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# ARDEN-CARMICHAEL NEWS

October 25, 2012

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Vol. XXI • No. 20  
2709 Riverside Blvd.  
Sacramento, CA 95818  
t: (916) 429-9901  
f: (916) 429-9906

Arden-Carmichael News is published on the second and fourth Thursdays of the month and is delivered by mail and home delivery. Newspapers are also available in stands throughout the area.

**Publisher**..... George Macko  
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**Distribution/Subscriptions**..... George Macko

**Cover photo by:**  
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# Adopt-a-Child now underway at Sunburst Projects

Special to Valley Community News

The holiday season is just around the corner and Sunburst Projects is busy preparing for their annual "Adopt-a-Child Project" for the holidays, which serves hundreds of children living with AIDS/HIV each holiday season. In this time of reduced budgets and services, Sunburst Projects is working on trying to provide the families they serve with basic needs for the holidays (toilet paper, diapers, food, laundry, soap, etc.) in addition to providing the children a holiday gift.

It's simple to participate. When you adopt a child or children, you will receive the first names, ages and knowledge of any special

wishes. There will be a gift list with age appropriate suggestions available upon request. Wrap gifts into a large plastic trash bag labeled with the child's name and number. Arrange to drop off gifts no later than Dec. 13.

Gift certificates to a local grocery store for the family are always welcome. If you prefer, a cash donation can be made to Sunburst Projects and one of the elves will do the shopping for you. This is especially helpful in filling in basic needs and making sure unadopted kids get gifts for the holidays. Donations do not need to be large; every dollar counts.

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# Fall/Winter citywide loose-in-the-street yard waste collection now underway

Special to Valley Community News

Citywide Loose-in-the-Street yard waste collection is now in effect and will continue through the week of Jan. 14. Pickup will occur, on average, every other week during the peak leaf season.

Residents can find out when crews are scheduled to be in their neighborhood by calling 311 or by using an on-line map, which is updated daily on the City's website at www.cityofsacramento.org/yardwaste.

### Service notes:

- Yard waste containers will continue to be picked up weekly on regularly scheduled collection days. Container customers should continue to use their container weekly, in addition to the Fall/Winter Loose-in-the-Street service.

- Loose-in-the-Street pickup typically will not occur on a customer's regularly scheduled garbage/recycle collection day. Residents can use the online map to find out their next projected service date.

- Projected dates shown on the map can change up to 12 hours before pickup, based on weather, equipment availability, and the amount of material to be collected.

- Weather has a significant impact on Loose-in-the-Street service. Crews work rain or shine six-days-a-week, including holidays, and stormy weather can slow down collection.

- Daily service needs may change and are unpredictable. Crews do not know from day-to-day the volume of material they will need to remove until they are on city streets. Days with high volume piles in one zone may impact the speed of clearing a neighborhood and moving to the next neighborhood.

- The citywide Fall/Winter Loose-in-the-Street collection includes curbside holiday tree pickup. The last day trees can be placed out for pickup is 6 a.m. on Monday, Jan. 14. Trees should be clean of all lights, tinsel, decora-

tions etc. and have no stand attached. Flocked trees will be accepted.

For more information on Solid Waste & Recycling Division services, call 311.

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## San Juan Unified shows continued growth in state achievement target

Special to the Arden-Carmichael News

Roughly a quarter of San Juan Unified schools recorded 20 or more points of growth in their statewide measures of academic achievement, according to 2012 Academic Performance Index (API) data.

That distinction includes Cottage Elementary School, whose 69-point increase was one of the largest in the region.

Overall, nearly half of San Juan Unified's schools met or exceeded the state's target API of 800: 48 percent of traditional K-12 District schools – 31 in all – reached that threshold, an increase of two percentage points over the previous year and 13 percentage points since 2008.

"While these results are only one measure of performance, they illustrate continued progress as teachers, principals, families and school communities strive to personalize instruction for students – all of whom we believe can and will learn," said Superintendent Glynn Thompson.

API scores are a composite of students' performance on standardized tests. Schools are assigned scores from 200-1000, and the state has established 800 as a desired level of performance.

API results are used to compare schools to other sites across the state and to other schools with similar demographics. The scores are one of many tools used to track schools' academic performance as San Juan Unified continues efforts to improve teaching and learning through special literacy programs, instructional coaching, a strong arts program and a focus on 21st century skills.

Even if they did not hit the 800 API target, many San Juan Unified schools saw significant progress: 65 percent of schools, for instance, met their school wide growth target (calculated as 5 percent of the difference between the previous year's API and 800).

Compared to the state, San Juan Unified's overall API of 790 is two points higher than the state's and showed a six-point gain over last year, while the state posted a 10-point gain overall.

Some 53 percent of schools statewide scored at or above the state API target of 800.

All student groups in San Juan Unified experienced growth or held steady in their APIs, except for African Americans, who saw zero growth, and American Indians, whose API scores dropped by eight points.

Students with disabilities, Hispanic, Pacific Islander and white



Photo courtesy of the San Juan Unified School District  
Overall, nearly half of San Juan Unified's schools met or exceeded the state's target API of 800: 48 percent of traditional K-12 District schools – 31 in all – reached that threshold, an increase of two percentage points over the previous year and 13 percentage points since 2008.

students all realized API growth at a rate higher than the District as a whole.

In its community developed Strategic Plan, San Juan Unified has made it a goal to reduce achievement gaps in areas such as standardized tests, graduation rates and college readiness by at least 50 percent by 2015.

Test scores each school in the district can be found here:

<http://dq.cde.ca.gov/dataquest/Acnt2012/2012GrthAPIDst.aspx?allcds=3467447>

This article has been reprinted with permission from SJ Scene, the San Juan Unified School District's newsletter.



## Dreaming of Being Rockettes

Since they were little girls, my mom and her sisters were always best friends. They spent hours on their roller skates choreographing routines and performing for the neighbors. They dreamed of one day having their own stage show.

Over the years, their dreams changed. They each married and had children, but they always remained close. Holidays and family dinners were well orchestrated events, much like their skating routines. Each would make a dish for our elaborate meals with table decorations to match. The night would not be complete without songs and dancing around the piano.

I can see the loneliness in my mom's eyes, as my aunts are gone now. She has not been herself since the loss of her best friends.

She seems depressed and does not leave her home. She needs help with daily tasks: food prep, housework and transportation. I want her to have joy and companionship again.

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# Country Club Plaza has rich history

Future exterior, interior upgrades, new stores, possible name change in the works for plaza

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

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

Country Club Plaza, as presented in the previous article of this series, began with a supermarket anchor in 1958 and three years later had its first department store, Weinstock's.

## Weinstocks, a very impressive structure

Carmichael resident Bill Ellis, who was the first manager of the Weinstock's store in the plaza, described the Weinstock's building, which took more than a year to build, as a very impressive structure.

"When Weinstock's opened (in the plaza), it was a very unique building," Ellis said. "It had imported marble and it had all kinds of amenities. It was something like Sacramento had never seen."

And in describing the store's interior, Ellis, 89, said, "We imported hardwood floors from Kentucky for certain departments and

we had the people from Kentucky come and install them. We had wonderful, full-wall carpeting in certain areas and we had a fine dress department and we had a fine coat department. The showcases, which is what we did in those days, were of fine quality and cost \$1,000 a foot. We had china, glass, gifts, sterling silver. It was a very high class store."

Ellis said that he was named the store's manager while he was working as a buyer at the Weinstock, Lubin & Co. store at 12th and K streets.

"I was told I would be manager three months before (the plaza's Weinstock's store) opened, roughly, and I was in on the last part of the construction (of the plaza building)," said Ellis, who altogether spent 40 years working for Weinstock's. "I was there to learn what the store was about and what the space was allocated for and to supervise the workmen who were putting things together."

Also associated with the plaza store were Marion Armstrong, president and general manager of Weinstock, Lubin, and the store's

assistant manager, Ray L. Byers.

As mentioned in the previous article of this series, a Penny's department store opened at the site of the plaza's Stop-N-Shop store in the summer of 1971.

Kathy Neutz, who grew up in Fair Oaks, said that she remembers shopping at this Penny's store and other businesses in the plaza during the 1970s and 1980s.

## The plaza was the place to shop

"I remember going to some of the older stores (at the plaza) like Penny's and Weinstock's," Neutz said. "It was busier back then, because there weren't as many malls. (The plaza) was one of the malls besides Sunrise Mall (in Citrus Heights) that you could go to. I would come here (to the plaza) with my mom or with friends. It wasn't a hang out mall though, like Sunrise (Mall) and Arden (Fair Mall)."

After many years of operation at its plaza site, Penny's was replaced by Gottschalks.

During the summer of 2009, Gottschalks closed its plaza store and the building remains vacant.

Weinstock's closed in 1996 and was replaced by a Macy's department store.

In 2003, under its then Scottsdale, Ariz.-based owners, Arizona Partners Retail Investment Group, LLC, the aged plaza was remodeled.

Unfortunately for the plaza, despite this remodel, many stores left the plaza and the mall was left with many empty store spaces.

Among the last businesses to exit the plaza were Subway, American Eagle Outfitters and PacSun Clothing.

## Future of the plaza

While recently shopping at the plaza, Neutz said, "There definitely used to



Palms line Macy's parking lot along El Camino Avenue.

Photo by Lance Armstrong

be more to (the plaza) than there is now. I just think it's the area. It has kind of declined a bit and there are other areas that are growing and upcoming and that's where (people) want to go. Hopefully they can rebuild this area and get it more economically stable. It's all about the competition."

For those concerned about the present status and future of the plaza, Peter Morgan, vice president of Laeroc Funds, the private real estate investment company for the plaza and multiple properties from San Diego to Portland, said that this shopping center's future appears promising.

"When we bought the center in (August 2006), we were really excited about the opportunities," Morgan said. "The mall was basically full and performing very well. It was just our timing on acquisition by 2006, right before the worst recession since the Depression, to the demise and bankruptcy of our an-

chor tenant, Gottschalks, in combination with the downturn in the retail market in Greater Sacramento.

"We think we're coming out of this recession, the letter of intents (for possible new tenants) and the capital improvements that we plan to put up, we truly believe that this is the low point of the center's life. We're excited about the opportunities going forward to bring the mall back to its prominence."

The letters of intent are from Office Depot, which would take about 6,000 feet at the plaza, and a national grocery store, which would use the 92,000-square-foot space at the former Gottschalks site.

## Bed Bath & Beyond and Ross Dress for Less leaving the plaza?

In regard to recent local news reports that Bed Bath & Beyond and Ross Dress



Ross Dress for Less and Bed Bath & Beyond have both signed leases to be located at Country Club Plaza through at least 2014.

Photo by Lance Armstrong



The old Gottschalks store space at Country Club Plaza has been vacant since 2009.

Photo by Lance Armstrong

## Plaza: Improvements in the works

Continued from page 6

for Less will be relocating to Town and Country Village, Morgan said, "At this point, both of those tenants have leases and Ross just extended their lease with us. If (the addition to) Town and Country is built, Bed Bath & Beyond and Ross are supposed to open stores in that location. But Bed Bath & Beyond and Ross could make a decision to have a store in both locations. They both have an option that they could exercise to extend their terms (at the plaza)."

Although Morgan would not reveal when these leases end, he did state that the leases are signed through at least 2014.

He also noted that the plaza's Sports Chalet store has renewed its lease.

Morgan added that remodeling and other enhancements, including façade improvements from La Bou to the old Gottschalks building, are planned for the plaza.

"The grocery store is planning a remodel of the façade and the accompanying parking lot," Morgan said. "We are planning concurrently an extensive improvement of our parking field in front of the mall, including landscaping, parking lot improvement and repair and a brand new entry façade to the mall."

"Once we get that completed, then we tackle the interior of the mall. It could be as quickly as six months. But we really can't do any construction work in the mall during the holidays."

And for those who find confusion in having two shopping centers with similar names at Watt and El Camino avenues, Morgan said that help may be on the way.

"We're looking at renaming (Country Club Plaza) to reflect that (future) look of the center, although we don't have a new name chosen," Morgan said. "When we come up with some names, we're probably going to float them by the market before we actually (change the name) to see how it's received."

In summarizing his feelings about the future of the plaza, Morgan said, "I'm very excited about where this center's going. I think Sacramento is going to be delighted to see the improvement from where it's been to where it's going."

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See Plaza, page 7

# Opening Hearts and Minds Through Harmony for 25 Years

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

Stroll by First Christian Church between 6:30 and 9 p.m. on a Monday evening and chances are you will be treated to the sweet sounds of the Sacramento Women's Chorus.

Every Monday evening the Chorus – which will be celebrating its 25<sup>th</sup> anniversary in 2013 – holds its weekly rehearsal, says Robin Richie, who has

been director of the Sacramento Women's Chorus for the past three years.

An instrumental music teacher at Rocklin Unified School District with a Master in Music Degree from the College Conservatory of Music at the University of Cincinnati, Richie decided to take on the director position because she says she would bring a "wealth of skills and style" to the



Every Monday evening the Sacramento Women's Chorus – which will be celebrating its 25<sup>th</sup> anniversary in 2013 – holds its weekly rehearsal. Photos by Kati Garner

See Chorus, page 9

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# Chorus: Group performs for women's organizations free of charge

Continued from page 8

group. "My emphasis is on vocal production and performance skills and that's exactly what they were looking for," she says.

Since then, Richie has grown the Chorus in both size – from 18 to 48 members ranging in ages from 20s to 70s – and skill. She also says the director position has allowed her to continue to grow musically. "Any time I get in front of the Chorus it's kind of like OK, what can I bring new to them tonight and what can I learn from this experience that I can go back next week and make it even better," she says.

### Music Makers

One person who appreciates the work Richie does for the Sacramento Women's Chorus is Mary Nikakis – a retired Sacramento County social worker who has been a member of the Chorus for seven years.

Nikakis says she decided to join the Chorus because she loves to sing and unless you're in school or a church choir, there aren't many places to sing. "I was drawn to the philosophy, the wonderful group of women, and just the chance to sing marvelous things," she says.

One of Nikakis' favorite things about the Chorus is its sense of com-

munity. "We go and do things together, we help each other move, we take soup when somebody's sick – it's really a much closer group than a few people that come together to sing for an hour and leave," she explains.

She also loves the diversity of the group. "We all comes from different places, stages, backgrounds, economic status, and we're all united in wanting to sing," she adds.

As a past president of the Chorus' Board, Nikakis says she has learned skills that she would not have been able to learn elsewhere. Additionally, she feels it has given her an outlet for stress relief and it has given her "someplace to go where I know I'll be welcomed and happy every week."

### Sing Out Loud

Nikakis likes that the Chorus performs for various groups that promote the rights and well-being of women, such as WEAVE, the Center for AIDS Research and Education, Wellspring Women's Center, Girl Scouts, Eskaton, and Loaves & Fishes. She also likes that the group performs at events such as Take Back the Night and women history events at the State Capitol.

Richie said the group performs for these organizations and events

free of charge, as with their motto – "opening hearts and minds through harmony." "That's our way to give back – we give back through song," she says.

In addition to these numerous community performances, the Chorus performs two ticketed performances a year. Their upcoming annual Holiday Concert and Sing-A-Long will be held on Dec. 10 at the First Christian Church in East Sacramento. "It's a draw for community people to come in and give them a chance to sing some Christmas carols and fun songs that they may not have opportunities to do," Richie says. "It's just amazing – we've had audiences of 150-200 people participate in sing-a-longs."

And on March 9, 2013, the Chorus will celebrate its 25<sup>th</sup> anniversary with a special concert at Rudolf Steiner College in Fair Oaks. Richie says the Chorus will be inviting past directors back to direct songs for the concert.

Plus Richie was recently given permission to write an arrangement for a song called "A Woman's Voice," which was originally written for Senator Barbara Boxer, and the Chorus will be premiering the arrangement at the concert. "No one has done this particular arrangement

of the song – we actually wrote it for the Chorus – (so) that's going to be a really big deal for us," she says.


### Add Your Voice

Although the Sacramento Women's Chorus has grown over the last few years, they are still looking for new voices to add to their ensemble.

In fact, on Jan. 14, the Chorus will be holding an Open House to give those interested an opportunity to see what the Chorus is all about. Richie urges those interested to attend the Open House or just come by for one of the group's Monday evening rehearsals. "You can look at a website and you can read about it, but until you're actually there, you hear what we do and meet and greet the people that are part of the Chorus, you don't really get a good feel for it," she says.

And Nikakis urges any woman considering joining the Chorus to go for it. "You've got nothing to lose and everything to gain," she says. "We have women of all different levels of musical ability – it's just a wonderful place to have a little creative outlet, explore yourself a little bit, learn something new, and enjoy the company of a really fun community of people."

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Kurt (16) was diagnosed with Acute Myeloid Leukemia (AML) last November. He endured four harsh rounds of chemotherapy and experienced hair loss, mouth sores, muscle atrophy, and extensive fatigue. He fought his cancer into remission in mid-May. Unfortunately, he relapsed and his brother is not a match. Kurt is Chinese, making his search for a compatible donor much more challenging. Kurt's best chances of finding a perfect match will be from someone who is Chinese or Asian descent.

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# Effie Yeaw Nature Center brings community closer to the world around them

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

For Carmichael resident Diana Parker, visiting the Effie Yeaw Nature Center in Ancil Hoffman Park is a meditative experience.

"You just feel good when you're there – it's a real break from all the hustle and bustle of a busy life, which we all experience," she explains. "It's a break from technology and those other things that keep you hopping."

"It's a very serene little pocket where there's lots and lots of wildlife," adds Betty Cooper, development director at Effie Yeaw Nature Center. "The woodland that's in our nature study area wildlife preserve is pretty much untouched by development, so people are so excited when they come here because they can't believe how wild it is."

Cooper said the center first opened in 1976, which is part of an almost 100-acre preserve tucked away

in a quiet part of the American River Parkway.

Right now in the museum is the "Wild About Wetlands" – an interactive exhibit that teaches visitors the importance of wetlands in the environment. Cooper says the exhibit was originally built and shown in 2007. "Wild About Wetlands" was really a popular exhibit, so it's having a little encore display right now," she adds. The exhibit will be up until the end of the year.

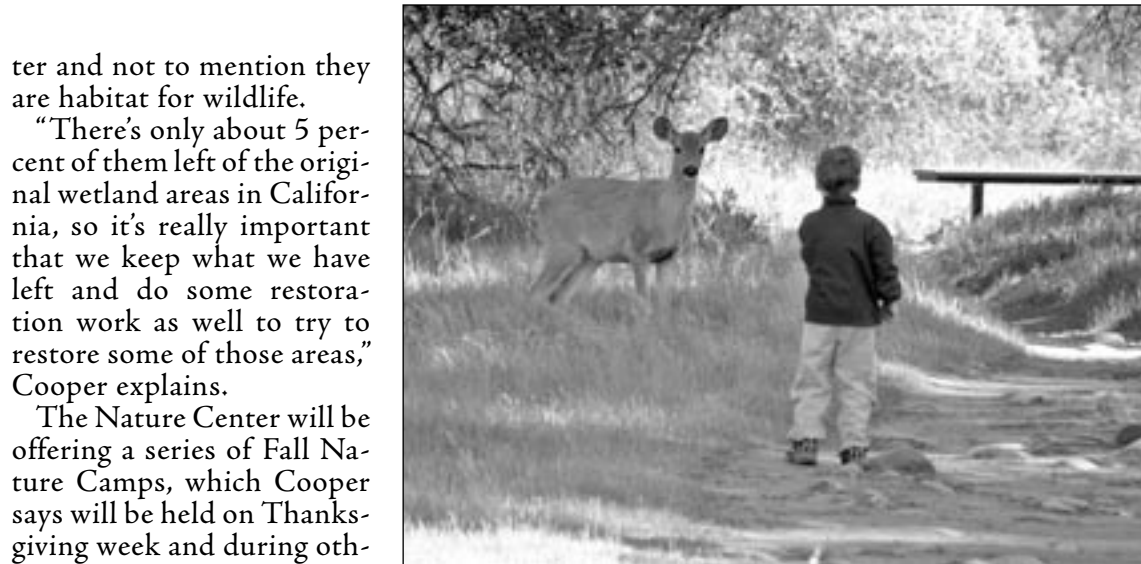
Features of the exhibit include a crawl-through space for kids to see what it's like being under the water in a wetland, animal displays, puzzles, and a five-panel mural on the history of wetlands painted by an art teacher from Sacramento, according to Cooper.

Cooper says it's important to teach kids and adults about wetlands because wetlands are a very important part of our environment, especially in the Central Valley, as they perform a number of important functions such as filtering runoff wa-



Children enjoy the view at Effie Yeaw.

Courtesy photos



ter and not to mention they are habitat for wildlife.

"There's only about 5 percent of them left of the original wetland areas in California, so it's really important that we keep what we have left and do some restoration work as well to try to restore some of those areas," Cooper explains.

The Nature Center will be offering a series of Fall Nature Camps, which Cooper says will be held on Thanksgiving week and during other school breaks. And every Saturday and Sunday the Nature Center offers free presentations and nature walks for all ages.

Then March 23-24, 2013, Cooper says the Center will hold its popular "Bird and Breakfast" special event in partnership with the Audubon Society. The event puts attendees in small groups with an expert guide who takes them out to see birds nesting and other sights they might miss on their own, and answer questions. "So it's a beautiful morning walk and then they come back and get fed an incredible breakfast," Cooper adds.

Cooper says having programs and special events like these – as well as the Nature Center in general – gives community members an opportunity to come out and experience the natural world through direct experience by having "a chance to look into the eyes of a deer (or) a hawk so they can feel that connection and that

wonder that is so important (for) people staying in touch with the importance of nature," she explains. "Our connection to nature is what keeps us connected to each other."

Parker agrees, adding the Nature Center helps teach the next generation about the world they share with others. "It's really teaching anyone who's interested in the connection between nature, healthy communities, and a healthy planet," she explains. "We are hoping to impart upon people how to be good stewards if they see the connection between these actions and the natural world around them."

Today Cooper says the Effie Yeaw Nature Center includes a visitor center with live animals – such as hawks and snakes – that are native to the area, as well as a gift shop and bookstore, a museum with changing exhibits, and a replica Maidu village. Also outside the

preserve offers three self-guided trails.

The Nature Center is named for Effie Yeaw, who Cooper says was an elementary school teacher and environmental activist in Carmichael who worked out an arrangement with the original land owners to bring her students to the area.

"They gave her permission to bring her students here so that she would have a place to teach them about nature with direct experience rather than just reading about it in books or watching it on television," Cooper says. "She felt that was really important having people develop an affection and appreciation for the natural world through direct experience."

As president of the American River Natural History Association (ARNHA) – a nonprofit that for many decades has supported the

# Wildlife: Center relies on community support

Continued from page 10

Nature Center, Parker has seen the center nearly close.

In July 2010, ARNHA took an even deeper role by deciding to become financially responsible for the Nature Center after Sacramento County ceased all funding for the Nature Center because of the budget crisis, according to Cooper.

"The whole staff was laid off and it looked like the Center was going to close," Cooper recalls. "ARNHA stepped up to say we're not going to let the Nature Center close and ... we're going to take over the management of the Nature Center. The County granted them the opportunity to do that and we've become fully nonprofit since July 2010."

Cooper says the Center relies on memberships, donations from the community, lots of volunteer support, grants and special events to bring in revenue for the Center.

### If you go:

The Effie Yeaw Nature Center is located inside Ancil Hoffman County Park, 2850 San Lorenzo Way, off Tarshes Drive in Carmichael. The San Lorenzo entrance to Ancil Hoffman Park is permanently locked and the only way to enter the Effie Yeaw Nature Center by car is from Tarshes Drive and California Avenue.

The trails are open daily from dawn to dusk. The Nature Center Building with



exhibits, information, live animals and the book and gift store is open February through October, Tuesday through Sunday from 9 a.m. to 5 p.m. and November through January, Tuesday through Sunday from 9 a.m. to 4 p.m. The Center is closed Mondays, but open on public holidays that are Mondays, except Christmas Day and New Year's Day. Hours of operation could change, especially in stormy weather. Call to confirm hours of operation for the day 489-4918.

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See *Wildlife*, page 11

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Man with dog—Clipart © Microsoft Media

# Arden and Carmichael area schools compete with Natomas to collect the most recyclable materials

Special to the Arden-Carmichael News

Dr. Richard Pan, the American Chemistry Council, Keep California Beautiful and the Sacramento Regional Conservation Corps today launched *Read, Write, Recycle!*, a recycling contest for students of San Juan and Natomas Unified School Districts.

Six schools, two from the San Juan Unified School District and four from the Natomas Unified School District, will compete over the next five weeks to collect the most recyclable materials. One winning school in each district will receive \$500 for the most recyclables collected. A grand prize of \$1,000 will be awarded to the single school in the two districts that recycles the most paper, aluminum, glass, and plastic.

"It's no secret that schools have suffered tremendous cuts over the last few years, and we need to be creative to generate much-needed funds," said Dr. Pan, who chairs the California State Assembly Committee on Health. "This partnership is an excellent example of working together to meet students' needs, while still teaching valuable lessons like recycling."

Each school will receive \$150 for participating. These funds can be used for much needed school supplies. In addition, each of the participating schools will receive several recycling bins. Teachers and students also will receive tips to help encourage recycling at school and at home.

"We are inspired by the enthusiasm these young people bring to recycling. Collecting valuable materials like plastic, paper, aluminum and glass and diverting them from the waste stream is a great way to be part of solutions that show commitment to a clean environment," said Steve Russell, vice president of the Plastics Division at ACC. "We're proud to be part of any program that helps create the next generation of recyclers."

A total of 165 elementary school classes from the six schools will participate in this five-week recycling challenge. In total, more than 4,300 students will participate in the program, learning valuable lessons about recycling.

"We are delighted to work with the San Juan and Natomas school districts, Assemblymember Pan, the ACC

and Keep California Beautiful to provide an opportunity to recycle in Sacramento-area schools," said Dwight Washabaugh, executive director of the Sacramento Regional Conservation Corps. "Partnerships like these help our kids value the environment and help our corps members learn valuable skills in the workplace."

The contest wraps up in November with an acknowledgment of the winners. To learn more about Read, Write, Recycle!, please visit [2valuable2waste.com](http://2valuable2waste.com).



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## CARMICHAEL WATER DISTRICT ELECTIONS


My late husband, Bill Berry, and I supported the Carmichael Water District (CWD) for many years. During those years, CWD dramatically improved its technology, services, and customer and community outreach. CWD management and directors -- dedicated water professionals and community-oriented individuals -- were directly responsible for this track record of success. Today CWD is recognized locally, state-wide, and nationally as a water district leader.

The Board of Directors has grown from 3 directors to 5 directors in order to more fairly represent the CWD customers of Carmichael. An important election is coming up. For residents who want to continue CWD's long record of excellence, the choice is clear.


Mark Emmerson, who has served 16 years as a Director of CWD, and Ron Greenwood, who has been a director for

5 years, have proven their commitment to our community. Under their leadership, as well as the leadership of other directors and management, CWD has provided water of the highest quality at the most economical rates to Carmichael residents and businesses.

*Please join me in voting for*



**Mark Emmerson**  
Division 2



**Ron Greenwood**  
Division 4

Customers residing within the boundaries of the district are asked to choose two of the four candidates for the board of directors. It does not matter which division customers live in, since the election is at-large.

*Thank you,  
**Peggy Berry**  
Carmichael Resident, 42 years*



# BOO!

## It's Halloween Time!

By **CORRIE PELC**  
Valley Community News writer  
corrie@valcomnews.com

Wondering where to pick a great pumpkin or what's going on for Halloween? We've got you covered with some great ideas!

### Get Pickin'!

Whether you're looking for the perfect pumpkin for jack-o-lantern carving, or hoping to catch a glimpse of Charlie Brown's Great Pumpkin, the good news is there's lots of options close to home to take the family and get in the Halloween spirit!

For instance, little ones can get out and pick their own pumpkin at the pumpkin patch at Fair Oaks Boulevard Nursery on the weekends until October 28 from 11am-3pm. According to Owner Debbie Woodruff there's also face painting, a straw bale maze, haunted house, and photo opportunities. They've also invited local food trucks El Chacuaco Tacos & Burritos and Papadales Food Diner to add to the experience.

"It's just us having fun in the neighborhood," Woodruff says. "We're just bringing the urban feel for a pumpkin fall gathering here."

Over in West Sacramento, Dave's Pumpkin Patch offers five acres of pick-your-own pumpkins, as well as the Carnival, which features a number of attractions from farm animals to the Pumpkin Princess Castle to the huge Jumping Pillow, says Manager Andee Solis. The

"We've been here for over 25 years and each year we just get bigger and better, so we're pretty excited - this year is going to be one of our biggest yet," Solis adds.

And in South Sacramento, visitors to Roemer Pumpkin Patch get to take a hayride to its eight acre pick-your-own pumpkin patch. Owner Dan Roemer says the patch features a variety of pumpkin sizes, with the largest weighing in 100 pounds. The patch also features photo opportunities, a picnic area, and a five acre corn maze.

"It's a clean, safe, wholesome environment when they come out here," Roemer adds. "Just come out, enjoy yourself, pick a pumpkin and spend



Photos courtesy of Roemer Pumpkin Patch

a couple of hours in a stress-free environment."

Here's a look at just a few of the pumpkin patches in the Sacramento region. *Editor's note: As hours and details may have changed after press time, please make sure to call and confirm the following information before visiting. Please note most pumpkin patches close for the season on or before October 31.*

**Bastiano Farms Goblin Gardens Pumpkin Patch**  
3845 El Centro Road, Sacramento  
916-925-2496

**bastiaofarmsgoblingardens.com**  
Monday-Sunday, 10am-7pm

**Dave's Pumpkin Patch**  
3010 Burrows Ave., West Sacramento  
916-849-9450  
www.vierrafarms.com  
Sunday-Thursday, 10am-dusk; Friday-Saturday, 10am-9pm (Haunted Maze open until midnight)

**Fair Oaks Boulevard Nursery**  
4681 Fair Oaks Blvd., Sacramento

See Halloween, page 17

# Halloween: Local pumpkin patches and events

Continued from page 12

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**Keema's Pumpkin Farm**  
6532 Point Pleasant Road, Elk Grove  
916-684-2334  
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**Roemer Pumpkin Patch**  
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www.roempumpkinpatch.com  
Tuesday-Friday, 2-5pm; Saturday-Sunday, 9am-5pm

**Uncle Ray's Pumpkin Patch**  
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**Dia De Los Muertos/"Souls of the City"**

In honor of "Day of the Dead" activities celebrated each year in Mexico and in major cities around the world, Sol Collective and the Historic Old Sacramento Foundation have teamed up to present a series of Dia De Los Muertos/"Souls of the City" events and activities in Old Sacramento

that take place throughout October and culminate on November 2-3.

A schedule of the special workshops--free with Museum admission--and activities is as follows:

- Papel Picado & Paper Flowers Workshop - 10/6 at Sacramento History Museum (11am-2pm)
- Calavera Masks & Pinatas Workshop - 10/13 at Sacramento History Museum (11am-2pm)
- Decorate Frames & Candles Workshop - 10/20 at Sacramento History Museum (11am-2pm)
- Honoring Our Past Event\* - 10/25 at Sacramento History Museum (6-8pm)
- "Souls of the City" Pop Up at Panteon De Sacramento Event - 10/27 at La Raza Galeria Posada (11am-11pm)

Then on Friday, November 2, from 8pm to midnight, the community is invited to a free Traditional Altar & Velacion Ceremony and large-scale Altar Installation at Waterfront Park in Old Sacramento. And on Saturday, November 3, a final evening of free Dia De Los Muer-

tor or "Souls of the City" celebratory activities will take place throughout the Old Sacramento beginning at 4pm that include family-friendly fun such as face painting, a pop-up photo booth and traditional music, with festivities concluding at 6pm with a traditional Procession and not-to-be-missed Azteca Dance performances.

For more information visit [www.historicoldsac.org](http://www.historicoldsac.org) or [www.solcollective.org](http://www.solcollective.org).

### Scarecrow Festival & Parade

Denio's Farmers Market and Swap Meet in Roseville is inviting the entire community to join in the first "Denio's Scarecrow Festival & Parade" on Saturday, October 20 from 10am-3pm. The day will feature a variety of activities for the entire family including pumpkin and treat bag decorating, kids carnival area, handmade treats, craft vendors, costume parade, live scarecrow auction and Trick or Treating within the scarecrow area.

Participants are invited to enter the scarecrow contest to help neighbor-

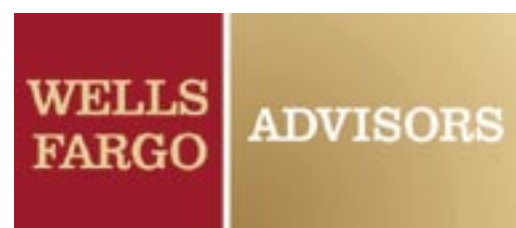


hood schools and win fantastic prizes. All scarecrows will be available for viewing in the Denio's Scarecrow Arena throughout the event and will be judged by popular vote from festival visitors. Cash awards will be handed out to the top two scarecrows and a third

will receive a special Denio's Choice Award. The costume parade will also have winners for the most creative and fun costumes.

An entry form and additional information about the Scarecrow Festival & Parade can be found at [DeniosMarket.com](http://DeniosMarket.com).

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To view Joseph's website, simply scan the code with your smartphone.



Photo by Stephen Crowley

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Faces and Places:

# Pumpkin Painting at the Carmichael Farmers Market

Photos by Bill Condray  
bill@valcomnews.com

Families enjoy shopping for harvest vegetables while their kids enjoyed pumpkin painting at the market on Sundays in Carmichael. Children painted their own designs and adults had fun too!



# Mira Loma sophomore diagnosed with Acute Myeloid Leukemia

## Bone Marrow Drive to be held on campus Oct. 29

By MONICA STARK  
Arden-Carmichael News writer  
editor@valcomnews.com

Mira Loma High School sophomore, Kurt Lee, was diagnosed with Acute Myeloid Leukemia last November. Lee endured four harsh rounds of chemotherapy and experienced hair loss, mouth sores, muscle atrophy and extensive fatigue. He fought his cancer into remission in mid-May.



Unfortunately, he relapsed and his brother is not a match. Lee is Chinese, making his search for a compatible donor much more challenging. Lee's best chances of finding a perfect match will be from someone who is Chinese or Asian descent. The goal is to get him in complete remission, then have a bone marrow transplant to try to cure him.

Church and went on short-term missions, Timothy Lee said. "He's pretty sociable kid," he said.

So, there will be a bone marrow drive at Mira Loma High School on Oct. 29 to try not only to find a match for Lee, but also to diversify and increase the donor pool.

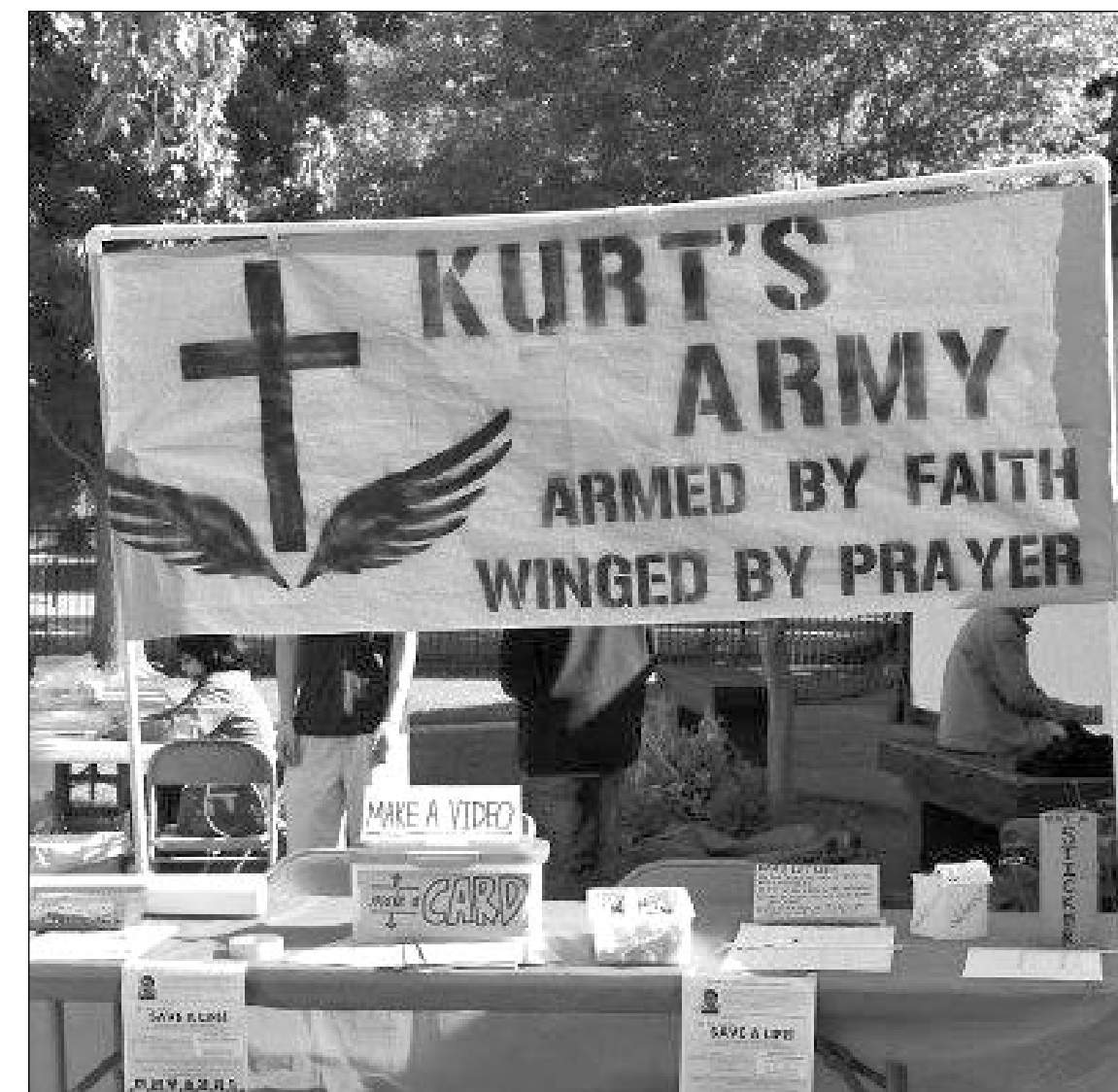
Because Kurt Lee has been in the hospital so much, he has not been able to do those things. In fact, he was in the intensive care unit for three months, his dad said.

"They tell you it's very unlikely to find a bone marrow match at a drive, but you are helping other people ... Kurt is willing to do it to help other people," Timothy Lee, Kurt's dad said.

Family members have set up a Team Kurt for the 'Light the Night' Walk around the capitol on Oct. 27. So far the team has made \$5,000. The Bible Church has put gifts together for him.

While most teenagers obsess with Facebook and videogames Kurt Lee is a pianist and cellist. He participated in many Friday night activities at Chinese Grace Bible

According to the Asian American Donor Program, for Leukemia and Lymphoma patients, their bone marrow is not able to produce healthy white blood cells, which in turn, makes the body unable to fight infections properly. This affects the ability of a patient's bone marrow to then



produce enough red blood cells and platelets.

The AADP explains that essentially, their bone marrow is defective. In order to treat this, doctors often start with chemotherapy to kill off the defective blood cells in hopes that a patient's bone marrow will start to produce healthy blood cells.

According to the AADP, because the markers used in matching are inherited, pa-

tients are more likely to match someone from their own race or ethnicity. Adding more donors and cord blood units from diverse racial and ethnic backgrounds to the Be The Match Registry increases the likelihood that patients will find the match they need.

On the web:

<http://www.lightthenight.org/sac/>  
<http://www.aadp.org/>  
<http://www.chinesegracebiblechurch.org/>

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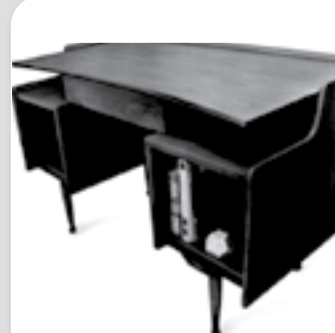
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Designer Serene Lusano and craftsman Alan LaGuardia are the couple behind Sacramento's Blockhouse Modern. In 2010, the couple took a collective love of mid-century modern furniture and housewares to create the company - dedicated to restoring and re-purposing all things 1950's, 60's, and beyond.

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## Carmichael neighbors earn their 'blue thumb'

Special to the Arden-Carmichael News

Carmichael residents came together Saturday, October 13 to improve a neighbor's front yard while learning sustainable landscaping during a free hands-on workshop and "Garden Party."

Part of the Blue Thumb Neighbors program, landscape designer Cheryl Buckwalter and irrigation specialist Don Smith taught participants how to replace water-wasting lawn sprinklers with more efficient ones, install in-line irrigation and plant beautiful, low-water use flowers and plants.

After the instruction, participants dug in to create a beautiful result--new irrigation, flowers and plants that are both attractive and water smart.

The hands-on Garden Party was the final element of Blue Thumb Neighbors, a free program that teaches participants how to create beautiful, River-Friendly landscapes. River-Friendly landscaping is a holistic approach to sustainable landscaping that uses resources, like water, efficiently and incorporates practices that foster soil health, reduce waste and prevent pollution of the air and waterways.

Each of Carmichael's 58 participating households received a free at-home consultation on efficient watering sponsored by the Carmichael Water District, as well as resource kits and education during three September workshops on sustainable landscape design, efficient watering and selecting beautiful low-water use plants. Two



participants won weather-based "smart" irrigation controllers donated by Rain Bird and Hunter for completing all program components.

During the program participants learned that more than 60 percent of a household's water use occurs in the landscape. Of that, it's estimated that more than 30 percent is wasted due to overwatering and evaporation. They learned how to program their sprinkler systems to deliver just the amount of water plants need and about low-water use plants that are especially suited to thrive in the Sacramento region. Volunteer instructors included Buckwalter of design firm Landscape Liaisons, Smith of the City of Folsom and Ellen Zagory of the U.S. Davis Arboretum.

"Carmichael Water District is thrilled by the number of participants who embraced this truly valuable program," said CWD Public Information Officer Chris Nelson. "Our water use affects the beautiful American River and our local streams that help make Carmichael unique. When we use more water in our landscape, we

See Blue Thumb, page 21



## Blue Thumb: Neighbors using less water

Continued from page 20

leave less in our waterways to support fish, plants, wildlife and recreation. Blue Thumb Neighbors teaches us how to be good stewards so there is enough water for all."

Blue Thumb Neighbors is sponsored by the Regional Water Authority, which includes 22 water providers in the Sacramento region, including Carmichael Water

District. The program was offered in partnership with the Carmichael Creek Neighborhood Association.

For information about bringing Blue Thumb Neighbors to your community, contact your local water provider or Blue Thumb Neighbors Program Coordinator Christine Kohn at 916-944-1631.



Photos courtesy

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# Preparing for the 2012-2013 Flu Season

By MICHAEL SIEGEL, M.D.  
Special to Valley Community News

Though summer vacation and barbecues aren't far behind us, as a physician for Molina Healthcare, I remind my patients that it is never too early to get vaccinated for the upcoming flu season. The Centers for Disease Control (CDC) recommends that the public gets vaccinated as soon as the new vaccine is offered since the antibodies take about two weeks to provide the full measure of protection. Even if you were vaccinated in years past you should still get vaccinated because every year the vaccine is not only different, but also modified to protect against the flu strains most likely to be seen the coming season.

### When does flu season start?

Flu season can begin as early as October, and typically lasts through May, peaking in January and February. Although the flu usually doesn't hit until the fall, the CDC and the World Health Organization (WHO) – two

organizations that determine the contents of the influenza vaccine to be developed each year – have been looking toward the next flu season for a while. This is because the vaccine manufacturing process begins six to nine months ahead of time to insure enough supply on hand.

### Who should get vaccinated?

The CDC recommends that anyone over six months of age gets vaccinated, especially those at high risk for complications. This includes people with chronic medical conditions like asthma, diabetes and chronic lung disease, pregnant women, children between six and 23 months of age, anyone 65 or older and those who live with or care for those listed as high risk.

### Who shouldn't get the vaccine?

People with severe allergies, especially those with an allergy to eggs, should check with their doctors. Anyone who has had a severe reaction to influenza vaccine previously and any-

one who has ever had Guillain-Barre Syndrome (a disorder where the body's immune system mistakenly attacks its nervous system) should discuss vaccination with their doctors.

### Know fact from fiction.

Many people think of the flu as a severe cold with short-term symptoms that may lead to a few lost workdays/schooldays. However, the truth is, the seasonal flu can be a serious condition and even fatal in some cases. The seasonal flu hospitalizes 200,000 people in the U.S. each year and can kill between 3,000 and 49,000 people from complications caused by it. Some people are also afraid to get the vaccine because they believe it may cause the flu. However, injected flu vaccines only contain dead virus so it can't infect you. The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick.

Preventing the flu takes the same care as preventing other forms of illness. I advise my patients to practice good hand washing habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough. Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or sore throat, a headache, a runny nose, fatigue and chills, and potentially vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to ten days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms. Take precautions when you are in public to prevent getting the flu, and don't forget to get vaccinated to stay healthy this flu season.

Take precautions when you are in public to prevent getting the flu, and don't forget to get vaccinated to stay healthy this flu season.

Michael Siegel, M.D. is the Corporate Vice President/Medical Director, Molina Healthcare, Inc.

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# Rio Americano High School prepares for its 32nd annual playathon

Special to the Arden-Carmichael News

*"That's one half step for band, one chromatic scale for bandkind."*

Elementary and middle school musicians are invited to join the Rio Americano High School Band on Friday Nov. 9 for Playathon, a 17-hour musical marathon.

This 32nd annual event features all seven of the school's jazz and concert bands in addition to soloists and combos from the Small Ensemble program. Playathon benefits Rio's comprehensive music program, serving all levels of musicians. Band students from middle and elementary schools are encouraged to attend from 3:30 to 5:30 p.m. to play along with Rio Band.

The world of outer space—real and fictional, is the year's theme. All attendees are welcome to wear costumes representing their favorite outer space characters. A carnival with outer space themed games and food is free to elementary and middle school musicians from 3 to 8 p.m. The community is invited to attend free evening performances scheduled from 6 to 9 p.m. in

the cafeteria of the school located at 4540 American River Dr.

The Rio Americano High School band program, under the direction of Josh Murray and Max Kiesner, provides the highest quality high school music education.

In September, Rio Band students performed at the Monterey Jazz Festival, Rio's 16th appearance at the famed jazz event. This honor is awarded annually to the top 3 high school jazz bands participating in the Monterey Next Generation Festival occurring the previous spring.

In spring of 2012, Rio's A.M. Jazz Ensemble was among a small number of finalists invited to perform at New York City's Lincoln Center during the Essentially Ellington Jazz Festival, a musical event drawing entries from across the U.S. and Canada, and received high praise from a discriminating panel of judges and an enthusiastic audience of jazz lovers.

Rio's Honors Concert Band was the first Performing Arts course granted honors status in California. Rio's bands have performed in Japan, Chi-



Elementary and middle school musicians are invited to join the Rio Americano High School Band on Friday Nov. 9 for Playathon, a 17-hour musical marathon.

Photo courtesy

na, Australia, Argentina and Spain, and are planning a tour of Italy in 2014.

Tax-deductible donations to the Rio Americano Band Boosters (Federal Tax I.D. # 680018985) will help with the many band program expens-

es not covered by the San Juan School District budget.

For more information about the Rio Band program and Playathon, contact Josh Murray at 971-7512, jomurray@sanjuan.edu, or visit www.rioband.net.

# 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.

## OCTOBER

**Sac State's Jazz Ensembles performance**  
Oct. 25: Starting at 8 p.m., selections include "Moten Swing" by Benny Moten, and "Waltz for Dave" by Chick Corea in the Music Recital Hall on campus, 6000 J St. Tickets are \$10 general, \$7 seniors and \$5 students and available at the University Ticket Office, 278-4323 or http://bit.ly/xRmEZ8. Contact: 278-5191.

**'Crocker Talkers' to be featured at River's Edge Senior Community**  
Oct. 25: Starting at 2 p.m., these well-informed and enthusiastic speakers will share with you the fascinating history of the Crocker Family, the Crocker Art Museum and the museum's stunning display of art. RSVP by calling 921-5131 by Monday, Oct. 22. Refreshments will be served. 601 Feature Dr.

**Stage Fright Haunted House**  
Oct. 25-27: The Performing and Fine Arts Academy's Drama Club presents costumed dancers, face-painting, concession stand, storytelling and more. Thursday and Friday from 6 to 9 p.m., Saturday from 5-9 p.m. \$2 per person. Natomas Charter School, 4600 Blackrock Dr., Sacramento. 803-5863

**Christian Brothers Family Pasta Feed Dinner**  
Oct. 26: \$12 for adults and students. Every dinner receives one raffle ticket. \$6 for kids, ages 6-11, free for 5 and under.

**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 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

**Haunted Stacks: Zombies and Ghosts to Roam Central Library**  
Oct. 26: From 7 p.m. to 9 p.m., the program is Sacramento's creepiest and most educational haunted library tour. There will be a screening of a classic scary movie in the adjacent Tsakopoulos Library Galleria and escorted haunted tours of the Sacramento Room during the film showing. Age 10 and up. No advance registration is required; however arrive by 7 p.m. to sign up. 828 I St., Sacramento.

**Beer, Ribs and Chicken benefiting Elks Lodge's new Sports Lounge**  
Oct. 26: Join Ron Domingos and gang as he cooks up his world-renowned chicken and ribs from 5 to 10 p.m. \$15 per person. No host bar: keg and draft beer for \$1.50. Sac-

ramento Elks Lodge No. 6, located at 6446 Riverside Blvd. 422-6666.

**26th Annual Safe & Super Halloween: A Grimm Halloween**  
Oct. 26, 27, 28: From 5-9 p.m., the fairytales of Wilhelm and Jacob Grimm will come to life for three nights of family fun. Cost: Advance tickets are \$7 members and \$10 nonmembers. Beginning October 26, tickets are \$9 members and \$12 nonmembers. Children ages 1 and under are free. Fairytale Town, 3901 Land Park Drive, Sacramento CA 95822, 808-7462, mail@fairytaletown.org, www.fairytaletown.org

**Gala at the Garden and Casa Boutique**  
Oct. 26-27: Support programs of the Sacramento Children's Home by attending the "Gala at the Garden" on Friday, Oct. 26, featuring fine wines and hors d'oeuvres AND the first opportunity to shop "Casa Boutique". Tickets are available at www.casagardenrestaurant.org OR visit the "Casa Boutique" on Saturday, Oct. 27, no entry fee and see live demonstrations by Open Studio at Lakeside. Both events are at the Casa Garden Restaurant, 2760 Sutterville Rd. Enjoy a unique shopping experience with one-of-a-kind gifts created by talented artisans. Shop today for tomorrow.

**Halloween crafts at Arcade Library**  
Oct. 27: At 2 p.m., for children, ages 5 to 12, children will get in the Halloween spirit with fun crafts, including paper bag ghosts, trick or treat bags, and more. They are encouraged to wear a Halloween costume. Arcade Library, 2443 Marconi Avenue, Sacramento.

**Pumpkin Smash Bash**  
Oct. 27: Smash pumpkins, sample local beers, participate in a costume contest, and be entered in a raffle to drop a pumpkin from a helicopter. The winner of the helicopter raffle will also enjoy a 30-minute helicopter ride courtesy of Joe Heidrick. The bashing goes on from 6 to 9 p.m., at the Heidrick Ag History Center in Woodland. 1962 Hays Lane, 530-666-9700, www.aghistor.org

**Zombie Scavenger Hunt II at Central Library:**  
Oct. 27: Combining the spirit of Halloween with the coming zombie apocalypse, the entire Central Library will be used for an adventure to survive, find useful items and save the world from 6 to 10 p.m. For ages 14 to 24. Registration required, 264-2920 or at www.saclibrary.org.

**Run for a Safe Haven fundraiser for My Sister's House**  
Oct. 27: 9th annual 5k run/walk is the largest fundraiser for My Sister's House, a non-profit dedicated to ending domestic violence. Adults (ages 19 and up): \$30, Teens (ages 13-18): \$25, Kids half mile (ages 12 and younger): \$10. Register at www.runforasafehaven.com

**Make Sugar Skulls at Ella K. McClatchy Library**  
Oct. 27: At 2 p.m., Families can make Dia de los Muertos / Day of the Dead sugar skulls. 2112 22nd Street, Sacramento.

**Third annual Panteon de Sacramento**  
Oct. 27-28: Two day event with 50 large, colorful Day of the Dead altars. To be held in the large parking lot west of 2020 J St.

**7th annual craft and boutique fair at River's Edge Senior Community**  
Oct. 27: Shop in a festive atmosphere from 10 a.m. to 4 p.m. Jewelry, artwork, candles, food, purses, clothing, soaps, music and more will be available. 601 Feature Drive near the intersection of Howe Avenue and Fair Oaks Boulevard in Sacramento. 916-921-5131.

**Concert featuring flutist Mat Krejci**  
Oct. 27-28: The Chamber Music Society of Sacramento invites the public to a concert that features our flutist, Mat Krejci, and pianist Dmitriy Cogen, and will include Mozart's Flute Concerto in D Major; Mendelssohn's Piano Trio; and Faure's Piano Quartet. Performances are on Saturday at 7:30 p.m. at Congregation Bet Haverim, 1715 Anderson Rd., Davis; and Sunday at 7:30 p.m., at Sac State Capistrano Hall's music recital auditorium, off State University Drive West in Sacramento. Season and individual tickets are available by subscription or at the door: \$22-28, 12 for students. http://www.cmssacto.org/

**Tree tour set for River Park**  
Oct. 27: Sacramento Tree Foundation will sponsor a tour of the trees in River Park from 10 a.m. to noon. Participants will learn to identify trees by leaf, bark and growth habits. Insect and disease issues will be discussed as well as watering needs for Sacramento soils and weather. The tour is free and will begin at the River Park Shopping Center on Carlson Ave. near the corner of Lovella Way. sactree.com; 974-4304.

**SactoMoFo event to benefit Rebuild McKinley**  
Oct. 27: From noon to 4 p.m. at Sutter's Landing Park, portions of the proceeds will go to help build McKinley Park.

**Front Street Shelter Haunted Open House**  
Oct. 27: From noon to 4 p.m. at 2127 Front St. Free refreshments and entertainment while deciding which animal to adopt. Humans only.

**Northminster Harvest Fest**  
Oct. 28: Carnival games and prizes, a bounce house, a magician, Rosie the Clown, hayrides, crafts, DJ music, costume contests, refreshments, giveaways, and more from 2 p.m. to 5 p.m. at Northminster Presbyterian Church, located at 3235 Pope Ave. 487-5192 or visit northminsteronline.org.

**PurpleStride Walk**  
Oct. 28: The Sacramento Affiliate of the Pancreatic Cancer Action Network is hosting PurpleStride Walk at 9:30 a.m. The walk begins and ends at Cal Expo. Pancreatic cancer survivors, families, friends and supporters are invited to attend the walk to help raise awareness and much-needed funds for pancreatic cancer research. Register at www.purplestride.org.

**'Boo at the Zoo'**  
Oct. 30-31: Kids can safely trick-or-treat around the lake at 25 different candy stations and other activities include magic shows, costume dance party, ghoulish games, and more. Advanced ticket prices: General are \$10; Zoo members are \$8; children 1 and under are free. Day of prices are \$12; children 1 and under are free. 3930 West Land Park Dr., Sacramento, 95822

**Trunk or Treat**  
Oct. 31: Fremont Presbyterian Church, 5770 Carlson Dr., will host a free Halloween party for children from 6 p.m. to 8:30 p.m. There will be trick-or-treating for candy out of decorated car trunks, zip line and bounce houses. There will also be food available for purchase. For more information, call 452-7132.

**Winnie, the Witch, with Puppet Art Theater at the Carmichael Library**  
Oct. 31: At 4 p.m., for children ages 5 to 12, Winnie loves Halloween, especially the candy. On her way back to pick up sweets on Candy Island, she discovers Willard, the Wizard, trying to make Halloween candy taste like Brussels sprouts. 5605 Marconi Avenue, Carmichael.

**'The Privilege of Planning'**  
Oct. 31: From 11:30 a.m. to 12:30 p.m. Josh Tuttle, General Manager for East Lawn Mortuary and Sierra Hills Memorial Park will provide a 30 minute presentation followed by a question and answer period. St. Francis Community Hall, 6700 Verner Ave. 732-2020.

See more calendar, page 26

## — EVENT LISTING SECTION —

Advertise your craft fairs, holiday bazaars, school fundraises, church events, etc. in your Community Newspapers.

Call (916) 429-9901 for rates.

**FREE LUNCHEON SEMINAR**  
"The Privilege of Planning"  
Presenter: Josh Tuttle, General Manager, East Lawn Mortuary & Sierra Hills Memorial Park, Funeral Director Lic#3435  
Wednesday, October 31 – 11:30 a.m. to 12:30 p.m.  
Seating is limited to 30 attendees per seminar  
**St. Francis Community Hall**  
6700 Verner Avenue, Sacramento, CA 95841  
(1-80 @ Greenback)  
30-minute presentation followed by a question and answer period.  
Reservations Required RSVP to Lisa West @ (916) 732-2020

**Annual Holiday Boutique**  
**Sierra Oaks K-8 School**  
Saturday, Dec 8 – 10 a.m. to 3 p.m.  
Over 20 vendors & local business owners selling jewelry, clothing, decorations & specialty items. Sierra Oaks Café will have coffee, pastries, soup & salad.  
171 Mills Rd. Sac., Multi-Purpose Room Arden-Arcade Area  
Info: carla.halligan@gmail.com  
All proceeds benefit the children at Sierra Oaks School

**21st Annual Beaujolais Plus Wine Tasting & Silent Art Auction**  
Sacramento Suburban Kiwanis Benefit  
Sunday, November 4, 4-7 p.m.  
Dante Club, 2330 Fair Oaks Blvd.  
\$30 Donation  
Kristi Mattes (916) 505-7598

**Sacramento Emblem Club's Annual - HOLIDAY CRAFT & GIFT SHOW**  
Unique Gifts... One-Of-A-Kind Crafts  
Good Food at Reasonable Prices  
Space Info: 686-0347  
Saturday, November 10  
9 a.m. to 4 p.m.  
Sacramento Elks Lodge No. 6  
6446 Riverside Blvd.

**34th Annual "Holiday Show of Hands" CRAFT FAIR**  
Friday, Nov. 30, 5-9 p.m. (\$3)  
Saturday, Dec. 1, 9 a.m. - 7 p.m.  
Sunday, Dec. 2, 9 a.m. - 3 p.m.  
Unique, hand-crafted gifts, decorator items, collectibles  
Hot Lunch - Shuttle from Elks Club  
St. John the Evangelist School  
5701 Locust Avenue, Carmichael

The Performing & Fine Arts Academy's Drama Club presents...  
**Stage Fright Haunted House**  
October 25-27  
Thurs. & Fri., 6-9 p.m.  
Sat., 5-9 p.m.  
\$2 per person  
Costumed dancers, face-painting, concession stand, storytelling, and more.  
Natomas Charter School  
4600 Blackrock Drive, Sacramento  
For info: (916) 803-5863

**Mission Oaks Holiday Craft Faire**  
Saturday, November 3rd  
9 a.m. - 3 p.m. FREE  
Mission Oaks Community Center  
4701 Gibbons Drive, Carmichael  
972-0336  
MORPD.com

**Nutcracker in One Act & Christmas Angels**  
Dec. 1, at 7 p.m., & Dec. 2, at 2 p.m.  
Crockett-Deane Ballet Company & Deane Dance Center  
2300 Sierra Boulevard  
\$15 adults; \$12 seniors/students & \$10 children. Tickets at the door & at Deane Dance Center  
3385 Lanatt Street.  
(916) 453-0226

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

**ALL SAINTS CONCERTS presents**  
4 p.m. Choral Evensong for All Saints Sunday directed by Scott Nelson  
4:45 p.m. QUO VADIS Brass Quintet featuring graduates & students at the Juilliard School, NYC  
November 4 – 2076 Sutterville Road, Sacto  
\* Donations accepted \*  
Overflow parking is available across Sutterville Road, at City College  
Child Care provided — Reception to follow

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

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# CALENDAR

For more calendar entries, visit:  
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## NOVEMBER

### 'Sacramento's Chinatown' lecture at CSUS

Nov. 1: Sacramento's Chinatown, by Brian and Larry Tom, is the topic for the Friends of the University Library's Author Lecture Series presentation in Sacramento State's University Library Gallery, on the campus, 6000 J St. The free presentation takes place at 3 p.m. Thursday, Nov. 1. Sacramento has one of the nation's oldest Chinatowns, and the Tom brothers are third generation Chinese Americans. Contact: (916) 278-5954.

### American Lung Association respiratory rally

Nov. 1: Learn how to best treat the disease including tips on living a high quality life, understanding environmental factors and the

latest in medical innovations, 10 a.m. to 3 p.m. Sierra 2 Community Center, located at 2791 24th St. Sacramento. Free, registration required and lunch provided. 585-7666.

### Bi-Polar Anonymous

Nov. 2: 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.

### Book Sale - Friends of Arden-Dimick Library

Nov. 2: From 3 to 6 p.m., friends of the Arden-Dimick Library will host a 2-day book sale. All books will be reasonably priced, starting at 25 cents. Thousands of titles include: children's books, mysteries, thrillers, adventure, romance, history, art, cookbooks, travel, biographies, sci-

## 'Boo at the Zoo'

Oct. 30-31: Kids can safely trick-or-treat around the lake at 25 different candy stations and other activities include magic shows, costume dance party, ghoulish games, and more. Advanced ticket prices: General are \$10; Zoo members are \$8; children 1 and under are free. Day of prices are \$12; children 1 and under are free. 3930 West Land Park Dr., Sacramento, 95822



ence, fiction, sci-fi/fantasy and more. Arden-Dimick is located at 891 Watt Ave., Sacramento, CA 95864, 264-2700.

### Widowed Persons Association of California meeting

Nov. 2: Informational meeting to be held in the main hall at Greenhaven Terrace at 1 p.m. For reservations call Jim Stowell, 422-626, or Jane Hinman, 381-3060, or Mary Francis at 395-0210. 1180 Corporate Way, Sacramento.

### Fundraiser for children's entertainer Francie Dillon

Nov. 2: From 5:30 to 8:30 p.m. at Fairytale Town in Sacramento, there will be a celebration of Francie Dillon with music and other entertainment scheduled to thank Francie for enriching our lives with her talents. The group - Mumbo Gumbo - will perform. Event details will be available at the website - celebratefrancie.com. Dillon, an award-winning children's entertainer and storyteller, as well as a reading educator, has an undiagnosed neurological condition, which has caused some financial hardship. She's keeping a positive attitude as she continues to do some work and has hope for a good outcome. A donation account has also been setup at the Chase Bank for Francie: http://francedillon.wix.com/francedillontrust

### Sandhill Crane Festival

Nov. 2-4: Nature tours, family activities, wildlife demos, workshops, music and more. Free admission. Hutchins St. Square, Lodi. 800-581-6150, www.cranefestival.com

### Pancake Breakfast

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

### Volunteer in the garden

Nov. 3: 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.

### POWERtalk International

Nov. 3, 6: 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 12 noon-3 p.m. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

### Free electronic waste drive-through/drop-off fundraiser to help St. Mark's United Methodist Church food closet

Nov. 3: Participants won't even have to get out of their car. Pop the trunk or open the door and we will unload for you. St. Mark's UMC operates a food closet every Tuesday and Saturday from 10 a.m. to noon and provides a free community breakfast each fourth Saturday of the month. 2391 St. Marks Way, Sacramento, CA 95864 For more information, call 483-7848.

### Annual Fall Rummage Sale - Sacramento Japanese United Methodist Church

Nov. 3: From 9 a.m. to 3 p.m., sale items of gently used clothes, small appliances kitchenware, blankets, bedding, toys, books, and more. 6929 Franklin Blvd. 421-1017

### Westminster Presbyterian Fiesta

Nov. 3: Westminster Presbyterian Women invite you to our Nov. 3 Fiesta. Doors open at 10 a.m. with crafts, baked goods and china, crystal and silver as well as collectable glass, porcelain, ceramic and acrylic pieces. The enchilada luncheon will be held from 11 a.m. to 1 p.m. Tickets will be on sale at the church beginning Oct. 2 after both worship services and from 11 a.m. - 1:30 p.m. on weekdays Oct. 24 - Nov. 2. Tickets will also be available on the day of the event from 10:30 a.m. - 1 p.m. The cost is \$8 for one enchilada or \$10 for two enchiladas. Both include beans or rice, salad, dessert and beverage. Take out enchiladas will be available for \$10 for four enchiladas and sauce. Raffle tickets will be available Oct. 2 - Nov. 3. Westminster Presbyterian Church is located across from Capitol Park at 1300 N Street. For questions, contact Mary Jane Root at 362-8485.

### 21st Annual Beaujolais Plus Wine Tasting and Silent Auction

Nov. 4: Featuring wine tasting, appetizers, dinner and an art auction, the fine art work is donated by artisans from around Northern California, and includes, but is not limited to: pottery, paintings, sculptures, photography and glasswork. Proceeds benefit the Kivans Family House and high school key clubs. Tickets: \$30. 972-7337 or 505-7598.

### Rotary Clubs of Arden-Arcade, Carmichael

Nov. 6: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

### Soroptimist International of Sacramento North meeting

Nov. 6: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

### Rotary Club of Pocket/Greenhaven

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

### East Sac Rotary

Nov. 7: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotyary.com.

### Bullying Prevention Workshop

Nov. 7: For San Juan Unified School District students, administrators, staff, and parents. Topic include: The difference between bullying and conflict, how to help your child with bullying situations, and what the district is doing about bullying, from 4 to 5:30 p.m. Edison Language Institute, located at 2950 Hurley Way, Sacramento. To reserve a spot in a workshop, contact Bullying Prevention Specialist Christina Sparks at christina.sparks@sanjuan.edu or at 979-8611.

### 'Into the Woods' St. Francis gala performance

Nov. 8: Sondheim and Lapine take recognizable fairy tales and intertwine them into a journey of discovery. Starting at 7:30 p.m., the gala performance will include delicious sweets and spirits during intermission, \$25.

### Financial elder abuse - free presentation at the Chateau

Nov. 8: Join Dawn Akel, California Licensed Private Fiduciary, and Juliette T.

Robertson, state Planning Attorney, for a comprehensive presentation regarding financial elder abuse. These local professionals will discuss how to detect and protect yourself from financial elder abuse so you can reduce your risk of falling victim to a financial predator. The Chateau is located at 2701 Capitol Ave., Sacramento. Make your reservation by calling 447-4444. 3:30 to 4:30 p.m. www.chateaucapitolavenue.com

### 'Into the Woods' St. Francis performance

Nov. 9, 10, 16, 17: Sondheim and Lapine take recognizable fairy tales and intertwine them into a journey of discovery. 7:30 p.m., \$15 adults, \$10 under 19. There will also be a matinee on Nov. 10, starting at 1:30 p.m. \$15 adults, \$10 under 19. 5900 Elvas Avenue, Sacramento, 452-3461; www.ticketguys.com/stfrancis

### Bi-Polar Anonymous

Nov. 9: 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.

### Volkssport walking

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

### Emblem Club's annual holiday craft and gift show

Nov. 10: Find unique gifts and one-of-a-kind crafts, food and more from 9 a.m. to 4 p.m. at the Sacramento Elks Lodge No. 6, located at 6446 Riverside Blvd. For space information, call 686-0347.

**Photo gift shows by P. Colmer**  
Nov. 10: Sacramento Elks Lodge No. 6, 6446 Riverside Blvd., (Florin and Riverside) 9-4 p.m., 916-261-3850

### Alternative Christmas Market

Nov. 10 and 11: From 9:30 a.m. to 1 p.m. at Fremont Presbyterian Church, H St. at Carlson Dr., Sacramento. Several local and international charitable organizations will feature Benevolence gifts. Gift cards will be provided. Crafts from Third World countries will be on sale. Free admission. 452-7132 or visit http://www.fremontpres.org/.

### 'For Colored Girls Who Have Considered Suicide When the Rainbow is Enuf' to be presented at CSUS

The innovative choreopoem For Colored Girls Who Have Considered Suicide When the Rainbow is Enuf will be presented in Sacramento State's Playwrights' Theatre on

the campus at 6000 J St. The play weaves dance and poetry to express the struggles of different women. Performances are at 8 p.m. Nov. 1, 2, 3, 9 and 10; 2 p.m., Nov. 4 and 11; and 6:30 p.m., Nov. 7 and 8. Tickets are \$5-\$12 and available at the University Ticket Office, 278-4323. Contact: 278-6368.

### Veterans Day Parade

Nov. 11: All military veterans are invited to participate. The parade begins at 10 a.m. at Lot "X" at 3rd and N Street and follows a route northward on 3rd Street to Capitol Mall, east on Capitol Mall to 9th Street. It then follows south on 9th Street where the parade will disband. Third Street will be closed from 10 - 10:30 a.m. for the parade start. A program will follow at Capitol Mall at 11 a.m. Grand Marshal this year is Gunnery Sergeant Nicholas Popaditch, known as the "Cigar Marine."

### Dragon multicultural arts and crafts faire

Nov. 11: From 9 a.m. to 3 p.m. at the Riverside Elks Lodge, 6446 Riverside Boulevard, Sacramento, CA 95831. For more information, call the Asian Pacific Community Counseling's office at: (916) 383-6783 and ask Ashelee Saelee.

### Alternative Gift Market

Nov. 11: Market featuring Fair Trade items from around the world including jewelry, Christmas decorations, global nativities, scarves, chocolate, coffee, figurines, just to name a few selections from 11 a.m. to 1 p.m. at Northminster Presbyterian Church, located at 3235 Pope Ave. 487-5192 or visit northminsteronline.org.

## Bischoff's

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**Lightweight Walkers**  
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**All Scooters**  
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**Bath & Safety Benches**  
**15% OFF**

**Flex-A-Bed Luxury Adjustable Beds**  
**15% OFF**

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**SACRAMENTO 2590 Alta Arden Expressway**  
HOURS: mon-fri 9-6 • sat 10-4 • sunday closed  
916-974-1100 (On Alta Arden across from Target)

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## My Yard Is River-Friendly Yours Can Be Too!

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**BEAUTIFUL DEL DAYO ESTATES**

3 bedroom 3½ bath with open floor plan perfect for entertaining! 2 master suites, kitchen features granite counters and stainless appliances. Windows and french doors showcase the landscaped yard with pool, fountain, courtyard and patios. Easy access to American River Parkway. \$739,000

**LINDA WOODS 802-8042**



**DESIRABLE SHELFIELD**

4 bedroom 2½ bath home in wonderful Carmichael area close to American River Parkway. Features include open floor plan, formal dining room and breakfast nook, dual pane windows, 2 HVAC units and solar heated pool! Spacious lot with area beside garage for parking, RV space and more. \$549,000

**PATTY BAETA 806-7761**



**CUSTOM SANTA FE BEAUTY**

Breathtaking views and grounds, plus an elegant yet casual home that is perfect for entertaining. Detached 2 bedroom guest house with it's own private patio. The 4 bedroom 2 bath home has soaring ceilings and walls of glass, stone patios and amazing wrought iron railings and gates. \$1,825,000

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**CLASSIC ARDEN PARK**

3 bedroom 1½ bath home with all the original charm including a wonderful brick exterior and hardwood floors. Located on a .24 acre lot; separate 2-car garage sets back on the lot. Approximately 1502 sq. ft. of living space per seller which includes the service porch. Wonderful location with Cresta Park right down the street. \$349,000

**CHRIS BALESTRERI 996-2244**



**ON A PRIVATE LANE**

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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**SIERRA OAKS VISTA**

Custom 2 story home in Sierra Oaks Vista with 4 or 5 bedrooms. Very private setting on park-like grounds. Amazing grand home with huge rooms, high ceilings and wide hallways. Picturesque grounds - wall of redwood trees at the back of the property. Tennis court, pool and spa, and pavilion area with fireplace. \$1,499,000

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**ARDEN PARK**

Located in Arden Park, this 3 Bedroom 1½ bath home has many wonderful features. Updated and remodeled with hardwood floors, spacious bath with jetted tub and full custom shower. Interior laundry room; garage has been converted to a bonus room; and a private backyard. \$299,900

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**LAKE WILHAGGIN**

Fabulous single story facing Lake Wilhaggin. Gorgeous soft contemporary style home...the master suite is huge with large (16x9) retreat area and gigantic walk-in closet. Lovely kitchen and family room combo feature tons of windows and high ceilings. Property is a one-of-a-kind beauty! \$935,000

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