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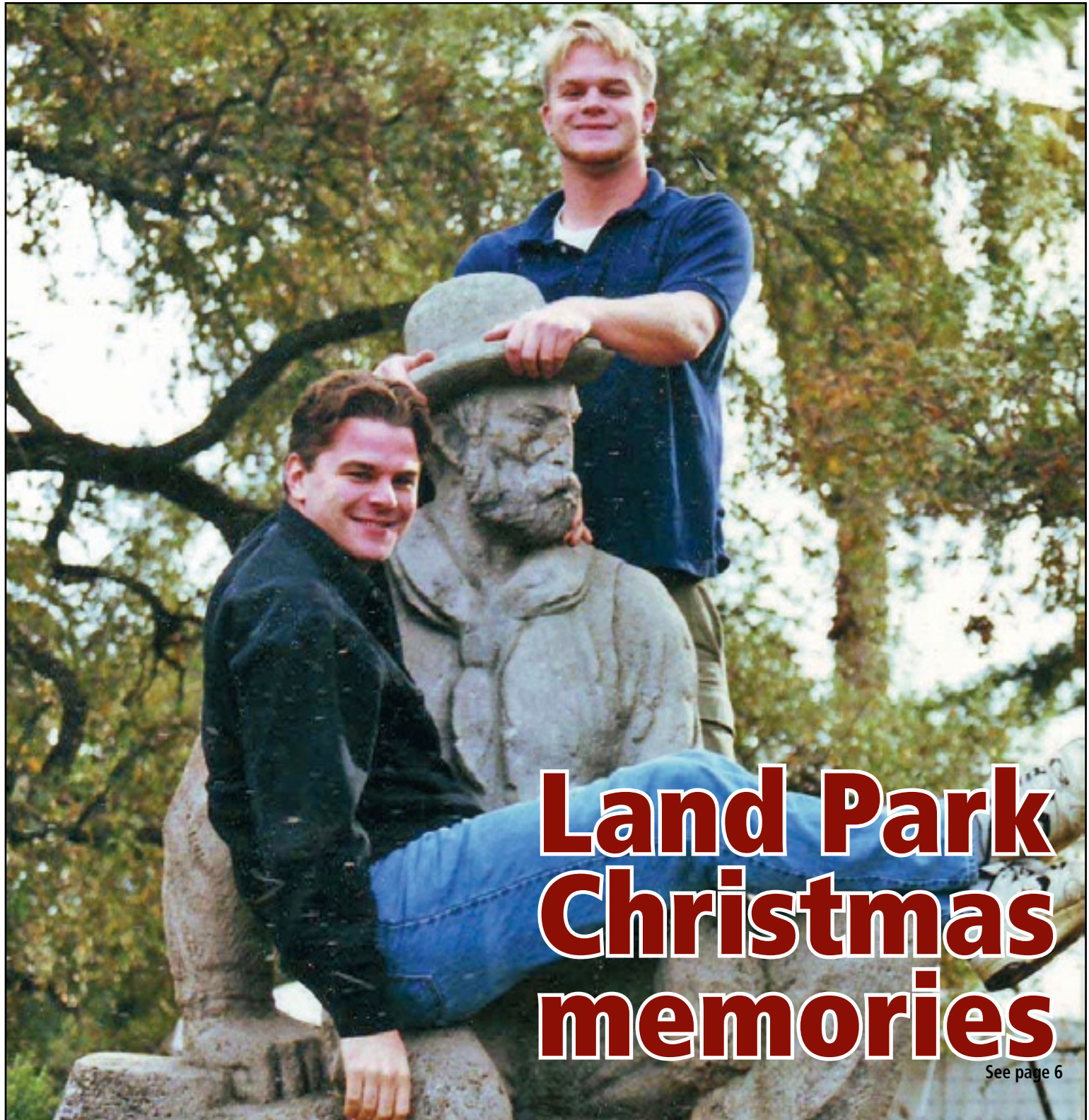
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# Kiwanis Family House helps families with children in crisis at UCD, Shriners' hospitals

By SALLY KING  
Land Park News writer

In order to heal, sick children need the comfort of their family.

In the past, when a family in crisis came to UC Davis Medical Center, it was very possible for parents and siblings to end up sleeping in their vehicles or in hospital waiting rooms. No one "plans" for an emergency hospital visit – it just happens.

The Kiwanis Family House adjacent to the UC Davis Medical Center was built on that premise.

The facility is sponsored by local Kiwanis clubs, which are in turn, a part of Kiwanis International – a worldwide community service organization.

The mission statement of Kiwanis House declares:

"The Kiwanis Family House is to provide temporary housing and support to families of seriously ill or injured children and adults being treated at UC Davis Medical Center in Sacramento."

Local Kiwanis club volunteers established the facility in July 1984.

Mauda Butte, house director, said Kiwanis House provides overnight accommodations, food and clothing. There are 32 rooms set up in four sections of the building, with eight rooms in each section. In addition, the House has a kitchen and dining area, a laundry room, a counseling and meditation room, a child's game room, two offices with computers and an outdoor playground area. There are seven R.V. spaces with utility hookups, free long distance telephone service within the United States and access to the Internet and to avoid the \$8 per day hospital parking fee, free shuttle bus transportation.

The Kiwanis Family House is run mostly by volunteers. There are 10 full-time paid staff members to take care of maintenance and housekeeping duties.

The Kiwanis Club, which has fundraisers throughout the year and donates time and money of its own, provides all of the services. Butte said a clothes closet was established because many of the families come with only the clothes on their backs.

"Many times, a child in crisis is flown here and the family does not have time to pack a suitcase," Butte said. "Being able to have a change of clothes and a place to fix a meal is comforting."

Butte said the Kiwanis Family House relies on donations from other Kiwanis clubs and from the public to keep the facility running smoothly. She said there are electricians, contractors and computer technicians that volunteer their time and skills. Students at Sacramento State and Sacramento City College donated the paintings on the walls at the Kiwanis Family House.

There is a \$40 per night room rent fee, but in many cases Kiwanis members pick up the tab. No one is ever turned away because they cannot pay. To cover the \$100,000 annual cost rent, the Kiwanis Family House organization has established a "Sponsor-A-Family Program." Those who wish can send a donation for a family to stay at the Kiwanis Family House. It can be one night at \$40 to however many nights a person wants to donate.




East Sacramento News photo, Sally King  
Mauda Butte is the director of the Kiwanis House in Sacramento. Sponsored by local Kiwanis clubs, the facility provides lodging and other services to families of children who are being treated for serious conditions at the UCD Medical Center and Shriners' Hospital.

"We welcome donations from the public," Butte said. "We supply food, laundry soap, shampoo, toothbrushes and toothpaste, toys for young children, books, family videos, coats, and other miscellaneous items."

The average length of stay is six days, but sometimes visits last longer. There is no limit on how

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**LAND PARK**  
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# Trustworthy, friendly service at Land Park Gold & Silver

By SALLY KING  
Land Park News writer

There is no need for boredom on a rainy afternoon – or any afternoon, for that matter. Just step inside the Land Park Gold & Silver store on Freeport Boulevard to be greeted with smiles, warm hugs and a wealth of information about jewelry and coins by owners, Jeff and Judy Montgomery.

The store opened last May is fast becoming a popular neighborhood shop.

The Montgomery's opened their first gold and silver store in the Woodland Mall. When they decided to look for a new place to open in Sacramento, they noticed an empty brick building on Freeport Boulevard where there used to be a bank. Features of the building that stood out to the Montgomerys were a built-in vault and bulletproof windows on the side. The built-in security measures of the building were perfect for their business.

"Customers like the fact that we have a secure bank vault in our shop," Jeff said. "They feel

safe leaving their jewelry and coins with us."

The vault is also useful, because the business pays cash for gold and silver.

Jeff started out in the construction business. When he lost his job, Jeff decided to open a coin and jewelry store. He remembered collecting coins with his dad from the time he was five years old.

"As a boy I remember riding up and down the neighborhood on my banana seat bike, offering the neighbor-

See Gold & Silver, page 5

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# Gold & Silver: Old coin and jewelry appraisals done in a secure facility

Continued from page 4

hood kids two cents for each wheat penny they owned," Jeff said. "I bought a lot of wheat pennies back then."

While some coins are valuable, others are not. This holds true for jewelry items, also. Sometimes customers come in with a box full of old jewelry and coins, only to find out none of it has any monetary worth.

Recently, a woman came to the store with a box of old jewelry, asking Jeff what he would pay her for the jewelry. After carefully examining each piece, Jeff told her there was nothing of value in her box.

"She walked in hoping to make some money," Jeff said. "She walked out crushed because there was nothing of value in her box of hopes."

In most cases, however, the customer is pleasantly surprised by the value of a piece of jewelry or an old coin. Many have become repeat customers.

Dan Fall, a retired truck driver, enjoys discussing old coins with Jeff.

"My wife recently died from cancer and being able to have a place to go to and talk about old coins has helped me," Fall said. "Jeff and I both enjoy the history behind old coins."

Fall said Jeff is extremely knowledgeable and that the Montgomerys are a pleasure to know. Fall has since bought and sold coins many times at Land Park Gold and Silver.

Patti Silva, a recent customer, said she and her sister inherited a coin collection 17 years ago from her father.

Silva said she and her sister did not know how to liquidate the collection, so when she saw the sign on Freeport Boulevard advertising coins, she stopped to check it out. She said Jeff took charge of the situation and after spending six to seven hours discussing their options, Silva was able to sell the coin collection and felt very good about it.

"Jeff struck me as honest, professional and knowledgeable," she said. "A weight had been lifted off my shoulders when I sold the coin collection and I would recommend him to anyone wanting to sell coins."

Judy said some customers bring in jewelry to sell because a utility bill has to be paid. She said she understands because she was in this same situation in the past.

Judy said their goal at the store is to be fair and to create a personable feeling with

everyone who walks through the door. She realizes that some items may have great sentimental value. When a customer is selling jewelry, Judy explains that there are options. For example, if a jewelry setting is worth more than its stone and the stone has sentimental value, Judy will remove the stone so the customer can keep it. She wants her customers to feel happy about the transaction.

"We want people to know we are trustworthy and a family-run business," Judy said.

Jeff and Judy said they love what they do and enjoy meeting people. They want to be known as a place where folks can feel comfortable just stopping by to chat for a few minutes as they browse the store and shop.

Land Park Gold & Silver is located at 5100 Freeport Boulevard in Sacramento, next to the Gem Auto Wash. For more information, call (916) 457-2767 or visit [www.landparkgoldandsilver.com](http://www.landparkgoldandsilver.com).



Land Park News photo, Sally King

With over 40 years of experience, Judy and Jeff Montgomery offer service with a smile to buyers and sellers of coins and jewelry at Land Park Gold & Silver. Their facility on Freeport Boulevard features a built-in vault and other security features.

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# Land Park residents share Christmas memories, photographs

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

With Christmas just a couple of days away, the timing is right to share fond memories of this popular holiday. And during a recent trek around the Land Park community, *The Land Park News* found several locals who were willing to share such memories.

Among these people, including some who shared their classic family photographs, were Land Park residents Gary and Missy Stonehouse.

## First Land Park Christmas

Gary recalled a moment during the 1970s, when he and his wife showed their holiday spirit on Christmas Day.

“We moved in Labor Day (1972), so Christmas of 1972 was our first Christmas (in Land Park),” Gary said. “One of our first years here, on Christmas morning, there was a woman waiting for the bus across the street and we invited her in to wait for the bus, because it was cold outside.”

After moving to Land Park, Gary and Missy began their longtime tradition of placing a Christmas tree in the front window of their home. Each year, the tree features a wide variety of ornaments, which have different meanings such as a drum ornament because one of their sons plays the drums and a cocker spaniel ornament representing the family’s dog that lived for 17 years.

Christmas cards with photographs of Gary and Missy’s sons, David and Patrick, were always an adventure to create, Missy explained.

“Sometime before Christmas cards went out, the boys would go down to (William) Land Park with me and we’d choose a place where they were willing to pose for a Christmas picture to send out,” Missy said. “Every year they would humor me and do one serious (photograph) and then they would do goofy things (for another photograph), like one of them would hang upside down from a tree and the other (would do) something else. We would end up sending out one of the (photographs) they were goofing around on, rather than the ones where they had a nice pose.”



Missy Jones – now Missy Stonehouse – spends a moment with Santa Claus and her brother, Jeff Jones, in this 1952 photograph.

## Family memories

Land Park resident Michelle (Parrott) Barraza, the daughter of Russell Parrot, Jr. and Roberta (Ackman) Parrot, shared details about several of her own Christmas-time traditions.

“I would visit with my (now late) grandparents {Russell Parrot, Sr. and Bernice

(Cifuentes) Parrot, who lived on Swanston Drive, near Riverside Boulevard} and the way I have my Christmas tree set up reminds me of my grandmother,” Barraza said. “I also make sugar cookies with my daughter like the ones that my grandmother used to make.”

Also among Barraza’s fond Christmas memories is the story of how her father would try to make his children believe that Santa Claus was at their house.

“My sister and I were lying in bed and my dad would have these reindeer bells and he’d be on the roof and he’d be going, ‘Ho, ho, ho.’ So, that is a good memory.”

## Land Park decorations

Like many Sacramento area neighborhoods during Christmastime, Land Park draws attention for its various holiday-themed, decorated homes.

Land Park native Thomas Van Acker said that he enjoys

seeing the area’s many decorated homes at the end of each year and added that he does have a favorite group of decorated homes.

“My favorite thing is driving down by (William Land) Park on 13th Avenue and (seeing) a lot of those bigger houses with really nice decorations,” Van Acker said. “They have beautiful lights out. I also like that one (decorated) house, about a block south of Vic’s (Ice Cream) on Riverside (Boulevard). They deck it out.”

## Joy of gifting

Kendra Daijogo, who grew up in Lodi and recently moved to Land Park, said that one of her favorite Christmas memories is presenting gifts to her nephews and niece when they were younger.

“My nephews and my niece, when they were younger, were just as excited for a bike as they were for drawing paper or markers or crayons,” Daijogo

See Hart house, page 7

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# Memories: Land Park residents will add new, cherished memories this Christmas

Continued from page 6

said. "It's just kind of neat to see how when you're that young, it's just the joy of getting a gift."

Daijogo, who has many ancestors from Japan, added that she also enjoyed her Christmas dinners, which were a mixture of Japanese and traditional American food.

## A Zombie Hut Christmas

Curtis Popp, a 1989 Jesuit High School graduate who grew up on Markham Way, said that he also has nice memories about his Christmastime dinners.

"What I fondly remember is going to the Zombie Hut (restaurant at 5635 Freepoint Blvd.)," Popp said. "My grandfather used to take us there for Christmas Eve. And after that closed down, we went to Neptune's Table (at 5990 South Land Park Drive). That was kind of our traditional Christmas Eve dinner that we would do every year. I got together with all my cousins there. I was an only child, so we always had these big dinners."

## Family time

Ernestine Morrison, who moved to Sacramento from Indiana in 1945 and has been a Land Park resident in 1963, said that Christmastime is about spending time with her family.

"(Christmas) means family," Morrison said. "The gifts don't mean too much, really. My sister and brother and I used to get together. That was always a tradition for us. The last one we had together was with my brother, just him and I. He's gone now, but we still kept that tradition up until the last minute."



Photo courtesy, Missy Stonehouse  
Land Park resident Missy (Jones) Stonehouse shared this 1949 photograph of herself and her siblings with The Land Park News. Shown left to right are: Mike, Jennifer, Jeff and Missy Jones.

Morrison said that she does not spend her Christmases alone, however, since she has two daughters, Pamela and Roberta.

Janet Feil, who grew up in East Sacramento and has been a resident of Land Park since 1969, said that she also has memories of spending time with her family during Christmastime.

"It was all family (time), like Christmas Eve was one grandmother and those aunts and uncles and Christmas afternoon was the other grandmother and the other aunts and uncles," Feil said. "So, we just spent Christmastime going from one part of town to

the other and seeing all the relatives and stuff."

With the new holiday season, it is once again time for adding to our many cherished Christmastime memories, ranging from special times with the family and fes-



Photo courtesy, Michelle (Parrot) Barraza  
Russell Parrot, Jr. (right) sits in front of his family's Christmas tree with his brother, Richard Ray Parrot, in this 1939 photograph, which was taken at their family's home on Swanston Drive in Land Park.

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# Investing in equities and fixed income to help create a balanced portfolio

By KEVIN A. SHIMMEL  
Land Park News guest columnist

## Introduction to Asset Allocation

Your investment goals are unique to you. An important step toward achieving your goals is to include the appropriate mix of assets in your portfolio. This mix, known as 'asset allocation' is the balance of equities (stock), bonds (fixed income) and cash (or cash alternatives) within your portfolio. A core objective of asset allocation is to potentially increase the overall return for a given degree of risk, or to reduce the overall risk of a portfolio for a targeted level of return. Although keep in mind asset allocation and di-

versification do not guarantee a profit, or prevent a loss, in declining financial markets. Before deciding on your asset allocation you should consider your investment goals and your level of risk tolerance.

## Investment Goals, Time Horizon, and Risk Tolerance

Are you looking to generate a predictable stream of income to meet living expenses? Or do you want to generate capital growth? Are you investing for retirement? If so, what is your retirement timeframe (five years, 10 years, or more)? You should clearly define your investment goals and horizon.

A key to setting investment goals is to balance return ex-

pectations with your willingness to accept risk. It is important that you are comfortable with the amount of risk in your portfolio so that you will be able to stick with your investment strategy even through turbulent times.

You should strive to establish realistic expectations and carefully determine the appropriate investment timeframe for an investment plan. You may have multiple goals impacting your investment strategy, and accordingly may have multiple time horizons. Typical goals include payment of college tuition for your children, purchase of a home and retirement, among many others.

As you accumulate wealth, your needs may expand to include the purchase of property, the cost of education and impending retirement. You and your Financial Advisor may determine that you should reduce your exposure to riskier equity investments and increase your allocation to more highly rated fixed income securities.

Near the end of your career, you may have a much lower tolerance for risk as you look toward retirement and spending some of the wealth you have accumulated. Your focus may shift to income generation and principal protection at this stage, and you and your Financial Advisor may transition your allocation toward high quality fixed income instruments and away from more volatile securities.

Equally important is regular rebalancing of your portfolio to maintain your target allocation. As markets change and different assets appreciate and depreciate differently, the relative weightings of each sector, geographic region, and asset class in your portfolio will change. In order to keep your asset allocation

in line with your long-term strategy, it is important to revisit and rebalance your portfolio regularly. However, a rebalancing strategy may create tax implications, therefore, please consult your tax advisor before implementing such a strategy.

## Investment Strategy

The key to building a diversified portfolio is to make sure that your investment decisions are consistent with your financial objectives and long-term plans. By taking the time to understand your investment objectives and style, as well as the investment choices available, you can develop an asset allocation strategy that is right for you. Your Morgan Stanley Smith Barney Financial Advisor is available to review your financial goals and level of risk tolerance with you, and to help you build a balanced and diversified portfolio.

*Kevin Shimmel, CFP®, ChFC®, CRPC®, is a financial advisor and planning specialist. He is an associate vice president with Morgan Stanley Smith Barney. He can be contacted at (916) 567-2061 or (800) 284-1575.*

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## Revisit and Rebalance Your Allocation Regularly

Your investment goals, time horizon, and risk tolerance will evolve over time – your asset allocation should change with them. At the beginning of your career, you may be willing to take on more risk, as you have time on your side to recoup losses. You and your Financial Advisor may determine that it is appropriate to include a relatively high allocation to equities at this stage, as well as fixed income instruments which focus on capturing high yields.

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# Sacramento Church of Christ pastor appointed dean of seminary

Special to Land Park News

Reverend Dr. Susan Hamilton will be leaving her duties as pastor of Parkside Community Church, United Church of Christ, on Jan. 23, 2011 to assume the position of dean of the Sancta Sophia Seminary in Tahlequah, Okla., where she first prepared to be a minister.



Photo courtesy, Parkside Community Church  
Rev. Dr. Susan Hamilton, pastor of Parkside Community Church, a United Church of Christ, is leaving Sacramento to become the new dean at Sancta Sophia Seminary in Tahlequah, Okla.

Hamilton is a graduate of San Francisco Theological Seminary, where she received her Master of Divinity (1999) and Doctor of Ministry (2005) degrees.

She leaves a legacy of achievement and collaboration after a 15 year tenure at Parkside Community Church, including: a new Sanctuary, a growing congregation, innovative Sunday Services, a working infrastructure of strong commissions, a cadre of effective church leaders and an "open and affirming" congregation. Additionally, Hamilton held many positions of leadership in the Sacramento Valley Association, the consortium of local UCC churches.

Parkside Community Church has a diverse and talented church family that loves the church and each other. The congregation will work together to meet the challenges of this change in ministerial leadership.

"The membership takes pride in their church and in living out their faith through extending God's radical hospitality and working for justice in the community, region and world," a press release from the church said.

"We wish Rev. Hamilton success in her challenging new responsibilities and invite our Sacramento neighbors and friends to check out the unique quality of Parkside's friendly and dedicated church family," the release concluded.

Parkside Community Church is located at 5700 South Land Park Drive in Sacramento. Sunday services begin at 10:30 a.m. Child care is available. For more information, visit [www.parksideucc.org](http://www.parksideucc.org).

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# Easing holiday and reintegration stress for service members

Family Features – Holidays can be difficult for anyone. For Service members coping with invisible wounds and members of the National Guard or Reserve who return to civilian lives that do not involve those with whom they served, this time of year can be especially stressful.

“Citizen warriors may feel isolated following deployment, and large events such as holiday parties can be overwhelming,” said Col. (S) Christopher Robinson, senior executive director of psychological health at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE).

To help Service members and families reintegrate and manage stress, the DCoE-sponsored Real Warriors Campaign ([www.realwarriors.net](http://www.realwarriors.net)) provides tools, tips and resources such as the ones below to encourage Service members, veterans and military families coping with invisible wounds to reach out for support.

## Reconnect with family

“When service members return from deployment, friends and family may want to celebrate their return,” Robinson said. “If large parties feel overwhelming, Service

members should talk about their anxieties and what friends and family can do to celebrate their homecoming.”

• It is common to feel frustrated during the reintegration process, but it takes time to reconnect. It may help Service members experiencing stress to schedule time with their partner, children and parents to learn about new routines and to talk about experiences during deployment.

• Talking to friends and family may ease frustrations.

• Service members, veterans and military families can also reach out to health consultants at the DCoE Outreach Center (<http://www.realwarriors.net/livechat> or (866) 966-1020) for free, confidential support 24 hours a day, 7 days a week.

## Mentally prepare for parties and events

People may be curious about deployment, and some of their questions may make Service members uncomfortable.

• Service members may want to try to anticipate questions and think about their response before events.

• Service members can decide what they feel comfortable sharing and should know they do not have to go beyond that.

## Limit alcohol

From cider to eggnog, alcohol may often feel like a holiday tradition.

• It is important, however, to limit alcohol consumption.

• Studies show that drinking alcohol can cause serious problems that could negatively affect Service members' health and relationships in the long run.

## Overcome isolation

“After deployment, Service members may feel alone, especially if they are separated from their unit,” Robinson said. “Service members may feel like no one understands how they feel.”

• While Service members may want to isolate themselves from family and friends, being around others is important to their well-being.

• It may help to make plans to socialize with friends and family in

comfortable places, and to stick with the plans.

• The Internet may be a valuable way for Service members to stay connected to their unit, but they should not let online interactions replace socializing with friends and family.

## Reach out for help

“Many warriors feel isolated after deployment, and those feelings are increasingly common among members of the National Guard and Reserve who return to a civilian job and may not maintain relationships with those with whom they served,” Robinson said. “Our warriors aren't alone, though, and I encourage Service members and their families to reach out for support through resources like the Real Warriors Campaign, which provides tools and tips for warriors at <http://www.realwarriors.net>.”

• Service members, veterans and military families can also reach out to trained health professionals at the DCoE Outreach Center for support 24/7 by logging onto <http://www.realwarriors.net/livechat> or calling (866) 966-1020.

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## Janey Way Memories



### Magical memories of Janey Way Christmas – past and present



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

Christmas on Janey Way was always special. The priests at St. Mary's Church, down the street, decorated the church inside and out. The Viani's – Lou Sr. and Lou Jr. – constructed the nativity scene inside the church, and Christmas carols chimed from the church tower.

On Christmas Eve, our family hopped into our 1957 Chevy wagon and drove over to Grandma Petta's house to eat Italian food, sing carols and exchange gifts.

The food was incredible: home-made pizza, spaghetti, ravioli, cardoni and salad. After dinner, we ate cake and home-made cookies: taralluccis, fig cookies made from Grandma's dried figs and almond cookies. After dessert, we stood around the old piano and sang Christmas carols played perfectly by Aunt Margaret Relles.

At 8 p.m. on the dot, sleigh bells chimed on the front porch, the door slung open and Santa Claus, played by Uncle Vito Petta, glided through the door to hand out the presents. When we were young, we believed Uncle Vito *was* the real Santa Claus. When we grew older, we kept our suspicions quiet, so the younger children could enjoy same delight we experienced at seeing Santa Claus come to Grandma Petta's house.

Once Santa distributed the presents, we sat on the floor and opened them up. These were small presents (model planes, toy cars, dolls, etc.), but they were special because they came directly from Santa Claus.

Later, we headed home for the long, fitful night of waiting to open our presents. We woke at the crack of dawn to open presents. Mom and Dad dragged themselves into the living room to watch. We didn't receive lots of presents, rarely more than two or three. But, the presents we received always seemed to be exactly what we wanted. After opening presents, we went to morning Mass at St. Mary's Church. The church glistened with red poinsettias and tall fir trees adorned with red ribbons, and the service was festive, punctuated by lots of traditional Christmas carols.

After Christmas service, we went out to play with our new Christmas toys: cowboy six shooters in a holster set, toy army guns, toy trucks and sometimes even a brand new bicycle. I still remember the new, red Roadmaster Special I received one Christmas.

Finally, around 4 p.m., we returned to Grandma Petta's house for a traditional Christmas turkey dinner with all the trimmings. All our cousins came and we ate and played ourselves into exhaustion. We looked forward all year to enjoying this special occasion with our extended family.

To this day, we celebrate Christmas with the Petta/Relles clan. Since Grandma Petta passed away years ago, we spend Christmas Eve at Aunt Alice Petta's house. Sadly, Uncle Vito passed away two years ago, but our cousin Joe Ficarelli has stepped in to play the role of Santa Claus. A new generation of children now experiences the arrival of the real Santa Claus at 8 p.m. on the dot every Christmas Eve. This is another truly magical Janey Way memory.

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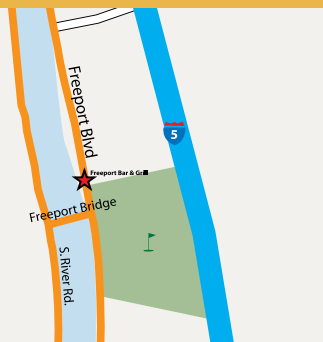
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# Tricks to get your dog to behave

StatePoint – You've trained him to sit, lie down and obey, but still your dog likes to take an occasional bite out of the sofa. What do you do?

"Many owners might be tempted to reprimand their dogs for what they interpret as bad behavior, such as inappropriate chewing and digging, but often such behavior is a sign of boredom," said Gina DiNardo, spokesperson for the American Kennel Club (AKC) Canine Partners Program.

Here are some of the AKC Canine Partners' best tips to keep your pooch from becoming bored and acting out:

## Take preemptive measures

An easy way to keep your dog entertained and prevent unwanted behavior is to give him a variety of toys and rotate favorites. Put "old" toys out of sight for a month or two, then bring them out again. Items in which you can put a treat will keep your dog extra busy.

Dogs that are left unattended for hours during the day often become restless and act out. Leaving the radio or television on when you are away should keep them company and calm nerves.

Also keep in mind that a well trained dog is a happy dog. A good training

program, such as the AKC Canine Good Citizen Program, will teach your dog basic good manners such as sitting and coming when called, as well as other behaviors for daily situations.

## Spend time together

Like humans, dogs are social animals. Unlike humans, they rarely complain about where you go, so long as you're with them.

"Owners can ensure their dog is happy and well socialized with some easy steps that will not only curb Fido's boredom but increase the bond you have with him," DiNardo said.

"Try incorporating your dog into your daily errands and activities, like exercise, to benefit his health and yours."

## Put Fido to work

When in doubt, give your pooch a task. Teaching him to fetch the paper or simply making him sit before getting a treat will give your dog a sense of purpose and accomplishment while keeping his mind occupied and body out of trouble.

For more ideas on having fun with your dog, visit the AKC Canine Partners website at [www.MoreDogFun.com](http://www.MoreDogFun.com).



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# Martin Luther King, Jr. Elementary honored at U.S. Capitol

Special to Land Park News

On Monday, Dec. 6, the flag flying high atop the nation's capitol in Washington, DC was flying in honor of Martin Luther King Jr. Elementary School, courtesy of Congresswoman Doris Matsui

and the Girl Scouts Land Park Service Unit.

The local Girl Scouts use the school for their leader, service team, troop meetings and events. In appreciation for all the school does for them, the organization asked Matsui to have a flag flown over

the nation's capital in the school's honor.

The Land Park Service Unit serves over 800 girls and 200 adults in the Greenhaven, Pocket and Land Park areas of Sacramento. Girls earn awards such as the Bronze, Silver or Gold by implementing permanent service projects for the community. Some troops collect books for Mustard Seed School while others create blankets for Project Linus.

One troop is collecting dog food for pets of the homeless, which is distributed by the SSIP Food Closet. The food closet is going through an expansion and serves over 5000 people a month. Many of those people ask for dog food.

One girl created a self-defense class to teach girls how to protect themselves, while another helped collect sports equipment for a school in Mexico.

When not earning awards, girls learn how to change the oil in their cars, camp using just what's in a backpack, support wildlife conservation, make their way by following the stars, etc.



Photo courtesy

The Girl Scouts who meet for troop activities at Martin Luther King Jr. Elementary School had an American flag flown over the nation's capitol on Dec. 6 to honor the school.

"We do so much more than sell cookies and make quilts," said Andrea Cunningham; service unit manager.

The Girl Scout motto is "Courage, Confidence and Character." Girls also learn how to become public speakers and how to apply for college. When they enter the real world, they are able to help the community and society in which they live. The service unit holds events, such as the Halloween event which celebrates Juliette Gordon Low, the Founder of Girl Scouts; an Earth Day celebration; and "Unique-

ly Me," a sleepover funded by Dove Skin Care. Older girls can participate in events such as "Getting Started", which helps girls learn how to apply for college presented by speakers from the community, and "Healthy Eating" which shows girls how to use dorm food to create something healthy while in college.

The Land Park Service Unit chose Martin Luther King Jr. K-8 school to hold their meetings because many girls who attend the school as well as several staff members are fellow Girl Scouts. The office and custodial staff are very friendly and approachable when obtaining rooms for meetings. This is the ideal place to hold a meeting geared to building girls self-esteem, all while having fun.

Martin Luther King Jr. K-8 is located in the Pocket Area and is known as the "best kept secret in the Pocket." The school has an API score of 798, and the school is expanding technology to enhance student learning. They have an active sports program. The boys basketball team won the Consulation Championship in their end of the year tournament. For the "B" division, the girls soccer team won first place and boys won second place. MLK has an active PTA and holds events like the annual Ice Cream Social, annual Chili Cook Off, Father Daughter dance, and family movie nights, as well as a Science Fair and a "Read-a-thon."

## HAPPY HOLIDAYS!



Wishing you a safe and joyful holiday season with family, friends, and neighbors!



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# Sutter Memorial Hospital pilots initiative to fight elective premature births

Special to Land Park News

Sacramento's "baby hospital" – Sutter Memorial Hospital in East Sacramento – is one of three Sutter Health medical centers in Northern California that are piloting a national March of Dimes initiative calling for the elimination of elective premature births.

The toolkit, called the Elimination of Non-medically Indicated (Elective) Deliveries Before 39 Weeks Gestational Age, provides patients educational materials focused on the adverse consequences of early elective delivery as well as tools for health-care providers and hospital staff to develop efficient and successful quality improvement programs.

Traditionally, pregnancy has been thought of as a nine-month process, and many mothers erroneously added up the number of weeks to 36. However, the accepted benchmark for a full-term pregnancy is 40 weeks. It's during those last four weeks of pregnancy that mothers are feeling their most uncomfortable, and many of them ask – and sometimes plead with – their obstetrician to induce labor. The March of Dimes noticed a disturbing trend in the 2000s showing that doctors and midwives were allowing these early deliveries on a more frequent basis.

William M. Gilbert, M.D., a Sutter Memorial Hospital obstetrician specializing in high-risk pregnancies and director of Women's Services for Sutter Health Sacramento Sierra Region, believes that patient and health provider education is a key factor in reducing rates of early, elected deliveries that are not medically necessary.

Gilbert noted that babies born earlier than 39 weeks are more likely to have difficulties with feeding because they can't coordinate sucking, swallowing and breathing; have a higher chance of breathing problems and can have more learning and be-

havior challenges in childhood. That's because during the last weeks of pregnancy (35-40 weeks gestation), a baby's brain adds important connections needed for balance, coordination, learning and social functioning.

"I urge every pregnant woman to have a conversation with her doctor or midwife to determine if an early induction or delivery is medically necessary," Gilbert said. "If not, ask if the delivery can be postponed until after 39 weeks of gestation. Nine complete months of a healthy pregnancy is the best gift you can give your baby."

Gilbert and Sutter birthing experts admit that there are times when a baby needs to be delivered early, due to medical reasons for the health of the baby, the mother or both. However, too often mothers are being induced for reasons other than medical issues, and those are the ones who need to be educated on the health benefits of waiting until the baby is full-term.

Many Sutter Health birthing experts played a vital role in the toolkit, which was developed in partnership with the March of Dimes, California Mater-

nal Quality Care Collaborative (CMQCC), and the California Department of Health, Maternal Child and Adolescent Health Division. Sutter Memorial Hospital – a campus of Sutter Medical Center, Sacramento – Sutter Roseville Medical Center and Sutter Health affiliate Mills-Peninsula Health Services in Burlingame are the three hospitals in Northern California to pilot the initiative, and among nine hospitals statewide.

Sutter Memorial has a team for collecting information regarding: their new scheduling process for inductions and Cesarean section deliveries. The team consists of: Perinatal Clinical Nurse Specialist Mary Campbell Bliss, R.N.; Labor and Delivery Assistant Nurse Manager Kelli Sattelmayer, R.N.; Clinical Data Coordinator Amy Johnson, R.N.; and OB/GYNs Laurie Gregg, M.D.; and J.C. Veille, M.D.

"Establishment of a consistent process for scheduling births should result in several positive effects, including fewer elective deliveries less than 39 weeks; greater collaboration about medical indications and



Photo courtesy, Sutter Memorial Hospital  
Clinicians at Sutter Memorial Hospital receive a certificate announcing their involvement in a pilot program that hopes to prevent elective premature births.

plans for these births; and improved infant outcomes," said Bliss.

Although the pilot period is just getting started, Sutter Health views this toolkit as a model and next year plans to implement the initiative across all Sutter hospitals in Northern California as a part of its ongoing efforts to improve care quality for our smallest patients.

For more information on the toolkit, visit [www.marchofdimes.com/ca](http://www.marchofdimes.com/ca).

Sutter Memorial Hospital, located at 5151 F St., opened as Sutter Maternity Hospital in 1937 and is considered by Sacramentans as the "baby hospital," with more than

300,000 people born there in its 73 years.

It is one of the acute-care facilities of Sutter Medical Center, Sacramento, which is the foundation of Sutter Health, Northern California's largest health network with 29 acute care hospitals, more than 5,000 primary care physicians and specialists, home health, occupational health, psychiatric care and more. In addition to Sutter Memorial, the Sacramento medical center also includes Sutter General Hospital, Sutter Oaks Midtown and Sutter Center for Psychiatry. For more information, visit [www.sutterhealth.org](http://www.sutterhealth.org).



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# Kiwanis: Additional services include food, clothing

Continued from page 3

long a family can stay at the Kiwanis House.

When a family arrives at the UCD Medical Center, a hospital social worker helps to determine the family's temporary housing needs and can refer the family to the Kiwanis Family House. Caring staff members and volunteers greet the family.

Theresa Arciniega, chief licensed clinical social worker at UC Davis, said the hospital serves patients from as far away as the Oregon border.

"We have specialty doctors and a trauma unit," Arciniega said. "Having the family with the patient, whether child or adult, is considered part of the treatment."

Arciniega said there are instances when a patient may use a "Day

Pass." The patient does not need to stay the night, but needs a shower or the use of the kitchen. She said some cancer patients just need a place to rest before leaving for home.

Butte said the House often receives families of premature babies where the baby needs many weeks or months of neonatal care. Having a place to stay decreases the stress for these new parents.

There is a growing demand for services. The original Kiwanis Family House was initiated in 1984 when a partnership agreement between the UCD Medical Center and the Kiwanis Family House was executed. A new center was opened in 2006 that includes both UCD and Shriners Hospital.

"I make out a two-page list every day of things to do for the volunteers that come to help," Butte said. "We welcome walk-ins."

Gary Christensen is the development manager for the Kiwanis Family House. It is a volunteer position. Christensen said his main purpose is to give tours and provide information to businesses about the Kiwanis Family House to gain their support.

"You can find me speaking to a business group one day and pulling weeds the next," Christensen said. "I fill in the holes where needed."

Kiwanis was founded in August 1914 by two Detroit natives, Allen S. Browne, a professional organizer, and Joseph C. Prance, a tailor. It started out as a fraternal

club for young professional businessmen.

The name Kiwanis comes from an Indian phrase, "NunKeewanis," which translates to, "We have a good time - we make noise." In 1920, the organization decided that "We Build," would be their motto. This was the motto until 2005, when the delegates adopted a new motto, - "Serving the Children of the World."

The Kiwanis Family House welcomes donations of volunteer time as well as donations of cash or stocks. Contributions can also be made through the local United Way. Donations are tax deductible. For more information, call (916) 736-0116 or visit [www.kiwanisfamilyhouse.org](http://www.kiwanisfamilyhouse.org).

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Faces and Places

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Land Park News photos by DANNY KAM

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Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

## DECEMBER

### '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 show-

cases 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

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### Big Band Dance

Dec. 23, 28, 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

### Food Addicts Anonymous

Dec. 23, 30, Jan. 6, 13, 20, 27: 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.

### Rotary Club of East Sacramento

Dec. 23, 30, Jan. 6, 13, 20, 27: 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

Dec. 23, 30, Jan. 6, 13, 20, 27: 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

Dec. 23, 30, Jan. 6, 13, 20, 27: 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

Dec. 23, 30, Jan. 6, 13, 20, 27: 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 Bulling-

ton (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

### Free admission day

Dec. 24: Let children run off some steam before the big festivities begin. As a special winter holiday gift, free admission to Fairytale Town is offered on Christmas Eve. 10 a.m.-2 p.m. Fairytale Town, 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

### Kwanzaa Family Festival

Dec. 26: Celebrated worldwide, Kwanzaa focuses on family, community, creativity and the cultural traditions found in the African diaspora. At this museum-wide festival, the Crocker celebrates its new collection of African art with music and dance performances, unique studio art workshops, storytelling and much more. Free. Noon-4 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### Co-Dependents Anonymous

Dec. 27, Jan. 3, 10, 17, 24, 31: 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

Dec. 27, Jan. 3, 10, 17, 24, 31: 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.

### Rotary Club of South Sacramento

Dec. 27, Jan. 3, 10, 17, 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

### Tai Chi & Chi Keung

Dec. 27, Jan. 3, 10, 17, 24, 31: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

### Toastmasters

Dec. 27, Jan. 3, 10, 17, 24, 31: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

### Rotary Club of Arden-Arcade

Dec. 28, Jan. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

### Rotary Club of Carmichael

Dec. 28, Jan. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

### Senior Wednesday Club

Dec. 29, Jan. 5, 12, 19, 26: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

### Toastmasters

Dec. 29, Jan. 5, 12, 19, 26: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

## JANUARY

### Co-Dependents Anonymous

Jan. 2, 9, 16, 23, 30: 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

Jan. 2, 9, 16, 23, 30: 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

### History book club

Jan. 4: The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "The Things They Carried" by Tim O'Brien. Bring a snack to share. First Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, www.saclibrary.org

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Rebecca Sturges, MFT Intern/N.C.C.

916-812-8402  
rebeccasturgesmft@gmail.com



### Living Positive with Chronic Disease group

**Jan. 6, 13, 20, 27:** 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

### Kiwanis Club of East Sacramento-Midtown

**Jan. 7, 14, 21, 28:** 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

**Jan. 7, 14, 21, 28:** 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

**Jan. 7, 14, 21, 28:** 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

### Food Addicts Anonymous

**Jan. 8, 15, 22, 29:** 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.

### Health fair

**Jan. 8:** Explore healthy living at this one-day event, including health screenings, raffle prizes and free goodie bags. Free. 10 a.m. – 2 p.m. Sutter Express Care inside Rite Aid, 980 Florin Rd AND 2751 Del Paso Rd., Sac. RSVP (800) 972-5547

### Sacramento Potters Group Seconds Sale

**Jan. 8:** Big annual sale of somewhat-less-than-perfect clay, glass and metal art and pottery. We clean out our studios and you get to clean up with some real bargains. Come early for best selection, some members sell out quickly. 10 a.m.–2 p.m. Shepard Garden and Arts Center, 3330 McKinley Blvd., Sac. (916) 428-7174 www.sacramentopottersgroup.com

### Water bath canning

**Jan. 8:** Basic introduction to safe water bath canning techniques. 10 a.m.–noon. Free. Sacramento Cooperative Extension Office, 4145 Branch Center Road, Sac. (916) 875-6913

### NBS Pillow Party

**Jan. 10:** Gather with others to hand-craft comfort pillows for patients undergoing breast cancer treatment. Sponsored by Central United Methodist Church and The Table at Centra in conjunction with Necessities Bag Sacramento. Pillows are the one, hand-crafted item tucked into a beautiful tote bag filled with free, practical supplies given to women diagnosed with breast cancer at our local hospitals. 6 p.m.–8:30 p.m. Optional potluck at 6 p.m. CUMC Social Hall, 5265 H St., Sac. Sara Zeigler (916) 996-1572 or zeiggy05@earthlink.net

### Citrus in the Limelight

**Jan. 19:** Food preservation public demonstration focusing on citrus fruits. \$3/person. 6:30 p.m.–8:30 p.m. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

### Genealogical Assn.

**Jan. 19:** Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooleedge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

### Catholic high school placement exam

**Jan. 22:** Placement exam for Sacramento to area high schools for the Class of 2015. Students should arrive at the Catholic high school they intend to apply to at 7:45 a.m. with two #2 pencils. Calculators are not allowed. Refreshments provided. Parents/guardians should expect the test to end at approx. 12:15 p.m. Visit the high school's website for registration form and placement test fee info. www.cbhs-sacramento.org, www.cristoreysacramento.org, www.jhssac.org, www.stfrancishs.org

### Gardening Tips

**Jan. 19:** Plant clinic with Sacramento County UC Master Gardeners to assist in diagnosing and solving garden problems. What to do to prevent pests, grow healthy plants, conserve water, more. Located outside – rain or shine. Free. 9 a.m.–12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

### Fruits & grasses clinic

**Jan. 22:** Berries, grapes, fruit trees & ornamental grasses. Learn from UC Master Gardeners techniques for the selection and care of berries, pruning grapes and fruit trees and the maintenance of ornamental grasses. Free. 9 a.m.–12 noon. Horticulture Center, 11549 Fair Oaks Blvd., Fair Oaks. (916) 875-6913

### NorCal CoDA mini conference

**Jan. 22:** Realize a new joy, acceptance and serenity in your life. Northern California Co-Dependents Anonymous presents "Committing to CoDA Recovery in 2011." \$25 registration includes continental bfast and deli-style lunch. 8 a.m.–5 p.m. Fremont Presbyterian Church, 5770 Carlson Dr., Sac. www.greatersaccoda.org

### Banned Book Club

**Jan. 23:** "Snow Falling on Cedars" by David Guterson will be discussed. All adults welcome to discuss why this book has been banned, why and the merits/demerits of the book. 10 a.m. Carmichael Public Library, 5605 Marconi Ave., Carmichael. (916) 264-2920 www.saclibrary.org

### Buddy Harpham's Band

**Jan. 23:** Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. – 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

### FEBRUARY

### History book club

**Feb. 1:** The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "The Worst Hard Time" by Timothy Egan. Bring a snack to share. First Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, www.saclibrary.org

**Feb. 16:** Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooleedge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

### Fred Morgan's Band

**Feb. 27:** Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. – 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

### MARCH

### History book club

**March 1:** The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "In the Valley of the Kings" by Daniel Meyerson. Bring a snack to share. First Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, www.saclibrary.org

**March 16:** Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Cooleedge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

### Sacramento Bach Festival

**March 18–20, 25–27:** "Bravo Bach." 7 p.m. Advance tickets \$12, \$8 students. At the door \$15, \$10 students. St. Mark's United Methodist Church, 2391 St. Marks Way, Sac. (916) 483-7848 x 12 www.stmarksumc.com/st-marks-presents

### Sacramento Symphonic Winds

**March 20:** Elgar's "Enigma Variations." 3 p.m. Tickets at the door: \$10 general, \$5 students & seniors, children free. Free parking. La Sierra Community Center, Smith Hall, 5325 Engle Rd., Carmichael. mLehr@sbcglobal.net (916) 489-2576 www.sacwinds.org

### Swing Masters Band

**March 27:** Enjoy the sounds of the Big Band Era every fourth Sunday of the month. 2 p.m. – 5 p.m. Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

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**KARA PARKER 716-3313**



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**LIBBY NEIL 539-5881**



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**LISA MARTIS 612-7548**



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**SHEILA VAN NOY 505-5395**



### 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](http://www.8155OvertonWay.com) \$129,000

**ERIN ATTARI 342-1372**

### 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.epropertysites.com](http://www.48manleyct.epropertysites.com) \$268,000

**TIM COLLOM 247-8048**

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**CONNIE LANDSBERG 761-0411**

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