EAST SACRAMENTO NEWS

January 17, 2013

Community News in Your Hands

www.valcomnews.com

CSUS studies on aging population

Lance Armstrong history feature

JANEY WAY MEMORIES, PAGE 2 • SPORTS, PAGE 9 • ARTS, PAGE 12 • COMMUNITY CALENDAR, PAGES 18–19



9 to 5: the Musical See page 12



Faces and places: Polar Bear Plunge See page 17

December East Sac flooding prompts storm drain discussion



EAST SACRAMENTO NEWS W. VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com	Vol. XXII • No. 2
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.	2709 Riverside Blv Sacramento, CA 95818 t: (916) 429-990 f: (916) 429-990
Publisher George Macko	
General Manager Kathleen Egan	
Editor Monica Stark	
Art DirectorJohn Ochoa	Cover photo by
Graphic Designer Serene Lusano	Courtesy
Sales ManagerPatty Colmer	
Advertising Executives:	Other photos:
Linda Pohl, Melissa Andrews, Jen Henry	Courtesy
Distribution/Subscriptions	Bill Condray





Bring your Valentine and head down to Senior Day at the Sacramento SPCA!

Nail trims, microchips & pet food FREE for pets owned by seniors 65 and over PLUS

Fee-waived adoptions on all animals

Shelter tours

Drawing

Information Fair

Refreshments

Gracie's Adoption Center at the Sacramento SPCA 6201 Florin Perkins Road, Sacramento 95828 For more information call (916) 504-2845 or e-mail slowen@sspca.org

JANEY WAY MEMORIES **Going to the Races at West Capitol Speedway**

Overweight Women Needed for a Weight Loss Study

USDA, ARS, Western Human Nutrition Research Center (on the UC Davis campus) is

seeking healthy overweight women to participate in a research study about dietary

glutamate and body weight. The study will be conducted over 26 weeks

and some Sacramento visits are available.

UNIVERSITY OF CALIFORNIA



By MARTIN RELLES

By the mid 1960s, my Janey Way friends and I reached 16 years of age and began obtaining our California Drivers Licenses.

Some of the guys even bought their own cars. Al Wilson bought an old black Chrystler that looked like a bigger version of the PT Cruiser. Bob Pesce bought a red 1960 Ford Fairlane convertible with black vinyl seats. It was cool.

cruise K Street.

One Saturday evening he came over and said, "let's go to West Čapitol Speedway to watch the hardtop races."

We quickly accepted his offer and jumped into the car. Off we rolled down town, then across the Tower Bridge to West Sacramento. There we drove all the way down West Cap- track. Others crashed. Fortunately no one itol Avenue past old motels with neon signs, eventually arriving at the speedway.

We turned into a large, dirt parking lot where we exited the car and walked up to the grand stand on the east side of the track. There we purchased our tickets, walked through the tunnel under the stands and up to a block of seats.

The races were already under way. Four colorful hard top cars, looking like old model A fords with really powerful engines rambled around the 1/2 mile dirt track as fast as they could go. As they drove hard into the turns, dirt flew everywhere, sometimes even right into the stands. They were hardtops race at West Capitol Speedway, ancompeting in a 10-lap race to qualify for the other fender-bending Janey Way Memory.

• Healthy women, age 19-50 years, 15-90lbs over weight

• Personalized diet plan for weight loss and maintenance

• Receive prepared meals at no cost during parts of the study

For more information, call (530) 754-7781 and press #1

visit our website www.ars.usda.gov/pwa/davis/whnrc

• Not pregnant or planning to become pregnant

Non-smokers

• Receive image of brain on CD

Monetary compensation

• Not taking meds for depression, anxiety, weight loss or other conditions

main event, later that night. The cars came in all different colors and had numbers on the side, like 1, 7, 16, 24, etc. You could identify a driver by the number of his car.

Everything about the racing appealed to us: the deafening noise of the engines, the smell of oil and dirt, and the cheering of the rabid fans as the racers battled it out on the short, dirt track. We quickly adopted a favorite driver: Johnnie Baldwin.

He drove his car really fast and battled fiercely to win his race. He qualified at the front of the pack for the main event.

At the end of the night, sixteen cars lined up in the front of the grandstand for the 50-Bob often drove by to pick up the guys to lap main event. Engines roared, as the pace car led the pack around the circuit to begin the race. They lined up neatly in rows of two and gunned their engines. As they came back around to the front of the grandstand, the starter waved a green flag and off they went.

From the start, the competition was intense. Some cars broke down and had to leave the got hurt, but some of the accidents were spectacular.

I can remember a car flying over the fence on the far straightway and rolling over. However, the driver quickly exited the car and waved to the cheering fans. Phew, that was close.

In the end, our favorite driver, Johnnie Baldwin, placed second. Some other driver won. It didn't matter, we had great time.

It has been many years since the hardtops rolled down West Capitol Speedway.

NASCAR is all the rage now. But, I still have wonderful memories of watching the



Flooding in McKinley neighborhood in December

East Sacramento flooding prompts storm drain discussion

By BENN HODAPP hénn@valcomnews.con

rains of early December left many in our area perturbed, the problem was more proeas.

the forefront the problem of (MĔNA).



Sacramento, CA 95818 (916) 441-2846 Since 1889 • www.RuhkalaMonument.com

2 East Sacramento News • January 17, 2013 • www.valcomnews.com





Photos courtesy of McKinley East Sacramento Neighborhood Associa

While the drenching

the storm caused not only gineering process for the od" if approved, according according to Dana col-the overflow of excess rain-water, but also a backflow has been requested with to MENA. Dana said that the drain-cess water and leaves durof sewers into people's water.

"East Sacramento used time. to have a combined sewer/ nounced for members of drain system (and may still East Sacramento who saw in some areas)," Dana said storm drains overflow or in in an email. "This resultsome cases not drain at all, ed in overflow and backto sprout in residential ar- neighborhoods with combined systems with con-The flooding of several taminated water in homes areas on Dec. 2 brought to and yards."

In order to fix the probunsatisfactory storm drains lem faced by numerous and sewer lines in East Sac- East Sacramento residents, ramento, according to the MENA hopes to meet McKinley East Sacramento soon with city officials, in-Neighborhood Association cluding councilman Steve Cohn, city engineers and According to Deane the city manager to begin Dana, President of MENA, discussing a massive re-en-

Monument

4501 Yankee Hill Ct

Rocklin, CA 95677

(916) 624-1176

the city officials, but a date age system is just too old had not been set as of press to function properly any- downpours. The slough is

The replacing of storm drains across the entire af- tive flooding for over 30 fected area would be a very years from 39th Street the 1800s took in inundatexpensive process, accord- to McKinley Park," said ing to Dana, and the proj- Dana. causing spontaneous lakes flow issues and also left ect is expected to take place This area runs adjacent over a "10 or 20-year peri- to Burns Slough, which

more.

"I am aware of ac-

ing particularly lengthy another area of concern to Dana because it "was the path that the great flood of ing downtown Sacramento. The topography hasn't

See Flooding, page 4





Photos courtesy of McKinley East Sacramento Neighborhood Associatio

Flooding: Contact Cohn's office if you experience flooding

changed a bit. It is a good example of homes being built without adeplace."

Dana said that many homes along the slough route experienced base-Dec. 2. Compounding the problem was the failure of a water main beneath D Street on Jan. 5.

"Persons experiencing flood damage have been encouraged to quate safeguards or in the wrong contact councilman Cohn's office sive of the problem. concerning damage claim forms," said Dana.

"This is clearly a problem of ment flooding, home flooding, or were deferred maintenance of our "surrounded by a running stream" on aging infrastructure. A plan needs to be implemented and shared with city residents," said Dana.

He also shared that residents feel local government has been dismis-

"We're trying to open the dialogue (with city officials)," said Dana. "I've been involved in three years of active discussion."

Dana hopes that rather than allowing the building of new homes in active flood zones, the city will work to fix the flooding problem itself.

'This is clearly a problem of deferred maintenance of our aging infrastructure. A plan needs to be implemented and shared with city residents...

-Deane Dana



the City of Sacramento can be summarized in one sentence: We are finally on the road to recovery!" wrote Councilman Steve Cohn to constituents on Jan. 1.

He said thanks to approval of Measure U half-cent sales tax, the City will restore most of the massive cuts to police, fire, parks, swimming pools and other services that have taken place over the last five years.

residential real estate outlook is better. As we look ahead to 2013, he said the City needs to reset its priorities, focusing on three goals: (1) getting the most bang for the buck in restoring services within a disciplined budget; (2) improving public safety; and (3) investing in major infrastructure improvements to lay a sustainable foundation for economic recovery and job creation.

East Sacramento/ River Park/Sac State

Completion of the McKin-ley Park Rose Garden Rehabilitation project with new efficient irrigation, mow with refurbished benches. Completed in spring 2012 and turned over management to Friends of East Sacramento (FOES).

2. Develop alternative plan in lieu of redevelopment to make progress on the 65th Street/Sac State Redeveloping plan for campus village and clean tech center southeast of CSUS. With the end



Valley Community Newspapers, Inc

Councilman Steve Cohn discusses achievements, goals

"The State of District 3 and

Cohn also noted that the

ment area, including updat-



Councilman Steve Cohn.

of redevelopment, the City shifted its focus to funding infrastructure for economic development. As SACOG Transportation Committee Chair, I was pleased to announce that the City received SACOG funding to do "complete street" improvements on Folsom Boulevard from 65th to Redding, and to design and fund construction of the Ramona Avenue extension from Power Inn to Folsom.

Mercy Replacement strips, accessible concrete Housing Under and brick walkways, along Construction -December 2012

3. Monitor construction progress and complete the replacement housing and plazas/landscaping new next to Mercy Hospital and the new Spanos Heart Center. Construction continues with completion of hospital and housing expected in spring 2013. Work on the landscaped plaza on 39th Street and three other mini

plazas began in the fall and are also anticipated to be complete in spring 2013.

4. Work with community and School Board to develop solution for the Sac High/ "Consent Decree" problem. The Sacramento City Unified School Board decided to focus on Kit Carson as a small college prep high school for East Sacramento.

The Q-Balls at East Portal Park 2012 (Photo credit: Steve Harriman)

5. Stage the best ever Pops in the Park and Screen on the Green series, including a special midnight screening of "Rocky Horror Picture Show" at Sutter's Landing Park. All four Pops Concerts and three Screen on the Green showings were successful community events, with a record number of attendees at the Midnight showing of Rocky Horror Picture Show.

GOALS FOR 2013

East Sacramento/River Park McKinley Village Community Build 1994

- Work with Rebuild McKinley Steering Committee, vol-unteers and local children on a community build to replace the 18-year old partially burned McKinley Playground with a newly designed structure that will include accessibility features and added security measures.
- Work with developer and neighbors of Sutter Memorial Hospital on a proposed

'We are finally on the road to recovery!'

- Councilman Steve Cohr

residential project that will bring a mix of single family homes, row homes and green space to the area.

- Work with property and business owners and the East Sacramento Chamber of Commerce on security and other issues along the Alhambra Corridor.
- Insure that River View Apartments in River Park are built according to approved plans.
- Begin construction on Guy West \$1.4 mil-

lion Rehabilitation Project that include truss and deck repair, replacement of bearing pads, handrail repairs and removal and replacement of lead base paint system (completion spring 2015)

• Resurface and restripe J St, 36th-42nd; Folsom, 34th-47th with conversion to one lane in each direction, center turn lane and bike lanes, consistent with the General Plan and design J Street Frontage project (57th to Carlson) for bike and ped safety.

Do you have a story? Tell it to us. Call Monica Stark at 916-429-9901



SUNDAY DINNER AT THE PRESS BISTRO 3 courses, \$25 per person 5 PM – 9 PM

A DIFFERENT BOTTLE FROM OUR WINE LIST EACH WEEK FOR \$20

REGULAR DINNER MENU ALSO AVAILABLE

1809 CAPITOL AVENUE 916.444.2566 THEPRESSBISTRO.COM





East Lawn Memorial Park's mausoleum faced opposition during planning stages

By LANCE ARMSTRONG

Editor's Note: This is part three in a series about the rich history of and associated with East Sacramento's award-winning East Lawn Memorial Park.

Lawn Memorial Park is its two-story mausoleum, which was built in 1926.

But many people today are unaware that efforts to have this locally renowned building constructed were threatened to be permanently aban- property zoned for residen- present beauty of the (cemdoned in 1925.

Cemetery Association had found information regardnot anticipated any governmental obstacles in hav- East Lawn property, the asing a mausoleum built on sociation went to the city a portion of the cemetery's council in hopes of obtainproperty, when the associa- ing a variance to build the tion approached the city re- structure. garding this plan, the city informed the association that a commercial building The centerpiece of East could not be constructed on by that time, the developthe grounds.

> learned that Wright & lot for the upcoming city Kimbrough, the developers election. of the neighborhood that eventually became known as the Fabulous Forties, had previously had the cemetery tial purposes only.

Although the East Lawn In response to this newing the zoning status of the

Although the council granted this variance by a vote of 6-2 on July 9, 1925, ers had managed to have The association then the issue placed on the bal-

> The ballot measure raised the question whether the existence of the mausoleum would "detract from the etery) grounds and adjoining neighborhood."

In order to influence voters regarding this measure, lished in the April 23, local newspapers ran many mento Bee. articles and advertisements regarding this then-proposed structure.

ten about the controversy ed The Bee's stance on the about building the mauso- construction of the mausoleum was an article pub- leum.



East Lawn Memorial Park's mausoleum was constructed in 1926.

The article, which was given the headline, "East Among the articles writ- for mausoleum," present-



The article included the leading up to the election, 1925 edition of The Sacra- following words: "The Bee already has presented a number of reasons why it does not believe the pe-Lawn Cemetery no place tition should be granted. Not only is the zoning opposed by the overwhelming majority of the citi-zenry of the district, but it tends to establish as a cemetery in perpetuity, land which in the not distant future is likely to become altogether unsuited for that purpose."

On May 19, 1925, The Bee ran a large, East Lawn Cemetery Association advertisement, which featured a photograph of the proposed site of the mausoleum.

Above the photograph were the words, "The East Lawn Mausoleum will be less noticed than the present tank."

An arrow directed the readers view to the presence of a water tank, which could be partially seen in the far distance, above a large growth of trees, in the photograph.

The photograph was taken looking south into the cemetery from 45th Street, near Folsom Boulevard, at

Valley Community Newspapers, Inc.

ing the cemetery. The East Lawn adver- tion. tisement noted that the structed in a direct line missioners, John C. Ing, bars that were put up for cil had rezoned a portion ture. with this tank, more than U.S. Land Office register, the protection of the peo- of the cemetery, so that the two blocks from Folsom who resided at 1065 47th ple and their homes," Cam- mausoleum could be con-Boulevard.

the advertisement that the sistently and with fairness mausoleum would be less oppose what in my opin- sections of the city do not "How can this 25 per- 1925, local residents cast than the height of the water ion will not tend to detract realize how close the pro- cent increase be recon- their votes on the meatower and behind the row of from the beauty of the cem- posed East Lawn Mauso- ciled with the statement sure that would decide trees. In making its most dom-

inant point, the association presented the following words in the article: "Withwould know it was there."

soleum could not be a dis- sociation. traction to residents of the area, if they could not see it from the distance. The association, which

ment that the improvement 1224 44th St. of the cemetery was the have the mausoleum constructed.

The association also emphasized that whether or not the construction of the mausoleum was approved, relocating the cemetery was not an option, and that the relatives of the then about 4,000 people buried under the lawns would never approve of the removal and relocation of the remains of their loved ones from the cemetery.

George W. Peltier, who was at that time serving as president of the Farmers and Mechanics Bank at 1012-14 8th St., said, "The strongest argument in favor of the mausoleum is the moral fact that the East Lawn Cemetery cannot be removed by law. The owners of the property, by constitutional rights, may have East Lawn Cemetery remain in its present location forever, if they so select."

Valley Community Newspapers, Inc



Cemetery: Mausoleum saved by voters in 1925

In adding to this point, Many other notable local

people endorsed the con-

the highest point overlook- struction of the mausole- damages all property in the um leading up to the elec- city. Vote against the ordi-

In an April 22, 1925 letter "This mausoleum rezon-It was also mentioned in wrote: "I cannot now con- alone." will add to it."

tion of the mausoleum at fice manager for Wright East Lawn were the East & Kimbrough. "The city out making a special effort Portal Civic Club of East cannot progress if it is to pick out the mausole- Sacramento and the church to be held back by strucum from this spot, no one bodies, the Sacramento tures, which properly be-Church Federation and the long outside the city lim-In other words, the mau- Sacramento Ministerial As- its.

posed the construction of property was the East Saca mausoleum at East Lawn ramento Protective Assowere East Sacramento res- ciation. was then led by its officers idents, local attorney The-Miller, Philip C. Drescher 40th St., Dr. Howard M.

"We appeal to all voters lone thing, which would in all sections of the city to cluded a photograph of a be determined through help us protect our homes," Wright & Kimbrough sign the decision of whether to said Chester in 1925. "Any- that had been placed across thing that damages any the street from the cemepiece of property in the city tery.

nance."

mausoleum would be con- to the Board of City Com- ing ordinance lets down 23 days after the city coun-St. in East Sacramento, eron said. "Let the law structed.

> etery, but rather do I believe leum will be to our homes that property would be the fate of this proposed in East Sacramento," said damaged?" Also in favor of the erec- Rooney, who was the of-

Also opposing efforts Among those who op- to rezone the East Lawn

A later East Lawn Ceme-Fred W. Kiesel, Arthur E. odore W. Chester of 1112 tery Association advertisement referred to the opand Chauncey H. Dunn, Cameron of 1340 44th St. position's propaganda as a concluded in the advertise- and William J. Rooney of "political trick" designed to eceive local voters.

The advertisement in-

Additionally, the advertisement highlighted

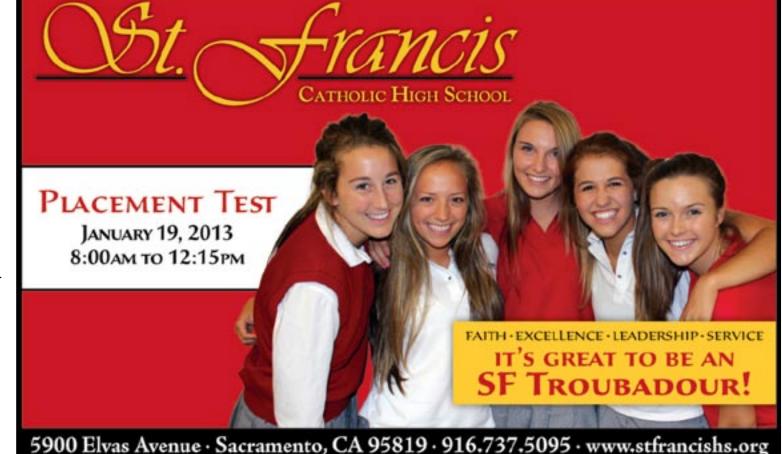
The "Perhaps residents in all posed the question: On Tuesday, Nov. 3,

The association assured the public that if the mauthe fact that the sign an- soleum was to be constructnounced that the Wright ed, that the project would & Kimbrough property start immediately after its had increased 25 percent approval and no public exin value on Aug. 1, 1925 – pense would be involved in the building of the struc-

Like any ballot measure, the day finally came when votes cast and then advertisement a decision was made.

\$250,000 structure.









Special Insert in VALLEY COMMUNITY NEWSPAPERS. INC.

Arden-Carmichael News, East Sacramento News, The Land Park News, and The Pocket News. Publishes: February 7th and 14th (20,000 Copies) Deadline: January 24th

Contact your Representative at (916) 429-9901

Do you have a story? Tell it to us.

E-mail Monica Stark at, editor@valcomnews.com

SCUSD sets dates for kindergarten registration, K-12 Open Enrollment

ing kindergarteners who will attend neighborhood schools next fall. Unlike the past, children must be 5 years old on or before October 1 to qualify for kindergarten in 2013-14. (This year, children who turned 5 on or before November 1 qualified.) For is contingent on seats available and, in the first two weeks of the registration period, parents can enroll their children either at their neighborhood school or at the SCUSD Enrollment Center, 5735 47th Ave.

Then on January 28, SCUSD begins the first of two Open Enrollment periods --opportunities for families that live within district boundaries to apply for specialty programs or spots in schools beyond their neighborhoods. Open Enrollment for cur- met for admission. rent sixth through 11th graders begins January 28; Open Enrollment for current kindergarten through fifth graders begins February 19.

To help parents learn about their options, many schools are hosting tours and visita-

On Tuesday, January 15, Sacramento City Unified School District began enroll- tion days. Visiting a school is often the best way families can determine if a campus is right for them. During visits, parents can observe teachers and students at work in classrooms, talk to the principal and meet other parents.

Acceptance through Open Enrollment some cases, student eligibility. West Campus High School, the Humanities and International Studies Program at C.K. Mc-Clatchy High School, John F. Kennedy High School's PACE (Program in America and California Explorations), Phoebe Hearst Elementary School, Alice Birney Waldorf-Inspired K-8 School, Leonardo da Vinci K-8 School and Camellia Basic School have eligibility criteria that must be

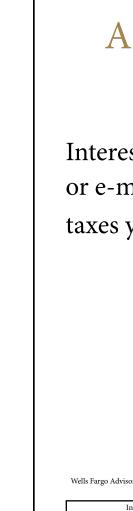
For a full schedule of school visitation events, including dates, times and locations, please visit www.scusd.edu/highschool-visitation-events. To learn more about Open Enrollment, go to www.scusd. edu/open-enrollment.

East Sacramento Little League tryouts were held on Jan. 12 and will be held also on Jan. 19th (rain make-up January 26th) with the following schedule for each day. As usual, all tryouts are at Phoebe Hearst, located at 1410 60th St. Here is the schedule:

+ 8:30 a.m. – Majors sign-in

+ 9 to10 a.m. – Majors baseball (fields 1 and 2); Majors softball (field 3)

- Rookies sign-in
- sign-in
- and 2)







SPORTS

Little League tryouts, Jan. 19

10:30 to 11 a.m. – Pitching tryouts (Majors baseball and softball); AAA/Minors/

+ 11 a.m. to noon - AAA baseball (fields 1 and 2); Minors and Rookies softball (field 3)

+ Noon to 12:30 p.m. - Pitching tryouts (AAA baseball and Minors softball); AA

• 12:30 to 1:30 p.m. – AA tryouts (fields 1



Kings star entertains at Kit Carson family fitness event

Kit Carson Middle School hosted a Family Fitness Night on Wednesday, November 28, featuring star guest Isaiah Thomas from the Sacramento Kings.

Thomas said he was particularly excited to play on Kit Carson's gym floor as it is made of wood from the original Arco Arena floor.



Are higher federal and California state taxes a concern?



Interested in learning more about ways to manage your portfolio's tax burden? Call or e-mail me for a no-obligation report on strategies designed to help you reduce the taxes you owe on your investments.



Joseph F. Eschleman, CIMA[®]

Managing Director - Investment Officer 400 Capitol Mall • Wells Fargo Center Suite 1700 • Sacramento, CA 95814 916-491-6327 • 800-877-7783 joseph.f.eschleman@wfadvisors.com CA Insurance License #0C77273 www.josephfeschleman.com

Wells Fargo Advisors is not a legal or tax advisor. However, we will be glad to work with you, your accountant, tax advisor, or lawyer to help meet vour financial goals.

ment and Insurance Products: • NOT FDIC Insured • NO Bank Guarantee • MAY Lose Valu

Wells Fargo Advisors, LLC. Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Compan ©Wells Fargo Advisors, LLC. 0412-3352 [80631-v1] 09/09

To view Joseph's website, simply scan the code with your smartphone.





Rebuild McKinley Playground update

McKinley Playground Design Day was held on Friday, Jan. 11 and began with a quick site visit and followed by workshops with area school children to gather ideas for the playground re-design. The pre-liminary design was later unveiled at the Design Day Community Meeting.

Play by Design designer Dennis Wille, Council Member Steve Cohn, Rebuild McKinley Committee Members, and city staff. Mr. Wille and several committee members visited schools to interview children to gather ideas for their dream playground.

"McKinley Park has always been a jewel in our City. Instead of a playground that could exist anywhere this is an opportunity to build a one-of-akind playground designed in part by the dreams of the children who will play on it. This is also an exciting opportunity for our youth to be involved in a monumental civic project who will ultimately see the product of their work when the playground is completed this June," said Councilmember Steve Cohn.

"Now the Play By Design designer is hard at work sketching a playground that will include all the things kids love. They asked for tire swings (lots and lots of tire swings), long slides - both straight and curvy, space to play ball, ropes to climb, poles to slide down, and classic merry-go-rounds. Long live childhood play!" -Recent Facebook post from Rebuild McKinley Playground.

Play by Design was founded by Lee Archin and Dave Iannello both talented designers and community organizers and is located in Ithaca, New York. Play by Design has developed and led teams of consultants, community leaders and volunteers in the design and construction of hundreds of community-built playgrounds throughout the U.S. and around the world.

YOU'RE INVITED TO A FREE LUNCHEON SEMINAR 'THE PRIVILEGE OF PLANNING" CHOOSE ONE OF THESE DATES Seating is limited to 30 attendees per seminar Friday, February 8, 2013 - 11:30 a.m to 12:30 p.m. Thursday, April 11, 2013 - 11:30 a.m to 12:30 p.m. LOCATION: Fast Lawn Memorial Park 4300 Folsom Blvd., Sacramento, CA 95819 RSVP to craigp@eastlawn.com or (916) 732-2000 PRESENTER Craig Peterso

Wed, February 20, 2012 - 11:30 a.m to 12:30 p.m. (Spanish, Wed, April 17, 2012 - 11:30 a.m to 12:30 p.m. (English) LOCATION: Andrew & Greilich Funeral Home

3939 Fruitridge Rd., Sacramento, CA 95820

RSVP to gingerb@eastlawn.com or (916) 732-2026

ease note - this is not a sales seminar. "The Privilege of Planning" is a 30-minute p uestion and answer period. It will focus on the importance of getting your family involved in the entire process or dvance funeral planning and all of the options available. Done properly – at the right time and in the right way ad of a chore. Get valuable ir eive a EREE Emergency Plar

f www.EastLawn.com

The oldest baby boomers, a generation of neering Professor Milica Marcovic, who built a pro-77 million Americans born between 1946 and totype biotech device. Their work is ongoing. 1964, turned 65 two years ago. That popula-In the second study, Mandeville is among a tion faces health issues that may become an small group of researchers across the country asking whether the hormonal changes that take enormous financial burden on society. Sacramento State biomechanics Professor place during the menopause transition can con-David Mandeville has launched two clinical tribute to the increased prevalence of knee osstudies to address major vulnerabilities among teoarthritis in women. The study is one of the older people: the high incidence of knee osteofirst to use motion-capture cameras and bioarthritis in middle-aged women, which he bemarkers for assessing knee forces of women in the menopause transition.

lieves may be related to the menopause transition, and the likelihood that any elderly person will suffer a devastating fall.

"There is a high cost associated with falling, and we're talking billions of dollars (in terms of medical care)," says Mandeville. "More importantly, the mortality rate increases following a fall event, so we want to be able to alert elders when they're at risk of falling, and we want to do this with a wearable biotech device."

field of telemedicine.



Valley Community Newspapers, Inc

PRESENTER: Ginger Brow

Clinical studies under way at Sac State would benefit an aging population

The device could be a tool in the growing

Ideally, elderly people wear the small appa-ratus as they go about their daily lives. Should they become unsteady and in danger of falling, it would alert a remote clinic staffed round the clock by medical professionals, who could monitor hundreds of patients at once.

"They would know who is showing signs of a fall and be able to make a timely intervention," Mandeville says. "The goal would be to keep elders functionally independent and to maintain their quality of life in their own home for as long as possible."

The fall-risk-reduction study is funded by the Dean's Leadership Circle, a group of donors who support faculty research in the University's College of Health and Human Services. Mandeville is collaborating with Sacramento State microwave engi-

"It's a novel interdisciplinary study," he says. Sacramento State recently acquired a stateof-the-art motion-capture camera system for its biomechanics laboratory. It also is being used by biomechanics and health science professors for a football placekicking study.

Mandeville, assisted by graduate students in the Department of Physical Therapy, has completed the first phase of the knee osteoarthritis study. Funding came from a National Institutes of Health (NIH) Extramural Associates Research Development grant, awarded to Bonnie Raingruber, a professor in Sacramento State's School of Nursng. Mandeville collaborated with doctors from the UC Davis Sports Medicine Clinic in Sacramento, where the female test subjects – average age 52 – had been diagnosed with knee osteoarthritis.

"The goal is to identify whether diminishing levels of estradiol (hormones) across the menopause transition are involved somehow in the disease process of knee osteoarthritis," he says. The reason we think there might be a connection is that men and women track their prevalence rates pretty closely until about age 50, and then the incidence of knee osteoarthritis increases dramatically for women but not for men. Not many studies have looked at this."

SACRAMENTO IDGC, INC.

Presents Our 42nd Anuual Capital Celebration

Glass, Pottery & China Show and Sale

Saturday, Feb. 2, 2013 • 10:00am-5:00pm Sunday, Feb. 3, 2013 • 11:00am-4:00pm

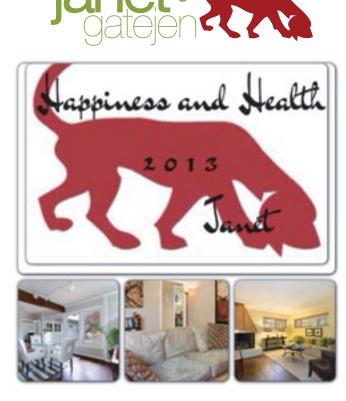
Admission: \$6.00 - Return Privileges Saturday: \$20 hourly drawings

Sunday: \$20 hourly drawings, \$50 drawing at 3:00pm (must be present to win)

Free Parking • Miracle Glass Repair • Library Booth Educational Display • Identification Table • Food Service

Scottish Rite Temple, 6151 H Street, Sacramento, CA www.IDGC.org

Benefiting the Sacramento Public Libraries & Alzheimer's Assoc.



5907 Camellia Avenue Open Sunday 1/6/2013, 1:00-3:00pm

Priced at \$399,000 This Mid Century Home is located in River Park's Best Location! Open floor plan offers more living space than most homes. Just walk in and gaze at all he windows and wonderful views of the spacious yard w/ its stone paths, apanese Maple Trees

> For more information on this property and information about Mid Century Modern homes go to

www.urbanhoundproperties.com

The Stats **Fourth Quarter**

65 homes sold highest sale **\$1,275,000** lowest sale **\$189,000**

Homes sold for 97.48% of the list price! Again this shows that when a home is priced right it sells. A house sold every 1.3 days. Now is the best time to buy and sell. For more detailed information about specific sales, go to www.urbanhoundproperties.com and click on "the stats" page.

To find out the true value of your home or to find out about upcoming homes

Call Janet Gatejen 916.420.8418

janet@urbanhoundproperties.com urbanhoundproperties.com

The Urban Hounds Donates 5% of their commissions to the SSPCA







janet gatejen, broker 730 alhambra boulevard suite 100. sacramento, ca 95816 916.420.8418 dre#00895397

ARTS

Runway Stage Productions presents '9 to 5: the Musical

By JOHN COOPER jcooper@valcomnews.com

January 4th marked the beginning of Runaway Stage Productions' production of "9 to 5: the Musical," which will continue to play every Friday, Saturday, and Sun- to cover up what has hapday until the 27th. Tickets are available online at www. runawaystage.com/, or at the door of the 24th Street Theater right before show time.

"9 to 5: the Musical" is a fairytale for every office worker who has ever dreamed of giving their boss a well-deserved lesson. The story, set nothing without strong ac- reasonable prices, and there in 1979, follows the lives of tors, and Runaway Stage Prothree put-upon secretaries working for Consolidated - Violet, Doralee, and Judy - as they suffer the injustices of their "sexist, egotis- and Judy, and Tevye Ditter tical, lying, hypocritical big- was the very image of the sex- runawaystage.com/, and the ot" of a boss, Franklin Hart, ist male professional stereo- 24th Street Theater box office Jr. Following a strange se- type. Celia Green delivered can be reached at (916) 207ries of events, starting with some wonderfully funny per- 1226.

the three women find themselves in a very unique position: in charge of the company. Between using this for future plays. newfound power and trying pened to not-so-beloved Mr. Hart, the three transform Consolidated into the very model of a modern megaconglomerate.

The excellent story behind the musical and wonderful music (written by miss Dol-ly Parton herself) would be ductions certainly delivered. Ruth Phillips, Cassie March, and Andrea St. Clair were stunning as Violet, Doralee,

formances as Roz, and the entire ensemble cast was excellent to watch and listen to.

Leanna Halldorf, a fellow theater-goer, had very nice things to say about her experience. "The story was real-ly funny, and all three of the leads were really good," she said when asked how she had liked the musical. "I definitean impromptu pot party and liked the musical. "I definite-ending with a sex harness, ly want to see another performance by this company," she said, and even went so far as to say she'd like to audition

The venue lent itself to an enjoyable viewing experience. The chairs in the theater were comfortable, the stage was well lit and the actors well miced, bathrooms were placed right outside the theater doors and additional bathrooms were placed conveniently close by. Food and drinks were available for very was plenty of parking for those who got there early.

Ticket information and schedules for future performances and shows can be found online at http://www.



Cast of "9 to 5'.



Primrose... Helping your loved one with:

- Residential Care
- Respite Care
- Day Club
- Support Groups
- One on One Counseling
- Free Monthly Seminars



Day Club Open House Saturday, February 2, 2013 from 10am-1pm This Free Event is an excellent way for you to learn about the benefits of our Adult Day Club for your loved ones who 2-1pm 🕻 live with a memory impairment. Great for seniors, family members, caregivers, and medical

SAVE THE DATE: Living with Memory Loss

professionals seeking information or additional services for loved ones or friends.

Hands-On

Photo courtes

Some of the benefits of our Adult Day Club include:

- Stimulating mental and physical activities
- Social and peer support
- Enhanced or maintained level of independence
- Allows short-term respite for friends and/or family members who are caregivers

Considering a more long-term stay? Our Day Club is a great avenue to transition into our Primrose community.

Residential License #: 347001338 • Day Club License #: 347001342



and watercolor.

Participating artists: Joann Wilson, Lola Durbrow, Patrick Harrold, Robin Kaminski, Judy LewLoose, Christine Meighan, Jim Parks, Richard Twaddell, Joann Wilson, Erik Krause, Sheila Raya, Bastian Reinhardt, and Mee Vue The Art in Public Places Program was established by the

The Sacramento Metropolitan Arts Commission is devoted to supporting, promoting and advocating for the arts in the region. For further information on programs and opportunities through the Sacramento Metropolitan Arts Commission go to: www.sacmetroarts.org. SMAC is funded by the City and County of Sacramento.

If you go:

mento, CA COST: Free



SMUD exhibition features art from 13 of its own employees

It's Electrifying! An exhibition of artwork by SMUD employees, opened at the SMUD Art Gallery, 6301 S Street, Sacramento on Friday, Jan. 11 and will be up until Feb. 27.

The exhibition showcases the artwork of the Sacramento Municipal Utilities District's employees. A variety of media are featured, including photography, colored pencil, intaglio

City and County of Sacramento to provide visual art experiences in public locations. The SMUD Art Gallery is a partnership between the Sacramento Municipal Utility District and the Sacramento Metropolitan Arts Commission.

WHAT: SMUD Art Exhibition featuring artwork by 13 SMUD employees WHERE: SMUD, 6301 S Street (near 65th Street), Sacra-

WHEN: Now through Feb. 27. Gallery hours are Monday through Friday, 8 a.m. to 6 p.m.

QUESTIONS: Contac Lorrie Kempf (831) 624-3072, e-mail: lorriekempf@gmail.com

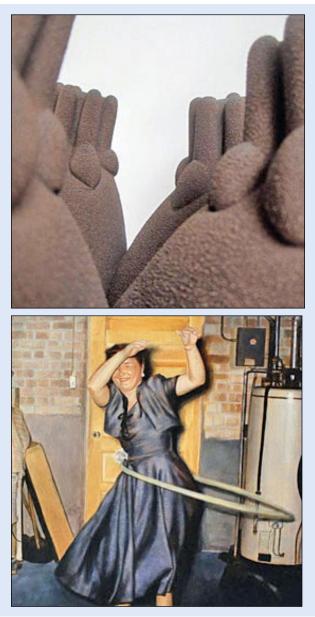
JayJay's fresh start

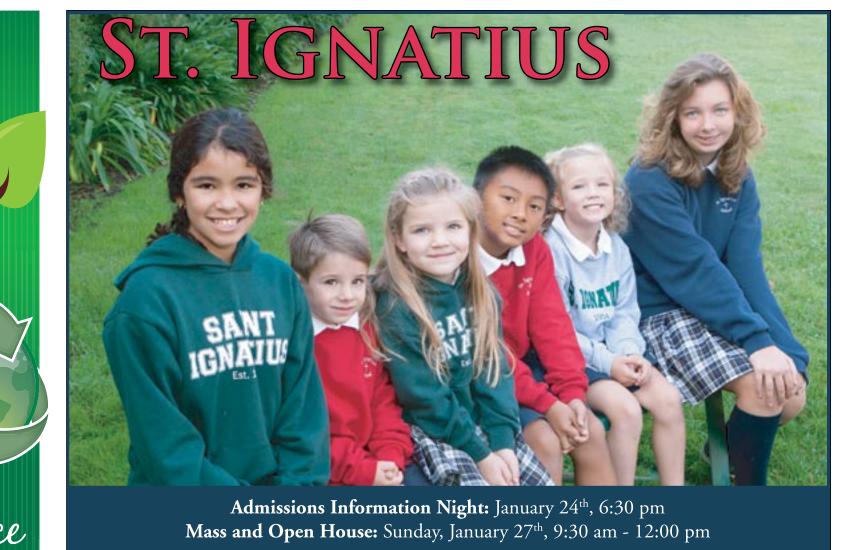
JAYJAY is off to a fresh start this New Year with a great show featuring sculptors Mark Boguski and Kris Lyons and painter Patrick Marasso!

Mark Boguski's bulbous hand built shapes are riveting, humorous, curious, elegant and powerful. Boguski received his MFA from the prestigious New York State College of Ceramics, Alfred University, and has exhibited throughout California and across the country. Currently, Boguski is the ceramics instructor at Sacramento City College.

Kris Lyons draws directly from found materials that she uses as molds for the objects she creates in clay. Her pieces resemble bouquets and they are as beautiful as they are whimsical. Lyons received her BA at Alfred, along with her husband Mark Boguski, and then received her MFA at the University of Washington in Seattle.

Patrick Marasso uses found photographs of 1960's and 70's family gatherings and parties, and recreates dramatic scenarios that have a sense of weird mystery and humor. Marasso is well regarded in the Sacramento art community, having exhibited often with former gal-leries, Michael Himovitz and Exploding Head, and more recently The Verge. He received his MA from CSU Sacramento, and his BFA from CSU Long Beach.

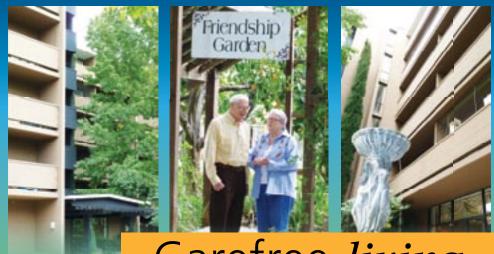




3245 Arden Way, Sacramento, CA | 916-488-3907 | www.StIgnatiusSacSchool.org

INDEPENDENT LIVING WITH SERVICES

. in the Heart of Land Park



Carefree *living*.

Choose from a Kitchenette, Studio, One-Bedroom or our spacious two-bath Deluxe One-Bedroom floor plan.

Features include:

- Emergency pull cords
- Staff on-site 24 hours a day
- Easy freeway access
- Beautiful party rooms and common lounges
- Fully furnished auest rooms for visiting friends or relatives
- Complimentary shuttle bus
- service and car service
- Elegant dining room
- Putting green and custom spa

ESKATON MONROE LODGE

3225 Freeport Boulevard, Sacramento, CA 95818



916-441-1015
ESKATON Transforming the Aging Experience

866-ESKATON | www.eskaton.org

East Sacramento Loose-in-the-Street Yard Waste Collection Schedule for 2013

There are several changes to residential garbage, yard waste and recycling services scheduled to take effect in 2013. The following provides the schedule for Loose-in-the-Street yard waste collection for 2013, including information on current services as well as changes scheduled to take effect after July 1, 2013.

Current Containerized Yard Waste Residential Customers In 2013, Loose-in-the-Street collection will be available citywide two weeks in the spring and during the Fall/Winter leaf season from November 1, 2013 through January 30, 2014.

The last two spring citywide Loose-in-the-Street collections will be in the third week of February and last week of May 2013.

In order to ensure material is collected during the spring citywide loose-in-the-street service, all yard waste must be placed out for collection no later than 6:00 a.m. on Monday, February 18, 2013 and Monday, May 27, 2013.

After July 1, 2013 all residential yard waste customers will have weekly containerized pickup year-round and citywide Loose-inthe-Street collection only during the Fall/Winter leaf season from November 1, 2013 through January 30, 2014.

More information on this program change will be sent to all customers in spring of 2013.

Current Year-Round, Loose-in-the-Street Residential Customers

Year-round, Loose-in-the-Street pickup service will continue until June 30, 2013

On July 1, 2013, year-round, Loose-in-the-Street pickup will no longer be offered. Former year-round, Loose-in-the-Street customers will be required to use containers for weekly yard waste collection.

After July 1, 2013 all residential yard waste customers will have weekly containerized pickup year-round and citywide Loose-in-the-Street collection only during the Fall/Winter leaf season from November 1, 2013 through January 30, 2014. More information on this program change, including container delivery dates, will be sent to customers in spring 2013.

2012-2013 Leaf Season/Christmas Tree Recycling Ongoing through January 14, 2013.

The city provides curbside holiday tree pickup. The last day trees can be placed out for citywide pickup is 6 a.m. on Monday, January 14, 2013. Trees should be clean of all lights, tinsel, decorations etc. and have no stand attached. Flocked trees will be accepted.

For more information on Solid Waste & Recycling Division services, visit call 311.









Valley Community Newspapers, Inc



Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

Your Home Improvement Guide



Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901

Photos by BILL CONDRAY

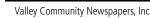
On Saturday, Jan. 5, kids of all ages took the plunge, that is the Polar Bear Plunge. The pool was chilly, causing swimmers to hop out of the pool after a quick dip. There were many ways to take the plunge: The Seal Splash (from the slide: shallow end recommended for weak swimmers), the Penguin Slide (water slide deep water), The Polar Bear Plunge (diving board deep water). Other activities included a polar bear costume contest and cub crafts corner for the kids





Concert at All Saints Episcopal Church 4:00 pm Organ Recital: Dr. Ryan Enright January 27, 2013 - \$10 2076 Sutterville Road, Sacrament Child care provided • Overflow parking available across Sutterville Rd at City College • Reception to follow • \$10 per person





Clunie Pool Polar Bear





At Divorce With Dignity-Sacramento, we believe that amicable and cooperative solutions are possible within all aspects of family law. We also assist with wills, living trusts, guardianship and general civil matters.

Zaïda Z. Bridgford, Esq. Attorney

1104 Corporate Way Sacramento, CA 95831 Phone/Fax: 916.349.4229 Email: zaida@dwdignity.com www.sacramento.dwdignity.com

Senior Homecare By Angels

Select You Caregiver.

Experienced Caregivers Thoroughly Screened. Providing Peace of Mind to thousands across America each and every day!



www.visitingangels.com/sacramen

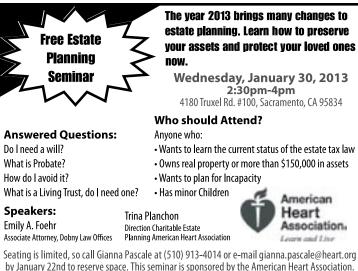
- EVENT LISTING SECTION

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers. Call (916) 429-9901 for rates.

> Sacramento Count Grand Jurors' Association An association of former Grand Jurors and citizens interested in work of Civil Grand Juries. Winter Meeting, Wed., February 20 Winter Meeting, Wed., February 20 11:30 a.m. – 1:30 p.m. Christ Community, 5025 Manzanita Ave., Carmichael 95608 Guest Speaker: Marcos Breton, Sacramento Bee Columnist Lunch available for \$15. Open to All. Information/unch reservation: Information/lunch reserva Emma Fravesi pfravesi@pacbell.ne

CALL AND PLACE YOUR EVENT TODAY! (916) 429-9901





by January 22nd to reserve space. This seminar is sponsored by the American Heart Association The event is complimentary. Nothing will be sold. No solicitation will be made.

C A L E N D A R

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

ONGOING:

Iron Steaks to donate to Society for the Blind

Now to Jan. 15: Iron Steaks will be donating a portion of their profits to the Sacramento Society for the Blind. This donation will be presented on Saturday, Jan. 19, at Iron's live music Saturdays. Bill Taylor, the owner of Iron Restaurant, is excited to be expanding their upstairs for live music events. The plan is to have a "Cotton Club" atmosphere. with dinner and live music every other Saturday. The kick-off for these events will be on New Year's Eve with the Sacramento favorite classic rock band Cinema 7. Iron Steaks is located at 2422 13th St., 13th and Broadway. For more information, call, 737-5115.

Celebration Arts presents A Life

a drama by Anne Peters.

Opens Feb. 1 and shows Thursday, Friday and Saturday at 8 p.m. and Sunday at 2 p.m. through March 2 Eunice Katem. a feisty. 74 year old. Jamaican and former school teacher has lived a strong and independent life. Now recuperating from a heart attack, her independence is in jeopardy. Eunice has been removed from her home by her daughter. Eunice is adamant about returning and is determined to have her way even though she recognizes the realities of old age. The production features Patricia Coleman, Debbie Reeves, Cynthia Drumbor and Mericus Adams. Tickets are \$15 general, \$13 students and seniors. On Thursday night all seats are \$8. Tickets online at ityevents.com. Call (916) 455-2787 for information and reservations. Celebration Arts Theatre is located at 4469 D St. Sacramento



IWANIS CLUB OF EAST SACRAMENTO-MIDTOWN erving the children of the world!



\$40 per person • \$20 10 and under \$300 for table of 8 *Admission to Museum included



2200 Front Street, Sacramento, CA 95818

For Tickets call: Bobby 916-769-0441 champsnotchumps@yahoo.com

American Watercolor Society presents Traveling Exhibition from New York

Now until Jan. 26: Masters of light and color will dazzle your pleasure at the Sacranento Fine Arts Center, the only venue on the West Coast at the American Watercol or Color Society One Hundred Forty-Fifth national Exhibition. Gallerv hours are daily 10 a.m. to 5 p.m. Exhibit ticket donation \$10. Art and Music Gala celebrating the American Watercolor Society Exhibition. 704-8611 or www.sacfinearts.org

Capsity's Winter Food and **Clothing Drive in partnership** with Sacramento Food Bank

The food and clothing drive is in full swing at Capsity, 2572 21St St., 585-3004. Goal is to collect 300 pounds of food and new or gently used clothing.

Travel club meetings slated at Arcade Library

The Sacramento Public Library invites all travelers to its monthly "No Reservations Travel Club" meetings at 7 p.m. on the first Tuesday of each month at the Ar cade branch, 2443 Marconi Ave. The free adult meetings feature a speaker, plus time for exchanging travel information within the group. 264-2920 or visit www.saclibrary.org.

JANUARY

Rotary Club of Pocket/Greenhaven Ian. 17: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday, Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Frosty's Magic Hat puppet show at Arcade Library

Jan. 17: The Sacramento Public Library invited school-age kids (ages 6 to 12) to a winter-themed puppet show at 4 p.m. at its Arcade branch, 2443 Marconi Ave. The puppet show is about a little girl who makes a wish upon a star and then makes a magic snowman. The fun-filled program features music, poetry, magic, ventriloquism, and lots of laughs. 264-2920 or www.saclibrary.org.

Community visitation day at **Martin Luther King Elementary** Jan. 17: Check out the school. Stop by the

office first to sign in and get a badge. Visita-



tion day is all day from 8 a.m. to 2:15 p.m. Martin Luther King Elementary is located at 480 Little River Way, Sacramento, 95831. For more information, call 433-5062. Other visitation days include: Jan. 24, Feb. 7 and Feb. 12.

'Driving Miss Daisy'

Jan. 18-Feb. 23: Post WWII story of a rich, sharp-tongued Jewish widow who meets her new black chauffeur, \$19-\$21. Chautau qua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

Bi-Polar Anonymous

Jan. 18: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Dance Meditation Movement Workshop

Jan. 19: A workshop with Prajwal Vajracharya, the lineage holder of the Newar Buddhist tradition of Nepal will be held from 2 to 4:30 p.m. at Sierra 2 Community Center, located at 2791 24th St. in room 14 (upstairs). The workshop, Dance Movemen Meditation, will teach the sacred dance of the priests of Nepal which is a dynamic vogic discipline for healing and transformation. Suggested donation \$15 for adults and \$10 for seniors and students, info@heartflame-reiki.com. 662-7175

Low-cost pet spay/neuter appointments available

Jan. 19: Pet owners in Sacramento and Yolo Counties can request an appointmen to have their pets spayed or neutered at a deep discount thanks to the Sacramento Area Animal Coalition. Spay Day Sacramento 2013 kicks off at 7 a.m. as appoint ment application opens. Pet owners can request an appointment online at www.sacanimal.org Families in Sacramento and Yolo Counties with an annual household income of \$35,000 per year or less are eligible. Applicants can have up to two cats or dogs spayed or neutered on Spay Day, Sun day March 3, 2013, for just \$15 per cat and \$20 per dog. Each animal receives approx imately \$250 worth of services, including microchip identification, vaccinations and flea preventive. Cash payment is required at time of appointment. Spay/neu ter surgeries will take place on or around March 3 at participating veterinary clinics and animal shelters in Sacramento and Yolo Counties, SAAC volunteers will call applicants beginning the week of February 2 to schedule appointments. Appointments are required and can be requested starting on January 19 by filling out an application at www.sacanimal.org.

Valley Community Newspapers, Inc.

Free E-Waste Collection Event at

Jan. 19: Parkside Community Church is supporting our local youth by having a free E-Waste Collection which will bene fit a High Adventure Group in Boy Scout Troop 136. This group of 11 scouts and adults are taking a 2-week long canoeing adventure in the wild lands of Northern British Colombia. The canoeing area they will explore is known as the Bowron Lakes area. Their trip will begin in late July 2013. Help this adventure group by bring your E-Waste to Parkside Community Church, 5700 South Land Park Dr, on January 19, 2013 between 9am and 1pm. For question regarding the event or to arrange friendly pre-event or event day pickup! Contact: Craig Chalmers 826-0513, Curt Thue 730-4626, Chris Salmon 310-795-9151. Susan Little 494-9664, or John MacAllis ter 806-2596.

Hands on History: Trappers,

Trades, and Treaties Jan. 19: As part of a special and continuing interactive program, Sutter's Fort State Historic Park will present a special "Hands on History: Trappers, Trades, and Treaties" event. Visitors to the Fort will step back in time to the 1840s to learn why trappers were considered "jacks of many trades" and experience how they lived, worked, explored new territory and traded with local Native Americans. Fort visitors will enjoy watch ing docent-led musket demonstrations and learn about many fascinating aspects in the life of a trapper. Fort visitors will also have the hands-on opportunity to examine fur pelts, create documents with a quill pen and oak gall ink, and string trade beads For more information about this "Hands on History" event, or other events and activities at Sutter's Fort, call 916-445-4422 or visit www.suttersfort.org. 2701 L St.

Sacramento Soccer Alliance

Jan. 19 or (Jan. 26): SSA provides playing and coaching opportunities to players and coaches looking to take their game to a higher level without the high cost and time All players must attend at least one tryout. Bring a ball, water, wear a white t-shirt, register online before and arrive 20 minutes early. River City High School. 9-10:30 a.m.- U9, 11 a.m. to 12:30 p.m.-U10, 1 to 2:30 p.m.- U11. www.sacran liance.com/info/ssa_tryouts/index.html

CASA's 20th annual Crab Feed

waiian shirts because this year Court Ap pointed School Advocates for Children (CASA) is going on a surfin' safari to a totally far out crab feed. The night will be filled with live music, a no-host bar with Hoppy Brewing Company beer, wind and a special "surf" cocktail, raffles, a silent auction. and of course a crab dinner (chicken and vegetarian options avail able upon request). St. Marv's Church. Giovanni Hall, located at 1333 58th St. Sacramento. 5:30 to 10:30 p.m. Tickets are \$50 before Dec. 31 and \$55 after. 875. 6606, Kathy@sacramentocasa.org

Free Tree Pruning Clinic

Jan. 19: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 10:30 a.m. to noon at Folsom Public Library, 411 Stafford St., Folsom. Register at www.sactree.com/events.

18 East Sacramento News • January 17, 2013 • www.valcomnews.com

Parkside Community Church

tryouts (U9-U11 Boys and Girls)

ment required of a competitive club.

Jan. 19: Grab your board-shorts and Ha-

Rotary Clubs of Arden-Arcade, Carmichael Jan. 22: Guest speakers address local, regional and international topics. Visitors wel come, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill. 6416 Fair Oaks Blvd. www.rotary.org.

East Sac Rotary

Jan. 23: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

Jan. 24: Guest speakers address local, regional and international topics. Visitors velcome. 7:30 a.m., every Thursday. Avia tors Restaurant, 6151 Freeport Blvd. (916) 684-6854.

Community visitation day at

Martin Luther King Elementary Jan. 24: Check out the school. Stop by the office first to sign in and get a badge. Visita tion day is all day from 8 a.m. to 2:15 p.m Martin Luther King Elementary is located at 480 Little River Way, Sacramento, 95831 For more information, call 433-5062. Other visitation days include: Feb. 7 and Feb. 12.

Bi-Polar Anonymous

Jan. 25: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7 8:30 p.m. 4300 Auburn Blvd., Room 106 (916) 889-5786

Famed children's author David Schwartz to appear at Belle Cooledge Library

Jan. 25: The Sacramento Public Library in vites school-age children and their parents for a special program with David Schwartz, author of more than 50 fun, engaging children's books about animals, science, and math. The free family show is scheduled at 3:30 p.m. its Belle Cooledge branch, 5600 South Land Park Drive, Sacramen-Schwartz will take the audience on an exciting journey that combines math, science, writing and books. He is the author of How Much is a Million?. If You Made a Million. G is for Googol. O Is for Ouark. If You Hopped Like a Frog, Where In the

Wild?, and the Look Once, Look Again sci ence book series. Schwartz emphasizes the ortance of mathematics in everyone's life, and the many connections between math, science and literacy."Children love numbers," Schwartz says, "and when they see how numbers connect to their everyday lives, they can get really excited about math." During his program, he uses amusing props to make mathematical concepts come alive as he leads his audience on a fascinating journey through a world where mathemat es opens doors to understanding the world. 264-2920 or visit www.saclibrary.org.

Free Sacramento SHINE Self-Wellness Expo

Jan. 26: If healthy living is your 2013 resolution, join this free collective community resolu tion kick off. On stage exercise demos, lessons, doctor consults, and more from 10 a.m. to 2 p.m. at the George Sim Community Center, 627 Logan St., Sacramento, 95824, Call Yvette Tsang at 719-5087 or email eg@shinewellnessinc.com or visit shineselfwellness.org

Free Tree Pruning Clinic

Jan. 26: Learn how to help your trees develop good structure and form. A variety of prunng tools will be presented and discussed. re will be a walkabout on library ground to look at tree structure and pruning. Free from 11 a.m. to 12:30 p.m. at Belle Cooledge

Library, 5600 South Land Park Dr., Sacramento. Register at www.sactree.com/events

Free tree pruning clinics offered

Jan. 26: A free tree pruning clinic will be presented by Luanne Leineke, of the Sacramento Tree Foundation who will discuss pruning 2- to 8-year-old trees to develop good structure and form. 11 a.m., Saturday January 26 at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento, 264 2920 or visit www.saclibrary.org.

Sacramento Soccer Alliance tryouts (U9-U11 Boys and Girls)

Jan. 26 or (Jan. 19): SSA provides playing and coaching opportunities to players and coaches looking to take their game to a higher level without the high cost and time itment required of a competitive club All players must attend at least one tryout. Bring a ball, water, wear a white t-shirt, register online before and arrive 20 minutes early. River City High School. 9-10:30 a.m. U9, 11 a.m. to 12:30 p.m.-U10, 1 to 2:30 p.m.- U11. www.sacramentosocceralliance com/info/ssa_tryouts/index.html

Free SAT/ACT college entry test workshop slated Jan. 26 at **Carmichael Library**

Jan. 26: College-bound students who can't choose taking either the ACT or SAT college admission test are invited to a free Sacramento Public Library workshop on Saturday, January 26 at 12 noon at its Carmichael branch, 5605 Marconi Avenue, Carmichael. 264-2920 or visit www.saclibrary.org.

U.S. Citizenship workshop held Jan. 26 at Colonial Heights Library

Jan. 26: The Sacramento Public Library will host a free workshop of those wishing to be come an American citizen at 2 p.m., at its Colonial Heights branch, 4799 Stockton Boulevard, Sacramento. Contact vilaysay, p.chang@uscis.dhs.gov.

Knit-a-thon at Alice Birney

Jan. 26: From 10 a.m. to noon, knit to your heart's content at Alice Birney Waldorf-Inspired K-8 School. 6251 13th Street. Sacra mento, 433-5544.

All Saints Concerts presents an Organ Recital by Dr. Ryan Enright

Jan. 27: A native of Montreal. Dr. Enright i the organist at St. John's Lutheran Church in Sacramento and the accompanist for the Sacramento Choral Society. He holds a doc toral degree from the Eastman School of Music in Rochester, New York. His program on the 58 rank Nelson pipe organ at All Saints will include music of Bach, Du pre, Durufle, Kart-Elert, Messiaen and Re ger. The concert will be performed at 2076 Sutterville Rd., Sacramento. Childcare is provided and overflow parking is available across Sutterville Road at City College. Re ception to follow. Show starts at 4 p.m. and costs \$10. For more information, contact Nancy Metzger at nmetzger@rcip.com

Historic 3-D Yosemite Valley viewed at Central Library

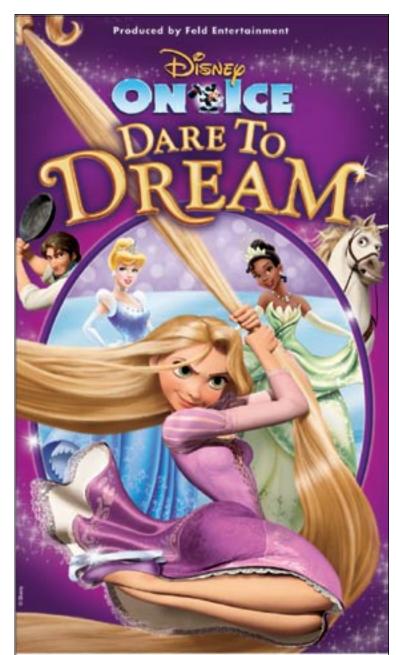
Jan. 29: The Sacramento Public Library invites the public to view numerous stereo graphs of the Yosemite Valley from the early 1900s in stunning 3-D! The historical photo program is set for 6 p.m., at the Central Library, 828 I St. Participants will don 3-D glasses to view the overlaid stereo pho tographs projected onto the big screen. The show will be narrated with tour descriptions from the 1908 stereograph set booklet. 264 2920 or visit www.saclibrary.org.

'The Power of Accessories' benefiting Sacramento Children's Home

Jan. 29: "The Power of Accessories" by nier Designs will start at 11:30 a.m. with at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Roast Turkey with Polenta and Tomato-Basil Salsa or Chipotle Cae sar Salad with Shrimp; dessert English Toffee Cake -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations are required, 452-2809. Proceeds benefit the Sacramento Children's Home.

Axiom Brass Quintet to perform at CSUS

Ian. 30: Sacramento State's New Mil lennium Concert Series returns with the Axiom Brass Quintet performing a 7:30 p.m. in the Music Recital Hall on the campus, 6000 J Street. With a rep ertoire ranging from jazz to Latin to string quartet transcriptions, the group has toured Germany, Portugal, Spain, Japan and many other nations. Tickets are \$20 general, \$10 seniors and \$5 for students, and available at the University Ticket Office, 278-4323 or www.csus. edu/sfsc/ticketoffice/.



Opening Night Tickets Just \$11!

B. 7 – 10	OPEN	ING NIGH	IT PER	8 FEB 11:00 3:00	LB P	Ettil, FEB. 1 1:00 Pt 5:00 Pt	
FEB. 13-	Additional feet		TR		REN More	A	
OPENING NIGHT						LOO PW	
OPENING NIGHT TICKETS \$11!*	7:00 PM	7.00 PM	3:00 PM 7:00 PM	3:00 PM 7:00 PM			
TICKETS \$11!*	master.c	om, tick	2:00 PM 7:00 PM while Success.	2:00 PM 2:00 PM Additional Service	4:00 Pt		
TICKETS \$11!* Unit in #) form priority (include buy tickets at Ticket	master.c x Offices Prices: \$17	om, ticks or call 1-	3:00 PM 7:00 PM etmaster 800-745 40 VIP • 58	3:00 PM 7:00 PM Additional Netro ** Retail i-3000	eau m ney rock Locatio		



NEW IN THE FABULOS 40'S Completely remodeled 2-story 5 bedroom 4¹/₂ bath home is very spacious with over 3400 square feet on a large lot. An amazing kitchen with large island: master suite with his and hers walk-in closets; great room with fireplace and hand scrapped hickory floors. Large porches and Juliet balcony! \$1,450,000 NATHAN SHERMAN 969-7379



STATELY ELEGANCE

Built in 1911, this stunning 4 bedroom, 4 bath home sits on an oversized lot with a heated pool, lawn area and sports court. Charm and craftsmanship from an era gone by, you'll enjoy leaded glass windows, well-kept hardwood floors, beautiful crown molding and more. Remodeled kitchen includes soap stone counters, custom glass faced cabinets and high end appliances. \$1,299,900

DAVID KIRRENE 531-7495



FABULOUS HOME

This beautiful home has been remodeled to the last detail. Every room's a showpiece: detailed custom moldings, hardwood floors with inlays, recessed lighting, whole house speaker systems, imported Italian tile throughout. 4 bedrooms, 31/2 baths. Spacious master with 13' ceilings, fireplace & dual 90sqft closets has a private terrace overlooking the gorgeous back yard and pool. \$1,559,000

DAVID KIRRENE 531-7495



EXCEPTIONAL HOME

Wonderfully updated 3 bedroom 11/2 bath home, located near Bertha Henschell Park. There are so many wonderful details included in the rebuilding of this home, hardwood floors, custom gates & arbor, copper rain chains, private & shady courtyard patio and more! \$519.000





EAST SACRMENTO CHARM

Fantastic 2 bedroom home in East Sacramento. Put your finishing touches on this charming property just minutes from Sac State, and Downtown. This home includes two bonus rooms which have a lot of potential and space. Also included is a vintage fireplace in living room and a fireplace in one of the bonus rooms, an open kitchen and a small courtyard in the back. \$310,000 **TIM COLLOM 247-8048**



PHENOMENAL EAST SACRAMENTO

4 bedrooms 41/2 baths, nearly 5000 square feet, this home has it all. Inside you will see a gourmet kitchen, a formal dining room, a large living room and an open breakfast room. The home also features a family room, a sauna/steam room, a full gym, and a workshop. Outside is your own private sanctuary on a big lot with a newer pool and built in kitchen; perfect for entertaining \$1,895,000

TIM COLLOM 247-8048



CONVENIENTLY LOCATED

Cute as a button 3 bedroom home on a deep lot (.22 acres). Sunny kitchen, new 30 year comp roof, new bath 7 years ago includes spacious shower, new pedestal sink, new low flow Toto toilet. Dual pane windows. lathe and plaster walls. Walk to light rail, Corti's Market. See www.2730-59thSt. com. \$209,000

CONNIE LANDSBERG 761-0411



Meticulously maintained with pristine hardwood floors, a vintage fireplace, large formal living and dining rooms; a very spacious layout. Backyard is very charming and quaint with grapevines. Also included is a basement perfect for a wine cellar or storage; and ample space up in the attic. \$529,500

TIM COLLOM 247-8048



SARATOGA TOWNHOME

Wonderfully updated 2 bedroom 11/2 bath townhome! All new dual pane windows, French doors, built-in cabinets, kitchen with granite counters and Kenmore appliances, wood floors and designer paint. Walking distance to Downtown art galleries, great restaurants, the Capital and you still have quite evenings. Private and secure with an attached garage with direct access and your own patio. \$267,000 NATHAN SHERMAN 969-7379

for current home listings, please visit:

DUNNIGAN REALTORS, COM 916.484.2030 916.454.5753



Dunnigan is a different kind of Realtor.®

