

No ponytails at Sacramento State?

Campus security called into question

See page 5

Marty Relles presents
'Janey Way Memories'

See page 11

COMMUNITY CALENDAR, PAGES 20-21 • KNOW YOUR NEIGHBOR, PAGE 14 • FACES AND PLACES, PAGE 23

Inside This Edition



The Dream marches on
See page 23



Over 50 years dedicated
to serving others
See page 14



Cool operator

Working high atop Sacramento's Tower Bridge

See page 8



For the Best Dining Experience in Sacramento
Valentine's Day Dinner for Two
3 Courses for \$95

Also available, our Fine Dining Menu.



Call for reservations 916.447.8900 • 1117 11th Street, Sacramento • choppsacramento.com

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

Vol. XX • No. 2

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

2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Advertising Executives..... Linda Pohl
Patty Colmer, Marc Harris Desilés, Melissa Andrews
Distribution/Subscriptions..... George Macko

Cover photo by:
Lance Armstrong

Other photos
Stephen Crowley
Susan Laird

\$30 a year subscription

LAND PARK
GOLD & SILVER

A Family Shop

LIC# 34041416

Jewelry • Rare Coins

UNWANTED BROKEN GOLD OR SILVER? Turn It Into Cash!

Watch Batteries

\$5.00+Tax

Excludes Swiss & Lithium. Limit 10 Installations.
(Some Restrictions Apply) Expires 02/02/11

We Buy and Sell

Gold, Silver, Jewelry, Coins



Buying 7 Days a Week: M-F 8-6pm, Sat 8-5pm, Sun 10-4pm

5100 Freeport Blvd • 916.457.2767



Location, Location, Location

Pioneer House is located conveniently close to shopping, cultural events, and medical services. The Crocker Art Museum, Downtown Plaza Shopping Mall, Old Sacramento, Farmers Markets and much more are all within walking distance.

For more than 40 years seniors have decided that Pioneer House offers the best value in Senior Living.

Studio's, 1 bedrooms, 2 bedrooms Available

MOVE IN SPECIAL!!!

One Month Free Rent

(valid for retirement living)

Schedule a complimentary lunch and personal tour

916-442-4906 or e-mail us at pioneerhouse@rhf.org

Retirement Living • Assisted Living • Skilled Nursing



Pioneer House, 415 P Street Sacramento, CA 95814
(916) 442-4906 www.PioneerHouseRetirement.org
RCFE# 340300522



WEDNESDAY
For a limited time, ask a Spoonologist for details.

Big Spoon Yogurt

LAND PARK • 4001 FREEPORT BLVD • 916-454-4655

\$1.00 OFF YOGURT CREATION One coupon per person. Not redeemable for cash. May not be combined with any other offer. Good for one cup, or greater yogurt. Not valid at Riley Field. Expires 2/28/11

**a market
like no other.**



Oto's Marketplace

From Sashimi and Kobe Beef, to fresh, local produce, and hundreds of unique items you won't find anywhere else.

- Everything you need to host your own sushi party
- Dozens of unique Japanese Soft Drinks
- Sake, tofu, and miso products!

**4900 Freeport Blvd. (Corner of Freeport & Harian)
916.424.2398 • www.otosmarketplace.com**

Free e-waste recycling day on Feb. 12

SACRAMENTO – Keep old household electronics away from our roadsides, oceans and the landfills by recycling them. An e-waste recycling day will be held at C.K. McClatchy High School on Feb. 12 from 10 a.m. to 3 p.m. This event is open to all California residents and businesses.

Get rid of your old televisions, monitors, computers, computer components, fax machines, printers, copiers, toner cartridges, inkjet cartridges, wire, video game consoles, laptops, cameras, camcorders, internet devices, keyboards, mice, mp3 players, VCRs, DVD players, cell phones and telephone equipment, stereos, cable boxes, and household batteries. Please, no microwave ovens, kitchen electronics or light fixtures. This free event benefits the high school aquatics program at C.K. McClatchy High School and is sponsored by the Aquatics Booster Club and Neuwaste Business Recycling.

Businesses looking to contribute material to this event but that are unable to come by during the event are encouraged to contact Neuwaste Business Recycling to schedule a pickup. Mention that the donation is for the C.K. McClatchy Aquatics Program.

The e-waste drop off day will be held at the C.K. McClatchy High School parking lot, located at 3006 Freepoint Boulevard in Sacramento, on Feb. 12 from 10 a.m. to 3 p.m. The public is welcome and there is no charge to drop off e-waste. For more information, call (310) 734-6700 or email info@neuwaste.com. Also visit www.NeuWaste.com.

We help your child develop strength, balance, coordination, & flexibility!

Dance, Gymnastics, Birthday Parties, Parent's Night Out & Seasonal Camps

Members of USA Gymnastics "Begin Here Go Anywhere"

New Programs also to come in March!
Tae Kwon Do, Exhibition Group & KID-FITNESS!

WWW.PLANETGYMNASTICS.NET
916-447-4966





Sue Olson

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

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





 <p>PENDING</p>		
<p>LAND PARK Cute bungalow, two bedrooms, formal living room, formal dining area with hutch, larger kitchen with eating area, large laundry area with room for office, central heat & air, terrific yard space, detached garage. 2152 6th Avenue. \$285,000.</p>	<p>LAND PARK 4 bedrooms, 2.5 baths, living room with fireplace, formal dining room with French doors to front courtyard. Beautiful kitchen with Wolf range, granite counters, and custom cabinets. Kitchen/family room combination. Three upstairs bedrooms and downstairs master suite. 1801 10th Avenue. \$860,000</p>	<p>LOVELY CURB APPEAL Contemporary Flair w/ fenced front and auto electric gate, living room with tiled fireplace & white carpeting. Wood floors in bedrooms. Master bedroom is oversized with lots of storage and a master bath. Backyard has a built-in pool and spa. Unique great room opens to backyard. 1506 Potrero Way. \$419,000</p>
 <p>NEW PRICE</p>		 <p>PENDING</p>
<p>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 \$639,000</p>	<p>LAND PARK This is a Cutie!! Two bedrooms, beamed living room with fireplace and insert, formal dining room, kitchen with new tile, sink, stove and linoleum, breakfast nook with built-ins, refinished hardwood floors, inside laundry, 1/4 basement, central heat & air. 2545 Marty Way \$385,000</p>	<p>LAND PARK California Monterey style, five bedrooms, four baths, formal living room w/ fireplace and bookshelves, formal dining room, kitchen w/ newer stainless steel appliances, family room w/ fireplace, covered patio and built-in pool, workshop or art studio attached to garage. 2020 8th Avenue. \$829,000</p>

PLEASE JOIN US FOR OUR 2011

CASINO NIGHT!

THURSDAY, FEBRUARY 17 • 6:00 - 7:30 PM

Professional card dealers will host black jack, poker, and roulette tables. All skill levels are encouraged to attend and MG Money will be handed out at the door!

Hors d'oeuvres and cocktails will be served all evening, so grab a friend or neighbor, and we'll see you here!

RSVP by February 14th.





MERRILL GARDENS
AT GREENHAVEN
A one of a kind retirement community

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

License #347001395



RETIREMENT & ASSISTED LIVING

Helping your teen to cope with the loss of a loved one

By STEVE DEBENEDETTI-EMANUEL
Land Park News columnist
steve@rivercitycounseling.com

The mother of a fifteen-year-old boy called me recently. While on the way to the airport to visit his father, his step-mother called and told him that his father had a massive heart attack that morning and died on the way to the hospital. Instead of getting to enjoy time with his father, he got to go to his funeral.

When "Dave" came home a few days later, he insisted that he was fine. After all, he only saw his father twice a year and had never been close. "Joan" wasn't convinced; as she knew from his cell phone bills and by monitoring his Facebook account that they communicated regularly. She also noticed that he was quieter than usual, wasn't eating much, and spent most of his time in his room.

Joan was worried and encouraged him to talk to a therapist, but Dave was against it. He promised his mom that he would go if he really needed to, but he didn't think it would be necessary. Rather than insist that he see someone right away, she asked that I advise her.

When we met, I suggested that she tell Dave just how sorry she was about his dad and ask if he's ok. I also encouraged her to tell him gently what she'd noticed and let him know she'd be available to talk if he wanted. When people experience trauma, they're often too shocked to talk at first. By letting him know she'd be open to talking about it, he'd come to her when and if he's ready.

I also reminded her of how it's normal for teens to turn to their friends for support. Even if he only hung out with them and didn't talk about his father at all, he'd

benefit from the time with them. I encouraged her to guide Dave toward those friends who would be "there for him," should he want to talk about his father.

When Joan told me how fearful she was that he wasn't talking to her or any other adults, I suggested that she guide Dave toward adults with whom he connects. Perhaps he could talk to relatives, a trusted teacher or coach. Or maybe he'd be open to speaking with his minister. I also suggested that she contact Dave's counselor at school and ask if she would check-in with Dave and offer to talk if he wanted.

I also encouraged her to help Dave keep his regular schedule. As much as death and grief are overwhelming and it's tempting to drop everything, the reality is that life needs to continue. The goal wasn't to ignore the loss and pretend everything is fine. Instead the hope was that

by encouraging Dave to study, go to practice, and work after school, she could help him keep his routine and ease his pain.

As much as Dave insisted that he was fine, I encouraged her to keep an eye out for major changes in his behavior. Were she to get any hints of deep depression, significant drug use, or other more serious choices, I encouraged her to insist that he speak to a professional.

Although it's too soon to tell for sure, it looks like Dave is coping pretty well with his dad's death. Unfortunately, other teens have a much more difficult time coping with death, and it's important for parents to keep a close eye on how they're doing and take necessary steps to help them. By doing so, the likelihood increases that their teens will be able to adjust to the tragedy without being completely overwhelmed by the loss.



TYLER EDWARDS
340-5888
tedwards@GoLyon.com
DRE# 01199472

TEAM EDWARDS PEOPLE YOU TRUST, SERVICE YOU DESERVE



UPSCALE DOWNTOWN!



Timeless yet Contemporary New Custom Home with gracious styling fits perfectly into lovely vintage neighborhood! Attention to detail is evident thru-out generous 3 story home. Entertain outdoors on 1 of 3 balconies.
2211 11th Street.... \$649,888

JUST REDUCED!



Stately, handsome residence offers turn-of-the-century charm and up-to-date style. 2 bed, 2 bath main floor w/bright, open kitchen, new appliances & cabinets, dining & living space w/ re-finished wood floors covered porch overlooks large backyard fruit trees and grape arbors.
2112 E Street \$459,000



ANNA NIEMANN
799-4675
aniemann@GoLyon.com
DRE# 01845698



Higher federal and California state taxes got you down?

Interested in learning more about how to reduce your portfolio's tax burden? Call or e-mail me for a no-obligation report on strategies to reduce the taxes you owe on your investments.



Joseph F. Eschleman, CIMA®
Managing Director - Investment Officer
980 9th St. • US Bank Plaza • Suite 2500 • Sacramento, CA 95814
916-491-6327 • 800-877-7783
joseph.f.eschleman@wfadvisors.com
CA Insurance License #0C77285

Wells Fargo Advisors is not a legal or tax advisor. However, we will be glad to work with you, your accountant, tax advisor or lawyer to help you meet your financial goals.

Investment and Insurance Products: ► NOT FDIC Insured ► NO Bank Guarantee ► MAY Lose Value
Wells Fargo Advisors, LLC, Member SIPC, is a registered broker-dealer and a separate non-bank affiliate of Wells Fargo & Company.
©2009 Wells Fargo Advisors, LLC. (909) 1318 [80631-v1] 09/09

No ponytails at Sac State? Improved, pro-active campus security plan needed

By RYAN ROSE
Land Park News guest columnist

A new year is a prime time to set resolutions—an opportunity to do better, to strive for self-improvement. On the top of the list for Sacramento State University: Make the campus safe.

At least, that should be on the top of the school's "Get-it-Right List" for 2011.

Although much news has been made concerning the school's never-ending budget crisis, the main topic of conversation among female students of Sac State (of which I am an alumnus and where my wife is a current graduate student) is the matter of campus security and the worry by women of possible rape while walking to their cars or class.

For a number of months since the beginning of the fall 2010 semester, the East Sacramento-based university has been plagued by incidents of sexual assault, most recently focused on female students as they crossed the school's grounds. The last school year saw eight sexual assaults, the latest in December when a man attacked a woman as she walked to her vehicle. The woman turned the tables on her attacker by drenching his face with pepper spray. The man ran off, but no assailant has since been detained or arrested.

Feelings of unease and discomfort have caused women to begin taking proactive measures concerning their personal safety. Many women, including my wife, have begun walking the school grounds with pepper spray. In addition, women are collectively passing words of warning and caution to other female students, such as advising their classmates not to walk the campus while wearing a ponytail, as the bounded hair acts as a perfect gripping point when someone attacks from behind.

No ponytail on campus – is this what it has come to? A sensible act to be sure – one implemented by women aware of their dodgy surroundings – but is this voluntary act by female students more a sign of the times or a sign of things to come on campus? Instead of a reduction of ponytails, we should be seeing an increase in university action against an uptick in violence against female students.

To be certain, Sacramento State has responded. The school has stated that it has increased its police presence and has also made law enforcement and security personnel available to female students in need of an escort. In addition, the college has used the attacks as an opportunity to educate their students about personal safety and sexual assaults.

Still, these actions are reactive, as they are only addressing issues as they arise. To address this matter further, the university must be prepared to adopt a new philosophy concerning campus safety and implement new measures to assure students that the college is working to provide a safe environment for instruction and personal enrichment. After all, the school maintains that "the safety and wellbeing

of all students, faculty, staff and visitors on the Sacramento State campus is (the) primary concern" of their police department.

The following is a four-point plan the school should consider implementing to improve campus safety.

1. Work with the patrolling police officers

The university must audit its police force and its strategy for patrolling the campus. Earlier this month, the university police officers held a no-confidence vote regarding the leadership provided by Police Chief Daniel Davis; the chief lost that vote, 14-1. University officials must listen to its police officers on patrol – the same officers that are accusing the campus police department of being "the most management-heavy department in the California State University System."

"The chief seems to have forgotten how to prioritize spending," said Jeff Solomon, president of the California Statewide University Police Officers Association. "His 200 percent increase in administrative staffing means less money for campus patrols at a time when they are needed."

See Sac State, page 10



Photo courtesy

Female students feel trapped by what they perceive as a lack of security on the campus of Sacramento State University in light of recent attacks by an assailant who grabs women by the hair from behind. Students are advising one another to hide ponytail hairstyles (which are easily grabbed) and to start carrying pepper spray.



Here's The Scoop!

Proudly serving Gunther's Ice Cream!
4 flavors of soy cream

CELEBRATING TEN SWEET YEARS!

WEEK 1 (1/27 - 2/6)

Buy a Burger,
get a FREE Scoop of Ice Cream

WEEK 3 (2/14 - 2/20)

Buy a Hot Dog,
get a FREE 16 oz. Slush Puppy

WEEK 2 (2/7 - 2/13)

Buy a Rootbeer Float,
get FREE Nachos

WEEK 4 (2/21 - 2/28)

Buy 2 Scoops of Ice Cream,
get a FREE Scoop

3015 Freeport Blvd. (across from McClatchy HS) • 446-4478

Hours: Sun-Thurs 10am - 9:30pm • Fri & Sat 10am - 10pm

INCOME TAX SERVICE

Land Park - East Sac



Don't fund the wars
if you don't have to!



Stephen S. Percy, Esq.

Call today for
your appointment

444-3090



CORNERSTONE PERSONAL FITNESS

Start 2011 the right way!

We offer:

- Individual Training
- Small Group Training
- Nutritional Support
- Proven Results
- and much more...



Fitness with no excuses...

916-807-0502

CornerstonePFT@gmail.com

www.CornerstonePersonalFitness.com

Ginger - another satisfied client!



The Clip Shop

PET GROOMING

36 Years of Experience

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

Anesthesia free teeth cleaning for dogs & cats 1st Friday of the month

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

Elks honor 'January Students of the Month'



Photo courtesy

January's Middle School Students of the Month. Front row, left to right, Walter Spurlock (California), Kevin Abdelnour (Genevieve Didion K-8), James Kvarme (Sutter) and Cristal Torres (Will C. Wood). Back row, left to right, Jonathan Aritonang (Sam Brannan), Cindy Huang (Martin Luther King, Jr. K-8) and Mai Tong Vang (John Still).

SACRAMENTO — Elks Lodge No. 6 honored students from area public and private schools during the month of January.

According to Elk Jim Callaghan, "the schools themselves decide the criteria for choosing and the students chosen. It is the Elks' way of encouraging students and making them and the school personnel who also attend, aware of the scholarship opportunities that the Elks award at the end of each school year."



Photo courtesy

January's High School Students of the Month. Front row, left to right, Tooka Zokaie (St. Francis), Ivan Ruiz (Valley), Nolan Wong (C.K. McClatchy) and Milena Tonis (West Campus). Back row, left to right, Melissa Thao (J.F. Kennedy), Maleny Caldera (Luther Burbank) and Michelle A. Nguyen (Hiram Johnson).

Produced by Feld Entertainment

Disney ON ICE

Let's Celebrate!



Join us for a jam-packed celebration of all your favorite holidays!

Tickets start at just \$14!
(Service charges, facility and handling fees may apply.)

FEB. 10 - 13 STOCKTON ARENA

Thu. FEB. 10 • 7:00 PM	Fri. FEB. 11	Sat. FEB. 12	Sun. FEB. 13
OPENING NIGHT			
Buy One Ticket, Get One FREE!*	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM

*Excludes Front Row and VIP seats. No double discounts.

Buy Stockton tickets at www.stocktontickets.com, Stockton Arena Box Office or call (209) 373-1700.

FEB. 16 - 21 ARCO ARENA

Wed. FEB. 16 • 7:00 PM	Thu. FEB. 17	Fri. FEB. 18	Sat. FEB. 19	Sun. FEB. 20	Mon. FEB. 21
OPENING NIGHT					
Buy One Ticket, Get One FREE!*	7:00 PM	11:00 AM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	12:00 PM 4:00 PM

*Excludes Front Row and VIP seats. No double discounts.

Buy Sacramento tickets at Ticketmaster.com, ticketmaster.com Retail Locations, Arco Arena Box Office or call 1-800-745-3000.

Regular Ticket Prices: \$14 - \$17 - \$23 - \$40 VIP - \$65 Front Row
Limited number of Front Row and VIP seats available.
Call or go online for details.
(Service charges, facility and handling fees may apply.)



SOLD by Wendi

5131 DEL RIO ROAD SOUTH LAND PARK \$425,000
The home features 3 bds & 2 baths, living room w/ fireplace & spectacular views of the yard, dining area & updated kitchen w/ new granite. Master suite is large w/ a walk-in closet & balcony. The downstairs bedrooms are spacious. Located on .29 acres w/ patio & tons of room for entertaining or a pool & a front walk w/ exceptional brick.

231 39TH STREET EAST SACRAMENTO \$417,000
Amazing home that features wood floors, 3 bedrooms & 2.5 baths, remodeled kitchen, fireplace, master bedroom suite & a huge yard w/ a pool.

611 53RD STREET EAST SACRAMENTO \$325,000
Amazing cottage that features 2 bedrooms & 1 bath, remodeled kitchen w/ granite counters & new cabinets, wood floors, inside laundry, & much more.

1405 SHERWOOD AVE. SO. LAND PARK \$439,000
Stunning home w/ 3 bedrooms & 2 baths, wood floors, living room & family room, dining area & breakfast nook, 2 fireplaces, and a master bedroom suite.

1620 POTRERO WAY SOUTH LAND PARK \$449,000
Spectacular Mid-Century Modern home built by architect George Muraki. Central to the home design is an enormous indoor atrium w/ soaring ceilings and walls of glass. Three bds & 2 remodeled bathrooms w/ fireplace, large kitchen, dining room, and a great South Land Park location that is close to shopping & the park. Featured on the 2010 Mid-Century Modern home tour. This home is a work of art!

Call me today for your free estimate of value!

Wendi REIN 916.206.8709 WendiRein.com

Third annual 'Young @ Art' show open to all Sacramento area middle school students

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

The Third annual 'Young @ Art' show for middle school students in the Sacramento region is calling for entries on Feb. 10 and 11.

The highly attended art show is sponsored by St. Francis Catholic High School, which is known statewide and nationally for its programs in the visual and performing arts. Although St. Francis is a high school for young women, entries from both boys and girls are encouraged. The competition is open to students from public, private and home schools.

The show is an opportunity for students to experience the procedures for entering an art show, as well as to have their talents acknowledged in a regional forum. It is an opportunity for inspiration and validation.

Pictures must be matted, but canvas and sculptures do not need matting. A 2"x3" label should be permanently affixed to the front lower right hand corner of the work. Information on the label should include: 1. Student first and last name; 2. Student grade; 3. School name; and 4. Art teacher name.

The limit for submissions is up to 20 pieces per school and one work per student.

All mediums and sizes of art are accepted. In the art world, one is limited only by human imagination.

"This year I know we have quilts coming in from a youth quilt class," said Elizabeth Danielson, arts executive director and producer at St. Francis High School. "The show is open to all 6th through 8th graders from the Sacramento area. Schools from Davis, Auburn, Woodland, Granite Bay and El Dorado Hills have participated in the past."

A few details: students and schools should deliver art works to the St. Francis

High School Art Theatre Complex Foyer on Thursday, Feb. 10 or Friday, Feb. 11 between 3:30 p.m. and 5 p.m. Artwork will not be accepted after Feb. 11. The campus is located at 5900 Elvas Avenue in Sacramento, just off 65th Street and Highway 50.

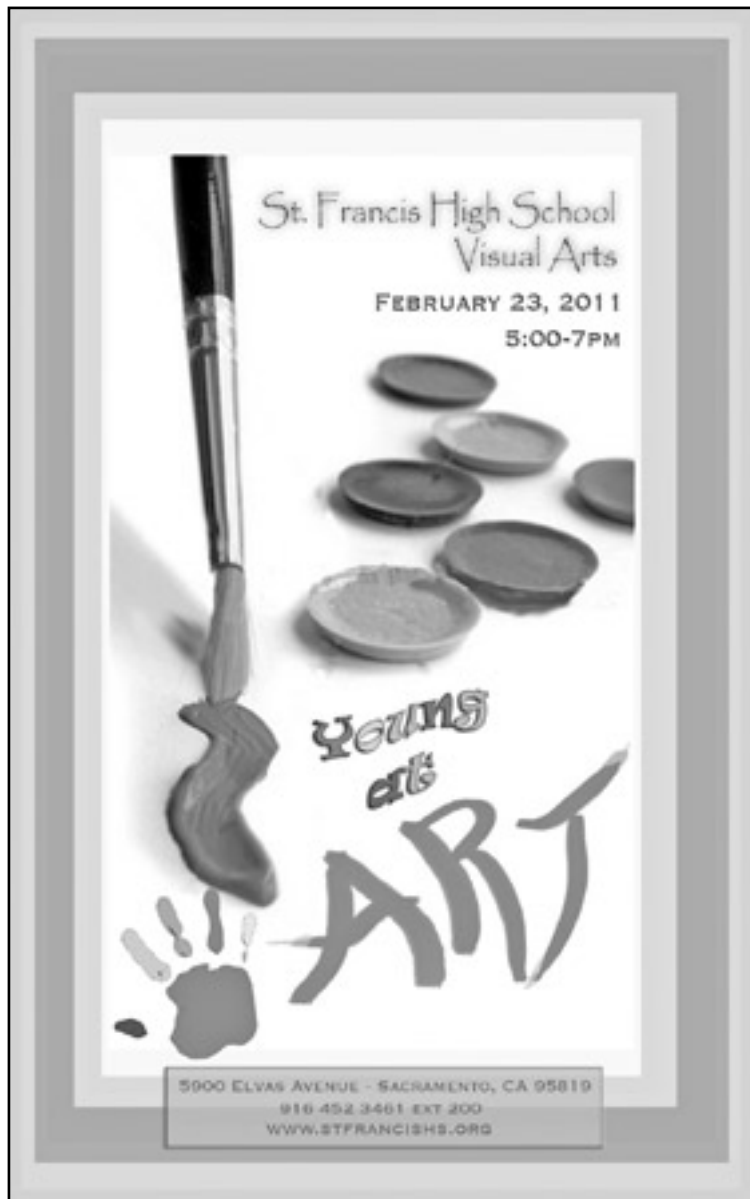
The show will be held at the St. Francis High School Arts Complex on Wednesday, Feb. 23 from 5 p.m. to 7 p.m. Awards will be presented to students and teachers at 6:30 p.m. All artists, teachers, parents and families are invited to the opening.

There are some pretty good prizes for students who enter "Young@Art," too. The grand prize is a full scholarship to a St. Francis Summer Arts Workshop – worth \$350. Other prizes include \$100 gift certificates to University Art and Utrecht art supply stores, a sketchbook and charcoal, a St. Francis Arts t-shirt, thank you gifts for teachers and more.

The arts are viewed as an important part of the curriculum at St. Francis High School, according to Danielson.

"Creativity is an exploration of one's thoughts put on paper or other media," she said. "It uses brain skills that other 'more academic' classes may not tap. For many, art can be a calming stress-reliever and others find it more interesting to express themselves through art than through writing. Offering the arts to students allows them to find out about themselves, how they best communicate to others, how to appreciate and interpret art, and how to enjoy the process. It makes for a well-rounded and interesting person."

For more information, visit the St. Francis High School website at www.stfrancis.org. Scroll to the bottom of the page for photos from last year's competition. Questions can be directed to Danielson at edanielson@stfrancis.org or (916) 452-3461 ext. 200.



Start the New Year Right! Juniors, let's make College Plans Now!



- Make your college list.
- Prepare for college visits and interviews.
- Complete applications.
- Write essays.
- Apply for financial aid & scholarships.
- Be organized and meet deadlines.



Marilyn van Löben Sels CERTIFIED COLLEGE COUNSELOR
marilyn@college-GPS.com | 916.601.6909 | www.college-GPS.com

FUNERAL DIRECTORY
www.valcomnews.com

EAST LAWN
ANDREWS & GREILICH
MORTUARY FD136
3939 Fruitridge Road
Sacramento, CA 95820
"Ready to provide guidance at a difficult time."
916-732-2026

EAST LAWN
EAST LAWN
EAST LAWN MEMORIAL PARK
4300 Folsom Blvd.
Sacramento, CA 95819
916-732-2000
FD1242
"Embracing a unique commitment to Sacramento and its people"

EAST LAWN
ELK GROVE
MEMORIAL PARK AND MORTUARY
FD1455
9189 East Stockton Blvd.
Elk Grove, CA 95624
916-732-2031

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
FD 360
2691 Riverside Boulevard
Sacramento, CA 95818
Phone: (916) 443-7917
Fax: (916) 443-7931
Family owned and operated since 1921

ODD FELLOWS LAWN
CEMETERY & MAUSOLEUM
"Service for all, regardless of Faith or Creed"
2720 Riverside Blvd
Sacramento 95818
916-443-8598
oddfellows-cmtry-sac.com
since 1905 COA46

Harry A. Nauman & Son
Dignity
FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

Since 1927 **Dignity** FD Lic# 355
Nicoletti,
Culjis & Herberger
Funeral Home, Inc.
5401 Folsom Blvd • Sacramento 95819
(916) 451-7284
Pre-arrangement packages available.

SIERRA HILLS
MEMORIAL PARK AND
EAST LAWN MORTUARY
5757 Greenback Lane
Sacramento, CA 95841
916-732-2020 • 916-331-9800
"Knowing that professional guidance is always by your side" FD1242

LIST YOUR FUNERAL SERVICE/HOME HERE
Call Patty
(916) 429-9901

Tower Bridge operator to celebrate anniversary

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

The Tower Bridge, one of Sacramento's most recognized and cherished landmarks, is currently celebrating its 75th anniversary. But few people are aware that another anniversary is also about to occur at the bridge.

This year marks the 10th anniversary of Sacramento native Scott Bennett's hiring as one of the bridge's operators.

Bennett, a 1991 graduate of Encina High School, said that his anniversary at the bridge is one that would have likely gone publicly unnoticed had it not been for this article, considering that so many people in the city have no idea that the bridge even has real-life operators.

"It's amazing just how many people don't actually realize that we're up here," Bennett said. "But I enjoy being here. It's kind of exciting to be working in one place for 10 years. I can't believe I have been here for so long. I really like it here, but the scenery doesn't change much though."

Bennett said that included among those who are actually aware that the bridge is controlled by human operators, are people who have no clue that these tenders of the bridge control this historic lift bridge from a 30-foot by 40-foot bridge operating room at the top of the center of the bridge.

"Most people who I talk to, even my friends, they think we're in a little tower or something at the end of the bridge," Bennett said. "But we're not, actually. We're right above the road in the center of the bridge, about 30 feet up."

Originally hired as a seasonal bridge operator at the Tower Bridge, Bennett, along with Duretta McNeely, is now one of the bridge's two permanent, year-round bridge operators.

During warmer weather months when there is more boat traffic along the river and additional maintenance is needed on the state-owned, Caltrans-operated bridge, seasonal workers also assist in operating and providing maintenance on the bridge.

Bennett and McNeely, who has been a bridge operator on the Tower Bridge since about 1988, are among the longest tenured bridge operators in the history of the 737.6-foot-long bridge, which has the notoriety of being the site of State Route 275 – the shortest state highway in California. The highway literally extends no more than the length of the bridge.

Longtime Tower Bridge operators of the past include Stan Barr, Jerry Glasco and Monica Turner.

Stationed inside the bridge's control room, which features large windows on all sides and is 75 percent filled with bridge-operating equipment, Bennett works at least 40



Land Park News photo, Lance Armstrong
Sacramento native Scott Bennett is one of two full-time operators of the Tower Bridge.

hours per week at this local, iconic drawbridge that was dedicated on Dec. 15, 1935 and originally included tracks that were used by both railroad trains and streetcars.

Bennett, who became a father last year with the birth of his now seven-month-old daughter, Pynelope, said that his job requires much precision and safety precautions, as he is in charge of raising and lowering the bridge for the taller boats of the river.

"There's a lot of safety stuff to keep you're eye on and you have to make sure when raising the bridge that you're high enough for the boats to clear," Bennett said.

Assisting Bennett to determine how high he needs to raise the bridge to accommodate the taller, passing boats are clearance boards, which are the measuring boards that can be seen at the bottom of the bridge.

Bennett said that many people mistake these boards as measuring devices that show the depth of the river.

"The boards actually show the height that we are above sea level," Bennett said. "That gives a clearance measurement from the bottom of the bridge to the wa-

See Bridge, page 9

Senior Services *and* Resources

Call Melissa (916) 429-9901

<p>DOCUMENT PREP SERVICES</p> <p>LIVING TRUST/LIVING WILL Legal Document Prep Services:</p> <ul style="list-style-type: none"> • Trust • Will • Powers of Attorney • Residential Deed <p>Couples \$495 Singles \$450 Lynda K. Knight (916) 214-1215 641 Fulton Ave. #100, Sacto 95825</p>	<p>ELDERLY SERVICES</p> <p>COMFORT ZONE ELDERLY IN HOME SERVICES, INC.</p> <p>Long Term Insurance Accepted</p> <p>Hospice and More Hourly and 24 Hr. Live-In Free Home Assessment Liability Insured, Bonded (916) 453-1344 4420 Del Rio Rd, Sacto, CA 95822</p>	<p>FIVE STAR SKILLED NURSING</p> <p>Five Star Skilled Nursing Service Applewood Care Center</p> <p>1090 Rio Lane Sacramento 95822 916.446.2506</p> <p>★ ★ ★ ★ ★ Call for a tour and info. We're here to help!</p>	<p>LOVING COMPANIONS</p> <p> Loving Companions Senior Services <i>A Proud Member of The Senior's Choice</i></p> <p>Certified care (916) 753-1491</p> <p>"Assisted living" in the privacy & comfort of your home. Affordable rates, 1-24 hours/day NO MINIMUM.</p>
<p>REAL ESTATE SERVICES</p> <p>Moving On? FREE Real Estate Help & Advice tailored to seniors & their families Contact John Woodall, GRI Seniors Real Estate Specialist (916) 421-5421 ✓ out my blog at: aSeniorsBlog.com</p>	<p>SPECIAL ALZHEIMER'S LIVING</p> <p> Primrose Living With Memory Loss</p> <p>Day Club, Respite, Residential, Support Groups & Educational Classes cas@primrosealz.com www.primrosealz.com (916) 392-3510 7707 Rush River Dr. Sacto, CA 95831</p>	<p>TRANSITION/RELOCATION</p> <p> Compassionate Relocations A Senior Transition Company</p> <p>Specializing In:</p> <ul style="list-style-type: none"> • Senior Relocations and Move Management • Downsizing • Estate Services • Real Estate Referrals <p>(916) 966-8745 www.GoCRInc.com</p>	<p>YOUR AD SHOULD BE HERE!</p> <p>Call Melissa today! Your services are needed. Your ad should be here. Ad design is free. Call 429-9901</p>

Bridge: Operator describes what it is like to work at one of city's most cherished landmarks

Continued from page 8

ter. We have 34 and a half feet of clearance from sea level, so we have to look at that board and subtract whatever the height is from 34 and a half feet and that gives us what the clearance is from the bottom of bridge to the water level."

The inner workings of the control room are a bit more complicated than one might imagine.

To control automotive and pedestrian traffic and to raise and lower the bridge, operators do much more than push a single button, Bennett explained.

"We have a control panel that's up here with about 20 different buttons that we have to push to close every gate," Bennett said. "We'll close the roadway down, then we have a switch that we'll flip up that will power on the motor. With another knob, we control the speed of how fast or slow we want to take up the bridge. It's an instrument panel with a whole bunch of buttons and lights and we have an air break that slows the motor down and just clamps down on the drum that is basically just like a break."

On average, it takes about seven minutes for the entire process of

raising and lowering the bridge to allow larger boats to pass.

The simplest processes of raising and lowering the bridge take about five minutes, while the longest delays for bridge traffic does not generally exceed more than 15 minutes.

In addition to raising and lowering the bridge, Tower Bridge operators also provide maintenance on the bridge such as greasing the bridge's cables and guides, cleaning the bridge and adding touch-up paint to various parts of the bridge.

When asked to describe some of the more unique aspects about working on the bridge, Bennett initially commented about viewing the river itself.

"It's interesting to see what floats down the river," Bennett said. "There was a time when the river was high and I saw something floating in the river. It seemed like a branch and then I saw that it was a whole tree. I thought that I was going to have to raise the bridge, because it was so big. There have also been times when I saw people on make-shift rafts going down the river and a time when I saw a guy sitting on a log and floating down the river. I've also seen refrigerators, tires and even a



Land Park News photo, Lance Armstrong

Bridge operators are stationed in this building at the center of the Tower Bridge.

dead goat; just strange stuff floating down the river."

Mark Dinger, a spokesman for Caltrans, said that Bennett and the bridge's other operators are highly dedicated to their work on the bridge.

"Our bridge operators really do take a lot of pride in their work and they take ownership of that bridge," Dinger said. "When Scott's up there, that's his bridge and that's the way he treats it."

And in expressing his own love for preserving and maintaining the operation of the bridge, Bennett said that he is grateful that he has the opportunity to work on such a recognized, historic structure.

"Everybody sees this bridge on the news and everything all the time," Bennett said. "It's a landmark and it's nice to say, 'Hey, I work there.' So, I have pride in it, because everybody in California has seen it."

Heavy Periods?

Severe Cramps?

Enlarged Abdomen?

Frequent Urination?

Constipation/Bloating?

These symptoms are often related to **Uterine Fibroids.**



RAS now offers outpatient **Uterine Fibroid Embolization (UFE)**, a safe, minimally invasive treatment for uterine fibroids. Clinically proven to be equivalent to surgery for the relief of fibroid symptoms, UFE could help you get back to your active lifestyle in as little as two weeks.

To find out if UFE is right for you, talk to your doctor, visit www.radiological.com/ufe or schedule a consultation with one of our physicians by calling **(916) 732-7777**.

BENEFITS

- No surgery
- Outpatient procedure
- Quick recovery
- Covered by most insurance plans



Accredited by
ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE

Sac State: Female students advising each other to hide ponytails, carry pepper spray

Continued from page 5

2. Utilize additional private security

Addressing the issues of staffing and patrolling within the university police

department is a start, but there are 29,000 students registered at Sacramento State and only 15 patrolling officers.

The campus needs to think about how its police force can be augmented with an additional part time security team. Although budget

hawks might cry foul, asserting the money doesn't exist, one needs to look no further than the misspent funds uncovered by campus police officers within their own department; it's a classic example of money hiding in plain sight.

Sacramento State officials need to provide an audit of their own and make the hard choice: staffing or safety. If California Gov. Jerry Brown can save millions by cutting the state's cell phone budget, perhaps the university can find the funds needed to provide additional security.

If the nearby Target store can provide a security officer patrolling the parking lot on a Segway scooter, then perhaps the campus can do the same.

and reporting tools are at its disposal.

4. Light the campus

There is a reason why there is a market for motion-detection spotlights – most criminals don't like to be seen committing a crime. Sacramento State is a beautiful campus, covered with trees, but the canopy that delivers so much shade during sunny days also creates poorly lit areas at night. A new lighting scheme, perhaps one powered with solar-powered lights to save money, can go a long way in removing the shadowy element to an evening walk across campus. As to where to put those lights, the school need only ask the students that walk the campus – a webpage to receive those suggestions would be a simple (and free) platform to exchange the information.

This spring semester, which began Jan. 19, is an opportunity for Sacramento State University officials to regain the trust of their students. Time will tell if they make the grade.

Ryan Rose is an East Sacramento resident and is editor emeritus of Valley Community Newspapers, Inc, publishers of Land Park News. He can be reached at ryanrose@live.com.

3. Provide students with live safety updates

For years, media agents and reporters have been invited to the school to witness its high-tech alarm, the Emergency Notification System, developed to alert students of an urgent situation on campus. Oddly, not once has this system been implemented to alert students via text message and email that a classmate has been attacked.

Not once. The school should review what other unused communi-

Sacramento's **BEST** 2007 2008

RIVERSIDE

CLUBHOUSE

"Where Neighbors, Friends and Family Gather"

Additional PARKING at Riverside Plaza

VALENTINE'S DAY

Special Valentine's Day Menu and Our Regular Treasured Menu



KIDS EAT FREE
Monday & Tuesday
Nights
"Cow Menu",
Up to & including 7 years old

Wednesday Nights
\$1 TACOS \$2 BEERS
(5 p.m. - 8 p.m.)

BREAKFAST SERVED
Saturdays & Sundays, 9am-2pm
Bottomless Mimosas
\$8.00 Each

RIVERSIDECLUBHOUSE.COM

Book your
9pm Thursday Night Party and Receive
\$100 OFF

HAPPY HOUR:
Monday-Friday:
3:30 to 7 p.m.
Try our NEW
Happy Hour Menu

2633 RIVERSIDE BOULEVARD • 916-448-9988



Quality Service. Affordable Prices.

Personal Service
Experienced Preparers
Reasonable Cost



Dennis Graff
Senior Partner

NEW LOCATION



Diana Muller
Enrolled Agent

JUST TAXES
7311 Greenhaven Drive, Suite 274
Sacramento, CA 95831
393-3430
www.just-taxes.com

Beating your pet's winter bulge

NAPSA – When it's cold outside, it's not unusual to cut back on activity, dive into the comfort food and put on a few extra pounds. It's true for four-legged family members as well as humans. Just as with people, pet obesity is on the rise and inactivity just adds to the problem.

Fortunately, you can take steps to get your pet back on track before obesity triggers other health issues. Arthritis, diabetes, heart disease, high blood pressure and other health problems are all more prevalent when people or pets carry a few extra pounds.

If you can't feel your pet's ribs or spine easily, it may be time for your pet to shed a few pounds.

Here are some tips to help:

Balance their diet. Visit your vet to set a target weight and determine how much food and the type of food that's best for your dog's or cat's age, weight and overall health. Finding healthier snacks and treats can be one way to cut down on additional pounds. Also, skip the table scraps and serve smaller portion sizes.

Learn more at www.entirelypets.com.

Janey Way Memories



When 'Big Time Wrestling' came to Sacramento



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

In 1962 a new phenomenon thundered across the air waves in Sacramento. They called it Big Time Wrestling. It featured wrestlers with names like Red Bastien, Pepper Gomez, Haystack Calhoun, Ray Stevens, Mitsu Awakawa and Kingi Shibuya. The show aired at 7 p.m., on Saturday evening, on KTXL Channel 40, and was hosted by announcer Hank Renner.

Because it was primarily an exhibition, not real wrestling as seen in international Olympic competition, Big Time Wrestling featured good guys and bad guys. When a good guy like Red Bastien won, he stepped gracefully out of the ring for an interview with gentlemen announcer Hank Renner. Renner, clad in a grey suit, white shirt and tie, then congratulated Red on his victory and asked questions about his upcoming match at the Sacramento Memorial Auditorium. The conversation was always polite and enthusiastic.

When bad guy Ray Stevens won, he paraded around the ring taunting the audience first, then leaped down to the floor and rushed over to Mr. Renner to spend some time berating his upcoming opponent. He would say things like: "I am going to whip that pencil-neck Red Bastien into submission this week; after I am through with him, he will never wrestle again."

Of course, Red Bastien was hardly a pencil-neck. Since he was a body-builder like most of the wrestlers, he hardly had any neck at all. That didn't matter; Ray was working up the TV audience for the Wednesday night match at Memorial Auditorium.

Naturally, we immediately fell in love with Big Time Wrestling. We rooted wildly for our heroes Red Bastien and Pepper Gomez and booed the bad guys Ray Stevens and Mitsu Awakawa.

We tried to emulate their techniques in our back yard gym. Using the big tree in the middle of the yard and the metal post on the side of the yard as ring posts, we staged tag-team wrestling matches. We circled the ring in classic Greco-Roman wrestling style. We tossed each other around, fell to the ground, and then crawled over to tag our fellow tag-team member who rushed into the ring to continue the fight.

Eventually, someone pinned an opponent and the fight ended. We were not quite as mobile, agile or hostile as the Big Time Wrestlers, but we made up for it with our enthusiasm.

On Wednesday night, we persuaded Dad to take us down to Memorial Auditorium on J Street to watch the great match between Red Bastien and Ray Stevens. We sat in the upper level in the cheap seats and watched as the two fighters tussled in the ring below. They had a great fight, but in the end Ray Stevens won, as I recall. No matter, we knew that a rematch was in the works and went home with a smile on our faces.

As children do, we soon lost interest in Big Time Wrestling. Sacramento Bee writer Charles Conlin penned an article saying that it was all a big fraud. I think we already knew that. We just loved the theatre of it all. For whatever reason, we went on to more important things like high school sports, girls and our education.

These days when I drive by the Memorial Auditorium, it seems quite different than it was in the 1960s when we went to the wrestling matches. I see none of the fight placards announcing upcoming events, only posters for future concerts. The World Wrestling Federation broadcasts professional wrestling events these days on television.

Sadly, Big Time Wrestling is now just another bone-crunching Janey Way Memory.

10% OFF First Month of Services

Offer applies to first time clients only.



COMFORT ZONE

Elderly In-Home Care Services, INC.

Touching lives since 1990

4 HOURS TO 24 HOURS AND LIVE-IN CARE – ANY TIME DAY OR NIGHT

Call to schedule your free home assessment today

(916) 453-1344

We're Sacramento's leading non-medical home care provider because of the personal approach we take in serving our clients. Family members can't always be there for adult parents and relatives. That's why COMFORT ZONE is committed to making sure that our caregivers are the next best thing.

Long Term Care Insurance Accepted

**NO START UP FEES
FIDELITY BONDED
LIABILITY INSURED**

**SCREENED PERSONNEL
WE PAY ALL EMPLOYEE TAXES
WE OFFER PROFESSIONAL
NON-MEDICAL HOME CARE**

Finding The Right Help For Someone You Care For Can Be A Difficult Decision. Our Experienced And Friendly Office Staff Can Help You Understand Your Options, Compare The Costs – And Get You Help Fast. We Make It Our Top Priority To Offer Our Assistance And Answer All Of Your Questions.

- REMINDING ABOUT MEDICATIONS
- ASSISTANCE WITH BATING / DRESSING
- MEAL PREPARATION / SPECIAL DIET
- GROCERY SHOPPING / PRESCRIPTION PICK UP
- LIGHT HOUSEKEEPING / LAUNDRY / BEDDING
- DOCTOR APPOINTMENTS / BEAUTY SHOP
- HOURLY CARE FROM 4 TO 24 HOURS
- LIVE-IN / SECURITY SLEEPOVER
- BED BOUND ASSISTANCE AND CARE
- ALZHEIMERS / DEMENTIA / MEMORY CARE
- STROKE / PARKINSONS / BEDRIDDEN
- COMPANIONSHIP / GAMES / HOBBIES

4420 DEL RIO ROAD • SACRAMENTO, CA 95822

(in Land Park close to Sacramento Zoo)

www.comfortzoneelderlycare.com

LONG TERM CARE INSURANCE ACCEPTED

Touching Lives Since 1990

JIM JEFFERS
448-6225

DRE# 00768740

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



1891 11th Avenue
\$995,000 - Mid-Century Modern



1170 Marian Way
\$659,000 - 3 bed, 2 ba, .20 acre lot



1049 11th Avenue
\$899,000 - On The Park



791 6th Avenue
Spacious 1 story with Family Room!

St. Robert School TK-8

"Where Faith and Knowledge Meet"

We invite you to our Open House Jan. 30, 2011, 11am - 1pm
For further information, call 916-452-2111

For over 50 years ST. ROBERT SCHOOL, located near Land Park, has provided a well-rounded education which focuses on academic excellence and spiritual and character development. In addition, ST. ROBERT affords students opportunities to participate in competitive and recreational athletics as well as affording other opportunities for involvement in community service activities.

**Fully Accredited "Western Association of Schools and Colleges
Western Catholic Education Association"**

- Science and Technology Curriculum
- Accelerated Reader
- Jr. High Academy
- Classroom Aides
- Before and After School Care

2251 Irvin Way • Sacramento, CA 95822 • www.St-Robert.org



**Choosing a school is an important decision.
Call today for a private tour of our campus!**

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

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

429-9901

YOU ARE CORDIALLY INVITED TO OUR

Tour of Homes!

Saturday, February 26 • 1-3 pm

Our residents have graciously offered to open their homes for you! Come and see for yourself; imagine yourself at home in our spacious one and two bedroom apartments.

Enjoy wine, food, and live music, as you visit our apartment homes.

RSVP by February 26th.



MERRILL GARDENS
AT GREENHAVEN

A one of a kind retirement community

(916) 427-1133

6350 Riverside Boulevard • Sacramento, CA 95831
www.merrillgardens.com

License #347001396



RETIREMENT & ASSISTED LIVING



“Sign” Language

For over 35 years



www.cookrealty.net



2168 PERKINS WAY • \$198,000
ATCHAN VAN PELT • 813-5919



3211 EAST CURTIS DRIVE • \$689,000
LARRY EASTERLING • 849-9431

See all our listings at www.cookrealty.net



500 4TH AVENUE
1 of a kind custom gem. Dining rm built-in hutch over 7ft wide+French drs w/shutters.Dream kitchen cherry wood cabinets, pantry, granite counter tops, island & desk.Family rm w/built-in entertainment center. \$739,000
VICKIE HULBERT • 444-9973



2645-47 16TH STREET
Rare Tudor style Land Park Duplex. 1 bedroom each side 1 bath each side. Central heat and air, detached garage, nice yard, fireplace, hardwood floors and more. Great location for the investor or owner occupant. \$290,000
TREY BONETTI • 768-9360



2629 13TH STREET
One of the warmest most charming homes in Land Park. Home has newer paint inside and out, hardwood floors, updated electrical, new heat exchanger. Also has newer stainless steel appliances and washer dryer to be included. \$399,000
ED DANIELS • 204-6702



1449 SHIRLEY DRIVE
Cute, fresh and clean 3br 1ba in highly desirable, quiet neighborhood. Beautiful wood floors, large open kitchen. Great master suite with sitting room. workshop area in garage. Well manicured yards, front and back. \$183,500
TAMMY NOVOA • 628-8530

JUST LISTED:

2801 FREEPORT BLVD

Active Short Sale - Land Park home well maintained with hardwood floors, attached garage with auto opener. Recently updated. This is a Short Sale, so give time for response. \$210,000

CAREY COVEY • 813-6748



*“...FOR FINE OLDER HOMES AND
QUALITY NEWER HOMES”*

REAL ESTATE SCHOOL

- ★ LOW INTRODUCTORY COST
- ★ START ANYTIME
- ★ LIVE CLASSES

Call: Bob Shipley • 451-6702

PROPERTY MANAGEMENT

- ★ MONTHLY CASH FLOW
- ★ TENANT SCREENING
- ★ MAINTENANCE

Call: Brittany Naucke • 457-4907

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702

Vocation of serving, healing others finds daily higher purpose

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

Every morning, Billie the dog wakes up in his doggie bed, stretches and looks for his human to get the day started. The beagle/fox terrier

mix knows the basic routine. His human does important work at Kaiser Social Services in adult psychiatry, and helps others by visiting them, too. Today will be a visiting day. He's excited, because he knows he will meet new people and old friends today.

His human, Sister Catherine Connell, SSS, has already been up for an hour of prayer. She says it is "really essential, so I can be present to those I am serving and see God's presence in them. As well as helping them see God's presence then in me in the work I am doing to help them come to healing."

Sister Catherine's day begins early, at 4:40 a.m. After her hour of prayer, she and Billie have their breakfast and a morning walk in Land Park.

Each day is dedicated to the service of others, and has been ever since Sister Catherine, a licensed clinical social worker, became a member of the religious order known as the Sisters of Social Service. It is a calling she heard when she was a teenager in the late 1950s.

The Call to serve

"I entered at the age of 19," Sister Catherine said. "I'd never heard of the Sisters of Social Service until I wrote to a 'Q&A' column in the *Davenport Catholic Messenger* when I was 18. I didn't include my name because I was really trying to keep this call quiet. Monsignor Conway wrote a response in the newspaper, suggesting this order. So, I wrote to Sister Frederica Horvath, our foundress in the U.S. She wrote



Land Park News photo, Susan Laird
Sister Catherine Connell, SSS has dedicated her life to helping others find healing. She and her dog, Billie, continue to make a difference in the Sacramento community.

back with the expectations of the order, which included a health exam. I still remember the doctor's report: 'Perfectly normal, healthy female.'

The middle child of five children, she grew up in a Catholic family. Still, "a lot of communication went back and forth" between the nuns at the Sis-

ters of Social Service and the teenager before she approached her parents for their blessing. It also meant having to tell someone else about the call she was hearing to dedicate her life to others.

"I had a steady boyfriend at the time," Sister Catherine

See Sister Catherine, page 16

WELCOME HOME



South of Land Park!
Didion School District
4 Beds, 3 Baths, 2359 Sq.Ft.
\$369,000

With you every step of the way.



Paula Swayne, Realtor
(916) 443-1229
www.PaulaSwayne.com
DRE# 01188158



Kellie Swayne, Realtor
(916) 206-1458
www.KellieSwayne.com
DRE# 01727664



GRAND OPENING

Galaxy Nails



UNDER NEW OWNERSHIP & MANAGEMENT

3226 Riverside Blvd.
Sacramento, CA 95818
(Across from Vic's Ice Cream)

(916) 447-8888

Mon-Sat 9-7
Starting on March 1st
We Are Open
Sunday 10-5



EYELASH EXTENSIONS

\$10 OFF

(Reg. \$70)

Before



After!



For more, thicker, fuller, & longer eyelashes!
Natural Looking & Water Proof!
Lasts up to 3 months!

Where health and beauty come first.
All nails and waxing services performed by professionals in the cleanest and most sanitized environment. Satisfaction is guaranteed!

<p style="font-weight: bold; color: red; font-size: 1.2em;">\$2 OFF</p> <p style="font-weight: bold; color: red;">Any Waxing Service (Eyebrows reg. \$8)</p> <p style="font-size: 0.8em;">With coupon. Offer not valid with any other offer. Expires 02/28/11 LP</p>	<p style="font-weight: bold; color: red; font-size: 1.2em;">\$5 OFF</p> <p style="font-weight: bold; color: red;">Spa Pedicure & Manicure or Any Full Set of Nails</p> <p style="font-size: 0.8em;">With coupon. Offer not valid with any other offer. Expires 02/28/11 LP</p>	<p style="font-weight: bold; color: red; font-size: 1.2em;">\$50 OFF</p> <p style="font-weight: bold; color: red;">Permanent Make-Up (Eyebrows reg. \$200)</p> <p style="font-size: 0.8em;">With coupon. Offer not valid with any other offer. Expires 02/28/11 LP</p>	<p style="font-weight: bold; color: red; font-size: 1.2em;">FREE</p> <p style="font-weight: bold; color: red;">Top Gel, or French Manicure, or 2 Nails Art</p> <p style="font-size: 0.8em;">With any nail service of \$15 or more. With coupon. Offer not valid with any other offer. Expires 02/28/11 LP</p>
--	--	--	---

Complete Nail Care by Professionals
WISA DISCOVER

Gift Certificates Available.

**Budget
Blinds**

FREE IN-HOME CONSULTATION



Faux Wood Blinds



Shutters



Woven Woods & Drapery

Shutters
Window Blinds
Draperies
Solar Shades

Soft Shades
Vertical Blinds
Valances
Panel Track

Woven Woods
Roller Shades
Honeycomb Shades
and more!

25% OFF

Select Signature Series®
Window Treatments by Budget Blinds®

Excludes shutters. Offer not valid with any other offers. Offer good at time of initial estimate only. Offer good at participating franchises only. Each franchise independently owned and operated. Budget Blinds is a registered trademark of Budget Blinds, Inc. and Home Franchise Concepts Brand. Offer valid through 3/7/11.

Get An Instant Energy Rebate!

Take An Additional **15% OFF**

Select Signature Series®
Honeycomb Shades

Certain conditions apply. Offer good at time of initial estimate only.
Offer valid through 3/7/11.

Call today to schedule your FREE In-Home Consultation
and get your complimentary Design Guide.

916-691-2322 license #897700

Find us online at www.budgetblinds.com

THE MOST COMMON TYPES OF CRIMES AGAINST SENIORS

February 15 @ 2:00pm

Presented by Lynne Richard-Brown, Co-Founder of Crime Prevention Consultants (C.P.C.)

Crime Prevention Consultants provides the community with the necessary information needed to stay safe. They deliver this information through their "Stay Safe Seminars", community events, home security assessments and personal safety consultations. This seminar will teach seniors how to protect themselves from the most common types of crimes and give information on what to do if victimized. Lynne will be focusing on the four most common types of senior crimes: Financial Crimes, Property Crimes, Elder Abuse, and Violent Crimes.

Refreshments & Appetizers will be provided.

Please RSVP by February 10, 2011 or contact us for more info @ (916) 392-3510

 **Primrose**
Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342

Sister Catherine: Lifetime of service giving dignity with love and compassion to others

Continued from page 14

rine said. "He wanted to marry me, but I felt I needed to check this (calling) out first. It was a strong feeling that I needed to go and pursue this to see: is this what God really wants for me?"

The two parted as friends. He later married another girl and had a happy marriage.

When she left her home in Muscatine, Iowa for the "Mother House" in Los Angeles, "it was quite a send-off with my grandparents, parents and three priests," she

said. "It wasn't until I was on my way to the airport that I burst into tears because I realized I was leaving."

When she entered the "novitiate" stage on Feb. 1, 1959, Sister Catherine began a journey that would include religious studies, a college education and hands-on field work, known then as "family visits" in parishes.

"It was a wonderful preparation," she said. "The prayer, the classes, the different assignments. You learned the focus of living a spiritual life."

The Sisters of Social Service value education. Sister Catherine graduated from Mount St. Mary's College with a degree in sociology, and from the Catholic University of America in Washington, D.C. with a master's degree in social work. She took her final religious vows of poverty, chastity and obedience in 1967.

Her field work took her around the nation, from working at Holy Name Parish near the Watts area of Los Angeles ("During the Watts Riot,

I went to work anyway,") to working at Walter Reed Army Hospital during the Vietnam War ("I worked in a ward of 80 men. Every last one of them was missing legs, arms, eyes... There were major disabilities") and finally, to Sacramento, where she became known for her work in opposing the state's death penalty and for her support for making state prisons true places of rehabilitation. Last year, she was honored by Death Penalty Focus' Friends Committee on Legislation.

Wellspring Women's Center

In the 1987, Sister Catherine and Sister Claire Graham founded the Wellspring Women's Center in Sacramento. Wellspring Women's Center is a drop-in center for women and their children established to foster the innate goodness and personal self-esteem of all who enter its doors. "Hospitality with dignity and love" is the foundation on which Wellspring is built.

Guests at Wellspring are diverse in age, personal background, and ethnicity. Many guests are young mothers seeking adult companionship or a break from child rearing. Wellspring provides a sense of "family" to older single women without a support system. Administered today by the Institute of the Blessed Virgin Mary, the center will celebrate 25 years of service to the community this year.

Cancer survivor

A new phase of Sister Catherine's life would come in 1998 that would change her life forever, when a visit to the doctor came back with a diagnosis of ovarian cancer.

"I began a year of chemo in 1999," she said. "Dr. Ernie Bodai was my doctor. He is wonderful."

She beat the cancer, but four years later she learned that she was in the early stages of breast cancer. Because of

See Sister Catherine, page 17

OPEN FOR
Breakfast • Lunch •
Dinner

Marie Callender's

Restaurant & Bakery

Order Your
Pies Today!

Marie's Whole Pies to go on Sale \$7.99 + tin

Starting January 28 to February 28th
Over 27 pies to choose from.






* Not valid with any other offers. Expires 02/28/2011

www.mc pies.com

5622 Freeport Blvd.
Sacramento, CA 95822

(916) 391-4300
Sun-Thurs: 8am - 9:30pm • Fri & Sat: 8am - 10pm



Gift Cards Available



Meg Heede
803-1628

RE/MAX Gold

Meg@MegHeede.com
www.megheede.com
DRE# 00766891



Walk to Land Park and Vic's Ice Cream from this Unusual Duplex. Large 1 bedroom cottage with 1 car garage and a 2 bed 1.5 bath, 1600 sq.ft. unit with a full basement and a 2 car garage. All on a .22 acre lot! Call me for an appointment.
3300 13th Street \$560,000



Great 2 bed 1 bath each side with all appliances, hardwood floors and walking distance to Montessori School, shopping and dog park. Each side has a garage. Newer dual pane windows, central heat & air, and roof.
5701 Holstein/South Land Park \$359,000

Looking Forward to a Great 2011!

Sister Catherine: Life as a nun is rich in community relationships

Continued from page 16

early detection, she beat this cancer, also.

"My nephew, Timothy Kur-ringer, was having his family tested to see if they had the gene for breast cancer," she said. "He asked me if I would be interested in being tested. I took the test, and they found that I not only had the gene, but I also had the cancer in its earliest stages. It was a miracle – breast cancer is usually not found so early."

Because of the ovarian cancer and the side effects of chemotherapy, Sister Catherine decided to step down from her position as director at Wellspring.

"That's when I decided to try something where I wasn't managing a whole agency, but could still serve," she said.

Clinical therapist

Sister Catherine applied for and accepted a position as a therapist at Kaiser. Each week, Sister Catherine directs two groups: a codependency group that covers "every variety of codependency: relationships, etc." and a bipolar support group.

Because she is still a nun vowed to poverty, her paychecks go to the Sisters of Social Service, who in turn support her with housing, food and any other needs.



Photo courtesy Sister Catherine Connell's first assignment was to Holy Name Parish in Los Angeles. She was working with families there during the Watts Riot of 1964.

She works at Kaiser three days a week.

"Those are my very busy days," she said. "On my less busy days, Billie and I go out on our visits."

Sister Catherine and the little dog (rescued from the Sacramento City Animal Shelter) visit a wide variety of people. Together, the two stay "very much in touch" with the religious community and the community at large, meeting countless needs for a kind word, dignity and support. They have many friends. Included in

their rounds is Mercy McMahon Terrace, a residence for seniors.

"The seniors there love Billie, and he loves them. Billie also loves to visit with Bishop Quinn," she said with a smile. "He is one of Billie's favorite people."

Each day is full, and through it all Sister Catherine has found that the motto she adopted when she took her final vows – "That In All Things God May Be Glorified" – is appropriate to every day.

"It certainly has been true for me," she said.

California Kids!

SUMMER GUIDE

Runs MARCH - AUGUST

Summer Guide focuses on education, camps, sports, getaways, entertainment, amusement parks and more.

Call MARC to place your ad on the popular "Summer Guide" pages in *California Kids!*
(916) 429-9901

California Kids! is an event and activities guide for active families. It is published once a month by Valley Community Newspapers Inc.

Please send your updated 2011 Calendar announcements

...especially if you host monthly events!

e-mail to susan@valcomnews.com

Fax to: 429-9906
Phone: 429-9901

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

ENJOY Lance Armstrong's weekly history series?

E L K G R O V E

Purchase his 374-page book about the history of Elk Grove, 1850 to present, for only **\$25**.

This award-winning book includes more than 1,200 historic and modern photographs.

To purchase the book, visit www.echoesofyesterday.com or send a check or money order to:

Echoes of Yesterday
PO Box 189113, Sacramento, CA 95818

Name: _____
Address: _____
Phone: _____

Get Ready for Weather Changes Ahead!

YEE'S auto tech
Your Auto Pro

3073 Freeport Blvd.
Across from McClatchy High School
(916) 442-8340
www.yeesautotech.net
Mon-Fri, 8am - 5pm

Our Services

- Tune Up
- Factory Scheduled Services
- American and Japanese
- Hybrids

Oil Change Special

- Oil change (with new filter & up to 5 qts. oil)*
- 41-point auto care inspection
- New car warranty approved

SAVE \$45! **\$29.09** most cars

* Castrol

Tax and Environmental fee additional - Most cars
With This Ad. Not valid with other offers. Expires 02/28/11

Diane and Wes

Your Home Improvement Guide

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

Land Park News

Home Improvement Guide

call Melissa at 429-9901 to advertise your service

YOUR AD SHOULD BE HERE!

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

ADDITION SPECIALIST

LYTLE
CONSTRUCTION INC.

Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

CARPET/FLOORING



Carpet/Flooring

Free In-Home Estimates!
Next Day Installation Available!

Carpet, Hardwood, Laminate, Tile,
Vinyl and Window Treatments.

Call Today!

Rick - Sales Rep • (916) 501-5952

Contractors License #770250

CARPET/ UPHOLSTERY CLEANING

TLC CARPET CARE

Carpet & Upholstery Cleaners

Owner Operator
Local in the Pocket
State of the art Truck Mount

(916)952-3831



YOUR AD SHOULD BE HERE!

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

CARPET & UPHOLSTERY CARE

Johnny on the Spot

Complete Carpet and Upholstery Care

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

- I.I.C.R.C. Master Cleaner
- Stain Removal Experts
- Carpet Repairs & Restretching
- Pet Urine Removal

Visit our website at www.johnnyonthespots.com for more info, coupons and specials.

Call (916) 997-7895

CLEANING

PROFESSIONAL

Free Estimates
Licensed & Insured

- WINDOW CLEANING (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal

Prime Quality
Maintenance



Call Jesse (916) 417-4231

CONTRACTOR/REMODELS

HARTIGAN
CONSTRUCTION, INC.
GENERAL CONTRACTOR

THE REMODEL EXPERTS! "Building your dreams!"

(916) 372-0530

Family-owned & operated; Most work done by father & sons

Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lic.# 706474

Visit us at California Home
& Garden Show
Cal Expo, Booth A204
January 28, 29, 30

Schedule your remodeling project &
SAVE 10% or UP TO \$1,000
Bring this ad!

YOUR AD SHOULD BE HERE!

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

ELECTRICAL

Sunshine Electrical
Prompt. Dependable. Honest!

Security Lighting
Computer Circuits Etc
Spa Electrical
New Houses/Additions

(916)344-8735 or (916)752-5308
Ca License # 633853

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential &
Commercial Work since 1960
Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 451-2300
Cell: 213-3740

Neil McIntire — C.S.L.# 394307

HANDYMAN

FREEDOM HANDYMAN SERVICES

Free up your time from those
pesky unwanted jobs!

I specialize in all areas of Home Improvement!
-Plumbing - Carpentry - Electrical
- Yard Care - Hauling - Sprinklers
Quality work the first time, Guaranteed!
NO JOB TOO SMALL!

Call Eric
(916) 470-3488
Licensed and Insured #152902

HANDYMAN

WINTER SPECIALS/Yard Makeovers!

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

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

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!

Hard work ---not a problem!
SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 10 YRS*



CALL 429-9901
TO ADVERTISE YOUR SERVICE

Your Home Improvement Guide

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

Land Park News

Home Improvement Guide

call Melissa at 429-9901 to advertise your service

HEATING/AIR CONDITIONING

BONNEY
PLUMBING, HEATING, AIR
& ROOTER SERVICE

DON'T BE CAUGHT IN THE COLD!
Season Special
Heating System tune-up \$85

CALL 444-0551

- Heating & Cooling Service/Repairs
- New Installs & Existing Replacements
- Maintenance Programs/Agreements

- Service on All Brands
- High Efficiency Air Filters
- Freon Leak Detection

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

HARDWOOD FLOORING & MORE

Specializing in installing, sanding, and finishing hardwood flooring.
Also do home repairs from painting to electrical work.

Lic # 544159

Call Michael at
(916) 383-8742

PAINTING

COOK PAINTING

Full Service Company - Start to Finish



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

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

(916) 681-4011 • www.cookpainting.com

CSL# 432951

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship
3rd Generation Painter
with over 30-years experience
(916) 422-4416

Dan Sovereign
Interior & Exterior Painting

Lic.#484215

PAINTING



All Interior/Exterior
Custom Painting

Call Bill (916) 519-1175

Ref Avail. • Owner-Operated

Fully Insured/Workers Comp/Bonded
Lic# 792971

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67

PLUMBING



Call:
(916) 833-7618

FRENCHY'S



Contractor Lic. # 936953 35 YRS. EXPERIENCE

PLUMBING

EMERGENCY

J & J PLUMBING

PLUMBING, REMODELS,
SEWER AND DRAIN WORK



ED YEARGIN
916-761-4990
916-455-9432

CONTRACTORS LICENSE # 552529
SERVING SACRAMENTO SINCE 1955

PLUMBING

BONNEY
PLUMBING, HEATING, AIR
& ROOTER SERVICE

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

CALL 444-0551

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

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

PLUMBING



**WHEN YOU CALL TODAY!
WE COME TODAY!**
Call 916-469-5934

- \$129 Drain Cleaning
- Water & Gas Repair
- Trenchless Sewer Repair
- Water Heater, Tankless

www.MacsPlumbing.com

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING
ROOTER SERVICE

CALL 456-7777

rooneysplumbing.com
License #683668

ROOFING



33 years experience

Specializing in all types of
roofing & repairs

24-hour call

(916) 731-7073

License #667013

TREE SERVICE/GARDENING

Terra Bella

TREE SERVICE & CLEAN-UP

"Not your typical mow, blow & go company!"

- Full yard maintenance
- One time clean-up
- Sprinkler repair

Call Randy (916) 454-3430 or 802-9897

www.terrabellagarden.com
Lic# 152584

TREE SERVICE

DON'S TREE SERVICE
ISA CERTIFIED ARBORIST WE4590A

Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction

(916) 428-4882

(916) 689-5244

www.donandsonreeservice.com

Lic# 331196

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



Greenhaven Animal Hospital



FUN FACT
Did you know dogs see certain colors?

- Full Service Animal Hospital
- Health Exams • Dentistry
- Medicine/Surgery
- Vaccinations • Spays/Neuters

Our furry friends can become stressed with groups of family and friends around. Make sure they have a stress free quiet place to go. Remember to keep all candies and table scraps out of the reach of our 4 legged friends.

More Than Just a Veterinarian!

Mon - Fri: 7:30am - 6pm • Sat: 8am - 5pm

Check out our website for more special offers!
www.vcagreenhaven.com

1 Valine Court
916.391.3677

Ask About Our New Animal BEST CARE Checkup Promotion

For Pets Ages 1-6
Call for Details

CONSIDERING A PET?
We can help you decide which breed is best suited for your family and lifestyle. CALL US!



CALENDAR

For more Calendar entries visit
www.valcomnews.com

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

JANUARY

'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.com.

'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.com.

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

Big Band Dance

Jan. 20, 25, 27: 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

- EVENT LISTING SECTION -

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.
Call (916) 429-9901 for rates.

Sacramento Children's Chorus
Calling all Singers
Grades 2 - 12 for
January Auditions

Questions? Email:
info@sacramentochildrenschorus.org
sacramentochildrenschorus.org
(916) 454-1141

Safari Tours Spring Travel Fair
Coloma Community Center Auditorium
4623 T Street
Thursday, February 10, 2011
10 a.m. to 12 p.m.
Learn about one-day & overnight trips for Active Adults PLUS a presentation by Collette Vacations FREE! Refreshments & Prizes!
For more info please call (916) 808-8687
City of Sacramento Parks & Recreation

Arts & Crafts Faire at Raley Field
Opening Saturday
April 2, 2011
8 a.m. to 3 p.m.
Event 1st and 3rd Saturday
VENDORS WELCOME!
(916) 798-3819
WestSacSaturdayMarket.com

CALL AND PLACE YOUR EVENT TODAY!
Cost will fit your budget!
(916) 429-9901

CLASSIFIED ADS

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

COMPUTERS

GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. \$35/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

HANDYMAN

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

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

HANDYMAN

Install, sand & finish hardwood flooring. Also, home repairs from painting to electrical work. Call (916) 383-8742. Lic#544159

HOUSE FOR LEASE

HOUSE FOR LEASE
House in gated Pocket/Greenhaven community. 2 br/2ba plus office. One story. Laundry in garage. Yard maintenance. No pets/smokers. Lease \$1200/mo & \$1200 deposit. Available Feb. 1st. (530) 885-4289.

PERFECT GIFT!

PET PORTRAITS
Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph-turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

ADVERTISE YOUR RENTALS

Call 429-9901

TAX PREPARER

#1 TAX PREPARER
26 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. Same low 1990 rates. www.taxirene.info

Sell it fast in the classified ads: autos, furniture, misc., rentals, services.
Call 429-9901

HANDYMAN SPECIALIZING IN FLOORING

Install, sand & finish hardwood flooring. Also, home repairs from painting to electrical work. Call Michael at (916) 383-8742. Lic#544159

BOOKKEEPING

#1 BOOKKEEPER
26 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp. Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820. www.taxirene.info

Place your ad today!

HOME IMPROVEMENT

Need Home Improvement? Check out the Home Improvement Guide in the Land Park News.

For Melissa for Home Improvement ad rates, call 429-9901.



Jeri Hromada
916.761.6734
www.jerihromada.com
jeri.hromada@bhghome.com

DRE# 01324435

Lovely Land Park Home Offered at \$322,000
2644 17th Street - 95818

Old Land Park, 1700+ sq ft, 3 bdrms, 1 ba, Living rm w/fireplc, din rm, new roof/new paint, Cent H&A, partial basement, low maintenance "patio" backyard, clean inside & out, quiet neighborhood, corner lot.

Call Melissa at 429-9901 and place your ad today!

Food Addicts Anonymous

Jan. 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.

Living Positive with Chronic Disease group

Jan. 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

Rotary Club of East Sacramento

Jan. 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

Jan. 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

Jan. 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

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

Kiwanis Club of East Sacramento-Midtown

Jan. 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. 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. 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

Catholic high school placement exam

Jan. 22: Placement exam for Sacramento 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

Food Addicts Anonymous

Jan. 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.

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

Sac Sheriff's Dept. on 'COPS'

Jan. 22, Jan. 29, Feb. 5: Check local listings on FOX for the Sacramento Sheriff's Department, which will be featured on upcoming episodes of "COPS" at 8 p.m. or 8:30 p.m. Episodes can be downloaded from iTunes after airing or viewed on www.Hulu.com

Veterans' Benefits seminar

Jan. 22: Learn what benefits are available to veterans from members of the local DAV. Free to vets and their families. 9 a.m. Radisson Hotel, 500 Leisure Lane, Sac. NSO James M. Gallihier (619) 299-6916

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

Co-Dependents Anonymous

Jan. 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. 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

Co-Dependents Anonymous

Jan. 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

Jan. 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

Jan. 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

Jan. 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

Jan. 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

Jan. 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

Jan. 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

Jan. 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

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

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

FLOWERS
THE PERFECT VALENTINE'S DAY GIFT

IN STORE SPECIALS: 20%-30% OFF - CASH & CARRY ONLY

Relles Florist & Gifts
64 years in Sacramento with Service & Quality

2400 J Street (916) 441-1478
801 Howe Avenue (916) 920-4911

FREE PARKING
RELLESFLORIST.COM

UPCOMING EVENTS

Cheese Class ~ Valentine's Day Cheese and Chocolate
Taylor's Kitchen ~ Saturday, February 12th 1pm

Taylor's Cheesemonger Felicia Johnson is presenting a class for Valentine's Day cheese and Chocolate pairings. Each participant will taste 3 cheeses and 3 chocolate truffles with Champagne and Port. Class is limited to 30 attendees. Participants must be over the age of 21. \$25.00 per person

For further information contact Felicia at 916-443-6881.

For information about upcoming events, Contact Taylor's Market 916-443-6881

2924 Freeport Blvd
Sacramento, CA 95818
www.taylorskitchen.net
Wed-Sat: 5-9:30

For reservations
916-443-5154

Sacramento Soccer Alliance
2011 Select Soccer Tryouts

For more information & to register for SSA Tryouts, please visit:
www.SacramentoSoccerAlliance.com

U9 - U11	U12 - U14	U15 - U19
John Cabrillo Elementary 1141 Seamas Ave (I-5 & Fruitridge/Seamas Exit)	John Cabrillo Elementary 1141 Seamas Ave (I-5 & Fruitridge/Seamas Exit)	Bill Conlin Park Pocket Rd & Freeport Blvd (I-5 & Pocket rd/Meadowview Exit)
<ul style="list-style-type: none"> • Saturday, January 22nd • Saturday, January 29th 	<ul style="list-style-type: none"> • Saturday, February 19th • Saturday, February 26th 	<ul style="list-style-type: none"> • Saturday, April 16th • Saturday, April 23rd
<ul style="list-style-type: none"> • U9s 9:00 - 10:30 am • U10s 10:30 - 12:00 pm • U11s 1:00 - 2:30 pm 	<ul style="list-style-type: none"> • U12s 9:00 - 10:30 am • U13s 10:30 - 12:00 pm • U14s 1:00 - 2:30 pm 	<ul style="list-style-type: none"> • U15s 9:00 - 10:30 am • U16s 10:30 - 12:00 pm • U17-U19 1:00 - 2:30 pm



Lovely Land Park Home

Jeri Hromada
916.761.6734
www.jerihromada.com
DRE# 01324435



Lovingly Maintained

Corner lot, 1700+ sq. ft., 3 bed, 1 ba. Estate sale in quiet neighborhood, walking distance to the Tower Theatre and easy access to downtown. New roof, fresh paint, Central H&A, Living room with fireplace, dining room, basement & low maintenance "patio" backyard. Well maintained inside & out.

2644 17th Street • \$322,000

OPEN HOUSE: Sunday, January 30

Degrees open doors to today's hot jobs

NAPSA – In a tough economy, it makes even more sense to study employment trends and make your educational choices based on which job markets are growing and which ones are stagnating, which firms are hiring

and which are shedding employees.

Today's market trends have inspired some interesting choices when it comes to obtaining a degree:

Information Technology Management. As businesses and organizations continue to turn to technology to improve performance and stay competitive, they need leaders who can manage processes, systems and people, as well as provide a global strategic perspective on potential applications and uses of IT.

A Master of Science in Information Technology Management is designed for IT professionals who want to move into these leadership roles.

Negotiation and Dispute Resolution. In a time when it makes financial sense to avoid lawyer's fees, more people are turning to mediators. It's predicted to be among the fastest growing professions in the early decades of this century.

Security Analysis and Portfolio Management. Investing is one of the more complex, competitive and rewarding areas in finance. A Master of Science in this subject delivers advanced knowledge about investment assessment, security analysis and portfolio management, which is critical to those seeking top jobs in the field.

Health Care Ethics. New health care technology raises a variety of ethical questions.

Courses in Health Care Ethics, such as those given online by Creighton University, introduce students to the field of bioethics. Coursework focuses on a range of areas—from discerning ethical problems, ambiguities, controversies and assumptions in various health care practices, to synthesizing and communicating research findings on topics of ethical concern.

Schools such as Creighton University offer all these MS degrees online. Creighton was named the No. 1 Midwest University in U.S. News & World Report's "Best Colleges 2011."

For more information, visit <http://creighton-online.com>.



"Taking care of the environment really matters to me. At home, I remind my family to turn off the lights and unplug our chargers."

Mia Rangel,
SMUD Spokesperson

the power of innovation

SMUD and You. Together we're building a SmartSacramento®.

Cleaner. Brighter. Smarter.

Can innovation really bring a community together? Yes, it can. With the help of customer-owners, employees and community partners, SMUD is building a SmartSacramento with these future capabilities:

- More comfort, convenience and control – via SMUD's smart meter technology, being installed 2010-2011.
- Convenient charging stations for environmentally friendly vehicles at home, work and in our community.
- More energy generated from wind, solar, hydroelectric and biomass – currently 23% of SMUD's resource mix and growing.



Follow our progress at savewithsmud.org



® A registered service mark of Sacramento Municipal Utility District.

© SMUD GAF 1141 10 7.8x10 rev 1/11



Faces and places

2011 MLK:365 'Yesterday's Dream, Tomorrow's Reality'

Photos by STEPHEN CROWLEY
Land Park News photographer

Community members gathered and marched together through William Land Park to celebrate Martin Luther King Jr.'s vision of racial equality on Jan. 17 – the national holiday honoring the slain equal rights leader.

The six mile "marade" (march and parade) started at the Oak Park Community Center, wended its way through William Land Park, and eventually arrived at the Sacramento Convention Center. Another march proceeded from the north, departing from Grant High School.

The purpose of the event was to "engage, challenge and inspire the young and the young at heart to 'be the change they want to see in the world.'"

Some 10,000 people of all ages, faiths and ethnic heritages turned out for the peaceful event.



*Happy
Valentine's Day*

Patty,
The last 20 years have
been heaven, here's
to the next 20!
Bruce

Place your Valentine's Day message to
your favorite lover, friend, partner or ???
for only \$15, per publication.

This will run in the February 3rd and 10th
issues of our newspapers:
Arden-Carmichael News, East Sacramento News,
The Land Park News, and The Pocket News.

Call 916.429.9901 today to place your message

**Please
Recycle
this Paper,
Thank You!**



JOSH HESS, REALTOR®
916.716.1627
Josh.Hess@cbsnorcal.com
JoshHessSold.com
DRE# 01891493

BUYING OR SELLING

**Hess Gets
You**



**COLDWELL
BANKER**
RESIDENTIAL BROKERAGE

DUNNIGAN[®]

Realtors



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 \$565,000

SHEILA VAN NOY 505-5395



SUTTER BROWNSTONES

Unique & modern 2 year old townhome. Features stainless steel appliances, honed granite countertops, slate & hardwood flooring. Upgraded Samsung refrigerator included. Fantastic media/family room w/lots of space (30' x 13') on lower level, set up for entertainment. One car garage. 6 inches of space between townhomes. See www.SutterWalk.com \$450,000

COLLEEN WIFVAT 719-2324



NEWER MIDTOWN DUPLEX

Investment Opportunity! Built in 1993. Modern amenities include dual pane windows, CH/AC, updated appliances & laundry facility inside each unit. Spacious units built with 2 master suites upstairs and living area downstairs. Unit A has a one car attached garage. Unit B has a fireplace & yard. Convenient location with easy access to restaurants & shopping. See www.2001CStreet.com \$289,000

LINDA WOOD 802-8042



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. See www.2156-6thAve.com \$219,000

KARA PARKER 716-3313



CHARM ABOUND!

Walk to UC Davis Med Center from this adorable home! Built in bookshelves next to fireplace, built in scalloped hutch in dining area, updated kitchen w/terra cotta tile floor, newer gas range & a breakfast area. Separate laundry rm, updated bath w/pedestal sink & marble tile floor! See www.2367-39thSt.com \$279,000

CONNIE LANDSBERG 761-0411



ADORABLE LAND PARK

Adorable Land Park home! You will love the wood flooring, remodeled kitchen and bathroom, newer central heat and air, dual pane windows and doors, oversized garage, composition roof, deck in backyard and more! Don't wait! See www.635jonesway.com \$249,000

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.epertysites.com \$268,000

TIM COLLOM 247-8048

CURTIS PARK

One of the best 3 bedroom 1 baths you will find in Curis Park! Completely remodeled kitchen, a very spacious floorplan, vintage fireplace, dual pane windows, and located minutes from the park. This charming bungalow sits on a very good size lot and is turn-key. See 2111 3rd Avenue \$339,000

TIM COLLOM 247-8048
LIBBY NEIL 539-5881

CHURCHILL DOWNS

Adorable 2 bedroom, 2 bathroom **PENDING** 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

SUNNY HOLLYWOOD PARK

Designed & blt by House Crashers **PENDING** 2010! Contemporary flair w/ vivid colors combined w/charm of hrdwd flrs, blt-in shelves, cabinets & dining bench. Updated w/a new sewer line, new cement work & planters in bkryrd, new tile, sink & toilet in bath. Bonus fam rm. See www.25thAveHome.com \$230,000

NANCY WEEGE 600-5458
LISA MARTIS 612-7548

DUNNIGAN[®]
Realtors

4215 Freeport Blvd.
454-5753

Visit Our Web Site: www.dunniganrealtors.com