



Raw vegan touted for good health

See page 6



Here come the mosquitoes...
Drain after every rain

The Sacramento-Yolo Mosquito and Vector Control District reminds the public to “drain after every rain” to prevent mosquito population explosion.

Wet weather followed by warm temperatures creates an ideal breeding ground for mosquitoes, so it becomes necessary to have good water management practices around the house.

“We’re starting to see many mosquitoes now,” said David Brown, District Manager. “Mosquitoes that have been resting all winter are coming out ready to bite and begin their cycle.”

With the recent rains, the district urges all residents to inspect

See Drain, page 13



A lesson in time

Monks from the Dzongkar Choede Monastery in southern India visited Sacramento for four days in February, creating a sand mandala at Andy Nguyen’s Restaurant, 2007 Broadway. The mandala was carefully assembled with exacting work over three days, then dissolved in a matter of seconds on the final day. The lesson, the monks say, is impermanence. (inset) A 700-year-old Buddha statue was saved from their original monastery, which was destroyed by the Chinese government during the Chinese Cultural Revolution. More about the mandala is on page 3.

Photos by Robert Scott

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Buddhists’ spring fest of good food

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GASP: Fundamentals for good golf

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Bragging rights for their udon

Spring food fest returns to Buddhist church

Special to *the East Sacramento News*

The Spring Food Festival returns Sunday, March 15, to the Sacramento Buddhist Church, 2401 Riverside Blvd.

Hosted by the Adult Buddhist Association and Buddhist Women's Association, the festival means sampling Japanese dishes such as maki, inari and chirashi sushi, udon, salads and sandwiches, and pastries.

The church brags it has the best teriyaki chicken in town – though notes it's a claim that is disputed by every other Japanese church in Sacramento and the Bay Area. Teriyaki chicken is the soy-ginger flavored barbecue chicken that is served in all Japanese restaurants.

"Nonetheless," according to a church press release, "our grilled chicken is cooked in a traditional yakitori (grilled chicken) fashion over a charcoal grill and is marinated while cooking. It does not have that dark caramel glaze that is often added afterwards at most Japanese restaurants."

They stand behind their udon, however. The udon is for the "purist" who wants to sample authentic Japanese country-style cooking, they say. "Only a few churches challenge us when we say that ours is best. That's because our udon is basically what you will find when traveling throughout Japan."

The festival begins at 10:30 a.m. and goes until 3 p.m., or until the food runs out.



Courtesy photo

Preparations last year, and every year, are made by the Adult Buddhist Association and Buddhist Women's Association.

All proceeds fund the Adult Buddhist Association and the Buddhist Women's Association.

For more information, phone 446-0121.

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Photo by Corky Oakes

Visiting monks wipe away their mandala creation, later scooping the colored sand into plastic bags for the audience.

Creation – then dissolution Monks share their teachings with a sand mandala at local restaurant

By Corky Oakes
THE EAST SACRAMENTO NEWS

The Dzungkar Choede Monastery is located thousands of miles away from Sacramento -- in southern India. But for four days in February, five monks visited here to build a sand mandala and exhibit holy objects.

Sponsored by Andy Nguyen's Restaurant, 2007 Broadway, the mandala was carefully built over three days, from Feb. 11 to 14, then dissolved on the 15.

A mandala is a tantric teaching (tantras are considered by Buddhists as the highest form of teaching) expressed by painting with colored sand. The mandala follows a prescribed system of icons, which includes a variety of shapes and symbols.

What it means

The monks explain that the mandala theme exemplifies the internal and external worlds -- the world of consciousness and the universe. The monks of Dzungkar Choede Monastery created a four-gated sand mandala known as the Avalokiteshvara Mandala. The sand they used is marble ground to a fine consistency. The monks purchased the sand and added various color dyes in advance.

On the first day, the monks drew the design on a wood board. Over the next few days they layered the colored sands using a metal tool shaped like a long, narrow funnel with a grated surface. Rubbing this tool with a rod against the grated surface causes vibrations "pouring" the sand out of the tunnel as if it were fluid.

In the four-gated mandala, the center symbolizes the lotus blossom, in Buddhist teaching a symbol of impermanence. Lotus blossoms like other flowers in time wilt and fade away. The concept of impermanence is reinforced when a mandala undergoes dissolution.

Nothing lasts...

Such was the case on Feb. 15, when the monks wiped away the four-gated mandala. In a matter of seconds what took days to create was gen-

tly swept into a small pile of multi-colored sand in the center of what, only moments before, had been the center, the lotus blossom icon in the mandala.

The monks lovingly scooped sand into plastic bags and distributed the bags to the audience.

The monks of Dzungkar Choede Monastery are Tibetan Buddhists who want to keep the Tibetan Buddhist history and tradition alive. Their monastery was once one of the oldest in Tibet. Only 5 percent of the monks survived the razing of the original monastery during the Chinese Cultural Revolution, which displaced thousands of Tibetans. The reconstructed monastery was built in 1972 in southern India.

The monks invited all who journey to India to visit them.



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Get going on gardens now

Jump in after winter rains with a good nitrogen kick-start

March is the month that spring breaks out in earnest here in Sacramento with trees budding out, most plants starting growth and spring blooms are everywhere you look by later in the month.

Although there is still a chance of frost here in the valley (especially in colder areas) and the higher areas may still have snow, for many of us it is time to plant many things including all the hardy perennials (not real tender stuff yet), hardier annuals and cold hardy veggies such as potatoes (Talin's usually has a good selection) carrots, peas, beets, radish,

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

chard, etc., so they will mature before the real heat of summer veggies.

And most summer bulbs (except caladiums, which need starting indoors or held until soil is warm. They hate cold).

No -- not heat lovers like tomatoes, peppers and eggplants -- the nurseries may get them in but it is WAY to early outside of a greenhouse. They like warmth.

Need for nitrogen

With all the new growth comes the time to think of feeding the garden -- light and more frequent is better than heavier, less frequent feedings.

After all the winter rain, the biggest need for most soils is nitrogen (the first number) since it is water soluble and washes out. I always use a higher nitrogen fertilizer for the first feeding of the year to give things a kick-start and



Above is the newer Sedum 'Cloud Walker' and below is the older dependable Sedum spectabilis 'Brilliant'

then switch to a more balanced fertilizer.

For those who don't want to worry about remembering a schedule, time release fertilizers that last for six or eight months are a great way to go, especially for containers.

Early in the month you may find some good deals as nurseries clear out bare root material, but be careful about dried out material, material with long stringy shoots that will burn or die when put out or material that has rotted in the packages

Another reminder for you is that snails and slugs are out early, and will often eat the new shoots breaking ground before you even see them. Be sure to start baiting for snails early to prevent this. Especially

sensitive to this are echinacea, brugmansia, hosta, some lilies, hardy hibiscus and others with soft tender new growth.

While many plants are in active growth, there are a few things that are normally late breaking dormancy, though they grow rapidly once they do. The most common are the hardy mallow-type hibiscus, some varieties of the large flowered dahlias and Chocolate Cosmos, these probably won't emerge till later next month or even later in cool springs.

Surviving the times

Sales since last fall have been dismal, and at this point I am looking at the possibility that

See Garden, page 5

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Garden

Continued from page 4

this may be the last season for the Benefit Plant Sales.

I will stay open and growing plants through June in the hope things may improve enough that we can continue, but at this point it is questionable that things will improve that much.

I understand everyone is under financial pressure, and accept the fact that all I can do is try to go as long as I can, paying the plant sale bills down as I go.

I'm still propagating lots of new plants for sale this season and will have as wide a selection as always, though perhaps fewer of each.

One of the ways I'm conserving money is cutting the monthly newsletter back by one page. This should cut printing costs. Also sale flyers will no longer be in full color.

As for downtown sales, I will wait to see how the Feb. 28 and March 1 went and how March 14 and 15 sales go before I decide if I have to cut them back further.

Here's hoping things improve for all of us. Sunburst has had to lay off personal, and make further cuts to the kids' summer camp, from the three sessions two years ago, there will only be one session this year.

I and my fellow AIDS patients have lost our food vouchers due to budget cuts, so just eating is more of a problem with \$70 less a month. Plus it makes it harder to get to medical appointments

There will be a benefit plant sale downtown, from 9 a.m. to 3 p.m., March 14 and 15, in the covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items and about 200 varieties of perennials.

and such when they've taken away bus tickets also.

Still, I'm trying to be hopeful while at the same time preparing for the worse. It seems to be the only way to live in these times.

Some observations

Flowering quince, flowering pears, flowering plum are all coming into bloom in various locations around town.

My Dutch Master Daffodils are bigger by the day, and should open their flowers within a few days.

Iphoeon are in bloom, and the scilla peruviana are budded and about to bloom.

The smaller scabiosa forms are budded and the first blooms open.

Rodents have been a problem this season, digging up and eating tulips, Dutch Iris and rhodohypoxis bulbs and even the rhizomes of violets around the yard. I've never had such problems with them before.



Sedums have several great features – they are very drought resistant, grow in hot sun or light shade, are generally deer resistant, attract butterflies when in bloom and are extremely hold hardy so can even be grown at higher elevations.

Take an advanced class

There is still room in the Advance Topics class on Tuesday, March 10.

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

The class is four hours (9 a.m. to 1 p.m.) and are held at the house, 1689 Vallarta Circle. Cost per person, per class is \$40. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Circle, Sacramento CA 95834

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

Benefit Plant Sale

Downtown: March 14 and 15, 9 a.m. to 3 p.m., in the covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items and about 200 varieties of perennials.

South Natomas: March 7 and 8, and March 28 and 29, 9 a.m. to 3 p.m. at 1689 Vallarta Circle off of Truxel, just south of the I-80 Truxel exit. More plants and variety than ever.

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



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Chef touts health benefits

Raw vegan foods served up at Arden Hills Country Club demo

By Celia Green

THE EAST SACRAMENTO NEWS

High-carb, low fat. High protein. Food trends come and go, but one that is picking up speed and popularity these days is raw vegan.

The premise of this lifestyle is to eat no animal meat or by-products and nothing cooked.

"What would we be eating if we were in the Garden of Eden?" asked Brooke Preston at a recent healthy food demonstration at Arden Hills Country Club. Preston gives demonstrations there the last Saturday of every month.

Pre-diabetic wake-up

"A raw food diet allows the body to heal itself," said Preston. She had been eating a high-protein diet when she noticed some health conditions associated with pre-diabetes. Overnight she changed to raw vegan diet and her health quickly improved.

"Cooking can change the integrity of nutrients, such as magnesium and calcium. Minerals are heat-resistant but still get altered, so nothing is heated above 118 degrees."

"If it comes in a box or a bottle, it's no longer food."

Brooke Preston
Raw vegan chef

On this particular Saturday, Preston prepared a Dark Chocolate Tart and Chocococo Cranberry Candy Bites. The crust for the tart is made with pecans (or walnuts) ground into flour and held together with coconut and date paste. The filling is raw cacao powder, maple syrup and coconut oil.

"I prefer to buy some ingredients, such as nuts, directly from the farmers," she said. "I like to buy local. That way I know I'm getting them raw. And I buy such large quantities. Some of the other ingredients, cacao nibs and agave nectar, can be purchased at Whole Foods or the Sacramento Food Co-Op."

Mendocino-trained

"Brooke is probably the best raw chef in the area.



Chef Brooke Preston: 'A raw food diet allows the body to heal itself.'

That's (raw vegan) how she eats and that's how she cooks," said Ish Fazekas, the Wellness Director at Arden Hills.

Preston started cooking while in college and worked as a personal chef in the Bay Area. She received her training in raw food at the Living Light Culinary Institute in Mendocino, considered by many to be the premiere raw vegan academy in the world. Her company, The Green Boheme, provides prepared meals for pick-up. She plans to open a new site, somewhere in Midtown, in the coming months. The new lo-

cation will still have a pick-up window and will offer sit-down service as well.

"This is really good!" said Oneatha Herne, part of the audience at Preston's recent demonstration, after tasting the chocolate tart. "Serving this is a good way to surprise someone who doesn't know it's raw vegan. I would use this crust recipe in other desserts," said Genel Almeda.

"Even if just your breakfast and lunch are raw vegan your health can improve," said Preston. "If it comes in a box or a bottle, it's no longer food."

Chocococo Cranberry Candy Bites

(About 30 candies)

2 cups macadamia nuts
2 T. raw honey
1/4 cup raw cacao powder
1/2 vanilla bean (scraped)
or 2 t. vanilla extract
1/4 cup agave nectar
1/2 t. sea salt
1/4 cup raw cacao nibs
1/4 cup dried cranberries
or other dried fruit
1/4 cup dried shredded coconut

Roll in:

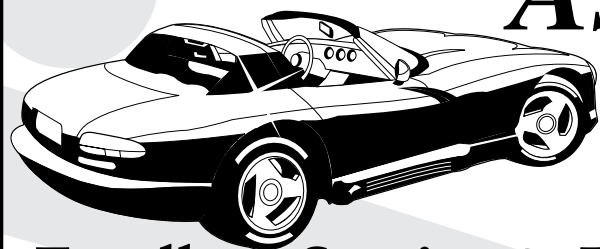
Coconut flakes
Raw cacao powder

Place 1 cup macadamia nuts, salt, vanilla bean, agave nectar, cacao powder and honey into food processor outfitted with the "S" blade. Process until smooth. Add in the other cup of nuts and pulse until chopped. Transfer to a bowl.

Hand mix in cacao nibs, dried cranberries or other dried fruit, and shredded coconut. Form dough into candies, using a mold or by hand. Roll in raw cacao powder, shredded coconut flakes, or any other addition you wish.

Cool in freezer for 2 hours or more to set. Can be eaten right out of the freezer. These will get too soft if allowed to come to room temperature, so enjoy right away. Candies can be stored in the freezer for up to 2 months.

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'Chili heads' to bring their best International chili competition spices up East Sac in May

Special to *the East Sacramento News*

The Kiwanis Family House is hosting the International Chili Society's Sacramento Regional Chili Cookoff in May – a sanctioned event that could make a star out of a local chili-maker while helping raise money for children being treated at UC Davis Medical Center and other hospitals in Sacramento.

The International Chili Society sanctions more than 300 cook-offs a year throughout the world and has helped to raise more than \$60 million for charities and non-profit organizations.

This regional Kiwanis Family House chili cook-off will allow competitors to qualify for the state and possibly the world championship.

Pro experience

With the East Sac-Midtown Kiwanis club as the primary host, in collaboration with the UCD Medical Center, Kiwanis member John Merker, and his friend, Steve McIntire, have extensive experience in touring on the International Chili Society's chili cook-off circuit as "chili head" (professional) competitors.

By being sanctioned, the event expects to attract a couple dozen "chili head" competitors.

In addition to the "chili heads" competing for ICS recognition, the Kiwanis invite chili cooks who want to compete in the "people's choice" (amateur) competition. The more

This regional Kiwanis Family House chili cook-off will allow competitors to qualify for the state and possibly the world championship.

"people's choice" competitors, the better. Whereas, the "chili head" competitors will be cooking their one gallon of chili on the day of the event for the judges to taste, the "people's choice" competitors will be expected to pre-cook 5 to 10 gallons of chili that will be brought to the event.

Get your vote on

Tasting kits of small cups and a ticket, \$10, allows a taster unlimited "people's choice" chilies and a vote for the best one. There will also be a beer garden, food and craft booths.

The cook-off will be open from 11 a.m. to 4 p.m. Saturday, May 16, at U.C. Davis Medical Center's parking lot 25, on the north side of the Kiwanis Family House, 2875 50th St.

For more information, visit: www.kiwanisfamilyhouse.org, www.chilicookoff.com, or phone 215-1460.

Weekend of events March 13 to 15 Sutter Middle School ready to celebrate its 100 years

Special to *the East Sacramento News*

While a major celebration of Sutter Middle School's centennial is scheduled for the weekend of March 13, students and staff already began their commemoration of their first century at 11:15 a.m. on Friday, Feb. 6, with a special lunch time celebration.

Sacramento City Unified School District officials and State Superintendent of Public Instruction Jack O'Connell joined the event.

Sutter was originally located in a brick building in Boulevard Park at 1816 K St. The school thrived at this location for five decades before relocating to its current site on the corner of Alhambra and "I" Streets in 1958.

Sutter is a California Distinguished School and has surpassed the California's 800 Academic Performance Index (API) target for all schools. Sutter has an API score of 868, and is middle school city champions in basketball, soccer, golf, track and field, and softball.

To celebrate its centennial anniversary, Sutter will host several special events on the weekend of March 13.

The weekend begins with a dinner and silent auction on Friday, March 13, at The Dante Club. Other weekend events include a Three-on-Three Basketball Tournament open to current students, alumni, friends and relatives.

On the evening of Saturday, March 14, Sutter families will witness an Air Rock Hall of Fame Battle Royale. Sutter's Annual Air Rock competition has been a school favorite for years, and this battle of former champions will see the winners from previous competitions square off against each other.

The weekend will culminate at 11 a.m. Sunday, March 15, with an Alumni Orchestra performance. Families are invited to come out to the quad for this mid-day concert and picnic.

Sutter Middle School is located at 3150 "I" St., phone 264-4150.

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Arden-Arcade in Sacto's plan Anti-annex group fears council vote

By Ron Barnes
THE EAST SACRAMENTO NEWS

“Annexation is a hostile takeover without Arden-Arcade's input.”

Thus did Joel Archer sum up the thoughts of many residents who learned that Arden-Arcade was included in the City of Sacramento's 20/30 General Plan and annexation study areas.

Archer, chairperson for the Arden Arcade Incorporation committee, learned last November that the Sacramento City Council had expressed interest in annexing Arden-Arcade and parts of Carmichael. The city's 20/30 General Plan is scheduled to be finalized on March 3. Archer minces no words when expressing his feelings about annexation.

“We (will) respond by letting them know, loudly and clearly, that we have no interest in being annexed, and we will fight it all the way,” he said.

No-vote fears

Archer said that annexation could go forward without the vote or approval of residents and incorporation supporters. He also stated that the annexation attempt by the city is “an exact statement saying, ‘We don't care what your decision

or choice is; we are going to do to you that which is not in benefit for you.”

Archer said that the decision to include Arden-Arcade in the general plan comes from the City of Sacramento, the city council and Sacramento Mayor Kevin Johnson.

“They can change that -- and they can simply take us out of the general plan as a study area,” said Archer. “But as long as they vote on March 3, Arden Arcade is included.”

Archer said that the city planning commission voted to approve the general plan and send it to the city council, despite receiving numerous opposition letters.

“We turned in over 300 letters in opposition, and our voice was not heard,” said Archer.

Pat Cole, vice chair for the Incorporation Committee, said that while it is possible for the vote of the people to help avoid annexation, there are still some pretty tough circumstances to navigate.

“You have 30 to 60 days to get enough required signatures to put it to vote,” she said. “So the onus is on us to say, ‘We don't want to be annexed.’ They don't ask us; there is no dialogue there where they come in and say, ‘What do you think?’”

Freeport history

Cole recalled the same annexation battle against the City of Sacramento undertaken by Freeport.

“It's interesting to note that the last time they did this, they decided to annex the little town of Freeport,” said Cole. “Once a city gets approval through the governmental process to go ahead and annex, then the folks being annexed have 30 to 60 days to get 25 percent of the registered voters to sign a petition saying they want to vote on it. In a big town like ours, that's kind of a daunting task. But (for) Freeport, being fairly small, it was more of a neighborhood thing.

“They got together, got the signatures, got it on the ballot, and defeated the City of Sacramento.”

Both Cole and Archer agree that the underlying motive of the city is finances.

“They'll annex areas that they stand to be able to get some money from, and then take that money and spend it wherever in the city that they decide to spend it,” said Cole. “So it won't stay in Arden-Arcade; it will get spent wherever the city wants to spend it. I believe they are concerned that we will incorporate, but they would rather have us themselves; they want the revenue.

“The city is struggling, as we all know, (with) terrible revenue problems, and we still have a good pile of money that is generated in Arden-Arcade.”

Cole said the annexation would see the city take control of the area's fire stations, park districts and water districts.

The city responds

Scott Mende, a senior planner for the City of Sacramento, responded that the General Plan shows Arden-Arcade as a study area only.

“The council has never had a substantive discussion about what role, if any, we want to play in the future governance of Arden-Arcade,” said Mende. “But the one comment that was made that caused it to become a study area really came down to the fact that, as there were discussions of incorporation, there were some voices on LAFCO and elsewhere that said, ‘Shouldn't we study the full range of governance options so that the voters have some sense of comparison? We can take a look at annexation, incorporation, (and) status quo. Accordingly, the city actually needs to give some thought to what we would propose as a governance structure if it were part of the city.’

“So that's what the study would do,” Mende said, “and the first step, obviously, is to declare it as a study area and then to begin studying it.”

Cole said that the ultimate goal for resisting annexation is simple and direct:

“To try and get as much support as we can to show up at city hall on March 3 with a big contingent of people and signed letters saying, ‘Take us out of your plan; we're not interested.’”

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JENNI MARTIN
TEE TO GREEN

GASP your way to a higher golf score

There is a common expression around my students “if you can’t play well, at least look good.”

All kidding aside, the basic pre-swing fundamentals of GASP (grip, alignment, set up, position of ball) can go a long way in improving your swing dynamics. It is essential to have an athletic “ready” address to make a repeatable swing, which will allow solid contact with the ball and develop a longer ball flight –consistently.

I am going to cover each element of GASP separately in my “tips column.” As always ... practice well and smartly.

The grip is more appropriately called “placement of the hands” as grip infers the common and disastrous “death grip.” The palms are placed parallel to each other. Even if you have decided on a “strong” grip (the infamous “v’s” point to the shoulder and not the right eye), the hands need to work together without one dominating the other. The hands are passive, acting as the connection between golfer and club.

To get the hands working together, think of the left thumb (if you are golfing right-handed) fitting into the right palm like a tongue and groove wood panel. Keeping your grip strength light can add yardage immediately to your tee shots.

Tweaking your grip can be very challenging, but also very rewarding on the scorecard. Have your pro check your grip. Some famous tour golfers have spent hours making slight changes in their grip with wonderful results.

As always, these tips are stated for the right-handed golfer. Did you know that presidents Obama, elder Bush, Clinton, Truman and Garfield all golf left-handed?

Hoover was also left-handed, but I don’t picture him golfing.



On the Wild Side Little bird, big thirst

Effie Yeaw Nature Center staffer Natalie Morris captured proof that – even in a wilderness preserve – animals can be as opportunist as the humans they are protected from.

On a dry winter day, this tiny Nuthatch slaked a mean thirst by diving head-first into a fire sprinkler head. Said the observer: “This tiny guy had to turn upside down to get his fill.” The species’ acrobatics are otherwise remarkable. Since Nuthatches have the rare ability to walk headfirst down trees like squirrels, this surreptitious slurp was probably no big stretch.

Morris regularly sees such critter opportunism. Tottering baby deer frequently eschew steep banks in favor of the stairs installed for hikers’ ease at Effie Yeaw Nature Preserve.

“Crows and jays are also smart; they adapt quickly to human inventions,” she says. “They’ll hang out in our parking lot, waiting for cars to run over acorns and do the hard work of cracking them open for them to eat.”

To learn about Effie Yeaw’s educational programs, call 489-4918

Though not quite a birdbath, this fire sprinkler head at the Effie Yeaw Nature area provides an oasis for a Nuthatch. The tiny bird alights, casts a wary eye left and right, then dives for the wet stuff.

Photos by
Natalie Morris

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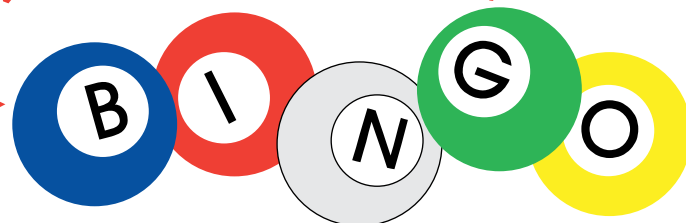
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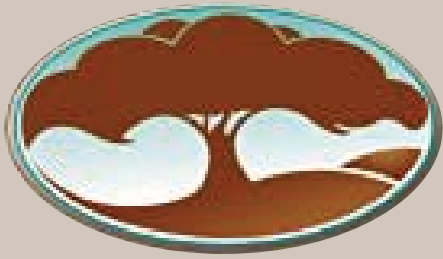
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New fangled dental contraption

Modern dentistry has come a long way. Dr. Jayson A. Chalmers' office on the Alta Arden Expressway, for example, has brought in the E4D Dentist System that gets rid of the need for old-style in-your-mouth dental impressions, gets rid of temporaries, and means same-day service for a new crown. The laser scanning technology, they say, is not only extremely precise when 'capturing' all of the details of a patient's smile, but is also as safe as the check-out scanner at a grocery store. But, best of all, there is no need for a patient to hold unpleasant, possibly distasteful material in his or her mouth. E4D restorations are perfect for situations like chipped, worn or cracked teeth; teeth that are discolored or have gaps and spaces between them; teeth that have decay and/or old, worn fillings. Chalmers is located at 3315 Alta Arden Expressway, Suite B. This modern dentist's phone number is 483-8182, his e-mail -- admin@chalmersdental.com -- and he even has a website -- www.chalmersdental.com.



Photo by Patty Colner

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Drain

Continued from front page

their homes and drain any standing water from household containers such as buckets, cans, flower pots and old tires that might be in their back yard.

"Swimming pools and common backyard sources such as piles of garbage or old tires

pose major problems for us," Brown said. He encourages anyone who knows of a vacant home that has been neglected to contact the district.

To report a neglected swimming pool or other mosquito breeding problems, call 1-800-429-1022 or fill out a service request online at www.FIGHTtheBITE.net.

McKinley Children's Song Circle

Mirela Sendreya plays Irish Harp in honor of St. Patrick's Day and children will be able to try step-dancing at this month's free Children's Song Circle.

If you have a favorite Irish song suitable for children, let the Shadechasers musicians know ahead of time.

Songbooks and simple instruments are always provided for singers and dancers the

song circle happens from 3 to 4:30 p.m., Sunday, March 15, in the McKinley Park's Clubhouse, 601 Alhambra Boulevard at F Street.

Future song circle Sundays are April 19, May 3, June 7 and July 5.

For more information, phone Robin Aurelius at 531-4110.

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Salary cuts, staff cuts, dipping into reserves

Council wrestling with bad, or worse, choices to shore up huge deficit

The City Council took action earlier this month to close an additional \$10 million gap in the current fiscal year (ending June 30), which was on top of the \$58 million deficit that the council had to close when it adopted the FY 2009 budget last year.

The council fixed the \$58 million deficit with a combination of one-time revenues and ongoing structural cuts in expenses. The additional \$10 million gap was closed primarily with one-time reserve funds and proceeds from the sale of the Sheraton Hotel.

But the task gets much more difficult for the FY 2010 budget. There is now a \$50 million deficit forecast for 2009-10, half of which is carried over from last year's budget and half of which is additional.

The city's strategy to close this deficit is multi-fold:

- Cutting salaries, deferring cost-of-living increases and imposing once-a-month furloughs on all management and supervisory employees (\$5 million);



STEVE COHN

COHN'S CORNER

- Negotiating a deferral of already-committed COLAs with the city's three major labor unions (\$24 million);
- Cutting non-public safety departments by 20 percent, while holding Police and Fire at 2009 levels (\$16 million);
- Reserves (\$5 million).

If the labor agreements are not reached, then the city would have to resort to 35 percent cuts in non-public safety departments and cuts of 5 percent and 6.4 percent in the Police and Fire department budgets, respectively.

These cuts are all on top of cuts of 20 percent to non-public safety departments, 8 percent to Police and 4 percent to Fire in 2009.

General Plan update

The mayor and City Council were scheduled to adopt the city's 2030 General Plan on March 3.

The General Plan is the city's official statement regarding the extent and types of development needed to achieve the city's physical, economic and social goals. It acts as a blueprint for growth and the preservation of open space.

Over the next 25 years, Sacramento can expect to grow by more than 200,000 people from a population of 475,000 to almost 700,000. This is in addition to the possible annexation of up to 200,000 or more people who live in portions of the unincorporated county, such as Arden Arcade, Rosemont, and Fruitridge.

Sacramento, which is currently ranked 36th in population, could become one of the 15 most populous cities in the country. Planning for such growth is not only important; it is also required by state law.

One of the key issues in the General Plan is the city's commitment to adopt a Climate Action Plan by 2010 that will outline the city's specific steps to mitigate the city's contribution to global warming. These steps, which will also tie in

with the city's economic development strategy of attracting green collar jobs and being the center of a green energy economy, are also key to achieving the city's goal of being the most livable city in America.

Over the past four years, the city hosted 30 town hall meetings, conducted a telephone survey and sponsored four open house events to gather community input and clarify policy direction on the draft plan. Information received from the more than 4,600 people who attended these gatherings has helped shape the draft 2030 General Plan. To view the General Plan staff report, visit http://sacramento.granicus.com/ViewPublisher.php?view_id=8

Charter Review Committee

The City Council voted recently to establish a Charter Review Committee to advise the Mayor and council on the need for amendments to the City Charter. Although the committee was formed in response to Mayor Kevin Johnson's proposed Strong Mayor Initiative, the Charter Review Committee will make recommendations on a number of other changes as well.

The committee will be made up of 11 Sacramento residents, nine of which are appointed by the mayor and each council member, and two of which are appointed by the mayor and council at-large.

If you are interested in applying to be on the Committee, please contact my office.

McKinley Village update

The Review and Comment on the McKinley Village project

that was scheduled for March 10 has been postponed. In February, John Laing Homes, one of the partners in the project, filed Chapter 11 bankruptcy. Developer Phil Angelides is committed to moving forward with the project.

I will let you know when the item is rescheduled. The traffic study was released in mid-December. You can download the study from my website at www.cityofsacramento.org. In November, the project went before Planning Commission for Review and Comment, as well as a community meeting held by ESPTF to gather input on the proposed project.

The McKinley Village project is located in the old "Centrage" site. As proposed, the project includes 369 single-family detached homes and about 28 live/work residential units located above ground-floor commercial space, two parks, fifteen green-courts (open space lots) and a future church site. The zoning is currently M-1 (heavy industrial). Currently the site has access via a two-lane overpass (A Street Bridge) across Business 80 and connects to 28th Street.

The project proposal includes another access point at Lannatt Way via construction of a railroad undercrossing that would connect to Elvas Avenue and C Street. The Draft EIR is in process and is expected to be completed this spring.

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

I have been meeting with all of the neighborhood and business associations for the surrounding neighborhoods to develop some common principles for evaluating this project. For more information, contact City Planner Steven Kerr at 808-5416.

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

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Healthy community grants

Mercy spreads more than half a million dollars among agencies

Special to
the East Sacramento News

Catholic Healthcare West, which operates the local Mercy hospitals, has awarded \$525,811 in grant funding to 23 non-profit organizations in Sacramento, Placer, Yolo and Nevada counties.

The grants, from \$5,000 to \$25,000, are for health issues ranging from mental illness to chronic disease management, and community-based programs that provide services from birth to end of life.

This year's recipient organizations reach out to local ethnic communities and provide services to multiple generations from infants to the elderly.

"Our annual community grants program is one of the important ways we are able to help deliver critical healthcare and social services to those in need," said Mercy's Sacramento Service Area President Tim Moran. "We are proud to work collaboratively with so many outstanding organizations to improve the health and well-being of the communities we serve."

'The need is greater'

Last year in the greater Sacramento region, Catholic Healthcare West and the Mercy hospitals distributed \$491,500 to deserving projects and organizations, Moran added.

"Despite the economic crisis," he said, "this year is no different. In fact, the need is greater. This year, we are awarding nearly \$526,000 to support local non-profit efforts."

This year's community grants included:

Catholic Charities of Sacramento: Downtown senior outreach program provides linkages to health care, dental care, mental health services and other community resources in addition to follow-up visits.

Sacramento Children's Home Crisis Nursery: Temporary emergen-

The grants, from \$5,000 to \$25,000, are for health issues ranging from mental illness to chronic disease management, and community-based programs that provide services from birth to end of life.

cy respite care for children while parents receive treatment from Sacramento County.

Sacramento District Dental Foundation: Smiles for Kids program that addresses unmet dental needs and poor oral health among uninsured children ages newborn to 18 in five counties.

Sacramento Loaves and Fishes: Mental health care program will address unmet psychological needs of the local adult homeless population.

Wellspring Women's Center: A bilingual outreach coordinator to reduce the number of unmet



Heather Frank, executive director of the Society for the Blind, accepts a community grant check from (right) Tim Moran, president of Mercy's Sacramento Service Area. Pictured left is City Councilman Steve Cohn. The Society for the Blind is located in Cohn's East Sacramento district.

health needs of Spanish-speaking women and their families.

Women's Empowerment: Educate and empower homeless women with the skills and confidence necessary to get a job, maintain a healthy lifestyle and regain a home for themselves and their children.

Opening Doors: To assist elderly and disabled Hmong refugees with language barriers, transportation and providing access to care.

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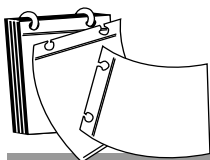
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Calendar

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

MARCH 5 TO 8

Sac Synchs host tourney

Sacramento Synchronized Swim Team, ranked sixth in the nation in the 16-17 age group, hosts a championship meet in the Olympic sport of synchronized swimming with 250 athletes from teams in Alaska, Arizona, Oregon, Nevada, Washington, and California. Opens at 9 a.m. Thursday, closes at noon Sunday. Free. At the Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd. For more information, call 296-SYNC (296-7962) or see the website at www.sacsynchro.org.

MARCH 6

Organic Gardening

The Organic Gardening Club of Sacramento County will meet for Soil Born Urban Farms Update at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave., 10 a.m. Call 635-6724 for information.

MARCH 6 AND 7

Rummage sale

Pre-owned clothing, small appliances, furniture, tools and much more will be available at low prices at the All Saints Episcopal Church rummage sale, noon to 5 p.m. (March 6), 9 a.m. to 3 p.m. (March 7), 2076 Sutterville Road. Call 455-0643 for information.

MARCH 7

Crab feed for El Camino

El Camino Booster Club's sixth annual Crab Feed Fund-raiser, 6:30 p.m., Mnsgr. Higgins Hall at Presentation School, 3100 Norris Ave. Raffle and live and silent auctions. Ticket, \$45, includes food with crab or chicken, beverages and entertainment; proceeds go to fund major upgrades to the gymnasium. Phone 971-7444 for more information.

Family photos needed

Fairytale Town celebrates 50 years with "Faces & Places of Sacramento" photo collection. Sacramentans invited to bring family photos and souvenir items from throughout the 50-year history of Fairytale Town; photos will be copied, preserved and archived. From 10 a.m. to 3 p.m., 3901 Land Park Drive. Admission free for those bringing materials for the archive. Contact the Center for Sacramento History, 264-7072, for a reservation time; walk-ins are welcome. For more information see www.sacramentoarchives.org.

Jensen Garden workday

Volunteer Friends of Jensen Botanical Garden workday, 9 a.m. to 1 p.m., Charles C. Jensen Botanic Garden, 8520 Fair Oaks Blvd., Carmichael. Bring work gloves, hand pruners and your lunch or beverage. More information from Tracy Kerth at 485-5322 x 23 or e-mail: tracy@carmichaelpark.com.

East Sac pancake breakfast

Boy Scout Troop 8, East Sacramento, hosts a pancake breakfast fund-raiser to pay for troop equipment and summer camp, 7:30 to 11:30 a.m., River Life Church, 4401 A St. Tickets, \$5, buy a breakfast of pancakes, sausage, fruit, coffee ad juice. Buy tickets at the door or in advance from David Frank, 457-6891.

Backyard composting seminar

Learn how to save money, reduce your waste and improve the quality of your soil in a free Backyard Composting Seminar hosted by The City of Sacramento Department of Utilities Solid Waste Services, 8-10 a.m., Southside Park Community Garden, 5th and W Street. By recycling your yard clippings, as well as fruit and vegetable scraps, in a backyard compost, you'll benefit the environment—starting in your own backyard. Don't have a compost bin? Attend the seminar and purchase one for just \$65. For more information, call 264-5011 or visit www.cityofsacramento.org/utilities.

County discussions

Residents can discuss issues with County Supervisor Susan Peters during her first "Office Hours" for 2009, at Gibbons Park during the Mission Oaks Recreation and Park District's Spring Craft Faire, 9 a.m.-3 p.m., at the Mission Oaks Community Center, 4701 Gibbons Dr. Admission is free. For information, call 972-0336, or visit www.morpd.com.

Preschool Play Day

St. Mark is celebrating its 13th annual Preschool Play Day, 11 a.m.-2 p.m., 2391 St. Mark's Way. There will be games for kids, prizes, food and a silent auction. Admission is free; food and games cheap. For information, call 485-6509.

CPR training

Anyone can take part in the free CPR training offered by the Sacramento to Sierra Chapter, 8 a.m., 1001 Sunset Boulevard in Rocklin. Participants of the three-hour long event will earn American Red Cross certification in Adult Cardio-Pulmonary Resuscitation. Pre-registration is required and is available by calling 1866-65-MY-ARC.

Military Widows

The Society of Military Widows will meet at the Lions Gate at McClellan Park, 11:30 a.m. Call 635-6724 for information.

MARCH 10

Design with light

Free workshop to learn about the many ways to light your home while improving its look, feel and energy efficiency, 6 to 8:30 p.m., SMUD Customer Service Center, 6301 S St., Rubicon Meeting Room. Class size is limited, pre-registration required online at smud.org, e-mail etcmail@smud.org, or call 732-6738.

Chinese herbs and diabetes

Mamie Woo, trained at China's Guangzhou College of Traditional Chinese Medicine, discusses diabetes symptoms and treatments, 10:30 to 11:30 a.m., Asian Community Center, 7375 Park City Drive. Cost, \$16 in advance, \$19 at the door. Register with Lucy at 393-9026 x 222.

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Brain exercises

Primrose Special Alzheimer's Living presents "How to Make the Most of Your Memory, Part 2," 2:30 p.m., at Mercy McMahon Terrace, 3865 J St. First in a four-part Tuesday, 2:30 program called "Use It or Lose It," presented by Kim Winters, Primrose community education director. Free. Information, reservations at 733-6510.

MARCH 13**All about geranium care**

Carmichael Geranium Society meets, 10 a.m., Carmichael Park Clubhouse, 5750 Grant Ave., for a geranium workshop featuring "ABC's of Geranium Care." Visitors welcome. More information at the website: www.thegeraniumpage.com.

MARCH 14**Teachers Fight the Bite**

Sacramento-Yolo Mosquito and Vector Control District workshop for local educators to learn more about mosquitoes and West Nile virus, then transition this knowledge into fun classroom activities, 8:30 a.m. to 12:30 p.m., Esquire IMAX Theatre, 1211 K St. Free. Register at www.fightthebite.net.

Tsubaki Spring Dance

The Tsubaki Dance Club will hold its spring dance, 7:30 to 11:30 p.m., at the Scottish Rite Temple, 6151 H St. Tickets are \$20 in advance and \$23 at the door. Refreshments will be available. For information, call Frank at 684-9289, Harry at 395-0587, or Eric at 647-3360.

Fe Gallery

Watercolor artist Anna Rolin, metal artist Stephen Lyman and fused glass artist Sheena Wolfe will be honored at an artist reception, 6-9 p.m. at the Fe Gallery, 1100 65th Street. For more information, call 456-4455.

Choral concert

Sacramento State University's Chamber Choir, Concert Choir and University Chorus will perform, 8 p.m., at Sacred Heart Church, 1040 39th St. Advanced tickets are strongly suggested; \$10 general and \$5 students/seniors. Call the CSUS Central Ticket Office at 278-4323, or visit www.csus.edu/music/choral.

Pipe organ concert

Enjoy a pipe organ concert with Stephen Janzen, 4 p.m., at St. John's Lutheran Church, 1701 L St. Free parking at the garage on 18th and K Street. Suggested donation of \$20 per person. Call 444-0874.

Recycle to raise money

Bring your unwanted electronic equipment to be recycled, 8 a.m. to 1 p.m., at Sam Brannan, 5301 Elmer Way, to

raise money for the music department, which is planning a trip to the Forum Festival in May.

Celebrate Pi Day

The Sacramento Walking Sticks invite everyone to help celebrate Pi Day by walking about 3.14 miles. The non-competitive event will start at Starbucks, 458 Howe Ave., 3:14 p.m. and go until 6 p.m. Everyone will get to eat pie at the finish line. Families are encouraged to walk, strollers are welcome and dogs will love it. Please bring one can of food to donate. To find out more, go to <http://mathforum.org/dr.math/faq/faq/pi/html>, or <http://www.piday.org>.

National Health Federation

Enjoy a free lecture by spiritual astrologer Taylor Lynne Smith called *What Can Astrology do for Me?*, 7-9 p.m., at the SMUD Auditorium, 6201 S. Street. Call 635-6724 for more information.

MARCH 14, 15**Master Singers turn 25**

Sacramento Master Singers celebrate their 25th anniversary with "Sing On 'Till I Am Filled With Joy"-- works that highlight the choir's past, rejoice in the present, and look toward the future, 8 p.m. Saturday and 3 p.m. Sunday, First United Methodist Church, 21st and J streets. Tickets, \$18, available online at www.mastersingers.org, by phone at 788-7464, or 30 minutes before each concert at the door.

Show Business concert

Come and watch the Sacramento City College Choral Department present great songs from some of your favorite Broadway shows. Saturday, 8 p.m., St. Luke's Lutheran Church, 7595 Center Parkway; and Sunday, 8 p.m., at the Lutheran Church of the Master, 1900 Potrero Way. Admission is \$5. Contact Doreen at 558-2496 for more information.

Trout derby

Enjoy a day fishing at the SMUD semi-annual trout derby at Rancho Seco Lake, 6 a.m. to 5 p.m., 14440 Twin Cities Road. Reel in the heaviest trout and with a cash prize of \$100 for adults and \$50 for children under 16. A pancake breakfast will be available to derby participants beginning at 6 a.m. both mornings. Call 732-5111.

MARCH 17**St. Patrick's parade**

Old Sacramento's 13th annual St. Patrick's Day parade, 6 p.m., with more than 500 marchers including bagpipe and drum corps, Irish step dancers, school bands, police and fire representatives and more. Free. Information at 646-1545 or e-mail info@mallorypr.com.

HATitudes luncheon

The Sacramento Christian Women's Connection invites you for lunch, 11:30 a.m.-1 p.m. at the Lions Gate restaurant in McClellan Park, 5640 Dudley Blvd. Vicky Septor from The Village Hat Shop will show off the latest hat styles, and Donna Taigen, a retired and respected school principal, will be the guest speaker. Reservations must be made by March 11. Call Fran at 332-1461 or Sharon at 361-1642 or e-mail SacCWC@aol.com. Childcare will be available by advance reservation only.

Music ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, noon, in the SCC Campus Quad, 3835 Freeport Blvd. Free. Contact Kurt for more information at 558-2243.

Growing a Concert

Building on last semester's theme of "Growing a Concert," where each concert consists of a recently-composed piece, the Sacramento City College Community Concert Band will present its second of four concerts for the spring semester, 7 p.m., in the SCC Auditorium, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Memory retention

Primrose Special Alzheimer's Living presents "How to Make the Most of Your Memory, Part 3," 2:30 p.m., at

Mercy McMahon Terrace, 3865 J St. Second in a four-part Tuesday, 2:30 program called "Use It or Lose It," presented by Kim Winters, Primrose community education director. Free. Information, reservations at 733-6510.

MARCH 18**Veggie Knowhow**

Learn how to best use winter and early spring veggies; like beets, cauliflower and asparagus; with the Sacramento County Master Food Preservers, 6:30-8:30 p.m. at the Sacramento County UC Cooperative Extension office, 4145 Branch Center Road. Cost is \$3 and no pre-registration required. All facilities are handicap accessible. More information at 875-6913.

Research your ancestry

The Genealogy Association of Sacramento will meet, 1 p.m. at the Colonial Heights Library on 21st Ave. and Stockton Blvd., to discuss their all-day research trip to the Sutro Library in San Francisco on March 25. Cost for the trip is \$35 for members and \$40 for non-members. Everyone is invited. Call Melanie at 383-1221 for details.

Fibromyalgia

Dr. Tony Baratta, who has successfully treated patients with Fibromyalgia will present a class *Fibromyalgia: Truth, Hope and Results*, 6:30 p.m., at the Fibromyalgia Centers of America, 6728 Fair Oaks Blvd. #306. RSVP at 979-0716.

MARCH 19**Alaska birding review**

Meet a Bristle-thighed Curlew when Chris Conard revisits a trip last summer to some of the best birding spots in Alaska, 7 p.m., at the Sacramento Audubon Society's meeting, Shepard Garden and Art Center, 3330 McKinley Blvd. Free, public welcome. More information at 649-7600 or www.sacramentoaudubon.org.

MARCH 11**Pizza party for swimmers**

Swimmers of the Sacramento Stingrays youth swimming league will kick off their 2009 season with a pizza social, 6 p.m., at Giovanni's Pizzeria, 5924 S. Land Park. Meet coaches, order swim apparel and ask questions. All-you-can-eat; \$10 for adults, \$7 for children 5 and under. For information, visit www.sacramentostingrays.com, or call 556-4622 or 422-8086.

MARCH 12**Voice Masters Class**

The Sacramento City College Choral Department will present its Spring Voice Masters Class, 7 p.m., under the direction of guest artist Jacqueline Victorino. Soloists from the SCC Intermediate and Advanced voice classes will perform and then be critiqued. An open Q & A session will follow. Room A27 of the Music Building at Sacramento City College, 3835 Freeport Blvd. Contact Doreen at 558-2496 for more information.

An eclectic mix

The Sacramento City College Community Jazz Band will entertain you with pieces by Count Basie and Chuck Mangione, Latin pieces, Bebop-inspired tunes and more, 8 p.m., in the SCC Little Theater, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Evening with Richard Price

California Lectured presents an evening with author Richard Price, 7:30, at the Crest Theatre, 1013 K Street. Price is known for such works as *Bloodbrothers*, *Clockers*, *Freedomland* and *The Wanderers*. Books will be available for purchase and book signing after the event. For information, call 737-1300.

Communication and dementia

Learn to communicate effectively and compassionately with a loved one who is suffering from dementia, at Primrose, 7707 Rush River Drive., 2 p.m. RSVP by March 7. For information, call 392-3510.

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Call Robin Aurelius, 531-4110, to arrange to have his McKinley neighborhood group, well experienced with poles and mesh bags, come to your yard. Each picker has signed a liability waiver.

The next fruit-picking date is Saturday, March 14. The group will meet at the tennis courts in McKinley Park at 8:30 a.m., rain or shine, and will work from 9 a.m. to noon.

Experience culture

The Academic Foundation for International Cultural Exchange is looking for Community Representatives and Host Families.

Community Representatives will help find host families and work with students during the school year. They must enjoy working with teenagers and have good communication skills.

Host families will host foreign exchange students who speak English and are between the ages of 15 and 18. Students come with their own spending money and medical insurance.

For information, call Anne or Dianne at 1-866-462-3423, or visit www.afice.org.

Green art needed

Submissions of "green art" are needed for "Fairytale Town Goes Green!," a new environmental education event.

Tabletop art can include sculpture, paintings, pottery and more; must be constructed from 100 percent recycled materials; and has to meet certain size specifications.

The deadline to submit an application is Saturday, Feb. 28, and the deadline to submit finished art is 4 p.m., Friday, May 29.

For more information, or to obtain an application, please call Sharlene at 808-7979, or e-mail: programs@fairytaletown.org.

For more information or to submit a nomination, call 769-3019, or visit www.nabityphotos.com.

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Plant recycling

The Sacramento Area Community Garden Coalition will recycle your unwanted plants by placing them in new homes, community gardens, school gardens and green space projects.

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Call Bill Maynard at 508-6025, or e-mail him at sacgc@ulink.net.

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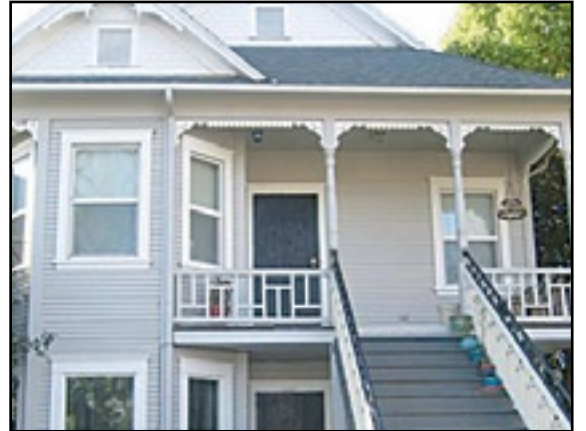
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COZY COTTAGE

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 \$385,000

DEBBIE TOWNE 532-2652



VICTORIAN DUPLEX

Old World charm made popular by famed local builder Frank "Squeaky" Williams. 4 bedrooms and 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 \$489,000

TIM COLLOM 247-8048



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 floor plan. Walking distance to restaurants and coffee shops. All of this on a very large lot with a greenhouse. See www.847-56thSt.com \$329,000

TIM COLLOM 247-8048



EAST SAC TUDOR

One of the best 2 bedroom 2 bath homes you will find in East Sacramento! This turnkey Tudor features over \$100k in upgrades that includes a gourmet kitchen, large breakfast nook, completely updated bathrooms, an elegant formal dining room, vintage fireplace, and a very spacious floor plan. A third bedroom conversion could be easily done. Simply a must see. See www.1519-42ndSt.com \$579,000

TIM COLLOM 247-8048



CAMPUS COMMONS

GORGEOUS!!! Remodeled with attention to detail, model 5500! Crown Moldings, Granite Counters, Recessed Lights, New Interior Doors, Wrought Iron Stair Railing, Charming Large Patio, Plantation Shutters and a GREAT LOCATION !!! New Roof and Siding just completed. See 118DunbartonCir.com \$495,500

CARMAH HATCH 765-6210

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. See www.3433VSt.com 325,000

TIM COLLOM 247-8048

CHARMING EAST SAC

Welcome Home! Enjoy a view of the city from the moment you enter this charming home. **PENDING** wood 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. Don't miss the mudroom at back of bonus room. See www.1518-55thSt.com \$339,000

PAULA SWAYNE 425-9715

A REAL SHOWPLACE

Remodeled home is ready to move in. **PENDING** 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. See www.1624-38thstreet.com \$689,000

DAVID KIRRENE 531-7495

RIVER PARK

2 Bedroom 1 1/2 bath home in a great location. **PENDING** River Park. Spanish style tile floors. Close to Sacramento State University and East Sacramento's restaurants and coffee houses. \$330,000

DAVID KIRRENE 531-7495
TIM COLLOM 247-8048



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Visit Our Web Site: www.windermereDunnigan.com