

Salmon face uphill battle on the river

See page 14



Photos by Kati Garner

The best medicine

Nell Farr, far left, Alice Calhoun, center, and Laughter Yoga instructor Judy Knott laugh away stress and cares at Knott's recent class at Belle Cooleedge Library. Laughter Yoga, says Knott, brings positive changes to your body, mind and emotions, and your body can't tell the difference between a good laugh and a 10-minute jog. That's Knott giving a grand "lion" face in the inset. For more giggles and guffaws, see page 24.



POLST forms Ensuring life ends your way

By Miranda Menestrina
THE POCKET NEWS

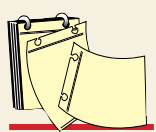
Major medical decisions can be difficult to make, especially in an emergency, but Mercy McMahon Terrace care facility attempted to make them a little easier with a free, hour-long seminar this month.

The presentation highlighted the voluntary medical form called POLST (Physicians Orders for Life-Sustaining Treatment), a new form that went into effect on Jan. 1.

Aimed at making medical requests clear and concise, the POLST form is completed by a health care professional and covers all aspects from resuscitation, antibiotics, and artificially administered fluids and nutrition. The written orders indicate any or all life-sustaining treatments a patient may or

See Medical, page 8

◆ INSIDE ◆



Community Calendar

pages 26-27



Orchestras combine for Year of the Ox

See page 25



Dr. Takahashi: Meet Pocket's marathon man

See page 22

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Extended, updated calendar * Police Beat: arrests and police blog

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City budget and furloughs

City's \$50 million deficit means further cuts in essential services

The economic news continues to be challenging for the city. Even after last year's deficit of more than \$50 million, rounds of retirements and some layoffs, the news for the coming budget cycle is not good.

The nation's recession and the state's fiscal crisis both impact the city and its current financial forecast. When council approved the current fiscal year 2008-2009 budget that took effect last July 1, cuts of 4 percent in fire, 8 percent in police and 20 percent in most other city departments took effect.

The projected deficit is, for this next fiscal year, again in the vicinity of \$50 million. Furloughs for non-represented city employees took effect Jan. 1. My office staff will be taking one unpaid furlough day each month.

A balanced budget is required by July 1. Our first budget workshop at City Council will be from 6 to 9 p.m., Thursday, Jan. 29, in City



Councilman Robbie Waters
DISTRICT 7 UPDATE

Council Chambers, reflecting the need to begin early. My priority continues to be public safety, especially the need to increase police patrol in our neighborhoods. The meeting is open to the public.

Calendar of events for 2009

Even with the troubling financial forecast, District 7 events will continue and some are already scheduled. Please add these dates to your calendar.

Our annual Spring Egg Hunt is Saturday, April 11, at Parkway Oaks Park (next to Lisbon Elementary) and begins at 9:30 a.m. The annual Friends of the

Library Book Sale at the front parking lot of the Elks Lodge will be Saturday, April 25, in the morning. Our 15th annual Pocket Parade will be on Saturday, July 4, at 10 a.m. Mark Sunday, July 26, at 6 p.m. for the annual Jazz Concert - location to be announced. Last, but certainly not least, mark Tuesday, Aug. 4 for National Night Out.

Council approves Delta Shores

This large, 800-acre project south of Meadowview, between the Sacramento River and Highway 99, was approved by City Council on Jan. 13 by a vote of 8-1.

The \$1.3 billion project is expected to provide more than 5,000 residential units as well as upscale retail and restaurant shopping areas. The entire evening meeting was devoted to the project with numerous speakers testifying in support, citing the extensive community outreach plan, and resulting neighborhood input, as a reason for the plan's success.

Applicant M & H Realty is partnering with the city to construct the new interchange at I-5 and Cosumnes River Boulevard (roughly near where Stonecrest Avenue currently meets Freeport Boulevard). M & H Realty said they plan to begin construction on the 1.3 million-square-foot upscale shopping



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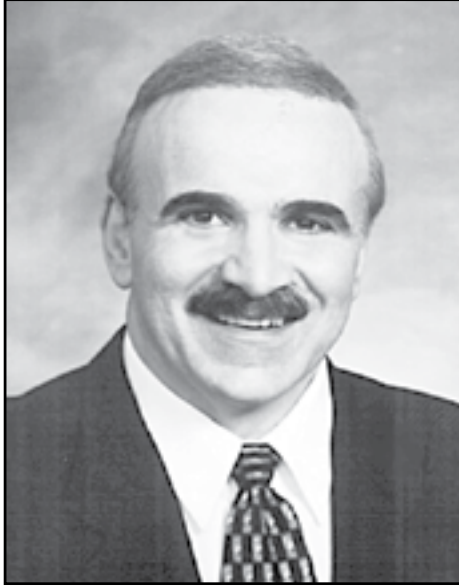


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See Waters, page 3

Waters

Continued from page 2

center complex, next to I-5, in Phase 1 of their construction. Residential construction, farther east in the project, will be in later phases.

For more information, see the Delta Shores item on my website or call my office for more information.

School facilities meetings

Sacramento City School District is holding a series of community meetings to look at its facilities for cost savings and increased revenue, before proposed budget reductions. School closures likely will be a topic.

The meetings closest to our area are: Jan. 26 at Alice Birney Elementary (6251 13th St.) and Feb. 4 at Martin Luther King, Jr. K-8 School (480 Little River Way). All meetings are from 6 to 8 p.m.

Call Maria Lopez at 643-9043 for more information.

Student winners

It's no surprise that we have some great students in our community but listen to this: Of the six winners for the Freedom's Sisters Essay Contest, three of them live in District 7.

Congratulations to Kymberly Chann of Matsuyama Elementary, Brittany Joe of Horizon Charter, and Justine Cortez of Samuel Jackman Middle School. These fantastic students each won a \$500 U.S. Savings Bond. The Freedom's Sisters exhibit focused on African-American women in U.S. History and was located at the Central Library.

Join me in supporting and congratulating these fine young students in our community.

School/library update

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 overexcavation.

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. Construction photos are posted on my website under Photo Gallery.

Friends of the Library

The Pocket-Greenhaven 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.

The next meeting is Feb. 26 at same time and location. Call my office for more info. The meetings are open to the public and I encourage you to join this active community group.

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? Call 311 and report the activity. Or call my office at 808-7338. We need you to partner with us, neighborhood associations and neighborhood watch groups to send the message that we are a family-friendly neighborhood and crime will not be tolerated.

Need more information?

My office sends out helpful community information on an email list. To join the list, visit the main city webpage at cityofsacramento.org and use the "e-mail alert" link to sign up.

Boards and commissions

Below 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 & 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)
- Civil Service Board (1/23)
- Housing Codes Advisory & Appeals Board (1/23/09)
- Preservation Commission (1/30)
- Sacramento Comm 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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Grilled chicken sandwich with bacon, basil alloli, shredded romaine & sliced tomato. \$9.50
Fried eggplant sandwich, roasted peppers, manchego cheese & balsamic vinegar. \$8.95
Steak sandwich with caramelized onions, manchego cheese & garlic butter. \$11.25
Fried egg & cheese sandwich, Dijon, alloli & mushrooms. \$8.95

SMALL PLATES

Flash fried calamari with a roasted pepper alloli. \$9.25
Panko crusted eggplant, tomato confit & parmesan cheese. \$7.50
Sautéed mixed mushrooms with garlic, wine, parsley & truffle oil. \$7.75
Grilled Haloumi cheese, arugula, roasted tomatoes & balsamic vinegar on baguette. \$10.95
White Gulf Shrimp sautéed with garlic crushed chilis, olive oil, parsley & wine. \$9.95

MUSSELS: \$14.25

Served with fried potatoes.
Sautéed with garlic, ginger, diced tomato & basil.
Sautéed with smoked paprika, garlic, wine & cream.
Sautéed with garlic, shallots, parsley, wine & butter.

SOUP & SALADS: SOUP DAILY \$5.95

Caesar – anchovy, lemon dressing, parmesan, romaine hearts & croutons. \$8.25
Mixed lettuces – balsamic vinaigrette, sun dried currants & Marcona almonds. \$6.50
Butter lettuce – fresh herbs, creamy whole grain mustard vinaigrette & goat cheese. \$8.50
Arugula – Parma prosciutto, buffalo mozzarella, pistachios & balsamic vinaigrette. \$10.25
Add: Chicken \$3.25; Prawns \$6.25; Spanish anchovies \$3.00

SAMPLE DINNER MENU

Papardelle, roasted chicken, mushrooms, crisp prosciutto, arugula, preserved lemon & butter. \$14.95
Orchiette, shrimp, red chili, roasted tomatoes, caramelized onion, anchovy & garlic bread crumbs. \$14.50
Gnocchi sautéed with garlic, roasted tomatoes, pine nuts, basic pesto & Grana Padano. \$12.50
Mushroom & vegetable risotto with roasted tomatoes, cracked black pepper & parmesan cheese. \$12.50

MEAT & FISH

Free range chicken breast, pan roasted with artichoke hearts, dijon mustard, lemon rind, thyme, Yukon gold mashed potatoes & today's vegetables. \$17.50
Steak du Jour with today's vegetables & friend potatoes. \$26.50
Fresh fish of the day AQ/
Niman Ranch burger, alloli, pickles, tomato, shredded romaine, caramelized onion, prosciutto & cheddar cheese. \$11.95

DESSERTS DU JOUR \$6.50

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Inside and Outside Pocket/Greenhaven

Asian Nursing Home

Since the creation of the Christian and Chinese Culture Club at J.F. Kennedy High School, Asian Community Nursing Home caroling has always been a part of service and a gift to residents of the Rush River facility.

During Christmas Eve, students entertained more than 40 nursing home folks with piano, violin, martial arts, bamboo painting and guest speakers—all of which was translated by students Wang Yin and Nancy Tam and Chinese Culture Club President Wang Yin. In addition to translation in Mandarin, students Fiona Chang and Nancy Tam helped to provide a Christmas atmosphere with their piano talent. This year the program also incorporated ancient Chinese painting and martial arts.

The students felt that their job as performers was very helpful in learning many skills about life. Above all, the students felt that through their hard work and love, they were able to make the older Asian community members feel kindness in a time where kindness and thanks is everything. Co-president of Christian Club Daniel Ng said, "I felt coming to the nursing home allowed me to help the Asian residents feel loved at this time of the year." Chairman Eric Wong a student who has helped for four years mentioned, "It was a miracle that things turned out the way they did. I was fortunate that we were blessed to have a smooth program this year, and I hope that the next program will be even better." While this program was very

interesting, I look forward to next year's program.

By Kennedy Alumni and UC Berkeley Student Mark Wong

Kiwanis cooking up crab

The East Sacramento-Midtown Kiwanis Club hosts its third annual crab feed at 6 p.m., Friday, Feb. 6, at the Dante Club. Proceeds benefit local you and other community service projects.

The event begins at 6 p.m. with cocktails and hors d'oeuvres; followed by dinner at 7 p.m. that features all-you-can-eat crab and pasta. There will also be DJ dancing, a silent auction, and raffle.

Kiwanis Club's 2009 projects include support of the Kiwanis Family House, meal preparation at a women's shelter, elementary school literacy projects, and youth leadership programs at local high schools and at Sacramento State University.

Tickets, \$45 each or a table of 10 for \$425, are available at 215-1460 or 947-0778. Advanced purchase required; no tickets will be sold at the door.

The Dante Club is located at 2330 Fair Oaks Blvd.

Didion wants your box tops

Genevieve Didion Elementary has announced the launch of its 2008-2009 Box Tops for Education fund-raising campaign. This year the school has set a goal of earning \$500 through Box Tops.

Box Tops for Education is a school fund-raising program started by General Mills in 1996. To date, Box Tops has helped America's schools raise more than \$250 million to buy

the things they need but can't always afford, such as library books, school supplies and playground equipment.

If you'd like to help the students at Genevieve Didion reach their goal, there are several easy ways to get involved

- Clip Box Tops from hundreds of favorite products and send them or drop them off at Genevieve Didion, "Attention Box Tops," at 6490 Harmon Drive, Sacramento, CA 95831.

- Sign up to support Genevieve Didion on the Box Tops website at www.btfe.com

- Shop online once you've signed up, Genevieve Didion will earn a percentage of your purchases made through the Box Tops Marketplace.

- Buy books once you've signed up, Genevieve Didion will earn a percentage of your purchases made online at Barnes & Noble through the Box Tops Reading Room.

For more information, contact Tiffany Bergman, Genevieve Didion Box Tops Coordinator, at dabergmans@hotmail.com.

Bridge group gears up for play

The Greenhaven Bridge Group invites bridge players from all levels to join their ongoing Wednesday play, from 7 to 9 p.m. beginning Jan. 21 and continuing through Feb. 18, at Greenhaven Lutheran Church, 475 Florin Road.

The five-year-old group hopes that players will learn to feel more at ease about performing the basic mechanics of the game. Tutorial help will be available from instructor Mary Sauve, and singles, spouses, neighbors and others will be given varied opportu-

nities to be independent, interact with each other and receive assistance in "problem" bridge playing circumstances.

Participants will have the opportunity to ask questions about evaluating hands and counting points "correctly," responding to a partner's bid based upon point count, knowing when to stop bidding and pass, learning how to score bridge games, and more.

A portion of each meeting will include formal instruction based on the needs of participants and the use of offensive and defensive card playing strategies. For beginners, a fun and easy way to learn desired knowledge, skills and attitudes with familiar people is promised. For those who have played bridge in the past, it will take off some of the "rust" in re-establishing productive bridge play.

For more information on Wednesday evening meetings and other scheduled bridge and card playing

events, call Dale Koehler at 424-3925 or Mary Sauve at 684-8778.

Taizé for de-stressing

An evening Taizé service at Greenhaven Lutheran Church the third Friday of every month is a lay-person led evening designed to let go of the cares and stresses of the world.

Taizé Prayer and Worship is contemplative and meditative, which consists of simple, repetitive songs, Bible readings, prayers of praise, and rich silence in a candlelit setting.

Services begin at 7 p.m. and last about 40 minutes. The church is located at 475 Florin Road.

For more information, phone 428-8449 or see the website, www.greenhavenlutheran.org.

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See Inside, page 8



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Around and about *Pocket / Greenhaven*



Operation Santa Claus

Santa (Franc Martinez) greets a student at Collis Huntington Elementary School in South Sacramento on behalf of the Chinese American Council of Sacramento for the group's Operation Santa Claus Program – this year benefiting 134 needy families, up sharply from previous years and a sign of bad economic times. Sacramento County Supervisor Jimmie Yee stepped in with a \$1,000 donation and individuals from the Sacramento City Fire Department donated more than \$800. Other donations ranged from \$10 to \$500. Friday afternoon, Dec. 12, more than 300 people gathered at the school to receive \$50 holiday meal gift certificates and presents. To show their appreciation, the kids serenaded the CACS Board with holiday songs. Many of these young children thanked Santa and the CACS Santa's helpers (Merlayna Yee, Brenda and Brian Fong, Courtney Louie, Bill Tom and Jeanie Lee) personally for giving them Christmas that they would, otherwise, not have been able to have.

Courtesy photo

Girl Scout holiday service

Nearly 100 Girl Scouts in the Land Park Service Unit participated in this year's Christmas stocking decorating event. Each girl created a Christmas stocking that would be stuffed with a variety of items and presented to someone less fortunate. Girl Scouts ranging from Daisies to Ambassadors transformed Lisbon Elementary School's Multi-purpose room into Santa's Christmas workshop, on a mission to decorate 500 Christmas stockings. On a Saturday in late December, 25 of the girls brought smiles and lifted the spirits of Pocket area Eskaton assisted living residents who were treated to Christmas carols. After the caroling, residents were treated to a variety of delicious Christmas treats, which included some that were baked by the Girl Scouts themselves. Throughout the year, Girl Scout troops participate in various fund-raisers to generate money. In a few short weeks Girl Scout cookies will go on sale -- the biggest fund raiser of the year. These fund-raisers help to support community events such as the Christmas stocking decorating event and planned activities for the Girl Scouts. For more information, contact the Girl Scouts Council Office in Rancho Cordova at 638-4475.



Top shooters

Elks Lodge No. 6 annual Hoop Shoot was held last month, a national Elks event open to boys and girls, ages 8 through 13. Children compete first at the local level, with winners advancing to district. Hoop Shoot gives youngsters an opportunity for spirited competition, fine relationships with their peers, and travel statewide, regionally and nationally at minimal expense to their parents or school. Participating in the Pocket Elks competition were Samantha Lee (Girls 8-9), Sara Shimizu and Isabelle Samosa (girls 10-11), Kellie Lee (girls 12-13), Joseph Samosa and Justin Morris (boys 8-9), Brian Ishisake, Davis Yasuda, Andrew Ng, Matthew Shimizu, and Andrew William (boys 10-11), and Aaron Harmetz, Matthew Lee and Justice Shelton-Mosley (boys 12-13.) Score keepers were Bruce Synhorst, Michelle Gisler, Dorothy Trapanese, Todd Melton – the physical education coach at Matsuyama Elementary School, and Bob Adams. The event was chaired by Kent Brickman.

Photo courtesy Dorothy Trapanese



Lisbon's Singing Hawks

Director Eileen Boyd leads the Lisbon Elementary School Singing Hawks' junior choir during their 'road tour' to spread holiday cheer last month. The junior and honor choirs' tour took them to Shriners Hospital to entertain staff and children with traditional and creative songs to 'bring the holidays alive.'

Courtesy photo



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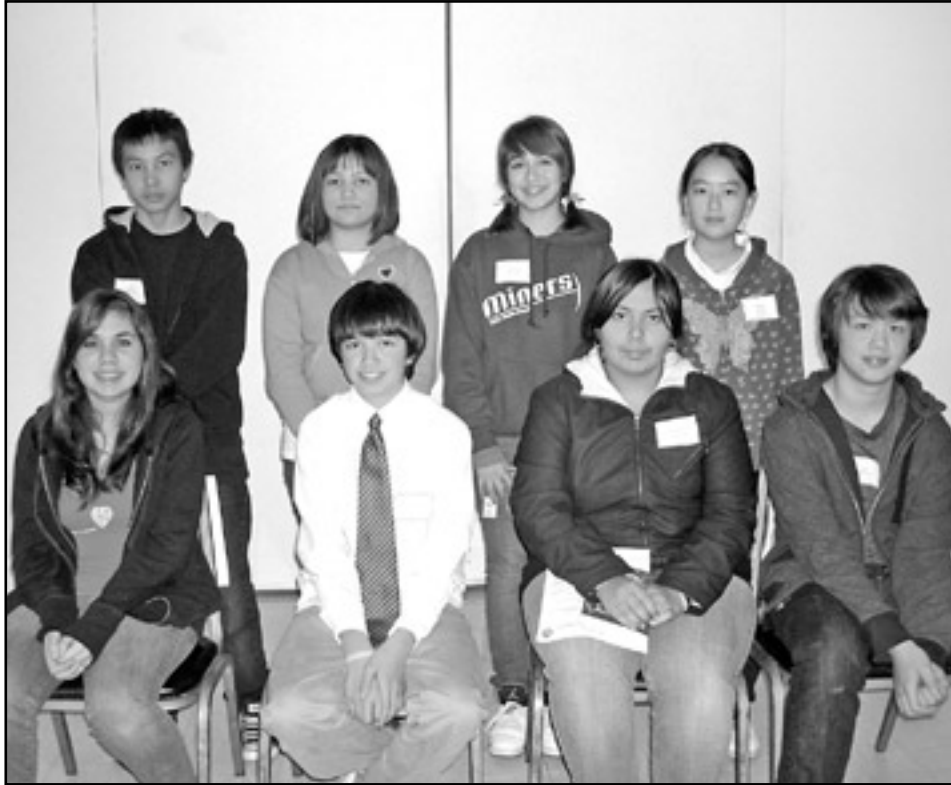
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Around and about *Pocket / Greenhaven*



December Student of the Month

The middle school winners pictured from left are Mariah Vasquez, Genevieve Didion K-8 School; Kyle Wing, California Middle School; Alejandra Gutierrez, Kit Carson Middle School; Ryan Zakskorn, Sam Brannan Middle School; and standing from left are Bee Yang, Rosa Parks Middle School; Tran Nguyen, Will C. Wood Middle School; Jessica Escobar, Sutter Middle School; and Kelly Moua, John Still Middle School.



The Sacramento Elks No. 6 Student of the Month luncheon honored 18 outstanding local youths on Thursday, Dec. 18. The high school winners, seated from left, are Tavish Lopez, Valley High School; Adeel Ashfaq, West Campus High School; Christian Martinez, Sacramento New Technology High School; Austin Joyce, C. K. McClatchy High School; and standing from left are Sonny Xiong, Luther Burbank High School; Pang Vang, John F. Kennedy High School; Steven Melbourn-Diaz (October), Sacramento New Technology High School; Rebecca Wolfing, Christian Brothers High School; Manveer Singh, Fremont Adult School; and Marinae Bates, Genesis Charter.

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Trip Cost: \$64 per person (does not include meals) Deadline for full payment: March 19, 2009.

For more tours and registration information please call (916) 808-TOUR (8687)
or find us on-line at www.cityofsacramento.org/safari

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 - 1163 7th Ave - SOLD**
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Medical

Continued from front page

may not want if he or she becomes ill.

In addition, POLST complements any existing Advance Directives and/or Living Wills a patient may have to eliminate any confusion.

Paramedics need it

"There has been a movement across the country to help make sure people's end-of-life wishes are honored," says Marianne Richardson, the assistant administrator of Mercy McMahon Terrace. "In an emergency, paramedics don't have time to look through paperwork. (POLST) makes it very clear about what to do and what not to do."

According to a spokesperson from First Responder Emergen-

cy Medical Services Inc., which provides medical and non-medical transportation here in Sacramento, it is highly important for everyone—especially those with severe illnesses—to complete the POLST form.

"It can help guide (paramedics) on how to care for patients," he said. "Not only can we follow their requests, but also the requests of their families."

While the POLST form was a key aspect of the presentation, the lecture's focus was on the importance of making medical decisions before they are needed.

For more information about POLST, visit the California Coalition for Compassionate Care website at www.finalchoices.cal-health.org, or go to www.polst.org.

Inside and Outside Pocket/Greenhaven

Continued from page 5

raffling off a fully furnished \$1.9 million home in Auburn.

Proceeds from the Dream House Raffle benefit the Sacramento Ronald McDonald House and Camp Ronald McDonald at Eagle Lake. The holder of the winning raffle ticket will take possession of the \$1.9 million dream home, a five-bedroom, 5,760 square foot Mediterranean villa situated on a 1.7 acre foothill lot with manicured grounds and a picturesque swimming pool.

A limit of 33,000 \$150 raffle tickets are on sale through May 15. The grand prize drawing will take place on May 30 when the winning ticket holder will choose between the Dream House or \$1.5 million in cash.

More information is available at the website www.sacramentoraffle.com.

Health panel at St. Francis

The 2009 Speaker Series at St. Francis High School at 7 p.m., Tuesday, Jan. 27, will focus on healthy living for the mind, body and soul.

An alumni panel of nurse practitioners and a naturopathic doctor will discuss living a healthy lifestyle in various stages of life: childhood, adolescence and adulthood.

Speakers include:

- Pantea Jahani Dunn '92, nurse practitioner: New Year's Resolutions: How to set goals and actually obtain them. Simple steps to a healthier you.
- Amy Smith Kuzmich '92, nurse practitioner: No Breakfast and Too Much Caffeine – Exposing the typical teenage diet.
- Anne Smith Harty '93, nurse practitioner: A New Year, A New You: Living a Healthy Lifestyle.
- Dr. Dennis Godby, primary care naturopathic medical doctor: Health for the Whole Person – Mind, Body and Spirit. His focus will be from a naturopathic perspective.

Doors open at 6:30 p.m. at St. Francis High School Campus Life Center: 5900 Elvas Ave. Cost is \$5, proceeds benefit the St. Francis High School Scholarship Fund.

Reservations with Carrie Harcharik, 737-5020 or e-mail CHarcharik@stfrancishs.org.

Child support workshop for fathers' issues

The Fathers Resource Center is offering a free workshop on child support issues from 6 to 8 p.m. Thursday, Feb. 5, at the Department of Child Support Services, 3701 Power Inn Road.

Space is limited and pre-registration is required with the Fathers Resource Center at 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fatherscenter.org. Refreshments will be provided.

The workshop is co-sponsored by the Sacramento County Department of Child Support Services.

Crab feed for Sac High sports

An all-you-can-eat crab feed to support Sacramento High School sports takes place from 3 to 7 p.m. Saturday, Feb. 28, at the school's commons area, 2315 34th St.

Sponsored by the Athletic Boosters Club, tickets, \$35 in advance and \$40 at the door, mean a dinner of crab, salad, pasta and rolls. Drinks and desserts will also be available, and a silent auction is planned.

"Many of the basic needs for our sports, such as scholarships funds, coach's clinics, uniforms, equipment, and officials are not covered by our school or district budget and must be earned through events like this," according to booster club President Michele Woodson.

Tickets are available through Woodson, 813-1850, or Coach Gatling, 275-9570. Advance tickets sales end Feb. 20.

Those purchasing three or more tickets can have their tickets delivered by phoning Jack Stephens at 448-2349.

More information about Sac High sports is available on-line at www.sachighathletics.org.

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Projects benefit community Boy Scout Troop 50 honors five new Eagle Scouts

Special to *the Pocket News*

Five young men from Boy Scout Troop 50 have been admitted into the Eagle Scout Court of Honor. Each had to manage and complete a community service project as part of their Eagle requirements.

The Eagle Scouts and their projects are:

Bryant Philip Yee, a UC Irvine freshman, designed and constructed various wooden cutouts representing historic characters from Sacramento's early history. This gave visitors to Old Sacramento an opportunity to take an 1850's souvenir photo of them and be part of the city's heritage.

Currently a senior at J.F. Kennedy High School is Benjamin Yao Jone Fong. He organized and played in a string quartet concert at the Asian Community Nursing Home last Easter Day. A total of 283 hours were spent to rehearse, perform, and even serve refreshments for the

enjoyment of the residents on Rush River Drive.

Evan Thomas Hirano attends Christian Brothers as a senior. At the Merryhill School on Eastern Avenue, he planned and directed the removal of the existing bark and an old playground structure. This project created the opportunity to subsequently install a new playground then.

At the nearby Chinese Community Church, Jordan Stephen Chan organized the sanding, priming and painting of the retaining wall and steel posts from the church's building expansion. In his first year at Sacramento City College, he learned much about responsibility and leadership from this service.

Eric Spencer Wong organized a group to refurbish and paint the soccer goalie poles, as well as the tetherball, basketball, and volleyball poles at Sutterville Elementary School. He, in last year at JFK, also painted a 35 by 28



From left to right, Bryant Philip Yee, Benjamin Yao Jone Fong, Evan Thomas Hirano, Jordan Stephen Chan and Eric Spencer Wong are honored by their community for earning Eagle rankings.

Courtesy photo

foot map of the nation on this playground to further benefit the students there.

In addition to the proud parents, proclamations were personally presented by the County Board of Supervisors and State Assembly.

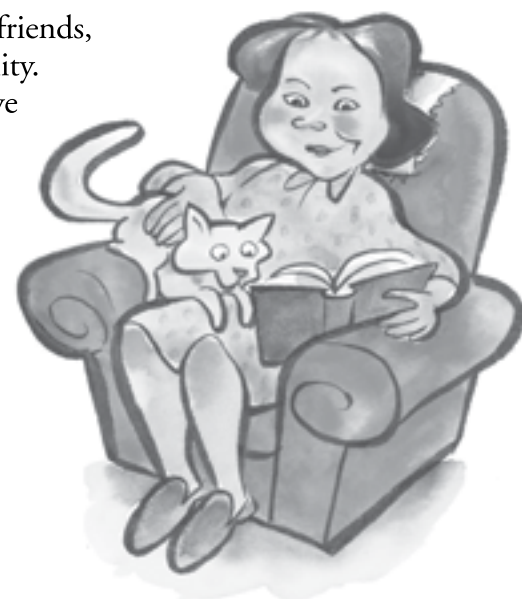
Boy Scout Troop 50 was originally organized in the 1930's by the members of the Sacramento Betsuin Buddhist Church. At the outbreak of World War II and the internment of local Japanese-

Americans, the troop was disbanded and inactive until 1962. It was then reorganized and chartered under the leadership of Akio Imai at this Riverside Boulevard location at Broadway.

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Leaks, rust, flakes and chill

Challenges abound behind the scenes when remodeling older homes

Older homes, such as those built in areas of town like Curtis Park, Land Park and East Sacramento, many of which were built in the '20s, '30s and '40s, present unique challenges when remodeling.

In many cases, since these period homes are beautiful as built originally, the goal may be to perform the work in such a way as to make the remodel or addition "feel" as though it was part of the original house. Blending existing and new materials is often an art.

Watch out for...

Older homes can also be a can of worms, since they can



KENT EBERLE
REMODELING SAVVY

be more expensive to update if you want to stay true to the style of the home. In addition, all of the major building systems – electrical, plumbing, and heating and air may be outdated and in need of total overhaul. These improvements can be costly.

Wall and ceiling coverings may be removed when undertaking a

remodel or an addition. This allows for systems upgrades to occur in these work areas. However, this accessibility does not typically extend outside of the work areas. In this case, the costs can add up quickly when considering system upgrades

Antique electrical

Many older homes used knob and tube wiring for the electrical circuitry. This type of wiring can be the cause of fires. Over the years, the insulation coating around the wires becomes very brittle and flakes or breaks off, making it vulnerable to building up heat and possible contact with other ignitable materials.

Frequently, in an effort to make homes energy efficient, insulation is piled on top of the knob and tube wiring, elevating the heat levels of the wiring to an even greater extent and possibly leading to a fire.

Many older homes used only a few circuits for lighting and 110-volt outlets. The circuits may be overloaded with too many modern devices on one circuit. This, too, can lead to fire if the fuse or circuit breaker does not function

properly and shut off when it becomes overloaded.

Grounding all of the 110-volt outlets and light fixtures in a home can be a costly repair, and in many cases not even feasible, due to lack of accessibility. Anything can be repaired, but the cost may not match the benefit.

Many older homes still have old-style fuse boxes for the distribution of electrical power.

Though electrical service panel updates have occurred on many homes over the years, there are still some out there that have old fuse boxes, or fuse boxes used as sub-panels. These too can be dangerous. New electrical sub-panels or main service panel change outs or upgrades may be advised.

Pipes and such

Most older homes utilized galvanized water lines and cast iron drain lines. Galvanized water lines can deteriorate (rust out) so that water pressure is reduced to a trickle. Replacing water lines with copper or AquaPex (flexible plastic) can be costly, especially when the lines run within walls and ceilings.

Cast iron drain lines and sewer lines beneath older homes can completely rust out and leak, dumping drain water and waste beneath your home, or worse yet, back up into your house. You may have no choice but to replace them.

Many original sewer lines that lead out of your home and run to your sewer, or septic system, used Orangeburg pipe (bitumi-

nized fiber pipe made of layers of wood pulp and pitch), or similar products. These products deteriorate over time and can be broken by trees or shrubs causing sewer back up problems and the need for total replacement. This is quite common in older areas and sewer line replacements can be a costly fix.

Running hot and cold

Old heating and air systems can be energy inefficient and just down right inadequate. Replacement of the existing units will likely be called for, if the unit(s) have not been replaced already. In many cases, the old ducting will also need to be replaced, since many of the old supplies were typically made of sheet metal that may now have cracks, or be poorly insulated.

Speaking of insulation, many older homes were poorly insulated, which compounds cooling and heating problems, especially in winter. Many older areas have good tree cover, which is great for summer cooling, but poorly insulated older homes can be the cause of substantial heating bills in the winter.

As you can readily see, older home system updates can add up to thousands and thousands of dollars. If you already live in an older home, unfortunately you probably already know this, but if you're new to older home ownership, be prepared. If you're thinking about buying an older home, please educate yourself and know going in that these issues may come up.

As always, when remodeling or adding on, choose someone to guide you through the process who can advise you of everything that might be come up or need to be addressed. Otherwise, the "creep" might set in on you, and the cost of your project can creep slowly up at every turn.

Ideally, basing your selection of a company with a proven track record with many years of experience is likely your best guarantee of a successful project.

Kent Eberle, owner of Eberle Remodeling, a Design-Build, residential remodeling company for 23 years, is a NARI Certified Remodeler, Certified Kitchen and Bath Remodeler, and past president of The Greater Sacramento Valley Chapter of NARI. He can be reached via the website: www.EberleRemodeling.com.

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Fish and photog's uphill American River struggle

In wilder moments I have been chased by bucks and growled at by coyote. I never expected to be charged by a fish.

Eager to snap December's salmon spawning, I waited, frozen-footed. Knee-high in the icy American River, I could glimpse the sunlight on fish braving mid-river rapids. But it was in the shallows that a gnarled old fellow surprised me.

At this stage in his lifecycle, he bore scars of a long trek from halcyon Pacific days. To spawn in beds where he hatched three years ago was now his urgent mission. The krill diet that colored his flesh was a hundred miles behind; he had not eaten for weeks. As with other Chinooks at mating time, degenerating flesh had absorbed his scales. Mottles of decay now marked his sides like military camouflage. Hooked jaws and dog-like teeth transformed his once handsome profile.

But to salmon hens, such cruising gargoyles are princes. Though the act will kill them, these fish mean to mate.

Measured decline

Every week during the fall/winter spawning run, Fish and Game Department scientist Robert Vincik measured Chinook numbers by retrieving the dead. He lopped off heads so corpses would not be double-counted when thrown back.

"Spawning doesn't just provide for their species' survival," he explained. "Their de-

caying bodies enrich the river. When carcass numbers fall drastically, all animal, insect and plant life in and around the river is affected."

Drastic is a fair description. Twenty winters ago, I stood on the bridge at William Pond Park and marveled – as thousands of Chinook corpses drifted downstream beneath me -- at nature's magnificent efficiency. This winter, Vincik and his colleagues must search painstakingly for even single carcasses.

Of 60,000 Chinook considered likely to run in Central Valley arteries this season, one tenth were expected to favor American River spawning grounds.

Bans, beds and quotas

The count fell far short of a projected 6,000 last year, resulting in a ban on angling during the 2008 spawning period. Vincik fears this season's count might prove smaller yet. Though he surmises the Chinook population is "having bad times," the scientist does not predict curtains for the once-epic migration.

"This season's numbers reflect occurrences in the ocean and river from three to four years ago," he said. "People are now making big efforts to give salmon more places to spawn. Tons of gravel have been poured in the shallows to create new beds; fishing has been banned. The required egg quota has been harvested in the Nimbus Hatch-

ery. I believe such efforts will eventually pay off."

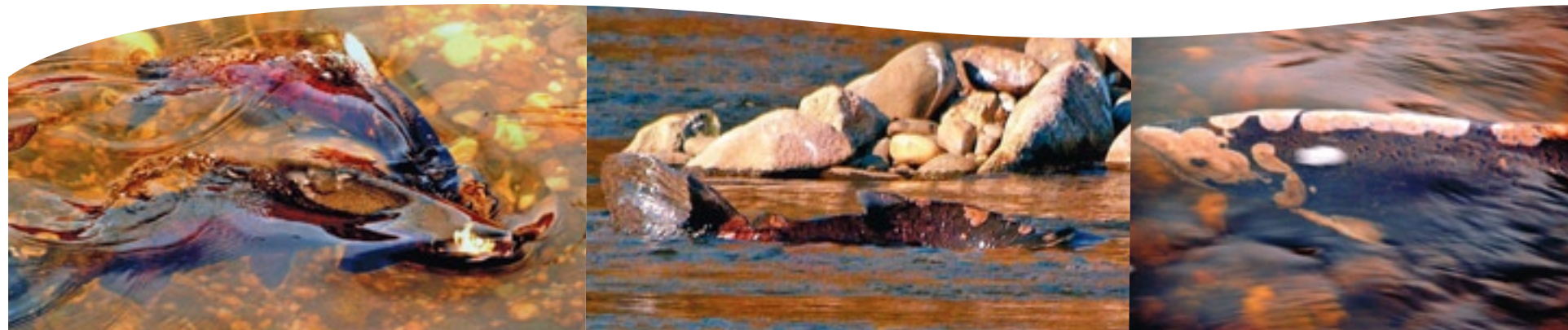
In the river shallows, my own aggressive companion was not waiting on scientific reassurance.

Motivated male salmon will rush anything impeding upstream progress. Perhaps my freezing feet seemed like rivals. Churning the shallows in his wake, he hurtled at me like a small shark. Precariously balanced on underwater stones, I couldn't back off. He diverted inches from my knees and returned to charge again. His battered coloring happily contrasted with the riverbed, so I snapped away like a cornered paparazzi. I later observed my warrior locating a likely mate. Their meeting was a kaleidoscope of mottled magenta.

I left the piscine pair solitude to reach the shallows. Hours of the digging, wallowing and shuddering of their last dance would soon begin. With a species so endangered, it didn't seem right to cramp their style.

For my chilly voyeurism and indeed, for the couple, this was -- as French love stories conclude -- *la fin*.

Story and photos by
SUSAN MAXWELL SKINNER



(above left) Courting dance. Large mottled adults color river shallows during exuberant wooing. (center) A fish called wanderer. Churning river shallows with fins and tail, this 3-year-old hen demonstrates wear accumulated by her inland migration. Before her eggs are released, frantic gravel digging will scour her tail and fins to bare bone. (right) Desperately seeking salmon, this mottled spawner rushed the photographer in shallows near Ancil Hoffman Park.



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Save Ourselves

Breast cancer support abounds

Special to *the Pocket News*

Save Ourselves, the Breast Cancer Organization of Sacramento, offers support, survivorship, education, and advocacy to women and their families affected by breast cancer since 1991. All services are free.

Support meetings

Four different groups for English-speaking women meet bi-monthly at various Sacramento-area locations. Meetings are held the first and third Thursday of each month at 10 a.m., noon, and 6 p.m. and the first and

third Monday at 7 p.m.. There are groups tailored to those who are newly diagnosed, in treatment, post treatment, or living with metastatic disease.

The facilitator, Cass Brown Capel, is a trained professional and also a breast cancer survivor. For more information, contact Capel at 787-8787 or phone the hotline at 448-5432.

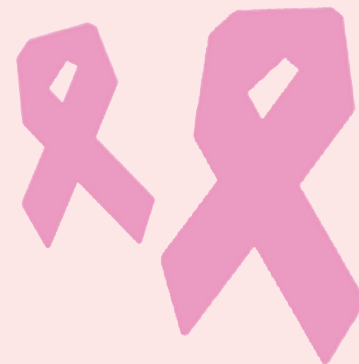
- A Latina Support Group facilitated by Angie Mejia (267-3303) meets at Sutter Cancer Center, 2800 L. St., Room 752 on the first and third Monday of each month from 5:30 to 7 p.m..

- A support group for lesbians meets on the third Monday of each month from 6:30 to 8 p.m. at 410 Alhambra Blvd. This group is facilitated by Roxanne Hardenburgh (920-7870).

- Open door meetings: On the third Wednesday of each month, a speaker addresses some topic related to breast cancer. Meetings are in the second floor training room of Nordstrom's at Arden Fair Mall. From 6:15 to 7 p.m., there is informal support/conversation, followed by the educational presentation from 7 to 9 p.m. On Wednesday, Jan. 21, Dr. Arnold Almonte, an El Dorado Hills plastic surgeon who specializes in reconstructive surgery for breast cancer patients, will speak. At the Feb. 18 meeting, local artist Frankie Hansberry will

discuss the topic "Art as a Modality for Healing."

For more information, see the website www.save-ourselves.org or phone the 24-hour hotline at 1-800-422-9747 or 916-448-5432. Caring and supportive volunteers (all breast cancer survivors themselves) help callers find answers to their questions, direct them to an appropriate support group, or just listen.



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Event Information	Menu
Date & Time: Saturday, February 28, 2009 6:00 p.m. - 9:00 p.m.	All-You-Can-Eat Crab No Take Out
Location: Sacramento Asian Sports Foundation 9040 High Tech Court Elk Grove, CA 95758	Garlic & Ginger Crab Senbei Lumpia Cabbage Salad Fried Rice Ice Cream
Theme: Hawaiian Luau	
Ticket Price: \$50 per person	
Last Man Standing Raffle	For more information about this event, please contact Chance Lattasima at (916) 393-9026 ext. 241 or visit our website at www.accsv.org . Thank you!



THE GREEN LIFE
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Meet the VOCs

Bummer news about that wonderful 'new' smell

We all know that familiar odor when we buy something new – a shower curtain, new car, new carpet, a new toy for a child.

That “new” smell is typically not unpleasant -- it just smells “new.” But the origins of that odor are often toxic chemicals that are used both in the materials and production of the new item.

These smells are typically “off-gassing” a dangerous soup of unhealthy volatile organic chemicals, typically known as VOCs. The VOCs can cause eye, nose and throat irritation, headaches, loss of coordination, nausea, and damage to the liver, kidneys, and central nervous system. Some VOCs are known to cause cancer in humans.

Sadly, the Environmental Protection Agency, one of the government agencies dedicated to keeping the public safe, does not regulate air quality in the home.

Can we avoid these VOCs? Sometimes a good washing of the item is all that is needed. For that shower curtain that has soap scum across the bottom, a good washing with a soap

and brush or in the washing machine will make it like new again.

If cleaning or reconditioning something we already own is not possible, how do you avoid exposure to the VOCs? Ventilate, ventilate, ventilate! If you can detect that “new” smell then the item is off-gassing harmful chemicals. If at all possible, let the new item air out -- leave the windows cracked open on your new car, leave the window open where the shower curtain is, take the toy out of the packaging.

Our favorite thing to do is to open an item from its original packaging and place the item outside or in the garage for a few days or until the “new” smell is gone or very faint.

We are exposed to toxic chemicals everyday in our lives; these simple tips are another way to limit our exposure. Good for us and our families and good for the planet.

The Green Life is brought to you by the folks at California Green Clean. To learn more about green cleaning, phone 497-0333.

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Brent Vockrodt
Executive Director

Rendezvous happens Jan. 30

Renaissance Society retirees ready to head back to class

Any local retiree who yearns for those good old days in college can bring them back by joining an organization that's been a fixture on the CSU-Sacramento campus for more than two decades.

The basic premise behind the Renaissance Society, as the organization is creatively titled, is a simple one. Instead of sitting in a classroom while a professor



ART GERMAN
TOWN TALK

lectures, these student seniors themselves become the professors. They design the programs for the seminars, as

the classes are called, and all participants take turns lecturing on chosen subjects while the others sit back and listen, fire away with questions, and sometimes debate with one another.

This month of January is a traditional break time for Renaissance members, as it

generally also is for college students. But on Jan. 30, the respite will come to an end for the Renaissance Society when members gather on campus for the pre-spring semester "rendezvous," a kind of mass registration when hundreds check out the various seminars at the Student Union and hopefully are able to enroll in the course they like best.

The seminar subjects cover a wide spectrum of the arts, sciences, history, geography and just about anything else that's part of the vast panorama of human knowledge.

Most Renaissance Society programs on campus are scheduled on Fridays because classroom space is available then. On Friday, fewer regular students are on campus than on the other weekdays.

A typical day

As the Renaissance program has unfolded over the years, the early birds gather around 9:30 a.m. for weekly lectures on travel and other special one-day subjects open to all until all the seating space is filled. A "cracker barrel" discussion of current events follows during noon

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See School, page 18

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Class

Continued from page 18

hour in a large classroom. Attendees are encouraged to bring a brown bag lunch as they debate politics and other major news of the day.

After lunch, the 1 to 2:45 p.m. period is devoted to the various classroom seminars, which will continue through the semester. Finally, at 3 p.m., the Renaissance folks descend on a huge meeting room in the Student Union where guest speakers, ranging from university president Alexander Gonzalez earlier this year to state legislators, journalists and a variety of academicians, hold forth on their areas of expertise.

As for me, I first joined the Renaissance Society in 1994, following my wife who had become a member three years earlier and had spoken enthusiastically about her experiences on campus. After hearing that we all needed to contribute by sponsoring and developing seminar subjects, I thought for a while and realized we were going through the 50th anniversary of the last days of World

War II. What could be more meaningful, I thought, than reliving those climactic days and having a seminar in which participants would describe what had happened just 50 years earlier?

Alas, the idea didn't catch fire. Only nine turned out on the first day of class. Even though we all tried to make something out of the landings on D-Day, the Battle of the Bulge and other wartime spectacles, everyone of course knew how it would all come out in the end.

I did better years later with seminars on "Great Cities of the World and "Little Known Nations of the World." How many of you know where you can locate Nauru and the Cape Verde Islands? You would have found out if you'd been in my seminar, and maybe also have been able to tell us about some far-out places that you favored.

Fascinating floods

A few years ago, I signed up for a seminar on the history of catastrophic floods, which had been organized by Land Park resident Dick Tarble, an original member

of the first group that organized the Renaissance Society and negotiated its agreement with Sac State in 1986. My contribution was a presentation on the Johnstown (PA) flood of 1889, which took more than 2,000 lives and underscored the danger from an antiquated dam containing an artificial lake upstream from a lowland town like Johnstown. The seminar provided a chance to go over the history of floods, a problem that Sacramento itself may well have to face some day.

Last year I came up with a real plum when I signed up for a seminar on the Revolutionary War and drew none other than the Father of Our Country as the subject for a presentation that I shared with retired Sacramento Union journalist Bob Taylor. I never doubted that George Washington was a great man, but his standing rose even higher when I learned that in 1793 he sent a message to a new Savannah, Ga., Jewish synagogue, welcoming them to the community with these words in a letter that is now framed at the front entrance... "May

the same wonder-working Deity, who long since delivered the Hebrews from their Egyptian oppressors, planted them in the Promised Land, and whose providential agency has lately been conspicuous in establishing these United States as an independent nation, still continue to water them with the dews of heaven..."

Off-campus, too

Although most Renaissance activities occur on campus on Friday, an increasing number of seminars have moved to other days and to sites outside of Sac State, often at the homes of members. There's a walking group, several writing groups and one whose participants read the New Yorker magazine and then meet to discuss what they've read. That seminar, incidentally, was

started by my wife in the early '90s.

And last, but not least, there are three Renaissance-related bridge groups, one in the north area, one in the south, and the third devoted to the rapacity of duplicate bridge. The participants try to mix in some discussion with their card-playing, in line with the hope of adding education to the displays of aces and trumps.

Invariably, when I describe the Renaissance program to friends from out-of-town, they react with a comment like this: "I sure wish we had this kind of program where we come from."

Art German is a veteran newspaperman and a 40-year resident of the Pocket. Contact him through this newspaper's e-mail: colleen@valcomnews.com.

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Meet a neighbor

Dr. Ernie Takahashi: The Pocket's own marathon man

By Robyn Boyer
THE POCKET NEWS

Dr. Ernie Takahashi is a man who understands endurance.

Born in the Manzanar Japanese Relocation Camp where his parents were interned during World War II, his speech and movements are measured and spare, and like his trim and fit body, there's not an ounce of bluster, fat or wasted energy.

Takahashi, a 34-year resident of the Pocket, is an avid and successful marathon runner, having finished more than 90 races since he started in 1980. He's run all the big ones, including Boston, New York, the California International and the Marine Corps Marathon dubbed "the People's Marathon" because it promotes

health, fitness, patriotism and community good will.

He wins most of them, "for my age group," he says with characteristic modesty. His triumphs last year included two ultra-marathons, the Jed Smith 50K, the Way Too COOL 50K, and the American River 50 Mile Race.

An incredible irony

Takahashi is also a well-respected optometrist who landed in Sacramento through a stroke of serendipity.

"There was an optometrist in Sacramento whose name was Takahashi," he recounts. "He had a brother who was also an optometrist in Oakland whose name, believe it or not, was Ernie. While I was going to optometry school in Berkeley, Ernie Takahashi and

I would get our mail mixed up sometimes.

"One evening he came over to find out who this other Ernie Takahashi was and he took me out to dinner and I got to know him," he continues. "When his brother who was practicing here in Sacramento suddenly passed away, the Ernie Takahashi in Oakland called me and asked if I'd be interested in buying his brother's practice. I said yes because the timing was perfect for my wife and I. She was finishing her training as a medical technologist and we wanted to settle nearer my parents who have a farm in French Camp.

"So when I came here in 1971, everybody thought I was a relative, a son or nephew." Takahashi beams telling this story, still amazed at his ironic good luck.

Involved leader

When he isn't training or seeing patients, Takahashi is usually doing something to give back to his profession and to the Sacramento community. Despite his being a newcomer at the time, Takahashi's unassuming but effective leadership was not lost on Gov. Jerry Brown, who appointed him the president of the State Board of Optometry.

Takahashi has also served as president of the board of the Sacramento Valley Optometric Society, president of the Senator Lion's Club and president of the Alumni Board for the now internationally acclaimed UC Berkeley School of Optometry.

A true believer in preventive care, he has provided hundreds of free eye exams and screenings to school children and families with limited resources and access to health care. He points proudly to the fact that many optometry schools -- with his urging and support -- now have as part of their residency requirements, providing eye care to Native Americans on reservations throughout the country. Through his involvement with local Lion's clubs he's helped to purchase and equip a special van for community glaucoma screenings and been one of the many volunteers providing that care.

He even gives blood, having been wrangled into it years ago while waiting for his wife to get off of work at her job at the Sacramento Blood Bank.

"They used to make me give blood," he laughs. "So now I give blood all the time; I've donated over 15 gallons."

Taking the political pulse

But where Takahashi really shines is his engagement in political action on behalf of optometrists. He understands that the limitations on what a health care professional can practice stem as much from the legislative arena as from their training. And like a stealth weapon, he quietly goes about



Ernie Takahashi has finished more than 90 marathon races since 1980.

plying his membership in the American and California Optometric Associations to good advantage, traveling annually to the national and state Capitols to make the case.

The fact that he is running buddies with Congressman Mike Thompson, friends with the Matsuis and neighbor to incoming Senate President Pro Tem Darrell Steinberg doesn't hurt.

"I see Darrell walking his dog out here in the Pocket all the time although I haven't seen him lately," Takahashi says. "He has a tremendous memory, too. I may have seen him half a dozen times in my whole life before he moved over here and, dog gone it, you know, I'm running by him and he says, 'Hi Ernie!' I thought, 'Good grief. That's amazing he can remember me.' He pauses thoughtfully and adds, "Bob Matsui was that way, too."

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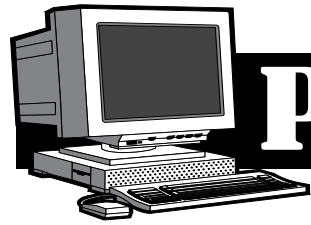
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What's so funny?

Laughter Yoga snickers at stress, chuckles at cares at Belle Coolegge

Special to *the Pocket News*

The library usually isn't the place to find a group of women in uproarious laughter, but at Belle Coolegge Library when Laughter Yoga is in session, the giggles and guffaws abound.

"Laughter Yoga is a combination of laughter and breathing exercises that together help relieve everyday stresses," explained instructor Judy Knott. "It allows you to cultivate that childlike playfulness and joy you may not have felt for a while."

A recent class gave women the gift of laughter to ease symptoms of menopause.

"Laughter brings positive changes to your body, mind and emotions," Knott said. "Your body can't tell the difference between a good laugh and a 10 minute jog."

"When we laugh we produce endorphins, which make us feel good. What better way to start or end your day than with laughter."

Developed by Dr. Madan Kataria of India in 1995 with just five people, Laughter Yoga and has quickly spread throughout the world, Knott said. There are more than 6,000 laughter clubs in at least 60 countries.

"The combination of laughter and breathing is like a full body exercise without the sweat," Knott said. "It increases the oxygen supply to the body and brain, which in turn gives you a sense of well being that can last for hours and sometimes days."

And if you think you need to be funny -- you don't.

"Have you ever noticed how when someone else laughs even if you don't know what they are laughing about, it makes you smile?" Knott noted. "You don't have to know the punch line, all you have to hear is the laughter."

Imagine what it would be like in a room of 10 or 20 people all laughing at the same time. The joy is contagious.

Laughter Yoga classes are led by certified trainer. Each class lasts from 30 to 45 minutes and moves people through several 30-second laughter scenarios.

Knott is one of a few certified laughter leaders in the area and has been leading classes at assisted living facilities as well as at Belle Coolegge Library. Contact her at 539-1716.



Alice Calhoun helps spread infectious laughter at Laughter Yoga...



...and Margaret Takemoto joins in.



(left) Judy Knott, certified Laughter Yoga instructor, leads the giggles and, above, JoAnn Peter gets them.

Photos by Kati Garner



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Year of the Ox celebration

Orchestras unite for unique Chinese New Year performance

By Miranda Menestrina
THE POCKET NEWS

January 26 marks the dawn of a new year -- the Chinese New Year. To ring in the Year of the Ox, the Sacramento Youth Symphony is planning a one-time-only Concert of Unity at 3 p.m., Sunday, January 25, in the Sacramento Community Center Theatre.

United with the Chinese Firebird Orchestra of San Jose for the first time, the two orchestras will work together, complete with traditional Chinese music, instruments and costumes -- even the customary Lion Dance.

"It's going to be great," said Michael Neumann, artistic director of the Sacramento Youth Symphony. "It will be a wonderful performance."

The inspiration to perform together came about a year ago when Neumann met with Firebird Orchestra Director Gordon Lee at a conference in Los Angeles.

"He said, 'If we could do something together, that would be great,'" Neumann remembers, and the idea sprang from there.

Three-part harmony

Organized into three parts, the performance will feature the Firebird Orchestra first, followed by the Sacramento Youth Symphony's Premier Orchestra. To finish it off, the two will play together to bring in the new year in style.

"We're very excited to work with the Sacramento

The inspiration to perform together came about a year ago when Michael Neumann of the Sacramento Youth Symphony met with Firebird Orchestra Director Gordon Lee at a conference in Los Angeles.

Youth Symphony," Lee says. "They are a great group, and Michael is an excellent conductor."

Celebrating his 30th year with the symphony, Curtis Park resident Neumann has been a major factor in its success. Since 1979, he's worked to develop a strong organization with three full orchestras and roughly 90 kids in each.

However, Neumann said that there are more than 500 young people involved in a variety of ensembles coming from all over Sacramento, and as far as Nevada City, Vacaville and Yuba City.

"It's a real commitment, but some kids and parents are willing to drive two hours to get to our weekly rehearsals," Neumann says.

Admiring students

Yet the players will be the first to tell you that it's Neumann that makes it all worthwhile.

"He makes music so much fun," says Eunah Cho, the concert mistress of the Premier Orchestra. "You can tell that he feels the music."

And he's been feeling it his whole life. Since the age of 7, Neumann has been intensely involved in music; first in his

home country of South Africa, then at the Cincinnati Conservatory of Music where he received his bachelors in violin performance and then his masters in orchestral conducting -- all on a full scholarship.

But it's been at the Sacramento Youth Symphony where he's accomplished many of his dreams.

"When I took over, one of my goals was to build the organization," he said. "I also wanted to do international tours; something that they had never done."

To date, the symphony has been overseas six times to places including China, Brazil, Russia, and Finland; even placing first in the International Youth and Music Festival in Vienna, Austria.

"We have a real treasure here with the Youth Symphony where high-quality young people do really wonderful work," Neumann says. "Sacramento has something to be very proud of."

For tickets or more information, contact the Sacramento Community Center Theatre, 1301 L Street, at 808-5181. Cost is \$20 general, \$10 students, with VIP seating available for \$60 to \$75.



Curtis Park resident Michael Neumann has led the Sacramento Youth Symphony for 30 years. 'He makes music so much fun,' said Eunah Cho, concert mistress of the Premier Orchestra.

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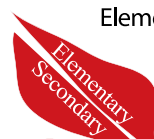


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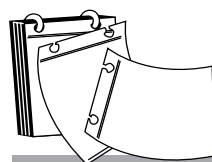
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Calendar

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JAN. 22

'Women in the Media'

Women members from area media discuss their working challenges and issues, 7 p.m., Belle Cooleidge Library Community Room, corner of Fruitridge and South Land Park Drive. Hosted by the Women of the World interest group of the Sacramento Branch American Association of University Women. Reservations with Leigh Stephens at 395-7891.

Practice your English

English skills class, a 12-week class, begins 9 to 11 a.m., Ethel Hart Center, 915 27th St. Interactive communication-based class to practice and improve speaking, reading and writing skills in English. Free. Information at 808-5462.

Alzheimer's support

Alzheimer's Association Support Group meets, 3:30 p.m., Mission Oaks

Community Center, 4701 Gibbons Drive. Meeting is for those who are caring for loved ones with dementia to talk about the trials and the joys of caregiving, to receive information, and share with others. Free. Information at 930-9080 or e-mail denise.davis@alznorcal.org.

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.

JAN. 23-25

Master gardeners' clinics

UC Master Gardeners present three plant clinics to solve the public's gardening problems. Bring samples from problem insects or plants. At the Cal Expo Fairgrounds, inside the Pavilion, 1600 Exposition Blvd. Friday, noon to 8 p.m., Saturday, 10 a.m. to 8 p.m., and Sunday, 10 a.m. to 6 p.m. Information at 875-6913.

JAN. 24

Walk on the wild side

Walk with a naturalist and explore the winter season in the woodland, 1:30 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

Clown for a day

Learn the art of clown make-up, costuming, and clown skits by a team of professional clowns, 10 a.m. to 12:30 p.m. Includes a stage performance with all students demonstrating their new-found character. Cost, \$5 a person or \$2 to watch. La Sierra Community Center, 5750 Grant Ave., Carmichael. Information at 485-5322 or see the website www.carmichaelpark.com.

Lions host crab feed

Land Park Lions Club 37th annual crab feed, 6 p.m. cocktails, 7 p.m. dinner with music and dancing after. New location: Sacramento Asian Sports Foundation, 9040 High Tech Court. Tickets, \$40, from Trey Bonetti, 768-9360 or

Larry Freund, 457-6931. Proceeds support myriad local community needs.

JAN. 25

East meets West in concert

Sacramento Youth Symphony and The Firebird Youth Orchestra in San Jose join for a presentation of traditional Chinese music. Begins with the Chinese New Year Lion Dance, followed by selections of traditional Chinese music using original instruments and costuming. Classical symphonic selections, too. At 3 p.m., Sacramento Community Center Theatre, 1301 L St. Tickets \$20, general, \$10 for children and students with ID, at 808-5181.

Free e-waste recycling

McClatchy High School's Rugby Boosters fund-raise with a free e-waste recycling drop-off, 9 a.m. to 4 p.m., at the school, 3066 Freeport Blvd. Accepting electronic waste including televisions, monitors, computers, computer components, phones, VCRs and DVDs, cameras, and more. Information at www.neuwaste.com.

JAN. 26

School district seeks input

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., Alice Birney Elementary, 6251 13th St. 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. 27

'Stumpwork' for embroiderers

Embroiderer's Guild of America, 7 p.m., SMUD Building, 6301 S St. Celeste Chalasami will teach stumpwork featuring a Gooseberry image. Visitors welcome. Information at 961-3558.

Health panel at St. Francis

Alumni panel of nurse practitioners and a naturopathic doctor discuss living a healthy lifestyle at various stages of life, 7 p.m., St. Francis High School Cam-

pus Life Center, 5900 Elvas Ave. Cost, \$5, benefits the high school's scholarship fund. Reservations with Carrie Harcharik, 737-5020 or e-mail Charcharik@stfrancis.org.

JAN. 28

Pops at lunchtime

Curvd Aire Brass Quintet plays pops to classics, noon to 1 p.m., Westminster Presbyterian Church, 1300 N St. Free. Information at 442-8939.

Reviving the brain

Larry Dawes leads brain workshops to help you maintain mental agility. Features four sessions of discussions and activities, every Wednesday, 9 to 11 a.m. Mission Oaks Community Center, 4701 Gibbons Drive. Space is limited. Reservations are required. Information at 334-1072.

The anti-cancer diet

Author and nutritionist Bronwyn Schweigerdt discusses ways to lower your exposure to cancer-causing compounds and outlines components of a cancer-prevention diet, 7 p.m., Arcade Library, 2443 Marconi Ave. Free. Information at 264-2920 or visit www.saclibrary.org.

JAN. 29

'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 memory and identity, personal and collective memories, and more. At the Asian Community Center, 7375 Park City. Free. Reservations at 393-9026 x 222.

JAN. 29

The Thin Green Line

Sacramento County rangers, state Fish and Game wardens and US Fish and Wildlife officials are all part of the thin green line that protects wildlife, fish, parks and resources from harm. Hear stories both funny and tragic from those who keep the thin green line from unraveling, 7 p.m., Effie Yeaw Nature Center, 2850 San Lorenzo Way, Carmichael. Park fee, \$5. Information at 489-4918.

JAN. 30

RSVP for WEAVE

Reconciliation Singers Voices of Peace present "A Choral Tapestry," 7:30 p.m., Christ Unity Church, 9249 Folsom Blvd., a benefit for WEAVE. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

JAN. 31

Loving your chocolate

Arden Hills Resort Club and Spa hosts a "Healthy and Healing Chocolate" class, 11 a.m. to 12:30 p.m. Make chocolate a part of a well-balanced diet; learn what types of chocolate are best for your body plus the surprising healing attributes of chocolate. Cost, \$20. Space limited. Information at 482-6111 or www.ardenhills.net.



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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., Belle Cooledge Library, 5600 South Land Park Drive. 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.

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., St. John's Lutheran Church, 1701 L St. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

Middle School band clinic

El Camino High School Band's 12th annual Middle School Band Clinic concert, 2:30 p.m., at the school, 4300 El Camino Ave. Free. Concert wraps up a day of music for sixth through eighth graders. Information from Band Director Kevin Glaser, 971-7449.

FEB. 1

Dianetics DVD showing

Find out how the painful experiences (physical or emotional) stay with you for a lifetime and hear how to achieve happiness and health with Dianetics techniques, 7 to 8 p.m., 1010 Hurley Way, Suite 505. Free. Information at 925-2545. Repeats Feb. 15.

FEB. 2

Community sing-along

Harmonize on old hymns, folk songs and popular ballads, just for fun. Shower singers welcome. From 1 to 2:30 p.m., Fahs Room, Unitarian Universalist Society of Sacramento, 2425 Sierra Blvd. Free. Information at 284-5320.

FEB. 3

China commentary

Local writer/author Lawrence Klepinger gives two presentations on his recent book of commentary and analysis on the People's Republic of China, "China House," 10 to 11 a.m. and 6 to 7 p.m., Sacramento Asian Community Center, 7375 Park City Drive. Free. Information by e-mail at lawrenceklepinger@gmail.com, or website www.lawrenceklepinger.com.

Wine social at the Casa

Casa Garden Restaurant hosts a wine social, 11:30 a.m., with hors d'oeuvres, entree, dessert and wine samplings, \$16 per person. Proceeds benefit the Sacramento Children's Home. Reservations required at 452-2809.

Recorder group gathers

The Sacramento Recorder Society meets again under the baton of Bay Area early music scholar Frances Feldon, 7 to 9:15 p.m.,

890 57th St. Newcomers welcome. Bring your instrument and music stand. Information at 489-2771, 391-7520 or see the website www.sacrecorders.org.

FEB. 5

Info for fathers

Free workshop for fathers on child support issues, 6 to 8 p.m., Department of Child Support Services, 3701 Power Inn Road. Co-sponsored by the Fathers Resource Center. Topics include wage garnishment, tax refund protection, court order reviews and more. Pre-registration required with the center, 3443 Ramona Ave., Suite 25, phone 739-0894, website www.fatherscenter.org. Refreshments will be provided.

'Snicket' author in town

Author Daniel Handler presenting "Why Does Lemony Snicket Keep Following Me?" - the story of "how his pseudonym stole his ideas, blocked his spotlight, bought him a house, and ruined forever his dream of a scruffy, anonymous, bohemian life," 7:30 p.m., Crest Theatre. Tickets, \$27 general, \$15 students, through www.tickets.com, at the theatre box office, 1013 K St., or phone 800-225-2277.

FEB. 6

Writers' Club networks

California Writers' Club's Nonfiction Network meets, 9 a.m., IHOP Restaurant, 2216 Sunrise Blvd., Rancho Cordova. Author and columnist Tim Hererra speaks on "Writing the Personal Essay." Guests welcome. Information at 944-3185.

Forest Service speaker

Organic Gardening Club of Sacramento County meets, 10 a.m., at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave. "Penny Pines Reforestation" will be presented by guest speaker Gina Torvinen, Forest Service. Call 635-6724 for information.

Kiwanis cook up crab

East Sacramento-Midtown Kiwanis Club third annual crab feed, 6 p.m., Dante Club, 2330 Fair Oaks Blvd. All you can eat crab and pasta, silent auction, DJ dancing. Tickets, \$45, at 215-1460 or 947-0778.

FEB. 7

'A Choral Tapestry'

Reconciliation Singers Voices of Peace continue the concert series, "A Choral Tapestry," 7:30 p.m., Faith Presbyterian Church, 625 Florin Road. Benefits WEAVE, a safe house for women escaping a violent environment. Includes Sacramento Children's Chorus. Donations accepted. For more information, see the website www.rsvpchoir.org.

FEB. 7

Crab feed at St. John's

St. John the Evangelist School hosts its 26th annual Crab Feed Dinner Dance, 6 p.m. to midnight, at the school, 5701 Locust Ave., Carmichael. Tickets, \$39, on sale in the school office from 8 a.m. to 4:30 p.m. Information at 481-8845.

'Pocket Vine and Dine'

Rotary Club of Pocket-Greenhaven hosts "Pocket Vine and Dine," a fine wine and cuisine festival, at the Old Sugar Mill, 35265 Willow Ave., 6 to 9:30 p.m. Live, silent auctions, and raffle. Funds raised benefit DART, the Drowning Accident Rescue Team, Rotary Children's Dictionary Project and other community and international causes. Tickets, \$25, available from Louise at 424-2698.

Museums open free today

Eleventh annual Sacramento Museum Day, 10 a.m. to 5 p.m., presented by the Sacramento Association of Museums. Twenty-five participating museums will be open free of charge. For detailed information about participating sites and more, see the website www.sacmuseums.org.

Military Widows meet

Society of Military Widows, Sacramento Chapter No. 5, meets at the Lions Gate at McClellan Park for an 11:30 a.m. luncheon followed by "Celebrating our 35th Birthday Anniversary." Call 635-6724 for information.

AAUW hears author

Annual American Association of University Women Authors' Luncheon, 11 a.m., Casa Garden Restaurant, 2760 Sutterville Road, features Cheewa James speaking on her most recent book, "Modoc: The Tribe That Wouldn't Die." Public welcome; cost \$28 for chicken marsala. Reservations with Wendy Haydon, 539-3235.

FEB 7, 8

Jewish Film Festival

Twelfth annual Sacramento Jewish Film Festival, Crest Theatre, 1013 K St. Begins at 7 p.m. Saturday with "The Secrets," concludes at 5:15 p.m. Sunday with "Blessed is the Match." 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.

MONDAYS

Tai Chi at Hart Center

Chinese exercise combines specific movements and relaxation, 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St. Instructor, Mamie Woo. Information at 808-5462.

Hatha yoga class

Instructor Pat Shaw teaches students to align the body through breathing techniques, postures and deep relaxation, 3 to 4 p.m., Hart Senior Center, 915 27th St. Information at 808-5462. Repeats Wednesdays, Fridays.

Gray Eagles meet

Gray Eagles, a social group for men and women, hears guest speakers on air shows, flying and warbirds, 11:30 a.m. to 1 p.m., second Mondays of the month. Visitors welcome. Free, at the Home-town Buffet (private dining room), 4300 Florin Road. Information at 421-0844.

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GREENHAVEN/POCKET AREA

528 VALIM WAY \$499,000

PENDING



GREENHAVEN CUSTOM 4BD 3BA 3-CAR! 1BD/1BA W/SHOWER DOWNSTAIRS. OVERSIZED BDRMS UPSTAIRS. FRML LIVING RM. SEP FORMAL DINING RM. HUGE KITCHEN, BRKFST & FAMILY RM. LAUNDRY RM. CENTRAL VAC. DUAL-ZONE HEAT/AIR. FINISHED 3-CAR GARAGE. APX 3,074 SF PER COUNTY.

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7686 RIVER RANCH \$498,888



CUSTOM SINGLE STORY 3 BEDROOM, 2.5 BATH U SHAPED PLAN OF 2604 SQ FT, BUILT IN 1986. UPGRADES INCLUDE BRICK FRONT, NEWER COMP. ROOF, FRESH PAINT, SKYLIGHTS, SEP FORMAL DINING & LIVING ROOMS, BRICK FIREPLACE, PARQUET FLOORS, SPACIOUS MASTER SUITE W/TWO WALK-INS WITH SKYLIGHTS, JETTED TUB, SEPARATE SHOWER, TILE FLOORS, EXTRA STORAGE AREA IN GARAGE AND MATURE LANDSCAPING.

NICK LAPLACA 764-7500

12 PEBBLE COURT \$369,500

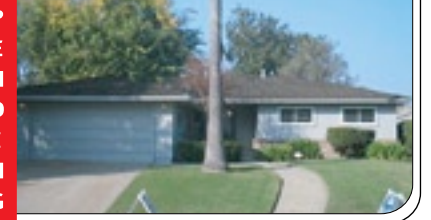


RANCH STYLE 3 BED, 2 BATH HOME APPROX. 1778 SF, ON A LARGER CUL-DE-SAC LOT W/FREE FORM POOL. NEWER LAMINATE & TILE FLOORS THROUGHOUT MOST OF THE HOME, SOME UPDATING IN KITCHEN & BATHS, SEP DINING, LIVING & FAMILY ROOMS. MASTER SUITE W/WALK-IN CLOSET, WHOLE HOUSE FAN, TILE ROOF AND NEWER POOL FILTERS.

NICK LAPLACA 764-7500

696 RIVERLAKE WAY \$367,500

PENDING



3 BED, 2 BATH HOME, APPROX. 1736 SF. FRESH PAINT, NEW CARPET, NEW COOKTOP, MICRO & OVEN. EXTRA ROOM OFF LAUNDRY. SERENE BACKYARD. FAMILY ROOM WITH BUILT IN BOOKSHELVES AND FIREPLACE. LOVELY NEIGHBORHOOD.

JERRY LANDRETH 502-0928

6757 STARBOARD WAY \$329,500



SINGLE STORY, 3 BEDROOM, 2 BATHROOM HOME OF APPROX. 1688 SF ON LARGER LOT. UPDATED WITH BRAZILIAN CHERRYWOOD, GRANITE TILE, NEW SLIDERS, GARAGE DOOR & OPENER, CLOSET ORGANIZERS, EXT PAINT & FENCING.

NICK LAPLACA 764-7500

70 RAMBLEOAK CIR \$322,000



PENDING

3 BR/ 2 BA, 1 STORY APPROX. 1,620 SQ FT ON .19 ACRE LOT. OPEN FLR PLAN INCL. SEP FM & LIV RMS, UPDATED KIT W/ NEWER COUNTERTOPS & APPLIANCES, DOUBLE OVENS, DIN BAR, FM DIN RM, DUAL GAS FRPLS, DUAL PANE WINDOWS/SLIDING DRs & MORE.

GINA LAPLACA 548-1628

535 LITTLE RIVER WAY \$279,000



1 STORY, 3 BD, 2 BA HOME. APPROX 1,390 SQ FT. FEAT. LARGE OPEN KITCHEN W/ ROOM FOR CENTER ISLAND/WORK TABLE, GREAT RM W/ BRICK FIREPLACE, LIVING AREA/RETREAT OFF KITCHEN & FORMAL DINING RM. UPDATED MASTER SUITE. FRONT COURTYARD, GOOD SIZED-YARD W/ DOG RUN, NEWER ROOF & RARE RV/BOAT PARKING.

GINA LAPLACA 548-1628

6806 CLAIBORNE WAY - \$259,000



LOCATED IN DIDION ELEMENTARY DISTRIC. 3 BED 2 BA ON A CORNER LOT W/ RV ACCESS. LARGE COVERED PATIO, POOL & LARGE YARD. BRICK FIREPLACE W/ RAISED HEARTH GREAT ROOM CONCEPT W/ BONUS ROOM AND SEPERATE PANTRY!

BOB WILSON 686-6868

7308 POCKET ROAD \$235,000



HALFPLEX W/NEWER DUAL PANE WINDOWS, ROOF APPROX 1 YR OLD, RECESSED LIGHTING, CUSTOM TILE, PERGO TYPE WOOD FLOORS, REAR YARD IS TO BE RE-LANDSCAPED & NEW WINDOW TRIM IS BEING PAINTED. MASTER BD DOWN WITH TWO UP. NEW STAINLESS FRIDGE, STOVE & DISHWASHER.

TERRY MULLIGAN 775-1908

651 CULLIVAN DR \$224,500



NEW PRICE

SINGLE STORY, 2 BD 2 BA POCKET AREA HALFPLEX OF APPROX 1,177 SQ FT. UPDATED KITCHEN, FORMAL DINING, DINING BAR, FAMILY RM W/ BRICK FIREPLACE, MASTER SUITE, UPDATED BA, RICH WOOD FLRS & VAULTED CEILINGS. LOW MAINTENANCE BACKYARD W/ PATIO. TWO CAR GARAGE W/NEW DOOR, WASHER, DRYER & REFRIGERATOR NEGOTIABLE.

GINA LAPLACA 548-1628

567 LEEWARD WAY \$197,500



Rare updated single-story Briarwood condo w/2 bed, 2 bath & 2 car garage. Current owners have replaced dual panes & heat pump, updt'd ba. w/tile & Corian, remodeled kitchen with new cabinets, tile counters, flooring & new appliances.

NICK LAPLACA 764-7500

908 ROUNDTREE COURT \$129,500



NICE GATED COMMUNITY. LUSH LANDSCAPING, POOL, CLUBHOUSE. UNIT IS WORK IN PROGRESS WITH FRESH PAINT, CARPET/LINO BEING INSTALLED ASAP. NEW RANGE/OVEN, NEW DISHWASHER. NICE LOCATION ON ARK SIDE OF COMPLEX.

KARLA OPLIGER 399-0478

OTHER SACRAMENTO AREAS

ANTELOPE

5211 FAWN HOLLOW WAY-\$314,900

PENDING

5 BDRms, 3 FULL BATHS W/ A BONUS ROOM. HIGHLY MOTIVATED SELLER. NOT MANY HOMES FOR SALE IN THIS AREA IN THIS PRICE RANGE FOR 3134 SQ.FT.

BOB WILSON 686-6868

ELK GROVE

5707 ANCHOR BAY WAY-\$224,900

NEW PRICE

3-4 BEDROOMS, 3 BATHS, LARGE MASTER W/ FIREPLACE, LOFT, TILE KITCHEN WITH ISLAND. THIS HOME IS IN A TERRIFIC LOCATION, IN A WONDERFUL NEIGHBORHOOD.

MELODY TACTAQUIN 612-0825

5201 LAGUNA OAKS DR #15-\$99,000

1 BDRM, 1 BA CONDO! GAS FIREPLACE, WASHER/DRYER, REFRIGERATOR, COVERED PATIO, CLUBHOUSE W/ WORKOUT ROOM & POOL/SPA & MUCH MORE!

JOLEEN A JARVIS 717-3559

5201 LAGUNA OAKS DR #70-\$136,000

2 BDRM, 2 BA CONDO! GAS FIREPLACE, WASHER/DRYER, REFRIGERATOR, COVERED PATIO, CLUBHOUSE W/ WORKOUT ROOM & POOL/SPA & MUCH MORE!

JOLEEN A JARVIS 717-3559

5201 LAGUNA OAKS DR #73-\$156,000

3 BDRM, 2 BA CONDO! GAS FIREPLACE, WASHER/DRYER, REFRIGERATOR, COVERED PATIO, CLUBHOUSE W/ WORKOUT ROOM & POOL/SPA & MUCH MORE!

JOLEEN A JARVIS 717-3559

FOLSOM

116 WHITING WAY-\$336,900

3 BD 2 BA HOME. PERGO FLOORING, CUSTOM PAINT, CROWN MOLDING, NEWER DESIGNER LIGHT FIXTURES. BEAUTIFULLY LANDSCAPED. NEWER EXT PAINT & 50 YR ROOF.

ELIZABETH GONZALEZ 718-4753

LOOMIS

9816 HUDSON COURT-\$375,000

BUILD YOUR DREAM HOME AND CAPTURE SOME OF THE MOST CAPTIVATING WATER VIEWS THAT FOLSOM LAKE HAS TO OFFER. ONE THIRD OF AN ACRE WITH BEAUTIFUL OAKS AND GRANITE OUTCROPPINGS.

ELIZABETH GONZALEZ 718-4753

SACRAMENTO

1920 21ST STREET-\$540,000

A CLASSIC CRAFTSMAN BEAUTY. REMODELED & UPDATED KITCHEN, BOX BEAM CEILINGS, LARGE DINING & LIVING ROOM. HOME HAS COMMERCIAL ZONING AS WELL.

TERRY MULLIGAN 775-1908

2314 K ST (COMMERCIAL)-\$1,060,000

FREESTANDING STOREFRONT ON BUSY K ST. APPROX 3000SF DIVIDED INTO 2 STOREFRONTS. GREAT TENANTS & PLENTY OF CUSTOMER PARKING IN REAR AS WELL AS STREET PARKING. PLENTY OF WALKING & DRIVE BY TRAFFIC

TERRY MULLIGAN 775-1908

11775 RIVERSIDE AVE (COMMERCIAL)-\$570,000

PROPERTY IS IDEAL FOR AN AUTO OR BOAT BUSINESS, ETC. LOCATED IN COURTLAND RIGHT BY THE SACRAMENTO RIVER. THERE IS A 1 BEDROOM 1 BATH VERY NICE APARTMENT IN THE SHOP AS WELL AS 2 BATHS IN THE SHOP.

TERRY MULLIGAN 775-1908

1116 ROSA DEL RIO WAY-\$239,500

2 BEDROOMS, 2 BATHS, INSIDE LAUNDRY AREA, LIVING/DINING COMBO W/ FIREPLACE & 2 CAR GARAGE. ONE STORY ACROSS FROM CLUBHOUSE, POOL & TENNIS COURTS. HOA DUES \$130 PER MO. INCL. ROOF, EXT PAINTING, FRONT LANDSCAPING.

MARY LEE 425-3749

1074 PERKINS WAY-\$449,000

OLD LAND PARK DUPLEX. INVITING LIVING ROOM W/ FIREPLACE, BATHROOM W/ SEP BATH & SHOWER, 2 BDRMS, INSIDE LAUNDRY & 2 CAR GARAGE. BACK UNIT IS A 1BD/1 BA & LARGE LIVING AREA W/ FIREPLACE, APPROX 700 SQFT.

LYNN LUK LEE 628-2843

4320 53RD STREET-\$275,000

MANY UPGRADES, NEW CABINETRY, SALTILLO TILE, REFINISHED HRWD FLRS, UPDATE BR W/ TILE, DUAL PANE WINDOWS. NEWER ROOF. LARGE REAR YD.

BOB WILSON 686-6868

1152 49TH STREET - \$299,000

LOCATION LOCATION LOCATION - CONVENIENTLY LOCATED CLOSE TO SHOPS, RESTAURANTS, EAST PORTAL PARK & MERCY HOSPITAL ONE OF THE LOWEST PRICE EAST SAC/FAB 40'S SINGLE FAMILY 1 BED/1BATH HOME.

LYNN LUK LEE 628-2843

2105 ALHAMBRA BLVD-\$199,950

PLUMBING & ELECTRICAL UPDATED, SEWER LINE UPDATED, BATH & KITCHEN UP-DATED IN THE 80'S & 90'S, NEW WALL HEATER. NEW GAS LINE. ROOF IN GOOD COND. 1 CAR GARAGE-PLENTY OF PARKING. WALK-IN BEDROOM CLOSETS

BOB WILSON-686-6868

8120 FREEPORT BLVD. - \$379,000

IT IS PRESENTLY ROMEO'S BAIT SHOP AND CAN BE JUST ABOUT ANYTHING RETAIL. THE SLEEPY LITTLE TOWN OF FREEPORT IS RIPE FOR NEW IDEAS AND DEVELOPMENT. THERE IS TALK OF A NEW MARINA, A PARK, COMMERCIAL AND RESIDENTIAL DEVELOPMENTS, ETC.

TERRY MULLIGAN 775-1908

4100 FOLSOM BLVD #3D-\$425,000

2 BED, 2 BATH UNIT. NEWER CARPET & PAINT, PARQUET FLOORING, AMPLE STORAGE, PEACEFUL & SERENE VIEW OF LOVELY TREES FROM THE PRIVACY OF YOUR OWN LIVING ROOM.

JOLEEN JARVIS 717-3559

10752 3RD STREET (RESIDENTIAL & COMMERCIAL)-\$590,000

3/2 HOME.HOME HAS APPROX 1600 SQ FT ON ALMOST 1/2 ACRE. ALSO INCLUDED IS COMMERCIAL METAL SHOP ZONED GENERAL COMMERCIAL.THE SHOP IS APPROX 1600 SQ FT WITH LARGE FENCED GRAVELED YARD.

TERRY MULLIGAN 775-1908

WALNUT GROVE

1261 N B STREET-\$150,000

LOCATED IN THE CHARMING TOWN OF WALNUT GROVE. THE BUILDING CAN BE RETURNED TO SINBLE FAMILY IF WANTED.

TERRY MULLIGAN 775-1908

1259 A STREET-\$280,000

NEWER WINDOWS, DRYWALL, FOUNDATION, PLUMBING, ELECTRICAL, SIDING, INSULATION & INSTANT HOT WATER HEATERS, NEWER CARPETING. PROPERTY COULD BE CONVERTED BACK TO SINBLE FAMILY.

TERRY MULLIGAN 775-1908

540 VORDEN ROAD-\$250,000

LOCATED IN A RURAL AREA IN WALNUT GROVE. THIS HOME IS A CHARMER. LARGE LIVING AREA & BEAUTIFUL BACKYARD WITH EVERY FRUIT TREE IMAGINABLE.

TERRY MULLIGAN 775-1908

WEST SACRAMENTO

1000 RIVER CREST DRIVE-\$315,000

FANTASTIC LOCATION TO BUILD YOUR DREAM HOME.OVERLOOKING THE SACRAMENTO RIVER. THE HOMESITE IS LOCATED IN THE GATED COMMUNITY KNOWN AS THE RIVERS AT LIGHTHOUSE MARINA.

TERRY MULLIGAN 775-1908

940 RIVER CREST DRIVE-\$315,000

BUILD YOUR DREAM HOME AT THIS LUXURY GATED COMMUNITY KNOWN AS THE RIVERS AT LIGHTHOUSE MARINA. LOCATED ON THE RIVER W/ WATER VIEWS. MILES OF WALKING TRAILS & CLUB HOUSE.

TERRY MULLIGAN 775-1908

WILTON

12540 LEE SCHOOL ROAD-\$430,000

STATELY SETTING FOR DREAM HOME ON GENTLY SLOPED LOT (4.96 ACRES). LOT FRONTS ON LEE SCHOOL ROAD BUT ALSO HAS PRIVATE ROAD EASEMENT ON EAST FOR OPTION ON DRIVEWAY. PLANS AVAILABLE.

JERRY LANDRETH 502-0928

11940 WALMORT RD-\$374,500

NEW PRICE

SEMI-CUSTOM ON 5 ACRES, FEATURES INCL. DOUBLE SIDED FRPL, LNDRY RM W/ SINK & CABS. LRG DECK. OPEN FLR PLAN, HIGH CEILINGS, ABOUT 2,500 SQ FT LIVING SPACE.

BOB WILSON-686-6868