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Undersheriff Mark M. Iwasa selected as Sac State police chief

Special to Arden-Carmichael News

Sacramento County Undersheriff Mark M. Iwasa is Sacramento State's new campus police chief effective Tuesday, Jan. 3.

The announcement was made Monday by Ming-Tung "Mike" Lee, Sacramento State's interim vice president of Administration and Business Affairs, and chief financial officer.

Iwasa is already familiar with the campus, holding two degrees from Sacramento State. He has a B.A. in Economics with a minor in

Criminal Justice (1990) and an M.A. in Public Policy and Administration (1993).

In his announcement, Lee notes that Iwasa brings more than 25 years of progressively expanding experience that includes criminal investigation, coordinated communication with neighboring municipalities, and administration of community-oriented programs.

"Undersheriff Iwasa is a seasoned officer with demonstrated knowledge, experience and skills in federal and California statutory code, case law, civil law and standards," Lee says.

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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.

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No excuse to be bored:

Family fun in the Sacramento area

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

With the holiday season upon us, it's time to start thinking about ways to keep the family and kids entertained during those long breaks from school. Luckily, the Sacramento region offers a full slate of family- and kid-friendly events, attractions and places that can help fend off that inevitable declaration of "I'm bored!" that you know you'll hear once all the new toys have been opened and played with.

Fairytale Town

Located at 3901 Land Park Drive, Fairytale Town (www.fairytaletown.org) is one of Sacramento's best-known family attractions. Since opening in 1959, the 2.5-acre play park and outdoor children's museum that brings fairytales and nursery rhymes to life has welcomed millions of guests. More than 25 bright and colorful playsets give young children a backdrop to act out their favorite stories, to encourage creative discovery, and to exercise their minds and bodies on child-friendly slides throughout the grounds.

Saturday, Dec. 10 will be a winter wonderland at Fairytale Town, with a

hands-on celebration of holiday arts and crafts from around the world. Santa's workshop will be open with Santa on hand, with photos with Santa available for \$5.

Regular winter hours at Fairytale Town are Thursdays through Sundays from 10 a.m. until 4 p.m., weather permitting.

Skating

Ice and rolling skating are two ways to burn off some of those holiday calories; both are offered at multiple spots around the Sacramento region. Ice skaters can lace up their skates at the downtown Sacramento Ice Rink, located at St. Rose of Lima Park at 7th and K streets, and at Skatetown Roseville, 1009 Orlando Ave. in Roseville.

The Downtown Ice Rink is open daily through Jan. 16, 2012. Hours are Mondays through Thursdays from 2 p.m. to 8 p.m., Fridays and Saturdays from 10 a.m. until 10 p.m., and Sundays from 10 a.m. to 8 p.m. Holiday hours of 10 a.m. until 6 p.m. will be offered on Christmas Eve, New Year's Eve, and New Year's Day. The rink is closed Christmas Day. Admission is \$8 for a two-hour session, and skate rental is \$2. A full calendar of special events, like Disco night, Ugly Sweat-

er Day, and a Luau, can be found at <http://downtownsac.org/events/westfield-downtown-plaza-ice-rink>.

Skatetown Roseville offers two NHL-sized indoor ice rinks, learn-to-skate classes, hockey league play, ice skating coaching, and more. A full list of dates and times, information about admission and rental costs, and holiday hours is available online at www.skatetown-roseville.com.

If roller skating is more your style, Foothill Skate Inn, located at 4700 Auburn Blvd., is your spot. The facility's typical weekly winter schedule includes open skating sessions on Sunday afternoons between 1 p.m. and 5:30 p.m., Monday nights from 6:30 p.m. until 10 p.m., Wednesday family skate nights from 6:30 p.m. to 9 p.m., Friday evenings between 6:30 p.m. and 10:30 p.m., and Saturdays from 11 a.m. until 5:30 p.m. and again from 6:30 p.m. to 10:30 p.m. every Saturday night. See www.foothillskateinn.com for more information.

Animal adventures

Animal lovers have plenty of holiday options at the area's various zoos, nature centers, and parks.

Another Land Park staple, the Sacramento Zoo, is located at 3930 South Land Park Drive. The zoo is open daily from 10 a.m. until 4 p.m., with the exceptions of Christmas Day, when the zoo is closed, and Christmas Eve, when it is open



Land Park News file photo, Tom Paniagua
WALK ON THE WILD SIDE at the Sacramento Zoo this month. Special events are planned throughout the holiday season.

from 10 a.m. to 1:30 p.m. and admission is free.

Several special events are planned at the zoo throughout the holidays. Zoo visitors who bring a non-perishable food item or a new, unwrapped toy when they visit the Zoo by Dec. 24 will receive \$1 off zoo admission. Food donations benefit the Sacramento Food Bank and families in need; toy donations benefit Toys for Tots.

On weekends in December, zoo visitors will be able to buy handcrafted wreaths and zoo-grown mistletoe to benefit the Ameri-

See Family Fun, page 4

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Family fun: From fairy tales to animal adventures, activities abound in Sac-town

Continued from page 3

can Association of Zookeepers, and on Saturday, Dec. 10, the zoo's animals will open their holiday presents. On Christmas Eve, Dec. 24, the zoo will be open from 10 a.m. until 1:30 p.m. for a special pajama party, with free admission and zoo staff wearing their finest jammies.

The Effie Yeaw Nature Center in Ancil Hoffman Park in Carmichael offers quiet trails, wildlife viewing op-

portunities, and interactive exhibits for the entire family. For more details, visit <http://www.sacnaturecenter.net/>.

The December schedule includes a special holiday shopping event scheduled from 9 a.m. until 4 p.m. Saturday, Dec. 3, with all profits from this annual sale benefitting the center's educational programs. Shoppers can help nature education programs and

pick up bargains for the nature lovers and kids on their lists.

A birding basics program will begin at 1:30 p.m. Dec. 4. At 10:30 a.m. Saturday, Dec. 10, guests are invited to explore the river's edge, which provides habitat for beavers, otters, herons, and other wildlife. Cold-blooded creatures will be the featured attraction at 1:30 p.m. Sunday, Dec. 18, and at 10:30 a.m.

on Christmas Eve, visitors can hear a Native American story about the coyote and get a close-up look at a coyote pelt, skull and mounted specimen. Finally, at 10:30 a.m. on New Year's Eve, visitors can meet the center's newest animal resident, a young great horned owl, and learn how these impressive birds earned the fearsome nickname "Flying Tiger."



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Season of Giving:

Ways families can give back this holiday season

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

'Tis the season for good will and giving back. A number of great organizations in the Sacramento area need help from the community this holiday season.

Here are a few to get families and individuals started, along with some additional resources – for now and the entire year.

Adopt-A-Family

Volunteers are needed from now until Dec. 23 to help with data entry, organizing and decorating the Gift Distribution Center, loading/unloading presents, wrapping presents, and much more. And families can still be adopted until Dec. 15. Contact Katrina Balcus at kbalcus@volunteersac.org or (916) 567-3100.

Be a Santa to a Senior

Visit www.beasantatoasenior.com and search for participating companies or businesses in your area. Once you find one, you can pick an ornament off their giving tree, purchase the present, and

bring the present to the participating vendor to be distributed to the senior in need.

“Bring the Heat” Blanket Drive

Sponsored by The Tween-er Club (a youth group) at the George Sim Community Center and the Flaming Knights Motorcycle Club, this third annual drive is looking for donations of blankets and volunteers to distribute on Dec. 17. Contact vroberson@cityofsacramento.org for more information or contact the FKMC Hotline at (916) 719-0754 or email flamingknightssac@yahoo.com.

Gifts From the Heart

This annual program of the Department of Health and Human Services provides presents for children, teens and adults they serve. Donations and volunteers needed! Contact Tammy Lieu at (916) 875-2027 or email LiuT@saccounty.net.

Meals on Wheels

About 2,300 Sacramento County seniors receive servic-

es through Meals on Wheels and both volunteers and donations are always needed. For more information visit <http://mowsac.org>.

Sacramento County Sheriff's Department's Toy Project

The Project builds toys and repairs bikes all-year round, which are then distributed during the holidays to children and families in the unincorporated areas of Sacramento County and Rancho Cordova. Donations are needed. For more information, visit www.toy-project.org.

St. John's Shelter for Women and Children

Donations of wrapping paper, gift boxes, tape, gift tags, tissue paper, bags and bows are needed, as well as 100 plastic 66 quart storage bins for gift distribution. If you can help, contact Sara Amin at samin@stjohns-shelter.org or (916) 453-1482, ext. 15.

Ushers for Holiday Productions

The Capital Stage Company needs ushers for its productions of *Every Christmas Story Ever Told* and *It's a Wonderful Live, a Live Radio Play* from now until Jan. 1. Contact Lisa Thew at lthew@capstage.org or (916) 995-5464.



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Tips to make the holidays shine for seniors

Special to Arden-Carmichael News

The holidays are a wonderful time of year, where families and friends gather to share the old times and the new.

Yet for seniors, the joy of the gatherings and the season in general can be a mixed blessing...as eager anticipation can give way to additional stress.

So this year, the staff at Carmichael Oaks has come up with some helpful holiday tips to make the season a joyous one for everyone.

"Most of the seniors I work with say the best gift of all is spending time with family," said Virginia Stone, marketing director for Carmichael Oaks. "Unhurried, uncomplicated family time will mean the most to them and will create memories to last all year long. Give the best gift of all – your time."

10 tips to make the most of the season

1. Share a holiday tradition

Have a senior share something special during the holiday season with you that comes from their own holiday memories...I could be a favorite cookie, decorations, arranging a centerpiece or a favorite movie or song that you can engage them with.

2. A quiet spot

Many seniors live in environments that are relatively quiet, with a limited amount of activity in a day. Think about how much stimulation may be in your environment and limit the amount of activities or time seniors are involved in them. Loud family gatherings can be a bit much, so a quiet place to sit down may be a good refuge.

3. Think ahead

Before an event begins, put yourself in your senior's

shoes. Do you have difficulty walking? Do you have trouble remembering names? Plan ahead to make adjustments that can rectify the situation to make it more amenable. It can be as simple as moving some furniture and making nametags.

4. Recognize their limitations

Encourage older family members to take it easy and let you pamper them for a change, but let them help with smaller, less complicated tasks if they want to participate.

5. Listen to their stories

Many older relatives live in their memories. Encourage them to talk about holidays gone by. If they keep albums, ask to see the pictures. They may have some wonderful traditions from their childhood that you can incorporate into your own family's plans.



Photo iStockphoto

MAKE THE HOLIDAYS merry and bright for the senior(s) in your life. One activity that can be meaningful for everyone is to make a senior's special favorite holiday dish or dessert together.

6. Cook a favorite meal together

Prepare a dish the senior loved as a child or once prepared as a holiday tradition. Involving the senior in the process, instead of making it for them, allows the senior to feel helpful and needed.

7. Set up a Christmas tree or Menorah

Decorations add so much to the holiday season. Help your loved one feel at home during the holidays by setting up their Christmas tree or Menorah with them. Again, having them help you put ornaments on the tree or plugging in the lights can make the senior feel helpful and involved.

8. Take a ride around town: Many seniors don't drive as much as they did, but they'd

love to see the holiday decorations put up by the retail stores and overzealous neighbors.

9. Make it easy to get around

If a senior is coming for a visit, remove slippery throw rugs and other items that could present barriers to a senior who has difficulty walking or balance problems.

10. Stay in touch

For seniors, it's so important to let them know you are thinking of them during the holidays, especially to those who are alone. Seniors today are of the generation that loves the simple things: a note in the mail, or a phone call. Invite them for a cup of coffee; it doesn't have to be much. It's the thought that counts.

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Annunciation Greek Orthodox Church of the Annunciation presents annual Christmas concert

Special to Arden-Carmichael News

The Greek Orthodox Church of the Annunciation Choir will host its annual Christmas concert on Sunday, Dec. 18 at 7 p.m. at Annunciation Greek Orthodox in Sacramento.

Under the direction of William Bobolis, and accompanied by LuAnn Higgs, the 35-voice choir will sing traditional carols and liturgical hymns of the season. The concert will be narrated by Georgia Larson.

"It's a nice church choir, and a this time of year, we enjoy presenting a nice concert for the entire community," Bobolis said. "It's become quite a tradition at the Church of the Annunciation – about 20 years, I think. I'm glad to have such a great choir and the energy to direct it."

Christmas numbers included in the concert are: "O Holy Night," "Joy to the World," "I Genesis," "Angels We Have Heard on High," "Lo How a Rose E're Blooming," "The First Noel" and "While By My Sheep," "Ave Maria," "Mary Mary Where is Your Baby?" "The Virgin Mary Had a Baby Boy," "Mary Did You Know," "Mary had a Baby" and "Mary's Little Boy Child."

The concert will feature a "Sept. 11 Memorial Tribute," that will include "Give Me Your Tired, Your Poor," "No Man is an Island," "This Is My Country" and "America."

There will be a sing-along as part of the concert and a reception will follow the concert. There is no admission charge for the concert. A free-will offering will be taken and there will be opportunities to light a candle.

Annunciation Greek Orthodox Church is located at 600 Alhambra Boulevard in Sacramento, at the corner of F Street. For more information, call (916) 443-3022.



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SMUD Board of Directors approves 2012 budget

Special to Arden-Carmichael News

The Sacramento Municipal Utility District (SMUD) Board of Directors has approved a \$1.33 billion budget. The 2012 budget is designed to keep SMUD positioned as a progressive leader in the utility sector without any new rate increases next year. The budget reflects a balanced approach that will keep SMUD on track to meet its long-term goals despite the difficult economic environment. The budget provides funding for all programs, projects and initiatives needed to meet the strategic targets set by the SMUD Directors. The budget continues to contain costs while enhancing customer service.

Despite the continued poor economy, SMUD is managing its finances well, paring spending and improving operating efficiencies while investing for the long term in projects that will provide value for customers. While there are challenges such as electricity sales remaining flat, new service connections expected to be near zero, and the number of low-in-

come customers receiving a rate subsidy continuing to increase, the budget is balanced without having to raise rates.

SMUD has successfully continued to contain costs over the years and the efforts are paying off for our customers. SMUD has navigated the financial crisis well, streamlining operations and rigorously vetting spending. SMUD is reaping the benefits of an excellent water year in 2011 and starts 2012 with \$52 million in its Rate Stabilization Fund and \$40 million in the Hydro Rate Stabilization Fund, savings accounts that help protect SMUD ratepayers from the impacts of dryer water years. Also, commodity costs for SMUD's energy supply, which make up about half of all SMUD's operations and maintenance budget, are 12 percent below last year's.

Some of the major project highlights in the spending plan for next year include:

- Continuation of smart grid development.
- Completion of the 128-megawatt Solano Phase 3 wind energy expansion.

- Construction of the East Campus Operations Center.
- Initiatives to enhance customer service.

SMUD will use money from more than 40 grants – including the multi-year federal grant of \$127.5 million for the smart grid project – to help pay for modernization efforts without raising rates.

As part of the smart grid work, SMUD will complete installation of smart meters throughout the service territory in the first quarter of 2012. In June, SMUD will commence a two-summer study of customer behavior with a pilot program called "SmartPricing Options." The pilot program will include an extensive education effort, and some of the participating customers will get countertop electricity displays.

With the lull in housing and commercial construction activity, staff and capital dollars have been redirected to the replacement and upgrading of aging infrastructure. Spending on these improvements will lower both the risk of outag-

es and corrective-maintenance costs. The projects include underground cable replacement, upgrading parts of the hydroelectric generation system, and the multi-year rebuilding of the Station A and North City substations.

In addition to completing Phase 3 of the Solano wind facility, SMUD expects to spend \$15.9 million on rebates to bring online 17 megawatts of solar power under the state's SB1 Photovoltaic Incentive Program. Other spending proposals to support the development of a sustainable energy supply include funding to study the feasibility of the Iowa Hill pumped-storage concept as well as compressed-air energy storage.

To improve customer service, SMUD is tapping new technologies including upgrades to the automated answering system in the Contact Center to handle more calls and allow customers to use voice commands. SMUD will also work next year to improve the design of customer bills and add payment options, including from mobile devices.

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St. Francis High School athletic program makes history

Special to Arden-Carmichael News

St. Francis High School in Sacramento made sports history this month, as five female sports made it to section finals and finished with one runner-up and four Sac-Joaquin Section Titles.

The Sac-Joaquin Section has been in existence for 70 years. There are currently 195 schools in the section and no female sports program has ever accomplished what the Troubadour's fall sports did this year.

All five sports (cross country, golf, tennis, volleyball and water polo) made it to section finals and finished with one runner up and four Sac-Joaquin Section titles. St. Francis is the first female sports program to win four section titles in the fall.

Highlights from the season

Water Polo won the Norcal Championship Tournament and finished second in Division I Sac-Joaquin Section Playoffs.

Cross Country: the Frosh/Soph, Junior Varsity and Varsity teams swept the Delta River League, Subsections and Division I Sac-Joaquin Sections. They won their eighth section title overall and finished fourth in the state.

Golf won the Division I North Section Championship for their 19th Sac-Joaquin Section Title. They finished fourth in Norcals.

Tennis won The Santa Catalina Tournament and their seventh Division I Section Championship in a row and ninth overall. Tennis made it to the Northern California semi-finals.

Volleyball won the Super 8 Tournament and Division I Section Championship for their 11th section title overall.



Photo courtesy, St. Francis High School

LETTERS OF INTENT SIGNERS. This fall, eleven seniors at St. Francis signed letters of intent to play college sports in 2012. Top row, left to right: Cora Stebbins (swimming), Paige Sellers (swimming), Haley Hughes (soccer), Emalia Seto (crew), Tessa Sandoval (tennis), Kamali Houston (crew), Nicolette Valicenti (crew). Bottom row, left to right: Ashley Noda (golf), Clara Nowinski (crew), Bryce Beckwith (water polo), Catherine White (crew). Crew is not an SFHS sport.

Top program in state

This makes 81 Section Titles for St. Francis High school, the most of any female sports program in the Section and one of the top programs in the state.

In the last 10 years, from the 2001-2002 school year to 2010-2011, St. Francis has won the most section titles out of any high school in the Sac-Joaquin Section for just one gender. [St. Francis girls (48), Jesuit-boys (40), Davis-girls (27), Oak Ridge-girls (21)].

When both genders are considered, only Davis High has as many titles as the St. Francis Troubadours. [St. Francis-girls (48), Davis-both genders (48), Jesuit-boys (40), Granite Bay-both genders (35), Oak Ridge-both genders (29)].

Letters of intent

Another aspect of the Troubadour athletic program is the number of students who sign letters of intent to play

sports at colleges and universities across the United States. This fall, eleven seniors signed letters of intent. They are: Bryce Beckwith (Water Polo), Kamali Houston (Crew – not an SFHS sport), Haley Hughes (Soccer), Ashley Noda (Golf), Clara Nowinski (Crew), Tessa Sandoval (Tennis), Paige Sellers (Swimming), Emalia Seto (Crew), Cora Stebbins (Swimming), Nicolette Valicenti (Crew) and Catherine White (Crew).

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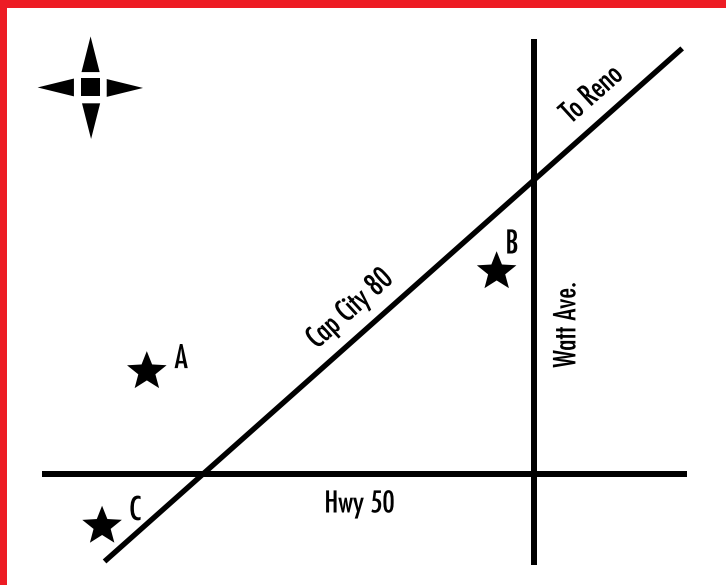
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Photo courtesy, Alexandra Chan

SACRAMENTO RESIDENT Alexandra Chan is in her second year at the United States Naval Academy. Here, she is seen competing in the Navy's Marine Sea Trials. Don't let the pretty picture fool you. The Sea Trial is a grueling 14-hour day of extreme physical endurance testing based on Marine Corps principles.

Know your neighbor

Sacramento girl studies the history of war at the United States Naval Academy

By **SALLY KING**
 Arden-Carmichael News writer
 sally@valcomnews.com

Alexandra Chan is slender and petite with short hair and dark eyes. On first impression, one might think that is someone who might enjoy ballet...not someone who competed in the Navy's Marine Sea Trials – a grueling 14-hour day of extreme physical endurance testing based on Marine Corps principles.

"I was elated to just finish it," Chan said. "It was hard."

Local girl with love of history

Chan is attending the United States Naval Academy in Annapolis, Maryland. Growing up in the Sacramento area, she remembers always having an interest in the military. Her favorite subject is history and especially the history of war. As a young child, she watched the Wishbone series on television and her favorite episode was the "Red Badge of Courage," a story about the American Civil War.

Chan graduated from St. Francis High School in Sacramento. She approached her parents with the idea of attending military school during her sophomore year.

"I was nervous about telling my parents," Chan said. "But they were very supportive of my decision."

What sold her on joining the military was being able to attend one of the best schools in the country and not having to pay tuition...plus, she would be serving her country. (The value of a USNA education, if one were to pay for it outright, is nearly \$400,000 per student.)

Chan said a friend of hers, Shelby De La Mora – who also graduated from St. Francis

High – was the one who convinced her to join the Naval Academy. De La Mora, a senior at St. Francis, had already applied to Annapolis Naval School when Chan was a freshman Troubadour.

Chan took her oath of office on July 1, 2010 and is a member of the USNA Class of 2014. She is working on a Bachelor of Science degree in history. Normally, history is listed as a liberal arts degree. The academy includes additional science and math classes in its program to make it a science degree. She loves her "History of Warfare" class and recently had the opportunity to use her knowledge of the conflict in Afghanistan at a leadership conference in Washington D.C.

"I have the best teachers," Chan said. "They always make themselves available."

In shape

Chan enjoys the challenge of having to stay in topnotch shape and likes that morals are part of the education program. A plus are the close relationships she has made at the academy.

"We are taught we have to do the right thing," Chan said. "I have formed some close relationships because as a group we go through so much together."

Chan said she has many good role models in the other students and teachers.

Emani Decquir is a junior at the academy and is Chan's mentor. Both young women had the same recruiting officer and he introduced them to each other.

"If Chan has a problem she knows she can come to me," Decquir said. "We both have the

See Chan, page 11

Chan: Naval Academy students take on moral, physical and mental challenges

Continued from page 10

same type of personalities where we want to do our best.”

Pocket ball...in the Navy

The Pocket area of Sacramento has a strong tradition of girls' baseball. For seven years, Chan played Little League in the Pocket (for the Marlins, Cubs, Tigers and Reds teams), then played Delta River League softball for St. Francis. Her love of the sport continues, and she is a member of the Navy Softball team.

Challenging college app

“The process to get accepted into the Naval Academy is rigorous,” Chan said. “I started the paperwork the end of my sophomore year.”

There are several parts in the process.

The first part is filling out the paper work. Required are: the student's transcripts from high school, SAT scores, a personal statement, two letters of recommendation, plus a nomination from a senator, congressperson, or the vice president or president of the United States.

Congresswoman Doris Matsui wrote Chan's recommendation.

In addition, one must be medically cleared. Chan said this was her biggest hurdle because she must wear corrective lenses. After initially receiving

an acceptance letter into the academy, she was medically denied because of her poor vision. Chan didn't let that stop her and with some persistence on her part, the academy reversed its decision.

Chan said the most challenging part of the program, so far, has been the Sea Trials.

Navy traditions

Chan enjoys the traditions carried out in the military. She is required to attend every football game and the tradition is standing through the whole game.

Chan likes the diversity of the Naval Academy. When she finishes school, Chan said she will have many options available to her.

A prestigious academy

An academy brochure explains the Naval Academy was founded in 1845 and is considered a prestigious four-year service academy that prepares midshipmen morally, mentally and physically to be professional officers in the naval service.

The Academy has more than 4,400 men and women from the United States and several foreign countries that make up the student body. Upon graduation, they serve at least five years as commissioned officers in either the Navy or Marine Corps.



Photo courtesy

THEY'RE NOT TOUGH...NO, NOT MUCH. Pocket resident Alexandra Chan, far left, plays on the USNA Softball Team.

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Sacramento Choral Society presents 'Home for the Holidays'

Special to Arden-Carmichael News

The Sacramento Choral Society will present its annual holiday concert at the UC Davis Mondavi Center on Saturday, Dec. 10 and Sunday, Dec. 11.

"Home for the Holidays" is always a sell-out, community standing-room-only performance that members of the Sacramento region look forward to year after year.

This year, expect the holiday tradition to continue with radiant music by the Sacramento

Choral Society, directed by Donald Kendrick. Works by Williams, Rutter, Anderson, Bradford, Bass and Wilhousky will be performed.

There will be new and familiar choral orchestral holiday songs for audience members to enjoy, as well as a candle light procession to banish the darkness.

An audience sing-along is a traditional highlight of this concert.

Good cheer, warm hearts and merriment are guaranteed, but tickets are not. Plan to get

your tickets early, as these performances will sell out.

"Home for the Holidays" will be performed on Saturday, Dec. 10 at 8 p.m. and Sunday, Dec. 11 at 2 p.m. at the UC Davis Mondavi Center.

Single tickets are \$35 to \$55. Discounts available for children and students with valid ID. For information, call the Mondavi Box Office at (866) 754-2787 or visit www.sacramentochooral.com.

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Saving for college program Dec. 9 at Sacramento Central Library

Special to Arden-Carmichael News

The Sacramento Public Library has invited a ScholarShare representative to discuss how to save for a child's college tuition with a 529 account. The free adult program is Friday, Dec. 9, from 12 noon to 1 p.m. at the Central Library, 828 I Street, Sacramento.

ScholarShare is California's official 529 College Savings Plan. 529 plans are tax advantaged savings vehicles named for the section of Internal Revenue Code under which they were created. Earnings on 529 investments grow tax-deferred, and disbursements, when used for qualified higher education expenses, are federal and state tax-free.

Registration is recommended, as informational materials will be limited, by calling the Sacramento Public Library at (916) 264-2920 or visiting www.saclibrary.org.

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'A Joyful Celebration' with the Folsom Symphony

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

This is the time of the year when the Sacramento area community celebrates.

Many things are celebrated. Family faith. Successful harvests. Another year of living. And as a community, Sacramentans look forward throughout the holiday season to a better New Year.

For many, the season simply would not be complete without attending the Folsom Symphony's annual holiday concert, "A Joyful Celebration," on Dec. 10 or Dec. 11.

The music is spectacular each year, thanks to the talents of Curtis Park's Maestro Michael Neumann and the members of the symphony, who hail from every neighborhood in the region. And the community members who attend the event make it extra special.

Before the symphony, during the intermission and afterward...you won't find a nicer, more genteel, more polite group of folks. Many are from Folsom and El Dorado Hills. Many

more are from Sacramento and the surrounding area.

This event sets the tone for the rest of the season for many.

Maestro Neumann selects the musical works for each concert – up to two years in advance. Each year he includes a balance of classical and popular works.

"I have chosen some music that I feel the audience will really enjoy," Maestro Neumann said. "Much of it will be somewhat familiar to many people. The concert will be rather 'light' in its feel, which I think is very appropriate for a holiday concert."

Featured works will include: "Dance of the Comedians" by Bedřich Smetana, "Jesu, Joy of Man's Desiring" by Johann Sebastian Bach, the "Nutcracker Suite" by Pyotr Ilyich Tchaikovsky, plus additional works by Bach, Paul Dukas and Edvard Grieg.

Look for delightful imitations of birds as the Folsom Symphony performs "Gli uccelli" by Ottorino Respighi.

The familiar sound of sleigh bells will bring smiles to many as Le-

roy Anderson's famous "Sleigh Ride" is performed.

"I am looking forward to working together with soloist Susan Lamb Cook who will be playing a wonderful piece, the Tchaikovsky 'Variations on a Rococo Theme,'" Maestro Neumann added. "So, I hope many people attend this upbeat and joyful event, and support our wonderful orchestra."

One of the fun parts of this concert is when Maestro Neumann conducts the symphony and the entire audience in traditional sing-along Christmas carols. Smiles and good cheer abound.

This experience is a confirmation that hope lives – right in the hearts of one's neighbors.

And that is something worth celebrating.

"A Joyful Celebration" will be performed on Saturday, Dec. 10 at 7:30 p.m. and Sunday, Dec. 11 at 3 p.m. Three Stages is located at 10 College Parkway (just off East Bidwell Street) in Folsom. Parking is free.

Single tickets are \$25 to \$55. Season tickets, as well as reduced cost tickets for students and seniors are available. To purchase, call (916) 608-6888 or visit www.folsomsymphony.com.



Photo public domain
THE MUSICAL WORK of Johann Sebastian Bach will be part of the program when the Folsom Symphony performs 'A Joyful Celebration' on Dec. 10 and Dec. 11.

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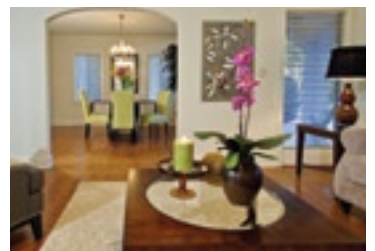
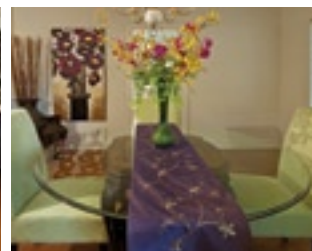
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Sac Metro Fire District opens new facility

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

The Sacramento Metropolitan Fire District is in the final stage of a major upgrade, as it has consolidated its administrative and business offices on the second floor of a two-story, 82,000-square-foot structure on the former site of Mather Air Force Base, near Rancho Cordova.

An efficient move

The relocation to the building, which is located at 10545 Armstrong Ave., eliminates the district's use of its now-former, 17,500-square-foot headquarters building at 2101 Hurley Way, just east of Cal Expo, and relocates its logistics staff from two Rancho Cordova district buildings – a 15,000-square-foot structure at 3012 Gold Canal Drive and a 9,500-square-foot structure at 3121 Gold Canal Drive, just east of Kilgore Road and west of Sunrise Boulevard and White Rock Road.

The move to the Armstrong Drive building began three weeks ago and has been performed in stages, with the remaining part of the staff – the fire chief's office and the emergency medical staff – moving into the building on Monday, Nov. 21.

As of the publication of this article, the delivery of some office cubicles and finishing touches to the interior was the only work that remained to complete the district's move to this site.

Sacramento Metro Fire Assistant Chief Scott D. Cockrum said that the consolidation occurred for efficiency purposes.

"We consolidated into one building just for some efficiency," Cockrum said. "Before, when we wanted to have a meeting, people had to drive over to Howe (Avenue) and Hurley (Way) from Rancho Cordova. So, this puts us now – pretty much our entire administrative staff, human resources, emergency medical staff, operations staff – here. Having everybody under one roof makes it easier for when we have an issue, then we just walk across the hall rather than (taking) the 40-minute drive across the river."



Arden-Carmichael News photos, Lance Armstrong

(above) **NEW DIGS.** This two-story, 82,000-square-foot structure was purchased by the Sacramento Metropolitan Fire District for \$5.75 million in October 2010.



(left) **A MOVING EXPERIENCE.** The Sacramento Metropolitan Fire District recently opened a new building at 10545 Armstrong Ave. on the former site of Mather Air Force Base, near Rancho Cordova. As a result of this move, the district's former 17,500-square-foot headquarters building at 2101 Hurley Way is now vacant and available to be leased.

No change to coverage area

Cockrum added that no fire apparatus is housed at the new site and the district's 417-square-mile coverage area has not been altered.

The Armstrong Road building and its property was purchased in October 2010 for \$5.75 million, and the lower level

of the building is being leased to Sutter Health.

Creative financing

The cost of the building was considered a bargain, since, as Cockrum noted, the struc-

See Sac Metro, page 17

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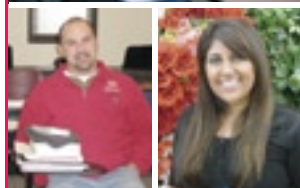
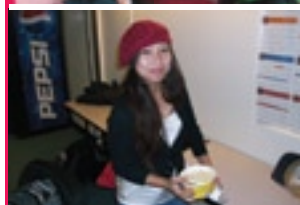
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Arden-Carmichael News photo, Lance Armstrong

ALL TOGETHER. Sacramento Metropolitan Fire District Assistant Chief Scott D. Cockrum said that personnel from three district sites occupy the newly acquired structure.

Sac Metro: Part of building will be leased to generate funds

Continued from page 16

ture originally sold for three times this amount.

The entire Hurley Way building and newly available space in the Gold Canal Drive buildings are currently available to be leased.

These leases are an important part of the funding for the Armstrong Road building, Cockrum explained.

"Right now, it appears as if all of those lease payments are going to pay the payment for this entire building," Cockrum said.

Following the completion of architectural drawings, physical work on the building began last March.

Because an essential element of the purchase of the building was leasing the structure's lower level, progress on preparing the building for its use occurred with much diligence, Cockrum explained.

"It was a process to get in it quick, get it remodeled, get it leased and occupied for the revenue of leasing the first floor, as well as revenue from leasing the other buildings," Cockrum said.

Work that has been completed within the district's newly acquired building was adding and changing office spaces, making changes to the reception area and upgrading computer and telephone wirings.

As part of the arrangements with Sutter Health, a large generator for backup computers was installed in the building.

Other upgrades to the structure were minor modifications to its electrical system, painting its interior and adding new carpeting and baseboards.

'We...wanted to be in one facility that was going to help us out. This is more centrally located within our district boundaries.'

**-Scott Cockrum,
SMFD Assistant Chief**

The district's Armstrong Drive building provides district personnel with about 35,000 square feet of space, which is about equal to the combined square footage utilized by those same workers at the other three sites.

However, Cockrum explained that the district was not seeking additional space.

"We weren't necessarily cramped for space as much as spread out across the county," Cockrum said. "We just wanted to be in one facility that was going to help us out. This (building) is more centrally located within our district boundaries. Because we go pretty far south and north, this is really the center point to our fire district and the totality of its boundaries."

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Fun weekend activities at Discovery Museum Science and Space Center

Special to Arden-Carmichael News

The Discovery Museum Science & Space Center is one of Northern California's premier institutions with an emphasis on STEM (science, technology, engineering, math) education and hands-on learning. The museum has some fun activities planned for weekends in December.

Food Factor Robot Challenge

Dec. 10 and Dec. 11, from 10 a.m. to 4:30 p.m. Science Discovery activities from 12:30 to 4 p.m.

The Discovery Museum Science and Space Center is celebrating 60 years of sensational science milestones. In the last ten years, there has been great advancement in food safety. This year the Museum's FIRST* LEGO League robotics team competed in the challenge, Food Factor. Visit the museum on this weekend to learn about their project (presentations at noon and 2 p.m.). Complete a coloring sheet! For a \$3 fee, guests have 30 minutes to add a special feature to a pre-built Lego Mindstorms NXT su-

mobot. After the feature is added, the sumobot competes against the Museum's FLL Robotics Team's sumobot. Planetarium shows are at 1 p.m. and 3 p.m. and are included with admission (ages 4 and above only).

Cruisin' on Mars

Dec. 17 and Dec. 18, from 10 a.m. to 4:30 p.m. In 2003, NASA selected two exploration rovers to go to Mars-Spirit and Opportunity. Working together, families build a Mars scene with a "rover" model and pretend Mars rocks. Remember to visit the Mars corner in our Space Quest exhibit. Planetarium shows at 1 p.m. and 3 p.m. are included with admission (ages 4 and above only) and are highlighting the science of the Mars rovers and the planet itself.

The Museum opens at 10 a.m. to 4:30 p.m. and Science Discovery activities are 12:30 to 4 p.m. Discovery Museum Science & Space Center is located at 3615 Auburn Boulevard in Sacramento. Admission is \$6 adults



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EXPLORE NEW FRONTIERS at the Discovery Museum Science and Space Center in Sacramento.

(18+), \$5 seniors (60+), \$5 teens (13-17), \$4 children (4-12), \$0 children (3 and under). Ages appropriate for 4 to 12 years old. For more information, call (916) 808-3942 or visit www.thediscovery.org.

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ONGOING

'Bingo: the Musical'

Through Jan. 8: Everybody gets to join in the fun at this musical. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

Clayton Bailey's World of Wonders

Through Jan. 15: 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: 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: 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.

DECEMBER

Art Appetizers

Dec. 8, 10, 21: Get a taste of the Museum's most recent exhibitions. Never the same tour twice, Art Appetizers is a 50-minute experience designed to fulfill your art cravings. Free with Museum admission. Check online or call for times. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Art Mix: Flow in Flux

Dec. 8: Hydrate your mind and soul at this cultural exploration of one of California's most vital resources, as inspired by the special exhibition "Liquid Assets: Perspectives on Water." Don't miss a mini-film fest curated by the Sundance Film Festival's associate programmer Mike Plante, special water-based tours from artists Enid Baxter Blader and Nicole Antebi, and a performance by the Spillit Quickers. 5 p.m.-9 p.m. Free with Museum admission. Art Mix is part of the program series Thursdays 'til 9. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

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Dec. 8, 15, 22, 29: Una oportunidad unica para mejorar sus habilidades bilingues 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!

Dec. 8, 15, 22, 29: 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

Dec. 8, 15, 22, 29: 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

Dec. 8, 15, 22, 29: 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

Dec. 8, 15, 22, 29: 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. Dana Horn (503) 319-4247

Rotary Club of Pocket/Greenhaven

Dec. 8, 15, 22, 29: 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

Dec. 8, 15, 22, 29: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th

See more Calendar, page 22



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CALENDAR

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Sam Brannan Middle School

Visitation Days

Dec. 8, 13, 14, 15, Jan. 10, 11, 12, 17, 18, 19: Sam Brannan Middle School will host parent and 6th grade student visitation days. Come discover the exciting transformation taking place at Sam Brannan Middle School. See first-hand some of the best teaching taking place in Sacramento! All classrooms will be open to students and parents to visit, 8:30 a.m. – 12 noon. Contact the school office to schedule your visit. (916) 264-4350 x 1001.

Sutterville Heights Optimist Club

Dec. 8, 15, 22, 29: 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

'The VoCALs Christmas'

Dec. 8: Lunch and musical entertainment at the Casa Garden Restaurant. 11:15 a.m. and 1:15 p.m. seatings still available. Benefits Sacramento Children's Home programs. Entree choices: Chicken with Balsamic-Mushroom Cream Sauce, served with Spring Mix Salad or Sesame Thai Beef Salad; dessert Tiramisu. \$20 per person, includes tax and gratuity. First-come, first served; group reservations by one person, one check. Reservations a must – call (916) 452-2809. 2760 Sutterville Rd., Sac.

Volkssport walking

Dec. 8: 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 65t 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

Dec. 9, 13, 16, 20, 23, 27, 30: 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

Dec. 9: 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

Dec. 9, 16, 23, 30: 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

Dec. 9, 16, 23, 30: Hear guest speakers address local, regional and international top-

ics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way, Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Dec. 9, 16, 23, 30: 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

Dec. 10, 17, 24, 31: 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

Drop, Yak, Splat! A Museum Adventure for Families

Dec. 10: Each month a new work of art provides the inspiration for a memorable gallery activity for families and children of all ages. Sign up begins one hour before the start time at the Museum Admission Desk. 11 a.m. and 1 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org

Food Addicts Anonymous

Dec. 10, 17, 24, 31: 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.

Carmichael Farmer's Market

Dec. 11, 18, 25: 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

Dec. 11, 18, 25: 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

Dec. 11, 18, 25: 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

Political Collectibles Show & Sale

Dec. 11: Buy, sell and trade political campaign buttons, advertising pinbacks, campaign posters, and other cool pop culture memorabilia at this annual collectors' gathering. Discover the value of your political

treasures with FREE appraisals or see displays of vintage political souvenirs. Hosted by the American Political Items Collectors. 10 a.m.–2 p.m. Admission \$3, free for kids and students. Sierra 2 Center, 2791 24th St., Sac. (916) 956-2030

State Parking Lot Farmer's Market

Dec. 11, 18, 25: 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

Dec. 11, 18, 25: 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

Dec. 12, 19, 26: 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

Dec. 12, 19, 26: 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

Dec. 12, 19, 26: 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

Dec. 12, 19, 26: 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

Dec. 12, 19, 26: 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

Christian Women's Connection

Dec. 13: Monthly luncheon. \$17. Feature: Put a smile on a child's face this Christmas. Bring a new, unwrapped gift for a child of any age. Gifts will be donated to a Village Mission church to help brighten a child's Christmas. Guest speaker: Bree Noble will present a mini Christmas concert and will give her testimony. 11:30 a.m. to 1 p.m. Socializing at 11:15 a.m.

Lunch at 11:30 a.m. Reservations required by Dec. 7. 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

Homeschool Day: Building 'Bots

Dec. 13: School and family groups are invited to visit the Museum regularly for thematic Museum adventures designed to support various aspects of the California standards and are sure to intrigue children ages four and older. On December 13, draw inspiration from the robotic sculptures in the exhibition "Clayton Bailey's World of Wonders" to create your very own robot. Co-sponsored by UC Davis K-14 Outreach Center for Computing and STEM Education. 12 noon–2 p.m. \$2 per student in advance, \$4 per student at the door. One chaperone is required for every five students and receives complimentary admission. Additional chaperones are \$4 per person. To register, visit crockerartmuseum.org or call (916) 808-1182. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Rotary Club of Arden-Arcade

Dec. 13, 20, 27: 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

Dec. 13, 20, 27: 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

Dec. 13, 14, 20, 21, 27, 28: Learn how to upholster! All types of 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

Co-Dependents Anonymous

Dec. 14, 21, 28: 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.

Crochet Guild

Dec. 14, Jan. 11: Crocheters of all levels of ability and all ages are invited to join the Sacramento Crochet Guild. Learn new crochet techniques, exhibit at State Fair, do charity work. Mentoring program. Show and tell. Mini classes. Library and newsletter available. Club member of the Crochet Guild of America. Meets the second Wednesday of the

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Thank you for your continued support throughout the year.

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Faces and places

Rainy 'Run to Feed the Hungry'

Photos by STEPHEN CROWLEY
Arden-Carmichael News photographer
stephen@valcomnews.com

The first rain in 18 years failed to dampen the spirits of nearly 29,000 runners and walkers on Thanksgiving morning, who participated in the 18th annual "Run to Feed the Hungry" in East Sacramento. The event benefits the Sacramento Food Bank & Family Services. Over \$800,000 was raised to help feed hungry neighbors.

A close-up photograph of a young child wearing a patterned winter hat and a brown jacket, lying in a pile of yellow autumn leaves. The child is smiling and looking towards the camera.

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3 bedroom 2 bath with gourmet kitchen and breakfast nook opening to a spacious family room with fireplace. Master bedroom suite has a walk-in closet. Fabulous entertaining backyard featuring brick patio courtyard, pool, built-in BBQ center & covered dining area. Plus, a private guest house with full bath. See: 981coronadoblvd.epropertysites.com \$599,000

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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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Private setting on tree lined street. 4 bedroom 3½ bath; grand floor plan, large formal dining room and living room. Separate hobby room or office has full bath, heat, vaulted ceiling and storage closets. 3-car garage plus carport, circular driveway, sparkling pool. See www.3521ArdenCreekRd.com \$775,000

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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. On second floor, two bedrooms, one bath & loft. See www.5242fairoaksblvd.view24hours.com \$430,000

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WYNDGATE CUSTOM

Customized 2 story 2 or 3 bedroom 3½ bath, features His & Hers custom baths and walk-in cedar closets. Open floor plan with raised wood beamed ceilings in living and dining rooms. French doors to patio. See: 455wyndgaterd.epropertysites.com \$635,000

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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 \$348,000

SHEILA VAN NOY 505-5395



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

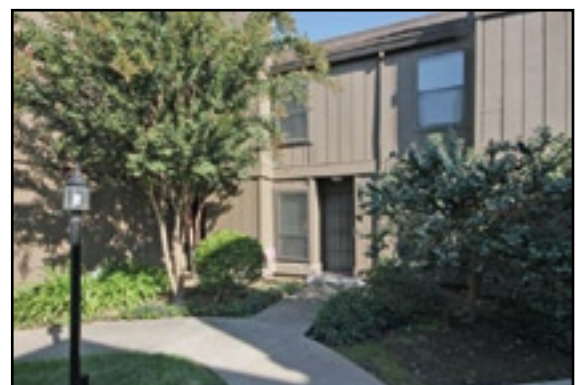
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CARMICHAEL REMODEL

This amazing home was completely rebuilt in 2005, except for 2 walls. 3 bedrooms, 3 baths; features and upgrades include plumbing, electrical, stucco, roof, hvac, wood floors, stainless steel Bosch appliances and Jacuzzi tub. See: 5400halstedave.ihousenet.com \$349,000

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SHOWS BEAUTIFULLY !!! Recently remodeled 2 bedroom 1½ baths with new porcelain countertops and stainless sink in kitchen! Living room fireplace, laminate flooring downstairs, dual pane windows, master bedroom with 2 closets. See: 2286sierrablvd.ihousenet.com \$171,000

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