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Arden Preschool named for lifelong educator, former superintendent

Special to the Arden-Carmichael News

Early in his 38 years as an educator, General Davie, Jr. was a preschool teacher in Sacramento's Oak Park, an experience he's described as life-changing.

Throughout his decades-long career, Davie displayed a commitment to educating children from the earliest age – a virtue that was celebrated Monday, Oct. 23 by a roomful of friends, family and colleagues who gathered to rename a San Juan Unified preschool in the former superintendent's honor.

The General Davie, Jr. Primary Center, located at 1500 Dom Way in

the Arden-Arcade community, will serve low-income children in Early Head Start and Head Start programs through instruction aimed at children's cognitive and intellectual development, as well as nurturing their physical, mental health and nutritional needs.

Davie served as San Juan Unified's superintendent from 1998-2005. He began his career as a fifth-grade teacher in the Elverta Joint Union School District and has served on the boards of the San Juan Education Foundation, the Sacramento Children's Home and the Sacramento Valley Symphonic Band Association.

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Store in Loehmann's Plaza to open Dec. 1 Sorooptimists now selling See's Candy to fund service programs

Did you know that buying your See's Candy for the holidays can help provide services to disadvantaged children and women here in the Sacramento area as well as around the world? Well, it can.

For the sixth straight year, Sorooptimist International of Sacramento and Sorooptimist International of Sacramento South (service clubs for business and professional women) will be raising money by selling See's Candy to fund their service programs.

The Sorooptimist clubs are establishing a store in Loehmann's Plaza at the corner of Fair Oaks Blvd. and Munroe Street for the month of December. The store will be located at 552 Fulton Ave, which is around the corner from Chipotle and the SaveMart market, and will feature a broad selection of See's candy. The candy will be sold at regular See's candy retail prices and all the profits from the store will fund Sorooptimist programs to assist at risk women and children.

This year the proceeds from the See's Candy sales will go to support programs for Foster Youth at the Sacramento Children's Receiving Home and also for mentoring support services at the Lilliput Children's Services. Other programs being helped by the candy sales will be scholarships and grants to young people in Sacramento area schools, aid to the Crisis Nurseries, assistance to WEAVE, My Sister's House, and Women's Empowerment.

Members of the public are encouraged to come by the store to do their holiday candy shopping. The store will be open from 10 a.m. until 6 p.m., seven days a week from Dec. 1 until Dec. 24, and will be staffed entirely by Sorooptimist member volunteers.

Sorooptimist International of Sacramento was established here in Sacramento in 1923, and it and the South Sacramento Club are part of a world-wide federation of service clubs whose mission is to improve the lives of women and children.



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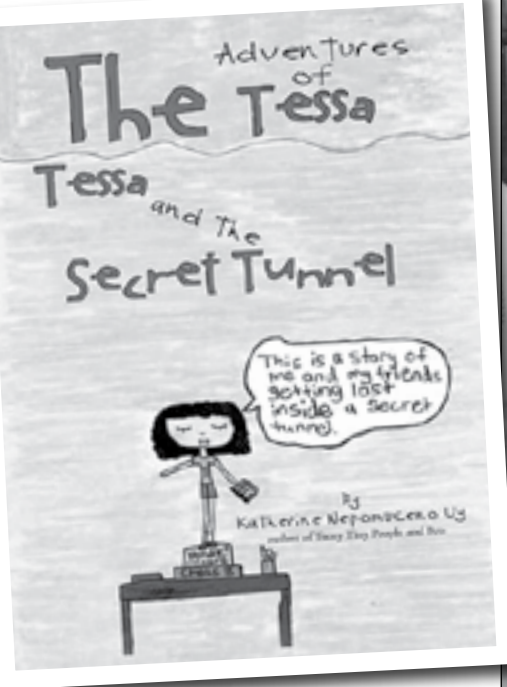
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St. Ignatius fourth grader releases second children’s book this year

By **MONICA STARK**
editor@valcomnews.com

Katherine Nepomuceno Uy is not your ordinary fourth grader. Already an author of two children’s books, this 9 year old from St. Ignatius is already making plans to release four more by 2014.

In February she released “Teen Tiny People and Pets” -- a book about girls and animals and their likes and dislikes. And in June, she released “The Adventures of Tessa: Tessa and the Secret Tunnel” which she describes as an action filled book about a young girl who gets lost in a tunnel.



Will they be able to escape? Or will they be able to live there forever? Uy leaves the reader on the hook with those pressing questions, which will only be answered by reading to the end.

Uy’s mom, Juliet said the book is inspiring for all ages. “It is amazing how the minds of children like Katherine look at things in their own world, in their own perspective and how they expresses it through arts of storytelling and illustrations,” she said.

Juliet said she read the drafts of future books and several stories Uy

wants to organize in short story compilations.

“Tessa” was published in February 2012 by Ingram/X libris and available through Amazon and Barnes and Noble in hardbound, softbound and ebook version.

Sales of “Tessa” have been good, reported Juliet. Parents from St. Ignatius, her co-workers, family and friends found out about the book and purchased copies.

In Sacramento, the family donated copies to St. Ignatius school, Arden Dimick Public Library, Maidu Library in Roseville, the Auburn Public Library, Holy Family school library, Diamond Creek library, Rancho Cordova library, Welsh Elementary school library, and Good Shepherd pre-school.

And in the Philippines, they brought several copies of the books for donation and as a gift for family and friends including the copies for some schools over there, explained Juliet who is originally from there.

You can find it on Amazon here:
<http://www.amazon.com/THE-ADVENTURES-OF-TESSA-ebook/dp/B00898K9K6>

Our Small, but Strong Family Tree



Growing up I always wanted a sibling, a little brother or sister to boss around. My dad was a “big kid” though and filled that role. Mom had to keep both of us in line. Her top two rules: no snickering during church and no messing up her kitchen. Some days, I think Mom felt like she had two children, instead of one.

Now Mom has lapses in memory. She got lost on her way home from church. Her once meticulously organized cupboards are nearly empty and I found rotting lettuce and moldy leftovers in the refrigerator on more than one occasion. Dad is lost without her steadfast guidance and care.

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Locals remember north area Tower Records

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

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

For nearly 45 years, Tower Records drew music lovers to the northeast corner of Watt and El Camino avenues. And despite this popular record store's absence, many locals will never forget their fond memories of this location of the business.

The roots of what eventually became known as Tower Records date back to 1941. It was then that Russ Solomon began selling records inside his father's drugstore in the Tower Theatre building at the southwest corner of 16th Street and Broadway.

The Tower Records on Watt Avenue began drawing people in large numbers on a regular basis in the early 1960s and the love affair with this Tower did not end until the store's closure in 2006.

Also attracting many people to this site were Tower Books, which also opened in the 1960s, and Tower Video, which debuted in the 1980s.

During interviews conducted at various Arden area sites last week, local residents shared their memories about this former landmark Tower, where a Goodwill Industries thrift store and a Fresh & Easy Neighborhood Market is now located.

Mary (Parr) Harris, a 1970 graduate of Hiram Johnson High School, said that she was one of the store's first and last customers.

"That's where I came (record shopping) was the (Watt Avenue) Tower," Harris said. "I probably bought The Beatles' Sgt. Pepper's (Lonely Hearts Club Band) and Abbey Road albums there (in the 1960s). I was a big Beatles fan when I was a kid. And Herman's Hermits, I loved them. And of course, then the Rolling Stones came around. It really upset me when they closed (the Watt Avenue Tower). I didn't like that. I went in there and bought stuff on their last day. There wasn't much left — it was pretty well picked over — but I'm a shopper, so I can always find something (to buy)."

Also sharing his memories about the north area Tower Records was Steve Nifert, a 1974 graduate of Casa Robles High School. "I probably went to (the Watt Avenue) Tower Records for the first time in about 1962," Nifert said. "I used to go to Tower Records all the time. I bought a lot of CDs there. They were the only one in town who had old, big band music from the 1920s, 1930s and 1940s. I had a lot of rock and roll (albums), but my preference was (big band music). I love the brass bands and stuff. It's just so much coming at you than a lot of noise. And

then when the 1980s came along, music quit making sense."



Dan Blakkolb stands in front of the approximate site of the old Watt and El Camino avenues Tower Records, where he began purchasing records in the 1960s. Photo by Lance Armstrong

then when the 1980s came along, music quit making sense."

Dan Blakkolb, who built a career for himself as a bass guitarist, also shopped at the Watt Avenue Tower Records during the 1960s.

"My memories of Tower Records are that's where you bought records back in the 1960s," said Blakkolb, who still prefers vinyl records over CDs. "I knew one girl who worked there, I think in the late 1960s, and her name was Linda Wysocki. But I think she worked at the 16th Street

(Tower Records). Linda's father (Charlie) owned Tone's Music (House at 1009 14th St.). They carried the early Fenders (electric guitars and amplifiers) and he specialized in accordions, as well. I first came to this (Watt Avenue) Tower in 1964. I believe the first album I purchased there was 'Surfin' Safari' by The Beach Boys. I also bought The Beatles stuff, Kingston Trio albums and a lot of folk albums there. I probably bought more al-

bums than I did (45 rpm records)."

Blakkolb, who graduated from Hiram Johnson High School in 1966, said that it was during that time when he met a guitarist named Steve Samuels, who would play his guitar in front of the north area Tower Records. "He was out in front playing Bob Dylan tunes," recalled Blakkolb, who currently plays in the longtime, local party-dance group, the Jay Rolerz Band.

Blakkolb also remembers spending many hours inside the Watt Avenue Tower Records' listening booths. "I remember listening to newly released 45s and albums for general enjoyment and for ideas for my band at the time," Blakkolb said. "Whether you bought anything or not, you were never pressured to buy records or asked to leave. They were always nice at Tower. Listening to records in the listening booths was a great way to spend a day."

J.J. Jelincic, who still owns his copy of the British band Cream's 1969 album, "Goodbye," which he purchased at the Watt Avenue Tower, remembers the store's vibrant neon sign.

"(The sign) just dominated the whole place," Jelincic said. "You could drive down the street and there was Tower Records. The fact that anything else was there, you'd never know. It was terrific."

Terry Ray, a 1981 graduate of McClatchy High School, said that it was during the late 1970s when she purchased

Tower: Store was where many discovered music

Continued from page 6

her first album at the north area Tower.

"The first album I bought at that Tower was Janis Joplin's 'Pearl,'" said Ray, who first visited the store during her childhood in about 1965.

Jerry Scott, who graduated from El Camino High School in 1985, said that during the early years of his life, he would spend many hours at the northeast corner of Watt and El Camino avenues.

"(Tower) was about a half an hour walk from my house and it was one of the first places I could get away from my parents and they wouldn't know where I was going," Scott said. "This was a pretty happening corner when I was growing up. When I was younger, about 12 years, I started coming up here on my own. Before that, my parents came up here bowling at least once a week and I was one of the 5 to 6-year-old rug rats running amuck all around the bowling alley. I learned how to play pinball from guys who smoked cigars and still played pool in the smoky room there (at Country Club Lanes). But when I was a little older, I came up here and Tower Books was here. I was a huge, voracious reader and I would come up here and spend hours. (Tower Books) was like an intellectual haven for me."

Scott also remembers the Tower Posters store, which operated in the same location where Tower Video later opened.

"(Tower Posters) was my first head shop experience," Scott said. "My parents were like, 'We got to get out of here.' But all I noticed was the rock and roll pins that people could buy."

And in speaking about the Watt Avenue Tower Records, Scott said, "This record store was where I bought my very first album with my very own money. The album was 'Fragile' (by the English progressive rock band, Yes). It was years, of course, after the album came out (in 1971). I had learned most of my music from the radio. I would fall asleep listening to KZAP. I was very sad to see when Tower went away. That is where I discovered music."

Among the younger people interviewed for this article was Adrian McCoy, a 2003 graduate of Mira Loma High School. McCoy, who began shopping at both the Tower Records and Tower Books on Watt Avenue in about 1995, said that his favorite CD, which he purchased at this Tower Records location, was "Issues" by the nu metal band, Korn.

Jeremy Peckham, a 1992 graduate of El Camino High, also shared his north area Tower Records-related memories.

"The first record my mom brought home for me in a yellow (and red Tower Records) bag was Devo's 'Freedom of Choice' and a few miscellaneous 45s," Peckham said. "The next records that I got were Quiet Riot's 'Metal Health,' Def Leopard's 'Pyromania,' and then all these different types of Beatles records."

Photo by Lance Armstrong



This Tower Records sign once hung inside the business's north area store. Photo by Lance Armstrong

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Patriots Park Wall of Honor recognizes fallen heroes

Photos courtesy of ELIZABETH CRISANTE Carmichael Recreation and Park District

Carmichael Recreation and Park District invited the public in honoring our fallen heroes on Nov. 3 at Patriots Park. Susan Peters, Sacramento County Supervisor, was the guest speaker. All nominees were recognized. For more information, call 485-5322.



Arden Middle students keep feet dry, tires intact on new pathway

Special to the Arden-Carmichael News

Autumn rains are settling in again. For the longest time at Arden Middle School, that meant students walking or biking to school – and using a popular back entrance tucked away from busy traffic – had no choice but to trudge across a muddy athletic field before getting to class.

And student bikers frequently found themselves dodging – often unsuccessfully – a field full of thorny thistles.

“We had at least seven tires popped a day,” recalled Arden parent Deana Hegland

Not this year.

There’s a new all-weather pathway extending from the gated entrance off nearby El Ricon Way, stretching across the Arden field all the way to the edge of campus, thanks to generous community and family support this past summer.

That means fewer muddy shoes and exploding bicycle tires.

Hegland, who also teaches at nearby Greer Elementary, worked with many parents to raise more than \$6,000 for the pathway. The active parent – who proudly wears a pedometer clipped to her jeans – said there are more students coming to school on foot or bike than ever.

The rear gated entrance – another product of community donations and resources – dates back several years and was intended to deter students from busy Watt Avenue and Arden Way. But the entrance couldn’t be used year-round when the weather got wetter and the ground got soggy.

The Arden community mobilized to create the new pathway. Hegland raised money, and local landscape architect Woody Hubbel – who also designed the original gated entrance – contributed his expertise and resources. Fam-



ilies and neighbors donated time and resources to get the new blacktop installed.

Many of their names are etched onto bricks at the end of the path, where it connects to the school.

“Now they have an option,” Hegland said as students left school one recent afternoon, “and that’s all I wanted to give them.”

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

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Professors search for the perfect kick

Jesuit High School's former kicker is early test subject

Special to the Arden-Carmichael News

A team of Sacramento State researchers has launched a ground-breaking study on the art of football's field-goal kick, using the University's newly acquired, state-of-the-art system of 3-D motion-capture cameras.

The findings, which could be years in the making, will tell coaches the specific factors that contribute to a successful kick.

"It's pioneering work that segues from a lot of research that's been done in soccer, but most of that has been two-dimensional until recently," says Michael Nave. "The motion-analysis capture is our way of breaking down the components into its parts."

Nave and fellow professors Rodney Imamura and David Mandeville have converted a section of the Biomechanics Lab, within the Department of Kinesiology and Health Science, into a mini football field. They hung a nylon football net from the ceiling and out-

lined the kicker's target, a narrow rectangle, in fluorescent-orange webbing. They laid down indoor-soccer turf to simulate grass.

The "football field" can be set up and dismantled quickly to accommodate classes held in the lab.

"A lot of research has been done with ball speed and how hard you can kick a ball, but very little has been done on accuracy," says graduate student Robert Walsh, who is helping with the study.

The team did all sorts of math equations, calculations and basic tangent formulas to create a mini football field model that mirrors its real-life counterpart. The target is just five yards from the spot where the kicker makes contact with the ball. And for him to boot it high enough to clear what would be onrushing defenders during a game and make the equivalent of a 35-yard field goal, he must hit the marked target that's a mere 31 inches wide and rises 8 feet, 9 inches from the floor.

One of the study's early test subjects is Nave's son Andrew Nave,



Photo by Steve McKay/Sacramento State
On a recent afternoon, Andrew Nave, a former kicker for Jesuit High School, and now CSUS pre-business major is outfitted in a pair of compression shorts and 34 featherweight silver spheres, known as markers, which are adhered to his body at the joint centers and to his football shoes. He is an early test subject for a team of Sacramento State researchers who have launched a ground-breaking study on the art of football's field-goal kick, using the University's newly acquired, state-of-the-art system of 3-D motion-capture cameras.

a Sacramento State freshman and former kicker for Sacramento's Jesuit High School.

On a recent afternoon, the 19-year-old pre-business major is outfitted in a pair of compression shorts and 34 featherweight silver spheres, known as markers, which are adhered to his body at the joint centers and to his football shoes. Four additional markers are stuck

to the football he blasts into the net.

Eight 3-D infrared cameras suspended from an overhead truss will track the kicker in action in real time, but record him at the super-slow speed of 240 frames per second. Those captured details flow into a nearby

See Kicker, page 11

Kicker: Study could take more than a decade

Continued from page 10

computer, where a sophisticated software program reproduces the split-second movements into a series of red and green lines. A skeleton-like "skin" is laid atop the animated image, making it easy for the professors to discern every lift, twist, turn and bend of the kicker's body for analysis.

The researchers also can rotate the image to view the skeleton-kicker from all sides and angles, and top and bottom.

"We think that tiny issues are really key. It's a lot more complex than we thought," says Imamura. "Coaches are good biomechanists, but they don't have the technology to help them. High speed is critical to slow down and see the minute details in the body's movement. Hopefully, at the end of all things, we can set a baseline and a language that coaches can follow and go beyond what we call 'qualitative observations.'"

The researchers have asked kicking coaches around the country to rank the top five factors they believe contribute to a successful field-goal kick. Their responses: hip position, foot plant, ankle lock, angle of the kicking foot and the chest or torso position at the point of ball contact. The Sacramento State team will incorporate that information into their work. They are concentrating initially on possible differences in kinetic variables (displacement, velocity and acceleration) associated with the kicking motion between made and missed field goals under accuracy conditions.

Imamura and Mike Nave began the kicking study five years ago, conducting two outdoor trials at Horner Stadium. They invited five kickers, including Andrew Nave and then-Sacramento State standouts Juan Gamboa and Chris Diniz. The professors quickly realized that performing

3-D analysis outdoors was difficult and time-consuming. So they went into the lab.

"The law of 3-D analysis says that at least two cameras need to be on one (marker) at any given time, so here we have eight, to be sure that at least two cameras are seeing a point," says Imamura. "Once that's possible, it's digitized into the computer, real-time, which is clearly a benefit. If we had to manually digitize, which is taking each frame - in this case 240 pictures per second - it would take a long time. This real-time system is the latest technology."

Mandeville is heading up two additional studies that will take advantage of the capture-analysis system: knee osteoarthritis in menopausal women and gait performance among the elderly population and their likelihood of falling.

The kicking study could take more than a decade. The profes-

sors have contacted 18 Sacramento-area high school coaches to inquire about bringing varsity kickers into the lab before the end of the year, and they plan to expand the trial pool to include college-level, free-agent and, they hope, NFL kickers.

"Using science to see what will help kickers get better and finding more effective ways to improve is exciting," says Michael Husted, who spent most of his nine-year NFL career with Tampa Bay and is now a kicking coach and consultant in San Diego. He helped the Sacramento State research team develop the kicking-target model and the coaches' survey.

"I have my own theories that I've developed, but they're just theories," he says. "Using science to identify accuracy will prove certain techniques and find a more effective way to help kickers get better."

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Blind runners participate in California International Marathon

By BENN HODAPP
benn@valcomnews.com

Eight thousand men and women from all over the world will descend upon the Carmichael area for the California International Marathon on Sunday, Dec. 2. While distance running in itself is a feat, 30 athletes will endure it without the advantage of sight.

With the United States Association of Blind Athletes, the 30 blind or vision-impaired runners will be there at the starting line along with everyone else, including vision-impaired married couple Michael and Katie Davis of Sacramento who will be there ready to give their all as part of The Marathon Relay Challenge.

Michael had full use of his eyes until just before his 21st birthday in 2001. A brain tumor caused swelling that destroyed his optic nerve. Thankfully for him the tumor was removed and was found to be benign, so Michael lives an otherwise normal life despite losing his sight.

The CIM will be Michael's first foray into distance running, but he is no stranger to athletics. Michael is a black belt in judo. He attained his brown belt while he still had his sight, but he passed his black belt test in complete darkness in 2010.

Though his life is not without challenges due to his blindness, Michael considers it a blessing in disguise. It was at a Society for the Blind camp where he met his eventual wife Katie. Michael introduced Katie to judo and she took a liking to it – though that may be an understatement. Katie represented Team USA in the Paralympic Games in London this summer on the judo team.

While it was Michael who introduced Katie to judo, it was Katie who introduced the idea of running in the CIM to Michael. Katie will run in the event for the sixth time this year. The pair will be part of a four-person relay team; Michael will run the 5.9-mile opening stretch while Katie will bring the group home as the anchor.

"I've been training on the treadmill," said Michael. "I'll usually run about three miles, but as the race gets closer I will start running longer distances."

And while he aims to have fun at the event, Michael has his mind on the task at hand.

"I love to run, but I also want to finish with a reasonable time," he said.

Treadmills are one thing, but how do people with extremely limited or no eyesight run a marathon on city streets?

That's where guide runners come in. Sacramento resident Scott Rogalski will be Michael's guide for his part of the race. Rogalski ran the CIM in 2011, but this will be his first time as a guide runner. Rogalski recently met Michael for the first time and the two went out and ran and got used to one another's presence.

Rogalski's responsibilities as a guide runner are to give verbal descriptions about everything around Michael in order to guide him safely to the finish.

"I have to make sure that I am very communicative about inclines and declines in the course as we approach them," Rogalski said.

He also has to provide directional guiding as the course curves as well as telling Michael of any debris that might be on the course. This learning curve



Michael and Katie Davis.

is obviously difficult for the person being led, but it is also a big adjustment for the guides themselves. On the pair's first time out together, Rogalski said that he failed to point out an undulation in the road and Michael rolled his ankle.

"You have to remember that you have to tell them about every single thing that is in front of them," he said.

The two of them will continue training twice per week until the race. During the race itself the pair will be tethered together to ensure that they do not get separated.

Katie said that she had not met her guide just yet, but her training is a grueling 3-5 mile run on the treadmill four times a week. Unlike Michael, Katie was born with her vision impairment. She has a genetic condition called Aniridia and the condition has resulted in her living her entire life legally blind. She called the condition

"deteriorative," meaning that it's a condition that will continue to get worse over time.

Each athlete brings their own guide runner to be their eyes during the race. The guides may run ahead of or behind the person they are guiding, but as the runner reaches the finish line, the guide must be behind the person they are guiding.

Katie holds a job working with toddlers between the ages of 1-2 and Michael recently graduated from Sac State with a degree in business management and entrepreneurship. He hopes to one day open and operate his own hotel. They both hope to be on the judo team at the 2016 Paralympics.

The CIM begins at Folsom Lake and ends at the State Capitol. Along the way the runners will pass through Orangetown, Citrus Heights, Fair Oaks, Carmichael and finally East Sacramento. For more information about the event, go to www.runcim.org.

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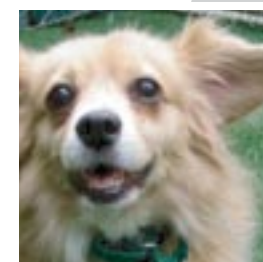
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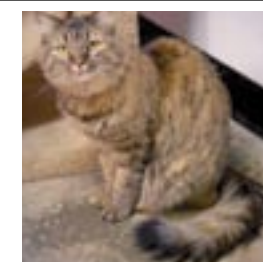
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#17727743

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#17304068

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Gender: Male Hair: Medium
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At almost 3 months old, Crash is still a relatively tiny guy but he has a huge heart! He's had a bit of a rough go of it, brought in as a stray who was covered in what appeared to be grease and burns on his little feet.

* For additional information on adoptions, call the SPCA at 383-7387. Adoptions occur daily and it is not guaranteed the above featured animals are still available. If they are not, the SPCA has many other loving pets available to suit you and your family. The SPCA is located at 6201 Florin-Perkins Road.

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Del Dayo students send more than 300 pounds of candy to soldiers

By NGHIA NGUYEN
Special to the Arden Carmichael News

Students at Del Dayo Elementary School donated their Halloween candy to America's service men and women serving in the Middle East. Collectively, Del Dayo students boxed and shipped 306 pounds of candy.

"I am so proud of our students for their generosity," said Principal Thomas Harp. "This community service project is part of our strategic plan to increase commitment to community service and to promote our students' sense of responsibility, compassion and citizenship."

Given the school's active Parent Teacher Organization, serving the community is a natural nexus for our children to learn the importance of service.

Underwritten by local dentist Chris Cantrell of the Sutter Terrace Dental Group, the candy collected will be shipped to Operation Gratitude.

Operation Gratitude is a Los Angeles based non-profit organization that sends care pack-

ages year-round to service members deployed in harm's way, to their children left behind, to military families and veterans in financial distress due to unemployment, to emergency first responders and to Wounded Warriors recuperating in transition units.

To date, they have shipped over 850,000 care packages to individually-named troops in hostile regions such as Iraq, Afghanistan and onto ships all over the world.

Operation Gratitude was impressed by the volume of candy collected and the selflessness of the students.

"Thank you very much for your thoughtfulness and consideration of Operation Gratitude's patriotic cause. Del Dayo students will be putting smiles on the faces of tens of thousands of service members during a very difficult time away from home and loved ones," said Dana Chotiner, Director of Development and Corporate Events.

"They and we will be forever grateful."



Rivers Edge Craft Show

Photos by SHING M. VANG

River's Edge Senior Community held its seventh annual craft and boutique fair on Saturday, Oct. 27.

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Man with dog—Clipart © Microsoft Media

Faces and Places:

Mission Oaks craft fair

Photos by ADA FONG
Mission Oaks Community Center staff member and part-time Photographer

The Mission Oaks Community Center held its Holiday Craft Faire on Saturday, Nov. 3.



Arden Middle's Mr. Rowland gets free computer microscope

Teachers have time to submit project requests until Nov. 30

Special to The Arden-Carmichael News

With Sacramento schools facing budget shortfalls, a small bright spot came in Mr. Rowland's science class recently at Arden Middle School.

Mr. Rowland and his class received a special visit from Charles Best, founder and CEO of DonorsChoose.org, Chevron representatives and district officials, along with a special delivery of much-needed classroom supplies funded through Chevron's Fuel Your School program.

"Students in my science class are eager to use technology to explore the world around them," said Matthew Rowland, a life science teacher. "Thanks to Fuel Your School, we can utilize computer microscopy to project large images for the whole class to see and discuss. The computer microscope can be used in many labs for students to use independently or as a powerful demonstration device that brings the science to life."

During the month of October, Chevron donated \$1 for every eight-gallon or larger fill up from Oct. 1 to Oct. 31 at participating Chevron and Texaco stations in Sacramento County, up to a total contribution of \$500,000 dollars to fund projects at local public schools.

Eighteen projects at Arden Middle School have been funded to date and 367 projects countywide. As a reminder, teachers still have time to submit their project requests until Nov. 30.

The program is an innovative collaboration with DonorsChoose.org, an online charity to help students in need. All year, public school teachers across the

U.S. post classroom project requests on DonorsChoose.org, ranging from pencils to microscope slides and even live tarantulas for use with biology lessons.

"Teachers spend more than \$350 of their own money every year on materials for their students," said Charles Best, CEO of DonorsChoose.org. "Our site enables public school teachers to post projects for funding from their community and companies like Chevron who want to improve students' education."

The lack of adequate school funding across the nation has become so dire that some teachers do not have basic supplies to help students complete their classroom assignments. During the last school year, public school teachers shared more than 100,000 requests on the DonorsChoose.org website. One of those requests came from Ms. Lim-Breitbart, who teaches high school physics at Aspire California College Preparatory Academy in Berkeley, Calif., but lacked the resources to provide students with hands-on scientific activities. With the help of the Fuel Your School program, she and her students received digital thermometers and hot plates to use during physics lessons.

"[The] donation helped change our classroom from 'getting by' to 'doing real science' this year," said Lim-Breitbart. Students now believe that "science is a real option for them in the future."

Since its inception in 2010, Fuel Your School has funded more than 3,000 classroom projects at over 600 schools and the program has grown each year to support students in additional communities. Public school teachers and other educators are invited to post eligible project requests starting on Sept. 1 to www.DonorsChoose.org, for possible funding as part of the Fuel Your School program.



Photo courtesy of Candace Koehler
Students in Mr. Rowland's class at Arden Middle School learn about plant cells.

norsChoose.org, for possible funding as part of the Fuel Your School program.

Consumers can track the classroom projects in need of funding and see how much money is being earned for public schools in Sacramento County by visiting www.FuelYourSchool.com. Donations earned through Fuel Your School will be used to fund eligible classroom projects from Oct. 2 through Nov. 30, 2012, or until funds generated by this program have been exhausted by eligible projects. Consumers and Chevron employees may also independently fund classroom projects on the DonorsChoose.org website by making separate, individual donations.

Founded in 2000, DonorsChoose.org is an online charity that makes it easy for anyone to help students in need. Public school teachers from every corner of America post requests, and individuals can give directly to

the ones that inspire them. To date, 237,000 public and charter school teachers have used DonorsChoose.org to secure \$120 million in books, art supplies, technology, and other resources that their students need to learn.

"In my experience, I've found that educational supplies are extremely important and allow for visual, hands-on projects that make learning fun and engaging," said Jamey Schrey, principal of Arden Middle School. "We are so grateful for the Fuel Your School program for providing our students with the materials they need to have the chance to actually be scientists, not just learn about science."

San Juan Unified School District Superintendent Glynn Thompson added that a growing percentage of jobs in the modern economy – including those in the energy industry – are technical and require strong preparation in STEM subjects.



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– EVENT LISTING SECTION –

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

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

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
"The 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

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 Cafe 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

FAMILIES ANONYMOUS presents...
Dr. Mark Chofla of Empathy Therapy
"Finding Balance: Joy & Issues"
Ways to cope with adult children who are battling emotional problems or addictions.
Sunday, December 2nd, at 3:00 PM
Del Norte Club, 3040 Beccera Way, Sacto. 95821
Handicapped Accessible. Free. Refreshments

Sacramento County Grand Jurors' Association
An association of former Grand Jurors and citizens interested in the work of Civil Grand Juries.
Fall Membership Meeting: Wed., Nov. 28, 11:30 a.m. – 1:30 p.m.
Belle Coolege Library:
5600 South Land Park Drive, 95822
Guest Speaker: Jill Levine,
Sacramento County Registrar of Voters
Lunch available for \$15.
Reservations required.
Information/reservation: Emma Fravesi pfravesi@pacbell.net

CALIFORNIA WATERFOWL Pocket/Greenhaven Banquet
In Memory of Gene Andreuccetti
THURSDAY, DEC. 6, 2012
STEAK AND PRAWNS DINNER w/WINE
Portuguese Hall – 6676 Pocket Road
\$60 p/p – \$90 couple
Dinner, Membership, Gift
Cocktails 5:30 – Dinner 7:30
JACK CARMANY (916) 427-6961

CALL AND PLACE YOUR EVENT TODAY!
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CALENDAR

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

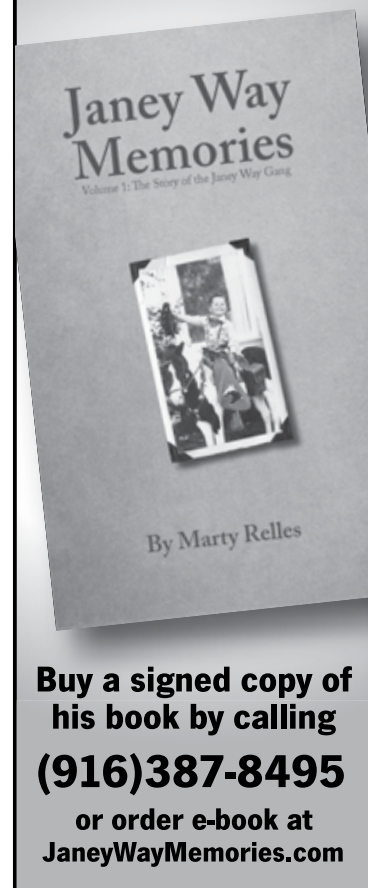
Send your event announcement for consideration to: editor@valcomnews.com at least two weeks prior to publication.

ONGOING:

Need An End-of-Year Write Off?
The Casa Garden Restaurant was established in 1974 to provide financial support to the children of the Sacramento Children's Home. Today they're fulfilling the same mission, and in the same place! But, 38 years later, they are in need of capital improvements such as painting, new carpets, and kitchen fixtures. Consider making a charitable donation to the Casa Garden Restaurant before the end of the year and help them with improvements and help with your taxes. Please note "capital improvements" on your check so your donation is applied correctly.

Soroptimist Letter from Santa
Soroptimist International of Greater Sacramento is an organization of business and professional women who work locally and internationally to improve the lives of women and children. This year we are writing personal letters from Santa to children. By requesting a letter from Santa, you will be making a child that you know happy, and you will be contributing to improving the lives of children in the Sacramento area. All proceeds from Santa's letters are used to support Sacra-

Did you enjoy Marty Relles' "Janey Way Memories?"



Buy a signed copy of his book by calling (916)387-8495 or order e-book at JaneyWayMemories.com

NOVEMBER

Run to Feed the Hungry

Nov. 22: On Thanksgiving Day, a 10K and 5K race will take place through East Sacramento, benefiting the Sacramento Food Bank and Family Services. Rain or Shine. The 10K starts at 8:30 a.m. and the 5K at 9:05 a.m. The race starts on "J" Street just West of the entrance to the Sacramento State campus and runs through the beautiful tree lined streets of East Sacramento. <http://runtofeedthehungry.com/>

Bi-Polar Anonymous

Nov. 23: 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.

Free admission day at Fairytale Town

Nov. 23: From 10 a.m. to 4 p.m. Adults must be accompanied by children. Fairytale Town, 3901 Land Park Dr., Sacramento; 808-7462; www.fairytaletown.org

Small Train Holiday!

Nov. 23 and 24: The California State Railroad Museum presents a "Small Train Holiday" for two days in late November. Visitors of all ages will be dazzled by amazing scale models and toy train displays, fun interpretive handcar rides and much more -- all happening inside the Museum. Guests will enjoy many new discoveries as they participate in a scavenger hunt and will have the opportunity to watch a whimsical silent movie where the viewer's eye-level perspective provides a unique experience inside the world of vintage toy trains. Also, Mrs. Claus will provide special "story time" activities when she's not roaming through the Museum greeting kids and visitors of all ages. 445-6645 or visit www.californiastaterrailroadmuseum.org. \$10 for adults; \$5 youths ages 6-17 and free for children five and under. 445-6645 or go to www.californiastaterrailroadmuseum.org

Old Sacramento Underground Tours - Extended Holiday Tour Schedule!

Now through Dec. 9: Today, visitors have the unique opportunity to uncover the facts behind the legends that lie below historic buildings and sidewalks of Old Sacramento. For these hour-long guided walking tours, guests should check in at the Sacramento History Museum before descending below several historic Old Sacramento buildings. Sacramento History Museum, 101 I Street in Old Sacramento. \$15 for adults; \$12 for HOSF members; \$10 for children. 916-808-7059 or www.historicoldsac.org

Rotary Clubs of Arden-Arcade, Carmichael

Nov. 27: 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.

Rotary Club of Pocket/Greenhaven

Nov. 28: 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. 28: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

'Christmas Memories - Nostalgia in a Song'

Nov. 29 and Nov. 30: Performance by the VoCALS, a talented group of local musicians at 11:15 a.m. and 1:15 p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Rd., Sacramento. Entree choices: Smoked Beef Brisket or Asian Chicken Salad; dessert Harvest Cake -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

Bi-Polar Anonymous

Nov. 30: 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.

Senior Center at Sierra 2-- Holiday Jewelry and Craft Sale

Nov. 30: From 11 a.m. to 4 p.m., benefiting the Senior Center at Sierra 2. Help by donating jewelry to the sale, joining us as a vendor at the event, or by shopping at Sierra 2 Center for Arts and Community, 2791 24th St., Room 12. 455 6339.

Asante Children's Choir Christmas concert at Northminster Presbyterian Church

Nov. 30: The group is a nonprofit organization with the mission of supporting and educating disadvantaged youth and women in Africa. They are dedicated to spreading love, hope, and joy through this high-energy concert that will please old and young alike. They do not charge for their performances but do ask for a love offering to help support their tour. 487-5192 or visit northminsteronline.org. 3235 Pope Ave.

39th Annual Sacred Heart holiday home tour in East Sacramento

Nov. 30-Dec. 2: One of Northern California's most loved walking holiday home tours returns, with five elegantly decorated homes in East Sacramento's historic Fabulous Forties neighborhood open for viewing. The tour includes a holiday Boutique and Café located at Sacred Heart Parish School at 39th and H Streets. Tour tickets are \$25 in advance starting on Nov. 1, \$30 after Nov. 29. www.sacredheartmetour.com • Friday 11 a.m. – 8 p.m. (Homes open for touring at 11am; Café and Boutique open at 12:30 p.m. Friday due to school dismissal) • Saturday 10 a.m. – 7 p.m. • Sunday 11 a.m. – 5 p.m.

DECEMBER

Winter Wonderland at Fairytale Town

Dec. 1: Enjoy a day of play in the park, make arts and crafts from holidays around the world and visit with Santa Claus in his workshop from 11 a.m. to 3 p.m. Winter Wonderland is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older and free for children ages 1 and under. Visit fairytale-town.org or call 808-7462.

Free Tree Pruning Clinic

Dec. 1: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 10:30 to noon at the Carmichael Library, 5606 Marconi Ave. Register at www.sactree.com/events.

Holiday craft faire at Northminster Presbyterian Church

Dec. 1: From 10 a.m. to 2 p.m., Northminster is hosting a family fun day of free "Make It and Take It" craft event to help children of all ages prepare for Christmas with Christmas gifts and decorations; and, with the assistance of Santa's helpers. There will be a variety of free crafts including beaded bracelets, Christmas tags, gingerbread houses, wreaths, and many more. In addition there will be a gift boutique including some handmade items made by the Northminster Quil-

ters and Nimble Thimbles with purchases to support the summer camp programs. Light lunch will be served. 3235 Pope Ave. 487-5192 or visit northminsteronline.org.

Technology Petting Zoo

Dec. 1: Learn about the various e-Readers on the market and learn how to download ebooks from the library from 1-3 p.m., Belle Cooleedge Library, 5600 Land Park, 264-2920.

Rose Pruning Class at City Cemetery

Dec. 1: Free, hands-on rose pruning class from 10 a.m. to noon. Learn the art of rose pruning using techniques for various types of roses, with information on tools, gloves, fertilizer and more. Parking is located across the street from the 10th Street gate. Donations accepted. 264-7839 or 448-0811. 1000 Broadway, Sacramento

Photo gift shows by P. Colmer

Dec. 1: Maidu Center/Library, 1550 Maidu Dr., Roseville. 9-4 p.m., 916-261-3850

Fulton Ave. holiday tree lighting

Dec. 1: The Fulton Avenue Association presents the 6th annual holiday tree lighting at 5 p.m. at Tognotti's Auto World, located at 2509 Fulton Ave. Bring a can of food for the Arden Arcade Food Drive, and get a free photo with Santa. Bring a new, unwrapped toy for a child between the ages of 0 and 16 and get a free photo with Santa. All gifts will be given to children who reside in the Arden-Arcade area. At the lighting, there will be a Christmas tree raffle, Santa, music, and carolers.

Pancake Breakfast

Dec. 1: Two light, delicious, warm pancakes, a tasty patry of sausage, Log Cabin syrup, tea and coffee, all for only \$3/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.

Parkside Community Church Holiday Boutique

Dec. 1-2: Saturday, Dec. 1 from 9 a.m. to 4 p.m. and Sunday, Dec. 2 from 11:30 a.m. to 2 p.m., have fun and shop for beautiful hand-crafted gifts and enjoy delicious homemade soups and baked goods. 5700 South Land Park Dr. 421-0492.

'Procession of Carols'

Dec. 1 and 2: Sac State's choral groups continue their holiday tradition with the inspirational "Procession of Carols" at Sacred Heart Church, 39th and J streets at 8 p.m. Saturday, Dec. 1; and 2 p.m. and 7 p.m. on Sunday, Dec. 2. The program includes the Austrian carol "Still, Still, Still" and new settings of "Jingle Bells" and "The Snow Lay on the Ground." Tickets are \$15 general, \$10 seniors and \$7 students and available at the University Ticket Office, 278-4323. 278-5191.

Photo gift shows by P. Colmer

Dec. 2: Holy Spirit Church, 3159 Land Park Dr., Sacramento, 10-3 p.m., 916-261-3850

'Finding Balance: A Joy with Issues'

Dec. 2: Dr. Mark Chofla of Empathy Therapy will speak on "Finding Balance: A Joy with Issues" at 3 p.m. Ways to cope with adult children who are battling emotional problems or addictions. Addressing several concerns, Dr. Chofla, Psychiatrist+Physician+Counselor, will discuss matters close to parents' hearts. Refreshments provided. Location: Del Norte Swimming & Tennis Club, 3040 Beccera Way, Room 603, Sacramento, 95821. Handicapped Accessible. Free. 402-2465

'Finding Balance: A Joy with Issues'

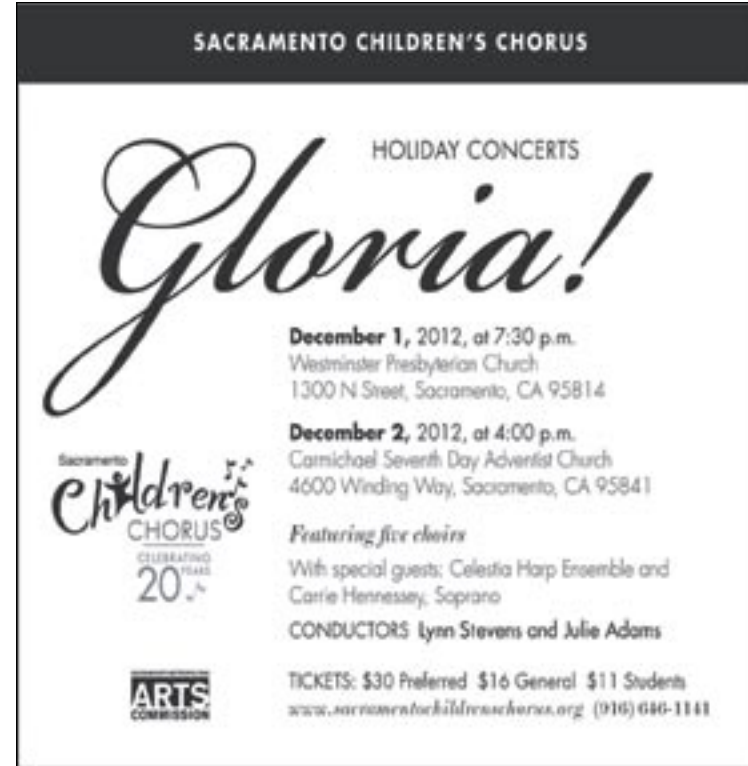
Dec. 2: Dr. Mark Chofla of Empathy Therapy will speak on "Finding Balance: A Joy with Issues" at 3 p.m. Ways to cope with adult children who are battling emotional problems or addictions. Addressing several concerns, Dr. Chofla, Psychiatrist+Physician+Counselor, will discuss matters close to parents' hearts. Refreshments provided. Location: Del Norte Swimming & Tennis Club, 3040 Beccera Way, Sacramento, 95821. Handicapped accessible. Free. 402-2465.

POWERtalk International

Dec. 1, 4: 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.power-talkinternational.com



Crockett-Deane Ballet Company & Deane Dance Center
Saturday, Dec. 1st, 7pm & Sunday, Dec. 2nd, 2pm
Featuring **The Nutcracker (one act) and Christmas Angels**
Tickets at the door: Adults \$15 Seniors/Students \$12 Children \$10
The Center at Twenty Three Hundred 2300 Sierra Blvd., Sacramento
Questions? Contact Deane Dance Center 916.453.0226



SACRAMENTO CHILDREN'S CHORUS
HOLIDAY CONCERTS
Gloria!
December 1, 2012, at 7:30 p.m. Westminster Presbyterian Church 1300 N Street, Sacramento, CA 95814
December 2, 2012, at 4:00 p.m. Carmichael Seventh Day Adventist Church 4600 Winding Way, Sacramento, CA 95841
Featuring five choirs
With special guests: Celestia Harp Ensemble and Carrie Hennessey, Soprano
CONDUCTORS: Lynn Stevens and Julie Adams
TICKETS: \$30 Preferred \$16 General \$11 Students www.sacramentochildrenschorus.org (916) 446-1111

The Sacramento Concert Band presents free holiday concert:

Dec. 3: The Sacramento Concert Band, under the direction of Grant Parker, will be presenting a holiday concert at 7:30 p.m. at Christ Community Church in Carmichael. The program will include holiday favorites as well as works by Sousa, Huckeby, Vaughan Williams, and others. 691-7632. The Sacramento Concert Band is a non-profit organization sponsored by the Sacramento Valley Symphonic Band Association. 5025 Manzanita Avenue.

Holiday band concert

Dec. 3: The Sacramento Concert Band invites you to attend a free concert featuring popular, Christmas, and holiday music at 7:30 p.m. at Christ Community Church, 5025 Manzanita Ave., Carmichael.

Rotary Clubs of Arden-Arcade, Carmichael

Dec. 4: 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

Dec. 4: 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

Dec. 5: 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

Dec. 5: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

California Waterfowl Pocket/Greenhaven banquet

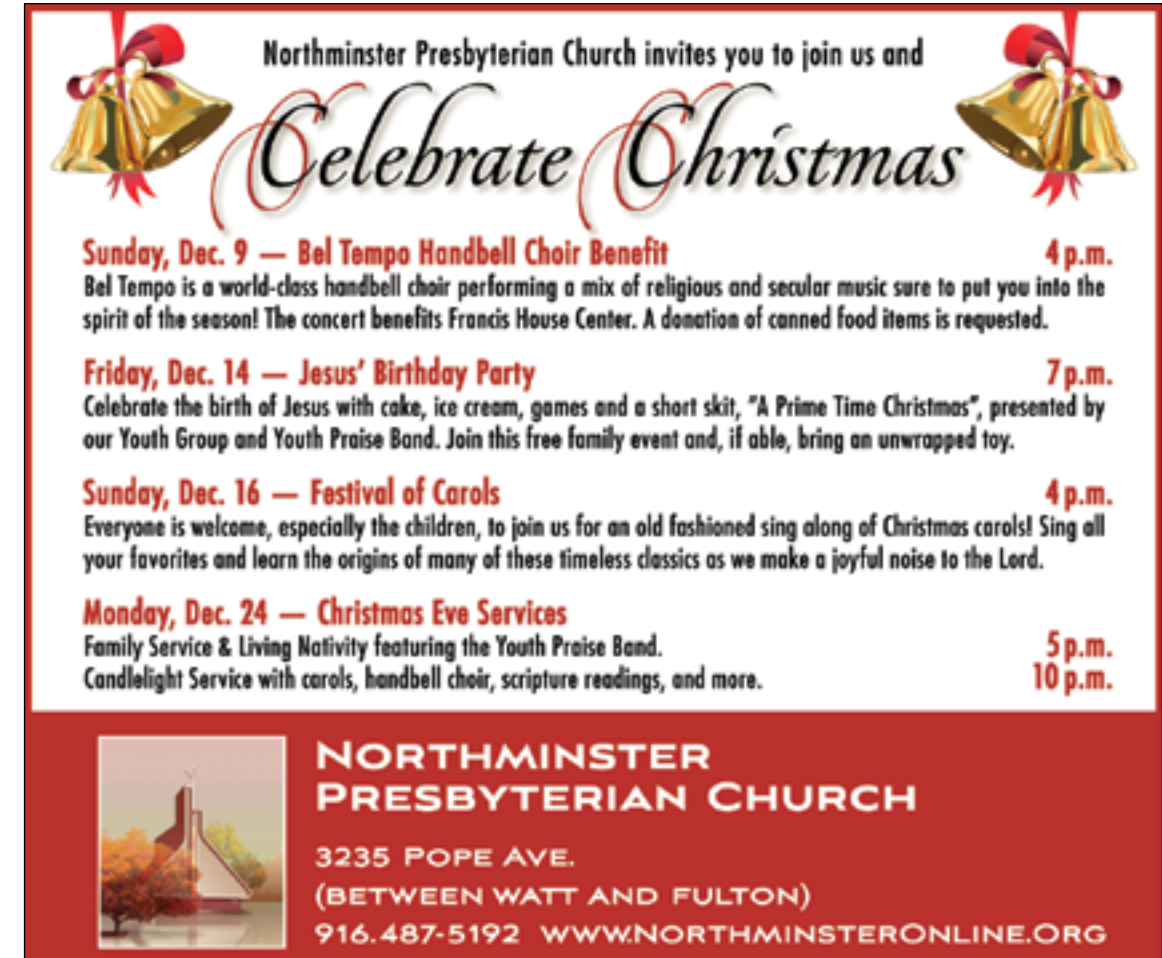
Dec. 6: In memory of Gene Andreucci, the banquet will have steak, prawns and wine. Portuguese Hall 6676 Pocket Road, \$60 p/p \$90 couple. Cocktails at 5:30 p.m., dinner at 7:30 p.m. Contact Jack Carmany at 427-6961.

Crocker/Riverside Elementary PTA Scholastic Book Fair

Dec. 3-7: To help raise funds for school programs, the PTA will hold its annual Scholastic Book Fair. www.crockerriverside.org.



River City Chorale Christmas 2012
The Very Best Time of the Year
Friday, November 30, 7:30 p.m.
Christ Community Church, 5025 Manzanita Ave, Carmichael
Saturday, December 1, 7:30 p.m.
Faith Presbyterian Church, 625 Florin Road, Sacramento
Sunday December 2, 4:00 p.m.
Pleasant Grove Comm. Church, 1730 Pleasant Grove Blvd., Roseville
For ticket information, please visit us at www.rivercitychorale.org



Northminster Presbyterian Church invites you to join us and Celebrate Christmas
Sunday, Dec. 9 — Bel Tempo Handbell Choir Benefit 4 p.m.
Bel Tempo is a world-class handbell choir performing a mix of religious and secular music sure to put you into the spirit of the season! The concert benefits Francis House Center. A donation of canned food items is requested.
Friday, Dec. 14 — Jesus' Birthday Party 7 p.m.
Celebrate the birth of Jesus with cake, ice cream, games and a short skit, "A Prime Time Christmas", presented by our Youth Group and Youth Praise Band. Join this free family event and, if able, bring an unwrapped toy.
Sunday, Dec. 16 — Festival of Carols 4 p.m.
Everyone is welcome, especially the children, to join us for an old fashioned sing along of Christmas carols! Sing all your favorites and learn the origins of many of these timeless classics as we make a joyful noise to the Lord.
Monday, Dec. 24 — Christmas Eve Services 5 p.m. 10 p.m.
Family Service & Living Nativity featuring the Youth Praise Band.
Candlelight Service with carols, handbell choir, scripture readings, and more.
NORTHMINSTER PRESBYTERIAN CHURCH
3235 POPE AVE.
(BETWEEN WATT AND FULTON)
916.487-5192 WWW.NORTHMINSTERONLINE.ORG

18th Annual Holiday Arts & Craft Show
Music & Refreshments!
December 7, 8, 9, 2012 11am-5pm

Special 2nd Saturday Opening! 5:00-8:30 pm

sacramento fine arts center
5330 B Gibbons Drive, Carmichael (916) 971-3713 www.sacfinearts.org

THE MUSIC SOCIETY AT CATHEDRAL SQUARE PRESENTS
MUSIC AT THE CATHEDRAL OF THE BLESSED SACRAMENT
CHRISTMAS
2012

Messiah and More Saturday, Dec. 8, 7:30pm
Featuring a Sing-Along Messiah with the Camelia Symphony, the Valley Choral Society, Capella Antiqua, and the Choir of the Cathedral of the Blessed Sacrament.

Lessons and Carols Friday, Dec. 14, 7:30pm
A service of Lessons and Carols benefiting St. Patrick Academy, featuring the St. Patrick Academy Children's Choir, Diocese of Sacramento Choir, and the Cathedral Orchestra.

The View from London Friday, Dec. 21, 7:30pm
Capella Antiqua artists-in-residence at the Cathedral, sings music from London circa 1850, featuring the world premier of Dickens' Lessons and Carols.

Tickets and information at www.cathedralsacramento.org

Capitol Ballet Company
with Stockton Ballet School
Stuart Carroll & Sharon Newton, Artistic Directors
Recently Performed
TCHAIKOVSKY'S
Nutcracker

Saturday, December 8, 2:00 pm
Delta Center for the Arts
Warren Atherton Auditorium
San Joaquin Delta College
5151 Pacific Avenue, Stockton, CA 95207
Ticket Box Office 209-954-5110

Saturday, December 15, 2:00 pm
Sheldon High School
Performing Arts Center
8033 Kingsbridge Drive, Sacramento, CA 95829
Ticket Info 916-484-1188

Tickets \$12-22
For information or to purchase tickets, visit capitolballet.com

CALENDAR

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

Bi-Polar Anonymous

Dec. 7: 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.

Galena Street East Presents 41st Annual 'Holiday Tapestry' Show

Dec. 7-8: Comprised of local Sacramento-area performers from the ages of four to 18, Galena Street East, California's young performing ambassadors, will light up the stage and make history during the 41st Annual "Holiday Tapestry" Christmas show, entitled "Rejoice in The Rhythm of Nations." \$15 for general admission and \$12 for students. Tickets at www.galenastreet-east.org, or by calling 731-4090 or by emailing bertagninifam@hotmail.com. Group discounts available. The Friday show starts at 7 p.m. and there are two performances on Saturday, one at 1 p.m. and a second at 7 p.m. Hiram Johnson High School Auditorium, located at 6879 14th Ave.

Camellia Waldorf School's 24th Annual Winter Faire

Dec. 8: Come celebrate the magic of winter with heartwarming activities. Children will enjoy watching puppet shows, making crafts, and shopping in a special "children-only" store. Parents and friends can shop for unique and handcrafted gifts, as well as enjoy free live music and hearty and healthy food. We will host a Soup Competition, in addition to offering quesadillas and tamales, home-baked goods, milled cider, organic gourmet coffee and more! Free admission with nominal charges for some activities. 10 a.m. to 3 p.m. Camellia Waldorf School, 5701 Freepoint Blvd., Sacramento. 9427-5022. <http://www.camelliawaldorf.org>

Volunteer in the garden

Dec. 8: 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@car michaelpark.com.

The annual Sacramento State Winter Jazz Festival

Dec. 8: Annual festival happens in Capistrano Hall. Performances by middle school, high school, and college jazz ensembles are scheduled 8 a.m.-6 p.m. The Wee Trio performs at noon, and the festival concludes with a performance by The Sacramento Jazz Orchestra, with alto saxophonist Dave Pietro. Tickets are \$10, available at the festival. For more information, visit: www.csus.edu/music/jazz/, or call (916)-278-7987.

Volkssport walking

Dec. 8: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 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

Camellia Symphony presents

Messiah sing-along
Dec. 8: The Camellia Symphony Orchestra and the Music Society at Cathedral Square join together to present a holiday concert featuring Part I of Handel's beloved Messiah Sing-Along at 7:30 p.m. (doors open at 6:30 p.m.) at the Cathedral of the Blessed Sacrament located at 1017 11th Street, Sacramento. \$10 per person, children 5 and under, free. General seating. Order online: camelliasymphony.org or 929-6655. Tickets may also be purchased at the door.

St. Nick's Breakfast and Craft Fair

Dec. 9: Crafts and breakfast from 8 a.m. until 2 p.m. Presentation School (next to Presentation Parish) 3100 Norris Ave., Sacramento. 343-7669.

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Bel Tempo Handbell Christmas Concert

Dec. 9: Start your holiday season with an afternoon of traditional holiday music from throughout the world as celebrated by Bel Tempo. Bel Tempo is a community handbell choir sponsored by Northminster Presbyterian Church and is directed by Mary Balkow. This year's concert, Christmas Joy, benefits Francis House Center. Bel Tempo rings a five octave set of Schulmerli handbells consisting of 62 bells which range in weight from 7 ozs. to 9 1/2 lbs. Audience members will have an opportunity to ring along with Bel Tempo on favorite holiday selections. Francis House is a triage center for those suffering from homelessness and poverty. Their mission is to provide relief, resources, and hope that transforms individuals and families from a struggle for survival to a plan for their success. 487-5192 or visit northminsteronline.org. Show starts at 4 p.m. at Northminster Presbyterian Church, located at 3235 Pope Ave.

Breastmilk donation drive at Sutter Medical Plaza

Dec. 10: Onsite donor registration (milk is welcome but not required on day of event). All donations go to the San Jose Milk Bank to benefit babies in need. 1625 Stockton Blvd. For information or to donate milk, 261-5683. Sacbreastfeeding.org; www.sanjosemilkbank.com

CSUS String Project to hold free holiday concert

Dec. 10: Concert to start at 7 p.m. in Capistrano Hall's Music Recital Hall on the Sacramento State campus, 6000 J Street. The String Project provides group lessons in violin, cello and bass for local children in the fourth-grade or up, taught by Sac State students. The program includes selections from the "Nutcracker Suite," "French Folk Song," and the always popular "Twinkle, Twinkle Little Star." Admission is free. 278-5191.

Rotary Clubs of Arden-Arcade, Carmichael

Dec. 11: 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

Dec. 11: 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

Dec. 12: 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

Dec. 12: 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 & H streets, Sac. Carolyn (916) 457-4044

Referrals Plus

Dec. 12: 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

East Sac Rotary

Dec. 12: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Classical Revolution performs:

Dec. 13: Classical music in a comfortable setting. Bows and Arrows, 8 p.m., free of charge. 1815 19th St., Sacramento

Mission Oaks Computer Club meeting

Dec. 13: The meeting topic will be "ID Theft Protection" presented by Sarah Dalton of the CA Office of Privacy Protection. A problem-solving clinic, led by Adam Lacey of Applications, Etc. will follow the meeting. To be held from 1 to 3 p.m. at Mission Oaks Community Center, located at 4701 Gibbons Drive, Carmichael, CA 366-1687 or website www.missionoakscomputerclub.org.

Salvation Army Band to be featured at River's Edge Senior Community

Dec. 13: The Salvation Army ensemble is made up of Salvation Army musicians from the Sacramento area. They play at many events throughout the year and especially at Christmas where they can be seen playing around the Red Kettle. Their main purpose is to support the weekly church services at The Salvation Army. Anyone interested in attending should contact the community at 921-5131 by Monday, Dec. 10. Refreshments will be served. Event starts 2 p.m. 601 Feature Dr.

Bi-Polar Anonymous

Dec. 14: 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.

Jesus' birthday party

Dec. 14: Come join in for a free family fun event featuring a short Christmas skit, A Prime Time Christmas, and music by the Youth Praise Band. Afterward, there will be fun games including pin the tail on the donkey, and a sharing of piñata, cake and ice cream as we celebrate Jesus' Birthday. If one is able, please bring an unwrapped toy for an underprivileged child. For more information, call (916) 487-5192 or visit northminsteronline.org. Party starts at 7 p.m. at the Northminster Presbyterian Church, located at 3235 Pope Ave.

Breakfast with Santa

Dec. 15: From 9 to 11 a.m. at Sierra Arden United Church of Christ. Free of charge. Bring the kids to meet with Santa. A pancake breakfast will be served. 890 Morse Ave. at Northrop Ave.

Capitol Ballet Company presents, The Nutcracker

Dec. 15: The Nutcracker will be performed at 2 p.m. at the Sheldon High School Performing Arts Center, 8333 Kingsbridge Dr., Sacramento. Tickets are \$18-\$22 for adults; \$12-\$16 for children, seniors (65+),

students and military with ID. Tickets may be purchased at www.capitolballet.com or by calling Capitol Ballet Company 484-1188.

Rotary Clubs of Arden-Arcade, Carmichael

Dec. 18: 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

Dec. 18: 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

Dec. 19: 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

Dec. 19: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Bi-Polar Anonymous

Dec. 21: 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.

Free admission day at Fairytale Town

Dec. 24: On Christmas Eve, Fairytale Town gives the gift of free admission to visiting guests from 10 a.m. to 2 p.m. For more information, visit fairytaletown.org or call 808-7462.

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Of Joy & Fate
December 15, 2012 7:30 PM
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Guest Artist, the Folsom High School Chamber Singers

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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. \$699,000

LINDA WOODS 802-8042



NEW CUSTOM HOME

Located in a small gated community of only 3 custom built homes on a 1.185 acre lot in prime Carmichael location. 4 or 5 bedrooms 3½ baths this amazing home features 2 masters, theater/game/bar room, hardwood floors, natural stone, venetian plaster, gorgeous granite and much more! \$1,095,000

MONA GEGEN 247-9555



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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. \$349,000

CHRIS BALESTRERI 996-2244



PENDING

SHELFIELD ESTATES

5 bedroom 3 bath home on a quiet street in great location! 3,343 square foot beauty has an open floor plan, hardwood floors, and kitchen family room combination. Lovely backyard with fenced pool area, play area, eating area and even a covered sitting area with TV hookup. \$545,000

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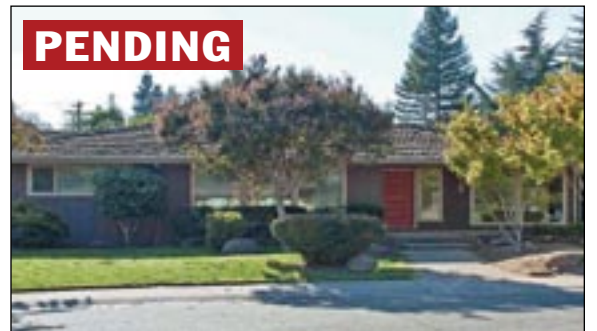


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LAKE WILHAGGIN

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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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

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