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

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Vaccinations give adults a shot at good health

NAPSA – Immunization isn't just for kids. That's because a person's need for immunizations does not end when he or she reaches adulthood. Adult vaccinations are just as important for disease prevention but are commonly neglected.

Vaccinations can work in two ways for adults: to boost the immune response to a vaccination received in childhood—for example, a tetanus booster—or to protect an adult from a particular illness, such as the vaccination for pneumonia.

"Vaccinations are critically important for adults, especially in helping to prevent diseases that can be severe in older patients, such as pneumococcal pneumonia, and influenza," said Gary W. Procop, M.D., FCAP, board-certified pathologist from the Cleveland Clinic. A pathologist is a physician who examines cells, bodily fluids, and tissues to diagnose disease.

Vaccinations and good health

Adult vaccination needs are determined by age and underlying conditions. Patients with certain chronic illnesses may require adult vaccinations earlier than patients without such conditions. Maintaining an up-to-date status is vital for optimal adult health. The College of American Pathologists recommends patients discuss their vaccination status with their primary care physician.

The Advisory Committee on Immunization Practices (ACIP) reviews the recommended Adult Immunization Schedule each year to ensure that it reflects the current recommendations for the licensed vaccines and when healthy adults should receive them.

Vaccinations for tetanus, diphtheria, acellular pertussis, human papillomavirus (HPV), measles, mumps, rubella (MMR), varicella, influenza and pneumococcal disease are all covered by that review, as are those for hepatitis A and B, meningococcal disease and herpes zoster vaccines.

The committee recommends that all patients over the age of 50 should receive an influenza vaccination each year, and all patients older than 65 years old should receive the pneumococcal vaccine to prevent pneumonia. The varicella vaccine has been recommended for all adults without a history of exposure (i.e., chicken pox), and the herpes zoster vaccine has been recommended for patients older than 60 years.

Pregnancy and immunocompromising conditions, including organ or bone marrow/stem cell transplantation and hereditary or acquired immunodeficiency conditions, are conditions that could increase a person's risk to receiving certain vaccinations. Additional and regularly updated information concerning vaccinations can be found at www.cdc.gov, or visit the College of American Pathologists at www.cap.org.

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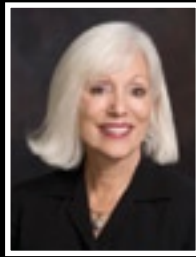
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LAND PARK

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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. \$379,000



LAND PARK

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Aviation legend Charles A. Lindbergh visited Land Park area more than 80 years ago

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

Many famous people have visited our capital city, from Queen Elizabeth II and several U.S. presidents to Martin Luther King, Jr. and cyclist Lance Armstrong. But few have drawn the type of attention as did the famous aviator Charles A. Lindbergh during his visit to the Land Park area and other parts of the Sacramento area 83 years ago.

After gaining fame by becoming the first person to fly nonstop from New York to Paris, Lindbergh worked with American multimillionaire Harry Guggenheim to arrange for a three-month tour in which Lindbergh would promote aviation by flying to every state in the Union.

Lindbergh began the tour, which was funded by Harry and his father Daniel Guggenheim, at Mitchel Field in Long Island, N.Y. on July 20, 1927.

Flying his Spirit of St. Louis, the same custom-built, single-engine, single-seat monoplane that he had piloted to Paris, Lindbergh flew to 92 cities.

And being that Mather Field had been construct-

ed 12 miles southeast of downtown Sacramento nearly a decade earlier, a suitable, local landing area was available, so that Lindbergh could schedule one of his stops in Sacramento.

Leading up to the time of Lindbergh's visit to Sacramento, the pages of the local daily newspapers made it no secret that Lindbergh would be visiting the capital city.

One of the earliest of these articles appeared in the July 9, 1927 edition of *The Sacramento Bee*.

The article noted that although no specific date had been set for Lindbergh's visit to Sacramento, Arthur S. Dudley, secretary-manager of the Sacramento Chamber of Commerce, had request-



Photo courtesy, Library of Congress
Colonel Charles A. Lindbergh promoted the new field of aviation by making a three-month tour of the nation in 1927. He entertained Sacramentans with aerial acrobatics upon his arrival.

ed that the famous aviator arrive during the California State Fair, which would be held on Sept. 3-10, 1927.

Dudley stressed that with such timing, thousands of Californians who would otherwise not have the opportunity to see

See Legend, page 5

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Legend: Lindy's memorable visit to capital city was a much anticipated event

Continued from page 4

Lindbergh would be present in the city to do so.

By July 15, 1927, *The Bee* announced that Harry Guggenheim had set the date of Sept. 17, 1927 for Lindbergh's visit to Sacramento.

Less than a month prior to Lindbergh's arrival, it was decided that the famous aviator would make a visit to the Land Park area.

This decision occurred due to a motion to relocate a reception in honor of Lindbergh from the state fairgrounds on Stockton Boulevard to Moreing Field at the southeast corner of Riverside Boulevard and Y Street (present day Broadway).

The change was made in order to provide a superior facility and a venue that was closer to the main business district.

Many more articles previewed Lindbergh's Sacramento arrival, which would draw the largest crowd in the history of the city.

Advertisers also parroted in opportunities to welcome Lindbergh to the capital city, while also promoting their merchandise.

Breuner's furniture store at 6th and K streets, for instance, not only advertised that one could purchase a five-piece dining room set for \$59.50, but also expressed "a mighty welcome to 'WE' (a reference to Lindbergh and his famous plane, the 'Spirit of St. Louis')."

The Hub department store at 8th and J streets ran an advertisement titled, "Lindbergh Day." And on this special day, Sept. 17, 1927, a free toy airplane that would "really fly" was given away with each boys' suit purchased at the store, which sold such suits for as low as \$9.85.

When the day finally arrived when Lindbergh would make his appearance in the capital city, *The Sacramento Union* exclaimed, "Welcome Lindbergh!" in bold letters

across its front page, and noted that "all of Sacramento has declared a virtual holiday and thousands of people are flocking here from central and northern California counties."

At noon, just two hours prior to the arrival of "Lindy" – or "Lucky Lindy," as he was endearingly nicknamed – Moreing Field was opened to the public and a caravan of automobiles carrying state, county and city officials and others left City Hall to witness Lindbergh's landing.

At 1:30 p.m., a plane carrying Donald Keyhoe, business manager of the Guggenheim tour, and pilot Philip R. Love landed at Mather Field.

At this point, the anxious crowd became much more anxious, as it awaited the arrival of the famous pilot.

The Bee described the excitement of the event, as the paper reported that thousands of spectators began shouting for "Lindy" after his plane became visible and was approaching the field.

According to *The Union*, three women were knocked down in a "break of the crowd."

Prior to landing, Lindbergh surprised the crowd by flying over it at about 100 miles per hour.

Lindbergh then put on a brief air show as he circled the field and performed various turns and swoops.

After landing at 2:10 p.m., Lindbergh stepped out of his plane four minutes later, greeted the roaring crowd, shook the hands of several people, including Governor Clement C. Young and Sacramento Mayor Alfred E. Goddard, and soon headed to Sacramento in the lead car of a parade.

The parade made its way to 23rd and J streets and then continued through the business district to Moreing Field, where Lindbergh spoke to about 10,000 people.

The Union reported that few people heard Lindbergh's speech, because he was so tall that his voice barely reached the microphone.

But *The Union* added that it was evident that the crowd was nonetheless excited by its opportunity to see their "hero of the age."

During the reception, which began at about 3:30 p.m., Young and Goddard gave short addresses and Lindbergh was presented with a gold trowel on behalf of organized labor and a watch fob having a white gold airplane and a locket of Sacramento County gold from the city.

During the afternoon and throughout the following day, Lindbergh's plane, the Spirit of St. Louis, was on display to the public at Mather Field.

On the evening of Lindbergh's arrival, a banquet was held in his honor in the Florentine Room at the Hotel Senator on L Street, between 11th and 12th streets, just north of the state Capitol.

Despite a previous announcement to the public that Lindbergh would spend his second day in Sacramento resting within the walls of his room at the Hotel Senator, many people in Sacramento were reported to have been disappointed that they could not see Lindbergh during this time.

But nonetheless, Lindbergh's Sacramento visit, which was witnessed by about 200,000 people, was one for the record books.

After creating much excitement in the capital city, Lindbergh was met by a crowd of about 2,500 people at Mather Field on the morning of Sept. 19, 1927.

Taking off from the field in his famous plane, Lindbergh was later seen flying over the dome of the Capitol en route to Reno.

Lindbergh successfully completed the Guggenheim tour at Mitchel Field on Oct. 23, 1927.



Land Park News photo, Lance Armstrong

Although it was already far from a secret that Charles A. Lindbergh would be arriving in Sacramento on Sept. 17, 1927, *The Sacramento Union* printed a strong reminder on its front page, as it welcomed the famous aviator to the capital city



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Can Sacramento become an official cat capital?

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

Editor's Note: This is the second article in a two-part series featuring cats of the Sacramento area.

Sacramento is undoubtedly a very feline-rich city that has the potential of becoming an official "cat capital."

Among the city's many cats are shop cats – felines that make their homes inside businesses.

And these cats certainly have plenty of fans. The sight of people arriving at local stores to simply visit shop cats, for instance, is a common theme for any such business with a resident cat.

Corey Okada, a clerk at Beers Books at 915 S

St., said that Raffles, the store's cat who was named after a character in a book featuring a cat burglar, has her own fan club.

"(Raffles) has quite the following," Okada said. "She's the perfect cat to be a store cat. She gets petted all day and doesn't mind, unlike a lot of cats. People love her and come in just to see her."

Two of the more unique shop cats in Sacramento are Ti and Teva, who roam on long leashes in the customer lounge of Black Rock Auto at 615 15th St. #A.

Black Rock Manager Mark Pflepsen said that these rescued strays have adapted to become some of the friendliest cats he has ever seen.

"They are super friendly," Pflepsen said. "You can



A pair of tuxedo cats, Ming (left) and Maggie, of Fair Oaks Boulevard Nursery do their best to assist with the business's incoming e-mail messages.

Photo courtesy, F.O. Blvd. Nursery

Ginger - another satisfied client!

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take either cat and push them down, roll them upside down and play mop with them and slide them around and they just love it."

In the Land Park area, the longtime, local record store, Records at 1618 Broadway, is home to Joey, about a 6-year-old cat who

also resided at the store's previous location on the K Street Mall.

There is something about literature and cats that go well together and perhaps this is why bookstores are one of the more common businesses with shop cats.

Unfortunately, the two shop cats of one of the city's more cat-friendly bookstores, Time Tested Books at 1114 21st St., passed away about five years ago. But the

store still shows its love for cats with its wooden cat on wheels and a wooden cat that sits above the business's records.

With apologies to Caspar, a 23-pound cat at Richard L. Press Fine Books at 1831 F St. #A likely hold the title of the heaviest shop cat in Sacramento.

Describing the cat, Richard L. Press, the business's owner, said, "His name is

See Cats, page 7

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1405 SHERWOOD AVE. SO. LAND PARK \$439,000
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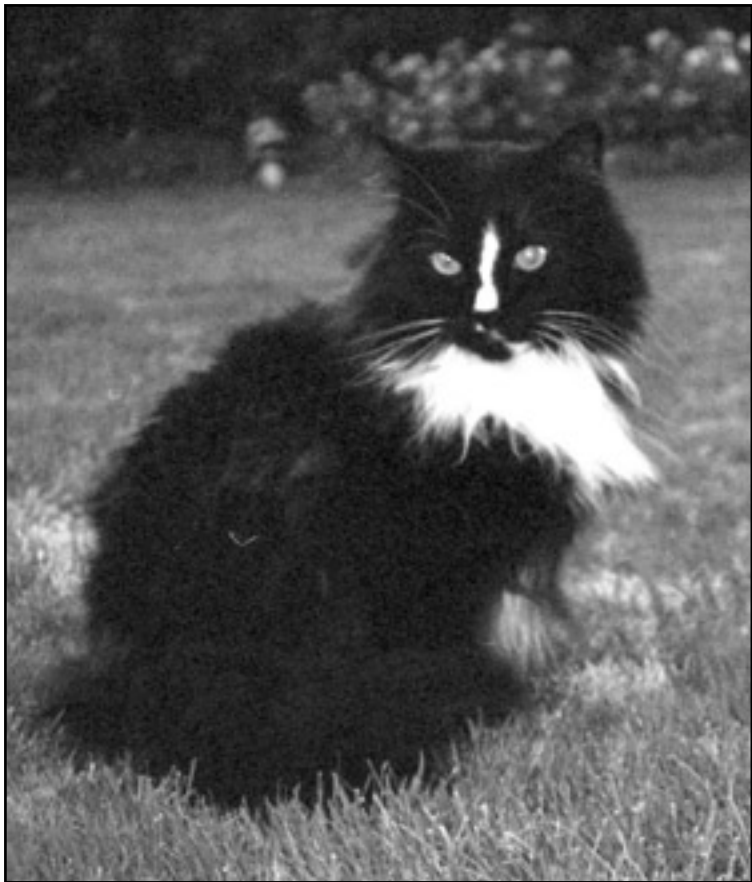


Photo courtesy

Spyder was among the many local cats that have brought joy to people's lives in the Sacramento area.



Photo courtesy, F.O. Blvd. Nursery

Shop cats Ming (bottom) and Maggie find unique places to hang out at Fair Oaks Boulevard Nursery.

Cats: Local cats contribute to reducing the local rat population

Continued from page 6

Arshile. Everybody says that it's a Maine Coon, but Maine Coons have fluffy tails, supposedly. This is not a fluffy tail. This is a tabby, but he's a giant."

Press, who previously owned a shop cat, named Willow, said that Arshile appears quite often on a video about his store. The link for the video is www.vimeo.com/18289183.

The presence of Sacramento area cats on the Internet can also be found on the Web site, www.youtube.com. The site includes various Sacramento area feline-related videos, ranging from a collection of photographs of Clarice the cat set to the music of Tom Jones' "What's New Pussycat" to a story of a cat that alleg-

edly saved the life of its owner during a fire.

And from the Sacramento music scene, there is a band, called Fish Cat Fish, and a widely recognized image used by the Deftones, one of the most popular bands to emerge from the capital city, is that of a "screaming" (actually yawning) kitten.

Cat fever even extends across the Sacramento River, as is apparent through the city of Davis' B&L Bike Shop, which is home to a shop cat, named Milo.

But perhaps no greater tribute to cats can be found west of the capital city than at West Sacramento's Raley Field, which is home to the extremely popular Sacramento River Cats Pacific

Coast League baseball team and the team's mascot Dinger the cat.

The team is appropriately named when considering the many feral cats that reside along the eastern and western banks of the river.

Although many local residents are not fond of the fact that the non-baseball river cats and many alley cats of the downtown/midtown area run free with no owners, these cats provide further evidence of Sacramento's need to be officially recognized as a "cat city."

With no committee members, no committee, no official stand by this publication and no other known mention of this movement besides this informational,

thought-provoking article, Sacramento's potential prominence as an official "cat city" is obviously lacking its much needed support.

But as a bit of encouragement for those who are hesitating to support this issue, the following modified quote of Mark Twain – apologies to Mr. Clemens! – should be remembered: "It's not the size of the cat lover in the fight, it's the size of the fight in the cat lover."

Despite the existence of much time before the November election, attempting to obtain official "cat city" status should be no easy endeavor.

But whatever happens, one thing is for sure – cat fever is strong in the Sacramento area.

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What to do when a child is diagnosed with a serious chronic illness

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

Not long ago, my wife and I learned that our son could have an illness that would have left him with profound health problems and likely a shortened life.

After extensive and painful testing, we were relieved to learn that it isn't the case. Nonetheless, it was a terrifying couple of weeks, as we faced the possibility that our lives as parents would change drastically.

Given a few weeks' time to let my blood pressure return to normal, I've reflected on what parents can do to help themselves cope, when faced with terrifying news about their child's health.

Shock is natural and the tendency is to blame yourself or your partner and look at what

you could or should have done differently. Try your best to avoid this, as it's not going to change the news and will likely make things worse.

After the initial shock wears off and you start facing a future they you hadn't expected, it's natural to turn to your partner for support. While this is crucial, be aware that you may not get all of what your need from him or her. Your spouse is also coping with overwhelming feelings and likely has limited emotional support to provide.

Rather than draining your partner completely, turn to others for support. If you feel hesitant because you don't like feeling needy or asking for help, remember that your friends and family want to help. Your already difficult job as a parent just got exponentially more challenging, and you're going to need assistance.

This is particularly important when you and your partner hit

those points of frustration and exhaustion that you have to have a break or you're going to break. Again, your family and friends want to help. Be it two hours to go to the gym or a weekend getaway, it's crucial to take advantage of their offers. If you don't get time to recharge and refresh, it'll be next to impossible to be the kind of parent you'd want to be.

It's also important to keep in mind the need to take care of yourself. When first faced with the possibility that my son could be sick, I spent way too many hours doing research on all of the ins and outs of what he could have. Although I quickly became an expert on signs, symptoms, and statistics, I neglected other aspects of my life. I kept working, but everything else fell away. For a few days, I stopped exercising, eating well and sleeping enough.

Be aware that there will probably be times when you feel that

your friends and family can't understand what you're going through, and you'll need more. When this happens, turn to on-line and/or in-person support groups. By sharing with others going through what you're experiencing, you'll likely feel less alone and more supported.

Despite all efforts to take care of your needs, realize that there might be times when it isn't enough. If this happens, it's often helpful to seek the support of a professional.

Having had a taste of how profoundly a terrifying diagnosis can affect individuals and relationships, I'm clear that there's no need to bear the burden alone. Although this won't change a diagnosis, taking good care of yourself by seeking the support of others can help you be the best parent possible. And this is all your child can ask.

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Marty becomes an altar boy



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

During my first week of school in sixth grade at St. Mary's School, the pastor of the church came to speak to the boys in our class. He told us that the church desperately needed new altar boys to assist in the service of daily Mass. Because I was a very devout Catholic at that time, I gladly volunteered to take on this responsibility. Several of my classmates also volunteered.

Within weeks, we all began attending altar boy training sessions. One of the parish priests conducted the lessons which basically delineated the responsibilities of being an altar boy:

1. Setting up the church for Mass;
2. Assisting the priest in putting on the holy garments;
3. Serving the Mass with the priest; and
4. Tidying up the altar after the mass.

Training lasted several weeks, then the priest in charge of scheduling gradually included the new altar boys into the weekly schedule of Mass services.

St. Mary's Parish had three priests, so the Mass schedule was busy. Church policy required that each priest serve at least one Mass daily.

Consequently, St. Mary's schedule included Masses at 6 a.m., 7 a.m. and 8 a.m. daily and six Masses on Sunday. That meant that each altar boy served about three Masses per week, plus extra duty serving at funerals and weddings. The boys quickly adjusted to the routine of weekly services.

As an altar boy, I learned a lot about the Catholic Church and the responsibilities of service to it. I recall two important experiences during my tenure as an altar boy which I have not easily forgotten and which to some extent have shaped my view of life.

First, about the time I entered seventh grade, the church took on a new employee, a sacristan named Bernard. He was a very devout and serious man who took on the responsibility of maintaining the church and managing the altar boys.

Bernard had high expectations for our group of servers. He expected the boys to approach life and service to the church with the same degree of piety he nurtured.

This did not work out that well with us.

We were adolescent boys with lots of other things on our minds like school, sports and – oh, yes – girls. This led to some tense moments for all of us.

I recall one incident in particular.

I was serving early Mass with my friend Lou Viani. For some reason, we ran late and thus hurried to complete the service on time. At some point in the Mass, Bernard, who was assisting us, stumbled and dropped one of the cruets (containers for the wine and water).

When I saw that, I giggled, causing Bernard to shoot a dirty look back at me. Then, after the Mass, he stormed in to the dressing room and berated me for giggling during the service. At one point, he raised his hand, as if to hit me.

Lou stepped forward, pointed his finger at the sacristan and said, "If you do that, I will tell the priest, then you'll be in big trouble."

This caused Bernard to do an immediate about face, and storm out of the room.

The experience brought tears to my eyes, but otherwise caused no lasting damage. Soon after, Bernard parted ways with St. Mary's church. I think that both he and the church realized he was not the right man for that job.

Another experience took place during the summer between seventh and eighth grades. At that time, the priests decided to take all the altar boys on a recruiting trip to their seminary in Santa Cruz.

It proved to be a great trip.

We all gathered on a Friday afternoon and loaded on to the school bus to take a leisurely drive over to the coast. There we spent two days, living with the priest candidates at the seminary. We ate with them and attended Masses and lectures.

We learned a lot about the lives of candidates for the priesthood.

On Sunday morning, our priest took us down to a private beach below the seminary. There, we frolicked in the ocean waters and had a great time.

At one point during the morning, a group of teenage girls came to swim on the public beach across the way from ours. I remember looking over at the girls, then up at the seminary, then over at the girls again.

I decided then and there that the priesthood was not the life for me.

The summer after completing eighth grade at St. Mary's School, I dropped out of the altar boys. I was preparing to attend Christian Brothers High School at the time and I knew that I would not have the time to be an altar boy any more. Being an altar boy had been a good experience, but now it was time to move on.

Now my time as an altar boy at St. Mary's Church is just another thought-provoking Janey Way memory.

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Bella #140154

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Gender: Female Hair: Medium
Age: 6 years, 11 months
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Ralphie #141140

Breed: Chihuahua Color: Black & White
Gender: Male Hair: Short
Age: 1 year, 6 months
Ralphie is a bit timid at first, but he warms up quickly. He is an affectionate little guy who likes to hang out in your lap to be pet. He loves to be carried, but he also likes to go for walks, and he walks well on a leash.

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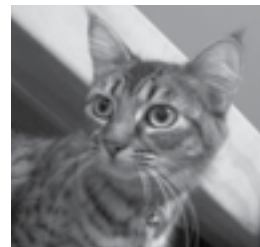
Breed: DSH Color: Grey
Gender: Female Hair: Short
Age: 1 year, 6 months
Sheila is a beautiful girl who enjoy sbeing petted and hanging out with people. She is also quite the explorer and will check out every cubby and corner when she is in a new place. Sheila enjoys playing with string toys and can be a feisty girl on occasion.

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

Tips on planning ahead

NAPSA – If you're one of the millions of Americans trying to make improvements in the new year, be sure to start off on the right financial foot. Pam Krueger, personal finance expert and host of PBS "MoneyTrack," can help you create a solid financial plan for the year ahead.

Here are five of her top tips:

Re-evaluate this year's budget. It's important to learn from your mistakes and repeat your successes. Tally up your monthly expenses over the past year to evaluate the "necessary" and "extra" purchases and identify where you can save. Factor these reductions in this year's budget and be sure to calculate whether you met or exceeded your budget each month. Also, don't forget that some months may be pricier than others (e.g. holidays or birthdays), so remember to either increase your spending budget or plan to save accordingly.

Know where you stand. Now is the time to check your credit score. You can order a free credit report at AnnualCreditReport.com and review your spending and borrowing practices. To improve your credit score, pay your bills on time and be careful about how much debt you have and how much of the allowed credit on your credit cards you use.

Build a backup fund. After you've paid off any debt, allocate all or a portion of the payment you had been making to a new Roth IRA or emergency fund. Better yet, try to do both with automatic payments. You've already been living without this money, so keep up the habit and watch your savings grow.

Manage your credit card balance. Even if you overspent lately and are worried about carrying a balance throughout the year, remember that you do have options. You may be able to use free features available with some credit cards. For example, Chase Slate with Blueprint offers easy-to-use features like "Finish It," which helps you create a plan to pay down your balance, set a target payoff date and by doing so save on interest.

Learn more. You can find useful financial tips and tools online at www.chaseslate.com.

Knowing where you stand when it comes to your finances can help you get to where you want to go.

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1935's House of Hope: Sacramento built 'Lucky Manor' to save the local economy

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

Sacramento is known for its beautiful, tree-lined neighborhoods, filled with homes featuring the unique architecture of the eras in which they were built – as well as the personalities of the owners who built them.

One home, however, represented the hopes of the entire community for an economic resurgence. It was built for one purpose, and one purpose only: to save the economy of Sacramento during the bottom of the Great Depression.

Nationally, the real estate market had collapsed. The banking crisis of the early 1930s had forced all banks to retrieve due mortgages – forcing home foreclosures. Refinancing was not available. Real estate values tanked as people lost their homes. Few home loans were issued during this

time, and few new homes were purchased.

The National Housing Act of 1934 sought to reverse all this. Uncle Sam was going to sweep away “that old barrier of money worry” by offering Americans the first Federal Housing Administration (FHA) home loans. These loans could be used to build or purchase a new home, or to make improvements to an existing home.

Sacramento immediately organized the Modernize Sacramento Committee, chaired by Allyn L. Burr. The board of directors included community leaders of the day, including Clarence H. Breuner. The committee had representatives of the city, county and state governments, as well as leaders in the retail and building fields.

Together, they built four demonstration houses to educate Sacramento area residents about the programs available through the FHA. The most fa-

mous of these was “Lucky Manor,” located at 1701 11th Avenue in the College Tract of Land Park, in 1935.

First home of kind

Lucky Manor was significant because it was the first home in the United States to be completed to stimulate interest in the federal government’s long-term home financing program. Built by the leading builders of the day, the retail value of the home was \$12,000 – a value of \$177,000 in today’s dollars. Leading local retailers, including Breuner’s, Weinstock-Lubin & Co., Vogt Electric and others, furnished the home with examples of how “home happiness” could be achieved with modern furnishings and appliances.

It was the first “model house” ever. *The Sacramento Bee* devoted virtually the entire front section of the May 23, 1935 edition to the opening of the home to the public the next day.



Photo courtesy, Janet Gatejen

Lucky Manor, seen here in 1935, made national history as the first demonstration home built under the National Housing Act of 1934. Built by the Modernize Sacramento Committee, the home was viewed as an important catalyst to re-boot the flailing Sacramento economy at the bottom of the Great Depression.

Tickets to view the home were sold six weeks in advance, for 35 cents a ticket or 12 tickets for \$3.50.

Home of hope

And the most amazing thing of all was that this home would be raffled off to one lucky winner. The public went wild to see the home and have a chance at winning large.

“Once upon a time, you would visit a home like ‘Lucky Manor’ and leave with a sigh of regret...because such comfort seemed so far beyond your reach. You’d wonder: Will we ever be able to enjoy anything half as nice?” stated the 16-page pamphlet each visitor to the home received. “But now! You can drink in ev-

See Lucky Manor, page 18

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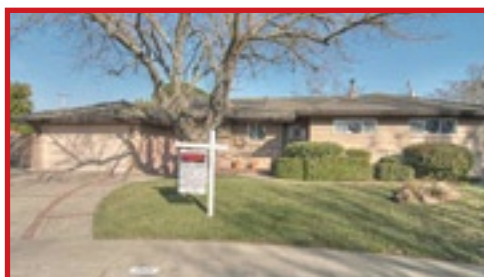


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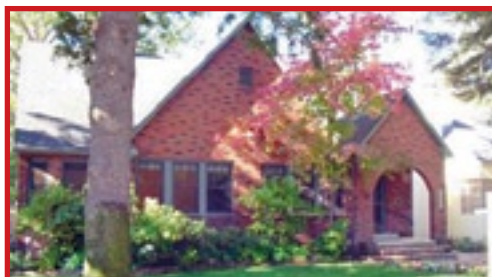
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Questions to consider when choosing a yoga class or instructor

By MARY CHAN
Land Park News guest columnist

What method of yoga are you practicing? Do you know?

When students attend a new yoga class, the answer is usually "I don't know," "Just standard" or "I think hatha yoga." Many have been practicing yoga for years and still don't know nor seem to be interested in learning what method they are doing.

Many people are under the impression that all yoga is the same.

It is not. When we buy appliances, household items, cars, televisions, computers, personal items, etc., we are interested in getting the best we can afford and the finest quality for a long life. When we seek out a professional, be it dentist, doctor, etc., we want to know about them

and their credentials. We've all heard the saying, "You get what you pay for." Yoga should be treated the same way.

Yoga is popular because everyone feels good after practicing yoga regardless of the method. Still, much is to be learned as there are many methods. There are yoga instructors who were certified in three days, three weeks, three months, etc. Then there are instructors who study for five to six years for certification and study the rest of their lives.

My first encounter with yoga was at a local gym fourteen years ago. Always having been an active person, I was used to a lot of movement in whatever I did – such as ballroom dancing, walking, hiking, tennis, gym workout and swimming. So, yoga did not make much sense to me and, honestly, I did not like my first experience: standing with outstretched arms and legs and no movement. I tried a second time and I was convinced yoga was not for me.

Then I was invited to Maui to a friend's wedding where we rented an estate for a week. Across the street was a small church I visited on Sunday morning. I noticed a weekday yoga class advertised in the church bulletin. I decided to try the class, not sure why, but I was curious.

I had never experienced a traditional yoga class as this one turned out to be. There were about eight students in the class of different ages, quietly the moving in and out of poses with ease. Being given instruction and correction on body alignment and focus on breathing as we went through the poses made me alert and conscious of what I was doing. I loved it.

After the class I returned to the estate to tell my friends that I was going to become a yoga instructor.

There is a myth that yoga is a religion. Yoga is not a religion. Many associate yoga with Hinduism, but in my research I've learned that yoga is older than Hinduism. There

is a spiritual side to traditional yoga which only enhances whatever spiritual or religious belief a person has.

Many doctors and chiropractors today are recommending yoga to their patients.

Two things a student should ask a yoga instructor:

First, what method of yoga do you teach, and second, are you still in training? A yoga instructor should forever be in training.

Finally, everyone interested in yoga should decide: "Do I just want to go and get a good workout?" or "Do I want to learn about good posture, body alignment, breath, anatomy and how to develop my own daily practice for a healthier and happier lifestyle?"

Yes, and still get a good workout.

Mary Chan is a certified Iyengar yoga instructor and the owner of Gen-Nih Yoga, located at 1049 Broadway, Suite 10 in Sacramento. Contact her at (916) 731-4831 or email Ma9777@aol.com

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Angel's Nest Child Development Center

By SALLY KING
Land Park News writer

There is a saying that when one door closes another opens.

For Angel's Nest Child Development Center located at 475 Florin Road, that is exactly what happened.

Just as Riverside Christian Nursery School announced they were closing their doors, leaving their director, Roberta Woodall without a job and kids without a nursery school, Angel's Nest, which had been open for a short while and just around the corner from Riverside, was looking for a director and kids to fill the school.

In September 2006, Woodall happily accepted the position, and many of the Riverside parents transferred their children to Angel's Nest.

Angel's Nest, open to children from the ages of two to five years, currently has 60 children enrolled, some part-time. The philosophy behind the school is play-based structure. Woodall, with more than 20 years experience in early childhood development, uses an emergent curriculum that is based on learning through hands-on activities and experiences.

Woodall encourages parents to come by and meet the staff. She said this allows the parents to get a sense of the environment at the center.

Angel's Nest has seven teachers. They work collaboratively and each teacher is assigned a main activity said Woodall. She gave an example of one teacher whose main activity is teaching Spanish. Another teacher runs the 'Kiddy Transition Night,' which is an informational evening for parents on how to transition their child from preschool to kindergarten successfully.

Tenaya Woods is Woodall's assistant. She also came to Angel's Nest from Riverside Christian. Both Woods and Woodall agree that they were grateful the children who attended Riverside had a place like Angel's Nest to move to at the time.

Angel's Nest uses the 'Desired Results Professional Development' program, which is part of the state's curriculum, to measure and follow up on the successes of the children.

"This program helps them to form critical thinking skills," Woodall said.

Tracey Dinh said she loves Angel's Nest. Two of her three children used to attend Angel's Nest and have moved on to grade school. Now her youngest is there.

"I moved here from Los Angeles three years ago and started looking for a preschool," Dinh said. "I was so happy to find this school. They are so welcoming."

Dinh explained her son has high functioning autism and when she mentioned this to other preschools, they gave her a cold shoulder. She said Angel's Nest was the only school that welcomed her to check out their facilities to make sure it was a good fit.

Dinh said her son did great at Angel's Nest. He made many friends. Dinh said she found the teachers to be very nurturing.

Christina Martinez has a son who has been attending Angel's Nest for three years.

"When I initially checked into Angel's Nest it felt very friendly, like a close-knit family," Martinez said. "I find the emergent program of the child leading the learning exciting."

Martinez said she has watched her son grow from being mentored by the older children to being the mentor and blossoming into a leader.

Woodall and Woods are on the same page in their love of working with children and their love for the Angel's Nest Center. They are so happy that quality child development education continues to be available for local children.

Sometimes when a door closes, it can be a good thing.

Angel's Nest is located at 475 Florin Road in Sacramento. For more information, call (916) 428-4651 or visit www.angelsnestcdc.com.

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Lucky Manor: Housing Act history was made by campaign in Sacramento

Continued from page 13

ery detail of 'Lucky Manor' and leave with your HEAD IN THE AIR...because that old barrier of money worry has been swept away by Uncle Sam."

English rustic design

Lucky Manor was designed "along the lines of an English country home,

with all the rustic beauty of its gabled roof and dormer windows," the Bee said. "Its classic simplicity immediately calls to mind the English manor immortalized in the romances of John Galsworthy and the poet, Shelley."

Visitors to the home could see idealized settings

in each room and quality craftsmanship in the architectural details throughout the interior and exterior of the home. The 2,209 square-foot home featured three bedrooms, 1.5 baths, an entrance hall, living room, living room "terrace," dining room, breakfast nook, kitchen, service

porch, service basement and a detached two-car garage – a novelty for the day, and considered very modern. The 8,712 square-foot corner lot featured professional landscaping.

A Dutch Colonial double door welcomed visitors to the home. To their left was the living room "the heart

of the home," furnished through the courtesy of Weinstock-Lubin & Co. – complete with a grand piano from Breuner's. Visitors learned that – with a housing act loan – they could add to their own homes: a fireplace and chimney for \$4/month, a built-in mantle for \$3/month and hardwood floors for \$3/month. All these loans would be paid off in just three years.

The kitchen featured a brand-new 1935 Superseven Frigidaire electric refrigerator and a Spark cabinet gas range, a double basket-drainer Crane Co. sink, and hand-crafted cabinetry.

The upstairs bathroom was decked out in red, white, black and chrome. The built-in recessed shower was considered a novel note, with its glass door with chrome details.

The bedrooms were large, and closet space was ample.

"One of the most desirable features of any home is incorporated in this master bedroom of Lucky Manor," the Bee said. "There is an abundance of space in the wardrobe closet with recessed shoe racks and hanging rods and shelves, making it easy to keep everything in order."

The landscaping of Lucky Manor was designed to last by East Lawn Nursery. In fact, many of the seasonal shrubs and evergreens continue to grow, bloom and thrive at the home.

Lucky winner

Thousands of tickets to view Lucky Manor were sold – some 25,000 by opening day, in fact. On June 29, 1935, one very lucky ticket was drawn – to the astonishment of the winner, Mrs. Lucy D. Griffey, 64. Mrs. Griffey was a widow of some 43 years, whose husband was killed in a Southern Pacific Railroad accident in 1892, leaving her to raise an infant son (who died in 1923) and later a nephew and two nieces, on her own. She made her liv-



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See Lucky Manor, page 19

Lucky Manor: Home won by widow who had seen much misfortune

Continued from page 18

ing as a dressmaker until her eyesight failed, and lived in the home she built at 2920 1/2 G Street with her nieces, Mrs. Allemand and Mrs. Reilly.

Winning the Lucky Manor meant new opportunities for the widow who had experienced such misfortune in her life.

"I was so excited when they told me I had been awarded the house I couldn't dress myself," she told the *Bee* with a laugh. "They sent a taxi for me as soon as they told me about it, so I could go out to Lucky Manor. But the taxi finally had to go on - it was an hour before I could get myself ready."

Mrs. Griffey planned to remain in her home, and contemplated selling Lucky Manor so she could retire.

"I guess I'll stay right here," she said. "I might travel just a little and not far from home. My life is here. But I'm not going to work."

Lucky Manor has stood the test of time well. "Quality will show out," as the old saying goes. The original architectural features of the home are still there, and the home continues to have a cheerful, "new" feeling to it - this after over 75 years and thousands of visitors, quite literally.

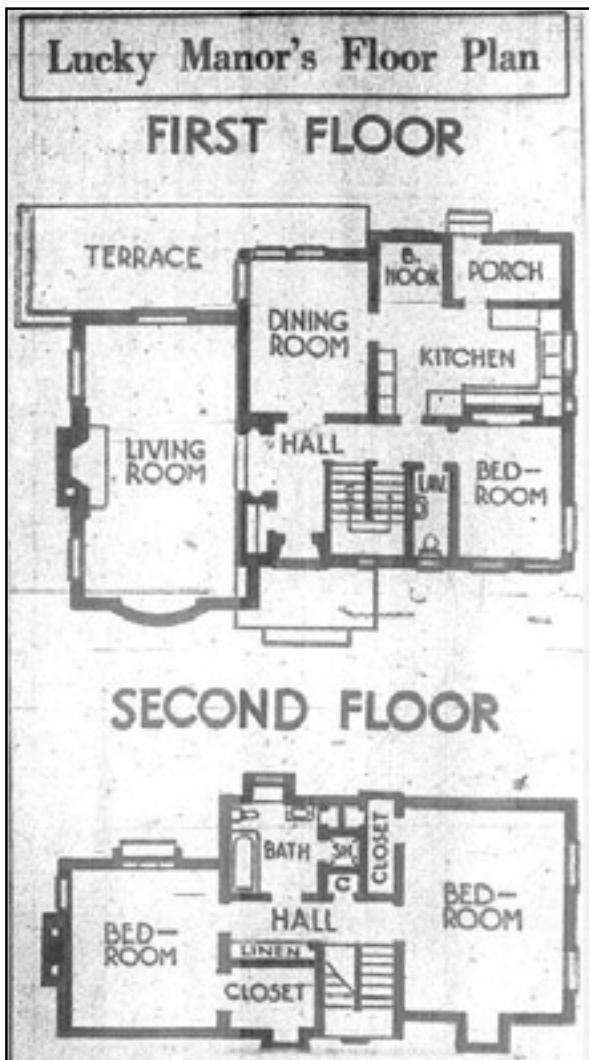


Photo courtesy, California State University Library archives
The layout of Lucky Manor was designed to have a floor plan with good traffic flow, modern conveniences and "home happiness."



Land Park News photo, Susan Laird
The original sign welcoming visitors to Lucky Manor in 1935 was recently re-discovered, hidden away in the home's two-car garage.

On the March market

Those interested in viewing this historic home will have a unique opportunity, when Lucky Man-

or goes on the market in early March. Yes, it is offered for sale to that special individual or family that will appreciate it for its quality construction, good

schools and convenient nearby parks (it is just a few blocks from Sacramento's historic William Land Park). The asking price is \$649,000.

Interested parties may contact Janet Gatejen at (916) 420-8418, janet@urbanhoundproperties.com or visit www.luckymanor.com.

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Mysteries revealed at 'Secrets of Sutter Street'

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

California's gold country has an attraction that is all its own. Part fact, part fiction, part "je ne sais quoi," Folsom's Historic District has a history that dates back to the Gold Rush era and even further back into antiquity when one considers the Maidu people who lived there first, thousands of years ago.

As a writer and news editor for "Folsom Life" newspaper many years ago, I had the unique privilege of learning many of Folsom's secrets. Literally, where some of the bodies are – or were – buried. Years before the restoration on Sutter Street, I got to visit the tunnels and other secret places of Folsom.

Most are off limits to the public – and with good reason. These places are seriously dangerous. And if you are fearful of

spiders, snakes, close places, subterranean water, ghosts or simply bumping your head...well, you get the picture.

Recent restoration work on Sutter Street revealed the existence of one of Folsom's subterranean tunnels to the public, as well as other artifacts of the city's pioneering inhabitants.

On Feb. 19, the Folsom History Museum will share much of this history, when it unveils "Sutter Street Secrets."

"What did they find under Folsom's Sutter Street? What secrets were revealed? Come to this wonderful new exhibit at the Folsom History Museum and find out," said Melissa Pedroza, spokeswoman for the Folsom History Museum. "Last year, the City of Folsom began the Sutter Street Revitalization Project. The project had two purposes: the practical – to replace the crumbling 100 year old

water/sewer infrastructure; and the cosmetic – to pretty up the street and make it more appealing."

According to Pedroza, the exhibit will display many of the artifacts uncovered during the restoration, including bottles, coins, horse shoes and tools found during the digging.

"The Museum will also play a video of the tunnel discovered under Sutter Street," Pedroza said. "This will be the closest most of us will ever get to seeing the tunnel. It's not something to be missed."

Also included in the exhibit is a description of the whole restoration process (sans the many, many Historic District Restoration committee meetings that were held at Landmark Baptist Church). From the removal of the dying magnolia trees (plopped right on top of the pavement of old Highway 50)

to the planting of over 100 trees along new sidewalks that incorporate Folsom's history, visitors will have an opportunity to see how much work went into this project.

"The exhibit features hundreds of photos taken during the actual process of the day and night construction," Pedroza said. "Big trucks, backhoes, and cranes and building facades tumbling down and being built back up."

"Sutter Street Secrets" opens Feb. 19 and runs through March 20. The Folsom History Museum is located at 828 Sutter Street in Old Town Folsom. Museum hours are Tuesday through Sunday from 11 a.m. to 4 p.m. Admission is \$4 for adults, \$2 for youth and free for kids under the age of 12. Folsom Historical Society Members receive free admission. Call (916) 985-2707 or visit www.folsomhistorymuseum.org for more information.

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Sacramento's first newspaper was printed at Sutter's Fort

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

On page two of this very newspaper that you are reading is an exceptionally significant detail that many readers overlook – a pair of “Xs” representing the 20th anniversary of this publication. And while celebrating this milestone, it is also a fine time to recognize Sacramento's first newspaper, the *Placer Times*.

Just west of the area that we know today as East Sacramento, the *Times* was established nearly 162 years ago in an adobe-like structure near the modern day corner of 28th and K streets, just outside the walls of Sutter's Fort.

Originally a weekly publication, the *Times*, which was initially published by E.C. Kemble & Co., began the distribution of its first issue on April 28, 1849.

At the time that Edward Cleveland Kemble established this pioneer newspaper, the *Times* was one of only two newspapers being published in California.

The other newspaper was Yerba Buena's (San Francisco's) *Alta California*, which began through a merger of California's first two newspapers, the *Californian* and *The California Star*.

The *Californian*, which included news in English and Spanish, was first published in Monterey on Aug. 15, 1846. The paper was relocated to San Francisco about a year later.

Predating the *Californian's* arrival in San Francisco, the *Star*, which was founded by Samuel Brannan, became San Francisco's first newspaper, as it was published for the first time in Yerba Buena on Jan. 9, 1847.

The *Californian* and the *Star*, which eventually both abandoned publication as a direct result of the Gold Rush, were later acquired by Kemble, who had arrived in Yerba Buena on July 31, 1846 as one of 238 passengers aboard a ship, known as the “Brooklyn.”

Also traveling on the ship that had left New York about six months earlier was Brannan, who was then a leader of a group of members of The Church of Jesus Christ of Latter-day Saints.

Upon acquiring the aforementioned San Francisco newspapers, Kemble first published the papers as *The California Star and Californian* on Nov. 18, 1848.

By the following year, the merged newspaper became known as the *Alta California*.

Eventually leaving the *Alta California*, where he had also served as an editor, Kemble began his venture to establish a newspaper at Sutter's Fort.

According to the 1880 book, “History of Sacramento County,” type was acquired from the old *Alta* office, a Ramage press was repaired and old Spanish printing paper was obtained, and the



California's first newspaper, *Californian*, was first published in Monterey on Aug. 15, 1846.

Land Park News photo, Lance Armstrong

items were shipped to Sacramento City (the original name of Sacramento) on a small schooner known as Dice Me Nana.

The old press that was used to print the early issues of the *Times* has an especially noteworthy history of its own.

Prior to printing the *Times*, which was the first newspaper published in the interior of California, the press had been used by California's first printer, Augustin V. Zamorano.

The press was also well traveled, having been transported to Boston, Honolulu, Monterey, Sonoma and San Francisco before making its way to Sacramento City.

After leaving the fort, the well-used press continued its work in Stockton, Sonora, Columbia and again in Sonora, where it was destroyed in a fire.

Although the first issue of the *Times* was not rich with advertisements, it nonetheless included notable advertisements such as a notice that Captain John A. Sutter was offering a \$200 reward for the return of two horses that went missing from Sutter's Fort.

The timing of the founding of the *Times* is obviously modernly important, considering that information that was printed in this paper helps present windows into the past of the beginnings of Sacramento City and other events – both foreign and domestic – during this era.

The *Times*, which was originally printed on 13-inch by 18-inch paper and had its title cut from wood with a pocket-knife, also served as a bullhorn for news of the Gold Rush.

The original price of the newspaper, which originally featured three columns of text per page, was \$10 per year, \$6 for six months, \$4 for three months and 25 cents for single copies.

Kemble's time with Sacramento's first newspaper was short lived, as is evident by the following words that were printed in the June 23, 1849 edition of the *Times*: “The ill health of Mr. E.C. Kemble has obliged him to retire from his post as editor of this paper. He has been succeeded in the duties as such by (T.R. Per Lee).”

Under this new editorship, the *Times* was relocated to Front Street during the following month.

Four months later, however, the *Times* was being printed on 2nd Street, between K and L streets.

In only a short period of time, the *Times* would experience many other changes, including an enlargement in its size and cost, its evolution to a tri-weekly publication on April 22, 1850 and its emergence as Sacramento's first daily newspaper on June 5, 1850.

On June 16, 1851, the *Times* was consolidated with its rival, the *Sacramento Transcript* and became known as the *Times and Transcript*.

But this merging of papers did not mark the first time that these two newspapers played a role in the creation of a local newspaper.

The original *Sacramento Union*, which was printed from 1851 to 1994 and was once recognized as the “Oldest Daily in the West,” began as a result of the efforts of four *Transcript* printers.

The printers had introduced the idea of *The Union's* creation due to their frustrations with a labor dispute between the *Transcript* and the *Times*, which was founded in 1850 as Sacramento's second newspaper.

Gary F. Kurutz, principal librarian at the California State Library, said that original, existing copies of the *Times* are so rare today that the State Library may likely be one of only three places that house copies of these old newspapers.

And in stressing the importance of the existence of these rare copies, which provide valuable records of a very historic period in Sacramento and its surrounding areas, Kurutz said, “Other than such things as manuscript diaries and letters, as far as a media, (the *Times*) was it.”

The *Times* was additionally important, as it planted the roots for the birth of many other Sacramento newspapers, including this very newspaper that is presently celebrating a very special birthday.

Area schools hold open forums to explain budget cuts

By ELIZABETH VALENTE
Land Park News writer
elizabeth@valcomnews.com

With the state facing a \$25.4 billion deficit over the next 17 months, schools across the State are looking at ways to cut back. Everyone is scrambling to make staffing decisions by the March 15 deadline for preliminary layoff notices. Final layoff notices will come out two months later on May 15.

Sac City Unified and San Juan Unified school districts have launched weeks of budget discussions focused on options familiar to public agencies around the county. The goal is to increase community awareness of 2011-12 budget issues and engage the public in this difficult process. The two unified school districts are contemplating two different budget scenarios for the 2011-12 school year; one if voters agree to extend temporary state tax increases and the other if they don't.

The difference is dramatic.

Sacramento City Unified School District:

If the tax increase is pushed through, Sac. City Unified School District (SCUSD) is looking to cut only \$9.05 million from its budget gap. If the proposed tax increase extensions does not pass, the school district is looking to cut \$22.3 million.

"In these uncertain times, it becomes critically important that we work hard to educate our community about budget challenges and listen to their suggestions and concerns," explained SCUSD Superintendent Jonathan Raymond. "The better informed our community is, the better they can work with us to find innovative and resourceful ways we can do more to accelerate student learning with less state funding."

According to the SCUSD website, the proposed cuts are:

- + Reduce adult education
- + Reduce staff pay
- + Eliminate busing
- + Reduce counselors
- + Increase seventh- and eighth-grade class sizes from 31 to 35, increase class sizes to 40 in ninth grade, 36 in seventh and eighth grades, and 34 in fourth through sixth grade

Given that reality, school officials are hoping their worse-case scenario doesn't get even worse. "These are horrible, horrible decisions we are proposing and the only thing worse than to make these decisions at all is trying to make them in a vacuum," said Gabe Ross, Chief Communications Officer Sacramento City Unified School District. "If it plans on being better than we thought then we can scale back."

According to Ross, in the last nine years, the district has cut \$177 million in expenditures – a 35 percent reduction. Even if voters pass tax extensions in a special election, it is projected that more cuts will be needed to balance SCUSD's budget for next year, due to the lingering recession and enrollment declines in some areas.

San Juan Unified School District:

San Juan Unified School District (SJUSD) is working to reduce expenditures by at least \$36.7 million. If the Governor's budget fails or voters do not approve the extension of temporary taxes, the total amount of needed reductions grows to \$49.6 million. On Feb 8, the Board discussed reductions for schools through staffing allocations as well as reductions at the central office. The staffing allocations return to the Board on March 8 for action.

There are more than 40,000 SJUSD students that will be affected by the cuts. "Our number one position is to teach kids and therefore the core work should be protected in the classrooms," said Tom Alves, Executive Director of the San Juan Teachers Association. "They keep cutting much more deeply in the classrooms than the administration and central office.

We've always said it needs to start there."

Despite an early rejection from the SJUSD, Alves is still pushing for a retirement incentive that addresses managing the exodus of teachers in a financial and fiscal way. "If we let go of the bottom 200 teachers that make an average \$40,000 a year instead of the top 200 teachers that average \$75,000, that's a big difference."

According to the SJUSD website, if there are no tax extensions some of the possible impacts would be:

- + Reduce staff allocations as well as reductions at the central office
- + Eliminate adult education
- + Offer bus transportation only to special education students
- + Increase K-3 class sizes
- + Eliminate 357 teacher, vice principal, counselor and district-level administrator positions

More than 49 of those positions are central office staff, including media techs, Regional Occupation Program (RoP) coordinators, and even high school counselors.

"There's between two and four fulltime positions allocated for counselors in high school," explains Trent Allen, San Juan Unified School District spokesman. "For the next academic year the Board is considering one full time counselor for schools with one-thousand or fewer students. For the schools between one to two thousand students we'd have three full time counselors."

Craig Stradley, whose son attends at Rio Americano High School, says even though he understands some cuts are needed, he also believes some positions like high school counselors are a necessity.

"Counselors are the ones that are guiding the students to their next level of education, whether it's a four-year university or a trade school that goes indirectly to the workforce," said Stradley. "I think it's going to be one of the most painful cuts."

Anytime school districts talk about school closures

or cutbacks they get a lot of feedback from parents, businesses, and other organization. This academic year both school districts have seen a spike in teacher/parent/school/business involvement than in years past.

"This time around it's more constructive I think because we went through the strategic planning process and invited more than 300 members of the SJUSD community to come in and help set direction for the district and create some honest dialog," said Allen. "The other piece is the economic climate we are in. Folks realize there will be reductions and sacrifices and it's not a question if we have to be doing it, but rather, let's figure out the best way to do them."

"We can't pretend that this will be an easy year," said Raymond. "But if we work together with all of our partners, I believe we can make it through. And families are our most important partners."

It could be weeks or months before its clear which budget scenario comes to pass. Gov. Jerry Brown is urging legislators to vote next month to create a special election in June, asking voters to extend increases in the sales tax, vehicle license fee and income tax that are due to expire June 30. First he would need to get a two-thirds vote from the Legislature for the special election. If they don't, K-12 and community colleges' share of the budget would be cut by at least \$2.2 billion.

The following is a schedule of forums (all meetings start at 6:30 p.m.):

- Tuesday, March 1 - John Still Elementary School, 2200 John Still Drive
- Wednesday, March 2 - John F. Kennedy High School, 6715 Gloria Drive
- Tuesday, March 8 - Father Keith B. Kenny Elementary School, 3525 Martin Luther King Jr. Blvd.



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

FEBRUARY

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

'The Vase and Beyond'

Daily, through April 10: "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.org

'Inferno of the Innocents'

Daily, through April 24: Like a modern-day Goya, Gottfried Helnwein's monumental paintings and photographs address themes of inhumanity, violence, and the virtue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency.

Big Band Dance

Feb. 24, March 1, 4, 8, 11, 15, 18, 22, 25, 29: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Food Addicts Anonymous

Feb. 24, March 3, 10, 17, 24, 31: 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.

Lecture: The Africanist Aesthetic in Performing & Visual Arts

Feb. 24: From the aesthetics of African textiles to the styles of U.S. hip-hop, UC Davis assoc. prof. Osumare will demonstrate a connection between traditional and contemporary cultures as explored in her book "The Africanist Aesthetic in Global Hip-Hop: Power Moves." 6 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Living Positive with Chronic Disease group

Feb. 24, March 3, 10, 17, 24, 31: 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

Feb. 24, March 3, 10, 17, 24, 31: 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

Feb. 24, March 3, 10, 17, 24, 31: 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

Feb. 24, March 3, 10, 17, 24, 31: 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

Feb. 24, March 3, 10, 17, 24, 31: 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

Feb. 25, March 4, 11, 18, 25: 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

Feb. 25, March 4, 11, 18, 25: 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

Feb. 25, March 4, 11, 18, 25: 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

African American authors discussion

Feb. 26, March 5, 12, 19, 26: Spirited and thought-provoking book discussions with an emphasis on African American authors. 10 a.m., Saturdays through May 14. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Art and War: Exquisite Corpse

Feb. 26: Adults are invited to a free art workshop series. Participants are encouraged to experiment with different media and learn a few things about art history at the same time. 2 p.m., Saturdays, through March 5 at Ar-

den-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920 www.saclibrary.org

Book discussion: Dashiell Hammett

Feb. 26: Join this second of a two-part discussion of the works of mystery writer Dashiell Hammett. 1 p.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Buddy Harpham's Band

Feb. 26: 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

The Discovery of DNA

Feb. 26, 27: Celebrate the 1953 discovery of DNA at the Discovery Museum. There will be demonstrations, displays, and activities. Kids can make a DNA molecule to take home. On Saturday, the Museum is hosting a Junior FFL Expo of LEGO Robotics from 12:30 p.m.-3:30 p.m. Watch these young competitors demonstrate their robotic creations. Chat with Cosmos, our resident spokesrobot. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only); live animal shows at Noon and 2:00pm are for all ages. In addition: morning and afternoon 12:30 p.m.-4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12-4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

Food Addicts Anonymous

Feb. 26, March 5, 12, 19, 26: 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.

Shakesperiment 2011: Fairies & Fools

Feb. 26, 27: The Fairytale Town Troupers present "Shakesperiment 2011: A Midsummer Night's Dream - Fairies & Fools." Tickets \$1/person in addition to park admission. Showtimes noon and 3 p.m. Note: due to city ordinance, adults cannot be admitted to Fairytale Town unless accompanied by a child. Fairytale Town Children's Theater, 3901 Land Park Dr., Sac. (916) 808-8884 www.fairytaletown.org

Co-Dependents Anonymous

Feb. 27, March 6, 13, 20, 27: 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

Feb. 27, March 6, 13, 20, 27: 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

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Must be 21 years or older
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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Fred Morgan's Band

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

Sunday Support

Feb. 27, March 6, 13, 20, 27: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east

of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Co-Dependents Anonymous

Feb. 28, March 7, 14, 21, 28: 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

Feb. 28, March 7, 14, 21, 28: Align the body through breathing techniques, pos-

tures 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

Feb. 28, March 7, 14, 21, 28: 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.

RWC Weight-Loss Challenge

Feb. 28: Join others in a supportive environment to lose weight in this 12-week program at Riverside Wesleyan Church, 6449 Riverside Blvd., Sac. Contact John Roe (yourgoodhealth@prodigy.net), Julie Lund (jaglund@hotmail.com) to sign up.

Tai Chi & Chi Keung

Feb. 28, March 7, 14, 21, 28: 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

Feb. 28, March 7, 14, 21, 28: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

MARCH

History book club

March 1: The Carmichael Library History Book Club mixes fact and fiction for a clearer picture of world history. This month's book is "In the Valley of the Kings" by Daniel Meyerson. Bring a snack to share. First

Tuesdays, 6:30 p.m. Carmichael Library, 5605 Marconi Ave., Carmichael. (916) 264-2920, www.saclibrary.org

National Pancake Day

March 1: Children's Miracle Network Hospitals and IHOP restaurants will celebrate National Pancake Day. 7 a.m.-10 p.m. IHOP will offer a free short stack of its famous buttermilk pancakes to each guest and in return, diners will be asked to leave a little something behind for UC Davis Children's Hospital.

Rotary Club of Arden-Arcade

March 1, 8, 15, 22, 29: 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

March 1, 8, 15, 22, 29: 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

March 2, 9, 16, 23, 30: 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

March 2, 9, 16, 23, 30: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Wee Wednesday

March 2, 9, 16, 23, 30: Bring your little one and yourself to this gallery-based play date for children ages 3 to 5. Free with Museum admission. 11 a.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Film Frame

March 3: "The Silence of Innocence—The Artist Gottfried Helnwein" (2009, 116 minutes) Filmmaker Claudia Schmid accompanied artist Gottfried Helnwein for two years to produce this insightful documentary of the artist's process and environment. A discussion with Jesse Drew, associate professor of technological studies at UC Davis, artist Ianna Frisby, and Elaine O'Brien, professor of modern and contemporary art history and criticism at CSU, Sacramento will follow the film. Purchase tickets at crockerartmuseum.org, the Admission Desk, or by calling (916) 808-1182. \$6 members, \$12 nonmembers. 6 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Lunch & Learn

March 3, 17: Join us for an in-depth 30-minute talk about a work of art on view. "Untitled (The Disasters of War 10)" will be discussed on March 3, and the topic will be Curtis Benzlé's "Bowl" on March 17. Participants are encouraged to enjoy lunch at the Crocker Cafe before or after the talk. Free with Museum admission. 12 noon. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Organic veggies & Veggie gardening

March 4: "Organic Vegetables and Vegetable Gardening" will be presented by Bill Krycia, UC Davis Master Gardener at this meeting of the Organic Gardening Club of Sacramento County. 10 a.m. Carmichael Park Admin. Bldg., 5750 Grant Ave., Carmichael. (916) 635-6724

Rummage sale

March 4, 5: Come check out the fine jewelry, collectibles and gently used clothing at the All Saints Episcopal Church Rummage Sale. Fri. from 11 a.m.-3 p.m., Sat. from 9 a.m.-2 p.m. 2076 Sutterville Rd., Sac. (916) 455-0643

Art Q & A

March 5, 6, 12, 13, 19, 20, 26, 27: Discover the essence of the art on view in tours that emphasize looking, conversation, and group interaction. Free with Museum admission. 11 a.m. and 1 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

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Mardi Gras Celebration

Tuesday, March 8th, 5 to 9:30 • Taylor's Kitchen

MENU

Appetizer

choice of

Crostini with andouille, piquillo pepper, mozzarella and salsa verde

or

Mini Muffelata Sandwich with mixed green salad

or

Fried Catfish and Okra with Spicy Aioli

Main

Cajun Gumbo with Red Beans and Rice and Corn Bread

Dessert

Bananas Foster Pan Perdu

\$25.00 per person (not including tax or gratuity)



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

For Reservations
contact Andrew at
Taylor's Kitchen
916-443-5154

Buddhist Church of Sacramento Spring Food Festival

Sushi
Teriyaki Chicken
Udon (hot noodles)
Chirashi
Teriyaki Sandwich
Pastries

SUNDAY, MARCH 13, 2010

11:00 - 1:00 PM

2401 Riverside Blvd
Sacramento, CA 95818

PRE-SALE TAKE-OUT ONLY

PRE SALE DEADLINE:
MARCH 6TH

For additional information or pre-sale forms:
446-0121 • buddhistchurch.com

RUMMAGE SALE

Friday March 4th, 11 - 3
Sat. March 5th, 9 - 2

family clothing, books,
housewares, furniture
jewelry, collectibles
\$5 bag sale 1:00 Saturday

All Saints Church
2076 Sutterville Road



CELEBRATING THE CHINESE YEAR OF THE RABBIT

Land Park News photos
by DANNY KAM

The Chinese New Year Culture Association (CNYCA) welcomed in the Chinese New Year of the Rabbit on the Sacramento State campus, Feb. 12.

The festivities included the traditional Chinese Lion Dance, cultural dance performances, martial arts, kung fu, Tai Chi, music, Chinese painting and arts, a singing contest, children's games, activities and exhibits.

The Wong Center Resident Council performed Xinjian dancing from the northwestern part of China. The Red Maple Cultural Connection performed a brilliant parasol dance. Performers from NewStar Chinese School dazzled the crowd with a singing and stomping dance. The China Moon Dance Troupe performed "The Charm of Vinegar" dance with vivid colors.

Local dignitaries were on hand, including Assemblyman Dr. Richard Pan from California's 5th District, Roger Dickerson and Vicki Beaton. Insurance Commissioner Dave Jones presented a letter of commendation to Beaton and Mayue Carlson, presidents of the Chinese New Year Culture Association. On behalf of the Sacramento County Board of Supervisors, Supervisor Jimmy Yee presented a resolution recognizing the 14th annual Chinese New Year celebration in Sacramento.

Sacramento Postmaster Al Santos and Rungfong Hsu unveiled a stamp celebrating the Chinese New Year.

According to the Chinese Zodiac, the Year of 2011 is the Year of the Golden Rabbit, which began on Feb. 3 and continues through Jan. 22, 2012. The Rabbit is considered a lucky sign, one which brings a year in which one can catch one's breath and calm one's nerves.



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EXCEPTIONAL FAMILY HOME

In Hollywood Park. 3 bedrooms, hardwood floors, vaulted & beamed ceiling in the living & dining room. Wall of windows in LR overlooking a deep private yard. Tiled kitchen w/breakfast area & inside laundry room. Newer HVAC in 2009, roof 10 yrs old. Freshly painted exterior. Dual pane windows. Short walk to Land Park, Zoo, shopping & dining. See www.211722ndave.eproperty.com \$248,000

ELAINE OWENS 747-8479



UPDATED TOWNEHOME

\$150,000 Remodeled Saratoga Townhome w/master chef kitchen, granite, dual convection oven, 5 burner stove, wine fridge, wood floors, custom loft, black granite tiles in 2 bathrooms, dual pane windows & designer paint. Walking distance to Downtown. See www.910qstreet.eproperty.com \$289,000

NATHAN SHERMAN 969-7379



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 \$239,000

ERIN ATTARI 342-1372



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



DIDION SCHOOL DISTRICT

Features include 4 bdrms, kitchen w/plenty of storage & dining bar, huge living room, formal dining area & separate family room w/gas fireplace. Large master w/2 closets, 2 sinks, large updated shower stall & a sliding door to the backyard. Built-in pool &spa. www.7078lazyriverway.view24hours.com \$349,000

KELLIE SWAYNE 206-1458



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

HEART OF HOLLYWOOD PARK

Hard to find 1524 sq. ft on a great street!!! Original owners meticulously cared for this 3 bed, 1.5 bath home w/family room. Hrdwd floors, dual pane windows, newer roof, cute kitchen and baths. 2 car garage w/mature landscaping front & back. www.4936HelenWay.com \$ TBD

JAMIE RICH 612-4000

CHARM ABOUNDS!

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! Hdwd floors, covered patio w/tile flr, spacious yard w/trees & deck. CH&A. See www.2367-39thSt.com \$265,000

CONNIE LANDSBERG 761-0411

VACATION AT HOME

Open, remodeled kitchen overlooking **PENDING** room & backyard. Large deck overlooking pool. Bedrm w/French doors opens to private deck. Remodeled bath. Other imprvmnts include a master suite, skylights, newer AC, recessed lighting & more. See www.1429PotreroWay.com \$419,000

DAVID KIRRENE 531-7495

IN THE HEART OF OLD LAND PARK

Charming family home makes this **PENDING** 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

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