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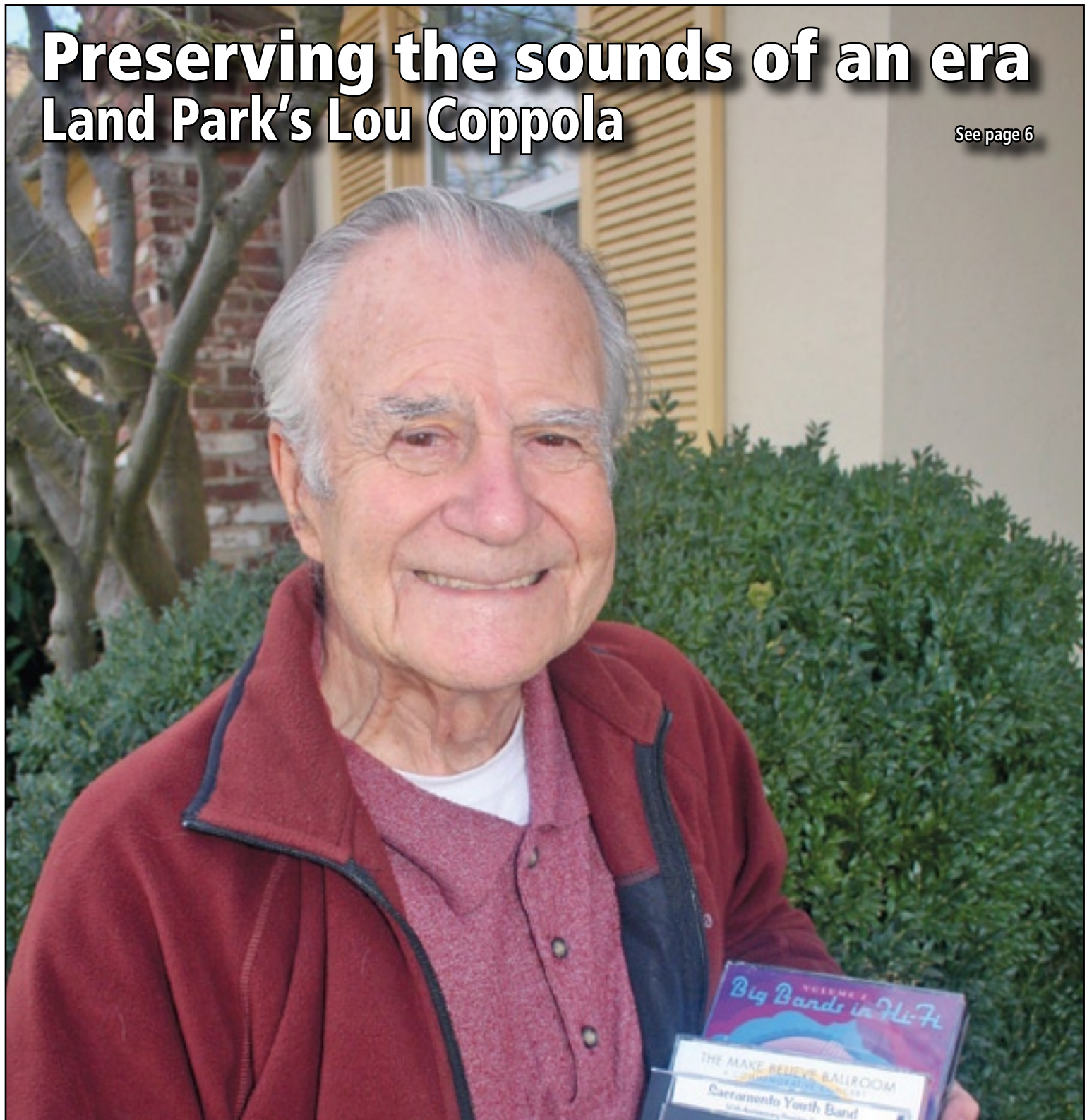
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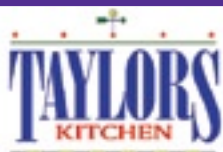
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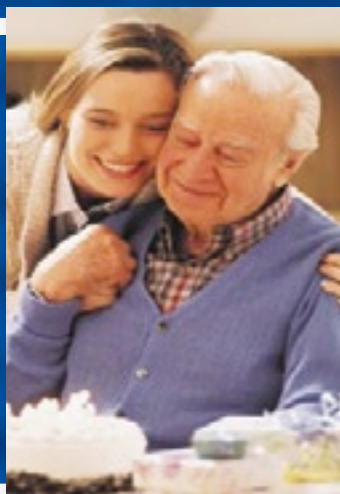
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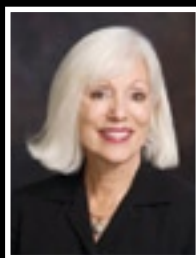
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Dead bird first sign of 2012 West Nile Virus

Special to Land Park News

The Sacramento-Yolo Mosquito and Vector Control District received confirmation on Feb. 14 that a house finch has tested positive for West Nile virus in Sacramento County.

This is the first bird to test positive in the entire state and the first sign of West Nile virus activity in the area for the 2012 season.

"Finding the first positive bird is significant because it means that the virus is present in our area" said David Brown, district manager. "With the very mild winter and the warm temperatures we've had so far, it's not unusual to find a positive bird so early."

Dead birds provide an early indication of where positive mosquito samples may also be found and where human cases may develop later in the season.

The public is encouraged to report dead birds by calling the California Department of Public Health hotline at 877-WNV-BIRD (877-968-2473).

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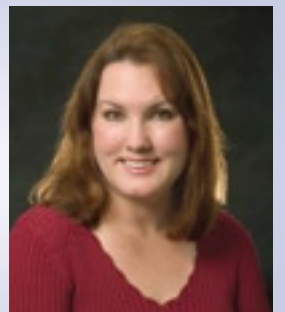
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William Land Golf Course offers golf for all in the middle of Land Park

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

Sacramento's Land Park is known as being the home for quite a few city landmarks – the Sacramento Zoo and Fairytale Town, just to name two. One landmark many people may not be as familiar with is William Land Golf Course – a nine-hole course originally built in 1924, reportedly making it the first golf course in Sacramento.

According to William Land Golf Course General Manager Brian Rugne, the golf course hosts about 40,000 rounds of golf and over 70 tournaments each year. The course has also seen its three membership clubs – a Men's Club, Saturday Ladies' Club and Thursday Ladies' Club – grow in membership over 10 percent in the last two years.

"We do very well for a small course, especially in the middle of a park," Rugne said. "I think a lot of people are seeing this is a good place to be. It's really just a nice walk in the park, but you're playing golf."

Making improvements

What Rugne doesn't mention is a lot of the growth the William Land Golf Course is experiencing is due in part to changes he helped implement since taking over as general manager in October 2010. For example, Rugne said in early 2011 course management decided they needed to pay more attention to the course's putting greens, green surrounds and bunkers.

"We have many players from other areas of Sacramento to state they think our greens are the best in Sacramento, so we're extremely excited we get that compliment constantly," Rugne said. "Having our (greens) superintendent really pay attention to the putting greens and the bunkers really (makes) the course accessible and easier to play, but it's still extremely challenging, too."

Other improvements recently made to the golf course include restocking its Pro

Shop and a remodel of its Mulligan's Cafe. For the Pro Shop, Rugne said it is now stocked with the typical accessories golfers need, including shirts, hats, golf balls, and tees. And for items they may not have in stock, the Pro Shop is linked with those at other golf courses in Sacramento and can help you get what you need. The remodeled Mulligan's Cafe features a better counter flow and expanded menu featuring items requested by golfers.

The golf course recently purchased new power carts as the older carts would not always make it around the entire course.

"It was really a deterrent for some of our older clientele who need a cart to get around the golf course in order to play," Rugne detailed. "They were going somewhere else because we didn't have the carts that could accommodate them, and we have that now."

Lessons for all

Another major focus area for the William Land Golf Course is on learning how to play golf. Rugne is also a teaching pro and along with another staff member offers both individual and group lessons to adults, seniors and juniors.

"Our motto is: 'William Land Golf Course is where everybody can play and learn.' We can teach any level from age 5 to 105," Rugne added.

First Tee

William Land Golf Course has a special focus on teaching kids how to teach golf, thanks to The First Tee of Greater Sacramento – an organization that provides educational programs that promote life skills through golf – that manages the golf course. According to Dave Roughton, board chair for The First Tee of Greater Sacramento, the group offers an educational program for kids at a dozen sites in the Sacramento region, including at William Land Golf Course, which



ENJOYING THE GREAT OUTDOORS and learning core values on the best greens in Sacramento, these youngsters are part of a growing group of golfers who are discovering the improved and beautiful William Land Golf Course. Photo courtesy, William Land Golf Course

serves about 1,800 kids a year. They also offer outreach programs that serve more than 4,000 kids each year.

"It's just a wonderful opportunity for kids to experience the game of golf," Roughton explained. "They get this curriculum built around nine core values – we call them life skills. The beauty of the program is because the kids are learning these life skills through the game of golf, they don't even know they're learning them. It's just a part of the

program, which makes it very easy to teach these life skills."

More youth golfers

Rugne said they run junior programs throughout the year and during the summer, which have been very successful. Before, there would be only be 10 to 12 young golfers out on the course on a Saturday. Now, they're seeing 30 to 40.

"Once I took over the manager position, one of our big pushes was to get back to serving the inner city youth of

Sacramento and we're starting to do that," Rugne explained. "We're up 25 percent last year in enrollment and we're up another 25 percent in just the first month of this year, so we're very excited that we'll really be moving forward in getting kids out here to play golf and get them instruction."

To help ensure all kids have a chance to experience the game of golf, Rugne said The First Tee fund raises to sponsor those kids that may not be able to afford the junior program.

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Know your neighbor

Lou Coppola enjoys his role of preserving big band music

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

Note: This is part one of a two-part series regarding Land Park resident Lou Coppola.

Many Sacramento area seniors, especially those from the Land Park and Riverside-Pocket areas, are very familiar with the name, Lou Coppola.

And in addition to being familiar with Coppola, who is a longtime Land Park resident, many of these seniors are very appreciative of him.

This is so, because they understand his role in preserving the music of their era – big band music of the 1920s through the 1950s.

After all, it was Coppola, 84, who founded the Nor Cal Big Bands Preservation Society, which hosts nine or 10 dances per year at Elk Lodge No. 6 at 6446 Riverside Blvd. in Sacramento.

Organization beginnings

The year was 2001 when Coppola and four big band leaders founded the society as a way of preserving a genre of music that was dear to their hearts.

The original bands of the society, which played a mix of tempos from swing to cha chas, were Bill Rase, Orval "Buddy" Harpham, Len Casey and George Bruno.

Today, Buddy Harpham, 90, continues to lead his band at the society's dances.

The dances' other main leaders for many years have been 86-year-old Fred Morgan and 77-year-old Warner Seargeant, who was the SwingMasters orchestra's leader as of this month. Beginning in March, the SwingMasters new leader will be Bob Fry, a retired, 23-year band leader with the U.S. Navy and a graduate of the Navy School of Music.

Also performing at the dances are youth bands consisting of students from Rio Americano, El Camino and Pleasant Grove high schools and a group of Davis area students led by music instructor Celia Cottle.

Although Coppola's society does not have a committee, he said that the organization receives assistance from sponsors, including the Avalon Hearing Aid Centers, which are owned by Michael Kemp and his wife Betty Voosters Kemp, and other help such as those who provide desserts and prizes.

Commenting about this assistance, Coppola said, "Volunteers and the many dance hosts provide both musical help and great food."

He added that the society is always in search of additional volunteers and sponsors.

Singing with nuns

Coppola said that his involvement in music basically began when he was 12 years old.

"Music began with me thanks to two nuns at a Catholic church in Concord, Calif.," Coppola said. "The two nuns said, as they listened to me, 'You're 12 years old and you should be singing and you should be singing the Latin Mass. And I said, 'But I don't know Latin.' They said, 'We'll teach you and we'll practice.' And that's what we did after school and I sang the Mass for about two years."

Coppola, who was a tenor at the time and has been a baritone since he was 14, also sang in the church's adult choir during the same era.

His early experience with music also included singing in grammar school under the direction of his teacher, Mrs. Davis, who taught her class English, Spanish and Italian songs.

While attending Mt. Diablo High School in Concord, Coppola, who eventually became the high school's student body president, sang in the school's choir and attended many dances.

Coppola's instructor at Mt. Diablo High was Howard Br-



Land Park News photo, Lance Armstrong
BIG ON THE BIG BANDS. Lou Coppola of the Nor Cal Big Bands Preservation Society holds some of his favorite CDs, including a CD with recordings of the Benny Goodman Orchestra.

ubeck, the brother of the legendary jazz pianist and composer Dave Brubeck.

In reminiscing about his early memories of big band music, Coppola said, "It was the music of the 1930s that really was our TV or digital camera of today. The records, if we could afford them, we would go and get and we had turntables – some of us had turntables – and later on we had 45s. And the 45s were even a smaller (media). The 45s became like the later CDs."

Saturday night dances

Because of his love of the covers of music of the era that was being played by bands at his high school, Coppola was inspired to attend dances at the Masonic Temple in Concord. The big orchestra that played at the venue was Hank Gallagher, a band that Coppola later emceed and re-

corded every Saturday night at Concord's Diablo Country Club in 1949.

Coppola said that the Masonic Temple dances furthered his love for big band music.

"(The high school dances) turned me on to go down to the dances put on at the Masonic Temple for 50 cents every Saturday night," Coppola said. "I went there when I was 16, 17 and 18 years old. Concord had a very active group and it was very well done. It was supervised and there was no liquor, people never got into fights and everybody danced with everybody. The gals didn't turn you down and you had kind of a gradual friendship gathering."

Broadcasting beginnings

Through Coppola's singing ability, he was recruit-

See Coppola, page 7

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Coppola: Love of music and singing talent led to career in radio broadcasting

Continued from page 6

ed in 1944 to be the first person to operate a PA system for Mt. Diablo High's football games.

After high school, from 1945 through 1947, Coppola was a member of the U.S. Merchant Marine, at which time he sailed mostly in the South Pacific.

Toward the end of 1947, Coppola enrolled at San Francisco State University, where he followed the lead of his former social studies teacher, who encouraged him to become involved in radio.

Coppola said that one of his finest memories of attending San Francisco State is his involvement in helping to establish the school's first radio station.

Radio talent

Although he had planned on graduating from San Francisco State, Coppola said that he was lured away to Pittsburg, Calif., where a new radio station was about to be opened.

"I was hired by the station KECC (representing East Contra Costa) 990 AM to mainly handle sales and sports and live remotes," Coppola said.

In 1950, Coppola was drafted to serve in the Korean War.

Within six months of joining the Army, however, Coppola was transferred by Eighth United States Army request to be a part of the new Armed Forces radio network, AFRS (Armed Forces Radio Service) in Seoul, the capital of South Korea. The five-station network's purpose was to bring music, news and sports to roughly 400,000 troops.

His initial 12-month assignment was operating the eight-man vagabond radio station in Seoul.

Following his service overseas and after entering civilian life, Coppola began his major work in radio in Sacramento in 1952 with KGMS 1380 AM.

A year later, he was selected by the owner of radio station KYA 1260 AM in San Francisco to assist

in the operation of a small, 1,000-watt station in Oroville. The station, KOMR 1340 AM, covered Butte County.

One of the highlights of Coppola's time with KOMR from 1953 to 1955 was broadcasting information regarding the critical flood of December 1955.

Coppola recalled how the floodwaters of the Feather River reached within four feet of the top of the levee and less than 50 feet from the station's building and transmitter.

In January 1956, Coppola returned to Sacramento to work for KCRA AM 1320, which was owned and operated by the Kelly Broadcasting Co. and the Hansen family of the Crystal Cream and Butter Co.

It was also in 1956 that Coppola married one of his co-workers, Betty Groth, at the Cathedral of the Blessed Sacrament. The couple had their only child, Charles "Chuck", 13 months later.

In 1977, 1320 AM was purchased by Chicago Tribune Properties and became known as KGNR.

KGNR was also affiliated with KSFM 96.1 FM - today's KYMX, "Mix 96."

A highlight of Coppola's time with KGNR was his travel talk show, which aired from 1982 to 1996.

Through his show, "Travel Talk," Coppola would escort groups to different parts of the world.

On one occasion, he headed a Korean Revisit event, which presented an opportunity for ex-servicemen, who served in Korea from 1950 to 1955, to revisit Korea.

Coppola also traveled to Hong Kong on a food trip with Lena Fat of the local Fat family restaurants and about 30 people in 1992.

Coppola retired from KGNR in 1996, when the station was sold to Henry Broadcasting, which was sold about two years later to Intercom, owner of four other Sacramento stations.

Despite his retirement, Coppola continued working for 1320 AM, voicing commercials and emceeing the station's big band dances until the formation of the society.

Coppola said that as a "radio man" he was a sort of "a jack of all trades," since he was versatile in all areas of the radio field.

"I covered sports in Sacramento and Korea (such



Land Park News photo, Lance Armstrong

LOU COPPOLA discusses his lifelong love for music.

as the 1952 Olympic Boxing Trials)," Coppola said. "I interviewed various Hollywood, music, sports and political celebrities, including Ginger Rogers, Duke Ellington, Arthur Fiedler, Betty Hutton and Raymond Burr, and I was

involved in promotions, commercials and grand openings for local businesses. For me, my life has been filled with good socialization, including sports, information and music of the great era of America's songbook."

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What does Black History Month mean to you?

By **CORRIE PELC**
Land Park News writer

Lauren Hammond
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woman elected to the Sac-
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trict for the City of Sac-
ramento from 1997-2010



"Most Americans appreciate the music created by us baby boomers. Funk, rhythm and blues and rock and roll changed the world forever. Black athletics transformed professional sports. But I doubt most Americans know the air conditioner was invented by a black man named Frederick M. Jones in 1949, the automatic gear shift by Richard Spikes in 1932, and Sarah Boone – the ironing board in 1887. Sacramento has its own history makers like the late Nathaniel Colley (who was) a great civil rights lawyer who helped integrate South Land Park, and Dr. William and Kathy Lee who launched the Sacramento Observer in 1962."

Pleshette Robertson
CEO & Founder,
SacCulturalHub.com
Media Company
Chief Editor, THE
HUB Magazine



"Black History Month designates a special month to pay tribute and homage to past and current community leaders, trailblazers, pioneers, and history makers who have contributed to the well-being of African Americans on political, economical, and social levels of society. Laws were changed due to some influential African Americans (but not limited to) Dr. Martin Luther King, Jr., Malcolm X, Harriet Tubman, W.E.B. DuBois, Angela Davis, Frederick Douglas, Sojourner Truth, Marcus Garvey, Rosa Parks and President Barack Obama. As February is spotlighted as Black History Month, I honor those many other African Americans for their achievements and accomplishments in the fight for equality and freedom for us to survive and succeed in society despite the insurmountable obstacles that we have had to face."

David DeLuz
President and CEO,
Greater Sacramento
Urban League



"Black History Month is an opportunity to remember the greatness of our ancestors on this continent, and to marvel at the strength, perseverance and fortitude they displayed in the face of incredible odds. To see first-hand the moral character, dedication and pride they had for their people, faith, family and nation. It is an annual reminder of how I must carry myself in order to preserve the legacy, and what I must demand of myself and others to live up to it."

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Concert at Sac State

Special to Land Park News

Cellist Paul Cohen and pianist Robert Merfeld will perform at 7:30 p.m. Thursday, March 15, in Sacramento State's Capistrano Hall.

Cohen has been a guest artist at the Aspen Music Festival. Critics describe his music as "especially eloquent."

Merfeld was a founding member of the Apple Hill Chamber Players and has performed as a soloist with the orchestras of Costa Rica, and Harvard and Boston universities.

Tickets are \$10 general, \$7 seniors and \$5 students. Tickets are available at the University Ticket Office, (916) 278-4323, or www.tickets.com. Contact: (916) 278-5155 or www.csus.edu/music.

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Christian Brothers High School artists helping the hungry

Special to Land Park News

Getting their hands dirty for a good cause, Christian Brothers High School's ceramics students, artists, teachers and even a few novices are working to create ceramic bowls in support of the ninth annual River City Food Bank Empty Bowls Luncheon.

On Feb. 22, approximately 40 students will be setting their alarm clocks for an early wake-up to ensure they arrive on time for the school's fifth annual Bowl-a-Thon. The 6 a.m. event is the final push in CB's efforts to complete the 300 bowls promised for this year's luncheon.

"While teenagers aren't typically known as early risers, they show up for this event enthused about the art and energized to support the cause," said CB ceramics teacher, Robert Boriskin.

"It's worth it to wake up early for a good cause," said senior Katie Hunt who has already contributed two bowls to the event. "When you think about how many people in this community go to bed hungry, it is worth it to sacrifice a little sleep to help."

Nathan Kauffman, a junior, volunteers at the

Sacramento Food Bank every other Sunday.

"I'm really glad to have the opportunity to help the River City Food Bank," he said. "They do a lot of good for this community and it's a fun way to help others."

"The Christian Brothers' philosophy of service is alive and breathing deeply in Robert Boriskin's ceramics classes," said Eileen Thomas, executive director of River City Food Bank. "He not only helps the students create amazingly beautiful bowls, but he takes the time to teach them the 'reason.' There is need in our community and we can all help through our own gifts and talents. His care and commitment is manifested in every bowl he throws and he models that for every student in his classroom. The Empty Bowls event has been blessed by Mr. Boriskin and CB students these past five years and River City Community Services is very grateful."

"I am so proud of the students," Boriskin said. "They work year-round to create bowls. More importantly though, they really take the time to learn about hunger in our community and embrace the opportunity to help. I'm looking forward to the Bowl-a-Thon and to continuing our support of

River City Food Bank and the work they do for the community."

Empty Bowls is River City Food Bank's largest fundraising event to raise awareness in the fight against hunger in Sacramento County. The 9th annual event will take place on March 5 and 6 at a new location: the Sacramento Convention Center. The evening soup supper features wine, appetizers and gourmet soup from Classique Catering and bread and desserts donated by some of Sacramento's finest restaurants. Luncheon guests will enjoy a simple meal of soup from great local restaurants, bread, cookies and water. All attendees will select one of over 1,500 beautiful handmade bowls donated by professional potters, glass artists, wood turners, and area students to take home with them as a reminder of the many in our community that are hungry and face an empty bowl each day. Tickets may be purchased online at www.rivercityfoodbank.org.

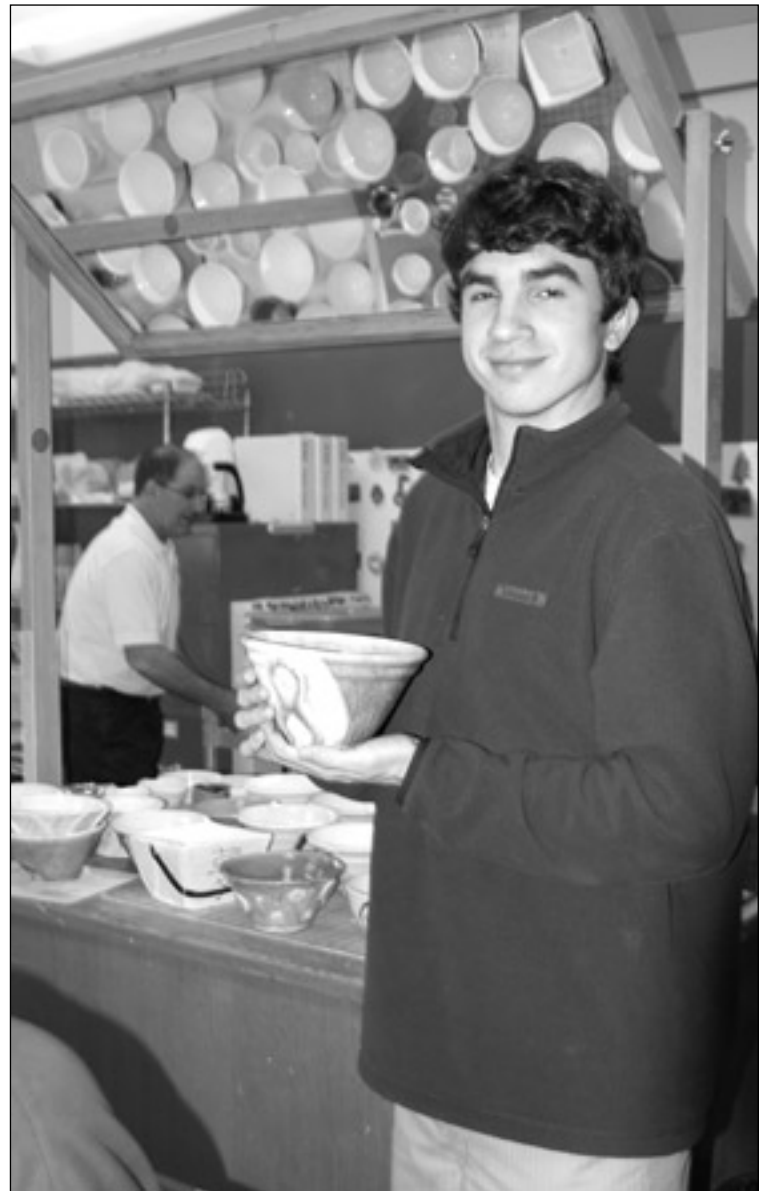


Photo courtesy, Christian Brothers High School

STUDENT ARTISTS at Christian Brothers High School in Sacramento are working to create ceramic bowls for the 9th annual River City Food Bank Empty Bowls Luncheon.

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Tuesday, March 20, 2012 @ 2:00pm

Presented by Frances Kakugawa,

Author & Facilitator for a writing support group for caregivers in Sacramento

Frances takes us on her own personal journey, through poetry and experiences on how she rose above the burden of care while caregiving for her mother who had Alzheimer's Disease. She shares of lessons learned, and the choices confronting caregivers to either succumb to the realities of caregiving or to live with that small light of our own humanity. Her focus will be on preserving dignity in both caregivers and their loved ones.

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Please RSVP by March 15, 2012. You can contact us for more info @ (916) 392-3510

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New federal, state laws regarding tenants will affect real estate in 2012

By JOHN WOODALL
Special to Land Park News

It's a New Year, and with it come some new federal and state regulations regarding tenants.

Some of these new laws are technical changes to amend code provisions, etc., but others will affect everyday real estate ownership and transactions. This article summarizes information provided by the legal department of the California Association of Realtors® on many of the new federal and state laws that will affect the real estate industry this year.

Tenant Eviction for Dogfighting or Cockfighting

Senate Bill 426: Any property used for willfully conducting criminal dogfighting or cockfighting is a public nuisance. A landlord can serve a three day notice to terminate a tenant for committing or permitting the public nuisance of dogfighting or cockfighting on the premises.

Tenants Displaying Political Signs

Senate Bill 337: A residential landlord must generally allow a tenant to display political signs related to elections, legislative votes, initiatives, and other political matters as specified. The landlord can make reasonable restrictions as specified, as to location, size, and duration of display, or prohibit signs that violate local, state, or federal law, or a lawful provision in an HOA's governing documents. In a single-family dwelling, a tenant's political signs can be displayed from the yard, window, door, balcony, or outside wall of the leased premises. In a multi-family dwelling, a tenant's political signs can be posted in the window or door of the leased premises.

Tenants Recycling Rights

Assembly Bill 341: A multifamily residential dwelling of 5 or more units (or a multifamily residential dwelling or business that generates more than 4 cubic yards per week of commercial solid waste as defined) must arrange for recycling services in an effort to help reduce solid waste. The required recycling services must be consistent with state or local laws to the extent that these services are offered and reasonably available from a local service provider. A multifamily residential owner may require tenants to source separate their recyclable materials to aid in compliance with this law.

John Woodall, GRI, SRES is a Broker Associate with LYON REAL ESTATE. For more information, contact John at (916) 421-5421, jwoodall@golyon.com or visit www.johnwoodall.com.



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A leisurely Cenozoic history of Sacramento County

Special to Land Park News

Join the Sacramento Valley chapter of the California Native Plant Society for an entertaining evening of storytelling by plant ecologist and biogeographer, Bob "Dr. Bob" Holland on March 14. He will regale the audience about the fascinating interactions among vegetation, flora, geology, and soils throughout California that he has been studying for almost four decades.

Sacramento County's geologic history is much more complex than the county's subdued topography might suggest.

"Understanding this unique geologic history is pivotal to comprehending the distribution of the county's vegetation and flora," says Dr. Bob.

He melds his unique combination of botanical and geological knowledge with wry humor into an easy-going speaking style that is accessible and entertaining for scientists and non-scientists alike.

Working in surprising mixed media, Dr. Bob and his "botan-artist" spouse, Ginny Dains, will walk listeners through the past 65 million years, exploring how geological history has shaped the plant communities we see around Sacramento County today. It will be quite unlike any geology talk you have experienced - especially when they serve up the conclusion. Don't miss this opportunity to be carried away by Dr. Bob's infectious enthusiasm and sense of humor!

The lecture will be held Wednesday, March 14th during the monthly meeting of the Sacramento Valley Chapter - California Native Plant Society and will take place at the Shepard Garden and Arts Center at 3330 McKinley Blvd. in Sacramento. It begins at 7 p.m. and is free and open to the public. Books, wildflower seeds, and other merchandise are available for purchase. Refreshments are provided.

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Save Mart Supermarkets lead \$1 million fund-raising effort for local pools

Special to Land Park News

What is more satisfying on a hot summer day than a cool dip in a swimming pool? Everyone can relate but sadly with severe budget cuts needed across municipalities nationwide, many children only look longingly at their local community pool with disappointment.

Save Mart stores in Sacramento want to change that and help local families be able to enjoy their community pools by the time the mercury starts to rise in the Valley. Through the "Help Save Mart Save Our Pools" campaign, Save Mart has pledged to match up to \$500,000 in donations from businesses and the community at large, thus potentially making \$1 million dollars available to support pool maintenance and programs within the City of Sacramento.

Beginning on Valentine's Day, Save Mart will kick off its community fund-raising campaign in partnership with the City of Sacramento. Businesses and the community at large are asked to give generously at their local Save Mart stores by purchasing a paper "Help Save Mart Save Our Pools" icon for a \$1.00 or more. The campaign will run for two months from February 14 to April 10, ending just in time for the City to begin maintenance needed for the pools to open on time.

Save Mart supports the communities where it does business and after reading the New York Times article, the Sacramento City pools seemed like the perfect opportunity for Save Mart to give back to the neighborhoods surrounding its Sacramento stores. "Every bit helps," explained Steve Junqueiro, President and Chief Operating Officer of Save Mart. "We'd love to see businesses join us as a sponsor, but we'd also love to see kids in those neighborhoods be inspired to hold car washes or lemonade stands and then donate their money to their local Save Mart where we can double their effort through our matching commitment."

"For Sacramento, this opportunity comes at the perfect time. Every day, community pools across the country are closing their doors as funds dry up," said Sacramento Mayor Kevin Johnson. "But thanks to 'Save the Pools,' Sacramento has the

chance to bring back a traditional summer activity for families and become a model for how public-private partnerships can succeed. I look forward to working with Save Mart on a campaign that will be a huge win for Sacramento."

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Photo taken at the School of Engineering and Sciences, the nation's first solar SunFlower installation. The SunFlower is a hands-on learning laboratory that will help students explore math, science, our environment and more.

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Got News?

E-mail Susan Laird at,
susan@valcomnews.com



'Spring Thing' in Land Park is March 17

Special to Land Park News

In case you haven't heard already, the biggest date on the Land Park social calendar is Saturday, March 17. That's the date of the Third annual Spring Thing – an evening of great food, drink and fun.

Proceeds from the event will go to benefit the "Pride of Land Park" – California Middle School. Over 300 members of the community will be there, sampling food, wine and beer from Sacramento's finest food purveyors.

The event will be held in the social hall from 6:30 p.m. to 9:30 p.m. at Congregation B'nai Isreal, located at 3600 Riverside Boulevard in Sacramento.

This is also a great opportunity to showcase your business – and help the school to raise much-needed dollars. Donations can be made to the silent auction, or your business can donate food or drink. (Please note: pork and shellfish are not permitted).

For donations or to purchase tickets, contact Robin Imagine at (916) 600-8966 or visit www.calmiddle.com for more information.



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Patriot Guard Riders honor those who serve, sacrifice for America

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

As 15 Patriot Guard Riders lined up on each side of the escalator at Sacramento International Airport, an arriving passenger headed for the escalator, saw the line and immediately stepped aside.

The other arriving passengers followed his course, leaving the escalator empty, until a woman with big blonde hair showed up.

She stepped onto the escalator smiling and thanked everyone for greeting her. The Guard Riders had not noticed as she stepped off the escalator, she stayed with group. The long awaited soldier finally appeared and proceeded down the escalator, while shaking hands and being cheered by Guard members. As he stepped off the escalator the woman with the big blonde hair stepped forward, threw her arms around him and said, "Welcome home."

Mike Doyle, a former sailor who served in the Navy during the Vietnam War and a member of the Patriot Guard Riders for two and a half years, said that is one of his favorite stories.

"The thrill of seeing a soldier come down the escalator of an airport and back to the arms of loved ones is just absolutely incredible," Doyle said. "If a family invites us to come, how can we not?"

American Legion connection

Patriot Guards began in Westboro, Kansas in August 2005, when a group from the American Legion Riders Chapter 136 was appalled to hear that a group of misguided religious zealots were protesting the Iraqi war at soldiers' funerals. Their chapter established a mission statement requiring the Guards receive permission from the families to attend the funerals and to include the local police. On Oct. 18, 2005, the Patriot Guard name was established.

There for the family

Doyle said the Guards simply form a flag line and quietly stand in front of the protesters, blocking them from the family and funeral. They are not there to confront anyone.

"Funerals are extremely sad and emotional," Doyle said. "But it is also such a point of pride to be able to honor these people, particularly those who have given the ultimate sacrifice."

When the Guard is invited to attend the funeral of a soldier, there are anywhere from 40 to over 100 riders showing up. Doyle said at a recent funeral in Anderson, Calif., hundreds of riders showed up to honor the local sailor who had been killed. There are close to 400 Guard members in the Sacramento region.

It's about R-E-S-P-E-C-T

The Patriot Guards mission statement establishes that the one thing members have in common (besides riding motorcycles), is an unwavering respect for those who risk their lives for America's freedom and security.

Although a motorcycle group started the organization, Doyle wants people to know that riding a motorcycle is not a requirement to be a member of the Patriot Guard. There are no dues or meetings and it is not required to have served in the military. The only requirement is that respect and honor are shown to the soldiers and their families.

Working with families

There is no solicitation by the Patriot Guards. If a family request the presence of the Guard at a funeral or greeting the returning soldier at the airport, a ride captain from the Guard meets with the family to gather necessary information. The ride captain adds this information to the Guard website and sends out a notice to Guard members via a mailing list. There is no requirement that a Guard member must show up at an event. Occasionally the returning soldier is escorted home with flags attached to motorcycles and cars. Doyle said it is quite a sight to see.

All service members honored

Soldiers are amazed when they realize total strangers are waiting to greet them. And, Doyle added, if other military service members show up they don't know about, they receive the same greeting.

For example, right before Christmas, the Guard had



Graphic iStockphoto

FAMILIES CAN REACH OUT to the Patriot Guard Riders, who honor America's military service members who serve and sacrifice for America. A family can request a warm welcome home at an airport, or help with privacy at funeral services for a fallen soldier, sailor, airman or Marine.

been invited to greet one soldier at the airport. As the Guard members gladly stood at the escalator waiting for this one soldier, streams of military service members started coming down the escalator and they ended up greeting 44 returning soldiers.

The capitol region makes a special welcome home dog tag for returning soldiers. The

Guard buys the tags and a local printing company donates the engraving on the tags.

When soldiers are greeted at the airport, they receive a card and the dog tag.

Tell a friend

Doyle said he wants to get the word out to all military families about what the Patriot Guard Riders do. He said they greet

soldiers returning home from anywhere, even those who just get home from boot camp.

The national Website for the Patriot Guard Riders is www.patriotguard.org. There is information on the site so families across the nation can reach the Guard.

"Bottom line," Doyle said. "These soldiers are sacrificing their lives for their country."

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School lunches see increased nutrition – and prices

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

The school lunch line has come a long way over the years. Gone are the corndogs and French fries, and in are much healthier options like salad bars and soup. And the 'ole school lunch standby, pizza, has gotten a makeover as well – now it's made on a whole grain bread with a light marinara sauce and part-skim cheese.

"People think sometimes pizza is bad, we get a bad rap for that, but they get a healthy pizza here," said Brenda Padilla, manager of the Nutrition Services Department for the Sacramento City Unified School District (SCUSD).

Going greens

According to Padilla, over the past few years SCUSD has been implementing a number of changes in school lunches, including more whole grains, fruits and vegetables. Students also have access to a fresh salad bar every day.

"Of course, we want them to eat it. So we're introducing things to get them used to seeing them, things like spinach and kiwis," Padilla said.

These changes helped the district prepare for the US Department of Agriculture's (USDA) new rule, announced this January, that brings school nutrition meal pattern requirements in line with the latest Dietary Guidelines for Americans (DGAs). Padilla said the new regulations "change our meal patterns more than they have been changed in the last 15 years. We're required to serve a certain amount of things: that being meat, meat-alternate, bread, grains, fruits and vegetables, and dairy milk." She said the new regulations also look at sodium and calories.

San Juan Unified School District (SJUSD) is working proactively to make changes to its school lunch program that will put it in line with the new regulations, said Director of Food Services Monique Stovall.

"We already offer plenty of whole grains and fresh fruits and vegetables for our families," she said. "We're also working very, very closely with our food vendors to make sure that the foods we already serve meet the requirements of the regulations."

Additionally, Stovall said that SJUSD's Food Services Program follows the SHAPE (Shaping Health as Partners in Education) California nutrients and menu planning program, which requires the district to have an even more stringent nutritional guidelines.



HEARTIER NUTRITION comes with a heftier price tag. The price of school lunches is going up across the country – and in the Sacramento City and San Juan unified school districts as well.

Photo iStockphoto

"That means that we also look at fiber and sodium much more closely than the regulations require, so students are getting a pretty healthy meal," she said.

Better choices = Increased prices

As most people know, eating healthier comes with a slightly larger price tag. To help offset rising costs in school lunches, recent federal regulations are requiring all school district in the United States to raise their lunch rates to meet an approved rate, according to information on SCUSD's Website, www.scusd.edu. The site states that SCUSD raised its rates, starting Jan. 9, by 25 cents to \$1.50 per lunch.

Padilla said the rise in prices is through the Healthy, Hunger-Free Kids Act of 2010, which was signed into law by President Barack Obama in December 2010.

"There is a section in there, 'Meal Price Equity,' that does require districts to bring their full-price meal rates up," Padilla said. "The rational is to get closer to what the Federal government reimburses us for the free rate. A lot of districts already have been incrementally increas-

ing their paid lunch rates over time and those of us who hadn't needed to do it. We were leaning that way anyway, but now that that regulation came out, we want to be in compliance so we did raise ours to ensure we are in compliance."

SJUSD raised lunch prices over two school years, Stovall said, bringing its current lunch prices to \$2.75 for elementary and \$3.25 for middle and high schools.

"We were able to make assessments and make the adjustments in two phases to hopefully soften the impact on our families and set us up for several years to come so they don't have to see an increase every single year," she said. "We do not anticipate having to increase our prices, even with the new regulations, for hopefully at least another five years."

The extra funds generated from the increase in prices will help benefit the meal program, according to Padilla.

"The meal program is a partner in education because we all know kids can't learn if they're hungry. They need nutrition, so that money will go back in to help us," she said.

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Tough times for SCUSD equals proposed \$28 million cut

School district prepares for the worst due to declining enrollment, rising costs

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

During the Board of Education meeting for the Sacramento City Unified School District (SCUSD) on Feb. 2, 2012, the Board approved \$28 million in cuts to the 2012-2013 year budget.

According to SCUSD's Chief Communications Officer Gabe Ross, the proposed cuts are an attempt for the district to provide a balanced budget to the County Office of Education by March 15 based on Governor Jerry Brown's proposed state budget for California.

"At this point there's just so much unknown about the budget, we have to prepare for the possibility of these types of cuts," Ross said.

Ross said the proposed \$28 million in cuts includes cutting staff, increasing class size, eliminating adult education, and removing stipend support for co-curriculars such as yearbooks and sports.

"After years of cuts to our schools, there are no more 'easy' solutions," said Superintendent Jonathan P. Raymond. "This list of cuts we are forced to consider for the 2012-13 school year is truly awful. Librarians, counselors, music programs, sports and extra-curriculars, maintenance and custodial staff – these are not 'extras' or 'frills.' Yet, because of the consistent under-funding of public education in this state, these are the cuts our community is facing."

How did we get here?

So what got SCUSD to this state? One factor is the rising costs related to employees, such as health benefits.

"Ninety percent of our budget is people, so those are hard costs to us that continue to rise," Ross said.

Another reason is the district's steadily declining enrollment. Ross said they receive funding from the government based on their enrollment numbers, so as that declines so does the aid.

'This is a long process and we won't finalize our budget until June, so between now and June there's a lot of moving parts and the goal is to restore as many of these programs and people as possible.'

- Gabe Ross,

SCUSD Chief Communications Officer

"We're an aging urban school district – this is common throughout the state," he added. Reasons he cites for the declining enrollment are the economy and other education alternatives. "Families are selecting other options, whether they be charter schools or private schools or other options for their kids," he said.

The Sacramento Council of PTAs is doing what it can to help families continue to place their children in public schools, according to President Lily Williams.

"I think what's happening is because so many of the programs are cut at the public schools now, I think a lot of people are looking to take their kids to private school," she said.

Helping the situation

Williams' group is doing what it can to help keep the programs that families want going by offering supplemental arts education programs at area schools. Additionally, the Sacramento Council of PTAs works with individual school sites to access their needs and how they can help.

Two initiatives that may help the situation are vying to be placed on the voter ballot this November. The first is Governor Brown's proposed tax increase initiative. According to Wikipedia, if the initiative is voted into place, state income tax will be increased on those making \$250,000 or more for five years and the state's sales and use tax will be increased by a half-cent for four years. Of the revenues generated,

89 percent would go to K-12 schools and 11 percent to community colleges.

The second, "Our Children, Our Future," is an initiative sponsored by the non-profit Advancement Project that aims to generate between \$1,100-1,700 per student in additional funding each year.

"At California PTA, we realize that we're 47th in the nation in terms of per-student funding, so what we try to do is restore adequate funding for our schools," Williams explained. "California State PTA has decided to endorse and support this initiative."

How to help

So how can the surrounding community help the situation? Ross said it's important to remember they are just at the beginning stages of this process and much can change.

"This is a long process and we won't finalize our budget until June, so between now and June there's a lot of moving parts and the goal is to restore as many of these programs and people as possible," he said.

Williams suggests parents get involved at their children's school sites and advocate for public education by writing their representatives.

"You know, we're right here at the capitol, so we have better access to our representatives right here," she said.

Ross urges parents and community members to stay up-to-date by accessing the Budget News section of SCUSD's Website, www.scusd.edu.



Photo iStockphoto

DRACONIAN BUDGET CUTS caused by an aging population, fewer children and families choosing other educational options for their kids have led to a crisis at the Sacramento City Unified School District. Students in the district are facing larger class sizes, a loss of extra-curricular programs (such as yearbook and robotics), and more as the district approved cuts of \$28 million from the 2012 – 2013 budget. Parent groups and district officials are scrambling for options.

SCUSD Updates

For the latest information on the SCUSD Budget situation, visit the school district's Website at www.scusd.edu.

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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. 23, March 1, 8, 15, 22, 29: 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.sacramento-toastmasters.com

Bingo!

Feb. 23, March 1, 8, 15, 22, 29: 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. 23, March 1, 8, 15, 22, 29: 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. 23, March 1, 8, 15, 22, 29: 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. 23, March 1, 8, 15, 22, 29: 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. 23, March 1, 8, 15, 22, 29: 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. 23, March 1, 8, 15, 22, 29: 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. 23, March 1, 8, 15, 22, 29: 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

Understanding Your Phone Bill

Feb. 23: Free workshop. 2 p.m.–3 p.m. Asian Community Center. 7375 Park City Dr., Sac. Lucy Chao (916) 393-9026 ext. 322

Ballroom Dances

Feb. 24, 28, March 2, 6, 9, 13, 16, 20, 23, 27, 30: 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

Best Friend Fridays

Feb. 24, March 2, 9, 16, 23, 30: 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

Kiwanis Club of East Sacramento–Midtown

Feb. 24, March 2, 9, 16, 23, 30: 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. 24, March 2, 9, 16, 23, 30: 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. 24, March 2, 9, 16, 23, 30: 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

– EVENT LISTING SECTION –

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

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30th Annual Spring Craft Faire

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9 a.m. – 3 p.m. FREE

Over 90 Crafters!!!
Great shopping for specialty gifts!

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael
972-0336 MORPD.com

Show Your Family Roots

All-day seminar hosted by Root Cellar Sacramento Genealogical Society
Sat., March 31, 9 a.m. to 3:45 p.m., doors open 8:30 a.m.

Four sessions by internationally-known genealogical author, George G. Morgan
Bring Them Back to Life: Developing an Ancestor Profile;
Push and Pull: The Reasons for Migration;
Sidestep Genealogy; & the Genealogist as CSI

Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd.
Advance registration required: \$25 members; \$30 non-members; after March 12-\$35.
Reg form at www.rootcellar.org. Contact Diane at rootcellarsgs@gmail.com

Cal Middle School's Annual Fundraiser

Spring Thing

An evening of food & drink from Sacramento's finest
\$30 per person in advance
\$35 at the door

Purchase tickets from
calmiddlespringthing.com or from
Cal Middle School 1600 Vallejo Way

Saturday, March 17
6:30 to 9:30 p.m.
Congregation B'nai Israel,
3600 Riverside Boulevard

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Country Club Plaza Farmer's Market

Feb. 25, March 3, 10, 17, 24, 31: 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. 25, March 3, 10, 17, 24, 31: 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.

Safari Tours

Feb. 25: The City of Sacramento Dept. of Parks and Recreation's "Safari Tours" travel program features one day trips for active adults that offer a variety of activities at an affordable price. 10 a.m.-noon. Free. Coloma Community Center, 4623 T St., Sac. (916) 808-8687 www.cityofsacramento.org/safari

Nor Cal Big Bands Preservation Society Dance

Feb. 26: Enjoy dancing to the sounds of the big bands of the early and mid-20th century. 1 p.m.-5 p.m. Singles and couples of all ages are welcome. Special talent at 1 p.m. Snacks at 3 p.m. Prizes at 4 p.m. Dance hosts available. Regular admission \$12, \$11 per person in groups of 10 or more and \$10 for Nor Cal Big Band Gold Card Society members. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 444-6138

Carmichael Farmer's Market

Feb. 26, March 4, 11, 18, 25: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemon-eysmartusa.org

Co-Dependents Anonymous

Feb. 26, March 4, 11, 18, 25: 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. 26, March 4, 11, 18, 25: 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. 26, March 4, 11, 18, 25: 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. 26, March 4, 11, 18, 25: 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. 26, March 4, 11, 18, 25: 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

Hatha yoga

Feb. 27, March 5, 12, 19, 26: 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.

Nicotine Anonymous

Feb. 27, March 5, 12, 19, 26: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Rotary Club of South Sacramento

Feb. 27, March 5, 12, 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Feb. 27, March 5, 12, 19, 26: 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. 27, March 5, 12, 19, 26: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.free-toasthost.org

ens (916) 601-4652 www.klassytalkers.free-toasthost.org

Rotary Club of Arden-Arcade

Feb. 28, March 6, 13, 20, 27: 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

Feb. 28, March 6, 13, 20, 27: 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

Upholstery class

Feb. 28,29, March 6, 7, 13, 14, 20, 21, 27, 28: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Co-Dependents Anonymous

Feb. 29, March 7, 14, 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Pilgrimage of Gratitude

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1 mile, 3 miles, 8 miles, 12 or 25 or 50 or 65 or 90 or even 100 miles...
You can join at... Berkeley, Fairfield, Vacaville, Davis or West Sacramento.

"Gratitude unlocks the fullness of life... Gratitude makes sense of our past, brings peace for today, and creates a vision for tomorrow" - Melody Beattie

Register for FREE, create or join a team, ask for sponsors
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100% of all donations go to the planting of the Bodhi Tree and Meditation Center Building construction fund for the benefit of all communities in the Sacramento region.

Please send your updated
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...especially if you host monthly events!
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American Red Cross helps military families

Reunite, reconnect and rebuild after military deployment

Special to Land Park News

The Capital Region Chapter of the American Red Cross is offering Reconnection Workshops, presented by Walmart, on March 3 and March 24 at its Sacramento office, located at 1565 Exposition Boulevard in Sacramento.

Four facilitated sessions will be offered to focus on skills building to enhance the likelihood of positive reconnections with armed forces personnel and their families following a military deployment.

"Deployments are a fact of life in the military," said Trisha Johnson, emergency services manager. "Whether a service member's absence is due to a training exercise, sea duty, combat, or unaccompanied duty in a remote location, separation and reunification pose unique opportunities as well as challenges for all family members. The American Red Cross, with support from Walmart, developed a series of workshops to assist all military families in managing the family's readjustment to the service member's return."

Actively licensed and specially trained Red Cross mental health professionals lead participants through information and discussions designed to help them identify and respond to the challenges of readjusting to and transitioning back to a changed family dynamic. The workshops are targeted to service members and their spouses, children, parents, siblings and significant others. Topics include Communicating Clearly, Exploring Stress and Trauma, Relating to Children, and Working Through Anger. Participants have the option of

choosing any or all of the workshops.

Each workshop is approximately two hours in length. Participants can take them in any order and select those most applicable to their situation. Workshops are free to military members and their families and occur in a supportive and confidential environment.

For more information about the current workshop being offered or to register for future workshops visit www.redcrossrc.org or contact Samantha Clark at (916) 993-7087 or clarksam@usa.redcross.org.



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1st annual SACRAMENTO chilli and beer festival

- Chilli cook off contest
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March 3rd

12 p.m. to 4 p.m.
Southside park (2115 6th street)
Get tickets at sacramentochilliandbeerfestival.com



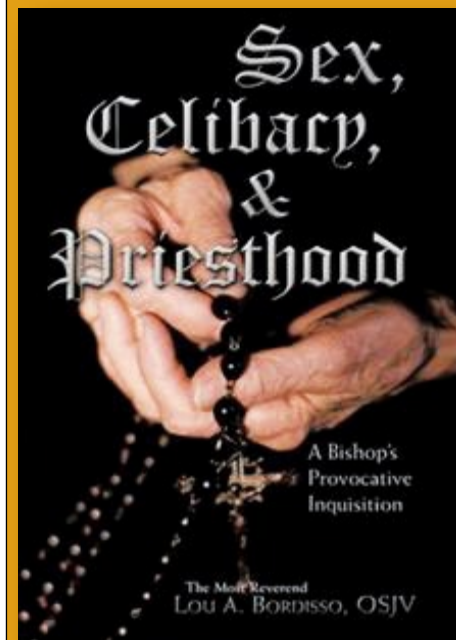


Faces and Places That's Italian!

Photos by **STEPHEN CROWLEY**
Land Park News photographer
stephen@valcomnews.com

Families and friends gathered to enjoy some good old-fashioned Italian fare at the "Sotaccioli Salsiccia Dinner" on Feb. 17 at Elks Lodge No. 6. Everyone enjoyed the delicious pasta and Italian sausage dinner – and the dancing afterward.

The event was presented by Ron Domingos, Mike Cima and the Fitness Center Crew. Proceeds benefited the Fitness Center.



New book by local,
Land Park author,
Lou A. Bordisso, Ed. D.



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Deadline:
MARCH 3rd

The Valley Wedding is an insert in **FOUR** Valley Community Newspapers:
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The Land Park News, and The Pocket News.

Coming out: March 17th and 24th (20,000 Copies)

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1/4 page	Black/White \$125	Full Color \$150
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Welcome Home!! Beautifully maintained original owner home with 3 bedrooms 2 baths on nice sized lot, plus great curb appeal. Hardwood floors in bedrooms and bedroom closets with cedar floors. Both a living room and a family room. It just feels good! A home you can easily love! See: 10 Rose Mead Cir \$219,900

SHEILA VAN NOY 505-5395



S LAND PARK TERRACE

Opportunity knocks in So. Land Park. Nicely appointed 3 bedroom 2½ bath home awaits a new owner. Over 1800 sf with remodeled kitchen is an entertainers dream with professional cooktop, double ovens and oversized buffet and wetbar area. Newer roof and nicely landscaped yard. See: 1125 Volz Dr \$349,000

CHRIS BRIGGS 834-6483 • KELLIE SWAYNE 206-1458



COMFORTABLE HOME WITH POOL

Fantastic two bedroom two bath Land Park home with a two car garage and a pool! This home includes a spacious floor plan, vintage hardwood floors, a patio, and a large lot. Walking distance to the Riverside Clubhouse and other restaurants! Simply a great opportunity in one of Sacramento's oldest established neighborhoods. See: 270112thstreet.ihousenet.com \$329,900

TIM COLLOM 247-8048



PERSONALITY PLUS!

South Land Park 3 or 4 bedroom 2 bath with beautiful leaded glass windows, custom front door and used brick & wood. Pretty hardwood floors & brick fireplace. Kitchen with granite, Wolf range & oven, Mele dishwasher, convection microwave & interior grill. See www.4809HillsboroLane.com \$450,000

PAULA SWAYNE 425-9715



SPACIOUS CHARMER

Adorable 3 bedroom home in the Freeport Park area of South Land Park! You will love the wood floors, spacious kitchen with dining bar, large bedrooms, central heat and air conditioning, 2-car attached garage with workshop area! Don't wait! See: 5430ashlandway.ePropTour.com \$149,000

ERIN ATTARDI 342-1372



WONDERFUL LAND PARK

Character of the 1940's with the convenience of today. Pretty vaulted living room ceiling, lit dining room hutch and rich hardwood floors in this 3 bedroom home! Pretty backyard complete with central fountain and beautiful landscaping. See: 274014thstreet.epropertysites.com \$419,000

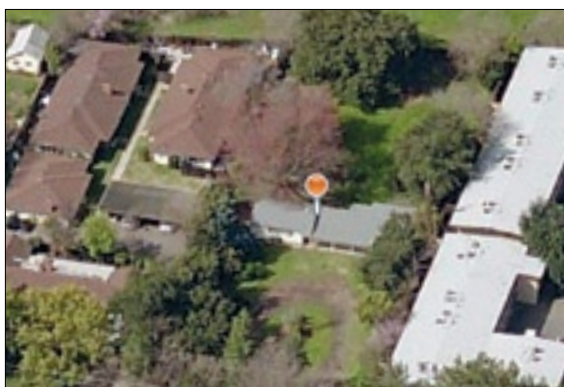
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REMODELED FREEPORT PARK

Completely remodeled 2 bedroom with a huge yard; perfect for 1st time home buyer or investor. Beautifully updated kitchen and bath, new paint, light fixtures, granite, carpet, tile, appliances and much more. Newer roof and dual pane windows. See: 1521fruitridgeroad.ePropTour.com \$125,000

MONA GERGEN 247-9555



RESIDENTIAL LOTS

Amazing opportunity to develop five new homes half a block from William Land Park! Approved by Sacramento Planning Commission to subdivide .7 acre lot and build two 2500 SF homes, two 2400 SF homes and one 2000 square foot home. Close to new Sunflower Market. See: 4540 Del Rio Rd \$650,000

NATHAN SHERMAN 969-7379

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