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Vol. XX • No. 5

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

Publisher..... George Macko
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Cohn's Corner

Redistricting update

By **STEVE COHN**

Sacramento City Council Member, District 3
scohn@cityofsacramento.org

The City Council revises Council district boundaries every ten years following the U.S. Census. Districts must be as equal in population as is practicable. The 2010 Census data will be released on or about April 1. The Council must complete the redistricting process within six months of the release of the Census "block data" figures for the June 2012 election.

Sacramento is growing

It is estimated that the 2010 census will show that the City's population has grown from 407,000 to 470,000.

District 1 in particular is expected to be 40,000 people over its pro-rata share. Given the anticipated significance of change to existing districts, the City needs to insure clear communication, encourage widespread participation, and provide tools and information to facilitate understanding throughout the process. To that end, on Feb. 8 the City Council adopted a resolution approving a Sacramento Redistricting Citizens Advisory Committee (SRCAC) that will represent the diversity of Sacramento.

Sacramento Redistricting Citizens' Advisory Committee

The SRCAC's purposes are to review, organize, analyze, and refine the redistricting proposals submitted to the City, as well as to recommend to the City Council preferred redistricting. The SRCAC advises but will not replace the Council's responsibility for the final selection and adoption of district boundaries.

The committee will be composed of thirteen members. On March 8, the Mayor and each councilmember will announce their selected candidate. After that date, the remaining four members will be appointed through the usual Personnel and Public Employee (P&PE) nomination process.

Get involved

Public participation will be encouraged at the SRCAC meetings. Additionally, City staff has prepared a redistricting website at www.cityofsacramento.org/redistricting. The site is designed to provide general information, updates, and access to relevant



Photo courtesy

Sacramento City Council Member Steve Cohn

redistricting data. Currently the site includes a high level description of redistricting, maps, and links to downloadable geographic (GIS) data such as 2009 population estimates. The website will continue to expand and will include more information, maps, and data as they become available.

The city held four community meetings in February about the redistricting process. Community meetings will be held again in April after the release of the final census data. The purpose of those meetings will be to distribute the data. Additional meetings will be held in May to answer technical and logistical questions and members of the public will be asked to submit their proposal to the Planning Department for review sometime in May. In June the City Council will be asked to select proposals for staff analysis. Then, in beginning in late July and through August, Council meetings will be held to discuss and ultimately approve boundaries in September.

Visit my website at www.cityofsacramento.org for up-to-date news. If you have any questions or comments, please contact me at (916) 808-7003 or at scohn@cityofsacramento.org.



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Neurology prof to address California Retired Teachers

SACRAMENTO – The State Capital Division 5 of the California Retired Teachers Association (CalRTA) will hold its annual Symposium 2011 on Tuesday, March 15.

The symposium will be held at the Casa Garden Meeting Center, located at 2700 Sutterville Road in Sacramento.

Keynote speaker Owen Carmichael, PhD, will speak on "Why are there No Effective Drugs for Alzheimer's Disease." Carmichael is an assistant professor of Neurology at UC Davis. His laboratory develops novel methods of extracting biologically-relevant information from neuro-imaging data, and uses the methods to clarify the course of brain changes in aging and late-life cognitive decline.

Registration coffee is from 9 a.m. to 9:15 a.m. Flag salute and announcements are from 9:15 a.m. to 9:50 a.m. The program begins at 10 a.m. and ends at 11:15 a.m. Lunch is served at 11:30 a.m. The cost for lunch is \$16. Lunch reservation deadline for Casa Garden Restaurant is March 10. Contact Margaret Ishimoto at (916) 391-2411 for lunch reservations. Nonmembers are welcome.

Sacramento Walking Sticks to host spring wildflower walks at Mt. Diablo

Special to East Sacramento News

The Sacramento Walking Sticks, a walking club, invite the community to join them on two different wildflower walks on the northern slopes of Mt. Diablo over the weekend of March 19 – 20.

Neither of these walks goes to the top of Mt. Diablo, nor are they suited for strollers and wheelchairs. The family dog will need to stay home on this excursion because dogs not allowed on any trails in the California state parks.

The walks will begin at the Clayton Community Park, located at 7411 Marsh Creed Rd in Clayton, CA. People can register for the walks between 9 a.m. to 12 noon on both days; walkers are expected to be finished by 4 p.m. Participants can walk for free. Those who want "volkswalk credit," they will pay \$3 per walk. Water and restrooms are at the registration point only since there are no amenities along the trails as the State Park is mostly undeveloped. Carry enough water to avoid dehydration.

Both walks require you to drive to a remote start and walk into the park unless you want to add an extra 2K (1.2 miles) onto each by walking instead.

The first walk goes up Donner Canyon Road at an easy grade and then joins a steep, narrow and slippery trail as it loops around an upper canyon with waterfalls. The 5K (3.1 miles) route is rated two; while the 10K (6.2 miles) route is rated a four.

The second walk will take people on a dirt trail across the lower reaches of the mountain to the Mitchell Canyon Visitor Center (with water and restrooms), through a native plant garden and then up Mitchell Canyon Road. The 5K (3.1 miles) walk is rated a 2 while the 10K (6.2 miles) walk is rated a 2+.

There will be carpooling opportunities from Sacramento for both days of the event. People are encouraged to bring sack lunches as there are many opportunities to stop along the routes and enjoy the views. The added bonus is after the walk(s), people can stroll the streets of

the quaint town of Clayton with its fun shops and delicious restaurants. The beauty of volkswalking is that it takes people to a place they probably would never have thought to go on their own.

The Sacramento Walking Sticks walk in all kinds of weather. Come prepared by wearing layered clothes and carrying extra shoes and socks to put on afterwards. Don't worry if you come alone as there will be small groups going out throughout the morning for all the routes.

The Walking Sticks are the largest volkssport club in the USA with over 500 members. The Walking Sticks offer numerous group walks. One need not be a member of the club to participate, but memberships are encouraged. Membership is \$5 for seniors 55+, \$8 for individuals and \$14 for families.

The Sacramento Walking Sticks meet the second Thursday of every month at 7 p.m. at the SMUD Headquarters Building Conference Center, 6201 S St. in Sacramento. Visit www.sacramentowalkingsticks.org.



Photo courtesy, Nancy Alex

The Sacramento Walking Sticks are the largest volkssport club in the nation. They invite the community to discover the joys of walking with a selection of hikes on Mt. Diablo in late March.

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Stunning Brick Tudor in the Fabulous Forties

Elegant decor, newly painted with designer colors, refinished hardwood floors, high coved ceilings, incredible beaded glass windows, newer CH&A, basement perfect for wine cellar. Large formal living and dining rooms, lovely landscaped yard and detached garage. This home is loaded with style and architectural details. 1017 44th Street \$850,000



Charming Home

3 bedrooms, 2 bathrooms, approx. 870 square feet. This charming home has many upgrades, a must see!
2155 51st Avenue..... \$85,000



Beautiful Home in East Ranch

Largest model #5. Light and open floorplan with gorgeous wood floors. Large updated gourmet kitchen. Spacious bedrooms and very large master suite. Plantation shutters. Two lovely patios. Attached garage. Great location within complex. This is a must see!
200 East Ranch Road..... \$499,000



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901 55th Street \$350,000

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Area schools hold open forums to explain budget cuts

By ELIZABETH VALENTE
East Sacramento News writer
elizabeth@valcomnews.com

With the state facing a \$25.4 billion deficit over the next 17 months, schools across the State are looking at ways to cut back. Everyone is scrambling to make staffing decisions by the March 15 deadline for preliminary layoff notices. Final layoff notices will come out two months later on May 15.

Sac City Unified and San Juan Unified school districts have launched weeks of budget discussions focused on options familiar to public agencies around the county. The goal is to increase community awareness of 2011-12 budget issues and engage the public in this difficult process. The two unified school districts are contemplating two different budget scenarios for the 2011-12 school year; one if voters agree to extend temporary state tax increases and the other if they don't.

The difference is dramatic.

Sacramento City Unified School District:

If the tax increase is pushed through, Sac. City Unified School District (SCUSD) is looking to cut only \$9.05 million from its budget gap. If the proposed tax increase extensions does not pass, the school district is looking to cut \$22.3 million.

"In these uncertain times, it becomes critically important that we work hard to educate our community about budget challenges and listen to their suggestions and concerns," explained SCUSD Superintendent Jonathan Raymond. "The better informed our community is, the better they can work with us to find innovative and resourceful ways we can do more to accelerate student learning with less state funding."

According to the SCUSD website, the proposed cuts are:

- Reduce adult education
- Reduce staff pay
- Eliminate busing
- Reduce counselors
- Increase seventh- and eighth-grade class sizes from 31 to 35, increase class sizes to 40 in ninth grade, 36 in seventh and eighth grades, and 34 in fourth through sixth grade

Given that reality, school officials are hoping their worse-case scenario doesn't get even worse. "These are horrible, horrible decisions we are proposing and the only thing worse than to make these decisions at all is trying to make them in a vacuum," said Gabe Ross, Chief Communications Officer Sacramento City Unified School District. "If it plans on being better than we thought then we can scale back."

According to Ross, in the last nine years, the district has cut \$177 million in expenditures – a 35 percent reduction. Even if voters pass tax extensions in a special election, it is projected that more cuts will be needed to balance SCUSD's budget for next year, due to the lingering recession and enrollment declines in some areas.

San Juan Unified School District:

San Juan Unified School District (SJUSD) is working to reduce expenditures by at least \$36.7 million. If the Governor's budget fails or voters do not approve the extension of temporary taxes, the total amount of needed reductions grows to \$49.6 million. On Feb 8, the Board discussed reductions for schools through staffing allocations as well as reductions at the central office. The staffing

allocations return to the Board on March 8 for action.

There are more than 40,000 SJUSD students that will be affected by the cuts. "Our number one position is to teach kids and therefore the core work should be protected in the classrooms," said Tom Alves, Executive Director of the San Juan Teachers Association. "They keep cutting much more deeply in the classrooms than the administration and central office. We've always said it needs to start there."

Despite an early rejection from the SJUSD, Alves is still pushing for a retirement incentive that addresses managing the exodus of teachers in a financial and fiscal way. "If we let go of the bottom 200 teachers that make an average \$40,000 a year instead of the top 200 teachers that average \$75,000, that's a big difference."

According to the SJUSD website, if there are no tax extensions some of the possible impacts would be:

- Reduce staff allocations as well as reductions at the central office
- Eliminate adult education
- Offer bus transportation only to special education students
- Increase K-3 class sizes
- Eliminate 357 teacher, vice principal, counselor and district-level administrator positions

More than 49 of those positions are central office staff, including media techs, Regional Occupation Program (RoP) coordinators, and even high school counselors.

"There's between two and four fulltime positions allocated for counselors in high school," explains Trent Allen, San Juan Unified School District spokesman. "For the next academic year the Board is considering one full time counselor for schools with one-thousand or fewer students. For the schools between one to two thousand students we'd have three full time counselors."

Craig Stradley, whose son attends at Rio Americano High School, says even though he understands some cuts are needed, he also believes some positions like high school counselors are a necessity.

"Counselors are the ones that are guiding the students to their next level of education, whether it's a four-year university or a trade school that goes indirectly to the workforce," said Stradley. "I think it's going to be one of the most painful cuts."

Anytime school districts talk about school closures or cutbacks they get a lot of feedback from parents, businesses, and other organization. This academic year both school districts have seen a spike in teach-

er/parent/school/business involvement than in years past.

"This time around it's more constructive I think because we went through the strategic planning process and invited more than 300 members of the SJUSD community to come in and help set direction for the district and create some honest dialog," said Allen. "The other piece is the economic climate we are in. Folks realize there will be reductions and sacrifices and it's not a question if we have to be doing it, but rather, let's figure out the best way to do them."

"We can't pretend that this will be an easy year," said Raymond. "But if we work together with all of our partners, I believe we can make it through. And families are our most important partners."

It could be weeks or months before its clear which budget scenario comes to pass. Gov. Jerry Brown is urging legislators to vote next month to create a special election in June, asking voters to extend increases in the sales tax, vehicle license fee and income tax that are due to expire June 30. First he would need to get a two-thirds vote from the Legislature for the special election. If they don't, K-12 and community colleges' share of the budget would be cut by at least \$2.2 billion.



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American Red Cross to celebrate 130 years of service

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

The American Red Cross, the world-renowned, disaster relief, volunteer-led organization with a Sacramento chapter since 1898, is about to celebrate a special anniversary.

It was on May 21, 1881, thus nearly 130 years ago, that the ARC was founded by Clara Barton.

Furthermore, on a national level, this is currently a very notable time for the organization.

This month is Red Cross Month, a recognition that has been a tradition since President Franklin D. Roosevelt, who was serving as the honorary chairman of the organization, first declared March as a special month for the organization in 1943.

Since then, United States presidents have continued to proclaim March as Red Cross Month on an annual basis.

As a fundraising campaign with a goal of collecting \$125 million, the original Red Cross Month received an overwhelming response as the goal was reached in less than six weeks.

Further proving that the public did not recognize Red Cross Month as a drive with an expiration date, funds continued to be donated to the organization. By June 1943, the drive had resulted in donations totaling about \$146 million.

Because of this initial success, Red Cross Month became a tradition that has assisted the Red Cross in fulfilling its mission, which reads as follows: "The American Red Cross, a humanitarian organization led by volunteers and guided by its Congressional Charter and the Fundamental Principles of the International Red Cross Movement, will provide relief to victims of disaster and help people prevent, prepare for, and respond to emergencies."



East Sacramento News photo, Lance Armstrong
American Red Cross Capital Region Chapter members gather together at the chapter's headquarters near Cal Expo.

Furthermore, the ARC described its role as an organization that "shelters, feeds and provides emotional support to victims of disasters; supplies nearly half of the nation's blood; teaches lifesaving skills; provides international humanitarian aid; and supports military members and their families."

With a long history of responding to the nation's needs, the ARC, which is strictly a charitable, non-government agency that relies on the volunteer support of the American public to perform its services, has grown with the times.

For all the good that the ARC does to assist others in needs, none of the many services of the organiza-

tion would have been possible without the work of its founder.

And for this reason, it is important in any overview of the ARC's history to highlight Clara Barton.

Born Clarissa Harlowe Barton in Oxford, Mass. on Christmas Day in 1821, Barton can be considered a holiday gift for countless people who have benefitted from the services of the ARC since its founding.

But in order to have a better understanding of how long Barton maintained a deep interest in assisting others in need, it is necessary to know that Barton was active in helping such people long before she founded the ARC.

With the beginning of the Civil War, little time passed before Barton was dedicating her time to helping soldiers in her home state.

Initially, Barton cooked for soldiers and also ripped sheets into towels and handkerchiefs for them.

But her efforts did not stop there, as Barton was dedicated to bringing comfort to the sick and the wounded from the battlefield, and fought for permission to bring food, medicine and supplies to soldiers on the frontlines.

Through these efforts, she received the nickname, the "Angel of the Battlefield."

Following the war, Barton was commissioned by President Abraham Lincoln to search for missing Union soldiers and she also initiated a movement to have a national cemetery constructed for Union soldiers who died in the Andersonville prison – the Confederate prison of war camp, which was officially known as Camp Sumter – in Andersonville, Ga.

Barton's goodwill nature and experience in helping those in need led to her founding of the American Association of the Red Cross – the name was later shortened to the American

See Red Cross, page 7

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Red Cross: March is American Red Cross month

Continued from page 6

Red Cross – which evolved to become known as the nation's premier emergency response organization.

In understanding that disasters result in human suffering, Barton, who served as the Red Cross' first president, recognized a need for a volunteer organization that would be available during emergencies.

Barton, as well as the Red Cross symbol, became synonymous with the fact that comfort would be offered by the organization to those who suffered due to disasters.

The first American Red Cross chapter was organized at the Lutheran Church of Dansville, N.Y.

Among the early service of the Red Cross was its assistance to victims of the Ohio and Mississippi floods of 1884.

It was also during the same year that Barton served as a delegate to the International Peace Congress in Geneva, Switzerland.

Five years later, the *Sacramento Record-Union* printed the following quote regarding Barton: "The sublime life of this plain, simple, unpretentious and self-sacrificing woman is one of the grandest monuments to charity and merciful kindness the world has witnessed."

In 1898, the Red Cross played a very significant role in the Spanish-American War, as the organization assisted refugees and prisoners of war.

Since its early beginnings, the ARC has expanded to



Photo courtesy of the American Red Cross
Clara Barton, who was also known as the "Angel of the Battlefield," founded the American Red Cross in 1881.



Photo courtesy of the American Red Cross
An American Red Cross worker speaks to an injured soldier in a field hospital in Vietnam.

other cities across the nation, and today the organization, which also provides assistance in other countries, has many chapters throughout the nation.

Sacramento's chapter, which was previously known as the Sacramento Sierra Chapter and is presently known as the Capital Region Chapter, was established in 1898.

The founding of the Sacramento chapter was very timely, considering that only seven years after its organization, the chapter was assisting in the relief efforts of the 1906 San Francisco earthquake.

The Red Cross' local and national response to this

disaster prompted President Theodore Roosevelt to describe the Red Cross as "the national organization best fitted to undertake the outpouring of the nation's aid."

The ARC also provided assistance during the 1918 Spanish influenza epidemic and World Wars I and II.

Leftover ARC funds from the Great War were utilized to create the "Baby Clinic," which became part of the Sacramento Health Clinic in 1927.

During World War II, the Sacramento chapter was a 24 hours per day operation, and overall, Sacramento contributed \$468,037 to

the National War Relief Effort.

The Sacramento chapter responded to five American River floods and the Yuba City-Marysville floods during the 1950s, and during the Vietnam War, ARC programs were expanded to assist the military and their families.

In more recent times, the ARC's Sacramento chapter has continued to provide local and national assistance, including its aid to Hurricane Katrina.

Trista Jensen, communications and marketing director for the Capital Region Chapter, said that as a representative of the American Red Cross, she

is pleased that the organization has been able to successfully operate with consistency for the past 130 years.

"I think what's remarkable about the American Red Cross is that we are still doing the things that we started doing 130 years ago," Jensen said. "We started serving people in the battlefield, responding to disasters and helping people in their greatest time of need. Whether that's a house fire across the street, a hurricane across the country or a major disease breakout across the world, we're still responding in the same manner that we were 130 years ago."

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Local author shares love of reading at Wellspring Women's Center

Special to East Sacramento News

Local Sacramento author Tricia Brown spoke to the children at Wellspring Women's Center in February.

Brown, an award-winning multicultural children's book author, read from "Chinese New Year." The book was named a Notable Children's Trade Book in the field of social studies, and a former number one children's book bestseller.

She is the author of seven other books, including "Someone Special," "Just Like You," "Hello Amigos" and "Salaam." Brown holds an advanced degree in multicultural education and has traveled extensively throughout Southeast Asia. She is a member of the Chinese Culture Foundation.



Photo courtesy
Tricia Brown holds the children's attention at the Wellspring Women's Center in Sacramento, as she reads from her book, "Chinese New Year."

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A train trip to San Francisco



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

In the Spring of 1956, my first year at St. Mary's School, the Catholic Diocese of Sacramento offered a special field trip to its students: a train ride to San Francisco to see Cinerama, the first super wide-screen film technology.

The Cinerama theatre in San Francisco presented one new film each year. That year it showed *Around the World in Eighty Days* with David Niven, Spanish actor Cantinflas and Shirley McClain. The film garnered five Academy Awards that year. We could hardly wait to see it on the big screen.

However, the best part of the trip proved to be the ride there on the train.

Mom took me and my six year old brother Terry on this excursion. We

awakened early that morning in order to get to the train station for 8 a.m. boarding.

In those days, we rarely traveled to San Francisco by car and had never taken a train. So, to say we were excited would understate our enthusiasm that morning.

Dad dropped us off at the train station on 19th and J Street downtown, where the Spaghetti Factory restaurant now stands, and we immediately boarded the long train.

At 8:30am, on the dot, we slowly proceeded forward and exited town.

After finding our seats, the first order of business was breakfast. So Mom walked us down to the dining car. Understand, I came from a family of six, of modest means, so eating out anywhere constituted a big treat.

After enjoying a small – but delicious – breakfast as we meandered up the Sacramento Valley, we walked over to the special observation car: a double-deck car with an atrium-like

window for sight-seeing on its upper deck. Imagine two boys, six and nine, seeing the beautiful Sacramento Valley from the train as it traveled through small towns like Davis, Fairfield, Martinez, Concord and Walnut Creek.

One by one, we passed each of these hamlets and eventually arrived at the Oakland Ferry terminal, where we off-loaded and boarded the ferry to San Francisco.

The ferry went under the Bay Bridge, then over to the San Francisco ferry terminal. That alone proved a wonderful experience for two young boys. Eventually, we arrived in San Francisco, boarded buses and rode to the theatre.

The film lived up to its expectations. It showed incredible footage of sights from around the world, including Paris, Cairo and the great pyramids, India, Hong Kong and London. The super wide screen presentation showed these sights in a way you could only

see them if you actually visited these wonders of the world. We left the theatre in buzz of excitement.

Then, we boarded the buses, returned to the ferry terminal, went back across the Bay to Oakland and got back on the train for our return trip home. Two and a half hours later, totally exhausted and completely satisfied, we arrived back in Sacramento.

There, Dad awaited to take the tired troops home for dinner and good night's sleep.

The memories of that trip over fifty years ago remain vivid to me, even today. For me, it spawned a lifetime love for riding on trains. In the interim, I have taken many train trips including riding the Orient Express in Europe and the overnight trip from Sacramento to Portland with my daughters, Brea and Vanessa. It also gave me a love for travel I have never lost.

Now that train trip to San Francisco is just another magical Janey Way memory.

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Assistance League of Sacramento seeks to add to membership

SACRAMENTO – If you like history, thrift shops, school-based activities have acting skills, want to help children and adults and enjoy giving back to our community, then consider learning more about the Assistance League of Sacramento. The League will hold an information meeting about the good work it does in the community on April 3.

“Come join an incredible group of volunteers, who are dedicated to making a difference in our community, and share your time, talent and treasure with our membership of over 230 volunteers,” said Liz Stenstrom, president of Assistance League of Sacramento.

The Assistance League of Sacramento is an all-volunteer nonprofit organization. It is one of 120 chapters of the Assistance League nationally.

The benefit to attending the annual informational meeting is so interested parties can become familiar with the League's philanthropic program, fundraising activities and membership commitments. The Assistance League of Sacramento sponsors nine philanthropic programs which provide services to the citizens of both Sacramento and Yolo Counties. The nine programs are: Bears, Clothes for Careers, Docents & History in a Trunk, Eyes Right, Kids on the Block, Operation School Bell, Schol-



Photo courtesy

The Assistance League of Sacramento sponsors nine different programs to do good in the local community. Projects range from working with children to helping seniors. The League will be hosting a membership information meeting on April 3.

arship Program, Senior Friendship and Waste Not.

The League's slogan is, “Caring & Commitment in Action.” There are groups for those who time to volunteer during the day, and for those who have time available in the evening.

The informational meeting and new member open enrollment will be held on Sunday, April 3, at the Carmichael Park Clubhouse, located at 5750 Grant Avenue in Carmichael. League members will be on hand to answer questions.

For information, call (916) 488-0828 or email alsacmail@gmail.com. Also visit www.SacramentoAssistanceLeague.org.

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Doggie Daycare 101

By **AMANDA SCHATH**
East Sacramento News guest columnist

Have you ever found yourself standing at the dog park covered in muddy paw prints, thinking about the grocery list? Or how about running errands and thinking, "Poor Buster...He's going to be bouncing off walls later."

With professional doggie daycare, you and your four legged family members will undoubtedly see huge benefits.

Why Doggie Daycare?

- Exercise and play stimulate the mind and body. Yes, even dogs need this as much as we do.
- A tired-out pup is far more manageable for the family lifestyle.

- Doggie behavioral issues are generally caused by boredom, anxiety and loneliness...All of which can cause damages to your home and stress for both you and your dog.
- Canines are routine based; daycare gives them a 'job' to do and a fun one at that.
- When you just don't have the time or energy to burn your dog's energy.
- New encounters will help keep your pet well socialized and promote better public manners.

What to look for in a great Doggie Daycare Program?

- How long have they been in business?
- Do they take a positive approach to discipline?

- What certifications do the staff members have?
- Do they perform professional behavioral screenings?
- What are the vaccine requirements?
- Do they use pet safe cleaning products that kill communicable doggie diseases?
- Do they have a medical emergency plan?
- Do they offer a tour of the facility?
- Do they provide feedback about your dog's day?

Who Benefits?

All pet friendly dogs benefit, even those you wouldn't consider social butterflies. Look for a facility that provides care based on an individual's needs and wants. Plus, owners should expect



Photo courtesy

Canine members of the family need daily mental stimulation and exercise as much as their human pack members. Doggie daycare can be a solution for poochie ennui.

to see great improvements overtime in areas like energy level, attention span, social conduct and indoor manners.

Amanda Schath is the coordinator for The Pet Inn, which is affiliated with the Mueller Pet Medical Center. For more information, call (916) 428-9213 or visit www.thepetinn.net.

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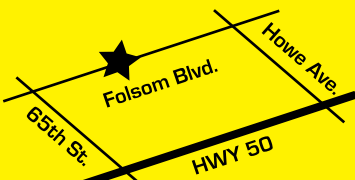


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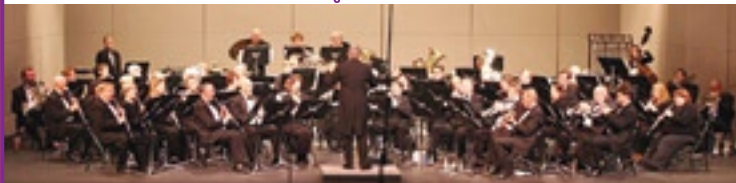
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You and Your Teen

Parenting siblings of the chronically ill child

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

In my last article, I advised couples on how to cope when one of their kids becomes profoundly ill. This week I'm looking at what parents of a sick child can do to be the best parents possible to their other children.

A number of years ago I counseled two teens "John" and "Holly" whose 12-year-old brother "Ryan" had just been diagnosed with cancer. They were devastated by the news and wanted to turn to their parents for support and reassurance, but had chosen not to.

Upon meeting their parents, it was clear why. They were overwhelmed and exhausted by their grief and the stress of taking care of Ryan, and they had next to nothing left to give. In fact, they hadn't even stopped to con-

sider that John and Holly might need more emotional support. After all, both were good students and had plenty of friends to lean on. They figured they were OK.

In fairness, John and Holly hadn't stood up, waved their arms, and shouted, "I'm upset and need attention, too." Doing so would likely have left them feeling selfish and guilty for taking up their parents' time.

Had their parents been able to be more attentive, they would likely have noticed that their kids were struggling. John had complained of stomachaches and Holly was tired all the time. The grades of both kids had fallen significantly. When their parents recognized this, they were shocked, and even though it was clear that they felt burdened, they promised to make changes.

Although your teens will probably tell you they're OK

and don't want to burden you, it's crucial for you to make time for them on a regular basis. John and Holly went to breakfast with their father on alternate Saturdays. John enjoyed running errands with his mom, and they used this time to talk. Holly and her mother watched shows and movies on Netflix. Both teens wanted more time, but they understood that circumstances wouldn't allow for it.

When you're tapped out but know that your teens still need attention, it's crucial to ask for help from family and friends. Keep in mind that those close to you want to help and only need to be asked. Perhaps your teen's aunts and uncles can play a more active role. Or maybe they can spend extra time with their friends' families. In John's case, he played basketball in school and was especially close with his coach, who asked him to help with his son's soccer team. Holly confided in her favorite teacher who let her TA and hang out after school to "work."

Over time, it's normal for the stress of a sick child to wear down a family. What were previously strong relationships can become strained, and people often respond by taking distance. When you notice this, insist on spending time together as a family, in which you both have fun and air out concerns. When John and Holly did this with their parents, the family was able to laugh together for the first time in months – and speak honestly about their struggles and fears about Ryan's health.

Sadly, Ryan died before long, and the family stopped counseling and moved away abruptly to get a "fresh start." As there are few things more difficult on siblings and parents than the death of a child, it goes without saying that their adjustment had to have been overwhelmingly difficult. I can't know for sure, but I'm hopeful that the steps they took during their counseling to strengthen and improve their relationships have served them as they've settled into family life without Ryan.

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Tips on planning ahead

NAPSA – If you're one of the millions of Americans trying to make improvements in the new year, be sure to start off on the right financial foot. Pam Krueger, personal finance expert and host of PBS "Money Track," can help you create a solid financial plan for the year ahead.

Here are five of her top tips:

Re-evaluate this year's budget. It's important to learn from your mistakes and repeat your successes. Tally up your monthly expenses over the past year to evaluate the "necessary" and "extra" purchases and identify where you can save. Factor these reductions in this year's budget and be sure to calculate whether you met or exceeded your budget each month. Also, don't forget that some months may be pricier than others (e.g. holidays or birthdays), so remember to either increase your spending budget or plan to save accordingly.

Know where you stand. Now is the time to check your credit score. You can order a free credit report at AnnualCreditReport.com and review your spending and borrowing practices. To improve your credit score, pay your bills on time and be careful about how much debt you have and how much of the allowed credit on your credit cards you use.

Build a backup fund. After you've paid off any debt, allocate all or a portion of the payment you had been making to a new Roth IRA or emergency fund. Better yet, try to do both with automatic payments. You've already been living without this money, so keep up the habit and watch your savings grow.

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Can Sacramento become an official cat capital?

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

Editor's Note: This is the second article in a two-part series featuring cats of the Sacramento area.

Sacramento is undoubtedly a very feline-rich city that has the potential of becoming an official "cat capital."

Among the city's many cats are shop cats – felines that make their homes inside businesses.

And these cats certainly have plenty of fans. The sight of people arriving at local stores to simply visit shop cats, for instance, is a common theme for any such business with a resident cat.

Corey Okada, a clerk at Beers Books at 915 S St., said that Raffles, the store's cat who was named after a character in a book featuring a cat burglar, has her own fan club.

"(Raffles) has quite the following," Okada said. "She's the perfect cat to be a store cat. She gets petted all day and doesn't mind, unlike a lot of cats. People love her and come in just to see her."

Two of the more unique shop cats in Sacramento are Ti and

Teva, who roam on long leashes in the customer lounge of Black Rock Auto at 615 15th St. #A.

Black Rock Manager Mark Pflipsen said that these rescued strays have adapted to become some of the friendliest cats he has ever seen.

"They are super friendly," Pflipsen said. "You can take either cat and push them down, roll them upside down and play mop with them and slide them around and they just love it."

In the Land Park area, the longtime, local record store, Records at 1618 Broadway, is home to Joey, about a 6-year-old cat who also resided at the store's previous location on the K Street Mall.

There is something about literature and cats that go well together and perhaps this is why bookstores are one of the more common businesses with shop cats.

Unfortunately, the two shop cats of one of the city's more cat-friendly bookstores, Time Tested Books at 1114 21st St., passed away about five years ago. But the store still shows its love for cats with its wooden cat on wheels and a wooden cat that sits above the business's records.

With apologies to Caspar, a 23-pound cat at Richard L. Press Fine Books at 1831 F St. #A like-



Photo courtesy, F.O. Blvd. Nursery
A pair of tuxedo cats, Ming (left) and Maggie, of Fair Oaks Boulevard Nursery do their best to assist with the business's incoming e-mail messages.

ly hold the title of the heaviest shop cat in Sacramento.

Describing the cat, Richard L. Press, the business's owner, said, "His name is Arshile. Everybody says that it's a Maine Coon, but Maine Coons have fluffy tails, supposedly. This is not a fluffy tail. This is a tabby, but he's a giant."

Press, who previously owned a shop cat, named Willow, said that Arshile appears quite often on a video about his store. The link for the video is www.vimeo.com/18289183.

The presence of Sacramento area cats on the Internet can also be found

See Cats, page 17



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Cats: Local cats contribute to reducing the local rat population

Continued from page 16

on the Web site, www.youtube.com. The site includes various Sacramento area feline-related videos, ranging from a collection of photographs of Clarice the cat set to the music of Tom Jones' "What's New Pussycat" to a story of a cat that allegedly saved the life of its owner during a fire.

And from the Sacramento music scene, there is a band, called Fish Cat Fish, and a widely recognized image used by the Deftones, one of the most popular bands to emerge from the capital city, is that of a "screaming" (actually yawning) kitten.

Cat fever even extends across the Sacramento River, as is apparent through the city of Davis' B&L Bike Shop, which is home to a shop cat, named Milo.

But perhaps no greater tribute to cats can be found west of the capital city than at West Sacramento's Raley Field, which is home to the extremely popular Sacramento River Cats Pacific Coast League baseball team and the team's mascot Dinger the cat.

The team is appropriately named when considering the many feral cats that reside along the eastern and western banks of the river.

Although many local residents are not fond of the fact that the non-baseball river cats and many



Photo courtesy

Spyder was among the many local cats that have brought joy to people's lives in the Sacramento area.

alley cats of the downtown/midtown area run free with no owners, these cats provide further evidence of Sacramento's need to be officially recognized as a "cat city."

With no committee members, no committee, no official stand by this publication and no other known mention of this movement besides this informational, thought-provoking article, Sacramento's potential prominence as an official "cat city" is obviously lacking its much needed support.



Photo courtesy, F.O. Blvd. Nursery

Shop cats Ming (bottom) and Maggie find unique places to hang out at Fair Oaks Boulevard Nursery.

But as a bit of encouragement for those who are hesitating to support this issue, the following modified quote of Mark Twain – apologies to Mr. Clemens! – should be remembered: "It's not the size of the cat lover in the fight, it's the size of the fight in the cat lover."

Despite the existence of much time before the November election, attempting to obtain official "cat city" status should be no easy endeavor.

But whatever happens, one thing is for sure – cat fever is strong in the Sacramento area.

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Sacramento built 'Lucky Manor' to save the local economy

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

Sacramento is known for its beautiful, tree-lined neighborhoods, filled with homes featuring the unique architecture of the eras in which they were built – as well as the personalities of the owners who built them.

One home, however, represented the hopes of the entire community for an economic resurgence. It was built for one purpose, and one purpose only: to save the economy of Sacramento during the bottom of the Great Depression.

Nationally, the real estate market had collapsed. The

banking crisis of the early 1930s had forced all banks to retrieve due mortgages – forcing home foreclosures. Refinancing was not available. Real estate values tanked as people lost their homes. Few home loans were issued during this time, and few new homes were purchased.

The National Housing Act of 1934 sought to reverse all this. Uncle Sam was going to sweep away “that old barrier of money worry” by offering Americans the first Federal Housing Administration (FHA) home loans. These loans could be used to build or purchase a new home, or to

make improvements to an existing home.

Sacramento immediately organized the Modernize Sacramento Committee, chaired by Allyn L. Burr. The board of directors included community leaders of the day, including Clarence H. Breuner. The committee had representatives of the city, county and state governments, as well as leaders in the retail and building fields.

Together, they built four demonstration houses to educate Sacramento area residents about the programs available through the FHA. The most famous of these was “Lucky Manor,” located at 1701 11th Avenue in the College Tract of Land Park, in 1935.

First home of kind

Lucky Manor was significant because it was the first home in the United States to be completed to stimulate interest in the federal government's long-term home financing program. Built by the leading builders of the day, the retail value of the home was \$12,000 – a value of \$177,000 in today's dollars. Leading local retailers, including Breuner's, Weinstock-Lubin & Co., Vogt Electric and others, furnished the home with examples of how “home happiness” could be achieved with modern furnishings and appliances.



Photo courtesy, Janet Gatejen

Lucky Manor, seen here in 1935, made national history as the first demonstration home built under the National Housing Act of 1934. Built by the Modernize Sacramento Committee, the home was viewed as an important catalyst to re-boot the flailing Sacramento economy at the bottom of the Great Depression.

It was the first “model house” ever. *The Sacramento Bee* devoted virtually the entire front section of the May 23, 1935 edition to the opening of the home to the public the next day.

Tickets to view the home were sold six weeks in advance, for 35 cents a ticket or 12 tickets for \$3.50.

Home of hope

And the most amazing thing of all was that this home would be raffled off to one lucky winner. The public went wild to see the home and have a chance at winning large.

“Once upon a time, you would visit a home like ‘Lucky Manor’ and leave with a sigh of regret...because such comfort seemed so far beyond your reach. You'd wonder: Will we ever be able to enjoy anything

half as nice?” stated the 16-page pamphlet each visitor to the home received. “But now! You can drink in every detail of ‘Lucky Manor’ and leave with your HEAD IN THE AIR...because that old barrier of money worry has been swept away by Uncle Sam.”

English rustic design

Lucky Manor was designed “along the lines of an English country home, with all the rustic beauty of its gabled roof and dormer windows,” the *Bee* said. “Its classic simplicity immediately calls to mind the English manor immortalized in the romances of John Galsworthy and the poet, Shelley.”

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See Lucky Manor, page 21

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Lucky Manor: Housing Act history was made by campaign in Sacramento

Continued from page 20

manship in the architectural details throughout the interior and exterior of the home. The 2,209 square-foot home featured three bedrooms, 1.5 baths, an entrance hall, living room, living room "terrace," dining room, breakfast nook, kitchen, service porch, service basement and a detached two-car garage – a novelty for the day, and considered very modern. The 8,712 square-foot corner lot featured professional landscaping.

A Dutch Colonial double door welcomed visitors to the home. To their left was the living room "the heart of the home," furnished through the courtesy of Weinstock-Lubin & Co. – complete with a grand piano from Breuner's. Visitors learned that – with a housing act loan – they could add to their own homes: a fireplace and chimney for \$4/month, a built-in mantle for \$3/month and hardwood floors for \$3/month. All these loans would be paid off in just three years.

The kitchen featured a brand-new 1935 Super-seven Frigidaire electric refrigerator and a Spark cabinet gas range, a double basket-drainer Crane Co. sink, and hand-crafted cabinetry.

The upstairs bathroom was decked out in red, white, black and chrome. The built-in recessed shower was considered a novel note, with its glass door with chrome details.

The bedrooms were large, and closet space was ample.

"One of the most desirable features of any home is incorporated in this master bedroom of Lucky Manor," the Bee said. "There is an abundance of space in the wardrobe closet with recessed shoe racks and hanging rods and shelves, making it easy to keep everything in order."

The landscaping of Lucky Manor was designed to last by East Lawn Nursery. In fact, many of the seasonal shrubs and evergreens continue to grow, bloom and thrive at the home.

Lucky winner

Thousands of tickets to view Lucky Manor were sold – some 25,000 by opening day, in fact. On June 29, 1935, one very lucky ticket was drawn – to the astonishment of the winner, Mrs. Lucy D. Griffey, 64. Mrs. Griffey was a widow of some 43 years, whose husband was killed in a Southern Pacific Railroad accident in 1892, leaving her to raise an infant son (who died in 1923) and later a nephew and two nieces, on her own. She made her living as a dressmaker until her eyesight failed, and lived in the home she built at 2920 ½ G Street with her nieces, Mrs. Allemand and Mrs. Reilly.

Winning the Lucky Manor meant new opportunities for the widow who

had experienced such misfortune in her life.

"I was so excited when they told me I had been awarded the house I couldn't dress myself," she told the Bee with a laugh. "They sent a taxi for me as soon as they told me about it, so I could go out to Lucky Manor. But the taxi finally had to go on – it was an hour before I could get myself ready."

Mrs. Griffey planned to remain in her home, and contemplated selling Lucky Manor so she could retire.

"I guess I'll stay right here," she said. "I might travel just a little and not far from home. My life is here. But I'm not going to work."

Lucky Manor has stood the test of time well. "Quality will show out," as the old saying goes. The original architectural features of the home are still there, and the home continues to have a cheerful, "new" feeling to it – this after over 75 years and thousands of visitors, quite literally.

On the March market

Those interested in viewing this historic home will have a unique opportunity, when Lucky Manor goes on the market in early March. Yes, it is offered for sale to that special individual or family that will appreciate it for its quality construction, good schools and convenient nearby parks (it is just a few blocks from Sac-

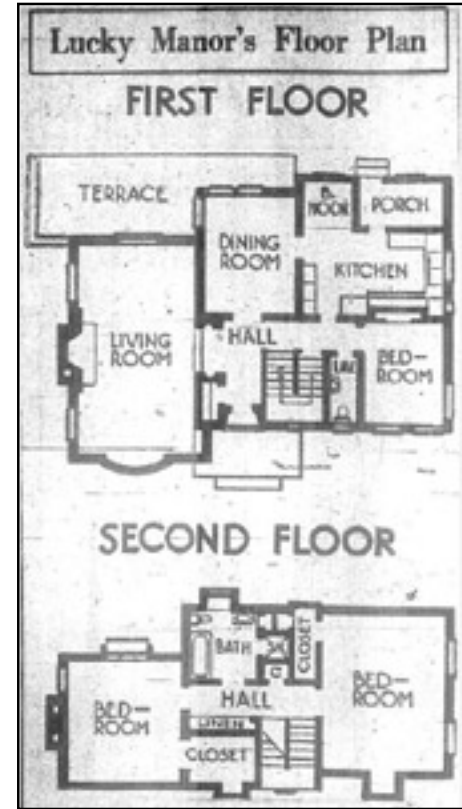


Photo courtesy, California State University Library archives
The layout of Lucky Manor was designed to have a floor plan with good traffic flow, modern conveniences and "home happiness."

ramento's historic William Land Park). The asking price is \$649,000.

Interested parties may contact Janet Gatejen at (916) 420-8418, janet@urbanhoundproperties.com or visit www.luckymanor.com.

THE STAGES OF SENIOR CARE

March 15 @ 2:00pm

Presented by **Buck Shaw**, Home Instead, Owner
(Serving Sacramento, Placer, El Dorado, and Nevada Counties)

Home Instead is an in-home care agency that helps families keep their loved ones in their homes as they grow older. The caregivers provide home care to clients and their families, who desire assistance with activities of daily living that used to be simple. Buck Shaw will cover topics featured in a book, "Stages in Senior Care", written by the Home Instead founders, Paul and Lori Hogan. Featuring more than 30 sources from the most credible healthcare organizations, universities and non profit organizations. The book thoroughly explains each and every aspect of senior care, including the array of available care choices.

Refreshments & Appetizers will be provided.

Please RSVP by March 10, 2011 or contact us for more info @ (916) 392-3510

 **Primrose**
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

CALENDAR

For more Calendar entries visit
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

MARCH

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

'The Vase and Beyond'

Daily, through April 10: "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.org

'Inferno of the Innocents'

Daily, through April 24: Like a modern-day Goya, Gottfried Helnwein's monu-

mental paintings and photographs address themes of inhumanity, violence, and the virtue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Film Frame

March 3: "The Silence of Innocence—The Artist Gottfried Helnwein" (2009, 116 minutes) Filmmaker Claudia Schmid accompanied artist Gottfried Helnwein for two years to produce this insightful documentary of the artist's process and environment. A discussion with Jesse Drew, associate professor of technocultural studies at UC Davis, artist Ianna Frisby, and Elaine O'Brien, professor of modern and contemporary art history and criticism at CSU, Sacramento will follow the film. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) 808-1182. \$6 members, \$12 nonmembers. 6 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Food Addicts Anonymous

March 3, 10, 17, 24, 31: 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

March 3, 10, 17, 24, 31: 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

Lunch & Learn

March 3, 17: Join us for an in-depth 30-minute talk about a work of art on view. "Untitled (The Disasters of War 10)" will be discussed on March 3, and the topic will be Curtis Benzle's "Bowl" on March 17. Participants are encouraged to enjoy lunch at the Crocker Cafe before or after the talk. Free with Museum admission. 12 noon. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Rotary Club of East Sacramento

March 3, 10, 17, 24, 31: 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

March 3, 10, 17, 24, 31: 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

March 3, 10, 17, 24, 31: 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

March 3, 10, 17, 24, 31: 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 bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves,

6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

Big Band Dance

March 4, 8, 11, 15, 18, 22, 25, 29: 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

Kiwanis Club of East Sacramento—Midtown

March 4, 11, 18, 25: 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

Organic veggies & Veggie gardening

March 4: "Organic Vegetables and Vegetable Gardening" will be presented by Bill Krycia, UC Davis Master Gardener at this meeting of the Organic Gardening Club of Sacramento County. 10 a.m. Carmichael Park Admin. Bldg., 5750 Grant Ave., Carmichael. (916) 635-6724

Rotary Club of Point West

March 4, 11, 18, 25: 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

Rummage sale

March 4, 5: Come check out the fine jewelry, collectibles and gently used clothing at the All Saints Episcopal Church Rummage Sale. Fri. from 11 a.m.—3 p.m., Sat. from 9 a.m.—2 p.m. 2076 Sutterville Rd., Sac. (916) 455-0643

Soroptimists of Sacramento

March 4, 11, 18, 25: 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

African American authors discussion

March 5, 12, 19, 26: Spirited and thought-provoking book discussions with an emphasis on African American authors. 10 a.m., Saturdays through May 14. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Art Q & A

March 5, 6, 12, 13, 19, 20, 26, 27: Discover the essence of the art on view in tours that emphasize looking, conversation, and

group interaction. Free with Museum admission. 11 a.m. and 1 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Book Club

March 5: Enjoy lively book discussions and light refreshments as we discuss "My Reading Life" by Pat Conroy. 11 a.m. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

Food Addicts Anonymous

March 5, 12, 19, 26: 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.

Military Widows

March 5: The Society of Military Widows, Sacramento Chapter #5, will meet for lunch. Guest speaker is from Senior Link, Sacramento County Office. 11:30 a.m. Lions Gate Hotel at McClellan Park, 3410 Westover St., Sac. (916) 635-6724

Photography: Photogram

March 5: 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, through March 5 at Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920 www.saclibrary.org

School Readiness Fair

March 5: Get your little ones ready for school! Immunizations 0–5 years (shot record & birth certificate required), dental exams and tooth varnishing, accepting applications for preschool, summer camp & kindergarten, early child education and free subsidized childcare info, community resources, health insurance info., art activities, more. 10 a.m. — 2 p.m. Serena Center, 5735 47th Ave., Sac. (916) 643-7858 or (916) 643-7859

Classical Concert: Trio Voce, Piano Trio

March 6: Violinist Jasmine Lin, cellist Marina Hoover, and pianist Patricia Tao will perform works by Shostakovich, Beethoven, and Mieczyslaw Weinberg, to complement the exhibition "Gottfried Helnwein: Inferno of the Innocents." 3 p.m. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) 808-1182. \$6 members, \$12 nonmembers. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Co-Dependents Anonymous

March 6, 13, 20, 27: 12-Step group for those who struggle to maintain healthy re-



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**Buddhist Church of Sacramento
SPRING FOOD FESTIVAL
March 13**
Pre-sale Take-out only
Pre sale deadline March 6
PICKUP Sunday March 13, 11 to 1
2401 Riverside Blvd, 95818
For more information or pre-sale
forms contact: Adult Buddhist Assn
or Buddhist Women Assn members
OR visit buddhistchurch.com
or call (916) 446-0121

**Arts & Crafts Faire
at Cal Expo
Opening Saturday
April 2 & 16, 2011
8 a.m. to 3 p.m.**
Event 1st and 3rd Saturday
VENDORS WELCOME!
(916) 798-3819
www.SacSaturdayMarket.com

**Pasta Sausage Feed
Friday — March 25
at Elks Lodge #6
6446 Riverside Blvd.**
No Host Cocktails 6 p.m. — Dinner 7 p.m.
Huge Raffle, Music & Dancing
Tickets \$15 each for sale in Lodge Office
You may reserve a table for 10
for \$150 at time of purchase

**MONEY MANAGEMENT
EVENT**
"Actions You Can Take After
the Great Recession"
**Tuesday, March 31, 2011
6–8:30 p.m.**
Arden Hills Resort Club & Spa
1220 Arden Hills Country Club Lane
RSVP 3/23/11 (916) 564-4881
or angelene.r.murti@ampf.com

**CALL AND
PLACE YOUR
EVENT
TODAY!
429-9901**

Faces and Places

It's a jungle out there...come visit the Sacramento Zoo

Photos by TOM PANIAGUA
East Sacramento News photographer
loneforestwolf@gmail.com

The animals at the Sacramento Zoo took advantage of a few days of sunshine to warm themselves and observe the ever-changing parade of human visitors.

Over 140 native, rare and endangered species reside at the zoo, which is located in Sacramento's famous William Land Park. The Sacramento Zoological Society manages the zoo, and provides educational programs about the animals and on conservation awareness.



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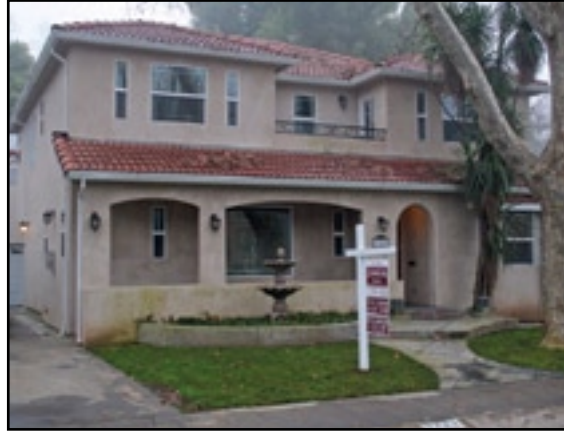
Realtors



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. Family room w/wet bar & French doors leading to gorgeous yard. See www.354-34thSt.com \$814,900

COLLEEN WIFVAT 719-2324



EAST SAC MEDITERRANEAN

Amazing 4 bedroom 3 bath Spanish Mediterranean in East Sacramento! This spacious home has been completely remodeled within the last few years. Four very large bedrooms, a gourmet kitchen, top of the line fixtures, laundry upstairs and downstairs, and a phenomenal master suite are all included. A very wide stair case leads to three bedrooms upstairs. 1721 41st Street \$749,900

TIM COLLOM 247-8048
LIBBY NEIL 539-5881



CLASSIC BRICK TUDOR

East Sacramento w/leaded glass windows. 2 bedroom, 2 bath w/ a true master suite w/bathroom & walk-in closet. Kitchen w/newer appliances including dual dishwasher. Newer CH&A. Inside laundry w/ storage. Refinished hardwood floors throughout. Prof landscaped large backyard. One car garage w/cabinets. See www.72246thst.isnowforsale.com \$475,000

LEIGH RUTLEDGE 612-6911
BILL HAMBRICK 600-6528



FOUR BEDROOM

Fantastic 4 bedroom 2 bath in the center of East Sacramento! Walk right down the street to Bertha Henschel park. This 4 bedroom home has refinished hardwood floors, new carpet, a large family room and a 2 car garage. Best value in East Sacramento! See www.4640brandway.epropertysites.com \$344,900

TIM COLLOM 247-8048
LIBBY NEIL 539-5881



ULTIMATE URBAN LIVING!

Recently remodeled by Viray designs, home has modern conveniences & charm. Kitchen w/granite counters & stainless appliances. Master has 2 closets & private entrance to the garden. Upgrades incl CH&A, roof, sewer, copper plumbing, electrical, bathrooms & more. See www.1512-55thSt.com \$339,000

DAVID KIRRENE 531-7495



ELEGANT EAST SACRAMENTO

Elegant Fab 40's home located on desirable 46th Street. Well appointed w/architectural details & tasteful updating. Three full baths completely remodeled. New 2 car garage plus lift built in 2008. Sparkling pool & spa. See www.1201-46thStreet.com \$1,529,000

KARA LABELLA PARKER 716-3313

SUTTER BROWNSTONES

Unique & modern 2 year old townhome. Features stainless steel appliances, honed granite countertops, slate & hardwood flooring. Upgraded Samsung refrigerator included. Fantastic media/family room w/lots of space (30' x 13') on lower level, set up for entertainment. One car garage. 6 inches of space between townhomes. See www.SutterWalk.com \$450,000

COLLEEN WIFVAT 719-2324

CHARM ABOUNDS!

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! See www.2367-39thSt.com \$265,000

CONNIE LANDSBERG 761-0411

MEDITERRANEAN WITH POOL

Amazing 2 bedroom 2 bath on one of the best streets in East Sacramento. Includes a spacious kitchen, family room, master suite, vintage hardwood floors & tons of charm. Small pool included. See www.171341street.isnowforsale.com \$465,000

TIM COLLOM 247-8048
LIBBY NEIL 539-5881

VINTAGE EAST SAC CHARM

Large two story home has vintage E **PENDING** 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 \$329,000

DAVID KIRRENE 531-7495

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