

THE POCKET NEWS since 1991

January 17, 2013

Community News in Your Hands

www.valcomnews.com

Legal and financial planning advice for people with Alzheimer's
See page 5

'Read to a Dog' at Belle Cooleedge
See page 16

LANCE ARMSTRONG HISTORY, PAGE 6 • SPORTS, PAGE 14 • ARTS, PAGE 20 • COMMUNITY CALENDAR, PAGE 21

Inside This Edition



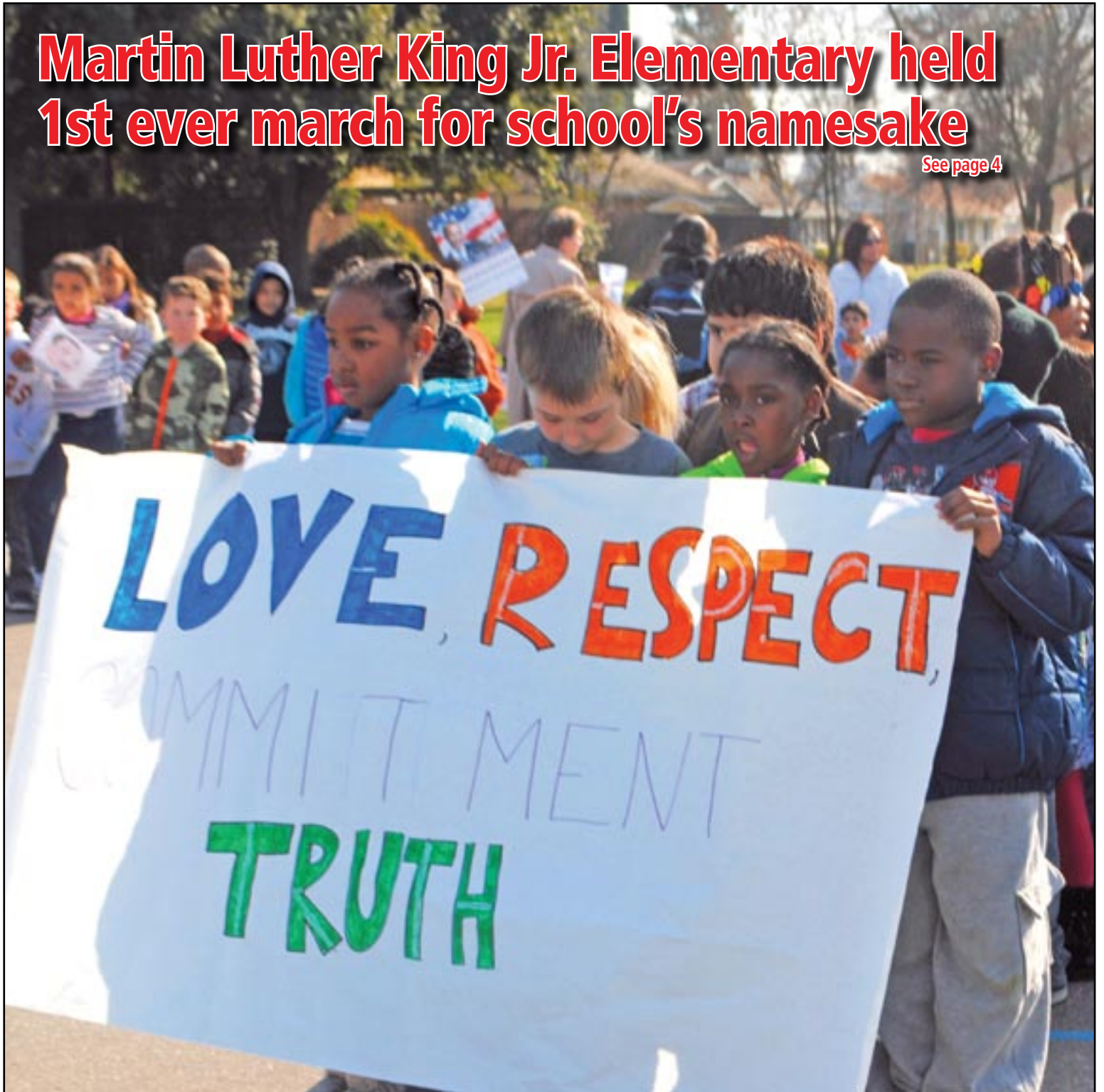
Pocket resident, U.S. vet opens South Sacramento Crossfit
See page 3



Faces & places: Crab feed at Elks Lodge, No. 6
See page 12

Martin Luther King Jr. Elementary held 1st ever march for school's namesake

See page 4



P POCKET BISTRO



- Full Bar
- **Now catering!**
- Prime Rib Thursday Nights
- Sunday Brunch 10:00 am - 2:00 pm
- Lunch & Dinner Served Daily
- Happy Hour: Tuesday - Friday, 3:30 - 7:00 pm

Monday Night Special
Chef's Fried Chicken

Join us for the NFL Playoffs

Sunday Brunch
Every Sunday from 10-2pm

6401 Riverside Boulevard • 916.391.7990 • www.PocketBistro.net Hours: Mon 5-9:30pm Tues-Thurs 11:30am-9:30pm • Fri-Sat 11:30am-10pm • Sun 10:00am-8:30pm

Experience Counts!

Now More Than Ever!

More than 2,200 of our Greenhaven/Pocket friends and neighbors have trusted me to serve their real estate needs over the past 30+ years!



Nick LaPlaca
764-7500



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.

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

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Monica Stark
Art Director..... John Ochoa
Graphic Designer..... Serene Lusano
Advertising Executives..... Linda Pohl
Patty Colmer, Melissa Andrews, Jen Henry
Distribution/Subscriptions..... George Macko

Cover photo by:
Monica Stark

Other photos by:
Courtsey
Dorothy Trapanese

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

Correction

In the Jan. 3 issue of The Pocket News, the article "Pocket resident is deemed a 'shining star' for healthy living: Jerry Chang, 90, to be honored at first SHINE self-wellness expo" misstated Jerry Chang as organizing the Sacramento Mentoring Club. He actually organized the Sacramento Mandarin Club. We regret the error. If healthy living is your 2013 resolution, join the Sacramento SHINE Self-Wellness Expo, a free collective community resolution kick off on Jan. 26 from 10 a.m. to 2 p.m. at the George Sim Community Center, 6207 Logan St., Sacramento, 95824. For more information, call Evette Tsang at 719-5087 or email et@shinewellnessinc.com, www.shinewellnessexpo.org

Great cut. Great price. What's not to like?



Online Check-In

Check wait times & check-in at greatclips.com OR get the Phone App today!

greatclips.com

For over 25 years we've been the best value in haircuts.

A Great Haircut. Guaranteed.

\$7.99 "The 79'er"

ALL Haircuts 7:00PM to 9:00PM
Not valid with any other offers. Limit one coupon per customer. Valid at 1054 Florin Road Only. Offer expires: 2/17/13 PN

Great Clips
Relax. You're at Great Clips.

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



\$9.99 haircut

offer expires: 2/17/13 PN
Not valid with any other offers. Limit one coupon per customer. Valid at 1054 Florin Road Only.

Great Clips
Relax. You're at Great Clips.

Health Care You Can Afford



Sutter Express Care - a walk-in medical clinic inside your neighborhood Rite Aid. Get quick, quality care for common ailments like strep throat, colds and flu, infections, seasonal allergies.

- No appointment necessary
- No insurance needed, but many health plans accepted
- You don't need to have a Sutter doctor to visit

Open seven days a week
Mon-Fri: 9 a.m. - 8 p.m.
Sat-Sun: 10 a.m. - 4 p.m.
Natomas: 2751 Del Paso Rd.
Greenhaven: 980 Florin Rd.
Roseville: 2004 Foothills Blvd.

Sutter Express Care



Your neighborhood boot camp coach

By MONICA STARK
editor@valcomnews.com



Arturo N. Fernandez helps a crossfit client.

Photo courtesy

It's about 9:45 on a cold January Friday morning, but inside a 7,000-square-foot warehouse located near Executive Airport, sweat is dripping off three dedicated athletes.

"This is what I am seeing," Coach Arturo N. Fernandez tells one of them, but "This is what I want to see!" Fernandez is trying to get him keep his feet flat and hips pushed back, during bar lifts.

Like a military boot camp where trainees stick to a varied program with climbing ropes hanging from 21-foot-high ceilings and an indoor 25 meter lane specifically for the use of flipping tires, sprinting, and other "strongman" activities are incorporated into a day's session.

But unlike a military boot camp, ages range from 7 to 67 and abilities vary from someone transitioning out of a sedentary lifestyle to former athletes.

Abilities are fluid and improvements are encouraged.

Fernandez keeps a tally of workouts his trainees have done in the past and athletes keep track of their personal records, noting how long it takes them to get through a circuit and how heavy the weights they use are.

During a circuit of jump rope and squats (with weights), it's common to see the athletes tripping over the

ropes, as they get tired, but such a misstep is met with a penalty: one roll on the floor, followed by a push up and jumping jack.

But despite the four penalties one person racked up in 10 minutes, Fernandez told the athlete: "You were solid. You were right where you needed to be."

After a break, one woman came to me and called herself the poster child of South Sacramento CrossFit. "If I could do it, anyone can ... I have no

strength but the other day, I lifted 155 pounds," she said.

After the 8:30 a.m. session, athlete Pamela Gifford said what she enjoys about CrossFit is the challenge. "It pushes me past my limits." She

See Crossfit, page 8

BRIAN J. WONG
barber & stylist

STRAIGHT RAZOR SHAVES
HAIRCUTS
Appointments only

BrianJWongTheBarber.com
Lake Crest Village 1024 Florin Road
Located inside Simone Salon (916) 832-9949

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

Ruhkala Monument

Monuments • Markers • Plaques • Granite • Marble • Bronze

1001 Broadway Sacramento, CA 95818 (916) 441-2846
4501 Yankee Hill Ct. Rocklin, CA 95677 (916) 624-1176

Since 1889 • www.RuhkalaMonument.com

\$75 Tune-Up Special*

GREENHAVEN BIKE SHOP

*parts extra
Good through 1/31/2013

Neighborhood Sales & Service Professionals

Greenhaven Bike Shop
354 Florin Rd. | Sacramento, CA | 95831
916.424.2453

Hours of operation:
Monday - Friday 10 - 7
Saturday 11-6 | Sunday 12-5

TURN YOUR OLD COINS AND JEWELRY INTO CASH!

The Sacramento Coin Shop
Riverside Coins & Gold

www.RiversideCoins.com
3204 Riverside Blvd. Sacramento, CA 95818
(at 8th Avenue across from Vic's Ice Cream)
(916) 447-2646

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

GET 10% MORE
With this ad

Wanted To Buy:	Jewelry Gold, Silver, Jade, Ivory, Vintage Costume Jewelry, Cameos	Coins Gold & Silver, Paper World Currency, World Coins, Proof Sets, Mint Sets, Tokens, Medals	Gold Scrap Gold, Dental Gold, Gold Nuggets	Other Items All Sterling Silver, Old Vintage Comic Books, Vintage Lighters, Old Stamps, Pocket/Wrist Watches
-----------------------	--	---	--	--

Martin Luther King, Jr. Elementary students march for school's namesake

By **MONICA STARK**
editor@valcomnews.com

Students at Martin Luther King, Jr. Elementary marched from campus and around the block across from campus in honor of Martin Luther King Jr.'s memory on his birthday, Jan. 15. The march was a "Freedom March" and held different meanings to each student. Carrying signs "freedom from bullying," "freedom of education" and "freedom for all" the students were fully engaged.

It was a march that Principal Reginald Brown said was "open to interpretation. We have some of the nicest, caring, compassionate kids."

This is the fifth year that Brown has been the principal at the school, but it's the first time they've held a march in honor of MLK Jr.'s birthday. Each year, they've celebrated MLK Jr.'s memory differently. They've held essay contests, always held some kind of assembly, but this year, one of the teachers brought up the idea of a march. And on Friday, Jan. 11, permission slips went home and organization for the march came together quickly. "It is a way to solidify our namesake," Brown said, by holding his vision. "(MLK) is a top American in our history."



Photos by Monica Stark

Legal and financial planning for persons with Alzheimer's Disease

By **BONNIE CHOW, MSW**
Alzheimer's Association Family Care Associate

In December 2011, Charles Warner was diagnosed with Alzheimer's. He shared with the Alzheimer's Association his thoughts about having a diagnosis and preparing for the future. He wrote:

"When I was diagnosed, I became obsessed about what changes in my life it would inevitably cause knowing what informed people say about the current state of knowledge as to what the future outcome is going to be. I worried incessantly about my wife, my children and, of course, myself.

In retrospect, spending a lot of time worrying about myself was a mistake. It is important to plan for the future but do not let what is going to happen in the future ruin the life you can live now, before the disease progresses."

His comments highlighted how the diagnosis of Alzheimer's disease makes planning for the future more important than ever. Families are often focused on the diagnosis and what it means for the immediate day-to-day activities and care. Unfortunately many families often put the legal and financial implications of having a diagnosis on the back burner. This leaves families unprepared.

Having legal and financial documents in place allow caregivers to protect their loved ones as well as provide a "peace of mind" by reducing stress levels as the disease progresses. Accurate information about legal and financial planning, especially specific to Alzheimer's disease or related dementia, can help to relieve some of the concerns about care provision and help families understand how to offset the cost of care. Persons with

Alzheimer's and their caregivers should have power of attorney documents for financial matters as well as a health-care power of attorney. Advanced health care directives that specify one's health care wishes are important. A will spells out how one's assets are

to be distributed after the individual has died. It is important to review and update these documents periodically, as situations change. For example, a person diagnosed with Alzheimer's disease might no longer be the best person to serve as a power of attorney for their spouse's financial or health care decisions.

On Jan. 8, 2013, the Alzheimer's Association and Asian Community Center - Park City hosted a free educational workshop, entitled "Legal and Financial Planning for Alzheimer's Disease." This program covered information for families and individuals dealing with Alzheimer's disease or a related dementia.

Dustin McFarlane, a local elder law attorney, spoke about important legal and financial issues to consider, how to put legal plans in place, and how to access legal and financial resources in the community. He touched on the various options for paying for care, possible tax deductions and credits, Medicare, Medi-Cal, and Veterans benefits. Attendees were also given some practical strategies for making a long-term plan of care and additional written

resources and information were provided.

Attendees found the workshop to be helpful and informative. It prompted them to think about their current situation and their own legal and financial plans. Some feedback on the class included the following comments: "All informative, very positive and instructional!" "Great intro to elder law and etc."

The Alzheimer's Association and Asian Community Center partner with UC Davis Alzheimer's Disease Center on the Bridge to Healthy Families Dementia Care Network, which provides caregiver support services, including education and training (like this workshop), respite, support groups, and more. Services are open to all older adults and caregivers.

Contact: Judie Higashi, RN, EdD at 393-9026 x 336, jhigashi@accsv.org or visit www.accsv.org.

For more information on the "Legal and Financial Planning for Alzheimer's Disease" workshop, local elder law attorneys or other upcoming educational workshops, contact the Alzheimer's Association at 800-272-3900 or visit www.alz.org.

Community Worship

Greenhaven Lutheran Church

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

9:00am Bible Study & Sunday School
10:15am Traditional Liturgical Sunday Worship Service
www.GreenhavenLutheran.org
Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

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.rwsac.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

LAND PARK GOLD & SILVER
State of the Art Jewelry Repair and Metal Diagnostics
A Family Shop LIC# 34041416

Jewelry Rare Coins
UNWANTED BROKEN GOLD OR SILVER?
Turn It Into Cash!

Sell your gold with confidence

We Buy and Sell Gold, Silver, Jewelry, Coins
Call for Today's Rates on Scrap Gold 916.457.2767

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

Watch Batteries \$5.00 + Tax
Installed - per watch
(Some Restrictions Apply) Expires 1/31/13 PN

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

Ring Down-Size \$15.00
Most Rings
(Some Restrictions Apply) Expires 1/31/13 PN

Ring Up-Size \$35.00
Most Rings. Up to 2 Sizes
(Some Restrictions Apply) Expires 1/31/13 PN

Susie Kuwabara Parker
Realtor®
DRE#00833025
916-768-8494 | 916-421-3546
4305 Freepoint Boulevard, Sacramento 95822
Native Sacramentan Pocket/Greenhaven SPECIALIST

COOK REALTY
THE MASTERS CLUB
OUTSTANDING LIFE MEMBER

NEW 923 Shore Breeze Drive \$699,000
SOLD 854 Cobble Cove Ln. \$789,000
18160 Freepoint \$299,500
6 Reyes Court \$1,195,000
NEW 810 Crocker Road \$1,849,000



ANNIVERSARY Announcement?



Congratulations to my parents after 50 years

SAMPLE AD

(actual size ad)

- Submit a photo
- Description of event/dates
- Names of highlighted parties
- Your contact information

\$20.00 per paper

\$75.00 all 4 papers

(black/white ad)

Submit/contact:

Valley Community Newspapers
2709 Riverside Blvd.
Sacramento, CA 95818
(916) 429-9901

**Arden-Carmichael News,
East Sac News, Land Park
News, Pocket News**

www.valcomnews.com

Got News?

e-mail editor@valcomnews.com

Join us for a Post-Election Economic Update - What's Next for 2013 and Beyond?

By now, everybody has heard of the fiscal cliff. Few really understand it -- but everybody's scared of it, especially when it comes to developing a financial strategy. But most everyone is in a position to turn this dilemma into an opportunity.

Together with Staszak & Company, a local CPA firm, we'll provide you with a greater understanding of the new Federal and State tax laws, the implications of the Affordable Healthcare tax and how the new laws may affect you. What you don't know can hurt you. Join us for an informative hour-long seminar about the tax consequences of the fiscal cliff deal.

Due to the high demand and limited seating, we will be offering this seminar at the following date and times:

Tuesday, Jan. 22, 2013
11:00 am to noon
Gateway Oaks Building
2150 River Plaza Dr.
Sacramento, CA

Tuesday, Jan. 22, 2013
4:00 pm to 5:00 pm
Gateway Oaks Building
2150 River Plaza Dr.
Sacramento, CA

RSVP to Ruth at 916-646-0310 or Ruth@estheraw.com
Seating is limited! Light refreshments served

Neither New York Life nor its agents provide tax, legal or accounting advice. Please consult your own professional for tax, legal and accounting advice.

Mark J. Pratt, CLTC
CA Insurance
License #0669221
Pratt Financial & Insurance Services
430 F Street, Ste. G
Davis, CA 95616
530-753-4195
Prattfinancial.com

Esther Aw, CLTC
CA Insurance
License #0C15780
EMA Financial & Insurance Services
8110 Pocket Rd.,
Ste. 101, Sacramento,
CA 95831
916-646-0310
Estheraw.com

Sacramento became "Levee City" in 1850

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part three in a series about the history of the Sacramento River.

When presenting a history of the city's rivers, it is important to not only provide details about major floods, but also measures that were made to combat potential floods.

The 1880 book, "History of Sacramento County, California," notes that prior to the great flood of January 1850, nothing had been attempted in the matter of protection from flood or high water.

Capt. John Sutter and the Indians, who showed him where to build his fort, recognized that the proposed location for the new Sacramento City was in a natural flood plain that was regularly inundated in the winter months.

Flood control became an immediate concern of the citizenry and politicians.

The Saturday, Jan. 19, 1850 edition of the *Placer Times* included the following words: "A week ago last night, our city experienced one of the most terrific southeast storms known in this region, which had the effect of swelling the Sacramento (River) by Wednesday afternoon, so that the water commenced running

over the slough on I Street, at various points between First and Third (streets). On Thursday morning, the entire city, within a mile of the embarcadero, was under water. The damage to merchandise and to buildings and the losses sustained by persons engaged in trade is very great - vast quantities of provisions and goods having been swept away by the rushing waters. The loss in livestock is almost incalculable; many persons have lost from 10 to 50 yoke of cattle each, and horses and mules have been carried down the stream in great numbers."

It was obvious to all people concerned that flooding in the area needed to be stopped and the waters held at bay.

But there were some people who found a "gold lining" in the inundation.

The *Times* also reported in its Jan. 19, 1850 edition that "large numbers (of people) have been washing gold within the limits of our city during the week, without any great degree of success."

It was also noted in the 1880 county history book that "waters had scarcely begun to recede from the city (following the January 1850 flood) when surveyors were employed to survey lines for and make a location of the proposed levee."



The flood of 1849-50 resulted in efforts that led to Sacramento City's notoriety as the "Levee City." Photo courtesy

A levee commission was established on Jan. 29, 1850 and one of the commissioners was Hardin Bigelow, who on April 1, 1850 became Sacramento's first elected mayor, largely because of his support of building levees.

The need for building levees was immediate, but the funds for doing so were nonexistent.

Bigelow arranged for the city to borrow funds beyond the city's \$10,000 limit, and he also provided \$6,000 from his personal assets.

With this money, the city was able to construct temporary embankments, which held off the anticipated second flood of 1850 and demonstrated the need and efficacy of levees.

On April 29, 1850, voters approved a special \$250,000 tax assessment for a permanent levee that was built between September and December 1850.

The contract for the levee was given to Irwin, Gay & Co. on Sept. 6, 1850 and the labor began several days afterward.

Although the levee was not yet completed by Oct. 25, 1850, on that date, the San Francisco newspaper, the *Daily Alta California* referred to Sacramento City as "our sister, the Levee City."

The levee, which commenced to the south at the high ground near Sutterville, ran for about nine miles along the northern and western

See Levee, page 7

Levee: Barriers have seen many improvements

Continued from page 6

boundaries of the city. And with this levee, the people of Sacramento City felt safe.

But less than a year and a half later - on March 7, 1852 - new raging waters broke through the sluice gate at Lake Sutter, breached the levee and once again inundated the city.

As a result, Sutter's Fort, the knoll at the current site of Cesar Chavez Plaza and Poverty Ridge on the southeast side of the city stood as islands in a lake that in low spots reached 12 feet deep.

While once again the economic devastation was extensive, according to an article, titled "Sacramento defies the River: 1850-1878" by Marvin Brien, "No lives were lost, and warnings before the levees gave way enabled many Sacramentans to remove their most valuable goods to high ground."

Three days after the city was flooded, Mayor James Richmond Hardenbergh called for a new levee to be constructed on I Street, from the Front Street levee to 5th Street, from 5th Street along the edge of Lake Sutter and then to the levee of 1850, along the American River.

The proposal was adopted by the common council and this \$50,000 project was completed after about two months of labor in November 1852.

Although local citizens were once again feeling safe in the Levee City, this feeling lasted only three weeks, as the American River levee was broken on Dec. 19, leaving a 40-foot-wide crevice.

Eventually, 150 feet of the levee was destroyed and Sacramento City was under water.

In its Dec. 25, 1852 edition, the *Daily Alta California* reported the following: "The water was running through Eighth Street, some six feet deep. Several lives were supposed to have been lost. One man was seen floating down the river on the top of his house. At the foot of L Street, a whole block is afloat; the Eagle Saloon is washed away and is floating round."

As mentioned in the previous article of this series, on New Years Day 1853, the water level of the Sacramento River was 22 feet above the low water mark and two feet higher than the great flood of 1850.

By Jan. 2, 1853, floodwaters once again entered the heart of the city.

Frustrations mounted for the city's "burned out and flooded citizens," as one local man described the area's residents.

In an early January 1853 letter to the editors of *The Sacramento Union*, the man wrote: "Our city government has

been in operation nearly three years, has expended more than two hundred thousand dollars upon the levee, and very large sums for other purposes. Our taxes have been greater perhaps than those of any other city in the world; our city debt is now very large; and after all this taxation and expenditure, the city has not received a benefit commensurate with the costs. We have received nothing like a fair equivalent for our money."

On July 29, 1853, a city ordinance "for widening, altering and improving the levee, and providing for the payment of the expense" was approved by the mayor and common council.

The cost was set at no more than \$50,000 and the work, which was completed by the latter part of 1853, was paid for in scrip known as the "Levee Scrip." The levee along Burns Slough at the eastern end of the city and down R Street was separate from this approximate sum and was paid for through a loan.

The levee system, which later underwent various improvements, proved to be a successful barrier against major floods in the city for several years. But that level of prosperity quickly changed on Dec. 9, 1861.

Sacramento Youth Symphony
Premier Orchestra
Michael Neumann, Artistic Director
February 16, 2013, 7 pm

Special performance with
Firebird Youth Chinese Orchestra
Gordon Lee, Artistic Director

Good Fortune Concert

Hiram Johnson High School
6879 14th Ave
Sacramento, CA 95820
www.sacramentoyouthsymphony.org

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?
NOW IS THE TIME TO REDUCE YOUR PAYMENT OR TERM!
Call to see if you are eligible today!

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

If anyone you know is purchasing a home, have them call me today!
CALL DAVE TODAY!

Let us build an ad to fit your company's needs

One of our graphic artists will design a free of charge advertisement for you or your company, when you advertise in one of our publications. For more details on this offer, give us a call at **429-9901**

BECK'S SHOE EMPORIUM

new balance
SACRAMENTO
5663 Stockton Blvd.
@ the intersection of Fruitridge & Stockton Blvd.
(916) 453-1719

\$12 BECK'S BUCKS
Expiration Date 1/31/13 PN

Pet Haven
"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 1/31/13 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 1/31/13 PN

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

FUNERAL DIRECTORY
Call Patty at (916) 429-9901
www.valcomnews.com

ANDREWS & GREILICH MORTUARY 3939 Fruitridge Road Sacramento, CA 95820 916-732-2026 "Ready to provide guidance at a difficult time."	GEORGE L. KLUMPP CHAPEL OF FLOWERS 2691 Riverside Boulevard Sacramento, CA 95818 Phone: (916) 443-7917 Fax: (916) 443-7931 Family owned and operated since 1921
EAST LAWN ANDREWS & GREILICH MORTUARY 4300 Folsom Blvd. Sacramento, CA 95819 916-732-2000 FD1242 "Compassion and Integrity Since 1904."	Harry A. Nauman & Son 4041 Freeport Blvd Sacramento, CA 95822 (916) 452-6157 FD366 Serving Sacramento Families since 1903. Pre-arrangement packages available.
EAST LAWN ELK GROVE MEMORIAL PARK AND MORTUARY 9189 East Stockton Blvd. Elk Grove, CA 95624 916-732-2031 FD1455	LIND BROTHERS A Local Family-Owned Funeral Home Serving Sacramento Since 1964 916.482.8080 FD 1141
EAST LAWN SIERRA HILLS MEMORIAL PARK AND EAST LAWN MORTUARY 5757 Greenback Lane Sacramento, CA 95841 916-732-2020 "Knowing that professional guidance is always by your side" FD1242	Call Patty Today 916-429-9901

Crossfit: Business model is combination personal training and team atmosphere

Continued from page 3

said she gets a sense of accomplishment afterward. She said the model is like having a personal trainer with support group included. "You have friends you want to see there," she said, and she said if she doesn't see them she calls them up asking if they'll be back.

Gifford runs a massage therapy business out of the warehouse and members of CrossFit, she said, get a discount on massage.

Fernandez grew up in the Pocket and is a Christian Brothers alumnus. In 2005, he left Sacramento to serve in the army as an infantryman in service during the Global War on Terrorism. He said it was during his service that he was introduced to CrossFit as the preferred training method for general physical preparedness throughout the special operations community. The American G.I. Forum Alejandro R. Ruiz Chapter recognized Fernandez for his honor, integrity and service to our country.

"It fit like a glove with my foundation of youth sports in Judo, wres-

ting, and cross country," he said. He competed against 200 eligible Ranger candidates and was selected not only as one of 80 to go on to be Rangers but also scored highest on the physical training testing.

He was honorably discharged from his duties as an Army Ranger in January 2012, when he worked as the head floor coach at CrossFit Inception and CrossFit Sacrifice – the two largest and most successful CrossFit gyms servicing military personnel in the South East Region. He competed last year in the Regional Qualifiers for the CrossFit Games after a superior performance during the CrossFit Open. Last August, he opened South Sacramento CrossFit.

He has trained a wide variety of clients to include firefighters, law enforcement, Australian Special Forces, and professional fighters. He has also done personal training to assist men and women ranging from never having been active to aspiring competitors in achieving their respective goals.



Inside South Sacramento Crossfit, gymnastic-type rings are available for use.

Photo courtesy

WWW.VALCOMNEWS.COM

15th Annual "Sacramento Museum Day" Scheduled for Saturday, February 2

A record 30 Sacramento area museums will offer free or half-priced admission all day on Saturday, February 2, 2013, during the 15th Annual Sacramento Museum Day. Twenty-eight of the 30 museums will offer free admission whereas two destinations located in residential areas – the Sacramento Zoo and Fairytale Town – will offer half-priced admission to offset parking control and security costs.

With assistance provided by the Sacramento Convention & Visitors Bureau, this hugely popular community event is presented by the Sacramento Association of Museums (SAM) and proudly supported by Umpqua Bank and Chipotle Mexican Grill. Sacramento Museum Day event hours are 10 a.m. to 5 p.m. (with the last guests admitted at 4 p.m.).

While admission is free at 28 of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as follows: Sacramento Zoo is \$5.75 for adults, \$3.75 for children ages 2-11 and free for children under two; Fairytale Town is \$2.50 for everyone and free for children ages one and under.

Due to the popularity of Sacramento Museum Day, some locations must limit the number of admissions for safety reasons. More detailed information about participating museums,

limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on "Events"), or by calling the Sacramento Convention & Visitors Bureau at 808-7777.

Sacramento Museum Day 2013 is proudly supported by active and engaged community partners. In addition to title sponsors Umpqua Bank and Chipotle Mexican Grill, other sponsors include FOX40, KSEG 96.9 FM, Outword Magazine, Regional Transit, the Sacramento Convention & Visitors Bureau and STAR 106.5 FM.

Participating Museums for Sacramento Museum Day 2013:

Aerospace Museum of California – California Automobile Museum – California Foundry History Museum – California State Military Museum – California State Capitol Museum – The California Museum – California State Railroad Museum – Center for Contemporary Art – Crocker Art Museum – Discovery Museum Science & Space Center – Don & June Salvatori California Pharmacy Museum – Fairytale Town – Folsom History Museum – Governor's Mansion State Historic Park – Heidrick Ag History Center (Woodland) – Leland Stanford Mansion State Historic Park – Maidu Museum & Historic Site – Museum of Medical History – Old Sacramento Schoolhouse Mu-

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

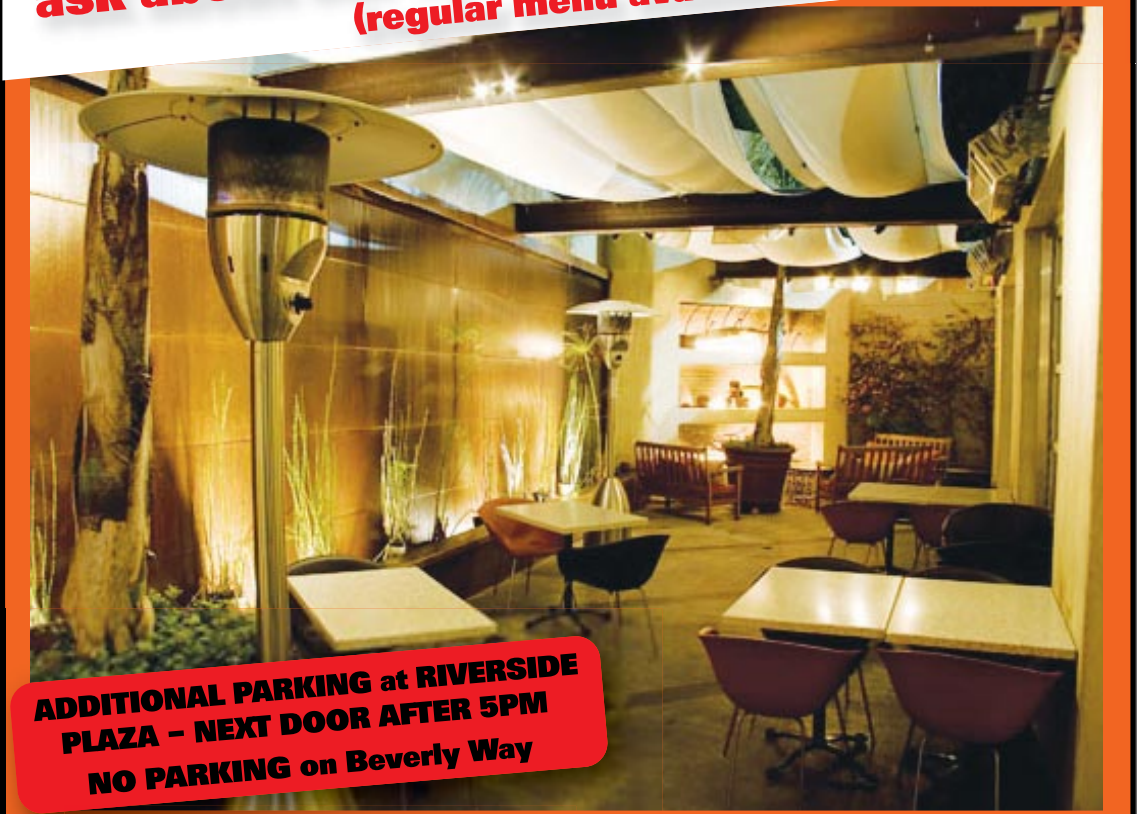
RIVERSIDE CLUBHOUSE

"Where Neighbors, Friends and Family Gather"

Early Reservations Are Required

Valentine's Day Dinner for Two

ask about our Special Menu • 5pm - 10pm (regular menu available)



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

HAPPY HOUR
Monday - Friday 3-6pm
Friday & Saturday 10pm-Midnight
Feat. 12 Appetizers from \$4 to \$6
Selected Wine/Drinks Menu - Discounted by 30%

BREAKFAST SERVED
Saturdays & Sundays, 9am-2pm
Bottomless Mimosas \$8.00 Each

Saturday Night Birthday Bash
Book your party & receive **\$100 OFF**

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

Senior Services and Resources

Call Melissa (916) 429-9901

<p>BEAUTY SALON</p> <p>ROSES Hair Design Specializing in the Mature Woman since 1995</p> <p>Perms Complete \$58.00 (916) 457-6659 394 - 45th St (45th & D Street)</p>	<p>DOCUMENT PREP SERVICES</p> <p>LIVING TRUST/LIVING WILL Legal Document Prep Services:</p> <ul style="list-style-type: none"> • Trust • Will • Powers of Attorney • Residential Deed <p>Couples \$495 Singles \$450 Lynda K. Knight (916) 214-1215 1337 Howe Ave., Ste. 103 Sacto 95825</p>	<p>ESTATE PLANNING</p> <p>The Law Offices of Richard A. Lewis</p> <p>ASSET PROTECTION Using a Combination of Revocable Living Trusts Credit Shelter Trusts By-Pass Trusts • Charitable Remainder Trusts Off-Shore Trusts and Asset Protection Trusts</p> <p>Asset Protection errors are catastrophic - Peace of mind is everything. 916.446.4141</p>	<p>HELP AT HOME</p> <p>HELP AT HOME Senior Care Caring, In-Home Assistance & Companionship</p> <ul style="list-style-type: none"> • Light housekeeping • Meal preparation • Med reminders • Errands • Dementia care • Bathing & Much More <p>For no-cost/in-home assessment, call 877-404-6636</p>
<p>LOVING COMPANIONS</p> <p>Loving Companions Senior Services A Proud Member of The Senior's Choice</p> <p>Certified care (866) 312-2157</p> <p>Specializing in 24/7 Live-In Service</p> <p>Excellent Rates & Discounts</p>	<p>MEDICAL SUPPLIES</p> <p>+ AMD Medical Supply</p> <p>Visit our website - amdmedsupply.com Tel/Fax: (916) 485-2500 3108 Arden Way, Sacramento, CA 95825</p> <p>Now Accepting Medicare</p>	<p>REAL ESTATE SERVICES</p> <p>Moving On? FREE Real Estate Help & Advice tailored to seniors & their families</p> <p>Contact John Woodall, GRI Seniors Real Estate Specialist (916) 421-5421 ✓ out my blog at: aSeniorsBlog.com</p>	
<p>SENIOR PLACEMENT</p> <p>FREE Senior Living Placement</p> <p>Finding local, long term care for every senior is our specialty! We will personally drive you to the locations that meet your personal, financial, and geographic preferences.</p> <p>Get Assistance. Call Today! 916-372-3762</p> <p>Assisted Transition Senior Living & Care Finders www.AssistedTransition.com</p>	<p>SPECIAL ALZHEIMER'S LIVING</p> <p>Primrose Living With Memory Loss</p> <p>Day Club, Respite, Residential, Support Groups & Educational Classes</p> <p>cas@primrosealz.com www.primrosealz.com (916) 392-3510 7707 Rush River Dr. Sacto, CA 95831</p>	<p>YOUR SERVICES ARE NEEDED</p> <p>CALL Melissa TODAY TO PLACE YOUR AD</p> <p>(916) 429-9901</p>	

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

WE BUY GOLD

Winter Sale

- 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 1-31-13 PM

(916) 421-5284
996 FLORIN RD.
AT GREENHAVEN DRIVE LAKECREST VILLAGE SHOPPING CENTER
HIGHEST QUALITY • LOWEST PRICE



PENDING

STILLWATER AT RIVERLAKE

Rare single story home with 4 bedrooms, 2½ baths; 4th bedroom has been converted to office with closet. Vaulted ceilings, wood floors, formal dining with built-in book cases. 3 skylights and 2 fireplaces, 0.23 acre lot and built-in pool. 3-car garage. Just steps to private lake in premiere Riverlake location! \$495,000

MONA GERGEN 247-9555



PENDING

LOVELY S LAND PARK

Handsome South Land Park Terrace 3 bedroom 2 bath home with a gorgeous updated kitchen, pretty hardwood floors and family room with cozy fireplace. 2-car attached garage, all beautifully maintained and waiting for you! \$279,500

SHEILA VAN NOY 505-5395



WALK TO LAND PARK

This spacious three bedroom home has all the classic charm with a vintage fireplace, hardwood floors, dual pane window, an open floor plan, and sweet yard on nearly a third of an acre. The kitchen has been remodeled and has a large eating area. Also included is a large 2 car garage. \$515,000

TIM COLLOM 247-8048



PENDING

QUALITY REMODEL & UPGRADES

All remodeled between 08-09, this 3 bedroom 3 bath home has newer HVAC, roof, copper plumbing, counter tops, texture, paint, windows, fireplace, cabinets, fixtures, lighting, appliances, shower, and Japanese soaking tub. Features also include garage cabinets, epoxy flooring, hybrid water heater, rain tile in master shower, high-end carpet, professional landscape plans and more. \$370,000

MONA GERGEN 247-9555 • KELLIE SWAYNE 206-1458



SARATOGA TOWNHOME

Wonderfully updated 2 bedroom 1½ bath townhome! All new dual pane windows, French doors, built-in cabinets, kitchen with granite counters and Kenmore appliances, wood floors and designer paint. Walking distance to Downtown art galleries, great restaurants, the Capital and you still have quite evenings. Private and secure with an attached garage with direct access and your own patio. \$267,000

NATHAN SHERMAN 969-7379



SOLD

SPACIOUS HOLLYWOOD PARK

Room to roam on just shy of 1/3 acre lot (.3295)! This 3 bedroom 2½ bath home has room for all your toys and activities. Bring your boat, RV, kids, dogs, bocce ball, and gardening stuff! Updated kitchen, living room with fireplace and open family room, and did we mention built-in pool and spa too! \$269,900

CHRIS BRIGGS 834-6483



SOLD

GREENHAVEN HOME

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. Hall closet can be converted to closet for 3rd bedroom. Pretty wood burning fireplace \$200,000

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. Please call agent anytime if you have any questions. Thank you. See 5746 Riverside Blvd. \$279,000

MONA GERGEN 247-9555



SOLD

ADORABLE HOLLYWOOD PARK

Fantastic location for this 2 bedroom 2 bath home!. Master Suite has jetted bath, separate shower, dual shower heads and walk-in closet. This home features updated kitchen, master bath, dual pane windows, hardwood floors and newer roof. Check out the large yard and huge patio cover! \$239,900

JAMIE RICH 612-4000

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

Nor Cal Big Band Preservation Society presents 'Super Swing Ball' Jan. 20

Two big bands and 35 musicians at Super Swing Ball

North California ballroom and swing era dancers, singles and couples will dance to two full piece orchestras at the 12th Annual Super Swing Ball presented by the Nor Cal Big Bands Preservation Society, Sunday, Jan. 20 from 1 to 5 p.m. in the Sacramento Elks Lodge No. 6, 6446 Riverside Blvd. and Florin Rd., off I-5.

Director Mike Souliere leads his 20-member Pleasant Grove High School Jazz Band as it salutes the swing era standards in its fifth appearance from 1 to 2 p.m. Songs like "Jersey Bounce," "After You've Gone," and "I've Heard That Song Before," will feature solo work by Al Nguyen, alto sax, Edmund Velasco, tenor sax, Bekah Thompson, trumpet and vocalist Joanna Koford. The Jazz Band has performed at Disneyland, Jazz festivals in Reno, Folsom and at local Elk Grove community events.

Fred Morgan 15 Px Big Bands performs from 2 to 5 p.m. on an array swing, fox trot, cha cha, waltz, and Latin dance tempos. Dancer will swing to "Don't Be That Way," "Sunny Side of the Street," waltz to "Moon River," "True Love" fox trot to "Autumn Leaves," "Mack The Knife," or Latin steps to "Magic Tano," "Spanish Eyes" and "Perfidies."

Featured will be dander hosts, ladies tag mixers, snacks and door prices. Tickets (sold only at the door) are \$12 per person, \$11 per in groups of 10 persons, and \$10 to the Society's Gold Card Holders. For more details call Lou at 444-6139 or e-mail loucopp45@gmail.com



Choice, luxury and fun

Here at Greenhaven Estates Assisted Living we provide assisted living as well as Alzheimer's and dementia care in our Expressions community.



Greenhaven Estates

7548 Greenhaven Dr, Sacramento, CA 95831

(916) 427-8887



www.PrestigeCare.com

License #: 347004312



Faces and Places: Sacramento Elks Lodge #6 Crab Feed January 12

Photos by DOROTHY TRAPANESE

Elks Lodge No. 6 patrons enjoyed Crab Feed on Jan. 12. The dinner included: no host cocktails, crab, shrimp, antipasta, pasta, green salad, garlic bread. There was a huge following and the event was open to the public.



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



SAVE THE DATE!

Primrose

Living with Memory Loss

Day Club Open House

Saturday, February 2, 2013 from 10am-1pm

Lunch 12-1pm

This Free Event is an excellent way for you to learn about the benefits of our Adult Day Club for your loved ones who live with a memory impairment. Great for seniors, family members, caregivers, and medical professionals seeking information or additional services for loved ones or friends.

Hands-On Activities!

Some of the benefits of our Adult Day Club include:

- Stimulating mental and physical activities
- Social and peer support
- Enhanced or maintained level of independence
- Allows short-term respite for friends and/or family members who are caregivers



Considering a more long-term stay?
Our Day Club is a great avenue to transition into our Primrose community.

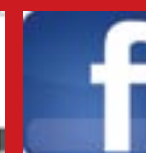
Residential License #: 347001338 • Day Club License #: 347001342



For over
36 years

COOK
REALTY

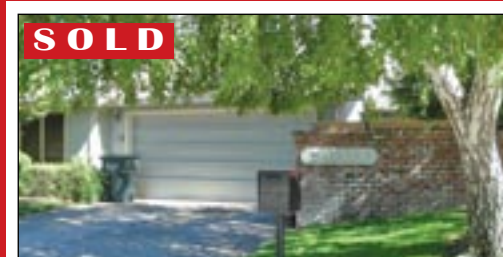
www.cookrealty.net



20 SAIL COURT • \$499,000
SUSIE K. PARKER • 768-8494



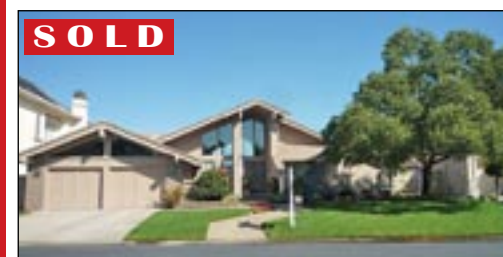
6 REYES COURT • \$1,195,000
SUSIE K. PARKER • 768-8494



7001 POCKET ROAD
Wonderful home with a courtyard entry surrounded with greenery and nice koi pond. Step into a clean home with vaulted ceilings, nice great room with fireplace accented with newer laminate flooring as well as in kitchen. \$229,000
MEENA CHAN LEE • 837-9104



18 ALSTAN COURT
Attention to detail thruout this stately one of a kind brick home. On the river w/large & private yard with pool & spa, 5 bdrms, office & bonus room on third floor. \$1,175,000
SUSIE K. PARKER • 421-3546



854 COBBLE COVE LANE
Fabulous property featuring nearly 1/2 ac lot located only 15 mins to dwntwn Sacto. Owner built this home in 1952 & has lived there the entire time. Lg liv spaces, separate fam rm w/ walk in wetbar or ofc area. \$789,000
SUSIE K. PARKER • 768-8494



6607 TRUDY WAY
eautifully updated home in the Pocket. Open floor plan w/separate living & family room areas-both opening on to a spacious patio w/pool & spa. Kitchen has updated cabinets. \$335,000
LARRY EASTERLING • 849-9431

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

766 STILL BREEZE WAY

Exquisite custom home. **SOLD**
Two fireplaces, large granite slab island mixed with easy care corian kitchen. \$1,075,000
SUSIE K. PARKER 421-3546

18 ALSTAN COURT

Attention to detail thruout this stately one of a kind brick home. On the river w/large & private yard with pool & spa, 5 bdrms, office & bonus room on third floor. \$1,175,000
SUSIE K. PARKER • 421-3546

1 SAND PEBBLE COURT

Wonderful home up **SOLD**
new carpet, exterior and interior paint. Open kitchen floorplan with island, remodeled with granite counters. \$219,000
MEENA CHAN LEE • 837-9104

4305 Freeport Boulevard, Sacramento



www.cookrealty.net • (916) 451-6702

SPORTS

California Youth Basketball Spring Camp

CYBL is currently registering for the Spring 2013 Youth Basketball Camp, which is on March 9 for Boy's and Girl's ages 4-18. The Camp will focus on improving player skills: Footwork, shooting technique, ball handling, passing, rebounding, and offensive and defensive concepts. Camp will include drills, contests, and games. Campers receive a medal and player certificate. For more information, call 391-3900 or visit us online at www.cybhoops.com

California Youth Basketball is a non-profit year round league for ages 4 through 18 that prides itself on being well organized. The organization aim sto develop basketball skills, sportsmanship and self-esteem through our coaches, gym officials and organizers.

Pocket Girls Softball brief

Pocket Girls Softball's 3rd Annual Winter Warm Up Clinic will be Saturday, Jan. 19. There will be sessions offered this year, a conditioning and agility clinic from performance Science Training Institute and a skills clinic from our very own coaching staff. Each session will be \$10 per athlete or \$20 for both sessions.

Pre-purchase tickets by visiting the PGS Store or register in-person on Saturday!



Winter Warm-Up Schedule

Clinic Sign-Ups will begin at 10 a.m.
PSTI Conditioning Clinic will be from 10:30-12:00pm
Sign-ups/Break noon-12:30 p.m.
PGS Skills Clinic will be from 12:30 p.m.-3 p.m.

The Snack Shack will be open will a full array of lunch options including fresh grilled burgers, dogs, nachos, etc. Girls who are not registered for Pocket Girls Softball's Spring Season may still join the fun. If you bring a new PGS friend to the clinic AND she registers for the spring, you will both receive \$10 off your registration. If you have questions about the clinic, please contact us at Board@pocketgirlssoftball.org.

Cash for College: Your ticket in

Attention college students and prospective college students: Get up to \$12,192 per year by filling out two forms by March 2. The following is information and materials all students will need to bring to complete the FAFSA or Dream Act Application when meeting with a school counselor.

Student's Social Security card and drivers license (or government issued ID), if available
Parent's Social Security card (if available)
Parent's federal income tax return or W-2 forms from tax year 2012 (or 2011) to make an estimate)
Records of untaxed income such as child support, TANE, interest in-

come, veterans non-education benefits, Social Security benefits
Student's W-2 forms, pay records or records of income earned during 2012
Bank account records or statements
Records of stocks, bonds or investments
Business records
If not a U.S. citizen, bring alien registration card (if available)

A list of the colleges you are interested in
Remember to qualify for a Cal Grant, you must submit the FAFSA or Dream Act application and GPA verification no later than March 2, 2013. See your counselor to get a GPA verification.

Advertise in these papers:
Arden-Carmichael News, East Sacramento News,
Land Park News, Pocket News

Call (916) 429-9901 TODAY!

MENTION THIS AD FOR APPLIED DISCOUNT
Not valid with any other offer. Expires 3/31/13

Introductory offer for new advertisers

20% OFF FIRST 4 ADS

Available Homes
Call Renee For Showing

What is your Real Estate Story...Everyone has one Move-up Buyer, Downsizing, Investment Properties

Put my 22 years of experience to work for you

SOLD 54 Watershore Circle - \$599,000 Virtual Tour: www.tourfactory.com/914635	PENDING 630 Rivergate Way - \$419,000 Virtual Tour: www.tourfactory.com/895428	PENDING 705 Bell Russell Way - \$549,000 Virtual Tour: www.tourfactory.com/884960
SOLD 23 Axios River Court - \$479,000 Virtual Tour: www.tourfactory.com/931451	SOLD 343 Rivertree Way - \$320,000 Virtual Tour: www.tourfactory.com/933846	SOLD 6344 Leaf Ave & 6341 Greenhaven Dr - \$335,000 Virtual Tour: www.tourfactory.com/939728

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

COLDWELL BANKER

Sacramento URGENT CARE

Sacramento Urgent Care is a walk-in medical clinic established by a group of emergency-trained Physicians with years of experience providing a full range of medical care. Our Mission is to provide quality health care, and a consistently high level of customer service that exceeds expectations and demonstrates a sincere concern for you. We are conveniently located at the corner of Florin Road and South Land Park Drive, just off I-5 and minutes from Downtown, Midtown, East Sacramento, West Sacramento, Davis, Natomas, Elk Grove, Meadowview, and the Land Park & Pocket areas.

At Sacramento Urgent Care you will always be seen by a doctor.
Most Insurances Accepted - Se Habla Espanol

OUR SERVICES
Immunizations, Tdap Boosters, Flu & Allergy Shots • Flu, Coughs Sore Throats & Ear Aches • Sports, Employment, D.O.T. & Immigration Physicals • Workman's Comp & Occupational Medicine • Weight Management & Weight Loss Clinic • Fractures, Sprains & Dislocations • Cuts, Burns & Stitches • Asthma, COPD & Breathing Treatments • Women's Health • Drug, STD, HIV, Pregnancy, Diabetes, Cholesterol & Tb Testing • Ear Wax Removal • In-Grown Toenails

OUR FACILITIES
On-site X-ray & EKG • On-site Lab • Six Exam Rooms • Trauma Bay and Procedures Room • Comfortable Waiting Room • Plenty of Free Parking

\$15 OFF
Office visit for new cash paying patients
Expires 1-31-13

7200 S. Land Park Drive, Ste. 100 • Sacramento, CA 95831
(916) 422-9110 • www.sacurgentcare.com
Open 9 AM to 9 PM • 365 Days a Year • No Appointments Needed

Senior Day
at the SPCA!
Thursday, February 14 10AM to 1PM

Bring your Valentine and head down to Senior Day at the Sacramento SPCA!

Nail trims, microchips & pet food FREE for pets owned by seniors 65 and over

PLUS

Fee-waived adoptions on all animals
Shelter tours
Drawing
Information Fair
Refreshments

Gracie's Adoption Center at the Sacramento SPCA
6201 Florin Perkins Road, Sacramento 95828
For more information call (916) 504-2845 or e-mail slowen@spsca.org

Promenade Center
RUSH RIVER DRIVE & WINDBRIDGE DRIVE

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 just 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 1/31/13

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 1/31/13

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

BRITE CLEANERS

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

Something to bark about:

Belle Coolegge Library helps kids learn reading through 'Read to a Dog' program

By CORRIE PELC
corrie@valcomnews.com

On the fourth Tuesday of each month, children are found not reading to a librarian, or a tutor or a teacher. Instead, they're reading to one of trained therapy dogs that calmly sits for an hour and lets the children read to them at Belle Coolegge Library.

Volunteers through Lend A Heart Lend A Hand Animal-Assisted Therapy run Belle Coolegge's read to a dog program.

According to Youth Services Librarian Donna Zick, they can have upwards of 30 children at each monthly session, who have the opportunity to read to one of five to 10 therapy dogs. She says the focus is on kids in grades kindergarten through fourth grade, "because we know now that's an important marker for kids' reading levels and we want them to be reading at that stage and want them to be fluent and comfortable with reading."

According to President Barbara Street, Lend A

Heart began in 1987 and is an organization of volunteer therapy dogs, cats and rabbits and their handlers that serve hospitals, assisted living centers and memory care centers. Street says Lend A Heart had started a "Read to a Dog" program at Rancho Cordova Library nine years ago, and the success of that program caught the attention of Belle Coolegge Library, who then her to start the program at their library.

Meanwhile, every Tuesday, about 25 children



Photo courtesy Barbara Street/Lend A Heart
Barbara Street – listens while a young reader practices their reading.

ranging in ages from five to 10 come to the Carmichael Library after school to work on their reading skills.

"It's really fun and the kids just love it," says Shelley Andrews, branch supervisor for the Carmichael Library. "Everybody enjoys it – the kids love it, the staff loves it because we love to see the dogs, the owners of the dogs love it, and of course the dogs love it with all the attention they're getting. It's just really fantastic."

Carmichael Library began offering what they call the "Read to Rover" program back in 2007 when Carmichael resident Ellen Wildfeuer presented the idea to the library. A retired nurse, Wildfeuer knew of the benefits of pet therapy, and had a dog that had gone through the pro-

cess of becoming a certified therapy dog.

To start the program, Wildfeuer used her connections to therapy dog associations to find other volunteers to bring their therapy dogs to the program. Currently they have 13 teams of therapy dogs and handlers that rotate coming to the library each week, with at least seven of those teams coming every single week, she says. "In 2011, we donated almost 2,000 hours of volunteer time," Wildfeuer adds.

Therapy dogs and their handlers are in the library's community room. Andrews says once a child signs up for the session, they can select a book they would like to read or bring their own book, then sit down and read to a dog.

See Read, page 17

Read: Program available fourth Tuesday of each month

Continued from page 16

Once they are finished, they can sign up again to read to another dog. "Many times they come in and read to two or three dogs," she adds.

And during this time, Zick says parents are able to sit by to watch or visit with other parents while their child is practicing their reading. "It's a very relaxed environment," she adds.

Belle Coolegge and the Carmichael Library are two of five branches of Sacramento Public Library that offers a "read to a dog" program.

Learning Curve

Many parents may be asking how can a child improve their reading skills by reading to a dog?

First off, Street says it gives children an opportunity to practice their reading in a relaxed, non-classroom environment with a non-judgmental companion. "It's more of building that really good feeling about reading and then being able to sit there and read out loud

to a dog that doesn't care if you mispronounce word or is not judging you if you're reading too slow," she explains.

Wildfeuer agrees, and says this is a fun way for children who have difficulty reading to gain personal confidence. "It's an enhancement of how the children are learning to read in school in a less structured, more fun, atmosphere," she adds.

Zick says she has seen the positive impact of the program through a seven year old boy who when he came to his first program did not want to participate, saying he didn't feel he could read well and didn't like to read. "He was there the whole hour reading to the dogs, just completely engrossed in it," she recalls. "He had convinced himself he wasn't a good reader. Reading is just practice, so this is just another way to practice."

Although the children are there to read to the dogs, Wildfeuer says the dog handlers are there to help if a

child asks for it. "We'll tell the kids if they need help, let us know and we'll help them sound out a word," she adds.

Plus children who participate in the Read to a Dog program can also learn about how to properly behave around animals and how to be more comfortable around dogs, says Andrews. She says the therapy dogs range in sizes from little lap dogs to Great Pyrenees, so for some kids it takes a while for them to be comfortable around the larger dogs. "But they're all learning after they come for a while and they start feeling comfortable reading to the big dogs, so that's also a very positive part of it," Andrews says.

The Read to Rover program at Carmichael Library is held every Tuesday from 3:30-4:30 p.m. The Read to a Dog program at Belle Coolegge Library is held the fourth Tuesday of each month from 6:30-7:30 p.m. For more information on these programs, visit www.saclibrary.org.



Photo courtesy Barbara Street/Lend A Heart
Eddy – therapy dog of Lend A Heart President



MONA GERGEREN
DRE# 01270375
916-247-9555
monagergen@att.net
www.monagergen.com

DUNNIGAN
Realtors

"Call for a private showing"

Wishing You and Your Family an Amazing, Healthy, and Prosperous New Year

Thank you so much to my wonderful family and friends for your trust in me.

Year to Date Sales

4000 Eastwood Village Ln	8988 Meadowspring Dr	6288 Lake Park Dr
5400 Halsted Ave	6620 Romanzo Way	6687 Pocket Rd
7228 Carriage Dr	8577 W Wing Dr	129 Fortado Cir
6418 Oakcreek Way	2216 Ocean Point Way	407 Camelia River Way
5416 Leeds Ct	9676 Sea Cliff Ct	8042 Linda Isle Ln
8936 Sheldon Creek Ct	9437 Emerald Cove Ln	679 Clipper Way
9174 El Gato Ct	6101 Castaway Ct	510 Valim Way
1712 Dornie Cir	9561 De La Rosa Pl	7 Northlite Cir
181 Oxbow Marina Dr	2973 32nd St	6581 Harmon Dr
9510 Jeffcott Rd	2405 38th Ave	897 Glide Ferry Way
4713 Crown Bench Cir	1521 Fruitridge Rd	7729 Sleepy River Way
10343 Pedro Do Sol Way	1507 Akron Way	6523 Park Riviera Way
6912 Elvora Way	5 Rosa Ct	7731 Rio Estrada Way
9728 Dehamhart Way	5812 62nd St	20 Sail Ct
3325 E Pintail Way	316 River Isle Way	7779 Dutra Bend Dr
10154 Clairina Way	404 Spinnaker Way	7651 Marina Cove Dr
5412 Rowser Way	402 Windward Way	4800 Westlake Pkwy
6919 Riqueza Ct	55 Laneyard Ct	2465 Genova St
9642 Hahn Way	6833 Buena Terra Way	6241 Riverside Blvd

Freeport

Bar & Grill





Special Valentine Dinner

4:00 - 10:00 pm

Call for reservations: 916-665-1169

8259 Freeport Blvd., Sacramento, CA 95832

www.freeportbarandgrill.com

Open for breakfast Saturday and Sunday

Happy Hour Mon – Fri 4 – 7pm • Fri Nights Karaoke 9pm – 1:30am

Dinner 4 – 10pm • Patio Seating Available

Mon through Thur 11am – 10pm • Friday 11am – 1:30am

Saturday and Sunday 10am – 10pm

Senior Lifestyles



Special Insert in
VALLEY COMMUNITY NEWSPAPERS, INC.

Arden-Carmichael News, East Sacramento News,
The Land Park News, and The Pocket News.

Publishes: February 7th and 14th (20,000 Copies)
Deadline: January 24th

Contact your Representative at (916) 429-9901

Advertise in these papers:
Arden-Carmichael News,
East Sacramento News,
Land Park News, Pocket News

Introductory offer
for new advertisers

20% OFF 4 ADS

Call (916) 429-9901 TODAY!
MENTION THIS AD FOR APPLIED DISCOUNT
Not valid with any other offer. Expires 3/31/13

VALLEY COMMUNITY NEWSPAPERS, INC.
Community News In Your Hands



CONTACT A SALES REPRESENTATIVE TO
ADVERTISE IN OUR NEWSPAPERS!
2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

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!

1 Valine Court
916.391.3677

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

ASK ABOUT OUR
BEST CARE
PACKAGES

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

VCA
Animal Hospitals
Expert care. With a passion.

Your Home Improvement Guide

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

AIR CONDITIONING & HEATING

YOUR AD SHOULD BE HERE!

We're NOW Your DUCT CLEANING HEROES!
Call for Details

BEYOND PROS. WE'RE HEROES!

916-686-2626
HuftHeroes.com

SUPER A/C OR Furnace TUNE-UP \$69.00 with this ad

Huft HEATING AND AIR CONDITIONING, INC.
Service • Sales • Installation

Like Us... Follow Us... Review Us...

© 2012 Huft Heating & Air Conditioning, Inc. | License 831333

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

Your Home Improvement Guide

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

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901

YOUR AD HERE

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

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement!
Quality work the first time, guaranteed!

Carpentry - Electrical - Sprinklers - Plumbing
Accepts All Major Credit Cards
"Senior Discount"

NO JOB TOO SMALL!
Licensed and Insured #152902

Call Eric (916) 470-3488

HANDYMAN

NEW YEAR CLEAN-UP!

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

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!
Hard work ---not a problem!

Call LESTER (916) 838-1247
Lic#128758/Ref

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

ADDITIONS/RENOVATIONS

HARTIGAN CONSTRUCTION INC.
GENERAL CONTRACTOR

THE REMODEL EXPERTS! "Building your dreams!"
(916) 372-0530

Family-owned & operated. Most work done by father & sons
Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lic.# 706474

Visit us at California Home & Garden Show
Cal Expo, Booth A204
January 25, 26, 27

Schedule your remodeling project &
SAVE 10% or UP TO \$1,000
Bring this ad!

YOUR AD HERE

Call today!
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 25-27

LYTLE CONSTRUCTION INC.
Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation 916-422-6639

LIC# 480492
Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

HARDWOOD FLOORING

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

Call Michael - (916) 383-8742
Lic # 544159/References Available

LANDSCAPING

SMOOT LANDSCAPING
CUSTOM LANDSCAPES & DESIGN

916.454.1300
www.smootlandscaping.com
Lic #633224

PAINTING

SOVEREIGN PAINTING
Quality craftsmanship 3rd Generation Painter with over 30-years experience

(916) 422-4416
sovereignpaintingco.com
sovereignpaint@yahoo.com

Dan Sovereign, Interior & Exterior Painting
Lic# 484215
Better Business Bureau Member

PAINTING

GARY'S PAINTING
CUSTOM RESIDENTIAL INTERIOR & EXTERIOR OVER 20 YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES

725-8781
Contractors Lic. # 734323
McClatchy '67

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

CREATURE CATCHERS/REMOVAL

Creature Catchers Wildlife Management
"If it walks or flies, we'll remove it"

Humane and non-toxic solutions for both animals & man
Dead Animal Location/Removal - Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)
California State Trapping License #7791 • Insured by City of London

PLUMBING

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 • Accepts all major credit cards

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING

456-7777
rooneysplumbing.com
License #683668

REALTOR

Big Heart Realty
Dedicated to the Community

Ron Roberts
Listing & selling in the neighborhood!

(916) 806-0118
BigHeartRealty.com

ROOFING

TOPKINS ROOFING
34 years experience

Specializing in all types of roofing & repairs
Dry rot repairs • Senior discount

(916) 731-7073
24-hour service • License #667013

ELECTRICAL

Sunshine Electrical
Residential Specialist
Security Lighting
Upgrades/Remodels/Repairs
Spa Electrical
FREE Estimates/Small jobs OK

(916)752-5308
Ca License # 633853 (Liability Insured)

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

FENCING

Bob Grove (916) 425-7435 License #: 927602

GATEWAY FENCE CO.
Commercial & Residential

Gateway-Fence.com
bob@gateway-fence.com Fax (916) 429-1905

10% OFF VCN Special

GLAZIER/GLASS WORK

TOUCH OF GLASS
We'll beat any price!
Commercial & Residential

REPAIR & INSTALLATION
Replace broken windows, etching, shower doors, mirrors, patio doors

916.456.2420
www.touchofglass916.com
Glazier Lic# 812600 • Over 20 years!

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR

Ceramic • Marble • Granite
Floors • Counters • Walls

33 Years Experience • FREE Estimates
916-213-4669
License #668100

TREE SERVICE

Terra Bella Tree Service
"Not your typical mow, blow & go company!"

- Tree Trimming
- Stump Grinding
- Tree Removal
- 20 years experience!

Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 974388

TREE SERVICE

DON'S TREE SERVICE
ISA CERTIFIED ARBORIST WE 4590A

Trimming, thinning, shaping & stump removal
Family Owned & Operated since 1967

#1 in customer satisfaction
(916) 428-4882
(916) 689-5244
www.donandsontreeservice.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

Our Readers Need Your Service!
It Pays to Advertise!
Contact Melissa at 916-429-9901

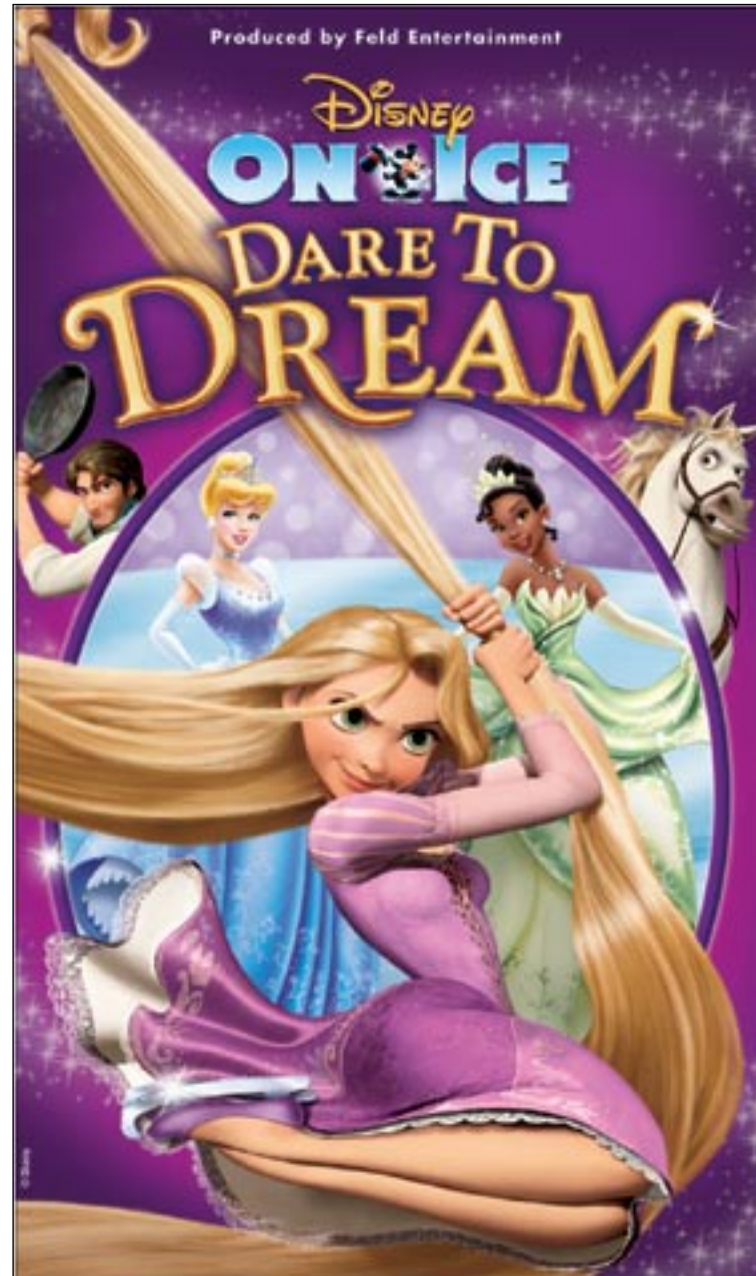
Our Readers Need Your Service!
It Pays to Advertise!
Contact Melissa at 916-429-9901

CALENDAR

Famed children's author David Schwartz to appear at Belle Cooledge Library

Jan. 25: The Sacramento Public Library invites school-age children and their parents for a special program with David Schwartz, author of more than 50 fun, engaging children's books about animals, science, and math. The free family show is scheduled at 3:30 p.m. its Belle Cooledge branch, 5600 South Land Park Drive, Sacramento. Schwartz will take the au-

dience on an exciting journey that combines math, science, writing and books. He is the author of How Much is a Million?, If You Made a Million, G is for Google, Q Is for Quark, If You Hopped Like a Frog/Where In the Wild?, and the Look Once, Look Again science book series. Schwartz emphasizes the importance of mathematics in everyone's life, and the many connections between math, science and literacy. "Children love numbers," Schwartz says, "and when they see how numbers connect to their everyday lives, they can get really excited about math."



Opening Night Tickets Just \$11!

FEB. 7 - 10					
Thu, FEB. 7 • 7:00 PM	Fri, FEB. 8	Sat, FEB. 9	Sun, FEB. 10		
OPENING NIGHT TICKETS \$11!*	7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM		

FEB. 13 - 18					
Wed, FEB. 13 • 7:00 PM	Thu, FEB. 14	Fri, FEB. 15	Sat, FEB. 16	Sun, FEB. 17	Mon, FEB. 18
OPENING NIGHT TICKETS \$11!*	7:00 PM	7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	12:00 PM 4:00 PM

Buy tickets at Ticketmaster.com, ticketmaster.com Retail Locations, Arena Box Offices or call 1-800-745-3000
Regular Ticket Prices: \$17 • \$23 • \$40 VIP • \$65 Front Row
Additional fees may apply
disneyonice.com

During his program, he uses amusing props to make mathematical concepts come alive as he leads his audience on a fascinating journey through a world where mathematics opens doors to understanding the world. 264-2920 or visit www.saclibrary.org.

Free Sacramento SHINE Self-Wellness Expo

Jan. 26: If healthy living is your 2013 resolution, join this free collective community resolution kick off. On stage exercise demos, lessons, doctor consults, and more from 10 a.m. to 2 p.m. at the George Sim Community Center, 6207 Logan St., Sacramento, 95824. Call Evette Tsang at 719-5087 or email tsang@shinewellnessinc.com or visit shinewellnessinc.com or visit shinewellnessinc.com

Free Tree Pruning Clinic

Jan. 26: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 11 a.m. to 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Dr., Sacramento. Register at www.sactree.com/events.

Free tree pruning clinics offered

Jan. 26: A free tree pruning clinic will be presented by Luanne Leineke, of the Sacramento Tree Foundation who will discuss pruning 2- to 8-year-old trees to develop good structure and form. 11 a.m., Saturday, January 26 at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento. 264-2920 or visit www.saclibrary.org.

Sacramento Soccer Alliance tryouts (U9-U11 Boys and Girls)

Jan. 26 or (Jan. 19): SSA provides playing and coaching opportunities to players and coaches looking to take their game to a higher level without the high cost and time commitment required of a competitive club. All players must attend at least one tryout. Bring a ball, water, wear a white t-shirt, register online before and arrive 20 minutes early. River City High School. 9-10:30 a.m.- U9, 11 a.m. to 12:30 p.m.-U10, 1 to 2:30 p.m.- U11. www.sacramentosocceralliance.com/info/ssa_tryouts/index.html

Free SAT/ACT college entry test workshop slated Jan. 26 at Carmichael Library

Jan. 26: College-bound students who can't choose taking either the ACT or SAT college admission test are invited to a free Sacramento Public Library workshop on Saturday, January 26 at 12 noon at its Carmichael branch, 5605 Marconi Avenue, Carmichael. 264-2920 or visit www.saclibrary.org.

U.S. Citizenship workshop held Jan. 26 at Colonial Heights Library

Jan. 26: The Sacramento Public Library will host a free workshop of those wishing to become an American citizen at 2 p.m., at its Colonial Heights branch, 4799 Stockton Boulevard, Sacramento. Contact vilaysay.p.chang@uscis.dhs.gov.

Knit-a-thon at Alice Birney

Jan. 26: From 10 a.m. to noon, knit to your heart's content at Alice Birney Waldorf-Inspired K-8 School, 6251 13th Street, Sacramento. 433-5544.

All Saints Concerts presents an Organ Recital by Dr. Ryan Enright

Jan. 27: A native of Montreal, Dr. Enright is the organist at St. John's Lutheran Church in Sacramento and the accompanist for the Sacramento Choral Society. He holds a doctoral degree from the Eastman School of Music in Rochester, New York. His program on the 58 rank Nelson pipe organ at All Saints will include music of Bach, Dupre, Durufle, Kart-Elert, Messiaen and Reger. The concert will be performed at 2076 Sutterville Rd., Sacramento. Childcare is provided and overflow parking is available across Sutterville Road at City College. Reception to follow. Show starts at 4 p.m. and costs \$10. For more information, contact Nancy Metzger at nmetzger@rcip.com

Historic 3-D Yosemite Valley viewed at Central Library

Jan. 29: The Sacramento Public Library invites the public to view numerous stereographs of the Yosemite Valley from the early 1900s in stunning 3-D! The historical photo program is set for 6 p.m., at the Central Library, 828 I St. Participants will don 3-D glasses to view the overlaid stereo photographs projected onto the big screen. The show will be narrated with tour descriptions from the 1908 stereograph set booklet. 264-2920 or visit www.saclibrary.org.

'The Power of Accessories' benefiting Sacramento Children's Home

Jan. 29: "The Power of Accessories" by Premier Designs will start at 11:30 a.m. with at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Roast Turkey with Polenta and Tomato-Basil Salsa or Chipotle Caesar Salad with Shrimp; dessert English Toffee Cake -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations are required, 452-2809. Proceeds benefit the Sacramento Children's Home.

Axiom Brass Quintet to perform at CSUS

Jan. 30: Sacramento State's New Millennium Concert Series returns with the Axiom Brass Quintet performing at 7:30 p.m. in the Music Recital Hall on the campus, 6000 J Street. With a repertoire ranging from jazz to Latin to string quartet transcriptions, the group has toured Germany, Portugal, Spain, Japan and many other nations. Tickets are \$20 general, \$10 seniors and \$5 for students, and available at the University Ticket Office, 278-4323 or www.csus.edu/sfsc/ticketoffice/.

East Sac Rotary

Jan. 30: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Tips for college admission essays offered at Fair Oaks Library

Jan. 31: The Sacramento Public Library will host a college essay workshop for high school students at 2:30 p.m. at its Fair Oaks branch, 11601 Fair Oaks Boulevard, Fair Oaks. Students will begin by writing a practice essay under timed, test like conditions. They will receive advice to help them recognize what college admission essay graders are looking for, as well as strategies on writing effective essays. Students will receive their graded essays following this 75-minute session. The free program is presented and proctored by Kaplan. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

FEBRUARY

Bi-Polar Anonymous

Feb. 1: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Extended Library Books Sale Hours - Over 7,500 Exceptional Books to Choose From

Feb. 1-2: The Friends of Arden-Dimick Library has extended the hours of its next book sale to take place on Friday, Feb. 1 from 1 p.m. to 6 p.m. and Saturday, Feb. 2, from 10 a.m. to 3 p.m. in the Community Room at the Arden-Dimick Library, 891 Watt Ave. Funds from this sale will be used for local library programs. A beautiful new on-site storage unit provides additional room to store and ultimately sell even more donated books! It is anticipated that more than 7,500 books will be offered at incredibly low prices; from 50 cents up to a \$1.50. This will be an opportunity for adults and children to stock up on reading materials. The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books.

Museum Day - A Record 30 Participating Sites Offer Free or Half-Priced Admission

Feb. 2: A record 30 Sacramento area museums will offer free or half-priced admission all day during the 15th Annual Sacramento Museum Day. Twenty-eight of the 30 museums will offer free admission whereas two destinations located in residential areas - the Sacramento Zoo and Fairytale Town - will offer half-priced admission to offset parking control and security costs. Sacramento Museum Day event hours are 10 a.m. to 5 p.m. (with the last guests admitted at 4 p.m.). Participating Museums for Sacramento Museum Day 2013: Aerospace Museum of

California - California Automobile Museum - California Foundry History Museum - California State Military Museum - California State Capitol Museum - The California Museum - California State Railroad Museum - Center for Contemporary Art - Crocker Art Museum - Discovery Museum Science & Space Center - Don & June Salvatori California Pharmacy Museum - Fairytale Town - Folsom History Museum - Governor's Mansion State Historic Park - Heidrick Ag History Center (Woodland) - Leland Stanford Mansion State Historic Park - Maidu Museum & Historic Site - Museum of Medical History - Old Sacramento Schoolhouse Museum - Old Sacramento State Historic Park - Roseville Utility Exploration Center - Sacramento Children's Museum - Sacramento Zoo - Sacramento Historic City Cemetery - Sacramento History Museum - Sojourner Truth Multicultural Arts Museum - State Indian Museum - Sutter's Fort State Historic Park - Wells Fargo History Museum (Capitol Mall) - Wells Fargo History Museum (Old Sacramento)

History of Weinstock's to be discussed at Robbie Waters Pocket-Greenhaven Library

Feb. 2: Author and historian Annette Kassis will discuss her book, Weinstock's: Sacramento's Finest Department Store at a free Sacramento Public Library adult program at 11 a.m. at the Robbie Waters Pocket-Greenhaven branch, 7335 Gloria Dr. In addition to discussing the 121-year history of the iconic Sacramento department store, Kassis's talk will focus on Weinstock-Lubin's interior and window displays, and how American department store theatrical display mirrored both the culture and time period. 264-2920 or visit www.saclibrary.org.

East Sac/Midtown Kiwanis 7th annual crab feed

Feb. 2: All you can eat crab, steak, pasta, bread and salad. Silent auction, raffle. \$40 per person, (\$20 for 10 and under). California Auto Museum, 2200 Front St. Sacramento. For tickets, call 769-0441.

Free SAT college entry test workshop at Sacramento's Central Library

Feb. 2: The Sacramento Public Library is inviting college-bound students to practice for the SAT, with a real SAT test, under real test conditions at 8:30 a.m. at the Central Library, 828 I St. Kaplan Test Prep will administer the practice test. The SAT practice test is open to all high school students. Registration is required by telephoning the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org. There will be a follow-up session on Tuesday evening, Feb. 12 for test results and valuable test-taking tips.

'A Stitch in Time: The Past, Present and Future'

Feb. 2: Presented by the Sisters Quilting Collective in celebration of Black History Month. Opening reception from noon to 7 p.m., with a quilt demonstration from 2 to 4 p.m. and a children's corner through out the day. 2837 36th St. Sacramento. 613-7401, 475-1240.

Rotary Clubs of Arden-Arcade, Carmichael

Feb. 5: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

Feb. 5: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

East Sac Rotary

Feb. 6: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

NOT THE NEW KID IN TOWN!



Bill Bonner & Bill Bonner

Circa 1954

"Choosing Bill as our agent was the best decision we made in the process of selling our house. Bill has more than 30 years experience, is a consummate professional in the business aspects of the trade and maintains a friendly, even tempered demeanor on all occasions. We unreservedly give him our highest recommendation."

Tom & Martha Yanger, Sellers - Pocket Area



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



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. 1/31/13

PRUDENTIAL DUNNIGAN REAL ESTATE

TURNING PROBLEMS INTO SOLUTIONS

4690 FRANCIS COURT \$485,000



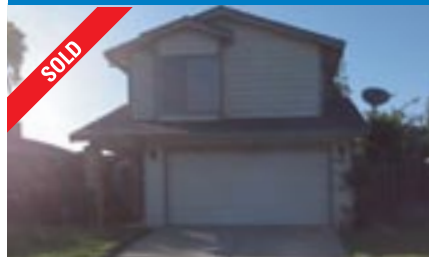
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1728 SF
DAWN M O'CONNOR-ROWE 799-4835

6600 LAKE PARK DRIVE \$199,900



PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1857 SF
BRANDON SHEPARD 479-1936

427 BLUE DOLPHIN WAY \$223,000



SOLD
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1537 SF
LYNN LUK LEE 628-2843

7700 E SHORE DRIVE \$315,000



PENDING
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2194 SF
MARY JEW LEE 425-3749

5 COBBLE LAKE COURT \$550,000



SOLD
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2812 SF
MARSHA CHAN 217-5500

6443 GRANGERS DAIRY DR. \$349,900



SOLD
SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 2256 SF
BILL BONNER 320-1888

**WHETHER YOU'RE BUYING OR
SELLING, LET US HELP YOU
MANEUVER THIS
COMPETITIVE MARKET...**

We have what you need ...

EXPERIENCE • MARKET KNOWLEDGE

AREA KNOWLEDGE • STRATEGY

SERVICE • INTEGRITY

1276 NEVIS COURT \$299,900



PENDING
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 1911 SF
LYNN LUK LEE 628-2843

840 W. COVE WAY \$635,000



SOLD
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3758 SF
BILL BONNER 320-1888

OTHER AVAILABLE LISTINGS

ELK GROVE

8708 ARMAGH COURT-\$160,000
SOLD

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1598 SF
BRANDON SHEPARD 479-1936

9729 WILD TEAK COURT-\$218,000
PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1874 SF
BRANDON SHEPARD 479-1936

8641 FESTIVAL DRIVE-\$219,999
SOLD

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2212 SF
NEAL ALIE 981-7129

7416 ROTHSCHILD COURT-\$199,900
SOLD

SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1371 SF
JOLEEN A DUNNIGAN 717-3559

9881 NESTLING CIRCLE-\$237,500
PENDING

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2063 SF
LYNN LUK LEE 628-2843

9893 NESTLING CIRCLE-\$190,000
SOLD

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1543 SF
NEAL ALIE 981-7129

9178 EPHRAIM WAY-\$300,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1973 SF
JERRY LANDRETH 502-0928

2924 W PINTAIL WAY-\$399,999

SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3070 SF
NEAL ALIE 981-7129

9201 PETERSBURG COURT-\$175,000

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1277 SF
NEAL ALIE 981-7129

9576 FETLOCK WAY-\$220,000

SOLD

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2131 SF
FARES ALIE 247-7198

9917 BENEVENTO WAY-\$310,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2914 SF
NEAL ALIE 981-7129

10101 ATKINS DRIVE-\$199,500

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1540 SF
NEAL ALIE 981-7129

8782 MONTEREY OAKS DRIVE-\$180,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2003 SF
BRANDON SHEPARD 479-1936

5209 OLIVEHURST WAY-\$189,000

SOLD

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1738 SF
FARES ALIE 247-7198

9328 HEALON WAY-\$199,500

SOLD

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1770 SF
NEAL ALIE 981-7129

SACRAMENTO

32 ZALEMA COURT-\$199,900

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1509 SF
JOLEEN A DUNNIGAN 717-3559

4525 D STREET-\$289,000

NEW LISTING

SINGLE FAMILY, 2 BEDROOM, 1 BATH, 956 SF
DAWN M O'CONNOR-ROWE 799-4835

1 FLORIN ROAD-\$1,490,000

RESIDENTIAL ACREAGE, 60.409 ACRES
DAVID OHARA 600-9495

8278 PALOMARIN COURT-\$148,000

SOLD

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1966 SF
NEAL ALIE 981-7129

4053 WYALONG WAY-\$189,900

SOLD

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2003 SF
BRANDON SHEPARD 479-1936

2992 MUSKRAT WAY-\$215,000

SOLD

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2212 SF
LYNN LUK LEE 628-2843

5664 NOLDER WAY-\$118,000

SOLD

SINGLE FAMILY, 2 BEDROOM, 1 BATH, 805 SF
JOHN G WONG 531-7150

1574 FALETTO AVENUE-\$159,900

SOLD

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1353 SF
JOLEEN A DUNNIGAN 717-3559

SHORT ROAD-\$610,000

19 LOTS, 3.061 ACRES
MONIKA A WEYER 396-0945