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Letter to the Editor

Vote for the Calif. Montessori Project – Carmichael Campus

Dear Editor,
Teachers and parents give students the building blocks they need to learn and grow, but sometimes they can use a little outside help. As school budgets nationwide continue to shrink, The Clorox Company's *Power A Bright Future* grant program steps in to help fund new or ongoing programs that allow children to play, create and explore.

After a competitive national nomination period, now it is time for our community to show its support. Help local California Montessori Project-Carmichael Campus win up to \$50,000 by casting votes starting Oct. 24.

Through Dec. 9, adults and children 13 and older can visit www.PowerABrightFuture.com to vote once a day for the program they believe is most deserving of a grant. New this year to the *Power A Bright Future* contest, neighbors, friends

and family can now vote for their favorite school right from their phones via text message.

The program that receives the highest number of votes will be awarded the \$50,000 grand-prize grant, and the next top vote-getters in the *Play, Create and Explore* categories respectively will each be awarded a \$25,000 grant. Clorox's judging panel, will select one additional lucky school to win a \$25,000 judge's choice grant.

California Montessori Project-Carmichael Campus can be one of only five schools nationwide to win a grant, and you can help push our school to the top. Vote for California Montessori Project-Carmichael Campus at www.PowerABrightFuture.com.

Leigh Bartoo
Parent volunteer

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Elks to host 'Trunk or Treat'

Special to Arden-Carmichael News

The Carmichael Elks Lodge will host a "Trunk or Treat" for children on Saturday, Oct. 29 from 5 p.m. to 9 p.m.

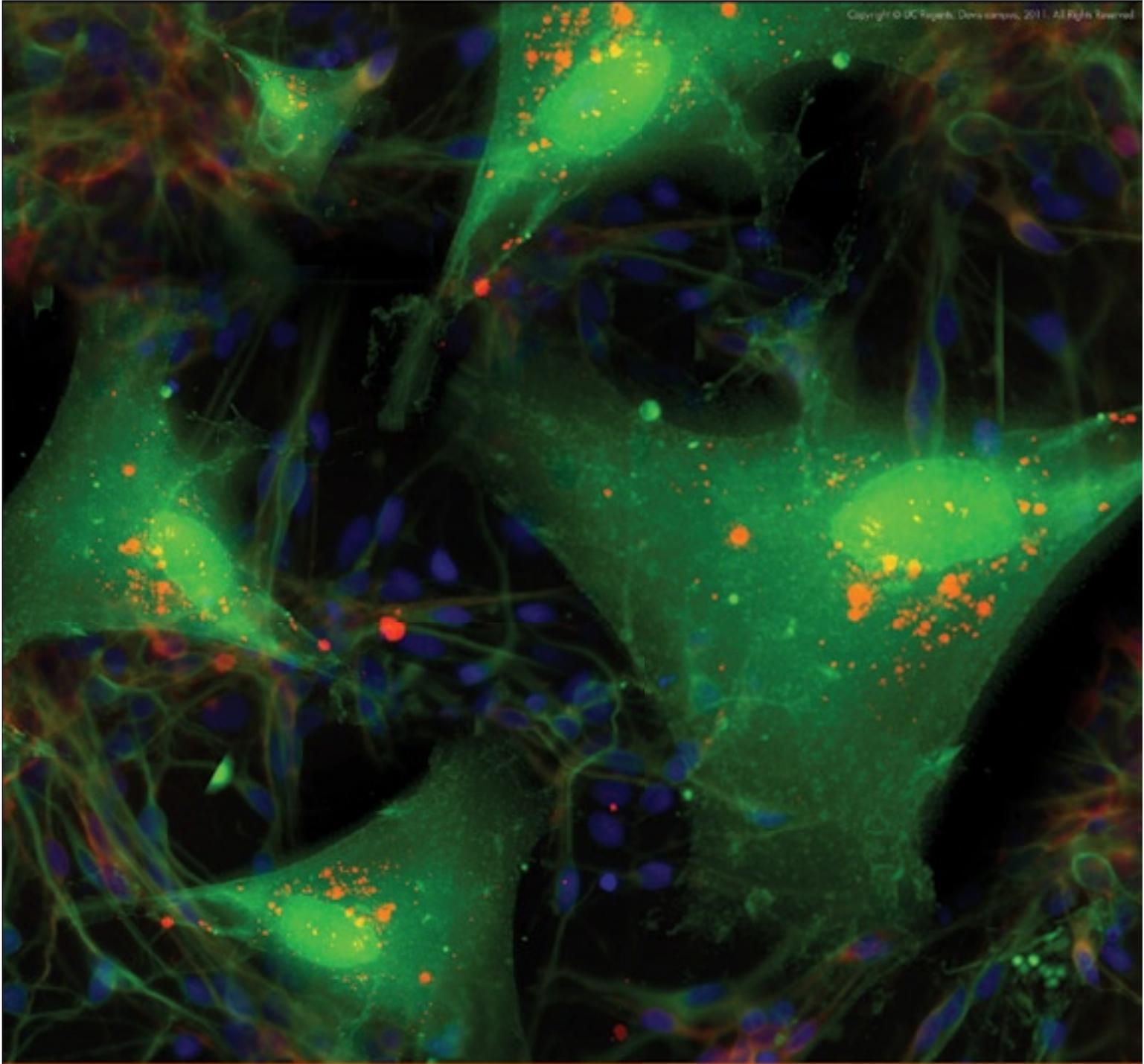
The event will include doughnut bobbing, a cupcake walk and a mad scientist demonstration. There will also be a snack bar with hot dogs, soda, water, cookies and hot chocolate for sale.

There will be prizes for the best costumes. All children must be accompanied by an adult.

The event will take place in the Carmichael Elks parking lot, located at 5631 Cypress Avenue in Carmichael. The event is free and open to the public. For more information, call (916) 489-2103.

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Rio Americano High School graduate completes Army Basic Training

Special to Arden-Carmichael News

Army Pvt. Taylor J. Ferry has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military

courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

Ferry is the son of Maureen and Steven Ferry of Carmichael. He is a 2011 graduate of Rio Americano High School in Carmichael.

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Sacramento community to walk for pancreatic cancer research

Special to Arden-Carmichael News

Pancreatic cancer is the fourth leading cause of cancer death across the planet. There is a poor survival prognosis at all stages...the one- and five-year relative survival rates are 25 percent and six percent, respectively.

Local residents of Sacramento, Arden-Arcade and Carmichael are taking action to improve these numbers by walking in a fundraiser for pancreatic research.

The Sacramento Affiliate of the Pancreatic Cancer Action Network will host the first annual PurpleStride Walk on Saturday, Nov. 5 at 10:30 a.m. at Elk Grove Park.

The walk begins and ends at Elk Grove Park. Registration is now open at www.purplestride.org. Pancreatic cancer survivors, families, friends and supporters are invited to attend the walk to help raise awareness and much-needed funds for pancreatic cancer research. The walk will be followed by a silent auction, musical entertainment and other family-friendly festivities in the park.

Elk Grove Park is located at 9950 Elk Grove Florin Road in Sacramento. For more information, visit www.purplestride.org and click on "Sacramento."

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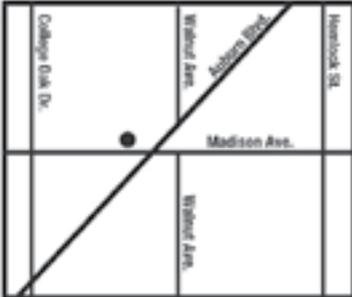
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Know your neighbor

Wall of Honor ceremony to be held at Patriots Park on Nov. 5

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

The Carmichael Recreation and Park District will host a special ceremony on Nov. 5 in tribute to those whose names have been placed on the Wall of Honor at Patriots Park, which is located just east of the Carmichael-Fair Oaks border at 6827 Palm Avenue, off Dewey Drive.

Although the 3.68-acre Patriots Park is one of the district's newer parks, opened in 2008, its notoriety is greater due to the existence of its 20-foot long by 3-foot tall by 3-foot wide concrete and stone Wall of Honor, which was placed at the park to recognize local heroes, who gave their lives serving their country or community.

Thus far, 12 local heroes have had their names placed on plaques on the wall.

Because no names were added to the wall this year, the district felt it was presented with the perfect opportunity to honor all 12 people who gave their lives while serving their country or community.



Arden-Carmichael News photo, Lance Armstrong

HONORING THE FALLEN. A special ceremony will pay tribute to all 12 local heroes who have had their names placed on plaques on the Wall of Honor at Patriots Park.

The first Wall of Honor ceremony was held on Nov. 15, 2008, when the lives of the wall's first inductees were honored.

Last year, a similar event was held in honor of for-

mer Navy pilot, Lt. j.g. David A. Warne, who was lost at sea at the age of 27 on Jan. 12, 1991 during a nighttime training mission over the Mediterranean Sea.

Although Warne has a marker in the Arlington National Cemetery, his body was never recovered after he was lost at sea, and therefore it was not possible for his remains to be buried in a local cemetery. And because of this fact, his induction on the wall of honor is additionally special to his family and other loved ones.

The road to the creation of the Wall of Honor at the park began through a suggestion by the community.

As the district was attempting to name the park, it was recommended that the park be named after the late Army Sgt. Ronald L. Coffelt, who grew up in the area and had family living in the area.

Raised within walking distance from the park, Coffelt, a graduate of Del Campo High School, died on July 19, 2007 from wounds that he suffered as a result of

a bomb that exploded near him in Baghdad.

Although the district liked the idea of naming the park after Coffelt, it was ultimately decided that Coffelt and other local heroes would be honored.

As a result, the park was named Patriots Park and a Wall of Honor was built that would include not only the names of military people, but firefighters, police, California Highway Patrol and Sheriffs personnel and civilians who died in the line of duty.

With the creation of the wall, such local heroes who resided, worked in or served the community within the park district boundaries could be honored as part of this lasting monument.

This honor is available to those who showed acts of courage beginning as early as 1945, when the district was established.

In addition to Coffelt and Warne, heroes who have had their names placed on plaques and displayed on the Wall of Honor are:

Army Spc. Raymond Nigel Spencer, Jr.: Spencer,

who was raised in Carmichael and excelled in hockey during his youth, was killed less than a month prior to Coffelt's death when insurgents attacked his unit with an improvised explosive device and small arms fire.

Sheriff Deputies Kevin Patrick Blount and Joseph Kievernagel: Blount and Kievernagel, who worked as partners in the North Division serving Carmichael, lost their lives during a burglary call on July 15, 2005, when the engine of the helicopter they were flying failed and the helicopter crashed.

CHP Officer Ronald Eugene Davis: Following his graduation from the California Highway Patrol academy, Davis moved his family from Carmichael to Barstow.

Davis died at the age of 25 when he was driving about 100 miles per hour while en route to a traffic accident.

When a pair of motorists failed to heed his siren, Davis, in order to avoid a collision, died when he drove off the highway into the desert.

See Honor, page 7

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Honor: All 12 local heroes to be honored at this year's event

Continued from page 6

Army 1st Lt. Robert Scott Byrnes: A graduate of La Sierra High School, Byrnes, a former lifeguard and swimming instructor at Carmichael Park, lost his life in Vietnam.

Firefighter Dean Wesley Rhoades: An El Camino High School graduate, Rhoades died shortly after fighting a house fire in Carmichael on Jan. 6, 1981.

Army Spc. James Edward Schlottman: An El Camino High School graduate, Schlottman was killed by a booby trap while on patrol in Vietnam on Aug. 22, 1967.

Sgt. Brian E. Dunlap: A graduate of Del Campo High School, Dunlap was killed at the age of 38 on Sept. 24, 2005, when a roadside bomb exploded during his patrol in northern Baghdad.

Sgt. Larry Morford: The courage of Morford is recognized in the book, "The Least Beastly," by Bernard "Burn" Loeffke.

Within a memorial tribute to Morford in this book, it is explained that despite being a young man who did not believe in war as a method of resolving disputes, Morford felt that he could not stay at home knowing that other young men were fighting for his country.

On Feb. 12, 1970, Morford, a graduate of La Sierra High School, was killed at the age of 21 in Vietnam while serving in his patrol just a few days prior to when he was scheduled to return home.

Cpt. Olin E. Gilbert, Jr.: While flying an F-106 in a training mission at Tyndall Air Force Base in Florida on June 11, 1968, Gilbert was met with the plane's sudden mechanical difficulties.

Instead of parachuting to safety, Gilbert, a Vietnam veteran, piloted the plane out to sea and away from coastline homes in Port St. Joe, Fla.

This act of heroism cost Gilbert his life, but in turn saved the lives of many other people.



A BAGPIPER performed music at last year's ceremony.

Photo courtesy, CRPD



LOVED ONES of Lt. j.g. David A. Warne, who was lost at sea during a nighttime training mission over the Mediterranean Sea in 1991, gather together during last year's ceremony at the Wall of Honor.

Photo courtesy, CRPD

Participating in the Nov. 5 ceremony will be Sacramento County, District 3 Supervisor Susan Peters, who will give a short speech.

Additionally, any family members of those honored on the wall will be presented with time to share memories about their loved ones, and a short reception will follow the event.

Elizabeth Crisante, recreation supervisor for the district, extended a welcome to the public to attend the event.

"This event falls approximately a week before Veterans Day, so it is kind of in line with Veterans Day," Crisante said. "So, if people want to come out and celebrate the nature of the event, it's open to the general public and it's just a nice way for folks to kind of recognize that there are people who have given their lives in the line of duty. It's a really good event. Sometimes it's a little somber, but again, it's a way to recognize individuals that deserve the honor."

Nominate a hero

Nominations for candidates for the Wall of Honor are accepted until July 31 every year.

Official nomination forms are available through the district's Web site www.carmichaelpark.com or by calling (916) 485-5322 to arrange for a form to be mailed via the United States Postal Service.

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Volunteer Center of Sacramento gears up for 'Adopt-A-Family 2011'

Special to Arden-Carmichael News

Sacramento, CA – Sponsors and volunteers are needed for The Volunteer Center of Sacramento's 2011 Adopt-A-Family program, which provides food and gifts for local, low-income families during the holiday season. Without this program, these families may go without holiday dinner and gifts for their children.

Last year, more than 800 needy families in the Sacramento area signed up to be adopted through the program. Through the generosity of sponsors, 222 families were adopted, including 567 children.

This year, The Volunteer Center's goal is to find adopters for at least 300 families.

"In these tough economic times, more and more local families need our support," said Frank Kennedy, executive director of The Volunteer Center of Sacramento. "A small family can be adopted for as little as \$125 and we encourage groups to team up and adopt larger families together. So grab your family, friends, coworkers, club members – whoever you know – and

help us make sure all local families in our area have happy holidays."

In addition to adopters, the Adopt-A-Family Program also needs donations of extra gifts (new items only) and wrapping supplies. And if you have time to give, volunteers are needed to help run the program, everything from data entry to wrapping presents to managing the distribution center.

The list of adoptable families for the 2011 Adopt-A-Family Program will be available in early November. To request a list of Adoptable Families, email info@volunteersac.org or call (916) 567-3100. For more information on the Adopt-A-Family program, visit www.volunteersac.org/adopt-a-family.

Founded in 1962, The Volunteer Center of Sacramento works to strengthen the Sacramento community by connecting volunteers with opportunities to serve. The Center acts as a central location for all volunteers to learn about new volunteer opportunities. For a full list of volunteer opportunities in the Sacramento area, visit www.volunteersac.org.



Photo courtesy

ADOPT A FAMILY this holiday season. With these tough economic times, many families may go without a holiday dinner and gifts for their children. Volunteers know, parents always say, "I don't need anything...but something for the kids..." Learn more at www.volunteersac.org/adopt-a-family.

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Congressman Lungren weighs in on unemployment, reform and job creation

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

Congressman Dan Lungren (R) returned to the Third District the week of Oct. 16 to meet with local residents, listen to concerns and report back on congressional activities.

In a brief conversation with Arden-Carmichael News, the congressman weighed in on concerns that affect residents, not only in the district, but in the state and the nation at large.

There is a lot going on in the nation, between the Occupy Wall Street and the Tea Party protests. They seem to have a mutual concern: employment. What are you hearing?

“Right now, it’s all about jobs. This is the longest sustained time of unemployment since the Great Depression. Another phenomenon is this is the longest period of time that those who are unemployed have remained so.”

Unemployment in the nation is currently at 9.1 percent. The most recent data for the Sacramento-Arden Arcade-Roseville metropolitan area shows an unemployment rate of 11.9 per-

cent – the same rate as the state overall.

“That suggests an economy that is pretty sick. We’ve had three years of trying to solve the problem with traditional government stimulus approaches. And it’s not working. As you know, the definition of insanity is doing the same thing over and over again and expecting different results.”

But Congress doesn’t make jobs. Businesses do. What steps can government take to help businesses to grow and hire people?

“What we need to do is let the private sector breathe. That means regulatory and tax reform. Remove the uncertainty that is facing the average business owner out there. Remove the specter of higher taxes; remove unbearable, newly-imposed healthcare obligations on businesses. Stop the onslaught of new regulations coming out of Washington.”

Any activity on that front?

“We’ve passed a number of bills in the House to do just that. So the frustrating thing is that the Senate has refused to even take them up. You can’t come to the table to even try to work



Photo courtesy

ADVOCATING for less governmental regulation last spring, Congressman Dan Lungren (R-CA) and other members of the House drafted HR 4, which repealed the requirement that anyone in business issue a Form 1099 to anyone they had purchased more than \$600 in goods from during the year, beginning in 2012. Freelance writers, for example, would have had to issue Forms 1099 to Apple Computer when they bought a new computer. President Barack Obama signed the bill in April, repealing the 1099 requirements.

out a compromise if the other side won’t sit down – and I include the President and the Senate. That’s the disappointment.”

So what can you do?
“I remain hopeful that we can still see some breakthroughs. At some point in time, they’ve got to stop ignoring us.”

We live in a representative republic. As our con-

gressman, it’s your job to represent the concerns of all people – Republicans, Democrats, and Independents – in the district. Americans in both the Occupy Wall Street and Tea Party movements are decrying political cronyism. What steps are you taking to work with both sides?

“I am the chairman of the Committee on House

Administration, and about 85 percent of the activity of that committee is bipartisan. The committee manages the daily operations that keep the House of Representatives running smoothly. The budget authorizations for expenses of House committees, and those for ex-

See Lungren, page 16

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Harlow Crisamore was born on February 14th, 2011. She is currently diagnosed with Cerebral Palsy, Epilepsy, & acute visual & neurological impairment. Despite the progress Harlow’s making, she has many challenges ahead. She currently goes to physical therapy & warm water therapy where Harlow is working on gaining better head control, strengthening her muscles, & developing sensory awareness.

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Sacramento Zoo saddened by animal deaths

Special to Arden-Carmichael News

Two deaths at the Sacramento Zoo – that of a long-lived and much-beloved orangutan, and of a recently-hatched, rare bird – have saddened the zoo community within two days this month.

One died from old age, the other from as yet unknown causes.

Ginger, the zoo's female Sumatran orangutan died first. Ginger, born in Sumatra in 1955, died the morning of Oct. 18. She came to the Sacramento Zoo in 1984 where she surpassed all expectations, becoming the oldest Sumatran orangutan in the U.S. at the age of 56.

Leslie Field, supervisor of mammals, noted, "Ginger has always been a strong personality...even with keepers, she could be strong-willed. As the matriarch of the orangutan group, Ginger was a spectacular ambassador for wildlife; she inspired and motivated Zoo visitors to take an active role in conservation."

Ginger was being treated for age-related illnesses, including arthritis, for some time. More recently, Sacramento Zoo veterinary and animal care staff attempted to treat neurological issues which had affected both her eyesight and coordination. Ginger was not physically able to move inside from her habitat last night. Discussion during her last days focused on Ginger's quality of life and potential for improvement. After careful consideration among zoo administrators, animal care and veterinary staff, the decision was made to euthanize her to avoid any suffering.

Sumatran orangutans are native to the island of Sumatra in Indonesia. They are listed as endangered and are especially vulnerable to loss of habitat because they are only found on one small island. Current estimates indicate that there are only 20,000 to 30,000 orangutans left in the wild. Orangutans can live up to 30 years in the wild and 50 years in captivity.

The other zoo death occurred the next day, when a male Abyssinian ground hornbill chick, hatched on June 15, died early in the morning on Oct. 19.

"We do not have a specific cause of death at this time, but will share necropsy results as they become available," said Tonya Swank, spokesperson for the zoo.

Like all 54 different hornbill species, the Abyssinian ground hornbill wild population is vulnerable. Ground hornbills from Sub-Saharan Africa are the largest of the hornbills. They have a bony horn on top of their bill called a casque, which makes their calls louder and easier to hear over great distances. Abyssinian ground hornbills fly only when disturbed or when crossing areas of dense brush, preferring to walk or run from danger. The greatest threats to the hornbill are human-related and include habitat loss and illegal hunting.



Photo courtesy, Sacramento Zoo
SEEN HERE at 47 days, this rare, endangered Abyssinian ground hornbill chick was being raised at the Sacramento Zoo using careful wildlife protocols developed by the San Diego Zoo. He died on Oct. 19 from unknown causes.



My Dad's Office was the Sky

His crew called him the airplane cowboy, probably because he wore that hat all the time. His job was to navigate and to keep the plane steady while the camera crew took their shots. They'd photograph roads, mountains, and clouds for map makers, archeologists, and film directors - anyone who needed a picture of something from way up there.

Times have changed but Dad still loves adventure. The problem is he shouldn't be driving and sometimes he gets confused and lost just walking around the neighborhood.

The early signs of memory loss can be difficult to understand and more difficult to admit.

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Know your 'Prop 8' property owner rights

By JOHN WOODALL
Special to Arden-Carmichael News

Has your home's value decreased? How about its assessed value (and therefore property taxes)? Are they going down too?

Now is the time to appeal your assessed value if you believe it has not kept up (or gone down) in value.

The great California property tax revolution known as Prop 13 that voters passed in June 1978 rolled back existing residential property values to their 1975 value (thereby cutting property taxes). It set the maximum basic tax rate at one percent of assessed value, and thereafter limited increases in the assessed value of property to a maximum of two percent per year unless the property sold, at which point it could be reassessed at market value.

This was during a time of rapid property value

appreciation. Prop. 13 did not address property values in a declining market.

A statewide ballot proposition numbered "Prop 8," passed in Nov. 1978, corrected that omission. It amended Prop 13 to recognize declines in market value for property tax purposes. The term "Prop 8" has been commonly used by assessors to refer to these reductions ever since.

How Prop 13 and Prop 8 are related

By law, the assessor must annually enroll (register) **either** a property's Prop 13 value or its current market value on Jan. 1 (the lien date), **whichever is less**.

When a property's current market value falls below the Prop 13 value, the lower value is commonly referred to as a "Prop 8 value." Prop 8 reductions are temporary and can change up or down

by more than two percent per year. When the assessor finds that market value has again risen above the Prop 13 factored value previously established, the Assessor *must* reinstate the previous Prop 13 factored value.

You can get the current assessed value on the Sacramento County Assessor's Website - look for the property "Parcel Viewer."

Prop 8 gives you the right to challenge your property assessment if you feel the

value was not lowered sufficiently.

John Woodall, GRI, SRES is a broker associate with LYON Real Estate. Contact John at (916) 421-5421, jwoodall@golyon.com or visit www.johnwoodall.com.



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Carmichael Crime

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

The Carmichael Chamber of Commerce met on Oct. 25 for their monthly luncheon at Cypress Avenue Baptist Church. Among the networking, handshaking and food that made way through the 75-100 people in attendance, the sobering reality of neighborhood and business crime was also on the agenda.

Sherrie Carhart, Crime Prevention Specialist for the Sacramento Sheriff's Department North Division, spoke about what people can do to be better equipped in order to combat thefts and other crimes in regards to their homes and businesses.

Carhart stressed that crime prevention winds up being far more cost effective than replacement after a crime has been committed. Copper theft from air conditioners, for example, can cost a home or business owner thousands of dollars to replace, whereas installing a locked cage around your air conditioner or heater can be done for \$300-\$400.

Business owners and concerned citizens from neighborhood watch associations were in attendance to get a better idea of what they can do to lessen the possibility of being victim-

ized. In addition to neighborhood watch, Carhart advocated the formation of business watch organizations among owners in business parks.

In order to find out if your business is as protected as it can be, Carhart will come out to your place of business and assess your security measures and give you ideas on how to better protect your property.

She said that in the Carmichael area there has been a rash of vandalizations of washing machines in apartment complex laundromats. People have reported many instances of having catalytic converters stolen from their cars as well. Neighborhood watches can help keep an eye on crimes like these.

Many of these crimes are said to take place between 3-5 a.m. when businesses are deserted and homeowners are asleep. Improved lighting, installing security cameras, gates and alarms can help deter thieves from hitting your property. If you are worried that your property is not well-lit, SMUD can come out and assess your lot and add lighting if possible. The assessment and installation are free, but there is an \$11-12 fee per month to keep the light on, according to Carhart.

She noted that it's so important for people to watch out for each



Photo courtesy, Benn Hodapp
Boardmember Linda Melody greets the Carmichael Chamber of Commerce at the Oct. 25 luncheon.

other because there are simply not enough sheriffs on the streets to do everything needed to prevent these crimes. Along with adding preventative measures to secure your property, she suggested that people be on the lookout for suspicious vehicles or behavior. She said that it is vital for people to report any and all crimes in your area because property crimes are drastically underreported.

People with specific questions about crimes in their area can call the Sacramento Sheriff's Depart-

ment at 874-5115 or visit www.sacsheriff.com. Carmichael residents can attend a Sacramento Sheriff's Department community meeting on Nov. 15 at Del Campo High School at 6:30 p.m.

To find out what crimes are being reported in your area, simply go to the above website and click "crime mapping." From there you can find out what types of crimes are frequent in your neighborhood.

Carhart can be reached at 876-5700 or by email at scarhart@sacsheriff.com.

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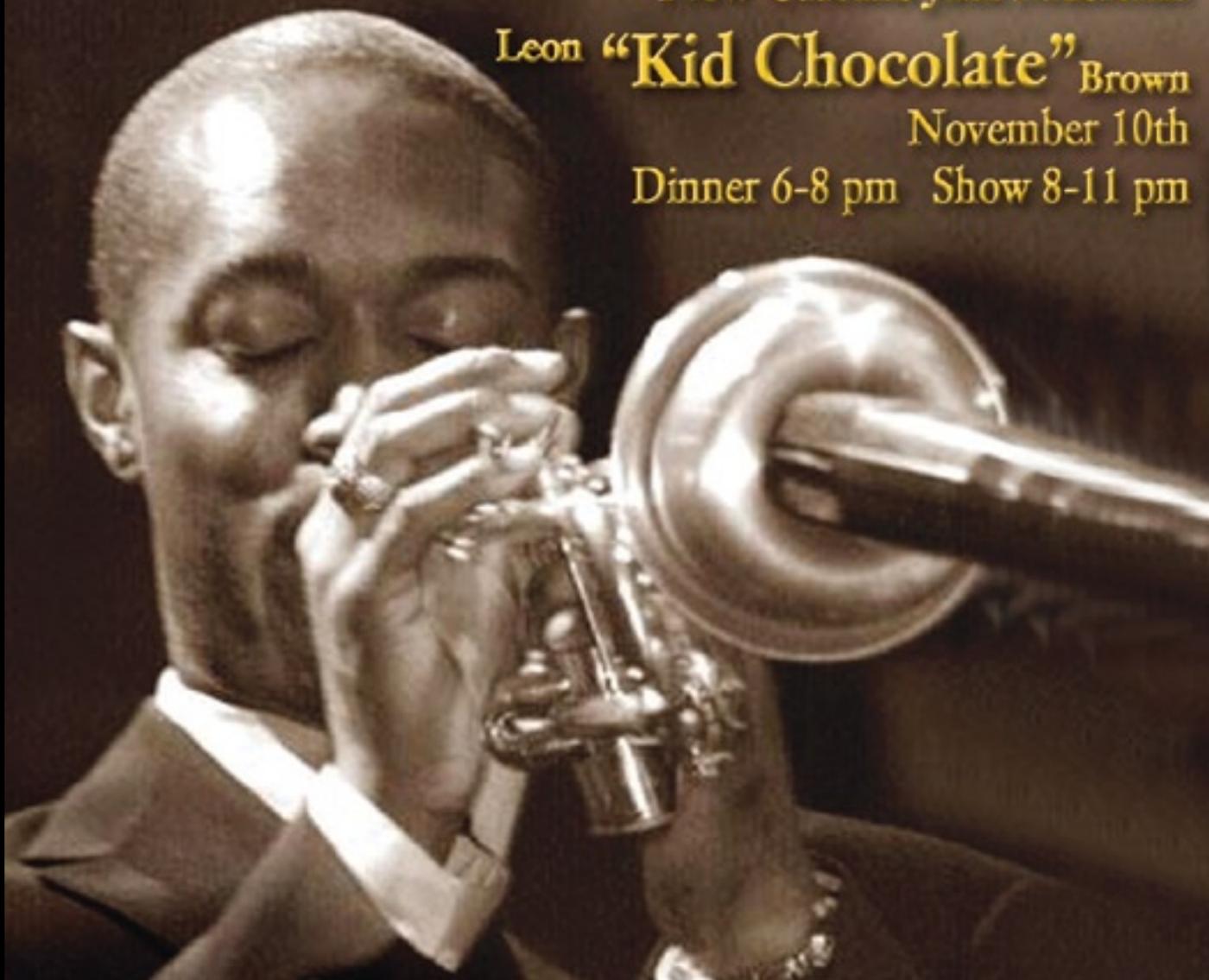
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Lungren: PACE program could give 'jump start' to local construction industry

Continued from page 9

penses of Members of Congress, are set by the Committee. We cut the budget – really cut it – for the House last year.

“But there are some big differences. Especially when it comes to taxes and regulations. And generally speaking, on some

issues you have to stand with your principles.”

Any projects to report to the folks in the district?

“The Folsom Spillway for flood control is a bipartisan project, and the ongoing work with the levees is also bipartisan.”

“A recent project that Congressman Mike Thompson (D - CA) and I are the chief co-sponsors of is the PACE Protection Act. That stands for Property Assessed Clean Energy. This program is to allow voluntary programs for property owners to finance

energy efficiently and renewable energy projects for their homes and commercial buildings – without any government subsidies or taxes.

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ty states have adopted it. PACE increases the value of your property. It will mean lower utility bills for property owners.

“It’s a bipartisan effort that specifically affects us in California. And it gives a little ‘jump start’ to those in the construction industry who have been especially hard hit.

“In other matters, you may not realize this, but the Sacramento area is the second most reported area in the United States when it comes to the matter of laser pointers that are directed at aircraft. Laser pointers can cause major problems – including blinding pilots. The danger from shining a laser at the cockpit of any aircraft, particularly commercial or law enforcement aircraft, especially during the take-off or landing phase, is a tragedy waiting to happen. And it was difficult to prosecute.

“We were able to get legislation passed, making the use of laser pointers against aircraft a federal offense.”

Any other thoughts?

“People are asking about jobs and the economy. Is there a recovery on the way? If we can get a change in policy, the answer is ‘Yes.’ If not...

“It’s a remarkable thing we’ve got in this country. Our system renews itself.”

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Aegis of Carmichael to hold free memory screenings

Special to Arden-Carmichael News

November is National Alzheimer's Disease Awareness Month.

It is estimated that as many as 5.1 million Americans have Alzheimer's disease. The number is escalating in line with the aging population, especially since the first baby boomers began turning 65 in 2011. Advanced age is the greatest risk factor, with the incidence of the disease doubling every five years between 65 and 95.



Photo iStockphoto

FREE MEMORY SCREENINGS will be available at Aegis of Carmichael on Nov. 15. Early detection and correct diagnosis of memory problems can greatly contribute to a better quality of life.

Individuals can take advantage of free, confidential memory screenings at Aegis of Carmichael as part of National Memory Screening Day on Tuesday, Nov. 15 from 10 a.m. to 2 p.m.

The event is part of an annual initiative of the Alzheimer's Foundation of America (AFA) to promote proper detection of memory problems.

National Memory Screening Day serves as a starting point for discussions about memory concerns and lifestyle changes—diet, managing stress, physical and mental exercise—that may help people age successfully.

Memory problems can be caused by Alzheimer's disease or other medical conditions.

A memory screening averages five to ten minutes, and consists of questions and tasks to assess memory.

Screening is a safe, cost-efficient intervention that can reassure the healthy individual, promotes successful aging and, when indicated, directs individuals to appropriate clinical resources. It does not diagnose any illness, but can indicate whether someone should pursue a follow-up medical exam.

It is estimated that missed diagnoses of dementia may be as high as 90 percent.

This marks the Alzheimer's Foundation of America's (AFA) ninth annual National Memory Screening Day. Sites nationwide are participating. Visit www.nationalmemoryscreening.org.

Aegis of Carmichael is located at 4050 Walnut Avenue in Carmichael. For information, call (916) 972-1313.

Mexican art show to be held at Beatnik Studios

Special to Arden-Carmichael News

Beatnik Studios at 2421 17th St. will be the site of a Mexican art show featuring local artists Benny Barrios, Esteban Villa and Ed Rivera on Oct. 28 from 6 to 9 p.m.

This free event will include opportunities to meet the artists and enjoy mariachi music and Mexican food.

Following the show, live bands will perform from 9 p.m. to midnight for a donation of \$5 to \$10. For additional information, call (916) 443-5808.

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Remembering Sac State's Frederick Westphal

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

In the post-World War II era, Sacramento State College – today's California State University, Sacramento – became the city's first, and still only, four-year college. And playing an important role as a member of the school's original faculty was Dr. Frederick Westphal.

Although Frederick, who served as the college's first associate professor of music, passed away at the age of 87 on Dec. 23, 2003, his legacy remains strong due to the impact he made while contributing to the success of the school.

Born in the small, north-east Arkansas town of Walnut Ridge, which was founded as a railroad town in 1874 and is located about 75 miles east of Memphis, Tenn., Frederick took an early interest in music.

Frederick's interest in music led him to study in this field at the University of Illinois – today's University of Illinois at Urbana-Champaign – where he received bachelor's degrees in conducting and arranging (1937) and public school music (1938).

In 1939, Frederick, who played the clarinet, earned a master's degree in music education at the Eastman School of Music in Rochester, New York. This prestigious school, which is within the University of Rochester, was established in 1916 by Eastman Kodak Co. founder, George Eastman.

During the same year, Frederick, at the age of 23 and having completed his master's degree, was hired to teach music classes at Texas State College for Women – today's Texas Woman's University in Denton, Texas, between Dallas and Fort

Worth. He continued to work in this role, which by his third year included taking charge of a concert band, until 1946.

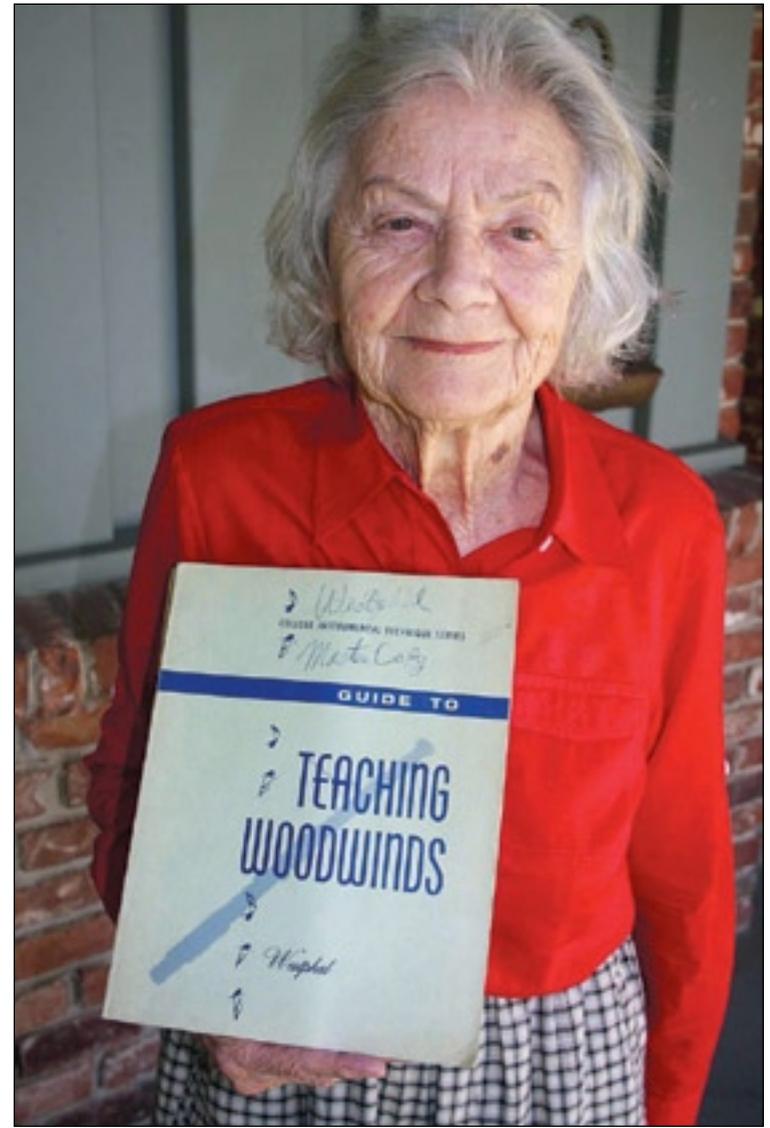
Another one of Frederick's endeavors in music was his summertime employment at the National Music Camp – later Interlochen Arts Camp – where he was responsible for music for the performance groups during the camp's eight-week sessions.

Additionally, during the annual camp, where he taught from 1935 to 1942 and 1944 to 1945, Frederick instructed clarinet in relief of the famous 20th century clarinetist and clarinet teacher Gustave Langenus, when his schedule was overloaded, conducted bassoon sectional rehearsals for band and orchestra and was a guest conductor of the high school band for a one-week session.

During the latter part of his time at the music camp, Frederick married Traverse City, Mich. native Hinda Cunningham, a violinist, whom he met at the camp. Hinda worked at the camp from 1941 to 1942 and again from 1944 to 1946.

Hinda and Frederick were engaged on Frederick's birthday (April 25) in 1943 and were married about two months later on Hinda's birthday (June 22).

Frederick furthered his education in music following his time at the camp, as he once again attended the Eastman School of Music and earned a



Arden-Carmichael News photo, Lance Armstrong
PUBLISHED IN MANY EDITIONS. Hinda Westphal holds a first edition copy of her late husband Dr. Frederick Westphal's book, "Guide to Teaching Woodwinds."

performers certificate in clarinet in 1947 and a doctorate's degree in music a year later.

In his memoirs, Frederick explained that the completion date of his doctorate's degree was very timely.

"When my doctorate was completed, I was recommended for a position at a new California State College at Sacramento, one of several that were

See Westphal, page 19

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Westphal: Designed Sac State's music department from the ground up

Continued from page 18

created following World War II," Frederick wrote. "I accepted the position primarily because it was a new institution with no long range traditions and my job would be to create and develop the music department curricula and faculty. While still in Rochester, I provided the architectural specifications for a music facility to be built on a permanent campus in Sacramento."

During Frederick's early years with Sacramento State on the old Sacramento Junior College (today's Sacramento City College) campus, the state college offered junior and senior level classes, while the junior college provided freshman and sophomore level instruction.

Sacramento State relocated to its current, 242-acre campus in 1953, at which time it became a four-year college.

Reflecting upon his introduction to the current Sacramento State campus, Frederick, according to *The Sacramento Bee*, in 1983, said, "I had to get out my old rubber boots from my days in the East, because there was a lot of mud and there weren't any sidewalks. We had three little buildings for classrooms, office space, storage and the piano classes. We held a few classes in the administration building, too."

Among all of Sacramento State's academic departments, the music department was the first to obtain national accreditation.

Frederick, who served as chairman of the music department for 15 years, was also well known in the community for his work as a member of the Sacramento Symphony Association's board of directors from 1961 to 1981.

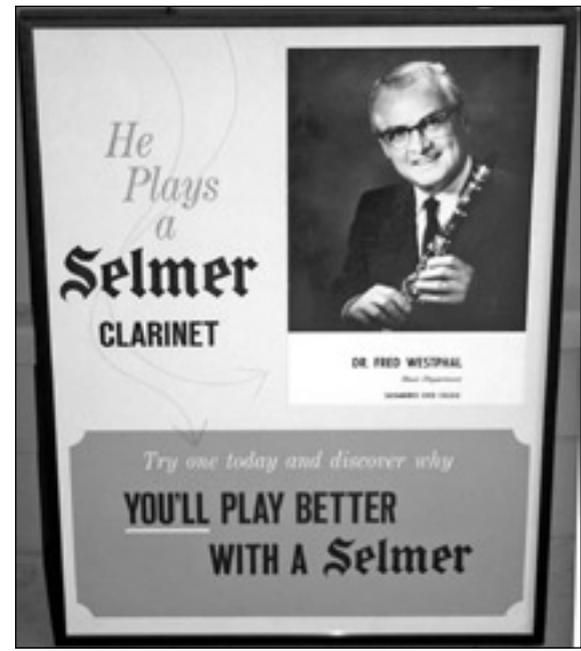
Additionally, he was the principal clarinetist of the Sacramen-



DR. FREDERICK WESTPHAL holds his clarinet in this mid-1950s photograph.



HINDA WESTPHAL is shown with her violin in about 1960.



Photos courtesy, Hinda Westphal

LOCAL ENDORSEMENT. This 1960s Selmer clarinets promotional poster featured Dr. Frederick Westphal of Sacramento State College's music department.

to Municipal Band and the State Fair band, a founding committee member of the Sacramento Youth Orchestra – predecessor to today's Sacramento Youth Symphony – the first vice president of the Sacramento Community Concerts, a two-term president of the Northern California section of the California Music Educators Association, and chairman of the founding committee of the Golden Empire Music Festival, which was originally co-sponsored by California State University.

Hinda, who said that she is not sure if she is 90 or 91, since she spent the early part of her life without a birth certificate, said that she first arrived in Sacramento with Frederick on Aug. 8, 1948.

"When we got to Sacramento, the State Fair was going on, so we couldn't find lodging," said Hinda, who

earned bachelor's degrees in music and English and a music teacher's credential at what is now Northern Michigan State University. "We ended up staying in a hotel on Marconi (Avenue). We later got a duplex at 2100 H St."

In October 1948, Frederick and Hinda moved into their first Sacramento house at 2130 Stover Way in Hollywood Park, and by about 1953, they permanently moved to River Park, where they raised their sons, Frederick III, who is commonly known as "Rick," and Carl, who is currently serving as the principal of Crocker/Riverside Elementary School in Land Park.

One of Frederick's greatest contributions to music was his work as an author and editor of music textbooks for the former Dubuque, Iowa-based William C. Brown Co. Publishers, which was later desig-

nated Brown and Benchmark, and even later purchased by another publishing company, McGraw-Hill.

Frederick contributed to 276 music books, including three books, which he authored.

The most notable of these three books was the very popular, "Guide to Teaching Woodwinds," of which eight editions were published.

Although Frederick resigned as Sacramento State's

music department chairman in 1963, he remained a part of the faculty, teaching one semester per year until 1983.

At the time of his retirement, Frederick had the notoriety of having the longest tenure of any faculty member in the history of the school.

When asked to summarize the time that Frederick spent at Sacramento State, Hinda briefly, yet enthusiastically replied, "He loved every minute of it."



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St. Francis High School to adopt solar power

By KATE ELY
Arden-Carmichael News contributor

After nearly a year of crunching numbers, creating charts, sketching diagrams, reviewing technical details, learning new jargon and discussing the possibility of failure, apprehension was replaced by anticipation at St. Francis High School regarding ways to power the campus.

Stepping away from the drawing board, the school's administration has approved the installation of photovoltaic panels to capture solar energy to power the campus.

With this effort, St. Francis will be the first school in the Diocese of Sacramento to adopt solar power.

The movement to bring solar energy to the campus began in the school's finance department, but quickly grew to encompass something much larger. Now, solar panels will provide environmental, economic, educational and religious benefits to the campus community.

The panels will produce 30.6 percent of the electricity required by the school, reducing carbon dioxide emissions by 294 metric tons – the equivalent of 32,978 gallons of gas.

Largely funded by federal treasury grants and SMUD rebates, the initial cost of \$1.3 million was reduced to around \$300,000.

The project is cash flow positive from the beginning, re-

turning over \$1 million over the next 25 years.

Science teachers can use the panels, as well as the accompanying technology and resources, during class to teach students different environmental and meteorological concepts.

Themes of stewardship and personal responsibility can be emphasized in theology classes, with the panels as a concrete example. The project also coincides with the position of the Catholic Church on environmental issues: Pope Benedict XVI recently added "ecological" evils, committed individually and collectively, to the modern list of sins, encouraging every individual to consider their lives in the context of a greater community.

In light of all the positive aspects of the project, the benefits it would deliver to the community, and the example it would set, it seemed nothing lay in the way of gaining the necessary signatures for approval.

The solar group consisted of Sharon Tobar, St. Francis High School director of finance; Tim Lien; Josh McDonald of Valley Solar; and this writer, as a student representative. An initial proposal by the group was rejected by the Diocese's finance committee. However, a revised proposal met with the approval of the Diocese last September. With the approval of Bishop Soto and his financial advisors, St. Francis will now move forward with its plans for installation.



PATRON SAINT OF THE ENVIRONMENT, the namesake saint of St. Francis High School stands at school's entrance. The school is taking a green energy stance, becoming the first Catholic school in the area to adopt solar power to meet its energy needs.

The high school plans to start construction in November, with completion planned for early spring. Both the federal grant and SMUD rebate require a certain percentage to be completed by the end of the year in order for the returns to process, so St. Francis and Valley Solar are working together to expedite the process and begin installation as soon as possible.

It is hoped that the solar panels will not only contribute to St. Francis High School, but also inspire other schools and organizations in the community to adopt similar eco-friendly policies.



PHOTOVOLTAIC PANELS will be placed on the rooftops at St. Francis High School this winter. In this photo, flat solar panels integrated with "cool roof" technology at another location in the Sacramento area achieve increased energy savings in a commercial building.

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As high school football enters home stretch, teams look to build for 2012

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

Editor's note: This is the second part of a two-article series on local high school football teams in the publication area of Arden-Carmichael News.

The high school football season is nearing the home stretch, and while success has eluded Mira Loma, Encina and San Juan this year, playing well from here on out could do wonders for next year's squads.

Mira Loma Matadors

Of the three teams in this football update, the Matadors are the only ones to put a number in the win column. As of now, Mira Loma is 2-6 with wins over Mesa Verde and Foothill high schools respectively. Unfortunately for the Matadors, neither of those teams reside in the Capital League with them.

The team has a chance to take a step in the right direction with games left against league mates El Camino and Cordova. Last year's team managed just a 2-8 record, so even one win in the remaining two games would be positive momentum for the Matadors. Last year's game against Cordova was a wild 27-26 affair that went the way of Cordova, so Mira Loma will be looking for revenge come Nov. 4.

Aside from a 6-5 record and a play-off berth in 2009 (Mira Loma was beaten 59-6 in the first round by Sierra High School), the school has not been able to post a winning record the past five seasons. Mira Loma has a re-

cord of 16-43 since the beginning of the 2006 season.

Mira Loma is led by junior quarterback Wes Van Der Mik who has amassed 11 touchdown passes to just six interceptions so far on the year. Included in those stats was an 88-yard strike to junior running back Kermitt Lillard against Liberty Ranch High School on Sep. 16. The following week against Foothill, the pair hooked up again for an 84-yard touchdown in the team's 33-14 win.

Lillard leads the team with 212 receiving yards while junior running back Nick Vargas leads the team with four touchdown receptions. Junior running back Joe Hancock has exploded to the tune of 736 rushing yards. This group of juniors could be big next year for a possibly improved squad.

Encina Bulldogs

Nothing has come easy for the Bulldogs of Encina in recent years, and 2011 has been no different. The team sits at 0-6 with an 0-4 mark in Sierra Delta League play.

With two games left to play, the Bulldogs must face league leading Bradshaw Christian (7-1, 4-0) on Oct. 28, a team that has averaged better than 42 points per contest so far this season. If that number weren't daunting enough, the Bulldogs have only managed a total of 24 points all season.

Maxpreps.com lists the Bulldogs as only having 20 team members, which makes their struggles on the field more than understandable. Encina does not have any stats listed for this season.



Photo iStockphoto

THE LIFE LESSONS in football are many. Fortunately, determination, sportsmanship and the value of hard work can be learned no matter what the final score is.

The team has a record of 3-53 since the beginning of the 2006 season.

San Juan Spartans

Joining Encina in the winless ranks is San Juan. The Spartans (0-8, 0-4) likely had loftier expectations following a 4-6 season in 2010.

San Juan has Sierra Delta League opponents Golden Sierra and Encina left on its schedule. The good news for both San Juan and Encina is that one team is guaranteed a win when the teams face off Nov. 5.

The Spartans have fallen on tough times competitively as the team won 15 games from 2006-2010. This year San Juan has had a hard time staying in games, although an early-season

28-27 loss to Woodland Christian on the road showed that they are capable of doing so.

Senior quarterback Kevin Daniels leads the team this year. So far he has put up pretty 1,491 passing yards and 11 touchdowns along with 14 interceptions. He threw four touchdowns in the game against Woodland Christian, his best output of the season.

Junior running back Lincoln Gallegos leads the team in receiving with 374 yards while senior running back Vinnie Sandoval leads with three receiving touchdowns.

Last year's matchup between Encina and San Juan ended in a hotly-contested 28-24 win for San Juan.

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Fairytale Town will host the 25th Anniversary of Safe & Super Hal-

loween: The Magical World of Harry Potter. Fairytale Town will be transformed into a magical realm for four nights of Potter-themed fun and family friendly trick-or-treating.

Muggles (non magical people) will have a chance to search for the re-

maining horcruxes, seek the Room of Requirement, take free family photos inside Bellatrix Lestrange's vault while holding off the white dragon - all at Fairytale Town on Oct. 28 and 29.

Visitors can head to the Children's Theater to test their Harry Potter

knowledge in a game show, presented by the Puppet Art Theater.

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Through Jan. 15, 2012: 180 works and complementary ephemera span 50 years of Bailey's prodigious production of genuine marvels. A ceramist, sculptor, and self-proclaimed "mad scientist," Bailey aims to surprise and delight with his art. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Florence and the Baroque

Through Feb. 12, 2012: Drawn from the largest private collection of Florentine Baroque painting in the United States, this exhibition reveals the intense emotion, saturated col-

or, and refined brushwork that characterized painting in 17th-century Florence. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

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Through Feb. 12, 2012: This exhibition, from the collections of the Georgia Museum of Art and Giuliano Ceseri, explores the variety and beauty of Italian draftsmanship through drawings and prints from the 16th through 18th centuries. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

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Oct. 27, Nov. 3, 10, 17, 24: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

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Oct. 27, Nov. 3, 10, 17, 24: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Oct. 27, Nov. 3, 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

Oct. 27, Nov. 3, 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

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Sacramento Downtown Plaza

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Oct. 27, Nov. 3, 10, 17, 24: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Script Your Future Health Fair

Oct. 27: Free workshop and health fair. 11:30 a.m.-1:30 p.m. Asian Community Center, 7375 Park City Dr., Sac. Sonia Behl (916) 600-1491

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Oct. 27, Nov. 3, 10, 17, 24: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Ballroom Dances

Oct. 28, Nov. 1, 4, 8, 11, 15, 18, 22, 25, 29: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Kiwanis Club of East Sacramento-Midtown

Oct. 28, Nov. 4, 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

Oct. 28, Nov. 4, 11, 18, 25: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Oct. 28, Nov. 4, 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

Country Club Plaza Farmer's Market

Oct. 29, Nov. 5, 12, 19, 26: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Oct. 29, Nov. 5, 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.

- EVENT LISTING SECTION -

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

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HOLYWEEN HARVEST FESTIVAL

Sunday, October 30, 2 to 5 p.m.

Join the fun at the Holyween Harvest Festival—a free event for the whole family. Enjoy music, games, cake walk, face painting, caramel apple making, popcorn, cotton candy and more.

Northminster Presbyterian Church
3235 Pope Avenue, Sacto
For info, call (916) 487-5192

City of Sacramento SAFARI TOURS TRAVEL FAIR

Featuring Collette Tours
2012 Trips

Thurs. Nov. 1 ~10 a.m. to Noon

Coloma Community Center
4623 T Street, Sac 95819
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Sacramento Emblem Club's Annual Holiday Craft & Gift Show

Unique gifts...one of a kind
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Space avail: (916) 686-0347
Sat., Nov. 12~ 9 a.m. to 4 p.m.

Sacramento Elks Lodge No. 6
6446 Riverside Blvd.
Sacto 95831

OYAKO & the Buddhist Church of Florin will hold an event to benefit the

Florin Buddhist Women's Association

Saturday, Nov. 19, 9 to 3

Featuring women's clothing,
casual to special occasions, jewelry,
bags, purses, wallets, cards, home
decor, food & many gift items.

7235 Pritchard Road, Sacto
For info, call Lois (916) 422-1265
or Peggy (916) 686-5621

Sierra Oaks 7th Annual Holiday Boutique

Unique vintage boutique shopping
for the Holidays Local vendors
— handmade gift items — Café on site

Saturday, November 12
10 a.m. to 3 p.m.
Multi Purpose Room, 171 Mills Road
Contact Ann Casentini
mikeanncas@hotmail.com

The Art Market

Saturday, November 12

10 a.m. to 5 p.m.

Locally sourced art, jewelry, clothing & décor for every home, plus great gifts for any budget!

Discount advance tickets:
www.saintmaryschool.com or
916 452-1100
St. Mary School
58th & M Streets in East Sacramento

Mission Oaks Holiday Craft Faire

Saturday, November 5
9 a.m. to 3 p.m.
FREE

Mission Oaks Community Center
4701 Gibbons Dr., Carmichael
VENDORS INVITED — Call Now!
972-0336 MORPD.com

33rd Annual "Holiday Show of Hands" CRAFT FAIR

Friday, Dec 2, 5 to 9 p.m. (\$3)
Saturday, Dec 3, 9 a.m. to 7 p.m.
Sunday, Dec 4, 9 a.m. to 3 p.m.

Unique, hand-crafted gifts, decorator
items, collectibles,
Hot lunch - Shuttle from Elks Club
St. John the Evangelist School
5701 Locust Avenue, Carmichael

TRUNK OR TREAT SUNDAY, OCTOBER 30

5:30 to 7:30 p.m.

GAMES•PRIZES•TREATS

Greenhaven Lutheran Church
475 Florin Road
(at Gloria Drive)

(916) 428-8449

Nutcracker Ballet

Dec. 3 at 7 p.m. & Dec. 4 at 2 p.m.
Crockett-Deane Ballet Company
& Deane Dance Center Dancers
"Christmas Angels"
and the "Nutcracker"

The Center at 2300 Sierra Blvd.
\$15 adults; \$12 seniors/students,
\$10 children. Tickets at the door
& at Deane Dance Center 3385
Lanatt St. (916) 453-0226

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St. Michael's Church auditorium
2140 Mission Ave., Carmichael
Call Realtor Donald Stitt
at (916) 316-0682

CALL AND PLACE
YOUR EVENT TODAY!
(916) 429-9901

Carmichael Farmer's Market

Oct. 30, Nov. 6, 13, 20, 27: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

Co-Dependents Anonymous

Oct. 30, Nov. 6, 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

Oct. 30, Nov. 6, 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

Day of the Dead Garden Fiesta

Oct. 30: Skull art painting for kids, wild-flower seed sowing, garden tour, native plant tips, native plants and seeds sale, raffle, and free refreshments will kick off the CA Native Plant Demonstration Garden's fall season. 10 a.m.-1 p.m. Free admission. Sacramento Historic City Cemetery, 1000 Broadway, Sac. Enter the cemetery on Broadway at 10th St. Follow signs to the Garden. (916) 374-8116 cnpsgarden@gmail.com www.sacvalleycnps.org

Fall Craft Fair & Pumpkin Carving Contest

Oct. 30: Over 40 artisan & craft vendors, farmer's market & specialty food vendors. Live music, free crafts for kids. Free admission. Enter the pumpkin carving contest - entries due by 8:30 a.m. Winner announced at 3:30 p.m. Event runs 8 a.m. to 4 p.m. Carmichael Park Clubhouse, 5750 Grant Ave., Carmichael (916) 484-7000

Holyween Harvest Festival

Oct. 30: Looking for a fun time for the whole family on Halloween? Northminster Presbyterian Church invites everyone to its Holyween Harvest Festival. There will be music, fun games, cake walk, face painting, caramel apple making, popcorn, cotton candy, and hot apple cider w/goodies. This event is for children of all ages to dress up in their Halloween costumes and come have some fun! Free. 2 p.m.-5 p.m. 3235 Pope Ave., Sac. (916) 487-5192.

State Parking Lot Farmer's Market

Oct. 30, Nov. 6, 13, 20, 27: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

Oct. 30, Nov. 6, 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

Hatha yoga

Oct. 31, Nov. 7, 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.

Nicotine Anonymous

Oct. 31, Nov. 7, 14, 21, 28: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Rotary Club of South Sacramento

Oct. 31, Nov. 7, 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

Oct. 31, Nov. 7, 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

Oct. 31, Nov. 7, 14, 21, 28: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

NOVEMBER**Rotary Club of Arden-Arcade**

Nov. 1, 8, 15, 22, 29: 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

Nov. 1, 8, 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Upholstery class

Nov. 1, 2, 8, 9, 15, 16, 22, 23, 29, 30: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Chavez Plaza Farmer's Market

Nov. 2, 9, 16, 23, 30: Chavez Plaza Farmer's Market. Every Wednesday, May-Oct. 10 a.m.-2 p.m. 10th & J streets, Sac. www.california-grown.com

Co-Dependents Anonymous

Nov. 2, 9, 16, 23, 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Rotary Club of East Sacramento

Nov. 2, 9, 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org



Join us for our Annual Fall & Holiday
Artisan & Craft Fair
Sunday, October 30, 8am - 4pm
Carmichael Park Clubhouse
5750 Grant Avenue, Carmichael

Over 40 Artisan & Craft Vendors
Farmers Market & Specialty Food Vendors
FREE Kids Craft Activities • Live Music
A "Thriller" of a Surprise... Shhhhhh!



Carved Pumpkin Contest - \$100 Prize!
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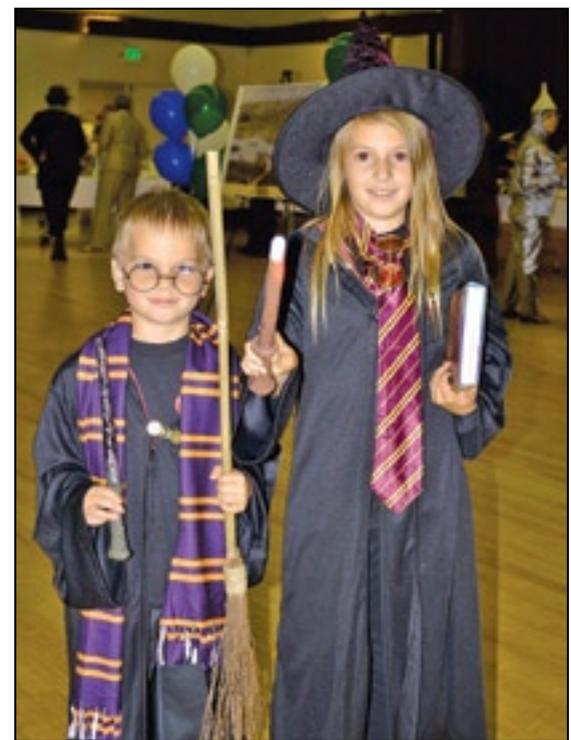
Faces and places

Friends of the Library gather for 'One Book' dinner

Photos by TOM PANIAGUA
Arden-Carmichael News photographer
tom@valcomnews.com

The Sacramento Public Library held its First annual All Friends' One Book Sacramento Dinner at Elks Lodge No. 6 in the Pocket on Oct. 14.

The event was for members of each library branch's chapter of "Friends of the Library." The "One Book" featured this year was "The Adventures of Tom Sawyer" by Mark Twain. Friends of the Libraries dressed in festive Halloween costumes and enjoyed a delicious evening of food, fellowship and love of literature.



HOLIDAY MAGIC

Starts Friday, November 4th

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Holiday ornaments, Christmas trees, Santas,
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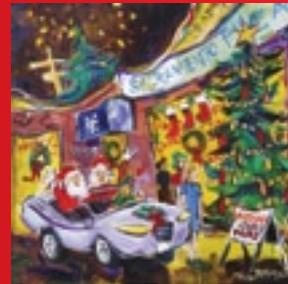
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17th ANNUAL Artisan & Craft Fair

December 9-11, 2011

11am - 5pm Friday-Sunday

Special 2nd Saturday Opening 5-9pm



Crafters: HURRY

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Faces and places

Capra Park open house brings kids, farm animals together

Photos by **BILL CONDRAY**
Arden-Carmichael News photographer
bill@valcomnews.com

Children of all ages and the young at heart enjoyed a sunny morning "down on the farm" at Capra Park in Carmichael on Oct. 15.

The free event included horse and pony rides, friendly farm animals to pet and activities for the kids.

Named for Claude and Mary Capra, the park is a place where people can stop for a moment to refresh and recreate. It is the site of the Capras' original home from the 1940s. Claude's uncle, Fank Capra, would often visit and enjoy the serene life in Carmichael. Today, the property is a part of the Carmichael Recreation and Park District.

Until their passing, the Capras lived by the motto, "I am not afraid to face tomorrow, for I have seen yesterday and I love today."



Your Holiday Greetings



HOLIDAY GREETINGS
from your business to the community

Deadline: November 23, 2011

Publishes: December 1st & 8th, 2011

Arden-Carmichael News • East Sac News • The Land Park News • The Pocket News

Includes: Staff Photo, Greeting and Business Information

Call 916-429-9901 to reserve your space

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Thank You

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Saturday, November 5
9am - 3pm • FREE



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

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Almost 4 private acres with a gorgeous 4 bedroom 4 bath home plus guest house! Amazing horse property has barn, stables, fenced & cross fenced! Imagine gathering your own eggs, jumping in the pool, cooking in gourmet kitchen and enjoying pastoral views! See: 6449stanleyave.greatluxuryestate.com \$1,695,000

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This 3 bedroom, 3 bath has it all! Impressive Master Suite has a sitting area, walk-in closet, changing area and access to the backyard. Family room opens to the outdoor patio, pool and gazebo. Updated kitchen and breakfast nook. Extra large garage, See: 2585MorleyWay.eproperty.com \$625,000

LEIGH RUTLEDGE 612-6911
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CARMICHAEL TUDOR

Wonderful Tudor on quiet lane with many beautiful upgrades. 4 bedrooms, 3½ baths; majestic living room, soaring ceilings & cement fireplace. Master suite, marble bathroom, great room & bar, private backyard and pool. See: www.1204geneseect.view24hours.com \$520,000

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GARDEN HOME

Campus Commons garden home! The one you've been waiting for! 2 bedrooms 2 baths, 1884 square feet; beautifully updated single story in Village Four. Spacious - open and bright! Two patios, front and back. Great new Kitchen! See: www.2319AmericanRiverDr.com \$349,900

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ARDEN OAKS

Lovely Arden Oaks property. Private setting on tree lined street. Grand floor plan w/large formal DR and LR. Separate hobby room has full bath, heat, vaulted ceiling and storage closets & can be used as office, playroom, or guest quarters. See www.3521ArdenCreekRd.com \$775,000

PATTY BAETA 806-7761



CAMPUS COMMONS

Beautiful remodel by Tlustosch Building. 4400 Model, 1700 square feet, 2 bedroom, 3 bath model w/den shines w/all the amenities. White cabinetry, granite counters, top of the line laminate flooring in Brazilian walnut, stacked stone fireplace, and much more. See www.1105DunbartonCircle.com \$369,000

CHRIS BALESTRERI 996-2244



TUDOR STYLE

Custom three bedroom, two & a half Bath Tudor style home located on a private lane off of Fair Oaks Blvd. Large master bedroom suite on the first floor w/a walk-in closet. See www.5242fairoaksblvd.view24hours.com \$430,000

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