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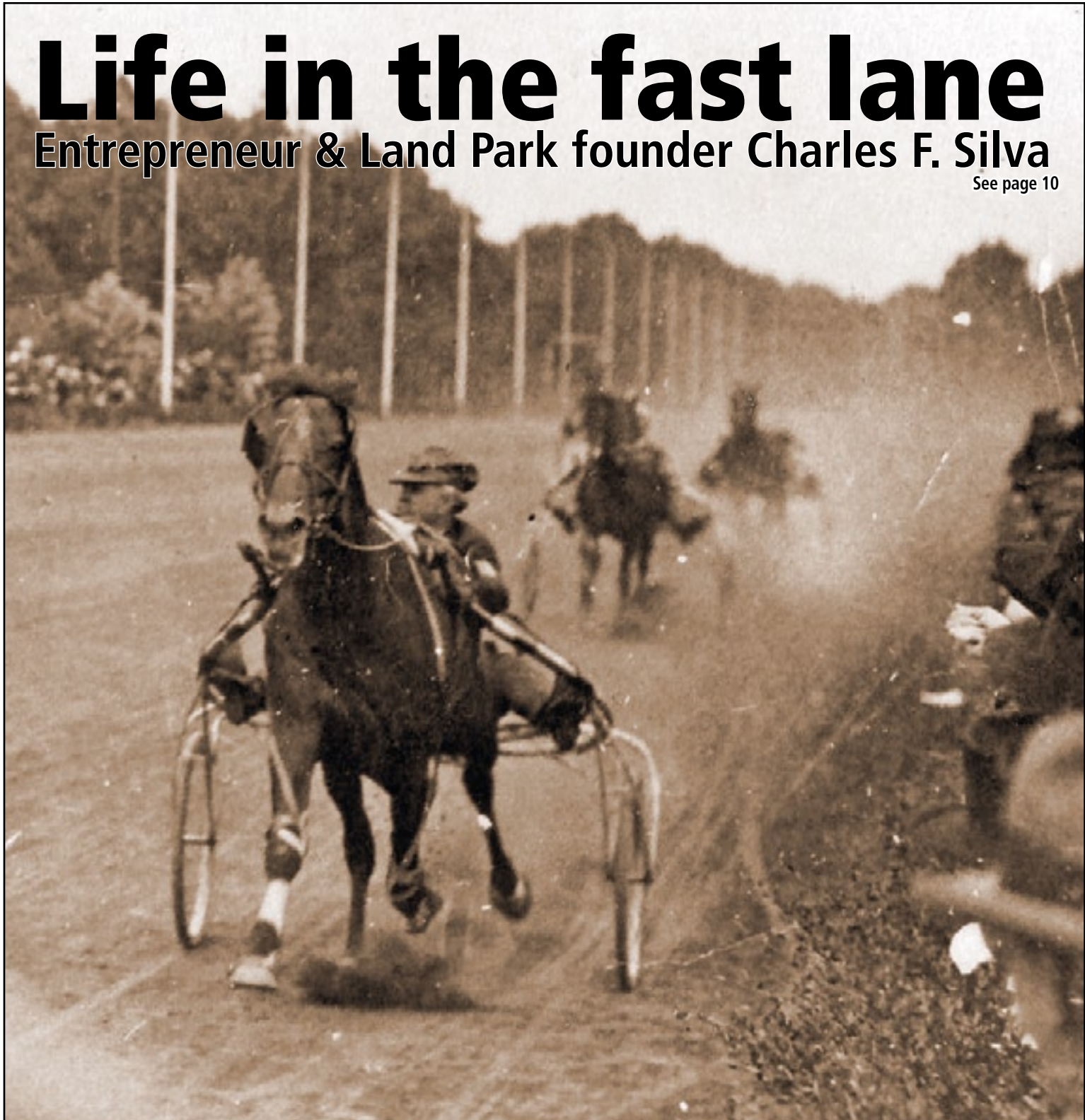


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LAND PARK

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LAND PARK

Cape Cod Exterior, three bedrooms, two and 1/2 baths, formal living room w/ fireplace, formal dining room, galley kitchen w/ breakfast nook & desk, family room w/ fireplace & lots of windows. Master suite with vaulted ceiling, fireplace, large bathroom and walk-in closet. Inside laundry and backyard with covered patio. 3249 19th Street \$663,500



LAND PARK

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LAND PARK

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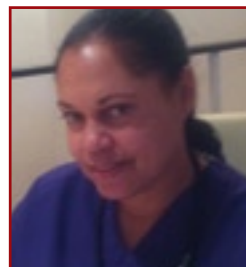
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Protect your pet from internal hazards this autumn

By MELINDA SARTE, DVM
Land Park News guest columnist

Autumn is one of our pet's favorite times of the year. The weather is mild, which often means more fun time outdoors for our dogs and those cats that spend time outside.

Surprisingly, veterinarians often see a spike in infections with internal parasites during this time of year as well. The reason probably is that with the mild weather, and cool nights, conditions are perfect for parasite eggs to last much longer in the environment.

Fall hazards

Common parasitic infections seen in our dogs and cats include giardia, roundworms, coccidia, tapeworms, hookworms and whipworms. Some of the eggs of these parasites can survive for as long as two years in the environment under the right conditions. The right conditions usually are areas that are damp, shady, and neither hot or cold – a lot like what we see during our wonderful autumn weather.

Of course you do not want to spoil all of the fun for your pet by keeping them inside during this marvelous time of year, so how do you allow your canine or feline family member to enjoy



Land Park News photo, Linda Pohl
Melinda Sarte, DVM is a veterinarian at VCA Greenhaven Animal Hospital.

the fall weather, while still being safe?

For cats, the safest possible solution is to stay indoors. However, this is not possible or tolerable for some cats. Screened in porches provide some of the outdoor experience without all of the other risks of parasite infection and other feline hazards.

Preventive meds

If your kitty or dog wants to spend time outdoors, it is good to know that there are many ways of protecting them. Both cats and dogs should be on a year-round heartworm preventative, to protect them

from dangerous heartworms carried by mosquitoes (this goes for indoor pets too as 25 percent of cats that test heartworm positive are indoor-only cats). What many people don't realize is that most of the heartworm preventa-

See Vet, page 6

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

See Sudoku Answers, page 30



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Vet: Hazards can be tracked into the home by paws, shoes

Continued from page 5

tives on the market today also protect your pet from contracting many intestinal parasitic worm infections from the environment. Check the label on your heartworm product to see what other parasites your pet is protected from by taking this medication.

Test yearly

Since there is no preventative product designed to pro-

tect pets from some parasites such as Giardia and Coccidia, we recommend that your have your pet tested yearly by your veterinarian for these parasites. Some of the parasites, such as Giardia, are contagious to humans, increasing the importance of this annual testing to protect your human family members.

Sometimes even indoor only pets will test positive for a parasite. How could this happen? Our theory is that these hardy parasite eggs in the environment can get tracked into the house by other pets or even on the bottoms of our shoes. When your pet steps on the microscopic eggs, and then

grooms their feet, they become infected by the parasite.

We hope that both you and your pets enjoy this special time of year, and that with these precautions you can rest assured that everybody stays happy and healthy.

Melinda Sarte, DVM is a veterinarian at VCA Greenhaven Animal Hospital.

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Cooper #121679

Breed: American Foxhound Color: Tri Color
Gender: Male Hair: Short
Age: 3 months

Cooper is quite the character. This young guy has lots of personality and spunk. He is so friendly and playful and just wants to have fun fun fun! Cooper would do best in a household with adults and older children only, and with an owner who has experience with his breed.

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Diva #126391

Breed: DSH Color: Torbie
Gender: Female Hair: Short
Age: 3 months

Diva and her buddy Patches are currently hanging out in foster care while they wait for a spot on our adoption floor. Diva's foster mom says she is the best kitten ever -- loveable, playful, friendly, likes cats and dogs.

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Dottie #130124

Breed: Chihuahua Color: Blonde
Gender: Female Hair: Short
Age: 5 years

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Patches #126830

Breed: DSH Color: Torti
Gender: Female Hair: Short
Age: 3 months

Patches and her buddy Diva are currently hanging out in foster care while they wait for a spot on our adoption floor. She is independent, but will let you know when she's ready to eat! She gets along well with cats and dogs and LOOK AT THAT CUTE FACE!

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Clipper #128312

Breed: DMH Color: Grey & White
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Age: 1 year

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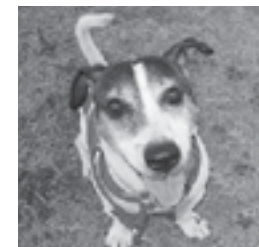


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Blue #127572

Breed: Jack Russell Terrier Color: White & Brown
Gender: Male Hair: Short
Age: 9 years

Blue is quite the little go-getter! Lots of fun, full of energy, but very well behaved when out for a walk and is eager to please. Blue is a sweet sweet boy who is very loving but needs to be in a home without children.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

37th annual Sacred Heart Holiday Home Tour to showcase five 'Fab 40s' homes

Special to Land Park News

One of Northern California's most loved walking holiday home tours returns this December with five elegantly decorated homes in East Sacramento's historic Fabulous Forties neighborhood open for viewing. This year, in addition to the five beautifully decorated homes, the library at Sacred Heart's brand new "state-of-the-art" school will also be decorated and on display.

For 37 years, this popular tour has grown to include nearly 5,000 patrons from throughout northern and central California. The homes showcase elaborate renovation while preserving historic design, custom interior design and creative holiday décor that is surely to ignite the spirit of the season. Homes on the tour this year range in style from a quintessential craftsman bungalow to an illustrious colonial revival.

"We are very excited about the homes we have on the tour this year," said Leslie Lopez, parent and one of the home tour co-chairs. "Not only do we have a wide variety of decorating and architectural styles, but the new school library will be open for viewing and themed after the classic novel, 'The Secret Garden.'"

This year's talented local interior and floral designers will include: Haus by David Randall, Twiggs Floral Design Gallery, East Sac Florist, Impressions Designs, Inspired Interiors and Holiday Home.

The Holiday Home Tour is one of Sacred Heart Parish School's biggest fundraisers. Proceeds from the tour go directly to the school to offset tuition and provide financial support to fam-



Photo courtesy of Kevin Boyd, silverpixelworks.com
Five homes in East Sacramento will be a part of the 37th annual Sacred Heart Holiday Home Tour. The homes range from a "quintessential craftsman bungalow to an illustrious colonial revival." The tour is a great place to get holiday decorating ideas.

ilies who might not otherwise be able to afford a Catholic education.

This year, now more than ever, additional funds are needed as Sacred Heart has seen the percentage of families requesting assistance nearly double – from approximately seven percent of children at the school just three years ago to approximately 13 percent this school year.

"In this economy, it has become essential that we have our financial aid fund for more and more families," said Theresa Sparks, principal of Sacred Heart Parish School. "Many people who were contributing

financially through sponsorship and donations are now in the position of having to ask for help. We would not be able to offer families the help they need if we didn't have the fundraising that we do."

Tour dates are Friday, Dec. 3 through Sunday, Dec. 5. Tour tickets are \$25 in advance, \$30 after Dec. 2. Tickets may be purchased online at www.shpsholidayhometour.com and at the following locations:

- Sacred Heart Parish School
- East Sacramento at Haus, East Sac Florist, French Hen, Talini's, the Pink House and East Sac Hardware

- Central Sacramento at Gatherings Gift Shop
- North Sacramento at Emigh Hardware and Emigh Casual Living
- South Land Park at Collected Works
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Run to Feed the Hungry brings home a sense of community joy

By SUSAN LAIRD
Land Park News editor
susan@valcomnews.com

Thanksgiving Day is a joyful time as friends and families gather to count their blessings and bask in the warmth of companionship and comfort food.

However, recent years have seen an upswing in families who must economize on the traditional feast, due to the economic downturn. Many working families – who are typically givers in the community – are either under- or unemployed. They must economize on every meal, just to get by.

According to the most recent report released by the USDA (“Household Food Security in the United States”), 85 percent of American households were “food secure throughout the entire year, meaning that they had access at all times to enough food for an active, healthy life for all household members. The remaining households (14.6 percent) were food insecure at least some time during the year.”

That’s one out of every seven families. Of those families in need, nearly six percent had tightened the belt – literally. One or more household members reduced their food intake and “eating pat-

terns were disrupted at times during the year because the household lacked money and other resources for food.”

Fortunately, it is possible to do something positive that benefits everyone – both the giver and the receiver – this holiday season.

The Sacramento Food Bank & Family Services is taking registrations online for its 17th annual Run to Feed the Hungry. This event began in 1994 with only 800 runners. It now ranks as the Sacramento Valley’s largest annual run and fun run/walk. In 2008, some 28,000 participants ran and walked to raise \$750,000 to provide food and needed services for Sacramento residents in need. Last year, the numbers swelled to 30,000. Similar numbers are expected this year.

“The Run to Feed the Hungry is 25 percent of our budget,” said Kelly Siefkin, communication and development director at Sacramento Food Bank & Family Services. “So this event is significant.”

The 17th annual Run to Feed the Hungry will be held, rain or shine, on Thanksgiving morning, Nov. 25. The race starts just west of the entrance to the Sacramento State campus and runs through East Sacramento. Registration is available on-



Photo courtesy of Sacramento Food Bank & Family Services
The 17th Run to Feed the Hungry is expected to draw some 30,000 people this Thanksgiving morning. Proceeds will directly benefit Sacramento families in need.

line at www.RuntoFeedtheHungry.com. Fees are \$35 for adults and \$20 for children ages 15 and under. Timed runners pay \$5 more. Race day registration is 7:30 a.m. to 9 a.m. Timed 10K runners start at 8:45 a.m. Timed 5K runners start at 9:05 a.m., and all untimed 5K fun run/walkers will follow behind the 5K start.

The Run to Feed the Hungry is Sacramento’s largest and most popular

Thanksgiving Day event. Families and friends gather to run the 10K portion of the race, or to walk the 5K section. The atmosphere is happy, festive and hopeful.

Participants agree: a little exercise is good for the body before enjoying a Thanksgiving meal...which will taste even better when one knows that the morning’s activities went to help neighbors in need.

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How the Summer of '64 changed Janey Way

By **MARTY RELLES**
Land Park News columnist
marty@valcomnews.com



I graduated from Sacramento High School on June 11, 1964. Life's

possibilities seemed limitless. I enrolled for two summer classes at Sacramento City College the next week. My adult life had begun in earnest. Then something happened that summer which changed my life and the lives of all the Janey Way gang forever.

On Aug. 2, 1964, three North Vietnamese torpedo boats engaged the destroyer USS Maddox in the Gulf of Tonkin off the coast of Vietnam. The Maddox sustained some moderate damage. The story made the network news that night. Two days later another attack supposedly occurred on the same ship. Then, the next day, Aug. 7, the U.S. Congress passed the Gulf of Tonkin Resolution which authorized the President to do whatever necessary to assist the government of South Vietnam. This didn't seem like such a big deal to us.

Little did we know.

That fall, my friend Mike Gilson joined the U.S. Marines and went off to train at Camp Pendleton in Southern California. After eight months of training, Mike came home on leave at the beginning of summer, 1965. He swam with us at the river, went to movies and generally had a great time. After his leave, Mike shipped out for Vietnam.

We would never see Mike again.

He lost his life in a fire fight in February of the next year. When that happened, we grieved and also realized how serious the war in Vietnam was. More Janey Way kids would soon follow Mike into battle.

Jim Ducray volunteered for the Army in late 1966. He trained at Fort Ord and then received his orders for Vietnam. As he prepared to leave, his older brother Bill told him, "when you get there, tell them you can type."

Of course, Jim couldn't type, but when he arrived in Vietnam, he set out in search of the administrative company. He found an officer there and asked if they needed a typist. Fortunately, the officer said they did, and Jim got reassigned from his infantry unit to the typing pool. Jim did most of his Vietnam service behind the lines and returned home unscathed.

Dick Kinzel wasn't as lucky. He was drafted in 1967 and soon followed Jim over to Vietnam. Dick served in an artillery battery which supported the infantrymen on maneuvers in the field. He lived through the infamous Tet Offensive of 1968 when the North Vietnamese Army and the Viet Cong attacked U.S. bases throughout South Vietnam. It was a horrible battle and many U.S. lives were lost.

Dick told me, "It got so bad, we lowered our cannons to ground level and fired them directly at oncoming Vietnamese attackers. I was lucky to survive."

Some of his buddies were not so lucky. Fortunately, Dick returned home in 1968.

That year my brother Terry volunteered for the U.S. Army, and soon after our

neighbor Roger Thomsen received his draft notice.

Terry trained as a military policeman and shipped out to serve in Saigon.

Roger was not so lucky. He trained as an infantryman and when he reached Vietnam in mid-1969, shipped directly out to the field. Three months later he sustained serious wounds in a fire fight.

When Terry heard of Roger's condition, he visited Roger at the hospital. There, he arranged for Roger to call his parents back home and the whole neighborhood breathed a sigh of relief. The Army soon sent Roger home to recuperate, ending his assignment to Vietnam.

Meanwhile, I received my draft notice, in April of 1969. As I was training at Fort Lewis, Washington,

my brother shipped out for Vietnam. So when I finished my training, in accordance with U.S. military policy, the Army could not station me in the same combat zone with my brother.

Consequently, I received my orders to serve in West Germany along with the 80,000 other U.S. soldiers serving there. I spent the rest of my two-year army career as a member of the 510th Ordinance Battalion in Southern Germany. There I learned how to destroy my ordinance base, using C-4 plastic explosive and detonating cord in the event of a Russian attack on our base. Fortunately, that never happened. I returned home to the U.S. in the fall of 1971.

When I returned home, Sacramento seemed a much

different place. Its borders stretched out to Rancho Cordova on the east, to near Elk Grove on the south and toward Roseville on the north.

Janey Way had changed too. Most of the kids of my generation had moved out of the neighborhood. I would soon follow. By this time, the war in Vietnam was winding down. Others like Denis and John Tomassetti would get the call, but they too soon returned home uninjured.

The war had changed us all. We had to grow up quickly. We had all served our country honorably. After all was said and done, we had lost a dear friend, others sustained life-changing injuries, both physical and mental, and on Janey Way life would never be the same again.

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Remembering Land Park Hills founder Charles F. Silva

By LANCE ARMSTRONG
Land Park News writer
lance@valcomnews.com

As the years pass by in the city of Sacramento, the histories of certain notable residents from various communities and neighborhoods begin to fade. And among such people of days gone by is Charles F. Silva.

Although many people today are not familiar with Charles and his connection to part of the Land Park community, Charles F. Silva is undoubtedly a name that should be well preserved.

Born in the Azores

Born on Dec. 14, 1867 in Faial in the Azores Islands of Portugal, Charles arrived in Boston at the age of 11 in 1878 and then proceeded to the Sutterville area in today's South Land Park area of Sacramento.

With only \$2.50 in his pocket, Charles used \$1 of his money to reach the town of Vernon in Sutter County, where he became employed as a milk-er on a dairy ranch for 50 cents per day.

Teen cheese entrepreneur

Using earnings from this job, Charles, when he was 13, paid a cheese maker \$50 to teach him how to make cheese, after which he went into business for himself.

Charles eventually rented a ranch in Yolo County, bought cows and established a dairy and cheese plant.

Charles' next venture was his purchase of the 160-acre Ramsey Ranch, which was located six miles above

Vernon on the Feather River. He also rented the Hoover Ranch and the Clark and Cave ranches near the Sacramento River.

While conducting business along the Sacramento River, Charles entered the boating business, as he bought a gasoline-powered boat and a barge.

Meanwhile, Charles purchased the Point Ranch, where he cut wood, which he transported down the river to Sacramento.

In 1900, Charles returned to the capital city, as he purchased and re-sided at the Meadows place on Front Street, between O and P streets. It was there that he also established a wood, hay and grain business.

Shipping businesses

In addition to this business, Charles purchased the steamers "Neponset" and "Neptune," the trading boats "Jersey" and "Inder" and the barges, "Columbia," "Sutter" and "Vernon."

In becoming engaged in the transportation business, Charles formed a partnership with a Capt. Jones. This partnership continued for many years and their route included towns on the Sacramento River, between Sacramento and Butte City.

Rancher

During this time, Charles was also involved in the cattle and sheep business.

Eventually, Charles sold his interests in the boats to devote his



Photo courtesy of PHCS
Charles F. Silva is shown with his first wife, Theresa (Kennedy) Silva, on their wedding day, Aug. 15, 1899.

See Silva, page 11



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Silva: Portuguese immigrant started from nothing, became major Sacramento businessman

Continued from page 10

full attention to his livestock business.

Charles experienced much success in this endeavor, as he enlarged his interests on an annual basis and also established retail businesses – four local meat markets and a large wholesale business in Sacramento.

Additionally, Charles bred Hereford stock and was renowned throughout the state as a breeder of these fine cattle.

So large was Charles' livestock business operation that he became known as the largest individual cattle dealer in California, shipping thousands of head of cattle from Mexico, in addition to his large shipments from throughout the state.

Charles' wealth was great, as he purchased various Northern California ranches and later sold the ranches for twice the amount that he had paid for them.

Land dealer

Along with his real estate transactions, Charles was actively associated with various reclamation projects and served as the organizer and director of the Sutter Basin Co. and the Natomas Land Co.

Following his time with his previous cattle business endeavors, Charles invested in many Sacramento properties, including business blocks, warehouses and residences, and purchased a 21,000-acre cattle ranch in Modoc County.

Charles additionally accumulated other properties such as 243 acres dedicated to fruit growing in Yuba County and 670 acres on the Feather River in Butte County, with one half of this acreage being devoted to fruit.

Another major part of Charles' life was his interest in horses and for many years he was involved in breeding standard-bred animals.

Breeder of race horses

Charles, who eventually had the finest standard-bred stock in the state, raised the well-known pacer, Teddy Bear, who broke a 6-year-old record at the California State Fair on Aug. 29, 1911. The horse set the mile mark of two minutes and five seconds.

With his continued interest in horses, Charles purchased a racetrack in Woodland in 1916.

It can be speculated that Charles, who continued to own the track until 1921, purchased the track in order to run Teddy Bear on his own schedule during fair weather days throughout the year.

In the early 1920s, Charles traded a 21,000-acre parcel of land in Alturas (Modoc County) for the old Weinstock-Lubin and Co. department store building at 4th and K streets. The building had been vacated and the company had reopened in its new location at 12th and K streets.

Meat marketer

Charles also owned other business operations in Sacramento, including

the Fulton Meat Market at 4th and M (now Capitol Mall) streets, California Market on J Street, between 7th and 8th streets, and meat markets on 10th and M (now Capitol Mall) streets, 16th and M (now Capitol Avenue) streets and in Folsom and Knights Landing.

He also owned a slaughterhouse on Y Street (present day Broadway), between 5th and 6th streets.

Charles established a rich connection to the Land Park community with his founding of Charles Station, which later became known as South Land Park Hills.

Charles' property was located off the present day Del Rio Road in the area of today's Kennedy Lane and Pleasant Drive.

On this property, Charles owned and operated a second slaughterhouse, which had a thick concrete floor that later posed difficulties in building the foundations of some of the area's high quality homes.

Family man

During his life, Charles was married twice, with the first of his marriages occurring when he married Theresa Kennedy in Sacramento on Aug. 15, 1899. Together the couple had nine children.

Following Theresa's death, Charles married Lois Blackwell and this marriage added two more children to his family.

The most prominent of Charles' children was former Land Park area resident Ray Silva. Ray, who passed

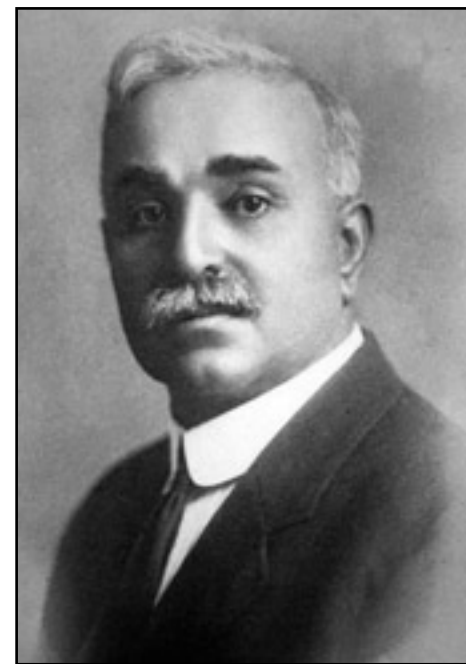


Photo courtesy

Charles F. Silva is shown at the age of about 55, around the time he acquired the old Weinstock-Lubin and Co. department store building at 4th and K streets.

away in 1996, was a referee for the Harlem Globetrotters and the founder and operator of Kiddie Land, Land Park's small-scale children's amusement park, which is today known as Funderland.

Undoubtedly, Charles, who passed away on July 14, 1944, was a man who achieved many great things in his life.

And considering his many accomplishments and the fact that he once had practically pennies in his pocket and no assets to his name, Charles Silva should be remembered for many years as a self-motivated man whose drive to excel led to a life of success.

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Handel's 'Orlando' to open Sacramento Opera's 17th season

By SUSAN LAIRD
Land Park News editor
susan@valcomnews.com

Sacramento Opera kicks off its 30th season with themes of love and madness in George Frideric Handel's "Orlando" on Nov. 19 and 21.

It is in perfect keeping with Sac Opera's 2010-2011 theme of "Love Makes You Crazy."

The title character is a great soldier in the Emperor Charlemagne's army. Orlando ("Roland") falls in love with the pagan princess, Angelica, the Queen of Cathay. He is torn between conflicting desires for "love and glory."

Angelica, on her part, is in love with an African prince, Medoro.

Orlando can't handle any of this. His obsession with the beautiful princess and his dreams of glory drive him to madness. He is prevented from wreaking havoc, however, by the magician Zoroastro, who eventually returns his sanity to him.

Considered to be one of Handel's "most daring and virtuosic operas," this work in three acts was written in 1731 and was first performed in 1732 at the King's Theatre in London on January 27, 1733. After ten performances, (due to "artistic differences" between the composer and the lead singer), it languished until being revived at the Unicorn Theatre in Abingdon on May 6, 1959.

This production will be Sacramento Opera's first foray into the Baroque repertoire.

"Orlando" is considered a "virtuosic opera" because of the degree of talent required to perform it.

"Performers need not only have great flexibility and agility in their voices to execute amazing amounts of notes that fly by at blinding speed, but also the ability to improvise," said Timm Rolek, artistic director and conductor of Sacramento Opera.

This is not surprising, as "Orlando" was written for one of the famous *castrati* of the era, Senesino (1686-1758).

A castrato is a man with a singing voice equivalent to that of a soprano, mezzo-soprano or contralto voice. This was produced by castrating a young boy before puberty. This process, outlawed in Italy by 1870, resulted in larger rib cages with child-sized vocal chords. With training, a castrato's voice was extraordinarily flexible and quite different. A castrato who could really "belt it out" quickly rose to the 18th century equivalent of one of today's super rock stars. Today, the high-range roles written for the castrati are sung by countertenors.

"Mutilating young men in the name of art is a practice that I am glad ended long ago," Rolek said. "Now when composers look for the sound of a prepubescent male voice, they either write for low voiced women dressed as boys, or for boys. The problem with the latter is that there is not a lot of volume or length of musical phrase with youngsters, so in

most cases composers will opt for low-voiced women."

Performing the role of Orlando will be counter tenor Randall Scotting, who makes his debut with Sacramento Opera in this performance. He is known for his commanding stage presence, rich voice and innate musicality. He performed the part of Orlando with the Liszt Frec Orchestra in Budapest last season.

Also making their debuts with Sac Opera this season are Celine Ricci, lyric coloratura soprano (as Angelica) and Diana Tash, mezzo soprano (as Medoro). Antoni Mendezona, coloratura soprano (as Dorinda, a shepherdess) and Dean Elzinga, bass baritone (as Zoroastro) round out the cast. Frank Kuhn is the stage director.

"Randall and Celine are internationally known Baroque opera specialists, and Diana, Antoni, and Dean are all exceptional singing actors," Rolek said.

The music, composed by one of the masters of the age, will be well worth experiencing, according to Rolek.

"Handel at his essence is a theatrical composer, while Bach (born the same year) is essentially a church composer," he said. "Music from both of these men still speaks to us today through their deceptive simplicity."

Because the tale of Orlando is a timeless one, the stage setting will have a mythical tone, instead of being locked into one fixed time and place. The



Public domain image
Senesino was one of the great castrato singers of his era. Handel composed no less than 17 leading roles for the famous singer, including the lead in "Orlando." Sacramento Opera will perform this opera Nov. 19 and 21.

opera is about two hours and forty-five minutes with one intermission. This Sacramento Opera premiere is sung in Italian with projected English supertitles.

"Orlando" will be performed at the Sacramento Community Center Theater, located at 1301 L Street in Sacramento,

on Friday, Nov. 19 at 8 p.m. and Sunday, Nov. 21 at 2 p.m. Single ticket prices are \$18 to \$108 each. Season tickets are now on sale and offer a 20 percent discount off the single ticket price. For tickets, call (916) 808-5181 or visit tickets.com. For more information, visit www.sacopera.org.



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SACRAMENTO – Sacramento Food Bank & Family Services is working with the tall ship Hawaiian Chieftain to collect donations for its annual “Holiday Spirit of Giving” drive. The topsail ketch, now docked at Old Sacramento, will have a donation bin nearby, and the crew invites all Sacramento-area residents to drop off non-perishable food items, winter clothing for children and adults, infant diapers and formula, and other donations through Dec. 14.

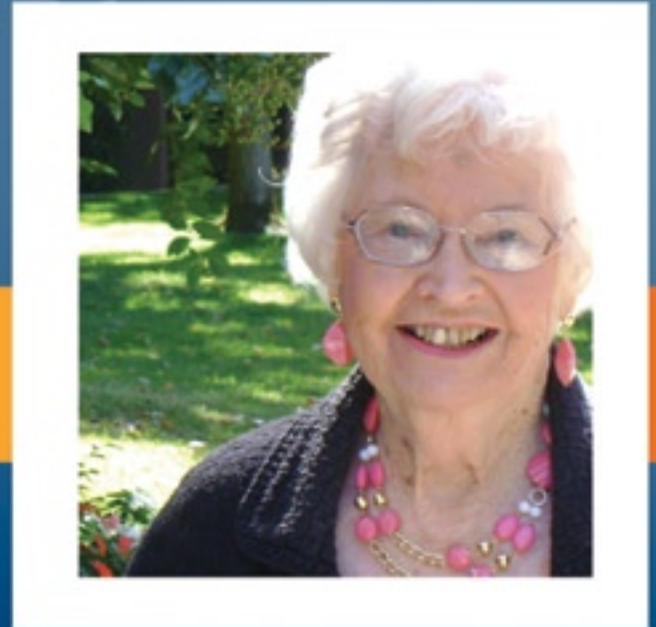
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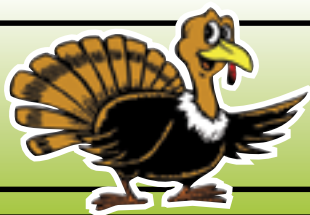
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Awarded to only four cities nationwide, the fellowship is a national opportunity for the study of Sacramento's urban planning initiatives and an opportunity to encourage and support local outstanding sustainable development practices.

In addition to Sacramento, the cities of Charlotte, Houston and Detroit were selected for the Rose Fellowship.

The presentation will be made as part of the ULI Sacramento's local event that explores the future Sacramento's downtown. Entitled "Nucleus of the Region: Ideas and Prospects for Sacramento's Urban Core," the event will focus on strategies for the rebirth of a new central district in the heart of downtown and will include a moderated discussion with a compelling group of public and private sector decision makers reshaping the "JKL" Streets Corridor.

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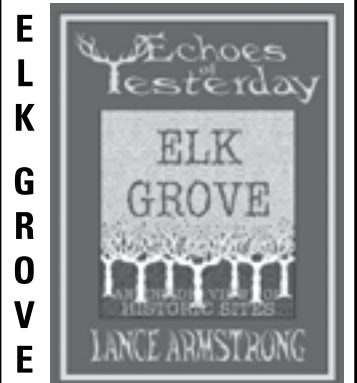
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Know your neighbor

Sacramento resident officiates Pac-10 football

By **BENN HODAPP**
Land Park News writer
benn@valcomnews.com

Most people have probably seen Land Park resident David Lambros without even being aware of it.

If you watch a lot of Pac-10 football on Saturdays or catch the evening sports news, you might just catch a glimpse of him.

He can easily be spotted because of his zebra stripes, whistle and yellow flag.

Lambros started officiating in the Pac-10 in 2001, but the life of this husband and father of two began his life as a referee with more humble roots.

After spending time in the Navy (and Vietnam), Lambros came back to northern California to go to school. He attended both American River College and Sac State and eventually became a deputy sheriff in Sacramento. In a throwback to his days as a football player in high school, Lambros participated in the first four Pig Bowls which annually pits cops vs. firemen.

In 1982, Lambros found a local high school association of officials, bought his books, paid his dues and started on his way to becoming a big time official.

"They train you in the classroom and on the field," Lambros said. "It's kind of like an apprenticeship. You don't get paid at first but the instructors talk to you as the game progresses and critique you."

He started out working high school and Pop Warner games to hone his craft. In 1986, he started working junior college games before moving on to what was then called Division I-AA and Division II college games in 1992. In 1995 he moved up the latter to the Western Athletic Conference (WAC) and to the Mountain West Conference in 1998.

But it was 2001 that Lambros called "a big year" for him.

He moved on to the Pac-10, one of the biggest stages in college football that year. He also began officiating in the Arena Football League, which he did for eight years. He went on to explain some of the ins and outs of officiating in the Pac-10.

"There are six Pac-10 crews," he said. "My crew gets together in February to begin studying for the upcoming season."

The crew meets twice per month until May, when they begin meeting weekly.

"At the end of July we have conferences and clinics and in August we work scrimmages."

When it comes to calling games on Saturdays, Lambros still feels like it's his first time out there.

"Every game I am at I get chills looking around at all the people," he said. "It doesn't matter which stadium I'm in."

As far as his favorite venues in the Pac-10, Lambros is partial to The Rose Bowl in Pasadena, home of the UCLA Bruins. The craziest atmosphere, though, comes from up north.

"Autzen Stadium in Eugene, Oregon is the loudest stadium I have ever been in," he said.

It was particularly loud when he officiated the Oregon Ducks and Oregon State Beavers at their annual "Civil War" game. The rival universities have played each other every year since 1894.

The travel for a referee can be draining, but Lambros said that it isn't too bad, because the Pac-10 schools are somewhat close to each other. Outside of bowl season, he never has to travel further than Arizona or Washington.

His list of memorable games includes a 72-68 marathon of a bowl game on Christmas Day as

well as the 43-42 Idaho victory over Bowling Green in last year's Humanitarian Bowl.

In his years as an official, Lambros was blown away by the talents of one player in particular.

Lambros is a "back judge," which means that he deals mostly with wide receivers and defensive backs. One of the players that stuck in his mind as truly great was former USC wide receiver Mike Williams.

He also said that during his time refereeing in the Mountain West that Brian Urlacher once made a play that even he couldn't believe while he was at New Mexico.


And as for those penalty calls viewers get irritated by, the officials' agenda is not as sinister as some make it out to be, according to Lambros.

"When a play goes off, I have no idea who the players are or sometimes even which team is which," he said. "I'll see that green pushed white, so the foul is on green. I have to try my best to remember what number the guy was."


Oct. 23 was Lambros' final day off of the season before traveling to call the Oregon-USC game on Oct. 30 in Los Angeles. So when you are watching a Pac-10 game on the television, watch for this veteran ref chasing after receivers and throwing his pesky yellow flag.



Land Park News photo, Susan Laird
David Lambros has interesting weekends every fall – he officiates at Pac-10 football games as a referee. A retired police officer, he dons his zebra stripes, whistle and yellow flag and travels to the games. "I take it seriously. I try not to smile too much on the field," he said with a grin. "It just wouldn't do to see a 'happy ref' out there."



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Local dentist pursues innovative career to provide second opinions

By SUSAN LAIRD
Land Park News editor
susan@valcomnews.com

Have you ever gone to the dentist's office and gotten the bad news that you need extensive –and expensive – care? And that you need it right away?

Have you ever wondered, "Did I really need to do this?"

This is an issue that Dr. Ken Hajek encounters frequently.

Hajek is an "old school" general dentist who believes in the private practice dentist taking care of "his" patients, honoring the trust they place in their dentist. He became increasingly concerned by the complaints he would hear from patients coming from large, "corporate" dental offices.

Concerns Hajek frequently hears include:

- "I just went in for my regular cleaning and they wanted to do \$5,000 of work."
- "I get a different dentist every time and they each want to do something different."
- "The other dentist wanted to do eight crowns. Do I really need them?"
- "I've had good checkups for a decade and suddenly this new dentist says I need a lot of work."
- "The doctor said I need \$7,000 of work including (technical names of procedures). Then they asked, 'How do you want to pay?'"

"Patients would routinely express uncertainty about treatment

plans and ask my opinion," Hajek said. "Sometimes I would be asked for a second opinion and my opinion would differ substantially with that of another dentist. I was distressed because some offices did not fit with my original concept of dentistry."

An article in an industry publication put a name on it for Hajek: "aggressive diagnosis" – when a dentist diagnoses everything that he or she can possibly justify.

He immediately took issue with the concept. "Often those justifications are a stretch," he said.

"I also felt that people were underserved regarding prevention, and I saw them return with new decay on a three to five year cycle," Hajek said. "That does not have to be the case, but generally the 'chair time' to provide proper instruction was not taken. Restorative work was more important to the business goals. And with the elevation of corporate managers over employee-dentists, business goals have become paramount."

Hajek felt that there had to be a better way. He reasoned that when a medical patient receives a serious diagnosis, it is a standard procedure to seek a second opinion before proceeding with care.

"The solution is to empower the patient," he said. "Make them 'smart shoppers' who can oversee their own care. I am an informational resource for the patient. I am not there to judge other dentists."

With that thought in mind, Hajek founded Second Opinion Dental, a second opinion dental office that provides exams and consultations, education and advice. Patients can take advantage of Hajek's three decades of dental experience and ask questions before deciding on the direction they want to go with their dental care and program.

"We do no repair work, because that could present a conflict of interest," he said. "We offer exams and our opinion on what a patient needs so they can make wise, economical decisions. We serve only the patient's needs."

Getting a second opinion can help a patient to decide whether or not a dental procedure is needed, and it also has the potential to save the patient a lot of money.

The services offered at Second Opinion Dental are not covered by standard dental insurance, but the fees are reasonable and affordable. In addition to a second opinion, patients also receive a valuable information session with Hajek on preventative dental care.

"Many patients aren't receiving this in some dental offices, because it isn't something for which a hygienist is compensated," he said. "Just knowing how to properly brush and floss, and with the proper kind of brush, can prevent future costly dental problems."



Photo courtesy of Devin Hajek

Dr. Ken Hajek offers concerned dental patients an opportunity to get a second opinion on their dental diagnoses. A second opinion empowers the patient with knowledge and can even save money in some cases.

Ultimately, it is all about giving patients options, according to Hajek.

"Consumers can often save thousands of dollars with a second opinion," he said. "Insurers, employers and society could cut dental costs by fully half were everyone to get both impartial diagnoses and prevention instruction."

Second Opinion Dental is located at 3501 Walnut Avenue in Carmichael. For an appointment call (916) 616-6712 or visit www.secondopiniondental.net.

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Lady golfers invited to check out Bartley Cavanaugh Women's Club

By **BENN HODAPP**
Land Park News writer
benn@valcomnews.com

Golf can be one of the most relaxing and fun activities one can partake in. Many believe that golf is a good way to stay active, get outside and get away from the everyday stresses of life. But it can be even more enjoyable playing with a group of friends.

That is what the Bartley Cavanaugh Women's Golf Club believes as well.

The group of 23 women began their club in 2006. They meet every Monday at Bartley Cavanaugh Golf Course at 8:30 a.m. to play 18 holes and talk about their lives off the course. The club, part of the Pacific Women's Golf Association (PWGA), was started by five members who played together in the Wild Hawk Ladies Group.

"We wanted to play on a different day of the week," said Karen Alejo, spokesperson for the club and one of the founding members. "We approached Bartley Cavanaugh about starting a club and they were very welcoming."

The group is looking for local women golfers to join the ranks and increase the club's membership. Alejo said that anyone who would like to join would have to establish an index of 10 scorecards at 40.3 or less in order to join. Anyone is welcome to come play as a visitor on a given week, but it is not a group for beginners.

In addition to playing Bartley Cavanaugh every week, the group plays in some tournaments in the area as well. Four of the members recently played in the Susan G. Komen tournament at Bing Maloney Golf Course.

The benefits of joining the group are many. Alejo described some of her favorite things about it.

"It's nice to know that you have a set tee time," she said. "You decide when you do and do not want to play and you can bring a guest to play. I like it because the ladies are all nice."

She added that the pairings are done randomly each week so there are no cliques formed between members. Generally there are eight-to-10 members that play each week, Alejo said.

To join the group there is an annual fee of \$30 and an additional \$26 to become a member of the PWGA. The \$56 total grants you entrance to the



Photo courtesy
The Bartley Cavanaugh Women's Club, established in 2006, believes that an active round of golf is often best when played with friends. Front row, left to right, Dianne Rose, Cleo Mendonca, Judy Davenport, Nancy Luke, Linda Buzzini, Stephanie Trenck and Tanya Savage. Back row, left to right, Jan Silveira, Shelly Brassil, Aileen Adams, Karen Alejo, Mary McDearmid, Carmen Armstrong, Heidi Lowery and Mary DiBartolo.

club and the PWGA for a year. Greens fees are not included and Alejo said that the price to play the course is \$37 with a cart each week.

The group adheres to USGA rules as well, meaning

there are no mulligans that weekend duffers like to take when they pull one onto the highway.

This year there is a Halloween tournament as well as a Thanksgiving tournament in

addition to a holiday party that takes place every year, according to Alejo.

"We're a very relaxed group," Alejo said. "We all have lunch together after we're done playing and talk about our lives."

Anyone interested in becoming a member of the group or would like to play as a guest to see if it interests them should contact member Mary Jane Palmer at maryjpalmer@frontiernet.net.



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'Turf War' comes to Sacramento

"Before" photos by STEPHEN CROWLEY,
 "After" photos courtesy of DIY Network

It was a win-win scenario for two Sacramento area families, as they went "head-to-head" for an upcoming edition of the DIY network's reality show, "Turf War." The identities of the families and exact location were confidential, since the show will air in the spring, but the Pocket News was allowed to snap a few photos.

In the show, two neighbors compete to win \$5,000 and the title of "best yard on the block" by the show's host, Ahmed Hassan. Each team is given the same materials and time to transform their yards – and to recruit friends and family to help. Film crews were on hand to document the process, which involved a great many people.

At the end of the show, neighbors tour both yards and vote on their favorite. The winner receives the prize money – and bragging rights – but both families and the neighborhood at large win because of the beautiful yards.



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'Tin Can' sailor: A local veteran remembers World War II

By EARL ROGERS
Land Park News writer

During the closing weeks of October, 1944 the greatest sea battle in all of history was fought between warships of the U.S. Navy and those of Imperial Japan.

On the 24th of October, the Battle for Leyte Gulf had been raging four days, when a U.S. Navy reinforcement group arrived off the island of Leyte to support the amphibious landing of U.S. forces as they prepared to liberate the Philippines.

Gordon Swehla, a nineteen year old petty officer third class, was manning the radar in the Combat Information Center (CIC) of the USS Hopewell. The ship, a Fletcher Class Destroyer (called a Tin Can by U.S. Navy sailors), was equipped with the latest radar. Each sweep of the antenna lit up numerous amber blips on his radar screen.

He was looking for low flying enemy planes and surface targets that might be enemy ships. The Hopewell had limped into Leyte Gulf on a damaged propeller after the ship struck an uncharted reef. Two days later, it hauled-out for Hollandia, New Guinea to make repairs on the damaged propeller. En route the ship's gunners knocked down two enemy planes.

Gordon recalled that "Air search wouldn't pick up those low flying aircraft. But our surface radar could spot 'em approaching low on the water."

Gordon had been a crew member aboard Hopewell since it was launched by the Bethlehem Steel Co. in San Pedro, Calif. a year and a half earlier. By the time of the Leyte operation, he was a veteran tin can sail-

or having fought in three major battles from the Marshall Islands through New Guinea and the Dutch East Indies (now Indonesia). Grand Forks, N.D. was his home before he joined the Navy in March, 1943. A year earlier, his family received the dreaded telegram that his older brother Donald, a crewman on the USS Langley, was reported missing in action when the Langley was sunk by Japanese bombers during the opening days of World War II.

On Valentine's Day 1945, the Hopewell was dueling with shore batteries on the Island of Corregidor at the entrance to Manila Bay, when it was ordered to rescue survivors of a mine sweeper that had been set afire. While closing on the sinking vessel, the Hopewell shuddered from the impact of a direct hit.

Gordon described what happened next: "One shell hit the forward stack. Another blew out the fire control center (a complex unit that synchronized all the ship's guns). A third shell ruptured the forward fuel tank. One shell went clear through the ship."

Damage control parties sprung into action. The wounded were moved to sickbay. The ship was ordered to retire from the action and head for Subic Bay, where the wounded could be transferred to a floating medical facility and the dead could be moved ashore. Seven sailors were killed and twelve wounded.

"When my ship docked at Mare Island for repairs a month after the Corregidor operation, I came to Sacramento on liberty," Gordon recalled. "This was a good liberty town. For a quarter, I could ride the bus from Mare Island to Sacramento. We went to dances at the ballroom above the Senator Theater."

On a blind date he met a girl named Dorothy Haskell.

"We had a few dates," Gordon said. "But my ship returned to the Pacific in April."

He and Dorothy kept their romance alive with letters.

In March, 1946 Gordon finally returned home wearing seven battle stars on his campaign ribbons and the insignia of Petty Officer Second Class. He had been at sea for almost two years.

"I got here on a Friday and rode the street car out to the Clunie Club House in McKinley Par," he said. "Dorothy was working for her boss, the principal at Donner School, who was managing the annual camellia show."

Gordon remained in Sacramento, hoping to find a job. One day while shopping in Oak Park, they stopped in front of the Arata Brothers Grocery store.

"Why don't you inquire about a job," Dorothy urged.

Gordon walked in and convinced the boss that he was a reliable, hard working young veteran. He got the job.

Dorothy Haskell became Dorothy Swehla on July 3, 1946. The young married couple moved into a small two bedroom house in Colonial Heights bought with a \$100 down payment - Gordon's mustering-out pay from the Navy. After five years working for Arata Brothers, he took a job at the Sacramento Army Depot, where he worked for thirty years retiring as Shop Superintendent in electronics. In 1966, on their 20th anniversary, Gordon and Dorothy moved into a new home on 13th Street in the Pocket Area of Sacramento. This year they celebrated 64 years of marriage with their two sons, three grandsons, and eight great-grandchildren.



Photo courtesy

The USS Hopewell off the coast of Corregidor during World War II.

At 85 years of age, Gordon is still a working man. Driving a Chevy pickup filled with tools and parts, he oversees the maintenance work on several warehouses in West Sacramento. His garage is filled with power tools. His building skills are numerous. His craftsmanship is impeccable. He is everyone's good neighbor. He will give you the best advice on repairs to your house, then reach in to the bed of his pickup, pull out his tools, and help you with

the job. He flies his country's flag every day of the week.

Gordon hopes his countrymen will remember his brother, Donald Miles Swehla, Seaman First Class, whose name is inscribed on a marble column in the American Military Cemetery in Manila. Those sailors of the old Asiatic Fleet with their antiquated ships and no hope of reinforcements made their stand and went down fighting against impossible odds.

UPCOMING EVENTS

Cheese Class - Easy Holiday Cheese & Wine Pairings

Taylor's Kitchen • Saturday, November 13 at 1pm
Limited to 30 attendees • \$25.00 per person

Taylor's Holiday Open House

Taylor's Kitchen & Taylor's Market • Monday, December 6 at 8pm
Sampling Holiday products, Wine Tasting with Richard Ebert.

Butchering 101 - Holiday Meat Ideas

Taylor's Kitchen • Tuesday, December 7 at 6pm
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For information about upcoming events, Contact Taylor's Market 916-443-6881



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CALENDAR

For more Calendar entries visit
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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

NOVEMBER

Holiday boutique

Through Nov. 21: Wonderful holiday decorations and unique gifts. Benefits Sacramento SPCA. 7935 Greenback Ln. (Greenback Ln. & Sunrise Blvd. near Old Navy), Citrus Hts. (916) 442-8118

'Wayne Thiebaud: Homecoming'

Through Nov. 28: Exhibit of Sacramento's most famous artist, Wayne Thiebaud, as he begins his 90th year. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

Beginning bridge lessons

Through Dec. 7: Learn party bridge procedures with the Greenhaven Community Bridge Group. Lessons on evaluating hands, bidding, card play and coaching, keeping score, partner support strategies. Become more comfortable and confident in play-

ing bridge socially. Meet new people; bring a spouse, friend or neighbor. All are welcome. \$10 for materials. 7 p.m.-9 p.m. Greenhaven Lutheran Fellowship Hall, 475 Florin Rd. (across from Kennedy High School). Dale or Barbara, (916) 424-3925

'Tomorrow's Legacies'

Through Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

'A Pioneering Collection'

Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

Fall book sale

Nov. 11-14: Choose from popular categories of books including fiction, children's, mystery, adventure, science fiction, romance, tabletop, cookbooks, premium art books and biographies. Also books on holiday crafts, cooking and decorations. Thursday thru Saturday 10 a.m.-8 p.m., Sunday 11 a.m.-6 p.m. Benefits Sacramento SPCA. 7935 Greenback Ln. (Greenback Ln. & Sunrise Blvd. near Old Navy), Citrus Hts. (916) 504-2802

Food Addicts Anonymous

Nov. 11, 18, 25: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Health lecture

Nov. 11: "Learn Pressure Points for Vitality and Release Discomfort." Hosted by California citizens for Health Freedom. Free. 7 p.m.-9 p.m. SMUD Auditorium (the old SMUD bldg.), 6201 S St., Sac. (916) 635-6724

Living Positive with Chronic

Disease group

Nov. 11, 18, 25: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want

to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of East Sacramento

Nov. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

Rotary Club of Pocket/Greenhaven

Nov. 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sutterville Heights Optimist Club

Nov. 11, 18, 25: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Nov. 11, 18, 25: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

'A Super Groovy Night's Dream'

Nov. 12-13: Enjoy this twist on Shakespeare's "A Midsummer Night's Dream" re-imagined to take place in a high school. \$5 admission. 7 p.m. John F. Kennedy High School, Main auditorium, 6715 Gloria Dr., Sac. (916) 433-5200

Big Band Dance

Nov. 12, 16, 19, 23, 30: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Kiwanis Club of East Sacramento-Midtown

Nov. 12, 19, Dec. 10, 17: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Nov. 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Nov. 12, 19, 26: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927



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Alternative Christmas market

Nov. 13, 14: Crafts from Third World Countries will be available at this event sponsored by several local and international charities. Benevolence gifts offered. Free. 9:30 a.m.-1 p.m. Fremont Presbyterian Church, 5770 Carlson Dr., Sac. (916) 489-2332 www.fremontpres.org

e-Waste recycling

Nov. 13: Discard your old TVs, computers, monitors, cell phones and other e-waste. Free. 9 a.m.-1 p.m. Benefits music program. San Brannan Middle School, 5301 Elmer Wy., Sac. Rob Charriere R.Charriere@yahoo.com

Food Addicts Anonymous

Nov. 13, 20, 27: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

Holiday boutique

Nov. 13-14: Handmade crafts and food court. Free admission. Sat. 9 a.m.-4 p.m., Sun. 11:30 a.m.-3 p.m. Parkside Community Church, 5700 South Land Park Dr., Sac. (916) 421-0492

The Pressure's On!

Nov. 13: Basic introduction to safe pressure canning techniques by the Sacramento County UC Cooperative Extension Master Food Preservers. Free. No pre-registration needed. 10 a.m.-Noon. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Sac State choir concert

Nov. 13: Sacramento State's three choirs will perform works by Veljo Tormis, R. Murray Schaefer, George Mead and Randall Stroope. \$5 students & seniors, \$10 general. 8 p.m. Sacred Heart Church, 1040 39th St., Sac. Tickets, (916) 278-4323 www.tickets.com, www.csus.edu/music

Saturday Movie Matinee

Nov. 13: "How to Train Your Dragon." Free admission. 1 p.m. - 3 p.m. Robbie Waters Pocket-Greenhaven Public Library, 7335 Gloria Dr., Sac. (916) 264-2700 www.saclibrary.org

'Something to Chew On...'

Nov. 13-14: Got teeth? Bring the family to learn about healthy teeth from visiting dental professionals. Appropriate for kids ages 4-12, families. Admission \$4-\$6. 12:30 p.m.-4 p.m. Discovery Museum Science & Space Center, 3615 Auburn Blvd., Sac. (916) 808-3942 www.thediscovery.org

Urban Farm Stand

Nov. 13, 20: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays through Nov. 20 from 9 a.m.-1 p.m. www.soilborn.org

See more Calendar, page 30

Parkside Community Church
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- Guide light exercise or short-distance walks
- Read books or watch TV together
- Help prepare light meals
- Help with light chores
- Accompany family members on errands with ACC Rides

FEE Suggested donation
Some scholarships are available from the Alzheimer's Association.

To register please call Judy Fong Heary,
Senior Program Manager at (916) 393-9026 ext. 323.

Made possible by a grant from University of Maryland and AmeriCorps

A True Hollywood Park Gem!

SOLD



Gina Borges-Valdez

505-4242

gina@golyon.com

DRE# 01397123

The kitchen and bathroom were tastefully updated. The home has wood shutters in most rooms & hardwood flooring. Another wonderful feature is the separate structure that is currently a game room. If you are interested in listing your home call Gina.

2216 Meer Way \$287,000

LYON
REAL ESTATE
www.Golyon.com

Classic Mediterranean in Curtis Park



Janet Carlson

316-1932

jcarlson@golyon.com

DRE# 01888296

Built in 1923 on a large corner lot this home is loaded with style. Light & bright with easy access to front & back patios, it's an entertainer's dream. Features include hardwood floors, fireplace, formal dining room with French doors opening to a covered patio, updated kitchen, 2/3 bedrooms, & 2 car garage.

2775 7th Avenue \$309,000

LYON
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Calendar

Continued from page 29

Co-Dependents Anonymous

Nov. 14, 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Nov. 14, 21, 28: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.—11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

Portuguese breakfast

Nov. 14: Enjoy linguica, ovos, pao duce, batatas, suma and café (linguica, eggs, sweet bread, potatoes, juice and coffee) at a Portuguese breakfast hosted by the Cabrillo Civic Club No. 5. Adults, \$7, kids under 12, \$2.50. Mimosas and Bloody Marys available for purchase. 8 a.m. — 11:30 a.m. Cabrillo Clubhouse, 46j05 Karbet Way, Sac, JoAnn Novoy (916) 448-8661 or Marilyn Kochis (916) 421-5769

Co-Dependents Anonymous

Nov. 15, 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Hatha yoga

Nov. 15, 22, 29: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.—4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Newcomer's Buffet

Nov. 15, Dec. 20: All widows, widowers invited to The Widowed Persons Assn. of CA no-host "Newcomers" buffet. 5:30 p.m. Meets third Mondays. Plaza Hof Brau, 2500 Watt Ave. (corner El Camino). (916) 972-9722.

**Sudoku
answers**

From page 5

1	3	5	2	7	6	8	9	4
6	4	9	3	8	1	2	7	5
2	8	7	4	9	5	3	6	1
8	9	3	5	6	7	4	1	2
4	7	1	9	2	8	6	5	3
5	2	6	1	4	3	7	8	9
9	1	8	7	3	2	5	4	6
7	5	2	6	1	4	9	3	8
3	6	4	8	5	9	1	2	7

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TAHOE TALLAC

Amazing value in Tahoe Tallac! This 4 bedroom, 2 and a half bath includes granite countertops, new cabinets, newer roof, central heat & air, dual pane windows, pristine hardwood floors, a spacious floor plan and a 2 car garage. This house sits on a very quiet cul de sac in a fantastic neighborhood!! See www.48manleyct.epropertiesites.com \$268,000

TIM COLLOM 247-8048



OPEN FLOOR PLAN

Immaculate home on quiet street. Formal LR, DR & separate spacious FR. Updated roof, HVAC, water heaters & kitchen appliances. Hdwd floors. Manicured 1/4 acre lot. Remote 4th bed perfect for guest or home office. See www.5658Delcliff.com \$415,000

KARA LABELLA PARKER 716-3313
CHRIS BRIGGS 834-6483



HOME FOR THE HOLIDAYS!

Well-maintained 3 bed, 2 bath single story Ranch style home located in South Land Park Hills. FR w/Honul fuel-efficient gas FP w/marble tiled hearth & mantel, formal LR & DR. Newer roof, dual pane windows (2005) & CH&A. 2 car garage w/new insulated door & keyless entry. See www.7340SLPdr.com \$269,500

LIBBY NEIL 539-5881



COLLEGE PLAZA TERRACE

What a great opportunity! Affordable, quality living in Land Park's College Plaza Terrace. Pretty hardwood floors and welcoming fireplace make this home a joy to live in. It is just a short stroll to Espresso Metro and Crepe Escape. Ready to move right in! See www.2280-11thave.com \$285,000

PAULA SWAYNE 425-9715



IN THE HEART OF OLD LAND PARK

Charming family home makes this classic beauty easy to love! Hardwood floors, skylights, formal dining, quarter basement plus a European style backyard. Let's make a toast to your dream come true! You will love this home - it just feels good!!! See www.1154SwanstonDr.com \$587,500

SHEILA VAN NOY 505-5395



SOUTH LAND PARK TERRACE

Quality Weber built home in South Land Park Terrace. Original owners. Wood floors under carpet. Nice flr plan with separate living and family rooms. Pretty fireplace. Wonderful covered patio in spacious yard. See www.5509DorsetWay.2CMyHome.com \$187,000

MONA GERGEN 247-9555
KELLIE SWAYNE 206-1458

CHURCHILL DOWNS

Adorable 2 bedroom, 2 bathroom home! You will love the open layout, spacious kitchen with lots of cabinet space, large bedrooms. Low maintenance backyard with beautiful quartzite flagstone patio. Located within close proximity to community parks and schools (part of Elk Grove Unified). Don't Wait! See www.8155OvertonWay.com \$129,000

ERIN ATTARI 342-1372

IT'S A DUPLEX!

Or a home w/attached living quarters. Dining rooms feature beautiful fireplaces. Kitchen updated w/granite counters, new Jenn-Air range & lighting. Pretty hdwd floors thru-out the home along w/fresh paint. Enjoy Delta breezes on the balcony. Attached side is 1297sf featuring same Land Park charm, 2BRs & nice fireplace. See www.1524-1526-8thAve.com \$650,000

PAULA SWAYNE 425-9715

CHARMING LAND PARK COTTAGE

Hardwood floors, dual pane windows, updated kitchen and bath, whole house fan & built-in closet organizers in both bedrooms. Gas range, refrigerator, washer & dryer are included. Garage has insulated & finished walls, w/a garage door & French doors opening to the backyard. Deep backyard w/shade trees. Quiet street w/no through traffic. See www.2156-6thAve.com \$219,000

KARA PARKER

CLASSIC RANCH

On a nice tree shaded street w/in blk **PENDING** Crocker Elem, Vic's Ice Cream. Hdwd floors, designer colors, cozy LR fireplace & spacious master suite. Meticulously cared for. Built-in pool. Newer dual pane windows, new tank less water heater, some insulated exterior walls, ceiling fans, new dishwasher drawers & other kit appliances. See www.937RobertsonWay.com \$399,900

DAVID KIRRENE 531-7495

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