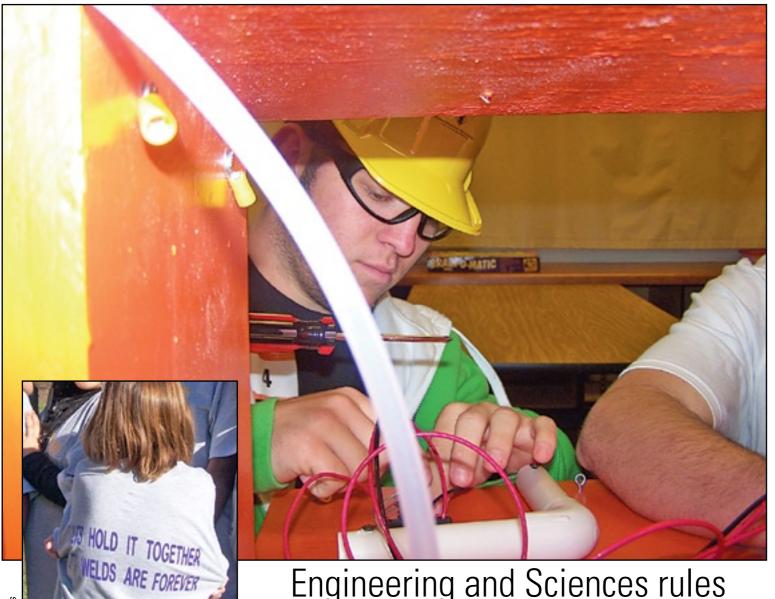




Monks bring their mandala to Sacramento

Vol. XVIII, NO. 5



Engineering and Sciences rules

The Pocket's School of Engineering and Sciences played host to a regional competition called Construction Challenge that clearly fit the local students' skills. Three teams from Engineering and Sciences engineered, created and worked as a group to advance to the national finals in Tennessee. For more about the challenge and the local success, see page 4.

City Council takes the vote

Robbie **Waters** Library

By Colleen Truelsen THE POCKET NEWS

♦he 15,000-squarefoot, \$15 million library to be built in the heart of the Pocket area has simply been known as the Pocket-Greenhaven library during all its planning phases, but the Sacramento City Council at its Feb. 24 meeting voted on the official name for the new library:

Robbie Waters Pocket-Greenhaven Library.

"On behalf of my family and myself," the councilman said in a statement, "I thank the Pocket-Greenhaven Friends of the Library for making the recommendation. I

See Library, page 16

INSIDE





Le Rivage looks back on year one

See page 6



GASP your way to top golf scores

See page 17

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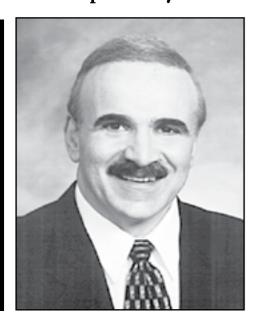


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W W W . V A L C O M N E W S . C O M

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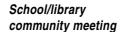
Extended, updated calendar * Police Beat: arrests and police blog * Download this edition and archived editions * Check out our great photos

March 11: All about the budget

Community meetings abound for Pocket updates, input and info

o make it easier on our constituents, we are bringing budget information to the community at 7 p.m. Wednesday, March 11, with the Area 2 Community Partnership Meeting at the Pannell Center, 2450 Meadowview Road.

This is a great opportunity in the south area, to ask questions, voice your opinions and be a part of the solution. Please join us.



Join us with school district, library and city staff at a community update meeting at 6:30 p.m., Monday, March 23, at the interim campus of the School of Engineering and Science, 6620 Gloria Drive (previously Bear Flag Elementary) in the multi-purpose room.

Foundation work at the School of Engineering and Sciences progresses smoothly at the construction site at Gloria Drive and Swale River. The school is scheduled to open at the new campus in January



Councilman Robbie Waters
DISTRICT 7 UPDATE

2010 at this point in the schedule. Construction of the library portion of the joint use project is about to begin.

Pocket-Greenhaven Friends of the Library

The next FOL meeting will be at 6:30 p.m. Thursday, March 26, at Lisbon Elementary School, 7555 South Land Park Drive in the teacher's conference room. The meetings are open to the public and I encourage you to join this active community group.

Spring Egg Hunt

Our annual Spring Egg Hunt begins at 9:30 a.m., Saturday, April 11, at Parkway Oaks Park. Children should bring their own basket to collect candy-filled eggs and parents should bring a camera.

There is a friendly bunny posing for photos and various arts and crafts activities. Parkway Oaks Park is located next to Lisbon Elementary School (7555 South Land Park Drive) near Windbridge.

Call 808-3821 for more information.

New 311 service a winner

Many of you have already used the city's 311 service to reach a city operator. I know this because we did aggressive outreach in our district when the service began and now other parts of the city have caught on to this great service. Calling 311 is available 24/7/365. Calls to 311 from city residents now average 32,000 per month.

Use the service to report broken streetlights, code enforcement and solid waste problems as well as questions, and even to find a phone number you've lost. If in doubt, call 311. It's a terrific service and I'm glad our residents are using it.

Phone Book Recycling Contest begins at MLK

I was happy to kick-off the City of Sacramento's Annual Phone Book Recy-

See Waters, page 3



Waters

Continued from page 2

cling Contest with a special event at our own Martin Luther King Jr. K-8 on March 2.

Elementary schools in the city compete against each other to collect the most outdated phone books for a cash prize and a pizza party sponsored by the Sacramento Recycling and Transfer Station, Allied Waste and AT&T Real Yellow Pages. Remember to recycle your phone books and to support your local school in this great competition.

Lewis Park update

The renovations to Lewis Park are just about completed.

Improvements include more picnic tables and a shade structure to enhance playtime at the park for adults as well as youngsters. A big thank you to the folks who turned out at two community meetings to review plans and make suggestions. The rehab is better because of your input.

Airport expansion

The construction work at Sacramento International Airport is under way now. In order not to be inconvenienced by construction, check the project's website at www.bigbuild.org, which includes a helpful Frequently Asked Questions page.

Keeping our quality of life

Are you concerned about lacking upkeep on nearby properties? Bugged by barking dogs? Suspect criminal activity at a certain address? Have a vehicle parked on the street for more than the 72-hour limit?

Call 311 and report the activity. Or call my office at 808-7338. You can remain anonymous. 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 and/or blight will not be tolerated.

Need more information?

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

Boards & Commissions

Below is a listing for openings on Boards and Commissions. The date in parentheses is the date applications are due. Please check the city web page at www.cityofsacamento. 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.

2009 Charter Revision Committee (3/11/09) Animal Care Services Citizens Advisory Comm (3/27/09) Sacramento Army Depot Redevelopment Advisory (4/17/09)

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

Please send your updated 2009 Calendar Announcements

...especially if you host monthly events! e-mail to colleen@valcomnews.com

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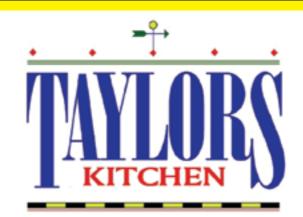
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Engineering and Science students rule the meet

Pocket's student engineers moving to finals at Construction Challenge

Special to the Pocket News

he Pocket's School of Engineering and Science lived up to its name at last month's Construction Challenge when it engineered wins in nearly every category of the competi-

The local school played host for one of 15 regional competitions throughout the United States and Canada that challenge students to put their creativity to work and solve hands-on technical chal-

More than 100 students from the School of Engineering and Sciences, grades seventh through 10th, competed against teams from Northern, Central, and Southern California.

Construction Challenge, created by a partnership between the Association of Equipment Manufacturers and Destination Imagination, gives students

Students learn about local and international infrastructure issues, manufacturing and design, service technician repair and preventative maintenance.

reers in the construction industry through hands-on technical challenges. Students learn about local and international infrastructure issues, manufacturing and design, service technician repair and preventative

They also learn to communicate, work as part of

an opportunity to explore camaintenance.

Team spirit prevails at the Construction Challenge, where working together as a team is part of the challenge.

See Challenge, page 5











975 Cobble Shores Drive (Lakefrontage)..... 15 Spinner Point Court (Lakefront & Pool) (SOLD) \$1,195,000 7704 East Port Drive (New Construction) (4700 SqFt)..... \$998,000 \$899,949 823 LakefrontDr (Riverlake, 1 story w/ pool) \$879,000 932 Lakefront Dr (Lake views) (SOLD)..... 959 South Beach (Custom over 3,400 sq feet) \$789,000 15 Rivershore Ct (Downstairs Master)..... \$639,000 899 Glide Ferry (5 Bedrooms) (SOLD) \$530,000 7686 River Ranch (PENDING) \$449,000 19 Princeville Circle (1 story) (SOLD) \$399,000 1117 Rio Cidade (lot) (SOLD) \$290,000 2 Skysail Ct. (Duplex or single family)..... **Land Park/South Land Park**

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a team, and use creative problem solving tools and techniques.

The top 50 teams from across the country, including three teams from the School of Engineering and Sciences, will advance to the Championship Finals held at the University of Tennessee from May 19 to 23. Students will compete for scholarship and internship opportunities.

"Construction Challenge was really impressive," said Councilman Robbie Waters, who stopped by to observe the event. "It was interesting to see the students learning the real-world obstacles that occur in getting a job done. Congratulations to all. "

The results: Challenge Champs (Middle School Level)

Presentation

Challenge 1: Infrastructure

Teams research infrastructure issues (roads, bridges, water, and sewage) and locate a local problem connected to each. Since infrastructure issues are worldwide, teams will also consider corresponding international infrastructure issues.

- 1. RSCRMN Engineers, School of Engineering and Sciences (SES)
- 2. Aye Team, SES
- 3. Bob the Builders, SES

Challenge 2: Infrastructure Presentation

This is a technical engineering and design challenge that will require teams to plan, design, build and test a piece of equipment that meets manufacturing and customer criteria.

- 1. Future Techs, SES
- 2. Sevies, SES
- 3. Puppet Masters, SES

Challenge 3: Service Tech Simulation

Teams repair a piece of equipment using technical drawings and schematics and may also contact customer support, which has access to detailed schematics, preventative maintenance tips, and troubleshooting information.

- 1. Alpha Burger, SES
- 2. Chickadees, SES
- 3. Fantastic 5, SES

Challenge Champs (High School Level)

Challenge 1: Infrastructure Presentation

- 1. IDB, Granite Hills High School, El Cajon
- 2. Wannabes, SES
- 3. Pizza Clan, SES

Challenge 2: Infrastructure Presenta-

- 1. IDB, Granite Hills
- 2. Sarcasm, SES
- 3. Wannabes, SES

Challenge 3: Service Tech Simula-

- 1. IDB, Granite Hills
- 2. Sacrasm, SES
- 3. Pizza Clan, SES

Overall Construction Challenge Champs (Middle School Level)

First place team advances to finals.

- 1. RSCRMN Engineers, SES
- 2. Aye Team, SES
- 3. Alpha Burger, SES

Overall Construction **Challenge Champs** (High School Level)

First, second, third place teams advance to finals.

- 2. IDB, Granite Hills
- 3. Sacasm, SES
- 4. Pizza Clan, SES



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Le Rivage's first year took in celebrities, honors and first-class social events

By Jackie Boor
THE POCKET NEWS

ou can get to Le Rivage Hotel on the banks of the Sacramento River by foot, bike, car, boat or even a sea-

Last month, the luxury 101-room, Mediterranean-style hotel located on Riverside Boulevard between the Land Park and Pocket neighborhoods, celebrated its first year anniversary. Apparently, lots of people have been finding their way there.

According to developer Bob Leach, the hotel is rapidly gaining popularity as a world class destination for local escapes, social events, corporate gatherings, concerts and weddings. The celebrity guest list is also growing, and includes Clint Eastwood, Jane Fonda, Quincy Jones, Gov. Arnold Schwarzenegger and the entire Los Angeles Lakers basketball team.

Four Diamond service

A major highlight of the year included earning a AAA Four Diamond rating. As described on the AAA website, establishments in this category are progressively more refined and stylish, and "offer an extensive array of amenities combined with a high degree of hospitality, service, and attention to detail."



Le Rivage General Manager Mark Salguist

"We are in the hospitality business," says Leach, "but it's really about the people and how you treat them... For instance, if someone really wants a good grilled cheese sand-

See Le Rivage, page 7



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Le Rivage Continued from page 6

wich, we'll take a limo down to Vic's and pick it up."

Sold out for last Valentine's Day, the hotel has only two open summer weekends for weddings. Leach acknowledged the hotel has taken some hits with the declining economy, but he has an unshakeable confidence in the future. That optimism is anchored in serving diverse interests that range from a few folks from the neighborhood stopping by for a free jazz concert to an international business conference.

Kudos to the staff

The extensive list of amenities include Scott's Seafood Restaurant, a ballroom, an outdoor pool and Spa LALÉ, a fitness center, bocce ball courts, a marina, bike rentals, and river-walk fire pits. But the feature that stirs the most pride for Leach is the hotel staff that consists of about 65 people.

From the valets to housekeeping services, from the front desk to the administrative staff, Leach emphasizes the value of providing superior customer

"You can have a lot of beautiful things," he explained, "but having good people to make things warm, in-

"We want to start building a history and a legacy."

> Mark Salquist, General manager

viting and comfortable makes the difference."

As a gesture of appreciation during the Christmas holidays, all staff members, many of whom are university students, received a certificate to stay a night at the hotel and have dinner at Scott's Seafood.

'Creating memories'

A recent addition to the hotel is the new general manager, Mark Salquist, who exudes excitement when asked to speak about his role.

"It's my job," he says, "to make sure the hotel is operating on a daily basis and all the departments have what they need to do that."

Salquist began his hotel management career in 1989 at the Sacramento Hyatt Regency. Through the years, he has cultivated several core beliefs that embrace the power of detail and face-to-face

"A handshake goes a long way," he explained. "Customer service is based in having a name tag, a friendly greeting,



Customer service is essential to 'creating a memory,' a goal of the staff and management of Le Rivage.

inquiring about a guest's experience (at the hotel), and looking for opportunities to help. ... We're helping to create a memory."

That memory at the Le Rivage begins in thorough training and open communication with those working on the front lines.

Both Leach and Salquist are looking forward to developing more local alliances and relationships with, for instance, the surrounding neighborhoods, local chambers, and service clubs. Not

being tied to any corporate headquarters, the hotel management has some unique latitude in how it interfaces with the community.

"We're a well-kept secret," said Salquist, "but we have a vision to ramp up our marketing this year to let people know we're an escape from Sacramento within Sacramento. ... We want to start building a history and a legacy."

For more information, phone 443-8400 or see the website: www.lerivagehotel.com

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Around and about

Pocket / Greenhaven



Excess e-waste success

Local Boy Scouts pitched in to help load vast amounts of e-waste at a recent Elks Lodge
No. 6 electronic waste collection day. The turnout was huge, with proceeds going to the Elks Lodge Deceased Members
Memorial.



Pocket's winning writers

Two of six winners in the annual Freedom's Sisters essay contest for students in fourth through eighth grade are students from the Pocket. There were six winners – five from Sacramento and one from Maryland. The mission was to write between 250 and 500 words on 'Who is Your Favorite Freedom Sister and Why? What Are You Doing to Continue Her Legacy?' From left, the local winners are: Pocket resident Brittany Joe, Horizon Charter School seventh grader; Justine Cortez, Samuel Jackman Middle School eighth grader; Zaria Watkins, Gloria Dei Lutheran School seventh grader; Pocket resident Kymberly Chann, Matsuyma Elementary School sixth grader, and Mariah Thompson, Bret Hart Elementary School fifth grader. Prizes ranged from \$500 to \$5,000 savings bond.



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Dictionary day

The Rotary Club of Pocket/Greenhaven recently distributed dictionaries to each of the 39 third-graders at Alice Birney Elementary School. Rotarians Judy Foote, Manuel Huezo (who is also the school's principal), Louise Knedel, Steve Kwartler, Don Luthringer, Margaret Luthringer, Brenda Page and Keiko Wong all helped to distribute the dictionaries and spend a little time answering the children's questions. Each dictionary is inscribed with the child's name and is their personal dictionary to use in the classroom and take home with them. Distributing dictionaries to third-graders is an annual event and just one of the many community service projects sponsored by the Rotary Club each year. For more information about Rotary,



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Panush in print

Meet the Pocket's newest teen-age novelist

Panush, 19, took his senior project at John F. Kennedy High School to a new level by publishing the project in the form of a novel and landing himself a book-signing gig at a local book-store.

The book,
"Clark Reeper Tales: The
Truthful Telling of the Adventures of the
West's Wildest Bounty
Hunter," chronicles the travels
of Clark Reeper, an Old West
bounty hunter,

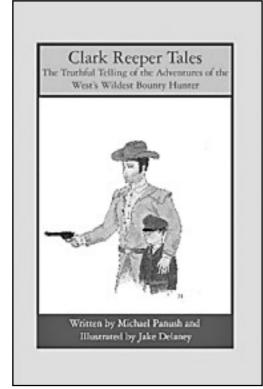
and his 10-year-old adopted son, Charles Green, as they confront "gargantuan insects, demonic fiends, creatures from other worlds -- and worse -- that are terrorizing the West."

The 386-page work includes illustrations by Jake Delaney, who also lives in the Pocket area.

The book was Panush's senior project at John F. Kennedy High School. He graduated last year and is now a freshman at Sacramento City College

There will be a reading and book signing at 2 p.m.,

(916) **955-8229**



'Clark Reeper Tales,' is filled with 'gargantuan insects, demonic fiends and creatures from other worlds.'

Sunday, March 15, at the Avid Reader, 1600 Broadway

Panush has previously published short stories on website e-zines.

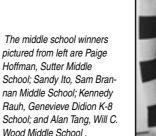
He took first place in the Sacramento Storyteller's Guild "Liar's Contest" in 2002 and was a finalist in the National Youth Storytelling Olympics in 2003. In 2007, he was selected as a California Arts Scholar and attended the Innerspark Summer Writing Program at the CalArts.

More information can be found on his website: www.clarkreeper.com.



January Students of the Month

The Sacramento Elks No. 6 Student of the Month luncheon in January honored 12 outstanding local youths. The high school winners, seated from left are Brian Keitz, Fremont Adult School; Carlos Martinez, Luther Burbank High School: Alvssa Matsuo. John F. Kennedy High School; and standing from left are Lisa Tran, West Campus High School; Goldluv Vang, Hiram Johnson High School; Kayla Kuhl, C. K. McClatchy High School; Maria de la Luz Nava Ramos, Genesis Charter; and Katie Rose Mennemeier, St. Francis High School.







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Inside and Outside Pocket/Greenhaven

River Cats-Cougars fund-raising

Baseball fans can buy a ticket to a Sacramento River Cats game, while at the same time supporting John F. Kennedy High School's Cougars baseball program.

Four hundred tickets are on sale for a Senate Box (\$21) or lower-level (\$18) seat to be used between June 1 and Aug. 30.

Buying a ticket allows the Cougars an opportunity to

RECENT SOLDS

play one game at Raley Field at 6 p.m., Thursday, March 12, where they'll take on Inter Com High School. Ticket buyers can get into this game for free.

If all the tickets are sold, the high school will also be allowed to use a River Cat suite for one game in the sea-

For more information, contact Wayne Nova, director of the Cougars Athletic Booster

Club. Phone 421-8233 or 628-

Youth swimmers needed

The Sacramento Stingray Swim Team is looking for 4- to 18-year-olds who enjoy making new friends, want to improve their swimming skills and love to compete.

The swim season begins April 1 and continues through July. Under the guidance of an experienced and enthusiastic coaching

staff, practices are held five days a week and most meets are on Saturdays.

Practices and home meets are held at the Cabana Club North facility at 6207 Riverside Blvd. in the Greenhaven

Registration for the 2009 swim season is currently under way. For more information check the Stingray website at www.sacramentostingrays.com or attend a registration night event at 6 p.m., Wednesday, March 11, at Giovanni's Pizza Restaurant, 5924 South Land Park Drive.

Registration night is a great way to meet the coaches, get questions answered by the Stingray Board members and sign up to join the team.

Experience culture

The Academic Foundation for International Cultural Exchange is looking for Community Representatives and Host Families.

Community Representatives will help find host families and work with students during the school year. They must enjoy working with teenagers and have good communication skills.

Host families will host foreign exchange students who speak English and are between the ages of 15 and 18. Students come with their

own spending money and medical insurance.

For information, call Anne or Dianne at 1-866-462-3423, or visit www.afice.org.

Green art called for

Submissions of "green art" are needed for "Fairytale Town Goes Green!," a new environmental education event.

Tabletop art can include sculpture, paintings, pottery and more; must be constructed from 100 percent recycled materials; and has to meet certain size specifications.

The deadline to submit an application is Saturday, Feb. 28, and the deadline to submit finished art is 4 p.m., Friday, May 29.

For more information, or to obtain an application, please call Sharlene at 808-7979, or email: programs@fairytaletown.

Free portraits available

With a slowing economy, rather that increasing his prices, photographer Ron Nabity is doing the opposite. Nabity is accepting nominations for people who need high-quality portraits, but cannot afford them.

Knowing how important family photos are, Nabity doesn't want people to miss the opportunity to create a wonderful keepsake. Each month Nabity will select one nominated person and provide a free portrait package.

For more information or to submit a nomination, call 769-3019, or visit www.nabityphotos.com.

Plant recycling

The Sacramento Area Community Garden Coalition will recycle your unwanted plants by placing them in new homes, community gardens, school gardens and green space projects.

Small trees, shrubs and bulbs can be picked up by appointment. In addition, unwanted garden tools and other items can be donated to the coalition.

Call Bill Maynard at 508-6025, or e-mail him at sacgc@ulink.net.

See More Inside/Outside, page 17

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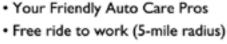
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NANCY WEGEE 600-5458



CROCKER ELEMENTARY

Open and inviting floor plan flows from front to back affording views of the picturesque front yard to the inviting pool and patio in back. This home has beautiful hardwood floors, central heat & air, dual pane windows and a 1-year old roof. See www.937RobertsonWay.com \$485,000

CHRIS BRIGGS 834-6483



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KELLIE SWAYNE 206-1458

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Welcome Home to Natomas liv PENDING Open living room and plantation shutters. Designer touches from the paint color to the wall art. Custom cabinets for the media equipment. Wood floors throughout the home. Spectacular infinity edge pool, with an awesome view of Sundance Lake. See www.10SageGrouse.com \$399,000

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Pet center just keeps growing

ueller Pet Medical Center newest groomer Annie Warren, right, joins veteran Janice Petty, which means Mueller can now offer grooming appointments seven days a week for both dogs and cats. This addition is one way that Mueller intends to gear up for the expansion into its state of the art facility late this year. Construction is expected to begin in the spring. Mueller's new location will be near the corner of Meadowiew/Pocket Road on Freeport Boulevard. At the new location, Dr. Ken Schenck intends to have three professional groomers, luxury suite boarding, doggie day care, complete veterinary services and 24-hour critical and emergency care. To schedule appointments, call 868-0444 or 428-9202.



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Real Estate Expert JULIE THOMPSON

Regatta@jtscommunities.com

JTS has Answers to Homebuyer's Questions

Why Should I buy a JTS home right now?

JTS is the highest quality at the best value. With interest rates at historic lows and JTS pricing, the timing could not be better. JTS is taking up to \$144,000 loss on each condo due to today's market conditions. In addition, JTS is also offering an "Affordability Package" in the form of below market financing that can help make your payments for up to 30 years. We have sold record numbers in the past 60 days and the Foreclosure Pricing won't last long.

What is the JTS "Economic Stimulus" Program?

JTS is offering home buyers the opportunity to save hundreds of dollars a month with fixed rate loan programs and no out of pocket closing costs. Using the preferred lender, homebuyers could have up to 6% of the purchase price of the home to help subsidize their monthly mortgage investment.

How many homes has JTS

JTS has been a local builder for over 40 years and is passionate about the Sacramento area. The company motto is "Working together to achieve excellence." Their commitment to excellence has helped them close \$300 million in sales and has won them numerous awards including Community of the Year as well as Builder of the Year. While many builders are going bankrupt and even bailing on their unfinished communities, JTS is continuing to build and invest in the greater Sacramento area for homebuyers.

PAID ADVERTISEMENT

NEW HOMES AT FORECLOSURE PRIGING

Why go through the hassle of buying a foreclosure property when you can purchase a NEW JTS Communities' home at CLOSEOUT PRICING and the LOWEST PAYMENTS IN THE INDUSTRY!!

Regatta has Below Builder Cost Pricing!



of "Below Builder Cost Pricing" and their newly created "Affordability Package."

The Sausalito plan is featured this week:

> Original Value \$471.241

> Builder's Cost \$373,237

Foreclosure Price \$279,990!

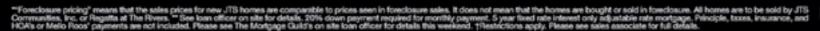
JTS home along with unbelievable monthly payments," states Julie Thompson, Community Sales Manager at Regatta.

"Our preferred lender can structure a personalized loan that will fit your family's needs, along with their budget and pocketbook," explains Thompson. "Our consultants can show how inexpensive a JTS Communities lifestyle home at Regatta can be. Once only available to the top 5% of incomes, JTS has modified their pricing and Affordability Packages to where 60% of all potential homebuyers

qualify! This is a remarkable combination of price and terms!"

*To visit the sales office and get more information on the low monthly payments available at Regatta, please see the Community Sales Manager. Regatta is open Saturday-Tuesday from 10 a.m. to 5 p.m. Except for Wednesday when they are open from 1 p.m. to 5p.m. For more information contact the sales office at (916) 484-5225, or visit; www.RegattaAtTheRivers.com or www.LiveAtTheRivers.com











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Susan Miller, Interim Superintendent Sacramento City Unified School District



Kim Winters, Family Services Director Primrose Sacramento

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- Support African women ostracized by fistula.
- Connect in person with like-minded Soroptimists from 19 countries, 1,429 clubs and 40,971 members.
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Bridget Alexander: Founder, executive director of the Tubman House

Marilyn Parker: Sacramento Crisis Nursery

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Evelyn Umeda: Umeda's Jewelry

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Helen Torosco on SHORT SALES

Do you need to sell your home but owe more than the current value? You've heard about foreclosures and bank owned properties.

But what is a short sale?

A short sale is typically executed to prevent a home foreclosure. Often a bank will allow a short sale if the bank believes that the short sale will result in a smaller financial loss than foreclosure.

For the homeowner, advantages include avoidance of a foreclosure on their credit history and partial control of the monetary deficiency. A short sale is typically faster and less expensive than a foreclosure.

In a short sale, the bank or mortgage lender agrees to discount a loan balance due to an economic or financial hardship on the part of the mortgagor. With a short sale your credit recovery time is shorter than a foreclosure.

This negotiation is all done through communication with a bank's loss mitigation department. Costs for the process typically include Realtor's commission; the bank absorbs title and closing costs.

Hire a Realtor with short sale experience. It's one strike against you if the listing agent has never handled a short sale. A short sale is a complex, litigious process. Call Helen Tarasco to schedule your free private consultation.

Helen has the experience necessary to reach your goals.

Helen Tarasco (916) 798-7679 COOK



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consider this a prestigious honor and am very humbled."

It was the Friends of the Library who took the matter to the council. After meeting twice to ponder an appropriate name, the recommendation came out of its July 16, 2008 meeting.

"The reason we feel his name should be included," Dolores Nuse, president of the Friends of the Library, wrote in a letter to Anne Marie Gold of the Sacramento Public Libraries, "is because he has worked diligently for the past 14 years to get a library for our community...

"We all know if it had not been for his persistence in fi-

"I consider this a prestigious honor and am very humbled."

Robbie Waters.

City Council member

nally getting the money to build the library approved," Nuse continued, "we would not even be discussing this matter."

The Friends' recommendation further notes Waters' "hard work and dedication" that have led to other improvements in the community over the years he has been in office.

Sacramento native Waters has served as the area's council representative since 1994. Before his election to the City Council, his long career in law enforcement had culminated in his election as Sacramento County Sheriff in 1982, giving him a total of 44 years of public service.

The city adopted criteria for naming city facilities in February, 2008. The policy allows facilities such as buildings, centers, parks, pathways and open space to be officially named. Naming opportunities also can include significant park features – such as

fountains, ball fields, playgrounds, etc., "to encourage private donations..."

Naming recommendations can be made by the community, mayor or City Council members.

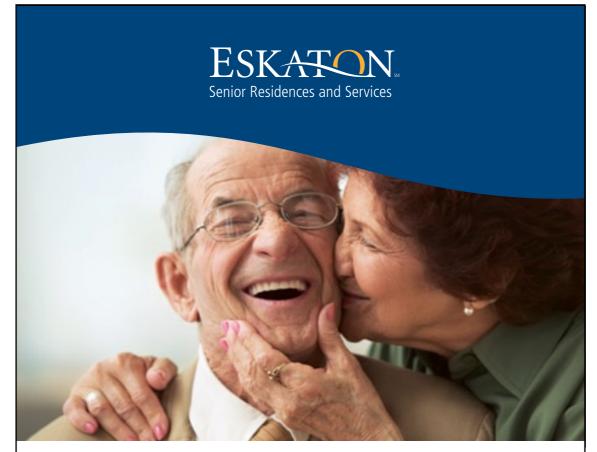
City staff is required to notify the community in which the facility is located about the proposed naming, according to the policy, and, when needed, Neighborhood Services staff will be made available to help in community notification.

"There was no formal community outreach specific to the name change of the library," Amy Williams, city public information officer, wrote to the Pocket News in an e-mail. " However, the Friends of the Library meetings are always posted on the Councilmember's website, in his Pocket News column and the public is always welcome to attend.

"In addition," she continued, "the City Council agenda was posted online the Thursday before the Tuesday council meeting."

Waters secured multiple sources for the library's construction, and implemented a joint-use agreement with the Sacramento City Unified School District to secure the land owned by the school district as the designated library

The library and the new School of Sciences and Engineering are being built on adjacent sites where Gloria Drive meets Havenside Drive at Swale River Way.



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GASP your way to a higher score

here is a common expression around my students "if you can't play well, at least look good."

All kidding aside, the basic preswing fundamentals of GASP (grip, alignment, set up, position of ball) can go a long way in improving your swing dynamics. It is essential to have an athletic "ready" address to make a repeatable swing, which will allow solid contact with the ball and develop a longer ball flight—consistently.

I am going to cover each element of GASP separately in my "tips column." As always ... practice well and smartly.

The grip is more appropriately called "placement of the hands" as grip infers the common and disastrous "death grip." The palms are placed parallel to each other. Even if you have decided on a "strong" grip (the infamous "v's" point to the shoulder and not the right eye), the hands need to work together without one dominating the other. The hands are passive, acting as the connection between golfer and club.



JENNI MARTIN

To get the hands working together, think of the left thumb (if you are golfing right-handed) fitting into the right palm like a tongue and groove wood panel. Keeping your grip strength light can add yardage immediately to your tee shots.

Tweaking your grip can be very challenging, but also very rewarding on the scorecard. Have your pro check your grip. Some famous tour golfers have spent hours making slight changes in their grip with wonderful results.

As always, these tips are stated for the right-handed golfer. Did you know that presidents Obama, elder Bush, Clinton, Truman and Garfield all golf left-handed?

Hoover was also left-handed, but I don't picture him golfing.

Inside and Outside Pocket/Greenhaven

Continued from page 10

Citrus harvest offer

Looking at all the oranges and grapefruits in the street, along with clippings, encourages one man to offer up his group to come pick your fruit trees and leave you some, giving the rest to the food bank

Call Robin Aurelius, 531-4110, to arrange to have his McKinley neighborhood group, well experienced with poles and mesh bags, come to your yard. Each picker has signed a liability waiver.

The next fruit-picking date is Saturday, March 14. The group will meet at the tennis courts in McKinley Park at 8:30 a.m., rain or shine, and will work from 9 a.m. to noon.

McKinley Children's Song Circle

Mirela Sendreya plays Irish Harp in honor of St. Patrick's Day and children will be able to try step-dancing at this month's free Children's Song Circle.

If you have a favorite Irish song suitable for children, let the Shadechasers musicians know ahead of time.

Songbooks and simple instruments are always provided for singers and dancers

The song circle happens from 3 to 4:30 p.m., Sunday, March 15, in the McKinley Park's Clunie Clubhouse, 601 Alhambra Boulevard at F Street

Future song circle Sundays are April 19, May 3, June 7 and July 5.

For more information, phone Robin Aurelius at 531-4110.

Compassionate Communication and Challenging Behaviors

Presented by:

Denise Davis

Program Director Alzheimer's Association of Northern California Greater Sacramento Area *Primrose
Special Alzheimer's Living

7707 Rush River Drive Sacramento, CA 95831

One of the most challenging experiences for you as a caregiver, friend or family member to go through is trying to effectively communicate to your loved one wit Dementia. You may become frustrated and irritated especially when your loved one asks you the same question over and over. In this forum, you will learn to communicate compassionately to your loved one wit Dementia who may be exhibiting challenging behaviors.

Denise Davis has a background in Social Services and received her BS from California State University, Sacramento in Recreation Administration. She has more than thirteen years of experience as a practitioner working with Alzheimer's and other related dementias. She worked for six years as an Administrator of a local Alzheimer's Assisted Living Facility. Denise was a longtime supporter and community volunteer of the Greater Sacramento Chapter of the Alzheimer's Association prior to accepting employment with the Association. In her current role as Program Director, Denise has oversight of the program and services division, which

offers support services and the latest information in treatment and medical

research to the families and persons dealing wit the challenge of Alzheimer's

disease and related disorders





In a matter of seconds what took days to create was gently swept into a small pile of multi-colored sand...

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For more information contact: Farough Tabrizi, CAHSEE Project Coordinator (916) 650-2745, tabrizF@scc.losrios.edu

Creation – then dissolution

Monks share their teachings with a sand mandala at local restaurant

By Corky Oakes

THE POCKET NEWS

he Dzongkar Choede Monastery is located thousands of miles away from Sacramento -- in southern India. But for four days in Februry, five monks visited here to build a sand mandala and exhibit holy objects.

Sponsored by Andy Nguyen's Restaurant, 2007 Broadway, the mandala was carefully built over three days, from Feb. 11 to 14, then dissolved on the 15.

A mandala is a tantric teaching (tantras are considered by Buddhists as the highest form of teaching) expressed by painting with colored sand. The mandala follows a prescribed system of icons, which includes a variety of shapes and symbols.

What it means

The monks explain that the mandala theme exemplifies the internal and external worlds --



the world of consciousness and the universe. The monks of Dzongkar Choede Monastery created a four-gated sand mandala known as the Avalokiteshvara Mandala. The sand they used is marble ground to a fine consistency. The monks purchased the sand and added various color dyes in advance.

On the first day, the monks drew the design on a wood

board. Over the next few days they layered the colored sands using a metal tool shaped like a long, narrow funnel with a grated surface. Rubbing this tool with a rod against the grated surface causes vibrations "pouring" the sand out of the tunnel as if it were fluid.

In the four-gated mandala, the center symbolizes the lotus blossom, in Buddhist teaching a symbol of impermanence. Lotus blossoms like other flowers in time wilt and fade away. The concept of impermanence is reinforced when a mandala undergoes dissolution.

Nothing lasts...

Such was the case on Feb. 15, when the monks wiped away the four-gated mandala. In a matter of seconds what took days to create was gently swept into a small pile of multicolored sand in the center of what, only moments before, had been the center, the lotus blossom icon in the mandala.

The monks lovingly scooped sand into plastic bags and distributed the bags to the audience.

The monks of Dzongkar Choede Monastery are Tibetan Buddhists who want to keep the Tibetan Buddhist history and tradition alive. Their monastery was once one of the oldest in Tibet. Only 5 percent of the monks survived the razing of the original monastery during the Chinese Cultural Revolution, which displaced thousands of Tibetans. The reconstructed monastery was built in 1972 in southern India.

The monks invited all who journey to India to visit them.



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Federal, state law updates

Changes made in landlord-tenant rules, refinancing and more

New rules, part two.

his article continues a summary from last edition of many of the new housing/financial/foreclosure federal and state laws affecting the real estate industry this year, as well as 2008 emergency legislation that went into effect immediately. Source: California Association of Realtors.

Landlord-tenant rules

New foreclosure notice rules for tenants & owner-occupants

When a lender forecloses on rental property, the lender must give the tenant a 60day notice to vacate - previously there was no required notice. (Note that for "Section 8" tenants the notice period remains 90 days or until the end of the housing contract, whichever is sooner.) Also, the 60-day notice does not apply to owner(s) who occupy the foreclosed property such as in a duplex. The owner need be given only a three-day notice to quit (vacate).

In addition, once a notice of sale has been posted on a property, the tenant/own-er-occupant must also get a foreclosure notice (in six different languages). This notice must be posted on the property and mailed to the tenant/owner-occupant.

A lender cannot file an NOD (Notice of Default)



JOHN WOODALL

LYON REAL ESTATE

until 30 days after contact is made with the borrower to "assess the borrower's financial situation and explore options for the borrower to avoid foreclosure" or 30 days after satisfying due diligence requirements to contact the borrower. The lender must advise the borrower of the right to request a subsequent meeting within 14 days, and to provide the borrower the toll-free phone number of a HUD-certified housing counseling agency.

A foreclosing lender must "maintain" (defined) the condition of the property or be subject to a fine of up to \$1,000 per day per violation (in addition to any local ordinance such as the one that exists in the city of Sacramento.

Foreclosure 'consultants'

(AB 180 effective July 1) Mortgage foreclosure consultants law amended

This law amends the existing mortgage foreclosure consultant's law. It contains the following provisions:

- A five-day cancellation right (previously three days)
- A foreign language rule that requires the consultant to provide the owner with the consultant's contract written in any language requested by the owner. (Non-English languages specified are: Spanish, Chinese, Tagalong, Vietnamese, or Korean.)
- Power of Attorney Prohibition: Prohibits a foreclosure consultant from taking any power of attorney from an owner for any purpose.
- Registration requirement: Requires a foreclosure consultant to register with the Department of Justice.
- Bond Requirement: Requires a foreclosure consultant to obtain and maintain a surety bond of \$100,000.
- New fund: Creates a Foreclosure Consultant Regulation Fund in the State Treasury

California's FHA program

Mortgage Refinance Program
Cal HFA is the state's independent "affordable

housing" bank that helps low income people purchase homes. Cal HFA's programs are entirely self-supporting and unlike general obligation bond programs do not rely on any tax-payer or state-funded support. Cal HFA sells bonds and uses the proceeds of the bonds to make home loans and apartment construction loans.

SB 870 permits the California Housing Finance Agency (Cal HFA) to establish a mortgage refinance program that was authorized by the federal law, HERA. (Note: This is the first time federal law has permitted the use of tax-exempt bonds for refinancing mortgages.)

California's portion of the federal Housing and Economic Recovery Act of 2008 (HERA) is approximately \$1.175 billion, which may be used for three purposes: refinancing subprime mortgages, providing below market rate mortgages to first-time homebuyers, and construction of multifamily rental properties.

John Woodall, GRI, SRES is a Broker Associate with Lyon Real Estate. He's received the distinguished GRI designation signifying completion of an advanced real estate program and is also a Seniors Real Estate Specialist. For more information, contact him at 421-5421 or e-mail John@at www.john.golyon.com







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Get going on gardens now

Jump in after winter rains with a good nitrogen kick-start

arch is the month that spring breaks out in earnest here in Sacramento with trees budding out, most plants starting growth and spring blooms are everywhere you look by later in the month.

Although there is still a chance of frost here in the valley (especially in colder areas) and the higher areas may still have snow, for many of us it is time to plant many things including all the hardy perennials (not real tender stuff yet), hardier annuals and cold hardy veggies such as potatoes (Talini's usually has a good selection

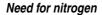
SACRAMENTO GARDEN NOTES

BY ROBERT HAMM

) carrots, peas, beets, radish, chard, etc., so they will mature before the real heat of summer veggies.

And most summer bulbs (except caladiums, which need starting indoors or held until soil is warm. They hate cold).

No -- not heat lovers like tomatoes, peppers and eggplants – the nurseries may get them in but it is WAY to early outside of a greenhouse. They like warmth.



With all the new growth comes the time to think of feeding the garden – light and more frequent is better than heavier, less frequent feedings.

After all the winter rain, the biggest need for most soils is nitrogen (the first number) since it is water soluable and washes out. I always use a higher nitrogen fertilizer for the first feeding of the year to give things a kick-start and then switch to a more balanced fertilizer.

For those who don't want to worry about remembering a schedule, time release fertilizers that last for six or eight months



Above is the newer Sedum 'Cloud Walker' and below is the older dependable Sedum spectabili 'Brilliant'

are a great way to go, especially for containers.

Early in the month you may find some good deals as nurseries clear out bare root material, but be careful about dried out material, material with long stringy shoots that will burn or die when put out or material that has rotted in the packages

Another reminder for you is that snails and slugs are out early, and will often eat the new shoots breaking ground before you even see them. Be sure to start baiting for snails early to prevent this. Especially sensitive to this are echinacea, brugsmansia, hosta, some lilies, hardy hibiscus and others with soft tender new growth.

While many plants are in active growth, there are a few things that are normally late breaking dormancy, though they grow rapidly once they do. The most common are the hardy mallow-type hibiscus, some varieties of the large flowered dahlias and Chocolate Cosmos, these probably won't emerge till later next month or even later in cool springs.

Surviving the times

Sales since last fall have been dismal, and at this point I am looking at the possibility that this may be the last season for the Benefit Plant Sales.

I will stay open and growing plants through June in the hope things may improve enough that we can continue, but at this point it is questionable that things will improve that much.

I understand everyone is under financial pressure, and accept the fact that all I can do is

See Garden, page 5





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Garden

Continued from page 4

try to go as long as I can, paying the plant sale bills down as I go.

I'm still propagating lots of new plants for sale this season and will have as wide a selection as always, though perhaps fewer of each.

One of the ways I'm conserving money is cutting the monthly newsletter back by one page. This should cut printing costs. Also sale flyers will no longer be in full color.

As for downtown sales, I will wait to see how the Feb. 28 and March 1 went and how March 14 and 15 sales go before I decide if I have to cut them back further.

Here's hoping things improve for all of us. Sunburst has had to lay off personal, and make further cuts to the kids' summer camp, from the three sessions two years ago, there will only be one session this year.

I and my fellow AIDS patients have lost our food vouchers due to budget cuts, so just eating is more of a problem with \$70 less a month. Plus it makes it harder to get to medical appointments and such when they've taken away bus tickets also.

Still, I'm trying to be hopeful while at the same time preparing for the worse. It seems to be the only way to live in these times.

Some observations

Flowering quince, flowering pears, flowering plum are all coming into bloom in various locations around town.

My Dutch Master Daffodils are bigger by the day, and should open their flowers within a few days.

Ipheon are in bloom, and the scilla peruviana are budded and about to bloom.

The smaller scabiosa forms are budded and the first blooms open.

Rodents have been a problem this season, digging up and eating tulips, Dutch Iris and rhodohypoxis bulbs and even the rhizomes of violets around the yard. I've never had such problems with them before.

Take an advanced class

There is still room in the Advance Topics class on Tuesday, March 10.

This is a set of miscellaneous topics that will cover a number of

There will be a benefit plant sale downtown, from 9 a.m. to 3 p.m., March 14 and 15, in the covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items and about 200 varieties of perennials.

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.

The class is four hours (9 a.m. to 1 p.m.) and are held at the house, 1689 Vallarta Circle. Cost per person, per class is \$40. 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.

Benefit Plant Sale

Downtown: March 14 and 15, 9 a.m. to 3 p.m., in the



Sedums have several great features – they are very drought resistant, grow in hot sun or light shade, are generally deer resistant, attract butterflies when in bloom and are extremely hold hardy so can even be grown at higher elevations.

covered parking area on 18th Street, behind the Gifted Gardener at 18th and J streets. I'll have new items and about 200 varieties of perennials.

South Natomas: March 7 and 8, and March 28 and 29, 9 a.m. to 3 p.m. at 1689 Vallarta Circle off of Truxel, just south of the I-80 Truxel exit. More plants and variety than

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. Break-

ing Barriers assists with caring for people living with catastrophic illnesses, primarily AIDS and breast cancer. Sunburst serves children with AIDS.



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Long-term care is her new mission

icki Diepenbrock of Genworth Financial Agency has become a long-term care insurance agent.

"The topic of long-term care is a difficult subject for most people to discuss," Diepenbrock said, "but an accident, illness or disability may happen at any age, and often families are in the middle of a crisis when they begin to explore their options."

Diepenbrock, a life-long Sacramentan, is making it her mission to educate people about longterm care solutions. She is available to give public seminars, seminars/sales presentations and group talks on the issues involving long-term care in America.

"If they are unprepared, the physical, emotional and financial consequences can be severe to both patients and their families," she said.

Diepenbrock can be reached at 442-4184, by e-mail at ediepenbrock@genworthltc.com, or through her website: www.vickidiepenbrockltci.com.

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March 5 to 8

Sac Synchs host tourney

Sacramento Synchronized Swim Team, ranked sixth in the nation in the 16 to 17 age group, hosts a championship meet in the Olympic sport of synchronized swimming with 250 athletes from teams in Alaska, Arizona, Oregon, Nevada, Washington, and California. Opens at 9 a.m. Thursday, closes at noon Sunday. Free. At the Roseville Aquatics Complex, 3051 Woodcreek Oaks Blvd. For more information, call 296-SYNC (296-7962) or see the website at www.sacsynchro.org.

March 6

Organic Gardening

Organic Gardening Club of Sacramento County meets, 10 a.m., for a Soil Born Urban Farms update at the Carmichael Park Administration Building, Room 1, 5750 Grant Ave. Call 635-6724 for information.

March 6 and 7

Rummage sale

Pre-owned clothing, small appliances, furniture, tools and much more will be available at low prices at the All Saints Episcopal Church rummage sale, noon to 5 p.m. (March 6), 9 a.m.-3 p.m. (March 7), 2076 Sutterville Road. Call 455-0643 for information.

March 7

Crab feed for El Camino

El Camino Booster Club's sixth annual Crab Feed Fund-raiser, 6:30 p.m., Monsignor Higgins Hall at Presentation School, 3100 Norris Ave. Raffle and live and silent auctions. Ticket, \$45, includes food with crab or chicken, beverages and entertainment; proceeds go to fund major upgrades to the gymnasium. Phone 971-7444 for more information.

Family photos needed

Fairytale Town celebrates 50 years with "Faces & Places of Sacramento" photo collection. Sacramentans invited to bring family photos and souvenir items from throughout the 50-year history of Fairytale Town; photos will be copied, preserved and archived. From 10 a.m. to 3 p.m., 3901 Land Park Drive Admission free for those bringing materials for the archive.

Contact the Center for Sacramento History, 264-7072, for a reservation time; walkins are welcome. For more information

Jensen Garden workday

Volunteer Friends of Jensen Botanical Garden workday, 9 a.m. to 1 p.m.. Charles C. Jensen Botanic Garden, 8520 Fair Oaks Blvd., Carmichael. Bring work gloves, hand pruners and your lunch or beverage. More information from Tracy Kerth at 485-5322 x 23 or e-mail: tracy@carmichaelpark.com.

East Sac pancake breakfast

Boy Scout Troop 8, East Sacramento, hosts a pancake breakfast fund-raiser to pay for troop equipment and summer camp, 7:30 to 11:30 a.m., River Life Church, 4401 A St. Tickets, \$5, buy a breakfast of pancakes, sausage, fruit, coffee ad juice. Buy tickets at the door or in advance from David Frank, 457-6891.

Backyard composting seminar

Learn how to save money, reduce waste and improve the quality of your soil in a free Backvard Composting Seminar hosted by the City of Sacramento Department of Utilities Solid Waste Services, 8 to 10 a.m., Southside Park Community Garden, 5th and W streets. Attend the seminar and purchase a compost bin for \$65. For more information, call 264-5011 or visit www.cityofsacramento.org/utilities

County discussions

Residents can discuss issues with County Supervisor Susan Peters during her

first "Office Hours" for 2009, at Gibbons Park during the Mission Oaks Recreation and Park District's Spring Craft Faire, 9 a.m. to 3 p.m., at the Mission Oaks Community Center, 4701 Gibbons Drive. Free. For information, call 972-0336, or visit www.morpd.com.

Preschool Play Day

St. Mark is celebrating its 13th annual Preschool Play Day, 11 a.m. to 2 p.m., 2391 St. Mark's Way. There will be games for kids, prizes, food and a silent auction. Admission is free; food and games cheap. For information, call 485-6509.

CPR training

Anyone can take part in the free CPR training offered by the Sacramento Sierra Chapter, 8 a.m., 1001 Sunset Blvd. in Rocklin. Participants of the three-hour long event will earn American Red Cross certification in Adult Cardio-Pulmonary Resuscitation. Preregistration is required and is available by calling 1-866-65-MY-ARC.

Military Widows meet

The Society of Military Widows meet. 11:30 a.m., Lions Gate at McClellan Park. Call 635-6724 for information.

March 10

Design with light

Free workshop to learn about the many ways to light your home while improving its look, feel and energy efficiency, 6 to 8:30 p.m., SMUD Customer Service Center, 6301 S St., Rubicon

Meeting Room. Class size is limited, pre-registration required online at smud.org, e-mail etcmail@smud.org, or

Chinese herbs and diabetes

Mamie Woo, trained at China's Guangzhou College of Traditional Chinese Medicine, discusses diabetes symptoms and treatments, 10:30 to 11:30 a.m.. Asian Community Center, 7375 Park City Drive. Cost, \$16 in advance, \$19 at the door. Register with Lucy at 393-9026 x 222.

Brain exercises

Primrose Special Alzheimer's Living presents "How to Make the Most of Your Memory, Part 2," 2:30 p.m., at Mercy McMahon Terrace, 3865 J St. First in a four-part Tuesday, 2:30 program called "Use It or Lose It," presented by Kim Winters, Primrose community education director. Free. Information, reservations at 733-6510

March 11

Pizza party for swimmers

Swimmers of the Sacramento Stingrays youth swimming league will kick off their 2009 season with a pizza social, 6 p.m., at Giovanni's Pizzeria, 5924 S. Land Park. Meet coaches, order swim apparel and ask questions. All-you-caneat; \$10 for adults, \$7 for children 5 and under. For information, visit www. sacramentostingrays.com, or call 556-4622 or 422-8086.

See more Calendar, page 26

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

March 12

Voice Masters Class

The Sacramento City College Choral Department will present its Spring Voice Masters Class, 7 p.m., under the direction of guest artist Jacqueline Victorino. Soloists from the SCC Intermediate and Advanced voice classes will perform and then be critiqued. An open Q & A session will follow. Room A27 of the Music Building at Sacramento City College, 3835 Freeport Blvd. Contact Doreen at 558-2496 for more information.

An eclectic mix

The Sacramento City College Community Jazz Band will entertain you with pieces by Count Basie and Chuck Mangione, Latin pieces, Bebop-inspired tunes and more, 8 p.m., SCC Little Theater, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Evening with Richard Price

California Lectures presents an evening with author Richard Price, 7:30, Crest Theatre, 1013 K St. Price is known for such works as Bloodbrothers, Clockers, Freedomland and The Wanderers. Books will be available for purchase and book signing after the event. For information, call 737-1300.

Communication and dementia

Learn to communicate effectively and compassionately with a loved one who is suffering from dementia, at Primrose, 7707 Rush River Drive., 2 p.m. RSVP by March 7. For information, call 392-3510.

March 13

All about geranium care

Carmichael Geranium Society meets, 10 a.m., Carmichael Park Clubhouse, 5750 Grant Ave., for a geranium workshop featuring "ABC's of Geranium Care." Visitors welcome. More information at the website: www.thegeraniumpage.com.

March 14

Teachers Fight the Bite

Sacramento-Yolo Mosquito and Vector Control District workshop for local educators to learn more about mosquitoes and West Nile virus, then transition this knowledge into fun classroom activities, 8:30 a.m. to 12:30 p.m., Esquire IMAX Theatre, 1211 K St. Free. Register at www.fightthebite.net.

Tsubaki Spring Dance

The Tsubaki Dance Club will hold its spring dance, 7:30 to 11:30 p.m., at the Scottish Rite Temple, 6151 H St. Tickets are \$20 in advance and \$23 at the door. Refreshments will be available. For information, call Frank at 684-9289, Harry at 395-0587, or Eric at 647-3360.

Fe Gallery

Watercolor artist Anna Rolin, metal artist Stephen Lyman and fused glass artist Sheena Wolfe will be honored at an artist reception, 6 to 9 p.m. at the Fe Gallery, 1100 65th St. For more information, call 456-4455.

THE REGENCY PLACE DIFFERENCE

Choral concert

Sacramento State University's Chamber Choir, Concert Choir and University Chorus perform, 8 p.m., at Sacred Heart Church, 1040 39th St. Advanced tickets are strongly suggested; \$10 general and \$5 students/seniors. Call the CSUS Central Ticket Office at 278-4323, or visit www.csus.edu/music/choral.

Pipe organ concert

Pipe organ concert with Stephen Janzen, 4 p.m., at St. John's Lutheran Church, 1701 L St. Free parking at the garage on 18th and K Street. Suggested donation of \$20 per person. Call 444-0874.

Recycle to raise money

Bring your unwanted electronic equipment to be recycled, 8 a.m. to 1 p.m., Sam Brannan Middle School, 5301 Elmer Way. Raises money for the music department, which is planning a trip to the Forum Festival in May.

Celebrate Pi Day

The Sacramento Walking Sticks invite everyone to help celebrate Pi Day by walking about 3.14 miles. The noncompetitive event will start at Starbucks, 458 Howe Ave., 3:14 p.m. and go until 6 p.m. Everyone will get to eat pie at the finish line. Families are encouraged to walk, strollers are welcome and dogs will love it. Please bring one can of food to donate. To find out more, go to http://mathforum.org/dr.math/faq/faq/pi/html, or http://www.piday.org.

All about astrology

Free lecture by spiritual astrologer Taylor Lynne Smith called "What Can Astrology do for Me?," 7 to 9 p.m., SMUD Auditorium, 6201 S. St. Call 635-6724 for more information.

March 14, 15

Master Singers turn 25

Sacramento Master Singers celebrate their 25th anniversary with "Sing On 'Till I Am Filled With Joy"-- works that highlight the choir's past, rejoice in the present, and look toward the future, 8 p.m. Saturday and 3 p.m. Sunday, First United Methodist Church, 21st and J streets. Tickets, \$18, available online at www.mastersingers.org.,

by phone at 788-7464, or 30 minutes before each concert at the door.

Broadway show concert

Sacramento City College Choral Department present great songs from some of your favorite Broadway shows, 8 p.m., Saturday, St. Luke's Lutheran Church, 7595 Center Parkway; and 8 p.m. Sunday, at the Lutheran Church of the Master, 1900 Potrero Way. Admission is \$5. Contact Doreen at 558-2496 for more information.

Trout derby

SMUD semi-annual trout derby at Rancho Seco Lake, 6 a.m. to 5 p.m., 14440 Twin Cities Road. Reel in the heaviest trout and win a cash prize of \$100 for adults and \$50 for children under 16. A pancake breakfast will be available to derby participants beginning at 6 a.m. both mornings. Call 732-5111.

MARCH **17**

St. Patrick's parade

Old Sacramento's 13th annual St. Patrick's Day parade, 6 p.m., with more than 500 marchers including bagpipe and drum corps, Irish step dancers, school bands, police and fire representatives and more. Free. Information at 646-1545 or e-mail info@mallorypr.com.

HATitudes luncheon

Sacramento Christian Women's Connection luncheon, 11:30 a.m. to 1 p.m., Lions Gate restaurant in McClellan Park, 5640 Dudley Blvd. Vicky Septor from The Village Hat Shop will show off the latest hat styles, and Donna Taigen, retired school principal, will be the guest speaker. Reservations must be made by March 11. Call Fran at 332-1461 or Sharon at 361-1642 or e-mail SacCWC@aol.com. Childcare will be available by advance reservation only.

Music ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, noon, in the SCC Campus Quad, 3835 Freeport Blvd. Free. Contact Kurt for more information at 558-2243.

'Growing a Concert'

Building on last semester's theme of "Growing a Concert," where each concert consists of a recently composed piece, the Sacramento City College Community Concert Band presents its second of four concerts for the spring semester, 7 p.m., in the SCC Auditorium, 3835 Freeport Blvd. Contact Kurt for more information at 558-2243.

Memory retention

Primrose Special Alzheimer's Living presents "How to Make the Most of Your Memory, Part 3," 2:30 p.m., at Mercy McMahon Terrace, 3865 J St. Second in a four-part Tuesday, 2:30 program called "Use It or Lose It," presented by Kim Winters, Primrose community education director. Free. Information, reservations at 733-6510.

March 18

Veggie know-how

Learn how to best use winter and early spring veggies like beets, cauliflower and asparagus with the Sacramento County Master Food Preservers, 6:30 to 8:30 p.m., Sacramento County UC Cooperative Extension office, 4145 Branch Center Road. Cost is \$3 and no pre-registration required. All facilities are handicap accessible. More information at 875-6913.

Research your ancestry

The Genealogy Association of Sacramento will meet, 1 p.m., at the Colonial Heights Library on 21st Avenue and Stockton Boulevard, to discuss the all-day research trip to the Sutro Library in San Francisco on March 25. Cost for the trip is \$35 for members and \$40 for non-members. Everyone is invited. Call Melanie at 383-1221 for details.

Fibromyalgia hope, truth

Dr. Tony Baratta, who has successfully treated patients with fibromyalgia will present a class Fibromyalgia: Truth, Hope and Results, 6:30 p.m., at the Fibromyalgia Centers of America, 6728 Fair Oaks Blvd., suite 306. Reservations at 979-0716.

March 19

Alaska birding review

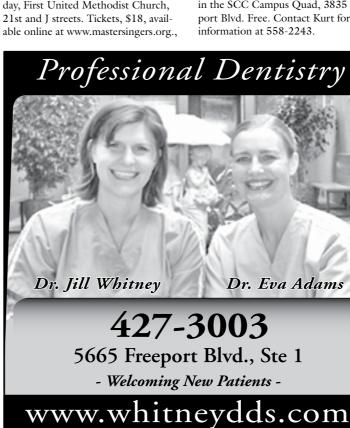
Meet a Bristle-thighed Curlew when Chris Conard revisits a trip last summer to some of the best birding spots in Alaska, 7 p.m., at the Sacramento Audubon Society's meeting, Shepard Garden and Art Center, 3330 McKinley Blvd. Free, public welcome. More information at 649-7600 or www.sacramentoaudubon.org.

Music Ensemble

Listen to the music of the Beatles, Sheryl Crow, Natalie Merchant, Don Henley, Bob Marley and more, presented by the Sacramento City College Commercial Music Ensemble, 7 p.m., in the SCC Little Theatre, 3835 Freeport Blvd. Free. Contact Kurt for more information at 558-2243.

Hearing aid services

Atlas Hearing Aid Services will give a presentation at Primrose Alzheimer's Center, 7707 Rush River Drive, at 5:30 p.m. For information, call 392-3510



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www.regencyplaceseniorliving.com

Bragging rights for their udon

Spring food fest returns to Buddhist church

Special to the Pocket News

he Spring Food Festival returns Sunday, March 15, to the Sacramento Buddhist Church, 2401 Riverside Blvd.

Hosted by the Adult Buddhist Association and Buddhist Women's Association, the festival means sampling Japanese dishes such as maki, inari and chirashi sushi, udon, salads and sandwiches, and pastries.

The church brags it has the best teriyaki chicken in town – though notes it's a claim that is disputed by every other Japanese church in Sacramento and the Bay Area. Teriyaki chicken is the soy-ginger flavored barbeque chicken that is served in all Japanese restaurants.

"Nonetheless," according to a church press release, "our grilled chicken is cooked in a traditional yakitori (grilled chicken) fashion over a charcoal grill and is marinated while cooking. It does not have that dark caramel glaze that is often added afterwards at most Japanese restaurants."

They stand behind their udon, howev er. The udon is for the "purist" who wants to sample authentic Japanese country-style cooking, they say. "Only a few churches challenge us when we say that ours is best. That's because our udon is basically what you will find when traveling throughout Japan."

The festival begins at 10:30 a.m. and goes until 3 p.m., or until the food runs out.



Preparations last year, and every year, are made by the Adult Buddhist Association and Buddhist Women's Association.

All proceeds fund the Adult Buddhist Association and the Buddhist Women's Association.

For more information, phone 446-0121.

Proudly Serving

Pocket airman recognized for excellence

Airman Daryl D. Lal has been named Maintenance Group Airman of the Quarter.

Selection was based on the individual's exemplary duty performance, job knowledge, leadership qualities, teamwork, significant self-improvement, specific achievements, notable accomplishments, and community service and support.

Lal, an integrated avionics system journeyman with two years of military service, is assigned to the 349th Air Mobility Wing, Travis Air Force Base, Fairfield.

He is the son of Jewendar and Sukirti Lal of Pocket Road.



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NICK LAPLACA 764-7500

603 CUTTING WAY \$285,000



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GINA LAPLACA 548-1628

6806 CLAIBORNE WAY - \$247,000



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BOB WILSON 686-6868

100 MOONLIT CIRCLE \$357,500



4 BDRM, 1 STORY ORIG GREENHAVEN NEAR THE GREENBELT. REMODELED EXTERIOR W/ MEDITERRANEAN TOUCHES, STUCCO W/ STEEL TILE ROOF, WALLED OFF COURTYARD, DROUGHT TOLERANT FRONT LANDSCAPING UPDATED DUAL PANE LOW-E WINDOWS, LIVING RM HAS ORIG BEAMED CEILING & EXPOSED WOOD FLOOR. MASTER HAS FRENCH DOOR TO YARD.

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NICK LAPLACA 764-7500

7308 POCKET ROAD \$235,000



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TERRY MULLIGAN 775-1908

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MARSHA CHAN 217-5500

7480 DELTAWIND DRIVE \$250,000



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MELODY TACTAQUIN 612-0825

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GINA LAPLACA 548-1628

8255 SHORT ROAD-\$280,000

NEW LISTING

CARTN FFFL W/ INSIDE TRFF HOUSE LARGE LOT 2 39 ACRES PERFECT FOR THE PERSON WHO WANTS SOME LAND YET PROPERTY IS CLOSE TO ALL FREEWAYS & SHOPPING AREAS. HOME NEEDS WORK BUT IS VERY LIVABLE!

TERRY MULLIGAN 775-1908

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

ITVING ARFA & BFAUTIFUL BACKYARD WITH EVERY FRUIT TREE IMAGINABLE.

TERRY MULLIGAN 775-1908

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

11940 WALMORT RD-\$339,000

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