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## Janey Way Memories



# Tale of 'The Silver Tooth of Marty's Youth'



By **MARTY RELLES**  
Arden-Carmichael News columnist  
[marty@valcomnews.com](mailto:marty@valcomnews.com)

About the time I reached twelve years of age, I had an accident while swimming at Glen Hall Pool. I dove too deeply into the shallow end of the pool and struck my face on the bottom.

As a result of the collision, I chipped my upper front tooth almost half off. A few days later I visited our family dentist. He put a silver cap on the damaged tooth and told me, "Since your teeth are still growing Marty, I can't repair this damage until they have finished growing."

So, that was that. The cap remained on the tooth until I reached 17 years of age.

I damaged my teeth even worse a year later, when I fell into a concrete porch while playing on Janey Way. That accident knocked my other front upper tooth completely out. So, in addition to the silver cap, I had a gap in my front teeth.

This damage to my teeth had an effect on me. One day, a boy looked at me and asked, "Where did you get that silver tooth?"

I responded, "What's it to you?"

Fearing repercussions, he said nothing more, but having the silver tooth definitely embarrassed me. Over the next several years, I rarely smiled, and then, only with my mouth closed: a kind of Mona Lisa smile.

My friends were great, they never taunted me about this. Others were not so kind.

Later, when I attended Sacramento High, I participated actively in athletics, grew up, and soon forgot about the silver tooth. However, people always thought me a very serious person, as I rarely smiled. My high school graduation picture reflects this serious demeanor.

In 1964, the summer after I graduated from high school, I went to the dentist for a routine checkup.

As he examined my teeth, he said, "Your teeth have fully matured now Marty. It's time to put in a bridge where your two front teeth have been damaged."

So, over the next few months, I saw the dentist several times. He made a plaster of Paris impression of my teeth and from that constructed a bridge to fill the gap between the teeth. Finally, he installed the bridge in my mouth.

After he put my new front teeth in and had adjusted them to fit properly, he said, "Nurse, take Marty over to the big mirror and show him his new teeth."

When I looked into the mirror and smiled, a feeling of joy came over me which I can hardly explain.

For the first time in five years, my teeth looked straight and white and beautiful. After that, I smiled often.

People sometimes say to me, "You sure smile a lot." And I do. My mother always said that a smile doesn't cost one cent, yet sometimes it can bring joy to other people. Now the silver tooth of my youth is just another not very happy Janey Way memory.

# Pet food drive to benefit animals in need on Nov. 13

Special to Arden-Carmichael News

The Sacramento Cat Hospital is hosting its Second Annual Pet Food Drive, benefiting Sacramento's Loaves & Fishes and the Sacramento Pet Food Bank, on Saturday, Nov. 13.

"Providing enough pet food to meet the need is an ongoing challenge for shelters, charitable organizations, and animal rescue groups," said Dr. Billie Bensen Martin, owner of the Sacramento Cat Hospital. "This large-scale pet food drive is an effective way for our community to help animals in need all over the city."

During last year's drive, more than 8000 pounds of pet food was collected. "It was wonderful to see the generosity of our community at last year's pet food drive," said Dr. Martin. "We're hoping to collect even more pet food this year. The economic climate means that the demand is greater than ever. So many people in our city are faced with the difficult choice of feeding themselves, or feeding their pets."

The kennel at Loaves & Fishes houses and feeds the pets of their guests while the guests are eating in the dining room or participating in other services. Pet food is also distributed to those who have pets at home.

The Sacramento Pet Food Bank was launched in November 2009 in response to the increase in pets surrendered to shelters due to the inability of their owners to afford to feed them. The goal of the program is to keep people and their pets together by having a constant supply of dog and cat food available to those in need. The food bank is a partnership between the City of Sacramento Animal Care Services, Sacramento County Animal Care and Regulation, the Sacramento Society for the Prevention of Cruelty to Animals, and Happy Tails Pet Sanctuary.

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The Sutter Capitol Pavilion will house 40 specialist physicians' offices, 128 exam and procedure rooms, four outpatient operating rooms and 13 outpatient imaging rooms, along with endoscopy and interventional radiology services. There are four floors in the building plus a basement that houses the Energy Center for the entire SMCS campus.



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# Swan tours focus on migratory waterfowl in Sacramento Valley

By **SUSAN LAIRD**  
Arden-Carmichael News editor  
susan@valcomnews.com

Every winter, millions of creatures migrate through California. Monarch butterflies are returning to Carmel. Hummingbirds are headed for Mexico. And waterfowl, including the tundra swan, are heading for their favorite winter habitats in Baja California.

Tundra swans are the most common swan in North America. The bird is completely white, although the head and neck can appear rusty, due to contact with ferrous minerals in marsh soils where the birds feed. They have black legs and a black bill that usually has a yellow spot at the base.

Tundra swans are strong fliers and fly either in a straight line or in a classic "V" forma-

tion. These birds prefer habitats that include marshy lakes, bays and tundra – especially locations in Canada where tree growth is hindered by low temperatures and short growing seasons.

The birds mate for life, producing their young in the spring. It is not uncommon for cygnets – young swans – to do their first migration south with their parents. Tundra swans have a long lifespan, and few predators outside of man. A tundra swan can live as long as 20 years or more.

California's Department of Fish and Game is offering an opportunity to view these amazing creatures as they make their journey south, starting in November and running through

See Swans, page 6

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Answers on page 22

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# Swans: Private lands will open for tours

Continued from page 5

the migratory season's end in February. Members of the public are invited to register for a naturalist-led swan tour of Marysville's rice and waterfowl area.

Co-hosted by local rice farmers and land owners, these tours will focus on finding tundra swans, as this tract is one of the best locations for seeing swans in California.

"We'll be scouting for the sheets of white – namely the swans – and other assorted waterfowl," said Bruce Forman, naturalist for the Department of Fish and Game. "It's also a special treat to see a bald eagle, as this is also bald eagle habitat."

Ducks, geese, cranes, shorebirds, white pelicans, herons, egrets and raptors are also commonly seen in this area, known as District 10. The area contains 23,000 acres of rice fields and restored habit not normally open to the public.

"Part of the experience will be learning about the importance of rice farming as critical habitat for many kinds of waterfowl," Forman said.

Tours will be held on the second and third Saturdays of each month from 9 a.m.–11 a.m., November through February. These are driving tours along a short route with very little walking required.

Pre-registration is required on the department's website, [www.dfg.ca.gov/regions/2/SwanTours](http://www.dfg.ca.gov/regions/2/SwanTours).



Photo courtesy of Ashok Khosla, [www.seeingbirds.com](http://www.seeingbirds.com)  
Tundra swans migrate south from Canada through the Sacramento Valley during the months of November through February. These graceful birds can flock in numbers so great that they can appear "as a sea of white." The California Department of Fish and Game is offering tours to view these creatures as they migrate south.

Up to 30 people may register for each tour. The tours are free, but registrants are encouraged to make a donation online to the California Wildlife Foundation to support the program.

The swan tours are part of DFG's wildlife viewing services program, which includes similar outdoors opportunities at Gray Lodge Wildlife Area, Yolo Basin Wildlife Area, Isenberg Crane Reserve and North Table Mountain Ecological Reserve. For more information about the swan tours, call (916) 358-2852.

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# Sacramento resident sails into adventure with each Pacific Cup

By **MARC MALONEY**  
Arden-Carmichael News writer

Sailing long distances on the Pacific Ocean, Michael Caplan says, is "hours of boredom punctuated by moments of sheer terror."

The boredom, Caplan said, includes spending hours on watch in some of the remotest spots on the globe, complete with hallucinations and some conversation with yourself, seeing one's life compartmentalized into only periods of light and periods of darkness, and repeated meals of the same tired pasta dishes and preserved canned banality.

At the other end of the sea-going spectrum are the otherworldly, sailors-only occurrences and interactions that the landlocked will never experience: eyeball-to-eyeball meetings with whales, endless seascapes seemingly meant solely for the viewing pleasure of those lucky few on board to view them at that particular moment and latitude, and occasional moments of mortal terror.

Caplan, a Sacramento realtor and a member of the Rotary Club of Arden-Arcade, recently completed his sixth Pacific Cup, a yacht race that takes competitors 2,070 miles from San Francisco to the Kaneohe Yacht Club on the windward side of Oahu, Hawaii. Fifty-six boats participated in the 2010 event, the race's sixteenth running.

The Pacific Cup, Caplan explained, is a race primarily for amateur crews, unlike the Trans-Pacific Race, which is

held in odd-numbered years and draws professional racers.

"In the Trans-Pac, the more money you have, the better your chances to win," he said. "The Pacific Cup is an amateur race, run usually with older boats and amateur crews, and there is an enormous recidivist rate. It really gets in your blood."

### A 'water-oriented' upbringing in paradise

Sailing got into Caplan's blood early; his family moved to Hawaii from Sacramento when he was just four.

"My whole recreational perspective was water-oriented. I learned to surf before I learned to swim," he recalled. "I started sailing when I was 12; one of my teenage jobs was sailing in Hawaii. The ocean became my comfort zone."

Caplan returned to the mainland for college and resettled in Sacramento. As soon as he felt he had the discretionary time he needed to be able to do so, he resumed sailing, first on San Francisco Bay, then on the Pacific Ocean. He entered his first Pacific Cup in 1990 and competed in the 2000, 2002, 2004, 2008, and 2010 races. Over the years, Caplan has helped oversee and supervise the race in a variety of roles, including once serving as race commodore, a post he recalls as being "a great deal of fun and very time-consuming."

### How the race was run

A veteran Pacific Ocean sailor, Caplan knows well

the sea and its capriciousness. During one race, his boat went from upright to capsized in the blink of an eye.

"One moment, it was five-foot seas and a 25-knot breeze, and then around 3 a.m., a squall hit us. The winds went from 25 miles per hour to 55, and we went from upright and controlled to on our ear with the boat on its side," he said. "We went from tranquility to utter chaos in seconds."

Handling the challenges of the rapidly-changing seascape is the true test of a sailor's abilities, Caplan maintains.

"Usually during a race, there's a middle ground," he said. "You're on the edge, and anything can happen at any time, but you're managing it well. You're completely focused on this 30- to 50-foot long piece of flotation."

This year's race, Caplan said, was marked by poor sailing conditions, and the conditions influence how fast each race is run. During this summer's race, Caplan and his shipmates aboard the *Whistler V* took 16 days to complete the nearly 2,100-mile course; the boat he was on during the 2004 race finished in just 11 days.

"The conditions really were about as bad as you could imagine this year," Caplan said. "The weather was either calm or unfavorable. Our boat performed pretty poorly, and this race was just slow; even the fastest boats performed below capacity."

### All hands on deck (and in the galley)

Participating in six Pacific Cup races has given Caplan insight into how to assemble a crew for a race. The main trait he looks for in prospective crew members is reliability.

"Each person on that boat depends totally on every other person and their ability to perform," said Caplan. "And

it's true what they say, a quiet boat is the most efficient boat."

Caplan also looks for people who are experienced ocean sailors, and possessing additional desirable skills like the ability to cook or prior medical training or experience, helps one's resumé. For the record, family ties

See Caplan, page 10

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# Applying to college is like another extracurricular activity

By MARILYN VAN LÖBEN SELS  
Arden-Carmichael News columnist

By now, high school seniors are fully aware that CSU, UC, The Common App and other colleges have posted their applications for Fall 2011.

As one student aptly commented, "Applying to college is like having another extracurricular activity." By planning ahead, students can make the process go much more smoothly and efficiently.

After deciding on a college list, the most important task is to make a timeline for each college, the type of appli-

cation it requires, potential scholarship opportunities, and all due dates. For the Common App and many other non-state schools, students need to note additional requirements such as teacher recommendations, art and athletic supplements as well as the secondary school, midyear and final reports completed by their high school counselor.

Some colleges even invite students to submit additional recommendations, and all of these application parts need to be coordinated and completed on schedule.

By using a special calendar or plotting all of this information on an Ex-

## Application hints make the job easier

cel spreadsheet, students can really see their job in its entirety, break it down into parts, and get each task done on time.

To make the application process smoother, students can work ahead and organize information for easy input. They will need the following information:

• A copy of their high school transcript so they can record their grades;

- SAT and/or ACT scores (these must also be sent colleges);
- A list of their activities and jobs and the amount of time involved in each;
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See Colleges, page 11

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# Preparedness and Self-Reliance Fair to prepare Sacramento residents for potential emergencies

Special to Arden-Carmichael News

California is home to natural and man-made disasters: earthquakes, fires, flooding and even extreme weather situations, such as tornadoes, are not out of the realm of possibility here.

Because of the on-going potential for emergencies in the Sacramento region, city and county organizations and officials are co-sponsoring the Sacramento Emergency Preparedness and Self-Reliance Fair on Saturday, Oct. 16 from 10 a.m. to 2 p.m.

Guest exhibitors will include the Sacramento Office of Emergency Services, the American Red Cross, the Sacramento City Fire Department, the California Emergency Management Agency, the Drowning Accident Rescue Team (DART), the Sacramento Police Department, Army Corps of Engineers, United Animal Nations, Pacific Gas & Electric, the California Conservation Corps, CERT (Community Emergency Response Team) and many more.

Visitors to the event can learn about: building disaster-resilient families, having

an emergency plan, emergency communication, emergency shelters, power generators, first aid kits, employment, wills, trusts, estate planning, budgeting and saving, a three-month supply of rotatable food, crime prevention, Neighborhood Watch, flood preparedness, water storage and purification, children's emergency activities and much, much more.

This event is open to everyone in the community.

The event will be hosted by members of The Sacramento California Stake of the Church of Jesus Christ of Latter-day Saints.

Sponsors include the Sacramento City and County Office of Emergency Services, Council Member Robbie Waters, Council Member Bonnie Pannell and County Supervisor Jimmie Yee.

Individuals of all ages will have the opportunity to learn how to better prepare for natural and man-made disasters at this free event.

The Fair will include over 40 exhibits and displays highlighting topics such as: food and water storage, stretching your food dollar, employment,

family evacuation plans, 72-hour kits, water purification, first aid, fire safety and much more.

Emergency vehicles will also be available for tours and close-up inspection, including an Army National Guard HH60 helicopter, a Coast Guard rescue boat, ambulance, highway patrol car and a CERT (Community Emergency Response Team) trailer. The Army National Guard HH60 plans to land around 10:30 a.m. and CERT will be performing several "triage" demonstrations throughout the day.

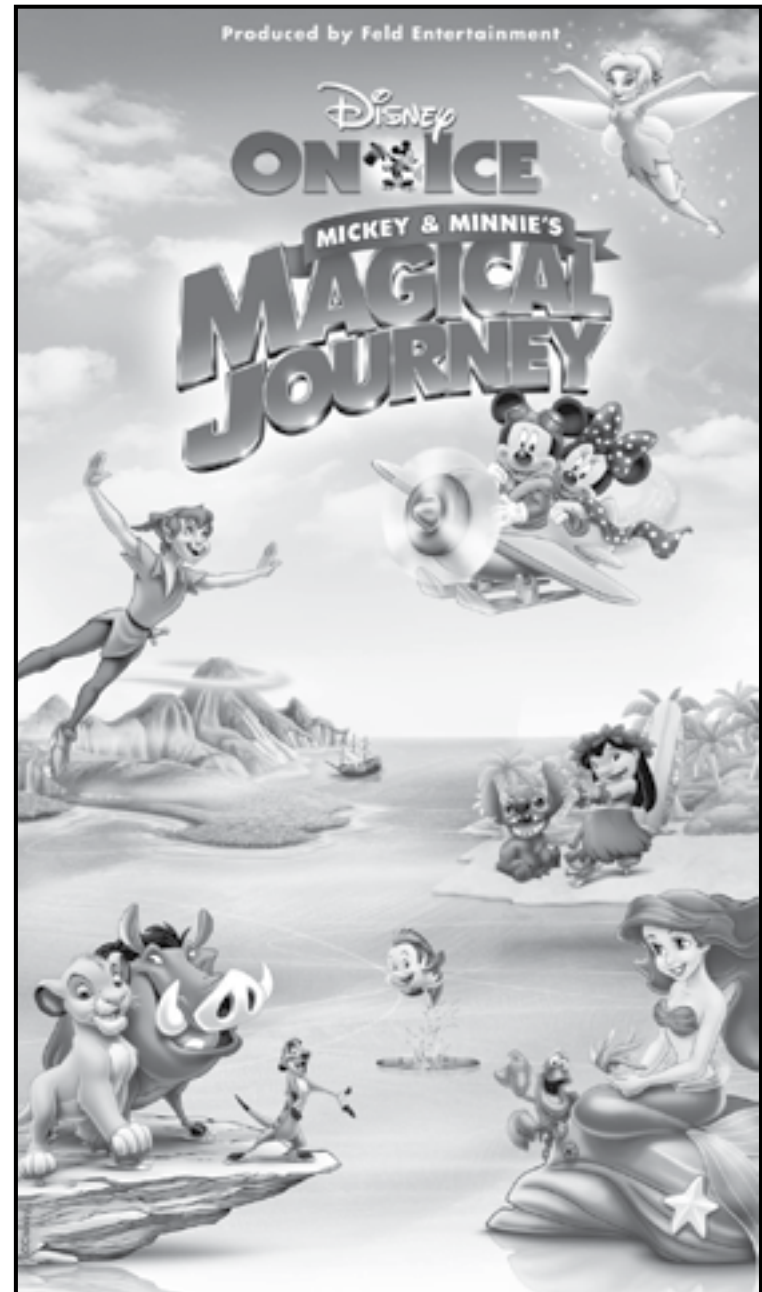
"The fair has been designed to provide useful information to families regardless of where they are in the wide spectrum of emergency preparedness and self-reliance," said John Cassinat, president of the Sacramento Stake. "There will be meaningful experiences and valuable information for the person or family who doesn't know where to begin, as well as for those who are well on their way to sustainable independence and self-reliance during most emergencies."

The Fair will be held at a large property owned by

The Church of Jesus Christ of Latter-day Saints located at 7401 24th Street in Sacramento.

This event is free and family oriented. Translators will be available for multiple languages.

"It is important that we as a community are prepared for any kind of unanticipated event," Cassinat said. "The more educated we are as a community, the more resilient we will be."



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# Caplan: Adventurer has made eye contact with whales, seen Rembrandt-style sunsets

Continued from page 7

hold no sway when Caplan is gathering his crew.

"My son-in-law is the only member of my family that I deem reliable enough for this," he said. "I hope that just he and I can go sailing one of these days."

For safety's sake, each boat in the Pacific Cup is required to carry certain amounts of potable water, provisions, anchors, feet of chain, and the like. Expecting the trip from San Francisco to Hawaii to take between 12 and 14 days, Caplan prefers to take provisions for 16 to 18 days, just to be safe. Caplan also supplements the provisions by fishing from the boat; during this year's Pacific Cup, he caught and prepared four mahi-mahi. Even with the occasional fresh catch, meals and accommodations aboard the boat grow tiresome quickly, Caplan admits.

"There is no shower, no comfortable way to sleep, so you basically race all day, eat, crash, and wait until you're called for your next watch," he

said. "As far as food, we have each crew member bring in his or her favorite dish frozen, and we eat those first. Then we get into the fortified protein shakes, pasta, Vienna sausages, Spam, that sort of thing."

## The things you see at sea

Asked about his most memorable moments and sights on a boat, Caplan recalls seeing living "Rembrandt paintings" stretch out before him at sunset, scenes so beautiful that exhausted crew members would interrupt their hard-earned naps to take them in.

He remembers feeling like his "whole soul had been sucked up into the Milky Way" one night under the stars. He tells of flying fish and flying squid inexplicably landing with a plop on the deck of the boat and of birds lighting on one of the ropes or rails and hitchhiking for days. Perhaps most stirring are the encounters with whales.

"They make eye contact with you, and you're looking at them and they're looking back at you, and you can't help but wonder, 'What the hell is this animal thinking?'"

Unfortunately, Caplan also has seen how human thoughtlessness is impacting the oceans.

"I've observed a lot of trash in the open ocean: ropes, parts of fishing nets, and of course plastic bottles and other plastic things," he said. "It's really discouraging and disheartening. The nets and ropes are the most disheartening objects, since they can trap fish, dolphins, and turtles."

Caplan credits his Hawaiian upbringing for his fondness for the ocean and its inhabitants.

"The ocean has always been dear to me; chalk it up to being raised on an island in the middle of the Pacific," he said. "Spending time out there just strengthens the commitment to preserving our natural resources. I think that most of us that sail feel similarly."



Photo courtesy

Sacramento resident Michael Caplan loves to sail the Pacific Ocean from San Francisco to Hawaii. His voyages have involved encounters with flying fish, squid and whales.



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# Colleges: Getting organized will reduce stress levels for everyone

Continued from page 8

ACT scores (Parents may want to be on hand, since these can easily get out of hand if a teen decides to apply to additional colleges at the last minute by simply clicking on additional buttons and then hitting "send." Sticker shock could ensue).

This list seems long, but it will really expedite the application process and keep stress levels down to a manageable level. After students send in their applications, they should check their email every day and respond to col-

lege's messages as soon as they pop into their inbox. At the recent CSU Counselors Conference, campus representatives asked us to tell students to be sure to read to the bottom of each page and to make the time to

reply to each request promptly.

At times during the application process, students can get bogged down. One student said, "No one will even read my application." Admissions offices actually read each application carefully and at least twice. In some cases, when readers are not in agreement over an applicant, a third person reads the application, and the

three make a recommendation.

Senior year is definitely busy and applying to colleges does take a lot of time, but getting organized before beginning the process will result in time to go out to a movie or just to hang with friends plus the satisfaction of a job well done.

Marilyn van Löben Sels is a certified college counselor. Contact her at [marilyn@college-gps.com](mailto:marilyn@college-gps.com).

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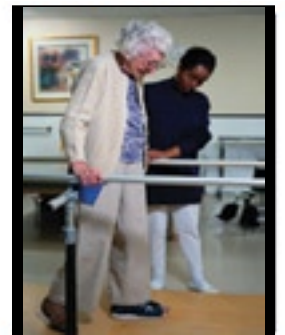
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## Faces and places Festive fun at Carmichael's Founders' Day

Arden-Carmichael News  
photos by TOM PANIAGUA

Members of the community celebrated Carmichael's 101st Founders' Day at Carmichael Park on Saturday, Sept. 25. From face painting, to displays of Carmichael's history, to great food and classic automobiles, a festive and fun time was had by all.

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# Grand music kicks off seventh season for Folsom Lake Symphony

By SUSAN LAIRD  
Arden-Carmichael News editor  
susan@valcomnews.com

The Folsom Lake Symphony Orchestra (FLSO) kicks off its seventh season in grand style this fall, with a concert of "Beethoven, Brahms and Borodin" in its largest venue yet – Fair Oaks Presbyterian Church in Fair Oaks – on Saturday, Oct. 16.

The popular symphony orchestra will perform in three venues this season. The inaugural concert in Fair Oaks will introduce Folsom's popular performing artists to the region at large.

## Borodin

The evening starts off with the "Prince Igor Overture." Audience members may recognize leitmotifs from the Broadway play, "Kismet" (1953). However, this overture was originally composed by Aleksandr Borodin for his opera, "Prince Igor," also referred to by some as the "Polovtsian Dances."

Sadly, Borodin died before completing all of the music for "Prince Igor" in 1887. The world nearly lost the overture, as well – because the composer never wrote it down. Fortunately, he played it on numerous occasions for his friends, Nikolay Rimsky-Korsakov and Aleksandr Glasunov, composers in their own right. Glasunov undertook the task of writing the overture from memory, while Rimsky-Korsakov endeavored to edit of the opera into a more completed format. "Prince Igor" was performed for the first time in 1890, three years after the composer's death.

## Beethoven

The second item on the evening program is the "Concerto for Violin, Violoncello and Piano: Opus. 68 in C Major "Triple Concerto" by Ludwig van Beethoven. It is the only concerto that Beethoven wrote for three instruments.

"This is our largest venue, ever," said Bruce Woodbury, president of FLSO. "This concert is special because this is the first time we've put three soloists together for our first triple concerto."

The special guest soloists are: Ben Dominitz (violin), Richard Andaya (violoncello,

or commonly called, cello) and Natsuki Fukasawa (piano).

The Triple Concerto is divided into three movements, Allegro, Largo and a Rondo alla Polaka. The themes are joyful and soaring. Audience members will enjoy this masterful work that blends orchestra with the talents of soloists on violin, cello and piano.

## Brahms

Concluding the evening is Johannes Brahms' "Symphony No. 1, Opus 68 in C Minor."

Brahms began the work in 1854, but it took him 21 years to complete it. It was first performed in 1876.

Brahms struggled with the composition, deterred at the outset by his lack of orchestral experience. His friends viewed the work with mixed opinions. Clara Schumann was not favorably impressed: "I find it lacks melodic inspiration, for all the ingenious working-out." Hans von Bülow was of an entirely different opinion. To him, Brahms' First Symphony was living

proof that it was still possible to compose symphonies of Beethovenian dimensions – even after Beethoven's Ninth.

In fact, this work's greatest challenge is a part of its great triumph. Brahms was actively working to produce a piece that could stand up to Beethoven. The leitmotifs are very similar to Beethoven's "Joy," particularly in the Allegro movement.

Composers, musicians and critics will doubtless continue to argue about the mer-

its of this work, which has remained in the popular repertoire for over a century – and likely will for centuries more.

"Beethoven, Brahms and Borodin" will be performed one night only, Saturday Oct. 16 at the Fair Oaks Presbyterian Church, located at 11427 Fair Oaks Blvd. in Fair Oaks. Season tickets and single tickets are available. Single tickets are \$22 to \$42. To purchase tickets, call the Ticketline at (916) 357-6718 or visit [www.folsomsymphony.com](http://www.folsomsymphony.com).



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Elk Grove • Folsom • Rancho Cordova  
Rocklin • Roseville • Sacramento  
Coming January 2011: Natomas

**UCDAVIS  
HEALTH SYSTEM**

# Your Home Improvement Guide

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## ADDITION SPECIALIST



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

Remodeling and Design

LIC# 480492

Certified Kitchen & Bath Remodeler

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

**FREE Consultation**  
**916-422-6639**

[www.lytleconstruction.com](http://www.lytleconstruction.com)

## YOUR AD SHOULD BE HERE!

**Call today!**  
**Your services are needed.**  
**Your ad should be here.**  
**Ad design is free.**  
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## BATH & KITCHEN REMODEL



The Special Attention to Detail Contractors

CSL# 870327

Family Owned / Bonded / Insured  
Since 1987

General Contractors for all your contracting needs!  
**Bathroom & Kitchen Remodeling Specialists**

Painting, Drywall, Tiles, Crown Moulding & Baseboards

**Peter Klima, Owner**  
**916-220-5764**

## BUILDER

**DESIGNS** **INNOVATIVE BUILDERS** LIC. #632225

**DESIGN-BUILD CONSTRUCTION**  
CLASS B & C-54 TILE

"YOU DREAM IT...WE BUILD IT..."  
**CALL (916) 447-5438**  
FREE ESTIMATE

**REMODELS**  
**ADDITIONS**  
**NEW CONSTRUCTION**  
**KITCHENS & BATHROOMS**  
**INTERIOR TILE REMODELS**  
**SWIMMING TILE POOL REMODELS**

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## CARPET/FLOORING



### Shop at Home

Free In-Home Estimates!  
Next Day Installation Available!  
Carpet, Hardwood, Laminate, Tile,  
Vinyl and Window Treatments.

**Call Today!**

**Rick Bertrand • (916) 501-5952**

Contractors License #770250

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**Ad design is free.**  
**Call 429-9901**

## YOUR AD SHOULD BE HERE!

**Call today!**  
**Your services are needed.**  
**Your ad should be here.**  
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## CARPET/ UPHOLSTERY CLEANING

### TLC CARPET CARE

Carpet & Upholstery Cleaners

Owner Operator  
Local in the Pocket  
State of the art Truck Mount

**(916)952-3831**



## CARPET & UPHOLSTERY CARE

### Johnny on the Spot

Complete Carpet and Upholstery Care

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

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

Visit our website at [www.johnnyonthespots.com](http://www.johnnyonthespots.com) for more info, coupons and specials.

**Call (916) 997-7895**

## CLEANING

### PROFESSIONAL

Free Estimates  
Licensed & Insured

- WINDOW CLEANING (inside/out/screens washed)
- Pressure Washing (house ext/walkways/all concrete areas)
- Rain Gutter Cleaning
- Hard Water Stain Removal

Prime Quality  
Maintenance



**Call Jesse (916) 417-4231**

## CLEANING

### DAVE'S Pressure Washing

USES LESS WATER  
THAN GARDEN HOSE!

Winter Specials

Clean your gutters the right way

**Call (916) 375-0498**

Owner-Operated  
Lic.#13503

## CONSTRUCTION

### Griffin Construction

- New Construction
- Remodeling & Room Additions
- Demolition & Removal of Old Unwanted Existing Garage & Replace with New Single/Double Larger Garage or Shop.

Staying small to serve you better.

Local references  
Lic # 510423

**Call (916) 714-1606**

## CONTRACTOR

### The Dream Builders

YOU DREAM IT, WE BUILD IT FOR YOU.  
General Contractor • Lic #911154

All Home Repairs  
Remodel & New Construction  
Residential & Commercial  
All architectural drawings

For FREE Estimate

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THE REMODEL EXPERTS! "Building your dreams!"

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Family-owned & operated; Most work done by father & sons

Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lic.# 706474

### SMALL JOBS/REPAIRS WELCOME!

- Specializing in Kitchen/Bathroom
- Custom Granite, Tile & Stone
- Design/Build
- Room Additions

## 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

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## ELECTRICAL

### Sunshine Electrical

Prompt. Dependable. Honest!  
Residential Specialist

Security Lighting  
Computer Circuits Etc  
Spa Electrical

New Houses/Additions

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

Ca Lic # 633853 Liability Insured

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**Your ad should be here.**  
**Ad design is free.**  
**Call 429-9901**

## FENCING

Bob Grove  
(916) 425-7435

License #:  
927602

**GATEWAY FENCE CO.**

Commercial & Residential

Gateway-Fence.com  
bob@gateway-fence.com

Fax (916) 429-1905



## GENERAL CONTRACTOR

### FULSTER CONSTRUCTION

Custom Remodeling & Additions  
Specializing in state-of-the-art Kitchens/Bathrooms & every aspect of construction from Painting to Roofing

**(916) 952-0838**

[www.fulsterconstruction.com](http://www.fulsterconstruction.com)

Local References / Lic# 639780



# Your Home Improvement Guide

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YOUR AD SHOULD BE HERE!

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

HANDYMAN

**FREEDOM  
HANDYMAN SERVICES**  
Free up your time from those pesky unwanted jobs!  
I specialize in all areas of Home Improvement!  
-Plumbing - Carpentry - Electrical  
-Yard Care - Hauling - Sprinklers  
Quality work the first time, Guaranteed!  
**NO JOB TOO SMALL!**  
Call Eric  
**(916) 470-3488**  
Licensed and Insured #152902

HANDYMAN

**FALL SPECIALS!/Yard Makeovers**  
• RAIN GUTTER CLEANING  
• ROTOTILLING/& SOD PLACEMENT  
• CONCRETE REMOVAL  
• YARD CLEAN-UP/HAULING  
• 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 10 YRS\***

HANDYMAN

**Quality Handyman**  
Over 30 Years Exp., Expert in all trades  
**Bathroom Specialist**  
Plumbing & Dryrot Repairs,  
Electrical/Carpentry, Appliance Repairs,  
Tile, Fences, Painting, Linoleum,  
Rototilling, Trenching, Etc.  
**(916) 485-2467**  
Senior Discounts, All Work Guaranteed  
Lic# HB5693

HEATING/AIR CONDITIONING

**BONNEY**  
PLUMBING, HEATING, AIR  
& ROOPER SERVICE  
DON'T BE CAUGHT IN THE COLD!  
Season Special  
Heating System tune-up \$85  
CALL 444-0551  
• Heating & Cooling Service/Repairs  
• New Installs & Existing Replacements  
• Maintenance Programs/Agreements  
• Service on All Brands  
• High Efficiency Air Filters  
• Freon Leak Detection  
FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

YOUR AD SHOULD BE HERE!

**Call Melissa today!**  
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Ad design is free.  
Call (916) 429-9901

LANDSCAPING

**Terra Bella**  
Gardening Maintenance  
"Not your typical mow, blow & go company!"  
• Full yard maintenance  
• One time clean-up  
• Sprinkler repair  
Call Randy (916) 454-3430 or 802-9897  
www.terrabellagarden.com  
Lic# 152584

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Mom Says...  
"Times Are Tough - Lower Your Prices!"  
OK Mom... Here We Go...  
Call Now for Competitive Prices on  
Interior • Exterior  
Quality Residential Painting  
Top of the Line Materials  
**Jett Painting**  
Quality Residential Painting  
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Bonded • Lic# 525750

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**SACRAMENTO  
LANDSCAPE CO.**  
SINCE 1995  
CONSULTATIONS  
DESIGNS • ESTIMATES  
HOMES • BUSINESSES  
CALL: 832-2010  
WWW.SACRAMENTOLANDSCAPE.NET  
CL# 770400

MASONRY

**Top Line Masonry**  
\* Brick, Block & Stone  
\* Custom Design  
\* Repairs & More  
\* MC & VISA accepted  
\* Senior Discounts  
Lic # 897517  
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toplinemasonry@yahoo.com

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**Dynamic Painting D**  
Interior • Exterior • Residential • Commercial  
Licensed • Bonded • Insured • Accept MC & Visa  
FREE Estimates - References  
**10% Discount**  
Any Interior or Exterior Paint Job  
Manny Fonseca • (916) 665-2671  
DynamicPaintingofSacramento.com  
Lic# 550940

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**GARY'S PAINTING**  
CUSTOM RESIDENTIAL  
INTERIOR & EXTERIOR OVER 20  
YEARS EXPERIENCE WITH PRIDE  
EXCELLENT REFERENCES  
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Contractors Lic. # 734323  
McClatchy '67

PLUMBING

**Riverside Plumbing** *Keith & Harry Staley*  
Office 442-7586 Mobile 204-4090  
Full Service  
Lic# 338816 C-36  
Located on corner of 7th and Riverside Boulevard  
**25% Discount for all new customers with this ad**  
(discount applies to labor only)  
Water Heater Disposal Faucets  
Sewer & Drain Cleaning/Video Camera Inspections  
WE SPECIALIZE IN  
•Copper repipe •Sewer and water line replacements •Gas lines - installed

PLUMBING

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

PLUMBING

**BONNEY**  
PLUMBING, HEATING, AIR  
& ROOPER SERVICE  
WE CHARGE BY THE JOB...  
SO YOU KNOW THE COST  
BEFORE WE START!  
CALL 444-0551  
• Toilet, faucet, sink & disposal repairs  
• Installation of new plumbing fixtures  
• Trenchless sewer replacement  
• Sewer & Drain Cleaning  
• Water & gas line repair  
• Water heaters  
FREE ESTIMATES / ALL WORK GUARANTEED / SENIOR DISCOUNTS / LIC # 696355

ROOFING

**HOPKINS ROOFING**  
33 years experience  
Specializing in all types of  
roofing & repairs  
24-hour call  
**(916) 731-7073**  
License #667013

WINDOW WASHING

**METRO WINDOW CLEANING**  
Specializing in Residential  
Window Washing  
Rain Gutter Cleaning  
FREE Estimates - Competitive Rates  
Senior Discounts  
Satisfaction Guaranteed  
CALL TODAY!  
**(916) 202-8055**  
Lic#636942

YOUR AD SHOULD BE HERE!

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Your services  
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Your ad should be here.  
Ad design is free.  
Call 429-9901

*Arden Carmichael News*  
**Home Improvement Guide**  
call Melissa at 429-9901 to advertise your service

# CLASSIFIED ADS

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

## BOOKKEEPING

**#1 BOOKKEEPER**  
26 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Ask for Irene Senst (916) 640-3820. [www.taxirene.info](http://www.taxirene.info)

## COMPUTERS

**GOT COMPUTER PROBLEMS?**  
Pocket Computer Technician. I do on-site visits in the Pocket area. \$35/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161

## FREE HOME BUYER SEMINAR

**ATTENTION 1ST TIME HOMEBUYER'S**  
OR anyone interested in becoming a home owner. FREE seminars on Oct. 14,23,28; Nov. 6,11,13. On site loan pre-approvals available. Bring with you: 1 mo. pay stubs; 2 mons. bank stmnts; 2008/2009 W2s & tax returns; 12 mons. cancelled rent cks (if available). 1100 Corporate Way in Pocket area. RSVP as seating is limited. Clarissa @ (916) 955-3673.

## HANDYMAN

**YARD MAKE-OVERS**  
EMERGENCY SERVICES, too! Sod, sprinklers, hauling, concrete removal (Patio, borders, etc.), gutters cleaned, pressure washing, painting, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, odd jobs & more. LICENSED. References available. Call Les at 838-1247. Ask about the specials for seniors.

## 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.

## PET PORTRAITS

**ORIGINAL PET PORTRAITS**  
Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph—turn around 7-10 days. Email [melissa@melissaandrews.com](mailto:melissa@melissaandrews.com) or call 447-4441.

Advertise in California Kids!  
Family Fun Guide!!!  
Serving Greater Sacramento,  
For more information, call Marc  
at (916) 429-9901

Published by Valley Community Newspapers, Inc.

## TAX PREPARER

**#1 TAX PREPARER**  
26 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all **past tax returns** including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820. [www.taxirene.info](http://www.taxirene.info)

## ADVERTISE YOUR RENTALS

Call 429-9901

## YOUR AD SHOULD BE HERE

**FOR A BOX  
CLASSIFIED  
AD**  
Call MELISSA  
**429-9901**



**Jeri Hromada**  
916.761.6734  
[www.jerihromada.com](http://www.jerihromada.com)

Equal Housing Opportunity  
DRE# 01324435

**Lovingly Maintained \$349,900**  
2644 17th Street - 95818

Old Land Park, 1700+ sq ft, 3 bdrms, 1 ba, Living rm w/fireplc, din, rm, new roof/new paint, Cent H&A, partial basement, extra rm w/private entrance.



List your auto for sale in the classified ads

## CALIFORNIA KIDS!

Advertise in California Kids!  
Family Fun Guide!!!  
Serving Greater Sacramento,

For more information, call Marc  
at (916) 429-9901

Published by Valley Community Newspapers, Inc.

## HOME IMPROVEMENT

**Need Home Improvement?**  
Check out the  
**Home Improvement Guide**  
in the  
*Arden Carmichael News.*  
For Melissa for  
Home Improvement  
ad rates, call 429-9901.

Classified ads work!

Call Melissa at 429-9901 for advertising information

# — EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

**Chinese Community Church**  
27th Annual  
**FALL FOOD FESTIVAL**  
Saturday, October 16  
11 a.m. to 7 p.m. — Free  
Live entertainment • games for kids • dress Hawaiian & get a raffle ticket • BBQ, egg rolls, pot stickers, desserts & more!  
5600 Gilgunn Way  
424-8900 or [www.cccsac.net](http://www.cccsac.net)

**Iyengar Yoga Workshop**  
With Certified Teacher  
of 27 years  
Janet MacLeod —  
from San Francisco  
October 16 & 17  
Sat. 1-4 p.m./Sun. 10-1 p.m.  
Call Mary Chan for reservations  
(916) 731-4831 or  
e-mail [ma9777@aol.com](mailto:ma9777@aol.com)

**FASHION/CRAFT SHOW**  
**Children's Fashion Show**  
Saturday, October 16  
2 to 4 p.m  
Fashion show • Artisans  
• Music • FREE  
2580 FAIR OAKS BLVD.  
LYON'S VILLAGE  
For info - (916) 480-0971

**Cristo Rey High School Open House**  
Sunday, Oct. 24, 10 a.m. - Noon  
For Prospective Students & Their Families  
• Tour the campus  
• Speak with administrators/teachers/students  
• Sign up for Jan. 22 placement test & a Shadow Day.  
We're AFFORDABLE, Private, College Preparatory, & offer a unique Work-Study program.  
6200 McMahan Drive, Sacto. 95824

**Greenhaven Animal Hospital**  
**OPEN HOUSE**  
Saturday, October 23  
11 a.m. to 3 p.m  
Pets Welcome. Raffles  
A Silent Auction will be held to help VCA Charities in their efforts to support pets and their families around the world.  
1 Valine Court  
(916) 391-3677  
[www.vcagreenhaven.com](http://www.vcagreenhaven.com)

**DELTA KING**  
**WINE SCHOOL**  
November 3, 10 & 12  
November 3 & 10 just \$79.00  
November 12,  
Wine & Dinner \$79.00  
Call 379-5005

**SACRAMENTO EMBLEM CLUB'S ANNUAL HOLIDAY CRAFT AND GIFT SHOW**  
UNIQUE GIFTS, ONE-OF-A-KIND CRAFTS  
GREAT FOOD AT REASONABLE PRICES  
SATURDAY, NOVEMBER 13, 2010  
9:00 a.m. to 4:00 p.m  
**SACRAMENTO ELKS LODGE #6**  
6446 Riverside Boulevard  
Sacramento, 95831  
Vendor/space infor: (916) 686-0347

*Mission Oaks*  
*Holiday Craft Faire*  
Saturday, November 6  
9 a.m. — 3 p.m. FREE  
Mission Oaks Community Center  
4701 Gibbons Drive, Carmichael  
VENDORS INVITED — Call NOW!  
972-0336 MORPD.com

**"THE CRANES ARE BACK!"**  
**Sandhill Crane Festival**  
Hutchins Street Square, Lodi  
November 5-7, 2010  
Wine tasting, art show  
Children's activities  
Exhibits & demos. FREE!  
Visit website for Schedule &  
Register NOW for tours  
[www.cranefestival.com](http://www.cranefestival.com)  
1 800 581-6150

**BUDDHIST CHURCH OF FLORIN**  
**OYAKO DESIGNER EVENT**  
November 20  
9 a.m. to 3 p.m.  
7235 Pritchard Road, Sacto  
• Clothing • Jewelry • Handbags  
• Home Decor & More!  
Infor: (916) 422-1265 Lois

# CALL AND PLACE YOUR EVENT TODAY!

## Call (916) 429-9901

# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

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

## OCTOBER

**'Wayne Thiebaud: Homecoming'**  
Through Nov. 28: Exhibit of Sacramento's most famous artist, Wayne Thiebaud, as he begins his 90th year. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

**'Tomorrow's Legacies'**  
Through Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

**'A Pioneering Collection'**  
Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

**Living Positive with Chronic Disease group**  
Oct. 14, 21, 28: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thursdays. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

**Mission Oaks Computer Club**  
Oct. 14: Celebrate the 22nd anniversary of the club with member presentations and a finger-food potluck. Visitors welcome. Problem solving clinic, led by Adam Lacey of Applications, Etc., will follow. Free. 1 p.m.-3 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 366-1687 www.missionoakscomputerclub.org

**Rotary Club of East Sacramento**  
Oct. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

**Rotary Club of Pocket/Greenhaven**  
Oct. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Kelly Byam (916) 684-6854.

**Sacramento Walking Sticks**  
Oct. 14, Nov. 18, Dec. 9: The nation's largest American Volkssport Assn.-affiliated walking club. Meets second Thursdays, 7 p.m. SMUD Customer Service Center, Forestview 1 meeting room, 6301 S St., Sac. Refreshments served. If you'd like to walk three miles before the meeting, meet at 5 p.m. in front of the SMUD Customer Service Center building. Bring money for dinner after the walk. Gale at 364-5063 or www.SacramentoWalkingSticks.org

**Sutterville Heights Optimist Club**  
Oct. 14, 21, 28: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

**Annual Fall Festival**  
Oct. 16: Come join our "Harmony in Helping Hands" at the Annual Fall Festival to benefit the Shriner's Special Children. Admission free. 10 a.m.-3 p.m. Lunch avail. \$20/person. 1:15 p.m. fashion show. Other attractions include: boutique, baked goods, jams and jellies, book nook, jewelry and formals, more. Menzaleh Temple No. 16 Daughters of the Nile, Ben Ali Activities Bldg., 3262 Marysville Blvd., Sac. (916) 455-9401

**Toastmasters**  
Oct. 14, 21, 28: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail.com, www.sacramentotoastmasters.com

**Rotary Club of Point West**  
Oct. 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

**Soroptimists of Sacramento**  
Oct. 15, 22, 29: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

**Cemetery Garden tour**  
Oct. 16: "What's Blooming in the Cemetery Garden" tour. Stroll through the beautiful and peaceful gardens at the Sacramento Historic City Cemetery to learn what's blooming. 10 a.m. Free, but donations gratefully accepted. Cemetery main gate, Broadway & 10th St. Parking available across the street. (916) 448-0811

## College letters of recommendation, interviews

Oct. 16: Applying for college means putting your best foot forward both in person, and on paper. In this workshop parents and students will learn how admissions offices use letters of recommendations and interviews. Learn how to ask and who to ask for recommendations. Find out how to make it easy for the writer to recommend you. If an interview is a requirement for your application, discover who might be interviewing you, what they might ask, and how you can best prepare. The program will be presented by Marilyn van Loben Sels, a certified college counselor. Free workshop. 10 a.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

## Emergency Preparedness Self-Reliance Fair

Oct. 16: Learn how to prepare yourself and your family for natural and man-made disasters. Interactive exhibits, kids' activities, affordable food, rescue vehicles. Free. All welcome. Translators available. 10 a.m.-2 p.m. 7401 - 24th St., Sac. (916) 429-7701

## e-Waste recycling

Oct. 16: Get rid of your old televisions, computers, laptops, cell phones, printers, scanners, copiers, fax machines, ink cartridges, stereos, VCRs, DVD players, cable boxes, video game consoles and household batteries. Please, no microwave ovens, kitchen electronics or light fixtures. Free. Benefits JFK High PACE and MLK K-8. 9 a.m.-p.m. JFK High parking lot, 6715 Gloria Dr., Sac. Todd Thompson (916) 392-2885 toddanddivanna@sbcglobal.net

**Flower arranging with roses**  
Oct. 16: Learn and practice flower arranging using old garden roses with "R is for Rose" author Carolyn Parker. 10 a.m. The seminar will be held at the Sacramento Marina (2710 Ramp Way) at the west end of Broadway. Lunch included. Registration fee \$65. OCCC members \$45. Registration Forms at www.cemeteryrose.org or at www.oldcitycemetery.com (916) 448-0811

**Food Addicts Anonymous**  
Oct. 16, 23, 30: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-6028.

See more Calendar, page 22



**Craft Faire**  
Saturday, November 6  
9am - 3pm • FREE



Mission Oaks Community Center  
4701 Gibbons Drive, Carmichael  
972-0336 • MORPD.com

## "The Cranes Are Back"

14th Sandhill Crane Festival  
Hutchins Street Square, Lodi  
November 5-7, 2010



Festival Artist:  
Patricia Theobald Payne

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RICHARD ANDAYA, CELLO, & NATSUKI FUKASAWA, PIANO  
PRINCE IGOR OVERTURE A. BORODIN  
CONCERTO FOR VIOLIN, VIOLONCELLO & PIANO,  
OP. 56 IN C MAJOR "TRIPLE CONCERTO" L. VAN BEETHOVEN  
SYMPHONY NO. 1, OP. 68 IN C MINOR J. BRAHMS

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Purchase tickets at www.folsomsymphony.com  
or call the ticketline at 916.357.6718.

# CALENDAR

For more Calendar entries visit  
www.valcomnews.com

Continued from page 21

## Urban Farm Stand

Oct. 16, 23, 30: Soil Born Farms' newest urban agricultural project, a farm stand featuring seasonal, local and organic fruits and vegetables. Saturdays through Nov. 20 from 9 a.m.-1 p.m. www.soilborn.org

## Co-Dependents Anonymous

Oct. 17, 24, 31: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays, 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm. 101, Sac. (866) 794-9993.

## Community Sunday breakfast

Oct. 17, 24, 31: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m., every Sun. \$9. Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

## Jesuit High School open house

Oct. 17: (All boys). Prospective students and their families are invited to tour the Jesuit High School campus, speak with administrators, teachers, students and their parents about all the opportunities Jesuit has to offer and to sign up for the Jan. 22 placement test and a Shadow Day. 12 noon-3 p.m. Jesuit High School, 1200 Jacob Lane, Carmichael. (916) 482-6060 ext. 227

## Newcomer's Buffet

Oct. 18, Nov. 15: All widows, widowers invited to The Widowed Persons Assn. of CA no-host "Newcomers" buffet. 5:30 p.m. Meets third Mondays. Plaza Hof Brau, 2500 Watt Ave. (corner El Camino). (916) 972-9722.

## Senior peer counseling training

Oct. 16: Senior Peer Counseling, a non-profit outreach program that matches volunteer visitors with lonely and isolated seniors, is offering a five week volunteer training. 5:30 p.m.-7:30 p.m. The volunteers visit a senior for about an hour per week, to help with everyday tasks or just to socialize. Dinner is included at each week's training session. (916) 855-5444

## Beginning bridge lessons

Oct. 19 - Dec. 7: Learn party bridge procedures with the Greenhaven Community Bridge Group. Lessons on evaluating hands, bidding, card play and coaching, keeping score, partner support strategies. Become more comfortable and confident in playing bridge socially. Meet new people; bring a spouse, friend or neighbor. All are welcome. \$10 for materials. 7 p.m.-9 p.m. Greenhaven Lutheran Fellowship Hall, 475 Florin Rd. (across from Kennedy High School). Dale or Barbara, (916) 424-3925

## Co-Dependents Anonymous

Oct. 18, 25: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

## Exploring CA private colleges

Oct. 20: A smaller school may be a better fit for some students and they might want to consider a private school. Many little-known private schools are real gems, and many are more affordable than you think. Discover the types of private schools, their costs/financial aid packages, their degree of difficulty to be admitted and how best to research your options. College admissions advisor Joan Adams will present. 6:30 p.m. Registration required. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

## How to research family history

Oct. 20: The Genealogical Association of Sacramento will host Lynn G. Brown, presenting up-to-date information on immigration and naturalization. The INS no longer exists. Learn who and what have replaced

them and how it can affect and improve your efforts to uncover records. Guests welcome. Free. 1 p.m. Belle Cooleedge Library, 5600 S. Land Park Dr, Sac.

## Meet the author

Oct. 20: Teens and adults are invited to meet author Dave Eggars who will discuss his writings. Eggars is the author of numerous books, including the memoir, "A Heart-breaking Work of Staggering Genius," a finalist for the Pulitzer Prize; and the novel "What Is the What," a finalist for the National Book Critics Circle Award for fiction. In 2009, the National Book Foundation awarded him the Litterarian Award for Outstanding Service to the American Literary Community. Free. 7:30 p.m. Crest Theatre, 1013 K St., Sac. (916) 264-2920 www.saclibrary.org

## 'Jazz Up Your Life' concert

Oct. 21: The Sacramento City College Jazz Band will present its premier fall concert, playing everything from swing and Latin to funky jazz. Free. 7 p.m. SCC Student Center, 3835 Freepoint Blvd., Sac. Ron Knable (916) 558-2515

## Identity theft prevention

Oct. 22: Robert Lane, a veteran money manager with Ironstone Bank and himself a victim of identity theft, will present steps you can take to prevent identity theft and what you can do if you are a victim. Free. 3 p.m. Belle Cooleedge Library, 5600 South Land Park Dr., Sac. (916) 264-2920 www.saclibrary.org

## Harvest festival

Oct. 22: Enjoy crafts, food, games and entertainment at the Harvest Festival hosted by Matsuyama Elementary School. Free admission. 4 p.m.-7 p.m. 7680 Windbridge Dr., Sac. (916) 433-5535

## Lantern cemetery tour

Oct. 22, 23, 29, 30: Get into the "spirit" of the season. Costumed docents tell the stories of historic and notable cemetery residents by lantern light as you venture further into the shadows of the Sacramento

Historic City Cemetery. Bring your imagination and a flashlight. \$30, tickets must be purchased in advanced. Tours commence at 6 p.m., 8 p.m., and 10 p.m. Cemetery main gate, Broadway & 10th St. Parking available across the street. Visit www.oldcitycemetery.com for information on purchasing tickets. (916) 448-0811

## Safe Halloween: Monster Mash

Oct. 22-24: Children can participate in a costume parade, hands-on activities and free photos. 17 candy stations. "Frankenswine" theater and more. 5 p.m.-9 p.m. \$7 members, \$10 nonmembers. Fairytale Town, 3901 Land Park Dr., Sac. (916) 808-7462 www.fairytaletown.org

## Autumn roses garden tour

Oct. 23: Experience the glorious colors of autumn at the Sacramento Historic City Cemetery. This garden tour, led by Lifetime Master Gardener, Anita Clevenger, celebrates the beauty of the change of seasons in the internationally acclaimed cemetery gardens. 10 a.m. Free, but donations gratefully accepted. Cemetery main gate, Broadway & 10th St. Parking available across the street. (916) 448-0811

# Sudoku answers

From page 6

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 | 3 | 2 | 5 | 6 | 1 | 8 | 9 |
| 9 | 1 | 5 | 3 | 7 | 8 | 4 | 2 | 6 |
| 2 | 6 | 8 | 1 | 4 | 9 | 7 | 3 | 5 |
| 6 | 2 | 1 | 5 | 8 | 3 | 9 | 7 | 4 |
| 8 | 4 | 9 | 7 | 6 | 1 | 3 | 5 | 2 |
| 5 | 3 | 7 | 9 | 2 | 4 | 6 | 1 | 8 |
| 3 | 9 | 2 | 4 | 1 | 5 | 8 | 6 | 7 |
| 7 | 8 | 4 | 6 | 3 | 2 | 5 | 9 | 1 |
| 1 | 5 | 6 | 8 | 9 | 7 | 2 | 4 | 3 |

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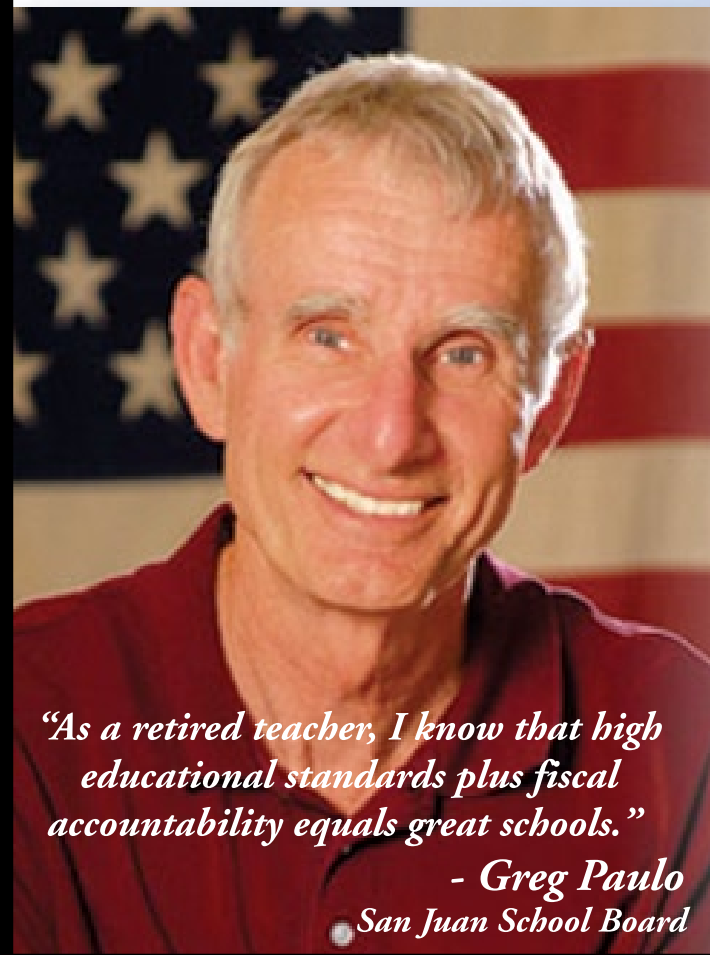
# Crocker expansion now open

Photos by DANNY KAM  
Arden-Carmichael News photographer

Sacramento partied like it was 10-10-10 from 10 a.m. to 10 p.m. to celebrate the re-opening of the Crocker Art Museum and the grand opening of its 125,000 square-foot expansion. Members of the public were treated to a wide variety of multicultural events, as well as a free day to tour the museum.



*As a retired teacher, Greg Paulo knows what it takes to make sure all our kids*  
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San Juan School Board*

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Fully remodeled, very custom. Cook's kitchen will delight. Bedrooms are good-sized. Huge workshop w/ toilet & sink. Also a gym w/ rubberized floor. Huge landscaped backyard. Front yard is all new landscaping, walkways and porch. Climate controlled wine storage in garage. See [www.442woodlakedr.isnowforsale.com](http://www.442woodlakedr.isnowforsale.com) \$389,000

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### DEL PASO MANOR

Adorable home! You will love the updated kitchen with tile counters, tile floors & stainless appliances, the remodeled bathroom w/ tile flooring, large stall shower, & separate tub, the cozy fireplace & more! Amazing back yard w/ 4-year old built-in pool & spa, planter beds & shed. Don't wait! [www.catalinadrive.com](http://www.catalinadrive.com) \$199,000

**ERIN ATTARI 342-1372**



### AMERICAN RIVER CANYON

Featuring 4 bedrooms, 2 1/2 baths, family room, formal dining room, high vaulted ceilings, inside laundry room, sparkling pool w/ waterfalls, plus concrete tile roof. Lots of storage available for all your stuff. Extra large 3 car garage has 4x8 workshop and includes several storage cabinets. See [www.111oakrimway.isnowforsale.com](http://www.111oakrimway.isnowforsale.com) \$475,000

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Italian tile flooring. Kitchen has limestone counters w/ tile backsplash, stainless steel appl. Beautiful colors, baseboards/crown molding, designer light fixtures, recessed lighting & fans, closet organizers, custom shutters & more. 2 car garage. See [www.605StanfordCourt.com](http://www.605StanfordCourt.com) \$249,000

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You won't believe the tranquility of this **PENDING** home. The remodeled home is filled w/ glass to bring the outside in. Gourmet kitchen w/ high-end appliances, granite, island, walk-in pantry & storage galore. FR w/ fireplace & master bedroom overlook backyard & pool. See [www.4140fairoaksblvd.isnowforsale.com](http://www.4140fairoaksblvd.isnowforsale.com) \$650,000

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