



New birders take flight at Effie Yeaw

See page 11



Photo by Matt O'Donnell

Not your mother's cooking class

Culinary arts students at John F. Kennedy High School served a gourmet feast last month for the grand opening of the school's new state-of-the-art kitchen. From left, students Robert Nelson, Phang Xiong, Lielani Torres, Marrin Thuston, Sindy Sanchez and Patricia Naryan staff the event, making such temptations as tequila-lime chicken, Beef Wellington, poached white salmon and a prawn waterfall. For more about this program that teaches more than just cooking, see page 4.

See Fly, page 5

The \$100 hamburger Have plane, will fly for good food

By Earl Rogers

THE EAST SACRAMENTO NEWS

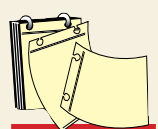
It is not uncommon for a group of people with mutual interests to meet monthly for lunch at the Midtown watering holes. Some might even seek out more distant destinations – say, Redding or heading across the Sierras to Bishop in the Owens Valley.

That's what members of the Sacramento Valley Pilots Association do. They know every airport restaurant within a 150 mile radius of Sacramento Executive Airport. Their rules are simple. The restaurant has to be within walking distance of an airport, and the flying time has to be about an hour one way.

Off they go

They've gone as far north as Shelter Cove, a lovely spot on the north coast, or as far south as Harris Ranch, a busy meal stop on I-5 that has its own airstrip.

◆ INSIDE ◆



Community Calendar

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Ravenous? This chef has the solution

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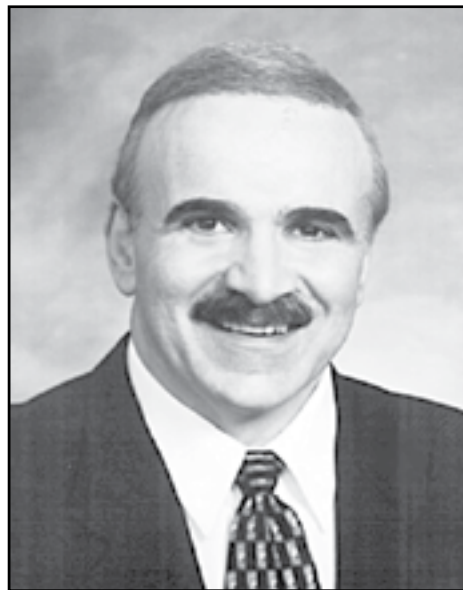
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Mayor moves toward his promised 'City That Works for All of Us'

This is the first of a monthly column from Sacramento's new Mayor Kevin Johnson.



MAYOR KEVIN JOHNSON
NEIGHBORHOOD MATTERS

Change. It's a word we all heard a lot in last year's elections – both on the national level and here in Sacramento.

During my first month in office, I've been committed to making sure that it simply wasn't campaign rhetoric.

During my mayoral campaign, I held eight "Town Hall" meetings throughout our city. These forums provided an opportunity for unfiltered give-and-take with voters. No moderators. No screened questions. Just an honest-to-goodness back and forth that provided me with a unique opportunity to listen to what matters to Sacramento families.

No matter which city council district I visited, there was no shortage of suggestions on how to improve the efficiency and effectiveness of city government.

At the David Lubin School in East Sacramento, a McKinley Park homeowner talked about how frustrated she was with City Hall. She called it "unresponsive," "bureaucratic," and "completely inaccessible."

At the California Middle School in Land Park, a neighbor expressed her dissatisfaction with municipal government, noting a "disconnect" between the city's leaders and the citizens they were supposed to serve.

In the Pocket, several families at the Didion Elementary School told me their calls to city for assistance were either ignored or became entangled in red tape.

Everywhere I went throughout the city, I heard much of the same.

I wasn't surprised.

I ran for mayor to change the way city government works. I want it to be responsive, smart and focused. Most of all, I want our city government to work for all of us.

That's why in the first few weeks of my administration, I took several steps to make Sacramento government more accountable, transparent and accessible.

Changing the way the city does business

No longer will city government be inaccessible. I've launched a series of initiatives to bring the city services and my office to you.

- Office hours – To provide Sacramento citizens with direct access to their city government and their mayor, I will hold office hours one Saturday every month, beginning at 9 a.m. These field office hours will be held throughout the city to ensure every resident has the opportunity to speak directly to me about the issues most important to them. (Check the city website, www.cityofsacramento.org for the schedule.)
- Town Hall meetings – There's no need to trudge down to City Hall to share your views

See Matters, page 3

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Matters

Continued from page 2

on issues facing the city. Each month I will hold a town hall-style meeting where you can voice your opinion on city issues, along with your neighbors. These meetings will be held in each city council district, with city officials on hand to answer questions and address neighborhood concerns.

- An “open book” schedule – My daily schedule of official meetings and activities will be open and available to all Sacramento residents, and it will appear on the city website. This will provide you the opportunity to see the energy and dedication I plan to put into being mayor.

- Communicating with citizens – I will be open and accessible with the media, which, in turn, will provide you with continuous updates about your city government. I will appear for one hour every Wednesday afternoon at 3 p.m. on KFBK radio and every Friday at 12:30 p.m. on the “Eric Hogue Show” on KTKZ radio (the latter will be broadcast live from “The Park” on 16th Street at lunchtime once month so citizens can participate). I also will appear on News10, answering questions sent via the web, every Thursday either at 11 a.m. or 5 p.m. Every Monday morning at 7:45 a.m., I will be featured on “Mondays with the Mayor” on Fox 40 TV, where I will answer questions submitted via e-mail by viewers.

I welcome your direct feedback to what is published here. E-mail me directly at mayor@cityofsacramento.org.

Charter reform

Reforming the city charter is often a dry exercise. But it's time Sacramento join the rest of the state's large cities in modernizing its charter to provide more accountability in city government.

Under the current charter, an unelected city manager – appointed by the City Council – has the major responsibility for managing city government. Department heads report to him, not to any elected official. Most major decisions are made by the city manager – sometimes contrary to what citizens want. Yet the city manager isn't accountable to voters.

That's why more and more cities – most recently Oakland and San Deigo – have reformed their charters to provide citizens the opportunity to hold their mayors accountable for city government actions.

Under the proposed system, the mayor is the city's chief executive officer, similar to the governor or the president. The council is the legislative body, providing checks and balances to the mayor's authority.

If charter reform is passed, Sacramento residents will have an individual – me – that they can judge as to whether or not we're solving the problems and making progress at fixing the problems at City Hall.

That means no more passing the buck or finger pointing. It means you can hold me accountable for what's happening with our city government.

This would be a significant change in the way city government works, and I will be providing more details on this critical charter reform in my next column.

Auditing city spending

It's no secret that these are difficult economic times. The downturn in our economy is straining city services with new demands for programs that serve low-income families, the homeless, and others that are having a difficult time making ends meet. Crime also is inching up, as it does during every recession, requiring increased spending to keep our streets safe.

Even though Sacramento enjoys some degree of economic stability as the home of state government, our city has been hard hit by the foreclosure crisis and private sector job losses. This, in turn, has caused major declines in the taxes we are able to collect.

As a result, I have inherited a record deficit. This will require difficult decisions to be made in the next few months – and years – as we try to balance our books.

The first step toward budget solvency is a top-to-bottom fiscal and operational review of the city's finances – something I promised to do in my campaign. It's time to open up the city's books and find ways to eliminate waste and duplication of services, and to see if we can do things smarter and more efficiently.

Last month, I was able to convince one of the nation's most prominent auditing firms, Alvarez and Marshal of New York, to conduct a “diagnostic” assessment of city spending at no cost to city taxpayers. The firm will focus on three to five key budget areas for potential savings, and report back to the City Council.

If the council then gives the green light, the firm will then move ahead with an eight-week intensive review of the city budget beginning in January. The firm's services will end up costing the city nothing, as it guarantees that it will find savings twice that of its fee. If the

city does not adopt its findings, no fee is charged.

This is a unique opportunity for Sacramento to become a more efficient, responsive, and results-based government. Many other cities employ outside auditors to ensure taxpayer dollars are wisely spent, and it's time Sacramento join their ranks.

All of these measures – increased accessibility, improved accountability, and a thorough fiscal review – are part of the change I promised to bring Sacramento. As always, I welcome hearing your perspective on these actions.



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Cougar Café and chemistry, too Kennedy High students show off culinary skills with gourmet feast

By Matt O'Donnell
THE POCKET NEWS

With the poor economy figuring to be a sticking point for the foreseeable future, high school students face potentially grim prospects after graduation. Those students who can broaden their skills have a chance to survive.

Cooking skills come in handy. After all, everyone has to eat.

Those at Kennedy High School are turning to Jim Morgan and the new Culinary Arts Academy on campus. The program emphasizes the art of food preparation and presentation as well as culinary business management.

Opening day

The new state-of-the-art kitchen opened in October and the students showed off their skills in a grand opening on Dec. 16.

Some of the hot dishes served included mini Beef

Wellington, stuffed mushrooms with baby shrimp and lobster sauce and tequila-lime chicken. The cold dishes included poached white salmon, a prawn waterfall and stuffed coronets with spinach ricotta mouse. There were also appetizers, drinks and dessert.

"I really didn't have to supervise that much," Morgan said. "I just visited and enjoyed the party."

The sign-up list for the grand opening was voluntary, but it filled up quickly. Morgan said students like Andrew Pale, Phang Xiong, Sindy Sanchez, Dan Clark and Kiana Smith were among those integral to the evening's success.

Pale, in particular, handled decorating the poached white salmon, not exactly an easy task.

Career experience

Morgan had been running the program in an old economics room, but a grant from the state of California helped Kennedy improve its career tech-

"In this industry specifically, it's not hard to go out and get a job if you really want to work."

Jim Morgan
Culinary arts teacher

nical education program. The program not only features a commercial kitchen, but catering service. Students get hands-on experience at The Cougar Café. The café will be open to teachers and the general public beginning this month.

"I have a lot of plans here," Morgan said. "This is the first step of many."

Morgan is in his fourth year at Kennedy. He was teaching in South Lake Tahoe before this job and ran a similar program.

As a youngster, he started working the kitchen around age 14 or 15. By the time he was 19, he was running kitchens and he continued doing that in college. He attended college in Southern Oregon, Hawaii and San Diego because of the company he worked for moved him around a lot. He attended culinary school at age 28.

Students often have different goals when they sign up for one of Morgan's classes.

"One, you're going to learn a life skill, something you get



Student Phang Xiong mixes it up with instructor Jim Morgan at Kennedy High School's state-of-the-art Culinary Arts Academy.

Photo by Matt O'Donnell

to use the rest of your life," he said. "Two, it's a great option for working your way through college. Especially in these times, (most) parents can't afford it. And third, you can turn it into a career."

He even helps the students with their résumés and mock interviews and some find jobs in the community.

"In this industry specifically, it's not hard to go out and get a job if you really want to work," Morgan said.

Chem class in disguise

Students don't necessarily know they're going to be learning English, mathematics or science when they sign up for culinary arts, but Morgan pointed out there's quite a bit of crossover.

He said often halfway or three-quarters through the semester a student will say something like, "Mr. Morgan, you're pretty sneaky - you've been teaching us chemistry all year and I just realized it."

"As long as they're getting the knowledge, I don't care," he said. "I just want them to be successful."

The program is part of California Partnership Academies, which incorporates academics with career technical education, business partnerships, mentoring, and internships. Students can commit to the program for three years if they wish.

Morgan draws a number of at-risk kids too, and he's fine with that.

"I really enjoy working with those kids," he said. "Once they've found something to be successful at like this, they do better in school as a whole."

For more information about the school's program, e-mail Morgan at james-morgan@sac-city.k12.ca.us.



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Flying

Continued from front page

Both destinations are about an hour and a quarter flying time from Sacramento. Somewhat closer are places like Auburn, Boonville, Bridgeport, Hayfork, Quincy, Ukiah and Yerington, Nev., to name just a few.

In aviation circles it's called the \$100 hamburger. The price varies, of course, with the distance from home base and the fluctuating cost of aviation gas, but the cost of a \$100 hamburger would break down to about \$10 (including tax and tip) for the burger and \$90 for the avgas. However at today's price the gas will cost the pilot around \$60 per hour or \$120 for a two-hour round trip. You can see what the high price of gas (and burgers) has done to the \$100 hamburger. Yet pilots are resourceful and will invariably find ways to cut expenses.

Carrying passengers and sharing the cost is one way. Another is to find a closer destination.

Point man

Bob Baker, retired from the U.S. Air Force and long time member of the SVPA, is the coordinator for these events. Once a month he will send out an e-mail naming his airport pick-of-the-month, the restaurant, the day and the time to meet.

He recently picked Half Moon Bay on the Pacific side of the San Francisco peninsula with the Half Moon Bay Brewing Company as the restaurant of choice. Flying time is about 50 minutes one way.

A small plane departing from Sacramento Executive Airport will head for Napa, cut across San Pablo Bay, and steer for Sausalito. With a little luck the marine layer that usually shrouds

the coast in fog and low clouds will be laying well off shore.

From the Marin headlands the plane will descend outside the Golden Gate where occupants have a grand view of the bridge and the San Francisco skyline. Dropping down to 1,500 feet above the ocean to get underneath the flight path of the heavies climbing out of SFO, the small plane will skim along the shoreline past Golden Gate Park and the blocks of houses spilling over the hills of San Francisco down to the sea.

A few miles farther along the coast is Half Moon Bay Airport where pilot and passengers can park their plane, walk down a woody path that leads to Capistrano Road and several good eating places.

Designated flyer

The Half Moon Bay Brewing Co. offers an eclectic lunch menu, but wouldn't you know there is a downside to flying-for-food if you are a person who enjoys a glass of wine with your lunch. The pilot may not swallow an alcoholic beverage under threat of severe penalties for those who do. He or she is, so to speak, the designated driver. The rule for pilots is eight hours from bottle to throttle. This is a good rule intended for the safety of all concerned. Passengers are exempt, but for pilots there are no ex-



Members of the Sacramento Valley Pilots Association know every airport restaurant within a 150-mile radius of Sacramento Executive Airport. A recent "\$100 hamburger" lunch found them taking off for Half Moon Bay.

Photo by Earl Rogers

ceptions from airline captains to those of lesser stripe.

At the Half Moon Bay Brewing Co. the pilot must slurp down a Diet Pepsi with his Brewery Burger while sitting with passengers who may be sipping a glass of Cinnabar Chardonnay or drinking a mug of Pillar Point Pale Ale with their fish and chips.

Oh well! There is no charge for the views enroute.

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Expect freezes ahead

Get out the pruning shears for January's must-trim roses and trees

SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

January is pruning time for roses, with "the earlier the better" a good rule. Growth buds start swelling fairly early and the longer you wait to prune, the more the first spring blooms will be delayed.

Many other items are pruned now, including deciduous fruit trees (such as apple, pear, peach, plum, etc.) and other fruiting plants such as grapes, raspberry and blackberry. Flowering shrubs such as buddleia (except *B. asiatica*) can be trimmed now; as can summer and fall bloomers, clematis, ornamental and shade trees (except those noted later). Please note that grapes and most maples bleed sap badly if pruned to late, so prune those now.

Perennials that benefit from a good pruning each spring to control sprawl include hybrid penstemon, perovskia and large salvias. Remember, however, to wait on frost tender items.

Early spring bloomers such as azalea, japonica, camellias, lilac, flowering quince, forsyth-

ia, deciduous magnolia, most species roses, dogwood, pieris, rhododendron, and the flowering forms of fruit trees (flowering peach, pear, cherry, etc., grown for flowers -- not fruit) have their buds already formed, so hard pruning will decrease or eliminate blooming this season. For these plants the rule is: "Prune immediately after blooming."

Do not prune frost-tender plants yet.

January and February are the months we are most likely to get frost and freeze damage. Do not prune or even clean up frost damage on tender plants until after March 1. Even frosted stems provide some protection to the growth underneath them, helping prevent further damage.

Notes and cautions

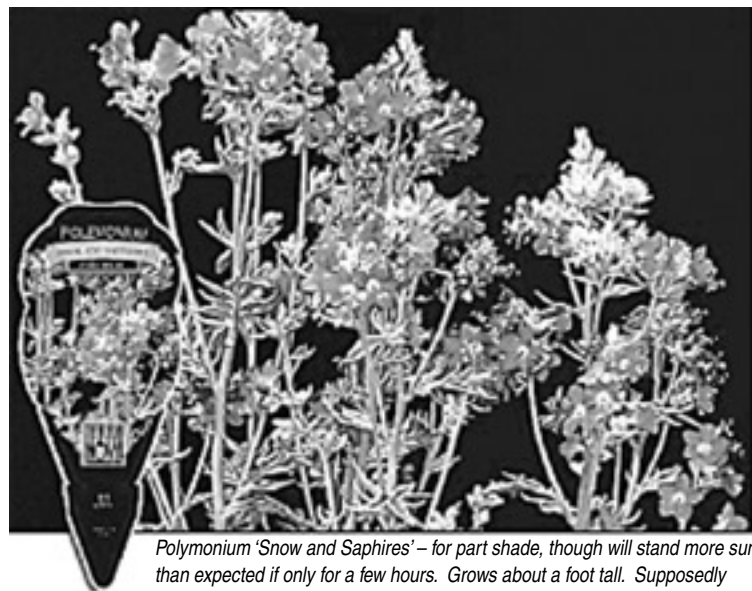
Be careful early in the season about plants brought into

nurseries from warmer areas that are far ahead of our area.

While most hardy perennials have a natural antifreeze in early spring as new growth emerges, these plants brought in from out of the area have outgrown it. So while they may look better, they are subject to cold and frost damage that locally grown would shrug off.

A good example is blooming rose bushes from Southern California or Mexico sold for Valentines day. We often get frosts and freezes in February.

Bulbs come into the nurseries by the first week of January, however a few things HATE cold soil and will only rot if planted too early -- the primary example being caladiums, although some of the hybrid-colored summer blooming calla lilies can also. Either start these in pots indoors, or hold till the weather warms up.



Polymonium 'Snow and Saphires' -- for part shade, though will stand more sun than expected if only for a few hours. Grows about a foot tall. Supposedly winter dormant, but mine are still green even after the frost last week. Seems no one told them.

It is time to think of dividing and moving perennials, so they get rooted in again before hot weather.

If you're dividing things and have extra, check with me about donating them for the benefit sales.

Upcoming classes

Classes are four hours (9 a.m. to 1 p.m.) on either of the days given and are held at the house, 1689 Vallarta Circle. Cost per person, per class is \$40 or any two classes for \$70. Reservations should be

sent, with payment, to: Robert Hamm, 1689 Vallarta Circle, Sacramento CA 95834.

First come, first served; all classes have limited availability. For more info e-mail me or call, numbers are at the end of the column.

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Garden, see page 7

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Garden

Continued from page 6

and how things grow and work here around Sacramento.

It also covers things like why so many things that don't do well here are sold in local nurseries, when to plant what, and translating labels and directions printed for national use into something for Sacramento.

On Tuesday, Jan. 20, and Saturday, Jan. 24.

Plant propagation

This covers how to propagate plants from seed, cutting and division for the home gardener without fancy equipment and greenhouses. Not only does it cover techniques, but all the little things most classes miss that make major differences in your success. There will also be practical experience with you taking the cuttings and such home.

On Tuesday, Feb. 17, or Saturday, Feb. 21.

Advanced topics

This is a set of miscellaneous topics that will cover a number of topics partly directed by questions from the attendees. Special propagation/ growing techniques, winter protection, trends in the nursery industry, why some plants are so hard to find, why so many gardening rules aren't always good for

the average gardener, common misconceptions about plants and wherever else your questions lead. It is a chance to pick my brain of more than 35 years of gardening experience in several different climates.

On Tuesday, March 10, or Saturday, March 14.

Benefit plant sale dates

The early season sale of dormant plants, potted bulbs and bareroot perennials will be from Jan. 31 to Feb. 3, at the house.

The north area February sale of bareroot, potted bulbs, growing and dormant potted perennials will be Feb. 14 to 16.

For those of you who don't want to wait until late January for the next sale to check out plants – or can't make it out on

a sale date – you can make an appointment to come over at another time by either e-mailing me leaving a message on my machine, or calling Kyle's cell phone at 420-1398.

Please note that while I added some concrete walkways last year, parts of the yard are still often muddy, and it's a growing area, so things are often not signed and arranged as they are at the downtown sales, at least not early in the year.

To the New Year

I want to wish you all a Happy New Year and hope that 2009 will be a healthy, happy and prosperous year for you.

The New Year for gardeners always brings visions of new growth and flowers to come, a new time of hopeful look-

ing ahead. We need that more than ever at this time of dismal economies with all of us affected one way or another.

The garden for many is our therapy, our time to escape from the everyday problems, relax and putter, look ahead and just remember the beauty of the world around us.

As always, I'll have new plants for you to try for the first time and old favorites to replace winter losses or overgrown oldies. I will also be trying to provide additional small starter plants that are cheaper for you to start out with than expensive gallons.

I also want to say thank you to all of you who helped Sunburst and its kids this holiday season. I am delighted to say, that even with the rough economic times, you made sure all

the kids received presents and hot holiday meal at the Christmas party. Thank you all!

Also I want to send a big thanks to those who sent in donations for the animals' shots and food through the winter. I thought I might have to give one of them up, but don't have that problem now. Thanks!

Sacramento Garden Notes is written by Robert B. Hamm, P.O. Box 189211, Sacramento, 95818-9211. Phone 923-3745. E-mail: gardennotes@sbcglobal.net. His monthly plant sales benefit the Breaking Barriers and Sunburst programs. Breaking Barriers assists with caring for people living with catastrophic illnesses, primarily AIDS and breast cancer. Sunburst serves children with AIDS.

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- 1 medium apple
- 1/3 cup lemon juice
- 1/4 tsp salt
- 1/4 cup thinly sliced green onions
- 1/4 cup vegetable oil
- 1/4 tsp pepper

Combine cabbage, apple and green onions in a large bowl. Mix together lemon juice, oil, Granite Bay Farms Golden Honey Mustard, salt and pepper. Mix very well. Pour over cabbage mixture; toss gently to coat. Chill 1-2 hours.

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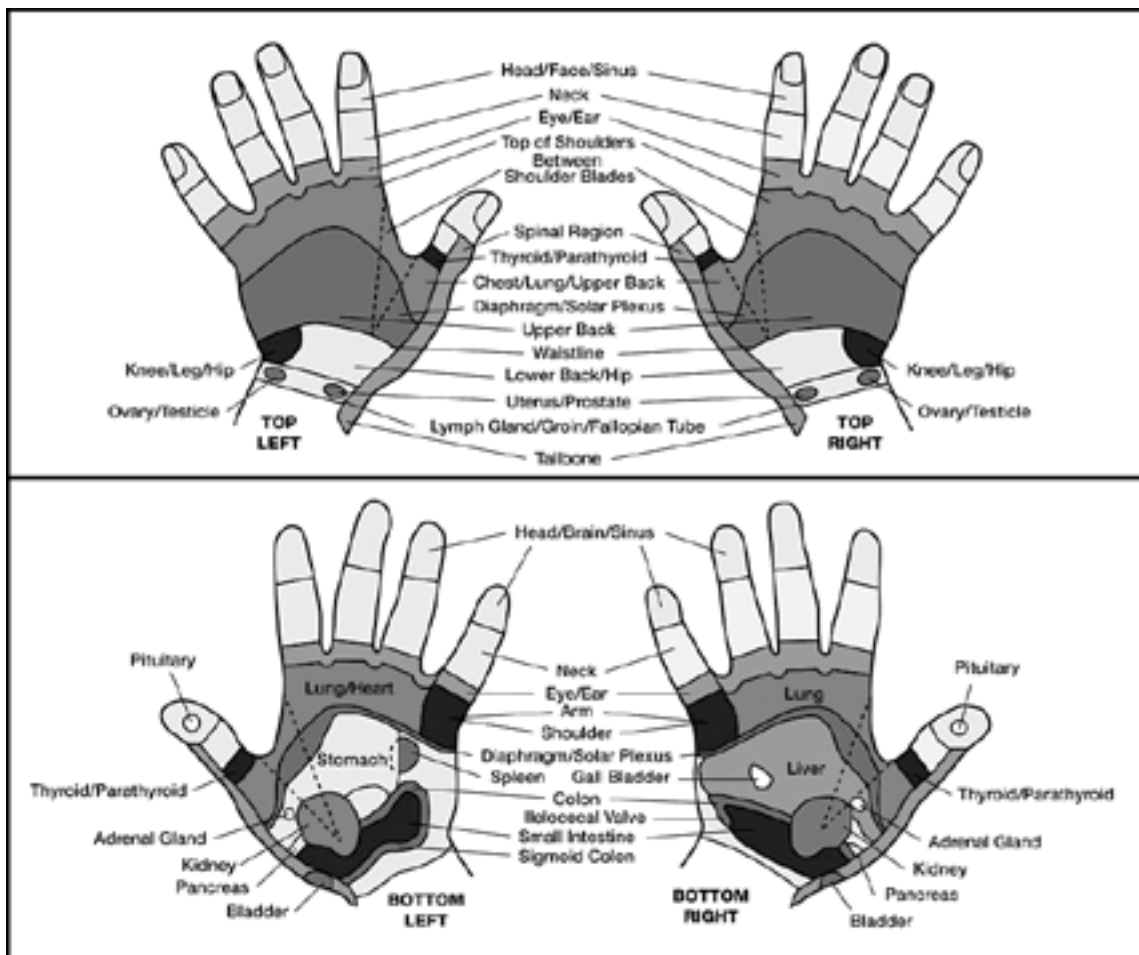
I have many clients who come regularly for massages to maintain their well-being.

They understand regular massage sessions can relax muscles, lubricate joints, ease tension and stress, and enhance the immune system. Massage also helps remove toxins, so the body can heal itself, bringing clarity to the body and mind.

Many people like extra attention paid to their hands

and feet. Repairmen and computer keyboard punchers, who constantly move their fingers and wrists, like their palms and the back of their hands massaged. For those on their feet all day long, such as postal workers, waiters, hair stylists, and meter-readers, a foot massage is bliss.

But with the hands and feet, massage goes deeper with reflexology.



More than just a massage: Reflexology puts pressure on internal ailments.



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A healing touch

Reflexology is an ancient "touch" therapy, a safe, nurturing healing art that has a sound basis in physiology and Chinese medicine.

We believe there are many organ nerve-ending zones at many parts of the body. For example, at the tip of the nose, ears, on the bottom of the feet

and on the palms, each part is the reflection of the whole body, related to nerves, organs or gland systems. By stimulating the reflex region, it will accelerate the healing of a related health problem.

When manipulating the specific reflex regions for a specific ailment, the chemical causing muscle blockage or poor blood circulation is reduced. Once

the blockages are released, circulation is improved, increasing blood flow, oxygen supply and nutrient supply to the tissues and every cell, organ and gland in the entire body.

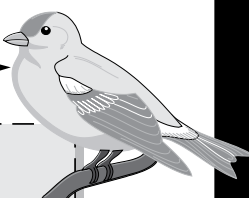
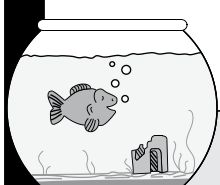
Do it yourself

Take a look at the chart. It shows your body's organ,

See Woo, page 9



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Woo

Continued from page 8

nerve and gland locations as pertains to hand reflexology. On the left hand, there is the heart and spleen. On the right hand, there is the liver and gall bladder, but other than these organs, both hands have same organs and glands. So, it is beneficial work on both hands.

Don't worry, you don't need a special tool, just use your fingers! Try this with a friend.

First, you and your friend must sit comfortably at the same height across from each other. Make sure your fingernails are short and not sharp. Hold his or her hand in both of your hands. Using the pad of your thumb, glide on the skin feeling for bump or "sand" under the skin. If you find some, do a circular motion to break the calcium build-up. If not, just glide and rub on every bone in the palm and back of the hand to release the toxins trapped among the muscles.

You may shake the hand and stretch each finger one at a time. The hand will feel refreshed and alive. After the session, drink plenty of room temperature water to flush

One of the greatest aspects of this system is that it can easily become a self-care technique.

out the impurities you stirred up, so your body can rejuvenate.

Which regions to work

Let's say you have a sinus allergy -- stuffy nose with clear watery discharge, and had a bad night's sleep. This is how a trained reflexologist will work:

1. Work on adrenal gland and kidney reflex, both hands, to stimulate energy flow in the body.
2. Spleen reflex, left hand, to enhance the immune system of the body and to reduce mucus formation.
3. Lung and sinus reflex, both hands, because the symptom of sinus and allergy is weakness of the Lung Qi.
4. Lymphatic system reflex, both hands, to drain out nasal mucus.

5. Solar plexus and diaphragm reflexes, both hands -- this is a very small region below the middle fingers on the palm. This is the whole body energy field and it must be enhanced, whatever the ailment.

6. Heart reflex zone, both hands, because Heart and Kidney harmony can improve insomnia

Why did I choose these reflexology zones? I look at the symptoms and then take the Chinese medicine approach: Sinus à Lung à Kidney à Spleen relation.

The sinuses need other organs' support. Insomnia can be eased by working on Heart and Kidney harmony.

Who can use reflexology

Because reflexology influences the whole person on all levels, it is appropriate for everyone -- infants, children and adults in all walks of life. One of the greatest aspects of this system is that it can easily become a self-care technique. It can be applied to anyone without fear of injury.

Reflexology can help with arthritis, asthma, anxiety, allergies, respiration problem, digestion, insomnia, nausea, immune system enhancement, in managing pain, removing toxins, with kidney/urinary problem and much more.

Today, reflexology is in widespread use. Many medical professionals and

healing practitioners believe in the bioenergetic flow. The harmonious alignment of bodily function and nerve energy is a prerequisite to good health; and reflexology allows us to experience such ultimate benefit.

Mamie Woo trained at China's Guangzhou College of Traditional Chinese Medicine. She is a Tai Chi instructor, Chinese herbalist and certified massage therapist. Contact her at 616-1688; website: www.mamiechineseherb.com. She is hosting a workshop at the Asian Community Center on Tuesday, Jan. 13).

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NANCY WEGGE 600-5458



LOVELY GREENHAVEN

Very nice 3 bedroom 2½ bathroom, single story home in great Greenhaven neighborhood! Quality built home with granite counters, tile roof, and dual pane windows. Covered patio, nicely landscaped and drive through garage. Within easy walking distance of greenbelt. See www.80SpringbrookCir.com \$374,900

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Quality built custom home in desirable Laguna Woods in Elk Grove. 5 bedroom 3 bath two story home on .31 acre lot with 3-car garage and room for RV. One downstairs bedroom with full bath and an enormous bonus room (24x19) that provides remodel options! Beautiful windows, great floorplan. See www.5507LawnviewWay.com \$638,000

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Conveniently located off Elk **PENDING** in gated community, this spacious 4 bedroom 2 bath home has plenty to offer! Corian kitchen counters, pantry closet, separate family room with gas log fireplace, master suite with sunken tub and walk-in closet and dual pane windows. See www.9669Marynissen.com \$270,000

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Original owner has lovingly **SOLD** bedroom 2 bath single story ranch style home in this desirable neighborhood. Wood floors and living room fireplace. Upgrades include Milgard windows, updated baths, new HVAC in 2006 and some recent interior painting. Backyard features covered patio, fig and cherry trees. See www.2928WissemannDr.com \$279,000

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Beginning birders bring their binos Do you see what I see?



Binoculars, whether brought or borrowed from the center, were a must.



Children learned a little about birds inside the Effie Yeaw Nature Center before heading out on their hunt.



There are clues all around for serious birders. The holes in this tree can only mean woodpeckers have been at work.

Beginning birders began with the basics at Effie Yeaw Nature Center in Ancil Hoffman Park last month. Binoculars in-hand, they fought the fog to learn the who (anyone who wants to at any age), what (on this trek there were egrets, blue heron, wild turkeys, hummingbirds, scrub jays, woodpecker and flicker, when (preferably in daylight, without fog), where (outside) and why (because it's fascinating and affordable) of birding.

Birding and all sorts of nature information is always available from Effie Yeaw. Phone 489-4918 or see the website www.effieyeaw.org.

Photos by **Kati Garner**



Birding lends itself to all kinds of natural encounters, these deer being a grand bonus for the day.



Wild turkeys kindly made themselves available for beginning viewing and identifying.

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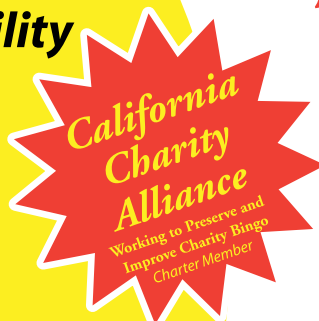
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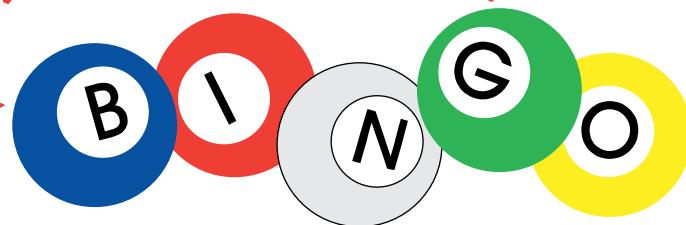
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Inside and Outside Pocket/Greenhaven

Car oil 'myth' debunked

The California Integrated Waste Management Board, California Environmental Protection Agency, and General Motors Corporation are working together to educate Californians about the need to change their vehicles' oil based on manufacturers' guidelines and not automatically follow the long-standing 3,000 mile standard.

If your vehicle manufacturer recommends changing your oil at 5,000 miles instead of every 3,000 miles, drivers can reduce the amount of oil generated and can keep used oil from entering the waste stream.

"We're asking drivers to check their vehicle owner's manual for best car care practices. With better cars, new technology, and the increase of synthetic oils, the 3,000 mile standard is not always recommended," said board Chairwoman Margo Reid Brown. "And by reducing their oil usage, drivers can

protect their pocketbooks and our environment."

A study by the waste management board found that 73 percent of California drivers change their oil more frequently than their manufacturer recommends, needlessly generating more used oil waste.

For more information on this topic, visit www.3000milemyth.org.

RSVP for WEAVE

Kicking off their ninth season of benefit concerts, Reconciliation Singers Voices of Peace will be joined by the nationally acclaimed Sacramento Children's Chorus to present a series of concerts titled "A Choral Tapestry" this month and next, as benefits for WEAVE, Women Escaping a Violent Environment.

Artistic Directors Julie Adams and Lynn Stevens once again combine forces to share a mix of American literature interwoven with the classics.

Founded in 1978, WEAVE is the primary provider of cri-

sis intervention services to survivors of domestic violence and sexual assault in Sacramento County. It is WEAVE's mission to bring an end to domestic violence and sexual assault in partnership with the community.

All members of RSVP donate their time and all of their concerts are free. Donations are accepted.

The concert dates are:

- Friday, Jan. 30: 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd.
- Saturday, Jan. 31: 7:30 p.m., St. John's Lutheran Church, 1701 L St.
- Friday, Feb. 6: 7:30 p.m., First Presbyterian Church, 515 Sunrise Ave., Roseville.
- Saturday, Feb. 7: 7:30 p.m., Faith Presbyterian Church, 625 Florin Road.

For more information on RSVP and this concert series, go to www.rsvpchoir.org.

Meet Buddha at the Crocker

According to tradition, Buddha was a spiritual being

who attained enlightenment and shared his teachings, giving birth to Buddhism, a philosophy originating in Asia and practiced for centuries.

"Buddha," an exhibition on view from Jan. 31 to April 19 at the Crocker Art Museum, explores the differences of Buddhist belief revealed through the depiction of the Enlightened One in more than 40 objects dating from the first millennium to the modern age.

Several programs will feature the exhibit throughout February:

6 p.m. Thursdays, Feb. 5 and 19, noon and 1 p.m. Saturdays beginning Feb. 7, Sundays beginning Feb. 1: Docents highlight works of art examining the role of spirituality in art. Free with admission.

Noon to 3 p.m., Saturday, Feb. 14: Second Saturday for Families, "The Shape of Love," lets families tour Buddha and attend an art workshop to discover symbols of harmony and expansive love. Practice acts of kindness and goodwill by crafting Valentine cards for friends and family. Free with admission.

For more information on exhibits and events call 808-7000 or see the website www.crockerartmuseum.org.

SPCA alters 90 feral cats

The Sacramento SPCA participated in the trap, neuter and release of more than 90 feral cats at its high-volume Spay/Neuter Clinic last month.

The SPCA, in conjunction with the Coalition for Community Cats, orchestrated the trapping of the cats, half of which were trapped as part of a colony living at Cal Expo Fairgrounds. More than 30 people participated in the trapping of the cats and the Sacramento SPCA performed a record number of spay/neuter surgeries, vaccinations, health checks and more in their high-volume Spay/Neuter Clinic.

The SPCA holds three feral cat spay/neuter clinics each month in its clinic, where more than 12,000 animals will be spayed or neutered this year.

The feral cat population in Sacramento is staggering. Many of the cats in parking lots and around shopping centers are feral cats. Feral cats are the "wild" offspring of domestic cats and are primarily the result of pet owners' abandonment or failure to spay and neuter their animals.

A pair of breeding cats and their offspring, which can

See Inside, page 15

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Inside

Continued from page 14

have two or more litters per year, can produce a staggering 420,000 offspring over a seven-year period.

For more information, see the SPCA website at www.sspca.org.

'Grand' fund-raiser for the opera

The Sacramento Opera will host its signature fund-raiser of the year, Grand Opera in the Grand Ballroom, at 6:30 p.m. Friday, Feb. 13, in the ballroom of the historic D.O. Mills Bank building, 629 J St.

Proceeds from the event help support the Sacramento Opera's artistic and education programs throughout the year.

Tickets are \$125 per person and include hors d'oeuvres, cocktails, a four-course din-

ner, a tribute to the legendary dramatic soprano Jane Eaglen, exclusive auctions, live entertainment from the stars of the Sacramento Opera's "The Marriage of Figaro" production.

The mission of the Sacramento Opera is to produce outstanding opera, to develop and cultivate a wider public interest in opera and its allied arts, and to further music education in the region.

For reservations or to donate auction items, phone 737-1000.

'What's Opera, Doc?' and more

A free musical event for children ages 6 to 12 exploring how Warner Bros. cartoons introduced classical music to generations is scheduled for noon and 2 p.m., Saturday, Jan. 10, at Curtis Hall in the Sierra 2 Center, 2791 24th St.

Thanks to Bugs and Elmer Fudd, the music of Wagner, Donizetti, and Rossini is familiar to young audiences today. Discover the origins of opera, its relation to the visual art world, its diffusion to other countries and how it came to appear in cartoons and other pop culture outlets.

Such masterpieces as "What's Opera, Doc?," "The Rabbit of Seville," and "Long-Haired Hare," will be shown. The program also features live performances of three popular opera selections.

Reservations are not required.

Jewish Film Festival turns 12

The Sacramento Jewish Film Festival will celebrate its 12th year with two dramas, three documentaries and several short films highlighting a range of challenging and insightful topics

about the Jewish experience on Saturday and Sunday, Feb. 7 and 8, at the historic Crest Theatre, 1013 K St.

The festival begins at 7 p.m. Saturday, Feb. 7, with "The Secrets," a film about the challenges of two free-spirited young women facing the complexities of a religious lifestyle. Desserts and coffee will follow the screening. Neil Needleman's short "Trip to Prague" accompanies this program.

The "Not So Kosher Comedy Shorts" program shorts hits the screen at 10 p.m. with "Circumcise Me." This 2008 documentary provides a hilarious and fascinating look at American-born Yisrael Campbell, a Catholic convert to Judaism who becomes a stand-up comedy star in Israel. Also on the program are Stephen and Joel Levinson's "Jew-no," "Let My People Grow"

and "Getting There is Half the Fun."

At 1 p.m. Sunday, Feb. 8, is a documentary about a rabbi's son with Down syndrome, "Praying with Lior." At 3:10 p.m. is "Love and Dance," a story about a young boy torn between the conflicts of his Russian-born mother and Israeli father. The final film at 5:15 p.m. is "Blessed is the Match," with the short film "Toyland."

General admission for each screening is \$10, seniors and students \$8.50, with combined film tickets available. Advance tickets are available at the Crest Theatre box office. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L.

For more information, visit www.thecrest.com or call 442-7378.

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New leaders installed Older Women's League targets health care issues in 2009

Special to the *Pocket News*

The Sacramento Capitol chapter of the Older Women's League inaugurated its program for 2009 by installing two members to jointly hold the position of co-president during the coming year.

They are Carmichael resident Eunice Lycke, a retired California Youth Authority parole agent and social worker, and Kathleen Lane, a Land Park area resident and retired social worker for Kaiser Permanente. They were elected by OWL members Dec. 19 at the Hart Senior Center to replace Joyce Miller of West Sacramento.

Lane and Lycke, both in their 80s, said they felt the job could be handled best by having two

co-presidents to share the workload. The two women have been friends since they first met as students at Loyola University in Chicago.

With the U.S. in a major recession and the Obama administration set to take over in Washington in late January, Lane and Lycke agreed that OWL faces greater challenges than ever in its role of marshaling public and political support for meeting the needs of older and mid-life women.

Improved and universal health care services were listed as major needs for OWL's nationwide membership, Lycke said. She and Lane listed other areas to be targeted by OWL, including guarantees of adequate housing for all, along with improved Social Security, transportation and other needs to be secured by supporting appropriate legislation on the state and national levels.



Kathleen Lane, left, and Eunice Lycke share the gavel they will use as joint leaders of the Older Women's League.

Courtesy photo

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| 10432 Canadeo Cir. | 7716 George River Ln. |
| 5342 Crown Bench Cir. | 757 Harvey Way |
| 6816 Romanzo Way | 55 Lanyard Ct. |
| 9587 Amon Ct. | 14 Vistawood Ct. |
| 6605 Candellaria Ct. | 1360 47th Ave. |
| 9021 Testerman Way | 6 Rivermoor Ct. |
| 7129 Lyndale Cir. | 7714 Los Rancho Way |
| 4519 Stuben Way | 5 Moonlit Cir. |
| 9676 Sea Cliff Ct. | 6995 Warbler Way |
| 5828 Lawnview Way | 296 Cruise Way |
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Around and about *Pocket / Greenhaven*

Health courtesy of the Elks

Thirty-one units of blood were given during the Sacramento Elks Lodge No. 6 Health Faire and Blood Drive at the lodge on Riverside Boulevard, according to Blood Source representative Catherine Kirk. In addition, California-Hawaii Elks Major Project physical therapist Gina Murphy was on-hand to provide vision screening to pre-school children. Vendors organized by Kirk gave out pamphlets and answered health-related issues to attendees. All services were offered at no charge and with the positive response received from those who attended, Elks Lodge No. 6 is planning to make this an annual event. Tony Muljat, Elks Lodge treasurer and a donor of 27 gallons of blood over the years, organized this event that was open to the local community.



Photo by Linda Pohl



Parkside progress

Parkside Community Church is building a new sanctuary at the corner of South Land Park Drive and 35th Avenue. The 3,000-square-foot sanctuary will seat 180 attendees in a semi-circle configuration. The piano and new Rogers organ will be featured at the front of the sanctuary, where a large, multi-stepped chancel will support a preaching dais, altar and custom sculpted waterfall-baptismal font. Sacred geometric art work and inspirational banners, donated by sponsoring patrons, will fill the walls. Landscaping plans include a meditative garden and a memorial rose garden, to be enhanced by the donation of shade trees from the Sacramento Tree Foundation. Donations and memorial gifts for the sanctuary building fund are welcome. For information, contact the church office at 421-0492.



Lisbon's elves

Lisbon Elementary School's student council members served as Santa's elves for homeless families this past holiday season. Students served soda and cookies to the parents of students who are homeless and live within the school's district area. (Homeless families are often not eligible for toys given from other agencies because they do not have a proof of address.) Students then escorted the parents around the "toy shop" to help them choose three gifts for each child. The families were also given gloves, hats, t-shirts, stocking stuffers, and a large bag stuffed with goodies for parents.

Courtesy photo



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- 2509 Merlin Way - House - \$279,900
- 1221 Wayland Ave. - Half-Plex - \$254,000
- 639 El Dorado Way - House - \$240,000
- 3947 43rd Avenue - Duplex - \$ 99,900
- 6331 Buena Terra Way - Duplex -
- 5526 East Knoll Dr. - Duplex -

RECENT SOLDS

- 4716-4718 Robert Frost - Duplex - \$280,000
- 1036-1038 Clinton Road - Duplex - \$273,000
- 3161 Laurelhurst Drive - Duplex - \$249,900
- 6827 Concert Way - Duplex - \$243,000
- 6351 Denton Wa - Duplex - \$234,900
- 4524 Hayford Way - House - \$139,900
- 1591 Belinda Way - House - \$ 99,500
- 6206 Jack London Circle - House - \$127,900
- 4717 Large Oak Ct. - Duplex - \$260,000

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Scout earns Eagle with painting project

Ian Campbell, a member of Boy Scout Troop 136 -- the Zoo Troop, was celebrated at a High Court of Honor last month at the zoo's Kam-pala Center for earning his Eagle rank, scouting's highest honor.

Campbell attends West Campus High School where he is an honor roll student, a varsity basketball player, and Youth Court attorney. He was also selected as the WCHS Elks Lodge Student of the Month in March, 2008.

He works as a lifeguard for the City of Sacramento at the Sam Pannell Community Center pool.

To attain the rank of Eagle Scout, Campbell earned 21 merit badges, was a 75-day



Ian Campbell, troop leader and Eagle Scout.

camper, served as a leader in the Zoo Troop, and completed a community project. For his project, he organized and conducted a work crew of 45 volunteers in a three-day effort to paint Farmer John's Barn at Fairytale Town.

Pocket dining Rave reviews for Ravenous Café

The newest, restaurant to join the Pocket area is touting its epicurean delights to the neighborhood. Ravenous Cafe offers elegant dining in a casual atmosphere in the heart of Riverlake Village at Pocket Road and Greenhaven Drive.

Owners Susan Vasques and Mark Helms, who also takes top chef duties, have taken over the vacant Plan B restaurant site. Helms is formerly of the Cookery, Lautrec, Kashba, Moxie and twas he executive chef at Tapa The World for the past three years.

"The cuisine has a strong Spanish, French or Italian influence," according to Helms.

"Each morning we search for the freshest ingredients of exceptional quality," Helms said. "We hand-select the best locally grown produce and our dedication extends to our meat, fish and poultry."

Ravenous Cafe is open six days a week with brunch served 10 a.m. to 3p.m. Sundays; lunch from 11 a.m. to 2 p.m. Tuesdays through Fridays; and dinner from 5 to 9 p.m. Tuesday through Sunday.



Photo by Linda Pohl

Chef Mark Helms at Ravenous Café is dedicated to locally grown produce and hand-selected meats and fish.

"Susan and I have created what we hope is a warm and inviting atmosphere," Helms said. "We are anxious for people to stop by and sample our fare."

Be sure to check out the raven on the wall.

Ravenous Café is located at 7600 Greenhaven Drive. More information is available at 399-9309 and www.ravenouscafe.com.

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Pear tree project stalls

Delta Shores heading to council; Pocket buildings on schedule

This large, 800-acre project south of Meadowview, between the Sacramento River and Highway 99, will come before City Council at 6 p.m. Tuesday, Jan. 13. The hearing will be in the Council Chambers on the First Floor of New City Hall at 915 I Street.

City Planning Commission staff reviewed the project on Dec. 11 and opted to forward the project to the City Council with no formal recommendation. Please check the council agenda closely if you plan to attend.

More information can be obtained by call Greg Bitter at 808-7816.

Performing Arts Center coming to Kennedy

The new Performing Arts Center at Kennedy High School is under construction on the west side of the campus where the old M-Wing portable classrooms were previously located.

This is the same location where the Performing Arts Center was originally planned to be built when the school was constructed 40 years ago. The artist's rendering of this project is available on my website.

The center will be just under 14,000 square feet and seat 465 persons. The entrance foyer will be on the east side of the building, facing the main school campus.

School/library work on winter schedule

Foundation work at the School of Engineering and Sciences progresses smoothly at the construction site at Gloria Drive and Swale River. Equipment is in place to facilitate winter weather work as reasonable.

Geopiers on the school are finished, creating a "green" foundation through use of recycled concrete and eliminating the need for extensive truck traffic for over-excavation. The school is scheduled to open at the new campus in January 2010 at this point in the schedule.

Construction of the library portion of the joint use project should begin this spring. Con-



Councilman Robbie Waters

DISTRICT 7 UPDATE

struction photos should begin to be posted on my website soon.

Pocket-Greenhaven Friends of the Library

The next Friends of the Library meeting will be at 6:30 p.m. Thursday, Jan. 22, at Lisbon Elementary School, 7555 South Land Park Drive, in the Teacher's Conference Room. Call my office for more info.

The meetings are open to the public and I encourage you to join this active community group.

Pocket pear tree project shelved

The plan to gradually replace the Aristocrat Pear Trees along the median on Pocket Road in the Riverlake area has been put on hold for now. City budget concerns dictated that we cannot start this multi-year project.

We're keeping the plan we worked out with the community, the Sacramento Tree Foundation, Riverlake Community Association and City Urban Forest Services and hopefully next year will be more promising to begin.

Containerization passes 50% mark.

The city now has more than half of its green waste customers participating in the voluntary green waste containerization program. Now, the total number of containerized customers is beyond 60,000. The phenomenal success of this program has resonated with residents who like a clean street, want to be environmentally friendly and those who prefer the reduced rate on their utility bill.

If you previously opted-out of the container program when

it came to your neighborhood, and now have changed your mind, it's not too late. Contact my office at 808-7338 and we'll be glad to help you.

Lastly, if you or a relative has trouble getting your cans put out to the curb due to a medical problem or geriatric issues, don't struggle. Call 311 and ask for information about the program, which does require a doctor's note.

Keeping our quality of life

Are you concerned about lacking upkeep on nearby properties? Bugged by a vacant house? Suspect criminal activity at a certain address? We have a meeting where you can meet face to face with city officials to go over these problems and receive regular status reports back from the city.

Area 2 Neighborhood Response Team (NRT) meets alternate months at the Pannell Center. The next meeting is 6 p.m. Wednesday, Jan. 14. Call Mariano Jauco at 808-2346 for more information.

Need more information?

My office sends out helpful community information on an email list. To join the list, visit the main city webpage at cityof-

sacramento.org and use the "email alert" link to sign up.

Boards and Commissions

Following is a listing for opening on boards and commissions. The date in parentheses is the date applications are due. Please check the city web page at www.cityofsacramento.org and click on the Boards and Commissions icon on the left side of the main page for updated information throughout each month or call the City Clerk's Office at 808-7200.

Applications can be found on the Boards and Commissions page.
 Animal Care Services Citizens Advisory Comm (3/27/09)
 Housing Codes Advisory & Appeals Board (1/23/09)
 Parks & Recreation Commission (1/16/09)
 Sacramento Commission of History & Science (1/23/09)
 Transportation Programming Guide (2/27/09)

Councilmember Waters' mailing address is City Hall, 915 I St., Sacramento CA 95814. Phone is 808-7338. E-mail is rwaters@cityofsacramento.org. Website is www.cityofsacramento.org/council then choose Robbie Waters.

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From left: Wes, Ted, and Henry

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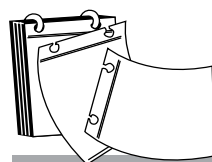
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Calendar

There's always more calendar at www.valcomnews.com

JAN. 8

Computer Club meeting

Mission Oaks Computer Club meets, 1 to 3 p.m., for a program on digital scrapbooking -- printing scrapbooks on internet sites. A question and answer session follows the meeting. Visitors welcome. At the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Information at 366-1687 or the website: <http://missionoakscomputerclub.org>.

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "Memory and Function," 1:30 to 2:30 p.m., the

first of a four-part series called "Use It or Lose It," by Community Education Director Kim Winters. Learn about dementia, Alzheimer's disease and treatment, what is normal with aging and memory loss, and more. Free. At the Asian Community Center, 7375 Park City. Reservations at 393-9026 x 222.

Wellness coach gives tips

Sacramento Chapter of the National Health Federation sponsors a free lecture on "Change Your Beliefs -- Change Your Life with PSYCH-K," by Marie Wilson, Wellness Coach, 7 p.m., SMUD Building Auditorium, 6201 S St. Call 916-635-6724 for information.

JAN. 9

'Venturing in Italy'

Travel presentation, 8 p.m., at The Italian Center, 6821 Fair Oaks Blvd. Based on the book "Venturing in Italy: Travels in Puglia: Land Between Two Seas," features a Power Point presentation and readings from several of the 19 writers, \$10 admission. Copies of the book available for purchase as well as signings by the writers. Refreshments included. Information at ITALY-00.

JAN. 10

Twelfth Night party

The Sacramento Recorder Society's free musical program and dessert potluck, 7 p.m., Parkside Community Church, 5700 South Land Park Drive, celebrates Twelfth Night, an annual winter party. Unique recorders and 15th century Madrigal arrangements, plus Parkside's Bell Choir. For more information, contact the church office at 421-0492.

Robbie Burns Supper

Sacramento Lodge of Daughters of Scotia breaks out bagpipes for annual Robbie Burns Supper, Bethany Presbyterian Church, 5625 24th St. Marks the 18th century poet's birthday, with highland dancing, poetry-readings, a Scottish sing-song, a wee dram of Scottish whiskey and haggis. Admission by donation. For information, call 452-5204.

E-waste for Tiny Tots

Tiny Tots Preschool's free electronic-waste collection fund-raiser, 9 a.m. to 1 p.m., 1941 Bell Street. Accepting old monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines. Information at 433-0646.

'Pressure's On' demo

Sacramento County UC Cooperative Extension Master Food Preservers give a food preservation public demonstration, "Pressure's On!," a basic intro-

duction to pressure canning, 10 a.m. to noon, Sacramento County Cooperative Extension office, 4145 Branch Center Road. Free. No registration required. Information at 875-6913.

Create a victory garden

Learn to incorporate a variety of edibles into your garden, 9 a.m., at the Horticulture Center, 11549 Fair Oaks Blvd. Free. Information at 875-6913.

Black-tailed deer adventure

Grab your binoculars to catch a closer look at the black-tailed deer in their habitat and learn more about their world, 1:30 p.m., Effie Yeaw Nature Center, Ancil Hoffman Park, 2840 San Lorenzo Way, Carmichael. Park entrance fee, \$5. Information at 489-4918 or e-mail eync@sacounty.net.

Counting crows, etc.

Learn how you and your family can help local avian wildlife by participating in February's 12th annual Great Backyard Bird Count, 10 a.m., Fair Oaks Library, 11601 Fair Oaks Blvd. Julie Serences, education chair of the Sacramento Audubon Society, will explain this important bird counting program designed for beginning to advanced birdwatchers. Information at 264-2920 or www.saclibrary.org.

Massage matters

Certified massage therapist Daren Yee gives information and demonstrations of medical and sports massage, 1 to 3 p.m., Belle Cooledge Library, 5600 South Land Park Drive. Free. Follow-up class, "Secrets of Massage," is scheduled for 6 to 7:30 p.m., Wednesday, Jan. 14. Yee is the massage therapist for the Flexible Flave breakdancers who perform at the Sacramento Kings and Monarchs professional basketball games. Information at 264-2920 or www.saclibrary.org.

Family fitness

Captain Running Man from Anytime Fitness discusses the benefits of health and fitness, giving extra attention to the importance of developing healthy habits at a young age, 2 p.m., Arcade Library, 2443 Marconi Ave. Free. In-

formation at 264-2920 or visit www.saclibrary.org.

Eye science update

Sacramento Chapter of the Foundation Fighting Blindness invites the public to "An Eye on Science," a science update on retinal degenerative diseases and human clinical trials, 9:30 a.m. to 1 p.m., UC Davis School of Medicine, Medical Education Building, 4610 X St, Room 1222. Free, park in Lot 17. RSVP at 866-782-7330 or e-mail Sacramento@FightBlindness.org.

JAN. 11

Great Backyard Bird Count

Find out how to participate in The Great Backyard Bird Count, an annual four-day event in February that engages bird watchers of all ages in counting birds to create a real-time snapshot of where the birds are across the continent, 1:30 p.m., Effie Yeaw Nature Center, Ancil Hoffman Park, 2840 San Lorenzo Way, Carmichael. Park entrance fee, \$5. Information at 489-4918 or e-mail eync@sacounty.net.

Water blessing service

Parkside Community Church conducts a water blessing service, 10:30 a.m., 5700 South Land Park Drive. Bring a vial of water from home, a river or creek. For more information, contact the church office at 421-0492.

JAN. 12

Balancing workshop

Free workshop for people who have experienced a serious fall or are concerned about their stability, 1 to 3 p.m., Eskaton Administrative Center, 5105 Manzanita Ave. Participants will be included in eight sessions, learning methods to improve balance. Space limited, and reservations required. Information at 888-334-3490 toll-free.

JAN. 14

Concert pianist performs

Eldred Marshall, concert pianist, plays Schubert, Beethoven, and more, noon to 1 p.m., Westminster Presbyterian

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Church, 1300 N St. Free. Information at 442-8939.

Weight loss workshop

Carmichael Health and Wellness Center's one-hour workshop on how to lose weight and maintain it the healthy way, 6728 Fair Oaks Blvd., suite 306. Learn how to control blood pressure, high cholesterol and diabetes. Free. Reservations at 979-0716.

Medical decisions

Mercy McMahan Terrace retirement home hosts a free presentation on "Medical Decisions: When They Count the Most," 1:30 p.m., 3865 J St. Reservations required at 733-6510. Repeats Jan. 17.

Foot, ankle surgery info

Orthopedic surgeon and foot and ankle specialist, Dr. George Lian, presents information on the newest trends in surgical and non-surgical management of common foot and ankle disorders including total ankle replacement, 6 p.m., Sutter Cancer Center, 2800 L St., classrooms 1-4. Free. Space is limited. To RSVP or for more information, call 1-877-361-2663 and select option 5.

JAN. 15

Politics of investing

The Senior Connection offers a class to analyze how past administrations have affected the U.S. economy and changed the marketplace, 1:15 to 2:15 p.m., Easton Monroe Lodge, 3225 Freeport Blvd. Free. Information at 888-334-3490 toll-free.

JAN. 16

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part One," 1:30 to 2:30 p.m., the second of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about the benefits of mental exercise, physical exercise, get info on a brain-healthy diet and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 17

Funeral information

Harry A. Nauman & Son Funeral Chapel open house, 10 a.m. to 3 p.m., 4041 Freeport Blvd., for all questions about funeral planning. Free. Information at 452-6157.

New Year, new you

Free fitness fair at Arden Hills Resort Club and Spa features free fitness assessments, balance testing and mini-training sessions by top area physical fitness trainers, 9 a.m. to 1:30 p.m., 1220 Arden Hills Lane. Food samples, give-aways and hydrostatic body fat testing for a free. Information at 482-6111 or website: www.ardenhills.net.

Video games for health?

Arcade Library hosts a class for all ages on "Healthy Video Games," 2 p.m., 2443 Marconi Ave. Can video games be healthy? Get your heart rate up with

"Dance, Dance, Revolution" and Wii Sports. Free. Information at 264-2920 or visit www.saclibrary.org.

Living with wildlife

Explore ways that humans can peacefully coexist with bats, raccoons, possums and other wildlife in their neighborhoods, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 18

Secrets of a wildlife watcher

Let a naturalist help you sharpen your wildlife observation skills as you discover signs of the animals living in the oak woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 20

Women's Connection

Sacramento Women's Connection luncheon, 11:30 a.m. to 1 p.m., Lions Gate, Club Room A, 3410 Westover McClellan Park. Features speaker Vicki Mascara, and nationally recognized artist Sharon Mahnken displays wood carvings. Cost, \$20 per person. Reservations required by Jan. 14. Information at 332-1461, or SacCWC@aol.com.

Talk about the schools

Sacramento City Unified School District community meeting for residents to "share ideas for providing exceptional learning environments and maximizing district facility use," 6 to 8 p.m., John F. Kennedy High School, 6715 Gloria Drive. Study all district real property and K-12 school sites. Comments, questions and responses will be posted on the district web site at www.scusd.edu.

JAN. 21

Hear a harpsichord

Harpsichordist Fayth Vollrath performs, noon to 1 p.m., West-

minster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Know your fruits

Food Preservation demonstration on citrus and tropical fruits, 6:30 to 8 p.m., Sacramento County UC Cooperative office, 4145 Branch Center Road, \$3. No pre-registration required. Information at 875-6913.

How to pack light

Learn how to pack for months in merely a carry-on sized suitcase, get other hints on traveling light with minimum baggage, 9:30 a.m. demonstration, 10 a.m. travel show, Mission Oaks Community Center, 4701 Gibbons Drive. Free. Information at 972-0336 or website www.morpd.com.

JAN. 23

Italian film series

Film series shows "My Brother is an Only Child," where two brothers discover they are more alike than they think, 8 p.m., at the Italian Center, 6821 Fair Oaks Blvd., \$10 admission. Shown in Italian, with English subtitles. Refreshments included. Information at ITALY-00.

Hot crab feed

Courtyard School's annual hot crab feed and auction, 6 p.m. social, 7 p.m. dinner, 205 24th St. Features hot crab, pasta, bread, and salad, \$45. Live, silent and dessert auctions. Information at 442-5395.

'Use It or Lose It'

Primrose Alzheimer's facility presents a forum on "How to Make the Most of Your Memory, Part Two," 1:30 to 2:30 p.m., the third of a four-part series called "Use it or Lose It," by Community Education Director Kim Winters. Learn about emotional health and memory, reducing stress, and the importance of social relationships. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

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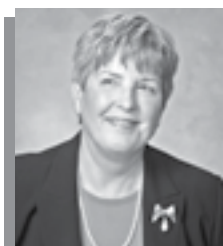
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