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ARDEN-CARMICHAEL NEWS

September 27, 2012

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Faces and Places: Fire Station no. 19 Open House

Photos by CORRIE PELC
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Fire Station No. 19 on Challenge Way held an Open House on Saturday, Sept. 8, to let the community stop by and learn more about what they do. Kids and adults had a chance to climb in the fire engines, see where members of Fire Station No. 19 live and eat, ask firefighters questions, and even take a stab at working the fire hose. Those who stopped by also learned about how to protect their pets during a disaster through information and presentations by the Community Emergency Response Team (CERT).

Shown at top: Liliana Gomez, age 2, gets a chance to drive the fire truck at the Fire Station #19 Open House.

Shown below: (From left) Ann Kempf, Fire Station #19 engineer; Craig White, Fire Station #19 firefighter/paramedic; Julian Doyle, age 8; Milo Doyle, age 6; and Jason Millgate, Fire Station #19 firefighter.



Correction:

The article titled, "Pillow Party: Event gathers necessities for women with breast cancer" printed in the Sept. 13 issue, page 11 misstated Ally Goi's age as 10 years old. She is actually 14 years old and is an eighth grader at Sam Brannan Middle School. Ally solicited donations to make and present 30 pillows on her own as part of her Girl Scout Silver Award.

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THE ADVENTURES OF A CARMICHAEL COMIC BOOK COLLECTOR

ValCom comics no. 1

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

Carmichael resident Dr. Chris Gresens has a secret identity.

He didn't come from another planet with amazing super-powers. He's not a masked vigilante who protects the innocent, and he wasn't bitten by a radioactive spider.

By day, Gresens is a clinical professor in the Department of Pathology and Level 3 Medicine at UC Davis and senior medical director at BloodSource.

At night, Gresens is an avid comic book collector, with a collection of over 17,000.

Gresens' love of comics began at age 8 when he picked up his first comic—Action Comics No. 428 with Superman. "It just appealed to me on the newsstand and I haven't stopped collecting since," he said. "I still am (a collector) at 47 years old. Old habits die hard."

ZAP!

Gresens says he loves both the art and storylines of comics, such as the Superman sto-

ry. "The idea that somebody who can do something extraordinary chooses to for the right reasons to help others – I always like that mythos," he said. Since then, Gresens has expanded his reading to a number of other comics, mainly those published by DC Comics. In fact, he purchases the new issue of every DC Comics each month – about 52 issues a month – and takes the time to read them all cover-to-cover.

Gresens said his love of comics is also based on nostalgia. Growing up without discretionary funds for comics, he recalled searching the coin returns in pay phones for an extra 20 cents to purchase a new comic, and recycling aluminum cans he collected to purchase comics or a ticket to Comic-Con.

"\$20 went a long way back then – I could buy a stack of comics 15 inches high and get into an adventure," he says. Nostalgia is also another reason. Rather than downloading and reading comics electronically, he keeps purchasing printed copies because he enjoys the feel of the comic in his hands.

"Even – and my wife laughs at me – I'll occasionally smell the print just because it reminds me of when I was a child," he explains. "There is something to having it in your hands."

SHAZAM!

Gresens' store of choice for comic books is Adventures in Comics and Games in Carmichael, owned and run for the past 18 years by Avrom Oliver.

According to Adventures' staff member Anton Dovy-daitis, who is also an avid comic book collector himself,

See Comic, page 5

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Comic: Pick up a book

Continued from page 3

the store carries both new titles and about 20,000 different back issues of comics.

Dovydaitis said comics have been having a bit of a renaissance due to the popularity of TV shows, such as "The Walking Dead," and various movies based on comic books.

In addition to "The Walking Dead" series, another comic popular right now is "Before Watchmen" with characters and stories from the graphic novel, "Watchmen." And well-known comics like Superman, Wonder Woman and Justice League are still as popular as ever.

Plus Dovydaitis said artists and writers have more freedom in the stories they tell. "There's a lot of author-owned titles and a lot of comics where they'll take an established character and give the writer and artist the freedom to do whatever they want with that character," he explained.

KA-BOOM!

So why should someone who has never read a comic book before give it a shot?

For starters, Dovydaitis said one of the best things about comics is they create a world you think about and think about what the characters are doing. However, unlike movies where you have to wait a long time for the next part of the story to come out, with comics the next installment of the story comes along a lot quicker.

"How long is it going to be until the next 'Avengers' film or even the next 'Hunger



Dr. Chris Gresens

Games' film?" he adds. "But new comics are coming out every month and if you find a story that you like, the next episode will be along next month."

In essence, Gresens said give it a shot. "Take a look at a comic book store nearby, reserve judgment until you've tried reading a story or two, and talk to one of the shopkeepers to find out what is in the comic store that to might like," he said. "It may or may not be for you, but maybe something that you enjoy. And you may find out there's a whole lot more going on in the comic book world than you ever realized," he said.

Editor's note: Do you or someone you know have an interesting hobby or unusual collection? Email Monica at editor@valcomnews.com or call 429-9901.

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Now Dad watches from the window as his lawn turns brown. The moss has taken over and his garden hose lies coiled and unused by the side of the house. He slowly shuffles, bent over with a cane, and cannot keep up with the chores of a 3-bedroom home, let alone, keeping up the lawn care. He needs help with the simplest of daily tasks: food prep, housework and transportation.

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COUNTRY CLUB CENTRE

HAS EXPERIENCED MANY CHANGES

Editor's note: This is the second part in a series regarding the history of the "four corners" of Watt and El Camino avenues.

By LANCE ARMSTRONG
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As presented in the first part of this series, Country Club Centre at the southwest corner of Watt and El Camino avenues recently reached a milestone – its 60th anniversary.

And as also noted in the first article of this series, the initial unit of this shopping center, which was originally an outdoor pedestrian mall, included such businesses as the J.C. Penney Co., Eagleson's men's clothing store, Lucky Market and Emigh Hardware.

The earliest businesses

Also among the earlier businesses at this site were three breezeway shops, George's Barber Shop, Hank's Shoe Repair and Pandora's Gift Shop.

Another business, the Burger Kitchen, opened in Country Club Centre in November 1952.

A year later, the center was expanded even further, as it became home to the women clothing store, Casual Corner, Fashion Fabrics, an American Trust Co. branch, the women's dress shop, Mode-O-Day, See's Candies, the Singer Sewing Center and Thom McAn shoes.

And soon after these additions, the F.W. Woolworth Co. also opened a store at Country Club Centre.

In 1954, the center experienced one of its more notable expansions with its additions of the Rhodes department store, Joseph Magnin Co. women's clothing store and Hart's Restaurant.

Jan Catalin, who moved to Roseville in 1956, remembers doing a lot of shopping at Rhodes and Joseph Magnin.

"(Rhodes) was a very nice department store and it was the only one of that



Photo by Lance Armstrong

Country Club Centre has been operating at the southwest corner of Watt and El Camino avenues since 1962.

type in the area," said Catalin, who resided on a 121-acre Roseville turkey ranch with about 10,000 turkeys. "Town and Country (Village) had lots of individual, little, specialty stores, but Rhodes was a department store, kind of like Weinstock's, but maybe not quite as high end as Macy's. I was there all the time. (Rhodes) also had a nice beauty shop. You just bought general things (at Rhodes), just like you would at any department store, whether you needed home wares or dishes, shoes, wanted to get your hair done or whatever you wanted. (Country Club Centre) also had (Joseph) Magnin and I spent a lot of time shopping there, too."

Catalin said that, at that time, Country Club Centre was very important for many people residing in Roseville and in its vicinity, since the now 50-year-old Roseville Square, which once included the J.M. McDonald department store, was not yet constructed.

"It's what we had to shop with, so it was (Country Club Centre) or not too much else," Catalin said. "You could go all the way downtown, which I didn't go to too often. In those days, you didn't have all

the freeways, so it was a long drive (to Sacramento)."

Stores during the 50s and 60s

Also opening at Country Club Centre during the mid-1950s were Hartfield's women's clothing store, Leed's Shoes and the Foreman and Clark clothing store.

The McCurry Camera Shop and Kay Jewelers opened at the site in October 1957.

Other Country Club Centre businesses at that time were the W.T. Grant Co. department store, Payless Drug Store, Green & Heyden shoes, Meril Photo Supplies and Al's Shoe Repair.

The seemingly always-growing center added more stores on Nov. 17, 1960, with the additions of Grebitus & Son jewelers, the Roos-Atkins men's clothing store, Jay Vee women's and children's apparel shop and The Toy Shop.

It was also on that day that House of Fabrics reopened in a larger building adjacent to its former building at the center.

All of these 1960 additions were built by the Erickson Construction Co., which had then recently completed the Southgate Shopping Center.

The opening day celebration of these new stores included a coffee hour with complimentary coffee and pastries provided by Hart's Restaurant and Heintz Bakery, opportunities for children to present their Christmas wishes to Santa Claus and a performance by the Mystics, a barbershop quartet, which was headed by Bill Fritz, who served as the manager of the Sacramento Better Business Bureau.

Plaza during the 70s

In 1970, as Country Club Centre was approaching its second decade, a multi-million dollar construction and remodeling project began at this shopping center. The general contractor for the project was Continental-Heller Corp. of Sacramento and the supervising architect was Robert B. Liles of San Francisco.

The project included the enclosing of the mall, the addition of air conditioning, interior and exterior remodeling of shops and a complete facelift of the center's exterior, fronting El Camino Avenue. This facelift featured the use of 30,000 pounds of copper in the creation of a copper

See Plaza, page 7

Plaza: Developments over the years

Continued from page 6

per fascia with turquoise tones.

Also included in the project were an extension of the mall with new shops and the addition of resting areas, fountains, statuary and shrubbery.

The last part of the project to be completed was the construction of a 160,000-square-foot Macy's store, a double-decked parking facility with direct access to the center and additional shops along Watt Avenue.

Among the various businesses in operation at the center during the 1970s were South Seas Gardens restaurant, Carousal restaurant, Grodins of California men's clothing store, Wagner's Big & Tall men's store, Shelly's Tall Shop ladies' apparel and Western Silver coins and custom jewelry.

Longtime store, Roos-Atkins, gets replaced

The old Roos-Atkins store remained in operation for more than two decades, after which time it was replaced by the 30,000-square-foot Gray's Department Store, which opened in August 1982.

About a year later, Real Estate Investment Trust of America acquired Country Club Centre in a merger.

By 1984, the then-struggling center had lost Grays, as well as the 110,000-square-foot Liberty House department store (which replaced Rhodes in 1976), Joseph Magnin and several other stores. The only remaining department store at the center at that time was Montgomery Ward.

In September 1984, REIT announced that the center would undergo a \$3 million to \$5 million renovation.

Renaming the plaza?

REIT also made public its plan to rename the center, Sacramento Place.

Shortly after it announced these plans, however, REIT was acquired by the New York-based Unicorp American Corp.

On Jan. 23, 1985, *The Sacramento Bee* reported that the "vacancy-plagued Country Club Centre" and the Broadway Shopping Center in Walnut Creek had been purchased for \$53 million by MaceRich Co. of Santa Monica and the

Northwest Mutual Life Insurance Co.

The Bee noted that the center had "languished for years because of absentee ownership."

Upon acquiring the center, MaceRich Co. and the Northwest Mutual Life Insurance Co. announced its own plans for a major renovation for this shopping center. But this joint venture team never followed through with these plans.

The center was once again sold in June 1987, as Sacramento developer Marvin "Buzz" Oates and other business partners became the new owners of the center.

Oates, who also purchased Southgate Shopping Center with a group of local investors in 1983, immediately made public his own plans to renovate Country Club Centre, which by then was only half occupied.

Since Oates and his business partners' acquisition of this site, the center has undergone many changes.

These changes have included the early 1990s conversion of the old Liberty House building into an of-

fice building, the construction of Sam's Club in 1992 and its opening in 1993, a complete renovation of the center in 2001, the additions of a retail building at 3308 El Camino Ave. in 2005 and another retail building at 3328 El Camino Ave. in 2007.

State building on site

Also located on the property is a large building at 3310 El Camino Ave. This building houses the state Department of Water Resources and the federal Bureau of Reclamation.

The shopping center is presently owned by Country Club Centre LLC. As a variation of the well used saying goes, "This is not your parents' or your grand-

parents' (Country Club Centre)."

Although See's Candies has survived the test of time at its original Country Club Centre address of 3372 El Camino Ave., the mall's other present day stores are representatives of a newer, more modern center.

Wal-Mart and other current stores

These stores include the mall's anchor – the two-story Wal-Mart, which opened in 2004 in the old Montgomery Ward building, which became vacant three years earlier – as well as Office Depot, Michaels, Anna's Linens, Sprint, Chipotle, Panera Bread, Supercuts, Wingstop and The UPS Store.

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Endeavour flies over Charles Peck Elementary



Photo by Bill Condray

The photo was taken with a 300 mm lens outside Charles Peck Elementary School in Carmichael, as the Space Shuttle Endeavour was coming back toward the Bay Area after turning around in Roseville on Friday, Sept. 21. According to the Associated Press, Endeavour, built as a replacement for space shuttle Challenger, completed 25 missions, spent 299 days in orbit, and orbited Earth 4,671 times while traveling 122,883,151 miles.

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Encina grad - now Millennium Scholar - pursues dreams

Courtesy of the San Juan Unified School District

Zubair Amin is experiencing firsthand how hard work pays off. And he's only getting started.

Amin graduated this spring from Encina Preparatory High School with a big boost toward his future: He was named a 2012 Gates Millennium Scholar, one of 1,000 such students from across the nation to wear the distinction.

The honor will go a long way: The scholarship will cover all of his undergraduate expenses as he starts a pre-pharmacy program at University of the Pacific in Stockton. The Gates Millennium Scholar Program also provides recipients with leadership development opportunities, mentoring, academic and social support.

Amin discovered his dreams – and was able to visualize a path to attain them – while a student at Encina, where he had the opportunity to intern and shadow local medical professionals for Kaiser Permanente.

The experience left a lasting impression: He said he got to see all the mov-

ing parts of the medical field, from the lab to the operating room, and quickly saw a role for himself in the industry.

Amin draws equal inspiration at home from his mother. Born in Pakistan, she came to the United States three decades ago, speaking little English and working jobs at farms and canneries and as an in-home care specialist.

"She's shown me that, in this country, there's no reason for failure," he said one day this summer, a few hours before working a shift at a nearby fast food restaurant.

Today, he helps care for his mother, who has dealt with health issues in recent years – further fueling his ambitions.

"She's my main inspiration for what I want to do," he said. "She's my motivation so I can help her in the future."

Amin grew up in San Juan Unified schools, attending Howe Avenue Elementary and Arden Middle before choosing Encina for high school, a decision he said he made in part to be closer to his ailing mother.

Over the years, Amin said he learned that initiative would help him succeed. Because his mother doesn't speak much English, she couldn't often help with homework, he said.

Instead he sought outside resources to help supplement classwork. He purchased Advanced Placement course workbooks, for instance. Plus, he said, "I probably asked the most questions in class or after class. That really taught me to be self-reliant."

In the meantime, he took time to tutor students in algebra, economics and other areas. And, of course, he had to squeeze in his grueling Millennium scholarship application, which included eight written essays.

When it comes to schoolwork, seeing how problems are worked out – and not simply their answers – helps Amin learn most effectively, he said. He credits his Encina teachers, whom he called "extremely dedicated," with taking the time to per-



Courtesy of the San Juan Unified School District
Zubair Amin graduated this spring from Encina Preparatory High School with a big boost toward his future: He was named a 2012 Gates Millennium Scholar.

sonally walk him through questions he frequently posed about his classwork.

"The teachers at Encina are absolutely amazing," he said.

Culinary Arts Fundraiser at San Juan

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

It was a sweet evening for the Barnes and Noble Bookstore on Sunrise Boulevard, Thursday, Sept. 6.

San Juan High School held a fundraiser at the bookstore for their Culinary Arts department. The fundraiser included a honey tasting featuring six different types of honey.

Sandi Coulter, a culinary arts teacher at San Juan said the event was successful and many folks participated in the honey tasting. "We won't know how much money we raised for another four weeks," Coulter said. "But I believe it was quite successful."

San Juan built their new culinary arts facility three years ago. The 10,000-square-foot facility includes three labs, a demo kitchen and a 72-seat eat-in restaurant.

The facility is new, but San Juan has been teaching culinary art classes since 1995 and the bakery has been there over 30 years according to Shirley Bowers, who teaches baking and pastry arts.

"Our students can participate in a program to earn credits towards Johnson and Wales University," Bowers said. "We are fortunate we have a great program in place."

Coulter said the students who are part of the culinary program learn about food safety, sanitation and nutrition. "The main thing is our students have the opportunity to learn a career path and from that use it in many ways," Coulter said. "They can work in the culinary field while working on getting a college degree."

Students in their freshman year learn about nutrition over the life cycle and about international cuisine. After they successfully complete those courses, they choose whether to go savory or sweet. The savory side has two levels and uses the restaurant. The sweet side uses the bakery and students learn how to bake at the first level and how to decorate at the second level. Coulter teaches the students how to cook and Bowers teaches the students the techniques of baking. Marti Howton also teaches in the pastry arts department.

This year there are more than 300 students enrolled in culinary art classes.

Coulter said the students learn a lot in these classes. They receive food handler cards and are more qualified than other students when applying for jobs in the culinary field.

"What I like most, I can take a very shy, non-confident student, a freshman or sophomore and by the time he or she becomes a senior, this person has grown so confident, has the ability to handle difficult situations and be able to speak comfortably in front of a large group," Coulter said. "I find it very rewarding to see the confidence I can build in students."

One of the things the culinary arts department is striving for is to be self-sustainable. Education dollars are getting smaller and smaller and Coulter feels it is important to have the community behind them and help support their cause during fundraisers.

The culinary arts department competes in culinary competitions throughout the state and nationally. These competitions provide great experiences for the students.

Hanna Haas, a senior at San Juan said this is an amazing program.

"My class is like a family," Haas said. "And I have used ingredients I never thought I would ever use. My palate has grown."

The department also has a Tasting Club that is limited to 20 participants per session. They have four sessions throughout the year and the cost is \$50 per person. Participants receive a lesson on the featured topic, plus prepare and taste the food. Each restaurant and technical assistance by the students. Chef Taro from Mikuni's will be presenting the first tasting of this year.

All of the culinary art teachers at San Juan want their students to be successful in whatever they choose to do with their lives and believe the soft skills they learn in these classes are beneficial when they enter the workplace. The students learn the importance of coming to work on time, being responsible, having a positive attitude, teamwork and being flexible.

The students also use basic math skills. Coulter said students often need to brush up on fractions and reading a ruler.

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Rio and Jesuit Fall Sports Preview

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

The 2012-13 school year is back in full swing, and so too are the fall sports programs of Rio Americano and Jesuit high schools. Both schools look to build on progress from last season in order to bring home league titles in various sports. Here's how the teams stack up for the year.

RIO AMERICANO

Varsity football

The Raiders are off to a 2-2 start to the season thanks to an improvement in the team's rushing attack. "Our team has played hard all season, but the first two weeks we were not able to run the ball on offense and we were not stopping the run on defense," said Raiders head coach Christian Mahaffey. "We are starting to run the ball with more authori-



ty and the defense is rallying around the run game much better.

Coach Mahaffey said that the team's goal for the season is to put themselves in position to win the Capital Athletic League and make the playoffs. Among the players to keep an eye on this season are: quarterback Mark Lyon, wide receiver/cornerback Zack Suarez, linebacker/offensive lineman Jordan Vinson, and offensive/defensive lineman Robbie Crandle.

Boys varsity soccer

Despite what coach Alan Posner calls "an average start," Rio's boys varsity soccer team has plenty of time to turn it around in upcoming league games. The team sits at 3-3-2 as it prepares to start league play.

The goal every year, according to Posner, is to win the league and section titles. In order to do that, Posner is stressing the ability to score as his team's main focus going forward. Players to watch on this year's squad include Mark Ledbetter, whom Posner calls a superior athlete. Alex Rizzo and Hunter Brown were lauded by their coach for their excellent skills with the ball.

Boys and Girls varsity water polo

Both the boys and girls teams are coached by Tyson Frenn, who spoke glowingly of both teams hot starts to their respective seasons. The boy's team took home the Schmitt Tournament title in San Jose in early September, the second straight season that Rio has done that. They went 4-0 in the tournament and defeated tourney host Belarmine High School by a score of 10-7 in the championship game. "We had complete control of the game the entire way," said Frenn of the title game.

Through the first two tournaments of the year, Rio stands with a sparkling 7-1 record. Frenn tabbed senior captains Jack DuBois and John Price among his players to watch this year. DuBois is a returning High School All-American while he called Price "one of the best lock-down defenders in the country."

The girls team is also off to a great start. They began the season with a win over Lodi before heading off to play in the Acalanes Tournament in the Bay Area. They finished with a 2-2 record in the tournament and brought home a 6th place finish in what Frenn calls "a very competitive tournament."

The team now sits at 4-2 and looks ahead to league play. Senior goalkeep-



er Avery Dotterer headlines the players to watch. Frenn said of Dotterer "She's a big reason why we're off to such a great start." Seniors Emmy Savidge and Emily Perry will lead the offensive attack for the Raiders.

Girls varsity volleyball

The Raiders sit at 8-3 on the year, but head coach John Grix expects those losses to be good learning experiences for his team. The Raiders hope to improve their play enough to win their league title and compete in the Division III playoffs.

The aptly named Maddie Cannon tops the list of big-time players for the Raiders this year.

The 6-foot-1 senior, who plays the middle position, is a 4-year starter,

See Sports, page 10

Sports: See how the teams are doing

Continued from page 10

and has committed to play college volleyball for Santa Clara. "She lives up to her name as she hits the ball very hard," said Grix. "She is a tenacious competitor and team leader." Joining Cannon is 5-foot-10 senior setter Maddie Merlino who is among the state leaders in assists per game, according to Grix.

Girls varsity tennis

In league play, Rio started strong with an 8-1 victory over El Camino. One of the team's goals, according to head coach Maureen Barnett, is to "stay focused during matches and be patient in setting up the point." The team's overall record sits at 3-2.

Barnett said that the senior-heavy team is strong and has good depth, but she doesn't think any particular players stand out as players to watch. She called all of her players "contributors to the team." After finishing last year 8-2 in league play, those contributors could lead the team to yet another great season.

JESUIT

Varsity football

After a 5-6 season last year that saw the Marauders lose 24-17 to Bethel in the first round of the playoffs, this year's team is off to a blistering 3-0 start thanks to a ferocious rushing attack. Jesuit Athletic Director Chris Fahey attributes the fast start to this year's crop of seniors and a coaching change made before the season.

Jesuit is coming off of a 28-23 victory over Christian Brothers in the annual "Holy Bowl". Fahey listed senior quarterback Thomas Sperbeck, tight end/linebacker Austin Gates and safety/wide receiver Jason Elenberger as his three players to watch as the season progresses.

Varsity soccer

The Marauders came flying out to a 9-1-1 start in non-league play. Fahey said that because the Delta River League isn't particularly strong, Jesuit scheduled a tough non-league schedule to get the team ready for the tougher teams they will face in the playoffs.

"Less than a section title would be a disappointment," said Fahey.

Senior striker Kaba Alkebulan is committed to playing for Cal Poly next year, but first he has one more year to find the back of the net for the Marauders. Fellow senior striker Niko Hansen will play his college ball at New Mexico next fall, while junior midfielder John Boville is another player to watch.

Varsity Water Polo

Jesuit is coming off of two consecutive section championships, but the school lost the top nine performers from last year's championship team. In what Fahey called "a massive rebuilding year," the Marauders are still likely to make the playoffs.

The only returning players to play significant minutes last year are seniors Hudson Grieve and Erik Glasky. Four sophomores are on this year's squad, and sometimes all four of them are in the starting lineup. While this season may be considered a down year when all is said and done, Fahey said that anything can happen if the team fights its way into the playoffs.

Cross Country

As usual, Jesuit brings a strong group of runners to the high school landscape. Last year's team, which finished fourth in the section championships, returns all six runners from the varsity team. Senior Chris Goode is the team's number one runner while fellow senior Sam Stoll is the solid and dependable number two.

An influx of incredibly talented freshman make the future look bright for Jesuit, and Fahey expects a number of those freshman to be among the top six runners on the team this season.



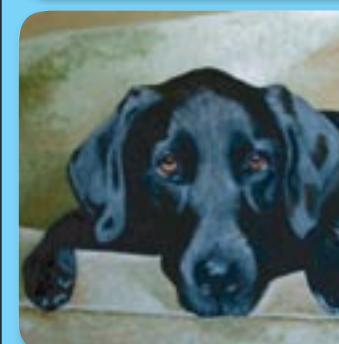
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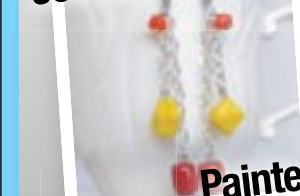


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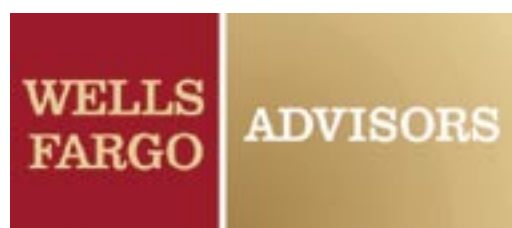
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Arden resident wins **SACRAMENTO** Battle of the Bands

Special to the Arden-Carmichael News

Lance Mishleau and Kyle McHargue, of the Arden area, have been writing songs together for just shy of a couple years now, but they managed to win this year's Sacramento Battle of the Bands on Sept. 1 at Club Retro in Roseville.

"It is a great feeling to be able to win the Battle of the Bands," said Mishleau.

"We had fans come all the way from Napa to up in the foothills. We owe a lot of the win to them and we couldn't be more grateful for the opportunity to get into the studio and get these songs we've been working into their hands. The Battle helps make that possible," he said.

Other musicians in the band are Jordan Lewinski on bass and lead guitar and Matt Cowell on drums.

Mishleau originated in Wisconsin but moved to the Sacramento area about three years ago. He has played in bands since early high school and has played in close to 30 states, into Canada and Australia as a solo artist and former band The Cause.

There were three phases in the Battle of the Bands before the finals on Sept. 1. Winners from those three phases went onto the finals. Out of the 10 finalists, Mishleau and McHargue won first place, which entails 20-hours of free studio time at the Formulation Room and a \$500 cash prize.



Photo courtesy Lance Mishleau and Kyle McHargue, of the Arden area, have been writing songs together for just shy of a couple years now, but they managed to win this year's Sacramento Battle of the Bands on Sept. 1 at Club Retro in Roseville.

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Faces and Places

CARMICHAEL CELEBRATES
103rd FOUNDERS DAY

By **BILL CONDRAY**
Arden Carmichael news writer and photographer
Bill@valcomnews.com

Founders Day got started off with a pancake and sausage breakfast prepared by the Fair Oaks Lions Club. The breakfast also included orange juice and coffee. The Cappuccino Cruisers sponsored a car show with about 100 cars attending. The "vehicles" were from a "Motorized Bar Stool" to a "T-Bucket" and a variety of others.

The event was officially opened by the Carmichael Park District. Assemblywoman Susan Peters officiated the welcoming. Boy Scout Troop 55 brought in the colors and led everyone in the Pledge of Allegiance. They also asked the crowd to keep standing while the El Camino High School Band played the Star Spangled Banner. The band also played a concert for the attending crowd.

Later in the day, the Cappuccino Cruisers sponsored a cake-eating contest. The contest was in two parts ... one for young people and the other for adults. What made it "interesting" to the crowd was the participants were required to keep their hands behind their backs. This created some unique facial scenes when the contest was over.

In the afternoon, the Sacramento Fire Department helicopter made a couple of passes overhead to the delight of the crowd and a fire engine came in for display. Children were able to sit in the "drivers seat" and ask questions to the firemen who brought it in. The headlining band in the afternoon was Group Therapy.

A large variety of vendors were present representing a lot of businesses and services in the local area. By indications, a good time was had by all attending.



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An ongoing attempt at being 'river friendly'

By MONICA STARK
editor@valcomnews.com



When my husband Adam and I first moved into our home last summer, we had grand ideas about what we should do with our front and back yards. He is an intern architect, so he has access to computer programs that facilitate all of our planning. But planning is just the beginning and now I feel over-

whelmed after visiting the garden tended by Sacramento resident, David Roberts.

Roberts is an environmentalist who draws on nature for inspiration. He is a professional landscaper by trade, so I shouldn't be too hard on myself when I look at the Bermuda grass that blankets my front yard. I've heard time and again that lawns suck up so much water, so I'd like to get rid of that one day and plant an orchard of fruit trees, which is easier said than done, I know.

When I found out that Roberts used Round-Up to get rid of his Bermuda grass back in 1987, I realized even the most environmentally friendly people use that stuff I've heard called many bad names.

Even though our hottest days are probably gone for the year, Roberts said there's still some opportunity to get to "ground zero" if I want to get rid of my crummy lawn. He added that it's actually a good time if you want to get started. "Planning as you get into the cooler season is great, because the soil is warm still, but the temperatures begin to moderate and the plants are able to be under less stress."

This is good news because as I learned from Dave Tamayo, environmental specialist for Sacramento County, no matter what kind of plant you get, if you put it in a place not too healthy, it will be stressed and won't be able to fight off chemicals such as the Round-Up I'm about to purchase.

Tamayo is an entomologist, or as I'd like to say a bug expert, who explained that most bugs in your garden aren't necessarily bad bugs. And, Roberts teaches a Green Gardener course in West Sacramento (which is now underway). He's trying to change the minds of professionals.

"(They) think they know the industry, which from their perspective, they do, but we're trying to bend their minds into new practices and change the way things are done a bit," he said. That is, he's trying to get people to be more environmentally friendly.

Tamayo and Roberts are both advocates for River Friendly Landscaping guidelines. There are seven of them that I need to remember as we undergo this major landscaping transformation.

One includes water conservation - which by getting rid of my lawn will eventually get me there. That is the foot in the door, as Roberts says, but it's still just one piece of the pie.

Another is to create a healthy soil. Roberts said native plants don't always need a lot of fancy nutrients, but when you have an old garden that may have been doused with fertilizers, you will have to rebuild the health of the garden.



"We're taking a lesson from nature, instead of from man," he said. "We invented fertilizers, which helped us with our crops, but on the other hand, we also ignored the natural systems, and, in some cases, helped to deteriorate them through chemical use."

Roberts explained that the soil food web is all the microorganisms: fungi, bacteria, bugs, that all create soil structure. Just by having organic matter as mulching, he said, begins the process because the mulch gets deteriorated and it's taken into the ground by certain organisms.

OK, but how can you differentiate between good bugs and bad bugs? That was my question for Tamayo, who chuckled a little before simply stating if you see bugs damaging your plants, those are the bad ones. Then he threw a wrench into the logic and said if your plant is having a problem, you need to be sure you know what's causing it. I guess you could think bugs are killing your plants when something else is.

Tamayo said people apply insecticides to lawns, even though in California insects are rarely the problem to them. There are a bunch of tests you can try on your lawn if you think bugs are ruining it. (See <http://ucipm.ucdavis.edu/QT/parasitesinsectcard.html> for more on that.)

Fortunately when you do have lawn insects, a lot are susceptible to nematodes, or micro worms, that can harm the insects that are damaging your

lawn. I understand you have to be good at following directions if that's the route you go as they are susceptible to drying out, not to mention, expensive. Tamayo said rather than killing the insects, the nematodes give the insects a bacterial disease, turning some insects red.

I feel like I've learned a lot about environmentally friendly gardening, but am nowhere closer than I was before. Well, Roberts did at one point during an interview call his plants his children and, at another, said that not all his clients want to tend a garden -- they want a landscape.

Maybe that's more my style. I'd love to be all zen and take the 10 minutes a day to unwind by tending the garden, but shoot, it's going to be dark by the time I get home.

If I ever get to that point of zen gardening, I plan on incorporating all of the river friendly landscape guidelines: Water conservation, soil health, water and air quality, landscape locally, wildlife habitat, less to the landfill, and conserve energy. Read more: <http://www.msa.saccounty.net/sactos-tormwater/RFL/>

And I'll remember to water only between the hours 4 p.m. and 7 a.m. For spring through fall, odd number addresses water on Tuesdays, Thursdays and Saturdays. Even number addresses water on Wednesdays, Fridays and Sundays. During winter, watering is only allowed on Saturdays or Sundays.

Arcade library events

The Sacramento Public Library will host the following free programs at its Arcade branch, 2443 Marconi Avenue, Sacramento. For more information, call 264-2920 or visit www.saclibrary.org.

Programs for little ones

Baby and toddler play group:
Tuesdays, Sept. 25, Oct. 9 and 23, at 10 a.m.

Bring your infants and toddlers for an hour of informal play and socializing. Toys and refreshments will be provided.

Pre-school storytime

Thursdays, Sept. 20, 27, Oct. 4, 18, and 25, at 10 a.m.

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School-age programs

Drumming with ArtBeast
Thursday, Oct. 18, at 4 p.m.

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Teen programs

Game On!

Thursdays, Sept. 27, and Oct. 25, at 4 p.m.

Drop in at the Arcade branch for an afternoon of free gaming. New games

are featured each month, with occasional tournaments for prizes. Grab a controller for free play, fight to the top of the leaderboard, or simply grab a snack and watch the action.

Family programs

Sit and Knit
Tuesday, Oct. 16, at 7 p.m.

Whether you're an experienced knitter or a beginner, enjoy a relaxing, informal hour of knitting. Bring a project in progress or just a desire to learn to knit. All ages and skill levels are welcome, including those who crochet. Many knitters in the group create and donate scarves to the Wind Youth Center, an agency serving homeless youth in the Sacramento area.

Family Game Night

Tuesday, Oct. 16, at 6:30 p.m.

Come to the library for an evening of games, including Candyland, Twister,

Halloween crafts

Saturday, Oct. 27, at 2 p.m.

This program will get the whole family ready for the scariest (and sweetest) holiday of the year. Get in the spirit with fun crafts, including paper bag ghosts, trick or treat bags, and more.

Adult programs

No reservations travel club
Tuesday, Oct. 2, at 7 p.m.

Learn travel tips at the library's No Reservations Travel Club. The club meets at 7 p.m. the first Tuesday of each month, from February to December, at the Arcade branch. Most meetings feature a speaker, plus time for exchanging information within the group.



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Local community unites to Walk to End Alzheimer's on Oct. 6

By SUSAN LAIRD
The Arden-Carmichael News writer
slaird@handywriting.com

You may – or may not – have heard about The Walk to End Alzheimer's event in Sacramento. Yet, this now-annual event is gathering a lot of clout throughout the region. This year's walk will be held on Oct. 6 at the State Capitol. Participants can choose to do a three-mile walk, or a one-mile "shortcut" walk.

Officially dubbed "The Alzheimer's Association Walk to End Alzheimer's," residents throughout the Sacramento area have quietly marked their calendars and raised funds. Local businesses are forming teams – and many have held special fundraisers for the cause.

"Alzheimer's Disease isn't fair," said Erin Stone, special events manager for the Sacramento office of the Alzheimer's Association. "This is a devastating disease. There are 5.4 million people with Alzheimer's in this country."

Alzheimer's Disease is named after German neurophysiologist Alois Alzheimer, who first diagnosed the condition in 1906. Alzheimer's Disease, according to the Alzheimer's Association, is a progressive, ultimately fatal, disorder in which certain types of nerve cells in particular areas of the brain degenerate and die for unknown reasons. It begins with memory deficits, followed by gradual erosion of judgment, reasoning ability, verbal fluency and other cognitive skills.

To say that this is a devastating disease is to put it mildly. This condition is tough for the entire family and extended community, as family members eventually become round-the-clock caregivers. Assisted living facilities that specialize in dementia care are now a necessity in every community. Local facilities include The Meadows, Primrose and Cimino Care.

"One out of every two Americans now knows someone with Alzheimer's," Stone said. "This

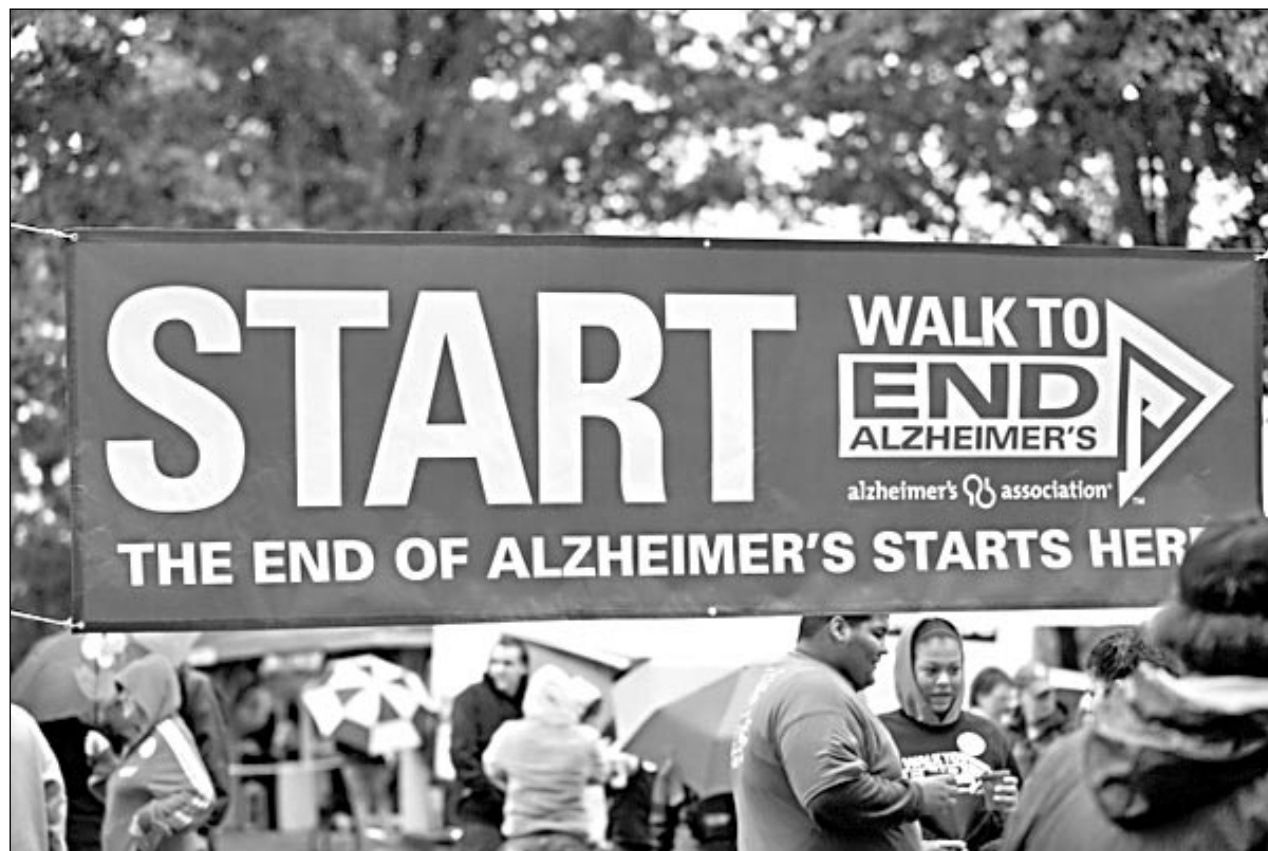


Photo courtesy, Alzheimer's Association, Central New York Chapter
MAKE A START TO END ALZHEIMER'S. The Sacramento area Walk to End Alzheimer's will be held at the State Capitol on Oct. 6. One out of every two Americans knows someone who suffers from Alzheimer's Disease.

disease is the sixth leading cause of death in this country. And it is the only Top 10 cause of death that we cannot stop, prevent, – or cure."

The national "Walk" began three years ago. This year, there will be 14 Walks.

"It's definitely growing," Stone said. "The growth of the Walk is pretty tremendous. People want to find a cure. Today, you can visit www.alz.org to find Walks all over the nation."

Local businesses – and especially those industries touched by Alzheimer's – have been stepping up to raise both awareness and funding for research. Ideas for fundraisers range from the conventional to the creative.

East Lawn Memorial Park in East Sacramento dedicated an Alzheimer's Memorial Wall this past summer to commemorate those touched by this condition. It's theme is "Never Alone, Never Forgotten." Last summer, East Lawn partnered with the Fab 40s 5K Run/Walk to raise funds to benefit the Alzheimer's Association. Families can still sponsor a name on the wall.

Cimino Care hosted pre-Walk "Summer Tea Party Experience" fundraiser in August at A

Dash of Panache in Roseville. Guests enjoyed a traditional English "High Tea," plus a raffle for a tablet

and other goodies. A portion of the proceeds and all of the raffle funds were donated to the Alzheimer's Association.

"This is an important cause," said Mark Cimino, CEO of CiminoCare, which is a regional sponsor of the Walk. "We are all fighting to find a cure."

The 2012 Sacramento Walk to End Alzheimer's will be held at the South Steps of the State Capitol in Sacramento. Check-in for the walk starts at 8 a.m., and the Walk begins at 10 a.m.

There is no fee to participate in the Walk, but donations are welcome. Participants can also donate later.

The three-mile Walk route will take walkers to Sutter's Fort and back. The one-mile shortcut route will lead walkers around Capitol Park. Both routes are scenic, flat and wheelchair accessible.

To learn more, put together a team, or sign up as an individual, visit www.act.alz.org, or contact Erin Stone at (916) 930-9080 or erin.stone@alz.org.

CALENDAR

For more calendar entries, visit:
www.valcomnews.com

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

SEPTEMBER

Yav Pem Suab Academy fundraiser

Sept. 28: Fundraiser for this independent charter school within the Sacramento Unified School District. From 6-11 p.m., the banquet format will consist of a full-service, family style dinner, a keynote speech, and student and staff performances. The goal is to raise \$100,000. 5731 Stockton Blvd., Sacramento 95824. (916) 433-5289.

45th Annual Native American Day at the State Capitol

Sept. 28: Steeped in culture and tradition, the 45th Annual Native American Day is devoted to maintaining Native culture, including stories, languages, and traditions for today and for future generations. With a special "Honoring Native Women" theme this year, guests will enjoy free cultural demonstrations, compelling guest speakers, the Tule River Color Guard, traditional games, music and dancing, and much more. State Indian Museum 2618 K St. (916) 324-0971. www.parks.ca.gov/indianmuseum.

Roaring 20's Gender Bender weekend day one

Sept. 28: Come out at Player's Night – A Flapper & Dapper Soiree, which will be a swanky fundraising dinner, 1920s Speak-easy theme with gender bending added for fun. This event will include food, beer by Hoppy Brewing, a program produced by Jovi Radtke, a silent art action featuring art by local artists, a live auction, and a museum full of classic cars! 7 p.m. at the California Automobile Museum, located at 2200 Front St. <http://calautomuseum.org/> Roaring 20's Gender Bender Weekend is the Gender Health Center's (GHC) official coming out bash. <http://www.thegenderhealthcenter.org/events/>

Roaring 20's Gender Bender weekend day two

Sept. 29: Come out at the Gender Bender Ball – Fun annual dance-party, carnival sideshow theme, add 1920's for fun. Live music by DJ Freeze-to, dancing, beer by Hoppy Brewing, a show produced by Carrie Martin showcasing local performers, a drawing with prizes donated by local companies, and custom made pizza cooked on the spot. 7 p.m. at the Brickhouse Gallery, located at 2837 36th St. <http://www.brickhouseoakpark.com/> Roaring 20's Gender Bender Weekend is the Gender Health Center's (GHC) official coming out bash. <http://www.thegenderhealthcenter.org/events/>

Fire Station 60 open house

Sept. 29: Come visit Fire Station 60 at 3301 Julliard Dr., Sac. Free. 2 p.m. – 5 p.m. Presentations at 3 p.m. (916) 808-1347

SERTOMA (SERvice TO Mankind) celebrates its 7th annual Oktoberfest

Sept. 29: Authentic German food, live music, dancing, mustard tasting, 50/50

raffle, silent and live auctions. Proceeds will benefit local deaf and hard of hearing children and adults as well as many local charities. 6 to 10 p.m., \$25 ticket includes dinner (beverages extra). La Sierra Community Center is located at 5325 Engle Rd., Carmichael 95608, 362-5557.

Festa do Chicharros (Mackerel Festa)

Sept. 29: Sacramento Portuguese Holy Spirit Society presents Mackerel Festa, located at 6676 Pocket Road, Sacramento, CA 95831. 2-5 p.m.: Kids Activities (Grape stomping, games) 5 p.m.: Mackerel dinner, 6 p.m.: Sueca tournament (Portuguese card game). Cost: \$15 All you can eat Mackerel dinner (Chicken will be available on a pre-order basis, by calling Aires Machado at 997-5074). \$3 kids meal (includes, drink, chips and fruit). See www.facebook.com/sacphss, www.sphss.org or email sacphss@gmail.com

CSUS Piano Series

Sept. 29: Sac State Professor Richard Cionco kicks off the University's Piano Series with a concert at 7:30 p.m. in the Music Recital Hall on the campus, 6000 J St. Cionco performs throughout the U.S. as well as in Italy, Germany and China, Canada and many other countries. Tickets are \$20 general and \$15 students and seniors and are available at the University Ticket Office, (916) 278-4323. Contact: (916) 278-5191

Union Pacific Railroad celebrates 150th anniversary

Sept. 29-30: A huge, two-day signature event will be held in Old Sacramento and will commemorate 150 years since President Abraham Lincoln created the original Union Pacific by signing the Pacific Railway Act of July 1, 1862. Other highlights will include train rides on Union Pacific's popular miniature train, UP 956, and free weekend excursion train rides on the Sacramento Southern Railroad, based on availability. Also, complimentary entrance all weekend long to the California State Railroad Museum. Open from 10 a.m. to 5 p.m. each day. www.up150.com and www.californiastaterailroadmuseum.org.

SPCA Mobile Adoption

Sept. 29:

Adoption trailer will be at Kuni Chevrolet, 2341 Fulton Avenue, Sacramento, from 10 a.m. to 2 p.m.

Sept. 30:

Adoption trailer will be at SPCA Thrift Store, across the street from the store located at 1517 E Street, Sacramento from 11 a.m. to 2 p.m.



Community concert

Sept. 30: The Sacramento Community Concert Association (SCCA) presents A Far Cry Chamber Orchestra of Boston. 3 p.m., Crest Theater, 1013 K St., Sacramento. Doors open one hour before curtain time. Open seating only. Subscriptions are \$90 adults, \$45 students, \$80 groups of 12 or more. Single shows are \$25. For tickets, visit www.sacramentocommunityconcerts.com or call (916) 974-1357.

Community outreach fair at Elks Lodge No. 6

Sept. 30: Sacramento Elks Lodge No. 6 is holding a special outreach event from 1 to 5 p.m. at 6446 Riverside Blvd. Learn about community services offered by the Elks Lodge as well as other organizations, businesses. Refreshments and tours offered. To reserve a table, call (916) 607-8347. Cost is \$25 for 6-foot table, \$50 for 12-foot table. Breakfast will be served at the Lodge from 8:30 to 11 a.m. for \$9.

Mustard Seed Spin

Sept. 30: Annual bike family bike ride along the American River Parkway, beginning and ending at William Pond Park. The event starts at 11 a.m. and is a benefit for homeless children in downtown Sacramento. Includes bicycle raffle and lunch.

OCTOBER

Sacramento Geranium Club presents: "Good Bugs – Bad Bugs"

Oct. 1: From 10 a.m. to 1 p.m., Dave Davis of Green Acres will give a presentation on "Good Bugs – Bad Bugs" and how to use natural controls. 3330 McKinley Blvd. Sacramento, CA

POWERtalk International

Oct. 2: Want to improve your public speaking and presentation skills? POWERtalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m. –

1 p.m. and first Saturdays of the month, noon–3 p.m. Aviators Restaurant, 6151 Freeport Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

See more calendar, page 22

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ADMISSION IS FREE

SAVE THE DATE - CALL TO ARTISTS!
Crafters and Purveyors of Handmade Goods!

Sacramento Fine Arts Center's (SFAC)
18th Annual Holiday Craft Fair
December 7-9 2012
11am-5pm
Special 2nd Saturday opening 5-9pm

Prospectus online
www.sacfinearts.org
Click "call to artists"

Sacramento Fine Arts Center,
5330B Gibbons Drive,
Carmichael

CALENDAR

For more calendar entries, visit:
www.valcomnews.com

Continued from page 21

Author Lecture Series

Oct. 3: Sacramento State Art Professor Elaine O'Brien kicks off this year's popular Friends of the University Library's Author Lecture Series at 3 p.m. in the University Library Gallery on the campus, 6000 J St. O'Brien will discuss "Modern Art in Africa, Asia and Latin America: An Introduction to Global Modernisms," an anthology that sheds fresh light on modern art beyond the West. The presentation is free. Contact: (916) 278-5954.

'It's Fun to Be Smart'

Oct. 3: Students in grades 4 through 6 are invited to the Brain Quest competition at 4 p.m. at the McKinley Library to test their knowledge of American history, culture, milestones, ingenuity, and spirit: What U.S. leader was "first in war, first in peace, first in the hearts of his countrymen"? Can you name the most famous whale in American literature? What do we call the first 10 amendments to the U.S. Constitution? Students who want to challenge others in this United States trivia contest are asked to register at McKinley Library by Sept. 26. The library is located at 601 Alhambra Blvd., Sacramento.

First Wednesday Art: Play with Clay with

ArtWorks at Belle Cooleedge Library, Oct. 3: At 3:30 p.m., Families can play with clay at this art program. Younger participants will measure, make, and mold their own clay shapes. Older participants will learn how to make colorful clay jewelry. 5600 South Land Park Drive, Sacramento.

Rotary Club of Pocket/Greenhaven

Oct. 3: Guest speakers address local, regional and international topics. Visitors are welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Make Kokeshi Dolls at Ella K. McClatchy Library

Oct. 3: At 6 p.m., for youngsters, ages 5 to 18, create mini folk-art presidential wooden figures. 2112 22nd Street, Sacramento.

Bi-Polar Anonymous

Oct. 5, 12, 19, 26: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Sacred Heart Fall Festival

Oct. 6: Live music, beer garden, food and wine, festival games and prizes. 856 69 St. 11 a.m. to dusk. Facebook event page: tinyurl.com/4yoxysh

Asian Food and Cultural Bazaar

Oct. 6: From 11 a.m. to 3 p.m., at the Sacramento Japanese United Methodist Church, menu items include: teriyaki chicken, sesame chicken, Korean beef, chow mein, sushi, udon and there will be entertainment by Taiko Dan as well as a crafts sale and kids games. 6929 Franklin Blvd. Sacramento to 95823.

Paper shred event

Oct. 6: Save your confidential papers for our Shred Event. 9 a.m. to noon, Holy Spirit Parish, 3159 Land Park Drive, Sacramento. \$10 donation per file box. Proceeds go to the Saint Vincent de Paul Society for food, clothing and emergency housing for those in need. (916) 443-5442

Volunteer in the garden

Oct. 6: Jensen Garden, located at 8520 Fair Oaks Blvd. in Carmichael, is holding a volunteer garden work day from 9 a.m. to 1 p.m. Bring work gloves, hand pruners, lunch and a drink and join with other volunteers to keep the garden beautiful all year. All skill levels are needed. Tracy Kerth (916) 485-5322 ext. 23 or email tracy@carmichaelpark.com.

Fire Station 8 open house

Oct. 6: Come visit Fire Station 8 at 5990 H St., Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Sacramento Archives Crawl - Building Sacramento, Building Communities

Oct. 6: Four downtown Sacramento locations that include the California State Archives (1020 O Street), the California State Library (900 N Street), the Center for Sacramento History (551 Sequoia Pacific Blvd.) and the Sacramento Public Library (828 I Street). Event goes from 10 a.m. to 4 p.m. and it is free of charge; 808-7072 or www.sacarchivescrawl.blogspot.com

Land Park Volunteer Corps

Oct. 6: Got work gloves and a "let's get down to business" attitude? Then the Land Park Volunteer Corps is for you! Come join members of the community as the group maintains, improves and beautifies William

Land Park. First Saturday of every month, March to November. Free. 8 a.m. meet behind Fairytale Town, 8:25 a.m.-11 a.m., work on projects as assigned. Light breakfast, lunch provided by local businesses. (916) 718-3030 ckpinsacto@aol.com

Pancake Breakfast

Oct. 6: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3 per person. 8:30 a.m.-10 a.m. Every First Saturday of the month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

22nd annual SCNA's wine tasting, silent auction and beer garden

Oct. 6: Delicious food and drinks from local wineries, breweries and restaurants. Will include auction, raffles and door prizes. From 4 to 7 p.m. at the Sierra 2 Center, 2791 24th Street, Sacramento, 452-3005. \$35 for SCNA members, \$45 for non-members through Oct. 3, \$50 for everyone after Oct. 3, www.sierra2.org or 452-3005. Donations needed for silent auction, contact Melissa at mmckenzie55@comcast.net

Annual shred event

Oct. 6: Save confidential papers. This fundraiser is for the Saint Vincent de Paul Society at Holy Spirit Parish, where they take care of feeding, clothing, and paying emergency housing for those in need. \$10 donation per file box. 9 a.m. to noon, church parking lot. 3159 Land Park Dr., (916) 443-5441.

Art, craft and plant sale

Oct. 6-7: The Shepard Garden and Art Center is hosting its annual fall art, craft and plant sale from 10 a.m. to 4 p.m. Plant sales benefit local horticulture clubs. The two-day event takes place at the Shepard Garden and Art Center, 3330 McKinley Blvd. 95816. (916) 808-8800, www.sgaac.org.

SacWorldFest

Oct. 6-7: Annual event in Old Sac celebrates cultural diversity on Oct. 6 and 7. For updated performance schedules and more information, visit www.SacWorldFest.org. For sponsorship inquiries or vendor participation information, please call 549-2749.

The Hipwaders at Elk Grove's

Giant Pumpkin Festival
Oct. 7: Cosumnes Community Services District presents The Hipwaders who will be performing their quirky, jangle-pop for kids and families from 2:30 to 5 p.m., Elk Grove Community Park, 9950 Elk Grove Florin Rd. Elk Grove. Free, http://www.yourcsd.com/pumpkinfestival/default.aspx?visitortop

DOGtober Fest

Oct. 7: Entertaining games for kids and dogs, hot dogs and root beer floats, free photos of your dogs for the 2013 Calendar and hot off the presses is the Carmichael Canine Corral Community Cookbook, which will be for sale. Event goes from 9 a.m. to 3 p.m. at Carmichael Park's canine corral at the corner of Fair Oaks Blvd. and Grant Avenue. For more information, contact Carla Barbaro at 717-8808 or cbarbaro@comcast.net

Vegan Fall Fest and Picnic

Oct. 7: Featuring food vendors, smoothies, games, entertainment, kids' activities, a cupcake walk, vegan poetry slam, and more from 11 a.m.-4 p.m. at Southside Park 8th and T streets, Sacramento.

Soroptimist Sierra Nevada and Sacramento Theatre Co. present

'The Miracle Worker'

Oct. 7: In honor of National Disability Employment Awareness Month, there will be a performance of the classic story of Helen Keller and her teacher Annie Sullivan. Doors open at 6 p.m. for wine, music and silent auction, 1419 H St., 7 p.m. \$45 tickets, includes one beverage, dessert and coffee. Proceeds benefit Soroptimist Sierra Nevada Region Fellowship Fund and My Sister's House. http://themiracletheater.brownpapertickets.com

Bad Art Night at McKinley Library

Oct. 9: At 6 p.m., a variety of arts and crafts supplies will be available to those interested in making the worst possible art piece to be entered to win a prize. Sad clowns and velvet Elvis fans, unite! 601 Alhambra Blvd., Sacramento.

Rotary Club of Pocket/Greenhaven

Oct. 10: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Crochet Guild

Oct. 10: 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 month at 6:30 p.m. Seniors: \$6/yr. Enter from parking lot. Church of the Cross, 45th and H St., Sac. Karolyn (916) 457-4044

Referrals Plus

Oct. 10: Referrals Plus, a women's networking group, helps women in business with connections, resources, promotions and ideas. We meet the 2nd Wed. of every month. 12:15 p.m. for meeting/luncheon in Greenhaven area. RSVP required. www.referralsplus.org

Second annual 'One Book'

Sacramento dinner

Oct. 26: Friends of the Sacramento Public Library will hold a "Constitution dinner" from 7 to 9 p.m. Menu selection includes: Ratification roast beef, convention chicken, legislative vegetarian lasagna, patriotic pizza. Dress as a founding father, society matron, or wear Old Glory's colors of red, white and blue. To be held at the Elks Lodge, No. 6, located at 6446 Riverside Blvd., Adults: \$30, children: \$10. Information, call Kathi Windheim at 392-0101 or email zaw2000@msn.com

Fifty States, One Nation with

ArtBeast at McKinley Library

Oct. 12: At 4 p.m., for children ages 5 to 12, learn how our country moved from a collection of states to a nation. Color and decorate a map of the United States. 601 Alhambra Blvd., Sacramento.

Plant Sale to benefit local nonprofit

Oct. 13-14: From 10 a.m. to 3 p.m., a selection of hard to find and unusual perennials not generally seen in local nurseries. Plants from starters to gallons. Gifted Gardener 18th and J St. Sacramento. Benefits Sunburst Projects' efforts to provide a healthy meal and presents for annual Adopt-A-Child program. Sunburst Projects helps children and families with HIV/AIDS.

'Rehearsal for Murder'

Oct. 12-Nov. 18: A play within a play, with murder and surprising revelations. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

Land Park Service Unit Girl

Scouts yard sale

Oct. 13: From 8 a.m. to 2 p.m. at Village Green in Land Park (near Sutterville Rd.)

Free electronic waste drive

fundraiser

Oct. 13: Participants won't even have to get out of their car. Pop the trunk or open the door and we will unload for you. It's a fundraiser for Earl Warren Elementary School grade level events. 5320 Lowell Street, Sacramento, 382-5930.

Golden Valley Charter School's

annual Harvest Festival:

Oct. 13: A celebration of autumn bounty with an inspiring day full of children's hand-crafts, nourishing food, storytelling, live music and entertainment, archery, petting zoo and other fun activities. This event is open to the general public and all are welcome so bring the whole family, free admission and entertainment. Please bring cash for fee-based activities, food and crafts from our Vendor Marketplace, from 11 a.m. to 4 p.m. at 9601 Lake Natoma Drive in Orangevale. www.goldenvalleycharterschool.org

Take Back the Night march and rally

Oct. 13: It will be an evening of remembrance, celebration, and action to stand against all forms of violence against women and children. Resource fair at 5:30 p.m., rally at 6 p.m. and march at 8 p.m. The resource fair will continue throughout the rally to provide information about the crucial services offered in our community. Sacramento Native American Health Center parking lot at 2020 J St. www.sactakebackthenight.org/sponsor

Free flu shots

Oct. 13: From 9 a.m. to 1 p.m., Medical is holding a free flu shot event at its Norwood clinic in Sacramento, located at 3946 Norwood Ave. After the first 100, vaccines will be \$15 per vaccine. 564-0521.

'Family tree' climbing

Oct. 13: Learn how find ancestors, or revive a previous search, at the 14th annual Family History Day from 8:30 a.m. to 4:30 p.m., Sunday, Oct. 13, at the California State Archives, 1020 O St., in Sacramento. (916) 653-7715

High Tea fundraiser for My

Sister's House

Oct. 13: 4th annual high tea and silent auction to raise money for My Sister's House, a non-profit organization dedicated to ending domestic violence in the region. The tea is from 11 a.m. to 1 p.m. at the Chinese Community Church, located at 5600 Gilgum Way, Sacramento. \$45 for individual tickets or \$350 for a table of 10.

Fire Station 4 open house

Oct. 13: Come visit Fire Station 4 at 3145 Granada Way, Sac. Free. 2 p.m. - 5 p.m. Presentations at 3 p.m. (916) 808-1347

Volkssport walking

Oct. 13: 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. 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 and back. Contact Barbara Nuss at (916) 283-4650, (916) 691-7618 or nussb@surewest.net. Visit www.SacramentoWalkingSticks.org

Children's Sunshine Celebration

Oct. 13: Free event featuring master puppeteer and ventriloquist Tony Borders from 2 to 3 p.m. as well as a bounce house, petting zoo, pony rides, carnival games, face painting and more from 11 a.m. to 2 p.m. Green-

haven Lutheran Church, 475 Florin Rd., Gloria Dr. 428-8449.

The Concert Band of CSUS performance

Oct. 15: 7:30 p.m. Music Recital Hall on the campus, 6000 J St. Tickets are \$10 general, \$7 seniors and \$5 students, and available at the University Ticket Office, 278-4323. 278-5191.

Who is running for San Juan Unified School Board?

Oct. 16: From 7 to 8:30 p.m. "Families That Can" will present a nonpartisan candidate forum at California Montessori Project, located at La Sierra - Gibbons Room, 5330-A Gibbons Drive Carmichael 95608. Space is limited. RSVP by Friday, Oct. 12 by contacting Rachel Minnick at rminnick@familyesthathcan.org or 529-3435

Sacramento State's Symphony

Orchestra performance

Oct. 16: The concert will be held in the Music Recital Hall on the campus at 8 p.m., 6000 J St. Tickets are \$10 general, \$7 seniors and \$5 students, and available at the University Ticket Office, (916) 278-4323 or http://bit.ly/xRmEZ8. Contact: (916) 278-5191.

'Freedom of Expression with Art-

Works' at Arden-Dimick Library

Oct. 16: At 4 p.m. for children, ages 5 to 12. Express yourself using a variety of materials to create a unique art piece. Arden-Dimick Library, 891 Watt Avenue, Sacramento

Manga Café: Kokeshi Dolls at

Martin Luther King, Jr. Library

Oct. 17: At 4 p.m., for youngsters, ages 5 to 18, create mini folk-art presidential wooden figures. 7340 24th Street Bypass, Sacramento.

Summary in Art: Teen Book Reviews (for

teens) at Ella K. McClatchy Library

Oct. 17: At 4 p.m., celebrate Teen Read Week and ARTober with an artistic review of a book you recently read. Turn a

note card into an artistic summary of the book. The library will provide art supplies and the book reviews will be displayed on the branch's new Teen Area bulletin board. 2112 22nd Street, Sacramento

SPCA Mobile Adoption

Oct. 18: Adoption trailer will be at Intel, 1900 Prairie City Road, Folsom from 10 a.m. to 2 p.m.

Duct Tape Masterpieces (for

teens) at Arden-Dimick Library

Oct. 18: At 3 p.m., create your next artistic masterpiece using duct tape - the most durable medium available. Use a variety of solid colors and patterns and get instructions for making wallets, roses, flip-flops and more. Arden-Dimick Library, 891 Watt Avenue, Sacramento.

'Financially Savvy Seniors'

Oct. 18: The Pocket Area Churches Together, the Asian Community Center and the St. Anthony Senior Club are sponsoring this seminar to discuss identity theft, contractor and phone scams and family abuse of seniors. The seminar goes from 8:30 a.m. to 1 p.m. at St. Anthony Catholic Church, 660 Florin Rd., Sacramento.

'Dance Sites 2012: Faculty Dance

Concert'

Oct. 17-21: CSUS faculty and guest choreographers come together to guide students through their first performance of the year in This always-anticipated annual evening of dance on the University Theatre main stage presents a wide range of music and dance styles. 6000 J St., Sacramento 95819.

40th annual Japan night dinner

Oct. 19: Sacramento Senator Lions Club is having its 40th Annual Japan Night Dinner at 6 p.m. at the Elks Lodge, 6446 Riverside Boulevard, Sacramento. The menu includes teriyaki chicken, sashimi, sushi, su-nomono salad and miso soup. Ticket do-

nation is \$35. All profits from this event are given back to the community through projects such as the Sacramento Zoo Sensory Garden, Sacramento Zoo's Mobile Zoo Project, My Sister's House, and Christmas Food Baskets for low-income families. Call Teri Pansick at (530) 676-0829, for more information.

CORE Dance Collective presents

'The Doorway'

Oct. 18-27: Now entering its third season, The Doorway is the contemporary dance event of the year. Inspired by the unique personalities of rooms in a Victorian mansion, The Doorway follows dark and quirky characters entangled in the house. Tickets: \$25 at the door, \$20 in advance. Thursdays through Saturdays 7:30 p.m. Benvenuti Performing Arts Center, 4600 Blackrock Dr. Sacramento, 95835.

Free flu shots

Oct. 20: From 9 a.m. to 1 p.m., Molina Medical is holding a free flu shot event at its 55th St. location: 7215 55th St. After the first 100, vaccines will be \$15 per vaccine. 564-0521.

'Camellia City Porcelain Artist

21st Annual Tea and Porcelain Art Show'

Oct. 20-21: A display of American style porcelain/china over-glaze painting, as part of the Arts and Crafts movement, in the late 1800 and 1900s will be on display on Saturday, Oct. 20 from 10 a.m. to 4 p.m. and Sunday, Oct. 21 from 10 a.m. to 3 pm at the Sacramento Garden & Arts Center McKinley Park, located at 3330 McKinley Blvd. Tickets are available for a Christmas Tree drawing to benefit St. John's Shelter for Women and Children. See http://www.cset.com for more information.

SPCA Mobile Adoption

Oct. 21: Adoption trailer will be at Trendn-Treats, 8929 Madison Ave. from 10 a.m. to 2 p.m.

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8th Annual
Elk Grove
GIANT Pumpkin Festival
October 6 & 7, 2012
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10:00 am - 5:00 pm
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Custom 3 bedroom, 2½ bath Tutor style home on private lane off Fair Oaks Blvd. Large master suite with a walk-in closet on 1st floor. Upstairs, 2 bedrooms and a bath, plus loft/study. On almost 1/2 of an acre. \$424,000

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