December 28, 2017 | www.valcomnews.com

Land Park News

— BRINGING YOU COMMUNITY NEWS FOR 26 YEARS —



TWO MARIJUANA CULTIVATION BUSINESSES SEEKING TO TAKE ROOT IN SOUTH LAND PARK

See page 3

- Police Logs.....2
- Crossword 5
- Home Improvement 15
- Classifieds.....16
- What's Happening 17

Hollywood Parkers to assume ownership of J Crawford's Books from retiring Crawford couple

See page 6





Broadway Comics & Cards announces closure of its brick-and-mortar location

See page 7

Idelle & Rhonda
Your Premier Realtors
idelleandrhonda.com



IDELLE CLAYPOOL
916-730-8895
01097766

RHONDA HOLMEN
916-296-8886
01189785

LYON REAL ESTATE

Land Park News
WWW.VALCOMNEWS.COM

E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

The Land Park News is published on the second and fourth Thursdays of the month in the area bounded by Broadway to the north, Interstate 5 on the west, Florin Road on the south and Freeport Boulevard/21st Street on the east.

Publisher ..... David Herburger
Editor ..... Monica Stark
Art Director ..... John Ochoa
Graphic Designer ..... Annin Greenhalgh
Advertising Director ..... Jim O'Donnell
Advertising Executives ..... Linda Pohl, Melissa Andrews

Copyright 2017 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited.

Vol. XXVI • No. 24
1109 Markham Way
Sacramento,
CA 95818
t: (916) 429-9901
f: (916) 429-9906

Cover by:
James St. John
https://www.flickr.com/photos/jsjgeology/19815465305

Other Photos:
Courtesy
Monica Stark

Police Logs

WEDNESDAY, DEC. 20
(Fraud): 4800 Block of Riverside Blvd at 10:04 a.m.

Officers responded to a business due to a report of fraud. The business advised the responding officers that an individual fraudulently used a credit card to pay his bill. The suspect was still at the business and arrested on fraud related charges. The investigation is ongoing.

SUNDAY, DEC. 24
(Burglary): 2600 block of 12th Street at 8:04 a.m.

Officers responded to the area regarding the reports of a burglary. When officers arrived, they determined the victim had awakened to discover that her home and been burglarized during the night. The suspect(s) entered the residence and removed personal property and fled the area. No one was injured during the burglary and the investigation remains ongoing.

(Vehicle Collision): Broadway / Marina View Drive at 8:09 p.m.

Officers responded to the reports of a vehicle that had crashed and was in the river. When officers arrived, they located the driver and passenger on the banks of the river. The driver and passenger had minor complaint of pain and were transported to a local area hospital as a precaution. The preliminary investigation reveals that the vehicle was traveling at a high rate of speed when it struck a barrier and landed in the river. The vehicle was eventually removed from the river. The driver was valuated for impairment and was eventually booked into Jail on DUI related charges after being cleared at the hospital.

MONDAY, DEC. 25
(Fatal Collision): Florin Road and Freeport Boulevard at 9:03 p.m.

Officers were called to the area regarding a person in the roadway. When officers arrived they located the body of an adult male. Medical personnel from the Sacramento Fire Department arrived as well and pronounced the victim deceased. Through the investigation it was determined the victim was stuck by a vehicle that had fled the scene. Detectives from the Major Collison Investigation Unit were called to the scene to conduct the investigation. Investigators were eventually able to locate the suspect vehicle as well as the suspect. The suspect was arrested on hit and run related charges. The investigation remains ongoing.

TUESDAY, DEC. 26
(Burglary): 2200 block of Irvin Way at 3:09 a.m.

Officers responded to an alarm call to a school in the area. When officers arrived they located a broken window. It was determined that several electronic items had been stolen. CSI was called to the scene to assist in the investigation. The suspect(s) was not located and the investigation was forwarded to detectives for additional follow-up.

CALLING ALL PROVIDERS OF...
HOME IMPROVEMENT SERVICES
ADVERTISE YOUR BUSINESS IN THE NEW YEAR!!!
FOUR NEIGHBORHOODS, ONE PRICE
AFFORDABLE | CONSISTENT PRESENCE
REACH YOUR TARGET MARKET
FREE AD DESIGN
CALL MELISSA TO SCHEDULE YOUR AD NOW!
916.429.9901



RESERVE YOUR SPACE
IN THE UPCOMING
California Kids!
CALL (916) 429-9901 TODAY!

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!
We Buy and Sell Gold, Silver, Jewelry, Coins
Call for Today's Rates on Scrap Gold 916.457.2767
Hours: Mon-Fri: 11-6pm, Sat: 11-5pm, Sun: Closed
Watch Batteries
$5.00+Tax
Installed - per watch
(Some Restrictions Apply) Expires 1/31/18 LP
5100 Freeport Blvd
(corner of Arica Way & Freeport Blvd.)
916.457.2767
Ring Down-Size
$15.00
Most Rings
(Some Restrictions Apply) Expires 1/31/18 LP
Ring Up-Size
$35.00
Most Rings. Up to 2 Sizes
(Some Restrictions Apply) Expires 1/31/18 LP



Myles McMahon, Broker / Owner
916-205-5995
Myles@McMahonPhillips.com
www.McMahonPhillips.com
CalBRE# 01394956
McMahon Phillips Real Estate
www.landpark.homes

TOP 6 REASONS
You Should List With Myles McMahon
1. Experience
2. Integrity
3. Professionalism
   - Lifetime Masters Club Member
   - 1 of 101 (out of 15,340 agents) to receive the Five Star Award 5 consecutive years
4. Perseverance
5. Enthusiasm
6. Myles knows Land Park and Curtis Park!

Experience + Energy = Great Results
My Agent – Myles McMahon
Local Knowledge: ★★★★★
Process Expertise: ★★★★★
Responsiveness: ★★★★★
Negotiation Skills: ★★★★★
"Extremely knowledgeable and helpful in both buying and selling my home. Responds quickly and gets things done right away. Working with Myles and his staff made the process easy and stress-free"
– Mark Andrews
CALL Myles: Choosing The Right Realtor DOES Make A Difference!

Two marijuana cultivation businesses seeking to take root in South Land Park

By MONICA STARK

In what for at least the last 10 years has been an automotive tint shop in the South Land Park area may become the site of two marijuana cultivation businesses, Operation Love and Enso. The nearly one-acre site, under the ownership of Howard Louie, is seeking a conditional use permit for marijuana cultivation for Operation Love (6388 Freeport Blvd.) and Enso (6382 Freeport Blvd.) The two units are located in separate buildings on the site which were built in 1958.

Operation Love and Enso Farms are not-for-profit corporations that have received permission from the owner to undergo marijuana cultivation. These businesses will not be frequented by the public as it will be only accessed by occasional appointments from other local businesses to coordinate transport of the plants or "clones" which will happen on a one to two week basis.

According to the application, "Operation Love is founded on principles rooting from a combat Marie veteran with experience in caring for his community through another health company (FITSOM) and continued community outreach and influence. Enso Farms is part of the same parcel as a great collaborative influence to the well-being of the cannabis industry in Sacramento. These two companies will be providing their own specialties of marijuana plants to their respective communities. The direct neighbor is the Florin Wellness Center, one of the oldest dispensaries in Sacramento."

Marco Guizar, the president of Operation Love and community relations manager in charge of outreach to nearby businesses and those with a vested interest in the surrounding community, has met with the Enso Farms, Florin Wellness and another proposed medical marijuana cultivation site forming nearby across 47th Avenue.

A resident since 2007 when he got out of the Marine Corps, Guizar later began Fitsom on Franklin Boulevard in 2011. As written in the application, when Guizar started on Franklin, there was a small population of homeless transients. "Over the last five years, Mr. Guizar has watched the problem grow year after year. This year is the first year Mr. Guizar has had homeless people sleep in Fitsom's parking lot, and cause damage to the building. As a Marine veteran, the issue of homelessness among military veterans is an issue close to Mr. Guizar's heart."

According to the application, Guizar has brainstormed some ideas for events with the cannabis community regarding raising money and awareness for PTSD, not only for veterans but also for victims of violent crimes and other traumas. "We are aware that PTSD is strongly correlated with homelessness and substance abuse issues, and there there is anecdotal evidence demonstrating that cannabis has helped patients who suffer from these conditions. We intend to focus much of our community outreach on combating these issues and hope Operation Love can provide compassionate care for one of Sacramento's most vulnerable population.

The application further states that to offset marijuana odors, Operation Love and Enso Farms will use industrial sized carbon filters in each cultivation room and secure walls that will make for an odor free environment outside of the premises. According to the application, each cultivation room will have a dehumidifier which will also aid in mitigating odors in the air. There are three rooms between the area involved with cannabis and the exterior of the building, which will further mitigate any cannabis odor.

The South Land Park Neighborhood Association is approaching the cannabis cultivation issue with an open mind. Based on a SLPNA survey, a majority of residents in South Land Park generally are not opposed to well-regulated marijuana facilities. However, some residents are opposed to cannabis businesses on the grounds that these indoor weed farms will be easy targets for armed robberies, while others fear that they will negatively impact home values.

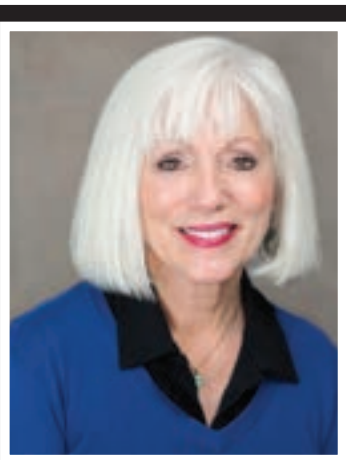
SLPNA has a different concern says board president Brian Ebbert: "We do not want commercial areas in our neighborhood to become over-concentrated cannabis corridors. The City Code prohibits the 'undue concentration' of marijuana businesses in neighborhoods, but city staff have no criteria, guidelines, or mechanisms in place to prevent over-concentration. In South Land Park, we have potentially four marijuana businesses within the same block near the Executive Airport. How much is too much?"

Ebbert says the SLPNA remains concerned that nearby commercial landlords may want to cash-in on the "weed rush", and raise rents on longtime local business owners. This, in turn, may drive out local small businesses in favor of high rent paying weed growers, he argues.

To that end, Ebbert states the association has heard from some nearby tenants who fear cannabis-related rent spikes. "Some are afraid to go on the record opposing these applications. It would be troubling to have local mom-and-pop shops elbowed out of business by weed entrepreneurs. A healthy neighborhood commercial area should have a variety of services, products, and jobs for the neighborhood. Businesses at risk of being priced-out of the neighborhood could include gyms, dance studios, a preschool, insurance office, silk screeners, auto shops, etc. Unfortunately, we may not know the true impacts until businesses are actually displaced," Ebbert wrote in a statement.

In a duty to be "reasonable, and to avoid being knee-jerk "NIMBY's", Ebbert stated the SLPNA board members recently met with the landlord and applicants for Operation Love and Enso and will be discussing the matter further at the board level. "We were impressed by the landlord's commitment to the property (he is a longtime resident and business owner), and the applicants seem committed to being good neighbors. The applicants will not be displacing an existing business in this instance."

Source: http://www.slpna.org/newsletters/Z17-120%20APP%20attachment%20for%20Accela.pdf



Sue Olson
916-601-8834
sue@sueolson.net
CalBRE# 00784986
landparkhomes.com



SO. LAND PARK HILLS

Great curb appeal and lovely artistic touches enhance both the interior and exterior of this custom built home. It features 3 bedrooms, 2 ½ baths, formal living room, formal dining area, updated kitchen, family room with fireplace, light and bright with multiple glass windows and doors, inside laundry and beautiful backyard with gazebo.
6046 13th Street $549,000



SO. LAND PARK TERRACE

This home sits high on a hill with a retaining wall around a perimeter garden. Great room concept with lovely kitchen cabinets, counters and appliances. Living room with fireplace, updated bathrooms, basement and pool. Bedrooms open to the backyard and pool. Bring your ideas for finishing touches.
4121 Moss Drive $675,000



Teresa Olson
916-494-1452
teressa.olson@cbnorcal.com
CalBRE# 01880615
COLDWELL BANKER RESIDENTIAL BROKERAGE

Independent Living with Services



REAL PEOPLE.
REAL CONNECTIONS.

Eskaton is people. Real relationships ... real connections between residents, employees, families, volunteers and donors. When you move to an Eskaton Monroe Lodge, we welcome you to our family.

Come for a visit. Experience the Eskaton difference.

eskaton.org/eml

Join us for a healthy living workshop. Call for dates.

ESKATON®
Transforming the Aging Experience

Eskaton Monroe Lodge
Independent Living with Services
Land Park
916-265-0045

EQUAL HOUSING OPPORTUNITY · Pet Friendly

A leading nonprofit provider of aging services in Northern California since 1968



Harvesting and Donating Citrus to Food Banks

The Land Park and Hollywood Park Community Associations are again collaborating to harvest citrus on Saturday morning, February 17th and donate it to the local Food Bank to assist hungry people in our community. If you have fruit in Land Park, Hollywood Park, Curtis Park, Pocket or Downtown, and want to donate it, that is easy to arrange with Soil Born Farms. Just go on line to https://soilborn.org/initiatives/harvest-sacramento/hs-fruit-donation/. A team of volunteers will call you before arriving, pick what you would like to donate, leave the rest for you, and give you a form to use to take a tax deduction for the value of your contribution.

Harvest Sacramento is an important community service project of Soil Born Farms, which has taken on the work formerly done by Senior Gleaners. It not only helps combat hunger, but also benefits local residents who have orange, tangerine, grapefruit or lemon trees that produce more fruit than they can pick and consume. Unpicked fruit attracts squirrels and rats that make unsightly messes in our yards and patios and leave half eaten fruit to rot on the trees. But Harvest Sacramento puts that healthful produce to good use feeding some of the 242,000 food insecure residents in Sacramento County

You can also join the teams of harvesters on February 17th along with association members and volunteers from local high schools and scout troops to help harvest citrus in these areas. Volunteers will meet at Centennial United Methodist Church at 5401 Freeport Blvd at 9 a.m. Volunteers must register in advance, and that is very easy to do by going online to https://soilborn.org/events/hs-hollywood-land-park-citrus-harvest/ or calling Harvest Sacramento at (916) 572-6646. Registration in advance is necessary so the organizers will know how many teams to expect so that they can be efficiently utilized. Breakfast snacks and lunch will be provided for all volunteers.

For more information or questions, contact Pat Sturdevant at harvestlandpark@gmail.com or (916) 341-0213.



Steffan Brown
steffan@steffanbrown.com

717-7217

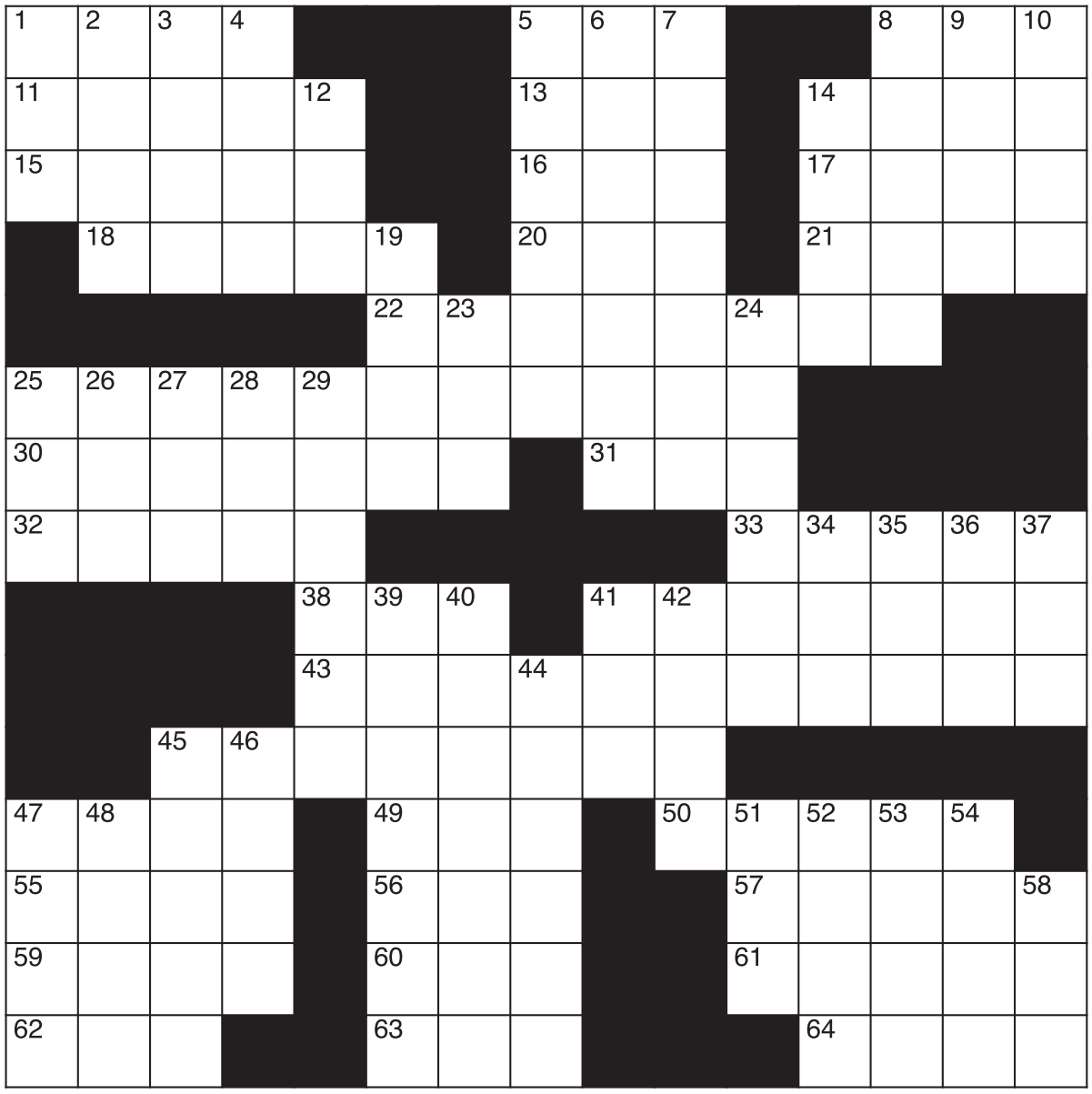
COLDWELL BANKER REAL ESTATE SERVICES
CalBRE# 01882787

Gracious Craftsman Home



New Hardwood Floors! One of Midtown Sacramento's most desirable neighborhoods! Experience the charm of yesteryear w/ the modern amenities of today. Entertain in the generous & elegant living & dining rooms, adjacent to the updated open kitchen w/ large island and SS appliances. Live large in 3 bedrooms, 2 nicely appointed bathrooms, finished basement w/ den, kitchenette and possible 4th bedroom. **2225 T Street**

CROSSWORD



CLUES ACROSS

1. Member of a Semitic people
5. Certified public accountant
8. Residue
11. Sayings attributed to Christ
13. The products of human creativity
14. Listen to
15. Longed
16. No (Scottish)
17. Descriptor
18. Yankees' sensation Judge
20. Zero
21. Comics legend Lee
22. Honorary title holder
25. "Uncle Joey"
30. Graceful and stylish
31. Pitching term
32. Former Mets outfielder Jones
33. One who avoids animal products
38. Quick to learn
41. Mechanism in an organ
43. Redo with new materials
45. Epics
47. Wings
49. Extrasensory perception
50. Cavalry sword
55. Bangladeshi monetary unit
56. Not the bottom
57. Afflicted
59. Bound
60. One who is highly skilled
61. Jewish spiritual leader
62. Tall, rounded vase
63. Liturgical language of Hinduism (abbr.)
64. Cheek

CLUES DOWN

1. Pie _ __ mode
2. Portuguese cape
3. Ottoman military title
4. Movable frame used in burials
5. Type of coal
6. A treeless grassy plain
7. Artist's workroom
8. Assists
9. Protein-rich liquids
10. A song of praise to God
12. Much __ about nothing
14. Japanese city
19. Atomic number 10
23. Egyptian goddess
24. Go places
25. Having ten
26. Complete
27. Automotive belt
28. Psyche
29. Melodious bird
34. Medical personnel
35. Acquired
36. Type of beverage
37. Neither
39. Spanish monetary units
40. Small area of grass
41. Your
42. Diana __, singer
44. Salt's partner
45. Made of wood
46. No longer alive
47. Alaskan island
48. Wild animal's resting place
51. Swiss river
52. Partiality
53. "Luther" actor Idris
54. UNLV's "Runnin' __"
58. Criticize



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

GEORGE L. KLUMPP
Chapel of Flowers FD360
2691 Riverside Blvd.
(916) 443-7917
KlumppsFuneralHome.com
Newly re-modeled.
Reception room available.
A fully accommodating, caring facility.
Serving Sacramento since 1921.

Harry A. Nauman & Son
Dignity FD366
4041 Freeport Blvd
Sacramento, CA 95822
(916) 452-6157
Serving Sacramento Families since 1903.
Pre-arrangement packages available.

East Lawn
Memorial Parks, Mortuaries & Crematory
(916) 732-2000
EastLawn.com
4 Sacramento locations serving families since 1904

Send us your calendar updates
E-mail us, editor@valcomnews.com

Giving Children & Families a Better Tomorrow
SACRAMENTO CHILDREN'S HOME
Since 1867

Find out more at www.kidshome.org


Let Me Take the Puzzle out of Home Buying and Selling!
Call Me Today for a Confidential Consultation
BERKSHIRE HATHAWAY HomeServices | Dunnigan Properties
6355 Riverside Blvd.
Ste. A
Sacramento, CA 95831
A member of the franchise system of BHH Affiliates, LLC.
Sharon Noda, GRI/SFR
Realtor® • CalBRE# 00796869
Cell: 916-370-5470
sharon.noda.realtor@gmail.com



Hollywood Parkers to assume ownership of J Crawford's Books from retiring Crawford couple

By MONICA STARK
editor@valcomnews.com

Turning a page in the story of J Crawford's Books, the Crawfords announced their retirement with Hollywood Park residents and longtime customers Sue and Greg Richards stepping in to assume ownership on Jan. 1. With a large selection of hardcover, softcover and audio books, Jim and Joyce Crawford have been buying, trading and selling books in Sacramento since 1983 on Freeport Boulevard. The store name and signage will remain as well as the thousands of accounts the Crawfords have kept on file behind the counter.

"I am and I know I am going to miss it because I just have to think that I talk to an awful lot of people. When I'm retiring, there's not going to be anymore of that," Jim said. "The (new) owners are really fortunate. They live just five or six blocks. They're longtime customers. And they're going to retain the name. They asked if they could, and I said, 'Sure.'"

About two months ago, Jim Crawford said "Sue came up to the desk and said if you ever think about retirement, let me know. I'd like to buy your store. That's it."

On Sept. 17, Joyce fell and broke her arm, leaving Jim to do all the driving for about six weeks. "We share responsibilities. She's co-owner. I'm almost 80. It's about time."

After the announcement of the store's change in hands, Jim said his son had people call him and ask why his parents are retiring. "I guess they thought Joyce and I would just fossilize behind our desk, just never give up."

Being around books all day doesn't keep the book lover from reading in his spare time. "I have all the books in the world. I've got about 10 books that I'm reading right now."

At its current location, 5301 Freeport Blvd., Ste 200, for the past 10 years and 17 years up the boulevard, Jim said he has been enjoyed the spot, which is nestled between Hollywood Hardware and Little Caesars. Between that and having a better landlord, he asks, "What more do you want?"

J Crawford's Books is open between 10 a.m. and 6 p.m. Monday through Saturday. For more information, call 916-731-8001.

VCA CareClub®

Wellness Plans for Your Pet at Every Life Stage

VCA CareClub is the pet healthcare solution for pet owners who want a comprehensive and affordable way to keep their pets as healthy and happy as possible through every stage of their lives.



MEMBERSHIP INCLUDES:
- Convenient monthly payments.
- 5 visits to your VCA® Hospital each year.
- Doctor-recommended vaccines.
- Prevention and early detection tests of serious diseases.
- Routine dental care for your pet.*
- Peace of mind knowing you are doing the best for your pet.

Join the Club! Easy and Affordable Call Us Today

VCAgreenhaven.com
VCA Greenhaven Pocket Animal Hospital
1 Valine Court, Sacramento, CA 95831

Don't Wait: Prevention and Early Detection Starts Now!
916-391-3677 VCAcareclub.com

Mon–Thurs 7:30AM–7:00PM • Fri 7:30AM–6:00PM • Sat & Sun 9:00AM–5:00PM

C.K. McCLATCHY HIGH SCHOOL
VISUAL & PERFORMING ARTS
Gala

Black-tie gala to showcase new Visual and Performing Arts wing and theater at McClatchy

By JOE PERFECTO

The evening of Jan. 20 promises to be a spectacular and memorable one at C.K. McClatchy High School's Visual & Performing Arts Gala, a black-tie affair unveiling its new state-of-the-art Visual and Performing Arts (VAPA) wing and revamped theater. At a cost of $23 million, the art deco theater's first renovation in 80 years maintained the venue's historical integrity, retaining the original stained glass windows and restoring the mosaic entry ceiling; the theater also features pendant lighting, professional light and sound systems, a retractable stage and 800 plush seats.

The VAPA wing houses up-to-date equipment and facilities to serve the program's students, who explore a wide range of careers in art, entertainment and media.

Doors open at 6 p.m., and student performances in music, theater and dance are scheduled to begin at 7 p.m. A silent auction will offer items from many local sources including B Street Theatre, Chocolate Fish Coffee Roasters, Elks Tower Penthouse Lodge, Matt Trammel Art, Provenance Kitchen and others. Among the contributors is world renowned artist and Sacramento native Mel Ramos, who has made available his 2015 work "Pucci Pants," a numbered, signed 3-D lithograph on Canson® paper with cardboard and gold leaf.

As of late December. the evening's program had not been finalized, but VAPA was aiming high, inviting via Twitter the participation of celebrities with local ties such as LeVar Burton, Greta Gerwig and Deftones' lead vocalist Chino Moreno.

Tickets are available by searching for "VAPA Gala" at https://www.eventbrite.com/, and more Gala information is available at 916-407-1068 and via ckmgala@gmail.com. Information about the VAPA program can be found at http://ckmvapa.org/, at https://twitter.com/CKM-VAPA and on Facebook by searching for "CK McClatchy Visual and Performing Arts VAPA."

Broadway Comics & Cards announces closure of its brick-and-mortar location

By MONICA STARK

"I can't pay the rent." And with those words and great sadness, Broadway Comics & Cards owner Wilson Lew has decided to close the doors with Jan. 10 as the last day. "With my rent rising twice in less than 12 months, the sales have not kept pace, and with trends for more and more people buying online it only reinforces my decision."

After the announcement, long-time visitors have come by the nearly 30-year-old Land Park institution. With everything on sale – 40 percent off graphic novels, 50 percent off all back issue comics and 20 percent off everything else – the store has maintained a steady flow of customers.

"Ever since I announced the closing, all these people have been coming in and I haven't seen them in years. I would say, 'Oh my gosh, it's good to see you again. It's like a big family reunion."

Lew first opened the store on Feb. 19, 1988, shortly after graduating from Sacramento State in 1985, back when there was no internet. "And now, because of the internet and, probably, Amazon, I have decided to join the ranks of the online sellers," Lew said.

He's had numerous parents thank him for providing kids a safe place to stay and play and helping them not get involved into something like drugs or crime. "This one kid, I remember, I traded swimming lessons for my daughter in exchange for a box of Yugioh cards. I always thought he was kinda sketchy, but I didn't ask too many questions. He always came in and stayed to play Yugioh often until closing til one day he didn't come back. Years later, it turns out he comes back a grown man, is a doctor, and lives in New York. He came to Sacramento to visit his family and he came to me. I thought that was so cool. And his mom came in behind him and it was a powerful statement. She said, 'Thank you for keeping my son from getting in trouble.' She was a single mom and nowhere to keep him other than stuck at home. I didn't know it at the time. I always had an open door policy. If you had a card game to play, you could come. I told parents you could leave your children here as long as they're playing and it would be nice if you gave them some money. And they did. Parents, they understood. Just that one time – that was really powerful."

To Gary Mun who lives and grew up nearby, Broadway Comics & Cards has been a hangout spot. Born in 1990, he said he'd come to the store during his high school years to play Yugioh with friends. "I don't remember exactly how, but I came to this shop and I bought some cards and I beat my friends. Those were the good ol' days."

More recently, Mun said, he's been visiting the store less frequently. "I come here on occasion, to be honest just because my friends tell me to come over here, and I'm like, 'sure, I don't mind.' It's more of a hangout spot for me."



Photo by Monica Stark

Wilson Lew, owner of Broadway Comics & Cards, announced the closure of his shop, but will be taking inventory online at http://broadwaycomicsandcards.tripod.com

Recalling the June 25, 2005 fire that torched neighboring Joe Marty's, Lew said the whole block shared a common attic, so soot went through multiple businesses. "Smoke came through my store and just totaled everything. I was able to recover with insurance. They let me keep the stuff but they made me clean everything. I was closed almost two months and some stuff still has soot on it."

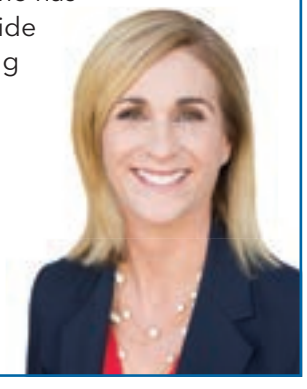
A fan of the older Spiderman comics, Lew doesn't like the new stuff. "Marvel, which is run by Disney, they're just running it into the ground. So, it's tough to sell nowadays. The stories aren't very good. I like the old stuff. Most kids, they're not really buying. Of course, they love to read, but they're not buying; they're reading online." Most of his business has been selling the Yugioh and Pokemon cards and he's had better luck selling books online.

For Lew, it's not the end, he says, as he will be taking the fight to the internet and selling stuff there. To get in touch with Lew, email comicguyenator@gmail.com



7018 MIDDLECOFF WAY $299,900

This stunning Golf Course Terrace home features 3 bedrooms and 2 baths, living room with fireplace, dining area, spacious kitchen with view of the large backyard, master bedroom suite, new laminate floor and fresh paint. The home has dual pane windows, 4 year old central heat and air, newer roof, inside laundry, 50 gallon water heater and a 2 car-garage. Located walking distance to restaurants and shops and close to freeways, Bing Malone golf course and Executive Airport, this property is a perfect place to call home!



Wendi REINL

REALTOR®
CAL BRE# 01314052
(916) 206-8709
Wendi@WendiReinl.com
www.WendiReinl.com

COLDWELL BANKER

BRANDIEPAUL
NAILS

GRAND OPENING SPECIAL
20% OFF all Services

- Manicures start at **$15.00**
- Pedicures start at **$25.00**
- **Gift Certificates Available**



916-206-0539
2741 Riverside Blvd.
Inside Shana Beals make-up Studio

‘Women of the Wild’: Hiking their way to health

By LEIGH STEPHENS

In this revival era of *Wonder Woman* all around us in our own community are strong older women who have contributed much to others and carved a unique life for themselves.

The “Women of the Wild” Hiking Club just celebrated its 25th anniversary with a party at **Susanne Sommer’s** home in Land Park.

Members enjoyed a catered lunch and visited with other women who have become friends over the years.

Susanne was the club founder 25 years ago when she gathered eight of her friends together to hike once a month. Very soon after the initial hike, friends told friends, and she says the membership has stayed around 35 through the years. They hike every third Saturday of the month. Some of the women are still working and some are retired from their professions.

Bonding over the years, the women were a great support group when as life would have it, a number of women had to drop out because of major life-threatening illness. Susanne says they came back to hiking when their health returned. Members ages range from the 50s to their oldest member who is 82 years old!

There has only been one major accident during all those years. Susanne says one of the members slipped down the side of a mountain in the Sierras. The women tied their jackets together to try to reach her. There was no cell service, so two members hiked up a road until they found a house and telephone to call emergency services.

What could have been more of a tragedy, ended with a rescue helicopter and EMT’s. Susanne says their story was in all the media for days.

Irene Stadt is a charter club member and has been the club treasurer for 25 years! Susanne describes her as “fearless.” Irene is a community activist and also belongs to an active biking club. She says her mother and Susanne’s mother were good friends, so she and Susanne have known each other for more than 75 years!



Crossing a stream

“We hiked the Auburn Recreational State Park a few times. Each time we’d find new routes; there’s a lovely waterfall at the top. I remember Berkeley’s Tilden Park, but we did get lost. Another exciting hike/Amtrak combo was to the John Muir/Martinez museum. After debarking the train, we walked in the rain to the museum, and some brave souls continued on the Mt. Wanda Trail.”

Irene was a special education teacher in the elementary grades for 20 years. She says that joining a hiking or cycling club enables you to meet people with like interests.

“Staying healthy, eating well and exercising are all things we have in common. We have been a great support group for our friends who have lost husbands, children or relatives. I think our club benefits besides friendship is sharing new information about health, about food sharing recipes, and companionship. We have FUN!”

Hiking club member **Bep van der Mik** says she has been a member of WOW for 23 years. “I worked for the San Juan Unified School District for 20 years and was connected with Health Services and worked with Severely Developmentally Delayed students as well as Orthopedically Handicapped students. What appealed most to me when I worked with that population was that these children, ages 4-24 years, were in need of a spokesperson who would stand up for them and has their best interests at heart.

“I find it refreshing to be with the WOW women. Although we differ in age, socio-economic background, education, politi-

See Hiking, page 9

HOLLYWOOD HARDWARE
So much more than a hardware store!
EVERY DAY LOW PRICES!

JANUARY 20TH IS SUPER SATURDAY:
THE ENTIRE STORE IS 20% OFF



SALE:
Bond bypass Pruner:
Was: $6.99
Now: $3.99
#3104

1st two weeks of January:
All Christmas items
40-50% OFF
No return on sales items.

KEYS 25¢ EACH
Limit 2. Coupon Required. Expires 1/15/18

Come in to see our collection of rain chains.
Find the best ones for your home.
LIKE US ON FACEBOOK

5303 Freeport Blvd, Sacramento • (916) 455-6488

Meet a REAL loan officer.
No internet required.

Brian S. Chan
916-277-0737 office
916-214-4063 cell
bchan@gflcapital.com
NMLS #354805
CA BRE #01867336



GFL CAPITAL MORTGAGE
Opening Doors for Homeowners since 2007
(916) 823-3333 | GFLCAPITAL.com
1100 Corporate Way, Suite 210 | Sacramento
BRE# 01846524 | NMLS# 64367

Hiking:

Continued from page 8

cal and religious affiliation, what we have in common is an all-encompassing love of nature."

Bep says one of her most memorable hikes was with another WOW member, (Kay) in the Canadian Rockies. Her group had been told the elk at that time of year were aggressive because not only was it mating season, but the female elk had been shipped away to control the population. The elk had become pests in the small nearby town.

"I decided that even though our group went to a swimming pool, who wants to be in a swimming pool when there is a picturesque trail along side the gorgeous Athebasca River with magnificent snow-capped mountains on the other side of the river. As I hiked by myself on the trail in the breathtaking beauty, I had this overwhelming happiness and each cell in my body told me that all was well."

She says it was getting colder and all she can think about was returning to her cabin and having a warm cup of tea.

Bep said, "I stopped in my tracks, and there was a humongous elk. I softly whistled a song and told him he was a great animal, and I am a good person. On my left is the river and on my right is a thick forest. I took a few steps and the elk lowered his head, bent his knees and charged me. I quickly turned to him and jumped up and down while waving my arms and make a noise that later realize was the sound that bears make."



Hikers by the river



Hikers by the river

The elk charged Bep three times with her response the same as above. Finally the elk gave up, and Bep returned to her cabin. She said she would not take this adventure again.

"Now after many years, I still wake up at times at night and shudder when I relive the event and realize what could have happened to me. I don't think I'd try my luck twice!"

Carole Riedel says she has been a member of WOW for 23 years. A friend asked if I would like to go on a hike with the group.

She says, "I have loved every hike, but three are my favorites:

The Rubicon Trail that starts at DL Bliss State Park and takes you all along the breathtaking Lake Tahoe. I also loved the Winnemuccca Lake Trail that takes you along hillsides of beautiful wildflowers to the pristine lake that show perfect reflections of the shoreline snowbanks.

My third favorite is of Pt. Reyes that ends at our spectacular Pacific Coast shoreline."

Carole says that since she has always loved the outdoors, she loved the idea of hiking monthly with a diverse group of accomplished women from all walks of life including, but not limited to teachers, nurses, state workers, physical therapists, secretaries and many other professions.

"I felt honored to join the camaraderie and diversity of the group.

"I think a woman becomes strong if she has a positive attitude, a giving heart, and an open mind to learn all aspects of what presents itself to her on a daily basis like, people, places and hikes – and a 'never give up spirit.' These attributes help us with the difficult hikes in the the hills and the difficult hikes of life as well."

Leigh Stephens is a retired CSUS Journalism and Communications Studies Professor.

YEE LAW GROUP

Your Lawyer Should Know As Much About You As They Do About the Law

ESTATE PLANNING & PROBATE

Practice Areas:

- Wills & Trusts
- Probate
- Trust & Estate Litigation
- Trust Administration
- Conservatorships
- Business Succession
- Real Property



Incorporating timeless values and the experiences of the past to reach the best possible outcomes for our clients, today and in the future.

Call 916-927-9001 for Free Consultation

mylawyersllp.com *See our awesome reviews on:* yelp

4010 S. Land Park Drive, Suite B, Sacramento 95822

Freeport Wine Country Inn

BISTRO • WINE • BREWS • LODGING

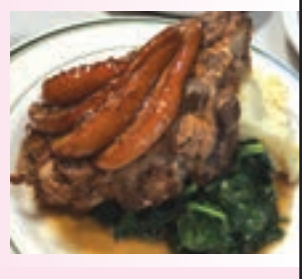
Open until 10:30pm New Year's Eve

Make your reservations today!









BISTRO NOW OPEN

WITH WINE AND CRAFT BREWS

8201 Freeport Blvd., Sacramento, CA 95832
(916) 665-9500
info@FreeportWineCountryInn.com • www.FreeportWineCountryInn.com

Walk in the New Year with The Sticks

The Sacramento Walking Sticks Club will be hosting walks on New Year's Eve and New Year's Day for everyone, including the family dog, to join in on. The walks will both start from the Pioneer Congregational United Church of Christ, 2700 L St. Registration for the New Year's Eve walk, Dec. 31, is between 5 and 6 p.m. and the New Year's Day walk, Jan. 1, is between 9 a.m. and noon. There will be a different 5K (3.1 miles) and 10K (6.2 miles) route available on both days. Flashlights are recommended on the New Year's Eve walk. Dogs are welcome on all the walks but they are not allowed inside the church; strollers and wheelchairs will be able to traverse all routes. Rain will not stop these events from taking place.

Volkswalking is a family sport and parents and grandparents are encouraged to bring their children and grandchildren out and get them walking. These events are a wonderful way to see the old year out and see the new one in. This makes for a great new year's resolution; to get fit, meet new people and see sights in your home town and surrounding areas that you've never seen before.

The New Year's Eve route will take people through the brightest and most celebratory streets of downtown Sacramento to enjoy the spirit of the New Year. The walks are non-competitive and not timed so people can stop along the way to enjoy the sights and sounds – so long as they return for check-in by 9:00 p.m. at the Church.

The New Year's Day route is entirely new and people will be touring the new murals on walls all around the midtown area. They'll see many other enjoyable art works in sculptures, quirky bike racks and call boxes. This is a fun walk and a feast for the eyes.. Everyone must be checked in by 3:00 pm. Each participant will receive a set of written directions with a map for the route they will be walking and typically the route will also be marked.

The walks are open and available to everyone. They are FREE and there is also an incentive program provided that allows people the opportunity to track their mileage. This incentive program can be started by purchasing a New Walker Packet for $5.00. There is also a limited edition commemorative patch available for $4.00 each.

Volkssporting (translation means sport of the people) originated in Germany in the 1970's. Many US military families stationed there enjoyed the sport and eventually brought it to America; there are currently under 300 clubs nationwide. The Sacramento Walking Sticks Club continues to be the largest volkssport club in the entire USA with 550 members and it offers everyone a wide array of walking and bicycling adventures for people of all ages, including their dogs.



File photo

The Walking Sticks hold the annual ice cream walk (from Vic's to Gunther's and back).

Walking is one of the most efficient and inexpensive forms of exercise around and it also offers an array of psychological, physical, and spiritual benefits as well. Walking is an exercise that works on you from head to toe as well as from the inside out. People love to go exploring in their hometown as well as in their state but they tend to be more receptive to doing it with others. Volkssporting is a great connector of town festivals and activities with people who would never have ventured there on their own. There's safety in numbers whether by day or night and meeting new friends along the way is another side benefit. After the walks we like to dine at local eateries wherever we're at so there's also another social layer to volkswalking.

The Sacramento Walking Sticks Club offer group walks on Tuesday, Thursday and Friday mornings (5 and 10K routes to choose from) as well as Wednesday night group walks that are always 5K. There are also group bike rides of 25K offered every other Thursday morning throughout the year. Check out our website's Calendar of Events link for all the details or people can sign up to receive weekly walk alerts by e-mail.

7707 Rush River Drive,
Sacramento, CA 95831

REVERE COURT
MEMORY CARE

www.RevereCourt.com
916-392-3510

Monthly Caregiver Educational Seminar

"Compassionate Self Care"

Second & Fourth Tuesday of each month:

Please join us on Tuesday January 9th at 2:00pm

An intensive six-month course for caregivers.

Explore life-changing ways to cultivate compassionate self care in the midst of caregiving.

- Learn new ways to communicate
- Practice tension releasing techniques
- Acknowledge ongoing losses & live in hope
- Practice acceptance & live peacefully
- Learn what to consider when making difficult decisions
- Cultivate lasting self compassion & care
- Unravel limiting beliefs that block self care
- Explore ways to lighten up and have fun!

Presented by: Rev. Julie Interrante, MA

Professor in the Dept. of Psychology at Sacramento City College and is a speaker, minister & writer. She is the author of "The Power of a Broken-Open Heart."

Space is Limited, Please RSVP by January 5, 2018 at (916)392-3510

CHC CHANCELLOR HEALTHCARE, LLC

Residential License #: #342700005
Day Club License #: 347001342

Revere Court Memory Care offers a Day Club, Respite & Residential Care for those with a memory impariment, also offering Support Groups and Monthly Seminars for caregivers and loved ones.



For over 40 years

COOK REALTY

www.cookrealty.net
info@cookrealty.net
BRE# 00618471

SOLD



3189 16TH STREET • $925,000
LARRY EASTERLING • 849-9431

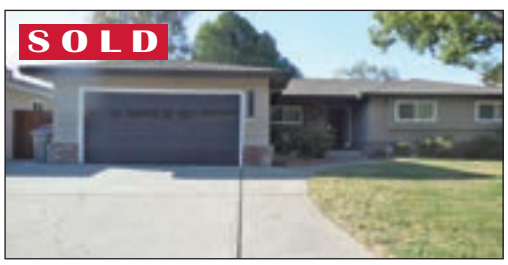
PENDING



2130 CANTERBURY ROAD (WOODLAKE) • $579,500
STEVE BACON • 201-2570



1610 OREGON DRIVE
Charming 3 bedroom w/wood floors under carpet Dual pane windows 9 year old comp roof. Nice sized yard. Clear pest report. With a little TLC this home could shine. Convenient location...close to public transportation and shopping. $325,000
ATCHAN VAN PELT • 813-5919



1260 FAY CIRCLE
Gorgeous one story in the heart of South Land Park - beautiful street. Updates include dual pane windows, recessed lights, new carpet in family room, painted interior, granite counters in kitchen and finished garage. $499,000
MEENA CHAN-LEE • 837-9104



2141 SHIELAH WAY
Charming 3bd/2ba Master suite w/ walk in closet and fireplace. Cottage type garden and garage converted to workshop. Beautiful hrdwd floors, shady tree lined street near public transportation and shopping. $399,000
ATCHAN VAN PELT • 813-5919



2129 STACIA WAY
Adorable Hollywood Park home with fresh paint, central heat and air, attached garage and large lot. New roof installed 2017. $340,000
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

2384 HALDIS WAY SOLD
Cozy Hollywood Park C... your chance to live in one of Sacramento's most desirable areas! Perfect starter home or investor opportunity! Put your vision to work for what this beautiful home can be! Walk to St. Roberts, Hollywood Park and LDV schools!
ED DANIELS • 204-6702

5609 JOHNS DRIVE SOLD
Well maintained hom... 2 baths with a bonus room in the back. Granite counters in kitchen with access to the garage. Beautiful backyard has a great layout with fruit trees and a shed for extra storage. $279,000
MEENA CHAN LEE • 837-9104

Wishing you a Happy New Year
FROM COOK REALTY

4305 Freeport Boulevard, Sacramento COOK REALTY www.cookrealty.net • (916) 451-6702

Sacramento Music Festival ends 43-year run

By LANCE ARMSTRONG



Photos by Lance Armstrong

The Sacramento Traditional Jazz Society Street Band performs at the 2008 Sacramento Jazz Jubilee Parade.

A 43-year Sacramento tradition officially came to an end on Dec. 18, with the Sacramento Traditional Jazz Society's announcement that it would discontinue its annual Sacramento Music Festival.

Carmichael resident Dennis Speciale, president of the STJS, commented on the society's decision to no longer present the festival, which was a fundraiser for the not-for-profit society.

"While the music festival was a beloved event in Sacramento, the rising costs of performer fees, the diminishing audiences who want to hear traditional jazz, and the competing mainstream, for-profit music festivals around the country were the major factors that led us to our decision to end the music festival," he said. "It was a very difficult decision."

Known in earlier years as the Sacramento Dixieland Jubilee and later the Sacramento Jazz Jubilee, the initially three-day and eventually four-day festival made its debut on May 24, 1974.

One of the notable names that year was Bob Havens, trombonist with "The Lawrence Welk (television) Show."

The popularity of this Memorial Day weekend event continued to grow to a point that at its peak, it attracted more than 100,000 people from throughout the world, and it successfully sustained educational programs for children in the community, jazz camps and other music events.

Speciale noted that throughout the years, thousands of volunteers dedicated hundreds of hours to the event to make it a success.

Among those volunteers was Carmichael resident Kat Coffey, who recalled becoming involved with the event more than 20 years.

"My husband (Jim Hibbard) and I have a recording business and we were recording something for KOVR, and the sound manager at the time, back in the 1990s, came to us and said, 'You need to volunteer to help with mixing sound (for the jazz jubilee). So, will you?'" she said. "So, my husband and I started mixing sound for them."

Coffey mentioned that her son, Kevin, also became involved in the festival as a musician.

"(Kevin) was invited by a classmate at El Camino High School to come and audition for The New Traditionalists, which is the band that is sponsored in Sacramento by the Sacramento Traditional Jazz Society. So, my son auditioned as the drummer for the band when he was a freshman in high school and got the gig, and played with the band for four years."

Coffey, whose 97-year-old mother, Marie, is still a festivalgoer, said that she eventually became the festival's sound manager and was assisted in that effort by her husband and youngest son, Kyle.

"It's quite the family affair and has been for all these years," she said. "(Kyle) was coming out and mixing music when he was like 10, and he's 25 now."

Coffey, who also helped select the bands that played at the festival, said that she learned the unfortunate news about the festival through her KCRA phone app during the morning of Dec. 18.

Lyle VanHorn, a STJS board member and the festival's public relations chair, said he broke the news on KFBK earlier that morning.

"I broke the new with a heavy heart," he said. "Myself and my wife (Terri) have volunteered for the organization for 31 years and I've been a part of the board for the last three to four years and a manager of a large volunteer group for the past 10 years.

"It's a family. The volunteers are family. The musicians get together and have a good time. We look forward to that camaraderie and that family atmosphere that happens during the festival. And in 31 years, that's what we've done on Memorial Day weekend."

Part of that tradition was the opening parade along the streets of Old Sacramento.

Included in the parade were fire department vehicles, the Keystone Cops, women with flapper dresses and parasols, many marching bands and classic cars carrying local, well-known people.

The festival underwent an evolution that began with Dixieland jazz in Old Sacramento and later extended to include other forms of jazz, as well as blues, Latin, zydeco and more, in various venues. Those venues included Raley Field, the Downtown Plaza, the Sacramento Convention Center, the Sheraton Grand Sacramento Hotel and the downtown Sacramento Holiday Inn.

The list of the festival's performers, both young and old

See Fesitval, page 13





Festival:

Continued from page 12

and from in and outside of the country, was so extensive that a large, glossy-paged program was also annually produced.

Among the notable bands that performed at the event were Tom Rigney and Flambeau, the Vivian Lee Quintet, Cornet Chop Suey, the Sacramento Banjo Band, Petting Zoo, and the CSUS Latin Jazz Ensemble.

Another popular draw was local bluesman Mick Martin and his band.

There were also groups who drew attention for both their names and music such as Igor's Jazz Cowboys, and the Ophir Prison Band Marching Band and Temperance Society, Lmtd.

In an effort to draw more youth attendees, the event became known as the Sacramento Music Festival and added a wider variety of music.

Among the big name artists to play the festival since that time were Tower of Power, Kenny Wayne Shepherd, Los Lobos and Collective Soul.

Last May, the festival returned to its Dixieland roots, while also offering different types of music. But the event drew only 20,650 people, about 1,500 less than the previous year.

Joe Cruz, the society's executive director and a volunteer for this organization for more than 28 years, said that it was with great sadness that the board decided to end the festival, which he said extended well beyond the music.

"The festival was not only about the music, but of making new friends that share the same interests," he said. "It was a place and time that people could get together and listen to all different kinds of music for the four days. I don't believe there was (another) music festival that could give you the diversity of music for the value of your ticket. It was gratifying to see people enjoy themselves listening to music that they had no idea existed."

"We are saddened to see this festival go; however, as they say, 'Things are changing.'"



This pinback button was created for the third year of the Sacramento Dixieland Jubilee.



The CSUS Latin Jazz Ensemble delivers their authentic Latin sound during a 2007 show at Old Sacramento's Turntable Junction.

A letter to our community: Thank you, Sacramento.

We give a heartfelt thanks to all the people who have loved, supported and been a part of the Sacramento Music Festival, aka Sacramento Jazz Jubilee over these past 44 years. With your generous donations of time, talent and dollars over these many wonderful years, we have accomplished the following:

With your generous support we have been able to successfully sustain a youth jazz camp every August for more than 20 years.

Because of you, we were able to stage the second largest music festival in the United States for 44 consecutive years.

With your help, we were able to sustain a fraternal organization of musicians that continued the music traditions of traditional jazz, swing, blues, and ragtime. And we were able to establish a foundation that will assure the future of this music for generations to come.

The Sacramento Traditional Jazz Society will continue our work in support of Jazz Camp and the many musicians that play, educate and entertain, and we will continue to provide future events for you to continue to enjoy the fun of traditional jazz, swing, blues and ragtime music. Sadly though, the time has come for our festival to say goodbye, and rally our followers to support the "new," evolving and exciting Sacramento scene.

Thank you all once again,
The Sacramento Traditional Jazz Society
Devoted sponsors of the Sacramento Music Festival, aka the Sacramento Jazz Jubilee

HOOD SUPPLY CO

AMERICAN BAR & GRILL

Exceptional cuisine, handcrafted cocktails, and live music.

WINTER HOURS:

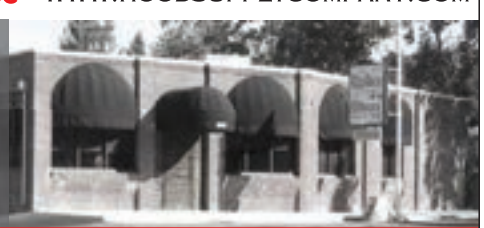
Wednesday: 4 pm -12 am
Thurs - Sat: 12 pm- 2 am
Sunday: 11am-10 pm

Lunch: 12 pm - 4 pm
Dinner: 4 pm -10 pm
Bar - open to close

New Years Eve !!!
Dinner Specials
Funk Shui Band 9:30
Champagne Toast

916.775.4494
WWW.HOODSUPPLYCOMPANY.COM

Happy Hour & Half Price Apps
4 -7 pm
Wednesday - Friday



10761 Hood-Franklin Road, Hood, CA 95639
(Just Minutes from Pocket Rd. & I-5)
We offer free corkage on any wine purchased from any of the Delta Wine Country Wineries on same day of purchase.

EAST LAWN
CEMETERIES • MORTUARIES • CREMATION • PREPLANNING



Special Offer: CEMETERY PROPERTY
No Opening & Closing Fees on Pre-Arranged Cemetery Property!

It is standard practice that each time a memorial space is physically opened or closed, families are charged a fee for this service.

From **11/20/2017** through **12/31/2017**, **East Lawn** will *waive this fee* on all purchases that are for advance of need cemetery property.

This is up to a $895 per person value.
Call East Lawn today to make an appointment!
Note: This offer cannot be combined with any other discounts

ACE AWARD WINNER

EAST LAWN
Memorial Park & Crematory
4300 Folsom Blvd., Sacramento, CA 95819
Tel 916.732.2000

www.EastLawn.com

Governor Brown and First Lady inducted newest class of inductees at 11th Annual California Hall of Fame

Photos by GEORGE YOUNG

Governor Edmund G. Brown, Jr. and First Lady Anne Gust Brown will inducted the 11th class of legendary Californians into the California Hall of Fame on Tuesday, Dec. 5, at the California Museum, located at 1020 O St. The California Hall of Fame celebrates residents of the state who embody California's spirit of innovation and achievement and have made a mark on history. The California Hall of Fame 11th Class includes Lucille Ball, Susan Desmond-Hellmann, Mabel McKay, Mario J. Molina, Jim Plunkett, Gary Snyder, Steven Spielberg, Michael Tillson Thomas and Warren Winiarski.



Michael Tilson Thomas - Musician


Jim Plunkett signing autographs


Steven Spielberg - Filmmaker



Marshall McKay(with wife), representing his mother, Mabel McKay - Native American Artist & Activist


Brigadier Gen. Chuck Yeager, first man to break the sound barrier

Judy Cuong
(916) 613-3339

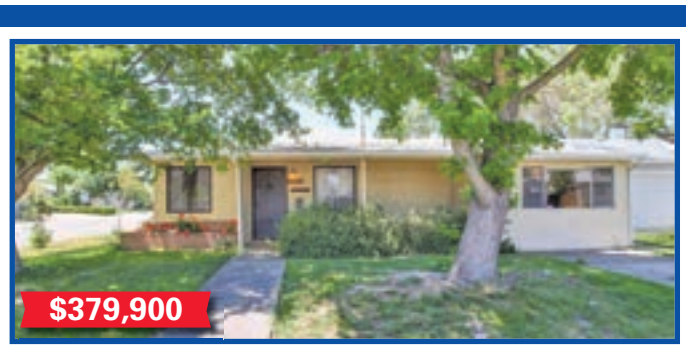
Samantha Tov
(916) 947-4312

JudyandSamTeam@gmail.com
CalBR#01258764 CalBRE#01309164





SOUTH LAND PARK • 1180 56TH Avenue
4 Bedrooms, 3 Baths, 2,331 Sq. Ft.
Hardwood floors, new carpets, tile floors. 2 Complete kitchens, lg. livingroom w/recess lights, family room w/cozy fireplace.



SOUTH LAND PARK • 5870 62nd Street
5 Bedrooms, 4 Baths, 3,229 Sq. Ft.
Former Duplex and converted into one unit by previous owner which was a Church. Currently use as a residence.

RE/MAX Gold #1 Team
Recipient of Children's Miracle Network Award

Your Home Improvement Guide

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

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

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

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

CLEANING

Prime Quality Maintenance

- Rain Gutter Cleaning
- Window Cleaning (inside/out/screens washed)
- Pressure Washing (all surface areas)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured

CSL# 996271

Call Jesse: 916-428-2940



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

CONSTRUCTION/HAULING

DB Haul-away
Commercial & Residential Hauling
Reliable -Dependable - Insured
Lic# 627768

Residential/Construction waste removal
Foreclosure services • Yard clean ups
Handyman services • Demo • Drop bin services



Bobby Timms • 916-402-7546 • dbhaulaway@gmail.com

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS
WILDLIFE MANAGEMENT



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 #7781 - Insured by Lloyds of London



HANDYMAN

Fall Yard Clean-up Specials!

- HAULING & YARD CLEAN-UP
- RAIN GUTTER CLEANING
- CONCRETE REMOVAL
- HEDGE TRIMMING /SHRUB REMOVAL
- 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 20 YRS*

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement !
Quality work the first time, guaranteed!
Carpentry - Electrical - Plumbing - Demolition
Sprinklers - Sheetrock - Furniture Anchoring
Fix leaks of all types
Accepts All Major Credit Cards "Senior Discount"
NO JOB TOO SMALL!
Licensed and Insured #152902
Call Eric (916) 470-3488

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

HANDYMAN



D&H Service
Office: **916-428-5907**
Cell: **916-206-8909**
Interior and exterior painting
Fence Installation
Tile Installation
Dry Rot Repair
25 years of experience

PAINTING

COOK PAINTING
Full Service Company – Start to Finish
CSL# 432951



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

Specializing in custom trim & moulding!
Color Consultants
FREE ESTIMATES

As seen on yelp
(916) 591-5056

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

PAINTING

GARY'S PAINTING

- Warranty
- Senior Discounts
- Professional & Reliable
- Interior & Exterior Painting
- Using only Kelly-Moore Paint!

FREE Estimates!
McClatchy '67
CSL #742623
(916) 725-8781

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 SERVICES ARE NEEDED!

4 papers, 1 low price!

Call (916) 429-9901 and reserve your space in this section, today!

Your Home Improvement Guide

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

PLUMBING

ROONEY'S PLUMBING
FULL SERVICE PLUMBING
456-7777
rooneysplumbing.com
License #683668

ROOF/GUTTER CLEANING

Stan The Man
est 2007
* ROOF / GUTTER CLEANING * WINDOW CLEANING
* PRESSURE WASHING * SENIOR DISCOUNTS
916.601.1030
Cleaning and Repair
Sacramento, CA

ROOFING/SIDING

ZIMMERMAN REROOFING
3675 R Street
Sacramento, California 95816
Roofing Specialists
454-3667
zimroof.com
License #763169 Dave Zimmerman

TILE WORK

BAXTER TILE
EXPERT INSTALLATION
REMODELING & REPAIR
Ceramic • Marble • Granite
Floors • Counters • Walls
33 Years Experience • FREE Estimates
916-213-4669
License #668100

TILE WORK

NIETO'S TILE & LANDSCAPING
RESIDENTIAL & COMMERCIAL
Frank Nieto
(916) 480-9512
Sprinkler Systems (Install & Repair)
Fencing • Plumbing
Electrical • Painting
Concrete • Tile Installation
Granite Fabrication
Laminate/Wood Floors
NietosTile@sbcglobal.net www.nietostile.com Lic. #917883

TREE & GARDENING SERVICE

Terra Bella Tree & Gardening Service
"Not your typical mow, blow & go company!"
• One Time Clean-Ups • Tree, Bush & Hedge Removal
• Full Yard Maintenance
Family Owned • *25 years experience!*
Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 152584

4 papers, 1 low price!
Advertise your service in this section, today!
Call 429-9901



Our Readers Need Your Service! It Pays to Advertise!

Contact Melissa at 916-429-9901



CLASSIFIED ADS

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

TAX PREPARER

#1 CONCIERGE TAX PREPARER
34 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. FREE Pick-up & Delivery to those who qualify. We prepare expertly **all past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC + IRS Registered & Bonded. Please call for your appt. today. Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. Same low 1990 rates. www.taxirene.info • taxireneinfo@gmail.com

HANDYMAN

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

CLEAN-UP SPECIALS!
Rain Gutter cleaning– Yard clean-up. 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. **18 yrs. exp.Specials for seniors. Licensed**

COUNSELING SERVICE

Words matter: 'grief' applies to the life altering events of the fire storms in Santa Rosa. It also applies to 'feeling blue' and the anxieties of the coming holidays. Regarding this feeling and others, call G. Epstein, M.D. 916 454-3668 at Mercy Plaza, Ste 270, 3939 J Street. Appointments Wednesday afternoon.



SELL YOUR CAR IN THE CLASSIFIEDS!

BOOKKEEPING

#1 CONCIERGE BOOKKEEPER
34 years exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profits, Retail, Marshal Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Small Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for your concierge appt. Same low 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

BUSINESS SERVICES

#1 CONCIERGE BUSINESS SERVICES
Put our 34 years in Concierge Business Support Service to work for your business. We provide support in: Licensing, Business & Corp Start-ups or Closures, Basic web design, Set-up social media. Business Concierge Shopping, Marketing and much more. Please contact Irene Senst (916) 640-3820 CA, (775) 410-3422 NV. www.taxirene.info • taxireneinfo@gmail.com

SENIOR LEGAL SERVICES

WILLS AND TRUSTS

Services	*Experience*
• Wills and Trusts	Medi-Cal - 10 Years •
• Special Needs Trusts	Francise Tax Board - 12 Years •
• Trust Administration	Private Practice - 17 Years •

Free In-Home Consultation
Tim Tyler, Ph.D., Attorney at Law 916-452-0624

SPECIAL ALZHEIMER'S LIVING

REVERE COURT
MEMORY CARE Lic. #347001338/342
Day Club, Respite,
Residential, Support Groups
& Educational Classes
casey.s@chancellorhealthcare.com
www.reverecourt.com
(916) 392-3510
7707 Rush River Dr. Sacto, CA 95831

COUNSELING SERVICE

Words Matter. I'm amazed Dr. Boucher didn't shoot Senator Paul. Holidays are anxious times, before you lose it, lash out without thinking, talk to me. I'll listen. G Epstein, MD 916-454-3668

Please RECYCLE this paper. Thank You

Check out the Home Improvement Guide
Call Melissa at 429-9901 for ad rates.

RESERVE YOUR SPACE IN THE CLASSIFIEDS!

What's happening, Land Park?

FRIDAY, JAN. 5-SATURDAY, JAN. 6

LIBRARY FRIENDS TO HOST WAREHOUSE CLEARANCE SALE: The Friends of the Sacramento Public Library are hosting a Warehouse Clearance Sale at the Book Den Warehouse, 8250 Belvedere Ave., Suite E, on Saturday, Jan. 6, 9 a.m. to 4 p.m. A preview for Friends members only will be held Friday, Jan. 5, 5 to 8 p.m., and nonmembers who wish to attend may join at the door for $20. The warehouse is currently overstocked with a wide variety of books which must be sold so that room is available for incoming new donations. Proceeds benefit the Sacramento Public Library system. All books and other materials in the warehouse will be priced at $6 for each grocery bag, and customers are encouraged to bring their own paper bags, though bags will be available. Because of the reduced prices, the Friends members' usual discount will not be offered at this sale. The Book Den store, which specializes in better books and is located at the same site, will be open during the same hours with materials offered at regular prices. For more information, call 916-731-8493 or email bookden@saclibfriends.org. Regular Book Den store hours are 10 a.m. to 2 p.m. on Thursdays and 10 a.m. to 5 p.m. on Fridays and Saturdays.

SUNDAY, JAN. 7

10TH ANNUAL FLORIN MOCHI MADNESS: A fun, taste-tempting Japanese American New Year's tradition awaits friends and families at Florin's "Mochi Madness X" Hand-Pounding Workshop, Treat Tasting, and New Year's Potluck from 10 a.m. to 2 p.m. Come rain or shine! Sponsored by the Buddhist Church of Florin and Florin JACL. It's free to members plus ages 5 and under. $5 for non-members to help cover supplies.
Please RSVP by January 4th by email to: florinjacl5@outlook.com
Mochi (sweet rice cake) Treats: Popular in Asian countries, mochi symbolizes strength and a prosperous New Year. Check out New Year's treats - hot ozoni and zenzai sweet red bean soup! How about "an", kinako, shoyu sugar, or daikon oroshi? (Plenty of tasting samples, but no mochi sales.)
You'll get to make the mochi "old school" like families on the farm - pounding with huge wooden mallets (kine) in a stone mortar (usu) after cooking in wooden steamers (seiro). Be ready to pound, shape, make, and taste! Learn how to make mochi, traditional dishes, and get some scrumptious Asian mochi recipes.
Potluck Social: People should bring a dish to share based on last name:
Letters A – U: Salads, veggies, cold side dishes, nigiri rice, etc.
Letters V - Z: Desserts (besides mochi), snacks, etc.
Main Dishes: Committee members and Volunteers are invited to bring main dishes. Ovens are available to heat items. Please let organizers know what you're bringing.
Volunteer Helpers Needed: This is hands-on so please let us know if you can volunteer:
- If you are an experienced mochi-pounder, turner, cutter, or maker, we need your help!
1. 9:30 a.m.: Setup of tables, chairs, condiments, drinks, mochi treat tasting areas, and registration table.
2. 11 a.m. to 1 p.m.: (Approximately) dozens of mochi pounders, cutters, makers, and treat tasting helpers.
3. 1 to 2 p.m.: Potluck Social: Catch up with friends and enjoy the food.
4. 2 to 3 p.m.: Clean up mochi equipment and facility (All helpers). (Bring warm clothes & apron)
RSVP by Jan. 4 by email to: florinjacl5@outlook.com
Buddhist Church of Florin, 7235 Pritchard Road, Sacramento, California 95828.

WEDNESDAY, JAN. 10

ANTI-RACISM ACTIVIST JANE ELLIOTT TO HOLD WORKSHOP AT CITY COLLEGE: From 9 a.m. to noon, the Sacramento City College Office of Student Equity & Success is excited to announce a presentation by anti-racism activist Jane Elliott. Ms. Elliott is best known as for the "Blue eyes–Brown eyes" exercise which she first conducted the day after Martin Luther King Jr. was assassinated. She is an internationally known teacher, lecturer, diversity trainer, and recipient of the National Mental Health Association Award for Excellence in Education. Ms. Elliott will give a presentation on the problem of systemic racism, how action and/or inaction can reinforce and perpetuate it and its overall impact on the creation and maintenance of inequitable educational institutions. The public presentation is open to all faculty, staff, students, administrators, and the community at large. This is a FREE event. Visitors can park in designated student parking spaces only with a daily permit. Parking is $2 all day. Register now to attend.
Https://www.eventbrite.com/e/sacramento-city-college-presents-jane-elliott-tickets-41093105585
SCC is located at 3835 Freeport Blvd.

SATURDAY, JAN. 13

GARDEN WORKSHOP – ROSE PRUNING CLASSES: The Historic Rose Garden will again host Stephen Scanniello, a Great Rosarian of the World, president of the Heritage Rose Foundation and curator of the Peggy Rockefeller Rose Garden, for two pruning workshops. This is a chance to learn from an expert and to be regaled with many entertaining tales of roses and the people who grow them. The first, at 9 a.m., will focus on pruning climbing roses. The second, at 1 p.m., will show techniques for pruning and rehabilitating mature plants. While workshops are usually free, we would appreciate a minimum of $10 donation to be shared between the Heritage Rose Foundation and for expenses in the Historic Rose Garden. The cemetery is located at 1000 Broadway, Sacramento. There is limited parking within the cemetery, but parking is also available on surrounding surface streets. For more information, call 448-0811. The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento.

SATURDAY, JAN. 20

CKM VISUAL ARTS AND PERFORMING ARTS CENTER GALA: Featuring performances in art, music, drama and dance in the newly renovated CKM theater. This grand opening celebration will include a silent auction, music and tours, beginning at 6 p.m. CKMVAPA.org. Tickets are on sale at Eventbrite.

FREE PRESENTATION ON STANDARDIZED TESTS: Strategies and Prep: Sacramento Library with AP College Consulting presents this free workshop at Belle Cooledge Library, 5699 South Land Park Drive at 2 p.m. High school students and families encouraged to attend.
Topics covered include: PSAT :
What it means, why take it?
ACT vs SAT: Which is right for you?
When to take and how many times?
AP tests: How to use them
Subject Tests: Who requires them and for what?
Test Prep: To pay or not to pay
Super Scoring: What it means.
Questions: contact@apcollegeconsulting.com.

SUNDAY, JAN. 21

SACCIRQUE PARK TAKEOVER: This is a great opportunity to meet and greet, skill-share, play and eat! This will be a free-style, skill-share jam; full of acro-yoga, hand balancing, flow arts, juggling, slacklining and more! Look for the Sac Cirque Banner and easy up! This is not an official SacCirque performance but an opportunity for artists to connect. What to bring: Yourself, your props and food. This will be a potluck style event from 1 to 4 p.m. at Southside Park 7th and T streets.

SATURDAY, JAN. 27

FREE PRESENTATION ON STANDARDIZED TESTS: Strategies and Prep: Sacramento Library with AP College Consulting presents this free workshop at at Sacramento Library Elk Grove, 8900 Elk Grove Blvd. at 11 a.m. High school students and families encouraged to attend.
Topics covered include: PSAT :
What it means, why take it?
ACT vs SAT: Which is right for you?
When to take and how many times?
AP tests: How to use them
Subject Tests: Who requires them and for what?
Test Prep: To pay or not to pay
Super Scoring: What it means.
Questions: contact@apcollegeconsulting.com.

TROOP ONE'S CRAB FEED: TROOP ONE OF SACRAMENTO, BOY SCOUTS OF AMERICA: From 5:30 to 10 p.m., support Troop 1 as you enjoy fresh, hot crab cooked on-site, along with shrimp, pasta, crusty sourdough bread, and salad at the California Automobile Museum is located at 2200 Front St, Sacramento, California 95818. Tickets are available at troop-1.com. The evening will feature music, a raffle, a Silent Auction and Dessert Auction, and the chance to stroll around the California Automobile Museum (included in your ticket price). Proceeds benefit Troop 1 Scouts and make the Boy Scouting and Venture Crew youth programs possible! Tickets are on sale ONLY until January 18 and WILL NOT be sold at the door! Buy tickets in two ways:
1) Download, print, and mail in this form with a check: http://troop-1.com/wp-content/uploads/2017/10/2018-T1-Crab-Feed.pdf
2) Buy tickets online ($4 extra per ticket if ordered online): troop-1.eventbrite.com

THE SUTTERVILLE ELEMENTARY SCHOOL PTA PRESENTS ITS 5TH ANNUAL CRAB FEED: There will be one-of-a-kind Asian-infused "hot" crab dinner, fun raffles and auctions, music and dancing, and more. Tickets are $55 per person ($550 for reserved block of 10). Please note that kids are welcome, but will require their own ticket since seats/space are based on tickets sold. Tickets are "paperless" and can be purchased online at https://squareup.com/store/sutterville-pta/ or in-person at the Sutterville Elementary School Front Office (4967 Monterey Way) during business hours. If you have questions, email crabfeed@suttervillepta.org

TUESDAY, JAN. 30

COPS & COFFEE: The Land Park Community Association and SacPD invite you to enjoy a variety of free coffee and treats while meeting with officers. Timely updates will be provided as well as opportunities to ask questions. The gathering will take place inside the Crocker-Riverside Elementary Auditorium from 6 to 7:30 p.m.

MONDAY, FEB. 12

TOASTMASTERS VALENTINE'S DAY POTLUCK: Brush up on your public speaking skills and bring a dish to share. Prepare a speech to deliver in a safe environment. Free event, 7 to 8:30 p.m. at the Eskaton Monroe Lodge, 3225 Freeport Blvd. For more information, contact mikenerby@gmail.com or call Mike at 847-5409. klassytalkers.toastmastersclubs.org.

ONGOING

WINTER CAMP: DEC. 27-29; JAN. 3-5
Winter at the zoo is unlike any other time of year! Campers will explore the zoo, learn about the animals, participate in games and crafts and even get up-close and personal with some of our animal ambassadors.

STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renew-

Continued on page 18

CALENDAR ANNOUNCEMENTS

Send you updated announcements
email to editor@valcomnews.com

VCN VALLEY COMMUNITY NEWSPAPERS | **916-267-8992**
1109 Markham Way, Sacramento 95818

11th Annual Galt
Winter Bird Festival
Saturday, January 20, 2018
8am - 3pm

A CELEBRATION OF BIRDS
- Free Admission
- Free Children's Activities All Day
- Arts and Crafts Vendors
- Tours to various local preserves including specialty tours
- Wild Animal Presentation
- Guest Speakers

PRESENTATIONS
BACKYARD BIRD SAFARI, Landscape Artist Mike Heacox
GOING BATTY, Corky Quirk
CONSERVATION AMBASSADORS, Gabriel Kerschner
CAL-WASTE, Leesa Klotz
HAWKS, HONKERS AND HOOTS, Kelli Moulden
KEYNOTE SPEAKER, PAUL BANNICK

TOURS
Sunrise Photography Tour/Kyle Bowlin
Tall Forrest & Riparian Habitat/Dr. John Trochet
Heritage Oaks Bird Walk & Lunch/David Yee
Birds & Beer at the Barn/Amber Veselka & River Rock Brewery
Paint & Sip at the Barn/Amber Veselka & Consumnes River Farm
Delta Birding Tour/Chris Conard

Keynote Speaker: Paul Bannick Award Winning Photographer and Author



Barn Owl

NEW LOCATION
Chabolla Community Center
610 Chabolla Avenue
Galt CA 95632
Space is limited, so sign up for tours now at website below.
Visit www.ci.galt.ca.us/WBF for more information
or call 209-366-7180

What's happening, Land Park?

Continued from page 17

able; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.

LADIES GOLF CLUB IN LAND PARK: Did you know there is a women's golf club that regularly plays at William Land Park? Women can discover the joys of golf, build new social relationships and get fit the fun way by joining the William Land Women's Golf Club. This 9-hole group meets Thursday mornings. It's open to women of all ages and golf abilities. Questions....or want more information....please call 916-422-0831 or email gretjen@comcast.net

BELLE COOLEDGE LIBRARY VIDEO GAMES AND VIDEO GAME SYSTEMS DRIVE: The Belle Cooledge Library is looking for video games and working game systems for our afterschool teen space program for next year. If you have any video games or working game systems that you would like to donate please bring them to the Belle Cooledge Library and we will provide a tax receipt. What is Teen Space? Join other area teens in our community room for our afterschool Teen Space! Hang out, geek out and mess around with friends and snacks! Seriously, what could be better? Teen Space occurs weekdays from 3 - 5 PM (except Thursdays 1:30 - 5 p.m.), is free, and open to teens between the ages of 12 - 18. (During the school year) All Library programs are free and open to the public a library card is not required! Belle Cooledge Library is located at 5600 South Land Park Dive. Library hours are Tuesdays noon to 8 p.m.; Wednesdays and Thursdays 10 a.m. to 6 p.m.; Fridays 1 to 6 p.m. and Saturdays 10 a.m. to 5 p.m.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

LAND PARK VOLUNTEER CORPS WORK DAYS: Help the corps with various work projects in William Land Park after a very wet winter.. First Saturdays of the month from 9 a.m. to noon. Meet at the Base Camp located in the picnic grounds directly behind Fairytale Town.

FAMILY FRIDAYS AT BELLE COOLEDGE LIBRARY: Spend some family time together this summer at the library with Family Fridays! Each Friday, in the Community Room there will be board games, cards, Wii gaming, arts and crafts, toddler toys, and a reading nook! This is a Summer Reading Challenge: Read by Design event each Friday from 3 to 5 p.m., 5600 South Land Park Drive.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SAC TRANSIT RIDERS UNION WEEKLY MEETING: Interested in democratizing transit and putting the "public" back into "public transit"? Sac TRU's weekly meetings, held every Saturday from 1-3 p.m. addresses these issues. Organize Sacramento, 1714 Broadway, Sacramento, CA 95818

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY: Every first Tuesday of the month from 11 a.m. to 5:30 p.m., the book sale features books for all ages. Support your local library and pick up some great reads! All proceeds from the sale benefit library programs. The Friends Bookstore will be open regular hours. The sale is held at the entrance to the library. 5600 South Land Park Drive

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY –Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY – Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

BELLE COOLEDGE LIBRARY PRESENTS SING ALONG WITH MISTER COOPER – Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive.

FAMILY STORYTIME AT ELLA K. MCCLATCHY LIBRARY – Every Tuesday at 10 a.m. for books, songs, stories and fun. Miss Lindsey and her guitar always make this storytime a fun event. Everyone is welcome to stay for our STEAM stay and play activity of the day. Recommended for ages 0-5. Every Tuesday from 10 a.m. to 11 a.m. at Ella K. McClatchy Library, 2112 22nd St., Sacramento.

THE FORUM: HEALING PATHWAYS PSYCHOLOGICAL SERVICES: Every Thursday from 5:45 to 7 p.m., the community is welcome to the Sierra 2 Center, 2791 24th St., to participate "CONVERSATIONS ON THE EDGE!" The forum provides a framework for investigating human nature. FORUM IS NOT THERAPY, it is a ritualized form of communication designed to enhance transparency, growth, and community. A Way of Group Communication and Being in Community through a Culture of Non-Violence. Tamara Intentional Community and Forum Founders Sabine Lichtenfels and Dr. Dieter Duhm define one aspect of community as living truthfully with each other and this is the cornerstone of our peace work. Another aspect of having a culture of non-violence is ending the war between genders, by letting go of fear in the humanistic love we share with and for one another, despite our gender differences and the complexities brought to our gender identity. These definitions embody what it means to be in Forum, including transparency with our felt experience and what is alive in us, psychologically and emotionally. Participants connect through their own self awareness and through a willingness to share it with the group. They may wish to do this non-verbally, with active or passive facilitation, through a poem, dance, or whatever moves you! The Forum will be held in the Garden Room. Donations are encouraged to cover the cost of room rental.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH MEETING: The club welcomes women and girls to the club's lunch meetings on the second and fourth Tuesday of the month from 12:15 to 1:30 p.m. at the Aviators Restaurant, at Executive Airport, 6151 Freeport Blvd.

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

ACC PRESENTS 'BODY WISDOM BREATH AND MOVEMENT': Perform easy to follow seated and standing exercises for health and well-being. Most movements are based on eastern techniques for relaxing and re-energizing the body. Use simple Qigong postures to stimulate vitalizing "Chi". Discover the joy of self-massage and acupressure. Slow down with guided imagery and meditative breath-work. Improving your health and be simple and fun. Pre-registration and Pre-payment of $20 @ $5 per class required. $7 Drop-in rate per class. Class will be held from 8:30 to 9:30 a.m. at ACC Senior Services, 1180 Corporate Way. For more details, call (916)393-9026 ext 330, www.accsv.org.

ACC PRESENTS YOGA-NEW: This yoga class introduces the Iyengar method of hatha yoga. Basic standing, sitting, forward extension, introductory inversion, and restorative postures will be taught. This class will build upon prior class and will use props to assist the students. You will need a yoga mat and possibly blocks, belts and blankets. Pre-payment is $6 per class or $8 drop-in rate. Pre-registration required. Class is now held from 7 to 7:30 p.m. at ACC Senior Services, 7334 Park City Drive. for more details, call (916)393-9026 ext 330. www.accsv.org

BABY/TODDLER STORYTIME -- Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive early or stay late for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER -- Love to knit? Want to learn? Join the library for expert advice, great conversation and more. All crafters are welcome--not just knitters! Every Friday from 1 to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

COMMUNITY DAY AT THE SACRAMENTO ADVENTURE PLAYGROUND: All ages are invited for a day of play at the Sacramento Adventure Playground! Children get to create their own play structures and spaces by re-purposing everyday items such as cardboard boxes, plus household wares, natural elements and unexpected items. The Playground is a fun and safe environment where children can use their imagination and creativity to direct their own play! Community Days also feature special activities and craft projects. Families are requested to wear closed-toe shoes and clothes that can get messy. The event will take place rain or shine. Admission to the Sacramento Adventure Playground is free. Featured activities include: Box forts, mud play and slide, sand play, bike riding (bring your bike and helmet!), craft projects, bubbles, painting. While the Sacramento Adventure Playground's regular operating hours are designed for ages 7-15, the Playground opens up for children of all ages to come and play on Community Days. Advance registration is not required. Community Days are held on the second Saturday of the month (except December and January) from 11 a.m. to 3 p.m. at 3301 37th Ave.

NATURE EXPLORERS AT THE SACRAMENTO ZOO: The Sacramento Zoo and the Sacramento Library in an open play environment, the last Saturday of the month anytime between 10 am to 2 pm. Near the playground, there will be storytime, playing, and exploring the wonders of the natural world with a new topic each month.

America's Choice in Homecare®
Visiting Angels® LIVING ASSISTANCE SERVICES
Visiting Angels Midtown



Dale Glazer
General Manager
Lic.# 3447000027

Join Us For Our Friday Seminars

January 19th: In Home Care. What should I expect? How to manage the costs.

February 16th: Loneliness In Older Adults

March 16th: Hospice Care & Companion Care How do they work together.

1:00-2:30pm Please RSVP
2026 X Street, Sacramento 916-273-9199
www.VisitingAngels.com/SacMidtown

PUZZLE SOLUTION

A	R	A	B				C	P	A			A	S	H
L	O	G	I	A			A	R	T		O	B	E	Y
A	C	H	E	D			N	A	E		T	E	R	M
	A	A	R	O	N		N	I	L		S	T	A	N
					E	M	E	R	I	T	U	S		
D	A	V	E	C	O	U	L	I	E	R				
E	L	E	G	A	N	T		E	R	A				
C	L	E	O	N						V	E	G	A	N
				A	P	T		T	R	E	M	O	L	O
				R	E	U	P	H	O	L	S	T	E	R
		O	D	Y	S	S	E	Y	S					
A	L	A	E		E	S	P		S	A	B	E	R	
T	A	K	A		T	O	P			A	I	L	E	D
T	I	E	D		A	C	E			R	A	B	B	I
U	R	N			S	K	R				S	A	S	S

Animals and the art of body language

Animals communicate with one another in a variety of ways. Communication might be in the form of scent, sound, sight, body language, touch or even a combination of senses. The purpose of this communication could be to welcome, or to attract, to fool, threaten, or to even keep the peace amongst social groups. One of the most noticeable, but also subtle and often overlooked communication types, is the use of body language.

At one time or another, most of us have witnessed an animal's body language. For those with pets, you have probably observed that when a house cat is scared, their tail puffs up, they raise up on their toes, and the hair along the back and the body becomes erect. This is an example of the cat using body language to convey to you (or another animal) that they are a big, formidable opponent to a threat, perceived or real. Other examples of this communication include dogs showing their teeth when annoyed, or horses raising their head high when they begin to panic. Guests can walk through the zoo and see all of the animals using body language in many unique ways.

Some animals communicate with others by – scent-marking a path, scratching a tree or vocalizing to troop members; many of these forms of communication are to warn another of impending danger or to mark a territory. But for most body language to be an effective communication tool, the behavior needs to be in the proximity of another.

Chimpanzees live in large groups and have very complex societies. They use body language all the time. A low-ranking member of the group needs to be able to see when the dominant male is ready to display (his hair stands on end, he starts swaying his body, and he may use an object to throw as he runs through the group) so they can stay out of his way. Conversely, orangutans live a much more solitary life with females and their successive offspring living loosely together and males more on their own. The larger size of the mature male with cheek flanges and long dreadlock hair are used to convey to a mature female "pick me, pick me!"

Body language can be enhanced when in combination with other types of communication. For example, if a lion wants to protect their enrichment item from another lion it may pin its ears back (body language) and add a verbal snarl to drive the point home to the other lion.

Some body language you see, is part of expressing territorial ownership of a nesting site or are seen in breeding and courtship behaviors. Flamingoes are a wonderful example of this type of communication. Not only are flamingoes loud, but during breeding season they march, move their heads from side to side (flagging), sway their necks, and can become very "fluffy" when someone comes near their nest as a warning to stay back.

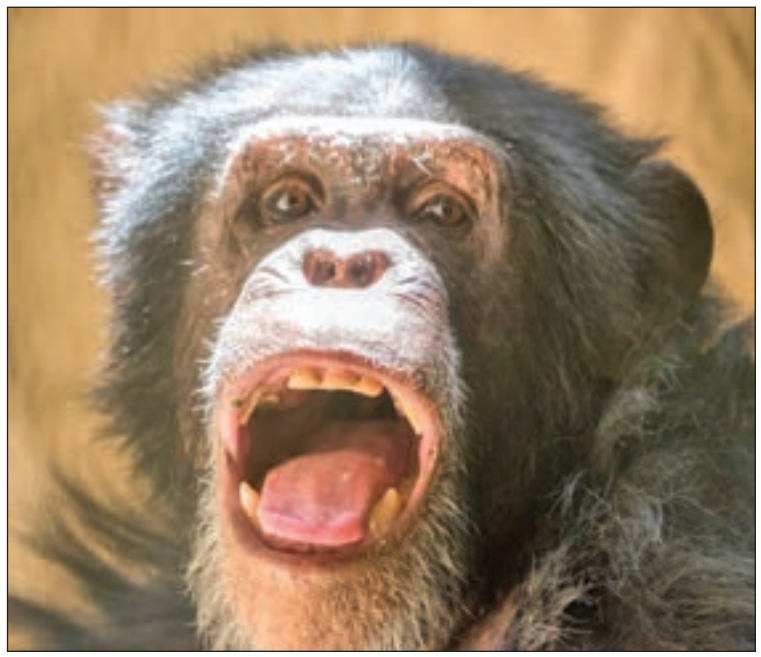
An example of often-misinterpreted body language at the zoo can be found in Julio, the blue and gold macaw. When his feathers are ruffled and fluffed on his head, he is not upset. It actually means that he is happy and wants to be scratched by people he knows (flock mates).

However, not all behaviors where animals are moving their bodies signify a special communication to a group member. Just like humans, animals do things with their body just for the fun of it or because it feels good. For example, the ground hornbills enjoy sunbathing and dust bathing. They will spread their wings out and lay in an awkward position. Thick-billed parrots will often hang from the mesh by their beak, dangling their feet and vocalizing. They are not stuck, but performing a common behavior for the species. Tawny frogmouths will open their wings and turn their head upside down after a hose bath by the keepers. You will also notice our older red kangaroo Obi stretched out in the sun at odd angles as he settles in for a long nap (often misinterpreted by guests that he is sick).Red Kangaroo





On your next visit to the zoo, watch the body language of the animals. Can you interpret what they are trying to say to their exhibit mate using their body? Or are they simply hanging from the mesh to get the morning sunshine? Remember, there is a lot more to an animal's communication than just body language. Did you hear the ruffed lemurs making their loud territorial call or the male lion or jaguar roaring? The best interpreters for the art of an individual animal's communication are zookeepers who care for them every day.



Source: Saczoo.org

Sacramento URGENT CARE +



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

Vaccinations Available

At Sacramento Urgent Care you will always be seen by a doctor.

Most Insurances Accepted - Se Habla Espanol

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

$15 OFF
Office visit for new cash paying patients
Expires 1-31-18

Everything's On Sale!*

*Everything on Sale except for "Special Buys", "Floor Sample Clearance", and icomfort mattresses.







NEW YEAR SALE

PLUS

FREE LOCAL DELIVERY*

requires a $1500 minimum purchase.





*Free local delivery ($99 Value) requires a $1500 minimum purchase. For delivery outside of local area $99 will be deducted from that area's delivery charge.

Naturwood® HOME FURNISHINGS

12125 Folsom Blvd.
Rancho Cordova
916-351-0227

Mon – Fri 10am – 8pm
Sat 10am – 6pm
Sun 11am – 6pm

www.naturwood.com

*Everything on Sale except for "Special Buys", "Floor Sample Clearance", and icomfort mattresses. Free Local Delivery ($99 Value) requires a $1500 minimum purchase. For delivery outside of local area $99 will be deducted from that area's delivery charge. Sale prices cannot be combined with any other discount or promotion. Sale ends 01/01/2018.