

Sacramento Valley Conservancy acquires Camp Pollock

See page 14

Lance Armstrong history feature
See page 6

NEWS BRIEFS, PAGE 10 • ARTS, PAGES 12-13 • COMMUNITY CALENDAR, PAGES 18-19

Inside This Edition



Faces and places:
'People of the year'
See page 11



Senior Day at SPCA is
Valentine's Day
See page 5

BUILDING BONDS

Starr King, Ralph Richardson's newspaper collaboration

See page 2



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Newspaper collaboration builds bonds among Starr King, Ralph Richardson student writers

Courtesy of San Juan Unified School District

It's quiet in the media lab at Starr King K-8, expect for the soft patter of keyboards. Student writers – a few from Starr King, the rest from Ralph Richardson, the special education center that shares a campus – are focused and hard at work on the two schools' next newspaper.

Called The Richardson Starr, it's a relatively new and fast-growing publication on campus – and is a unique partnership between special education and traditional students from both schools.

During this recent work session, Ty Marshall, an eighth grader at Starr King, was putting the finishing touches on her latest column, titled "Being Thankful for the Beauty Within." It's a personal account of dismissing superficial pressures and discovering value deep inside herself.

"I guess I just like to show people what I think about the world," she said during a break in editing. "And I guess I like to make people feel better."

The newspaper has provided more than an opportunity for students to express themselves and hone their writing skills. Jason Edwards, a Ralph Richardson teacher and the newspaper's advisor, said the program encourages special education and traditional students to work alongside each other, reinforcing a positive culture on campus.

Through that collaboration, special education students gain confidence, and traditional students gain an open mind on friendships and teamwork.

"The opportunity to have the students integrate, socialize and work together is a dream come true," Edwards said. "My goal is (students are) confident, out into the world, socializing in a positive way, and learning to accept and embrace cultural differences."

The students' latest edition is as rich a mix of content as any local newspaper: news features, commentary and human interest spotlights. There's a cover story about Olympic athlete

DeeDee Trotter's visit to campus, Q&A features with students and staff and columns about goal-setting, healthy eating and entertainment.

There are lots of photos, even a birth announcement for a staff member's child and – of course – word puzzles.

The 8-page bimonthly paper costs about \$180 to print and is published in-house at the District Office's print shop – a step up from the school copier-produced tabloid published in The Starr's early days.

Unlike the news industry, The Richardson Starr is experiencing tremendous circulation growth: In its first year, the paper published about 80 copies per edition. Today, it's about 400 copies.

The goal, Edwards said, is for every student in grades 6-8 to receive a copy, for each classroom to have one and for several copies to go to the library.

On one recent morning, Ralph Richardson eighth grader Bethany Knopf was typing away at her next column, a commentary imparting the importance of goal-setting beyond routine annual resolutions.

Her biggest goals are to graduate from high school and college. She also wants to be a writer.

The newspaper has helped her in other ways. Bethany said working on the staff helps her manage anxieties about making friends. "I get to meet new people, and that really helps me with socializing," she said.

For Ty, the experience of sharing her thoughts in a public forum is teaching her about expression and using language to carefully and powerfully craft her messages. She relishes moments when she's recognized in the hallways as "that girl in the newspaper."

"It gets me thinking about a lot of things," she said. "I've realized a lot about myself and others that I didn't know before."

"Writing makes me feel invincible."

This article has been reprinted with permission from the San Juan Unified School District.

SCUSD sets dates for kindergarten registration, K-12 Open Enrollment

On Tuesday, January 15, Sacramento City Unified School District began enrolling kindergarteners who will attend neighborhood schools next fall. Unlike the past, children must be 5 years old on or before October 1 to qualify for kindergarten in 2013-14. (This year, children who turned 5 on or before November 1 qualified.) For the first two weeks of the registration period, parents can enroll their children either at their neighborhood school or at the SCUSD Enrollment Center, 5735 47th Ave.

Then on January 28, SCUSD begins the first of two Open Enrollment periods -- opportunities for families that live within district boundaries to apply for specialty programs or spots in schools beyond their neighborhoods. Open Enrollment for current sixth through 11th graders begins January 28; Open Enrollment for current kindergarten through fifth graders begins February 19.

To help parents learn about their options, many schools are hosting tours and visita-

tion days. Visiting a school is often the best way families can determine if a campus is right for them. During visits, parents can observe teachers and students at work in classrooms, talk to the principal and meet other parents.

Acceptance through Open Enrollment is contingent on seats available and, in some cases, student eligibility. West Campus High School, the Humanities and International Studies Program at C.K. McClatchy High School, John F. Kennedy High School's PACE (Program in America and California Explorations), Phoebe Hearst Elementary School, Alice Birney Waldorf-Inspired K-8 School, Leonardo da Vinci K-8 School and Camellia Basic School have eligibility criteria that must be met for admission.

For a full schedule of school visitation events, including dates, times and locations, please visit www.scusd.edu/high-school-visitation-events. To learn more about Open Enrollment, go to www.scusd.edu/open-enrollment.

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Senior Day to be held at Sacramento SPCA on Valentine's Day

Arden resident talks of her love, her dog Lily

By MONICA STARK
Editor@valcomnews.com

Lily was about 4 years old when neighbors found her walking the streets of Sacramento. All alone with matted, stinky fur, they quickly decided to take the 4 pound dog into the Sacramento Society for the Prevention of Cruelty to Animals, where volunteers shaved it, pulled its bad teeth and found it an owner that has loved it ever since.

That was 11 years ago, recalls owner Mary Anne Kirchner. A friend who worked at the SPCA emailed her a picture of what looked like a rat, but looks didn't seem to matter, as Kirchner welcomed the dog into her home and has taken such good care of it that Lily continues to manage well and is now a hospice therapy dog and has a hospice patient she visits once a week.

Kirchner has noticed a change in the hospice patients when Lily is around.

One of the patients who has dementia, reached out to pet Lily and suddenly her mind goes back in time to when she had a dog.

Lily even has mail sent to her. She has received a thank you note from the family of patient who had died. Kirchner said she and Lily try to attend the funeral services of the hospice patients they have visited.

"I've always loved dogs, but haven't always had dogs. I had cats when my children were young, but I've developed into a serious dog

person. Right now she is sitting in my lap. She is trying to get handouts from the bagel I am eating."

For seniors living alone, a pet might be their only family and since research shows the strong bond between pet and owner has positive, mental benefits, the Sacramento Society for the Prevention of Cruelty to Animals has offered free pet adoptions for seniors for animals at least 5 years old, and just recently, they changed their policy to include free adoptions for any age animal to seniors.

"We found that seniors would come in and they would fall in love with an animal 5 years old and we decided why not make it as simple and as affordable for them."

At this year's Senior Day, seniors age 65 and older can receive free nail trims, microchips, food from the pet food bank for their beloved cats and dogs.

Kirrene anticipates this will be the organization's largest Senior Day yet and the fact that it's on Valentine's Day reinforces the love and strong bond between pet and owner. Senior day is more or less besides offering free services, it's a fun open house, said Kirrene. Plus, it's the kickoff of fee waive adoptions.

According to Pets for the Elderly Foundation, while the benefits to animals are obvious - to place them in loving homes and keep them from being destroyed - the benefits to elderly persons are ten-fold (versus non-pet owners).

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- 7) Pets ease loss of a loved one
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- 10) Sense of security

On the web:

Pets for the Elderly:
http://www.petsfortheelderly.org/articles.html
Sacramento SPCA: http://www.sspca.org/

If you go:

What: Senior Day at Sacramento SPCA
When: Valentine's Day, Thursday, Feb. 14, 11 a.m. to 6 p.m.
Who: Seniors 65 years and older
Cost: Free
Where: Sacramento SPCA is located at 6201 Florin-Perkins Rd., Sacramento



Recharging Your Batteries

My dad came from a big family. The holidays had a steady stream of aunts, uncles and cousins through our house. Mom would decorate, cook and clean to impress her in-laws. Our family tradition was to rent a small, secluded cabin on the lake in January so Mom could relax in peace and quiet. Mom would call it "recharging her batteries."

Mom no longer does the holiday entertaining since Dad passed away. Family members take turns driving her to the many family functions. On New Year's, Mom looked exhausted. I noticed her small frame had become smaller and her steps less steady.

It's January and I think it is time to find her a new place to "recharge her batteries." Somewhere that will take care of her like she has taken care of us for so many years.

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Elliott's Natural Foods: Promoting healthy living since 1952

By LANCE ARMSTRONG
Lance@valcomnews.com

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

The Watt and El Camino avenues area has certainly had many well known businesses during its history. But with the exception of See's Candies in Country Club Centre, none has been located in this specific area longer than Elliott's Natural Foods, which presently operates at 3347 El Camino Ave.

Originally known as Elliott's Health Foods, the business was opened by Walker

Elliott (1909-1997) and his wife, Georgana Elliott (1919-2011), at the northeast corner of Fair Oaks and Sunrise boulevards in 1952. But for the majority of the store's existence, it has operated west of the intersection of Watt and El Camino avenues.

Walker, who grew up in Floydada, Texas, was one of the 10 children of Robert Granger and Minnie Pearl (Walker) Elliott.

He moved to Central California with his family in about 1929, and during World War II he became a naval submarine repairman in Benicia.

In the late 1940s, Walker married Georgana, who was a native of San Diego

and one of the three daughters of Michael and Vasiliki Tsimiklis.

During an interview with this publication last week, the store's current owner Granger Elliott explained why his parents decided to open the store.

"There was a book ("Health the Easy Way") put out by Lelord Kordel (1904-2001)," Granger said. "The book itself was one of the newer books on nutrition and this author was advising people to actually go and start their own little health food store. My father had run a propane/butane shop out of Fair Oaks and he had been pretty much a mechanic and a manual laborer most all of his life. His arthritis was starting to set in to where he really couldn't grasp his hammer or his wrench very well. Anyway, my father sold his business. One of the things that prompted that also was that Cal Gas came to town and they were just a huge conglomerate. But he was having some health issues also, so he started his health food store. A side note, he brought in like \$3.25 on the first day that he ever opened his door. He said that his hands were shaking like a leaf on a tree, because he had never actually waited on anybody. He had never been a retailer and he did not know what was expected of him."

Granger added that because of Kordel's book, his father not only established a health



Photo courtesy of Elliott's Natural Foods
Walker and Georgana Elliott spend a moment together inside their health food store in this 1975 photograph.

food store, but he drastically improved his health.

"(Walker) went on a vegetarian diet and he actually got rid of his arthritis," Granger said. "He gained his mobility back and he just changed his whole life around."

Working together in the store, Walker and Georgana, who resided in Orangevale, were very strong proponents of the natural foods movement of the time.

Georgana was also very interested in education and she offered her living room as the first site of the Sacramento Waldorf School.

The school, which is presently located at 3750 Banner Road in Fair Oaks, opened in the fall of 1959

with Granger, Shane Roberts, Henry Teichert, Jr. and Wanda Beirl as its original students.

In the early 1960s, Georgana also assisted in the establishment of the Big Brothers mentoring organization, which evolved into today's Big Brothers Big Sisters of the Greater Sacramento Area.

About two years prior to the opening of the Sacramento Waldorf School, Elliott's Health Foods was relocated to 2517 Yorktown Ave., and by 1959, Walker and Georgana moved to the Arden area with their children, Granger and Karsan.

In discussing the 1950s relocation of the store, Granger said, "My parents moved to that area, because Country Club Centre was such a magnet and it was fresh and new. It was a contemporary shopping center for many, many years."

Granger, who is a 1972 graduate of El Camino High School, added that Country Club Centre has another special connection in his life. He purchased the engagement ring of his then-fiancee, Cynthia Turnbow, at the old Liberty House department store in Country Club Centre in 1982.

Elliott's was once again relocated in about 1960, when Howard C. Ainsworth closed his television sales and service business, Tri-City Electronics, at 3337 El Camino Ave. and went to work as a time-

Elliott's: Store is proud legacy to the owners

Continued from page 6

keeper for the Aerojet-General Corporation.

Granger described the early customers of the store as people with "different views of living and how things should be."

He added that the type of customers who shopped at Elliott's eventually changed as healthy living practices became more mainstream.

During his interview with this publication, Granger often spoke about his late parents and their love for nutrition and assisting others.

"My dad used to be a philosopher and a nutritionist," Granger said. "People used to come in and they would talk to my dad. My dad just loved talking to people. He would just stand in that vitamin aisle and he would counsel people. And my mother, she had one quest after another quest. She was always on some kind of an agenda. She would attract those people. She was a warrior for nutritional rights. Even today, they tell me, 'Gosh, I miss your father, I miss your mother. My father and mother both had a magic about (them) that people were drawn to.'"

Although the store held fast to its general mission to assist others in maintaining healthy lifestyles, it changed its name three times in an eight year period - Elliott's Discount Health Foods (1972), Elliott's Discount Natural Foods (1976) and Elliott's Natural Foods (1980).

In June 1977, following an 11-month undercover investigation, El-

liott's received widespread attention, as Georgana was charged with three counts of practicing medicine without a license.

Despite the fact that Georgana was convicted for one of these counts, a technical error by the municipal court judge led to the case being dropped "in the interest of justice."

Shortly after Georgana's seven-month, \$6,500 legal battle, Clinton R. Miller, vice president of the National Health Federation, was quoted in the *Lodi News-Sentinel* as saying, "What has happened is the California Department of Health has selectively used this broad definition to harass people in the health food industry just for sharing nutritional information."

Following this difficult time in the business's history, the store continued its growth, which led to its purchase of its present location from James Cordano.

Elliott's has had a variety of employees throughout its history, but none more renowned than Cary "Captain Carrot" Nosler, the well known author, radio host and public speaker, who dedicated his life as a fitness advocate.

In describing the longevity of the business, which specializes in vitamin supplements, minerals, herbs and proteins, Cynthia, who is a 1975 graduate of Mira Loma High School, said, "I think what's made the store successful over the years is the education of the customers that come in and also the



Photo courtesy of Elliott's Natural Foods
Elliott's Natural Foods has been serving north area customers since the 1950s.

discounting that we've done forever. And it's also been providing healthful items that people want and need."

Another feature of the business that aids in its success is its kitchen, where lunch items such as wheat-free sandwiches, baked goods and other healthy edibles are prepared. The kitchen first opened in 2011.

When speaking about the history of his business, Granger often expresses his appreciation for his family and the community.

"I'm really proud of the legacy that my father left me," Granger said. "I feel like my father and my mom were right for the right time for the store and for the neighborhood. I feel like I came along and helped preserve

(the store) and helped it keep running and make it competitive. I'm really excited that my kids (Amber and Grayson Walker Elliott) are taking an active interest in the store. And if they have half the good fortune and blessings in their life that I've had in my life, I feel happy for them. I think they're going to give back to the community and be a part of it. And I think (the store) is not going to have a happy ending, but a happy continuation."

Elliott's Natural Foods is open Mondays through Saturdays from 9 a.m. to 6 p.m. and Sundays from 10 a.m. to 6 p.m.

For additional information regarding this business, call (916) 481-3173.

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Photo courtesy

H&R Crab feed benefited 'Make-A-Wish' foundation

H&R Block hosted a "Crab Feed/Prime Rib Dinner and Casino Night" at the Dante Club to benefit the Make-A-Wish Foundation of Sacramento. This was the third annual event that has raised thousands of dollars to assist the Foundation in granting wishes to children with life-threatening medical conditions. Pictured are (l-r): Michael Hayes, H&R Block District Marketing Coordinator; Tina Black, H&R Block District Manager - Sacramento North; Patti Coakley, H&R Block Enrolled Agent and Make-A-Wish Ambassador; Theresa Gerhart, Make-A-Wish Foundation Senior Corporate Relations Manager; and Michalann Archey, District Manager- Sacramento South. H&R Block also supports the Make-A-Wish Foundation's annual "Walk for Wishes" event.

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Parent's federal income tax return or W-2 forms from tax year 2012 (or 2011) to make an estimate)

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ucation benefits, Social Security benefits

Student's W-2 forms, pay records or records of income earned during 2012

Bank account records or statements

Records of stocks, bonds or investments

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If not a U.S. citizen, bring alien registration card (if available)

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News Briefs

School News SJUSD

Multi-million dollar energy agreement

The San Juan Unified School District has proposed to enter into an agreement with Irvine based energy company, Climatec Energy Services, not to exceed \$4.6 million for a mechanical retrofit of 23 district owned sites, which according to the district range from improved lighting, HVAC, to solar thermal swimming pools at Bella Vista High School, Rio Americano High School, Del Campo High School.

'It Gets Better' video

"Valuing diversity and excellence," begins San Juan Unified's mission statement. As one example of how those values ring true in the District, they are launching an "It Gets Better" video in support of all students- but especially those lesbian, gay, bisexual and transgender (LGBT) youth who may be the victims of bullying, harassment, intimidation or fear.

No student deserves to be bullied or harassed. Whether it's at school, at home, or in the greater community, it is not OK. That includes LGBT youth who are often the victims of these behaviors, which can lead to a higher rate of depression, self-harm and suicide.

Nine students and staff from throughout the District have stepped forward to share their stories of growing up and finding their place in a world that supports and accepts them for who they are. These individuals hope that by sharing their stories, current students and youth in our community who identify themselves as LGBT might find hope and courage to seek help if they need it.

The SJUSD It Gets Better video was produced in partnership with the San Juan Teachers Association To learn more about the It Gets Better project visit, visit www.itgetsbetter.org.



You can watch the video <http://vimeo.com/54983235>. Please visit www.sanjuan.edu/itgetsbetter for more information and resources for teachers and students.

This article has been reprinted with permission from SJUSD's newsletter, SJ Scene.

Sacramento County Office of Education

Students participating in special education, community, and continuation school programs used their knowledge about technology in today's world, as well as quick thinking skills, while competing at the 5th Annual Sacramento County Academic Bowl.

William Daylor High School, from the Elk Grove Unified School District, took home the perpetual trophy by winning top honors. Leo A. Palmiter Jr./Sr. High School and Elinor Lincoln Hickey Jr./Sr. High School finished in second and third places respectively, followed by Gerber Jr./Sr. High School. Palmiter, Hickey and Gerber are Sacramento County Office of Education (SCOE) schools.

The theme was "A World Transformed: Technological Turning Points." The event was held Dec. 12 inside the auditorium at Rosemont High School

Carmichael Park District News

The neighbors of **Sutter/Jensen Community Park** are currently fundraising for the first phase of construction, which includes entrance and parking improvements and a trail system connecting Jensen Gardens to the Sutter Park Site. Make your tax deductible donation to the Carmichael Recreation and Park District Foundation, c/o Sutter/Jensen Community Park Site, 5750 Grant Ave., Carmichael. For other fundraising information visit, www.preservesutterjensen.org/

Today, **Capra Park** is home to a caretaker who boards horses and takes care of the daily maintenance of the property. District recreation staff will continue to plan future events at the site for neighbors and residents for the community to enjoy. The property will remain leased until the District has funding to install facilities that would make it usable as public park. For more information, call 485-5322.

Chautauqua lease

Tracy Kerth reported that the district is very happy to have Chautauqua Playhouse at La Sierra Community Center for 27 years. She introduced Roger Hoopman and Warren Harrison, co-producers from Chautauqua.

Hoopman said the playhouse provides a full season of plays every year, much of it geared to keep the senior audience entertained. They also have a children's series of plays and do recreations of classic radio shows.

Harrison said Chautauqua is financially stable and that 40 percent of their costs are funded by ticketing and they receive grants to cover the rest. They try to keep ticket costs low to allow more people to come to their shows. In the summer, they put on a children's performing arts program for four days a week, for five weeks. Last summer, 21 children participated. They are now working on a teen program.

Regular board meetings are held on the third Thursday of each month at 6pm in the Carmichael Community Clubhouse in Carmichael Park. Special meetings are held as needed. Agendas are posted no later than 24 hours prior to the scheduled time of the meeting.

-Compiled by Monica Stark

Faces and Places:

CARMICHAEL CHAMBER OF COMMERCE

2013

PERSON OF THE YEAR AWARDS DINNER



Photos by BILL CONDRAV
bill@valcomnews.com

The 2013 Person of the Year Awards Dinner presented by the Carmichael Chamber of Commerce, honored Jerry Reynolds of the Sacramento Kings as the Person of the Year, Brian Ivie of Mercy San Juan Medical Center as the Businessperson of the Year; Jack Harrison of Carmichael Recreation and Park District receiving the Park Services Award, and Susan Maxwell Skinner receiving the Mrs. Carmichael Award, drew a full house at La Sierra Community Center on Friday, Jan. 11. Special guests included Congressman Ami Bera; Assemblyman Ken Cooley; Sacramento County Supervisor Susan Skinner; Sacramento County Sheriff Scott Jones; Sac Metro Fire District Assistant Chief Bill Daniels, and broadcasters Kitty O'Neal and John McGinness from 92.5 FM & 1530 AM KFBK Radio. Sponsors: Gold - Sacramento Kings and Mercy San Juan Medical Center, Silver - SMUD, Milagro Investments and Carvalho Family Winery, Bronze - Western Health Advantage and Smart and Final.



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ARTS

Arden resident JESSICA STANFILL speaks of her journey as an artist

Jessica Stanfill has always enjoyed drawing. She and her twin sister would sit at their desks for hours and draw stories, usually involving some kind of animal that wore clothing and rescued others.

Stanfill tends now to navigate towards subject matter that is personal - persons or things that she loves, or thoughts that she's wrestling with. That is why her subjects can be so diverse. She paints the California foothills where she grew up because they are sentimental to her, but she also paints imaginative, dream like scenes that represent her personal history, current emotional struggles and intellectual questions.

Her interest in drawing and painting took a serious turn when

she went to the San Francisco Museum of Modern art when she was 16 years old and saw for the first time, "Girl Reading" by Gerhard Richter. She wanted to create something as powerful and beautiful, and she's been working at it ever since. Stanfill graduated from UC Davis in 2006 with BA in Studio Art, and she is currently in the process of applying for Masters of Fine Art programs.

Since graduating in 2006, she spent the last six years working as an administrative assistant, doing very little painting.

"I think I had a big wake up call this past year. My life wasn't moving in the direction that I wanted it to, and I was very unhappy. I decided I needed to focus on painting or I was not ever going to be an artist," she said.



"Girl Swimming", 16x20 inches, oil on canvas.

Courtesy

Stanfill was living in Chicago, and moved her things back to Sacramento. She spent two months preparing a portfolio for graduate applications, and then got a job at an office to pay for her applications. Unfortunately, her time there was cut off right in the middle of the application process, but she is looking for creative ways to pay for them, namely, selling these paintings

that she's worked so hard to produce.

Graduate studies will give her a specific time to work, devoted entirely to painting, where she will get the instruction and feedback that she needs to make the next steps in her career. Stanfill is hopeful about her future as an artist, and she is eager to see if these

See Stanfill, page 12



"Meddling" 18x24 inches, oil on canvas.

Stanfill: Art on display at Kennedy Gallery and Art Center

Continued from page 12

graduate departments feel the same way.

Working in oils on canvas, her work is a hybrid of realism and expressionism. She is interested in combining traditional methods of figure painting with contemporary abstract symbolism.

From a technical perspective, she has always inspired by the work and writings of early American realist painters, like John Singer Sargent, George Bellows, and Childe Hassam. But from a conceptual perspective, she is most drawn to Odd Nerdrum and Eric Fischl, who seem to bring the traditional

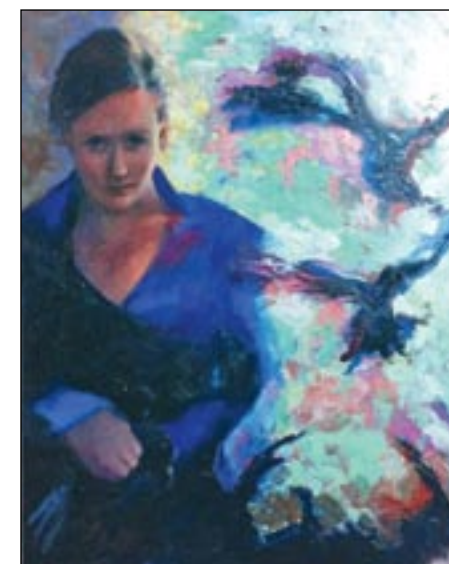
methods of figurative painting into a contemporary setting.

Stanfill's work is showing currently at the Kennedy Gallery and Art Center in Midtown on 20th and L Street. She is a permanent resident artist there, and will be showing there indefinitely. The next show that Kennedy is hosting is called "Fabulous Nudes". She will feature several new figurative works along side a number of local guest artists. The show runs until the end of the month.

For more information, visit www.jessicastanfill.com



"Tomatoes" 8x10 inches, oil on canvas.



"Self with Crows" 24x30 inches, oil on canvas.



"Paints Study"

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Sacramento Valley Conservancy acquires Camp Pollock, looks for volunteers

The SVC Staff would love to hear from you about sharing your enthusiasm to volunteer at Camp Pollock. Camp Pollock, formally the Boy Scout Camp, soon to be under SVC's management is a new 11 acre acquisition by the State Lands Commission along the American River and can be found just north of downtown Sacramento, under Hwy 160.

As a volunteer, you will lend a hand to Camp Pollock's projects. The tasks include; upgrade and expand camping areas, assemble a court yard with an interpretive native plant garden, build benches, construct picnic tables and create a trail in front of Lodge for public access. The SVC has goals to improve the entrance way and parking area, as well as hire a contractor to repair the 1924 lodge, to this beautiful property. Starting Feb. 2 will be the first of many service days - held every Saturday from 9am-1pm, until further notice. Help the SVC, won't you?



Camp Pollock along the American River in Sacramento. Photo by Aimee Rutledge

The SVC is looking for the following volunteers;
Entry Level Volunteer; General improvements to the property are the first goals. See list above. SVC needs your help!

Specialty Volunteer Do-
cents; If construction, painting or plumbing repairs are your skill-set specialty, the SVC would love your participation!

Public Volunteer Do-
cent; Spend the day outdoors greeting visitors to historic Camp Pollock. Once constructed, Do-cents will direct guests to natural riparian garden and walking paths along

the 11 acres of the property. Become a lasting memory to those that spend part of their day exploring the American River Parkway in Sacramento.

Contact Gina Silvernale with your interest of volunteering at Camp Pollock. 916/612-3719 or outreach@sacramentovalleyconservancy.org

Celebrating over 22 years of protecting open space and accreditation by the Land Trust Alliance Accreditation Commission, the Sacramento Valley Conservancy is a private, non-profit land trust founded in 1990 on two basic principles—that open lands are necessary for quality of life and that we must save land today so future generations may enjoy its benefits tomorrow. The Conservancy buys land only from willing sellers, and works cooperatively with private landowners and public and private funding sources to create win-win solutions. More information about SVC, including the East Sacramento Blue Oak Hills Area project, our Sacramento Prairie Vernal Pool Area, the Dry Creek Parkway, Elkhorn Basin Ranch and other projects can be found on the organization's website at www.sacramentovalleyconservancy.org.

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Deer Creek Hills offers free hiking and use of horse trails and monthly events

Make your experience what you want at Deer Creek Hills in 2013. Sacramento's largest open space preserve is now opened every Saturday for a new trail exploring the 4,400 acres of a working cattle ranch from 9 a.m. to 1 p.m., February 2 through May 25, 2013.

A self guided trail will be yours to trail run with your buddies, explore with your kids, take photographs of wildflower, bird watch or bring your plein air art supplies to create your own art, observe wildlife or simply stroll the colorful rolling hillsides in the morning hours before the summer months arrive.

Each week a new trail is marked for you to explore and see more of Deer Creek Hills. Seasonal creek, vernal pools and ponds will be seen. Exposed rocks, tree roots and uneven surfaces will be the hiking surface. Simply bring your cell phone, sturdy boots, water supply and high energy snacks regardless of your activity. Check-in with SVC staff to exchange cell phone numbers and handoff your signed liability form and make Deer Creek Hills what you want! The gates to the private preserve are unlocked at 9 a.m. and are locked at 1 p.m. by SVC staff.

Sacramento Valley Conservancy's monthly featured outing for February is, Geology & Gold History of Deer Creek

Hills scheduled for Saturday, Feb. 23 from 9 a.m. to 1 p.m. Cost is \$10. Both geology and the history of gold mining that took place at Deer Creek Hills will be shared along the trail. Evidence of many different types of mining; sluice box, hydrology and flume ditches will be highlighted.

Guides for this outing will be SVC Lead Geology Docent Robert H. Sydnor, Engineering Geologist & Hydrogeologist and SVC Lead History Docent, David Scharlach, who will share their knowledge and passion to gold mining history at Deer Creek Hills.

Celebrating more than 22 years of protecting open space and accreditation by the Land Trust Alliance Accreditation Commission, the Sacramento Valley Conservancy is a private, non-profit land trust founded in 1990 on two basic principles—that open lands are necessary for quality of life and that we must save land today so future generations may enjoy its benefits tomorrow. The Conservancy buys land only from willing sellers, and works cooperatively with private landowners and public and private funding sources to create win-win solutions. More information about SVC, including the East Sacramento Blue Oak Hills Area project, our Sacramento Prai-

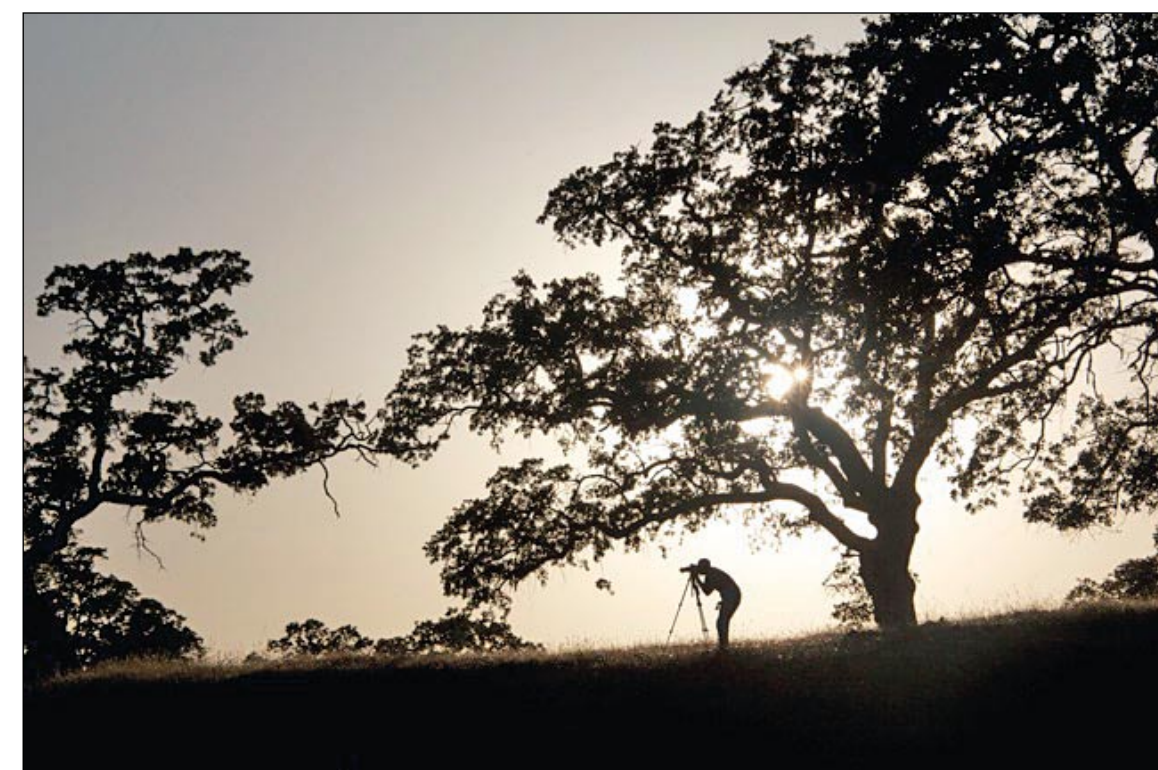


Photo by Linda Thomas

rie Vernal Pool Area, the Dry Creek Parkway, Elkhorn Basin Ranch and other projects can be found on the organization's website at www.sacramentovalleyconservancy.org.

If you go:

What: Free Hike on new trails every week, at a private open space preserve

When: 9am-1:00pm every Saturday from February 2 through May 25

Where: Deer Creek Hills Preserve

Who: All ages

Cost: FREE

Register online: www.sacramentovalleyconservancy.org/calendar.asp

Sacramento Baroque Soloists

Continuo cellist Michael Lawson brings you an evening of sonatas by Bertheau, DeFesch, Barriere, Vivaldi, and Bach.

7:30 p.m. Saturday, Jan. 26
at St. Paul's Episcopal Church, Sacramento

3 p.m. Sunday, Jan. 27
at Rudolf Steiner College, Fair Oaks

www.sacramentobaroque.org

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PATTI PRIESS 801-0579



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MONA GEGEN 247-9555



SHOW STOPPER CONTEMPORARY

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CARMICHAEL MASTERPIECE

Stunning Mediterranean custom home 5 bedrooms 3½ baths. Open floor plan with spacious high ceilings, home office; and ground floor master bedroom with walk-in closet, dual sinks and jetted tub. Kitchen with pantry and granite counters. Family room and master suite fireplaces. \$560,000

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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

PATTY BAETA 806-7761



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, a private backyard. Garage has been converted to a bonus room. \$299,900

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