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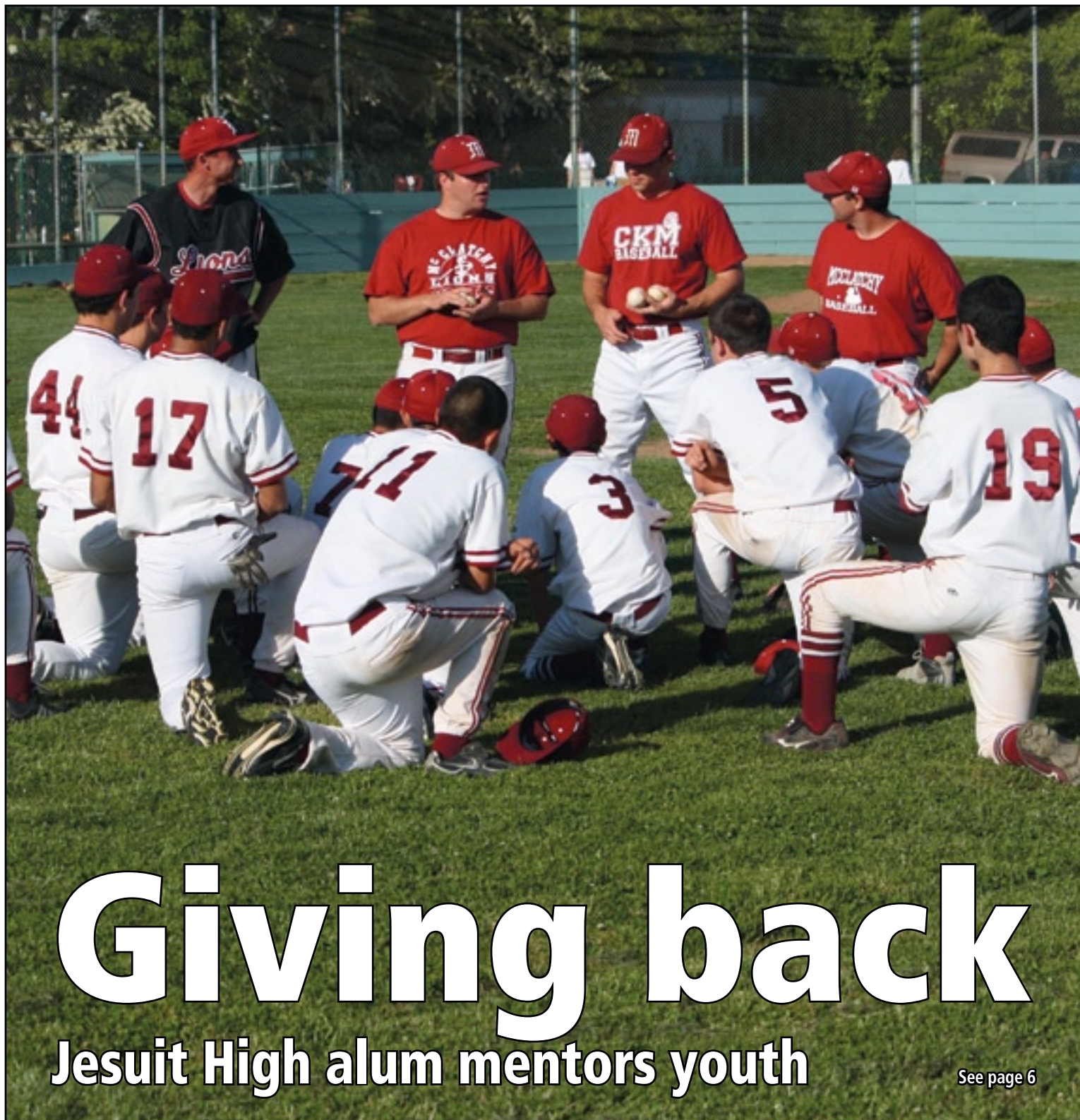
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Janey Way Memories



How 'the Pit' changed as I grew up



By **MARTY RELLES**
Arden-Carmichael News columnist
marty@valcomnews.com

I moved to Janey Way in 1952 just after celebrating my fifth birthday.

The day after I arrived, my next door neighbor, Butch, took me down to play in the "Pit," a vacated sand and gravel site which abutted the back yards of the houses on the east side of Janey Way.

It must have looked like the Grand Canyon to a five-year old boy. The site sank about 30 feet into the ground and stretched in an L pattern from M Street on the south all the way over to Elvas Avenue on the north, then across to 62nd Street on the east. It covered about 40 acres of the land on which the St. Francis Catholic High School now stands.

At that time, a dirt road snaked down into the bottom of the Pit from the M Street side of the site, just behind the Petrocchi house at the beginning of Janey Way. Big trucks entered the Pit almost daily to dump their contents in an effort to backfill the big hole. They dumped things like broken pieces of concrete, waste lumber and dirt.

We used this debris to build forts to play in. We also did things like racing our bikes over and around the mounds of dirt left by the trucks, playing cowboys and Indians and staging mock battles between pretend armies.

The Pit was our playground and because it changed shape daily that made it all the more fun.

But the Pit went through many changes as we grew up. By the late 1950s, the entire east end of the pit was level ground. In 1959, the East Sacramento Little League built a baseball diamond on that section of the site. It was a beautiful diamond with bright green fences all around, built-in dugouts, stands for the fans on both sides of the field and a two story structure behind the back stop for a snack bar and a public address system. I played my first and only year of Little League baseball in that park.

Soon after that, all the rest of the Pit was leveled to look like a large vacant lot except for a tall mound of dirt in the middle we called Mount Everest. We played often on that hill. We used it as lookout, as a hide out, and as a stage for great military maneuvers. The younger Janey Way kids actually staged gladiatorial fights on the top of Mount Everest.

On July 4th, we lit fireworks on top of Mt. Everest even before Red Devil and Freedom fireworks were sold in town. Dom Costamagna lit flares and popped fire crackers. Once he even shot off a naval flare which turned the night sky red over the top of our Mt. Everest. However, soon after that even Mt. Everest disappeared.

By the mid 1960s, the Diocese of Sacramento constructed St. Francis High School on the area we once called the Pit. We had grown up then and our days of playing army, riding bikes and building forts had long since ended.

Now the Pit is just another cherished Janey Way memory.

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Fight the bite: Mosquitoes are already out

Special to Arden-Carmichael News

It might only be January, but the warmer than usual temperatures and dry weather have created the ideal conditions for mosquitoes.

"We're starting to see many mosquitoes now," said David Brown, district manager of the Sacramento-Yolo Mosquito & Vector Control District. "Mosquitoes that had been resting for the past few months are already out and aggressively biting, ready to begin their life cycle."

The above average rainfall total for December has left many potential water sources in and around

homes, requiring regular household water management to prevent mosquitoes from developing later in the season.

"We urge all residents to check for mosquito breeding sources around their home," said Brown. "It is important to empty containers that may collect water, such as buckets, flower pots, bird baths, cans and old tires. This will go a long way in ensuring that mosquitoes are not breeding on your property."

With the continued depressed economic market and high number of foreclosed homes in the area, neglected swimming pools are of spe-

cial concern for the District. Pools can be a significant threat because if left unattended, they can produce thousands of mosquitoes – and can infect an entire neighborhood. The District continues to work closely with residents and city and county agencies to identify homes with neglected pools so potential problems can be addressed quickly and efficiently.

To report a neglected swimming pool or other mosquito breeding problems, call (800) 429-1022 or fill out a service request online at www.FIGHTtheBITE.net.



Photo courtesy, Sacramento-Yolo Mosquito & Vector Control District
Mosquitoes are out in force, looking for victims on which to feed and vacant swimming pools, flower pots and old tires as water sources in which to breed. Authorities urge all residents to be vigilant to this menace by checking for breeding sources around their homes and neighborhoods.

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'Tower of Power' celebrates 40 years with new album release

By CELIA GREEN
Arden-Carmichael News writer

The band's sound has been called a fusion of funk, jazz and R&B.

It's rare for a car to last forty years. Some marriages don't make it that long.

So it's unusual to hear about a band that is celebrating forty years in the music business.

But that is just what a local Sacramento area band, Tower of Power, has done. To mark the occasion, they threw a party and planned to release a CD and DVD.

"Someone came up with the idea 'Let's get everybody together who's ever been in the band,' and so we did," said longtime band member, Roger Smith. "We had the ten of us onstage (current band members) plus another 23 alumni for an amazing concert."

The set list was over two hours long, and the band

played favorite hits for young and old alike.

"We played everything," Smith said. "It was exhausting, but so much fun. The Fillmore was packed with friends and family and fans, some from as far as Denmark."

That concert was held at The Fillmore in San Francisco in October 2008, but because of editing challenges and a failed business agreement, the CD and DVD will be released this spring.

The DVD will include footage from the concert, a history of Tower of Pow-

er and shows the founding members, Emillio Castillo and Doc Kupka visiting some of the band's old haunts.

This will be the 25th album the band has produced, although the band's famous horn section has been featured on a myriad of albums from other artists, from Elton John to Santana to Josh Groban.

Tower of Power still tours worldwide some 150 to 180 days a year, and is still producing new music. The band's most recent album was released in 2009.

"Our sound is unique," Smith said. "There's not another band like it. We didn't try to sound like Chicago or Earth Wind and Fire."

The band's sound has been called a fusion of funk, jazz and R&B.

"Every one of these guys is an excellent musician," he added.

In addition to his full-time job with Tower of Power, Smith has another career. He writes and records as a soloist. He has produced six albums, and writes and records as his alter ego "Jazz Roscoe," with two albums under that name.

"I play only three to five gigs a year of my own mu-



Photo courtesy

Longtime band member of Tower of Power, Roger Smith helped the band celebrate 40 years and is part of the popular group's upcoming album release.

sic, because Tower of Power keeps me so busy," he said.

Not enough? Smith also writes music for the occasional movie, produces all genres of music and is fostering an up-and-coming artist named Robbie Christmas.

Smith was born in Texas, moved to Sacramento as a child and graduated from Luther Burbank High School. After a stint in the army, he lived in Austin, Texas, where his musical career began.

"Austin was my musical beginning," he said. "A lot of musicians came through there. I was like a kid in a candy store. Every day was a musical adventure."

Smith came back to Sacramento seven years ago when he and his wife of 30 years bought a home in Land Park.

"I love it. It's like we've been here forever," he said. "We have great neighbors. And I live walking distance from Vic's Ice Cream - that's dangerous."



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Jesuit alum assistant baseball coach strives to show students a better way

By **BENN HODAPP**
Arden-Carmichael News writer
benn@valcomnews.com

Alan Donato lived his early life like many Sacramento area residents did: school and recreational sports took up a lot of his time as a youngster.

After graduating from Jesuit High School in 2002, Alan went on to become a civil and criminal lawyer in his hometown of Sacramento. In the ensuing years, however, he realized that he had something growing up that many young people don't have – a stable and supportive family.

The support he received as a youngster is the driving force that has caused this young barrister to become an involved role model for local kids at McClatchy High School. Alan is an assistant coach for the JV baseball team at McClatchy.

“Being there” for the next generation of high school students is something he doesn't take lightly.

“My father was always my mentor growing up,” Alan said. “A lot of kids don't have that and end up getting steered in the wrong direction. If I end up being half the father my dad was to me I will be happy.”

And while Alan, 27, has no children of his own yet, he and wife Katy are both active in the lives of young people. Katy teaches dance to pre-schoolers, which takes a far greater degree of patience than teaching baseball to high schoolers, Alan joked.

Alan and Katy have known each other since both were young children and they both share the same values when it comes to helping kids. Alan knows all too well how badly things can go for kids at such an impressionable time.

“In criminal defense, I was introduced to a world that I didn't even know existed,” he said. “By the time (these kids) hit my desk it's already too late sometimes.”

Alan advocates that people interested in volunteering should stop thinking and just do it. The earlier you can get to them, the better they will be, he believes.

“Just go do it. Get off your rear end and do it. There are so many people needed,” he said. “Pick a direction and go -- you will find someone who needs you. The hardest part is getting started. We all have scheduling conflicts, but once you get started, you will be hooked.”

That's what happened to him. After graduating from UC Santa Barbara and then McGeorge School of Law, Alan got in touch with an old friend. That old friend was Anthony Crawford, head coach of the McClatchy JV baseball team. He began working with the team as an assistant three years ago and he has been there ever since.

Alan sees sports as “absolutely vital” in the development of children. While sports in itself is fun, he tries to stress that there are life lessons to learn within sports

See Coach, page 7

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Photo courtesy

Members of the McClatchy JV baseball team "listen up" as assistant coach Alan Donato shares some tips on playing the game.

Coach: 'It's infectious helping others in a team environment'

Continued from page 6

than can help kids throughout their lives — lessons such as teamwork, friendship, success, failure and selflessness.

"It's really rewarding," he said. "Some of the guys I had as freshmen are seniors now. I have seen huge growth in them in that time."

Alan also tries to help students see that there is more to school than just being popular. He wants to teach them that they can associate school with

something positive, rather than view it as a necessary evil.

"When I went to Jesuit, grades were never an issue," he said. "At McClatchy, grades are always a struggle. Sports and clubs demonstrate the value of going beyond mediocre. Kids see the value in applying themselves. Boredom breeds mischief, so it is important to find something that they enjoy."

In addition to the coaching gig at McClatchy, Alan also

volunteers at Natomas Pacific Pathways Prep, a law charter school, helping to teach future law students proper courtroom etiquette and how a trial is run. He has worked with the school three days a week for the past two years.

"It's infectious helping others in a team environment," he said. "There are so many other forces in the world trying to draw these kids the wrong way, so it feels good to work with them."

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Can Sacramento become an official 'cat capital'?

By LANCE ARMSTRONG
Arden-Carmichael News writer
lance@valcomnews.com

Editor's Note: This is the second article in a two-part series featuring cats of the Sacramento area.

As a complimentary flashback to the last issue of this publication, it should be noted that Sacramento is no ordinary place when it comes to the topic of cats – those four-legged animals that are endeared by so many local residents.

In the first segment of this two-part series, readers were presented with a tour around the Sacramento area, in which various local residents shared their love for these furry feline creatures.

And among the most unique cats encountered in this tour were those felines that reside in local businesses.

These cats, which were previously referred to as "shop cats," include Ming and Maggie of Fair Oaks Boulevard Nursery in the Arden area, Ace of Ace Hardware in Carmichael and Raffles of Beers Books and Ti and Teva of Black Rock Auto in downtown Sacramento.

Cats can be found in so many places in the city and local tributes to larger cats have been made through the naming of school mascots, the existence of cat statuary like the panther

on the campus of Sacramento City College and even through images on some of the city's most renowned historic architecture.

It is because of the fact that so many local residents have an extreme love for cats of various sizes that it has been proposed through this two-part newspaper series that Sacramento be recognized as an official cat capital.

The positive public response to part one of this series supports such a notion that the capital city is perhaps truly a capital cat city.

Betty Miller, an Arden Park resident and a former teacher at Rio Americano High School, said that she appreciated the newspaper's willingness to place local cats in the spotlight.

And when it comes to the topic of cats, few people have dedicated so many hours to the well being of local felines.

Miller said that she enjoys assisting the less fortunate cats of the community through Happy Tails Pet Sanctuary, "a no-kill animal rescue group dedicated to protecting and improving the lives of homeless and abused animals throughout the Sacramento area."

"I have been a board member and volunteer for Happy Tails Pet Sanctuary for 12 years," Miller said. "We find homes for abandoned and abused cats – and a few dogs – and are located (at



Photo courtesy, F.O. Blvd. Nursery
A pair of tuxedo cats, Ming (left) and Maggie, of Fair Oaks Boulevard Nursery do their best to assist with the business's incoming e-mail messages.

6001) Folsom Boulevard. It is always heart-warming to see articles on the great roles cats play in our lives."

In addition to Miller's show of appreciation for this article series' assistance in helping to further public awareness regarding the positive effect that cats can have in people's lives, Miller presented an idea for local feline-less businesses to ponder.

"Maybe some more shops would like to adopt a cat," Miller said. "They really have a calming effect."

Shop owners and others can contact Happy Tails Pet Sanctuary regarding cat adoptions at (916) 556-1155.

Carmichael resident Suzanne Hicklin of the Old Sacramento School-

See *Cat Capital*, page 9

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Cat capital: Local cats contribute to reducing the local rat population

Continued from page 8

house Museum contacted the paper to share information about one of the city's more unusual cats.

"Did you know that the Old Sacramento Schoolhouse Museum has a schoolhouse cat? Hicklin asked.

Since the answer was "No," Hicklin kindly shared the story of ChuChu, who is quite possibly the city's only "schoolhouse cat."

"About 10 years or so ago, it wasn't Happy Tails, but it was some similar group that set up feeding stations in Old Sacramento for the feral cat population," Hicklin said. "One of the (stations) was at the schoolhouse and so the feral cats started showing up (at the schoolhouse). One of them was a black female and another one was a Siamese male. That spring - it was either nine or 10 years ago - (the) momma kitty had two litters of kittens and so we started trapping and neutering them and finding homes for some of them. About three years later, everybody left, except this one younger Siamese-looking cat. He became the schoolhouse cat and we named him ChuChu - actually Prince Chulalongkorn - after the crowned prince (in the 'King and I')."

Hicklin said that ChuChu is "sort of feral," takes pride in ownership and enjoys observing schoolhouse visitors "from a safe distance."

"(ChuChu) is not nearly as feral as he once was," Hicklin said. "He likes to look in the back door and see who is in the schoolhouse and there are certain select people besides the volunteers who he will let pet him."

Hicklin said that ChuChu has had two "giant adventures" during his lifetime that she believes have narrowed his nine cat lives down to seven.

One of these adventures occurred while ChuChu was hanging out on a piling next to the river and was startled by the waves caused by a passing boat and fell into the river.

Contrary to Hicklin's opinion, ChuChu may actually have six of his seven lives remaining, since he allegedly saved his own life by swimming to the shore.

In another one of his adventures, ChuChu was missing for an entire summer, but surprisingly returned one September day.

Describing ChuChu as being "skinny as a rail" upon his return, Hicklin came to the conclusion that the cat had been locked in an Old Sacramento business's storage and had survived off of rats.

And when it comes to the topic of cats versus rats, the ability that cats have to lower the city's rat population should be one more reason to



Photo courtesy, F.O. Blvd. Nursery

Shop cats Ming (bottom) and Maggie find unique places to hang out at Fair Oaks Boulevard Nursery.

honor our local felines by designating Sacramento an official cat capital.

Such a designation, in fact, appears to be very timely when considering that the historic city hall, which bears images of lions' heads on its exterior, is in the midst of celebrating its centennial.

But of course, in any democracy, the voice of the people matters and can make a difference in many things.

So, cat lovers are invited to take their first step in this presently unofficial movement by breaking the silence and having their voices heard in this quest to recognize Sacramento as an official cat city.



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Just an old wives' 'tail'?

Melinda Sarte, DVM
By MELINDA SARTE, DVM
Arden-Carmichael News guest columnist

Working in the veterinary field, I often repeatedly hear some myths that seem to be steeped into our culture.

Some of these myths may have originally had a grain of truth to them, but are now outdated. Some are leftover "wisdom" from a time before we had newer and safer ways of treating what ails our canine and feline family members.

Here is a collection of some of the more commonly overheard misconceptions.

Myth: "My dog/cat must be sick because his nose is dry." Or the alternate version, "He must be okay because his nose is moist."

Truth: Sick pets can have moist noses and well pets can have dry noses. If you notice a sudden change in the moisture level of your pet's nose and there is accompanying change in their energy level or behavior, then it could be a sign of a problem.

Myth: "My pet drinks well and urinates a lot so I know her kidneys must be working well."

Truth: Larger than normal production of urine is actually the first sign of kidney failure as well as a potential sign of other diseases such as diabetes, Cushing's disease, urinary tract infections and hyperthyroidism. When the kidneys first begin to fail, they lose the ability to form concentrated urine, hence the animal drinks and urinates more.

Myth: "If your cat is constipated, feed him a little mineral oil."

Truth: While this may be an effective laxative, it has the potential to be very dangerous for your cat. Often the cat will inhale a little of the oil in the process of swallowing, and this can cause life-threatening pneumonia. If you need a mild and safe laxative for your cat, try a small spoonful of canned pumpkin (not the pie filling) with each meal. If constipation is more than just an occasional complaint or if your cat is not producing urine when straining in the litter box – consult a veterinarian, as it may be a more serious problem.

Myth: "A little bacon grease mixed in with my dog's food will shine up her coat nicely."

Truth: This one is a really dangerous misconception. A meal containing high levels of fat, grease, oil or spices will often trigger gastrointestinal upset severe enough to require a trip to the vet. It can even trigger a life-threatening and painful disease called pancreatitis. Dogs and cats should never be fed rich or spicy foods such as gravy, chicken skin, barbecue sauce, hamburgers or pork chops.

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Local florist shop comes full circle, retains neighborhood charm

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

The place has changed, but the face, the flowers and the neighborhood charm are the same.

Carmichael Flowers opened in its new location at 5907 Fair Oaks Blvd. in late January, moving from its previous location a couple blocks down the street.

Ila Destfino, the shop's owner since 2003, already feels at home in the new location.

"It's charming, it's quaint, it has wonderful natural light, heat and AC that actually work, a covered entry and it's on the shady side of Fair Oaks Boulevard," she said with a smile. "I know all the customers are go-

ing to love it, and my plants already do."

Ila particularly appreciates the new location's creative neighbors within the Frontier Village shopping plaza, including Tea Anytime Antiques and Gifts and Sherrie Swass Interior Design.

"It's a real treat to have the gals to chat with daily," she said.

Ila considers the spot the ideal location for Carmichael Flowers, which was founded in 1955. She said some of her older customers have told her the shop has come full circle, returning to the spot where it was founded, though she has not been able to confirm this yet. Ila said that she would love to see photographic evidence of the shop's early history.

As someone who has worked with flowers for more than two decades, Ila has seen the industry change over the years; the locally-owned flower shops that used to be commonplace supplanted largely by what Ila calls "bucket florists," including online flower-sellers and cut-rate floral departments inside grocery stores.

While the economy has made it challenging at times, Ila has relied on her expertise and her love of the business to keep the shop thriving. She recalled spot-

ting an early sign of the economic crunch a couple years ago.

"Carmichael has lots and lots of convalescent homes and care facilities, and I noticed that when the economy went bad, we pretty much stopped making deliveries to the convalescent homes," she said. "I think that's sad for the patients in those facilities."

As a local florist, Ila said much of her business comes from displays for funerals and weddings. The store's former location included a wedding reception space, so Ila knows all about weddings and is able to provide brides with suggestions about what flowers will work best for their wedding location and tips on the ceremony and reception.

Ila's other specialties include creating large floral arrangements for special events such as graduations and receptions, as

See Florist, page 13



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Arden-Carmichael News photo, Marc Maloney

Ila Destfino believes in giving her customers service with a personal touch that goes "above and beyond" expectations. She is the owner of the newly relocated Carmichael Flowers.



Arden-Carmichael News photo, Marc Maloney

Carmichael Flowers has come full circle, relocating to 5907 Fair Oaks Blvd. in Carmichael. Old-timers in the neighborhood say that the store was originally at this location in 1955.

Florist: Shop has serviced community events since 1955

Continued from page 12

well as designing altar and foyer arrangements.

"I love making the arrangements, love the beauty of the flowers," she explained. "I don't make any arrangement that I wouldn't want to put in my own house."

Ila also prides herself on delivering what she calls "old-world" customer service, doing what

it takes to satisfy the customer, whether that means special deliveries to Placerville or Lincoln or simply helping out a guy who was dispirited after buying a cheap bouquet at another flower shop.

As for her plans for Carmichael Flowers, Ila intends to stick to her favorites.

"I really like keeping it just flowers, plants, my vast selection of vintage Depression glass, and my oriental garden statues and accents," she said. "The tranquility of my garden space is essential for peace of mind and relieving stress."

One change may be coming, space allowing.

"I am trying to figure where to put a fountain in the new shop," she said. "Fountains certainly add to the ambience. Mostly I love the business, I love the flowers, I love the personalization with the people, and I enjoy knowing my customers."

Carmichael Flowers is open weekdays from 10:30 a.m. until 4:30 p.m. and Saturdays from 11 a.m. until 2 p.m. (often later, Ila said) at their new location at 5907 Fair Oaks Boulevard, one block south of El Camino Ave. in Carmichael. The shop's website is www.carmichaelflowers.com.



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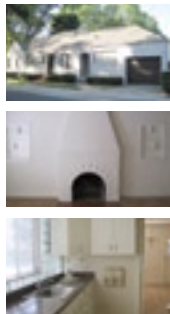




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NAPSA – If you're one of the millions of Americans trying to make improvements in the new year, be sure to start off on the right financial foot. Pam Krueger, personal finance expert and host of PBS "MoneyTrack," can help you create a solid financial plan for the year ahead.

Here are five of her top tips:

Re-evaluate this year's budget. It's important to learn from your mistakes and repeat your successes. Tally up your monthly expenses over the past year to evaluate the "necessary" and "extra" purchases and identify where you can save. Factor these reductions in this year's budget and be sure to calculate whether you met or exceeded your budget each month. Also, don't forget that some months may be pricier than others (e.g. holidays or birthdays), so remember to either increase your spending budget or plan to save accordingly.

Know where you stand. Now is the time to check your credit score. You can order a free credit report at AnnualCreditReport.com and review your spending and borrowing practices. To improve your credit score, pay your bills on time and be careful about how much debt you have and how much of the allowed credit on your credit cards you use.

Build a backup fund. After you've paid off any debt, allocate all or a portion of the payment you had been making to a new Roth IRA or emergency fund. Better yet, try to do both with automatic payments. You've already been living without this money, so keep up the habit and watch your savings grow.

Manage your credit card balance. Even if you overspent lately and are worried about carrying a balance throughout the year, remember that you do have options. You may be able to use free features available with some credit cards. For example, Chase Slate with Blueprint offers easy-to-use features like "Finish It," which helps you create a plan to pay down your balance, set a target payoff date and by doing so save on interest.

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'The Vase and Beyond'

Daily, through April 10: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800 vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

'The Color of Light'

Daily, through Feb. 20: Paul Jenkins' Post-Expressionist paintings emphasizing light and color emerged during the 1950s and took their

place alongside the achievements of the Abstract Expressionists and painters of the more recent Color Field movement. This exhibition features 50 examples of the artist's achievements in watercolor, as well as additional works on canvas. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

'Inferno of the Innocents'

Daily, through April 24: Like a modern-day Goya, Gottfried Helnwein's monumental paintings and photographs address themes of inhumanity, violence, and the virtue of personal expression. With stark and probing psychological intensity, he critiques not only the past, but present-day veneers, jolting us from the comfort of complacency.

Big Band Dance

Feb. 10, 15, 17, 22, 24: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

Food Addicts Anonymous

Feb. 10, 17, 24: 12-Step group for those who struggle with obesity, food obsession or

eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Living Positive with Chronic

Disease group

Feb. 10, 17, 24: 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

Recovery from Grief

Feb. 10: Join this six-week program for widows and widowers sponsored by the Widowed Persons Association of California. Free. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (just east of Fulton Ave.). Call (916) 972-9722 to register.

Rotary Club of East Sacramento

Feb. 10, 17, 24: 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

Feb. 10, 17, 24: Hear guest speakers address local, regional and international topics.

Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

Safari Tours Spring Travel Fair

Feb. 10: The City of Sacramento, Safari Tours program will host its Spring Travel Fair. One-day and overnight trips for active adults will be highlighted and a presentation by Collette Vacations will be featured. Refreshments, prizes. Free admission. 4623 T St., Sac. (916) 808-8687

Sutterville Heights Optimist Club

Feb. 10, 17, 24: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

Toastmasters

Feb. 10, 17, 24: 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

Valentine card-making for kids

Feb. 10: School-age children, ages 5 to 12, can learn design ideas for making great Valentine's Day cards for their friends, family, or secret crush. Art-Works will provide the inspiration and materials; while youngsters only need to bring is their creativity. Free. 4 p.m. Arcade Library, 2443 Marconi Ave., Sac. (916) 264-2920 www.saclibrary.org

See more Calendar, page 18



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— EVENT LISTING SECTION —

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

Safari Tours
Spring Travel Fair
Coloma Community Center Auditorium
4623 T Street
Thursday, February 10, 2011
10 a.m. to 12 p.m.
Learn about one-day & overnight trips for Active Adults PLUS a presentation by Collette Vacations FREE! Refreshments & Prizes!
For more info please call (916) 808-8687
City of Sacramento Parks & Recreation

Arts & Crafts Faire
at Raley Field
Opening Saturday
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8 a.m. to 3 p.m.
Event 1st and 3rd Saturday
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Upcoming Play "Murder-Go-Round"
By Fred Carmichael
AUDITIONS: Tues., Feb. 22, 7 p.m. and Wed., Feb. 23, 7 p.m.
at 2140 Mission Ave., Carmichael
Contact paulhauck@comcast.net
Show Starts, May 6th
For more information, call the Box Office @ (916) 557-0151

Pasta Sausage Feed
Friday - March 25
at Elks Lodge #6
6446 Riverside Blvd.
No Host Cocktails 6 p.m. - Dinner 7 p.m.
Huge Raffle, Music & Dancing
Tickets \$15 each for sale in Lodge Office
You may reserve a table for 10 for \$150 at time of purchase

Buddhist Church of Sacramento
SPRING FOOD FESTIVAL
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Pre-sale Take-out only
Pre sale deadline February 27
PICKUP Sunday March 13, 11 to 1
2401 Riverside Blvd, 95818
For more information or pre-sale forms contact: Adult Buddhist Assn or Buddhist Women Assn members
OR visit buddhistchurch.com or call (916) 446-0121

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Kiwanis Club of East Sacramento-Midtown

Feb. 11, 18, 25: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

Rotary Club of Point West

Feb. 11, 18, 25: 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

Feb. 11, 18, 25: 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



**Spring
Craft Faire**

**Saturday, March 5
9am - 3pm • FREE**



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

African American authors discussion

Feb. 12, 19, 26: Spirited and thought-provoking book discussions with an emphasis on African American authors. 10 a.m., Saturdays through May 14. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Art Appetizers

Feb. 12, March 12, April 9, May 14, June 11: On Second Saturdays, start your evening at the Crocker with a tour of the Museum's most recent exhibitions. This is a 50-minute experience designed to fulfill your art cravings. Free with Museum admission. 4 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

e-Waste recycling day

Feb. 12: Bring your electronic e-waste items to be recycled, instead of sending them to the landfill to become toxic waste. Free, for local residents and businesses. Benefits the Aquatics program at C.K. McClatchy High School. 10 a.m. - 3 p.m. C.K. McClatchy High School, 3006 Freepoint Blvd., Sac. (310) 734-6700 www.NeuWaste.com

Food Addicts Anonymous

Feb. 12, 19, 26: 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.

Paper Arts: Ink and wash

Feb. 12: Adults are invited to a free art workshop series. Participants are encouraged to experiment with different media and learn a few things about art history at the same time. 2 p.m., Saturdays, Feb. 12 through March 5 at Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920 www.saclibrary.org

Power of the Microwave

Feb. 12, 13: Many people have never known life without a microwave oven sitting in the kitchen. But the microwave oven was an amazing technology when it first began to appear in family homes in the 1950s. See what's cooking at the Museum this weekend: learn the history and science behind this science marvel, watch microwave demonstrations. 12:30 p.m.-4 p.m. \$6 adults, \$5 seniors & teens, \$4 children ages 12-4, free for kids under 4. Discovery Museum Science & Space Center, 3615 Auburn Blvd. Sac. (916) 808-3942

Co-Dependents Anonymous

Feb. 13, 20, 27: 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

Feb. 13, 20, 27: 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

Sunday Support

Feb. 13, 20, 27: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Co-Dependents Anonymous

Feb. 14, 21, 28: 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.

Hatha yoga

Feb. 14, 21, 28: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

Rotary Club of South Sacramento

Feb. 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Feb. 14, 21, 28: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Feb. 14, 21, 28: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freepoint Blvd., Sac. Jan (916) 284-4236, www.sacramentotoastmasters.com

Rotary Club of Arden-Arcade

Feb. 15, 22: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Feb. 15, 22: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Genealogical Assn.

Feb. 16: Genealogical finds and discoveries with the Genealogical Assn. of Sacramento. New faces welcome, and help to track down ancestors. Meets on third Wednesdays, 1 p.m. Belle Coledge Library, 5600 South Land Park Dr., Sac. Melanie Howard (916) 383-1221

Senior Wednesday Club

Feb. 16, 23: The Senior Wednesday Club meets to chat, play bridge, pinochle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

Toastmasters

Feb. 16, 23: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Vox Musica

Feb. 17: Vox Musica, a 12-voiced women's ensemble, will perform "Dreams of Innocence," a new work by Vox Musica director Daniel Paulson that incorporates select texts from Gottfried Helnwein's memoirs. 7 p.m. Purchase tickets at crockerartmuseum.org or the Museum Admission Desk. \$6 members; \$12 nonmembers. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Family Sleepover: Sleeping with the gods

Feb. 18, 19: Gather your family and friends, your sleeping bags, and spend the night at the Museum. Watch the action-packed adventure movie "Percy Jackson & the Olympians: The Lightning Thief" (PG, 118 minutes), go on a "Myth and Legends" treasure hunt, and paint vases in the style of ancient Greek potters. Late night snacks and a continental breakfast will be provided. Ask about discounts for groups of seven or more, including community groups and birthday parties. \$65 members; \$85 nonmembers. 6 p.m. Fri., 8 a.m. Sat. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Book discussion: Dashiell Hammett

Feb. 19, 26: Join this two-part discussion of the works of mystery writer Dashiell Hammett. 1 p.m. Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Dr., Sac. (916) 264-2920 www.saclibrary.org

Printmaking: Scratchboard

Feb. 19: Adults are invited to a free art workshop series. Participants are encouraged to experiment with different media and learn a few things about art history at the same time. 2 p.m., Saturdays, through March 5 at Arden-Dimick Library, 891 Watt Ave., Sac. (916) 264-2920 www.saclibrary.org



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Faces and places Just a 'Day in the Life'

Photo montage by **BILL CONDRAY**
Arden-Carmichael News photographer

The warm weather in early February proved to be a welcome winter respite for those who live, work and play in Carmichael. It proved to be true "Chamber of Commerce" weather, and many took advantage of the good weather to get out of their winter routines and do something good for body and spirit.



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OPENING NIGHT	FEB. 11	FEB. 12	FEB. 13
Buy One Ticket, Get One FREE!*	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	1:00 PM 5:00 PM

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FEB. 16 – 21 ARCO ARENA

Wed. FEB. 16 • 7:00 PM	Thu. FEB. 17	Fri. FEB. 18	Sat. FEB. 19	Sun. FEB. 20	Mon. FEB. 21
OPENING NIGHT	FEB. 17	FEB. 18	FEB. 19	FEB. 20	FEB. 21
Buy One Ticket, Get One FREE!*	7:00 PM	11:00 AM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	12:00 PM 4:00 PM

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