The Land Park News

VOLUME XVIII, NO. 3 February 12, 2009

The Cattery: It's top of the line for the city's felines

See page 12

Happy 50th, Belle

Photos by Robert Scott

Millie Tarrance, branch manager, left, receives a flag from Congresswoman Doris Matsui, right, during the community day celebration of Belle College Library's 50th anniversary on January 31. Family activities continued throughout the day with children making birthday cards to the Land Park institution (inset), birthday cake served up by Friends of Belle Cooledge Library, hula-hoop contests, a movie and a magician. More photos from the party are on page 9.

Savings ideas bandied about

Schools meeting packed

By Matt O'Donnell
THE LAND PARK NEWS

There's some symmetry between President Barack Obama and new Sacramento Mayor Kevin Johnson.

The two men were elected on change. The two men face drastic cutbacks in uncertain economic times. And, here just as in Washington, D.C., the honeymoon period only lasts so long for new leaders.

Still enjoying the honeymoon, Johnson visited Libson Elementary School in the Pocket area on Jan. 26 in the first of eight planned town hall meetings during his first year in office. About 350 people attended the meeting, hosted by Councilman Robbie Waters, who represents District 7. Po-

See School, page 21

INSIDE

Community Calendar
pages 16, 22–23

Land Park's new place of contemplation
See page 14

Testing the heart of McMansion
See page 20

WASHING CARS FOR 60 YEARS!
ECONOMY PROOF OFFERS FROM YOUR HOMETOWN CAR WASH...

GEM Auto Wash
Blue Coral Beyond Green

We are proud to display the Blue Coral Logo next to our own! Some washes will advertise Blue Coral products while using only one or two products, such as Rain-X or Tire Shine, while using cheaper products in the wash process. Gem uses ONLY Blue Coral Premium products to care for your vehicle all while offering everyday low prices!

Gem Auto Wash is PROUD to be certified "Beyond Green" by Blue Coral. Blue Coral products are Hard on dirt. Easy on Earth!

COUPON - COUPON - COUPON
$5.00 OFF
WASH PACKAGE
The Ruby or Sapphire Wash
Offer may not be used with other discount programs...
Expires 02/28/09 W203

COUPON - COUPON - COUPON
HAND WAXING SPECIAL!
$34.99!
Most Vehicles
(Regularly $49.99)
Includes Full Service Wash, Tire Dressing, Air Freshener Takes about 30 minutes
Offer may not be used with other discount programs...
Expires 02/28/09

5150 Freeport Blvd Sacramento (Freeport & Fruitridge) Mon-Sat 8-5 • Sun 8-4 916.451.6524 • www.gemautowash.com

The Land Park*news*

E-mail stories & photos to: vcnnews@valcomnews.com
www.valcomnews.com

Land Park News is published on the second and fourth Thursdays of the month and delivered by mail and home delivery in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

General Manager.....George Macko
Assistant General Manager.....Kathleen Egan
Editor.....Colleen Truelsen
Production Manager.....John Ochoa
Graphic Artist.....Ryan Vuong
Advertising Executives.....Patty Colmer
Linda Pohl, Marc Harris Desiléts, Melissa Andrews
Distribution/Subscriptions.....George Macko

$30 a year subscription

Vol. XVIII • No. 3
2709 Riverside Blvd.
Sacramento,
CA 95818

t: (916) 429-9901
f: (916) 429-9906

NEW! Daily Specials!
6" Regular Sandwich
$3.99
Limited Time Only

Let TOGO's cater your Big Game Party!

Monday	#6	Hot Meatball*
	#9	Pastrami*
Tuesday	#29	Chicken Salad
Wednesday	#16	Italian
Thursday	#19	Egg Salad & Cheese
	#7	Roast Beef*
Friday	#12	Lemon Pepper Tuna
Saturday	#3	Turkey & Cheese
Sunday	#24	Turkey & Avocado

* plus tax

Come in & try our new LEMON PEPPER WRAP!

togo's sandwiches
4421 Freeport Blvd
(916) 452-6453
Fax: (916) 452-1848
www.Togos.com

WWW.VALCOMNEWS.COM

Get more from the Land Park News on our website
Extended, updated calendar * Police Beat: arrests and local reports *
Download this edition and archived editions * Check out our great photos

With golf, practice can make 'permanent'

Jenni Martin knows golf – she's an LPGA teaching pro in Sacramento – and she's ready to share her knowledge with those who wants to improve their game. Look for her column of advice, tips and strategies each month in the East Sacramento News.

JENNI MARTIN
TEE TO GREEN

Wanna beat Obama?

If your goal this year is to break 90 (or even 100) follow these simple tips and -- don't give up.

1) Roll some putts indoors. Bring your putter to work and rehearse your putting pre-shot routine. Sink some putts into a paper cup or roll 'em over a paper clip. Remember to take dead aim. Getting your brain to trust your eye is an important skill. More than 60 percent of our strokes in a round typically come from the short game.

2) Consider using that gym membership. A strong flexible "core" involves more than just the abs. Flexibility and strength in also the low back, butt, hips will give you a better coil, and more stamina after the turn. Consistency and length comes from a good mid section.

3)See your swing. Take a video lesson. Most pros now offer this benefit. Usually seeing your swing aids in applying the changes and doing the correct drills. Remember what Dave Pelz always says: "Practice makes permanent … not perfect." Get good information and practice correctly.

This should give you a fighting chance to beat the new prez in 2009. Good luck!

Jenni Martin is a LPGA teaching professional in Sacramento. E-mail her with your questions: galgolfg2@me.com, phone 837-8952.

Speaker from 'hearts and minds' front lines

Special to *the Land Park News*

Budd MacKenzie, a successful Bay Area lawyer who now spends months in Afghanistan yearly, risking his life to provide secular education and alternatives to opium-based subsistence farming, will talk about winning hearts and minds and help defeat the Taliban one village at a time in an open forum at 7 p.m., Tuesday, Feb. 17, at Faith Presbyterian Church, 625 Florin Road.

MacKenzie founded Trust in Education, a grass-root, non-profit, secular organization in 2003. TIE provides education, health care and economic development programs in Afghanistan.

TIE first provided funding to build a co-educational school in Lalander that opened in March, 2005. "Their" school is within a 15-minute walk from home, instead of the three hours it once took to reach schools in Kabul. In March 2006, adult education courses were added. Now, more than 300 girls attend TIE-funded classes.

A TIE sponsored irrigation project was completed in 2005. More than 23,000 fruit trees provided by TIE have been planted by hundreds of Afghan farming families.

Commercial Real Estate
Trust Deed Investments

7-10% ANNUAL YIELD
Paid Monthly

Loan-to-Value Ratio less than 55%

$50k minimum investment
IRA money welcome

CALL TODAY!

RE Broker, CA Dept. of Real Estate License# 01792876

Socotra Capital

For more information please contact
John Ingoglia at (916) 617-2220

Inside and Outside Land Park

Martin Yan at the library

In celebration of Chinese New Year, internationally famous chef Martin Yan will discuss his latest book, "Martin Yan's China," and tantalize the audience's taste buds with a live food demonstration, at 2 p.m., Sunday, Feb. 22, in the Tsakopoulos Library Galleria, at the Central Library, 828 I St.

As the celebrated host of the famous "Yan Can Cook" PBS Television series, which he pioneered in 1978, Yan has delighted millions of viewers with his passion for the Asian cuisine, his amazing kitchen techniques, and charming wit.

Having earned his Master of Science degree in Food Science at University of California at Davis, Yan enjoys the distinction as a certified Master Chef, a professional food instructor, and prolific author of award-winning cookbooks.

His latest book, which is the companion volume to the PBS series "Martin Yan's China," is filled with photographs and fascinating information about the food, history, and culture of China. It includes more than 100 recipes.

Copies of Yan's books will be available for purchase and signing. Seating for this free culinary event will be on a first-come, first-served basis.

For more information, call the Sacramento Public Library at 264-2920 or visit www.saclibrary.org.

Medicare counselors needed

The Health Insurance Counseling and Advocacy Program needs volunteers.

The organization is a non-profit, volunteer supported program that provides assistance to people with Medicare issues including health insurance information, drug plans, long-term care insurance, claim denials, appeals and grievances.

HICAP offers a comprehensive Medicare basic training class and internship program to become a registered counselor with the California Department of Aging.

Active, retired seniors who are interested in giving back to their community are needed. A HICAP Volunteer Counselor Training Class starts March 2 in West Sacramento.

For more information, call 375-3761.

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 available, 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.

SAVING THE WORLD
One luncheon at a time...
Join Us!
Local & Global Focus
Helping women & girls
Soroptimist International
Colleen (916) 429-9901

Creating Mortgage solutions
that compliment my client's goals.
Call me for personal attention & honest,
straight-forward answers to your loan needs.

SCOTT FILBY
Office: 916/732-4333
Cell: 600-4313
sfilby@execwest.com

EXECUTIVE WEST FUNDING CORP.
RESIDENTIAL LENDING SPECIALISTS

4211 FREEPORT BOULEVARD
CA DRE Broker Lic. #01154620

Sue Olson
601-8834 • 341-7849
www.sueolson.net
Department of Real Estate License# 00784986

COLDWELL BANKER
THE MASTERS CLUB LIFE MEMBER

Call for a Complimentary
Market Evaluation of Your Property
Or for Assistance in Purchasing a Home.

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. $545,000

LAND PARK
Charming Tudor, 3 bedrooms, 1.5 baths, living room with fireplace, formal dining room, original kitchen with breakfast nook, hardwood floors, large corner lot a& pretty tree lined street. 1801 4th Ave. $489,000

SWALLOWS NEST
Cute condo remodeled in 2005. Kitchen with tile floors and updated appliances, carpet throughout remainder of home. Two bedrooms and 1.5 baths upstairs, 1/2 bath downstairs on kitchen/living room level. Garage and laundry on streel level. Spacious two car garage. Community clubhouse, three pools, golf and tennis. 3098 Swallows Nest Drive. $238,500

LAND PARK
Original condition, two bedroom cottage, living room w/ fireplace, formal dining room, hardwood floors, service porch, 1/4 basement and cute backyard.
2725 16th Street. $289,000

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. $400,000

Free classes every Wednesday

Nordic walking finds its way to the Elks' Pocket parking lot

By Tyrone Bowman
THE LAND PARK NEWS

A group of people walking around Elk's Lodge parking lot with ski poles, despite there being no snow, have not lost their minds. Instead, they have found a new form of exercise.

Pole walking, also called Nordic walking, has come to the Pocket. It could be the answer for people who are trying to get back in shape and its students insist that it's a great activity for people who have arthritis.

There's a big difference between pole walking and regular walking.

"Thirty minutes of pole walking is equal to 50 minutes of regular walking, because you are using your whole upper body," said Karen Vicari, executive director of the non-profit organization Cure Arthritis Now, a group that sponsors a free pole walking class at 10 a.m. Wednesday mornings.

The instructors, Quaint Brylski and Vicari, have both been diagnosed with rheumatoid arthritis and have been pole walking for more than five years.

"It helps ward off arthritis and if you already have it, it can keep it in check," Vicari said.

The basics

Pole walking is regular walking with two ski poles strapped to each hand at a 90-degree angle, while keeping the elbows bent. It increases cardio-

See Walkers, page 5

Photo by Kati Garner

Taking up poles on a recent morning were, from left, Lynette Porter and Josh Ward of East Sacramento, instructor Vicari in the black jacket, and Ken Kuhl.

- Relationship Banking Since 1921 -
We Protect Your Future

Rock Solid YESTERDAY,
Rock Solid TODAY
& Rock Solid TOMORROW

The Merchants National Bank of Sacramento has remained **locally** owned, independent, and financially strong for over 87 years. Merchants National Bank has endured the Great Depression, the inflation of the 1970's, the turbulence of the 1990's and remains strong during the current financial uncertainty.

1015 7th Street • Sacramento, CA 95814
916.422.3883
www.merchantsnational.com

Member FDIC 1090-C
EQUAL HOUSING LENDER
Loans subject to credit approval.

Meg Heede
803-1628
RE/MAX Gold
Meg@MegHeede.com
www.MegHeede.com

Fab Forties!!
A wonderful establshed 2 bed 2 bath condo in 'Heart of East Sac' has wonderful grounds & spectacular views! On the 9th floor with so mcuh light, New kitchen & baths too.
4100 Folsom Blvd
$479,900

Curtis Park Fixer with Spanish Flair
2 bedroom, 1 bathroom plus bonus room and spacious living room w/ fireplace. SOLD AS IS.
2800 3rd Avenue
$269,900

New Curtis Park
Beautiful classic brick w/ original mouldings & arched windows. New bath and professionally landscaped backyard w/ Koi pond!
2741 3rd Avenue
$415,000

Curtis Park Home
Just half block off the Park this 3 bed 3 bath needs tlc!
2667 11th Avenue

Coming Soon...
Land Park 3 bed, 2 bath, newer 2nd story!

Walkers

Continued from page 4

vascular activity and improves balance and posture, which makes it also a great exercise for people with arthritis.

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

According to Foot Solutions (a local store specializing in walking paraphernalia), pole walking tones more of the body's core muscles while improving body alignment. It decreases stress to the knees, hips, and back while alleviating pain and tension to the whole upper body. Recent studies by the Cooper Institute in Dallas have shown that pole walking can burn up to 46 percent more calories than regular walking.

It's 'natural'

Pole walking, imported from Europe, is not entirely foreign to the U.S. A Wisconsin-based company has been selling Exerstrider poles since 1988.

In 2004, LEKI USA, based in Germany, brought over a lot of trainers to educate U.S. retailers, including those in Seattle and San Diego.

"As long as the upper body is engaged in some way, the result is better than regular walking," said Jim Garfield, LEKI USA's fitness consultant. He said that there is no wrong way to use the poles, but if used correctly, the benefits will be the greatest. Burning the most calories does take some diligent and unrelenting practice, he said. Having a trainer is one of the best ways to get the greatest benefit from pole walking.

Unlike regular walking, a skill most toddlers pick up before 2, pole walking is not a naturally learned task, but can be learned by anyone.

"Even though it may feel unnatural, it is perfectly natural," Brylski said. If you can walk, you can pole walk."

For information and reservations for the Cure Arthritis Now-sponsored class at the Elks Lodge, 6446 Riverside Blvd., phone 208-8700. Additional information is at www.CureArthritisNow.org.

Photo by Kati Garner

Pole walkers join in the Wednesday morning walk at Elks Lodge No. 6, 6446 Riverside Blvd. From left are Catherine Kirk, Elks Exalted Ruler Steve Clazie and Joan Clazie.

"Thirty minutes of pole walking is equal to 50 minutes of regular walking, because you are using your whole upper body."

Karen Vicari
Instructor

JIM JEFFERS
www.JJeffers.GoLyon.com
JJeffers@GoLyon.com
448-6225
LYON REAL ESTATE
www.GoLyon.com

TUDOR ON .18 ACRE LOT
1133 Vallejo Way. Loads of potential with this 3 bedroom + den. 1598 sq ft w/ additional unfinished space in upstairs bedroom area. If you're looking for the home that can be, here it is! $439,900

FIXER IN LAND PARK!
1816 Caramay Way Call to see this 2 bedroom plus office, 1 bath 1200 sq ft 1 story home on Caramay Way. Here's a chance to get into Land park and earn equity at the same time! Cosmetic fixer on great street. $279,900

*1461 8th Ave - SOLD
*2778 Marty Way - SOLD
1939 7th Ave - SOLD
1163 7th Ave - SOLD
1470 8th Ave - SOLD
1177 Larkin Way - SOLD
1521 Santa Ynez - SOLD
2770 Marty Way - SOLD
1109 Perkins Way - SOLD
*1141 Swanston Drive - SOLD
*Represented Buyer

Mueller PET MEDICAL CENTER
6420 Freeport Blvd.
428-9202
www.muellerpmc.com

Grooming Specials
$5 OFF Full Grooming
$3 OFF Bath Only
*Offer for New Clients Only.
Now Available 7 Days a Week
- Call Janice or Annie for Appointment -
868-0444
Complete Veterinary Services • 24 Hr Critical Care

ADULT BASEBALL
Want to play hardball again but don't know where?
You can play ball again in
THE NATIONAL ADULT BASEBALL ASSOCIATION
with over 60 existing teams in the Sacramento area.
NABA
18+, 28+, 38+ Age Groups and 48+ (wood bat only)
Various Levels of Play
18-22 Game Season
All Star Games • Playoffs
Championships • Awards
For Info call (916) 729-3373
or visit www.sacnaba.org
NABA NOW ACCEPTING NEW PLAYERS AND TEAMS
UMPIRES ALSO WELCOME • SUNDAY GAMES

Valley Community Newspapers, Inc.
Concepts to suit your business needs.
Let our professional graphics department design an advertisement for you or your company. The initial ad design is FREE and all you have to do is give us a call at the number below.
VALLEY COMMUNITY NEWSPAPERS INC.
429-9901

World History in Land Park

Mysteries of Islam unveiled for Sam Bannan middle schoolers

By Celia Green
THE LAND PARK NEWS

The mountain wouldn't go to Mohammed, so Mohammed went to the mountain. And when it wasn't practical to bring a class of seventh graders to practicing Muslims, the Muslims came to the seventh graders.

All thanks to Adrea Zarate, a teacher at Sam Brannan Middle School.

Speakers from the group "Talking About Islam" visited the students in their World History class before the holiday break.

"It (Islam) is puzzling to the students," said Zarate. "They have so many questions. They're often shocked to learn Islam is a way of life and not just a weekly activity for Muslims."

Islam is a part of the standardized curriculum for World History, and Zarate thought introducing the students to practicing Muslims would help the students' understanding.

"To see them in person and hear their own voices helps them conceptualize," she said.

Hijabs and tenets

Myriam Clingan and Wahiba Maistry talked with students, each woman wearing a hijab, traditional clothing covering a woman's body except her hands and face.

"The hijab is worn to remind us to behave modestly," said Clingan, a Sacramento native who converted to Islam 29 years ago. "We wouldn't run or shout in public."

The women talked about the Five Pillars of Islam, the basic tenets of the religion, including the daily prayer schedule. They played a taped version of the call to prayer, and demonstrated the daily prayers, which include getting on the floor atop a prayer rug.

"We like to let people be aware of our prayer schedule, so if you come across someone praying, maybe in an airport, or anywhere in public, we don't want you to be afraid," said Maistry, a native of South Africa born to Muslim parents. "Especially since it is unacceptable to say the prayers in a language other than Arabic."

Photos by Celia Green

Students in Adrea Zarate's seventh grade class at Sam Brannan Middle School dressed in traditional Muslim dress and learned basic tenets of Islam in their World History class, when speakers from 'Talking About Islam' visited.

Getting answers

"I'm so proud of the students and the kind of questions they asked," said Zarate. Questions included:

If you're already in Mecca, what direction do you face during prayer time?

You face toward the Ka'aba, a building, considered to be the holiest place in Islam.

Why can't woman choose whom they marry?

The Qu'ran is very detailed as to the rights of women. Women have a right to education, the right to say "no" to a marriage proposal, she may keep her maiden name and her inheritance, and can expect her husband to support her financially.

The speakers wrote many of the students' names in Arabic, and brought traditional clothing from many countries where Islam is the predominant religion. Zarate found the speakers through their website, www.talkingaboutislam.com. This is the second year they have spoken to her classes.

Jean & Ron Nakano

The Nakano Real Estate Team
"The Best in Team Work"
*11005 Fiore Drive - SOLD**
*8672 Gossamer Way - PENDING****
*5204 45th Street - SOLD****
7130 Daisy Lane - FOR SALE
9830 Black Swan Drive - FOR SALE
6031 Ivy Spring Court - FOR SALE
*7901 Elsie Avenue - SOLD***
*11 Cache River Circle - SOLD***
**rep. seller • **rep. buyer • ***rep. seller/buyer*
COLDWELL BANKER RESIDENTIAL BROKERAGE
396-4430 - 691-3644

Angel's Nest
CHILD DEVELOPMENT CENTER
• FULL AND HALF DAY PROGRAMS BETWEEN 7AM-6PM
• SERVING AGES 2-5 IN A FAITH-BASED SETTING WITH EMERGENT CURRICULUM!
NOW ENROLLING!
GREENHAVEN LUTHERAN CHURCH • 475 FLORIN ROAD • (916) 428-4651
VISIT OUR WEBSITE FOR MORE INFO! WWW.ANGELSNESTCDC.COM

South Beach Dr .Riverlake..... SOLD
11th Ave .....Curtis Park..... SOLD
37th Street ... McKinley Park .. SOLD
P Street ..... East Sac ..... SOLD
17th Street ..... Land Park..... SOLD

Land Park *Offered at $595,000*

Land Park *Offered at $559,000*

East Sac. *Offered at $389,000*

S. Land Park *Offered at $229,500*

West Sac. *Offered at $118,900*

Midtown *Offered at $356,900*

Ted Russert (916) 448-5119 LYON REAL ESTATE www.GoLyon.com www.TedRussert.com

Ways to help yourself and others around town

Catch a movie with a religious message for families in stress and turmoil

ROB FONG
DISTRICT 4 NEWS

The Faith and Families Initiative will be launched in early 2009 as a pilot program of the Ending Chronic Homelessness Initiative to help families avoid or escape homelessness.

I launched this initiative to match homeless families with faith communities to mentor and help them obtain self-sufficiency and permanent housing.

The movie, "Where God Left His Shoes," is a story of a family that refuses to break apart during the darkest time of their lives and discovers that they will survive as long as they have each other. It will be shown at 6 p.m., Wednesday, Feb. 18, at the Crest Theatre, 1013 K St.

Tickets, $10 for students, $20 general, are available at Sacramento City Hall, 915 I St., Room 1214 – no credit cards accepted – at the Crest Theatre Box Office, from www.Tickets.com, and from R5 Records & Video, 2500 16th St. – cash only.

For ticket information please contact Julia Acuña at 447-7063 x 307 or at jacuna@communitycouncil.org

For questions regarding sponsorship opportunities please contact: Amber Moran Wannell at 448-2258.

Got health insurance?

Cover the Kids is Sacramento's Children's Health Initiative which helps ensure all children and teens (birth to 19th birthday) have access to affordable health insurance.

If you have any employees or know of any families that are in need of health insurance for their child, teen, or are an expecting mother, call CTK toll free at 1-866-850-4321. Citizenship is not required for all programs. Medical, dental and vision coverage are included.

If you or your agency is interested in learning more about CTK or would like to schedule an enrollment event at your site contact Outreach Coordinator, Mary Corum at 808-3810 or e-mail mcorum@cityofsacramento.org.

Income tax assistance available at no cost

There are certified tax preparers who will do your taxes for free through the Volunteer Income Tax Assistance program. You are eligible for this free service if your household income was $42,000 or less in 2008.

Dozens of VITA sites are now open till April 1st at various locations. Call 2-1-1 for a referral to the location nearest you and/or to make your appointment. 2-1-1 is a free, confidential information and referral service available 24 hours a day, seven days a week. Multi-lingual assistance is available.

You can also e-file your taxes online for free at www.beehivesacramento.org/taxes.

Healthy Marriage Project

The Flourishing Families Program helps pregnant couples and new parents make wise choices regarding relationships and learn skills to create and sustain a healthy family. The 15-hour relationship building program focuses on conflict resolution, problem solving skills, and other skills needed to make a strong relationship and family for the new baby, and ensure a bright future for the couple and the baby.

Who is Eligible: Low-income, unmarried couples who are romantically involved and pregnant or parenting a 3-month-old child or younger.

Childcare, dinner, and a transportation stipend are provided. Couples who complete the program will receive a $100 graduation gift.

Classes are offered in both English and Spanish at various locations. To register, and/or refer someone visit www.sacramentohealthymarriage.org and click on the link Programs, Flourishing Families Program.

'Tip of the Month'

Loaves and Fishes is in need of donations. Check out their Needs List below to see how you can help.

Miscellaneous items
- Coats/jackets
- Rain ponchos
- Blankets
- Cough drops
- Food coupons

Baby items
- Diapers
- Baby food and formula
- Bottles (plastic)

Items can be delivered to Loaves and Fishes from 7 a.m. to 2:30 p.m., Monday through Friday, at 1400 North C St.

To view the complete Needs List visit http://www.sacloaves.org/needs-list/.

Long Term Care Insurance Specialist

VICKI DIEPENBROCK
Educating People on Long Term Care Planning
916-442-4184
evd10@surewest.net
Genworth Insurance Agency
CA License #0F08269

First Annual
ACC Crab Feed
Presented By
Asian Community Center

Event Information
Date & Time:
Saturday, February 28, 2009
6:00 p.m. - 9:00 p.m.
Location:
Sacramento Asian Sports Foundation
9040 High Tech Court
Elk Grove, CA 95758
Theme:
Hawaiian Luau
Ticket Price:
$50 per person
Last Man Standing Raffle

Menu
All-You-Can-Eat Crab
No Take Out
Garlic & Ginger Crab
Senbei
Lumpia
Cabbage Salad
Fried Rice
Ice Cream

For more information about this event, please contact Chance Lattasima at (916) 393-9026 ext. 241 or visit our website at www.accsv.org.
Thank you!

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 SOLD inets, tile floors & stainless appliances. The baths are remodeled, there is a living room & family room w/fireplace & gleaming wood floors.

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.

8306 REED CT. *COLLEGE GREENS*
$250,000
Beautiful College Green home w/ 3 bedrooms & 2 baths, updated kitchen & bath SOLD n & family room. Home features dual pane wi central heat & air, master bedroom suite & almost a quarter acre lot.

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 2100 square feet. This property features wood floors, a livin SOLD amily room w/ 2 fireplaces, a laundry room w/ 1/2 bath, a master bedroom suite & a 2-car garage. The kitchen, baths & windows are in original condition.

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
Come discover this exquisitely remodeled home in coveted Woodlake. This incredible home has 3 bedrooms & 2 baths, a gourmet kitchen & living roo d floors & a fireplace. Outside there is a beautiful wood de SOLD udio that is bathed in natural light. The architectural details & finishing treatments, using onyx, glass, timber, metal & so much more are amazing.

Wendi REINL 916.206.8709 WendiReinl.com

Program to launch with fund-raiser

Faith community asked to help families avoid housing disasters

By Elizabeth Valente
THE LAND PARK NEWS

District Four Councilman Rob Fong has teamed up with the Sacramento Ending Chronic Homelessness Initiative to help families permanently avoid or escape homelessness.

The program, Faith and Homeless Families Initiative, is aimed at helping 30 families avoid homelessness by matching them with faith communities to mentor and help provide short-term rent assistance, financial management tools and obtain self-sufficiently.

"We have asked the Sacramento faith community to adopt homeless families, in order to get women and children off the streets," said Councilmember Fong. "We have more than 1,200 people who are homeless. I am really looking at working to address that problem."

The program will be launched on Wednesday, Feb. 18, during a fund-raising reception at the Crest Theatre, where for $20 a ticket people will view the screening of the documentary "Where God Left his Shoes," a movie starring John Leguizamo. The story is about a man struggling to move his family out of a homeless shelter and into better accommodations in a housing project.

"The response has been overwhelming," Fong said. "We are very excited about expanding the reach of this pilot project so that someday soon all families will have housing here in Sacramento."

Councilman Rob Fong: 'We have more than 1,200 people who are homeless. I am really looking at working to address that problem.'

Steps to be taken

Key components of the Faith and Homeless Families initiative include:

- Short-term rent assistance.
- Seven financial planning and mentoring sessions provided by trained volunteers from faith communities.
- Case management and support from the Sacramento Ending Chronic Homelessness Initiative.

The need grows

According to a spokesperson at the Sacramento Ending Chronic Homelessness Initiative, more families have become homeless this year from the current economic and housing crisis. Emergency shelters across the city and county are turning away families because they do not have enough space and beds.

Director Tim Brown says this initiative is a win-win for all involved.

"It will empower families to begin the journey to self-sufficiency," he said, "and community members can put their faith into action. And public resources will be leveraged to save families from homelessness."

Unlike other programs, the FHFI program will serve families who, in better economic times, were able to secure sustained employment and housing; but, in this recession, are unable to do so.

"This is not a population that is targeted by the 10-year plan to end chronic homeless in the city and county," said Fong. "I am looking to shed some attention to the local (city) issue right now."

Fong hopes in the near future to introduce a plan that will help put a roof over the heads of many homeless families living around the city, but it will have to wait because of the budgetary issue.

"It's terrible (to know) people go hungry in our city," he said. "We have to come up with a way to help and use it to address the homelessness issue."

Tickets for "God Left His Shoes" fund-raising event on Feb. 18 can be purchased at the Crest Theatre Box Office, R5 Records & Video or, Tickets.com

NOW OPEN!
Land Park Flowers and Gifts
Specializing in flowers for all occasions, weddings & funerals by an Award Winning Designer
"Ron is back!"
Former owner of Celeste & Company from 1993-2005
Delivering throughout Sacramento, outlying areas, & out-of-state.
5874 South Land Park Drive • Sacramento, CA 95822
916-392-ROSE (7673)

CHRIS BRIGGS
834-6483
Windermere
Dunnigan Realtors

INCREDIBLY COMFORTABLE HOME

Bet you can't say No to this incredibly comfortable home! Open and inviting floor plan flows from front to back affording views of the picturesque front yard to the inviting pool and patio in back. This home has beautiful hardwood floors, central heat & air, dual pane windows and a 1-year old roof. Formal living room with fireplace, dining room with beamed ceiling and family room with dining bar. Just steps away from Crocker Riverside Elementary School and public transportation.
937 Robertson Way.....$499,000

BEAUTIFUL GARDEN GLEN MODEL

Built by Lennar Homes in 2004 with beautiful upgrades, including hickory wood & tile floors, upgranded carpet, granite kitchen counters, stainless steel appliances & more. 5th bedroom currently used as office & exercise room. One bedroom is on main level with full bath. Abundant storage, soaring ceilings, sweeping grand staircase, Romeo & Juliet balcony overlooking family room. Trellised patio perfect for cool evenings as you listen to soothing sound of the pondless water feature.
9662 Country Falls Lane.....$449,000

COMING SOON
Tim Lewis home in East Land Park Village. Built in 2005. 3 bedrooms, 2 bath for $349,000.

LET ME SHOWCASE YOUR HOME
Call CHRIS for a no obligation estimate of value on your home.

Happy 50th, Belle

Friends of Belle Cooledge Library made sure the library's 50th anniversary was a community celebration to remember. From 10 a.m. to 4 p.m. on Saturday, Jan. 31, activities included arts and crafts, hula-hoop contests, birthday cake, balloons, and lots of free entertainment. Congresswoman Doris Matsui was among those stopping offer congratulations for work well done for 50 years at 5600 South Land Park Drive.

Clockwise from upper left: Library volunteer Christie Hamm, left, hands a birthday balloon to Ava Schleich, 7. At the crafts table, Rhian Harris, 12, left, helps her sister Emily, 6, create a birthday card for the library. The hula-hooper contest brought out Jamie Hattori, 8, left, Leah Huling, 7, center, and Tiffany Gardner, 8, right. Squeezing in for a piece of carrot cake is Jackie Grasela, 6; and Judy Anshin, president of the Cooledge Friends of the Library, cut the birthday cake for eager kids. The final photo shows children engaged in creating birthday cards for the library.

Photos by Robert Scott

DOWNLOAD THIS PAPER ONLINE AT:
WWW.VALCOMNEWS.COM

DL Properties

Shopping Center For SALE
Approximately 27,000 Sq. Ft. • $3,500,000
Call **DENNIS** 916-447-7355 BKR.

Please RECYCLE this paper. Thank You

Senior Services and Resources

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:
- Trust • Will
- Powers of Attorney
- Residential Deed

SENIOR SPECIAL

Couples $395 Singles $350
Lynda K. Knight (916) 214-1215
614 Fulton Ave. #100, Sacto 95825

LOVING COMPANIONS

Loving Companions Senior Services
A Proud Member of The Senior's Choice

"Assisted living" in the privacy & comfort of your home
Affordable rates, 1-24 hours/day

Certified Care (916) 509-7125

SENIOR LIVING

YOUR AD SHOULD BE HERE!

Call Melissa today!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

SENIOR LIVING

HELP AT HOME

HELP AT HOME
Senior Care
Caring, In-Home Assistance & Companionship
- Light housekeeping
- Meal preparation
- Med reminders • Errands
- Dementia care • Bathing & Much More

For no-cost/in-home assessment, call **877- 404-6636**

HOUSE CLEANERS

House Cleaners
Since 1988

SPECIAL SENIOR RATES!
"Our professionalism will exceed your expectations!"
Sylvia
(916) 955-6089
Bonded–Licensed–Insured
Email: sachousecleaners@hotmail.com

"PS" ERRANDS 4 YOU

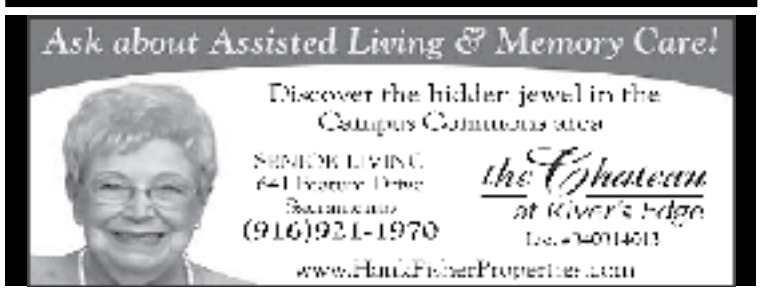
"PS" Errands 4 You
Saving you TIME & $$$
No errand too small
Giving you a helping hand.

Patty @ (916) 296-5185
www.pserrands.com

YOUR AD SHOULD BE HERE!

Call Melissa today!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

SENIOR LIVING



PERSONALIZED HOME CARE

PERSONALIZED HOME CARE & HOMEMAKER AGENCY, INC
No contract to sign
No minimum hours

Serving Sacramento's Senior Population For 30 yrs.
Call (916) 979-4975

WOODS RETREAT

Woods Retreat
Residential Care Facility for the Elderly now accepting applications
Let us care for your loved ones.
State Lic #340306720
Owner-operated (916) 421-5845

SENIOR LIVING

YOUR AD SHOULD BE HERE!

Call Melissa today!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

SENIOR LIVING

YOUR SERVICES ARE NEEDED
CALL Melissa TODAY TO PLACE YOUR AD
(916) 429-9901

Projects benefit community

Boy Scout Troop 50 honors five new Eagle Scouts

Special to *the Land Park News*

Five young men from Boy Scout Troop 50 have been admitted into the Eagle Scout Court of Honor. Each had to manage and complete a community service project as part of their Eagle requirements.

The Eagle Scouts and their projects are:

Bryant Philip Lee, a UC Irvine freshman, designed and constructed various wooden cutouts representing historic characters from Sacramento's early history. This gave visitors to Old Sacramento an opportunity to take an 1850's souvenir photo of them and be part of the city's heritage.

Currently a senior at J.F. Kennedy High School is Benjamin Yao Jone Fong. He organized and played in a string quartet concert at the Asian Community Nursing Home last Easter Day. A total of 283 hours were spent to rehearse, perform, and even serve refreshments for the enjoyment of the residents on Rush River Drive.

Evan Thomas Hirano attends Christian Brothers as a senior. At the Merryhill School on Eastern Avenue, he planned and directed the removal of the existing bark and an old playground structure. This project created the opportunity to subsequently install a new playground then.

At the nearby Chinese Community Church, Jordon Stephen Chan organized the sanding, priming and painting of the retaining wall and steel posts from the church's building expansion. In his first year at Sacramento City College, he learned much about responsibility and leadership from this service.

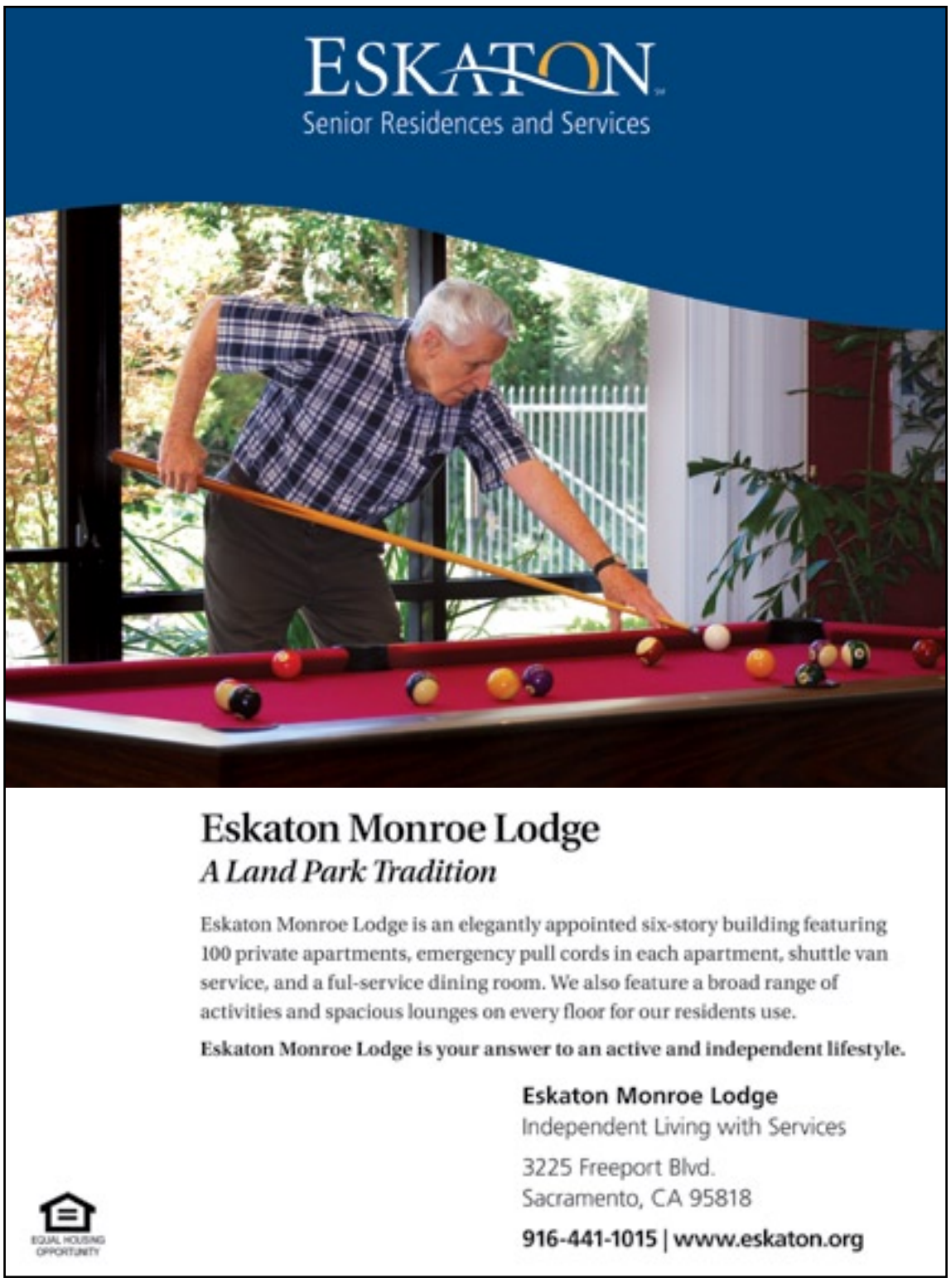
Eric Spencer Wong organized a group to refurnish and paint the soccer goalie poles, as well as the tetherball, basketball, and volleyball poles at Sutterville Elementary School. He, in last year at JFK, also painted a 35 by 28 foot map of the nation on this playground to further benefit the students there.

In addition to the proud parents, proclamations were personally presented by the County Board of Supervisors and State Assembly.

Boy Scout Troop 50 was originally organized in the 1930's by the members of the Sacramento Betsuin Buddhist Church. At the outbreak of World War II and the internment of local Japanese-Americans, the troop was disbanded and inactive until 1962. It was then reorganized and chartered under the leadership of Akio Imai at this Riverside Boulevard location at Broadway.

Courtesy photo

From left to right, Bryant Philip Lee, Benjamin Yao Jone Fong, Evan Thomas Hirano Jordon Stephen Chan and Eric Spencer Wong are honored by their community for earning Eagle rankings.



The Cattery

City's growing feline population finds a new, swanky home at the Front Street animal shelter

Special to the Land Park News

A 2,900-square-foot, state-of-the-art cat facility to help house the growing Sacramento cat population has been opened at the city's Animal Care Services Center at 2127 Front St.

The facility, the first of its kind in Northern California, features custom cat caging, original cat and safari-inspired public art work, animal observation rooms with unique murals as well as areas for public interaction, education and training.

The original animal shelter was built in the early 1990s and is now over-crowded. About 5,200 cats are admitted to the shelter yearly, compared to 3,800 cats admitted in 1997. The new Cattery will allow the shelter to care for more cats and provide additional opportunities for adoption.

Grand opening ceremonies last month featured a vribbon cutting with Councilman Rob Fong, remarks by former mayor and ardent animal supporter Heather Fargo, and tours for the public.

To learn more about adopting an animal, visit the city's shelter, call 808-PETS (7387), or log onto www.SacPetSearch.com.

B - Bingo is fun!
I - Inviting State of the Art Facility
Secure & Comfortable
N - Nightly Prizes Over $7,000
G - Great Giveaways
O - Our Area Charities Receive Proceeds

California Charity Alliance
Working to Preserve and Improve Charity Bingo
Charter Member

Florin Road
BINGO
"The Best Hall of All"
2350 Florin Road (Corner of 24th & Florin)
(916) 422-4646 • www.scc-bingo.com

"Sign" Language

For over 35 years

COOK REALTY

www.cookrealty.net

787 8TH AVENUE...$525,000
ATCHAN VAN PELT• 813-5919

2667 11TH AVE...$585,000
CAROLYN CARR • 712-3914

See all our listings at www.cookrealty.net

1150 BROWNWYK DRIVE
Immaculate French country living. Gleaming new hardwood floors, new Thompson windows with plantation shutters throughout. New paint, appliances, master bath and new HVAC & ducts, bonus room w/1/2 bath. *$450,000*
LISA MCCAULEY • 601-5474

91 PETRELLI CIRCLE
PENDING
Gorgeous home th[illegible] granite counters in kitchen, new flooring, newer roof. Covered patio, CH/air, water heater are newer, and master bedroom has as huge walk-in. *$229,000.*
MEENA CHAN LEE • 837-9104

2741 DONNER WAY
Beautiful 5 bedroom Curtis Park home built in 1912. House remodeled to provide 3036 square feet of living space. Lots of storage, 2-car garage with alley access. Updated kitchen, master suite, newer roof and central heat and air. *$669,900*
LARRY EASTERLING • 849-9431

2121 MARKHAM WAY
Thoughtfully updated Curtis Park home, 4 bedrooms, 2.5 baths, 2338 sq. ft., updated kitchen and baths, plumbing and HVAC, hardwoods, new garage - on one of the nicest streets in Curtis Park. *$575,000*
LARRY EASTERLING • 849-9431

International Relocation Service

Buying or Selling out of the Sacramento area? Being referred gets you, "hooked up," with the best in your destination market!
Call Lindsay Filby

(916) 451-6702

"...FOR FINE OLDER HOMES AND QUALITY NEWER HOMES"

REAL ESTATE SCHOOL
★ LOW INTRODUCTORY COST
★ START ANYTIME
★ LIVE CLASSES
Call: Bob Shipley • 451-6702

PROPERTY MANAGEMENT
★ MONTHLY CASH FLOW
★ TENANT SCREENING
★ MAINTENANCE
Call: Brittany Naucke • 457-4907

4305 Freeport Boulevard, Sacramento COOK REALTY **www.cookrealty.net • (916) 451-6702**

One House of Peace

Two visions blend in a peaceful house in Land Park

CORKY OAKES
CONVERSATIONS

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.

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, 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.

Photo by Corky Oakes

Caverly Morgan, above, 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.

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

Morning and evening meditation is held during the week

See Peace, page 15

The Clip Shop
PET GROOMING
35 Years of Experience
- All Breed Grooming
- Hand Scissoring
- Cats Welcome
- ONLY $5 Nail Trimming

Tuck- a satisfied client!

NEW LOCATION
3401 Freeport Blvd. @ 9th Ave. *(Formerly on Riverside Blvd.)*
447-0393

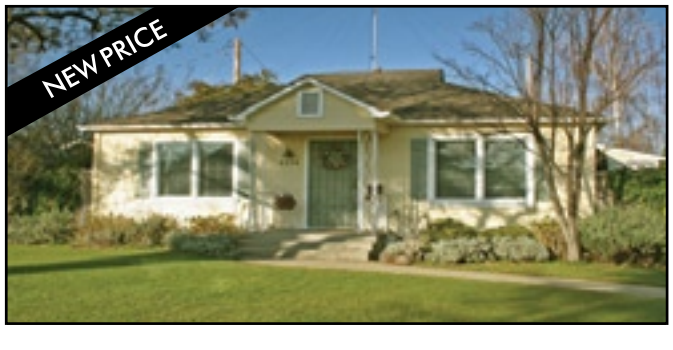
Charlene Singley
CRS, GRI
(916) 452-2228
Charlene@charlenesingley.com
www.charlenesingley.com

Gorgeous Condo
Wall of windows offers lots of light & shows off fab view of gorgeous grounds & canopy of trees. Spacious condo feat. large master ste. w/3 closets & balcony, formal DR, huge LR w/large built-in & full length balcony, all elect. kit., inside laundry & tons of storage/closet space. Original condition, well maintained - could be spectacular! HOA dues incl. security, club, exercise, & storage rms, recently resurfaced/tiled pool, dog-run & ext. window washing! Easy living abounds in this luxurious high-rise. .. $420,000

Jennifer Merica
(916) 397-1605
jmerica@golyon.com

LYON REAL ESTATE
www.GoLyon.com
REALTOR®

Darling Dollhouse in East Sacramento
Features include living rm/dining rm with lots of light & built-in bookshelves/storage, sweet kitchen overlooking backyard with newer gas range & Bosch DW, all dual panes except kitchen & laundry, charming side courtyard & another yard in back. Lovely landscaping, newer HVAC. Close to everything, including Light Rail. Darling! $339,000



Peace

Continued from page 14

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 ½ 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."

Photos by Corky Oakes

A community kitchen offers teas and fruit to visitors to the center.

Movement classes

On a community service level, One House of Peace recently 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.

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 nonprofit 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.

The house maintains a 'silent privileged environment.' No one speaks above a whisper.

MERCY MCMAHON TERRACE
Retirement & Assisted Living

MOVE IN SPECIAL

NOW through Valentine's Day:

No Admission Fee!

COMPREHENSIVE ASSISTED LIVING

Services include:

RN/LVN onsite 24 hours/ day
Medication Management
Diabetic Management
Shower Assistance
Reminders & Escorts
AND MUCH MORE!

3865 J Street
Sacramento, CA 95816
(916) 733-6510
RCFE #340312763

Spacious Apartments *Beautiful Courtyard*
Small Pets Welcome *Transportation Included*

TAYLORS KITCHEN

OPEN FOR DINNER
Wednesdays - Saturdays 5:30 - 9:30

Featuring a seasonal menu created by Chef John Masia

Taylor's Kitchen
2924 Freeport Blvd
Sacramento, Ca 95818
916-443-5154

Taylor's Market
2900 Freeport Blvd
Sacramento, Ca 95818
916-443-6881

www.taylorsmarket.com

Calendar

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

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

Aviator interest
Gray Eagles, a social group for men and women to shares stories of military or sport aviation -- for former air or ground crew, or anyone interested in B-17s, Reno races, and airshows. Free. Meets second Monday, 11:30 a.m. to 1 p.m., at Hometown Buffet, 4300 Florin Rd. (private dining room). Information from Lou at 421-0844.

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.

Women's networking
Soroptimist International of Sacramento South, a service club for business and professional women for 47 years, meets second and fourth Tuesdays, 12:15 p.m., for lunch and programs at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. Fund-raising, networking, community service. Information: President Colleen Truelsen, 429-9901, email: colleen@valcomnews.com.

Barbershop Harmony
Sacramento Capitolaires Barbershop Chorus rehearsals, 7 p.m., Sierra Arden United Church of Christ, 890 Morse Ave. Open to "men who like to sing." Call Joe Samora for details, 631-9848.

Wednesdays

Chair yoga at Hart
Yoga instructor Pat Shaw leads chair yoga with exercises aimed to keep older adults strong, limber and relaxed, 1:45 to 2:45 p.m., Hart Senior Center, 915 27th St. Information at 808-5462.

The California Council of Parent Participation Nursery Schools Presents the

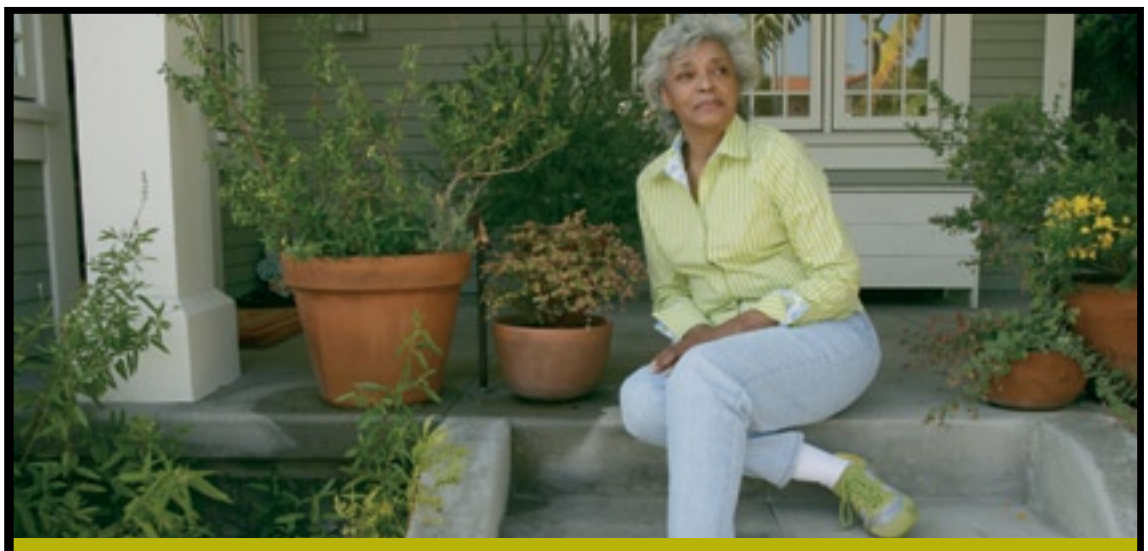
60th Annual CCPPNS Convention

Sheraton Grand Hotel, Sacramento, March 13th & 14th, 2009

Keynote Speaker Lisa Murphy
Founder and CEO of Ooey Gooey, Inc. and presenting
What If Today Was Their Only Day?
Also featuring
Keynote Speaker Larry Garf
Author of HEY, QUIT PUSHING:
How We Put Children at Risk by Starting Academics Too Early
and
Keynote Speaker Lisa Garrigues
Author of Writing Motherhood and presenting
Writing Motherhood Is Childis Play

Guaranteed to give insight on how to be a better parent and/or educator! Plus, a progressive dinner, luncheons, awards, vendors, childcare and more!

Visit www.ccppns.org/convention for more info or register directly at www.regonline.com/playforlife!



DO YOU SUFFER FROM ARTHRITIS?

Are you one of the 5.6 million Californians and 46 million Americans who suffer from arthritis?

Learn about the causes and treatment for arthritis and how you can better manage your condition. Our free seminar will help you understand treatments for your joint pain, including medications, nutrition, exercise and surgical options.

Classes are FREE and take place the last Thursday of each month from 11 a.m. to noon at Methodist Hospital located at 7500 Hospital Drive in Sacramento.

CALL TODAY FOR CLASS RESERVATIONS AT 916.423.5939

Daily Excellence Mercy A member of CHW

On the Wild Side

O, Possum. What sharp teeth you have!

Marci the marsupial was not yawning from boredom at the Effie Yeaw Nature Center. The nocturnal critter's daytime nap was curtailed as volunteers cleaned her indoor habitat. Semi-tamed from early months as a pet, she was deemed unable to survive in the wild. For the enlightenment of visitors, the Nature Center made Marci an "educational ambassador."

A jaw-breaking yawn photographed by Susan Maxwell Skinner illustrates why opossum should never be raised as pets.

As the Effie Yeaw Nature center's resident marsupial took some air, the shutterbug got up-close and dental.

"It's rare to see a nocturnal animal in natural light," said Skinner. "At night, with a flash, their eyes glaze and you lose soft fur textures. Raised from her morning nap, I hoped this one might display those sharp and numerous opossum teeth. She did, in a yawn bigger than her head!"

As a baby, Marci was plucked from a swimming pool. With good intentions, the rescuer pampered her for five months. Little orphan omnivore grew big -- with jaws like a paper shredder – and the noble Samaritan at last surrendered her illegal pet. Marci's gentle manners were ill-suited in the wild, but befitted an Effie Yeaw Nature Center ambassadorial post. She now has an indoor habitat, equipped with exercise wheel and room-service meals.

Remember, it is illegal to keep wild animals as pets; it is also unwise to accustom wilderness creatures to depend on human providers. Semi-tame opossum, raccoons or coyote develop boldness that compromises survival. To learn more about Marci and her species, attend the Effie Yeaw Nature Center's free opossum programs. Information at 489-4983.

Susan Maxwell Skinner is the author of "Carmichael – Americana on the Move," an award-winning book that details the beauty and nature of her home community. Information: www.susanmaxwellskinner.com

Valley Community Newspapers

In Memory of...

Publishers of your community newspapers:

- Arden-Carmichael News
- East Sacramento News
- Land Park News
- Pocket News
- California Kids!

Is now offering ad space for:

- Preserving the memories & celebrating the lives of departed love ones.
- Remembering your loved ones in print for a very reasonable rate.

Celebrating the life of...

Just provide text and photo.

Call MELISSA for more information.
916.429.9901

Merrill Gardens – Where the Living is Easy

Life at Merrill Gardens is filled with friends, activities and a real sense of community. So go on, focus on the things you love in life, and we'll take care of the rest.

- Anytime Dining
- 24-Hour Staff
- Weekly Housekeeping
- A Variety of Activities
- 60-Day Guarantee*

MERRILL GARDENS
AT GREENHAVEN
A one of a kind retirement community

(916) 427-1133
6350 Riverside Boulevard • Sacramento, CA 95831
www.merrillgardens.com

*Call for details.

License #347001396

RETIREMENT & ASSISTED LIVING

Your Home Improvement Guide

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

BATHROOM SAFETY

IMPERIAL TC, Inc.

Afraid you'll slip in the tub??

SlipGrip prevents bathroom accidents

- Apply to ceramic, tile, marble tubs/showers
- Slip resistance
- Long life

Call Nick at (916) 456-6034

Lic. #604647

BATH & KITCHEN

BATH & KITCHEN

A "customer first" design/ build company since 1960

Distinctive custom homes & remodeling

Parrott Builders

(916) 961-3429

www.parrottbuilders.com LIC# 193775

BUILDING REMODELING

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

CARPET & UPHOLSTERY CARE

JOHNNY ON THE SPOT

Complete Carpet & Upholstery Care

"Our cleaning is the most thorough you have ever had, or we will clean it again free. If you are still not pleased, we will refund your money."

- I.I.C.R.C. Certified Firm
- Carpet Repairs & Restretching
- I.I.C.R.C. Master Cleaner
- Red Stain Removal
- Pet Urine Removal Treatment
- Free in home written estimates

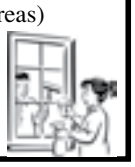
Call (916) 391-9292

CLEANING

PRIME QUALITY MAINTENANCE

Free Estimates
Licensed & Insured

- RAIN GUTTER CLEANING
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Hard Water Stain Removal
- Landscape Maintenance



Call Jesse (916) 417-4231

CONSTRUCTION

Griffin Construction

- New Construction
- Remodeling & Room Additions
- Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double Larger Garage or Shop.

Staying small to serve you better.

Local references

Lic # 510423

Call (916) 714-1606

ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!

Security Lighting
Computer Circuits Etc
Spa Electrical
New Houses/Additions

(916)344-8735 or (916)752-5308

Ca License # 633853

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Since 1960 in Sac area

Reasonable

Res. & Commercial work

Repairs, Trouble Shooting
Custom Lighting/Free Est.

(916) 451-2300

Cell: 213-3740

Neil McIntire — C.S.L.# 394307

FENCING

Aesthetic Fence Co.

Experienced Workmanship

Standard & customized fencing of all types

- Including patio covers • Gates
- And repair work
- Wholesale fence lumber also available for retail.

Free estimate & consultation!

(916) 570-3078 ph/fax

(916) 380-0061 cell

• Local References • Unlicensed

GENERAL CONTRACTOR

HandyHand Service

Custom Design
Remodel and Repair

Call (916) 606-6810

Quality work-No extra cost

Manda
General Contractor Lic # 908157

GENERA L CONTRACTOR

FULSTER CONSTRUCTION

Custom Remodeling & Additions

Specializing in state-of-the-art Kitchens/Bathrooms & every aspect of construction from Painting to Roofing

(916)443-4166 (916) 952-0838

Local References/ Lic# 639780

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

HANDYMAN

Reliable Handyman

Doors • Molding • Windows
Cabinets • Electrical
• Plumbing
Water Heaters • Disposals
All repairs
15 Years Experience

Call (916) 806-7879

HANDYMAN

FREEDOM HANDYMAN SERVICES

Free up your time from those pesky unwanted jobs. I do odd jobs, plumbing, carpentry, concrete remove/replace, drywall, hauling, graffiti abatement

NO JOB TOO SMALL!

Call Eric

(916)470-3488

HANDYMAN

Winter Clean-ups

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- YARD CLEAN-UP/HAULING
- PRESSURE WASHING

Call LESTER
(916) 838-1247
Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!
Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*

HEATING/AIR CONDITIONING

BONNEY
PLUMBING, HEATING, AIR & ROOTER SERVICE

DON'T BE CAUGHT IN THE COLD!
Season Special
Heater Check-up–$59.99

CALL 482-1119

- Cooling & Heating Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements
- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

LANDSCAPING

ROBERTS LANDSCAPE

CUSTOM LANDSCAPE AND DESIGN

*Sprinklers *Decks
*Concrete *Masonry

Experienced with Old Garden Renovation

Call: 444-6458

License # 590317

PAINTING

COOK PAINTING

Full Service Company–Start to Finish

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior • Cabinets

Specializing in custom trim & molding!

Color Consultants • Free Estimates

www.cookpainting.com

CSL # 432951 **(916) 681-4011** BBB

PAINTING

OLEG'S CUSTOM PAINTING

- Interior/Exterior • Residential
- Dry Rot Repair
- Senior Discount
- Cabinets: Stain/Refinish/ Repaint •Wall Paper Removal

(916) 719-6872

Lic# 778634

PAINTING

ROSE & DYNAMIC PAINTING CO.

Winter Discount 15% OFF

Interior & Exterior
Residential & Commercial

Steve Rose 665-1041

References Available

Lic# 911035 BBB - Member

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship
3rd Generation Painter
with over 30-years experience

(916) 422-4416

Dan Sovereign

Interior & Exterior Painting

Lic.#484215

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING
ROOTER SERVICE

CALL 456-7777

rooneysplumbing.com

License #683668

PLUMBING

BONNEY
PLUMBING, HEATING, AIR & ROOTER SERVICE

WE CHARGE BY THE JOB... SO YOU KNOW THE COST BEFORE WE START!

CALL 482-1119

- Toilet, faucet, sink & disposal repairs
- Installation of new plumbing fixtures
- Trenchless sewer replacement
- Sewer & Drain Cleaning
- Water & gas line repair
- Water heaters

FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

Your Home Improvement Guide

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

PLUMBING

CORY'S PLUMBING
Toilets, sinks, tub/shwrs, water heaters, drains, water lines & more.
All work guaranteed
(916) 452-5580
Lic# 700849

PLUMBING

30% off
JERUSALEM PLUMBING
Remodeling • Copper Repiping
• Water Heater (Tankless)
• Toilet/Faucets •Gas Lines
• Ice Makers
(916) 952-8804
Your Full Service Technician
FREE ESTIMATES – LIC#738998

REMODELING CONTRACTOR

Retirement home costs start at $3,000 to $5,000 per month.
Remodel and stay in your own home longer and for less!
Universal design/remodel: bathrooms, kitchens, whole house
Husband and wife team • Your safety and satisfaction is our first concern.
Nationally certified kitchen and bath remodelers C.K.B.R.
Visit our web site for more information!
www.PioneerWestRemodeling.com
PIONEER WEST REMODELING
CALL FOR FREE ESTIMATE:
(916) 726-2410
CA CONTRACTOR LICENSE#748223

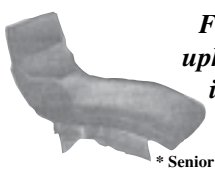
ROOFING/SIDING

ZIMMERMAN REROOFING
3675 R Street
Sacramento, California 95816
Land Park Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

TILE & STONE

DURBAN Tile & Stone
No job too small!
Chico Naidoo, Owner
"Workmanship & value in the neighborhood."
(916) 712-0843 Lic #926769
DurbanTile@gmail.com

UPHOLSTERY

B & T Upholstery & Repair
Furniture upholstery at its finest

* Senior Discounts
www.bandtupholstery.com
1600-B Kitchner Rd., Sacto 95822
916/392-1959 • 916/995-7177

Call at 429-9901
Monday - Friday — 9 to 5 p.m.
Advertise your services!

YOUR SERVICES ARE NEEDED
CALL MELISSA AT 429-9901 TODAY
TO PLACE YOUR AD

CLASSIFIED ADS

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

ANTENNA REMOVAL

ANTENNA REMOVAL
Conover's Antenna Removal Service
Why not remove that old, ugly, unused antenna.
A home improvment at little cost.
Call (916) 973-9928 for an appt. for removal.

BOOKKEEPING

#1 BOOKKEEPER
25 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Ask for Irene Senst (916) 640-3820. www.taxirene.info

BOOKKEEPING
C.W. Bookkeeping–A New Era of Acctg Svc Exp QuickBooks! Virtual – On-Site Low Mnthly Mgmt Pkgs –– Also, A/R, A/P, Collections, Bill Pay, Organization, Paperless, Payroll, Training (916) 213-5928.

CANARIES FOR SALE

CANARIES FOR SALE
Healthy, young canaries, home-raised w/loving care. Yellow & varigated. Handsome, singing males $95/ea. Beautiful females $65/ea. Call 391-1078.

CALL MELISSA AT (916) 429-9901 FOR INFORMATION ON CLASSIFIED ADS & HOME IMPROVEMENT ADS

COMMISSIONS WANTED

COMMISSIONS WANTED
Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph–turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

COMPUTERS

GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. $30/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161.

COINS WANTED

COINS WANTED
I buy old "wheat" pennies. Call Oleg @ (916) 719-6872.

HANDYMAN

WINTER CLEAN-UP SPECIALS
Rain Gutter cleaning •Concrete removal (Patio, driveways, borders, etc.) **ROTOTILLING,** pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **Specials for seniors. Licensed.**

Sell your furniture in the classifieds

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock,Plaster, Stucco, Repairs and Remodeling, you name it! **Lic# 908942. Call Steven at 230-2114.**

HEALING AFTER LOSS

HEALING AFTER LOSS
Heal emotionally after loss (separation, divorce, death). Two-day workshop in Sacramento by Master Life Coach. March 6 & 7 or April 24 & 25, 10 a.m. to 4 p.m. For more information, call (916)446-4042.

HELP WANTED

CAREER OPPORTUNITY
Advertising Sales Rep/Admin Valley Community Newspapers. Generate revenue through advertising sales. Sales exp. a plus. Send resume to: kathleen@valcomnews.com or mail to: VCN 2709 Riverside Blvd. Sacto 95818. No calls please.

PART TIME COOK
Experience Only. Call Marilyn at (916) 422-8351.

OFFICE SPACE FOR RENT

OFFICE SPACE
Office space for yoga studio, wholesale, or craft use. 1000 sq. ft. One large room + office. New paint & carpet. Near Sac City College. 650/month + utilities. Call (916) 443-6191.

NANNY POSITION WANTED

NANNY POSITION WANTED
FT or PT Nanny position wanted. Daytime hrs only & weekends. MA in Education. Call Annette @ 916-469-9549 or 916-799-7796.

TAX PREPARER

#1 TAX PREPARER
25 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including allState returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. www.taxirene.info

VENDORS/ARTISTS WANTED

VENDORS/ARTISTS WANTED
Premiere Venue to Celebrate the Arts. Arts & Crafts vendors with handmade & original items sought for 6th annual East Sac "Arts in River Park Festival." Sat., May 30th, 9-4 p.m., Scottish Rite Masonic Center. Go to www.artsinriverpark.org & click on "vendor" for application & info.

Advertise your services call 429-9901

APPRAISER/ESTATE SERVICES

Ormolu Estate Services
Full Service Estate Sale Firm
Certified Appraisals
Licensed – Bonded – Insured
Competitive Rates
Serving Sacramento Since 1987
(916) 988-9393

COMMUNITY NEWS WANTED!

Land Park News would like to hear from you!
Do you have an interesting story to tell?
Unusual hobby, collection or job? Maybe it's your 100th birthday! Did your child win a special award that needs to be recognized? Do you have fun/ unusual photos you would like to share with the readers?
Do you know someone who deserves recognition for volunteering?
We want to hear from you.
Mail to:
Land Park News
2709 Riverside Blvd.
Sacramento, CA 95818
or:
colleen@valcomnews.com

Sell your car in the classifieds

Call 429-9901 today for ad rates.

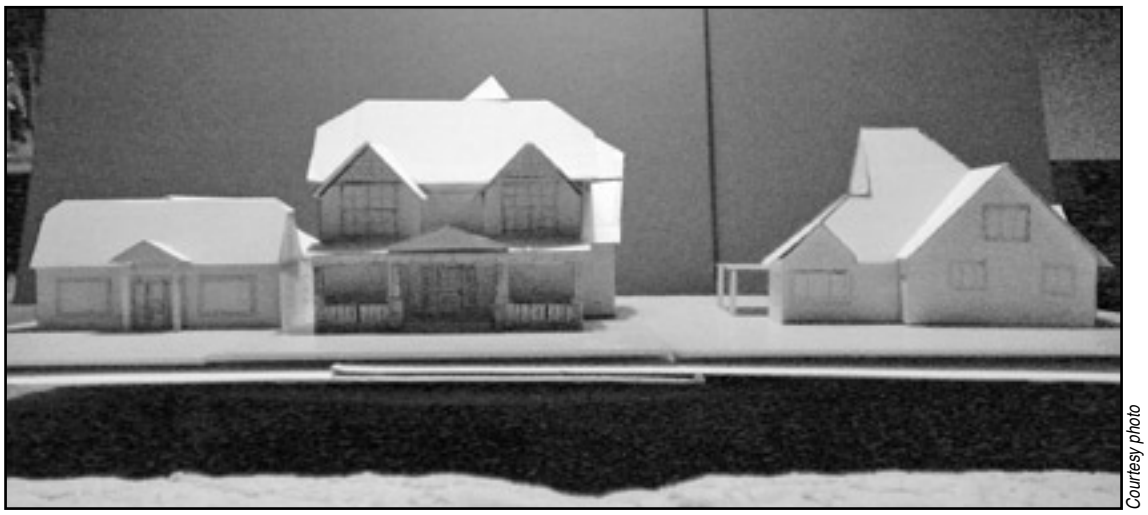
East Sac new build

Testing the heart of McMansion

By Elizabeth Valente
THE LAND PARK NEWS

The fight to protect the distinctive character of an East Sacramento neighborhood has sparked plenty of controversy between neighbors and a local television and radio personality.

According to neighbors living in the 1500 block of 38th St., Jim Kozimor, a broadcaster for the Sacramento Kings and the Sacramento Monarchs, wants to move his home closer to the street to gain more yard space for his growing family.



Courtesy photo

A neighborhood mock-up was made to show the proposed scale of the 38th Street remodel by sportscaster Jim Kozimor.

The disagreement stems from Kozimor's first proposed building project, a 3,400-square-foot-house with a 25-foot setback. After neighbors argued that the size is too uncharacteristic of the neighborhood, the broadcaster scaled back designs by 10 feet and even changed designers. But neighbors said they believe another proposal is in the works.

"At first he (Kozimor) did ask for support of the proposed new home and assured everyone that after demolition of the original house the new house would be exactly in the same location and setback as the other homes on the block," said Jay Benjamin, a neighbor.

"Instead, plans were submitted to the city to build 20 feet from the sidewalk." Benjamin said he believes Kozimor is trying to work around the interim ordinance to get a larger back yard by building closer to the street.

Kozimor could not be reached for comment.

McMansion's rules

Two years ago the city's Development Services Department created the Interim East Sacramento Design Review Ordinance (McMansion Ordiance) to avoid any negative setbacks to the area's characteristic in terms of scale and mass of new and remodeled homes. The current code calls for new construction to be set back the average of the two neighbors, but further states not more than 25 feet.

By placing a series of threshold "triggers" the city can help determine whether the construction or remodeling project must go through design review.

But residents like Richard Levitt, who lives less then 10 houses from Kozimor, says the current ordinance does not address the neighborhood's concern for maintaining a standard large front yard and that more restrictions are needed on the size of homes being built.

"Change is going to happen, but we need to do it in a sensible (way, that) benefits all owners," he said.

Levitt also adds that several remodels have occurred in the neighborhood that have not only improved the properties, but also honored traditional home sizes and setback considerations.

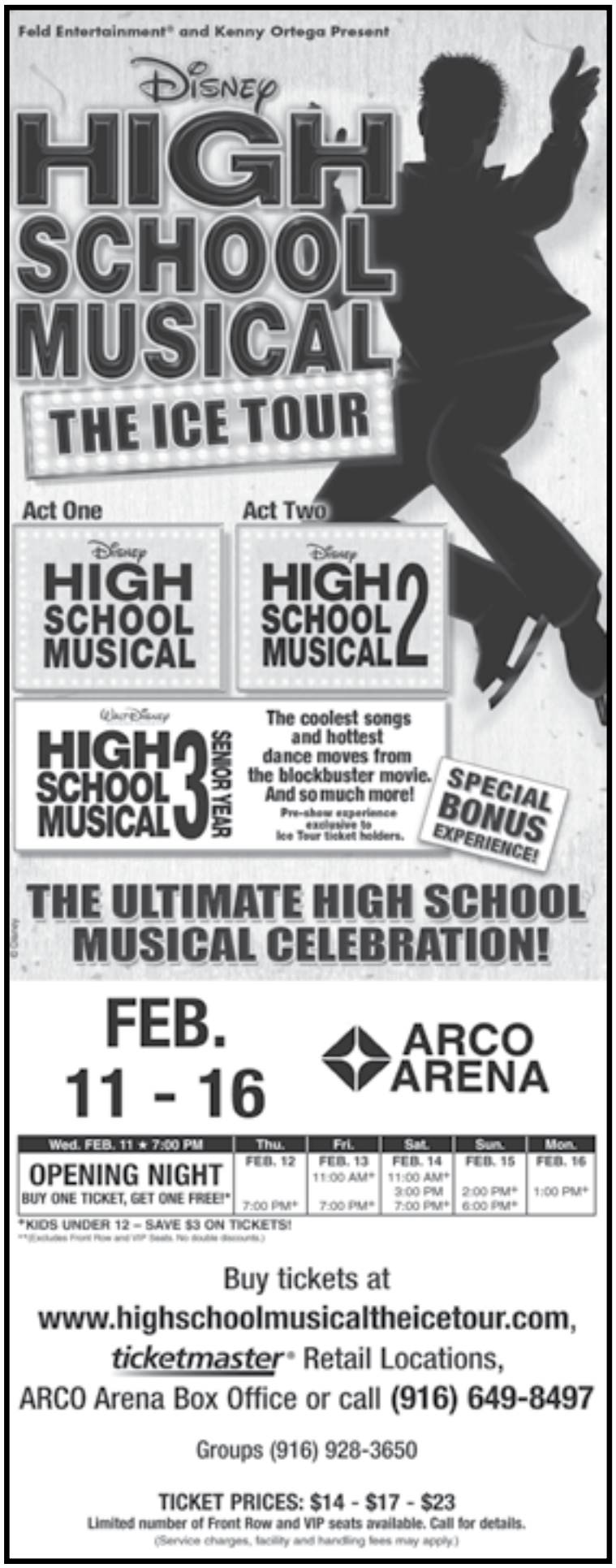
'A 100-year mistake'

"The square footage of (Kozimor's) above-garage living space alone exceeds that of a handful of homes on the block," said Levitt. "A significant portion of the street's appeal is owed to its spacious, uncrowded feel. If built, this house will stand as a 100-year mistake."

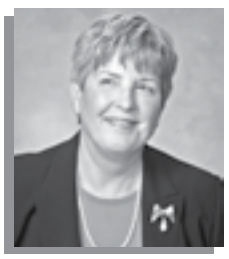
It's now up to city planners to fully review the designs and possibly consider adding additional policies to the ordinance to curb the spread of over-sized homes. In the end City Council will have the final say.

"Whatever the City Council decides will also affect homes in other historical districts like Land Park and Curtis Park," said Benjamin.

For more information on the regulations log onto the City Planning and Development website, www. cityofsacramento.org.



JUST TAXES!
Quality Service. Affordable Price.
• Personal Service
• Experienced Preparers
• Reasonable Cost
7220 Greenhaven Drive, Suite 3
(Across from Lake Crest Village)
www.just-taxes.com



Diana Muller
Enrolled Agent
Call Today for your appointment
393-3430

School

Continued from front page

lice Chief Rick Braziel spoke as well.

Public safety was the main focus for Johnson, although he also discussed the strong-mayor initiative (since the meeting, Johnson has set-side that initiative), the budget, education and even fixing potholes.

'Sense of purpose'

"I didn't set out to be a politician. I'm not going to be a normal politician," Johnson told the crowd before the question-and-answer period. "I ran because I thought I could make a difference and I ran because I felt a sense of purpose to do something in our community. I know that's why each of you are here today."

Johnson's supporters have collected about 37,000 signatures for a strong-mayor initiative, which would give the mayor the authority to propose the budget and appoint department heads. The strong-mayor system has been used in other cities, like Fresno.

Even though mayor is a full-time position, Johnson said he doesn't believe the job entails "full-time responsibility." He added that the strong-mayor system would provide a better form of checks and balances between the mayor and the City Council.

Johnson said he doesn't mind if there's more dialogue about the initiative before a special election is called.

"At the end of the day, who are you holding accountable?" he said. "To me the buck should stop where there's clear accountability. When I was campaigning, I said that this was a discussion that our city should have."

Safety issues

Johnson and Braziel discussed the challenges of public safety. Braziel pointed out that Sacramento has 1.49 officers per 1,000 residents, the lowest among all U.S. cities of the same size. Johnson later said he would like to get that number increased to at least two per 1,000.

Braziel said one of the unique characteristics of Sacramento is the amount of protests around the state Capitol, something that only San Francisco and Los Angeles deal with on a daily basis. Those protests and demonstrations always require a police presence. Braziel also mentioned the need to increase safety on the roads.

"We're the worst city in the state of California for injury accidents or fatal accidents and accidents related to alcohol, and that's not something to be proud of," Braziel said.

A question about education was one of the final ones of the night, but it struck a chord with Johnson. He pointed to a program in Washington, D.C., that helped employ young people. Johnson said an education summit is scheduled for March 9 to discuss some of those issues.

"We need our businesses in our community to understand that we need a highly educated and highly skilled work force," Johnson said. "We have to make sure businesses are making this a reality."

Initial regret

Johnson talked about his first 55 days in office and admitted he was "embarrassed" that he couldn't spearhead an effort for an independent firm to look at the city's books. Sacramento faces a deficit around $45 to $50 million for 2009-2010. The City Council defeated the idea in January.

"That's my loss. I fell short," he said. "I have to do a better job, that's the bottom line."

Waters said he thought the meeting was the best attended District 7 session he had ever seen. He would like to bring Johnson back next year for a similar town-hall setting.

Johnson opened and closed the meeting talking about his trip to Washington, D.C., for the inauguration. He appeared on the "Larry King Show" two of the days. The one point he emphasized from the inauguration speech was Barack Obama saying that people were "the change we've been waiting for."

Johnson reiterated that point to the Pocket residents:

"It's you, it's us collectively that's going to make a difference," he said. "If we sit on our cans or think we're involved in a spectator sport, Sacramento will never reach its potential."

To read Johnson's blog about the town-hall meeting, check out www.kevinjohnsonformayor.com/kjfm/.

Helen Tarasco on SHORT SALES

Do you need to sell your home but owe more than the current value? You've heard about foreclosures and bank owned properties.

But what is a short sale?

A short sale is typically executed to prevent a home foreclosure. Often a bank will allow a short sale if the bank believes that the short sale will result in a smaller financial loss than foreclosure.

For the homeowner, advantages include avoidance of a foreclosure on their credit history and partial control of the monetary deficiency. A short sale is typically faster and less expensive than a foreclosure.

In a short sale, the bank or mortgage lender agrees to discount a loan balance due to an economic or financial hardship on the part of the mortgagor. With a short sale your credit recovery time is shorter than a foreclosure.

This negotiation is all done through communication with a bank's loss mitigation department. Costs for the process typically include Realtor's commission; the bank absorbs title and closing costs.

Hire a Realtor with short sale experience. It's one strike against you if the listing agent has never handled a short sale. A short sale is a complex, litigious process. Call Helen Tarasco to schedule your free private consultation.

Helen has the experience necessary to reach your goals.

Helen Tarasco
(916) 798-7679
COOK REALTY
CookRealty.net

Calendar

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

Wednesdays

Toastmasters Club
River City Speakers Toastmasters Club meets at noon at Coco's Restaurant, 1830 Arden Way. All area business people invited to hone their speaking skills; meeting ends at 1:15 p.m. Information: 747-8282.

Co-Dependents Anonymous
Co-Dependents Anonymous meets, 7 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.

Free dessert for seniors
The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo, 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Drive, Carmichael. Bring a brown-bag lunch -- free coffee, tea and dessert. Information from Myrt at 348-8114.

Memory Seminar
Merrill Gardens is offering a "Memory Enhancement" seminar from 2:30 to 4 p.m. at 6350 Riverside Blvd. This is an ongoing series the second Wednesday of every month. Refreshments will be served.

Businesswomen's network
Referrals Plus, a networking group of businesswomen, meets, 12:15 to 1:30 p.m., in the Pocket area. Information and reservations with Chris, 492-6278. Website: www.referralsplus.

Dance at Mission Oaks
The Sensible Sounds Dance Band plays everything from rock to swing to country, 7 to 10 p.m., Mission Oaks Community Center, 4701 Gibbons Drive. Cost is $7 per person. Information at 972-0336 x 228.

Alzheimer's support
Alzheimer's support group meets, 2:30 p.m., third Wednesdays each month, Primrose, 7077 Rush River Drive, for families and friends struggling with Alzheimer's disease. Care-giving strategies, education, resource information, and a shoulder to lean on. Facilitator: Kim Winters, BSG, M. Ed. Information at 392-3510.

Lewy Body Dementia support
Lewy Body Dementia support group is tailored for caregivers and loved ones diagnosed with Lewy Body Dementia, 2:30 to 4:30 p.m., fourth Wednesdays, Primrose, 7707 Rush River Drive. Facilitator: Kim Winters, BSG, M.ED. Information at 392-3510.

'Joy' luncheons
Grace Presbyterian Church invites neighbors, men and women, young or old, for lunch on the first and third Wednesdays, 11:30 a.m., in Fellowship Hall at the church at Las Cruces Way and Eastern Avenue. Programs sharing joy, information, and hearing speakers over a noontime meal. Information at 487-7849.

THE REGENCY PLACE DIFFERENCE

THE REGENCY GUARANTEE

The Regency Place Guarantee

As Executive Director of Regency Place I am confident you will be completely satisfied with your new home. In fact, if during your first 90 days of residency you have any concerns that we cannot completely resolve to your satisfaction, we'll cover your moving expenses up to $1,000 to move to another senior living community. That's my personal guarantee for your complete satisfaction.

Brent Vockrodt
Executive Director

*Offer limited and subject to change

- 6 MONTH SPECIAL -
1/2 OFF
Room Rates

Move in by February 28, 2009.
(Assisted Living only, while rooms last.)

REGENCY PLACE

8190 Arroyo Vista Dr.
Sacramento, CA 95823
(916) 681-7800

Liscense# 347003589

www.regencyplaceseniorliving.com

Thursdays

Los Oradores Toastmasters
Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores, 6:30 p.m., Opening Doors office, 2118 K St. For information, phone Teri Bullington 723-6232, e-mail teri.bullington@gmail.com. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Nos reunimos en la tarde a las 6:30 p.m. en el negocio Opening Doors, ubicado en 2118 K St. Para mayor informacion llame a Teri Bullington 723-6232, e-mail teri.bullington@gmail.com.

Rotary Club meeting
The Rotary Club of Pocket-Greenhaven meets, 7:30 a.m., Aviator Restaurant, 6151 Freeport Blvd., at Executive Airport. Fellowship, good speakers, and the opportunity to work on projects serving the community and the world. For more information, call Louise at 424-2698.

Optimist Club meeting
Sutterville Heights Optimist Club of South Sacramento meets every Thursday at noon at the Aviator Restaurant, 6151 Freeport Blvd., at Executive Airport. Come and enjoy community speakers and community projects for youth. For more information, call Cliff at 427-2698 or Mary-Jo at 691-3059.

Sweet Adelines
Sacramento's Voice of the Valley Chorus of Sweet Adelines, International welcomes all interested women singers of all ages to join them for a free evening of singing and fun from 7 to 9:30 p.m.. Call now to reserve your welcome gift. The chorus will be held at Sierra Arden United Church of Christ, 890 Morse Ave. Information: B.C. at 971-1103.

Food Addicts Anonymous
This meeting is for Food Addicts in Recovery Anonymous and is held at 9 a.m. Thursdays at St. Andrews United Methodist Church, 6201 Spruce Ave. It is a 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Morning Tai Chi class
Sixty-plus minute class includes Yang style Tai Chi, Chi Gong exercises, and strength training using elastic bands, 9:30 a.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.

Aesop's Fablers, story-tellers
Guests welcome first and second Thursdays, 7 p.m., free stories for all ages by the Aesop's Fablers and Sacramento StoryTelling Guild, at the Hart Senior Center, 27th and J streets. Information at 362-9013.

Disabled American Veterans
Ray Clark Chapter No. 35 of the Disabled American Veterans meets on the first Thursday of the month, 7 p.m., Veterans' Hall in Carmichael Park, corner of Davis and Fair Oaks. All disabled veterans invited to attend. For information call 635-7608.

Walking Sticks
The Sacramento Walking Sticks invite anyone interested in learning more about their club and walking to attend the monthly meeting, second Thursdays of the month, 7 p.m., SMUD Customer Service Center, Timberline III meeting room, 6301 First Street. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. For more information, call Gale at 364-5063 or www.SacramentoWalkingSticks.org.

Coping with life alone

Beginning Experience support program for widowed, divorced and separated, 7 to 9 p.m., St. Michael's Episcopal Church 2140 Mission Avenue, Carmichael. Cost, $10 registration and $5 per week. Information at 835-2282 or www.sacramentobe.org

Fridays

Soroptimists of Sacramento
Soroptimist International of Sacramento meets, 11:15 a.m. to 12:45 p.m., Casa Garden Restaurant, 2760 Sutterville Road. Soroptimist is an international volunteer organization for business and professional women who work to improve the lives of women and girls, in local communities and throughout the world. For information or lunch reservation, phone Barbara McDonald, 363-6927.

Bryan Chew & Associates
"Retirement & Tax Planning"

Now Offering Tax Preparation

To inspire our clients in making informed financial decisions through education, communication and service, which deeply impact their life.

FREE 30 Minute Consultation to review your last years return.
With this ad. Expires 02-28-09

7600 Greenhaven Drive, Suite 303
Phone: 916.427.5172 • Fax: 916.392.8287
www.lpl.com/bryan.chew

LPL Financial
Securities Offered Through LPL Financial member FINRA/SIPC
Bryan Chew: Registered Principal LPL Financial

Painting and design
Oil, acrylic and watercolor painting class for experienced and beginner painters taught by artist Susan Recely. All levels are welcome to learn and experiment with paint, new techniques and principles of design. For ages 50-plus. Students provide their own materials. From 9:30 to 11:30 a.m., Ethel Hart Center, 915 27 St.; $20 for four lessons. Information at 808-5462.

Taizé for de-stressing
Taizé service, Greenhaven Lutheran Church, 7 p.m., third Fridays: a layperson led evening designed for letting go of cares and stresses. Worship is contemplative and meditative with simple, repetitive songs, Bible readings, prayers, and silence in a candlelit setting. At the church, 475 Florin Road. Information 428-8449 or see the website, www.greenhavenlutheran.org.

Saturdays

Youth open gym
Open gym from 2 to 4 p.m. for youths in grades 4 through 6; 4:30 to 6:30 p.m. for grades 7 and 8, Didion Gym, 6490 Harmon Drive. Cost: Five-Saturday punchcard, $15, 10 Saturday card, $30, available at Belle Cooledge Library, 5699 South Land Park Drive. Registration, tennis shoes required. Sponsored by the Didion-Lewis Park Recreational Community Committee and Sacramento Department of Parks and Recreation. Information at 808-5610.

Food Addicts Anonymous
This meeting is for Food Addicts in Recovery Anonymous and is held at 8 a.m. Saturdays at Mercy General Hospital, North Auditorium, 4001 J St. It is a 12-step group for people struggling with obesity, food obsession, or eating disorders. For more information, call 1-800-600-6028.

Dianetics lecture
Dianetics Foundation invites the public to reduce stress and come and find out how the painful experiences contained in the reactive mind command one to act against their own wishes and goals, 1 to 2 p.m., 1010 Hurley Way, Suite 505. Free. Information at 925-2545.

Sundays

Breakfast and veggie sales
Breakfast specials for $8 every Sunday, 8:30 to 11 a.m., at Elks Lodge No. 6, Riverside Boulevard at Florin Road. Eggs benedict, corned beef hash, biscuits and gravy, and more. Sundays in the summer, 9 to 11 a.m., find Jim and Don's Home Grown Vegetable Sale. Proceeds support Elks scholarships and philanthropy. Information at 422-6666.

Widow support
Widowed Persons Association of California invite any and all widows or widowers to attend its 3 to 5 p.m. Sunday Support Group, 2628 El Camino Ave., Suite D-18. Realizing how difficult it is to go into new social situations when one is first widowed, you are invited to come to Sunday Support. Participants do not need to be members and there is no charge. For more information, call 972-9722.

Co-Dependents meet
Co-Dependents Anonymous meets, 2 p.m., Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sacramento, CA 95841. This 12-Step program is for those whose common problem has been an inability to maintain healthy relationships. For more information, call 451-3021 or 370-5470.

Elk's Sunday breakfast
Elks Lodge No. 6 in the Pocket, Riverside Boulevard at Florin Road, cooks a breakfast of eggs benedict, corned beef hash, joe's scramble, pancakes and more, 8:30 to 11 a.m., $8. Proceeds support Elks scholarships.

Spiritual community meets
Sacramento Center for Spiritual Growth, a Religious Science Church Affiliate of Emerson New Thought Center, meets 11 a.m., Chautauqua Playhouse at the La Sierra Community Center, 5325 Engle Road. Information at 988-2704.

Ongoing

Greenhaven Mothers Club
The Greenhaven Mothers Cub welcomes any mother who resides in the 95831 zip code. The club provides many opportunities for mothers to socialize, learn and support local charities. Meetings alternate between the third Thursday and the third Wednesday at 7 p.m. in a private residence. For more information visit www.greenhavenmothersclub.org.

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 Vince 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.

Networking lunch
Referrals Plus, a networking group of business women in the Land Park, Pocket, and South area, meets for lunch. Reservations to Chris at 492-6278. Information at www.referralsplus.org.

Feb. 11,12

Falls prevention workshop
Asian Community Center hosts a free, two-day "Falls Prevention Workshop: Live Strong and Safe." Wednesday, 10 a.m., nutrition, 11 a.m., medication management. Thursday, 10 a.m., exercise, 11 a.m., home modification and safety. At ACC Greenhaven Terrace, 1180 Corporate Way. Reservations with Lucy Chao, 393-9026 x 222, or e-mail lsc@accsv.org.

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. 13

Geranimum society meets
Carmichael Geranium Society gathers to hear a talk on "Gardening in Harmony with a Mediterranean Climate," 10 a.m., Carmichael Park Clubhouse, 5750 Grant Ave. Visitors welcome. Information at 944-1529.

Feb. 13, 14

Singing valentines for sale
Barbershop-style singing valentines from a Sacramento Valley Sweet Adelines quartet available. Cost, $40, for two songs, a card and verse, silk rose and candy. Reservation hotline: 420-1662. Information at www.sacramentovalleychorus.com.

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.

Professional Dentistry

427-3003
5665 Freeport Blvd., Ste 1
- Welcoming New Patients -
www.whitneydds.com

Land Park
"Best Bets"

Featured Property

Enjoy Hollywood Park!
Updated 3 Bedroom Home
$300,000

Call us for this week's "best bets" in your area!

Paula Swayne
(916) 443-1229
www.PaulaSwayne.com

Kellie Swayne
(916) 206-1458
www.KellieSwayne.com

Windermere
Dunnigan Realtors

Windermere
Dunnigan Realtors

WONDERFUL FAMILY HOME

Open and inviting floor plan flows from front to back with views of the picturesque front yard to the inviting pool and patio in back. Beautiful hardwood floors, central heat & air, dual pane windows and a 1-year old roof. Formal living room w/fireplace, dining room w/beamed ceiling and family room w/dining bar. Just steps away from Crocker Riverside Elementary School and public transportation. See www.937RobertsonWay.com $499,000

CHRIS BRIGGS 834-6483

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. A 1/4 basement 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

HOLLYWOOD PARK

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. 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 2208MurietaWay.com $300,000

KELLIE SWAYNE 206-1458

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. See656-55thst.com $389,000

DEBBIE TOWNE 532-2652

CHARMING EAST SAC

Welcome Home! Enjoy a view of the pretty backyard the moment you enter this charming home. Rich hardwood floors, granite counters & soothing colors are just a few features you will enjoy. See www.1518-55thSt.com $339,000

PAULA SWAYNE 425-9715

NATOMAS ON THE LAKE

Welcome Home to Natomas living at its' finest. Open living room and plantation shutters. Designer touches from the paint color to the wall art. Custom cabinets for the media equipment. Wood floors throughout the home. Spectacular infinity edge pool, with an awesome view of Sundance Lake. See www.10SageGrouse $399,000

DEBBIE TOWNE

CRAFTSMAN BUNGALOW

Classic 1923 Craftsman Bungalow close to Med Center, Light Rail & Restaurants. The meticulously maintained 2 bed home with spacious floor plan and large living and dining rooms perfect for entertaining. The backyard is your own private sanctuary perfect for entertaining or just relaxing. Simply a must see! See www.3433 VStreet.com $325,000

TIM COLLOM 247-8048

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

SPECTACULAR LAGUNA WOODS

Quality built custom home in desirable Laguna Woods in Elk Grove. 5 bedroom 3 bath two story home on .31 acre lot with 3-car garage and room for RV. One downstairs bedroom with full bath and an enormous bonus room (24x19) that provides remodel options! Beautiful windows, great floor plan. See www.5507LawnviewWay.com $638,000

MONA GERGEN 247-9555

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 $319,000

PAULA SWAYNE 425-9715

Windermere
Dunnigan Realtors

4215 Freeport Blvd.
454-5753

Visit Our Web Site: www.windermeredunniganrealtors.com