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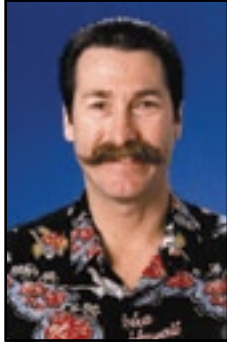
Scene and Heard: Time to trim the roses

Scott Smoot trims the rose bushes in front of the McKinley Library. The owner of a professional landscaping business, Smoot Landscaping, he enjoys taking the time to give back to the community.

“What takes me an hour of my time volunteering is a season of enjoyment for everyone,” he said.



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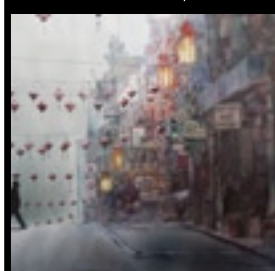
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Take care while driving: fines and fees are up

By MELISSA CRONIN-BROWN
East Sacramento News writer

Places to go, people to see. Sacramento area drivers experience a high level of frustration when it comes to trying to arrive at their destinations on time. An additional frustration is the increase in traffic fines for those who attempt to "cut corners" by driving recklessly.

Instead of deciding in those few seconds whether it is better to slow down or to keep going through that yellow light, it is best simply to slow down and stop. With red light fees increasing more and more, sheriffs are advising everyone to slow down, no matter how big a hurry people are in.

The current price in Sacramento for running a red light is \$466. The fee is broken up into different costs that make up the grand total. These different subdivisions of money are given to the State

Court Facilities Construction Fund, Criminal Surcharge, Security Surcharge, DMV History Fee, Night Court Assessment, Criminal Convention Assessment, along with other units.

"The [red light] cameras are automatic and capture violations as they occur," said Sgt. Todd Deluca of the Sacramento Sheriff's Department. "The intent of red light photo enforcement is traffic safety by reducing or eliminating fatalities and injuries as a result of aggressive driving and red light running. If there were not one violation captured by the camera, we would be extremely happy because we would then know that nobody was hurt or killed at those photo enforced intersections as the result of a red light runner."

In November 2010, there were 2,329 red light running citations issued in the City and County of Sacramento, caught

by the Metropolitan Red Light Photo Enforcement Program. The letters may take as little as a week, or up to a few months to be sent to the violator's house. Their address is known since the camera catches usually the front plate license, and is able to track down whose car it is through the DMV data base.

Other fined offenses include talking or texting on a cell phone, littering on a freeway, and speeding. These are just to name a few, but the county makes a profit off of other people's mistakes. According to Deluca, the County of Sacramento does not set or increase the fees or fines. It is set to Penal Code Section 1463.11 and the State Manual of Accounting and Audit Guidelines.

Deluca said it is hard to tell if the fee will be raised again, or what the maximum price could be set to. This is because the State Legislature sets

the fine amounts and distribution, not the local sheriffs.

"Increased traffic safety is the number one priority of the City/County Metropolitan Red Light Photo Enforcement Program," he explained. "There has been as much as a 76 percent reduction in red-light related crashes at the photo enforced intersections in the city and county since the implementation of the pro-

gram. Furthermore, there has been a 28 percent reduction in red-light running related crashes at all signal-controlled intersections in the city and county of Sacramento."

As drivers become aware of the high prices they are obligated to pay for traffic violations, the hope is that fellow citizens will be extra cautious and work on not being a distractive driver, but a *defensive* driver.

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Janey Way Memories



When 'Big Time Wrestling' came to Sacramento



By **MARTY RELLES**
East Sacramento News columnist
marty@valcomnews.com

In 1962 a new phenomenon thundered across the air waves in Sacramento. They called it Big Time Wrestling. It featured wrestlers with names like Red Bastien, Pepper Gomez, Haystack Calhoun, Ray Stevens, Mitsu Awakawa and Kingi Shibuya. The show aired at 7 p.m., on Saturday evening, on KTXL Channel 40, and was hosted by announcer Hank Renner.

Because it was primarily an exhibition, not real wrestling as seen in international Olympic competition, Big Time Wrestling featured good guys and bad guys. When a good guy like Red Bastien won, he stepped gracefully out of the ring for an interview with gentlemen announcer Hank Renner. Renner, clad in a grey suit, white shirt and tie, then congratulated Red on his victory and asked questions about his upcoming match at the Sacramento Memorial Auditorium. The conversation was always polite and enthusiastic.

When bad guy Ray Stevens won, he paraded around the ring taunting the audience first, then leaped down to the floor and rushed over to Mr. Renner to spend some time berating his upcoming opponent. He would say things like: "I am going to whip that pencil-neck Red Bastien into submission this week; after I am through with him, he will never wrestle again."

Of course, Red Bastien was hardly a pencil-neck. Since he was a body-builder like most of the wrestlers, he hardly had any neck at all. That didn't matter; Ray was working up the TV audience for the Wednesday night match at Memorial Auditorium.

Naturally, we immediately fell in love with Big Time Wrestling. We rooted wildly for our heroes Red Bastien and Pepper Gomez and booed the bad guys Ray Stevens and Mitsu Awakawa.

We tried to emulate their techniques in our back yard gym. Using the big tree in the middle of the yard and the metal post on the side of the yard as ring posts, we staged tag-team wrestling matches. We circled the ring in classic Greco-Roman wrestling style. We tossed each other around, fell to the ground, and then crawled over to tag our fellow tag-team member who rushed into the ring to continue the fight.

Eventually, someone pinned an opponent and the fight ended. We were not quite as mobile, agile or hostile as the Big Time Wrestlers, but we made up for it with our enthusiasm.

On Wednesday night, we persuaded Dad to take us down to Memorial Auditorium on J Street to watch the great match between Red Bastien and Ray Stevens. We sat in the upper level in the cheap seats and watched as the two fighters tussled in the ring below. They had a great fight, but in the end Ray Stevens won, as I recall. No matter, we knew that a rematch was in the works and went home with a smile on our faces.

As children do, we soon lost interest in Big Time Wrestling. Sacramento Bee writer Charles Conlin penned an article saying that it was all a big fraud. I think we already knew that. We just loved the theatre of it all. For whatever reason, we went on to more important things like high school sports, girls and our education.

These days when I drive by the Memorial Auditorium, it seems quite different than it was in the 1960s when we went to the wrestling matches. I see none of the fight placards announcing upcoming events, only posters for future concerts. The World Wrestling Federation broadcasts professional wrestling events these days on television.

Sadly, Big Time Wrestling is now just another bone-crunching Janey Way Memory.

Popular 'Free Museum Day' returns Feb. 5

By SUSAN LAIRD
East Sacramento News editor
susan@valcomnews.com

Residents of the Sacramento area will have an opportunity to experience 26 venues that enhance the high quality of life in the region when the 13th annual Sacramento Museum Day is held on Saturday, Feb. 5.

The free museum day is just that: a day to enjoy free admission to the many museums in Sacramento and throughout the region. This year's event is presented by the Sacramento Association of Museums (SAM) and is sponsored by Umpqua Bank. Over 85,000 people participated in last year's free Museum Day.

Museums are nonprofit and educational institutions that make a unique contribution to the community by interpreting and preserving the things of this world, according to the California Museum Association.

There is a museum for every taste and interest. There are art and natural history museums, science and technology centers, historical societies and museums, botanical gardens, zoos, children's museums and much more.

"With an expanded and energized focus on the arts, culture and museum offerings in the Sacramento region, this is an exciting time to explore the rich experiences available at a wide variety of local museums," said Paul Hammond, Sacramento Association of Museums chairman. "Sacramento Museum Day offers the perfect opportunity for everyone to visit a museum they haven't been before – or return to an old favorite – to gain a new appreciation for or a fresh perspective about our region, our state, and our world."

Event coordinators recommend planning ahead, and to limit the day to two or three different museums on the day of the event in order to allow adequate time to enjoy the experience. Free shuttles will operate throughout the day with stopping points located adjacent to many—but not all—participating mu-

seums. The California Museum, at 10th and O streets, serves as the central transfer point for shuttle routes in operation during Sacramento Museum Day. Volunteer "step-on" tour guides will be on-board to assist riders and narrate the route, courtesy of the Sacramento Convention & Visitors Bureau.

Participating museums this year include: Aerospace Museum of California, the California Automobile Museum, the California Foundry History Museum, the California State Military Museum, the California State Capitol Museum, The California Indian Museum, the California State Railroad Museum, the Crocker Art Museum, the Discovery Museum Science and Space Center, the Don & June Salvatori California Pharmacy Museum, Fairytale Town, the Folsom History Museum, the Governor's Mansion State Historic Park, the Heidrick Ag History Center in Woodland, the Leland Stanford Mansion State Historic Park, the Museum of Medical History, the Old Sacramento Schoolhouse Museum, Old Sacramento State Historic Park, the Sacramento Zoo, the Sacramento Historic City Cemetery, the Sacramento History Museum, the Sojourner Truth Multicultural Arts Museum, Sutter's Fort State Historic Park, the Wells Fargo History Museum on Capitol Mall and the Wells Fargo History Museum in Old Sacramento.



The Aerospace Museum of California will be among 26 museums that will open their doors to the public for the 13th annual free Museum Day on Feb. 5. *Photo courtesy*

Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at www.sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Museums, in addition to being the stewards of our cultural and natural heritage, offer everyone the invaluable opportunity to refresh, relax, recharge and renew. As the old adage goes, "You've got to pour into yourself before you can pour yourself out for others."

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Fun indoor activities for kids

StatePoint – Outdoor play is great for kids, but what do you do on those cold, rainy or blustery days when Mother Nature seems to be conspiring against you?

“Most parents aren’t comfortable with the television or video game console acting as babysitter,” said Emily Kilpatrick, vice president of the National Center for Family Literacy (NCFL). “But they also struggle to find indoor activities that really nurture their children’s minds.”

Parents can encourage their children’s natural curiosity by finding fun indoor activities that spark their imaginations while they’re away from the classroom.

To help, here are some of the most popular indoor activities from the NCFL’s new educational website, www.Wonderopolis.org, which features a novel “Wonder of the Day” daily for parents to explore with children:

Let it snow

Whether you live in a warm or cold climate, almost all children are fascinated by snow. With the help of some pipe cleaners and a few other simple supplies, you and your kids can learn how to make your own ice crystals in a jar.

DIY aromatherapy

Recycling takes on a fun twist when you help your

kids turn old wax crayons and empty soup cans into homemade candles. Add some scented oil or a few drops of vanilla extract to create a calming atmosphere in your home. Just make sure to never leave a lit candle unattended or in reach of small children.

Create virtual biographies

Are your kids fascinated with a historical legend like King Tut or a children’s author like J.K. Rowling? If so, have them create a modern-day biography by researching them online. Then have some real fun by asking your children to imagine what it would be like to be Facebook friends



Photo courtesy

Indoor activities can be just as fun and educational as outdoor play.

with that person. What would his profile look like? What would she talk about? Would Jacques Cousteau like *Jaws* or *Titanic*?

Go stargazing

Not many people live far enough north to view the beauty of the northern lights. Even if you do, artificial light and inclement weather can make stargazing difficult. But the AuroraMAX Observatory in Yellowknife, Canada, conveniently broadcasts live video via Webcam every night, allowing viewers all over the world to experience the beauty of aurora borealis firsthand.

Plan a ‘staycation’

Is the economy putting a crimp in your normal travel plans this year? Check out the Wonder of the Day titled “What Would You Do on a Staycation?” to get ideas on how to get your kids excited about not going away for vacation. A basement camping trip can be just as fun as an authentic camping trip, while still enjoying the luxuries of home.

For more fun indoor activities to explore with your kids, visit www.Wonderopolis.org.

Remember, you can make learning fun for your kids and explore the world without ever leaving your family room.

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Onward.

No ponytails at Sac State? Improved, pro-active campus security plan needed

By RYAN ROSE
East Sacramento News guest columnist

A new year is a prime time to set resolutions—an opportunity to do better, to strive for self-improvement. On the top of the list for Sacramento State University: Make the campus safe.

At least, that should be on the top of the school's "Get-it-Right List" for 2011.

Although much news has been made concerning the school's never-ending budget crisis, the main topic of conversation among female students of Sac State (of which I am an alumnus and where my wife is a current graduate student) is the matter of campus security and the worry by women of possible rape while walking to their cars or class.

For a number of months since the beginning of the fall 2010 semester, the East Sacramento-based university has been plagued by incidents of sexual assault, most recently focused on female students as they crossed the school's grounds. The last school year saw eight sexual assaults, the latest in December when a man attacked a woman as she walked to her vehicle. The woman turned the tables on her attacker by drenching his face with pepper spray. The man ran off, but no assail-

ant has since been detained or arrested.

Feelings of unease and discomfort have caused women to begin taking proactive measures concerning their personal safety. Many women, including my wife, have begun walking the school grounds with pepper spray. In addition, women are collectively passing words of warning and caution to other female students, such as advising their classmates not to walk the campus while wearing a ponytail, as the bounded hair acts as a perfect gripping point when someone attacks from behind.

No ponytail on campus – is this what it has come to? A sensible act to be sure – one implemented by women aware of their dodgy surroundings – but is this voluntary act by female stu-

dents more a sign of the times or a sign of things to come on campus? Instead of a reduction of ponytails, we should be seeing an increase in university action against an uptick in violence against female students.

To be certain, Sacramento State has responded. The school has stated that it has increased its police presence and has also made law enforcement and security personnel available to female students in need of an escort. In addition, the college has used the attacks as an opportunity to educate their students about personal safety and sexual assaults.

Still, these actions are reactive, as they are only addressing issues as they arise. To address this matter further, the university must be prepared to adopt a new

philosophy concerning campus safety and implement new measures to assure students that the college is working to provide a safe environment for instruction and personal enrichment. After all, the school maintains that "the safety and wellbeing of all students, faculty, staff and visitors on the Sacramento State campus is (the) primary concern" of their police department.

The following is a four-point plan the school should consider implementing to improve campus safety.

1. Work with the patrolling police officers

The university must audit its police force and its strategy for patrolling the campus. Earlier this month, the university police officers held a no-confidence vote regarding the leadership provided by Police Chief Daniel Davis; the chief lost that vote, 14-1. University officials must listen to its police officers on patrol – the same officers that are accusing the campus police department of being "the most management-heavy de-

See Sac State, page 14

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Helping your teen to cope with the loss of a loved one

By STEVE DEBENEDETTI-EMANUEL
East Sacramento News columnist
steve@rivercitycounseling.com

The mother of a fifteen-year-old boy called me recently. While on the way to the airport to visit his father, his stepmother called and told him that his father had a massive heart attack that morning and died on the way to the hospital. Instead of getting to enjoy time with his father, he got to go to his funeral.

When "Dave" came home a few days later, he insisted that he was fine. After all, he only saw his father twice a year and had never been close. "Joan" wasn't convinced; as she knew from his cell phone bills and by monitoring his Facebook account that they communicated regularly. She also noticed that he was quieter than usual, wasn't eating much, and spent most of his time in his room.

Joan was worried and encouraged him to talk to a therapist, but Dave was against it. He promised his mom that he would go if he really needed to, but he didn't think it would be necessary. Rather than insist that he see someone right away, she asked that I advise her.

When we met, I suggested that she tell Dave just how sorry she was about his dad and ask if he's ok. I also encouraged her to tell him gently what she'd noticed and let him know she'd be available to talk if he wanted. When people experience trauma, they're often too shocked to talk at first. By letting

him know she'd be open to talking about it, he'd come to her when and if he's ready.

I also reminded her of how it's normal for teens to turn to their friends for support. Even if he only hung out with them and didn't talk about his father at all, he'd benefit from the time with them. I encouraged her to guide Dave toward those friends who would be "there for him," should he want to talk about his father.

When Joan told me how fearful she was that he wasn't talking to her or any other adults, I suggested that she guide Dave toward adults with whom he connects. Perhaps he could talk to relatives, a trusted teacher or coach. Or maybe he'd be open to speaking with his minister. I also suggested that she contact Dave's counselor at school and ask if she would check in with Dave and offer to talk if he wanted.

I also encouraged her to help Dave keep his regular schedule. As much as death and grief are overwhelming and it's tempting to drop everything, the reality is that life needs to continue. The goal wasn't to ignore the loss and pretend everything is fine. Instead the hope was that by encouraging Dave to study, go to practice, and work after school, she could help him keep his routine and ease his pain.

As much as Dave insisted that he was fine, I encouraged her to keep an eye out for major changes in his behavior. Were she to get any hints of

deep depression, significant drug use, or other more serious choices, I encouraged her to insist that he speak to a professional.

Although it's too soon to tell for sure, it looks

like Dave is coping pretty well with his dad's death. Unfortunately, other teens have a much more difficult time coping with death, and it's important for parents to keep a close eye on how they're doing

and take necessary steps to help them. By doing so, the likelihood increases that their teens will be able to adjust to the tragedy without being completely overwhelmed by the loss.

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East Sacramento's Rust Florist celebrates 40th anniversary

By LANCE ARMSTRONG
East Sacramento News writer
lance@valcomnews.com

A longtime fixture of the community, East Sacramento's Rust Florist is celebrating its 40th anniversary.

The independent, family-owned business at 5215 Folsom Blvd. first opened at its original location of 5140 Folsom Blvd. on Nov. 1, 1970.

The business also held an open house on Saturday, Dec. 5, 1970. This event showcased the shop's Christmas decorations, arrangements, cut flowers and blooming plants.

Although the Rust family is proud of its longtime operation of this popular florist shop, the story of the family's involvement working in a florist shop has much deeper roots.

Dennis Rust, who owns Rust Florist with his brothers Greg and Marty Rust, said that his father Joe Rust was the first member of his family to work in the floral business.

"(Joe's friend) Fred Fick ran the nursery at East Lawn (Cemetery) and he brought my dad (who was living in Arizona at the time) to Sacramento and told him that he thought it would be a good idea for him to work at the florist business (at the cemetery)," Dennis said. "My dad ended up work-

ing there (at East Lawn Florist) for 37 years and I'd say for the last 20 years over there, he was the boss."

Dennis said that a very unique part about having a father who operated a florist shop at a cemetery was the fact that his family eventually resided at the cemetery.

"My father started working at East Lawn (Florist) in 1933 and we moved over there (to the cemetery) in about 1948 when I was about 4 years old," Dennis said. "We lived in a company home (at 1748 46th St.)"

In their two-story, stucco-covered house at the cemetery, Joe and his wife Katherine eventually raised nine children, George, Larry, Dennis, Loretta, Greg, Mary Rose, Marty, Dolores and Vickie.

Two other residential houses were also located on the cemetery grounds. These single-story houses, which have since been demolished, were the homes of East Lawn Florist employee Toschi Kiino at 1700 46th St. and Fred and Dru Fick and their daughter, Carol, at 1720 46th St.

The Rusts' house – which was also later demolished – at the cemetery was constructed by at least 1933 and was originally the home of Charles Bruner, who during this era served as the superintendent of the cemetery and the nursery's manager.



East Sacramento News photo, Lance Armstrong
Back row, left to right, Greg, Dennis and Marty Rust and Julia Hamshar (holding yellow roses) of Rust Florist stand in front of this East Sacramento business, which is celebrating its 40th anniversary.

At the time that the Rusts resided in their home at the cemetery, this part of East Sacramento had a much different appearance, as today's Highway 50 had not been constructed and the cemetery's grounds were not yet developed.

Dennis said that the Rust children appreciated residing next to the cemetery's undeveloped property.

"When we moved over there (to the cemetery grounds) when we were little kids, the back half of East Lawn (Cemetery) was an open field, so we used to play back there," Dennis said. "So, that was our playground. We had a baseball diamond with a backstop, we used to fly kites back there and we had a bas-

See Rust, page 11

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Healthy ideas

NAPSA – To ensure that patients have access to the information they need to make an informed choice about breast reconstruction, the Cancer Support Community launched "Frankly Speaking About Cancer: Spotlight on Breast Reconstruction," developed with support from Mentor Worldwide LLC. Learn more at www.CancerSupportCommunity.org.



A new online educational resource, www.BloodSugarBasics.com, has just launched to help people living with diabetes, their families and loved ones learn about the importance of understanding and managing low and high blood sugar.

Rust: Kids lived, grew up in East Lawn Cemetery

Continued from page 10

ketball hoop on a gravel driveway that used to pop the ball all the time. We also used to play flag or touch football out there on a plowed field and when you fell down, you just fell in this soft dirt, so you didn't get hurt."

In addition to serving as a playground for children, the undeveloped East Lawn property also included the Rusts' gardens and field flowers, which the family picked and sold at the florist shop.

Dennis said that the funds raised through the sales of the field flowers paid for his family's vacations.

When asked to describe one of the more unique things that he remembers about living on the cemetery grounds, Dennis said that he recalls how the family would be locked inside the cemetery every night.

"At nights, when we wanted to go somewhere after 9 o'clock in the summer or 6 o'clock in the winter, we had to unlock the gate to go out," Dennis said. "We were locked in there, because they didn't want anybody coming into the cemetery at night."

The Rust family, which is of German and Swiss ancestry, moved to south Sacramento in 1968 and opened Rust Florist two years later, thus beginning what has become one of the city's more established florist shops.

Unlike many businesses that completely changed their ownership and personnel, Rust Florist is still owned

and operated by the Rust family with the assistance of several employees.

The original family members who operated the store were Joe, George and Dennis Rust.

Other Rust family members who have worked in the East Sacramento florist shop are: Katherine, Greg, Marty, Larry, Dolores and Vickie.

Dennis, who currently owns Rust Florist with his brothers, Greg and Marty, recalls that his father, who passed away in 1990, had a great reputation as a local florist.

"A lot of (the former East Lawn Florist) customers followed my dad over here to (Rust Florist)," said Dennis, who, like all of his brothers, attended Christian Brothers High School.

Dennis added that although Joe was not the only member of his family who worked at East Lawn Florist and the then new-Rust Florist, when Rust Florist first opened, many people who called the business specifically requested to speak to Joe.

But certainly times have changed, as Joe's sons have now become the veterans of this popular business that has maintained its old-time florist shop traditions, which include creating many arrangements that are not available in modern-day florist shops.

With the exception of such things as a few new faces and a relocation across the street in 1990, very few things have changed around Rust Florist.



East Sacramento News photo, Lance Armstrong

Marty Rust prepares a blue iris arrangement at Rust Florist in East Sacramento.

But it is this consistency and a reputation for friendly, professional service that has helped to maintain the business's success throughout the years.

And although he admits that operating the business has not always been easy, Dennis said that he looks back on the past 40 years as an overall success.

"We're proud of the fact that we're still operating in these difficult economic times when a lot of other businesses have gone under," Dennis said. "We know a lot of our customers and we are

proud of the service that we've been able to provide for them. We're not about just selling flowers, but we're very interested in repeat business and helping our customers whether it's a small order or a large order. We have pride that we're doing a good job for people."

Rust Florist is open Mondays through Fridays from 8 a.m. to 5:30 p.m. and Saturdays from 8 a.m. to 3 p.m. For additional information about this business, call (916) 452-4527 or visit www.rustflorist.com.

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Performing, fine arts unite for Sacramento Fine Arts Center's 'Art Song'

By SUSAN LAIRD
East Sacramento News editor
susan@valcomnews.com

The Sacramento Fine Arts Center will be center stage for a unique experience when it presents a magical evening of music and art on Saturday, Jan. 29 and Sunday Jan. 30.

"Art Song" will feature the musical talents of Donna Helmich-Agnello, dynamic soprano, and Michelle Xioa You, renowned violinist – as well as some 40 works by the American Watercolor Society International Traveling Exhibition.

Helmich-Agnello will perform a variety of works about love, betrayal, pirates and selections from J.S. Bach's "Magnificat."

Xioa You will play a dramatic selection of works, including Nikolai Rimsky-Korsakov's "Song of India" and Pablo de Sarasate's "Zapateada."

The Sacramento Fine Arts Center is the only California venue selected by the American Watercolor Society for the travelling exhibit. It is considered a feather in Sacramento's cap, as the Society is highly selective and the exhibits are of high caliber. Past exhibitors of the Society have included Andrew Wyeth and Winslow Homer.

The January concert will be the first of a series of concerts pre-

senting top musical talent to audiences in the Sacramento region.

"It's a musical performance you will not see anywhere else," said Richard Turner, president of the Sacramento Fine Arts Center and producer of the musicals. "There has never been a collaboration between the best watercolorists in the world and internationally renowned musical artists."

The concert will be performed at the Sacramento Fine Arts Center, located at 5330-B Gibbons Drive in Carmichael. Turner encourages visitors to come "check it out. The acoustics are great – you don't even need a microphone."

The Sacramento Fine Arts Center is a 25-year old nonprofit community art education and outreach organization, conducting hands-on art classes for all ages and hosting a wide variety of exhibits throughout the year.

"Art Song" will be performed on two days, Saturday evening on Jan. 29 at 8 p.m., and Sunday afternoon, Jan. 30 at 4 p.m. Seating is limited to 130 at each performance, so advance tickets are recommended. Admission is \$50 (\$35 is tax deductible). Tickets may be purchased by calling (916) 971-3713 or by sending a check to the Sacramento Fine Arts Center, 5330-B Gibbons Drive, Carmichael, CA 95608. Also visit www.sacfinearts.org.



Photo courtesy
"Far and Away" is a watercolor by Susan Montague, an artist whose work is part of the American Watercolor Society Travelling Show. The show will partner with the Sacramento Fine Arts Center for a unique collaboration of the visual and performing arts, "Art Song," on Jan. 29 and 30.

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NAPSA – Veteran William “Bill” McGee, a well-known retired radio and TV broadcaster in the San Francisco area, felt pretty hopeless when faced with the misfortune of going blind. Fortunately, he had a helpful resource to turn to.

Department of Veterans Affairs (VA) Blind Rehabilitation Service gave him a new life that inspired him, with the help of his wife, Sandra, to write a book about it. Created with her assistance, the book describes what VA blind rehab can do for veterans, both those who lose their sight as a result of combat operations as well as due to age-related factors such as macular degeneration, retinitis pigmentosa, glaucoma, and diabetic retinopathy.

His book, “Learning to Cope with Sight Loss: Six Weeks at a VA Blind Rehabilitation Center,” recounts McGee’s loss of sight and his subsequent day-to-day experience at the VA Western Blind Rehabilitation Center (WBRC) in Palo Alto, California.

“If my booklet or audio CD inspires a fellow veteran to ‘get up off the couch’ and seek help, then my objective will have been accomplished,” McGee said.

For more information about the publication, visit www.bmcpublish.com/sight-loss.html or contact Christina Hitchcock at BVA National Headquarters, 202-371-8880, Ext. 3303, or at chitchcock@bva.org.



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Sac State: Female students advising each other to hide ponytails, carry pepper spray

Continued from page 7

partment in the California State University System.”

“The chief seems to have forgotten how to prioritize spending,” said Jeff Solomon, president of the California Statewide University Police Officers Association. “His 200 percent increase in administrative staffing means less money for campus patrols at a time when they are needed.”

2. Utilize additional private security

Addressing the issues of staffing and patrolling within the university police department is a start, but there are 29,000 students registered at Sacramento State and only 15 patrolling officers.

The campus needs to think about how its police force can be augmented with an additional part time security team. Although budget hawks might cry foul, asserting the money doesn't exist, one needs to look no further than the mis-spent funds uncovered by campus police officers within their own department; it's a classic example of money hiding in plain sight.

Sacramento State officials need to provide an audit of their own and make the hard choice: staffing or safety. If California Gov. Jerry Brown can save millions by cutting the state's cell phone budget, perhaps the university can find the funds needed to provide additional security.

If the nearby Target store can provide a security officer patrolling the parking lot on a Segway scooter, then perhaps the campus can do the same.

3. Provide students with live safety updates

For years, media agents and reporters have been invited to the school to witness its high-tech alarm, the Emergency Notification System, developed to alert students of an urgent situation on campus. Oddly, not once has this system been implemented to alert students via text message and email that a classmate has been attacked.

Not once.

The school should review what other unused communication and reporting tools are at its disposal.

4. Light the campus

There is a reason why there is a market for motion-detection spotlights – most criminals don't like to be seen committing a crime. Sacramento State is a beautiful campus, covered with trees, but the canopy that delivers so much shade during sunny days also creates poorly lit areas at night. A new lighting scheme, perhaps one powered with solar-powered lights to save money, can go a long way in removing the shadowy element to an evening walk across campus. As to where to put those lights, the school need only ask the students that walk the campus – a webpage to receive those suggestions would be a simple (and free) platform to exchange the information.

This spring semester, which began Jan. 19, is an opportunity for Sacramento State University officials to regain the trust of their students. Time will tell if they make the grade.

Ryan Rose is an East Sacramento resident and is editor emeritus of Valley Community Newspapers, Inc, publishers of East Sacramento News. He can be reached at ryanrose@live.com.

Beating your pet's winter bulge

NAPSA – When it's cold outside, it's not unusual to cut back on activity, dive into the comfort food and put on a few extra pounds. It's true for four-legged family members as well as humans. Just as with people, pet obesity is on the rise and inactivity just adds to the problem.

Fortunately, you can take steps to get your pet back on track before obesity triggers other health issues. Arthritis, diabetes, heart disease, high blood pressure and other health problems are all more prevalent when people or pets carry a few extra pounds. If you can't feel your pet's ribs or spine easily, it may be time for your pet to shed a few pounds.

Here are some tips to help:

Balance their diet. Visit your vet to set a target weight and determine how much food and the type of food that's best for your dog's or cat's age, weight and overall health. Finding healthier snacks and treats can be one way to cut down on additional pounds. Also, skip the table scraps and serve smaller portion sizes.



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CALENDAR

For more Calendar entries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

JANUARY

'A Pioneering Collection'

Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300

artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

Big Band Dance

Jan. 18, 20, 25, 27: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Food Addicts Anonymous

Jan. 20, 27: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic

Disease group

Jan. 20, 27: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of East Sacramento

Jan. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Jan. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Jan. 20, 27: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Jan. 20, 27: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organización de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Kiwanis Club of East Sacramento-Midtown

Jan. 21, 28: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Jan. 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Jan. 21, 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

See Calendar, page 18

- EVENT LISTING SECTION -

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CALENDAR

For more Calendar entries visit
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Catholic high school placement exam

Jan. 22: Placement exam for Sacramento area high schools for the Class of 2015. Students should arrive at the Catholic high school they intend to apply to at 7:45 a.m. with two #2 pencils. Calculators are not allowed. Refreshments provided. Parents/guardians should expect the test to end at approx. 12:15 p.m. Visit the high school's website for registration form and placement test fee info. www.cbhs-sacramento.org, www.cristoreysacramento.org, www.jhssac.org, www.stfrancishs.org

Food Addicts Anonymous

Jan. 22, 29: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Fruits & grasses clinic

Jan. 22: Berries, grapes, fruit trees & ornamental grasses. Learn from UC Master Gardeners techniques for the selection and care of berries, pruning grapes and fruit trees and the maintenance of ornamental grasses. Free. 9 a.m.–12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

NorCal CoDA mini conference

Jan. 22: Realize a new joy, acceptance and serenity in your life. Northern California Co-Dependents Anonymous presents "Committing to CoDA Recovery in 2011." \$25 registration includes continental bfast and deli-style lunch. 8 a.m.–5 p.m. Fremont Presbyterian Church, 5770 Carlson Dr., Sac. www.greatersaccoda.org

Sac Sheriff's Dept. on 'COPS'

Jan. 22, Jan. 29, Feb. 5: Check local listings on FOX for the Sacramento Sheriff's Department, which will be featured on upcoming episodes of "COPS" at 8 p.m. or 8:30 p.m. Episodes can be downloaded from iTunes after airing or viewed on www.Hulu.com

Veterans' Benefits seminar

Jan. 22: Learn what benefits are available to veterans from members of the local DAV. Free to vets and their families. 9 a.m. Radisson Hotel, 500 Leisure Lane, Sac. NSO James M. Gallihier (619) 299-6916

Banned Book Club

Jan. 23: "Snow Falling on Cedars" by David Guterson will be discussed. All adults welcome to discuss why this book has been banned, why and the merits/demerits of the book. 10 a.m. Carmichael Public Library, 5605 Marconi Ave., Carmichael. (916) 264-2920 www.saclibrary.org

Buddy Harpham's Band

Jan. 23: Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. – 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

Co-Dependents Anonymous

Jan. 23, 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac. (866) 794-9993.

Community Sunday breakfast

Jan. 23, 30: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.–11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Co-Dependents Anonymous

Jan. 24, 31: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Jan. 24, 31: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.–4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Rotary Club of South Sacramento

Jan. 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Jan. 24, 31: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Jan. 24, 31: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.–8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

Rotary Club of Arden-Arcade

Jan. 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Jan. 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Senior Wednesday Club

Jan. 26: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

Toastmasters

Jan. 26: All area business people invited to hone their speaking skills. Noon–1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

FEBRUARY

History book club

Feb. 1: The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "The Worst Hard Time" by Timothy Egan. Bring a snack to share. First Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, www.saclibrary.org

Junior League crab feed

Feb. 5: Like crab? Everyone is invited to join the Junior League at their festive, 6th annual Crab Feed fundraiser. \$45/ticket in advance, \$50/ticket at door. 5 p.m.–10 p.m. St. Mary's Catholic Church, Giovanni Hall, 1333 58th St., Sac. www.jlsac.org

Calling all astronauts

Feb. 6: Have a blast at the Discovery Museum! Visit the new *Space Quest!* exhibit – out-of-this-world fun for the entire family. Celebrate the Founding of NASA: kids can remember their visit by making a take-home astronaut finger puppet. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2 p.m. are for all ages. The 10:30 a.m. Sunday Science Cinema presentation is *The Next Frontier*. 12:30 p.m.–4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12–4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

Free Museum Day

Feb. 6: 13th annual Sacramento Museum Day. 26 museums in the greater Sacramento area will offer free admission all day. Sacramento Museum event hours are 10 a.m. to 4 p.m. but note all participating museums close

at 5 p.m. (with the last guests admitted at 4 p.m.). Detailed information about participating museums, suggested parking, public transit options, and free event shuttle routes is available at sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at (916) 808-7777.

Effective money management

Feb. 8: A representative from the Department of Corporations Education and Outreach will discuss effective money management, tips on how to avoid fraud and identity theft, investor education, and suggestions for wise and safe investing. Free. 6:30 p.m. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

Safari Tours Spring Travel Fair

Feb. 10: The City of Sacramento, Safari Tours program will host its Spring Travel Fair. One-day and overnight trips for active adults will be highlighted and a presentation by Collette Vacations will be featured. Refreshments, prizes. Free admission. 4623 T St., Sac. (916) 808-8687

Valentine card-making for kids

Feb. 10: School-age children, ages 5 to 12, can learn design ideas for making great Valentine's Day cards for their friends, family, or secret crush. ArtWorks will provide the inspiration and materials; while youngsters only need to bring in their creativity. Free. 4 p.m. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

Paper Arts: Ink and wash

Feb. 12: Adults are invited to a free art workshop series. Participants are encouraged to experiment with different media and learn a few things about art history at the same time. 2 p.m., Saturdays, Feb. 12 through March 5 at Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920 www.saclibrary.org

Power of the Microwave

Feb. 12, 13: Many people have never known life without a microwave oven sitting in the kitchen. But the microwave oven was an amazing technology when it first began to appear in family homes in the 1950s. See what's cooking at the Museum this weekend: learn the history and science behind this science marvel, watch microwave demonstrations. 12:30 p.m.–4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12–4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

Genealogical Assn.

Feb. 16: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooleage Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

Family 'Engineering Days'

Feb. 19, 20: Come and celebrate the 60th anniversary of "Engineers Week." Engineers help make many aspects of life better – here's a great opportunity to share engineering fun with your kids. Kids ages 12 and under can be little engineers as they construct and launch a balloon rocket. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2 p.m. are for all ages. The 10:30 a.m. Sunday Science Cinema presentation is *The Next Frontier*. 12:30 p.m. – 4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12–4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

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6th Annual Crab Feed

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5pm-10pm

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Dinner includes:
Dungeness Crab • Pasta • Salad • Antipasto
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A la carte bar opens at 5pm and dinner is served at 6pm.

Enjoy a fabulous dessert auction, silent auction,
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Proceeds raised support the League's vision of enhancing the well-being and future of women and children in the greater Sacramento area.

The Junior League of Sacramento is an organization of women committed to providing education, developing the potential of women, and improving the community through the efforts of their own leadership of good volunteers. To support its mission, educational and charitable.

For more information, please visit www.jlsac.org

AQUINET

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www.jlsac.org



Crocker expands programs: 'A' is for Art

By SUSAN LAIRD
 East Sacramento News editor
 Photos by TOM PANIAGUA

Programs for children and families abound at the recently expanded Crocker Art Museum in Sacramento. In addition to expanded programs for adults, kids can get down and dirty in art media such as clay and paint. Parents can participate with the kids in new programs. There is a new Kids' Art Club, and opportunities for private, public and home schools. It is even possible to host a birthday party at the Crocker.

All this is providing opportunities for children to expand their horizons in education, and for families to bond together.

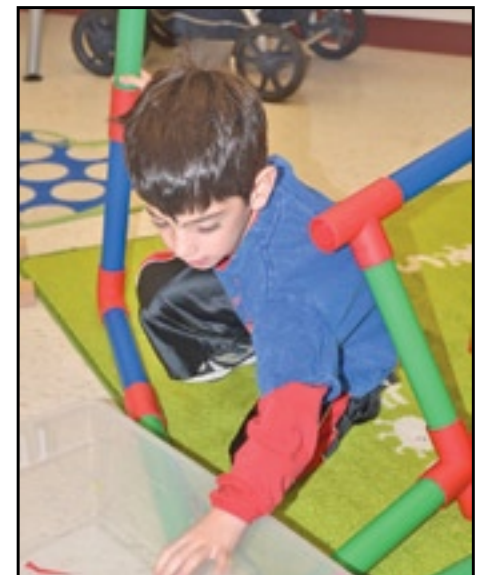
"Museums *do* change lives," said Lial Jones, museum director. "Education is a lifelong pursuit, and museums are a venue for informal education. We want to provide a place for people to change their lives."

The expanded children's education center features four studio art classrooms, an art education resource room for teachers and docents, an expanded library, student and community exhibition galleries as well as an auditorium and public gathering places. First Five funding is providing programming for children ages five and under.

"Sacramento is a very sports-oriented town," said Stacey Shelnut-Hendrick, director of education at the Crocker. "We want to make it an education- and arts-oriented town also."

"This is great, my daughter Brianna loves it," said Elizabeth Bailey of Elk Grove said of the new programming for children under age five. "It gets them excited about learning. That's what I care about. The bonding time has been great, and I get to enjoy the art through her eyes."

Learn more at www.crockerartmuseum.org.



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SPACIOUS BRICK TUDOR

Inlay hardwood floors, plantation shutters, formal living (w/ fireplace) & dining rooms, 2 bedrooms downstairs, master suite upstairs (includes walk-in closet, private bath & sitting room with fireplace). 2 car garage converted to guest house. Open kitchen w/eating area, family room and French doors opening to backyard. See www.1736BerkeleyWay.com \$599,000

KARA PARKER 716-3313



VINTAGE EAST SAC CHARM

Large two story home has vintage East Sac charm with nice modern amenities. The remodeled kitchen has granite counters, recessed lights and modern appliances. Other recent updates include the roof, dual paned windows, light fixtures and interior paint. The bathroom has new granite counters and a subway tile shower/tub surround. See www.600SanAntonioWay.com \$339,000

DAVID KIRRENE 531-7495

RED BRICK TUDOR

Beautifully remodeled 2nd story added in 2000. New kitchen in 2006 w/granite counters, stainless appliances & hardwood floor. Large master w/sitting room, large closet, marble slab counter, dual sinks & jetted tub. Original charm w/coved ceilings, mahogany inlay in hardwood floors. In 2006 pool, waterfall & outdoor kitchen w/bbq, sink & refr. . See www.354-34thSt.com \$824,900

COLLEEN WIFVAT 719-2324

CHARM ABOUND!

Walk to the UC Davis Med Center from this adorable home! Charm abounds with built in bookshelves next to fireplace, built in scalloped hutch in dining area, updated kitchen has terra cotta tile floor, newer gas range and a breakfast area. Separate laundry room, updated bath has a pedestal sink & marble tile floor! Central heat & central air conditioning. Long time owner. See www.2367-39thSt.com \$279,000

CONNIE LANDSBERG 761-0411

PHENOMENAL EAST SAC

Quiet, tree-lined street. Filled with character!! Includes barrel ceilings, leaded glass windows, hardwood floors and a great fireplace. Also included is a remodeled kitchen with a Wolf range, a spacious bathroom and amazing dining room. See www.163341ststreet.isnowforsale.com \$425,000

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