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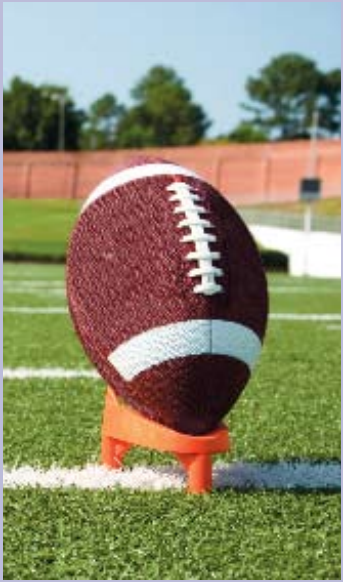
See page 6

Clunie Center saved

See page 10

COMMUNITY CALENDAR, PAGES 24-25 • KNOW YOUR NEIGHBOR, PAGE 21 • FACES AND PLACES, PAGES 26-27

Inside This Edition



McClatchy alumni growing boosters club
See page 5



Gregg Lukenbill on the Sacramento Kings
See page 8

'Putting on the Ritz'

Land Park resident leads interesting life

See page 21



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Get your order in early Spring Food Festival is just around the corner

Special to Land Park News

Enjoy some really delicious Japanese home-style cooked foods with the "aji" (flavor and taste) that you get only at home or at local Japanese restaurants.

The Spring Food Festival will be held on March 11 at the Sacramento Buddhist Church.

All the food items will be prepared in the church kitchen by SBWA and ABA members. The menu items include: Shioyaki Chicken (half) with some Teriyaki Sauce on the side, Combination Sushi, Maki (Uncut) Sushi, Age Sushi, Chirashi, Udon, Spam Musubi, Cabbage Salad and Teriyaki Sandwich.

The Girl Scouts will also host a Pastry Table, so guests can pick up some dessert items.

Deadline to order Feb. 26

An early sell-out is anticipated, so orders need to be placed quickly, no later than Feb. 26. Order forms can be downloaded at www.buddhistchurch.com.

On March 11, come by the Betsuin and pick up orders between 11 a.m. and 1 p.m. All purchased food items will be carefully packaged and ready to eat.

Some of the foods are best when reheated... perfect for enjoying in the comfort of your home, while watching the Kings play and in the company of family and friends.

The Sacramento Buddhist Church is located at 2401 Riverside Boulevard in Sacramento. For more information concerning this event, call (916) 442-0121 or visit www.buddhistchurch.com.



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'Restore the Roar'

McClatchy booster group growing by leaps and bounds to support student athletes

By SALLY KING
Land Park News writer
sally@valcomnews.com

Restore the Roar, an athletic booster club at C.K. McClatchy High School, is establishing an Athletic Hall of Fame, and in so doing, is establishing something more: a group of involved alumni who are enjoying making a difference in the community while having fun together.

'How can I help?'

Former Chief Deputy of Social Services Bob Sertich helped start the booster club in 2007 after he retired. He wanted to help out in his community and because he and his three adult children are alumni of McClatchy High School, he went to the school to find out where it needed help. The athletic director needed some assistance with the football team, so Sertich focused on the needs of the football team for two years.

Shift from football to all sports

The focus for the booster club has changed and the club is now working with Athletic Director Rod Feikert to create an umbrella for all sports, involving the alumni, parents and businesses. In 2009, Restore the Roar was licensed as a non-profit business.

"It is an outstanding program," Feikert said. "It's always great to have the alumni involved with the school."

Mentoring...and building

Sertich started the booster club with the idea of having past athletes from the school meet with current student athletes. He wants the students to have positive role models.

"I want the long and heralded athletic tradition at McClatchy High School to continue," Sertich said. "The goal is to build a booster program similar to that of many large suburban schools."

Sertich said his father died when he was 10-years-old and he missed out on becoming athletically involved as a young boy. While attending McClatchy in 1964, Sertich remembers one man in particular who made a difference in his life. His name was Bill Morgan and he was the vice principal.

"He was a great educator," Sertich said. "He talked to the students about the role of public service and making the community stronger. That stuck with me."

Academic, athletic recognition

This year the club had a recognition event for seniors who played more than one sport and kept a high GPA. They also helped the girls basketball team. They were able to provide an after school study hall and tutors for the athletes and Taylor's Market generously donated meals to the football team.

Cameraderie

Rod Kunisaki, an alum and member of the Sacramento Sports Commission, is the treasurer for the club

"I became involved in the club mostly because of the camaraderie," Kunisaki said. "I enjoy the connection between the students and the athletes who attended McClatchy."

2012 nominees – partial list

Many great athletes attended McClatchy High School. Lenore Modell, Barbara Romack and Judy Ghillarducci are three examples of the type of athletes being nominated for the first Hall of Fame.

Romack played professional golf, winning the U.S. Women's Amateur golf tournament in 1954. She was on the cover of Sports Illustrated on April 16, 1956. At one time she served as vice-president of the LPGA.

Ghillarducci was golf pro at Haggin Oaks for over 20 years. She is a past winner of the County and City of Sacramento women's golf tournaments.

Modell swam the English Channel in 1964.

The complete list of nominees thus far is posted on the Restore the Roar website, www.restoretheroar.org.

Sertich said the club is organizing a dinner for the Hall of Fame and they are still accepting nominations.



Photo iStockphoto

RESTORE THE ROAR began as a high school alumni booster club to support the C.K. McClatchy High School football team in 2007. Today, the booster group is working to support student athletes in all sports at the school.

Four requirements for 'Restore the Roar' nominees

The following categories will be considered for induction into the C. K. McClatchy Athletic Hall of Fame:

1. Former student-athletes who compiled an outstanding record of athletic accomplishments while competing for McClatchy High School.
2. Entire athletic teams that represented McClatchy High School at the highest level of competition in its respective sport.
3. Coaches with a demonstrated record of teaching and athletic accomplishment during his/her tenure at McClatchy.

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Local High School warms up the community with new installation

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

Thanks to foresight, campaigning, budget crunching, and maybe even spiritual intervention, St. Francis High School is showing the City of Sacramento ways to heat things up in terms of conserving energy. This past month, the East Sacramento Catholic high school completed the installation of 253 kilowatt, solar energy supply system on seven buildings.

The solar installation will generate 31 percent of the campus electricity usage generating an estimated \$1 million in energy cost savings to the school over the next 20 years.

Stephanie Droste-Packham, state field associate for Environment California said putting solar panels up in schools is a win-win-win for Californians.

"They create green jobs in our communities, clean up air pollution, and save our schools money," she said.

Last week Environment California Research & Policy Center released a new report, *California's Solar Cities 2012: Leaders in the Race Toward a Clean Energy Future*, that featured the 72 year old

all-female college preparatory high school as a leader in renewable energy conservation.

As Sacramento Mayor Kevin Johnson explained at State of the City address at the Convention Center on Jan. 30, St. Francis High School's commitment to make clean energy a priority is an "example of how an investment in solar makes great business sense for a property owner, creates green jobs, and improves our environment."

"I am proud of today's recognition by Environment California," Mayor Johnson said. "Sacramento and Greenwise Joint Venture, have made a concerted effort to leverage our competitive advantages and make clean energy a priority. We see the results in the statewide data and in projects throughout our region. We are also teaching our students that we care about their future."

Kate Ely, a senior at St. Francis High School, became involved in this project at the end of her junior year. She served on the school's planning and finance committee, wrote a letter to the Diocesan Finance Council (that had to



Photo courtesy, St. Francis High School
SOLAR FARM TO SAVE ENERGY...AND MONEY. This photo shows the building of the solar "farm" that sits atop seven buildings at St. Francis High School in Sacramento. Photovoltaic panels were then installed on the frames. The completed system is expected to generate over one-third of the campus' energy, and is expected to save the school \$1 million over the next two decades.

approve the project, since St. Francis is a Sacramento Diocesan School), and even joined Mayor Johnson at media events on the plans for the installation of solar panels at the Catholic school.

"As I grew to understand the charts and graphs, installation techniques, and advantages of the prospective bidders, a specific role developed for me to represent the students, to be

their voice," Ely said. "While St. Francis solar panels on campus will cut energy costs and reduce carbon emissions, other key benefits from the students' perspective is to model the social justice teachings of the Catholic Church and demonstrate the importance of living in cooperation with nature."

Droste-Packham said that putting solar panels up on

schools educates the students on how to power life sustainably.

"When a teenager in high school knows the lights in the library, the auditorium, the hallways, or even the power point presentation in math class is powered not by fossil fuels, but by the sun, they become stewards of clean energy," Droste-

See Solar, page 7



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Solar: California leads nation in solar energy

Continued from page 6

Packham said. "They know what direction we should be heading as a state, and that's away from fossil fuels, away from air pollution and away from global warming pollutants."

"Our students are excited and happy to have solar panels here at the high school," said Ingrid Niles, St. Francis High School communications director. "I think overall, our kids think having something like this is pretty cool and we hope we inspire a few of them to look at this stuff after high school."

St. Francis High School's photovoltaic (PV) solar installation is funded through a U.S. Treasury Grant, SMUD rebates and reductions in electric utility bills. It will result in a significant reduction in carbon emissions compared to traditional forms of generating electricity. It's also designed to produce 30.6 percent of the school's current electricity requirements.

"It will lock in the cost of electricity for 30 percent of the school's needs, thus serving as an effective hedge against future inflation in the cost of electricity," explained Niles. "Cal-



Photo courtesy, St. Francis High School

STUDENT ADVOCATE for solar energy. Kate Ely, a senior at St. Francis High School, became involved with the school's effort to become the first high school in the region to adopt solar power as a major campus energy source.

ifornia utility rates have increased an average of 6.7 percent over the last 30 years."

St. Francis High School's Director of Finance and Business Operations Sharon Tobar worked closely with the school's Finance Council to bring the solar project to fruition. Tim Lien, a Sacramento businessman and parent of a St. Francis graduate, became involved in the project early on and spent hundreds of hours on the proposal. Paul Lau, SMUD assistant gener-

al manager and also a St. Francis parent, was one of many SMUD representatives instrumental in the planning stages.

"SMUD has been supporting the project from the top of the organization all the way down with customer support and PV expertise," said Tobar.

"It is my hope that the St. Francis High School Solar Project will encourage each member of our community to embrace their role as Christian stewards," Ely said.

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According to Environment California, the nation's 31st state is number one in the country in terms of solar power, leading the way through the next great energy transition.

"California is steadily moving away from powering our lives on dead dinosaurs to powering our lives with sunshine. Solar panels are going up across the state, on homes, warehouses, military bases and schools," said Stephanie Droste-Packham.

A Environment California Research & Policy Center report shows that Sacramento ranks seventh in the state in terms of the total amount of solar electricity generated, measured in capacity, with 16 megawatts. Sacramento ranks 10th in the state in terms of the number of solar installations on residential, commercial and government buildings, with just over 1,000 projects installed.

Sacramento has experienced the greatest rate of solar growth of all major cities, tripling the total amount of solar power installed in the past two years alone.

"Solar power is booming in Sacramento," said Bernadette Del Chiaro, director of clean energy programs at Environment California Research & Policy Center. "Despite the slow economy, Sacramento has found a way to grow one of the most promising clean energy solutions, bringing clean air and jobs to the city."

The top 12 solar cities are:

1. San Diego
2. Los Angeles
3. San Jose
4. Fresno
5. San Francisco
6. Bakersfield
7. Sacramento
8. Santa Rosa
9. Oakland
10. Chico
11. Clovis
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Original Kings owner Greg Lukenbill reminisces on Arco Arena, major leagues

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

Editor's Note: This is part two of a two-part series about Sacramento native Gregg Lukenbill's many activities in the capital city.

Gregg Lukenbill will forever be remembered for his involvement in bringing a National Basketball Association team to Sacramento. But he has also been active with many other activities during his life.

As presented in part one of this series, Gregg, 57, grew up in Sacramento, graduated from Sacramento High School and attended American River College, Sacramento City College and Sacramento State University.

He was also involved in construction for many years in the capital city, thus helping to make his life story very much a Sacramento story.

And in spending his youth in Sacramento, Gregg was among the many locals who were disappointed with the departure of the Sacramento Solons of the Pacific Coast League.

A lesser known fact about Gregg is that he attempted to bring post-Solons professional baseball to Sacramento.

Baseball efforts

Long before Gregg worked to acquire an NBA team for the city, Gregg placed a lot of his energy toward having a baseball stadium constructed off

Bradshaw Road on county-owned property.

County Supervisor Pat Melarkey was essential in having this property used for a stadium, as he informed Gregg that the property was available to be leased or purchased.

A lien had been placed on the property because of unpaid taxes of \$800.

Through Melarkey's assistance, the property was leased by Gregg and his father Frank.

Unfortunately for the further progression of the stadium construction project, this endeavor fell by the wayside due to the passing of Proposition 13 and neighborhood opposition.

This failure to build a baseball stadium off Bradshaw Road led



Land Park News photo, Lance Armstrong
GREGG LUKENBILL points to a map that shows lines representing most of the places he has traveled to in the United States.

Gregg and his business partners to refocus their attention on acquiring a site that they could purchase for a future sports facility.

Arco Arena

Gregg's business advisor Steve Cippa of Coldwell Banker arranged for the purchase of the aban-

doned crop dusting airport, where part of today's Power Balance Pavilion is located in Natomas. Adjoining property was also acquired for the sports facility project.

Because of opposition from the city council and the city planning com-

See Lukenbill, page 9

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Lukenbill: Unwavering love for Sacramento and its history

Continued from page 8

mission, about eight years passed before the atmosphere and proper zoning for the facility was secured.

Eventually Gregg and his business partners purchased the Kansas City Kings of the NBA and had a 10,333-seat temporary arena constructed.

The second and "permanent" Arco Arena – now Power Balance Pavilion – opened in 1988.

In addition to the arena's typical events, one of the earliest attractions at the arena occurred in 1989, when Gregg arranged for one of the venue's most unusual events.

"We were looking for some creative thing we could do to raise money, so I said, 'Why don't we make the world's largest drive-thru?' It was my idea. I knew that we could open the doors and create a drive-thru."

As a result of this idea, cars lined up for several hours on a Saturday, as people ordered food and beverage from a very unique McDonald's drive-thru.

Gregg, who was also very involved with the construction of downtown's Hyatt Regency Hotel, sold his share of the Kings to Jim Thomas in 1992.

Doubts about Anaheim

As many Kings fans and residents of the Sacramento region are well aware, the Kings were on the verge of being relocated to Anaheim after the end of the season last year.

In discussing the topic of this well-documented potential move to the south, Gregg said, "I have my doubts about Anaheim," Gregg said. "If you put three (NBA teams) in L.A., why wouldn't you put three in New York and maybe even four, another one in Chicago? What you're dealing with is a situation of the structure of the league – from a television market standpoint – and its economic advantages of being a large market. It goes back to that whole competitive balance relationship. How do you create a bicameral competitive balance in sports? What do you do in the NBA? The NFL solved the problem by ba-

sically taking all revenues and distributing equally to every team. It's essentially socialism, socialized capitalism. It's a battle for the (NBA) to try to sustain the illusion of competitive balance."

On a new arena

And in regard to the ongoing arena issue in Sacramento, Gregg stressed the necessity of approaching the problem on a wider spread scale.

"I still think that they need a regional solution to this thing, but maybe they'll get it done (through the city)," Gregg said.

History, travel buff

When it comes to the topic of history, one would find it difficult to encounter someone who is more passionate about the subject than Gregg.

Gregg is so intrigued by history that he said that he would likely have taught history had he not

become involved in the local construction industry.

Some of Gregg's personal hobbies alone demonstrate his love for history.

"I have a thing for national parks and monuments," Gregg said prior to naming some of the many national parks and monuments that he has visited.

In his East Sacramento home, Gregg has a map that shows lines on it that represent most of the places he has traveled to in the United States.

Gregg also has a collection of hundreds of pin-back buttons from both Sacramento and places where he has visited throughout the world.

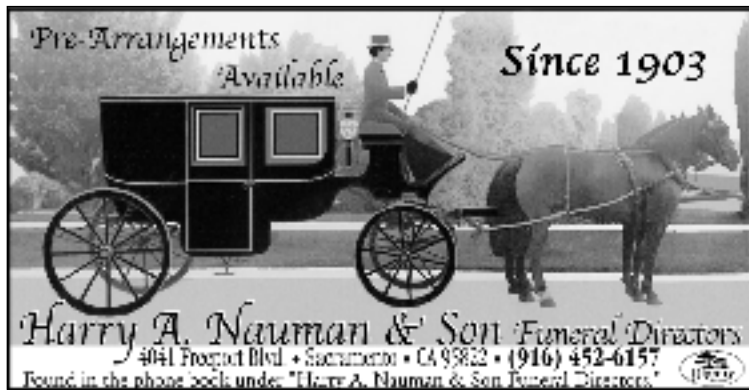
Many of the buttons are from national parks

and monuments that he has visited.

Traveling with his wife, Sally, is one of Gregg's greatest passions. And altogether Gregg has visited 46 state Capitol buildings and has been to all 50 states more than once.

Another one of Gregg's hobbies is collecting history books and his ability to discuss the lives of past U.S. presidents provides evidence that he has also read many of the books that he owns.

Although Gregg does not shy away from diplomatically voicing his opinions regarding his frustrations with various actions taken by the city, one thing is for sure; he maintains an unwavering love for his hometown of Sacramento and its storied history.



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Sacramento residents, businesses pull out checkbook to save Clunie Hall Community Center

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

When the City of Sacramento announced this fall that the Clunie Hall Community Center, located at 601 Alhambra Boulevard at McKinley Park, was in jeopardy of closing this July due to city budget issues, a community-wide campaign was launched to keep it fully operating. Residents and business owners of East Sacramento, members of McKinley Library, and McKinley Park enthusiasts didn't waste any time to save their 75 year-old iconic building.

"We have \$29,000 for this fiscal year to pay for everyday maintenance such as the heating, air conditioning, janitorial and part time staff for the Clunie Center. We could not guarantee that we could continue to allocate that much for the building," explained Lori Harder, City Administrative Manager of Parks and Recreation. "The potential of closing the community center and eventually the adjoining McKinley Library, those two things happening were very alarming for the community around McKinley Park. So members of the community stepped up to raise funds and manage the building."

Friends of East Sac rally

The initial rally to help raise funds came from members of the non-profit group, Friends of East Sac. According to the organization's Website, the funds represent the committee's commitment to support those in need and the community.

Clunie by the Numbers

The Clunie Hall Community Center was named for a life-long Sacramento resident, Florence Turton Clunie, wife of pioneer and state congressman Thomas J. Clunie. She was a notable Sacramento businesswoman in her own right. Upon her death in 1934, her estate donated \$150,000 for the building of a community center and pool in McKinley Park. The City of Sacramento pitched in an additional \$20,000 to establish the McKinley Library at the north end of the new building. Both opened to the public in late 1936.

The Center boasts a beautiful lobby with an art deco look, reminiscent of the 1930s when it was built.

Annual attendance:

Classes organized by Parks and Recreation with private instructors: **5590**

Estimated number of people through rental activity (community and non-profit meetings and events, weddings/family events, library programming, etc.): **33,753**

Examples of classes:

Feldenkrais

Piano for Beginners

Spanish 4 Toddlers

"Friends of East Sacramento – with the support of every of East Sacramento and Midtown neighborhood association, Councilman Steve Cohn, the Friends of McKinley Library, the city, and donations by hundreds of neighbors – has stepped forward with a 3 year plan to provide non-profit management for the Clunie," the Website stated. "This will help ensure that the McKinley Library could continue to stay open. The Friends of East Sacramento will model the operation after the very successful Sierra 2 Center in Curtis Park. The nonprofit model of the operation of public facilities is growing nation-wide. But keeping it open and managed by a nonprofit takes start-up money."

Successful drive

The rebel cry was a success. Within four months, Friends of East Sac, led by East Sacramento resident Cecily Hastings, collected over \$60,000 from local businesses, residents, and park supporters to help pay off the City's \$45,000 operating budget.

"We got the call right before the Christmas break and I can tell you, in the past four years we don't get that kind of good news too often anymore with all the closures of parks and recs. So yea, it was a great Christmas present," said Harder. "Without the group's efforts, the Center was most likely to close in July, along with the library inside."

"We've established a \$60,000 building fund because this is an old building and we've already figured out it's a money pit," said Hastings at a City press conference held on Jan. 17 with Mayor Kevin Johnson, Councilmember Steve Cohn and Nancy Cornelius from McKinley-East Sacramento Neighborhood Association (MENA). "We want to restore it to its glory of probably what it was 75 years ago."

Blueprint to follow

At the press conference, Mayor Johnson said the work in East Sacramento is "a blueprint that challenges other areas of the city."

Harder expanded on the Mayor's sentiments by add-



Image courtesy, Friends of McKinley Library. Painting by East Sacramento artist David Lobenberg. **SAVED!** Local businesses and residents stepped up to save the Clunie Community Center, which houses the McKinley Library. The iconic East Sacramento structure celebrated its 75th birthday last October.

ing that this action by residents and businesses in East Sacramento is a community model that the City hopes will continue to emerge to help keep parks and community centers open as the budget deficit continues to chip away at those assets.

"We do have several other community centers that are (scheduled) to close, so we put out calls to non-profits and big local corporations if they want to talk to us about taking over responsibility of other community centers, to keep them open for community meetings, programming for kids, teens and adults," Harder said. "A great example of this model is the Sierra 2 Center, run by the Sierra Curtis Neighborhood Association. It makes the Curtis Park neighborhood one of the most unique communities in Sacramento."

Negotiating a transition

Currently organizers of Friends of East Sac are in negotiations with the City to take over the Center and run

the facility at a lower cost than the city has. Organizers believe that, with proper management, the Clunie Hall Community Center could bring in \$100,000 a year.

"We are working with their advisory committee to finalize the lease and transition base. They have people with facility management, grant writing, and marketing skills," Harder said. "We hope the transition will be sometime by this spring or by July. We have great faith this organization will do a superb job in maintaining this center."

"I bring my family out here to enjoy the park all the time, and this Center has served the community and has enhanced the lives of others in so many ways," said supporter Robert Schmitt. "We know these are difficult times for many people, but this is a place that anyone can come and benefit from such as the McKinley Library, and the events held inside. I'm glad we have a community that cares so much."

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'Hearts and Flowers' concert by Capitol Chamber Players

Special to Land Park News

The Capitol Chamber Players will perform a special concert in recognition of the Month of Love at Congregation B'nai Israel on Sunday, Feb. 12 at 3 p.m.

"Hearts and Flowers" will feature the vocal talents of soprano Rona Commins and baritone James Gentry, as well as the musical talents of Maquette Kuper (flute), Rejean Anderson (cello) and John Cozza (piano).

The concert will profile the works of five composers.

"Schön Blümelein (Beautiful Little Flower)" and "So wahr die Sonne Scheinet (As Surely as the Sun Shineth)" by Robert Schumann (1810–1856) will open the concert. These are beautiful, romantic duets.

Another duet by Arthur Somervell, "Under the Greenwood Tree," follows. Somervell (1863 – 1937) was known for writing choral music that is very accessible. His compositions reveal fine craftsmanship and power.

"Spring Wind" by English composer Eric Thiman (1900 – 1975) is a fresh and uplifting vocal work. Thiman was largely self-taught. He was the conductor of the Elysian Concert Society in London.

Amy Beach (1867 – 1944) was an American composer and pianist. She was the first successful American female composer of large-scale art music. "Three Browning Songs, Opus 44" is her most well-known work.

The "Trio Sonata, Opus 63" by Carl Maria von Weber (1786 – 1926) is in keeping with the theme for the afternoon: romance. Von Weber was one of the first composers of the Romantic era of composers. Members of the audience will appreciate this beautiful work for cello, flute and piano.

Congregation B'nai Isreal is located at 3600 Riverside Blvd. in Sacramento. For information on admission, visit www.Capitolchamberplayers.org.

'I Heart Sacramento Zoo' – A family-friendly Valentine's event

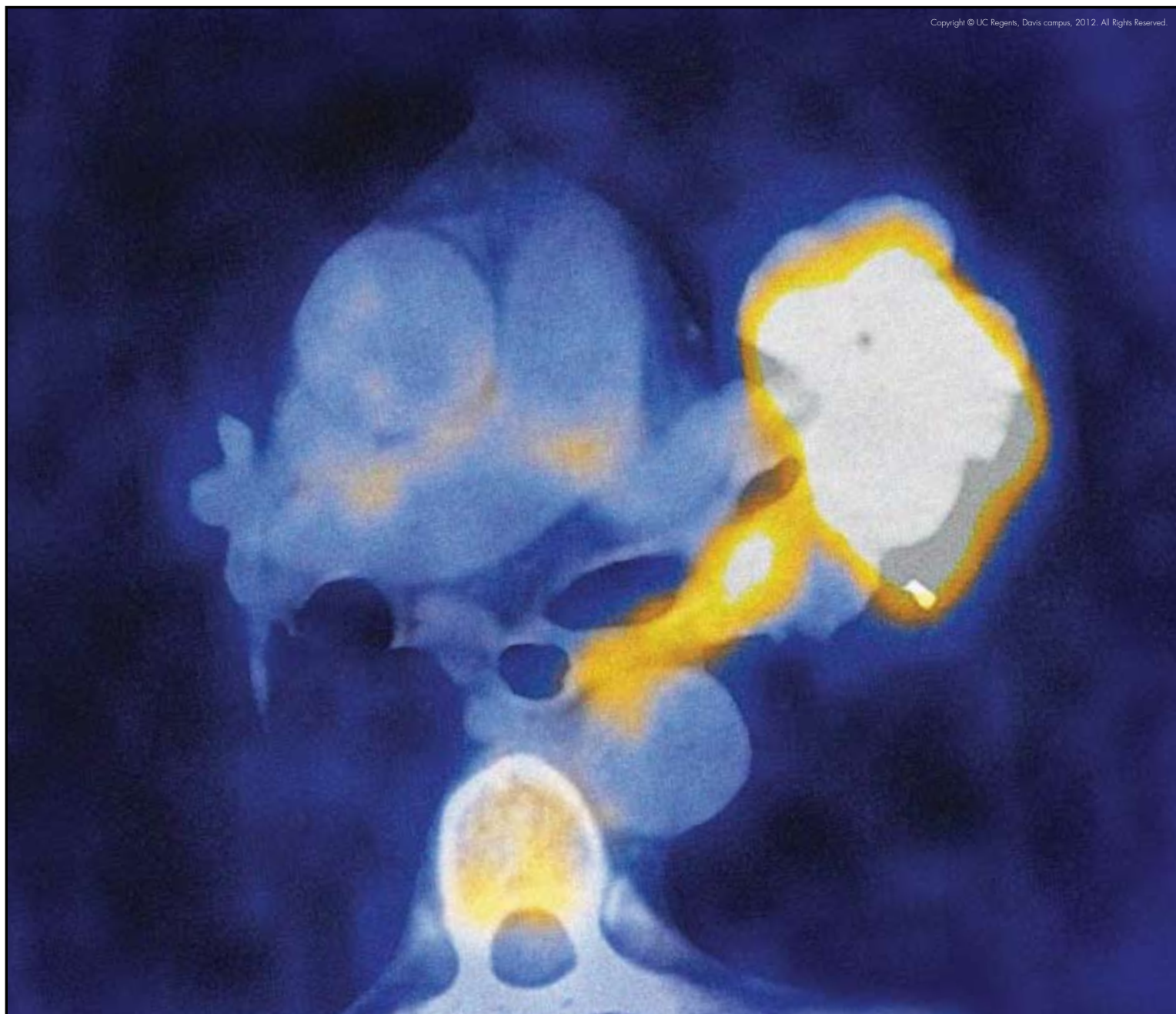
Special to Land Park News

Bring your valentine to a special I Heart Sacramento Zoo day organized by the Sacramento Zoo Teen volunteers on Sunday, Feb. 12 from 9 a.m. to 4 p.m.

The festive event will feature Valentine-themed animal enrichments, informative talks and activity tables – all included with general admission.

Scheduled enrichments include scented Valentine cards for the lemurs and a special piñata for Val-lynn-tine the giraffe as she cel-

brates her 17th birthday. Keepers and Zoo Teens will be present during each enrichment to give information and answer questions about the animals. Also, don't miss this opportunity to sign a Valentine card for the animals from Zoo staff and guests.



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Workshops offered by Asian Community Center

Special to Land Park News

The Asian Community Center in Sacramento offers a number of workshops to the community, free of charge. All that is necessary is to pre-register by phone.

A number of programs are scheduled for February, including:

Knowledge is Power – Organisms and their Diseases. Tuesday, Feb. 14 from 11 a.m. to 12 noon.

Sacred Geometry and Earth Energies. Wednesday, Feb. 15 from 1:30 p.m. to 3 p.m.

Creating Your Retirement Paycheck. Thursday, Feb. 16 from 10 a.m. to 11:30 a.m.

Caring for Your Aging Parents with Cognitive Impairment. Tuesday, Feb. 21 from 1 p.m. to 2 p.m.

Pressure Points to Relieve Fatigue. Wednesday, Feb. 22 from 10 a.m. to 11:30 a.m.

Understanding Your Phone Bill. Thursday, Feb. 23 from 2 p.m. to 3 p.m.

The Asian Community Center is located at 7375 Park City Drive in Sacramento. To pre-register or for more information, contact Lucy Chao at (916) 393-9026 ext. 322.

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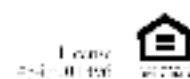
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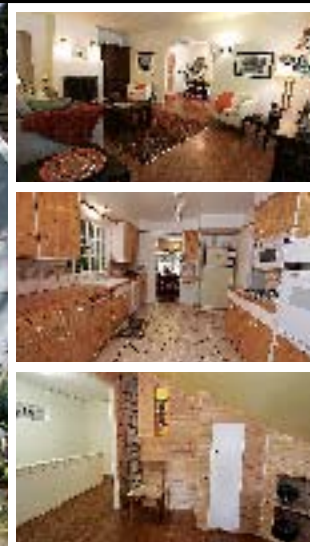
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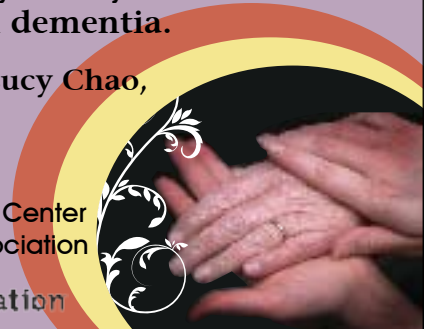
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CDC to conduct national health survey in Sacramento County

Special to Land Park News

Government workers will be ringing some doorbells in East Sacramento neighborhoods and throughout Sacramento County, but it won't be for the census. These surveyors will be recording data on America's physical health.

The National Health and Nutrition Examination Survey (NHANES) is the most comprehensive survey of the health and nutritional status of the U.S. population.

Sacramento County is often chosen for marketing studies because it is a diverse community. The National Center for Health Statistics (a part of the Centers for Disease Control and Prevention) will conduct the surveys starting on Feb. 2 and running through April 1.

What to expect?

Individuals selected for the NHANES program represent the U.S. population of all races/

ethnicities and all ages. People will be chosen from all areas of Sacramento County.

Respondents first participate in a health interview conducted in the respondent's home followed by a health examination that takes place in one of three mobile examination centers. These will be at Cal Expo.

Privacy respected

No medical care is provided directly in the mobile examination center, but a report on physical findings is given to each participant along with an explanation from survey medical staff. The various tests and procedures depend upon the age of the participant. All information collected in the surveys is kept strictly confidential, and privacy is protected by public law.

By invitation only

Residents will have an invitation-only opportunity to participate in either the NHANES or the NYFS. There is no opportunity to "opt in," since the selections are done in advance and at random. Individuals who agree to participate will receive compensation for their time and travel expenses.

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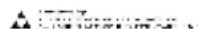
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February 18th tryout is planned to be at Bahnfleth, but location may change due to weather. Please check back for the location of the 18th tryout.

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SSA is the Select soccer program for Land Park Soccer and Greenhaven Soccer Clubs. We welcome players from other clubs at tryouts. SSA is the only local Select program that offers playing opportunities in every age group.



Kids enjoy 'Blast from the Past' at Discovery Museum

Photos by BILL CONDRAY
Land Park News photographer
bill@valcomnews.com

Rain or shine, these kids and their families knew what to do to stay busy and engaged during the winter months – they went to the Discovery Museum in Sacramento!

Kids who went to the museum in recent weeks learned about creatures who lived far

in the past, including some who are with us today. Sheila Montgomery introduced kids to "Bump" the turtle and "Boris" the desert tortoise.

During the "Rockin' Rock Pets" program, kids got to choose and decorate their own pet rocks to take home. Included in the exhibits were dinosaur bone replicas and a life-size baby woolly mammoth. Kids could add yarn to its coat.

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Taking care of business

Sacramento Animal Care Services manager takes 'unconventional' approach for positive results

By **CORRIE PELC**
Land Park News writer
corrie@valcomnews.com

Gina Knepp is one busy woman. A City of Sacramento employee for the last 25 years, she is public information officer for the Department of General Services, division manager of Sacramento City 311, and, since July 2011, the acting Animal Care Services manager for the City of Sacramento Animal Care Services.

Not coming from a shelter management background, Knepp has been busy making some "unconventional" changes to how Animal Care Services operates.

"One of the philosophical shifts for us is (focusing) on the people in Sacramento – we have to look at our community as the solution to our problem," she says. "We have to take an approach in running our shelter like a business and recognizing that it's the people that are going to do the adoptions, it's the people who run the rescue groups that are going to partner with us to pull animals here so they leave with a heartbeat."

'Leave with a heartbeat'

Having animals "leave with a heartbeat" is one of Knepp's constant messages to her staff in managing their animal population and keeping a steady flow of adopted animals out the front door.

"I'm really proud of the fact that our adoptions have risen and the number of animals that we are sending out to rescue groups is going up," Knepp adds. "We're working feverishly to improve every single aspect of what we do here."

To help with this philosophy, Knepp is having all her staff undergo behavior evaluation training and has volunteer professional photographers taking what she calls "glamor shots" of adoptable animals, which she says has been a huge boon to their pet adoptions.

To help new adopters keep their animals, Knepp is starting to give each new family a free book on taking a pet home for the first time, plus the shelter has started providing information in Spanish. The shelter just started a program offering free ID tags and collars and free microchipping for lost pets.

"My goal is A: reducing intake, and B: if I get your animal I really want to get it back to you," Knepp adds.

Knepp has even been helping the homeless population in Sacramento by taking care of their pets free-of-charge if they find themselves jailed or hospitalized, including vaccinations, altering and microchipping.



Photo courtesy

HELP NEEDED. The Sacramento City Animal Shelter can use the help of 200 volunteers this year. With the help of these volunteers, more animals will be able to leave the shelter to go to "fur-ever" homes.

"If you're homeless, your dog is your companion, your friend, your family – that's all you've got," she explains. "We all come from different walks of life, but the love of our animals is universal."

Next for Knepp

Right now Knepp is working to achieve a 75 percent leave-live rate for the Shelter by August.

"The highest that I've gone, that was about two weeks ago, was 57.7 (percent)," she says. "Right now I'm at 49.6 (percent). Historically, it's been much lower and I want to get to 75 percent."

Call for volunteers

Additionally Knepp would like to have 200 active volunteers at Animal Care Services by this time next year.

"I think the most important component of successful sheltering and getting animals out alive is your volunteer program – it's the people in the community who come in here to augment what staff do," she says. And she is working on grant opportunities to expand the shelter's current surgical capacities to spay and neuter adopted animals so they can go home with their new owners sooner.

However, Knepp is quick to point out that when it comes down to it, it's not about how much money you have, but how much passion that makes the difference.

"It's not about the dollars and it's not about the number of people that work here. It's about do you have passion to essentially do whatever it takes to get these animals adopted," she explains. "Six years ago when there was money and more staff, their statistics weren't better. So I really do believe it's a shift in thinking that, 'Yes, we can do this.'"

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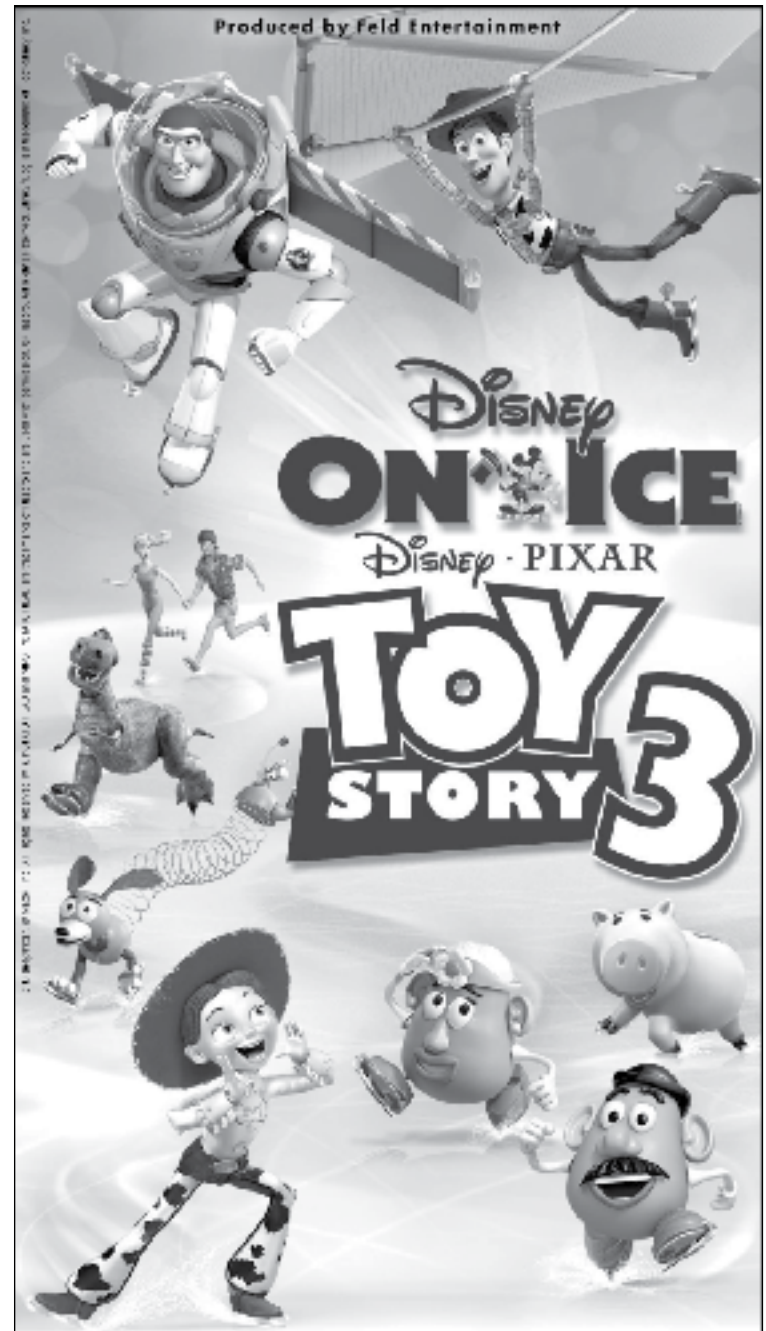
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How sweet it is

Local spots offer chocolatey concoctions perfect for your Valentine

By **CORRIE PELC**
Land Park News writer
corrie@valcomnews.com

Ah, chocolate. If ever there was a food with magical powers, this would be it. It has the ability to turn any frown upside down. And it's a treat enjoyed by everyone – male or female, young or old, rich or poor.

Chocolate has a very rich history. According to Wikipedia, a form of drinking chocolate can be traced all the way back to 1900 BC. Chocolate was used in the religious rituals of the Mayans and Aztecs, leading eventually to European explorers being introduced to the substance. From there the production of what we know as chocolate did not evolve until the 18th century, thanks to the Industrial Revolution

and machinery that began producing large quantities of chocolate treats.

In the US, chocolate is purchased by 97.3 percent of households and chocolate candy sales totaled about \$7.5 billion in 2009, according to Nielsen. Of those sales, about \$345 million occur during the week of Valentine's Day, with consumers purchasing more than 58 million pounds of chocolate candies, Nielsen adds.

Sweet Sacramento

With Valentine's Day right around the corner, it is fortunate that there are quite a few options in our community to pick up the perfect chocolate sweet for your Valentine.

For example, Midtown's Ginger Elizabeth Choco-

lates will be offering a decorated heart-shaped box made of chocolate that is then filled with "chocolate pearls" and their signature truffles.

"We specialize in a French style truffle. It's a cut truffle, called bon bon," explains owner Ginger Elizabeth Hahn. She adds the shop will also be offering a special Valentine's Cake featuring rum-soaked banana cake layered with banana Bavarian cream and crunchy chocolate pearls, all wrapped in bittersweet chocolate mousse. Hahn says pre-ordering is a must for these items.

In the Arden area, Capital Confections will be offering chocolate-dipped strawberries both the day before and on Valentine's Day, as well as their 24 flavors of handmade truffles packaged in handmade boxes made from mulberry paper.

Looking for a unique gift?

"One of the fun things we do for Valentine's Day is our handcuffs and I have little printed ribbons on the handcuffs that say 'Prisoner of Love' and it's very cute," suggests owner Teresa Higgins.

Additionally the shop can make your Valentine a special chocolate from one of the 700 chocolate molds they have in stock. Higgins suggests placing Valentine's Day orders at least a week in advance, including for the strawberries.

Cool treats

If it's chocolate ice cream that your love craves, Vic's Ice Cream in Land Park has you covered with its chocolate mousse pie.

"It has a chocolate cookie crust, chocolate mousse ice cream – which we make here – fudge on top, chocolate whipped cream, and then chocolate flakes on top of that," details Craig Rutledge, president of Vic's Ice Cream. Rutledge says Vic's can also create bon bons, which are hand-scoops of ice cream dipped in Guittard chocolate, or create a



Photo courtesy

CHOCOLATE MOUSSE PIE from Vic's Ice Cream in Sacramento's Land Park is a classic treat for Valentine's Day. It features a chocolate cookie crust, Vic's signature chocolate mousse ice cream, fudge and it's topped by chocolate whipped cream and chocolate flakes.

"party cake" with 10 scoops of any ice cream they have available. And he said the shop is getting ready to bring back its famed Jik Jak flavor – a light chocolate with cinnamon, malt, almonds and fudge ripple. Rutledge advises placing orders at least a week before Valentine's Day.

Dine out

Over in the Pocket area, no dinner is complete without dessert. The Pocket Bistro has this covered with a special cake they will be serving only on Valentine's Day, according to chef and owner Edmund Abay.

"We'll be doing a chocolate decadence cake that's going to be stuffed with a chocolate ganache, warmed up, and served with fresh strawberries," he says. Abay says the special dessert is house-made by their pastry chef and will feature semi-sweet Ghirardelli chocolate. For Valentine's dinner, he suggests making reservations as soon as possible.

Make me melt

With the obvious chocolate infatuation most Americans have, what is it that draws us in? What is it about chocolate that makes it so hard to resist?

Hahn says it's the color of chocolate that actually draws people to it subconsciously, the mouth-feel, and how it melts in your mouth.

"One of the biggest perks of chocolate is that if it's a good quality one, it melts on the human palate perfectly," she explains.

Abay believes people are drawn to chocolate for its richness as a comfort food.

"When people were growing up, as a child chocolate has always been there and I think when people order chocolate on the menu, it's more a comforting thing," he adds.

Happy memories

Rutledge agrees, citing both nostalgia and comfort. In fact, he says Vic's sells more chocolate ice cream flavors in the winter than any other season. And when it comes to chocolate ice cream, he says it's also a texture thing.

"Since you already have a butter fat product with the dairy and if you're adding the butter fat from the cocoa in there, it actually makes it a smoother, creamier product then if we just put like vanilla extract in it," he says. "You're getting a much smoother texture, so I think that drives people to like it."

And when all of these elements are added together, it boils down to one thing for why people love chocolate so much, Higgins says.

"It's a treat, it's like a moment on vacation," she said. "It's like going and treating yourself to something small that makes you feel good."

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Mannie Viera shares his Sacramento memories

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

Editor's note: This is part two of a two-part series about Sacramento native Mannie Viera.

Mannie Viera has maintained a very full life in Sacramento, where he has resided since he was six months old.

Child entertainer

Few people in the capital city have maintained such a longtime employment career than Mannie, considering that he first worked as an entertainer when he was six years old.

In discussing this early employment, Mannie said, "I worked at different clubs around town. I recited poems like 'Sonny Boy' and 'I'm Waiting for the Ships that Never Come In.' I also dressed up like a cowboy, but I don't remember what that was for. I was so young, I was lucky to remember what door to come in. It was my mother's idea to have me perform. She set me up with piano and tap dancing lessons and things like that."

After speaking about his time as a child entertainer, Mannie, 88, said that his continuous span of working, which continues today, began when he was a teenager.

Lifelong worker

"I've been working since I was 15 years old, when I worked at Joe Wilson's grocery store (at 3231 Riverside Blvd.)," Mannie said.

He was the valedictorian of Christian Brothers High School's Class of 1941. Later, Mannie later took typing and shorthand classes at Sacramento Junior College – today's Sacramento City College.

Mannie's time working for Southern Pacific in Sacramento lasted for just a little less than eight months, since he was drafted into the Army on Feb. 10, 1943.

World War II

On Feb. 18, 1943, Mannie had a by-chance meeting with one of the world's then-most famous athletes.

In recalling this moment, Mannie said, "I got on a train and went down to the Presidio of Monterey and flew off from there with Joe DiMaggio. Yeah, he got drafted at the same time as I did. Nobody asked him for an autograph. We talked to him and said, 'Hello, how are you and you're

a great ball player and we really like to watch you' and all that sort of thing."

Upon completing his time in the service on Dec. 31, 1945, Mannie traveled by train from Marysville to Sacramento and then took a taxi to his home on Riverside Boulevard.

Mannie meets Alice

Mannie said that he met his then-future wife several years after the war.

"It's funny how I met her," Mannie recalled. "I worked on Front and J (streets) at the Southern Pacific freight yards and she worked on 5th and J (streets) at the Kramer carton company. She would cross the street and walk on the right side of the street going down to her home at 18th and H (streets). But anyhow, I saw this beautiful pair of legs and this pretty woman walking down the street and I walked behind her. I'd make sure that I was down there by the time that she got off work and finally one day I got up the nerve and talked to her. And then I'd see her sometimes at night when I'd go to a show and I'd see her walking on her way home. I'd ask her if I could give her a ride and she would say, 'No, no, no, no, no.' So, this went on for a while and finally one time I said, 'Well, what about a coffee and a piece of pie?'"

Mannie's persistence paid off, as Alice accepted the offer and he took her to an eatery at 15th and J streets.

Following this short date, Alice refused a ride home, so Mannie walked her home instead and got her name and phone number.

The date began a four-year courtship that led to their marriage in Las Vegas in 1953.

With a chuckle, Mannie said that it took him four years to convince Alice that he was worth marrying.

Although Mannie said that he feels that he was very fortunate to have been married to Alice, who passed away on Aug. 24, 2010, he also said that his luck extends beyond meeting his late wife.

Auto winner

In particular, Mannie explained that he apparently has a knack for winning automobiles.

"You used to go buy gas (at the Regal station at 4011 Freepoint Blvd.) and they would give you a ticket or coupon," Mannie said. "I was lathering my face up to shave one night – they used to put out a slip with the winning numbers on



SWEETHEARTS. Mannie and Alice Viera were married in 1943.

Photo courtesy, Mannie Viera

it – and I looked at the numbers and all of a sudden I let out a yell. My wife thought I cut myself shaving. She came in and I was all shaking and I said, 'Read this number. Is that number so and so?' She said, 'Yes.' I said, 'We just won a 1959 Cadillac (Coupe de Ville).'"

Fourteen years after winning a Cadillac, Mannie, who has been a member of Sacramento Elks Lodge No. 6 since about 1957, entered a contest to win a 1973 Ford Pinto during an Elks gathering in Marysville.

About a month later, the exalted ruler in Marysville called Mannie to inform him that he had won the car.

Mannie said that although "the good lord might be saying, 'Don't be so doggone grabby,'" he nonetheless is still hoping to win another car some day.

And perhaps he is about due for a new car, since he drives about 12 miles per day to perform his volunteer work for the county's Adult Protective Services agency. He began this volunteer work 27 years ago.

A busy guy

About the time that Mannie joined Lodge No. 6, he took over his father's night shift at his father's Southside Park area bar, Viera's Place, while his mother worked the day shift.

Meanwhile, Mannie was also working during the day for Southern Pacific.

When asked about his activities outside of work, Mannie said that he used to spend a lot of time bowling in leagues.



Photo courtesy, Mannie Viera

WORLD WAR II VET. Mannie Viera served in the U.S. Army from Feb. 10, 1943 to Dec. 31, 1945.

During his interview for this article, Mannie presented an official American Bowling Congress medal representing his accomplishment of bowling 11 consecutive strikes at Alhambra Bowl at 1221 Alhambra Blvd. on Dec. 27, 1971.

Couldn't ask for better

Thinking back on his various activities and adventures in life, Mannie said that he is very thankful for many things.

"I've been a very fortunate individual with good parents, good jobs and many other things," Mannie said. "I'm thankful I'm 88 years old. I don't understand why God's been so good to me. I've been so thankful for everything I've had in my life. I couldn't have asked for anything better."

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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.

FEBRUARY

Bilingual Toastmasters

Feb. 9, 16, 23: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los

Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Feb. 9, 16, 23: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Feb. 9, 16, 23: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 9, 16, 23: 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

Feb. 9, 16, 23: 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 Pocket/Greenhaven

Feb. 9, 16, 23: 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.

Sacramento Downtown Plaza Farmer's Market

Feb. 9, 16, 23: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sutterville Heights Optimist Club

Feb. 9, 16, 23: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Volkssport walking

Feb. 9: Come join the Sacramento to Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Ballroom Dances

Feb. 10, 14, 17, 21, 24, 28: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

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Best Friend Fridays

Feb. 10, 17, 24: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Carmichael Geranium Society

Feb. 10: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.-12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

Kiwanis Club of East Sacramento-Midtown

Feb. 10, 17, 24: 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. 10, 17, 24: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Feb. 10, 17, 24: 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

Country Club Plaza Farmer's Market

Feb. 11, 18, 25: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Feb. 11, 18, 25: 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.

Carmichael Farmer's Market

Feb. 12, 19, 26: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

Co-Dependents Anonymous

Feb. 12, 19, 26: 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. 12, 19, 26: 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

Families Anonymous

Feb. 12, 19, 26: Meet with other parents who are dealing with a daughter or son who is experiencing mental, emotional or addition problems. Meets every Sunday without fail. 3 p.m. Del Norte Swimming and Tennis Club, 3040 Beccera Way, Sac. Jane (916) 402-2465

State Parking Lot Farmer's Market

Feb. 12, 19, 26: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

Feb. 12, 19, 26: 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

'Understanding Hospice'

Feb. 12: A basic overview of hospice structured to meet the needs of terminally ill people and their families. Free. 12:30 p.m.-2 p.m. Light lunch served. Sponsored by Vitas Innovative Hospice Caregivers and Parkside Community Church. 5700 South Land Park Dr., Sac. (916) 451-0492

Hatha yoga

Feb. 13, 20, 27: 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.



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Faces and places

The WaterLeaf at Land Park celebrates 10 years

Photos by SUSAN LAIRD
Land Park News editor
susan@valcomnews.com

Members of the community dropped in to visit with the residents, caregivers and staff at The WaterLeaf in Land Park on Jan. 25. Even two service dogs – Happy and Sweet Pea – came to join in the fun day.

The WaterLeaf is an assisted living facility for the elderly. It is owned and operated by Paul Cimino.



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Faces and places Museum Day a hit with families

Photos by **BILL CONDRAY**
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Museums throughout the region participated in the annual Free Museum Day, held the first Saturday in February.

The Aerospace Museum of California, located on the former McClellan Air Force Base, saw nearly 10,000 people visit the museum that day. In addition to seeing the many vintage aircraft, visitors to the museum were able to meet some of the people who flew or worked with those remarkable flying machines...including a member of the George S. "Spanky" Roberts Chapter of the Tuskegee Airmen, SMSgt. George W. Porter, USAF Ret.

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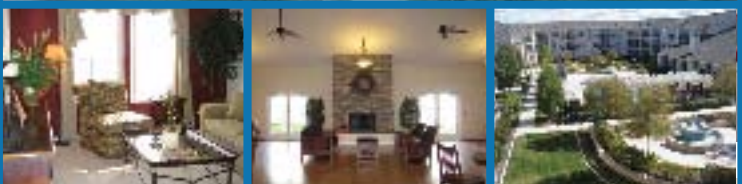
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DUPLEX

Charming duplex with one bedroom, one bath units with fireplaces, central heat and air conditioning and dual pane windows on each side. Both units share a two car garage, covered patio and lovely backyard. Close to City College and Land Park. See: www.2245-4912thAve.com. \$250,000

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