

Where clubs gather in Sacramento

See page 4

SSA Vikings win District Cup Championship

See page 10

COMMUNITY CALENDAR, PAGES 24-27 • KNOW YOUR NEIGHBOR, PAGE 6 • FACES AND PLACES, PAGE 20

Inside This Edition



Pocket pioneer family
See page 6



Robotics club kids
'Power Up'
See page 19



Reading to learn

Rotary club gifts dictionaries to students

See page 20



The Meadows at Country Place is a newly constructed care center for the elderly that is dedicated to providing your loved one with the attention, support, and assistance they deserve!



May you enjoy a prosperous, healthful and **HAPPY NEW YEAR!**

Your business referrals and friendship are appreciated!



The LaPlaca Triplets

Your Trusted Friend & Neighborhood Professional

Nick LaPlaca
764-7500



Dunnigan Real Estate

24 Hour Info @ www.NickLaPlaca.com

THE POCKET NEWS
WWW.VALCOMNEWS.COM

Pocket News is published on the first and third Thursdays of the month and delivered by mail and home delivery in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Susan Laird
Art Director..... John Ochoa
Junior Designer..... Ryan Vuong
Advertising Executives..... Linda Pohl
Patty Colmer, Melissa Andrews
Distribution/Subscriptions..... George Macko

E-mail stories & photos to: vcnnews@valcomnews.com

Vol. XXI • No. 2
2709 Riverside Blvd.
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover photo by:
Courtesy

Other photos by:
Courtesy
Courtesy

• Advertisement design • Commercial flyers • Logo development
• Political campaigns • Brochures • Posters
• Postcard mailers • Identity systems • Any print design
red all over
DESIGN
Contact Ryan Vuong at 916.429.9901 or e-mail RedAllOver@valcomnews.com for more info.

JUST APPROVED FOR SALE IN CALIFORNIA:
NEW YORK LIFE GUARANTEED FUTURE INCOME ANNUITY

Like a pension plan, it can provide guaranteed¹ income payments that will last for your entire life.

Guaranteed Future Income
Build Yours Today...

Issue Age	Deferring Income	Annual Payout Rate on Income Start Date ²
55	5 Years	7.1%
	10 Years	10.3%
60	5 Years	8.1%
	10 Years	12.6%
65	5 Years	9.6%
	10 Years	16.0%

Payout rates include return of premium, interest and mortality credits. Rates are effective as of 1/1/12/2011.
¹Issued by New York Life Insurance and Annuity Corporation (NYLIAC) (a Delaware Corporation) a wholly owned subsidiary of New York Life Insurance Company. Available in jurisdictions where approved.
²Guarantees are subject to contract terms, exclusions and limitations, and the claims paying ability of New York Life Insurance and Annuity Corporation (NYLIAC) (a Delaware Corporation), a wholly owned subsidiary of New York Life Insurance Company. This contract has no cash surrender value and no withdrawals are permitted prior to the income start date. Income payments are guaranteed at least as long as the annuitant is living, provided the annuitant is alive on the designated income start date. Contracts in which a Life Only payout option is selected do not provide for payments to beneficiaries either prior to or after the designated income start date.
³Based on a male annuitant, \$100,000 premium and Life Only payout option. Rates are subject to change and payout will vary with age, gender, payout option selected and premium amount. Actual amounts are dependent upon interest rates in effect at time of policy issue. Income is payable for the life of the annuitant only. Certain limitations may apply to payout options, including age restrictions.



Michael K. Wong, MBA, CLU, ChFC
Agent, CA Ins. Lic# 0888032
Janice T. Wong, LUTCF, CLTC, M.S.
Agent, CA Ins. Lic# 0C64071
Anthony M. Chee, CLTC, M.S.
Agent, CA Ins. Lic# 0C68431

910 Florin Road, Suite 106
Sacramento, CA 95831
(916) 392-8896

Local New York Life
Insurance Co. Office Serving
Greenhaven, Pocket, &
Land Park Area



SMPLJ 484102

She did it. You can, too!



*"I'm Jasmine.
I lost 27 pounds
in 10 weeks, 95
pounds total! I'm
lean for life."*

FREE
Weight Loss
Consultation

Enroll in **Sutter Express Care's**
Lean for Life program and lose 10%
of your body weight – or more – and
keep it off for life.

The 10-week medically based
program is offered exclusively at
Sutter Express Care inside Rite Aid.

Greenhaven: 980 Florin Road
Natomas: 2751 Del Paso Road

Convenient, Open 7 days a week
Hours:
Mon-Fri: 9 a.m. - 8 p.m.
Sat-Sun: 10 a.m. - 4 p.m.

800-972-5547 | SutterExpressCare.com



Sutter Express Care
A Service of Sutter Medical Foundation





gripsFastgolf.com
SINCE 1989

While You Wait!
Regrip • Reshaft • Repair • Custom Clubs

Take an Additional **5% OFF** with this coupon

BUY - SELL - TRADE!

LOOK FOR MONEY SAVING COUPONS AT:
WWW.GRIPFASTGOLF.COM

Reshaft Coupons, Regrip Coupons, Accessory Coupons...

4819 Freepoint Blvd, Sacramento CA 95822 (916) 457-5532

Freepoint
Bar & Grill

Don't Miss
Super Bowl XLV Party
February 5th, 2012

Make Your Reservations Now
Valentine's Day
Special Menu and More

Call for reservations: 916-665-1169
8259 Freepoint Blvd., Sacramento, CA 95832

www.freepoint160.com

Mon through Thur 11am - 10pm • Friday 11am - 1:30am
Saturday and Sunday 10am - 10pm

LAND PARK
GOLD & SILVER
A Family Shop LIC# 34041416

Jewelry • Rare Coins

UNWANTED BROKEN GOLD OR SILVER? Turn It Into Cash!

Watch Batteries
\$5.00+Tax
Excludes Swiss & Lithium. Limit 10 Installations.
(Some Restrictions Apply) Expires 1/31/12

We Buy and Sell
Gold, Silver, Jewelry, Coins

Buying 7 Days a Week: M-F 9-6pm, Sat 9-5pm, Sun 10-4pm

5100 Freepoint Blvd • 916.457.2767
(corner of Arica Way & Freepoint Blvd.)

**Same Great Service -
New Great Location**
Moving in Spring 2012

Mueller Pet Medical Center

Countdown... 80 days until we make the move to our new facility.
7625 Freepoint Boulevard (corner of Freepoint and Meadowview)

Complete Veterinary Services since 1950.
Open 24 hours a day for all your emergency needs.

6420 Freepoint Boulevard
(916) 428-9202
muellerpmc.com

TECHNOLOGY MADE SIMPLE WITH YNT



YOU COULD WIN THIS!

YNT
YOUR NEIGHBORHOOD TECH



"Happy New Year to our clients and neighbors from all of us at YNT!"

Ted Olson, Jr.
President & CEO

855-916-TECH(8324) | WWW.YNTHelp.COM

YNT will be offering new products and services in 2012. Don't miss any of our big announcements.

Visit our website at www.ynthelp.com now, sign-up to receive our e-newsletter and ... be **ENTERED TO WIN A BRAND NEW TOSHIBA LAPTOP.**

Winner to be announced on February 29, 2012. You must register by February 28, 2012 to qualify. Your information will never be sold. You can opt-out at any time.

Got News?
e-mail susan@valcomnews.com

Free Business Success Blueprint for Entrepreneurial Women

Accelerated Success
Business Blueprint for Entrepreneurial Women
with Personal Branding Strategist & Marketing Mentor, Lisa Hromada



7 Success Strategies to Master Your Money, Marketing, & Time to Help You Charge What You're Worth & Confidently Grow Your Practice, Starting Today!

Learn simple strategies to:

- package & market your services
- attract higher paying clients
- free up more of your time
- understand sales psychology & what motivates clients to buy
- and much more

Sign up now at:
www.acceleratedsuccessmastery.com

Ends Feb. 7, 2012



The Versatile Venue

Wedding, Anniversary, Birthday, Family/Company Picnic, Reunion, Seminar, Celebration of Life, Quinceañera/Bar mitzvah.

530-878-2332

990 Meadow Gate Road
Meadow Vista

www.TheBedaPlace.com



EAST LAWN PET LOSS CENTER

The loss of a pet can be devastating. Our goal is to help ease the pain while providing you with choices for memorializing your pet.

LEAVE A MEMORY ABOUT YOUR BELOVED PET

- 24 Hour Pick-Up Service
- Burials and Cremations



6700 Verner Ave., Sacramento 95841
916-732-2037 • www.eastlawnpets.com

Shepard Garden and Arts Center helps keep community clubs going

By **CORRIE PELC**
Pocket News writer
corrie@valcomnews.com

Did you know there's a society for those just looking to promote the culture of the iris flower, or that there's an association for those that collect watches and clocks?

If you do, than chances are you frequent the Shepard Garden and Arts Center, located adjacent to the rose gardens of McKinley Park in Sacramento.

"(The Shepard Garden and Arts Center is) a place for groups of people with like hobbies to come together and work together," said Ken Rothaus, president of the Board of the Shepard Garden and Arts Center, which meets at the Center. "There are 32 clubs in the Center right now and basically we're there to support those clubs, the majority of which are in the gardening and artistic realms."

For Mabel Lotz, who has been the coordinator of the Center for the past 25 years, it's the "wonderful people" that come in every month that has kept her at her job for so long. "In fact, two of the clubs have made me an honorary member," she said. "I can't complain - I love my job."

According Edzard Schroeder, treasurer of both

See Shepard, page 5

Got News?

e-mail susan@valcomnews.com

TURN YOUR OLD COINS AND JEWELRY INTO CASH!

The Sacramento Coin Shop Riverside Coins & Gold

3204 Riverside Blvd. Sacramento, CA 95818
(at 8th Avenue across from Vic's Ice Cream)

(916) 447-2646

10% MORE
With this ad

Hours

10:00 - 5:00pm
Saturday 9:00 - 3:00pm
Closed Sunday, Monday

Wanted To Buy:

Jewelry
Watches, Gold, Silver,
Class Rings, Scrap Gold,
Costume Jewelry, Cameos
& Vintage Jewelry

Coins
Gold & Silver, Currency,
Proof Sets, Mint Sets,
Bullion Tokens, Medals,
Military Memorabilia

**Sterling Silver,
Flatware, Old
Comic Books,
Lighters, Stamps**

Thinking of selling in 2012?

Call me now & let's
get a plan together.

Together we'll make
it happen.

Serving Greenhaven
Pocket homeowners
for over 20 years.



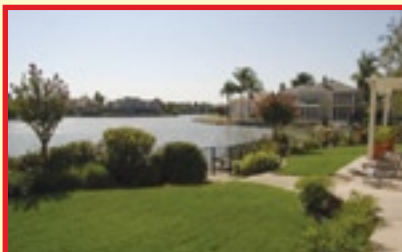
Ron Roberts
BROKER - Associate
916.806.0118

RonRoberts.metrolistpro.com
ron@dunniganrealtors.com
DRE# 01037639



DUNNIGAN
Realtors

Native Sacramentan Pocket/Greenhaven SPECIALIST



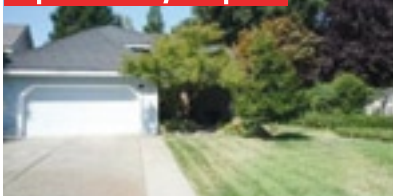
766 Still Breeze Way
\$1,075,000

Over 4500sf of living space, patios, Italian porcelain floor tiles, granite, maple & inlaid hardwood floors, wood windows w/shutters, two stairways. Two fireplaces, large granite slab island mixed with easy care corian kitchen.

2 Rivershore Court
\$399,000

Almost 2800 SF. 3 bed, 2 bath, large great room with motorized skylight, high efficiency heat/air, large kitchen with maple finished cabinets, master with sitting area and very generous walk-in closet.

Open Sunday 1-4 p.m.



ACTIVES

766 Still Breeze Way 4500 SF, On The Lake ...	\$1,075,000
22 Oak Ranch Court	\$995,000
6 El Vado Court 4000 SF Beauty	\$689,000
51 Watershore Circle On The Lake	\$599,000
817 Shore Breeze Drive PENDING	\$449,000
2 Rivershore Court 2780 Sq Feet	\$399,000
8160 Freeport Blvd. On The River	\$350,000
7709 East Port Lot	\$175,000

RECENT SOLDS

1016 Cobble Shores Drive	\$1,475,000
1007 Cobble Shores Drive	\$749,000
959 South Beach	\$719,000
5 Southcrest Court	\$649,000
957 Lake Front Drive	\$619,000
330 Rivertree/7035 Riverside	\$450,000
7740 South Oak Way	\$439,000
5 Angel Island Circle	\$369,000
700 Lake Front Drive	\$299,000
7508 Desertwind Drive	\$259,000

SusieSellsSac.com



Susie Kuwabara Parker
Realtor®

Direct: 916-768-8494
Office: 916-421-3546

LIC#00833025



**ONE MONTH
FREE
Rental with this ad**

- Convenient Office Hours
- Climate Control Units
- Individually Alarmed Units
- RV and Boat Storage
- FREE Truck Rental for Move in Customers

POCKET

1106 Corporate Way
916.424.8028
www.superiorselfstorage.net

Mon-Sat 9am-6pm
Sun 12pm-5pm

Shepard: 32 clubs call the Shepard Garden and Arts Center home

Continued from page 4

the Center's Board and the Friends of the Shepard Garden and Arts Center, the Center was founded by eight clubs in 1941 in a different, smaller building back by the McKinley Park Rose Garden. He said Iva Gard Shepard, a *Sacramento Bee* garden columnist and leader in the garden community, was one of the early people involved in the Center who worked to convince the City of Sacramento that the clubs should have a larger space.

In 1953 their perseverance paid off, as the City Council agreed to provide some funds to build a facility, which Schroeder said started construction in 1957 and was dedicated on Sept. 17, 1958.

"Iva Gard Shepard was the president there for many, many years, I think probably until she passed away in 1970 or '71 or so," he said. "And the building itself was renamed the Iva Gard Shepard Garden & Arts Center in 1972 after she had died in her honor."

Today, Schroeder said, the Center's building consists of two main rooms – a small room called the East Room that can fit 45 people, and the main room that can fit 130. And to keep up the times, some recent upgrades have been initiated, including wireless Internet and upgraded sound system.

"We're trying to get into the 21st century and provide more tools for the clubs – basically whatever the clubs need to try to get them what they need," Rothaus said.

However, all these upgrades – along with general maintenance, utilities, and even the Center's staff, which is a City employee – are paid for by the Center. The Center leases the building from the City, Schroeder said. All this amounts to about \$50,000 a year. To help raise money, the Center charges each of its clubs membership and room rental fees, and also holds about 22 weekend shows through the various clubs.

Recently, the Center decided to start renting to non-members when the facility is not in use. Rentals are restricted, so there are no weddings or live music after certain times of the day.

"We try to watch out for the neighborhood – we don't want to disturb anybody in the neighborhood," Schroeder said.

Through its various club meetings and shows, Schroeder said the Center sees about 8,000 to 12,000 people visiting the Center each year.

"It used to be up in the 15,000s and it's somewhat declined over the years," he said. "We used to have 40 clubs, now we have 32 – some of the clubs have gone."

Why the decline?

"Unfortunately in the environment we're in today, people do not join clubs as much as they used to," Rothaus said. "And (in) some of the clubs, the clientele are getting older and it's time to bring in some new blood so they last longer."

Lotz agrees.

"Younger people, they're so involved with their home and everything else that they don't take the time for gardening and that sort of thing. But I would hope that they could build up more clubs to come in, more members for each of the clubs so they could hold on and continue. That's the main thing at this point."



A VARIETY OF PLANTINGS surround the Shepard Garden and Arts Center. This is not surprising, because a number of gardening clubs meet at the facility in McKinley Park. Photo courtesy, Shepard Garden and Arts Center

To help keep the Center going, Rothaus asks the community for its support.

"Visit the shows when they're there, go onto our Website to see when the clubs have their meetings and come to the meetings, and for the club that interests you...get involved," he said. "And once you get involved in the club, you can get involved in the Center. The important (thing is to) is get involved in the clubs first, because that's really the key to our being there."

For more information on the Shepard Garden and Arts Center, the clubs it currently serves, and a full calendar of events, visit www.sgaac.org.

\$500,000

If you paid yourself \$25.00 per week, you would have \$500,000 at age 65, GUARANTEED! And pay yourself an interest only payment of \$3,000 a month for as long as you live and still have the \$500,000 . . .

WANT TO DO IT?

What about college for your kids or grand kids along the way? Think about it, one less 6 pack of your chosen refreshment or one less pizza per week and YOU ARE THERE! (age is a factor)

Go to www.ismflex.com, watch the film and call us.

916-647-5346

Ask for Pocket resident Phil Quinn, Lic# ODO8279

testimonial

"We are thrilled to advertise with Valley Community News Paper. The staff is warm and welcoming. They make every effort to help us grow our clientele. They truly go above and beyond. The design team is fantastic. The Newspaper Delivery staff always delivers with a smile ear to ear. Thank you Valley Community News Paper for being a part of our business growth over the past 22 years."

Sincerely, Melissa Johnson,
Marketing Director of Comfort Zone Senior In-Home Services

4030 South Land Park Drive, Suite C. Sacramento, CA 95822
www.sacramentoseniorhomecareservices.com

916-453-1344

COMSTOCK MORTGAGE Local Mortgage Bankers

DO YOU OWE MORE THAN YOUR HOME IS WORTH...
...and want to take advantage of the historically low interest rates?
HARP Program details will be released in March 2012!
Call to see if you are eligible today!

Dave Mendoza
Vice President/Certified Mortgage Planner
916-977-1227 direct
916-768-5231 cell
dvmendoza@comstockmortgage.com

CALL DAVE TODAY!

WWW.COMSTOCKMORTGAGE.COM | CA DRE LIC #01000817 | NMLS ID #243839 | SAC 1ST MORTGAGE DBA COMSTOCK MORTGAGE

Rogers family's Pocket area history dates back to 1865

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Among the early day families of the Pocket area was the Rodgers – later Rogers – family, whose history in the area dates back to 1865.

It was during that year that Albert, Joseph and John Mendes immigrated to the United States from the island of Pico in the Azores Islands of Portugal and made their way to the Pocket area.

Names changed

Upon their arrival in America, two of these brothers had their surnames changed, with Albert becoming Albert Rodgers, and John becoming John Potter. Joseph, however, continued to use his birth-given last name.

After making their way to the Pocket area, the brothers began working as laborers, most likely on local ranches, with their goal to accumulate sufficient money to buy their own property.

The Albert Rodgers family

In 1880, Albert, after purchasing his own property and establishing his own ranch in the Pocket area, married 16-year-old Rose Gear, who was born in the Azorean island of Terceira.

Since Rose Gear – a name obtained from descendents of the Albert Rodgers family – is not a Portuguese name, this name was possibly derived from the Portuguese name, Rosa Agear.

Together, Albert and Rose had the following children: Emma (1883-1889), Albert, Jr. (1885-1977), Willie (1887-1898), Mary (1889-1890), Emma (1892-1920), Margaret (1893-1978) and twins Frank (1896-1980) and George (1896-1984). The couple had two Emmas, as it was a common practice to reuse the name of a child, who had died at a very young age, when the next child of the same gender was later born.

Spelling change to 'Rogers'

Albert Rodgers, Jr. was the only member of his fami-



Pocket News photo, Lance Armstrong
THE HISTORICAL RODGERS HOUSE in the Pocket area was constructed for Albert and Rose Rodgers in about the late 1870s. The section of the house on the left side of the photograph was added onto the original portion of the house in about the early 1900s.

ly to continue using the original spelling of his family's surname. Otherwise, the spelling of this surname was eventually changed to "Rogers."

The Rodgers children were raised on the family's 18-acre ranch, which was located where today's Park Rivera Way intersects with Pocket Road.

All of the children of Albert and Rose attended the original, converted barn Lower Lisbon School in the lower Pocket area.

The old school was washed away in the area's 1904 flood and the lumber from this school was hauled by hors-

es and wagons to the Rodgers ranch. With this wood, a shed-type building was constructed for a temporary school until the new Lower Lisbon School was built.

The Rodgers also owned an additional 11 acres on the opposite side of the then-Riverside Road.

The 1908 Sacramento County Reclamation District 673 surveyors map clearly distinguishes this parcel, which extended from the levee across the old Riverside Road to not far from today's Florin Road.

Albert passed away when he was 74 years old in 1923 and Rose died when she 41 years old in 1905.

Ranch land divided

Following Albert's death, seven acres of his property remained in the family, as this land was divided amongst his children.

Frank had one acre, bordering Riverside Road to the west on the levee side of the property, and George built his home on the adjoining acre on the opposite side of the parcel.

Furthermore, Margaret kept four acres, which included the old home.

The other, seventh acre was located across the old Riverside Road, which was then considered a "wagon road," and became the property of Manuel "Parola" Perry, Sr. The Per-

ry home was situated on the opposite side of the road from the Frank Rogers parcel.

Rogers descendants

Margaret, who was married on two separate occasions, was first married to Manuel Lee and then to Tony Machado.

The children of Manuel and Margaret, in order of birth, were: Laverne, Agnes, Gertrude and Dorothy.

Margaret and her second husband, Tony, did not have any children together.

The second-born Emma of Albert and Rose married Joseph Souza, who was known by the nickname of "Joe Bonnie."

Joe Bonnie's ranch was located south of the town of Clarksburg, where Joe Bonnie and the second Emma resided.

In a ceremony held on Dec. 16, 1916 at St. Joseph Church in Freeport (now Clarksburg), George married Anna "Annie" Fagundes, who was born on Oct. 6, 1897.

Mildred Rogers, who was born on May 17, 1919 and died on July 30, 1941, was George and Anna's only child.

George's employment included fishing commercially for catfish at the old brickyard – present day Lake Greenhaven – to Clarksburg.

Additionally, George owned a trucking business, which included three trucks that hauled produce

See Family, page 6

COME ADOPT US AT
THE SACRAMENTO CITY SHELTER
2127 Front St. • 808-7387 • www.sacpetsearch.com



Magnus, A386266
A smart tabby boy with lots of love to give!



Champ, A387499
A six year old neutered boxer mix, perfect age for a Boxer and ready to go!

Placed by Friends of Sac City Shelter Animals, www.saccityshelter.com

FIRST TIME BUYERS
Let me take the "mystery" out of buying a home. Call me to set up an appointment to walk you through the process, including finding the right loan and getting you pre-approved to purchase. I have almost 25 years in the business to help me help you.



"Committed to the Clients"

Making home buying pleasurable from start to finish...



Karla Oppliger
Real Estate specialist for over 24 years

916-799-0010
KarlaOpp@comcast.net



Prudential
Dunnigan Real Estate

Family: Surnames of 1800s immigrants were often changed

Continued from page 6

for the Libby, McNeill & Libby cannery from 1930 to 1950.

George, who passed away on May 15, 1984, also was a Pocket/Riverside school bus driver and a driver for the American Crystal Sugar Co. in Clarksburg. He worked for American Crystal for nine seasons, upon which time he retired in 1961.

Like his brother George, Frank established his own family. He married Mary Agnes Silva (1900-1971), the daughter of Antone L. and Maria Silva of the Pocket, on Nov. 12, 1917.

This union produced two daughters, Lorraine, who married Joseph Lester Valine, and Aileen, who married Richard Cabral.

Many locals are familiar with Joseph and Lorraine Valine's son, Roger Valine, who served as the chief executive officer of Vision Service Plan, which was recognized as the

nation's largest eye care wellness benefits provider.

Establishing his own long employment career, Frank, after marrying Mary Agnes, began a trucking business that included six trucks. These trucks were used to haul hay and produce.

Frank purchased a 43-acre ranch, adjacent to and north of the John M. "Joao Maria" Silva ranch, where he planted asparagus and later sugar beets, tomatoes and alfalfa.

Unfortunately mixed in with Frank's many positive moments in life was his serious accident on the Sacramento River.

While Frank was in his rowboat on the river, his gun became entangled within the boat's structure and the gun was discharged and a bullet passed through his left hand.

Although Frank injured his hand, he was nonetheless able to

mostly overcome this handicap and lead a relatively normal life.

Frank's 43-acre ranch was part of the historic McGee Ranch. This ranch was first sold to Anna Leonora Garcia Pimentel and then later purchased by Joe Sarmiento and Frank "Captain" ("Captain") Perry.

Frank Rogers eventually purchased the property from Sarmiento and Perry.

During the late 1960s, Frank sold his property to a real estate firm for development.

The real estate firm later sold a portion of this acreage to the city of Sacramento for the purpose of creating Garcia Bend Park and its boat launch ramp.




Photo courtesy, PHCS

EXTENDED FAMILY: Joseph and Lorraine Valine are shown in this c. 1941 photograph. Lorraine was the daughter of Frank and Mary Agnes Rogers.

<h2>FUNERAL DIRECTORY</h2> <p>Call Patty at (916) 429-9901 www.valcomnews.com</p>	
<p>EAST LAWN <small>FD136</small> ANDREWS & GREILICH MORTUARY 3939 Fruitridge Road Sacramento, CA 95820 <i>"Ready to provide guidance at a difficult time."</i> 916-732-2026</p>	<p>EAST LAWN EAST LAWN MEMORIAL PARK 4300 Folsom Blvd. Sacramento, CA 95819 916-732-2000 <small>FD1242</small> <i>"Embracing a unique commitment to Sacramento and its people"</i></p>
<p>EAST LAWN ELK GROVE MEMORIAL PARK AND MORTUARY <small>FD1455</small> 9189 East Stockton Blvd. Elk Grove, CA 95624 916-732-2031</p>	<p> GEORGE L. KLUMPP CHAPEL OF FLOWERS <small>FD 360</small> 2691 Riverside Boulevard Sacramento, CA 95818 Phone: (916) 443-7917 Fax: (916) 443-7931 <i>Family owned and operated since 1921</i></p>
<p>Harry A. Nauman & Son  4041 Freeport Blvd Sacramento, CA 95822 (916) 452-6157 <small>FD366</small> Serving Sacramento Families since 1903. Pre-arrangement packages available.</p>	<p>LIND BROTHERS <small>FD 1141</small> A Local Family-Owned Funeral Home Serving Sacramento Since 1964 916.482.8080</p>
<p><small>Since 1927</small>  <small>FD Lic# 355</small> Nicoletti, Culjis & Herberger Funeral Home, Inc. 5401 Folsom Blvd • Sacramento 95819 (916) 451-7284 <i>Pre-arrangement packages available.</i></p>	<p>SIERRA HILLS MEMORIAL PARK AND EAST LAWN MORTUARY 5757 Greenback Lane Sacramento, CA 95841 <small>FD1242</small> 916-732-2020 • 916-331-9800 <i>"Knowing that professional guidance is always by your side"</i></p>

THE ESKATON EXPERIENCE



Carefree living.


Surrounded by three acres of beautiful trees in the Land Park area, just minutes from downtown Sacramento, Eskaton Monroe Lodge offers affordable independent living with services in a country-like retreat. Enjoy an active lifestyle among good friends and a professional, caring staff — plus housekeeping, gourmet meals, transportation and engaging activities.

ESKATON MONROE LODGE
3225 Freeport Boulevard, Sacramento, CA 95818
916-441-1015


ESKATON.
Transforming the Aging Experience

866-ESKATON | www.eskaton.org

SPECIAL!
CALL TODAY FOR LIMITED TIME
Kitchenette & Studio
MOVE-IN PRICING



Pet Friendly



EQUAL HOUSING OPPORTUNITY

Keeping pets and seniors together:

Sacramento SPCA offers pet services to senior citizens

By SALLY KING
Pocket News writer
sally@valcomnews.com

Imagine an older woman in her wheel chair; leaving her Natomas home in the morning with her little dachshund bundled up on her lap, switching between light rail and the bus for three hours to reach her destination point.

The woman was bringing her dog to the Sacramento Society for the Prevention of Cruelty for Animals (SPCA) located at 6201 Florin Perkins Road, where a program called "Senior Services" provides free pet vaccinations to senior citizens age 60 and over the first Wednesday of each month from 10 a.m. to noon.

"This woman arrived late and was incredibly grateful and gracious to us when we told her we would vaccinate her dog that day," SPCA Senior Services Coordinator Shari Lowen said. "Our goal is keeping seniors and their pets together."

Pet, senior needs met

For many seniors, their life is their pet.

"No one can argue the benefits of keeping seniors and their pets together," Lowen said. "The senior program provides free vaccinations, nail trims, and pet adoptions."

The money saved on free pet vaccinations provide many seniors money needed for pet food.

Lynn Humphries, 'A Sure Solution' consultant, thinks the SPCA Senior program is wonderful.

"Three years ago I received a call from a gentleman who had a sick dog and no money. At that time the SPCA didn't have a senior program, so I split the cost of the veterinarian fees with a friend," Humphries said. "The man started crying when he found out his dog was going to be OK."

Meals on Wheels connection

Humphries said the folks who volunteer with "Meals on Wheels" keep

their eyes open for seniors who might need assistance with a pet.

Lori Olshaskie, Meals on Wheels' Social Services supervisor, said she has known seniors on fixed incomes who would rather see their pet eat than themselves.

"The level of love and commitment to their pets is amazing," Olshaskie said. "Especially when a person lives alone, having a pet makes a huge difference in that person's life."

Meals on Wheels is grateful for pet food donations and is willing to pick them up.

Golf tournament

The SPCA holds an annual golf tournament to raise money for the Senior Service program. It will take place Monday, May 7 at the Del Paso Country Club, presented by Hank Fisher.

In addition to free vaccinations, the Senior Service program pro-

vides discounted dog training, free telephone assistance with dog and cat behavior issues and discounted private animal behavior consultations. They also provide quarterly estate planning seminars that include information about options for pets in the event the owner is no longer here to care for them.

Future programs

Lowen said the SPCA is working on a program where volunteers go to the senior's home and provide whatever services his or her pet might need, such as transportation to the veterinarian because many seniors no longer drive. The SPCA is trying to get volunteers together to walk dogs for folks who are immobile or not able to walk far.

To learn more, call the Sacramento SPCA at (916) 383-7387 or visit www.sspca.org.

Senior Services *and* Resources

Call Melissa (916) 429-9901

ASSISTED LIVING



THE MEADOWS
SENIOR LIVING

Assisted Living & Memory Care

(916) 226-9319

9325 East Stockton Blvd., Elk Grove

ASSISTED PLACEMENT



Placing People First

Since 2004

888.980.9880

www.lifetimesolutions.org

Specializing in finding
the proper Assisted
Living or Board
and Care for
your loved one.

We are a **FREE** Service!

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL
Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450

Lynda K. Knight (916) 214-1215

1337 Howe Ave., Ste. 103

Sacto 95825

ELDERLY SERVICES



COMFORT ZONE
Senior Care - Home Services, Inc.

Long Term Insurance Accepted

Hourly and Live-In
24 Hour Care and Bathing Service
Appointments

(916) 453-1344

4030 South Land Park Drive

HELP AT HOME

HELP AT HOME

Senior Care

Caring, In-Home Assistance & Companionship

- Light housekeeping
- Meal preparation
- Med reminders • Errands
- Dementia care • Bathing & Much More

For no-cost/in-home assessment,
call **877- 404-6636**

IN HOME CARE



Blossom Ridge Home Care

Blossom Ridge - dedicated
to providing the highest
quality of care for your loved
ones within the privacy &
warmth of their own home.

Call us at
800.991.6147

LOVING COMPANIONS



Certified care

(866) 312-2157

Specializing in
24/7 Live-In
Service

Excellent
Rates &
Discounts

MEDICAL SUPPLIES



Medical Supply
Sales • Rental • Installation • Delivery



Visit our website - amdmedsupply.com

Tel/Fax: (916) 485-2500 | amdmedsupply@live.com
3108 Arden Way, Sacramento, CA 95825

REAL ESTATE SERVICES

LYON *Moving On?*

FREE Real Estate Help & Advice
tailored to seniors & their families

Contact **John Woodall, GRI**

Seniors Real Estate Specialist

(916) 421-5421

✓ out my blog at:

aSeniorsBlog.com

SENIOR BOARD & CARE

Enjoy Living In A Peaceful Garden Setting

A Garden Path

Care Home

(916) 363-3232

Respite Available

2554 Venaccia Circle - Rancho Cordova

SPECIAL ALZHEIMER'S LIVING

Primrose
Living With Memory Loss

Day Club, Respite,
Residential, Support Groups
& Educational Classes

cas@primroselz.com

www.primroselz.com

(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

Soroptimists, Library look to raise awareness on human trafficking

By CORRIE PELC
Pocket News writer
corrie@valcomnews.com

Here's something you may not know about Sacramento: the capital city is among 18 medium-sized US cities identified by the Federal Bureau of Investigation (FBI) as a hub for human trafficking.

Sacramento is among the top cities experiencing an epidemic of child prostitution, according to the nonprofit refugee resettlement agency Opening Doors. The agency's Website said an estimated 600,000-800,000 people are trafficked across international boundaries every year, and some 14,500-17,500 people are trafficked into the US.

Modern slavery

What is human trafficking? According to Opening Doors it is defined as "modern slavery" – victims as young as 13 and as old as 54, and of both genders, are forced, frauded or coerced into the commercial sex industry, involuntary servitude, debt bondage or slavery.

What makes Sacramento such a hub for human trafficking? Opening Doors said one reason is its large immigrant population. And Kathleen Crone, treasurer of Soroptimist International of Sacramento South (SISS) said it also has to do with Sacramento's location.

"We're so centrally located to so many freeways. If a group has been identified, it's very easy for whoever is in charge of this group to get them out of Sacramento quickly," Crone said. "And (it's) then easy access to Reno, Las Vegas, Los Angeles – it's just kind of the hub of the wheel."

Lack of information

As ending human trafficking is one of the major programs of Soroptimist International, the South Sacramento chapter was looking for a way to help by educating their members on the subject. As they started the process, however, they soon found that for a city where human trafficking is a problem, the information was not that easy to find.

"I started acquiring some books (on human trafficking) that I passed around to (our) members, but some of them were very expensive that we wanted to read," said SISS member Dori Holmer. "So I contacted the (Sacramento Public Library) to find out what they had and they had nothing – they had not supplied any human trafficking books to their readers at all. So one of our members suggested: why don't we buy some books for the library. So we did."

Books at library

Holmer said SISS presented the Sacramento Public Library with a list of 20 suggested books on human trafficking. SISS chose 10 of those books to purchase and donate to the library system, while the library purchased the other books to add to their collection.

"Any time someone approaches us and they want to donate materials, especially when they are quality materials of a nature that is current and it's relevant to the community, we want to take those in and make those available to the public," said Brenda Haggard, strategic communications officer for the Sacramento Public Library.

Travelling display

However, SISS also felt it was important for library patrons to know such books were available. To help spread the word, they asked Sacramento Public Library if they could put up a display about the books and the human trafficking issue and the Library said "Yes."

"We felt that we needed some way of letting people know that the books were there and available and to create an interest in reading them," Holmer said. "We had discovered in talking to people that they are shocked to learn that first of all slavery exists, and second that it exists in Sacramento. So we thought a display would be helpful."

The books and human trafficking display were of-



Photo courtesy, Soroptimist International of Sacramento South (SISS)
HUMAN TRAFFICKING, or modern slavery, exists in every part of Sacramento. The members of Soroptimist International of Sacramento South (SISS) donated books on this issue to the Sacramento Library, which did not have any literature on this issue prior to the donation.

ficially made available on Jan. 11, which was International Human Trafficking Awareness Day, Haggard said.

"(The display) will be at the Central Library for about a month and then travel to five other libraries in the system over the next few months," she said.

According to Crone, the display will be moved to the Colonial Heights Library in March, Belle Cooledge Community Library and Martin Luther King, Junior Regional Library in April, and Rancho Cordova Library in May. The display includes information on the human trafficking books, as well as informational sheets, objects that represent trafficking – such as handcuffs and barbed wire – and also posted hotline numbers in the hopes if a trafficked individual happens to see the display they would have access to ways of help, Crone said.

Awareness is first step

Both SISS and the Sacramento Public Library hope both the books and the display will help create awareness around the issue of human trafficking.

"Awareness is always the first step to solving a problem, so providing the information that brings the awareness will be a vehicle to help solve the problem we hope," Haggard said.

Crone hopes this project may be the beginning of more for SISS, such as possibly utilizing rooms at various libraries to make presentations and other projects to

help make hotline numbers more accessible to trafficking victims.

"We hope that we can do a little bit more than just this – it's really just the beginning of a big problem," she said.

For more information on SISS, visit <http://soroptimistssacramentosouth.com>.

Community Worship

Greenhaven Lutheran Church

475 Florin Road (at Gloria Dr.) • 428-8449

Sunday Worship Service: 10:15 am

Bible Class & Sunday School: 9:00 am

Angels Nest Pre School 2 yrs. - 5 yrs.

Faith Presbyterian Church

625 Florin Road (adjacent to Kennedy High in Greenhaven/Pocket) • 428-3439

A community loving Christ, building disciples, serving all

Worship Sunday 9 and 11 am

• Sunday School, Bible Study, Childcare • Youth Activities

• Family Programs • Adult Education

PARKSIDE COMMUNITY CHURCH

"Open & Affirming Congregation"

Sunday Worship Service: 10:30 am

Bible Class: 9:00am

5700 South Land Park Drive & 35th Avenue 421-0492

Riverside Wesleyan Church

6449 Riverside Blvd. • 391-9845

Sunday School: 9:15am • Sunday Worship: 10:30am • AWANA (Children's Ministry)

• Youth - Jr. High - Sr. High - College - Young Adults • www.rwscac.org

Greenhaven Neighborhood Church

630 Ark Way • 422-8253

Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am

Weekly Bible Studies - Jr/Sr High Events



Photo courtesy Sacramento Soccer Alliance Vikings

SSA Vikings win U12 District Cup Championship

Special to Pocket News

The Sacramento Soccer Alliance Vikings won the U12 District Cup Championship for the 2011 – 2012 season. The team was coached by Head Coach Rob Hoyer and Coach Sean McEvilly, with assistant coaches Jeff Long and Steve Pon. Front row: Nick Hoyer, Carter Pon, Corey Burgess, Joshua Edwards, Joseph Murray, Gabe Horn, Isiah Long. Middle row, left to right, Jarred Hather, Matthew Glide, Jace Hernandez, Nate Jakobs, Simon Genus, Jack Filby, Derek Lin, Roy Sandlin. Back row, left to right, Sean McEvilly, Jeff Long, Steve Pon, Rob Hoyer.



Band leader celebrates 75 years of playing for dance fans

Special to Pocket News

Buddy stands up, saxophone strapped and hanging from his neck. The legendary band leader starts the count: "One-two-three-four." Then the downbeat. Fourteen professional musicians follow as he celebrates his 75th year of showcasing America's favorite big band dance hits.

On Sunday, Jan. 22 at 2 p.m., Orval "Buddy" Harpham and his big band will kick off the 11th annual "Super Swinging Ball" at the Pocket's Elks Lodge No. 6. Starting with "What's New," northern California dancers will joyfully swing to Buddy's carefully chosen song sequence of tunes.

As one of the co-founders of the Nor Cal Big Band Preservation Society, Buddy's career began in 1937 as a 16-year old playing in Sacramento's "Dime a Dance Emporium."

The Auburn native never looked back.

Pre-World War II found Buddy in many Nor Cal combos and big bands. Drafted in 1942, his U.S. Navy days were spent in San Diego, followed by selection to the Marine Corps Band based in Washington, D.C. In the late 1940s, he toured America with name bands.

Buddy holds fond college memories of the College of the Pacific (now University of the Pacific) with roommate and famed jazz legend Dave Brubeck. He began teaching in the early 1950s at Sacramento elementary and middle schools, retiring after 35 years.

All along, he led his own 15-piece band for 63 years. Buddy remains amazingly active and solos on all reeds.

He turned 90 years old last November.

The Jan. 22 dance will be Buddy's 33rd appearance in the Elks Ballroom at 6446 Riverside Blvd. in Sacramento. Lynn Steiner, vocalist with the band for the last 11 years, will also perform.

Singles and couples of all ages are welcome. Special talent will be at 1 p.m. Snacks will be at 3 p.m. and prizes at 4 p.m. Dance hosts will be available. Regular admission is \$12, \$11 per person in groups of 10 or more and \$10 for Nor Cal Big Band Gold Card Society members.

For more information, call (916) 444-6138 or email loucopp45@gmail.com.

Take care of business...
Take care of yourself.

Life. Simplified.

Lake Crest Village Shopping Center
Florin Road & Greenhaven Drive

VCA Greenhaven Pocket Animal Hospital

FUN FACT
Did you know dogs see certain colors?

- Full Service Animal Hospital
- Health Exams • Dentistry
- Medicine/Surgery
- Vaccinations • Spays/Neuters

Our furry friends can become stressed with groups of family and friends around. Make sure they have a stress free quiet place to go.

Remember to keep all candies and table scraps out of the reach of our 4 legged friends.

More Than Just a Veterinarian!

Mon: 7:30am - 7pm • Tue-Fri: 7:30am - 6pm
Sat: 8am - 5pm • Sun: 9am - 4pm

Check out our website for more special offers!
www.vcagreenhaven.com

1 Valine Court
916.391.3677

Ask About Our New Animal BEST CARE Checkup Promotion

For Pets Ages 1-6
Call for Details

CONSIDERING A PET?
We can help you decide which breed is best suited for your family and lifestyle. CALL US!

Get Your Local News NOW! →

Subscribe online for fast news updates. All you need is an e-mail.
(Located on lower right side of webpage)

SUBSCRIBE FOR E-MAIL ALERTS
Sign up to receive the latest local news and regional updates from Valley Community Newspapers!

Enter your email address:

Delivered by FeedBurner

VALLEY COMMUNITY NEWSPAPERS, INC.
is online at
www.valcomnews.com

DUNNIGAN[®]

Realtors



PARK PLACE SOUTH

Single story halfplex home with open floor plan 2 bedrooms 2 baths in desirable Park Place South. Travertine tile floors in entry, kitchen and both baths. Wood burning fireplace with insert; jetted tub in master bath, sparkling pool with updated equipment; new fences with big swing out gate plus 2nd gate. See: 1215cedartreeway.ihousenet.com \$205,000

CONNIE LANDSBERG 761-0411



GORGEOUS!

Immaculate 2 or 3 bedroom home 2 full baths within the Genevieve Didion School boundaries. Seller spent over \$10,000 in the backyard in 09. Yard features seat walls and a built-in ground water jets for kids to play in, just like the ones at theme parks. Newer roof, HVAC, paint and carpet. See: visualtour.com/shownp.asp?t=2607866 \$190,000

MONA GERGEN 247-9555 • KELLIE SWAYNE 206-1458



PERSONALITY PLUS!

South Land Park 3 or 4 bedroom 2 bath with beautiful leaded glass windows, custom front door and used brick & wood. Pretty hardwood floors & brick fireplace. Kitchen with granite, Wolf range & oven, Mele dishwasher, convection microwave & interior grill. See www.4809HillsboroLane.com \$499,000

PAULA SWAYNE 425-9715



LAND PARK COTTAGE

Sweet, spacious and beautifully maintained and oh, the possibilities!! 2 or 3 bedrooms, with master bedroom that has its own sitting room (or it could be a nursery or exercise room). Den with knotty pine cabinets where you can just feel the warmth of yesteryear. See: 264417thstreet.ihousenet.com \$289,900

SHEILA VAN NOY 505-5395 • CHRIS BRIGGS 834-6483



PENDING!

CLASSIC BRICK TUDOR

Beautifully maintained brick Tudor is located on 4th Ave, the "Brick street" in Land Park. 3 beds 2 baths, large living room with gorgeous architectural ceiling and fireplace flanked by windows. See: visualtour.com/shownp.asp?t=2635348 \$499,000

CHARLENE SINGLEY 452-2228



DUPLEX

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

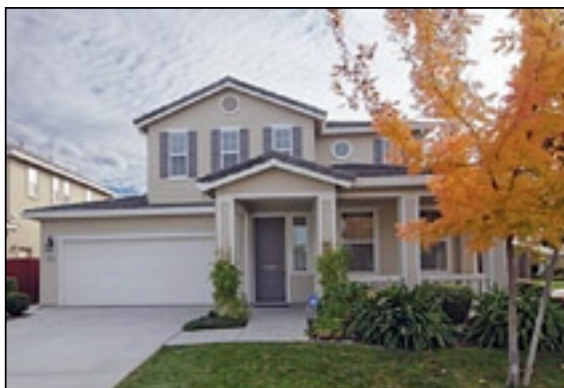
LIBBY NEIL 539-5881



SARATOGA TOWNHOMES

Within walking distance to the best of Downtown: the Capitol, art galleries & great restaurants. New paint & carpet, vaulted ceilings upstairs & spacious windows makes this a light & bright home. See www.958q.epropertiesites.com \$189,000

NATHAN SHERMAN 969-7379



QUALITY ELK GROVE

Gorgeous 5 bedroom 3 bath home on a great Street in Elk Grove. This home feature a wonderful floor plan with 2 bedrooms downstairs, upgraded maple cabinets, granite counter tops, designer paint colors, built in entertainment cabinet in the family room. See: 10343pedradosol.epropertiesites.com \$262,000

MONA GERGEN 247-9555 • KELLIE SWAYNE 206-1458



LOT ON THE RIVER

Rare opportunity to build your own home on a riverfront lot in the Little Pocket area close to the freeway and downtown. This lot is on Riverside Blvd close to 35th Ave. Must see this beautiful lot. Feel free to go by and walk around the lot and enjoy the Sacramento River. See 5746 Riverside Blvd. \$325,000

MONA GERGEN 247-9555

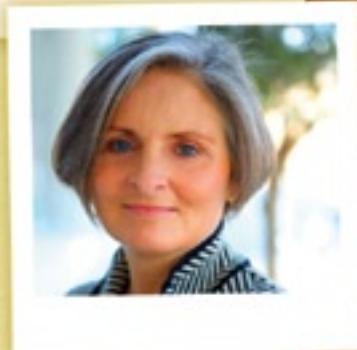
www.dunniganrealtors.com | 4215 Freeport Blvd. | 916.454.5753
2401 American River Drive, Suite 150 | 484-2030



"I'll be there to care for you. Our caregiver team is here to help when you need it."



"I'll be there to play cards with you. My friends and I meet twice a week in the community game room. We always have a great time playing rummy. Sergio from the dining room always brings us snacks."



"I'll be there to ensure our team lives up to our high standards for quality care and service. My door is always open for our residents and family members."

I'll be there...



Call today to schedule a tour.

(916) 427-8887

7548 Greenhaven Drive
Sacramento, CA 95831

Lic# 347004312



RESERVE YOUR SPACE

IN THE UPCOMING

California Kids!

Be Seen by Over 100,000 Readers Each Month.
CALL JEN AT (916) 429-9901 TODAY!

Opportunities for the 'Young Set' at Pocket-Greenhaven Library

Special to Pocket News

Parents of babies and toddlers can find many opportunities for their little ones to play, learn and socialize at the Robbie Waters Pocket-Greenhaven Library.

One can pick up flyers on the various programs available by dropping by the library, but the easiest way to see what is available is to go online. The library posts all activities at its Website, www.saclibrary.org. Click on "Events," then select "Robbie Waters Pocket." Web visitors can also select specific types of programs, such as "Baby Storytime" or "Preschool Storytime."

During the rest of January, the library will offer a number of programs for little ones, including:

Baby Toddler Stay & Play

Jan. 24, Jan. 31 at 10:15 a.m.: This is an unstructured social time for babies and toddlers (ages 0 and up. Older siblings are welcome as long as everyone can play nicely together), and their caretakers. Developmental toys and board books will be available. These informal play sessions will typically be followed by a baby-and-me storytime (ages 0-18 months) or a Mr. Cooper

per performance (last Tuesdays of the month, ages 3-7 years and their families).

Baby and Me Rhyme Time

Jan. 24 at 11 a.m.: Babies (ages 0 months to 24 months) and their caretakers are invited to join for songs and rhymes in this language enrichment program designed to boost brain development.

Preschool Storytime for ages 3-5

Jan. 26 at 10:30 a.m.: Stories and songs geared towards the preschool-age set (3-5 years). No registration required; drop-ins welcome.

Sing Along with Mister Cooper

Jan. 31 at 11 a.m.: Sing and learn with Mister Cooper for 30 minutes of pure entertainment, on the last Tuesday of every month. For children ages 3 to 7 and their families.

Not only are these excellent, quality programs for little ones... they are wonderful opportunities for parents, grandparents and caregivers to "get out and socialize" with other adults, too.

The Robbie Waters Pocket-Greenhaven Library is located at 7335 Gloria Drive in Sacramento. For more information, call (916) 264-2700.

CELEBRATING OVER 30 YEARS AS THE LEADER IN HOLISTIC PET NUTRITION



SOLID GOLD HEALTH PRODUCTS FOR PETS

Dry Foods • Canned Foods
Biscuits & Treats • Supplements
Health & Coat Care

FREE HOME DELIVERY
www.mustlovepetfood.com

Must Love Pets 916-706-0338

Ravenous European Style Bistro

Valentine's Day Special
\$75.00 5 Course Meal
- RESERVATIONS REQUIRED -

Serving: Sunday Brunch, 10am - 2pm • Sunday Dinner 5 - 9pm
Lunch, Tues-Fri, 11am - 2pm • Dinner, Tues-Sun 5pm - 9pm

7600 Greenhaven Drive, Suite 23 • 916-399-9309
RavenousCafe.com • [RavenousCafe on Facebook](#)

GOLDEN STATE JEWELERS, INC.
The Sacramento Gold Exchange
Serving the sacramento region for over 30 years

WE BUY GOLD

- All diamonds, colored gemstones, rings and wedding sets up to **60% OFF!**
- Gold Chains starting at \$59.95
- Silver Chains starting at \$9.95
- Custom Design
- Diamond Settings
- Jewelry Repair

All Jewelry Repair 5% Lower Than Any Written Advertised Price

Watch Batteries ONLY \$4.98
One per coupon installed most watches. Not valid with other offers. Expires 2-29-12 PM

(916) 421-5284
996 FLORIN RD.
AT GREENHAVEN DRIVE
LAKECREST VILLAGE SHOPPING CENTER

HIGHEST QUALITY • LOWEST PRICE
PRICES GOOD THROUGH FEBRUARY 29, 2012

新春彌撒暨敬祖儀式

Chinese New Year Mass &

Tribute to Ancestors Ceremony



本團體將為華人舉行新春感恩彌撒暨敬祖儀式，由 Jaime Soto 主教主持。當晚並設有新春聯歡晚宴，請齊來參與！ We will celebrate Chinese New Year Mass with Bishop Jaime Soto and hold a Tribute to Ancestors Ceremony. A Chinese New Year dinner will be followed. Please come and join us!

日期：二零一二年二月五日 (星期日) Date: February 5, 2012 (Sunday)

彌撒
時間：下午三時正 Time: 3:00 p.m.
地點：聖體大教堂 Venue: Cathedral of the Blessed Sacrament (1017 11th Street, Sacramento, CA 95814)

晚宴
時間：下午六時正 Time: 6:00 p.m.
地點：福滿樓酒家 Venue: Holiday Villa Restaurant (7007 South Land Park Drive, Sacramento, CA 95831)

費用：成人每位 17 元；小童 (5-12 歲) 每位 8 元 Cost: \$17.00 per adult; \$8.00 per child (5-12 years old)

聯絡人：鄭陳秀玲 (916) 442-7178 Contact: Gloria Fong (916) 442-7178
周葉柏茵 (916) 396-9783 Barbara Chow (916) 396-9783

GREAT Haircut SALE. \$7.99
No coupon necessary. Valid Jan 19-25 Only
Net valid with other offers. At participating salons.
Over 3000 Salons in the US/Canada. Visit www.greatclips.com for the salon nearest you. Gift cards available.

Great Clips
Relax, You're at Great Clips!
Lake Crest Village Center
1054 Florin Rd. #6
(Nugget Market Shopping Center at Florin & Greenhaven between Starbucks & AAA)
429-7868

\$8.99 HAIRCUT
Offer Expires 1-31-12
Not valid with any other offers. Limit one coupon per customer. Valid at 1054 Florin Road Only.
Great Clips PN



For over
36 years

COOK
REALTY

www.cookrealty.net



1 SAND PEBBLE COURT • \$239,000
MEENA CHAN LEE • 837-9104



7717 E. PORT DRIVE • \$269,000
MEENA CHAN LEE • 837-9104



1712 POTRERO WAY
South Land Park 1800+ Sq. Ft. single story three bedroom two bath. excellent floor plan, 2 car garage, and so much more. Freshly painted inside, super clean. Best buy, Equity home! \$239,000
TREY BONETTI 768-9360



51 WATERSHORE CIRCLE
Exquisite 3,100 sq. ft. waterfront home. Beautiful Master Suite w/ balcony over looking lake. Second master could be split into 2 bedrooms Three car garage, 3 bathrooms, in-ground spa & boat dock in Riverlake. \$599,000
SUSIE K. PARKER • 421-3546



1440 TRADESWINDS AVENUE
Stunning remodeled home on Curtis Park with 3 bedrooms, 2.5 baths, 2,538sf of living space, formal living room, formal dining room, family room opening to yard with pool and spa. \$419,000
TOM LEE • 393-1480



2 RIVERSHORE COURT
Wonderful home/better than new condition & what a price! 50yr energy efficient steel roof. Exter painted 2008. High eff heat/air installed 2004 w/seer of 13! Very lg kitch, maple finished cabinets. \$419,000
SUSIE K. PARKER • 421-3546

See all our listings at www.cookrealty.net

REAL ESTATE SCHOOL

- ★ LOW INTRODUCTORY COST
- ★ START ANYTIME
- ★ LIVE CLASSES

Call: **Ed Daniels • 451-6702**

PROPERTY MANAGEMENT

- ★ MONTHLY CASH FLOW
- ★ TENANT SCREENING
- ★ MAINTENANCE

Call: **Brittany Naucke • 457-4907**

ADDITIONAL LISTINGS

2 RIVERSHORE COURT,
BEAUTIFUL four bedroom two bath well layed out home with 2783 Sq. Ft. and Japanese garden! \$419,000
SUSIE K. PARKER 421-3546

6344 OAKRIDGE
Wonderful South Lar style home. Updated kitchen, new carpet, front room was used as formal dining room. \$295,800
SUSIE K. PARKER • 421-3546

592 DE MAR DRIVE
This home is tastef with a beautiful open floor plan. This home is crisp and clean and ready for the fussiest buyer. \$209,900
HELEN TARASCO • 798-7679

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702



The **WATERLEAF**
at Land Park

Assisted Living for the Elderly



JOIN US FOR A NEIGHBORHOOD OPEN HOUSE

CELEBRATING 10 YEARS OF SERVICE
TO OUR ELDERLY COMMUNITY.

WEDNESDAY, JANUARY 25, 1-5 PM

Tours • Refreshments • Resource Information

Providing quality, affordable living, The WaterLeaf offers a social, caring environment for you or your loved one.

Total Assistance With:

- Wheelchair transfers
- Toileting
- Incontinence
- Bathing and dressing
- Medication monitoring
- Escorting to medical appts.

Also Providing:

- 24-hour staff
- Night checks
- Social atmosphere
- Stimulating activity program
- Escorting to meals, activities
- Rooms starting at \$3300



The **WATERLEAF**
at Land Park

Assisted Living for the Elderly

Please call or visit today for a **FREE** assessment
for your loved one.

966 43rd Avenue, Sacramento, CA 95831
916.877.9497 | www.TheWaterLeaf.com

Lic# 347001970

"SACRAMENTO'S **BEST NEIGHBORHOOD RESTAURANT**" 2 YEARS IN A ROW

RIVERSIDE

CLUBHOUSE

"Where Neighbors, Friends and Family Gather"

NEW DINNER MENU

Now Taking Reservations
For
VALENTINE'S DAY



ADDITIONAL PARKING at RIVERSIDE PLAZA - NEXT DOOR AFTER 5PM
NO PARKING on Beverly Way

KIDS EAT FREE

Monday & Tuesday Nights

"Cow Menu"

12 Years or Younger

Happy Hour Menu excluded

BREAKFAST SERVED

Saturdays & Sundays, 9am-2pm

Bottomless Mimosas \$8.00 Each

HAPPY HOUR

Monday - Friday 3-7pm

Friday & Saturday 10pm-Midnight

Feat. 12 Appetizers from \$4 to \$6

Selected Wine/Drinks Menu -
Discounted by 30%

Saturday Night Birthday Bash
Book your party & receive

\$100 OFF

2633 RIVERSIDE BOULEVARD
916-448-9988 • www.RiversideClubhouse.com

Write your family cookbook

Special to Pocket News

If you've ever wanted to compile recipes from your family, or put together a cookbook from relatives for a bride and groom, you'll learn that your project can be more than a scrapbook at a special adult program at the Belle Coolege Library, Jan. 21 through March 3 on Saturdays from 10 a.m. to noon.

Learn how to focus on which of your favorite recipes to select, how to gather, test and transcribe old written recipes on index cards into modern directions. Students will learn how to write headnotes and finish a cookbook that's accurate. Print-on-demand options, often in hardback and in color, will be discussed. No writing experience necessary.

Elaine Corn received both the James Beard and Julia Child cookbook awards for Best General Cookbook for Now You're Cooking: Everything A Beginner Needs to Know to Start Cooking Today. Corn has taught food writing at the Culinary Institute of America, Napa Valley Community College, American River College and Cosumnes River College. With her degree in journalism, Corn has covered food for multiple newspapers across the country, winning awards for Best Food Section and Best General Reporting.

Classes take place Jan. 21 through March 3 on Saturdays from 10 a.m. to noon. There is no class on Feb. 18. Registration is \$267 per person. Participants will receive a PayPal invoice after registration. Registration IS required to attend.

The Belle Coolege Library is located at 5600 South Land Park Drive in Sacramento. To register, call (916) 264-2700, visit www.saclibrary.org or visit the library.

Pocket

Girls Softball



Girls
Ages 4^{1/2}
to 16
Play!

Over 40
Years of
Fun for
Girls!

Register NOW for 2012

1/19/12: 6:30m-9pm at Robbie Waters Library
1/21/12: 11:30am-3pm at Caroline Wenzel Elementary School
1/28/12: 8:30am-12noon at Caroline Wenzel Elementary School
Winter Warm-Up Clinic: January 21, 2012: Noon to 3pm
Player Evaluations: January 28, 2012: 9am to 12noon
On-line registration until January 28, 2012
www.PocketGirlsSoftball.org

OFFERED by Reneé Catricala



OPEN HOUSE: Sunday, 2-4

7671 Marina Cove Drive \$575,000
Classic Contemporary design situated in desirable Marina Cove in Riverlake.



1006 Eileen Way \$439,500

PENDING



129 Fortado Circle \$265,000

SOLD

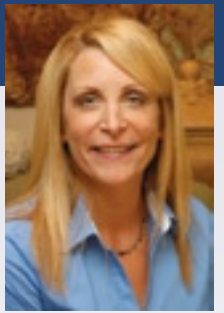


5 Sandhill Court \$399,500

Reneé's Current Pending & Sold Properties

SOLD	PENDING	Price
	1900 Danbrook Drive	\$79,000
	5131 Gibbons Drive	\$79,000
922 Shore Breeze Drive		\$850,000
1108 Rosa Del Rio Way		\$170,000
3921 Ripley Way		\$139,000
627 Coriander Way		\$210,000
956 S. Beach Drive		\$285,000
7078 Treasure Way		\$310,000
994 S. Beach Drive		\$285,000
10113 Atkins Drive		\$190,000
7762 River Village Drive		\$267,000
5224 Hidden Lane		\$569,000
447 Pimentel Way		\$399,500
5058 Willow Vale Way		\$479,500
946 Lake Front Drive		\$265,000

Call Your Experienced Pocket, Greenhaven And Riverlake Neighborhood Realtor® Today!



Reneé Catricala, Realtor®
Direct: (916) 203-9690
www.ReneeCatricala.com
730 Alhambra Blvd., Suite 150
Sacramento, CA 95816
Lic# 01077144



6446 Riverside Boulevard

Every Thursday Night at 6:30pm, Elks Lodge #6

Early Bird for \$5, Regular Game Buy-in of \$20
Pay-Offs depends on attendance with a minimum of \$50 per game

This is a Local Charity game at our Elks Lodge #6.
Lighted safe parking with security. Join us every Thursday Night.

SNIPS

hair studio

916.422.3440

Women's Wash, Cut, Style \$5 OFF

Color & Highlights Special FREE Haircut with Service

FEATHER EXTENSIONS \$3.00 OFF

Walk-ins Welcome or Call for an Appointment
Mon.- Fri. 10 am - 7 pm • Sat. 9 am - 6 pm • Sun. 10 am - 6 pm
7465 Rush River Drive, #810 www.snipshair.com

Dr. Alan Sladky
- Optometrist -



- We offer the latest in eyewear, over 1000 frames to choose from!
- We accept most major vision plans
- Some glasses & contact lenses ready in 1 hour.
- Experienced and knowledgeable staff.

We specialize in hard to fit contacts, including those for Keratoconus. They may be covered by insurance — ask for details!

Walk-ins and same day appointments welcome.

(916) 395-EYES
(3937)

Dr. Alan Sladky, Optometrist
7465 Rush River Dr. Ste 410

SPECIAL

Complete Eye Exam & a 3 Month Supply of Disposable Contacts
\$189 (Over \$200 Value!)

Change Your Eye Color for \$30 More!
Ask for details. Coupon cannot be combined with any other discounts or insurance. Exp 2/16/12

SPECIAL

Select Frames & Single Vision
\$79 (Save up to \$100)

Lined bifocals \$40 more.
Ask for details. Coupon cannot be combined with any other discounts or insurance. Select frames only. Exp 2/16/12

BRITE CLEANERS

Do you avoid dry cleaners because of health or environmental concerns?

NOW OFFERING RYNEX Green Cleaning Solutions
• Biodegradable • Non-toxic
• Non-polluting • Noncarcinogenic

We do not use unhealthy chemicals that are toxic, polluting or carcinogenic. We use only Rynex which is safe for you and the environment. For more information visit www.rynex.com.

Depend on Brite Cleaner's 5-Star Service

- ★ 30 years experience
- ★ environmentally safe
- ★ prompt and timely service
- ★ high quality service
- ★ great value – low prices

GOOD FOR OUR HEALTH
GOOD FOR OUR EARTH

Come to Brite Cleaners for environmentally conscious dry-cleaning.

7465 Rush River Dr., # 170
at Windbridge in the Promenade next to Bel Air
(916) 428-0138



Promenade Center

RUSH RIVER DRIVE & WINDBRIDGE DRIVE



Socialization Beats Loneliness

Primrose

Living with Memory Loss

Without companions and support, seniors can pass many hours alone resulting in a lower quality of life.

Primrose...

Helping your loved one with:

- Residential Care
- Respite Care
- Day Club
- Support Groups
- One on One Counseling
- Free Monthly Seminars

916.392.3510

www.primrosealz.com

7707 Rush River Drive
Sacramento, CA 95831



**Please join us for our Open House
On Friday, January 27, 2012 from 2-4pm
RSVP by January 24, 2012**

**Art Show & Book Signing by:
Special Guest
Steve Barbour, MD
Author of
"But for the Grace of God"**

Do you know a senior who would benefit from:

- Meeting new friends and visiting with people their own age?
- Better fitness & nutrition?
- Music & fun activities? ... *and Much More!!*

If so, take advantage of our Get Acquainted Invitation:

1 Week FREE at Primrose Specialized Day Club

Must sign up by January 28, 2012

All paperwork must be completed prior to beginning our Day Program.
New Clients Only.

Residential License #: 347001338 • Day Club License #: 347001342

FAIR HOUSING AND
EQUAL OPPORTUNITY



Taking charge

Discovery Museum brings the future of robotics to Sacramento youth

By CORRIE PELC
Pocket News writer
corrie@valcomnews.com

With how technology has been advancing lately, almost on a daily level, it's not that hard to imagine a world where robots are an integral part. Just look at IBM's supercomputer "Watson" that beat some of the best contestants ever to be on *Jeopardy!* just last year.

At the Discovery Museum Science & Space Center in Sacramento, children can start preparing for a future including robots at the new Robotics Club, which started in February 2011.

"The future of most things is robotics," said Anika Greene, robotics coordinator for the Discovery Museum. "Mercy (Hospital) now has robotic surgery, NASA is concentrating on robotic exploration -- there are things that robots can do that humans can't do, so people are tending to look more into robotics and how it can be used for everyday tasks. So it's definitely going to be something that's a part of their future. And so learning about it now gives them a chance to be a part of robotics when they get older, as well as just give them an understanding of what it is about."

The Robotics Club is geared towards students ages nine to 14 and meets every Friday evening from 4 p.m. to 5:30 p.m. Over an eight-week period, students use Lego Mindstorms® technology to build and program a robot to accomplish a specific task.

Students can then repeat the club as every eight-week project is different. For example, the club just finished a project where they built Sumo-Bots – fighting robots where, like sumo wrestlers, they have to try to push each other off a table. Greene said other projects have included building a smaller robot and programming it to run a maze, and even a "Body Forward" project that explored biomedical engineering.

Power up

While building robots may sound cool, it may not be for



THE FUTURE IS NOW. Students from the ages of nine to 14 are learning how to build, program and work with robots as part of the Discovery Museum Science & Space Center Robotics Club.

every child. Greene said the Robotics Club is best geared towards children that are interested in technology and want to learn how to program.

"If your child has a real interest in LEGOs and robotics and technology and working with computers, that makes them perfect for this club," she said.

For Susan Kear of Davis, signing her 13-year-old son Westley up for the Robotics Club was a "no-brainer" due to his avid interest in technology, engineering and robotics.

"I wanted to build robots with other kids and I already liked using Lego Mindstorms," Westley said.

Additional skills

Greene said while kids in the Robotics Club will obviously learn how to work with Lego Mindstorms and basic programming skills, they will walk away with much more than just that.

"They're working on a team, so they learn teamwork skills, they learn how to communicate with others," she said. "They learn how to problem solve because with robots it doesn't always work correctly the

first time or the way they think it's going to work so they have to problem solve on how to fix it. So it's much more than just building a robot and programming it."

Kear agrees.

"Finding mentors for your child in the area of their interest can be challenging. (Staff) are not only knowledgeable about robotics, but also spend much of their time teaching the kids how to work constructively in groups and as a team. We have seen amazing leaps in Westley's social maturity and confidence, in addition to his robotics and programming knowledge."

Hopeful future

So what does the future hold for the Robotics Club? Greene said they hope to offer both open and closed labs for those that wish to work on robotics projects when the Discovery Museum moves to the new Powerhouse building in about 2014. She adds they are also looking at expanding their school programs regarding robotics with potential outreach programs, as well as hosting robotics-related events.

And while the club's participants are mainly boys, Greene hopes to change that.

"We always love to see girls in robotics because robotics is going to become a huge part of our young people's lives in the future and so it would be great to have as much expo-

sure with robotics for both boys and girls," she said.

The Discovery Museum's Robotics Club is \$60 for members and \$75 for non-members. For more information, call (916) 808-3942 or visit www.thediscovery.org/museum-programs/robotics-club.



"Service & Selection Are Our Specialties"

Low Cost vaccine clinic Every Sat. 10-11:30am

15% Off General Merchandise
Excludes Advantage and Frontline. Must present coupon at time of purchase. Not valid with other offers. Expires 1/31/12 PN

Chicken Soup for the Pet Lover's Soul, Nutrisource, Taste of the Wild, Natural Planet Organics, Pure Vita, Natural Choice, Science Diet

\$2.00 OFF 15 lb BAG OR LARGER
\$3.00 OFF 30 lb BAG OR LARGER
Must present coupon at time of purchase. Not valid with other offers. Limit 1. Expires 1/31/12 PN

421-PETS (7387) • 352 FLORIN ROAD
(Corner of Florin and Riverside)
M-F 9am-7pm • Sat. 10am-6pm • Sun. 11am-5pm

Greenhaven Pocket Rotary generous with dictionaries

Story and photos by SALLY KING
Pocket News writer
sally@valcomnews.com

Ms. Moore and Ms. Saechao's third grade classes at Yav Pem Suab Academy School were in for a big surprise on Jan. 5.

Judy Foote, treasurer of the Rotary Club of Pocket Greenhaven, presented each child and teacher with a new picture dictionary.

Pam Whipple, school nurse and safety coordinator said the quality of the dictionaries was impressive.

"I watched the students reactions to receiving the dictionaries and they were immediately engaged," Whipple said. "The illustrations in the dictionaries help bring the words to life."

Foote began the morning by introducing the five Rotary Club members who came to present the dictionaries to the children. Each member talked to the students about the importance of a good education and how they too were excited that each child was receiving a new dictionary. Foote gave a short speech to the students explaining what the Rotary Club is about and that it is an international organization of business people who serve others locally, nationally and internationally. She asked the children if they could explain the purpose of a dictionary. Many students raised their hands eagerly, hoping to be called on.

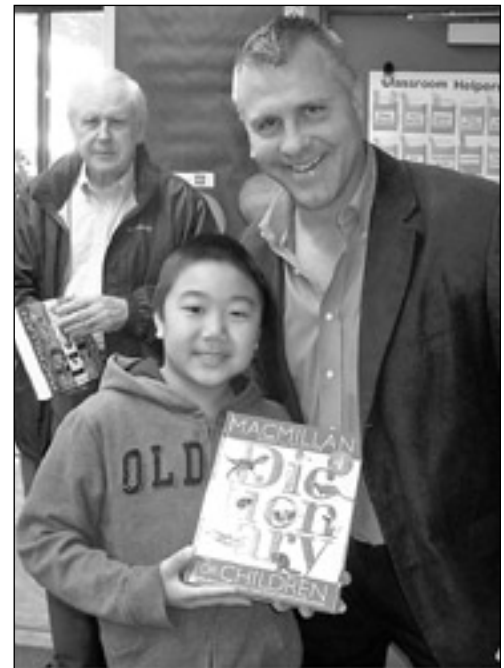
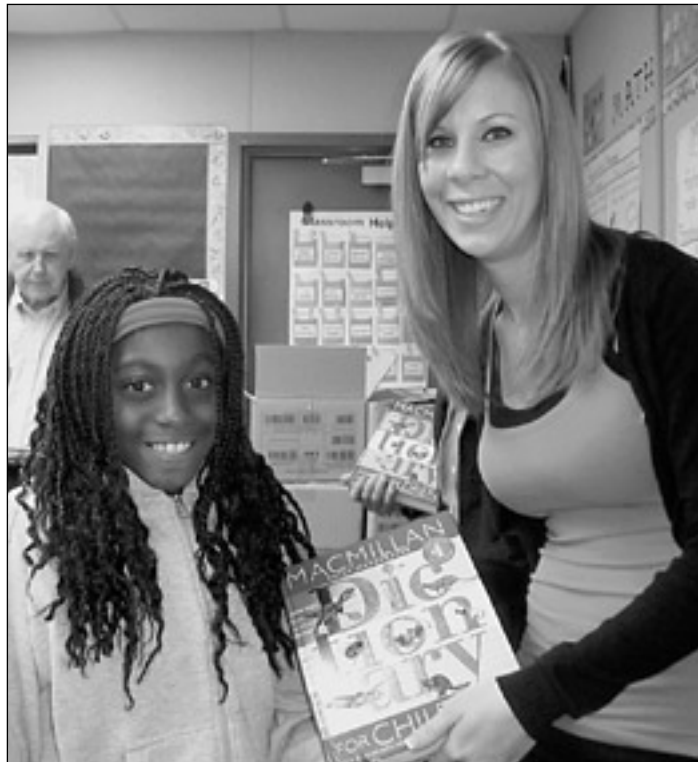
Clarence Parkins, District Foundation Chair, said the dictionary project started in 2004 with two clubs participating with 167 books purchased for three elementary classes in two schools. In 2011, 35 District Rotary clubs purchased 9,990 books, providing dictionaries to approximately 96 area elementary schools.

Foote says the Rotarians enjoy giving the dictionaries away just as much as the kids enjoy receiving them.

Third grade teachers Ms. Moore and Ms. Saechao said they are thankful to the Rotary Club for donating the dictionaries. Moore said the colorful picture dictionaries are amazing.

"Before the Rotary Club came to distribute the dictionaries, there was one dictionary the class had to share," Moore said. "Now the students can't stop using their dictionaries. One child told me the day he received his dictionary was the best day of class."

One of the highlights for Rotary International is literacy and passing out the dictionaries to the third graders at Yav Pem Suab Academy was truly a highlight.



Comfort pillows for breast cancer patients

Necessities Bag 'Pillow Party' a success

By SALLY KING
Pocket News writer
sally@valcomnews.com

The Fellowship Hall at the Central United Methodist Church was filled with women of all ages bustling about, getting work stations set up for the quarterly "Pillow Party" on Jan. 9.

Necessities Bag Volunteer Coordinator Joan Eddy felt the energy in the room and began the evening by thanking the volunteers who came to make comfort pillows for women recovering from breast cancer mastectomies.

"I anticipated around 45 volunteers, but I know we have more than that," Eddy said. "Our goal is to make 120 pillows and I think we will exceed that amount."

The final headcount for the evening was 68 volunteers and Eddy said a "whopping 262 pillows."

Necessities Bags are reusable totes filled with handmade pillows for wound care, comfort and practical items given to women facing mastectomies.

Sacramento resident Ellen Mack started necessities Bag Sacramento in August 2005 after she underwent surgery for a bilateral mastectomy and reconstruction and found the surgery traumatic. She wanted to comfort other women going through this surgery and had read an article about an organization in Connecticut that provided a tote filled with practical items and information specific to women facing mastectomies. Mack believed women needed this service in Sacramento and by April 2006, Necessities Bag Sacramento was incorporated. There are 15 affiliates throughout the country.

Omega Nu Sorority member Wendy Weir said their group donates the money made from Bunko Night to Necessities and most of them attend the quarterly "Pillow Party."

"This is a good way to give back," Weir said. "And I do have friends who

have or have had breast cancer."

Dixon resident Grace Bedoian who is a breast cancer survivor sees this as a way to help other women. She has attended six of these parties. She hopes the person receiving the pillow is comforted.

"Doing this makes me feel warmer," breast cancer survivor Sue Clark said. "These pillows are good for women who have had radiation treatments too. The pillow protects the area where it's sore from the treatment."

Buford Goodenough said he showed up because he likes to volunteer and this is a project that is near and dear to his heart. He works with a breast cancer survivor.

Volunteers could choose one of six stations to work. The first station had women busy cutting fabric, the second group matched fabrics up and pinned them together. There was a whirl of sewing machines where volunteers were sewing fabric together at the third station. The group at station four trimmed the corners and turned the fabric right side out and handed them off to a small group ironing the fabric. The next group stuffed Polyfill into the pillows and handed them off to the last group who hand sewed the small opening on the side of the pillow together.

Through the whole evening, only one small hitch interfered with the assembly line process. Early in the process some of the sewing machines lost power, but Eddy had it fixed right away.

This is the Jaime Clifton's second time volunteering for this project. She attends Laguna Hills High School and sees this as a good way to receive community credits.

A young boy and girl whose mother recently passed away from breast cancer and their aunt were helping sew the pillows together.

Lynn Smith is 88 years old and was stuffing the pillows.

"This is my meditation," Smith said. "I have to keep busy after losing my husband of 53 years and this makes me feel good."

Ask any of the volunteers who showed up and there would be a big smile and a feeling of warmth as many of them expressed how much they enjoy being a part of this quarterly event, knowing that somewhere there is someone who is using that small pillow as a comfort in a painful, scary situation.

To learn more, and to read comments from Necessities Bag recipients, visit <http://necessitiesbagsac.org>.



Pocket News photo, Sally King
A-WHIR WITH ACTIVITY, volunteers for Necessities Bag manned six stations to create comfort pillows for women recovering from breast cancer mastectomies on Jan. 9. Some cut fabric, others pinned it, some sewed while others trimmed, stuffed or finished the pillows. The groups goal was to create 162 pillows, but a "whopping 262" pillows were made in one evening.

2644 17th Street



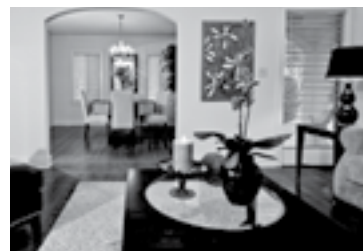
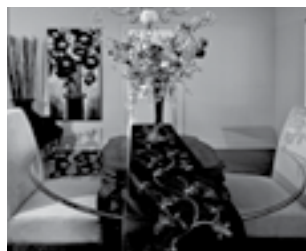
Land Park Opportunity

Spacious and Beautifully Maintained

Gleaming Hardwood & Enchanting Fireplace

Over 1700 Square Feet

\$289,900



Chris Briggs
916-834-6483

DRE # 01391999

We'd Love To Help!

DUNNIGAN
Realtors



Sheila Van Noy
Personalized service with you in mind
916-505-5395

DRE # 00924678

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901



Our Readers Need Your Service! It Pays to Advertise!



Contact Melissa at 916-429-9901

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

ADDITION SPECIALIST

See us at Northern California Home & Landscape Expo
Cal Expo Booth 226, January 27-29



Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

www.lytleconstruction.com

ADDITION/REMODEL SPECIALIST

FUGINA CONSTRUCTION

Fresh, creative, and unique ideas to make your space your own

- Design Build
- Room Additions
- Entire Home Remodeling
- Kitchens & Baths
- Outdoor Living Space
- Bath & Kitchen Tune-Ups

Call for your FREE consultation Today! 916-215-9293

www.fuginaconstruction.com

Lic. B548643

BLINDS & SHUTTERS

NATOMAS BLINDS & SHUTTERS

We Come to you!

FREE In-home Consultations Sales Installation

- Graber Blinds • Century Blinds • ShutterSMART Shutters
- Kathy Ireland Home by Alta

(916) 397-2922 (916) 397-2406

NatomasBlinds.com

Call Us # 457725

CARPET & UPHOLSTERY CARE

Johnny on the Spot

Complete Carpet and Upholstery Care

"Our cleaning is the most thorough you have ever had, or we will clean it again free. If you are still not pleased, we will refund your money."

- I.I.C.R.C. Master Cleaner
- Stain Removal Experts
- Carpet Repairs & Restretching
- Pet Urine Removal

Visit our website at www.johnnyonthespots.com for more info, coupons and specials.

Call (916) 997-7895

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services are needed.

Your ad should be here.
Ad design is free.

Call 429-9901

CLEANING

The Cleaning Brothers

"We Treat Your Home Like It's Our Own"

Commercial & Residential Services:

- Pressure Washing
- Gutter Cleaning (Starting at \$75)
- Window Cleaning
- Solar Panel Cleaning
- Pool/Spa Draining

Free Estimates! Call Now! (916) 402-8390

www.TheCleaningBrothersCo.com

Licensed & Insured

CLEANING

PRIME QUALITY MAINTENANCE

- RAIN GUTTER CLEANING
- Pressure Washing (house ext/walkways/all concrete areas)
- Window Cleaning (inside/out/screens washed)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured

Call Jesse (916) 417-4231



ELECTRICAL

Sunshine Electrical

Prompt. Dependable. Honest!

- Security Lighting
- Upgrades/Remodels/Repairs
- Spa Electrical
- FREE Estimates/Small jobs OK

(916)344-8735 or (916)752-5308

Ca License # 633853

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC

Reasonable Residential & Commercial Work since 1960

- Repairs, Trouble Shooting
- Custom Lighting/FREE Est.
- Excellent ref from Angie's List

(916) 451-2300

Cell: 213-3740

Neil McIntire — C.S.L.# 394307

GARDENING/LANDSCAPING

Terra Bella

GARDENING MAINTENANCE & WINTER CLEAN-UP

"Not your typical mow, blow & go company!"

- Full yard maintenance
- One time clean-up
- Gutter cleaning
- Sprinkler Repair
- Tree Trimming

Call Randy (916) 454-3430 or 802-9897

www.terrabellagarden.com • Lic# 152584

HANDYMAN

FREEDOM HANDYMAN SERVICES

I specialize in all areas of Home Improvement! Carpentry - Electrical - Sprinklers
Plumbing - Drains & Mainline
Roofing Service Available

Quality work the first time, Guaranteed!
NO JOB TOO SMALL!

Call Eric

(916) 470-3488

Licensed and Insured #152902

HANDYMAN

NEW YEAR CLEAN-UP!

- RAIN GUTTER CLEANING
- ROTOTILLING/& SOD PLACEMENT
- CONCRETE REMOVAL
- HAULING/SPRINKLER REPAIR
- PRESSURE WASHING

Call LESTER

(916) 838-1247

Lic#128758/Ref

Pressure wash your driveways clean! your decks, too!

Clean out your garage! Replace that old lawn!

Hard work ---not a problem!

SPECIALS FOR SENIORS/*SERVING THE AREA FOR OVER 15 YRS*



HARDWOOD FLOORING

Hardwood Flooring

Specializing in installing, sanding, and finishing hardwood flooring or repair and refurbish your current floors.

Call Mike - (916) 383-8742

Lic # 544159/References Available

KITCHEN/BATH DESIGN



DESIGNWORKS



KITCHEN BATH DESIGN
COMPLETE HOME DESIGN SERVICE

CASI DESIGNWORKS, INC.
916.376.9226

Let Steve help you with his STRESS FREE APPROACH
33 years of Award Winning Experience

DESIGNWORKS4HOME.COM



LANDSCAPING

SMOOT LANDSCAPING

CUSTOM LANDSCAPES & DESIGN

916.454.1300

www.smootlandscaping.com

Lic #633224

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

HEATING & AIR CONDITIONING



BEYOND PROS. WE'RE HEROES!



916-686-2626

HuftHeroes.com

**FURNACE
TUNE-UP
\$39.39**

YOUR AD SHOULD BE HERE!

Your Ad Here!

Your services
are needed.
Your ad should be here.
Ad design is free.

Call 429-9901

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL
INTERIOR & EXTERIOR OVER 20
YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323
McClatchy '67

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship
3rd Generation Painter
with over 30-years experience
(916) 422-4416

Dan Sovereign
Interior & Exterior Painting
Lic.#484215

PAINTING



All Interior/Exterior
Custom Painting

Call Bill (916) 519-1175
Ref Avail. • Owner-Operated
Fully Insured/Workers Comp/Bonded
Lic# 792971

PAINTING

COOK PAINTING

Full Service Company - Start to Finish

Paint Now!
Don't put it off

- Custom Painting • Super clean, neat & fast
- Interior/Exterior • Cabinets

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

(916) 591-5056 • www.cookpainting.com
In business since 1982 • CSL# 432951

PLUMBING

ROONEY'S PLUMBING

FULL SERVICE PLUMBING

456-7777

rooneysplumbing.com
License #683668

PLUMBING CONTRACTOR



MIDTOWN PLUMBING

Licensed Plumbing Contractor Since 1973

Reasonable Residential Work
Repairs • Re-Pipes • Sewers
Water Heaters • Drains • Disposals Etc.

(916) 393-2109
Cell 275-8236

CSL # 284755 • Fully Bonded & Insured

PLUMBING

FRANK'S PLUMBING

REPAIRS:

- Faucets • Water heaters • Toilets
- Drain cleaning • Leaky pipes • Disposals

(916) 988-1525

30 years experience • Owner operated • Lic #613102

ROOFING

HOPKINS ROOFING

34 years experience

Specializing in all types of
roofing & repairs

Dry rot repairs • Senior discount

(916) 731-7073

24-hour service • License #667013

TILE WORK

BAXTER TILE

EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates

916-421-9786

License #668100

TREE SERVICE

DON'S TREE SERVICE

ISA CERTIFIED ARBORIST WL4590A

Trimming, thinning, shaping & stump removal

Family Owned & Operated since 1967

#1 in customer satisfaction

(916) 428-4882

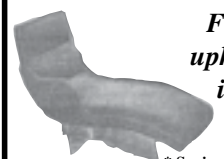
(916) 689-5244

www.donandsonreeservice.com

Lic# 331196

UPHOLSTERY

B & T Upholstery & Repair



Furniture
upholstery at
its finest

* Senior Discounts

www.bandtupholstery.com

1600-B Kitchner Rd., Sacto 95822
916/392-1959 • 916/995-7177

WATERPROOFING/MOISTURE CONTROL



Does Your Home Have a...

WET CRAWL SPACE or BASEMENT?

Protect your home from:

- Mold & Dry Rot
- Smells & Odors
- Standing Water/Drainage Problems
- Bugs & Critters
- Rising Energy Costs
- High Humidity/Warped Floors

Got a Sump Pump? Call for a FREE Inspection Today!

(916) 788-1151 • www.CapitalCleanSpace.com • Lic# 952698

YOUR SERVICES ARE NEEDED

**CALL Melissa TODAY
TO PLACE YOUR AD**

(916) 429-9901

CALENDAR

For more Calendar entries visit
www.valcomnews.com

Send your event announcement for consideration to: susan@valcomnews.com at least two weeks prior to publication.

JANUARY

Bilingual Toastmasters

Jan. 19, 26: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Jan. 19, 26: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Jan. 19, 26: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Jan. 19, 26: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic Disease group

Jan. 19, 26: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven

Jan. 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Sacramento Downtown Plaza Farmer's Market

Jan. 19, 26: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sam Brannan Middle School Visitation Days

Jan. 19: Sam Brannan Middle School will host parent and 6th grade student visitation days. Come discover the exciting transformation taking place at Sam Brannan Middle School. See first-hand some of the best teaching taking place in Sacramento! All classrooms will be open to students and parents to visit, 8:30 a.m. - 12 noon. Contact the school office to schedule your visit. (916) 264-4350 x 1001.

Sutterville Heights Optimist Club

Jan. 19, 26: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Ballroom Dances

Jan. 20, 24, 27, 31: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Coming Home to the Catholic Church

Jan. 20: Patrick Madrid will speak on "Search and Rescue: How You can Help People Come Home to the Church." With a generous helping of humorous anecdotes, biblical examples and practical illustrations, this talk equips lay-Catholics with the tools they need to help family, friends and co-workers to come into (or back into) the Catholic Church. Book signing, Q&A. Free. 6:30 p.m.-9 p.m. A free-will offering will be collected to defray costs. Presentation Parish, 4123 Roberson Ave., Sac.

Kiwanis Club of East Sacramento-Midtown

Jan. 20, 27: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Jan. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Jan. 20, 27: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

Country Club Plaza Farmer's Market

Jan. 21, 28: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Jan. 21, 28: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

2nd annual Potluck Benefit for Carmichael Dog Park

Jan. 21: Come learn how to work better with your four-legged canine family members and bring a potluck dish to feed 10 to 12 hungry neighbors at the Second annual Carmichael Canine Corral Dog Park Fundraiser Potluck. Guest speaker: Tom J. Lucido, dog trainer. \$5 per person. 5:30 p.m.-8 p.m. Raffle, prizes, more. Benefits Carmichael Canine Corral. Carmichael Veterans' Hall, Fair Oaks & Grant Ave., Carmichael. www.CarmichaelDogPark.com CarmichaelCanineCorral@yahoo.com

3rd Saturday Paint Out: Tower Theater

Jan. 21: Meet in the south end of Willie Burgers parking lot, 2415 16th St., Sac., opposite our famous Sacramento icon, the Tower Theatre. Plenty of views are available, as well as coffee, breakfast, lunch and restrooms. Please be courteous to Willies customers by not parking close to the restaurant. 9 a.m. Open to all artists. David Peterson (916) 716-5951

- EVENT LISTING SECTION -

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

CHAMBER MUSIC SOCIETY OF SACRAMENTO

25th YEAR OF BEAUTIFUL MUSIC!

Concerts 2012 - 2/11, 3/10, 4/15, 5/5, 6/12

cmssacto.org 443-2908

WINTER WONDERLAND BRIDAL SHOW

January 29, 2012 ~ 12 p.m. to 6 p.m.
The Beda Place

990 Meadow Gate Road, Meadow Vista, CA
Bride & Guest \$50 — Get Your Tickets Now!
(530) 878-2332

info@thebedaplace.com — www.TheBedaPlace

A Celebration of Birds & Family Fun!

5th ANNUAL GALT

Winter Bird Festival

Saturday, January 28
McCaffrey Middle School

997 Park Terrace Drive, Galt

FREE admission • Arts & Crafts
Bird Tours • Kid's Activities • Food
Pre-registration for bird tours: www.ci.galt.ca.us or call (209) 366-7115

A PARALLEL UNIVERSE

Hilarious, jaw-dropping entertainment!

FRI /SAT FEB. 17 & 18
8:00 p.m.

2425 Sierra Blvd.

(between Howe and Fulton Aves)

Tickets online \$15
at: ticketleap.com
or \$20 at the door

Show suitable for adults and kids 10+

CLASSIFIED ADS

Call a sales representative today for great advertising rates: 429-9901

COMPUTERS

GOT COMPUTER PROBLEMS?

Pocket Computer Technician. I do on-site visits in the Pocket area. \$45/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

EMPLOYMENT-DRIVERS

DRIVERS

Drivers: New Years Resolution: NEW JOB! Gross \$4,000 month. Paid Benefits! CDL-A, 2 yrs OTR Exp. Weekly Pay 1-888-880-5921.

Sell your furniture
in the classifieds
call Melissa at 429-9901

Classified ads work

HANDYMAN

NEW YEAR CLEAN-UP

Rain Gutter cleaning— Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. Specials for seniors. Licensed.

HANDYMAN SERVICES

No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

HANDYMAN

One-time cleanup. Stump, root & shrub removal. Japanese pruning. Sprinkler repair. Gutter cleaning. Fence repair. Honey-do list. Works by the hour. General handyman work & repairs - no job too small. 368-9348.

HARWOOD FLOORING

HARDWOOD FLOORING

Install, sand & finish hardwood flooring. Or repair and refurbish your existing flooring. Call Mike at (916) 383-8742. References available/Lic#544159

PET PORTRAITS

ORIGINAL PET PORTRAITS

Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph—turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

Need Home Improvement?

Check out the
Home Improvement Guide
in the Pocket News.
For Home Improvement
ad rates, call 429-9901.

TAX PREPARER

#1 TAX PREPARER

29 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. www.taxirene.info

Advertise in California Kids!
Serving Greater Sacramento,
For more information,
call Jen at
(916) 429-9901
Published by Valley Community
Newspapers, Inc.

BOOKKEEPING

#1 BOOKKEEPER

29 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info

Sell your car! 429-9901



Carmichael Farmer's Market

Jan 22, 29: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

Co-Dependents Anonymous

Jan 22, 29: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

Community Sunday breakfast

Jan 22, 29: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

State Parking Lot Farmer's Market

Jan 22, 29: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

Jan 22, 29: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Hatha yoga

Jan. 23, 30: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

First annual Didion Crab Feed Feb. 18

Special to Pocket News

Join your friends and neighbors at the First annual Didion Crab Feed on Saturday, Feb. 18.

This event, which benefits Genevieve Didion K-8 School PTA, will feature cocktails, a delicious crab dinner, dessert, a raffle, silent auction and more. There will be a special live music performance, and a DJ dance party - bring your dancing shoes!

Tickets are \$40 per person if purchased before Jan. 31... after that, they are \$45. Print out the order form at www.didionk8.org.

The crab feed will be held on Feb. 18 from 6 p.m. to 11 p.m. at Elks Lodge No. 6, corner of Riverside Blvd. and Florin Road in Sacramento. Questions? Email them to Tim Gergen, Didion PTA president, at tgergen@yahoo.com.

Nicotine Anonymous

Jan. 23, 30: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Tai Chi & Chi Keung

Jan. 23, 30: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Jan. 23, 30: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

Rotary Club of South Sacramento

Jan. 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Best Friend Fridays

Friday, January 27, 2012
5:30 - 7:30 PM • \$5 Admission
Sierra 2 Center • 2701 24th St.



A fun, no pressure, no risk networking environment with...

Hors d'oeuvres • Wine & beer • Games
Raffle drawings • Door prizes

Hosted by and benefitting Friends of Sacramento City Shelter Animals

www.saccityshelter.com

FLOWERS

THE PERFECT VALENTINE GIFT FOR
LOVE AND ROMANCE

IN STORE SPECIALS: 25%-30% OFF - CASH & CARRY ONLY

Relles Florist & Gifts

65 years in Sacramento with Service & Quality

2400 J Street
(916) 441-1478

801 Howe Avenue
(916) 920-4911

FREE PARKING

RELLESFLORIST.COM



Ilah Turner
GRI

Call 206-4016
DRE# 01278805

Turning Your Dreams Into An Address



Hollywood Park Cutie

Coming Soon! Charming 3 bedroom, 2 bath updated home. Large family room with big mature backyard. Newer roof, CH/A, hardwood floors, & plantation shutters. Traditional sale - call me for a private showing.

\$268,000

Real Estate Questions?

Visit my website. www.ilahturner.com



MONA GERGER
247-9555



DUNNIGAN
Realtors

"Call for a private showing"

River Front Lot, Close to Downtown



Rare opportunity to build your own home on a riverfront lot in the Little Pocket area close to the freeway and downtown. This lot is on Riverside Blvd. close to 35th Ave. Must see this beautiful lot. Feel free to go by and walk around the lot and enjoy the Sacramento River. Please call agent anytime if you have any questions.

5746 Riverside Boulevard \$325,000

SACRAMENTO THEATRE COMPANY PRESENTS



Book and Lyrics by
Joel Paley

Music by
Marvin Laird

Ruthless!

THE MUSICAL

January 11th - February 19th, 2012

Tickets available at the Wells Fargo Pavilion Box Office:

@ the corner of H & 15th **916-443-6722** www.sactheatre.org

RUTHLESS is presented by special arrangement with SAMUEL FRENCH, INC



Nelson Dental
"We're in your Pocket Neighborhood"

Committed to providing you the best care in a pleasant environment. We use the latest technology to provide advanced services like: single visit crowns and Velscope oral cancer screenings.

7400 Greenhaven Drive - 916.427.1101
(Off I-5 between Florin and Pocket Road)
www.NelsonDental.com

CALENDAR

For more Calendar entries visit
www.valcomnews.com

Rotary Club of Arden-Arcade

Jan. 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Jan. 24, 31: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Upholstery class

Jan. 24, 25, 31, Feb. 1: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey

Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Co-Dependents Anonymous

Jan. 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Rotary Club of East Sacramento

Jan. 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

Senior Wednesday Club

Jan. 25: The Senior Wednesday Club meets to chat, play bridge, pinoch-

le or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

Toastmasters

Jan. 25: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Co-co's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Best Friend Fridays

Jan. 27: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org



FallProof™

6-week Balance and Mobility Training Classes
Stretch & Strengthen, Challenge your balance,
Increase Endurance and Improve Postural Awareness


MAINTAIN YOUR INDEPENDENCE

Tuesday & Thursday, 3-4 p.m.
January 17-February 23, 2012


Parkside Community Church
5700 South Land Park Drive
Sacramento, CA 95822
916-421-0492
Cost: 12 Sessions for \$99

The Fall Prevention Lady, Kelly Ward
Certified FallProof™ Balance and Mobility Specialist
Certified Senior Fitness Trainer M.S., Therapeutic Aging

Retire close to your family and friends!



We live here...Heritage Park



DRE#01076748
DRE#01236113

LYON
REAL ESTATE
www.GoLyon.com

CALL US!

Holly Brickner
215-7127

Brick Brickner
747-2901

St. Robert School TK-8

"Where Faith and Knowledge Meet"

We invite you to our Open House Jan. 29, 2012, 11am - 1pm.
Kindergarten Readiness Seminar 1-1:45pm
For further information, call 916-452-2111

For over 50 years ST. ROBERT SCHOOL, located near Land Park, has provided a well-rounded education which focuses on academic excellence and spiritual and character development. In addition, ST. ROBERT affords students opportunities to participate in competitive and recreational athletics as well as affording other opportunities for involvement in community service activities.

Choosing a school is an important decision. Call today for a private tour of our campus!



2251 Irvin Way, Sacramento
www.St-Robert.org

A CELEBRATION OF BIRDS & FAMILY FUN!



5th ANNUAL GALT
Winter Bird Festival
Saturday - January 28, 2012
McCaffrey Middle School
997 Park Terrace Drive, Galt, CA

Free Admission • Arts & Crafts • Bird Tours
Free Kid's Activities • Local Food Vendors
Live Animal Demonstrations

Pre-registration for bird tours is required, so sign up NOW by visiting www.ci.galt.ca.us or call 209-366-7115.

TOURS OFFERED:
ZenOptic Dawn Photo Tour • McFarland Ranch Children's Tour
Early Morning Songbirds • Staten Island Sunset Tour
Cosumnes River Preserve Manager's Surprise Tour • Bufferlands

Bella Vista Football Booster Crab Feed
Jan. 28: Enjoy a mouth-watering meal of soup, salad, the best crab in town and dessert. Open to the public, tickets \$40/person. Silent and live auctions, raffle, dessert auction, dancing by Rodney Cooper and Night Groove. 6 p.m.–11 p.m. at Divine Savior Church, 9079 Greenback Lane, Orangevale. To order tickets, call (209) 676-0053 or bvcrabfeed@hotmail.com. Also visit www.bellavistafootball.com

Winter Bird Festival

Jan. 28: Enjoy a celebration of birds and family fun! The 5th annual Galt Winter Bird Festival offers free bird tours (Pre-registration for tours required – sign up soon by visiting www.ci.galt.ca.us or call 209-366-7115), arts & crafts, free kid's activities, local food vendors, live animal demonstrations. McCaffrey Middle School, 997 Park Terrace Dr., Galt.

Winter Wonderland Bridal Show

Jan. 29: Check out the latest fashions and bridal necessities for the perfect wedding. \$50 for bride and two guests. Get tickets now! 12 noon–6 p.m. 990 Meadow Gate Rd., Meadow Vista. (530) 878-2332 info@thebedaplace.com

FEBRUARY

Best Friend Fridays

Feb. 3, 10, 17, 24: Enjoy a fun, no-pressure, no-risk networking environment that benefits the local community non-profits. Hors d'oeuvres, wine & beer, games, raffle drawings, door prizes. Bring your best friend and make new ones. \$5 admission. Each Friday is hosted by a different non-profit group with all proceeds from the raffle donated. Garden Room and Courtyard, Sierra 2 Center, 2791 24th St., Sac. (916) 452-3005 www.sierra2.org

Pancake Breakfast

Feb. 4, March 3: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.–10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Sacramento Museum Day

Feb. 4: Enjoy free or half-price admission to more than 25 other museums in the Sacramento region as part of Sacramento Museum Day. 10 a.m.–5 p.m. For more information, visit sacmuseums.org.

Crochet Guild

Feb. 8, March 14: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th & H sts., Sac. Carolyn (916) 457-4044

Referrals Plus

Feb. 8, March 14: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org



Sacramento Country Day School



Cookies, Coffee, and Curriculum

Visit classrooms, meet teachers and experience first-hand the creativity and character in Pre-kindergarten and Kindergarten

<p>Kindergarten Dec. 7, Jan. 26, or Feb. 23 10:15 a.m.-noon</p>	<p>Pre-Kindergarten Dec. 8, Jan. 11, or Feb. 22 8:45-10:45 a.m.</p>
--	--

Please reserve with **Lonna or Dana** in the **SCDS Admission Office 916.481.8811**

2636 Latham Drive, Sacramento 95864
 www.saccds.org

WWW.VALCOMNEWS.COM



Sacramento Soccer Alliance

TRYOUTS

Local. Select. Soccer.

The Select soccer season runs from June through December. SSA offers competitive teams, reasonable costs, and structured coach development.

U9 - U11 Boys & Girls Jan 21 & 28 at Bahnfleth Park
U12 - U14 Boys & Girls Feb 4 & 18 at Bahnfleth Park

- | | |
|--|---|
| <ul style="list-style-type: none"> • U9 9:00 - 10:30 am • U10 11:00 - 12:30 pm • U11 1:00 - 2:30 pm | <ul style="list-style-type: none"> • U12 9:00 - 10:30 am • U13 11:00 - 12:30 pm • U14 1:00 - 2:30 pm |
|--|---|

Wear a white shirt to tryouts.
 Bring water and a soccer ball.
 Arrive at least 15 minutes early.
 You only need to attend one tryout.

Register at
www.SacramentoSoccerAlliance.com

See More Photos & Open House Schedule for my "Featured Homes" at:
GreenhavenPocketHomes.com



< 6 Healdsburg Court – Pending Sale!
 Immac 3bd 2ba, 1-story w/3-car garage! Lrg family rm. Lots of updates, including granite kitchen counters & much more! Great locale near the School of Engineering & Sciences, Pocket Library & bike path.

234 River Acres Dr – Now \$299,900! >
 Exceptional location & features! 3bd 2.5ba "Great Room" plan w/formal dining rm, upd stainless kitchen appliances w/Blue Star gas range. Tile roof. Upd laminate & tile flooring. Apx 25' deep garage. More! Apx 1,899 sq'



< 6965 Riverside Blvd – Pending Sale!
 Easy living in this attractive, well-maintained 2bd 2.5 bath halfplex home. Both bdms are large & have private baths – like having two master suites. Low-maint stucco exterior & updated comp shingle roof. More!

1332 Eloah Way – SOLD! >
 Charming 3bd 2ba with elegant formal living & dining rms. Updated kitchen, roof, heat & air, flooring, more! Lrg master ste w/French doors to yard. Enclosed patio room, plus bonus room. RV or boat parking.



"Bill did a fantastic job in all aspects of selling our home in this market... total days on market was under 30 days! Bill is very professional and communicated with us constantly throughout the whole process. Thank you, Bill!"
 Naida Rasmussen, Seller – SLP Hills

* Per public records or other sources deemed reliable, but has not been verified by agent or broker. Interested parties to verify.



Over 30 Years Experience - References
 Greenhaven / Pocket Area Specialist
 Masters Club, Outstanding Life Member

Bill Bonner
 (916) 320-1888
 Bill@PocketAreaHomes.com



Dunnigan Real Estate

DRE# 00692245

GreenhavenPocketHomes.com



Heavenly's Yogurt



www.HeavenLysYogurt.com

Kids get first 4 oz. FREE every Friday from 4-8pm

7600 Greenhaven Dr., #21
 (916) 455-6000
 11:00 am – 9:30 pm Daily

5535 H Street, #10
 (916) 422-8120
 11:00 am – 9:30 pm Daily

FREE YOGURT

Get a FREE 8 oz. yogurt when you purchase 8 oz. or more of yogurt.
 Limit 1 free 8 oz. yogurt per coupon.
 One coupon per person per visit with coupon. Not valid with other offers. Exp. 1/31/12

SELLS GREENHAVEN/POCKET



6492 RIVERSIDE BLVD. \$348,000

PENDING

SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3-CAR 2823 SF.
BRANDON M. SHEPARD 916-479-1936



6 HEALDSBURG COURT \$329,900

PENDING

SINGLE FAMILY, 3 BEDROOMS, 2 BATHS, 2,142SF.
BILL BONNER 320-1888



7610 BRIDGEVIEW DRIVE \$305,000

NEW PRICE

HALF PLEX, 3 BEDROOM, 3 BATH, 2381SF.
TERRY MULLIGAN 768-3796



234 RIVER ACRES DRIVE \$299,900

NEW PRICE

SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 1899SF.
BILL BONNER 320-1888



6708 BREAKWATER WAY \$275,000

PENDING

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2023SF.
LYNN LUK LEE 628-2843



7311 RIVERWIND WAY \$189,900

HALF PLEX, 3 BEDROOM, 3 BATH, 1779SF.
JOLEEN DUNNIGAN 717-3559



6965 RIVERSIDE BLVD \$169,500

PENDING

HALF PLEX, 2 BEDROOM, 2.5 BATH, 1420SF.
BILL BONNER 320-1888



7358 AMBROSE WAY \$150,000

PENDING

HALF PLEX, 2 BEDROOM, 2 BATH, 1177SF.
MARSHA CHAN 217-5500

ELK GROVE

- 3525 MARSH CREEK WAY-\$375,000
PENDING
SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3951SF
JOLEEN DUNNIGAN 717-3559
- 9069 QUAIL TREE COURT-\$289,000
PENDING
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2425SF
LYNN LUK LEE 628-2843
- 8611 ELK RIDGE WAY-\$155,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1761SF
BRANDON SHEPARD 479-1936
- 9491 SEA CLIFF WAY-\$169,900
SOLD
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2193SF
FARES ALIE 247-7198
- 8732 MORNING GLORY WAY-\$245,000
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2832SF
NEAL ALIE 981-7129

- 5 BENT CREEK COURT-\$165,000
SOLD
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2090SF
NEAL ALIE 981-7129
- 6120 DEEPDALE WAY-\$235,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2900SF
FARES ALIE 247-7198
- 9601 ELK GROVE BLVD-\$299,000
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1374SF
JOHN WONG 531-7150
- 8496 VISTA BROOK DRIVE-\$215,000
NEW LISTING
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2159SF
NEIL ALIE 981-7129
- 9404 RIVER FALLS COURT-\$180,000
NEW LISTING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1854SF
BRANDON SHEPARD 479-1936

- 9898 BOBBELL DRIVE-\$270,000
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2751SF
JOLEEN DUNNIGAN 717-3559
 - 9918 TARZO WAY-\$165,000
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1324SF
GARY T LEE 595-4279
- SACRAMENTO**
- 4200 E COMMERCE WAY #623-\$50,000
PENDING
CONDO, 1 BEDROOM, 1 BATH, 667SF
DAVID OHARA 600-9495
 - 2319 V ST. - \$495,000
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3100SF
DAWN O'CONNOR-ROWE 799-4835
 - 1939 AUBURN BLVD-\$449,900
COMMERCIAL/RETAIL
GARY T LEE 595-4279

- 9096 BEDROCK COURT-\$249,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2781SF
DAVID OHARA 600-9495
- 377 DRAGONFLY CIRCLE-\$150,000
SOLD
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1552SF
BRANDON SHEPARD 479-1936
- 2517 7TH AVENUE-\$259,900
SOLD
SINGLE FAMILY, 2 BEDROOM, 1 BATH, 1154SF
BRANDON SHEPARD 479-1936
- 2885 NORWOOD AVENUE-\$350,000
RESTAURANT, 139.392SF
DAVID OHARA 600-9495
- 7272 FAWN WAY-\$49,900
PENDING
SINGLE FAMILY, 3 BEDROOM, 1 BATH, 1036SF
GARY T LEE 595-4279