



Girl Scout service cares for others over the holidays

See page 4



Photos by Kati Garner

The best medicine

Nell Farr, far left, Alice Calhoun, center, and Laughter Yoga instructor Judy Knott laugh away stress and cares at Knott's recent class at Belle Cooleage Library. Laughter Yoga, says Knott, brings positive changes to your body, mind and emotions, and your body can't tell the difference between a good laugh and a 10-minute jog. That's Knott giving a grand "lion" face in the inset. The laughter resumes Saturday, Jan. 17, at the library. For more giggles and guffaws, see page 13.



The \$100 hamburger Have plane, will fly for good food

By Earl Rogers
THE LAND PARK NEWS

It is not uncommon for a group of people with mutual interests to meet monthly for lunch at the Midtown watering holes. Some might even seek out more distant destinations – say, Redding or heading across the Sierras to Bishop in the Owens Valley.

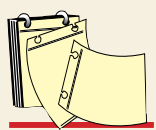
That's what members of the Sacramento Valley Pilots Association do. They know every airport restaurant within a 150 mile radius of Sacramento Executive Airport. Their rules are simple. The restaurant has to be within walking distance of an airport, and the flying time has to be about an hour one way.

Off they go

They've gone as far north as Shelter Cove, a lovely spot on the

See Flying, page 8

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Community Calendar

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Mayor Johnson: Neighborhood Matters debuts

See page 16



Ravenous? This chef has the solution

See page 5

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Expect freezes ahead

Get out the pruning shears for January's must-trim garden roses and trees

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

January is pruning time for roses, with "the earlier the better" a good rule. Growth buds start swelling fairly early and the longer you wait to prune, the more the first spring blooms will be delayed.

Many other items are pruned now, including deciduous fruit trees (such as apple, pear, peach, plum, etc.) and other fruiting plants such as grapes, raspberry and blackberry. Flowering shrubs such as buddleia (except *B. asiatica*) can be trimmed now; as can summer and fall bloomers, clematis, ornamental and shade trees (except those noted later). Please note that grapes and most maples bleed sap badly if pruned to late, so prune those now.

Perennials that benefit from a good pruning each spring to control sprawl include hybrid penstemon, perovskia and large salvias. Remember, however, to wait on frost tender items.

Early spring bloomers such as azalea, japonica, camellias, lilac, flowering quince, forsythia, deciduous magnolia, most species roses, dogwood, pieris, rhododendron, and the flowering forms of fruit trees (flowering peach, pear, cherry, etc., grown for flowers -- not fruit) have their buds already formed, so hard

pruning will decrease or eliminate blooming this season. For these plants the rule is: "Prune immediately after blooming." Do not prune frost-tender plants yet.

January and February are the months we are most likely to get frost and freeze damage. Do not prune or even clean up frost damage on tender plants until after March 1. Even frosted stems provide some protection to the growth underneath them, helping prevent further damage.

Notes and cautions

Be careful early in the season about plants brought into nurseries from warmer areas that are far ahead of our area.

While most hardy perennials have a natural antifreeze in early spring as new growth emerges, these plants brought in from out of the area have outgrown it. So while they may look better, they are subject to cold and frost damage that locally grown would shrug off.

A good example is blooming rose bushes from Southern California or Mexico sold for

Valentines day. We often get frosts and freezes in February.

Bulbs come into the nurseries by the first week of January, however a few things HATE cold soil and will only rot if planted too early – the primary example being caladiums, although some of the hybrid-colored summer blooming calla lilies can also. Either start these in pots indoors, or hold till the weather warms up.

It is time to think of dividing and moving perennials, so they get rooted in again before hot weather.

If you're dividing things and have extra, check with me about donating them for the benefit sales.

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



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- 7130 Daisy Lane - FOR SALE
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Brent Vockrodt
 Executive Director

Long-term care is her new mission

Vicki Diepenbrock of Genworth Financial Agency has become a long-term care insurance agent.

"The topic of long-term care is a difficult subject for most people to discuss," Diepenbrock said, "but an accident, illness or disability may happen at any age, and often families are in the middle of a crisis when they begin to explore their options."

Diepenbrock, a life-long Sacramentan, is making it her mission to educate people about long-

term care solutions. She is available to give public seminars, seminars/sales presentations and group talks on the issues involving long-term care in America.

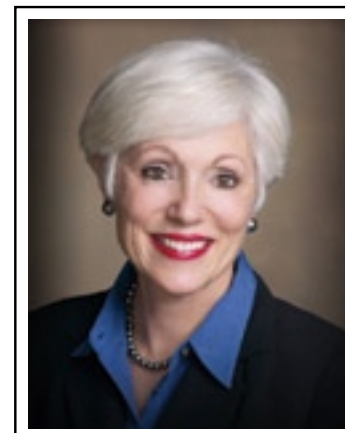
"If they are unprepared, the physical, emotional and financial consequences can be severe to both patients and their families," she said.

Diepenbrock can be reached at 442-4184, by e-mail at ediepenbrock@genworthlhc.com, or through her website: www.vickidiepenbrocklhc.com.

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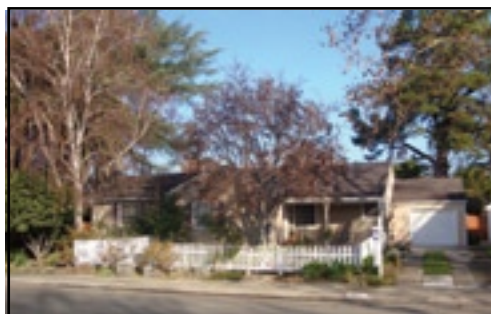
LAND PARK

Cute two bedroom brick home, living room with fireplace, formal dining room, spacious bedrooms, wood floors under carpet, breakfast nook with built-in seating, inside laundry, large deck, carport and gazebo with hot tub. 1008 Fremont Way. \$350,000



SOUTH LAND PARK

Beautiful custom home on .24 acre lot. Four large bedrooms, three full baths, formal living and dining rooms, kitchen which opens to the family room has an island and eating area. Hardwood floors, and hutch in dining room. 5658 Delcliff Circle. \$569,000



LAND PARK

Land Park dollhouse! Three bedrooms, two updated baths (one full and one half), remodeled kitchen, formal living room, formal dining room, family room with fireplace and french doors, lovely backyard with patio and raised garden beds. 901 Swanston Drive. \$569,000



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CARMICHAEL

Del Dayo Riviera, original condition, three bedrooms, two baths, large kitchen and family room, formal dining room, hardwood floors, two car garage, large lot. 5560 Cooley Way. \$369,000



JENNYWOOD TOWNHOME

Very close to Raleys. Private drive and cul de sac, three bedrooms 2.5 baths, two master suites, beautifully remodeled kitchen w/granite counter tops and island, living room w/fireplace and vaulted ceiling, formal dining area and pretty patio garden with fountain pond. 1716 Potrero Way. \$439,000

YOU ARE INVITED!



Please join AAA Travel Greenhaven for an informative and exciting evening with Trafalgar Tours. Don't miss out on an evening of engaging travel dialogue, exclusive AAA member benefits and day-of-event special savings!

When: Tuesday, January 20, 2009

**Where: AAA Travel Greenhaven
 1056 Florin Road
 Sacramento, CA 95831**

Time: 6:00 pm

RSVP: (916) 288-2004

Non-members welcome to attend!



CST#10003968-80

Attention teachers, parents, students!



The **Land Park News** wants to keep our readers informed about what's going on in their schools and with our kids. If you have any photos or news to share with the community, we want to know... Call us at **429-9901** and we'll tel you how to submit it to appear in the **Land Park News**.

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Girl Scout holiday service

Nearly 100 Girl Scouts in the Land Park Service Unit participated in this year's Christmas stocking decorating event. Each girl created a Christmas stocking that would be stuffed with a variety of items and presented to someone less fortunate. Girl Scouts ranging from Daisies to Ambassadors transformed Lisbon Elementary School's Multi-purpose room into Santa's Christmas workshop, on a mission to decorate 500 Christmas stockings. On a Saturday in late December, 25 of the girls brought smiles and lifted the spirits of Pocket area Eskaton assisted living residents who were treated to Christmas carols. After the caroling, residents were treated to a variety of delicious Christmas treats, which included some that were baked by the Girl Scouts themselves. Throughout the year, Girl Scout troops participate in various fund-raisers to generate money. In a few short weeks Girl Scout cookies will go on sale -- the biggest fund raiser of the year. These fund-raisers help to support community events such as the Christmas stocking decorating event and planned activities for the Girl Scouts. For more information, contact the Girl Scouts Council Office in Rancho Cordova at 638-4475.

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Pocket dining

Rave reviews for Ravenous Café

The newest, restaurant to join the Pocket area is touting its epicurean delights to the neighborhood. Ravenous Cafe offers elegant dining in a casual atmosphere in the heart of Riverlake Village at Pocket Road and Greenhaven Drive.

Owners Susan Vasques and Mark Helms, who also takes top chef duties, have taken over the vacant Plan B restaurant site. Helms is formerly of the Cookery, Lautrec, Kashba, Moxie and was the executive chef at Tapa The World for the past three years.

“The cuisine has a strong Spanish, French or Italian influence,” according to Helms.

“Each morning we search for the freshest ingredients of exceptional quality,” Helms said. “We hand-select the

best locally grown produce and our dedication extends to our meat, fish and poultry.”

Ravenous Cafe is open six days a week with brunch served 10 a.m. to 3 p.m. Sundays; lunch from 11 a.m. to 2 p.m. Tuesdays through Fridays; and dinner from 5 to 9 p.m. Tuesday through Sunday.

“Susan and I have created what we hope is a warm and inviting atmosphere,” Helms said. “We are anxious for people to stop by and sample our fare.”

Be sure to check out the raven on the wall.

Ravenous Café is located at 7600 Greenhaven Drive. More information is available at 399-9309 and www.ravenouscafe.com.



Chef Mark Helms at Ravenous Café is dedicated to locally grown produce and hand-selected meats and fish.

Photo by Linda Pohl



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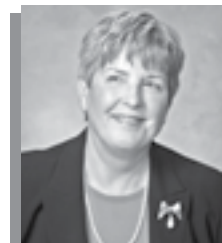
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Inside and Outside Land Park

RSVP for WEAVE

Kicking off their ninth season of benefit concerts, Reconciliation Singers Voices of Peace will be joined by the nationally acclaimed Sacramento Children's Chorus to present a series of concerts titled "A Choral Tapestry" this

month and next, as benefits for WEAVE, Women Escaping a Violent Environment.

Artistic Directors Julie Adams and Lynn Stevens once again combine forces to share a mix of American literature interwoven with the classics.

Founded in 1978, WEAVE is the primary provider of cri-

sis intervention services to survivors of domestic violence and sexual assault in Sacramento County. It is WEAVE's mission to bring an end to domestic violence and sexual assault in partnership with the community.

All members of RSVP donate their time and all of their concerts are free. Donations are accepted.

- The concert dates are:
- Friday, Jan. 30: 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd.
 - Saturday, Jan. 31: 7:30 p.m., St. John's Lutheran Church, 1701 L St.
 - Friday, Feb. 6: 7:30 p.m., First Presbyterian Church, 515 Sunrise Ave., Roseville.
 - Saturday, Feb. 7: 7:30 p.m., Faith Presbyterian Church, 625 Florin Road.

For more information on RSVP and this concert series, go to www.rsvpchoir.org.

Meet Buddha at the Crocker

According to tradition, Buddha was a spiritual being who attained enlightenment and shared his teachings, giving birth to Buddhism, a philosophy originating in Asia and practiced for centuries.

"Buddha," an exhibition on view from Jan. 31 to April

19 at the Crocker Art Museum, explores the differences of Buddhist belief revealed through the depiction of the Enlightened One in more than 40 objects dating from the first millennium to the modern age.

Several programs will feature the exhibit throughout February:

6 p.m. Thursdays, Feb. 5 and 19, noon and 1 p.m. Saturdays beginning Feb. 7, Sundays beginning Feb. 1: Docents highlight works of art examining the role of spirituality in art. Free with admission.

Noon to 3 p.m., Saturday, Feb. 14: Second Saturday for Families, "The Shape of Love," lets families tour Buddha and attend an art workshop to discover symbols of harmony and expansive love. Practice acts of kindness and goodwill by crafting Valentine cards for friends and family. Free with admission.

For more information on exhibits and events call 808-7000 or see the website www.crockerartmuseum.org.

'What's Opera, Doc?' and more

A free musical event for children ages 6 to 12 exploring how Warner Bros. cartoons introduced classical music to generations is scheduled for noon and 2 p.m., Saturday, Jan. 10, at Curtis Hall in the Sierra 2 Center, 2791 24th St.

Thanks to Bugs and Elmer Fudd, the music of Wagner, Donizetti, and Rossini is familiar to young audiences today. Discover the origins of opera, its relation to the visual art world, its diffusion to other countries and how it came to appear in cartoons and other pop culture outlets.

Such masterpieces as "What's Opera, Doc?," "The Rabbit of Seville," and "Long-Haired Hare," will be shown. The program also features live performances of three popular opera selections.

Reservations are not required.

Learn to pole walk

Classes in pole walking begin at 10 a.m. Wednesday, Jan. 21, at Elks Lodge No. 6, and organizers say anyone, of any age, can learn to pole walk.

"If you can walk, you can pole walk," said Quaint Brylski of Cure Arthritis Now, sponsors of the weekly class.

Pole walking provides a more complete overall workout than simple walking, Brylski said. It increases heart rate and calorie expenditure (compared to regular walking) without increasing exertion. Pole walking also reduces stress on knees and other joints and improves balance and posture, which is why

See Inside, page 7



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- 1/4 tsp pepper

Combine cabbage, apple and green onions in a large bowl. Mix together lemon juice, oil, Granite Bay Farms Golden Honey Mustard, salt and pepper. Mix very well. Pour over cabbage mixture; toss gently to coat. Chill 1-2 hours.

Our Featured Item:



Granite Bay Farms Award-Winning Golden Honey Mustard



TAYLORSMARKET.COM

Inside

Continued from page 6

it's such a great exercise for people with arthritis.

"It is also much more fun than walking and encourages people to exercise together and exercise more regularly," Brylski said.

Classes are free; dress for the weather. To reserve a space, phone 208-8700.

Free e-waste disposal

Residents can rid themselves of electronic waste for free by dropping items off from 9 a.m. to 3 p.m. Sunday, Feb. 8, at Elks Lodge No. 6 parking lot, 6446 Riverside Blvd.

Electronic waste includes computer monitors, televisions, cell phones, digital cameras,

scanners and more. No household appliances, furniture, hazardous waste will be accepted.

Proceeds will benefit the Elks Lodge Deceased Members Memorial.

Pick-up requests for those unable to drop by Feb. 8 can be made to Don Puliz, 429-6465.

Martin Luther King day 'on'

In 1994, Congress initiated "King Day of Service," which is an effort to transform the federal holiday honoring Dr. Martin Luther King Jr. into a day of community service that strengthens communities, empowers individuals and bridges social barriers.

"It's a day that we must take on, not take off," said Kathy Chow, director of Hands On Sacramento. That day is Monday, Jan. 19.

With King's goals in mind, Hands On Sacramento in partnership with various local organizations, businesses and non-profits, has organized more than 15 Martin Luther King Jr. Day projects dubbed "80 Acts of Kindness: Keeping the Dream Alive."

This year would have marked King's 80th birthday and in honor of his legacy, volunteers at all project sites will conclude the day with a reflection of 80 Acts of Kindness that they can perform in their community.

"This January 19th, we can all find a project that suits us because the volunteer opportunities are as diverse as they are plentiful," Chow said. "From sorting donations for those in need to cleaning up a duck pond, we can find a way to serve our communities."

Not alone but have kids in tow? All events are family friendly so bring those tykes along, she said. Not only will they get out of the house for fun and fresh air, they will learn how they can make a difference in their community, a goal that continues to be very much a part of King's vision.

For more information and to sign up for volunteer opportunities in your area, visit www.handsonsacto.org and look for the MLK Day logo. Chow can be reached at 447-7063 or at kchow@handsonsacto.org.

School district sets public meetings

In light of budget difficulties, the Sacramento City Unified School District has been investigating options for school sites that are closed or underutilized.

SCUSD would like to hear from the community. Meetings have been scheduled in January and February before the school board evaluates options in spring 2009. All meetings are scheduled from 6 to 8 p.m.

Area meetings include:

Tuesday, Jan. 20, John F. Kennedy High School, 6715 Gloria Drive.

Monday, Jan. 26, Alice Birney Elementary, 6251 13th St.

Tuesday, Feb. 10, Sacramento Charter High School, 2315 34th St.

Wednesday, Feb. 11, Leonardo da Vinci K-8 School, 4701 Joaquin Way.

For more information, please visit the following website: http://www.scusd.edu/com_office/fcpro/FacilitiesUse.htm.



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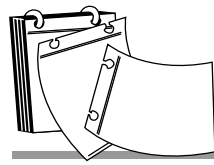
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Calendar

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

JAN. 15

Politics of investing

The Senior Connection offers a class to analyze how past administrations have affected the U.S. economy and changed the marketplace, 1:15 to 2:15 p.m., Easton Monroe Lodge, 3225 Freepoint Blvd. Free. Information at 888-334-3490 toll-free.

Genealogy club meets

Mission Oaks Genealogy Club meets, 1 p.m., at the senior center, 4701 Gibbons Drive, Carmichael. Visitors welcome. Information at 483-4703.

JAN. 16

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part One," 1:30 to 2:30 p.m., the second of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about the benefits of mental exercise, physical exercise, get info on a brain-healthy diet and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 17

Funeral information

Harry A. Nauman & Son Funeral Chapel open house, 10 a.m. to 3 p.m., 4041 Freepoint Blvd., for all questions about funeral planning. Free. Information at 452-6157.

New Year, new you

Free fitness fair at Arden Hills Resort Club and Spa features free fitness assessments, balance testing and mini-training sessions by top area physical fitness trainers, 9 a.m. to 1:30 p.m., 1220 Arden Hills Lane. Food samples, give-aways and hydrostatic body fat testing for a free. Information at 482-6111 or website: www.ardenhills.net.

Video games for health?

Arcade Library hosts a class for all ages on "Healthy Video Games," 2 p.m., 2443 Marconi Ave. Can video games be healthy? Get your heart rate up with "Dance, Dance, Revolution" and Wii Sports. Free. Information at 264-2920 or visit www.saclibrary.org.

Living with wildlife

Explore ways that humans can peacefully coexist with bats, raccoons, possums and

other wildlife in their neighborhoods, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

Singles Winter Dance

Christian Singles Network's Winter Dance, 7 to 11:30 p.m., Carmichael Presbyterian Church, 5645 Marconi Ave. DJ dance music of all types from 8 to 11:30 p.m., salsa and samba line dance lessons from 7 to 8 p.m. Casual dress. Tickets, \$15 presale or \$20 at the door, include light buffet, desserts and the dance lessons. CSN dances are non alcohol; all ages welcome. Information from the 24-hour event line, 658-0606, or the network's office, 530-878-8606. Pre-sale dance tickets on-line at www.christiansingles.net.

JAN. 18

Secrets of a wildlife watcher

Let a naturalist help you sharpen your wildlife observation skills as you discover signs of the animals living in the oak woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo

Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 20

Women's Connection

Sacramento Women's Connection luncheon, 11:30 a.m. to 1 p.m., Lions Gate, Club Room A, 3410 Westover McClellan Park. Features speaker Vicki Mascara, and nationally recognized artist Sharon Mahnken displays wood carvings. Cost, \$20 per person. Reservations required by Jan. 14. Information at 332-1461, or SacCWC@aol.com.

Talk about the schools

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., John F. Kennedy High School, 6715 Gloria Drive. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

See more Calendar, page 15



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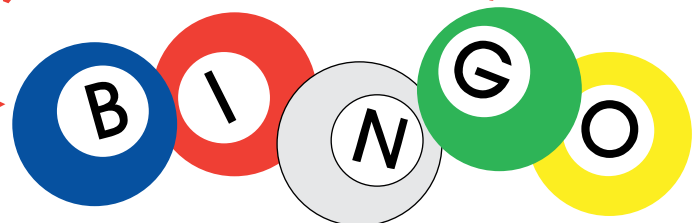
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Flying

Continued from front page

north coast, or as far south as Harris Ranch, a busy meal stop on I-5 that has its own airstrip. Both destinations are about an hour and a quarter flying time from Sacramento. Somewhat closer are places like Auburn, Boonville, Bridgeport, Hayfork, Quincy, Ukiah and Yerington, Nev., to name just a few.

In aviation circles it's called the \$100 hamburger. The price varies, of course, with the distance from home base and the fluctuating cost of aviation gas, but the cost of a \$100 hamburger would break down to about \$10 (including tax and tip) for the burger and \$90 for the avgas. However at today's price the gas will cost the pilot around \$60 per hour or \$120 for a two-hour round trip. You can see what the high price of gas (and burgers) has done to the \$100 hamburger. Yet pilots are resourceful and will invariably find ways to cut expenses.

Carrying passengers and sharing the cost is one way. Another is to find a closer destination.

Point man

Bob Baker, retired from the U.S. Air Force and long time member of the SVPA, is the coordinator for these events. Once a month he will send out an e-mail naming his airport pick-of-the-month, the restaurant, the day and the time to meet.

He recently picked Half Moon Bay on the Pacific side of the San Francisco peninsula with the Half Moon Bay Brewing Company as the restaurant of choice. Flying time is about 50 minutes one way.

A small plane departing from Sacramento Executive Airport will head for Napa, cut across San Pablo Bay, and steer for Sausalito. With a little luck the marine layer that usually shrouds the coast in fog and low clouds will be laying well off shore.

From the Marin headlands the plane will descend outside the Golden Gate where occupants have a grand view of the bridge and the San Francisco skyline. Dropping down to 1,500 feet above the ocean to get underneath the flight path of the heavies climbing out of SFO, the small plane will skim along the shoreline past Golden Gate Park and the blocks of houses spilling over the hills of San Francisco down to the sea.

A few miles farther along the coast is Half Moon Bay Airport where pilot and passengers can park their plane, walk down a woody path that leads to Capistrano Road and several good eating places.

Designated flyer

The Half Moon Bay Brewing Co. offers an eclectic lunch menu, but wouldn't you know there is a downside to flying-for-food if you are a



Members of the Sacramento Valley Pilots Association know every airport restaurant within a 150-mile radius of Sacramento Executive Airport. A recent "\$100 hamburger" lunch found them taking off for Half Moon Bay.

Photo by Earl Rogers

person who enjoys a glass of wine with your lunch. The pilot may not swallow an alcoholic beverage under threat of severe penalties for those who do. He or she is, so to speak, the designated driver. The rule for pilots is eight hours from bottle to throttle. This is a good rule intended for the safety of all concerned. Passengers are exempt, but for pilots there are no exceptions from airline captains to those of lesser stripe.

At the Half Moon Bay Brewing Co. the pilot must slurp down a Diet Pepsi with his Brewery Burger while sitting with passengers who may be sipping a glass of Cinnabar Chardonnay or drinking a mug of Pillar Point Pale Ale with their fish and chips.

Oh well! There is no charge for the views enroute.



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Child support workshop for fathers' issues

The Fathers Resource Center is offering a free workshop on child support issues from 6 to 8 p.m. Thursday, Feb. 5, at the Department of Child Support Services, 3701 Power Inn Road.

Space is limited and pre-registration is required with the Fathers Resource Center at 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fatherscenter.org. Refreshments will be provided.

The workshop is co-sponsored by the Sacramento County Department of Child Support Services.

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Sarus on 21st Street

Great Vietnamese food from a gracious immigrant

Sarus, a new, family-owned dining option in Midtown, is open at the former site of First Choice Chinese Restaurant. It's one woman's dream come true.

Specializing in homemade Vietnamese food, family-operated Sarus is named after a crane from Southeast Asia. The owner, Dawn Nhan, emigrated from Vietnam in 1980 with the dream of one day opening a restaurant. Previous restaurant work and her love of cooking fueled her desire.

Those who like loud music, rowdy customers at nearby tables or blaring televisions will be disappointed. Sarus is elegant in its simplicity. The food, ambiance and individual attention make for a genteel dining experience and everyone receives the same personal treatment when Nhan is in the house.

She manages to work a full-time job with the state, but is always in the restaurant on Mondays and in the evenings. When asked what makes Sarus different from other restaurants, Nhan replies without hesitation: "The food and service are better than any other restaurant!" She just might be right -- people say they love the food and keep coming back for more.

Portions are generous, prices are reasonable, the food is fresh and attractively presented, and Nahn adds her personal touch to the package.

Be sure to pick up a take-out menu.

Sarus is located at 1315 21st St., between Capitol and N. Phone 448-8833.



Sarus Restaurant, 1315 21st St., gets its name from a south-east Asia crane. Owner Dawn Nhan (inset) came to Sacramento from Vietnam in 1980. Her restaurant is a dream realized.

Photos by Melissa Andrews

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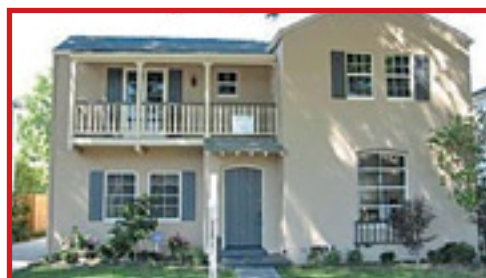
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New leaders installed Older Women's League targets health care issues in 2009

Special to *the Land Park News*

The Sacramento Capitol chapter of the Older Women's League inaugurated its program for 2009 by installing two members to jointly hold the position of co-president during the coming year.

They are Carmichael resident Eunice Lycke, a retired California Youth Authority parole agent and social worker, and Kathleen Lane, a Land Park area resident and retired social worker for Kaiser Permanente. They were elected by OWL members Dec. 19 at the Hart Senior Center to replace Joyce Miller of West Sacramento.

Lane and Lycke, both in their 80s, said they felt the job could be handled best by having two co-presidents to share the workload. The

two women have been friends since they first met as students at Loyola University in Chicago.

With the U.S. in a major recession and the Obama administration set to take over in Washington in late January, Lane and Lycke agreed that OWL faces greater challenges than ever in its role of marshaling public and political support for meeting the needs of older and mid-life women.

Improved and universal health care services were listed as major needs for OWL's nationwide membership, Lycke said. She and Lane listed other areas to be targeted by OWL, including guarantees of adequate housing for all, along with improved Social Security, transportation and other needs to be secured by supporting appropriate legislation on the state and national levels.



Kathleen Lane, left, and Eunice Lycke share the gavel they will use as joint leaders of the Older Women's League.

Courtesy photo

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10:00 a.m.	Nutrition
11:00 a.m.	Medication Management

Thursday, February 12, 2009

10:00 a.m.	Exercise
11:00 a.m.	Home Modification/Safety

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What's so funny?

Laughter Yoga snickers at stress, chuckles at cares at Belle Cooleedge

Special to *the Land Park News*

The library usually isn't the place to find a group of women in uproarious laughter, but at Belle Cooleedge Library when Laughter Yoga is in session, the giggles and guffaws abound.

"Laughter Yoga is a combination of laughter and breathing exercises that together help relieve everyday stresses," explained instructor Judy Knott. "It allows you to cultivate that childlike playfulness and joy you may not have felt for a while."

A recent class – one that repeats, free, on Saturday, Jan. 17 – gave women the gift of laughter to ease symptoms of menopause.

"Laughter brings positive changes to your body, mind and emotions," Knott said. "Your body can't tell the difference between a good laugh and a 10 minute jog."

"When we laugh we produce endorphins, which make us feel good. What better way to start or end your day than with laughter."

Developed by Dr. Madan Kataria of India in 1995 with just five people, Laughter Yoga and has quickly spread throughout the world, Knott said. There are more than 6,000 laughter clubs in at least 60 countries.

"The combination of laughter and breathing is like a full body exercise without the sweat," Knott said. "It increases the oxygen supply to the body and brain, which in turn gives you a sense of well being that can last for hours and sometimes days."

And if you think you need to be funny -- you don't.

"Have you ever noticed how when someone else laughs even if you don't know what they are laughing about, it makes you smile?" Knott noted. "You don't have to know the punch line, all you have to hear is the laughter."

Imagine what it would be like in a room of 10 or 20 people all laughing at the same time. The joy is contagious.

Laughter Yoga classes are led by certified trainer. Each class lasts from 30 to 45 minutes and moves people through several 30-second laughter scenarios.

Knott is one of a few certified laughter leaders in the area and has been leading classes at assisted living facilities as well as at Belle Cooleedge Library. Contact her at 539-1716.



Alice Calhoun helps spread infectious laughter at Laughter Yoga...



...and Margaret Takemoto joins in.



(left) Judy Knott, certified Laughter Yoga instructor, leads the giggles and, above, JoAnn Peter gets them.

Photos by Kati Garner

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1010 CASILADA WAY LITTLE POCKET
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Beautiful Little Pocket home w/ 3 bedrooms & 2 baths, wood floors, living room w/ fireplace & 2 car detached garage. This property is located on a lot that is .37 acres which is perfect for quiet summer entertaining & suitable for a large pool or addition to this home. The kitchen has been gutted, so bring your remodel ideas & create the gourmet kitchen of your dreams. This is a fabulous opportunity to own in Little Pocket at an amazing price!

948 ROEDER WAY LITTLE POCKET
\$349,500

Incredible Little pocket remodel w/ 3 bedrooms & 2 baths, including a master bedroom suite. Home features a remodeled gourmet kitchen w/ granite counter, tile floors & stainless appliances. The baths are remodeled, there is a living room & family room w/ fireplace & gleaming wood floors. **SOLD**

926 ROEDER WAY LITTLE POCKET
\$349,900

Outstanding Little Pocket home w/ 3 bedrooms & 2 remodeled baths, gleaming wood floors, remodeled kitchen w/ maple cabinets & stainless appliances, breakfast nook & dining room & dual pane windows. Outside there is a very large yard, perfect for entertaining. Located in tranquil Little Pocket, walking distance to Land Park & the Sacramento Zoo, you must see this remarkable home.

4925 CRESTWOOD WAY SOUTH LAND PARK
\$425,000

Wow, you won't believe your eyes when you see this spacious 3 bedroom & 2.5 bath home w/ over 3100 square feet. This property features wood floors, a living room w/ fireplace, a laundry room w/ 1/2 bath, a master bedroom suite & a 2-car garage. The kitchen, baths & windows are in original condition. **SOLD**

731 BLACKWOOD ST. WOODLAKE
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Come discover this exquisitely remodeled home in coveted Woodlake. This incredible home has 3 bedrooms & 2 baths, a gourmet kitchen & living room w/ fireplace. Outside there is a beautiful wood deck that is bathed in natural light. The architectural details & finishing treatments, using onyx, glass, timber, metal & so much more are amazing. **PENDING**



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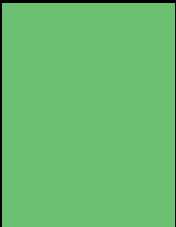
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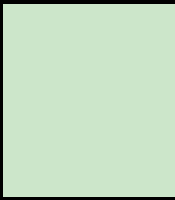


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Parkside progress

Parkside Community Church is building a new sanctuary at the corner of South Land Park Drive and 35th Avenue. The 3,000-square-foot sanctuary will seat 180 attendees in a semi-circle configuration. The piano and new Rogers organ will be featured at the front of the sanctuary, where a large, multi-stepped chancel will support a preaching dais, altar and custom sculpted waterfall-baptismal font. Sacred geometric art work and inspirational banners, donated by sponsoring patrons, will fill the walls. Landscaping plans include a meditative garden and a memorial rose garden, to be enhanced by the donation of shade trees from the Sacramento Tree Foundation. Donations and memorial gifts for the sanctuary building fund are welcome. For information, contact the church office at 421-0492.

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RETIREMENT & ASSISTED LIVING



Calendar

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

JAN. 21

Hear a harpsichord

Harpsichordist Fayth Vollrath performs, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Know your fruits

Food Preservation demonstration on citrus and tropical fruits, 6:30 to 8 p.m., Sacramento County UC Cooperative office, 4145 Branch Center Road, \$3. No pre-registration required. Information at 875-6913.

How to pack light

Learn how to pack for months in merely a carry-on sized suitcase, get other hints on traveling light with minimum baggage, 9:30 a.m. demonstration, 10 a.m. travel show, Mission Oaks Community Center, 4701 Gibbons Drive. Free. Information at 972-0336 or website www.morpd.com.

JAN. 22

'Women in the Media'

Women members from area media discuss their working challenges and issues, 7 p.m., Belle Cooledge Library Community Room, corner of Fruitridge and South Land Park Drive. Hosted by the Women of the World interest group of the Sacramento Branch American Association of University Women. Reservations with Leigh Stephens at 395-7891.

JAN. 23

Italian film series

Film series shows "My Brother is an Only Child," where two brothers discover they are more alike than they think, 8 p.m., at the Italian Center, 6821 Fair Oaks Blvd., \$10 admission. Shown in Italian, with English subtitles. Refreshments included. Information at ITALY-00.

Hot crab feed

Courtyard School's annual hot crab feed and auction, 6 p.m. social, 7 p.m. dinner, 205 24th St. Features hot crab, pasta, bread, and salad, \$45. Live, silent and dessert auctions. Information at 442-5395.

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about emotional health and memory, reducing stress, and the importance of social relationships. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 23-25

Master gardeners' clinics

UC Master Gardeners present three plant clinics to solve the public's gar-

dening problems. Bring samples from problem insects or plants. At the Cal Expo Fairgrounds, inside the Pavilion, 1600 Exposition Blvd. Friday, noon to 8 p.m., Saturday, 10 a.m. to 8 p.m., and Sunday, 10 a.m. to 6 p.m. Information at 875-6913.

JAN. 24

Walk on the wild side

Walk with a naturalist and explore the winter season in the woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 25

East meets West in concert

Sacramento Youth Symphony and The Firebird Youth Orchestra in San Jose join for a presentation of traditional Chinese music. Begins with the Chinese New Year Lion Dance, followed by selections of traditional Chinese music using original instruments and costuming. Classical symphonic selections, too. At 3 p.m., Sacramento Community Center Theatre, 1301 L St. Tickets \$20, general, \$10 for children and students with ID, at 808-5181.

Free e-waste recycling

McClatchy High School's Rugby Boosters fund-raise with a free e-waste recycling drop-off, 9 a.m. to 4 p.m., at the school, 3066 Freepoint Blvd. Accepting electronic waste including televisions, monitors, computers, com-

puter components, phones, VCRs and DVDs, cameras, and more. Information at www.neuwaste.com.

JAN. 26

School district seeks input

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., Alice Birney Elementary, 6251 13th St. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

JAN. 27

'Stumpwork' for embroiderers

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Celeste Chalasami will teach stumpwork featuring a Gooseberry image. Visitors welcome. Information at 961-3558.

JAN. 28

Pops at lunchtime

Curvd Aire Brass Quintet plays pops to classics, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Reviving the brain

Larry Dawes leads brain workshops to help you maintain mental agility. Features four sessions of discussions and activities, every Wednesday, 9 to 11 a.m. Mission Oaks Community Center, 4701 Gibbons Drive. Space is limited. Reservations are required. Information at 334-1072.

The anti-cancer diet

Author and nutritionist Bronwyn Schweigerdt discusses ways to lower your exposure to cancer-causing compounds and outlines components of a cancer-

prevention diet, 7 p.m., Arcade Library, 2443 Marconi Ave. Free. Information at 264-2920 or visit www.saclibrary.org.

JAN. 29

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about memory and identity, personal and collective memories, and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

The Thin Green Line

Sacramento County rangers, state Fish and Game wardens and US Fish and Wildlife officials are all part of the thin green line that protects wildlife, fish, parks and resources from harm. Hear stories both funny and tragic from those who keep the thin green line

JAN. 30

RSVP for WEAVE

Reconciliation Singers Voices of Peace present "A Choral Tapestry," 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd., a benefit for WEAVE. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

JAN. 31

Loving your chocolate

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From left: Wes, Ted, and Henry

Open schedule, office hours and more

Mayor moves toward his promised 'City That Works for All of Us'

This is the first of a monthly column from Sacramento's new Mayor Kevin Johnson.

Change. It's a word we all heard a lot in last year's elections – both on the national level and here in Sacramento.

During my first month in office, I've been committed to making sure that it simply wasn't campaign rhetoric.

During my mayoral campaign, I held eight "Town Hall" meetings throughout our city. These forums provided an opportunity for unfiltered give-and-take with voters. No moderators. No screened questions. Just an honest-to-goodness back and forth that provided me with a unique opportunity to listen to what matters to Sacramento families.



MAYOR KEVIN JOHNSON
NEIGHBORHOOD MATTERS

No matter which city council district I visited, there was no shortage of suggestions on how to improve the efficiency and effectiveness of city government.

At the David Lubin School in East Sacramento, a McKinley Park homeowner talked about how frustrated she was with City Hall. She called it "unresponsive," "bureaucratic," and "completely inaccessible."

At the California Middle School in Land Park, a neighbor

expressed her dissatisfaction with municipal government, noting a "disconnect" between the city's leaders and the citizens they were supposed to serve.

In the Pocket, several families at the Didion Elementary School told me their calls to city for assistance were either ignored or became entangled in red tape.

Everywhere I went throughout the city, I heard much of the same.

I wasn't surprised.

I ran for mayor to change the way city government works. I want it to be responsive, smart and focused. Most of all, I want our city government to work for all of us.

That's why in the first few weeks of my administration, I took several steps to make Sacramento government more accountable, transparent and accessible.

Changing the way the city does business

No longer will city government be inaccessible. I've launched a series of initiatives to bring the city services and my office to you.

- Office hours – To provide Sacramento citizens with direct access to their city government and their mayor, I will hold office hours one Saturday every month, beginning at 9 a.m. These field office hours will be held throughout the city to ensure every resident has the opportunity to speak directly to me about the issues most important to them. (Check the city website, www.cityofsacramento.org for the schedule.)
- Town Hall meetings – There's no need to trudge down to City Hall to share your views on issues facing the city. Each month I will hold a town hall-style meeting where

See Matters, page 17

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Matters

Continued from page 16

you can voice your opinion on city issues, along with your neighbors. These meetings will be held in each city council district, with city officials on hand to answer questions and address neighborhood concerns.

- An “open book” schedule – My daily schedule of official meetings and activities will be open and available to all Sacramento residents, and it will appear on the city website. This will provide you the opportunity to see the energy and dedication I plan to put into being mayor.

- Communicating with citizens – I will be open and accessible with the media, which, in turn, will provide you with continuous updates about your city government. I will appear for one hour every Wednesday afternoon at 3 p.m. on KFBK radio and every Friday at 12:30 p.m. on the “Eric Hogue Show” on KTKZ radio (the latter will be broadcast live from “The Park” on 16th Street at lunchtime once month so citizens can participate). I also will appear on News10, answering questions sent via the web, every Thursday either at 11 a.m. or 5 p.m. Every Monday morning at 7:45 a.m., I will be featured on “Mondays with the Mayor” on Fox 40 TV, where I will answer questions submitted via e-mail by viewers.

I welcome your direct feedback to what is published here. E-mail me directly at mayor@cityofsacramento.org.

Charter reform

Reforming the city charter is often a dry exercise. But it’s time Sacramento join the rest of the state’s large cities in modernizing its charter to provide more accountability in city government.

Under the current charter, an unelected city manager – appointed by the City Council – has the major responsibility for managing city government. Department heads report to him, not to any elected official. Most major decisions are made by the city manager – sometimes contrary to what citizens want. Yet the city manager isn’t accountable to voters.

That’s why more and more cities – most recently Oakland and San Deigo – have reformed their charters to provide citizens the opportunity to hold their mayors accountable for city government actions.

Under the proposed system, the mayor is the city’s chief executive officer, similar to the governor or the president. The council is the legislative body, providing checks and balances to the mayor’s authority.

If charter reform is passed, Sacramento residents will have an individual – me – that they can judge as to whether or not we’re solving the problems and making progress at fixing the problems at City Hall.

That means no more passing the buck or finger pointing. It means you can hold me accountable for what’s happening with our city government.

This would be a significant change in the way city government works, and I will be providing more details on this critical charter reform in my next column.

Auditing city spending

It’s no secret that these are difficult economic times. The downturn in our economy is straining city services with new demands for programs that serve low-income families, the homeless, and others that are having a difficult time making ends meet. Crime also is inching up, as it does during every recession, requiring increased spending to keep our streets safe.

Even though Sacramento enjoys some degree of economic stability as the home of state

government, our city has been hard hit by the foreclosure crisis and private sector job losses. This, in turn, has caused major declines in the taxes we are able to collect.

As a result, I have inherited a record deficit. This will require difficult decisions to be made in the next few months – and years – as we try to balance our books.

The first step toward budget solvency is a top-to-bottom fiscal and operational review of the city’s finances – something I promised to do in my campaign. It’s time to open up the city’s books and find ways to eliminate waste and duplication of services, and to see if we can do things smarter and more efficiently.

Last month, I was able to convince one of the nation’s most prominent auditing firms, Alvarez and Marshal of New York, to conduct a “diagnostic” assessment of city spending at no cost to city taxpayers. The firm will focus on three to

five key budget areas for potential savings, and report back to the City Council.

If the council then gives the green light, the firm will then move ahead with an eight-week intensive review of the city budget beginning in January. The firm’s services will end up costing the city nothing, as it guarantees that it will find savings twice that of its fee. If the city does not adopt its findings, no fee is charged.

This is a unique opportunity for Sacramento to become a more efficient, responsive, and results-based government. Many other cities employ outside auditors to ensure taxpayer dollars are wisely spent, and it’s time Sacramento join their ranks.

All of these measures – increased accessibility, improved accountability, and a thorough fiscal review – are part of the change I promised to bring Sacramento. As always, I welcome hearing your perspective on these actions.

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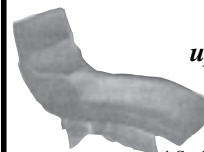
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COZY COTTAGE

Cute 2 bedroom plus den home with a detached office/hobby room. Sunny yellow updated kitchen with new dishwasher. Hardwood floors and some 1940's charm. Backyard has new sod and beautiful trees. Includes an inside laundry room. See 656-55thst.com \$399,000

DEBBIE TOWNE 532-2652

LAND PARK COTTAGE

Charming 2 bedroom with pride of ownership on display at every corner. Lush landscaping with brick walkways, shaded secluded decks and tree canopied lawn. Classic arches, recessed ceilings, plantation shutters, fun country kitchen with brick wall. Second bedroom welcomes the outdoors in with 2 walls of brick. See www.2615FreeportBlvd.com \$339,000

PAULA SWAYNE 425-9715

WISTERIA PLACE ELK GROVE

2004 built Lennar Homes 4 or 5 bedroom 3 bath two story home with many upgrades. Hickory wood and tile floors, upgraded carpet, granite kitchen counters and stainless steel appliances. Grand sweeping staircase, soaring ceilings and trellised patio make this a special home. See www.9662CountryFalls.com \$449,950

NANCY WEGGE 600-5458

CLASSIC ARCHITECTURE

Old World charm made popular **PENDING** builder Frank "Squeaky" Williams. 4 bedrooms 2 baths with beautiful random plank hardwood floors, beamed living room ceiling, gorgeous leaded glass windows, original wood trim and ornate light fixtures. Covered patio overlooking beautiful backyard. See www.2082-8thAve.com \$660,000

JERRY KIRRENE 455-1001

STATELY MEDITERRANEAN

Don't pass this one by!! **PENDING** Upstairs veranda looks out over the park. Charming and spacious with over 2200 sq. ft! Downstairs 3rd bedroom has been expanded. It could be an office or family room if you would prefer. See 3671ecurtisdr.com

SHEILA VAN NOY 505-5395



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Dunnigan Realtors

4215 Freeport Blvd.
454-5753

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