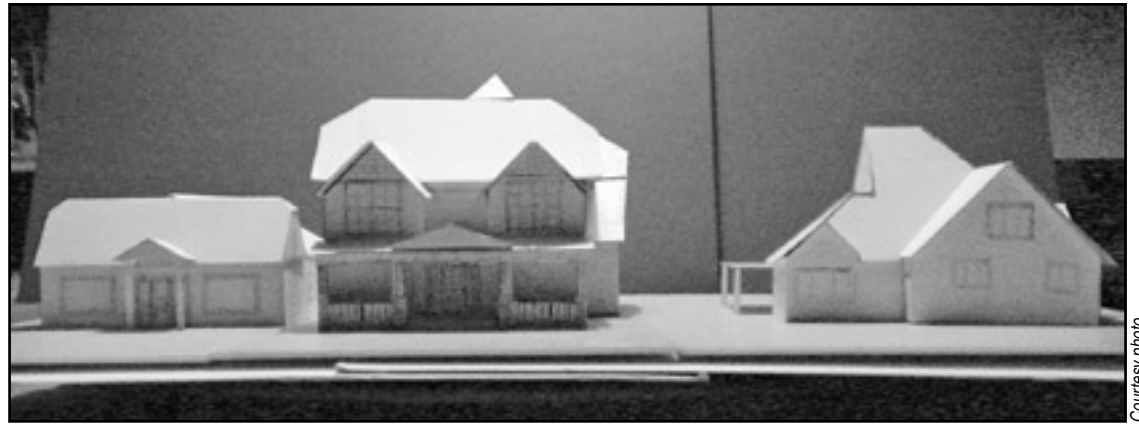
Kozimor could not be reached for comment.

McMansion's rules

Two years ago the city's Development Services Department created the Interim East Sacramento Design Review Ordinance (McMansion Ordinance) to avoid any negative setbacks to the area's characteristic in terms of scale and mass of new and remodeled homes. The current code calls for new construction to be set back the average of the two neighbors, but further states not more than 25 feet.

By placing a series of threshold “triggers” the city can help determine whether the construction or remodeling project must go through design review.

But residents like Richard Levitt, who lives less than 10 houses from Kozimor, says the current ordinance does not address the neighborhood's concern for main-



A neighborhood mock-up was made to show the proposed scale of the 38th Street remodel by sportscaster Jim Kozimor.

taining a standard large front yard and that more restrictions are needed on the size of homes being built.

“Change is going to happen, but we need to do it in a sensible (way, that) benefits all owners,” he said.

Levitt also adds that several remodels have occurred in the neighborhood that have not only improved the properties, but also honored traditional home sizes and setback considerations.

'A 100-year mistake'

“The square footage of (Kozimor's) above-garage living space alone exceeds that of a handful of homes on the block,” said Levitt. “A significant portion of the street's appeal is owed to its spacious, uncrowded feel. If built, this house will stand as a 100-year mistake.”

It's now up to city planners to fully review the designs and possibly consider adding additional policies to the or-

dinance to curb the spread of over-sized homes. In the end City Council will have the final say.

“Whatever the City Council decides will also affect homes in other historical districts like Land Park and Curtis Park,” said Benjamin.

For more information on the regulations log onto the City Planning and Development website, www.cityofsacramento.org.

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On the Wild Side

O, Possum. What sharp teeth you have!

Marci the marsupial was not yawning from boredom at the Effie Yeaw Nature Center. The nocturnal critter's daytime nap was curtailed as volunteers cleaned her indoor habitat. Semi-tamed from early months as a pet, she was deemed unable to survive in the wild. For the enlightenment of visitors, the Nature Center made Marci an "educational ambassador."

A jaw-breaking yawn photographed by Susan Maxwell Skinner illustrates why opossum should never be raised as pets.

As the Effie Yeaw Nature center's resident marsupial took some air, the shutterbug got up-close and dental.

"It's rare to see a nocturnal animal in natural light," said Skinner. "At night, with a flash, their eyes glaze and you lose soft fur textures. Raised from her morning nap, I hoped this one might display those sharp and numerous opossum teeth. She did, in a yawn bigger than her head!"

As a baby, Marci was plucked from a swimming pool. With good intentions, the rescuer pampered her for five months. Little orphan omnivore grew big -- with jaws like a paper shredder -- and the noble Samaritan at last surrendered her illegal pet. Marci's gentle manners were ill-suited in the wild, but befitted an Effie Yeaw Nature Center ambassadorial post. She now has an indoor habitat, equipped with exercise wheel and room-service meals.

Remember, it is illegal to keep wild animals as pets; it is also unwise to accustom wilderness creatures to depend on human providers. Semi-tame opossum, rac-



coons or coyote develop boldness that compromises survival. To learn more about Marci and her species, attend the Effie Yeaw Nature Center's free opossum programs. Information at 489-4983.

Susan Maxwell Skinner is the author of "Carmichael - Americana on the Move," an award-winning book that details the beauty and nature of her home community. Information: www.susanmaxwellskinner.com

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Ideas sought for 'challenging times'

School suggestions shared at packed community meeting

By Miranda Menestrina
THE EAST SACRAMENTO NEWS

Suffering from state budget cuts and falling enrollment, the Sacramento City Unified School District continued talks to elicit ideas on saving money and generating revenue on Monday, Jan. 26, among a packed auditorium at Alice Birney Elementary School, 6251 13th St.

The meeting was the fifth of 11 community meetings in the district's five "study areas" (north, south, east, west and central) that have been organized to discuss ideas on how to best utilize the district's school facilities and other sites to make up for their budget shortfalls.

"Things are different for us in Sacramento and California," said Associate Superintendent Philip Moore to the standing-room-only crowd. "In sight of our budget crisis, we have to be as creative as we can to work through these challenging times, and we want to hear

as many ideas as possible from multiple voices."

Told that the district was in the third phase of the decision-making process, angry parents stood up to argue about the district's level of transparency.

"How are we already in phase three?" one parent questioned. "I'm feeling lost. What was discussed in the first two phases? We could be throwing ideas out that are unhelpful to you now."

Another parent agreed, saying, "I know there's a lot going on behind the scene that isn't shared. Whatever comes of these meetings, I'd like to be in the room, or know that there's a parent that's there when you make the final decisions."

From there, parents, teachers, community and board members touched on a variety of money-saving ideas, from closing schools to decreasing the number of staff-development days, and so much more.

Transportation

"Everything needs to be walkable, bikable or accessible by public transit," said one parent. "Therefore it is essential that you keep neighborhood schools open."

Catherine Nowlin, a special education teacher at Alice Birney, noted that her school was a one of those neighborhood schools.

"I'm proud to say that at Alice Birney all classrooms are full, and three-quarters of the students are within walking distance, which save a huge amount in transportation," she said.

Use of facilities and faculty

Since 1999, the school district has seen a drop in enrollment and has lost some 10,000 students. Down to 43,000 from 53,000, the district "hasn't adjusted the facilities to cover the difference, and they are underutilized," said Interim Superintendent Susan Miller.

One community member reminded the audience that adults tend to go back to school during hard economic times, and therefore told the district, which has a classroom surplus, to talk with Sacramento State, which has a classroom shortage.

"Don't close schools now only to have to open them again when the economy turns around," she said. "Think smart, and then stand tall among the other districts."

But a substitute teacher of the district stood up to argue that schools were too close to one another.

"If the district has seen a drop in enrollment, why build a new school within a mile of another one," she said, referring to John Still and Freeport elementary schools, which are less than a mile apart, and both well-below capacity.

Referring to President Barack Obama's plan for universal preschool, Lauren Madson, a kindergarten teacher from John Cabrillo, proposed that the district provide preschool at every location.

"Kindergarten teaches what used to be taught in first grade," she stated. "If all our schools provided preschool, we could increase our numbers and get our kids ready for kindergarten."

Jeff Holman, an eighth-grade teacher at John Morse, a school that uses the unique Waldorf-style educational approach and is "bursting at the seams," gave his suggestion for increasing enrollment.

"We could share specialty teachers with other schools," he said. "We would both have something to gain. And in the right situation, we could pull from other districts."

Duplication

The majority of the crowd spoke highly of both Crocker Riverside and John Morse, two schools that are above capacity.

One parent talked of how she camped outside of Crocker Riverside, alongside many other parents, to be sure her daughter was enrolled. She then mentioned the waiting list for John Morse.

"Someone has to drop out for other kids to get in, but no one's leaving," she said about the school that has a 99 percent retention rate. "These two schools are obviously doing something right, and it would be wonderful to see this replicated."

Those with ideas on how to best use the district's facilities are encouraged to come to future meetings; post their thoughts online at the district's website, www.scusd.edu, under the Facility Use Community Meetings section; or call the district directly at 643-9043. All comments, questions and responses will be posted online.

Future meeting sites

All meetings are scheduled from 6 to 8 p.m.

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One House of Peace Two visions blend in a peaceful house in Land Park

Nestled in a country-like neighborhood off Freepoint Boulevard in Land Park is a special place: One House of Peace.

When visitors enter, they are met with a feeling of spaciousness and quiet. The main room where there are sitting meditations, discussions and workshops is referred to as the "hall." Meditation cushions, placed in perfect rows, form a perimeter. The simplicity and orderliness supports a sense of calm.

There is a welcoming community kitchen offering teas and fruit.

One House of Peace has its own garden complete with a smiling, watchful Buddha and small pond with a fountain. Currently, a winter garden is coming up.

Zen in purpose, practice

The purpose of One House of Peace is to "serve the community by sharing a practice of conscious, compassionate awareness and by providing a sanctuary where this can take place. Movement arts and other teachings of wellness, sustainable living, and the movement toward a more conscious world all extend from the foundation of this shared Zen practice."

Its mission is to "further apply this practice of conscious, compassionate awareness by serving the extended community through outreach projects which manifest peace."

Caverly Morgan, the serene and graceful director of One House of Peace, maintains her own Zen practice on the premises. She has been a student of Zen for the last 12 years, having trained at a silent Zen monastery for more than seven of those years. A native of Virginia, Morgan says she had never heard the word "Buddhism" until she was a young adult. A retreat in North Carolina not only exposed her to Buddhism, but triggered an epiphany resulting in becoming a student and teacher of Zen.

Sacramento's pull

Her journey to Sacramento began with a one-day meeting.

"I was taken by the receptivity to awareness that I found here," recalls Morgan. She was inexplicably drawn to establish herself in Sacramento, but had no funds to do so, no job to sustain her, nor a



CORKY OAKES
CONVERSATIONS

place to stay. When she discussed this challenge with her overnight host, she was immediately led to working with the developmentally disabled, a profession for which she is also qualified.

Morgan decided she wanted to stay in Sacramento and began imagining "a type of place centered on awareness practice." As fate would have it, Morgan met like-minded Roberta Jan-Johnson who independently shared Morgan's vision. Jan-Johnson and her husband had previously purchased the house next to theirs with the intention of creating such an environment.

Upon meeting Morgan, Jan-Johnson offered the house where One House of Peace is now located.

Silence, focus

One House of Peace maintains what Morgan describes as a "silent privileged environment." No one speaks above a whisper and people do not socialize as they might "in a coffee house."

Morgan comments that "if you visit us you will not be asked who you are, where you came from or what you do. We are totally focused on awareness practice."

Morning and evening meditation is held during the week and on Sunday mornings. All meditation and discussions are facilitated by Morgan. One House requests that newcomers call or e-mail before visiting for the first time to arrange a 1/2 hour orientation.

Although rich in Zen practice, One House of Peace offers several other disciplines: Tai Chi, Yoga, the Alexander Technique, massage and Qi Gong. All disciplines and practices have one thing in common, what Morgan describes as "Being awake in life...being present, conscious and aware as opposed to asleep...dictated and governed by things that tend to cause us to suffer...conditioned-mind type activities...engaging in thoughts like 'there is always something wrong, what's wrong with us, what's wrong with other peo-



The garden at One House of Peace. A winter garden is coming up nearby.

Photo by Corky Oakes

ple.' This is a place dedicated to providing a sanctuary for people who want to go beyond that."

Movement classes

On a community service level, One House of Peace recently supported President Obama's National Day of Service at the Oak Park Elementary School by participating in the creation of a garden. One House intends to continue its support of community-wide events of this nature.

There will be an Awareness Practice Workshop on Saturday, Feb. 7. During the spring and summer months Morgan hopes to have working meditation days where people can come and participate in gardening and "share in the bounty."

Still in the process of becoming a 501(c)3 non-profit organization, One House of Peace relies on donations from the community. As its website states, "The heart of all that is shared from the house is conscious, compassionate awareness. It is through bringing awareness to our individual habits of suffering that we practice living beyond the illusion of separation. It is from this place that we serve the community, inviting all to join."

One House of Peace, 1470 27th Ave., phone 456-1795, e-mail information@onehouseofpeace.org. For more information visit the website: www.onehouseofpeace.org.

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Program to launch with fund-raiser

Faith community asked to help families avoid housing disasters

By Elizabeth Valente

THE EAST SACRAMENTO NEWS

District Four Councilman Rob Fong has teamed up with the Sacramento Ending Chronic Homelessness Initiative to help families permanently avoid or escape homelessness.

The program, Faith and Homeless Families Initiative, is aimed at helping 30 families avoid homelessness by matching them with faith communities to mentor and help provide short-term rent assistance, financial management tools and obtain self-sufficiently.

"We have asked the Sacramento faith community to adopt homeless families, in order to get women and children off the streets," said Councilmember Fong. "We have more than 1,200 people who are homeless. I am really looking at working to address that problem."

The program will be launched on Wednesday, Feb. 18, during a fund-raising reception at the Crest Theatre, where for \$20 a ticket people will view the screening of the documentary "Where God Left his Shoes," a movie starring John Leguizamo. The story is about a man struggling



Councilman Rob Fong: 'We have more than 1,200 people who are homeless. I am really looking at working to address that problem.'

to move his family out of a homeless shelter and into better accommodations in a housing project.

"The response has been overwhelming," Fong said. "We are very excited about expanding the reach of this pilot project so that someday soon all families will have housing here in Sacramento."

The need grows

According to a spokesperson at the Sacramento Ending Chronic Homelessness Initiative, more families have become homeless this year from the current economic and housing crisis. Emergency shelters across the city and county are turning away families because they do not have enough space and beds.

Director Tim Brown says this initiative is a win-win for all involved.

"It will empower families to begin the journey to self-sufficiency," he said, "and community members can put their faith into action. And public resources will be leveraged to save families from homelessness."

Unlike other programs, the FHHI program will serve families who, in better economic times, were able to secure sustained employment and housing; but, in this recession, are unable to do so.

"This is not a population that is targeted by the 10-year plan to end chronic homeless in the city and county," said Fong. "I am looking to shed some attention to the local (city) issue right now."

Fong hopes in the near future to introduce a plan that will help put a

roof over the heads of many homeless families living around the city, but it will have to wait because of the budgetary issue.

"It's terrible (to know) people go hungry in our city," he said. "We have to come up with a way to help and use it to address the homelessness issue."

Tickets for "God Left His Shoes" fund-raising event on Feb. 18 can be purchased at the Crest Theatre Box Office, R5 Records & Video or, Tickets.com

Steps to be taken

Key components of the Faith and Homeless Families initiative include:

- Short-term rent assistance.
- Seven financial planning and mentoring sessions provided by trained volunteers from faith communities.
- Case management and support from the Sacramento Ending Chronic Homelessness Initiative.



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For those who never stop learning

Renaissance Society retirees ready to head back to class

Any local retiree who yearns for those good old days in college can bring them back by joining an organization that's been a fixture on the Sacramento State campus for more than two decades.

The basic premise behind the Renaissance Society, as the organization is creatively titled, is a simple one. Instead of sitting in a classroom while a professor lectures, these student seniors themselves become the professors. They design the programs for the seminars, as the classes are called, and all participants take turns lecturing on chosen subjects while the others sit back and listen, fire away with questions, and sometimes debate with one another.

This month of January is a traditional break time for Renaissance members, as it generally also is for college-age students. But on Jan. 30, the respite came to an end for the Renaissance Society when members gather on campus for the pre-spring semester "rendezvous," a kind of mass registration when hundreds check out the various seminars at the Student Union and hopefully are able to enroll in the course they like best.

It's not too late to join in – classes begin Feb. 6.

Subjects cover a wide spectrum of the arts, sciences, history, geography and just about anything else that's part of the vast panorama of human knowledge.

Most of the Renaissance program takes place on Fridays, when Sac State's regular weekday on-campus student population is sharply smaller than on the other days, and considerable space is available in the classrooms and lecture halls.

A typical day

As the Renaissance program has unfolded over the years, the early birds gather around 9:30 a.m. for weekly lectures



ART GERMAN
TOWN TALK

on travel and other special one-day subjects open to all until all the seating space is filled. A "cracker barrel" discussion of current events follows during noon hour in a large classroom. Attendees are encouraged to bring a brown bag lunch as they debate politics and other major news of the day.

After lunch, the 1 to 2:45 p.m. period is devoted to the various classroom seminars, which will continue through the semester. Finally, at 3 p.m., the Renaissance folks descend on a huge meeting room in the Student Union where guest speakers, ranging from university president Alexander Gonzalez earlier this year to state legislators, journalists and a variety of academicians, hold forth on their areas of expertise.

As for me, I first joined the Renaissance Society in 1994, following my wife who had become a member three years earlier and had spoken enthusiastically about her experiences on campus. After hearing that we all needed to contribute by sponsoring and developing seminar subjects, I thought for a while and realized we were going through the 50th anniversary of the last days of World War II. What could be more meaningful, I thought, than reliving those climactic days and having a seminar in which participants would describe what had happened just 50 years earlier?

Alas, the idea didn't catch fire. Only nine turned out on the first day of class. Even though we all tried to make some-

thing out of the landings on D-Day, the Battle of the Bulge and other wartime spectacles, everyone of course knew how it would all come out in the end.

I did better years later with seminars on "Great Cities of the World" and "Little Known Nations of the World." How many of you know where you can locate Nauru and the Cape Verde Islands? You would have found out if you'd been in my seminar, and maybe also have been able to tell us about some far-out places that you favored.

Fascinating floods

A few years ago, I signed up for a seminar on the history of catastrophic floods, which had been organized by Land Park resident Dick Tarble, an original member of the first group that organized the Renaissance Society and negotiated its agreement with Sac State in 1986. My contribution was a presentation on the Johnstown (PA) flood of 1889, which took more than 2,000 lives and underscored the danger from an antiquated dam containing an artificial lake upstream from a lowland town like Johnstown. The seminar provided a chance to go over the history of floods, a problem that Sacramento itself may well have to face some day.

Last year I came up with a real plum when I signed up for a seminar on the Revolutionary War and drew none other than the Father of Our Country as the subject for a presentation that I shared with retired Sacramento Union journalist Bob Taylor. I never doubted that George Washington was a great man, but his standing rose even higher when I learned that in 1793 he sent a message to a new Savannah, Ga., Jewish synagogue, welcoming them to the com-

munity with these words in a letter that is now framed at the front entrance... "May the same wonder-working Deity, who long since delivered the Hebrews from their Egyptian oppressors, planted them in the Promised Land, and whose providential agency has lately been conspicuous in establishing these United States as an independent nation, still continue to water them with the dews of heaven..."

Off-campus, too

Although most Renaissance activities occur on campus on Friday, an increasing number of seminars have moved to other days and to sites outside of Sac State, often at the homes of members. There's a walking group, several writing groups and one whose participants read the New Yorker magazine and then meet to discuss what they've read. That seminar, incidentally, was started by my wife in the early '90s.

And last, but not least, there are three Renaissance-related bridge groups, one in the north area, one in the south, and the third devoted to the rapacity of duplicate bridge. The participants try to mix in some discussion with their card-playing, in line with the hope of adding education to the displays of aces and trumps.

Invariably, when I describe the Renaissance program to friends from out-of-town, they react with a comment like this: "I sure wish we had this kind of program where we come from."

To apply, stop by the Renaissance Office, CSUS, 6000 J St., Adams Building, Room 210, or call 278-7834 during office hours Monday through Thursday, 9 a.m. to noon, and Friday, 10 a.m. to 12:30 p.m. An online application form is available on the Prospective Members page at <http://www.csus.edu/ORG/RENSOC/>

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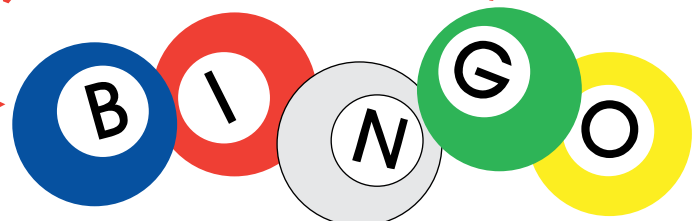
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Taking the chair County gets funding to investigate cold cases with DNA technology

The Board of Supervisors officially kicked off 2009 by electing me as the new chair for the year.



SUPERVISOR SUSAN PETERS
COMMUNITY REPORT

Chairing the Board of Supervisors is both an honor and a responsibility. The year 2009 will be a challenge due to the current economic situation and the impact on the budget. The board will need to concentrate on protecting vital services like public safety and I will work to ensure we remain focused on that task.

Administering the oath of office was Assemblyman Roger Niello of the Fifth District, who had served on the Board of Supervisors before his election to the legislature in 2004, the same year I was elected to my first term as supervisor.

Most of the Third Supervisorial District is within the boundaries of the Fifth Assembly District. We also share a mutual bond as having been both past chairs of the Sacramento Metro Chamber before our entries into effective office.

Besides running the board meetings, the role of chair performs honorary functions. That is especially gratifying because this year Carmichael will be celebrating its 100th birthday. Already the Chamber of Commerce is working with the Department of Transportation to have a celebratory banner hanging across Fair Oaks Boulevard.

Solving cold cases via DNA

Sacramento County has nearly 400 unsolved violent crimes dating back 50 years. Many have the potential for being solved through DNA analysis and a grant from the U.S. Department of Justice approved by the Board of Supervisors is enabling the Sheriff and District Attorney to use this advanced technology to investigate these old homicides, sexual assaults and other cases.

The \$392,160 grant runs through May 31, 2010, and has expanded the efforts of the Sheriff's two Cold Case Detectives by providing

funding for an On-call Deputy Sheriff and one new full-time District Attorney Criminal Investigator along with specialized DNA training and three new laptop computers.

The goal of the program is to identify violent crime cold cases with the potential for DNA analysis, identify and locate potential DNA evidence, perform analysis on that evidence and upload all qualifying DNA profiles into the Combined DNA Index System, a software program that allows state, local and national law enforcement crime laboratories to compare DNA profiles electronically. The success of this approach has numbered in the thousands involving DNA matches linking serial cases to each other and to known convicted offenders.

Already the grant has yielded in two months two arrests for two cold homicide cases. These cold cases date back to a 2006 shooting outside an apartment complex on Howe Avenue in Arden Arcade and a violent death in 2004 of an elderly man in his home on Rampart Way in Carmichael.

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

Already the grant has yielded in two months two arrests for two cold homicide cases.

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How diet affects the skin

Maddening case of eczema has client desperate for solution

It was a hot and humid summer day and 40-year-old Elizabeth sat across from me, peeping at me occasionally through the sunglasses dangling on her nose, filling out the client's questionnaire.

The lenses were so dark, I could not see her eyes.

("How odd, she still wears sunglasses indoors," I said to myself.)

I started observing her appearance. She wore a long-sleeved shirt with buttons up the front, long blue jeans and a pair of red-rimmed, dark sunglasses. On her feet were a pair of red sandals.

Scratch ... scratch ... scratch.

She was writing with the right hand, her left hand constantly scratching – her neck, her face, she put her hand inside her shirt collar ... scratch ... scratch ... scratch. She rubbed her face and squished down in the seat. Finally, she took off her sunglasses and rubbed both eyes with both of her hands for a full minute.

Extensive itch

"I have had severe eczema since I was 13 years old," she

**MAMIE WOO**

HEALTHY LIVING - THE CHINESE WAY

said in an apologetic tone. "Every year I searched for a new dermatologist hoping to find a solution, but they all threw up their hands. Nothing seems to help, it's getting worse as years go by.

"I cannot stop scratching day and night," she continued. "I wonder if Chinese herbs could help me."

Scratch ... scratch ... scratch.

Both her cheeks were tinted with tiny red dots. The skin around her eyes looked puffy, rough, dried and scaly.

("That's why she wears sunglasses indoors," I thought. "To hide the rough skin around her eyes.")

She rolled up both sleeves, showing her entire arm and the back of her hands fully marked

with scratchy scars; some open wounds with dried blood. She pulled up the shirt, showing her abdomen, her back -- eczema all over her body.

She pulled up a leg of her pants -- eczema on both legs, bumpy-looking skin, not a inch of good skin. I touched the calf, the skin was hard, rough, dried, bumpy and had lost its elasticity.

She never stopped scratching.

Probable cause

She crooked her head, squinting at my astonished expression, waiting for my words. I knew why she wore a long-sleeved shirt and long pants -- just to cover up her skin condition. Honestly, I had never seen anybody's eczema worse than hers. My heart went out to her.

I started to explain:

"Well, in Chinese medicine, the skin is related to the Lung. (When I capitalize the name of an organ, it is referring to the organ's energy. Lung energy is different from a lung's function.) When the Lung energy is weak, damp heat and wind invade and get trapped in the skin, make it itchy and rough.

"You must like hot and spicy food and have not been eating well-balance meals for a long time."

"How did you know!" she exclaimed, then protested: "You see, my husband works out of

town a lot and I have four children. When I get off from work, I pick them up from three different schools. I have only one hour to cook and feed them their dinner so I can help them with their homework, bathe them and put them to bed.

"Most of the time we eat pizza, or fast food -- french fried and junk food. But I really don't have time to prepare a good meal. And I do like hot and spicy Mongolian Beef."

"If you eat balanced meals every day," I explained, "and stay away from hot and spicy food, you will not have this problem. Hot and spicy foods dry up your lung tissue, making your skin dry. I bet you don't sleep well and are tired most of the time?"

"Wow, you are right again," she said. "I have very poor sleep. I sleep two to three hours most nights, scratching all night, never finding a comfortable position."

"When you don't eat nutritional meals," I said, "the Spleen cannot produce sufficient blood from your food to nourish the skin. Due to blood deficiency, the body creates Heat -- the Wei Qi -- defensive energy on the skin will be weak -- which leads the skin pores to open and then the invasion of dampness and wind, causing itchy eczema.

Plotting the course

"In order to clear the eczema, I would like to blend a special formula to expel all those evils out of the skin." I started lecturing her: "As for insomnia, it has many reasons. Again, your condition is due to insufficient blood to sooth the Liver and Heart so they will shift into relaxation mode, then you can fall into

deep sleep, wake up refreshing. Having sufficient blood is very important to maintaining good health."

Finally she gladly accepted my suggestion to try a special formula. She also agreed to change to a better, more balanced diet for the children and her own sake.

It has been six months now. Every month she comes to refill the herbal formula. I routinely checked her pulse and tongue and modified the formula accordingly. So far, her condition is improving as expected. It may take a while to clear up the eczema, but at least we are on the right track.

Eczema is very difficult to treat. A proper diet makes a big difference.

In addition to eliminating hot and spicy food, if you have eczema, try to avoid foods like bamboo shoots, pineapple, goose and duck, potato chips, seafood like shrimp, fish crab, lobster, etc. These foods may increase the itch.

Consume more cooling food like Asian pears, raw lotus roots, dried chrysanthemum tea, and sugar cane in the can or fresh

Since we must eat to survive, why not eat food that can prevent ailments and help to maintain good health. Avoid those harmful to our health -- agreed?

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.mamiechineseherb.com.



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(San Mateo Event Center) Thursday, March 19 - Trip#37954 • With Late Lunch at Beach Chalet Restaurant
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Trip Cost: \$105 per person Deadline for full payment: Feb. 25, 2009.

FILOLI GARDENS AND MANSION
Woodside - Thursday, April 9 - Trip#37955 • Visit the extensive sixteen-acres of beautiful formal gardens and the gracious mansion. We will have a 2 hour docent-led tour of the mansion and gardens, with an additional hour to enjoy the Garden Shop and grounds. Stop for a no-host late lunch on the return trip.
Trip Cost: \$64 per person (does not include meals) Deadline for full payment: March 19, 2009.

For more tours and registration information please call (916) 808-TOUR (8687) or find us on-line at www.cityofsacramento.org/safari

TRAVEL FAIR February 12th • Coloma Community Center • 4623 T St.
Free • Refreshments • Prizes



Calendar

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

FEB. 5

Info for fathers

Free workshop for fathers on child support issues, 6 to 8 p.m., Department of Child Support Services, 3701 Power Inn Road. Co-sponsored by the Fathers Resource Center. Topics include wage garnishment, tax refund protection, court order reviews and more. Pre-registration required with the center, 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fatherscenter.org. Refreshments will be provided.

'Snicket' author in town

Author Daniel Handler presenting "Why Does Lemony Snicket Keep Following Me?" - the story of "how his pseudonym stole his ideas, blocked his spotlight, bought him a house, and ruined forever his dream of a scruffy, anonymous, bohemian life," 7:30 p.m., Crest Theatre. Tickets, \$27 general, \$15 students, through www.tickets.com, at the theatre box office, 1013 K St., or phone 800-225-2277.

FEB. 6

Writers' Club networks

California Writers' Club's Nonfiction Network meets, 9 a.m., IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Author and columnist Tim Herrera speaks on "Writing the Personal Essay." Guests welcome. Information at 944-3185.

Forest Service speaker

Organic Gardening Club of Sacramento County meets, 10 a.m., at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave. "Penny Pines Reforestation" will be presented by guest speaker Gina Torvinen, Forest Service. Call 635-6724 for information.

Kiwanis cook up crab

East Sacramento-Midtown Kiwanis Club third annual crab feed, 6 p.m., Dante Club, 2330 Fair Oaks Blvd. All you can eat crab and pasta, silent auction, DJ dancing. Tickets, \$45, at 215-1460 or 947-0778.

FEB. 7

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., Faith Presbyterian Church, 625 Florin Road. 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.rsvp-choir.org.

Crab feed at St. John's

St. John the Evangelist School hosts its 26th annual Crab Feed Dinner Dance, 6 p.m. to midnight, at the school, 5701 Locust Ave., Carmichael. Tickets, \$39, on sale in the school office

from 8 a. m. to 4:30 p.m. Information at 481-8845.

'Pocket Vine and Dine'

Rotary Club of Pocket-Greenhaven hosts "Pocket Vine and Dine," a fine wine and cuisine festival, at the Old Sugar Mill, 35265 Willow Ave., 6 to 9:30 p.m. Live, silent auctions, and raffle. Funds raised benefit DART, the Drowning Accident Rescue Team, Rotary Children's Dictionary Project and other community and international causes. Tickets, \$25, available from Louise at 424-2698.

Museums open free today

Eleventh annual Sacramento Museum Day, 10 a.m. to 5 p.m., presented by the Sacramento Association of Museums. Twenty-five participating museums will be open free of charge. For detailed information about participating sites and more, see the website www.sacmuseums.org.

Military Widows meet

Society of Military Widows, Sacramento Chapter No. 5, meets at the Lions Gate at McClellan Park for an 11:30 a.m. luncheon followed by "Celebrating our 35th Birthday Anniversary." Call 635-6724 for information.

AAUW hears author

Annual American Association of University Women Authors' Luncheon, 11 a.m., Casa Garden Restaurant, 2760 Sutterville Road, features Cheewa James speaking on her most recent book, "Modoc: The Tribe That Wouldn't Die." Public welcome; cost \$28 for chicken marsala. Reservations with Wendy Haydon, 539-3235.

Crab feed and kid party

Sierra Arden United Church of Christ's eighth annual crab feed and auction, 6 p.m., 890 Morse Ave., with pizza and movie party for kids. Crab feed tickets,

\$40 in advance, \$45 after Jan. 30 or at the door. Kids party, \$5. Information and tickets at 483-5501.

Christian Singles dance

Christian Singles Network's annual Valentine's Dance for single adults, 7 to 11:30 p.m., Carmichael Presbyterian Church, 5645 Marconi Ave. DJ dance music of all types, dance lessons in the Cowboy Cha Cha. Dress is party or business attire. Tickets, \$15 presale or \$20 at the door, include Valentine buffet, desserts and the dance lessons. For more information call the 24-hour event line at 658-0606 or the CSN office at 530-878-8606.

FEB. 7, 8

Jewish Film Festival

Twelfth annual Sacramento Jewish Film Festival, Crest Theatre, 1013 K St. Begins at 7 p.m. Saturday with "The Secrets," concludes at 5:15 p.m. Sunday with "Blessed is the Match." 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. For more information, visit www.thecrest.com or call 442-7378.

FEB. 8

Free e-waste disposal

Electronic waste disposal, 9 a.m. to 3 p.m., Elks Lodge No. 6 parking lot, 6446 Riverside Blvd. Proceeds benefit the Elks Lodge Deceased Members Memorial. Taking monitors, televisions, cell phones, digital cameras, scanners and more. No household appliances, furniture, hazardous waste. Pick-up requests to Don Puliz, 429-6465.

'Toy Story' movie night

Free showing of "Toy Story" with potluck and arts and crafts, hosted by the Elmhurst Parent's Group with funding from First 5 Sacramento, 4 to 6:30 p.m., Coloma Community Center Auditorium, 4623 T St. Drinks and popcorn provided, bring dish to share. More information from Phoebe DeMund at 452-8997.

FEB. 9

Seminar on love

Valentine's Day seminar on love and relationships, 7 p.m., Hubbard Diagnostics Foundation, 1010 Hurley Way, suite 505. Information at 925-2545.

FEB. 11

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., Leonardo da Vince K-8 school,

4701 Joaquin Way. 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.

Networking lunch

Referrals Plus, a networking group of business women in the Land Park, Pocket, and South area, meets for lunch. Reservations to Chris at 492-6278. Information at www.referralsplus.org.

See more Calendar page 17

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Calendar

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FEB. 11,12

Falls prevention workshop
Asian Community Center hosts a free, two-day "Falls Prevention Workshop: Live Strong and Safe." Wednesday, 10 a.m., nutrition, 11 a.m., medication management. Thursday, 10 a.m., exercise, 11 a.m., home modification and safety. At ACC Greenhaven Terrace, 1180 Corporate Way. Reservations with Lucy Chao, 393-9026 x 222, or e-mail lsc@accsv.org.

FEB. 12

Computer Club meets
Mission Oaks Computer Club meets, 1 to 3 p.m., Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Bob Leblond will discuss voice recognition software -- Type it faster and with less wrist stress. Question and answer session follows the meeting. Visitors welcome. Information from 366-1687 or visit the website: www.missionoakscomputerclub.org.

City-hosted travel fair

City of Sacramento, Department of Parks and Recreation, travel fair for its Safari Tours Travel Program, 10 a.m. to noon, Coloma Community Center Auditorium, 4623 T St. Safari Tours features day and overnight trips for active adults. Free, refreshments and door prizes. Call 808-TOUR (8687) for more information.

National Health Federation

Sacramento Chapter of the National Health Federation sponsors a free lecture to "Transform All Levels of Your Being," by Jane St. Croix of Body, Mind, Spirit Healing, 7 to 9 p.m., SMUD Auditorium (the old SMUD Building), 6201 S St. Call 635-6724 for information.

FEB. 13, 14

Singing valentines for sale

Barbershop-style singing valentines from a Sacramento Valley Sweet Adelines quartet available. Cost, \$40, for two songs, a card and verse, silk rose and candy. Reservation hotline: 420-1662. Information at www.sacramentovalleychorus.com.

FEB. 14

Big Band dance

Take your sweetheart out to dinner and stop by after for an evening of dancing and dessert with The Swing Masters' authentic, multi-voiced Big Band sound, 7:30 to 10:30 p.m., La Sierra Community Center, 5325 Engle Road, Carmichael. Cost, \$10. Sponsored by the Swing Masters and the

Carmichael Recreation and Park District. Information at 485-5322.

Jane Austen book club

First of a two-part adult book discussion of Jane Austen's "Pride and Prejudice," 1 p.m., Fair Oaks Library, 11601 Fair Oaks Blvd. Led by CSUS Professor Jason Gieger, participants will discuss this timeless romantic and comedic classic, looking at how it reflects on its own time as well as speaking to today. Chapters 1 to 34 today; concludes Saturday, Feb. 21, 1 p.m., with chapters 35 to the end. Information at 264-2920 or visit www.saclibrary.org.

FEB. 16

Heritage day for kids

Seventh annual American Heritage Day brings history to life for children with hands on re-enactment performances; more than 17 different presentations. From 10 a.m. to noon. Free. Mt. Vernon Memorial Park, 8201 Greenback Lane, Fair Oaks. Information at 969-1251.

See more Calendar, page 18



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Calendar

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FEB. 17

Dance therapy class

Sutter Cancer Center begins ongoing Tuesday dance movement therapy classes for those with cancer, said to facilitate healing and wellness through improved body image, energy level and sense of self. Classes from 10:30 a.m. to 12:30 p.m., or 6:30 to 8:30 p.m. Free. Register at 529-1079.

FEB. 18

Art for healing

Local artist Frankie Hansbearry discusses "Art as a Modality for Healing," 7 to 9 p.m., for the Save Ourselves breast cancer organization of Sacramento. Free. In the second floor training room of Nordstrom's at Arden Fair Mall. Information support/conversation from 6:15 to 7 p.m. Information at the website www.save-ourselves.com.

org, or phone the 24-hour hotline at 1-800-422-9747 or 448-5432.

FEB. 19

Same-sex legal help

Attorney Penny R. Brown and financial planner Rebecca E. Harper leads a presentation on legal and financial planning for same sex couples, 4:30 to 6 p.m., The Crocker Art Museum, 216 O St. Teaches effective estate planning and financial strategies. Information at 808-7000.

FEB. 21

E-waste fund-raiser

Free, electronic waste collection from 9 a.m. to 1 p.m., St. Francis High School, 5900 Elvas Ave. Public may drop off used electronics including computer monitors, televisions, desktop and notebook PC's, VCR's and phones. Also accepting small household appliances. (No large appliances such as washers.) Proceeds benefit the St. Francis Safe Grad Night. Information from Robbin Haitz, 601-8333.

FEB. 21, 22

Sojourner Truth for kids

Fairytale Town hosts a two-day event to celebrate the life of Sojourner Truth as

part of Black History Month. Each day from 11 a.m. to 3 p.m., activities include hands-on arts and crafts, storytelling, interactive-clothing displays and more. At the park, 3901 Land Park Drive. Park admission \$4.50 general, free to children 2 and under. Information at 808-8886, e-mail magic@fairytaletown.org, or see the website www.fairytaletown.org.

FEB. 22

Mardi Gras Sunday

Sacramento Banjo Band plays traditional Dixieland jazz, Northminster Presbyterian Church, 9:55 a.m., 3235 Pope Av. Following the music and service, a free Mardi Gras luncheon of jambalaya, beans and rice, and red velvet cake will be served. For more information call 487-5192, or visit www.northminsteronline.org.

FEB. 22

'Bachathon' at St. John's

Sacramento Chapter of the American Guild of Organists presents some of Sacramento's best known organists in a "Bachathon" drop-in recital, 2 to 6 p.m., St. John's Lutheran Church, 17th and L streets. New, 59-rank pipe organ is featured; musicians will play 15- to 30-minute sessions. Cost, \$5. Information from Nancy Metzger at 422-5168.

FEB. 24

Embroiderers meet

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Angelica Garrido will demonstrate construction of rugs and pillows using cross stitch. Visitors welcome. Information at 961-3558.

Free flapjacks for charity

I-Hop's fourth National Pancake Day, 7 a.m. to 10 p.m., serves up a free short stack of pancakes, and in return, ask guests to donate what they would have paid for the pancakes, or more, to local children's hospitals and other local charities in the communities. Information at www.ihoppancakeday.com.

Free remodel class

Get expert information on planning a successful remodel from a licensed architect and contractor and lead designer, 6 to 7 p.m., Applied Architecture Inc., 2550 X St. Free. Reservations by phone at 456-2656 or e-mail, office@appliedarts.net.

FEB. 25

Casa recruits volunteers

Casa Garden Restaurant holds a volunteer recruitment coffee, 9:30 a.m., 2760 Sutterville Road, near Curtis Park. Proceeds and all gratuities from the restaurant benefit the Sacramento Children's Home, which is right next door. RSVP at 452-2809.



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- 4000 FOOTHILLS BLVD772-3155 (Near Starbucks & BelAir)
- 8200 SIERRA COLLEGE BLVD.....791-3456 (In Newly Remolded Center Near Douglas)

CLASSIFIED ADS

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ANTENNA REMOVAL
Conover's Antenna Removal Service
Why not remove that old, ugly, unused antenna. A home improvement at little cost.
Call (916) 973-9928 for an appt. for removal.

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GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. \$30/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161.

Sell your furniture in the classifieds!

CANARIES FOR SALE

CANARIES FOR SALE
Healthy, young canaries, home-raised w/loving care. Yellow & varigated. Handsome, singing males \$95/ea. Beautiful females \$65/ea. Can hold for Valentine's Day. Call 391-1078.

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PART TIME COOK
Experience Only. Call Marilyn at (916) 422-8351.

HANDYMAN

WINTER CLEAN-UP
Rain gutter's cleaned, concrete removal, sod placement, rototilling, pressure washing/power spray, yard work, hauling, painting, tree & shrub removal, general labor, fence repair, odd jobs & more. References available. **Licensed. Call Les at 838-1247.**

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock,Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114

HEALING AFTER LOSS

HEALING AFTER LOSS
Heal emotionally after loss (separation, divorce, death). Two-day workshop in Sacramento by Master Life Coach. March 6 & 7 or April 24 & 25, 10 a.m. to 4 p.m. For more information, call (916)446-4042.

List your items for sale in the classified ads

HELP WANTED

CAREER OPPORTUNITY
Advertising Sales Rep/Admin Valley Community Newspapers. Generate revenue through advertising sales, have basic computer skills & easy to train. Multi-tasker. Sales exp. a plus. Send resume to: kathleen@valcomnews.com or mail to: VCN 2709 Riverside Blvd. Sacto 95818. No calls please.

HELP WANTED
Administrative & Office positions available. Paid trng. Start immed. No experience req. No sales. Call 1 888 623-2147.

HOUSE FOR RENT

HOUSE FOR RENT
551 La Purissima Way 95819 2 bed, 2 car gar, lrg patio & lrg yard, wood floors, granite counters, all updated 12-36 mo. lease at disc. rent of *\$1,750/mo *Call Chad for details @ 916.521.8000 California Gold Real Estate.

HOUSE FOR SALE

HOUSE FOR SALE
Why rent when you can buy? 2 BR/1BA newly remodeled home. Easy to quality. Call (916) 339-7484.

OFFICE SPACE FOR RENT

OFFICE SPACE
Office space for yoga studio, wholesale, or craft use. 1000 sq. ft. One large room + office. New paint & carpet. Near Sac City College. 650/month + utilities. Call (916) 443-6191.

Check out the Home Improvement page!

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#1 TAX PREPARER
25 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including allState returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. Same low 1990 rates. www.taxirene.info.

VENDORS/ARTISTS WANTED

VENDORS/ARTISTS WANTED
Premiere Venue to Celebrate the Arts. Arts & Crafts vendors with handmade & original items sought for 6th annual East Sac "Arts in River Park Festival." Sat., May 30th, 9-4 p.m., Scottish Rite Masonic Center. Go to www.artsinriverpark.org & click on "vendor" for application & info.

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Advertise in California Kids! Family Fun Guide!!! Serving Greater Sacramento,

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Call 429-9901

Call 429-9901 today to place your ad!



Windermere

Dunnigan Realtors



1923 CRAFTSMAN

Classic 1923 Craftsman Bungalow close to Med Center, Light Rail & Restaurants. The meticulously maintained 2 bed home w/spacious floor plan has large LR & DR perfect for entertaining. Enjoy the view from the large breakfast nook and phenomenal kitchen. Updated bath including a custom sink & new shower. The backyard has been lovingly cared for over the years with an amazing variety of plants and trees. Simply a must see! See www.3433VSt.com \$325,000

TIM COLLOM 247-8048



WONDERFUL CRAFTSMAN

A wonderful CRAFTSMAN style home on a large lot (70 x 174). Only 2nd owner and has been maintained beautifully. Bedrooms - light and bright, 24' long sun room, Cozy family room in basement with wet bar. The 50' long front porch gives this home a very warm, friendly feeling. A must see home!!! See www.1230-39thstreet.com \$1,150,000

GEOFF ZIMMERMAN 454-5753



A REAL SHOWPLACE

Remodeled home is ready to move into today. Just stepping into the large entry you will be impressed by the designer colors, well kept floors, architectural detail, recessed lighting & more. Kitchen opens to the family room w/custom built-ins & bench seat all overlooking the well-kept yard.. Other features include large master w/walk-in closet, dual pane windows, new roof, video alarm & more. See www.1624-38thstreet.com \$689,000

DAVID KIRRENE 531-7495



PENDING!

CHARMING EAST SAC

Welcome Home! Enjoy a view of the pretty backyard the moment you enter this charming home. Rich hardwood floors, granite counters & soothing colors are just a few features you will enjoy. The bathroom features a claw foot tub.. Garage has been converted to office or bedroom, but can easily be converted back to a garage. Don't miss the mudroom at back of bonus room. See www.1518-55thSt.com \$339,000

PAULA SWAYNE 425-9715



HEART OF EAST SAC

Fantastic two bedroom one bath located in the heart of East Sacramento. This meticulously maintained home includes CH&A, dual pane windows, vintage hardwood floors and a spacious floorplan. Walking distance to restaurants and coffee shops. All of this on a very large lot with a greenhouse. See www.847-56thSt.com \$339,000

TIM COLLOM 247-8048



COZY COTTAGE

Cute 2 bedroom plus den home with a detached office/hobby room. Sunny yellow updated kitchen with new dishwasher. Hardwood floors and some 1940's charm. Backyard has new sod and beautiful trees. Includes an inside laundry room. See www.656-55thst.com \$389,000

DEBBIE TOWNE 532-2652

VICTORIAN DUPLEX

Old World charm made popular by famed local builder Frank "Squeaky" Williams. 4 bedrooms 2 baths with beautiful random plank hardwood floors, beamed living room ceiling, gorgeous leaded glass windows, original wood trim and ornate light fixtures. Covered patio overlooking beautiful backyard. See www.1114VStreet.com \$525,000

TIM COLLOM 247-8048

LAND PARK SPANISH

Stunning classic 1920's Spanish style home with 3 or 4 bedrooms, and a grand living room with high arched ceiling. Remodeled kitchen with Thermador and Bosch appliances; family room opens to backyard tiled patio. 2 large baths with original tile. Dual pane wood windows and refinished hardwood floors. See www.LandParkSpanishHome.com \$585,000

DAWN O'CONNOR ROWE 799-4835

HEART OF LAND PARK

Updated and ready for your **PENDING** in! Charming 3 bedroom 2 bath home with beautiful hardwood floors and designer colors throughout. Fireplace in living room, kitchen with black granite and stainless appliances. This property will not last! Call Lisa Havard to see. See www.1270wellerway.com \$509,000

LISA HAVARD 698-3323

CONVENIENT COMFORT

Stunning 3 bedroom 2 1/2 bath home nestled among the trees on a private lane. Brazilian cherry hardwood floors, high ceilings, dual pane windows and California closets in all bedrooms. 2+ car garage with built-in cabinets and storage. Wrap around patio. Internet wired. Great location. See www.2529SierraBlvd.com \$399,000

ROSLYN LEVY-WEINTRAUB 952-6602



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