



Little League tryouts put the season in gear

See page 4



Courtesy photos

'LyreBird' exclusive

Sacramento-born playwright-actor Tyler Coppin brings his passionate, exotic tribute to flamboyant actor Sir Robert Helpmann to the Sierra 2 Center's 24th Street Theater on Feb. 2, when his play 'LyreBird' begins a month-long, exclusive American run. Coppin left here some 30 years ago on a scholarship to Australia's prestigious National Institute of Dramatic Art. Australia became his home and the rest, as they say, is history. Read about it on page 16.

POLST forms Ensuring life ends your way

By Miranda Menestrina
THE LAND PARK NEWS

Major medical decisions can be difficult to make, especially in an emergency, but Mercy McMahon Terrace care facility attempted to make them a little easier with a free, hour-long seminar this month.

The presentation highlighted the voluntary medical form called POLST (Physicians Orders for Life-Sustaining Treatment), a new form that went into effect on Jan. 1.

Aimed at making medical requests clear and concise, the POLST form is completed by a health care professional and covers all aspects from resuscitation, antibiotics, and artificially administered fluids and nutrition. The written orders indicate any or all life-sustaining treatments a patient may or may not want if he or she becomes ill.

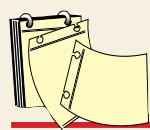
In addition, POLST complements any existing Advance Directives and/or Living Wills a patient may have to eliminate any confusion.

Paramedics need it

"There has been a movement across the country to help make sure people's end-of-

See POLST, page 3

◆ INSIDE ◆



Community Calendar

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Land Park's new place of contemplation

See page 8



That nice 'new' smell isn't so nice

See page 3

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It's all on the table

Merging schools, cutting principals part of school use discussions

By Miranda Menestrina

THE LAND PARK NEWS

With the state calling for more budget cuts from the education system, the Sacramento County Unified School District turned to the community, Tuesday, Jan. 20, to brainstorm new ways to raise money.

The meeting, held at John F. Kennedy High School, was the third of 11 meetings in the district's five "study areas" (north, south, east, west and central) that have been organized to discuss ideas on how to best use the city's school facilities and other sites to gain back money that lost from budget cuts and falling enrollment.

Since 2002, the district has cut \$90.4 million and, since 1999, has lost roughly 10,000 students. A \$15 million deficit is projected for the 2009-2010 school year.

"Our school facilities are underutilized," said Susan Miller, interim schools superintendent. "We need to develop strategies for saving money and generating revenue."

Suggestions, please

Speaking to about 75 community members, school staff, and parents who are in the west study area — meaning all schools west of Interstate 5 — Miller asked for input and recommendations.

"We want to bring services into the district neighborhoods," she said, "and we value your suggestions."

Among the proposals was to combine two elementary schools and dedicate the open facility to a middle school for sixth through eighth graders.

"Right now we have no middle school," said May Clark. Her son goes to the School of Engineering and Science, which has grades seven through 10 this year, but will add grades each year until it has grades seven through 12. "Having a middle school will bring the correct amount of funding for these particular grade levels, the right number of counselors, increase students' test scores, and allow for better sports."

But another parent expressed his concerns when it came to combining schools.

"When Bear Flag and Caroline Wenzel combined, the students weren't matched academically," said Dale Fong, whose daughter attends Caroline Wenzel. "You can't just drop (students) off and expect them to get caught up. Reserve money would have to be put aside for tutors to help students who aren't quite up to speed."

Other ideas to save money included removing unused portables and trimming administration.

"Our school facilities are underutilized. We need to develop strategies for saving money and generating revenue."

Susan Miller
 Interim superintendent

"Each school in this district, no matter its size, has a full-time principal, secretary and plant manager," said Leo Bennett-Cauchon. "There are some schools out there that share principals and have an automated call center. Why not try that here?"

With concern to the falling enrollment, parent Michelle Miranda declared that test scores needed to be addressed.

"That's a major factor in the declining numbers," she said, noting that she's seen a drop in the test scores at Lisbon (K-6), which also has the lowest number of enrolled students. "Students who live within blocks of Lisbon are going all the way to Elk Grove."

A mother of a fourth-grader agreed, saying, "I wouldn't send (my daughter) to Lisbon if she hadn't been accepted into the GATE program."

Those with ideas on how to best use the district's facilities are encouraged to come to future meetings, post their thoughts online at the district's website -- www.scusd.edu, under the Facility Use Community Meetings section -- or call the district directly at 643-9043. All comment, questions and responses will be posted online.

Future meeting sites

All meetings are scheduled from 6 to 8 p.m.

South Study Area

• Tuesday, Feb. 3
 Maple Elementary School
 3301 37th Ave.

Central Study Area

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

West Study Area

• Wednesday, Feb. 4
 Martin Luther King Jr. Elementary School
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North Study Area

• Tuesday, Feb. 10
 Sacramento Charter High School
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Meet the VOCs

Bummer news about that wonderful 'new' smell

We all know that familiar odor when we buy something new – a shower curtain, new car, new carpet, a new toy for a child.

That “new” smell is typically not unpleasant -- it just smells “new.” But the origins of that odor are often toxic chemicals that are used both in the materials and production of the new item.

These smells are typically “off-gassing” a dangerous soup of unhealthy volatile organic chemicals, typically known as VOCs. The VOCs can cause eye, nose and throat irritation, headaches, loss of coordination, nausea, and damage to the liver, kidneys, and central nervous system. Some VOCs are known to cause cancer in humans.

Sadly, the Environmental Protection Agency, one of the government agencies dedicated to keeping the public safe, does not regulate air quality in the home.

Can we avoid these VOCs? Sometimes a good washing of the item is all that is needed. For that shower curtain that has soap scum across the bot-

tom, a good washing with a soap and brush or in the washing machine will make it like new again.

If cleaning or reconditioning something we already own is not possible, how do you avoid exposure to the VOCs? Ventilate, ventilate, ventilate! If you can detect that “new” smell then the item is off-gassing harmful chemicals. If at all possible, let the new item air out -- leave the windows cracked open on your new car, leave the window open where the shower curtain is, take the toy out of the packaging.

Our favorite thing to do is to open an item from its original packaging and place the item outside or in the garage for a few days or until the “new” smell is gone or very faint.

We are exposed to toxic chemicals everyday in our lives; these simple tips are another way to limit our exposure. Good for us and our families and good for the planet.

The Green Life is brought to you by the folks at California Green Clean. To learn more about green cleaning, phone 497-0333.

POLST

Continued from front page

life wishes are honored,” says Marianne Richardson, the assistant administrator of Mercy McMahan Terrace. “In an emergency, paramedics don’t have time to look through paperwork. (POLST) makes it very clear about what to do and what not to do.”

According to a spokesperson from First Responder Emergency Medical Services Inc., which provides medical and non-medical transportation here in Sacramento, it is highly important for everyone—especially those with severe illnesses—to complete the POLST form.

“It can help guide (paramedics) on how to care for patients,” he said. “Not only can we follow their requests, but also the requests of their families.”

While the POLST form was a key aspect of the presentation, the lecture’s focus was on the importance of making medical decisions before they are needed.

For more information about POLST, visit the California Coalition for Compassionate Care website at www.finalchoices.calhealth.org, or go to www.polst.org.



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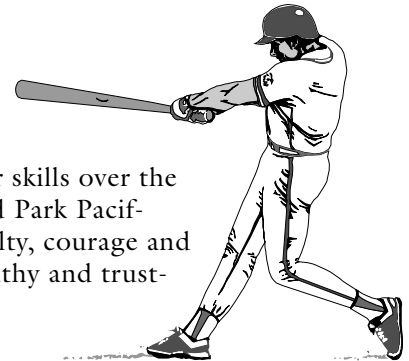
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Photos by Kati Garner

Play ball!

Players from Land Park Pacific Little League have been reporting to tryouts this month, shagging flies, fielding grounders, and taking up their bats as the league begins its 59th year. Teams of 8- to 12-year olds will be honing their skills over the next couple of months, getting ready to meet on Dooley Field, Saturday, March 28, for the official Opening Day. Land Park Pacific Little League's goal is 'to implant firmly in the children of our community the ideals of good sportsmanship, honesty, loyalty, courage and respect for authority, so that they may be well adjusted, stronger and happier children and will grow to be good, decent, healthy and trustworthy citizens.'



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The Believers and their coaches: First-place trophies and all A's.

Courtesy photo

Local class of '14 girls rule at AAU tourneys

Special to *the Land Park News*

The 2014 Sacramento Believers, a seventh grade girls AAU basketball team of girls from the Pocket-Greenhaven and Elk Grove areas stands at 81 wins, 18 losses over the past three seasons with some prestigious trophies to their name.

The girls finished fourth in the 2008 AAU National Championships, Division 1, took first place in the 2008 AAU West Coast National Championships, and another first place in the AAU Memorial Day Jam in Reno, Nevada.

The Believers team is once again made up of local talent: Jamie Fong, Ayna Kanac, Kristen Lau, Jessica Lauderdale, Rachel Lee, Katie Lee, Najah Queenland, Sabrina Wu, and Carmen Garcia. The team is coached by Russ Fong and John Kanac.

Six players attend Sutter Middle School, one at Toby Johnson in Elk Grove, one at T. R. Smedberg in Elk Grove, and one at Holy Cross in West Sacramento. All nine players received straight A's last quarter.

For more information, see the website at www.sacramentobelievers.com.

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- In a large bowl, beat mascarpone at medium speed with heavy cream, vanilla and 3/4 cup sugar until soft peaks form and the mixture is pale yellow and fluffy. DO NOT OVER MIX.
- To serve, cut the Panettone into thick wedges or slices and top with a dollop of the mascarpone cream.

Remarks:

Orange liqueur or good quality rum. For a coffee-flavored cream, similar to that used in a Tiramisu, add 2 tablespoons of prepared coffee, mixed with 1 teaspoon instant espresso in step one, to the bowl and proceed with the instructions.

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Long journey of dedication Troop 259 honors six Eagle Scouts at Court of Honor

By Kim Worl
SPECIAL TO THE LAND PARK NEWS

Boy Scout Troop 259 celebrated the advancement of six of their Scouts to Eagle rank at a Court of Honor on Saturday, Dec. 27, at the Sacramento Elks Lodge No. 6.

The freshly minted Eagle Scouts included Anthony Fong, Miguel Francisco, Travis Murata, Matthew Puliz, Andrew Toy, and Kory Worl. These young men join 148 other Eagle Scouts who have risen through the ranks of Troop 259.

Achieving Scouting's highest rank is a significant challenge that requires a keen interest in nature and the out-

doors, a commitment to learning and mastering new skills, dedication to achieving a goal, and planning. For those that complete the journey it a tremendous source of pride and accomplishment. Fewer than 3 percent of Scouts achieve Eagle rank.

What it takes

To earn the rank of Eagle, the Scouts must advance through the ranks of Tenderfoot, Second Class, First Class, Star and Life. Throughout the advancement the scouts are required to earn 21 merit badges, 12 of which are required for Eagle (such as Camping, Citizenship in the Community, First Aid, Personal Fitness and Personal Management). Each Eagle Scout



Eagle Scouts from Troop 259, from left, are Andrew Toy, Kory Worl, Matthew Puliz, Anthony Fong, Travis Murata, and Miguel Francisco.

Courtesy photo

also must earn nine elective merit badges. More than 100 different elective merit badges are available with subjects ranging from architecture to wilderness survival.

Each of the Eagle Scouts must also maintain positions of responsibility within the troop. The final, and for many, the most challenging Eagle requirement is the community service project, where the scout must conceive, develop, plan and complete a project that benefits the community.

Service projects

Anthony Fong designed and constructed a meditation garden park for the Chinese United Methodist Church;

Miguel Francisco organized and coordinated the planting of 15 trees at St. Anne's Elementary School; Travis Murata organized the painting of addresses on the sidewalk curbs for numerous houses for the South Pocket Homeowners Association; Matthew Puliz restored the tables, benches, and amphitheater at Camp Fire USA at Goethe Park; Andrew Toy organized a significant re-landscaping effort for the local Ronald McDonald House; and Kory Worl organized the planting of six shade trees adjacent to the sports fields at West Campus High School.

These projects required considerable effort and time from the Scouts as well as the many

volunteers who were mobilized to help.

Steve Clazie, Elks Lodge No. 6 Exalted Ruler, congratulated the Scouts and described the Elk's continued support for Troop 259. To honor of the Eagle Scouts, the Elks Lodge donated individual U.S. flags and display boxes to each of the Eagle Scouts. To commemorate their achievements, each of the flags will be flown over the United States Capitol in Washington D.C.

Troop 259 meets from 7 to 8 p.m. Monday evenings at Elks Lodge No. 6, 6446 Riverside Blvd. For more information contact Scoutmaster Todd Thompson at 392-2885.

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Courtesy photo

Operation Santa Claus

Santa (Franc Martinez) greets a student at Collis Huntington Elementary School in South Sacramento on behalf of the Chinese American Council of Sacramento for the group's Operation Santa Claus Program – this year benefiting 134 needy families, up sharply from previous years and a sign of bad economic times. Sacramento County Supervisor Jimmie Yee stepped in with a \$1,000 donation and individuals from the Sacramento City Fire Department donated more than \$800. Other donations ranged from \$10 to \$500. Friday afternoon, Dec. 12, more than 300 people gathered at the school to receive \$50 holiday meal gift certificates and presents. To show their appreciation, the kids serenaded the CACS Board with holiday songs. Many of these young children thanked Santa and the CACS Santa's helpers (Merlayna Yee, Brenda and Brian Fong, Courtney Louie, Bill Tom and Jeanie Lee) personally for giving them Christmas that they would, otherwise, not have been able to have.

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RETIREMENT & ASSISTED LIVING

Fairytale Town plans Sojourner Truth days

In honor of Black History Month, Sacramento's Fairytale Town is celebrating the life of Sojourner Truth with a two-day event, 11 a.m. to 3 p.m., Saturday and Sunday, Feb. 21 and 22.

Presented by the Sojourner Truth Multicultural Art Museum, the event features activities for young and old alike, focusing primarily on the Abolitionist Movement, but also touching on modern events such as the Civil Rights Movement.

Hands-on arts and crafts activities for kids include the construction of wallpaper hangers inspired by Dr. Martin Luther King Jr., stand-up historical paper dolls, and multi-cultural wooden puzzles. Full-size likenesses of Sojourner Truth and Harriet Tubman will be on display, and children will have the opportunity to try on period clothing from the 19th Century.

A three-part dramatic storytelling presentation of "The Journey of Sojourner Truth" will also be offered live in the indoor Children's Theater both Saturday and Sunday. Key events in the life of Truth will be retold, including her introduction to Abraham Lincoln.

Fairytale Town is located at 3901 Land Park Drive. For information, see the website www.fairytaletown.org, or phone 808-8886.

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One House of Peace

Two visions blend in a peaceful house in Land Park

Nestled in a country-like neighborhood off Freeport Boulevard in Land Park is a special place: One House of Peace.

When visitors enter, they are met with a feeling of spaciousness and quiet. The main room where there are sitting meditations, discussions and workshops is referred to as the "hall." Meditation cushions, placed in perfect rows, form a perimeter. The simplicity and orderliness supports a sense of calm.

There is a welcoming community kitchen offering teas and fruit.

One House of Peace has its own garden complete with a smiling, watchful Buddha and small pond with a fountain.

Currently, a winter garden is coming up.



CORKY OAKES
CONVERSATIONS

Zen in purpose, practice

The purpose of One House of Peace is to "serve the community by sharing a practice of conscious, compassionate awareness and by providing a sanctuary where this can take place. Movement arts and other teachings of wellness, sustainable living, and the movement toward a more conscious world all extend from the foundation of this shared Zen practice."

Its mission is to "further apply this practice of conscious,

compassionate awareness by serving the extended community through outreach projects which manifest peace."

Caverly Morgan, the serene and graceful director of One House of Peace, maintains her own Zen practice on the premises. She has been a student of Zen for the last 12 years, having trained at a silent Zen monastery for more than seven of those years. A native of Virginia, Morgan says she had never heard the word "Buddhism" until she was a young adult. A retreat in North Carolina not only exposed her to Buddhism, but triggered an epiphany resulting in becoming a student and teacher of Zen.

Sacramento's pull

Her journey to Sacramento began with a one-day meeting.

"I was taken by the receptivity to awareness that I found here," recalls Morgan. She was inexplicably drawn to establish herself in Sacramento, but had no funds to do so, no job to sustain her, nor a place to stay. When she discussed this challenge with her overnight host,



Photo by Corky Oakes

Director Caverly Morgan has been a student of Zen for the last 12 years, having trained at a silent Zen monastery for more than seven of those years. One House of Peace seeks to 'further apply this practice of conscious, compassionate awareness.'

she was immediately led to working with the developmentally disabled, a profession for which she is also qualified.

Morgan decided she wanted to stay in Sacramento and began imagining "a type of place centered on awareness practice." As fate would have it, Morgan met like-minded Roberta Jan-Johnson who independently shared Morgan's vision. Jan-Johnson and her husband had previously purchased the house next to theirs with the intention of creating such an environment.

Upon meeting Morgan, Jan-Johnson offered the house where One House of Peace is now located.

Silence, focus

One House of Peace maintains what Morgan describes as a "silent privileged environment." No one speaks above a whisper and people do not socialize as they might "in a coffee house." Morgan comments that "if you visit us you will not be asked who you are, where you came from or

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House

Continued from page 8

what you do. We are totally focused on awareness practice.”

Morning and evening meditation is held during the week and on Sunday mornings. All meditation and discussions are facilitated by Morgan. One House requests that newcomers call or e-mail before visiting for the first time to arrange a 1/2 hour orientation.

Although rich in Zen practice, One House of Peace offers several other disciplines: Tai Chi, Yoga, the Alexander Technique, massage and Qi Gong. All disciplines and practices have one thing in common, what Morgan describes as “Being awake in life...being present, conscious and aware as opposed to asleep...dictated and governed by things that tend to cause us to suffer...conditioned-mind type activities...engaging in thoughts like ‘there is always something wrong, what’s wrong with us, what’s wrong with other people.’ This is a place dedicated to providing a sanctuary for people who want to go beyond that.”

Movement classes

On a community service level, One House of Peace recent-



Photo by Corky Oakes

The garden at One House of Peace. A winter garden is coming up nearby.

ly supported President Obama’s National Day of Service at the Oak Park Elementary School by participating in the creation of a garden. One House intends to continue its support of community-wide events of this nature.

Upcoming events including a six-week Qi Gong classes beginning Monday, Feb. 2. There will be an Awareness Practice Workshop on Saturday, Feb. 7. During the spring and summer months Morgan hopes to have working meditation days where people can come and participate in gardening and “share in the bounty.”

Still in the process of becoming a 501(c)3 non-prof-

it organization, One House of Peace relies on donations from the community. As its website states, “The heart of all that is shared from the house is conscious, compassionate awareness. It is through bringing awareness to our individual habits of suffering that we practice living beyond the illusion of separation. It is from this place that we serve the community, inviting all to join.”

One House of Peace, 1470 27th Ave., phone 456-1795, e-mail information@onehouseofpeace.org. For more information visit the website: www.onehouseofpeace.org.

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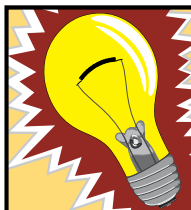
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Inside and Outside Land Park

Kiwanis cooking up crab

The East Sacramento-Midtown Kiwanis Club hosts its third annual crab feed at 6 p.m., Friday, Feb. 6, at the Dante Club. Proceeds benefit local you and other community service projects.

The event begins at 6 p.m. with cocktails and hors d'oeuvres; followed by dinner at 7 p.m. that features all-you-can-eat crab and pasta. There will also be DJ dancing, a silent auction, and raffle.

Kiwanis Club's 2009 projects include support of the Kiwanis Family House, meal preparation at a women's shelter, elementary school literacy projects, and youth leadership programs at local high schools and at Sacramento State University.

Tickets, \$45 each or a table of 10 for \$425, are available at 215-1460 or 947-0778. Advanced purchase required; no tickets will be sold at the door.

The Dante Club is located at 2330 Fair Oaks Blvd.

Auburn mansion the prize

Ronald McDonald House Charities Northern California is raffling off a fully furnished \$1.9 million home in Auburn.

Proceeds from the Dream House Raffle benefit the Sacramento Ronald McDonald House and Camp Ronald McDonald at Eagle Lake. The holder of the winning raffle ticket will take possession of the \$1.9 million dream home, a five-bedroom, 5,760 square foot Mediterranean villa situated on a 1.7 acre foothill lot with manicured grounds and a picturesque swimming pool.

A limit of 33,000 \$150 raffle tickets are on sale through May 15. The grand prize drawing will take place on May 30 when the winning ticket holder will choose between the Dream House or \$1.5 million in cash.

More information is available at the website www.sacramentoaffle.com.

Crab feed for Sac High sports

An all-you-can-eat crab feed to support Sacramento High School sports takes place from 3 to 7 p.m. Saturday, Feb. 28, at the school's commons area, 2315 34th St.

Sponsored by the Athletic Boosters Club, tickets, \$35 in advance and \$40 at the door, mean a dinner of crab, salad, pasta and rolls. Drinks and desserts will also be avail-

able, and a silent auction is planned.

"Many of the basic needs for our sports, such as scholarships funds, coach's clinics, uniforms, equipment, and officials are not covered by our school or district budget and must be earned through events like this," according to booster club President Michele Woodson.

Tickets are available through Woodson, 813-1850, or Coach Gatling, 275-9570. Advance tickets sales end Feb. 20.

Those purchasing three or more tickets can have their tickets delivered by phoning Jack Stephens at 448-2349.

More information about Sac High sports is available on-line at www.sachighathletics.org.

AAUW brings in 'Modoc' author

The annual American Association of University Women Authors' Luncheon will be at 11 a.m. Saturday, Feb. 7, at Casa Garden Restaurant, 2760 Sutterville Road.

Author Cheewa James will speak on her most recent book, "Modoc: The Tribe That Wouldn't Die." James was born on the Klamath Reservation in Oregon and grew

up in Taos, New Mexico. She is a Communications Studies graduate of Northwest Missouri State University.

James' career as a motivational speaker grew out of her Modoc background as a ranger-interpretor for the National Park Service. She has also worked in media as a reporter and anchorwoman. She says her great grandfather was a Modoc warrior, Shacknasty Jim.

"I'm grateful he changed the family name to James or else I'd be Cheewa Shacknasty!"

The public is invited to the AAUW luncheon. Reservations are \$28 per person for a set menu of chicken marsala.

Contact Wendy Haydon at 539-3235 or e-mail whaydon@ch2m.com

Free tax help for economy victims

Free help to walk unemployed or foreclosed-on taxpayers through their 2008 tax forms is being offered by Irene Senst Tax and Bookkeeping through April.

"We will be doing our part for this economic situation in California," Senst says. "We are reinstating a tax school to walk the average 'Joe or Jane' through their tax returns."

To qualify, a person must have been out of a job for

six months in 2008 or have a foreclosed house. It is not for business owners, landlords, those with stock market losses, or officers in a corporation of the tax return to be prepared.

Senst will provide all necessary forms for state and federal taxes. A \$5 kit is available that includes envelopes, stamps, calculator, pen and other hardware needed to complete the forms. If the items are self-provided, there is no fee.

Forms will be completed in a class setting, with experts walking taxpayers through their forms.

"The whole process will take less than an hour," according to Senst, "and the result will be their tax return prepared by them and supervised by us."

For more information or to register for a class, phone 640-3820, e-mail taxirene@iwon.com, or see the website at www.taxirene.info.

El Camino band tutors middle schoolers

Community service, music appreciation and education will be featured Saturday, Jan. 31, at an instrumental music teaching and tutoring clinic for middle school band students hosted by El Camino High School's 80-member strong high school band.

The 12th annual clinic, unique in the Sacramento area, is expected to draw between 40 and 60 students in sixth through eighth grades for a day-long series of workshops, private and small group lessons on practical skills, proper techniques, and music education led by their older high school counterparts.

A \$30 student registration fee will cover the cost of music, study guides, scale sheets, music stands, fingering charts, percussion instruments and facility use. Each student also will receive a free souvenir band clinic tee-shirt and a complimentary lunch.

At the end of the day, at 2:30 p.m., the middle and high school students will perform a free community concert.

For information, contact Band Director Kevin Glaser at 971-7449, or e-mail kglaser@san-juan.edu.



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Save Ourselves

Breast cancer support abounds

Special to *the Land Park News*

Save Ourselves, the Breast Cancer Organization of Sacramento, offers support, survivorship, education, and advocacy to women and their families affected by breast cancer since 1991. All services are free.

Support meetings

Four different groups for English-speaking women meet bi-monthly at various Sacramento-area locations. Meetings are held the first and third Thursday of each month at 10 a.m., noon, and 6 p.m. and the first and

third Monday at 7 p.m.. There are groups tailored to those who are newly diagnosed, in treatment, post treatment, or living with metastatic disease.

The facilitator, Cass Brown Capel, is a trained professional and also a breast cancer survivor. For more information, contact Capel at 787-8787 or phone the hotline at 448-5432.

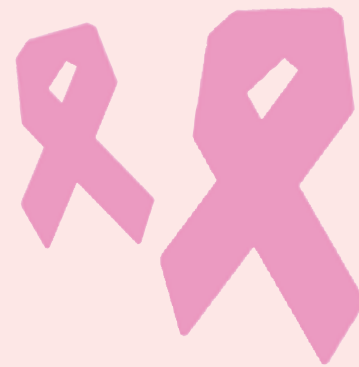
- A Latina Support Group facilitated by Angie Mejia (267-3303) meets at Sutter Cancer Center, 2800 L. St., Room 752 on the first and third Monday of each month from 5:30 to 7 p.m..

- A support group for lesbians meets on the third Monday of each month from 6:30 to 8 p.m. at 410 Alhambra Blvd. This group is facilitated by Roxanne Hardenburgh (920-7870).

- Open door meetings: On the third Wednesday of each month, a speaker addresses some topic related to breast cancer. Meetings are in the second floor training room of Nordstrom's at Arden Fair Mall. From 6:15 to 7 p.m., there is informal support/conversation, followed by the educational presentation from 7 to 9 p.m. On Wednesday, Jan. 21, Dr. Arnold Almonte, an El Dorado Hills plastic surgeon who specializes in reconstructive surgery for breast cancer patients, will speak. At the Feb. 18 meeting, local artist Frankie Hansberry will

discuss the topic "Art as a Modality for Healing."

For more information, see the website www.save-ourselves.org or phone the 24-hour hotline at 1-800-422-9747 or 916-448-5432. Caring and supportive volunteers (all breast cancer survivors themselves) help callers find answers to their questions, direct them to an appropriate support group, or just listen.




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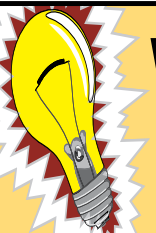
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Belle Coolidge Library to host 50th anniversary celebration on Jan. 31

The community is invited to celebrate the 50th anniversary of the establishment of Belle Coolidge Library, from 10 a.m. to 4 p.m., Saturday, January 31, at the library branch, 5600 South Land Park Drive, Sacramento.

Sponsored by the Friends of Belle Coolidge Library, the scheduled family activities are:

- 10 a.m.: The Great Backyard Bird Count, with the Sacramento Audubon Society
- 12 noon: Make a birthday button and birthday card, hoola-hoop contest, and free balloons
- 1 p.m.: Birthday cake and formal remarks
- 2:30 p.m.: Bosco the Magician
- 4 p.m.: Watch a 1950s movie

The library branch was named in honor of Sacramento's first woman mayor, Belle Coolidge, who served from 1948 to 1949. The original 1958 branch was in the Lanai Shopping Center, near the Sacramento Executive Airport, on Freeport Blvd.

Over the next 34 years, the library branch, whose site was leased at the shopping center, continued to expand. By 1989, library planners knew the branch needed to move to a larger facility to house the increasing number of books and materials. In 1992, the branch moved to its current Land Park Drive location.

For more celebration details, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org

Maps, portraits and more Sacramento Audubon expands bird guide

Special to *the Land Park News*

A new "must have" guide for anyone birding in the Sacramento area has just been published by the Sacramento Audubon Society.

It's an updated and greatly expanded fourth edition of their popular "Birding in the Sacramento Region." It covers 77 sites, nearly twice as many as the previous edition, all described by experienced birders familiar with the birding spots.

New Google maps allow more precise pinpointing of site locations, and the separate section on where to find different species is much more detailed.

Its nearly 200 pages also include information on where to find check lists and guides for other areas in Northern California, how to contact Audubon chapters and other conservation organizations in this part of the state, with addresses and websites, and a rundown on special events throughout the year.

It's ring-bound to withstand heavy use, with a sturdy plastic cover featuring portraits by Dan Brown of the Nuttall's Woodpecker, California Thrasher, and Yellow-billed Magpie, all unique to this area.

The book can be purchased for \$10 from the Sacramento Audubon Society and at the Effie Yeaw Nature Center, and with a slight mark-up from Wild Birds & Gardens at Madison and Fair Oaks, Wild Birds Unlimited at Loehman's Plaza, and The Naturalist in Davis.



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Rendezvous happens Jan. 30 Renaissance Society retirees ready to head back to class

Any local retiree who yearns for those good old days in college can bring them back by joining an organization that's been a fixture on the CSU-Sacramento campus for more than two decades.

The basic premise behind the Renaissance Society, as the organization is creatively titled, is a simple one. Instead of sitting in a classroom while a professor lectures, these student seniors themselves become the professors. They design the programs for the seminars, as the classes are called, and all participants take turns lecturing on chosen subjects while the others sit back and listen, fire away with questions, and sometimes debate with one another.

This month of January is a traditional break time for Renaissance members, as it generally also is for college-age students. But on Jan. 30, the respite will come to an end for the Renaissance Society when members gather on campus for the pre-spring semester “rendezvous,” a kind of mass registration when hundreds check out the various seminars at the Student Union and hopefully are able to enroll in the course they like best.

The seminar subjects cover a wide spectrum of the arts, sciences, history, geography and just about anything else that's part of the vast panorama of human knowledge.

Most Renaissance Society programs on campus are scheduled on Fridays because classroom space is available then. On Friday, fewer regular students are on campus than on the other weekdays.

A typical day

As the Renaissance program has unfolded over the years, the early birds gather around 9:30 a.m. for weekly lectures on travel and other special one-day subjects open to all until all the seating space is filled. A “cracker barrel” discussion of current events follows during noon hour in a large classroom. Attendees are encouraged to bring a brown bag



ART GERMAN
TOWN TALK

lunch as they debate politics and other major news of the day.

After lunch, the 1 to 2:45 p.m. period is devoted to the various classroom seminars, which will continue through the semester. Finally, at 3 p.m., the Renaissance folks descend on a huge meeting room in the Student Union where guest speakers, ranging from university president Alexander Gonzalez earlier this year to state legislators, journalists and a variety of academicians, hold forth on their areas of expertise.

As for me, I first joined the Renaissance Society in 1994, following my wife who had become a member three years earlier and had spoken enthusiastically about her experiences on campus. After hearing that we all needed to contribute by sponsoring and developing seminar subjects, I thought for a while and realized we were going through the 50th anniversary of the last days of World War II. What could be more meaningful, I thought, than reliving those climactic days and having a seminar in which participants would describe what had happened just 50 years earlier?

Alas, the idea didn't catch fire. Only nine turned out on the first day of class. Even though we all tried to make something out of the landings on D-Day, the Battle of the Bulge and other wartime spectacles, everyone of course knew how it would all come out in the end.

I did better years later with seminars on “Great Cities of the World and “Little Known Nations of the World.” How many

See School, page 15

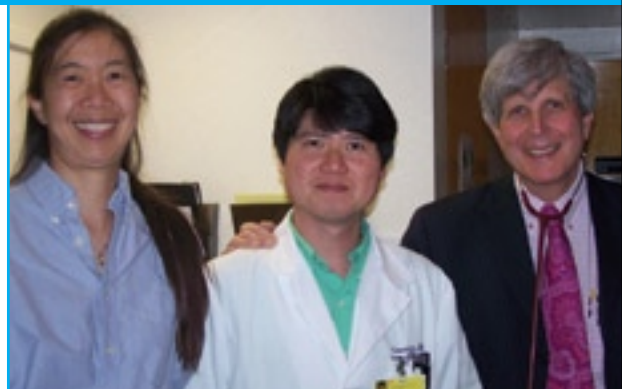
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Class

Continued from page 18

of you know where you can locate Nauru and the Cape Verde Islands? You would have found out if you'd been in my seminar, and maybe also have been able to tell us about some far-out places that you favored.

Fascinating floods

A few years ago, I signed up for a seminar on the history of catastrophic floods, which had been organized by Land Park resident Dick Tarble, an original member of the first group that organized the Renaissance Society and negotiated its agreement with Sac State in 1986. My contribution was a presentation on the Johnstown (PA) flood of 1889, which took more than 2,000 lives and underscored the danger from an antiquated dam con-

taining an artificial lake upstream from a lowland town like Johnstown. The seminar provided a chance to go over the history of floods, a problem that Sacramento itself may well have to face some day.

Last year I came up with a real plum when I signed up for a seminar on the Revolutionary War and drew none other than the Father of Our Country as the subject for a presentation that I shared with retired Sacramento Union journalist Bob Taylor. I never doubted that George Washington was a great man, but his standing rose even higher when I learned that in 1793 he sent a message to a new Savannah, Ga., Jewish synagogue, welcoming them to the community with these words in a letter that is now framed at the front entrance... "May the same wonder-working Deity, who long since deliv-

ered the Hebrews from their Egyptian oppressors, planted them in the Promised Land, and whose providential agency has lately been conspicuous in establishing these United States as an independent nation, still continue to water them with the dews of heaven..."

Off-campus, too

Although most Renaissance activities occur on campus on Friday, an increasing number of seminars have moved to other days and to sites outside of Sac State, often at the homes of members. There's a walking group, several writing groups and one whose participants read the New Yorker magazine and then meet to discuss what they've read. That seminar, incidentally, was started by my wife in the early '90s.

And last, but not least, there are three Renaissance-related

bridge groups, one in the north area, one in the south, and the third devoted to the rapacity of duplicate bridge. The participants try to mix in some discussion with their card-playing, in line with the hope of adding education to the displays of aces and trumps.

Invariably, when I describe the Renaissance program to

friends from out-of-town, they react with a comment like this: "I sure wish we had this kind of program where we come from."

Art German is a veteran newspaperman and a 40-year resident of the Pocket. Contact him through this newspaper's e-mail: colleen@valcomnews.com.

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A return to roots for playwright-actor Sierra 2 hosts exclusive American presentation of exotic 'LyreBird'

It's a long way from Rio Americano High School to Australia, but Tyler Coppin paved that trail for himself – starting with his young interest in the Sacramento theater scene, to a 1976 scholarship to attend Australia's prestigious National Institute of Dramatic Art.

There he stayed, building a successful career in the country's entertainment industry. He's done films, radio and television. He's a playwright, director, dialogue coach for films, and has performed in countless plays and productions at the Sydney Opera House, with major Aussie theater companies, and internationally.

And now he's back after 30 years, bringing his self-written and solo-performed "Lyre-Bird," to the 24th Street Theatre at the Sierra 2 Center

10 QUESTIONS

BY COLLEEN TRUELSEN

through February. It's the story of flamboyant actor Sir Robert Helpmann (think evil child-catcher in '68's "Chitty Chitty Bang Bang.") Coppin has performed this play since '98 to European and Australian audiences, where it's been called "An absolute theatrical treat," and "Exotic from beginning to end."

After seeing the publicity photos of Coppin made up as the controversial, fantastic Sir Robert, we had to ask him Ten Questions...

1. "LyreBird" has a host of rave reviews from Australian and European writers.

Is it Sir Robert himself that makes this play so compelling, or is "LyreBird" less biography and more your interpretation?

The show itself, I hope, is a good show, period. You needn't know Helpmann, or me. But ... Sir Robert Helpmann was an absolutely intriguing and funny person -- physically he's the equivalent of a human Halloween mask, and very theatrical and wicked -- in the old-style theater way -- but it's unnecessary to have any knowledge of him. My solo-play is a story about a theater artist at the end of his life, a look back at a career he hung onto with passion his entire life, even though people told him he wasn't any good at it at times. He ended up doing exactly what he intended to do.

"LyreBird's also expressionistic with a lot of my own embellishments. So in one way it's a stage biography about someone you probably haven't heard of, but it's also a comic stage-joke about over-acting, trying hard to



"LyreBird" is based on the life of Australian actor Sir Robert Helpmann, a close friend of Katharine Hepburn.

get noticed as an actor, putting on way too much greasepaint, and hanging onto your dreams.

2. Tell us why you chose the title, "LyreBird." It's not a species we have here in Sacramento, you know.

Sir Robert Helpmann created a famous ballet based on the mating ritual of the Australian lyrebird that he dedicated it to his great friend Katharine

Hepburn, who loved Australia. The Superb Lyrebird is an extraordinary bird that imitates the sounds around it: people talking, the shutters of cameras, even chainsaws. Take a look at this (website). It's amazing: www.youtube.com/watch?v=VJE0Kdfos4Y.

Thematically, I felt Helpmann was very showy and lyre-

See LyreBird, page 17

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1010 CASILADA WAY **LITTLE POCKET**
\$299,000
 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!

731 BLACKWOOD ST. **WOODLAKE**
\$445,000
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LyreBird

Continued from 16

bird-like in both his persona and acting style, just as the show is a style of "transformation" theater -- (I use a lot of make up to become someone totally unlike myself) -- which is what the lyrebird does vocally.

3. It's been more than 30 years since you were on a Sacramento stage. Whatever have you been doing with yourself?

Living and working in Australia as an actor in movies, television, radio and theater. I've written plays and co-written movies; I was punched on stage by Rudolf Nureyev, driven at high speeds through the Australian outback while strapped to the front of a car in "The Road Warrior;" and I once coached a barefooted Australian teenager named Heath Ledger an American accent because he wanted to "go try his luck in Hollywood." And now I'm raising a son in Melbourne with my wife, Jane -- who helps me produce my theater work.

4. You first performed LyreBird in 1998. How has the play evolved over time?

What began as a 30-minute comic sketch performed for a handful of friends has become a full-length solo show that has (thankfully) given me the opportunity to travel the world and entertain people. I've been all over Australia with the show, to New Zealand, Scotland and Britain. And I enjoy maintaining the very high professional standard of "LyreBird" because of the time and effort that my co-creators (director, lighting designer, set and costume designers, etc.) have put into the show. I assem-

"What began as a 30-minute comic sketch performed for a handful of friends has become a full-length solo show that has (thankfully) given me the opportunity to travel the world and entertain people."

Tyler Coppin
Rio Americano graduate

bled the cream of Aussie theater artists for this show, and now I'm joined by some Sacramento ones for this season.

5. The performances will be in the 24th Street Theatre. Your thoughts on that venue?

I instantly knew it was the perfect house for the show when my brother Mitch, who lives in Loomis and is the producer of our U.S. premiere in Sacramento, e-mailed some photographs of the theater to me in Australia. 24th Street Theater is warm, lush, beautiful, quite traditional with a nice proscenium arch, and Curtis Park is a great part of town. Kudos to them for having a cultural center at their heart.

6. What do you hope the audience will take away from the play?

I love transporting an audience for 93 minutes, taking them on a journey to the Australian outback and then beyond, snaking them through an unfamiliar life. My own life as a creator and performer of theater work has many rewards (I'm not talking about money), but really it all comes down to the audience. I do it for the audience. So I hope people will come away having felt something from my story with a heart; and the play's themes

of passion, the dignity of age, and courage to hold onto one's dreams even through the harshest of times.

7. Who should see it?

Anybody who loves theater and performance. Also seniors, students of theater and acting, ex-patriot Australians, Americans, my Rio Americano 1974 classmates, Carmichael people (my hometown), Arden (I went to Arden Middle School), and Rancho Cordova where I spent my early years.

8. Who should not see it?

Well, it's for "mature" audiences. And if you don't like prancing theater fairies then maybe you should stay home and watch the football. Having said that, "LyreBird" has a funny section about sport vs. ballet.

9. Any nerves showing in bringing this very personal play to your hometown stage?

I might get the typical butterflies in my stomach an opening night. But I don't really get nervous anymore because I love doing it and look forward to it. Also, I think nervousness as an actor comes from a fear of making a mistake and a fool of yourself in front of an audience. To me, it's no big deal. If that hap-



Courtesy photo

Tyler Coppin left Sacramento after his graduation from Rio Americano High School in 1976 and studied at Australia's National Institute of Dramatic Art.

pens, so be it. We all make mistakes, so maybe it's best to admit them (in front of 300 people!) and then move on. And anyway, an actor's mistake often ends up being the best part of a show, right?

10. After three weeks in Sacramento, where does "LyreBird" go from here?

I have an offer to tour it again around Australia in 2010. But if the show gets the opportunity to perform elsewhere in the United States I'll consider it.

Mounting this Sacramento season has been a lot of work for us -- it's really just a one-off project that we wanted to do for the fun and adventure of it. Ten years

ago my brother flew to New Zealand to see me perform it, and then we talked about the possibility of putting it on here in my hometown of Sacramento. So now here we are, with all the set, costumes and props having been flown from down-under. Even my Australian technical manager has come to help us out.

But right after the Sacramento show is over on Feb. 22, I'll fly home to Australia and go to the beach with my wonderful wife and 6-year-old son, who I really miss.

For more information, see the website www.sacramentolyrebird.com. For tickets, phone 888-597-3247 or go to www.Tix.com.



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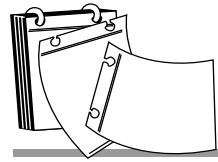
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Calendar

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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 from unraveling, 7 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

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.rsvp-choir.org.

JAN. 31
Loving your chocolate

Arden Hills Resort Club and Spa hosts a "Healthy and Healing Chocolate" class, 11 a.m. to 12:30 p.m. Make chocolate a part of a well-balanced diet; learn what types of chocolate are best for your body plus the surprising healing attributes of chocolate. Cost, \$20. Space limited. Information at 482-6111 or www.ardenhills.net.

Counting crows, etc.

Learn how you and your family can help local avian wildlife by participating in February's 12th annual Great Backyard Bird Count, 10 a.m., Belle Cooledge Library, 5600 South Land Park Drive. Julie Serences, education chair of the Sacramento Audubon Society, will explain this important bird counting program designed for beginning to advanced birdwatchers. Information at 264-2920 or www.saclibrary.org.

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., St. John's Lutheran Church, 1701 L St. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

Middle School band clinic

El Camino High School Band's 12th annual Middle School Band Clinic concert, 2:30 p.m., at the school, 4300

El Camino Ave. Free. Concert wraps up a day of music for sixth through eighth graders. Information from Band Director Kevin Glaser, 971-7449.

FEB. 1
Dianetics DVD showing

Find out how the painful experiences (physical or emotional) stay with you for a lifetime and hear how to achieve happiness and health with Dianetics techniques, 7 to 8 p.m., 1010 Hurley Way, Suite 505. Free. Information at 925-2545. Repeats Feb. 15.

FEB. 2
Community sing-along

Harmonize on old hymns, folk songs and popular ballads, just for fun. Show-er singers welcome. From 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 284-5320.

FEB. 3
China commentary

Local writer/author Lawrence Klepinger gives two presentations on his recent book of commentary and analysis on the People's Republic of China, "China House," 10 to 11 a.m. and 6 to 7 p.m., Sacramento Asian Community Center, 7375 Park City Drive. Free. Information by e-mail at lawrenceklepinger@gmail.com, or website www.lawrenceklepinger.com.

Wine social at the Casa

Casa Garden Restaurant hosts a wine social, 11:30 a.m., with hors d'oeuvres, entree, dessert and wine samplings, \$16 per person. Proceeds benefit the Sacramento Children's Home. Reservations required at 452-2809.

Recorder group gathers

The Sacramento Recorder Society meets again under the baton of Bay

Area early music scholar Frances Felton, 7 to 9:15 p.m., 890 57th St. Newcomers welcome. Bring your instrument and music stand. Information at 489-2771, 391-7520 or see the website www.sacrecorders.org.

FEB. 4
'Joy Luncheon' with Grace

Grace Presbyterian Church invites the public to the first of a series of lunches celebrating joy, 11:30 a.m., 4300 Las Cruces Way. Free. Simple, nutritious meal with joy as a theme. Repeats Feb. 18. Information from Pat Stokes, 487-8749.

FEB. 5
Info for fathers

Free workshop for fathers on child support issues, 6 to 8 p.m., Department of Child Support Services, 3701 Power Inn Road. Co-sponsored by the Fathers Resource Center. Topics include wage garnishment, tax refund protection, court order reviews and more. Pre-registration required with the center, 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fatherscenter.org. Refreshments will be provided.

'Snicket' author in town

Author Daniel Handler presenting "Why Does Lemony Snicket Keep Following Me?" – the story of "how his pseudonym stole his ideas, blocked his spotlight, bought him a house, and ruined forever his dream of a scruffy, anonymous, bohemian life," 7:30 p.m., Crest Theatre. Tickets, \$27 general, \$15 students, through www.tickets.com, at the theatre box office, 1013 K St., or phone 800-225-2277.

FEB. 6
Writers' Club networks

California Writers' Club's Nonfiction Network meets, 9 a.m., IHOP Res-

taurant, 2216 Sunrise Blvd., Rancho Cordova. Author and columnist Tim Herrera speaks on "Writing the Personal Essay." Guests welcome. Information at 944-3185.

Forest Service speaker

Organic Gardening Club of Sacramento County meets, 10 a.m., at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave. "Penny Pines Reforestation" will be presented by guest speaker Gina Torvinen, Forest Service. Call 635-6724 for information.

Kiwanis cook up crab

East Sacramento-Midtown Kiwanis Club third annual crab feed, 6 p.m., Dante Club, 2330 Fair Oaks Blvd. All you can eat crab and pasta, silent auction, DJ dancing. Tickets, \$45, at 215-1460 or 947-0778.

FEB. 7
'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., Faith Presbyterian Church, 625 Florin Road. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

Crab feed at St. John's

St. John the Evangelist School hosts its 26th annual Crab Feed Dinner Dance, 6 p.m. to midnight, at the school, 5701 Locust Ave., Carmichael. Tickets, \$39, on sale in the school office from 8 a.m. to 4:30 p.m. Information at 481-8845.

'Pocket Vine and Dine'

Rotary Club of Pocket-Greenhaven hosts "Pocket Vine and Dine," a fine wine and cuisine festival, at the Old Sugar Mill, 35265 Willow Ave., 6 to 9:30 p.m. Live, silent auctions, and raffle. Funds raised benefit DART, the Drowning Accident Rescue Team, Rotary Children's Dictionary Project and other community and international causes. Tickets, \$25, available from Louise at 424-2698.

Museums open free today

Eleventh annual Sacramento Museum Day, 10 a.m. to 5 p.m., presented by the Sacramento Association of Museums. Twenty-five participating museums will be open free of charge. For detailed information about participating sites and more, see the website www.sacmuseums.org.

Military Widows meet

Society of Military Widows, Sacramento Chapter No. 5, meets at the Lions Gate at McClellan Park for an 11:30 a.m. luncheon followed by "Celebrating our 35th Birthday Anniversary." Call 635-6724 for information.

AAUW hears author

Annual American Association of University Women Authors' Luncheon, 11 a.m., Casa Garden Restaurant, 2760 Sutterville Road, features Cheewa James speaking on her most recent book, "Modoc: The Tribe That Wouldn't Die." Public welcome; cost \$28 for chicken marsala. Reservations with Wendy Haydon, 539-3235.



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From left: Wes, Ted, and Henry

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Crab feed and kid party

Sierra Arden United Church of Christ's eighth annual crab feed and auction, 6 p.m., 890 Morse Ave., with pizza and movie party for kids. Crab feed tickets, \$40 in advance, \$45 after Jan. 30 or at the door. Kids party, \$5. Information and tickets at 483-5501.

FEB 7, 8

Jewish Film Festival

Twelfth annual Sacramento Jewish Film Festival, Crest Theatre, 1013 K St. Begins at 7 p.m. Saturday with "The Secrets," concludes at 5:15 p.m. Sunday with "Blessed is the Match." General admission for each screening is \$10, seniors and students \$8.50, with combined film tickets available. Advance tickets are available at the Crest Theatre box office. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L. For more information, visit www.thecrest.com or call 442-7378.

FEB. 8

Free e-waste disposal

Electronic waste disposal, 9 a.m. to 3 p.m., Elks Lodge No. 6 parking lot, 6446 Riverside Blvd. Proceeds benefit the Elks Lodge Deceased Members Memorial. Taking monitors, televisions, cell phones, digital cameras, scanners and more. No household appliances, furniture, hazardous waste. Pick-up requests to Don Puliz, 429-6465.

'Toy Story' movie night

Free showing of 'Toy Story' with potluck and arts and crafts, hosted by the Elmhurst Parent's Group with funding from First 5 Sacramento, 4 to 6:30 p.m., Coloma Community Center Auditorium, 4623 T St. Drinks and popcorn provided, bring dish to share. More information from Phoebe DeMund at 452-8997.

FEB. 9

Seminar on love

Valentine's Day seminar on love and relationships, 7 p.m., Hubbard Diagnostics Foundation, 1010 Hurley Way, suite 505. Information at 925-2545.

FEB. 11

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., Leonardo da Vinci K-8 school, 4701 Joaquin Way. 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.

FEB. 12

Computer Club meets

Mission Oaks Computer Club meets, 1 to 3 p.m., Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Bob Leblond will discuss voice recognition software -- Type it faster and with less wrist stress. Question and answer session follows the meeting. Visitors welcome. Information from 366-1687 or visit the website: www.missionoakscomputerclub.org.

City-hosted travel fair

City of Sacramento, Department of Parks and Recreation, travel fair for its Safari Tours Travel Program, 10 a.m. to noon, Coloma Community Center Auditorium, 4623 T St. Safari Tours features day and overnight trips for active adults. Free, refreshments and door prizes. Call 808-TOUR (8687) for more information.

National Health Federation

Sacramento Chapter of the National Health Federation sponsors a free lecture to "Transform All Levels of Your Being," by Jane St. Croix of Body, Mind, Spirit Healing, 7 to 9 p.m., SMUD Auditorium (the old SMUD Building), 6201 S St. Call 635-6724 for information.

FEB. 14

Big Band dance

Take your sweetheart out to dinner and stop by after for an evening of dancing and dessert with The Swing

Masters' authentic, multi-voiced Big Band sound, 7:30 to 10:30 p.m., La Sierra Community Center, 5325 Engle Road, Carmichael. Cost, \$10. Sponsored by the Swing Masters and the Carmichael Recreation and Park District. Information at 485-5322.

Jane Austen book club

First of a two-part adult book discussion of Jane Austen's "Pride and Prejudice," 1 p.m., Fair Oaks Library, 11601 Fair Oaks Blvd. Led by CSUS Professor Jason Gieger, participants will discuss this timeless romantic and comedic classic, looking at how it reflects on its own time as well as speaking to today. Chapters 1 to 34 today; concludes Saturday, Feb. 21, 1 p.m., with chapters 35 to the end. Information at 264-2920 or visit www.saclibrary.org.

FEB. 16

Heritage day for kids

Seventh annual American Heritage Day brings history to life for children with hands on re-enactment performances; more than 17 different presentations. From 10 a.m. to noon. Free. Mt. Vernon Memorial Park, 8201 Greenback Lane, Fair Oaks. Information at 969-1251.

FEB. 18

Art for healing

Local artist Frankie Hansbearry discusses "Art as a Modality for Healing," 7 to 9 p.m., for the Save Ourselves breast cancer organization of Sacramento. Free. In the second floor training room of Nordstrom's at Arden Fair Mall. Information support/conversation from 6:15 to 7 p.m. Information at the website www.save-ourselves.org, or phone the 24-hour hotline at 1-800-422-9747 or 448-5432.

FEB. 19

Same-sex legal help

Attorney Penny R. Brown and financial planner Rebecca E. Harper leads a presentation on legal and financial planning for same sex couples, 4:30 to 6 p.m., The Crocker Art Museum, 216 O St. Teach-

es effective estate planning and financial strategies. Information at 808-7000.

2 and under. Information at 808-8886, e-mail magic@fairytaletown.org, or see the website www.fairytaletown.org.

FEB. 21, 22

Sojourner Truth for kids

Fairytale Town hosts a two-day event to celebrate the life of Sojourner Truth as part of Black History Month. Each day from 11 a.m. to 3 p.m., activities include hands-on arts and crafts, storytelling, interactive-clothing displays and more. At the park, 3901 Land Park Drive. Park admission \$4.50 general, free to children

FEB. 24

Embroiderers meet

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Angelica Garrido will demonstrate construction of rugs and pillows using cross stitch. Visitors welcome. Information at 961-3558.

See more Calendar, page 23

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How diet affects the skin

Maddening case of eczema has client desperate for solution

It was a hot and humid summer day and 40-year-old Elizabeth sat across from me, peeping at me occasionally through the sunglasses dangling on her nose, filling out the client's questionnaire.

The lenses were so dark, I could not see her eyes.

("How odd, she still wears sunglasses indoors," I said to myself.)

I started observing her appearance. She wore a long-sleeved shirt with buttons up the front, long blue jeans and a pair of red-rimmed, dark sunglasses. On her feet were a pair of red sandals.

Scratch ... scratch ... scratch. She was writing with the right hand, her left hand constantly scratching – her neck, her face, she put her hand inside her shirt collar ... scratch ... scratch ... scratch. She rubbed her face and squished down in the seat. Fi-

**MAMIE WOO**

HEALTHY LIVING - THE CHINESE WAY

nally, she took off her sunglasses and rubbed both eyes with both of her hands for a full minute.

Extensive itch

"I have had severe eczema since I was 13 years old," she said in an apologetic tone. "Every year I searched for a new dermatologist hoping to find a solution, but they all threw up their hands. Nothing seems to help, it's getting worse as years go by.

"I cannot stop scratching day and night," she continued. "I

wonder if Chinese herbs could help me."

Scratch ... scratch ... scratch.

Both her checks were tinted with tiny red dots. The skin around her eyes looked puffy, rough, dried and scaly.

("That's why she wears sunglasses indoors," I thought. "To hide the rough skin around her eyes.")

She rolled up both sleeves, showing her entire arm and the back of her hands fully marked with scratchy scars; some open wounds with dried blood. She pulled up the shirt, showing her abdomen, her back -- eczema all over her body.

She pulled up a leg of her pants -- eczema on both legs, bumpy-looking skin, not an inch of good skin. I touched the calf, the skin was hard, rough, dried, bumpy and had lost its elasticity.

She never stopped scratching.

Probable cause

She crooked her head, squinting at my astonished expression, waiting for my words. I knew why she wore a long-sleeved shirt and long pants -- just to cover up her skin condition. Honestly, I had never seen any-

body's eczema worse than hers. My heart went out to her.

I started to explain:

"Well, in Chinese medicine, the skin is related to the Lung. (When I capitalize the name of an organ, it is referring to the organ's energy. Lung energy is different from a lung's function.) When the Lung energy is weak, damp heat and wind invade and get trapped in the skin, make it itchy and rough.

"You must like hot and spicy food and have not been eating well-balance meals for a long time."

"How did you know!" she exclaimed, then protested: "You see, my husband works out of town a lot and I have four children. When I get off from work, I pick them up from three different schools. I have only one hour to cook and feed them their dinner so I can help them with their homework, bathe them and put them to bed.

"Most of the time we eat pizza, or fast food -- french fried and junk food. But I really don't have time to prepare a good meal. And I do like hot and spicy Mongolian Beef."

"If you eat balanced meals every day," I explained, "and stay away from hot and spicy food, you will not have this problem. Hot and spicy foods dry up your lung tissue, making your skin dry. I bet you don't sleep well and are tired most of the time?"

"Wow, you are right again," she said. "I have very poor sleep. I sleep two to three hours most

nights, scratching all night, never finding a comfortable position."

"When you don't eat nutritional meals," I said, "the Spleen cannot produce sufficient blood from your food to nourish the skin. Due to blood deficiency, the body creates Heat -- the Wei Qi -- defensive energy on the skin will be weak -- which leads the skin pores to open and then the invasion of dampness and wind, causing itchy eczema.

Plotting the course

"In order to clear the eczema, I would like to blend a special formula to expel all those evils out of the skin." I started lecturing her: "As for insomnia, it has many reasons. Again, your condition is due to insufficient blood to sooth the Liver and Heart so they will shift into relaxation mode, then you can fall into deep sleep, wake up refreshing. Having sufficient blood is very important to maintaining good health."

Finally she gladly accepted my suggestion to try a special formula. She also agreed to change to a better, more balanced diet for the children and her own sake.

It has been six months now. Every month she comes to refill the herbal formula. I routinely checked her pulse and tongue and modified the formula accordingly. So far, her condition is improving as expected. It may take a while to clear up the eczema, but at least we are on the right track.

Eczema is very difficult to treat. A proper diet makes a big difference.

In addition to eliminating hot and spicy food, if you have eczema, try to avoid foods like bamboo shoots, pineapple, goose and duck, potato chips, seafood like shrimp, fish crab, lobster, etc. These foods may increase the itch.

Consume more cooling food like Asian pears, raw lotus roots, dried chrysanthemum tea, and sugar cane in the can or fresh

Since we must eat to survive, why not eat food that can prevent ailments and help to maintain good health. Avoid those harmful to our health -- agreed?

Mamie Woo trained at China's Guangzhou College of Traditional Chinese Medicine. She is a Tai Chi instructor, Chinese herbalist and certified massage therapist. Contact her at 616-1688; website: www.mamiechineseherb.com.

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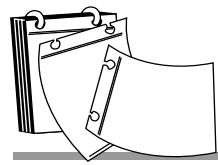
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Calendar

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

FEB. 25

Casa recruits volunteers

Casa Garden Restaurant holds a volunteer recruitment coffee, 9:30 a.m., 2760 Sutterville Road, near Curtis Park. Proceeds and all gratuities from the restaurant benefit the Sacramento Children's Home, which is right next door. RSVP to 452-2809.

FEB. 27

Youth Symphony performs

Join the Sacramento Youth Symphony's Premier Orchestra for an afternoon of peace, passion and tranquility, featuring the works of Brahms, Borodin, and the world premiere of Greek composer George Roumanis' "Symphonic Meditations," 7:30 p.m., Mondavi Center, UC Davis. Tickets, \$35 adults, \$20 children, seniors, students, available at www.mondaviarts.org. Information at www.sacys.org.

FEB. 28

Lawn alternatives

UC Cooperative Extension information on planting edibles or ornamentals in place of a lawn, 9 a.m., Fair Oaks Horticulture Center, 11549 Fair Oaks Blvd. Free. Information at UC Cooperative Extension, 875-6913. In case of rain, call 875-6818 to hear a recorded message.

Sac High athletics crab feed

Sacramento High School Athletic Boosters Club crab feed, 3 to 7 p.m., school commons area, 2315 34th St. All you can eat crab, salad, pasta and rolls; silent auction and desserts. Tickets, \$35 in advance and \$40 at the door, from Michele Woodson, 813-1850 or Coach Gatling, 275-9570.

MONDAYS

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915

27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Home-town Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

Newcomer's Buffet

The Widowed Persons Association of California invite any and all widows and widowers to attend their Newcomer's Buffet and Social at 5:30 p.m., every third Monday, at the Plaza Hof Brau, El Camino at Watt Avenue. The cost varies as the choice is from a no-host buffet menu. For more information, call 972-9722.

Toastmasters meet

Guests always welcome at Klassy Talkers Toastmasters to have fun while improving speaking and leadership skills, 7 to 8:30 p.m., Executive Airport 6151 Freeport Blvd., 95822. Information:

Jan at 284-4236 or www.sacramentotoastmasters.com.

Co-Dependents Anonymous

Co-Dependents Anonymous meets, 7:30 p.m., Friends Church, Fireside Room, 41st and E streets. This 12-step group is for people whose common problem has been an inability to maintain healthy relationships. We support each other in developing fulfilling relationships. For more information, call 558-0448.

Evening Tai Chi class

Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 6:30 p.m., Parkside Community Church, 5700 South Land Park Drive. Open enrollment - join anytime. Cost: \$15 a month for members, \$20 for non-members. Information: 421-0492.

Girls-only karate

Karate for girls ages 7 and older, 6:30 to 7:30 p.m., Elks Lodge No. 6, Riverside Boulevard at Florin Road. Meets Mondays and Wednesdays. Information at 470-9950.

Community sing-along

Join the group singing old hymns, folk songs, and popular ballads, just for fun. "Shower singers" welcome. First and third Mondays, 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Soci-

ety of Sacramento, 2425 Sierra Blvd. Free. Information at 284-5320.

TUESDAYS

Pastel landscapes class

Award-winning pastel artist Reif Erickson teaches a four-step process to creating art. Supplies provided for the first session and students provided with a materials list for further lessons. From 2:30 to 5 p.m., Ethel Hart Center, 915 27th St.; \$25 per lesson. Information at 808-5462.

Free Medicare counseling

Health Insurance Counseling & Advocacy Program (HICAP) offers free, unbiased information and assistance with Medicare problems, help with health and long-term care insurance. HICAP does not sell, endorse, or recommend insurance. Appointments are every Tuesday with John Gallapaga, call 376-8915 to schedule an appointment. For appointments in Spanish, call Marta Erismann at 231-5110.

Food Addicts Anonymous

Food Addicts in Recovery Anonymous meets, 9 p.m., Lutheran Church of Our Redeemer, Fireside Room, 4641 Marconi Ave. A 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

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CHRIS BRIGGS 834-6483



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



LAND PARK SPANISH

From curbside to inside you will fall in love with this 3-4bd 2 bath home. With its classic 1920's Spanish design and touches and electrical, plumbing, kitchen, A/C and sewer line upgrades, this home offers timeless architecture with modern conveniences. Beautiful refinished hardwood floors throughout. This home also boasts a 1/4 basement that serves a dual purpose for laundry and great for wine storage and a family room with a built-in media closet that overlooks the landscaped backyard. See www.LandParkSpanishHome.com \$585,000

DAWN O'CONNOR ROWE 799-4835



WONDERFUL OPPORTUNITY

This warm and inviting home has been well cared for. You'll love every detail from the hardwood floors, the updated kitchen and bath, the crown molding and baseboards to the meticulously landscaped yards and great location. Don't miss the numerous fruit trees including orange, lemon, tangerine and grapefruit just to name a few. The large corner lot includes a gate for boat or RV parking, a large two car garage and a covered patio for evenings outside. Enjoy! See www.2208MurietaWay.com \$315,000

KELLIE SWAYNE 206-1458



HEART OF LAND PARK

Updated and ready for your family to move in! Charming 3 bedroom 2 bath home with beautiful hardwood floors and designer colors throughout. Fireplace in living room, kitchen with black granite and stainless appliances. This property will not last! Call Lisa Havard to see. See www.1270wellerway.com \$509,000

LISA HAVARD 698-3323

COZY COTTAGE

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

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NANCY WEGGE 600-5458

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