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'Thoroughly Modern Millie' to open at St. Francis High

Special to Arden-Carmichael News

This fall St. Francis High School presents *Thoroughly Modern Millie*, a high-spirited musical romp that has all of New York dancing the Charleston.

Taking place in New York City in 1922, *Thoroughly Modern Millie* tells the story of young Millie Dillmount, who has just moved to the city in search of a new life for herself. It's a New York full of intrigue and jazz – a time when women were entering the workforce and the rules of love and social behavior were changing forever.

Based on the popular movie, the stage version of *Thoroughly Modern Millie* includes a full score of new songs and bright dance numbers. Filled with frisky flappers, dashing leading men and a dragon-lady of a villainess audiences will love to hate, *Thoroughly Modern Millie* is a perfectly constructed evening of madcap merriment.

Thoroughly Modern Millie runs through Nov. 13. Performances are Friday, Nov. 11 at 7:30 p.m. and Saturday, Nov. 12 at 1:30 p.m. (matinee) and 7:30 p.m. Tickets are \$10 to \$15. Visit www.ticketguys.com/stfrancis.

St. Francis High School is located at 5900 Elvas Avenue in Sacramento.

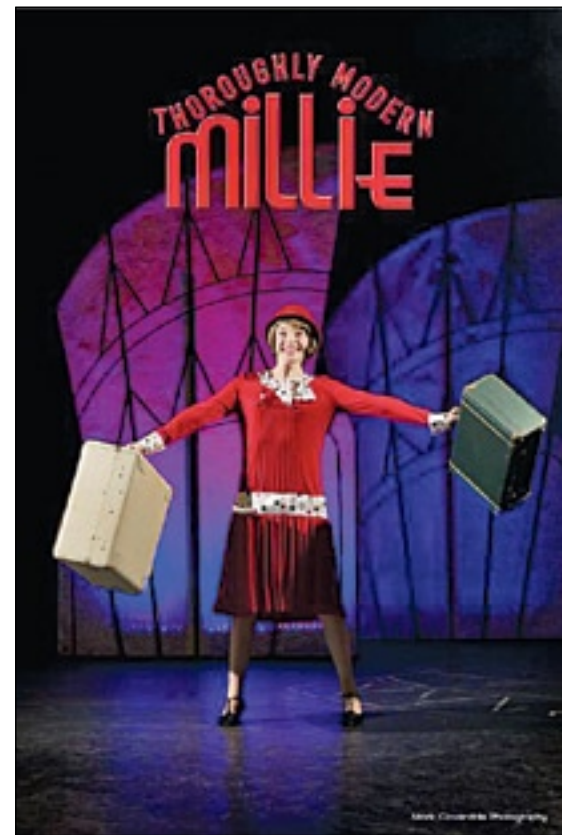


Photo courtesy, Mark Coverdale Photography UNFLAPPABLE. Caroline Mixon, '15, is cast in the role of Mille Dillmount in the St. Francis High School production of *Thoroughly Modern Millie*.

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Fratello Marionettes at Arden-Dimick Library

Special to Arden-Carmichael News

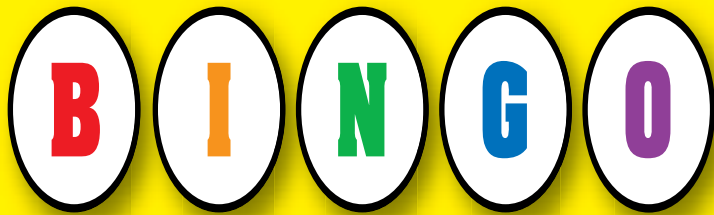
The Fratello Marionettes will present "The Vaudeville Follies" at the Arden-Dimick Library on Tuesday, Nov. 15 at 4 p.m.

"Spectacular showmanship and inventive acts make the Fratello Marionettes show one of the best programs we have ever had at Arden-Dimick," the library said on its website. "The Vaudeville Follies are proof of it. If you haven't seen the art of marionette puppetry lately, you'll be amazed at the variety of 'acts' in the Follies and what those extremely innovative puppeteers can do. Join us for a one-of-a-kind performance."

The Fratello Marionettes began entertaining audiences in 1989. The Performance Company has brought the ancient art of marionettes to people throughout the United States.

The Fratello Marionettes produce high quality marionette shows using the cabaret style of manipulation. The shows are filled with wonderful marionettes that range in size from one foot to three feet tall. In addition to sophisticated trick marionette numbers, a performance may include singers, dancers, trained dogs, clowns and a hula dancing grandma.

The Arden-Dimick Library is located at 891 Watt Avenue in Sacramento. For more information, call (916) 264-2700 or visit www.saclibrary.org.



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Vets and Pets: A salute to veterans and their animals

Special to Arden-Carmichael News

In special recognition of armed forces veterans and United States Service Personnel, the Sacramento County Animal Shelter is offering to take portrait pictures of "Vets and Pets" from 1 p.m. to 4 p.m. on Veteran's Day, Friday, Nov. 11.

"We want to do something special for those who are and have served our country," said

Dave Dickinson, interim director of the shelter. "We are officially closed that day because of the national holiday, but we have dedicated people who are volunteering to provide this service."

The portraits will be taken by veterinarian Dr. Nicole McArthur, who is also a professional photographer and volunteer at the shelter. Participants will receive a 5"x7" print. There is no fixed cost for the portrait. The

shelter will gratefully accept donations of pet food, blankets, pet toys, or money, anything that would benefit the shelter animals, however.

All current service personnel, veterans, family members and – of course – their pets are welcome to come to the shelter for the portrait, receive special attention regarding animal issues and tours of the facility provided by volunteers and staff.



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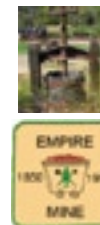
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Veterans History Project celebrates 8 years of collecting war stories from local vets

Special to Arden-Carmichael News

The Veterans History Project's (VHP) of Sacramento County will celebrate its eighth year of collecting veterans' wartime service stories. With Veterans Day falling on Nov. 11, veterans are reminded and encouraged to participate in this important program.

The Veterans History Project is part of a national effort to collect, record, and preserve the first-person accounts of veterans and those who loved and supported them. Sacramento County's Department of Human Assistance Retired and Senior Volunteer Program (RSVP), in partnership with the Library of Congress American Folklife Center, has conducted more than 450 interviews since 2003.

Sacramento's VHP is one of the special projects completely run by RSVP Volunteers. All the interviewers are veterans and have shared their own military experiences with the project as well as recruited other veterans to share their stories.

RSVP invites local veterans to participate by calling (916) 875-4460 to schedule an appointment for videotaping. Veterans are also encouraged to bring their personal mementos such as medals, ribbons, documents and photographs.



Photo public domain
THE VETERANS HISTORY PROJECT seeks to collect and preserve the first-person accounts of veterans and those who loved and supported them.

For more information about the Veterans History Project, contact Gail Hoberman, Veterans History Project Coordinator, at (916) 875-4459 or visit <http://dhaweb.sacounty.net/Veterans/veteransHistoryProject.htm>.

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Sacramento Food Bank & Family Services gearing up for Thanksgiving

Special to Arden-Carmichael News

The Sacramento Food Bank & Family Services (SFBFS) is preparing for the busiest Thanksgiving season in the organization's history. From donating turkeys to jogging through town, Sacramento residents can help families in need this holiday season.

The food bank serves residents throughout Sacramento county, including Arden and Carmichael.

Turkey Drive

The annual Turkey Drive for families will be on Nov. 18, from 4:30 a.m. to 7 p.m. The goal this year is 8,000 frozen turkeys.

Members of the community are encouraged to drop off a frozen turkey or packaged side dishes to help the food bank meet this year's goal. In 2010, local residents donated 7,053 turkeys to this worthy cause. This year, the need in our community is even greater.

This effort will help the food bank to provide the in-

redients for a holiday meal for thousands of local families. Representatives from Papa Murphy's, Wells Fargo and SaveMart will be on hand to thank donors and unload turkeys. This event is all day.

Bring turkeys and packaged side dishes to the SFFBS Oak Park facility at 333 Third Ave. (near 34th St. and Broadway), Friday, Nov. 18 from 4:30 a.m. to 7 p.m.



Photo courtesy, Sacramento Food Bank & Family Services. Participants in the annual Run to Feed the Hungry have a positive sense of humor on Thanksgiving morning. The event is filled with good cheer, a little light exercise and the knowledge that all proceeds from the event will benefit local families in need through the Sacramento Food Bank & Family Services.

Turkey Distribution – one day only

Holiday ingredients including a turkey and all of the wonderful Thanksgiving trimmings will be distributed to families in need on Monday, Nov. 21 starting at 8 a.m. and going until the turkeys run out (likely in the late afternoon).

For Thanksgiving, SFBFS would like to see every family celebrate the holiday together with a meal. Several thousand families are expected to arrive for this one-day distribution. Volunteers from PG&E will be on hand to help distribute items.

SFBFS does not provide a hot meal on Thanksgiving Day.

Please note, for the first time in several years, SFBFS will distribute turkeys in **one day** instead of two. Help

spread the word to families in need that instead of two days of morning-only distribution, SFBFS will offer longer distribution hours for working families on Monday.

SFBFS will not offer a turkey distribution on Tuesday.

Turkeys will be distributed at the SFFBS Oak Park facility at 333 Third Ave. (near 34th St. and Broadway).

Run to Feed the Hungry

Celebrate one of Sacramento's greatest traditions

See Run, page 7



Dad Left his Beret in France

Born and raised in Paris, he witnessed WWII through the eyes of his older brothers who fought in the French Resistance. After the war, this youngest son was sent to America by a mother who believed there was only one place left in the world with a future.

Dad's love of his new country came quick and ran deep. When the Korean War broke out, though not yet a US citizen, he joined the fight.

Over the years I learned so much from him, nothing fancy but what could be more valuable than: work hard, be honest, show respect.

Now I've watched over dad for years as he's needed help with daily tasks, like food prep, housework, and transportation. Lately, living by himself has got him down and I've grown too exhausted to care for my own household's needs.

If an elderly parent depends on you for daily assistance – maybe they're not independent any more.

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Photo courtesy, Sacramento Food Bank & Family Services

OVER 30,000 friends, family members, neighbors and visitors will get up early Thanksgiving morning to get a little exercise, help others and share the joy of community at the 18th annual Run to Feed the Hungry. It's one of the biggest "happenings" in the region. Even "Elvis" shows up on Elvas Avenue.

Run: Over 30,000 expected to run, walk

Continued from page 6

by participating in the 18th annual Run to Feed the Hungry on Thanksgiving Day, Nov. 24.

A 5K and 10K course are available for participants of all ages and abilities. A turnout of 30,000 people is expected on Thanksgiving morning, so get there early. Individuals can

sign up to participate, volunteer or join a team at www.runtofeedthehungry.com.

The fun begins at 8:30 a.m. and concludes at approximately 11 a.m. Meet at Sacramento State's J Street entrance for the start of the run/walk.

For more information about SFBFS, www.sacramentofoodbank.org.

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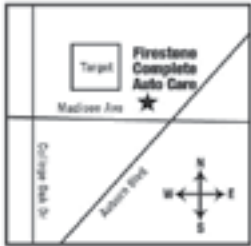


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Arden-Carmichael News photo, Corrie Pelc

PUTTING IT ALL TOGETHER. McKinley Librarian Bridget Bagne, left, shows Sacramento resident Melissa Cooper, center, and her son, Quinn, right, how to make a necklace or bracelet with Scrabble pieces.

Sacramento turns out for bittersweet anniversary party at Clunie Center

By CORRIE PELC
Arden-Carmichael News writer
corrie@valcomnews.com

Hundreds of Sacramento residents, library patrons, and community members descended upon the Clunie Center and its housed McKinley Library on Sunday, Oct. 23 to celebrate the 75th anniversary of their opening to the public – and learned of the possible closure of the facilities.

“At the end of the day, we were trying to figure out how many people showed up – I thought about 700 and other people thought about 1,000 throughout the day,” said Claudia Bordin, event chairperson for the McKinley East Sacramento Neighborhood Association (MENA). “We had way more people than we ever expected show up – we thought (we would have) about 300, and we had double or triple that show up.”

Classic cars, including a 1929 Pierce Arrow convertible coupe and 1941 Ford half-ton pickup, studded the front lawn leading to the Clunie Center.

It was standing room only during the hour-long talk on East Sacramento and Midtown, McKinley Park, Clunie Center, and McKinley Library given by historians and authors Bill Mahon and Amanda Graham.

The delightful giggles of children echoed from the McKinley Library, as they took part in arts and crafts and magic tricks courtesy of Penny the Clown.

And the Clunie Center’s auditorium was a mass of bodies from start to finish, as attendees browsed works of art created that very morning by plein-air artists, noshed on cupcakes and root beer floats, and then worked the calories off to the big band sounds of the Swingmasters.

“We had something for everybody – I can’t imagine someone coming and not having something to enjoy,” commented Anita Clevenger, president of Friends of McKinley Library.

Arts and crafts were a big hit for the family of East Sacramento resident Melissa Cooper, who decided to attend the celebration after hearing about it in *East Sacramento News*.

“The kids really liked the Scrabble art where they got to make a necklace or bracelet out of the Scrabble squares,”

See City Jewel, page 16



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Veterans' Celebration and Workshop Saturday, November 12

10:00 am - You are invited to join us as we celebrate our heroes. Don Harper, Commander of American Legion Post 861, will open the ceremonies. Boy Scout Troops from the Pony Express district and Honor Guard will conduct the flag-raising followed by a bugle ceremony and 21-gun salute. Flags provided by Post 861. Fully restored 1944 WWII Willies Army jeep will be available for photos and rides (weather permitting).

11:00 am - Red, White and Blue Waffle Extravaganza (Reservations greatly appreciated. Call 916-485-0100.)

1:00 pm to 2:00 pm - As a special gift to our Vets (and surviving spouses) who have sacrificed to make our homes safe, we present a **Veterans' Workshop**. Find out if you qualify for up to \$1,949 per month tax-free. At the conclusion of the workshop, make your appointment for a FREE one-on-one consultation.

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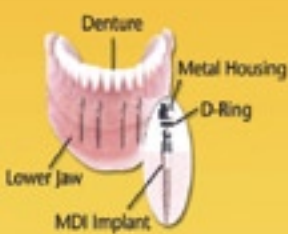
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'Check Before You Burn' starts in November in Sacramento County and its cities

Special to Arden-Carmichael News

The fifth season of the Sacramento Metropolitan Air Quality Management District's "Check Before You Burn" program started Nov. 1 and runs through Feb. 29. Residential wood burning will be restricted or prohibited on days when fine particle pollution is forecast to be high. The law is in effect in Sacramento County and its cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento. Residents are required to "Check Before You Burn."

The District will restrict or prohibit the use of indoor and outdoor fireplaces and wood stoves, and fire pits and chimineas that burn wood, pellets, manufactured logs or any other solid fuel to keep fine particle pollution down. A voluntary request to discourage burning will be issued when air pollution levels are on the rise.

Check Before You Burn categories:

Stage 2 – All Burning Prohibited

- All burning is prohibited in any device when fine particle pollution is forecast to exceed 35 micrograms per cubic meter. It is illegal to burn any solid fuel, including wood, manufactured logs and pellets.

Stage 1 – No Burn – Unless Exempt

- It is illegal to burn when fine particle pollution is forecast to be 32-35 micrograms per cubic meter *unless* EPA certified fireplace inserts or stoves, or pellet stoves are used.

Burning Discouraged – Voluntary

- Burning is discouraged when fine particle pollution is forecast to be 26-31 micrograms per cubic meter. The AQMD asks you to voluntarily choose not to burn.

Legal to Burn

- When the forecast is 25 micrograms per cubic meter or lower then it is legal to burn and the use of manufactured fire logs is acceptable at this level. If you choose to burn please follow clean burning techniques in order to burn as cleanly as possible.

Exemptions:

The following exemptions apply to both Stage 1 and Stage 2 categories:

- Homes where wood burning is the sole source of heat;
- Financial hardship waiver approved by the Air Pollution Control Officer. *The waiver must be renewed each burn season;*
- Devices that operate exclusively with natural gas or propane;
- Cooking devices;
- Ceremonial fires related to specific religious activities.

Enforcement:

Enforcement will be through complaints (800) 880-9025 and sightings of visible smoke by Air District enforcement staff. First time violations will result in a \$50 fine or a requirement to complete and pass a wood smoke awareness course. Fines for subsequent violations are higher.

Check Before You Burn:

- 1.1 (877) NO-BURN-5 (1-877-662-8765)
2. Visit www.AirQuality.org
3. Subscribe to Air Alert at www.SpareTheAir.com and check the Daily Air Quality Forecast box to receive a daily email
4. Check the *Sacramento Bee's* weather page located on the back of the "Our Region" section
5. Listen to television and radio weather forecasts
6. Follow us at twitter.com/aqmd

Residents can visit www.AirQuality.org or call (916) 874-4800 for more information.

Chuck Yeager to be grand marshal at Veterans' Day Parade Nov. 11

Special to Arden-Carmichael News

Join the City of Sacramento as the community honors American heroes past and present at the Sacramento Veterans' Day Parade on Friday, Nov. 11.

The parade begins at 10 a.m. at Lot "X" (3rd and N streets) and follows a route northward on 3rd Street to the Capitol Mall, east on Capitol Mall to 9th Street, then south on 9th Street – where the parade will disband.

Third Street will be closed from 10 a.m. to 10:30 a.m. for the parade start. A program will follow at Capitol Mall at 11 a.m.

The Grand Marshal is the first person to break the sound barrier – General Chuck Yeager himself. There will be entertainment, children's activities, and educational displays. For parade entry information, call (916) 808-2344 or email sacvetparade@cityofsacramento.org.

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Local, regional artist entrepreneurs to participate in Harvest Festival

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

The popular Harvest Festival Original Art and Craft Show, which is in its 39th year, returns to Cal Expo on Nov. 18 through Nov. 20.

Recognized as the largest indoor arts and crafts show on the West Coast, the Harvest Festival is a traveling event, which makes its way to other California and Nevada cities from early September through early December.

After this weekend's show at the San Mateo County Event Center, the event will make its way to the capital city, where hun-

dreds of artisans will present and offer for sale more than 24,000 unique American handmade items such as fine art, ceramics, jewelry, hand-turned wood, toys and home décor.

Candle makers

Among the vendors at this year's show at Cal Expo is Mitchell Milicevich, who grew up in the College Greens area in the early 1960s and graduated from Jesuit High School in 1973.

Milicevich, who also attended Sacramento State University, where he studied criminal justice and psychology, said that his candle business originated through his wife Salinda's former beeswax can-

dle shop, which she operated in Old Sacramento.

A year after their marriage in 1984, Mitchell and Salinda, who have resided in Shingle Springs for the past 35 years, decided to go into business together and they began traveling to craft shows and offering beeswax candles by mail – a process which they have since converted to the Internet.

In describing the business's offerings, Milicevich said, "We use only 100 percent beeswax that I get from local beekeepers from Bakersfield up to Redding, and we clean it and we use it for our candles. They're drip-less, smokeless, all-natural, non-toxic and they burn beautifully and we make them all by hand. It's a yearlong project for us. We don't do anything, but this. We have all kinds of fall and Christmas designs."

All candles are pre-packaged for gift giving and sell for \$18 per pair.

Jewelry designers

Jewelry designer Suzanne Grace Michell, who grew up



Photo courtesy, Frances Larose

SO MUCH TO CHOOSE FROM. A shopper browses strands of Swarovski crystal necklaces at a past Harvest Festival Original Art and Craft Show. This year's edition of the popular fall event, which is in its 39th year, will be held in various cities, including Sacramento on Nov. 18 to Nov. 20.

in San Jose and resides in the Vintage Park area, just north of Elk Grove, is another one of the show's notable vendors.

Michell said that the existence of her business resulted from taking an unfortunate situation and building it into a new career.

"About six years ago, I lost my job unexpect-

edly and I didn't know what to do," Michell said. "I couldn't find another job in my field. In the meantime, friends encouraged me and said, 'Why don't you try to sell some of your (hand-made) jewelry online?' And I said, 'Sure, why

See Festival, page 15

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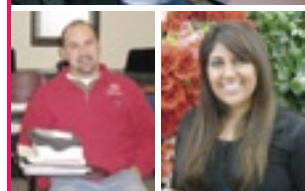
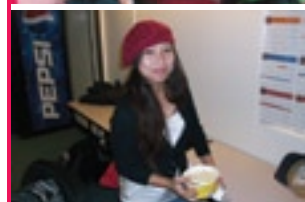
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Festival: Annual event will be at Cal Expo Nov. 18-20

Continued from page 14

not?' And that's how (the business) started."

Although Michell lacked experience as a vendor when she started her business, it did not take long for her to gain a reputation for her unique jewelry and fine craftsmanship.

This is not to say that selling her products was a simple task, as she noted that it took her about two years to establish her business as it basically operates today.

Visitors of Michell's jewelry booth will discover simple jewelry – necklaces, bracelets, earrings and charms – designed around natural gemstones.

Michell added that she also focuses on the metaphysical meanings of the stones.

"We do a lot of work in our booth with people on what they are hoping for in their life and this is just a little assist toward that end," Michell said. "I feel very lucky to be in that position to help people that way."

In speaking simply about her offerings, which range in price from \$10 to \$50, Michell said, "Anybody who loves natural stones will be in heaven at my booth."

Eggshell artist

One of the show's more unique items can be found at the booth of Roseville resident Virgi Bondi.

Specializing in eggshell art, Bondi is known as the "egg-making, military police, biker chick" due to her experience in the military and the fact that she rides

a Harley-Davidson motorcycle.

Bondi began creating eggshell art with Japanese paper, called washi, while she was living in Japan from 1985 to 1989. These decorative eggshells received recognition in the December 1999 issue of *Sunset* magazine.

As the years passed, Bondi became more and more involved in eggshell art and today, she operates the Eggstra Special art gallery, studio and supplies shop in Auburn and teaches eggshell art classes for children and adults.

Bondi said that her experience even includes decorating hundreds of quail eggshells while she was on duty as a military police officer in Iraq in 2005 and 2006.

Festival guests will have the opportunity to purchase a wide variety of Bondi's decorative eggshells, which include Christmas tree ornaments.

Book author/photographer

Georgia Bockoven, a notable fiction author and wildlife and nature photographer from Rocklin, will also be present at the event to sign copies of her latest written work, "The Year Everything Changed," and sell copies of her photographs, which range in price from a \$19 mat to a \$1,400 canvas print.

Bockoven said that her new book, which takes place in Sacramento and is her 22nd

See Festival, page 21



Photo courtesy, Virgi Bondi

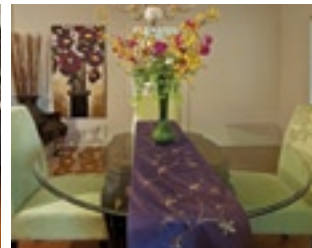
EASTERN ARTFORMS. The booth of Roseville resident Virgi Bondi will include a wide variety of decorative, artistic eggshells. Above is one of her creations – an heirloom goose egg ornament.

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City Jewel: Celebration overshadowed by possible Clunie Center closure

Continued from page 8

she said. "They liked 'be-dazzling' it."

The event also drew attendees from all over Sacramento. Midtown Sacramento resident James Booker and his daughter came to support the event as frequent McKinley Library patrons.

"We use the library a lot – my daughter goes to Sut-

ter (Middle School), so she comes here almost every day," Booker said. "I like the atmosphere of the library – it seems to always have what we need and if they don't have it, they always help us get what we need."

Sadly, there may be a day coming when Booker and his daughter will not be able

to visit their favorite library branch.

According to Bordin, due to city financial cutbacks the Clunie is slated to close and is currently open in a limited capacity. "I think this is the first time in its history that (the Clunie) is being faced with closure, so it was a very bitter-sweet celebration that we have

such a neat vintage building built in 1936, and now in 2011 we're looking at closing it due to a lack of funding."

Clevenger feels there is a lot of denial by the East Sacramento community about the potential Clunie closure.

"It just seems impossible that a facility like that would be shuttered, but we're in tough economic times and I believe if there is not some sort of nonprofit community-based effort to keep the Clunie going, it will be closed."

To help keep the Clunie from shuttering its doors, Clevenger said the nonprofit Friends of East Sacramento have submitted a proposal with endorsement from a variety of community groups to take over management of the Clunie Center.

"The Friends of McKinley Library have endorsed their proposal because, honestly, there is not anything else going on that would allow the clubhouse to continue as the City has said there would be no more funding at the end of the fiscal year," Clevenger said. "They are already cut back to three days a week. So the only thing we see happening that would allow the clubhouse to stay open is this proposal. And because our primary concern is the library continuing to operate, we feel that we need to be behind that and we are."

Bordin said that saving the Clunie Center is also a top priority for MENA. In fact, part of the proceeds from the sale of art during the plein-air art portion of the event benefited MENA and its programs, such as their efforts to keep the Clunie open. Bordin hopes events like the anniversary celebration will help

community members get to know the building more and see its possibilities.

"I think for a lot of people (at the anniversary event) they don't come (to the Clunie) on an ongoing basis and they don't know that it's even there or what it looks like inside – they just drive by it," Bordin said. "So it was a good eye-opening event as far as getting in front of the public."

Bordin also feels the Clunie is currently underutilized. She believes the facility has great potential to host a variety of events, including everything from dances to weddings.

"We need to create a nice marketing campaign and get it out in front of the public that we have this great venue that you can rent for your event," she added.

When asked about the potential closure of the Clunie, East Sacramento resident Cooper was sad at the prospect of losing some of her family's favorite annual activities like the Easter pancake breakfast and other activity options.

"It's unfortunate that the City can't find the general funds to keep the community center open," Cooper said. "Hopefully, they'll be able to work something out in the budget process to keep it open. It would be very sad for the community if we didn't have it any longer."

However, Cooper was happy to hear the Sacramento community was stepping forward to try to take over management of the Clunie.

"That would be a very 2000 thing to do for a community partnership to partner up with a nonprofit organization to protect the building," she said. "That would be nice."

PRE-GAME PEP TALK PROSTATE HEALTH FOR MEN

Two-time Super Bowl champion Dan Buz, best known for "The Stop" in Super Bowl XVI, and media personality Kelly Brothers will team up with **Mercy Cancer Institute** urologist Javid Javidan.

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Clayton Bailey's World of Wonders

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

The Art of Disegno: Italian Prints & Drawings

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.

Art Golf

Nov. 10: Community members are invited to play a round of miniature golf in an indoor course created by artists inside Vergé's warehouse event space. 6 p.m.-10 p.m. The event will also include a live DJ, indoor selection of food trucks and free open house. Cost to play golf is \$15 per person or \$40 for four players and all proceeds will benefit Vergé Center for the Arts. www.vergeart.com.

Bilingual Toastmasters

Nov. 10, 17, 24: Una oportunidad única para mejorar sus habilidades bilingües y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Nov. 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

Florin Sears Store Farmer's Market

Nov. 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

Nov. 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

Nov. 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

Rotary Club of Pocket/Greenhaven

Nov. 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.

Sacramento Downtown Plaza

Farmer's Market

Nov. 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

'Staying Healthy: the Real

Healthcare Reform'

Nov. 10: California Citizens for Health Freedom present a free lecture by Kirk Hamilton, PA-C. 7-9 p.m. SMUD Auditorium, 6201 S St., Sac. (916) 635-6724

Sutterville Heights Optimist Club

Nov. 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

Volkssport walking

Nov. 10: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Ballroom Dances

Nov. 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

Carmichael Geranium Society

Nov. 11: Come to the monthly meeting of the Carmichael Geranium Society. Guests welcome. Meets every Second Friday of the month, 10 a.m.-12 noon. No mtg. in Aug. Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael. Jean (916) 481-2076

Kiwanis Club of East Sacramento-Midtown

Nov. 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

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

Soroptimists of Sacramento

Nov. 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

Veteran's Day Parade

Nov. 11: Honor our heroes past and present. Parade begins at 10 a.m. Program to follow on Capitol Mall 11 a.m. - 1 p.m. Veteran's resources, entertainment and children's activities. To enter your organization's float or walking group or for more info call (916) 808-2344 or email sacvetparade@cityofsacramento.org

Country Club Plaza Farmer's Market

Nov. 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

Nov. 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.

See more Calendar, page 19

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CALENDAR

For more Calendar entries visit
www.valcomnews.com

Continued from page 17

NOVEMBER

Carmichael Farmer's Market

Nov. 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

Nov. 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

Nov. 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

State Parking Lot Farmer's Market

Nov. 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

Nov. 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

Nov. 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

Nov. 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

The Pressure's On!

Nov. 12: Basic introduction to safe pressure canning techniques and food preservation public demonstration. Free. 10 a.m.-noon. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Chinese Performing Arts

Nov. 13: The Sacramento Chinese Culture Foundation will present a performing arts program to celebrate its 25th anniversary. Martial arts demonstration by Shaolin monks, music with classical and contemporary Chinese instruments, fashion show, and special appearance by members of China College of Theatrical Arts from Beijing. Tickets \$15-\$40. 3 p.m.-5 p.m. at the Crest Theater in downtown Sacramento. Tickets may be purchased from Cathay Bank at SF Shopping Center at 65th & Stockton Blvd in Sacramento or www.tickets.com. Helen Yee (916)392-1001.

Holiday Boutique

Nov. 13: Holiday shopping fun, door prizes and more. 10 a.m. - 3 p.m. Free admission. The Chateau on Capitol Avenue, 2701 Capitol Ave., Sac. (916) 447-4444

Rotary Club of South Sacramento

Nov. 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

Nov. 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

Nov. 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. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

Christian Women's Connection

Nov. 15: Monthly luncheon. \$17. Feature: Need something sweet for your next party? Stacy from Cupcake Craving will tell us about the large variety of cupcakes that are available to make your special occasion a huge hit with everyone. Guest speaker: Vicki Mascara. 11:30 a.m. to 1 p.m. Socializing at 11:15 a.m. Lunch at 11:30 a.m. Reservations required by Nov. 9. Sacramento Christian Women's Connection, affiliated with Stonecroft Ministries. Carmichael Elks Lodge, 5631 Cypress, Carmichael. Fran (916) 332-1461, Sharon (916) 361-1642 or SacCWC@aol.com

Rotary Club of Arden-Arcade

Nov. 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. 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. 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. 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. 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.

Fall Fruits & Winter Squash

Nov. 16: Food preservation public demonstration on Fall Fruits & Winter Squash by the Sac. County Master Food Preservers. \$3. 6:30 p.m.-8:30 p.m. Sacramento Cooperative Extension Office, 4145 Branch Center Rd., Sac. (916) 875-6913

Rotary Club of East Sacramento

Nov. 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

Senior Wednesday Club

Nov. 16, 23, 30: 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

Nov. 16, 23, 30: 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

Safari Tours Travel Fair

Nov. 17: The City of Sacramento, Safari Tours Travel Fair will feature Collette Tours 2012 Trips. 10 a.m.-noon. Coloma Community Center, 4623 T St., Sac. (916) 808-8687

The Art of Disegno: Italian Prints and Drawings

Nov. 19-Feb. 12: "Disegno," or the ideal expression of form through line, was central to Italian art for more than three centuries. In Italian art especially, drawing formed the basis for every form of visual expression in the 16th through 18th centuries, from printmaking to painting to sculpture. This exhibition, drawn from the collections of the Georgia Museum of Art and Giuliano Ceseri, explores the variety and beauty of Italian draughtsmanship through drawings and prints by artists such as Stefano della Bella, Giambattista Piranesi, Domenico Campagnola, and Ciro Ferri. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Consumer Fraud Workshop

Nov. 19: Debra Braver from the CA Dept. of Corporations Consumer Fraud will speak on how consumers can be informed and avoid becoming victims of fraud. All welcome. 10 a.m. Free. Faith United Methodist Church, 3600 J St., Sac. (916) 452-7637 faith36andj@sbcglobal.net

Couture Fashion Boutique

Nov. 19: Couture fashions by Okayo, Vicki Yamagami Ragasa, former Kanojo USA Clothing designer. Women's clothing, casual to special occasions specializing in mother of the bride ensembles, handmade jewelry, bags, purses, wallets, handmade greeting cards, home decor and many gift items. Food concession. 9 a.m.-3 p.m. Benefits Florin Buddhist Women's Association. 7235 Pritchard Rd., Sac. Lois (916) 422-1265; Peggy (916) 686-5621

Answers to Where in Carmichael?

1. Carmichael Elementary School
2. Carmichael Water District
3. Effie Yeaw Nature Center
4. Effie Yeaw Nature Center (Maidu lodge)
5. Access Dental Bldg. (Fair Oaks & Engle)

— EVENT LISTING SECTION —

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December 4, 4 p.m.
Carmichael 7th Day Adventist
4600 Winding Way
Info & Tickets 916 646-1141
sacramentochildrenschorus.org

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Thurs. Nov. 17 ~10 a.m. to Noon

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Unique gifts...one of a kind crafts, great food

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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
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mikeanncas@hotmail.com

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Saturday, November 12

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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

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

Capitol Ballet Company

Creates Holiday Magic

Tchaikovsky's *The Nutcracker*

Dec. 10th -2 & 7 p.m. Sacramento
Dec. 17th - 7 p.m. Stockton
See website for performance locations & tickets

capitolballet.com
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Photo courtesy, Frances Larose

SPIRITUAL ART. Sacramento-based henna artist Renu Lal will be demonstrating her "Prayers to Wear" at this year's Harvest Festival at Cal Expo.



Photo courtesy, The Cash Tribute Band

ANOTHER MAN IN BLACK. The Cash Tribute Band featuring James Garner will be just one of the featured live entertainment acts at this year's Harvest Festival in Sacramento.

Festival: Locally produced items by local artists turned entrepreneur

Continued from page 15

release, is selling well and has received great reviews.

In describing her books, Bockoven said, "I understand what people have gone through. I write very emotional books that in some instances have actually changed some people's lives. That's hard to believe, but I've actually received those kinds of statements about the books."

Live entertainment

Entertainment at this year's festival will include live music performances with Cajun, zydeco, blues and funk by Tom Rigney and Flambeau, the Cash Tribute Band, which will play classic hits of Johnny Cash, and Mad Dash,

a high-energy seven-piece band, which will perform top 40 hits to classic oldies.

The event will also include strolling entertainment such as Mama Claus and Eddie the Elf, a KidZone hosted by Nature of Art, a company offering eco-friendly art supplies for children, and classic children's games hosted by Bring Back Recess.

Donation discounts

For the third consecutive year, the nonprofit Elk Grove Food Bank Services will be present near the entrance gates to exchange \$2 off discount admission coupons for non-perishable food or monetary donations.

Last year, guests of the event contributed about 10,000 to 15,000 canned and packaged food products to the food bank during the three-day festival.

Admission for this year's festival is \$9 for adults, \$7 for seniors 62 years old and younger, \$4 for youth ages 13 to 17, and free to children ages 12 and younger.

The event will be held from 10 a.m. to 6 p.m. on Friday and Saturday, Nov. 18 and 19, and from 10 a.m. to 5 p.m. on Sunday, Nov. 20.

For additional information regarding the festival, call (415) 447-3205 or visit www.harvestfestival.com.



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Project HYPE a summer success

By **MARC MALONEY**
Arden-Carmichael News writer
marc@valcomnews.com

Believe the hype: Project HYPE was proven a summer success story for the Mission Oaks Park and Recreation Department.

Project HYPE (Healthy Youth for Physical Excellence) is an eight-week health education program that just completed its third year. Danny Curtola, supervisor of recreation at Swanston Community Center, formulated the program after hearing a presentation about a similar program operating in Fresno. The program has grown in popularity each of its three years, Curtola said; 50 families participated this year, up from just 20 families three years ago.

Project HYPE emphasizes a holistic approach to weight loss and maintenance, stress-

ing the importance of nutritional information, weight maintenance, and physical fitness. Family participation also is critical; Curtola noted the program included five family night events, with each family required to attend at least three family nights. During those events, Curtola said, families were tasked with providing healthy snacks and learning about smart food choices.

"We try our best to provide nutritional data that is appropriate for our clients," he said. "We understand that not everyone can afford to go out and buy coconut water and stuff like that, so we talk about maybe buying corn tortillas rather than flour ones, that sort of thing."

This past summer, 25 CSUS nursing students helped to quantify participants' results by comparing the fitness lev-



Photo courtesy, Mission Oaks Recreation and Park District

LEARNING TO EAT HEALTHY and how to have fun moving were key components of the Project HYPE program last summer. The program is growing, with additional interest each year.

els of the 10- to 15-year-old participants before and after they completed the eight-week program. Results are impressive: boys shaved two minutes, 31 seconds off their walking mile time, while the girls reduced their walking mile time by a minute and nine seconds. Girls could do nine more pushups at the end of the summer than they could when the program began; boys could do four more pushups by the end of the session. And both sexes saw drops in their resting heart rates; the boys' dropped by an

average of 11 beats per minute, while the girls' heart rates declined by five beats per minute.

The CSUS nursing students were but a few of the sponsors who helped make Project HYPE a success through donations of time, personnel, materials, and equipment.

"We literally could not do this program without their help and the help of our sponsors," Curtola said. "They allow us to keep this within budget."

For example, this summer, 10 Project HYPE partici-

pants received scholarships to a Mustard Seed Spin bike safety day, where they got a refurbished bicycle, bike safety lessons and equipment, and more; the total value of this package, Curtola said, was more than \$1,300.

Other Project HYPE sponsors included California Family Fitness, which donated 16 personal training sessions, Health Net Community Solutions, REI, the Sacramento River Cats, Ame Cruz, Whole Foods, the Sacramento Food Co-Op, Body Hook, CSUS Martial Arts, Fitness Major trainer Vince Singletary, Hot Hula dance instructor Chinh Pham, Keys to Fitness trainer Courtney Keys, the Ohana Dance Group, the Pham brothers, Pipeworks gymnasium, and Romi Sunga, who donated a salsa dance lesson.

One returning 13-year-old male Project HYPE participant, who learned about the program through a flyer at school and an afterschool presentation, was pleasantly surprised by the assortment of exercises available to participants.

"They put a variety of exercises into the different relays we did, and to increase participation, they added tickets that we traded for prizes," he said. "Even the nutrition lessons were exciting and most people were looking forward to them."

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WHERE IN CARMICHAEL IS THIS?

Faces and places

Photos by **BILL CONDRAY**
Arden-Carmichael News photographer
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There are lots of interesting things to do in the Carmichael area...and just as many interesting things to see.

Can you figure out where these places are, from just a small snapshot?

Answers are on page 20.



5

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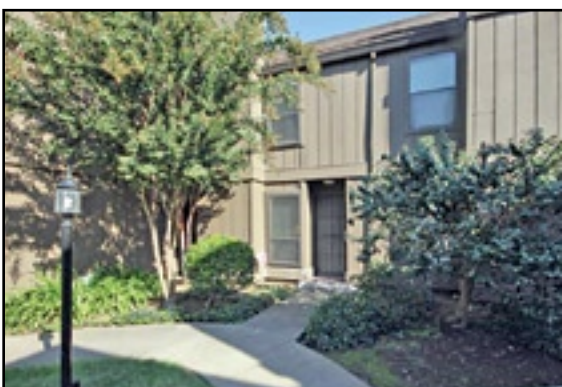
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