



New digs for Land Parks' lofty females

See page 14



Players head to Div 1 teams
They know baseball at Sac City

By Matt O'Donnell
THE LAND PARK NEWS

Winning 12 of its first 17 and being ranked No. 1 in Northern California may seem like an extraordinary accomplishment, but for Sacramento City College baseball, it's business as usual.

After all, 33 former Panthers have gone on to play in the major leagues, including Larry Bowa, Greg Vaughn, Fernando Vina, Jeff Blauser and F.P. Santangelo. Sac City is tied with Fresno and Long Beach for state championships with five and boasts the most state

See Baseball, page 4

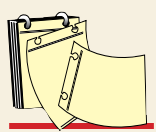


A lesson in time

Monks from the Dzongkar Choede Monastery in southern India visited Sacramento for four days in February, creating a sand mandala at Andy Nguyen's Restaurant, 2007 Broadway. The mandala was carefully assembled with exacting work over three days, then dissolved in a matter of seconds on the final day. The lesson, the monks say, is impermanence. (inset) A 700-year-old Buddha statue was saved from their original monastery, which was destroyed by the Chinese government during the Chinese Cultural Revolution. For more about the mandala, see page 7.

Photos by Corry Clarkes

◆ INSIDE ◆



Community Calendar

See pages 16, 17



Annual festival heralds spring with great udon

See page 2



The Chinese way with diagnosing, treating diabetes

See page 10

WASHING CARS FOR 60 YEARS!

ECONOMY PROOF OFFERS FROM YOUR HOMETOWN CAR WASH...



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 03/31/09 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 03/31/09

The Land Parknews

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 Desilés, Melissa Andrews
 Distribution/Subscriptions.....George Macko

\$30 a year subscription

Vol. XVIII • No. 5
 2709 Riverside Blvd.
 Sacramento,
 CA 95818

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

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

Bragging rights for their udon

Spring food fest returns to Buddhist church

Special to *the East Sacramento News*

The Spring Food Festival returns Sunday, March 15, to the Sacramento Buddhist Church, 2401 Riverside Blvd.

Hosted by the Adult Buddhist Association and Buddhist Women's Association, the festival means sampling Japanese dishes such as maki, inari and chirashi sushi, udon, salads and sandwiches, and pastries.

The church brags it has the best teriyaki chicken in town – though notes it's a claim that is disputed by every other Japanese church in Sacramento and the Bay Area. Teriyaki chicken is the soy-ginger flavored barbecue chicken that is served in all Japanese restaurants.

"Nonetheless," according to a church press release, "our grilled chicken is cooked in a traditional yakitori (grilled chicken) fashion over a charcoal grill and is marinated while cooking. It does not have that dark caramel glaze that is often added afterwards at most Japanese restaurants."

They stand behind their udon, however. The udon is for the "purist" who wants to sample authentic Japanese country-style cooking, they say. "Only a few churches challenge us when we say that ours is best. That's because our udon is basically what you will find when traveling throughout Japan."

The festival begins at 10:30 a.m. and goes until 3 p.m., or until the food runs out.



Courtesy photo

Preparations last year, and every year, are made by the Adult Buddhist Association and Buddhist Women's Association.

All proceeds fund the Adult Buddhist Association and the Buddhist Women's Association.

For more information, phone 446-0121.



Luxury on the Sacramento River

LE RIVAGE HOTEL

Thank You for making LE RIVAGE HOTEL Sacramento's first Four-Diamond Luxury Hotel on the river!!!

Rates Starting at \$169.

For reservations, call 916-443-8400
www.LeRivageHotel.com



Mom really does have quality of life at Regency Place. From quality services and care to the people she interacts with every day.

Life is good...

Regency Place Independent Living, Assisted Living and Respite (short-term) care invites you to make a fresh start this spring. Enjoy the comforts of home with extra services and amenities to make life easier.

Get two months free rent when you move in by April 30, 2009*!



REGENCY PLACE

8190 Arroyo Vista Drive
 Sacramento, CA 95823
 916-681-7800
www.regencyplaceseniorliving.com
 Lic# 347003589

*Offer limited and subject to change without notice. See Executive Director for details. Not inclusive of assisted living services. Applies to new residents only.



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

Weekend of events March 13 to 15 Sutter Middle School ready to celebrate its 100 years

Special to *the Land Park News*

While a major celebration of Sutter Middle School's centennial is scheduled for the weekend of March 13, students and staff already began their commemoration of their first century at 11:15 a.m. on Friday, Feb. 6, with a special lunch time celebration.

Sacramento City Unified School District officials and State Superintendent of Public Instruction Jack O'Connell joined the event.

Sutter was originally located in a brick building in Boulevard Park at 1816 K St. The school thrived at this location for five decades before relocating to its current site on the corner of Alhambra and "I" Streets in 1958.

Sutter is a California Distinguished School and has surpassed the California's 800 Academic Performance Index (API) target for all schools. Sutter has an API score of 868, and is middle school city champions in basketball, soccer, golf, track and field, and softball.

To celebrate its centennial anniversary, Sutter will host several special events on the weekend of March 13.

The weekend begins with a dinner and silent auction on Friday, March 13, at The Dante Club. Other weekend events include a Three-on-Three Basketball Tournament open to current students, alumni, friends and relatives.

On the evening of Saturday, March 14, Sutter families will witness an Air Rock Hall of Fame Battle Royale. Sutter's Annual Air Rock competition has been a school favorite for years, and this battle of former champions will see the winners from previous competitions square off against each other.

The weekend will culminate at 11 a.m. Sunday, March 15, with an Alumni Orchestra performance. Families are invited to come out to the quad for this mid-day concert and picnic.

Sutter Middle School is located at 3150 "I" St., phone 264-4150.

For all your advertising needs turn to the

LAND PARKnews

Call
429-9901

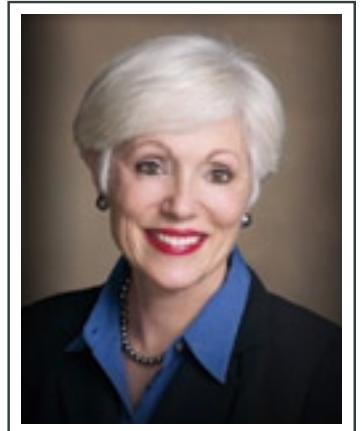


Sue Olson

601-8834 • 341-7849

www.sueolson.net

Department of Real Estate License# 00784986



*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 and pretty tree lined street. 1801 4th Ave. \$449,000



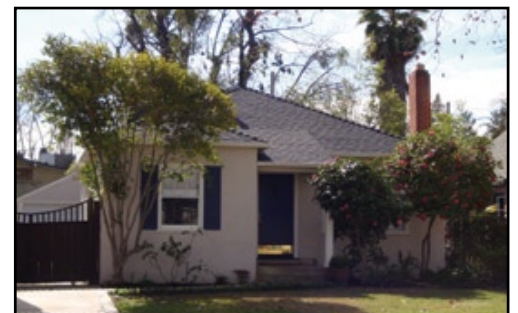
CURTIS PARK

Curtis Park tudor, three bedrooms, living room with fireplace, formal dining room, kitchen with breakfast nook, inside laundry room on a pretty tree lined street. 2641 Marshall Way. \$389,000



PARKRIDGE ROAD

Spectacular open floor plan on a lovely park-like street. Four bedrooms, two remodeled bathrooms & updated kitchen w/ large island & family room. The home also has dark wood floors, living room w/ fireplace, built-ins & a large corner lot. 4701 Parkridge Road. \$795,000



LAND PARK

Land Park Dollhouse, european flair, two bedrooms, living room with fireplace, remodeled kitchen with high ceilings and skylight, updated bath, hardwood floors, french doors in both bedrooms and cute yard with deck. 1840 Markham Way. \$439,000

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!**



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

Baseball

Continued from front page

championship appearances with 16.

“Nothing really surprises me when it comes to this program,” said head coach Andy McKay, now in his 11th season as head coach and 16th overall with Sac City.

Heading into this week, the Panthers were ranked No. 1 in Northern California in the California Community College Baseball Poll and No. 2 overall in the Junior College Pacific Association Poll.

On to Div 1

Pitching appears to be even deeper this season.

The Panthers’ top three starters – Eric Johnson, Troy Watson and Chris Isham, along with reliever R.J. Davis – have already committed to four-year, Division I programs. Johnson and Davis will attend Oral Roberts, Isham will play for nearby Sacramento State and Watson will pitch for Long Beach State, a Big West Conference school

Weather has certainly been a factor the last three weeks, forcing the Panthers off Union Stadium, one of the better community college fields in the region.

traditionally ranked in the top 25.

Watson, who transferred to Sac City from Nevada-Las Vegas, combined with Davis on a 7-0 rout of Diablo Valley on Feb. 28. Da-



Photo by Matt O'Donnell

(from left) Sacramento City infielders: third baseman Michael Marjama, shortstop Shaine Floodman, second baseman Kevin Ito and first baseman Mike Sanchez wait out a pitching change in the fifth inning against Santa Rosa. The Panthers lost the game 5-3.

vis has struck out 21 batters and has only allowed two earned runs in his first 20 innings.

McKay, however, did not want to classify the 2009 Pan-

thers as a pitching-only kind of team.

“We are deep in pitching, but I don’t think we’re pitching dominant,” he said. “We can swing the bats.”

Waiting out the weather

That hasn’t necessarily happened yet, however. The team was hitting .250 heading into

See Sac City, page 5

“Experience the Casa Garden Restaurant”

Benefiting the Sacramento Children’s Home



Lunch at a great price with your friends or bring a group

Entrée, beverage and elegant dessert= **\$15.96**

(including tax and gratuity)

Monday through Friday 11:30am - 1:00pm

Reservations recommended

Weddings, receptions, catered business and social events

Scheduled evenings and weekends

Group breakfasts by reservation

Monday through Friday 7-9:00am

FREE BEVERAGE

(of choice or glass of Casa house wine)

- Entire table with this ad-

916.452.2809

2760 Sutterville Road

www.casagardenrestaurant.org



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)



OF SACRAMENTO

- 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.

Call us today FOR ALL YOUR BANKING NEEDS

1015 7th Street • Sacramento, CA 95814

916.422.3883 • www.merchantsnational.com



Sac City

Continued from page 4

play at press time. Only two regulars, Mike Marjama and Eli Hynes, were hitting over .300. Weather has certainly been a factor the last three weeks, forcing the Panthers off Union Stadium, one of the better community college fields in the region.

As the weather warms up, the bats might do the same. Returning outfielder Floyd Given did not want to use the weather as an excuse, however.

"That's not really a factor, I don't think," Given said. "The weather is going to help us prepare better. We'll be able to get on the field and practice more, but right now it's just a grind for us."

Fleet-footed shortstop Brian Stamps, one of the team's top defensive players, has missed time lately with a groin pull. McKay expects to have Stamps back soon.

Returning outfielder Brian Mouton has showed flashes of breaking out, most notably with three hits against Fresno City on Feb. 14. Mouton said losing so many position players from last year's 30-19 team is showing.

"We have lots of young players (in the lineup)," Mouton said. "I think it will take some time for us to hit our stride."

Bigger, better

Given figures the offense will catch up to the pitching staff eventually.

"Right now we're ahead of where we were last year," he said. "We have better players and more people who want to compete and go out there and play."

Big 8 Conference play began in March. Diablo Valley (2), Sierra (8) and San Joaquin Delta (9) are among those ranked high in Northern California.

The Panthers are looking to win their first state title since 1999, McKay's first season as head coach. He replaced legendary Jerry Weinstein, who won 830 games between 1975 and 1998.

Sac City certainly has the arms. Given even expects to see more of the pitching staff:

"They've done their part. They really haven't had their No. 1 game yet," he said. "They haven't pitched great; they haven't pitched terrible. We've been in every game we've played, so that's a big plus for us."



Sac City College pitcher sophomore Sean Johnson.

Photo by Matt O'Donnell

The Panthers feature four players who attended area high schools: Sophomore Jared Haislet (sophomore, outfielder), Thomas Dixon (freshman, first baseman/catcher) and Kyle Leonard (freshman, first baseman) all played for Kennedy High School. Freshman infielder Kevin Ito played at McClatchy High.

Dixon has been the most productive of the four with a .276 average, two homers and 10 RBIs in the first 17 games.

For more information about Sac City baseball, check out <http://wserver.scc.losrios.edu/~physed/athletics/baseball.htm>.

Tell Us...

Your Athletes' Glories

Youth sports news helps encourage, recognize and reward positive performance. Share their accomplishments.

e-mail write-ups, press releases, announcements and photos to editor:

Colleen Truelsen
colleen@valcomnews.com

Phone: 429-9901
Fax: 429-9906



JIM JEFFERS

www.JJeffers.GoLyon.com
JJeffers@GoLyon.com



448-6225

LYON
REAL ESTATE
www.GoLyon.com



NEW LISTING IN LAND PARK!

1338 Teneighth Way. *Fabulous home on one of Land Park's finest streets! Spacious 5 bedroom home, over 3800 sq ft on .24 acre lot! Now's your chance to live on Teneighth Way and have all the room you need!..... \$939,900*



LAND PARK HOME!

1961 7th Avenue. *Beautiful 3 bedrooms on park-like .20 acre lot. Newer roof, HVAC system, paint, all the works been done for you! .. \$479,900*

- *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

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



4211 FREEPORT BOULEVARD
CA DRE Broker Lic. #01154620

Winter percussion's Mane Event II

Drums and dancing to fill McClatchy High's gymnasium

By Steffi Broski
THE LAND PARK NEWS

Thank you all neighbors for putting up with the noise, said C.K. McClatchy High school's music director Brian Aguilar. Having worked at other schools before, he knows: not all neighborhoods love the tunes of a marching band rehearsal.

On Friday, March 13, from 6 to 10:30 p.m., Aguilar and the parent group McClatchy Music Boosters invite the public to visit the Mane Event II in the basketball gymnasium, 3066 Freeport Blvd., to enjoy the fabulous noise of drums and see color guards dancing up a storm.

"This is going to be part marching band, part drama," said Sandy Tsunekawa, president of the Music Boosters.

It's all about drums

Tsunekawa explained that while fall season is mandatory for the marching band kids, winter percussion is optional and really an extra-curricular activity. When low temperatures make it unbearable for the marching band to play outside, the percussionists and color guard have their shining moments in the warmth of an indoor gym.

"Winter percussion and winter guard is an off-shoot of the marching band," said Agui-

lar. "Usually they all have to share the spotlight, but here the spotlight is on you: there are no flutes and no trumpets, just drums."

The judged performances last between four and seven minutes, the percussionists and the color guards take turns. As soon as one group is done, the kids get the opportunity to talk to the judges and receive feedback.

"This is very, very unique. Imagine if skaters at the Olympics received feedback from the judges right away," said Aguilar.

Groups from all over

Doors will open at 5:30 p.m., but visitors are encouraged to come by whenever they wish and stay as long as they want to. Seventeen performing groups from the Sacramento area, including an exhibition group from Sacramento State Uni-

versity, and a percussion group from Nevada have announced their participation.

The McClatchy "Marching Lions" will send 26 percussion kids and the complete color guard to the event. Tsunekawa said that while traditional clothing is maintained during fall season, the kids are allowed to wear costumes at the Mane Event II.

Nationwide, winter percussion activities have grown over the past 20 years, said Aguilar. Today, 120 schools partake each year just in Northern California.

"It is just a very entertaining event. You see the faces of the kids, you see the emotions. Winter percussion allows for much more connection with the performing groups," said Aguilar.

Last year, the McClatchy percussionists and winter guard were Mane Event champions

in the second highest division. Aguilar is proud that the music students will partake in the highest division this year. He hopes that at the award ceremony, which starts at 9:50 p.m., trophies will again go to the McClatchy students. Aguilar knows that without the help of the Music Boosters, none of this would be possible.

Thanks, Boosters

"Ninety-five percent of our budget is generated by the Music Boosters. They raise money, pay for uniforms, organize transportation, volunteer at events and provide meals. This program wouldn't exist without them," said Aguilar.

All proceeds of the event will benefit the Music Boosters. Tsunekawa, who has been a passionate Music Boosters parent for five years, said becoming part of the marching band is especially great for kids who are not into soccer and football. Tsunekawa, Aguilar and the other Music Boosters have been working hard to organize the Mane Event II.

"Come out and see what it's about. Everyone knows what a concert is and everyone knows what a play is. This is a chance to see something different," Tsunekawa said.

Tickets for the Main Event II are available at the door. Cost is \$8 general admission; \$5 for students and seniors 60-plus; free for kids 5 and under.

JUST TAXES!

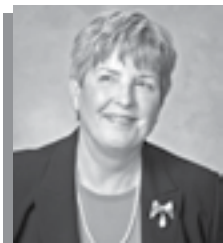
Quality Service. Affordable Price.

- 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



PARK TERRACE
SWIM & TENNIS CLUB
5500 PARKFIELD COURT
SACRAMENTO, CA 95822-2429

(916) 448-2896

www.ptswimtennis.com

- Family fun since 1953
- Wonderful summer programs for kids
- Swim team sign-ups starting March 29th
- Tennis programs for kids and adults
 - USPTA Certified Tennis Pro
 - Year round heated pool
- Limited memberships available



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

NEW PRICE



Land Park Offered at \$559,000

SOLD



S. Land Park Offered at \$369,900



Land Park Offered at \$369,000

PENDING



S. Land Park Offered at \$229,500

PENDING



West Sac. Offered at \$118,900

SOLD



Midtown Offered at \$356,900

Ted Russert

(916) 448-5119



LYON
REAL ESTATE
www.Galyn.com

www.TedRussert.com

Creation – then dissolution Monks share their teachings with a sand mandala at local restaurant

By Corky Oakes
THE EAST SACRAMENTO NEWS

The Dzongkar Choede Monastery is located thousands of miles away from Sacramento -- in southern India. But for four days in February, five monks visited here to build a sand mandala and exhibit holy objects.

Sponsored by Andy Nguyen's Restaurant, 2007 Broadway, the mandala was carefully built over three days, from Feb. 11 to 14, then dissolved on the 15.

A mandala is a tantric teaching (tantras are considered by Buddhists as the highest form of teaching) expressed by painting with colored sand. The mandala follows a prescribed system of icons, which includes a variety of shapes and symbols.

What it means

The monks explain that the mandala theme exemplifies the internal and external worlds -- the world of consciousness and the universe. The monks of Dzongkar Choede Monastery creat-

ed a four-gated sand mandala known as the Avalokiteshvara Mandala. The sand they used is marble ground to a fine consistency. The monks purchased the sand and added various color dyes in advance.

On the first day, the monks drew the design on a wood board. Over the next few days they layered the colored sands using a metal tool shaped like a long, narrow funnel with a grated surface. Rubbing this tool with a rod against the grated surface causes vibrations "pouring" the sand out of the tunnel as if it were fluid.

In the four-gated mandala, the center symbolizes the lotus blossom, in Buddhist teaching a symbol of impermanence. Lotus blossoms like other flowers in time wilt and fade away. The concept of impermanence is reinforced when a mandala undergoes dissolution.

Nothing lasts...

Such was the case on Feb. 15, when the monks wiped away the four-gated mandala. In a matter of seconds



Visiting monks wipe away their mandala creation, later scooping the colored sand into plastic bags for the audience.

what took days to create was gently swept into a small pile of multi-colored sand in the center of what, only moments before, had been the center, the lotus blossom icon in the mandala.

The monks lovingly scooped sand into plastic bags and distributed the bags to the audience.

The monks of Dzongkar Choede Monastery are Tibetan Buddhists who want to keep the Tibetan Buddhist history and tradition alive. Their monastery was once one of the oldest in Ti-

bet. Only 5 percent of the monks survived the razing of the original monastery during the Chinese Cultural Revolution, which displaced thousands of Tibetans. The

reconstructed monastery was built in 1972 in southern India.

The monks invited all who journey to India to visit them.




**Host a high-school student from France this summer.
Wonderful memories to be made at no cost to you.**

July 11-31 or July 30 - Aug. 18

Program Coordinator: Miranda Menestrina
916-201-0609
email: cmmenestrina@hotmail.com

Professional Dentistry



Dr. Jill Whitney Dr. Eva Adams

427-3003

5665 Freepoint Blvd., Ste 1
- Welcoming New Patients -

www.whitneydds.com



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 entertaining & suitable for a large pool or 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!

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.

919 STERN CIRCLE LITTLE POCKET
\$339,900
Beautiful Little Pocket home w/ 3 bedrooms & 2 baths, gleaming wood floors, living room & family room, master suite w/ large bath, open kitchen, breakfast nook & 2 car garage. The yard is spacious w/ room for entertaining or a pool. Ideally located & close to everything, including the Sacramento River & bike trails, Land Park & freeways. Come see why Little Pocket is considered one of the nicest neighborhoods in Sacramento!

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 living room w/ fireplace, a family 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.

5131 DEL RIO RD SOUTH LAND PARK
\$515,000
Incredible South Land Park home featuring 3 bedrooms & 2 baths, gleaming wood floors, updated kitchen w/ granite counters & breakfast nook, formal dining area & huge master suite w/ walk-in closet & balcony. The living room has a fireplace & built-ins that are sophisticated & charming and the backyard has mature citrus trees & patio, creating a captivating area for entertaining. Walk to Land Park, the Sacramento Zoo & Sac City College & enjoy a home that has it all, amenities & location!

Check out my website for photos, virtual tours, & open house schedules!
WendiReinl.com

Wendi REINL 916.206.8709 WendiReinl.com

Get going on gardens now

Jump in after winter rains with a good nitrogen kick-start

March is the month that spring breaks out in earnest here in Sacramento with trees budding out, most plants starting growth and spring blooms are everywhere you look by later in the month.

Although there is still a chance of frost here in the valley (especially in colder areas) and the higher areas may still have snow, for many of us it is time to plant many things including all the hardy perennials (not real tender stuff yet), hardier annuals and cold hardy veggies such as potatoes (Talini's usually has a good selection) carrots, peas, beets, radish, chard, etc., so they will mature before the real heat of summer veggies.

And most summer bulbs (except caladiums, which need starting indoors or held until soil is warm. They hate cold).

No -- not heat lovers like tomatoes, peppers and eggplants -- the nurseries may get them in but it is WAY to early outside of a greenhouse. They like warmth.

Need for nitrogen

With all the new growth comes the time to think of

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

feeding the garden -- light and more frequent is better than heavier, less frequent feedings.

After all the winter rain, the biggest need for most soils is nitrogen (the first number) since it is water soluble and washes out. I always use a higher nitrogen fertilizer for the first feeding of the year to give things a kick-start and then switch to a more balanced fertilizer.

For those who don't want to worry about remembering a schedule, time release fertilizers that last for six or eight months are a great way to go, especially for containers.

Early in the month you may find some good deals as nurseries clear out bare root material, but be careful about dried out material, material with long stringy shoots that will burn or die when put out or material that has rotted in the packages.

Another reminder for you is that snails and slugs are out early, and will often eat the new shoots breaking ground before you even see them. Be

sure to start baiting for snails early to prevent this. Especially sensitive to this are echinacea, brugmansia, hosta, some lilies, hardy hibiscus and others with soft tender new growth.

While many plants are in active growth, there are a few things that are normally late breaking dormancy, though they grow rapidly once they do. The most common are the hardy mallow-type hibiscus, some varieties of the large flowered dahlias and Chocolate Cosmos, these probably won't emerge till later next month or even later in cool springs.

Surviving the times

Sales since last fall have been dismal, and at this point I am looking at the possibility that this may be the last season for the Benefit Plant Sales.

I will stay open and growing plants through June in the hope things may improve enough that we can continue, but at this point it is question-



Above is the newer Sedum 'Cloud Walker' and below is the older dependable Sedum spectabilis 'Brilliant'

able that things will improve that much.

I understand everyone is under financial pressure, and accept the fact that all I can do is try to go as long as I can, paying the plant sale bills down as I go.

I'm still propagating lots of new plants for sale this season and will have as wide a selection as always, though perhaps fewer of each.

One of the ways I'm conserving money is cutting the monthly newsletter back by one page. This should cut printing costs. Also sale flyers will no longer be in full color.

As for downtown sales, I will wait to see how the Feb. 28 and March 1 went and how March 14 and 15 sales go before I decide if I have to cut them back further.

Here's hoping things improve for all of us. Sunburst has had to lay off personal, and make further cuts to the kids' summer camp, from the three sessions two years ago, there will only be one session this year.

I and my fellow AIDS patients have lost our food

vouchers due to budget cuts, so just eating is more of a problem with \$70 less a month. Plus it makes it harder to get to medical appointments and such when they've taken away bus tickets also.

Still, I'm trying to be hopeful while at the same time preparing for the worse. It seems to be the only way to live in these times.

Some observations

Flowering quince, flowering pears, flowering plum are all coming into bloom in various locations around town.

My Dutch Master Daffodils are bigger by the day, and should open their flowers within a few days.

Ipheon are in bloom, and the scilla peruviana are budded and about to bloom.

The smaller scabiosa forms are budded and the first blooms open.

Rodents have been a problem this season, digging up and eating tulips, Dutch Iris and rhodohypoxis bulbs and even the rhizomes of violets around

See Garden, page 9

Celebrate Aloha Days



DISCOVER MORE OF HAWAII
for less than you imagined.



No place on earth offers a greater return on your vacation dollar than the Islands of Aloha.



AAA Travel is now offering an incredible deal to Hawaii during our Aloha Days promotion. Limited time offer. Contact our Vacation Specialists now!

Exclusive \$150 Discount & AAA Member benefits*

Up to 50% off companion or kids airfare*

AAA Travel Greenhaven
1056 Florin Road, Sacramento, CA 95831
(916) 288-2004

50 Pleasant Holidays
1959 → 2009

* Some restrictions apply. Call for details. CST#1002066-90 Registration as seller of travel does not constitute approval by the State of California.

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

Garden

Continued from page 8

the yard. I've never had such problems with them before.

Take an advanced class

There is still room in the Advance Topics class on Tuesday, March 10.

This is a set of miscellaneous topics that will cover a number of topics partly directed by questions from the attendees. Special propagation/ growing techniques, winter protection, trends in the nursery industry, why some plants are so hard to find, why so many gardening rules aren't always good for the average gardener, common misconceptions about plants and wherever else your questions lead. It is a chance to pick my brain of more than 35 years of gardening experience in several different climates.

The class is four hours (9 a.m. to 1 p.m.) and are held at the house, 1689 Vallarta Circle. Cost per person, per class is \$40. Reservations should be sent, with payment, to: Robert Hamm, 1689 Vallarta Circle, Sacramento CA 95834

First come, first served; all classes have limited availability. For more info e-mail me or call, numbers are at the end of the column.

Benefit Plant Sale

Downtown: March 14 and 15, 9 a.m. to 3 p.m., in the

There will be a benefit plant sale downtown, from 9 a.m. to 3 p.m., March 14 and 15, in the covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items and about 200 varieties of perennials.

covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items and about 200 varieties of perennials.

South Natomas: March 7 and 8, and March 28 and 29, 9 a.m. to 3 p.m. at 1689 Vallarta Circle off of Truxel, just south of the I-80 Truxel exit. More plants and variety than ever.

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



Sedums have several great features – they are very drought resistant, grow in hot sun or light shade, are generally deer resistant, attract butterflies when in bloom and are extremely hold hardy so can even be grown at higher elevations.

Buddhist Church of Sacramento Sacramento Japanese United Temple Church & Asian Community Center
 PRESENTS
 A Grateful Crane Ensemble Production
NIHONMACHI
 THE PLACE TO BE
 A Musical Journey
 "Nihonmachi is where it all began"
 WRITTEN BY Jay Kishinaga DIRECTED BY David Kurihara MUSICAL DIRECTION BY Scott Nigatawa
 FEATURING Kenny K. Carralban Yoko Baki Laryssa Hoffmann Reiko Kurashima
 David Kurihara Earl Kuroyoshi Takaji Chikhi Kazuo Matsui Mitsu Maruyama Helen Ota
Saturday, April 18, 2009 at 1 p.m. & 7 p.m.
Buddhist Church of Sacramento Kaikan
 1401 Riverside Blvd in Sacramento
 General Admission tickets are \$25.00. For tickets, call Tsong Tsong at ACC at 916/333-9600, ext. 201.
 ORDER FORM
 NAME CHECK PAYABLE TO: Asian Community Center
 SEND TO: Asian Community Center, Nihonmachi Show, 1525 Park City Drive, Sacramento, CA 95834
 www.gratefulcrane.com

ESKATON
 Senior Residences and Services

Eskaton Monroe Lodge A Land Park Tradition

Eskaton Monroe Lodge is an elegantly appointed six-story building featuring 100 private apartments, emergency pull cords in each apartment, shuttle van service, and a full-service dining room. We also feature a broad range of activities and spacious lounges on every floor for our residents use.

Eskaton Monroe Lodge is your answer to an active and independent lifestyle.

Eskaton Monroe Lodge
 Independent Living with Services
 3225 Freeport Blvd.
 Sacramento, CA 95818
916-441-1015 | www.eskaton.org



From diagnosis to diet

A Chinese medicine perspective on the 'silent killer' in diabetes

Diabetes is a very common health problem. It's not a fearful disease in itself, but the complications from it are silent killers.

You may not feel the diabetic onset stewing in your body for years before your doc-

tor discovers it. Most people don't know it can affect the eyes, kidneys, nerves, feet, heart and the teeth. None of this is good news:

Eyes – High sugar from diabetes can lead to blindness.

Kidneys – High blood sugar and high blood pressure can



MAMIE WOO

HEALTHY LIVING - THE CHINESE WAY

lead to kidney failure and other kidney disease.

Nerves – Among adults with diabetes, 60 to 70 percent of them have damage to the nerves in their legs and feet.

Feet – Poor blood circulation and nerve damage will bring on infection in the legs and toes. In severe cases it leads to amputation.

Heart – Disease of the heart and blood vessels (cardiovascular disease) is the major cause of death in Type 2 diabetes, because it elevates cholesterol plaque in blood vessels, leads to high blood pressure, or both.

Teeth – People with diabetes most likely have teeth and gums problem.

Early onset reports

You can see that we must work hard to control blood sugar, blood pressure and cholesterol development to help lessen this condition. That means we must control our sugar and fat intake and exer-

cise regularly regardless of our age.

Recent reports from the Diabetic Foundation show that diabetes is attacking the younger generation -- from children to teenagers -- because of insufficient exercise and too much starchy and sugary food in their diet. Insufficient protein, mainly found in meat and nuts, hinders their mental development.

Since diabetes is a silent killer, how do we know the problem is stewing inside your body?

In Chinese medicine, we can detect it from the early symptoms such as a dry mouth, constant thirst no matter how many glasses of water you drink, always hungry and eating bigger portion often without weight gain, or urinating often during the day and night. Itchy skin and cracked heels are two skin symptoms that are hardly mentioned in many diabetic publications.

Diagnosing diabetes

In Chinese medicine we see the causes and symptoms of diabetes as:

1. Heat in the Lung burns out the moisture so you feel thirsty constantly. (Remember when I capitalize the name of the organ, I am talking about the organ's energy in Chinese medicine, not its organic function. It's different from Western thought).
2. High heat in the stomach metabolizes the food quickly, so you need to eat more often to satisfy the hunger.
3. Kidney Yang deficiency. Kidney controls the bowels and urine flow. When Kidney Yang energy is low, you need more bathroom trips to release the pressure in your bladder.
4. Yin deficiency results in insufficient body fluid, making the skin dry and cracked.
5. Yin and Yang deficiency leads to many dysfunctions of other organs in addition to diabetes.

Regardless whether you choose either oral or injection methods to control diabetes, the most important step is watching your diet. The right

See Woo, page 11

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



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

Woo

Continued from page 10

type of diet will elevate your cure; the wrong diet will create severe problem.

Diet instructions

What herb or food is beneficial for diabetes? Let's talk about the food first.

High protein is needed. It's in all type of lean meat, egg and nuts. Walnuts are best.

High fiber, too. Eat plenty of dark green vegetables and multi-colors of fruit. Eat orange oranges, purple plums; red strawberries, blue berries, green grapes, and such, not just one type of fruit. Avoid starchy food like white rice and white bread. Instead use

brown rice, multi-grain bread and wheat flour.

Eat a low fat diet by avoiding deep fried food like french fries and fried chicken. Instead bake or broil your lean meat and fish. And eliminate completely sugary food like cake, cookies and even Diet Pepsi. Yes, including Diet Pepsi. Too many sweet-tasting foods make the Spleen lazy to help the pancreas produce insulin and the pancreas becomes insulin deficient.

There are many Chinese herbs that can help, too.

Korean or American ginseng can nourish Qi (energy) and lower blood sugar. Sang Bai Pi, or mulberry bark, Di Gu Pi, or wolfberry fruit tree bark, and Zhi Mu, or anemarrhena rhizome, re-

duce heat and lower blood sugar.

To nourish Yin and lower blood sugar try Yu Zhu, or polygonatum rhizome; Bai He, which is fresh or dried lily bulb, Shan Zhu Yu, or dogwood fruit; and Tian Men Dong, or asparagus root.

Try yoga or tai chi

All forms of exercise are good for muscle flexibility and to elevate the heart beat and improve blood circulation. I personally strongly recommend yoga and tai chi. These two types of exercise are low-impact, slowly stretching your body and limb muscles, creating balance in the internal organs and coordination of mind and body movements, which in turn achieves ultimate health.

I am sure your doctor can provide tons of material and many websites you can check out for ways to control the problem.

These organizations are helpful:

- American Association of Diabetes Educators, 1-800-832-6874 or www.diabeteseducator.org
- American Diabetes Association, 1-800-342-2383 or www.diabetes.org.

- Medicare, 1-800-633-4227, or www.medicare.gov/health/diabetes.asp.

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

Please send your updated 2009 Calendar Announcements

...especially if you host monthly events!

e-mail to colleen@valcomnews.com

Fax to: 429-9906

Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818



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... \$375,000

Jennifer Merica

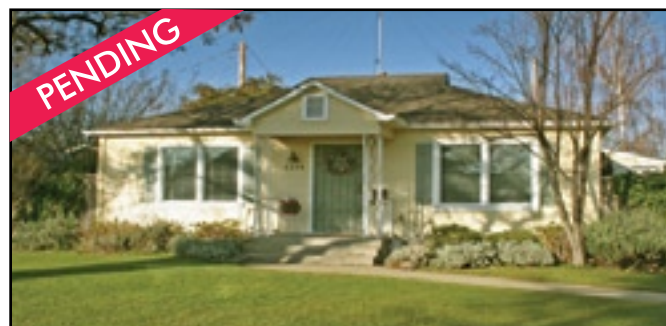
(916) 397-1605

jmerica@golyon.com



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



Discover the Davey Difference
Expert Care for Your Living Investment



(916) 443-5500

Healthy trees and shrubs add to the value of your home. Davey offers the nation's most comprehensive tree and shrub care services, and our Certified Arborists use today's most modern, state-of-the-art equipment. Let us develop a customized program tailored to your needs.

- Tree & Shrub Pruning
- Insect & Disease Control
- Lightning Protection
- Tree Removals & Moving
- Tree & Shrub Fertilization
- Cabling & Bracing
- Tree & Shrub Installation

To learn more, or to schedule a free, no-obligation analysis of your trees and shrubs, call today or visit us on the Web at www.davey.com.



CHRIS BRIGGS
834-6483

Windermere
Dunnigan Realtors

INCREDIBLY COMFORTABLE HOME



But 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.....\$485,000

REMODELED DUPLEX IN SOUTH LAND PARK



3 bedrooms units, new paint in & out, dual pane windows, new moulding, doors, flooring, granite counters, and much more. Larger unit would be great for owner occupant. Collect premium rents on these well located units or move in and have your neighbor help with rent.

6955 Buena Terra Way.....\$425,000

BEAUTIFUL GARDEN GLEN MODEL



Built by Lennar Homes in 2004 with beautiful upgrades, including hickory wood & tile floors, upgraded 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

LET ME SHOWCASE YOUR HOME

Call CHRIS for a no obligation estimate of value on your home.

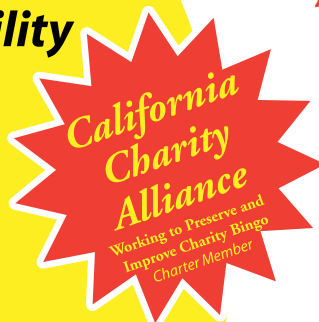
B - Bingo is fun!

I - Inviting State of the Art Facility
Secure & Comfortable

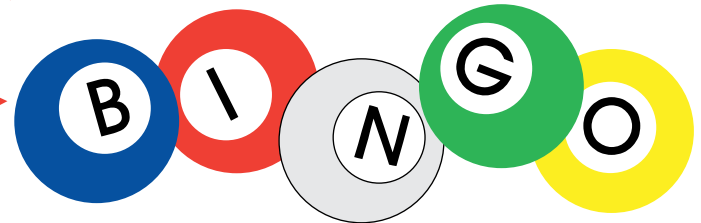
N - Nightly Prizes Over \$7,000

G - Great Giveaways

O - Our Area Charities Receive Proceeds



Florin Road



"The Best Hall of All"

2350 Florin Road (Corner of 24th & Florin)
(916) 422-4646 • www.scc-bingo.com



Meg Heede
803-1628



Meg@MegHeede.com
www.MegHeede.com



Unique Land Park

4 bd, 2 ba on s quiet street w/ a "new" master suite & entertainment rm w/ laundry on the 2nd floor. Home is perfect for guest or in-laws downstairs w/ a 2nd master & entrance. Garage w/ studio attached. Call for more!

1932 Third Ave



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!



975 Cobble Shores Drive

Riverlake - Pocket Home Tour

**OPEN HOUSE
EXTRAVAGANZA**

View These Fabulous Custom-Homes

- 959 South Beach
- 5 Southcrest Court
- 7704 East Port Drive
- 823 Lake Front Drive
- 15 Rivershore Court
- 975 Cobble Shore Drive

March 15th - 1pm-4pm (Don't miss this one time opportunity)

For more information contact Susie Kuwabara Parker 768-8494



1201 FAY CIRCLE • \$380,000 - \$425,000
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
Gorgeous home th **SOLD** 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

FORECLOSURE OPPORTUNITIES:

- 612 Belleau Wood Lane, 95822, 3 bdrm! \$99,900
 - 2363 68th Ave., 95822, 4 bdrm! \$72,900
 - 4811 "H" Parkway, 95823, 4 bdrm! \$124,900
 - 5101 80th Street, 95820, 3 bdrm! \$64,900
 - 5991 Winkinson Street, 95824, 3 bdrm! \$57,500
- Please call Cook Realty for more Information

(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**

Bring on the boys

Lofty female giraffes getting new digs at the Sacramento Zoo

During more than 40 years in Sacramento's South Land Park area, my wife and I have come to realize that we're indeed lucky to be living in a great location for making our way to the city's zoo. And this is certainly a destination that needs to be high on everyone's list.

Two houses north of our place on South Land Park Drive, we can board the No. 6 bus and get off two miles down the road directly across from the entrance to the zoo. There's no need for us to drive



ART GERMAN
TOWN TALK

there if we don't want to. All in all, we've found the zoo to be a great and shady place to stroll during the sunny days of spring, summer and fall while renewing our acquaintanceship with nervous chimpanzees, doughty lions,

skittish lemurs and fast-moving anteaters.

But in many ways, my favorite animals of all are the giraffes, which have always impressed me as very pleasant critters, seemingly content with their lot of quietly looking down from on high to ogle the people who pass by all day long.

New giraffe generation?

As it turns out, even happier days lie ahead for the giraffes as they crane their lengthy necks to contemplate the workmen and machines carrying out a \$1.75 million

The construction project will raise the giraffe compound's breeding standards to the level required by the Association of Zoos and Aquariums.

project to expand and improve their entire compound.

All this was described to me by Lara Kirkendall, the zoo's outreach coordinator, whose duties include public education involving the zoo and its worldwide animal population. She said that a public fund-raising campaign -- still a bit short of its \$1.75 million goal -- made it possible to begin the giraffe project early this year. It's

due to be completed before the close of 2009.

Highlights include replacing the 50-year-old drafty, wooden barn with a concrete structure that will include separate stalls for as many as nine giraffes. That, Kirkendall said, will make it possible to arrange for the importation of one or more male giraffes -- Valyntine, Skye and Gudrun as the Sacramento giraffes are named

See Giraffe, page 15

Pre-Arrangements Available Since 1903

Harry A. Nauman & Son Funeral Directors
4041 Freeport Blvd. • Sacramento • CA 95822 • (916) 452-6157
Found in the phone book under "Harry A. Nauman & Son Funeral Directors."



We're So Much More Than Child Care.

The 4th "R" Program believes in a philosophy that stresses positive self-esteem, in addition to respecting cultural, gender and developmental diversity while promoting fun and learning. Our child-centered, age appropriate program meets the individual needs of children and integrates activities vital to positive emotional, physical, and intellectual development.

Monday-Friday
7:00am - 6:00pm
12 months a year



Visit www.4thRchildcare.com or Call 808-6012 for more information

Giraffe

Continued from page 14

are all females. As a result, a new giraffe generation may eventually become a reality.

How does one arrange for such a tryst among giraffes? It is done, Kirkendall explained, through the AZA, the Association of Zoos and Aquariums, with which the Sacramento Zoo is affiliated. The construction project, she added, will raise the giraffe compound's breeding standards to the level required by the AZA.

Other improvements will include a new viewing ramp that will raise the vantage point for spectators to about 18 feet above the ground -- high enough for an eyeball-to-eyeball confrontation between people and giraffes. That is not likely to bother the giraffes, animals that

Kirkendall said routinely radiate perpetual serenity.

Carousel for kids

While I was outside the compound, it was being shared by the three giraffes and a construction crew hard at work on one side of a wire barricade while the giraffes were lined up on the other side, peacefully watching what was going on and no doubt anticipating happier days in the future.

Kirkendall also reported that another zoo project is being planned for the near future on the site of a building near the main entrance that was occupied last year by a temporary penguin exhibit. She said the building will be replaced by a carousel that will carry children on wooden reproductions of endangered animals, such as pandas. The attraction hopefully will remind young people and their parents of the

fragile nature of the animals' hold on earth, said Kirkendall.

As far as adding real-life pandas to the Sacramento Zoo population, that is not too likely, Kirkendall said. The Chinese government has set a million dollar figure as the price for one of the cuddly, but increasingly rare animals that are native to China.

One of Kirkendall's top responsibilities is the daily animal show offered for visitors at 11 a.m. at the outdoor theater near the zoo's entrance. It's a great place to have a close look at such stage-savvy critters as parrots, snakes, serval cats and turtles as zoo attendants describe to visitors how they go about their lives.

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



Courtesy photos

Giraffes at the Sacramento Zoo: What's not to love?


Other improvements will include a new viewing ramp that will raise the vantage point for spectators to about 18 feet above the ground



The Clip Shop
PET GROOMING
35 Years of Experience

- All Breed Grooming
- Hand Scissoring
- Cats Welcome
- ONLY \$5 Nail Trimming

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



Reverse Mortgage

- Monthly Income
- 62 years or older
- Tax Free
- Mortgage Free
- Call with questions

Jan Gregory
Senior Loan Officer
916-391-9247



Providing jobs & job training to people with disabilities in Sacramento since 1933

GOODWILL

Now in Land Park

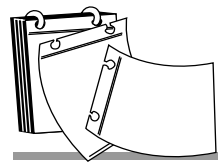
Donation Xpress™

(916) 422-0682

2631-C Riverside Blvd. | Sacramento, CA 95818
(Across from Riverside Clubhouse)

Open for your convenience 8am - 8pm everyday

"Goodwill turns your Donations into Jobs!"



Calendar

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

MARCH 12

Voice Masters Class

The Sacramento City College Choral Department will present its Spring Voice Masters Class, 7 p.m., under the direction of guest artist Jacqueline Victorino. Soloists from the SCC Intermediate and Advanced voice classes will perform and then be critiqued. An open Q & A session will follow. Room A27 of the Music Building at Sacramento City College, 3835 Freeport Blvd. Contact Doreen at 558-2496 for more information.

An eclectic mix

The Sacramento City College Community Jazz Band will entertain you with pieces by Count Basie and Chuck Mangione, Latin pieces, Bebop-inspired tunes and more, 8 p.m., SCC Little Theater, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Evening with Richard Price

California Lectures presents an evening with author Richard Price, 7:30, Crest Theatre, 1013 K St. Price is known for such works as Bloodbrothers, Clockers, Freedomland and The Wanderers. Books will be available for purchase and book signing after the event. For information, call 737-1300.

Communication and dementia

Learn to communicate effectively and compassionately with a loved one who is suffering from dementia, at Primrose, 7707 Rush River Drive., 2 p.m. RSVP by March 7. For information, call 392-3510.

MARCH 13

All about geranium care

Carmichael Geranium Society meets, 10 a.m., Carmichael Park Clubhouse, 5750 Grant Ave., for a geranium workshop featuring "ABC's of Geranium Care." Visitors welcome. More information at the website: www.thegeraniumpage.com.

MARCH 14

Teachers Fight the Bite

Sacramento-Yolo Mosquito and Vector Control District workshop for local educators to learn more about mosquitoes and West Nile virus, then transition this knowledge into fun classroom activities, 8:30 a.m. to 12:30 p.m., Esquire IMAX Theatre, 1211 K St. Free. Register at www.fightthebite.net.

Tsubaki Spring Dance

The Tsubaki Dance Club will hold its spring dance, 7:30 to 11:30 p.m., at the Scottish Rite Temple, 6151 H St. Tickets are \$20 in advance and \$23 at the door.

Refreshments will be available. For information, call Frank at 684-9289, Harry at 395-0587, or Eric at 647-3360.

Fe Gallery

Watercolor artist Anna Rolin, metal artist Stephen Lyman and fused glass artist Sheena Wolfe will be honored at an artist reception, 6 to 9 p.m. at the Fe Gallery, 1100 65th St. For more information, call 456-4455.

Choral concert

Sacramento State University's Chamber Choir, Concert Choir and University Chorus perform, 8 p.m., at Sacred Heart Church, 1040 39th St. Advanced tickets are strongly suggested; \$10 general and \$5 students/seniors. Call the CSUS Central Ticket Office at 278-4323, or visit www.csus.edu/music/choral.

Pipe organ concert

Pipe organ concert with Stephen Janzen, 4 p.m., at St. John's Lutheran Church, 1701 L St. Free parking at the garage on 18th and K Street. Suggested donation of \$20 per person. Call 444-0874.

Recycle to raise money

Bring your unwanted electronic equipment to be recycled, 8 a.m. to 1 p.m., Sam Brannan Middle School, 5301 Elmer Way. Raises money for the music department, which is planning a trip to the Forum Festival in May.

Celebrate Pi Day

The Sacramento Walking Sticks invite everyone to help celebrate Pi Day by walking about 3.14 miles. The non-competitive event will start at Starbucks, 458 Howe Ave., 3:14 p.m. and go until 6 p.m. Everyone will get to eat pie

at the finish line. Families are encouraged to walk, strollers are welcome and dogs will love it. Please bring one can of food to donate. To find out more, go to <http://mathforum.org/dr.math/faq/faq/pi/html>, or <http://www.piday.org>.

All about astrology

Free lecture by spiritual astrologer Taylor Lynne Smith called "What Can Astrology do for Me?," 7 to 9 p.m., SMUD Auditorium, 6201 S. St. Call 635-6724 for more information.

Family history seminar

All-day, free seminar for beginning, intermediate and advanced classes on African-American Genealogy and family history research, 8:30 a.m. to 3:30 p.m., Family History Center, 2745 Eastern Ave. Keynote speaker Electra Price on "Clues and Analysis in Genealogy Research." Reservations at 487-2090 and 966-3460.

Laughter Yoga class

Laugh out loud at Belle Cooledge Library, 9 to 9:50 a.m., 5600 S. Land Park Drive, in a Laughter Yoga class. Free. The exercises have been shown to relieve stress, help you sleep and lighten your mood. Guided by Certified Laughter Yoga leader Judy Knott. Information by e-mail at knottmorris@hotmail.com or phone 539-1716.

MARCH 14, 15

Master Singers turn 25

Sacramento Master Singers celebrate their 25th anniversary with "Sing On 'Till I Am Filled With Joy"-- works that highlight the choir's past, rejoice in the present, and look toward the future, 8 p.m. Saturday and 3 p.m. Sunday, First United Methodist Church, 21st and J streets. Tickets, \$18, available online at www.mastersingers.org, by phone at 788-7464, or 30 minutes before each concert at the door.

Broadway show concert

Sacramento City College Choral Department present great songs from some of your favorite Broadway shows, 8 p.m., Saturday, St. Luke's Lutheran Church, 7595 Center Parkway; and 8 p.m. Sunday, at the Lutheran Church of the Master, 1900 Potrero Way. Admission is \$5. Contact Doreen at 558-2496 for more information.

Trout derby

SMUD semi-annual trout derby at Rancho Seco Lake, 6 a.m. to 5 p.m., 14440 Twin Cities Road. Reel in the heaviest trout and win a cash prize of \$100 for adults and \$50 for children under 16. A pancake breakfast will be available to derby participants beginning at 6 a.m. both mornings. Call 732-5111.

MARCH 15

Folk dance concert

Camellia International Folk Dance Concert features international groups performing folk dances from around the world, 1 to 3:30 p.m., Sacramento State University Student Union Ballroom. Cost, \$7, free to CSUS students and people under 18. Free parking in Parking III. Information at www.folkdance.com/sacramentocouncil or 536-9809.

MARCH 17

St. Patrick's party

Mission Oaks Recreation and Park District St. Patrick's Day party, noon to 3 p.m., with live music by Delta Breeze, dancing and traditional corned beef and cabbage served from noon to 1 p.m. Cost, \$5. At the Swanston Community Center, 2350 Northrop Ave. Information at 333-6464.

St. Patrick's parade

Old Sacramento's 13th annual St. Patrick's Day parade, 6 p.m., with more than 500 marchers including bagpipe and drum corps, Irish step dancers, school bands, police and fire representatives and more. Free. Information at 646-1545 or e-mail info@mallorypr.com.

HATitudes luncheon

Sacramento Christian Women's Connection luncheon, 11:30 a.m. to 1 p.m., Lions Gate restaurant in McClellan Park, 5640 Dudley Blvd. Vicky Septor from The Village Hat Shop will show off the latest hat styles, and Donna Taigen, retired school principal, will be the guest speaker. Reservations must be made by March 11. Call Fran at 332-1461 or Sharon at 361-1642 or e-mail SacCWC@aol.com. Childcare will be available by advance reservation only.

Music ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, noon, in the SCC Campus Quad, 3835 Freeport Blvd. Free. Contact Kurt for more information at 558-2243.

'Growing a Concert'

Building on last semester's theme of "Growing a Concert," where each concert consists of a recently composed piece, the Sacramento City College Community Concert Band presents its second of four concerts for the spring semester, 7 p.m., in the SCC Auditorium, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Memory retention

Primrose Special Alzheimer's Living presents "How to Make the Most of Your Memory, Part 3," 2:30 p.m., at Mercy McMahon Terrace, 3865 J St. Second in a four-part Tuesday, 2:30 program called "Use It or Lose It," presented by Kim Winters, Primrose community education director. Free. Information, reservations at 733-6510.

MARCH 18

Veggie know-how

Learn how to best use winter and early spring veggies like beets, cauliflower and asparagus with the Sacramento County Master Food Preservers, 6:30 to 8:30 p.m., Sacramento County UC Cooperative Extension office, 4145 Branch Center Road. Cost is \$3 and no pre-registration required. All facilities are handicap accessible. More information at 875-6913.

Research your ancestry

The Genealogy Association of Sacramento will meet, 1 p.m., at the Colonial Heights Library on 21st Avenue and Stockton Boulevard, to discuss the all-day research trip to the Sutro Library

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

in San Francisco on March 25. Cost for the trip is \$35 for members and \$40 for non-members. Everyone is invited. Call Melanie at 383-1221 for details.

Fibromyalgia hope, truth

Dr. Tony Baratta, who has successfully treated patients with fibromyalgia will present a class Fibromyalgia: Truth, Hope and Results, 6:30 p.m., at the Fibromyalgia Centers of America, 6728 Fair Oaks Blvd., suite 306. Reservations at 979-0716.

Senior Day at SPCA

Sacramento SPCA hosts Senior Day, 10 a.m. to 3 p.m. at the SPCA shelter, 6201 Florin Perkins Road. Features senior-focused SPCA information booths, demonstrations, vendors, entertainment by the Rotary Rooters, guided tours, refreshments and more. Free. Information at 383-7387 x 9051.

mer to some of the best birding spots in Alaska, 7 p.m., at the Sacramento Audubon Society's meeting, Shepard Garden and Art Center, 3330 McKinley Blvd. Free, public welcome. More information at 649-7600 or www.sacramentoaudubon.org.

Music Ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, 7 p.m., in the SCC Little Theatre, 3835 Freeport Blvd. Free. Contact Kurt for more information at 558-2243.

Hearing aid services

Atlas Hearing Aid Services will give a presentation at Primrose Alzheimer's Center, 7707 Rush River Drive, at 5:30 p.m. For information, call 392-3510.

Volunteer training

Senior Peer Counseling, a nonprofit outreach program that matches volunteer visitors with isolated seniors, is offering a five-week volunteer training beginning today. Dinner is included at

each training session. Call 855-5444 for information.

'Fall and Injury Prevention'

"Fall and Injury Prevention" health presentation for seniors, 1:15 p.m., Eskaton Monroe Lodge, 3225 Freeport Blvd. Free. Presented by the Sacramento County Department of Health and Human Services - Senior Health Education Program. Information at 875-6041.

MARCH 20

Taize prayer service

Taize prayer and worship, a lay person-led, contemplative and meditative service to end the week, 7 p.m., Greenhaven Lutheran Church, 475 Florin Road. Information at 428-3213.

MARCH 21

Victory Garden

A healthy garden begins with the soil. Learn how to evaluate your soil, improve its structure and feed it to grow the summer garden of your dreams,

9 a.m. at the Fair Oaks Horticulture Center in Fair Oaks Park, 11549 Fair Oaks Blvd. Free, public welcome. More information at 875-6913. In case of rain, call 875-6818 to hear a recorded message.

Christian Brothers auction

Christian Brothers High School hosts its annual charity auction, 6 p.m., 4315 Martin Luther King Jr. Blvd. Silent and live auctions with dinner. Tickets, \$75 per person if purchased before March 3, \$90 if purchased after March 3, or \$700 for a table of 10. Visit <http://cbhs-sacramento.maestroweb.com> or call 733-3605.

Dinner dance for FFA

Silent and live auctions, dinner, dessert and drinks, entertainment by The Jay Rolerz Band at the annual Delta Ag Boosters' Dinner Dance, 6 p.m. to

midnight, at Thornton Hall, 29650 N. Sacramento Blvd. Donation, \$30, all proceeds benefit the Delta FFA. Must be 21. For tickets, call Elaine at 719-6655, Karen at 955-1133, or Laurel at 214-4683.

Free loan counseling

HUD-approved NID Housing Counseling Agency offers free loan modification counseling, 10 a.m. to noon, American River Community Church, 3300 Walnut Ave., Carmichael. Reservations required at 483-3465 or e-mail info@arcconline.org

Composting class

U.C. Master Gardeners teach how garden clippings can be transformed into compost, 9 a.m., Fair Oaks Park, Fair Oaks Boulevard and Madison Avenue. Free. Bring a lawn chair. Information at 875-6913.

MARCH 19

Alaska birding review

Meet a Bristle-thighed Curlew when Chris Conard revisits a trip last sum-

GET READY FOR THE SUMMER!

SPRING FITNESS BOOT CAMP

w/Master instructor/Presenter Monique Hollowell, B.S. CPT & Teraino Singleton CAT, CPT by Fit for Lafemme Personal Training, Inc.

Spring into Fitness with the Ultimate Bootcamp workout!

Dates: 04/13/09 - 05/22/09

Where: **Marriott Park** (located on Grand River Dr. & Greenhaven Dr.)

When: **Mon, Wed, Fri: 12:30pm • Mon-Thur: 5:45pm**

2 classes per week: / 3 classes per week: / 4 classes per week:

\$159.99 / \$179.99 / \$199.99

For more information call: 916-421-8357 or 916-202-2999

or email: Monique@fitforlafemme.com

Sign up Today! www.fitnessgenerator.com/fitforlafemme

ADULT BASEBALL

Want to play baseball 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.



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

Caring for a loved one with memory loss?



Take a break!

Experts agree that caregivers need time for themselves. At Primrose, our Day Club and Respite-stays provide a well deserved break for you. Your family member will enjoy making new friends, singing songs and going for long walks on our 3 acre park like campus.

† Primrose
 Special Alzheimer's Living
 (916) 392-3510

LIC#347001342

7707 Rush River Drive Sacramento Ca 95831

THE GOLF BARN
 Getting Ready for Spring Golf? DO IT RIGHT THIS YEAR!
New to Seasoned Golfers
 6 1/2 hour lessons \$150 •
 Hour video/computer: \$70 •
 Heated and Air Conditioned barn •
 video, computer, grass stalls, putting, short game... •
 Men, women, beginning and returning •
GalGolfG2.com
 Contact Email or Call
 Jenni Martin, LPGA Teaching Profession
(916) 837-8952 galgolfg2@me.com
 Natomas Driving Range and Learning Center 5 minutes from downtown.

Your Home Improvement Guide

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

BUILDING MATERIALS

Steel Buildings #1

Recession Discounted
Some below Cost to Site

Call for Availability
Phone: 916 428-4416

www.scg-grp.com
Source#OWK

BATH & KITCHEN

BATH, KITCHEN & REMODELING

Distinctive custom homes, additions & remodeling.



A "customer first" design/build company since 1960.



Parrott Builders

961-3429

www.parrottbldrs.com
Lic# 193775

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 & DECLUTTERING

DUST 'N TIME

Sacramento's Premier
HOUSECLEANING SERVICES

SPRING CLEANING SPECIAL

Ask about "decluttering!"

Call now for your FREE estimate

(916) 613-1397
www.dustintimedec clutter.com

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



CLEANING

Joy of Cleaning

Customized for your home or office

Let us schedule your
SPRING CLEANING now!

"We foster long-term relationships
through our quality of work."

Call NOW for a FREE estimate!

(916) 208-5015
www.joyofcleaning.net

COLOR CONSULTANT

Ground-Up Interiors

- Consultant for all color selection & finishes
- Interior decorating & project management

(916) 997-4642
Lic#684947

CONCRETE

WOLFE Concrete

Residential / Commercial
Stamp / Custom



Tim Wolfe
(916) 973-9653

License # 751665
www.wolfeconcrete.com

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

YOUR AD SHOULD BE HERE!

Your Ad Here!

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

Call 429-9901

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

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

FENCING

GATEWAY FENCE COMPANY

Wood, Iron & Ranch-Style Fencing

10% Senior Discount

FREE Estimates

Lic# 927602

Call (916) 425-7435

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

GENERAL 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

HANDYMAN

FREEDOM

HANDYMAN SERVICES

Free up your time from those pesky
unwanted jobs. I do odd jobs,
plumbing, carpentry, security door
installation, light fixtures & fans,
recalculating of tubs, hauling
NO JOB TOO SMALL!

Call Eric
(916)470-3488

HANDYMAN

Reliable Handyman

Doors • Molding • Windows
Cabinets • Electrical

• Plumbing

Water Heaters • Disposals

All repairs

15 Years Experience

Call (916) 806-7879



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*

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services
are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

HEATING/AIR CONDITIONING

BONNEY PLUMBING, HEATING, AIR & ROOPER 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

LANDSCAPE MAINTENANCE

Darin's Bonsai Landscape Maintenance

** 20-years experience**
Sprinkler repair & Fence repair
1-time clean-up

Free estimates
Call (916) 397-8978



SAVING THE WORLD
One luncheon at a time...
Join Us!
 Local & Global Focus
 Helping women & girls
Soroptimist International
 Colleen@valcomnews.com
 www.soroptimist.org

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



396-4430 - 691-3644



Jean & Ron Nakano

Need Day Care?



SAVE MONEY
 Take \$100/month off your current day care costs

Preschool Teacher
 Loves Kids
 Fun Academics, Nutritious Meals
 Takes only two full time children at a time
 Licensed

Call SUE at (916) 261-2614

Your Home Improvement Guide

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

MOULDING ARTISAN

Moulding Artisan

Add Old World charm to all of the rooms in your home by adding one or more of the following:
 Crown Moulding • Wain-Scot • Fireplace mantels

Call the Moulding Artisan today
Jeff Oliver
 (916) 962-2892

License # 578647

PAINTING

OLEG'S CUSTOM PAINTING

- Interior/Exterior • Residential
- Dry Rot Repair
- Senior Discount
- Cabinets: Stain/Refinish/Re-paint • 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

YOUR AD SHOULD BE HERE!

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

PEST CONTROL

THE END TO ALL YOUR TERMITE AND PEST CONTROL PROBLEMS



• Effective Termite & Pest Control
 • Termite Inspections
 • Termite Treatments
 • Dry Rot Repairs
 • One Time Services

\$20 OFF COUPON
 Pest Control Contract or Termite Insp.

447-3922 • www.hydrexpestctrl.com

\$68/Service* – Homes up to 2500 Sq. Ft.
 * 5 service minimum agreement, additional Sq.Ft slightly higher

Ants • Spiders • Earwigs • Silverfish • Rodents • Roaches • Fleas • Bees

PLUMBING

Riverside Plumbing *Keith & Harry Staley*
 Office 442-7586 Mobile 204-4090 *Full Service*
 Lic# 338816 C-36

Located on corner of 7th and Riverside Boulevard
25% Discount for all new customers with this ad, good until 03/31
 (discount applies to labor only)
 Water Heater Disposal Faucets
 Sewer & Drain Cleaning/Video Camera Inspections
WE SPECIALIZE IN
 •Copper repipe •Sewer and water line replacements •Gas lines - installed

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

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

ROOFING/SIDING

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

TILE & STONE

Divine Tile and Stone
 Professional work at affordable prices!

- Floors/walls • Counters
- Fireplaces • Patios/fountains
- Bath/shower surround

(916) 600-3018
 You name it, we can tile or stone it!
 30 ys Experience • References • Local
 CA License # 924364

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

YOUR AD SHOULD BE HERE!

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

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

Let us build an ad to fit your company's needs

One of our graphic artists will design a free of charge advertisement for you or your company, when you advertise in one of our publications. For more details on this offer, give us a call at **429-9901**



NEED AUTO CARE? CALL NOW!



YEE's auto tech
 3073 Freeport Blvd.
 Across from McClatchy High School
(916) 442-8340
 Website: yeesautotech.net

Hours:
 Mon-Fri
 8 a.m. - 5 p.m.

- Your Friendly Auto Care Pros
- Free ride to work (5-mile radius)
- Most factory scheduled services
- We service hybrids



From left: Wes, Ted, and Henry

Auto Care Special

- Oil and filter change (up to 5 quarts)
- Tire rotation and chassis lube
- 41-point auto care inspection
- New car warranty approved



SAVE \$45!

\$29.09

most cars

Tax and Environmental fee additional
 With Coupon. Not valid with other offers. Expires 03/26/09



\$30 Off

any purchase
more than \$300

With Coupon. Not valid with other offers.
 Expires 03/26/09

CLASSIFIED ADS

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

<p>ANTENNA REMOVAL</p> <p>ANTENNA REMOVAL Conover's Antenna Removal Service Why not remove that old, ugly, unused antenna. A home improvement at little cost. Call (916) 973-9928 for an appt. for removal.</p> <p>BOOKKEEPING</p> <p>#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</p> <p>COMPUTERS</p> <p>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.</p> <p>CONSTRUCTION</p> <p>PHILIP BRAUN CONSTRUCTION Quality work, affordable rates. Additions, remodels, new construction., windows, doors & trim, fences, decks & crown molding. (916) 370-3129 Lic#814641</p> <p>DAY CARE POSITIONS</p> <p>DAY CARE POSTIONS AVAILABLE Save money! Take \$100/mo OFF YOUR CURRENT Daycare cost. Licensed, Preschool Teacher loves kids, fun academics, nutritious meals & takes only two full time children at a time — call Sue at (916) 261-2614.</p>	<p>FINANCIAL SERVICES</p> <p>FINANCIAL SERVICES Are you unemployed, laid off? Let me help you self-direct your IRA-401K into home ownership without taxes. Learn how to become an entrepreneur & take charge of your finances. Pls call Sophie NOW @ 916-202-7189.</p> <p>HANDYMAN</p> <p>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.</p> <p>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.</p>	<p>HOUSEKEEPING</p> <p>EXPERIENCED HOUSEKEEPER Experienced housekeeper looking to add new clients. Honest, dependable, reliable & very picky about how I clean your home. "I clean your home the way YOU want me to." Affordable rates. Ref available. Contact Sharon @ 916 451-4014.</p> <p>PET PORTRAITS</p> <p>ORIGINALPET PORTRIATS 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.</p> <p>RUMMAGE SALE</p> <p>HUGE SCHOOL RUMMAGE SALE Lots of baby & kids clothes & toys. Saturday, March 21, 8 a.m. to 2 p.m. (no early birds, please) Centennial Methodist Church, 5401 Freeport Blvd. (corner of Freeport & Fruitridge) Rain or shine!</p>	<p>TAX PREPARER</p> <p>#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</p> <p>APPRaiser/ESTATE SERVICES</p> <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p><i>Ormolu</i> Estate Services</p> <p>Full Service Estate Sale Firm Certified Appraisals Probate-Insurance-Divorce-Bankruptcy Licensed – Bonded – Insured Competitive Rates Serving Sacramento Since 1987 (916) 988-9393</p> </div>	<p>COMMUNITY NEWS WANTED!</p> <p>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. Land Park News 2709 Riverside Blvd. Sacramento, CA 95818 colleen@valcomnews.com</p>
---	---	--	---	--

Sell your car!
 call 429-9901

Sell your furniture
 in the classifieds

Sell your car
 in the classifieds

“ NOTICE TO READERS: California law requires that contractors taking jobs that total \$500 or more (labor or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license number on all advertising. You can check the status of your licensed contractor at <www.cslb.ca.gov> or call (800) 321-CSLB. Unlicensed contractors taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.”

—Contractors State License Board

Call Melissa at 429-9901 today for ad rates.



Flowers in Land Park

Ron Henson, former owner of Celeste & Company, is back after four years at home with his young son, with Land Park Flowers and Gifts in the South Hills Shopping Center. "People keep stopping by just to say 'We're SO glad you're here! We needed a florist in the neighborhood,'" Henson said. An award-winning designer, Henson stresses his desire to create arrangements that reflect his own style and creativity. "I believe flowers make people happy. They fill an empty spot." Last-minute orders don't phase him, he said, and delivery is local, regional or out of state. Land Park Flowers is located at 5874 S. Land Park Drive (at 35th Avenue). Hours: 9 a.m. to 5 p.m., Monday through Friday, and 9 a.m. to 1 p.m. on Saturday, phone 392-ROSE.

McKinley Children's Song Circle

Mirela Sendreya plays Irish Harp in honor of St. Patrick's Day and children will be able to try step-dancing at this month's free Children's Song Circle.

If you have a favorite Irish song suitable for children, let the Shadechasers musicians know ahead of time.

Songbooks and simple instruments are always provided for singers and dancers the song circle happens from 3 to 4:30 p.m., Sunday, March 15, in the McKinley Park's Clunie Clubhouse, 601 Alhambra Boulevard at F Street.

Future song circle Sundays are April 19, May 3, June 7 and July 5.

For more information, phone Robin Aurelius at 531-4110.



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 10 to 11:30 a.m. at Methodist Hospital located at 7500 Hospital Drive in Sacramento.

CALL TODAY FOR CLASS RESERVATIONS AT 916.423.5939

Daily Excellence



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



CookRealty.net

Inside and Outside Land Park

Wine label education

Casa Garden Restaurant, the fund-raising site for the Sacramento Children's Home, hosts a Wine Tasting Social, 11:30 a.m., Tuesday, April 7.

Tickets, \$16, include wine tasting, hors d'oeuvres, lunch entrees of either beef tips in

cabernet sauce or turkey cobb salad and desert. "What's on a Label," is the topic for the guest speaker.

All proceeds go to help support the Sacramento Children's Home.

Reservations are required at 452-2809.

The restaurant is located at 2760 Sutterville Road, on the grounds of the Sacramento Children's Home.

Citrus harvest offer

Looking at all the oranges and grapefruits in the street, along with clippings, encourages one man to offer up his group to come pick your fruit trees and leave you some, giving the rest to the food bank.

Call Robin Aurelius, 531-4110, to arrange to have his McKinley neighborhood group, well experienced with poles and mesh bags, come to your yard. Each picker has signed a liability waiver.

The next fruit-picking date is Saturday, March 14. The group will meet at the tennis courts in McKinley Park at 8:30 a.m., rain or shine, and will work from 9 a.m. to noon.

Experience culture

The Academic Foundation for International Cultural Exchange

is looking for Community Representatives and Host Families.

Community Representatives will help find host families and work with students during the school year. They must enjoy working with teenagers and have good communication skills.

Host families will host foreign exchange students who speak English and are between the ages of 15 and 18. Students come with their own spending money and medical insurance.

For information, call Anne or Dianne at 1-866-462-3423, or visit www.afice.org.

Green art needed

Submissions of "green art" are needed for "Fairytale Town Goes Green!," a new environmental education event.

Tabletop art can include sculpture, paintings, pottery and more; must be constructed from 100 percent recycled materials; and has to meet certain size specifications.

The deadline to submit an application is Saturday, Feb. 28, and the deadline to submit finished art is 4 p.m., Friday, May 29.

For more information, or to obtain an application, please call

Sharlene at 808-7979, or e-mail: programs@fairytaletown.org.

Free portraits available

With a slowing economy, rather than increasing his prices, photographer Ron Nabity is doing the opposite. Nabity is accepting nominations for people who need high-quality portraits, but cannot afford them.

Knowing how important family photos are, Nabity doesn't want people to miss the opportunity to create a wonderful keepsake. Each month Nabity will select one nominated person and provide a free portrait package.

For more information or to submit a nomination, call 769-3019, or visit www.nabityphotos.com.

Plant recycling

The Sacramento Area Community Garden Coalition will recycle your unwanted plants by placing them in new homes, community gardens, school gardens and green space projects.

Small trees, shrubs and bulbs can be picked up by appointment. In addition, unwanted garden tools and other items can be donated to the coalition.

Call Bill Maynard at 508-6025, or e-mail him at sacgc@ulink.net.



Beautiful Craftsman

This 2 Bedroom, 1 Bath home is located just blocks from Mid-town. Updated in keeping with Craftsman Style. Fabulous backyard, a must see!
..... \$349,000



Rose Mary Swart

812-5831

rswart@golyon.com



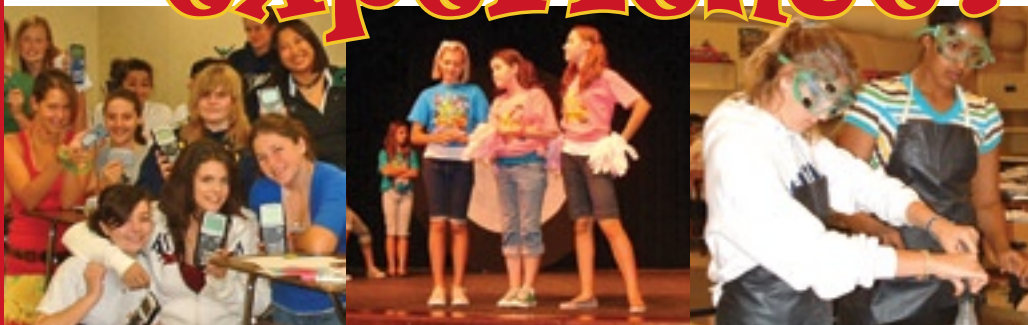
St. Francis

CATHOLIC HIGH SCHOOL

A College Preparatory School for Young Women

LOOKING FOR A FUN AND PRODUCTIVE

SUMMER experience?



ENROLLMENT NOW OPEN FOR MIDDLE SCHOOL AND HIGH SCHOOL SUMMER COURSES AND CAMPS · WWW.STFRANCISHS.ORG

Algebra IB · Algebra 2A · Art I · Biology · Chemistry · Civics · Economics · Geometry
Health · Painting I · Painting 2 · World Geography · Academic Decathlon · Debate
Driver Education · Japanese Workshop · Literature and Writing · Speech
Art Camp · Basketball Camp · Cheer Camp · Dance Camp · Guitar Camp
Hula Camp · Lacrosse Camp · Soccer Camp · Theatre Arts Camp

5900 Elvas Avenue · Sacramento · 916.737.5012

OPEN HOUSE

Saturday, March 28

FREE SEMINAR FOR SENIORS

"FRAUD PREVENTION"

11am - Noon

by

Indecare In-Home Care

RSVP by March 25 (916) 442-4906

"A PLACE CALLED HOME"

Pioneer House

Senior Retirement Community

• Independent Living • Assisted Living • Skilled Nursing

Activities Program, Dining Program, Transportation and More!
RCFE#340300522

415 P St. Sacramento • (916) 442-4906

www.pioneerhouseretirement.org

Serving Sacramento Families For Over 28 Years

Doug Covill

SAR 2008 Realtor of the Year

916.341.7790



Land Park At Its Best!

Fabulous 2 story Tudor with 3 bedrooms, 1.5 baths, formal dining room, finished 1/4 basement, covered patio and 2 car garage. It has all the charm one would want with fireplace, hardwood floors, and updated kitchen. All located on one of the nicest street in Land Park. 2782 Harkness Way.....\$494,900

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 \$495 Singles \$450
Lynda K. Knight (916) 214-1215
641 Fulton Ave. #100, Sacto 95825

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**

SENIOR LIVING

Call about our TLC Suites!



Short-term residency for recovery, rehabilitation or hospice care.

SENIOR LIVING
2701 Capitol Ave.
Sacramento • Sacramento
(916) 447-4444

the Chateau
on Capitol Avenue
Tel: 916.447.4444

www.HankFisherProperties.com

LOVING COMPANIONS

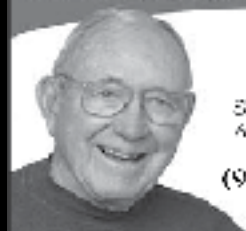


"Assisted living" in the privacy & comfort of your home
Affordable rates, 1-24 hours/day

Certified Care (916) 509-7125

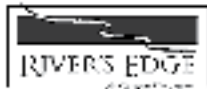
SENIOR LIVING

Ask about our full-time Concierge!



Reservations made, gift-buying, delivery pick up and much more.

SENIOR LIVING
641 Fulton Drive
Sacramento
(916) 921-5131



www.HankFisherProperties.com

MOBILE DENTAL HYGIENE

T.L.C. MOBILE DENTAL HYGIENE

Preventive Dental Care

We bring the Dental Office to YOU!

Private homes, all Assisted Living facilities,

Convalescent hospitals, Rehab centers, etc.

Call for an Appointment TODAY!
(916) 521-5457 Sandi Rust, RDHAP
www.tlcmobiledentalhygiene.com

MOBILITY PRODUCTS



MEDICAL

Approved by the Joint Commission of Accreditation of Healthcare Organization (JCAHO)
DEPENDABLE SERVICE



- POWER WHEELCHAIRS
- SCOOTER
- MANUAL WHEELCHAIRS
- HOSPITAL BEDS
- LOW AIR-LOSS MATTRESSES
- T-PUMPS

MEDICARE - MEDI-CAL PROVIDER
www.g7medical.com

(916) 983-6366

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

Ask about Assisted Living & Memory Care!



Discover the hidden jewel in the Campus Commons area.

SENIOR LIVING
641 Fulton Drive
Sacramento
(916) 921-1970

the Chateau
at River's Edge
Lic #MCS34035

www.HankFisherProperties.com

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

SENIORS IN TRANSITION

Worried about the welfare of an older adult?

Having trouble living on your own?

www.SeniorsInTransitionOnline.com

or call Shirley @

Call (916) 524-2828

SENIOR LIVING

Call about the finest Memory Day Care!



Family caregivers can take a break in **The Club Carmichael Park.**

SENIOR LIVING
7174 Fair Oaks Blvd.
Carmichael
(916) 482-2850

the Chateau
at Carmichael Park
Lic #MCS34035

www.HankFisherProperties.com

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

Ask about Residential & Memory Day Care!



Discover the help you need with Memory Care

SENIOR LIVING
7174 Fair Oaks Blvd.
Carmichael
(916) 482-2850

the Chateau
at Carmichael Park
Lic #MCS34035

www.HankFisherProperties.com

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



Windermere

Dunnigan Realtors



NATOMAS PARK

Beautiful single story home in highly desired Natomas Park neighborhood. Home looks brand new. Features include corian counter tops, gorgeous wood floors, stainless steel sink, gas log fireplace, inside laundry & much more. Home has a great floor plan & yards are low maintenance. Natomas Park includes an amazing club house w/pools, gym & recreational facilities. See www.5462BirkWay.com \$186,900

MONA GERGEN 247-9555



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 to the meticulously landscaped yards and great location. Don't miss the numerous fruit trees. The large corner lot, two car garage and a covered patio for evenings outside. Enjoy! See 2208MurietaWay.com \$300,000

KELLIE SWAYNE 206-1458



WONDERFUL FAMILY 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. See www.937RobertsonWay.com \$485,000

CHRIS BRIGGS 834-6483



COURTYARD ENTRY

Enter through a secure gated courtyard. Enjoy the spacious living room w/skylight, lit niche, unique brick hearth & hardwood floors. Large family room is brightened by 2 skylights & wall of sliding doors that open to backyard. Oversized quarter basement & bonus room. See www.2715LandParkDr.com \$525,000

PAULA SWAYNE 425-9715



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 \$309,000

PAULA SWAYNE 425-9715



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

WISTERIA PLACE ELK GROVE

2004 built Lennar Homes 4 or 5 **PENDING** 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 \$409,000

NANCY WEGGE 600-5458

DANGEROUSLY CUTE

Fun living and happy times **PENDING** ously cute home. Enjoy entertaining friends in the great yard; this 2 bedroom 1 bath has a great floor plan & lots of charm! Live in a great area close to the park and all the amenities of Land Park. See 2025-5thAve.com \$349,900

DAVID KIRRENE 531-7495

LAND PARK SPANISH

From curbside to inside you will fall in love with this 3-4bd 2 bath home. Classic 1920's Spanish design touches & electrical, plumbing, kitchen, A/C & sewer line upgrades, this home offers timeless architecture w/modern conveniences. Beautiful refinished hardwood floors throughout. See www.LandParkSpanishHome.com \$585,000

DAWN O'CONNOR ROWE 799-4835

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.3433VStreet.com \$325,000

TIM COLLOM 247-8048



Windermere

Dunnigan Realtors

4215 Freeport Blvd.
454-5753

Visit Our Web Site: www.windermereDunniganRealtors.com