

ARDEN-CARMICHAEL NEWS

October 10, 2013

Community News in Your Hands

www.valcomnews.com

Effie Yeaw held annual 'Nature Fest'

See page 19



Art.....	■	8
Soil Born Farms held annual Equinox event and fundraiser.....	■	10
Faces & Places	■	11
Calendar	■	17



Faces and Places:
Carmichael Founder's Day
■ See page 11



Sierra Hills
Pet Cemetery:
Memorializing pets
since 1972
■ See page 6

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Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Monica Stark
Art Director..... John Ochoa
Graphic Designer..... Ryan Wunn
Sales Manager..... Patty Colmer
Advertising Executives:
Linda Pohl, Melissa Andrews, Jen Henry
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Cover photo:
Monica Stark

Other photos by:
Bill Condray
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Second Annual Vegan Fall Fest and Picnic set for Oct. 19 at Camp Pollock

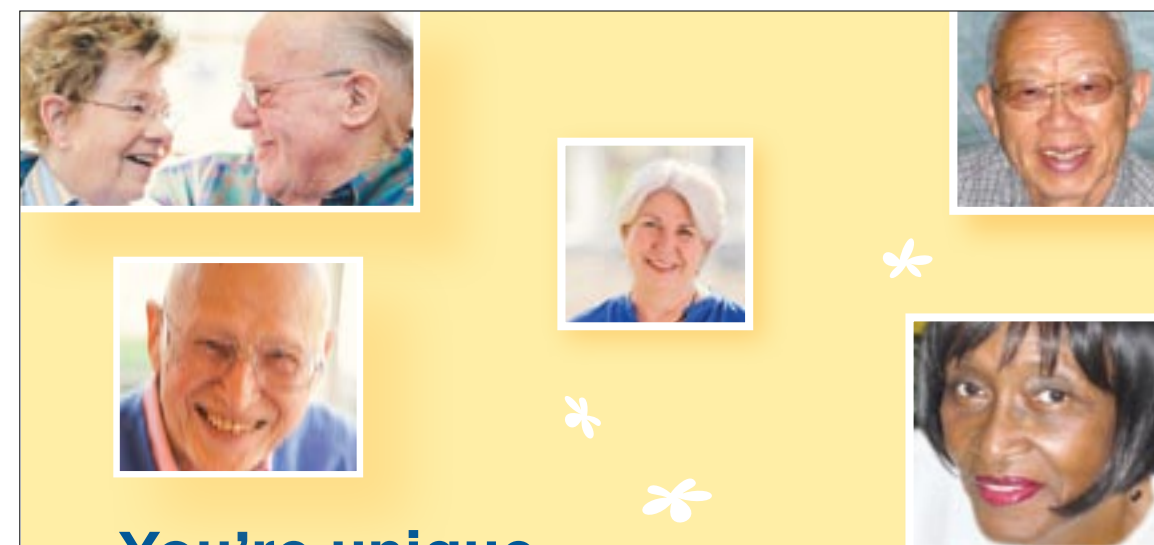
It will be a day full of vegan food, music, speakers and presentations, arts and crafts, adult and kids' activities, games, yoga, info booths and demos, and community vendors on Saturday, Oct. 19 at Camp Pollock from 11 a.m. to 4 p.m. Bring your own vegan picnic fare or purchase food at the event.

There will be presentations by Jack Norris, RD: vegan dietitian and co-author of *Vegan for Life*; Michael Budkie: Executive Director, Stop Animal Exploitation NOW!; Ilsa Hess: Solar Cookers International cooking demo; Julie Serences: Xerces Society, pollinator conservation; Sarah Kesty: local author and special education teacher; Toni Okamoto: Animal Place, and Plant-Based on a Budget blogger, and more. There will be music by Zane Miller and friends.

Sponsors include the Sacramento Vegetarian Society Grange No. 850 and Sacramento



Vegan Challenge, with support from the Sacramento Natural Foods Co-op
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The Arden Spyglass



By J.J. MILLUS

We recently obtained the new fan-gled Kindle Fire HD reader and quickly discovered a world of cyber-freebies. Or at least cheapies. Like 99 cents for a digital, electronic, boffo version of the Bible. Oh frabjous day, tidings of comfort and joy! Just think--the good news of salvation, both spiritual and intellectual, for a mere pittance; and, at the touch of a finger, it even talks!

One of the "books" we subsequently hastened to acquire was an (also free) volume of inspirational quotes. Here's a sample:

"Big shots are only little shots who keep shooting." - Christopher Morley

"What lies behind us and lies before us are tiny matters compared to what lies within us." - Ralph Waldo Emerson

Reading these inspirational quotes is wonderful, soothing to the mind and, well, inspiring, even prompting us to try our own hand. Thus, this:

"A fat paycheck never fails to drive away the dark clouds which vex the soul."

And again: "Work is a paid vacation from poverty."

You heard it here, esteemed reader. Mark it down. Folksy, original, fact-based wisdom from John Millus (not John Millius. One is a wordsmith, the other a film smith). Or just good old J.J.-that affable gent with the cane, handsome and circumspect, often spied blissfully strolling about the neighborhood, looking for gossip to report...

À propos of almost nothing, we read with surprise that good old Paris, France has a big dog poop problem. Good old Arden, thank goodness, doesn't. Therefore, we were quite surprised to see deposited on the sidewalk near the corner of Munroe and Fair Oaks, an impressive pile of the loathsome substance from a big dog whose owner obviously neglected to clean up after. This came as a great shock, since we had reckoned to have left such a noxious issue a continent away back in New York when we settled out here several years back. Shame

on whomever the dog owner was...

Reading the last paragraph, one might rightfully conclude that there is not a bumper crop of Arden happenings this fall. Unless one includes the break-in at the Hair Forté salon in Loehmann's Plaza. The thieves made off with only a cash register containing a few dollars.

The smashed plate glass window, boarded up for a week, and the broken glass door pane were "collateral damage," as they say these days in news reports.

Oh, let's not forget the drug-related fatal shooting earlier at summer's end up away's on Fulton. Pity.

By the way, don't count on that computer ignition chip in your car to be foolproof. The Savemart parking lot was minus one shopper's Honda Civic

last month thanks to (probably) a cleverly-folded piece of aluminum foil. At least that's the theory of Cody, one of the dauntless security guards who patrols the area.

Modern high technology-- blessing or curse?

Thumbing through a recent edition of the high-toned, high-tech Hammacher-Schlemmer catalogue which arrived in our mailbox, we were shocked-

-shocked-to discover there-

featured an identity thwarting carbon fiber wallet (say that fast three times!). To quote, "The latest identity theft technique, radio frequency hacking, attempts to read personal information from newer credit cards"--in one's pocket or purse!! For the mere sum of \$129.95 one can guard against this dastardly electronic threat.

Will evil minds never cease trying to get at the contents of our wallets? Again, shame!

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Security fence completed at Rio Americano High School

By MONICA STARK
editor@valcomnews.com



Photo by Principal Brian Ginter
Rio Americano's new security fence.

After the tragedy at Sandy Hook Elementary, school districts across the country responded in an effort to make their own schools safer and San Juan Unified went right along with that trend, garnering input from the school community about safety issues.

Prior to Friday, Oct. 4, the backside of the Rio Americano High School campus was unprotected from the occasional people who would use the site to get to the American River Parkway.

"We have had people walk through campus that we weren't always sure who they were," said Principal Brian Ginter. He said there have been the rare occasions in which staff has had to chase people out of bathrooms who were not associated with the school. "You can only be lucky so many times before something happens," he said.

Ginter said the school district was very responsive to the concerns and what would be needed to get a security fence built. "We got bids and checked with the levee commission. We set a date to do the work and a year later it's all done," he said.

The 7-foot chain link fence has white privacy slats and two gates -- one for emergency vehicles that is always closed and another one that is locked during school hours (7:50 a.m. until 2:50 p.m. every day except Saturday, Sunday and school holidays).

Access to the levee during school hours are from the far eastern side of campus along the football and soccer fields.

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Sierra Hills Pet Cemetery:

Memorializing pets since 1972

By LANCE ARMSTRONG
Lance@valcomnews.com

Just a short walk from the Garden of Innocence, which was featured in the last edition of this publication, is another special burial section at East Lawn Sierra Hills Memorial Park.

That section, the Sierra Hills Pet Cemetery, was established 41 years ago as a way of presenting the public with an attractive final resting place for their cherished pets.

Located in a serene and tranquil park-like setting, the pet cemetery is situated on a 6-acre site, the majority of which is not yet developed.

It was only until recently that a second acre of the cemetery was opened to full body and cremation interments.

As one might imagine, the cemetery, which is one of only two pet cemeteries in Sacramento County, consists of mainly dog and cat interments, with dogs making up about 65 percent of the interments.

The cemetery includes a small number of the remains of other animals such as reptiles, rabbits, birds, a goldfish, a horse in the "country burial area" and a goat named Casper the Friendly Goat, who was a prize-winning goat.

Forty-six police dogs, two of which died in the line of duty, are interred in a special section of the cemetery.

A new marker, which stands about 3 and a half feet tall, was recently placed in that area in honor of police and military dogs.

The military dog section is so new that the area is yet to have its first burial.

Another new area, which awaits its first burial, is known as Aspen Glen. Hundreds of burial sites are available in that location.

Also in the works is an estate area, in which a family can purchase their graves near their pets' graves. The animal portion of the area, which was established two weeks ago and is separated from the human burial side by a demarcation line, is known as the St. Francis Pet Estates.

To date, 1,421 pets have been interred at the cemetery, and on average, there are about five burials per month.

Lisa West, who serves as East Lawn's pet loss director and marketing and community outreach director, ex-



The Sierra Hills Pet Cemetery at 6700 Verner Ave., off Greenback Lane, near Interstate 80, was established in 1972.

plained that since a pet can become a significant part of one's life, the death of a pet can be a very difficult experience for its owner.

"What we're finding is (for) a lot of people, (pets are) their family, because maybe they never married, never had children, they always had a pet or they had a pet for a really long time - 20 years," West said. "Some cats can live to be 26, 27. I had a lady bring in a parrot. It was over 50 years old. She had it for her entire life. That parrot talked to her and everything. And then elderly people, their children

have moved away and they don't have a companion. Maybe their husband or wife has died. But they have their pet and their pet has been their companion. And they're just devastated when they lose their pet."

But fortunately, locals can be comforted through the assistance of the Sierra Hills Pet Cemetery and its accompanying East Lawn Pet Loss Center.

In describing East Lawn's approach to its pet cemetery operations, West said, "We

See Pet Cemetery, page 7



The gravesite of Wolfy Boy includes an image of the dog's face.

Pet Cemetery:

Continued from page 6

treat them exactly the same as we treat humans as far as we take the pet into our care, we seat and meet with the family, we talk to them, we give them all their options. There is a lot to it. And (the pet cemetery) is getting to be more and more popular."

And in discussing how confident a person should be in regard to the pet cemetery's future existence, West said, "The pet cemetery is dedicated property just the same as the cemetery is (dedicated property). It will never be used for any other purpose. We won't sell it off and build houses on it. As a matter of fact, right down the freeway at Madison (Avenue) and (Interstate) 80, there used to be a place called Pet Lawn. It was a little pet cemetery (and crematory at 5410 Tyler St.), but it was on leased property, and so when the lease was up, they sold the property and they built houses on it. But right before that (closure), we went and we disinterred all those pets and we brought them here. So, they have their own little spot here. And we brought every marker over, and we still have people come over and visit their pets from (that cemetery)."

A marker on a border of that area reads: "Pet Lawn Garden. This garden has been donated by Sierra Hills Pet

Cemetery to those beloved pets from Pet Lawn Cemetery and to the families who cherish their memories. May they rest in peace. 1992."

Tiffany Stout said that in her role as East Lawn's pet loss counselor, she provides guidance for people whose pets have either passed away or are in the final stages of their lives.

"(A customer's) biggest question is 'What do I do now, where do I go from here?'" said Stout, who was recently hired as the replacement for Bill Becker, who has served in the same position for the past 13 years. "I basically present them with as many options as I can, because a lot of the times we see people who just don't know what is available to them. They didn't know that they could bury their pets in a cemetery where they have family here. And they go, 'That's great. I didn't know that there was a pet cemetery there. And now Lucky can be with the whole family.' If they want to do cremation, they don't realize that they can have the ashes returned to them in any urn or any kind of container that they would like. And I basically explain that they can inter (an) urn either in a niche or in the ground. They can take the urn home. They can scatter the remains. They can place remains in cremation jewelry. There are a lot of different options."

Cremation prices are based on a pet's weight, and the cre-



(above left) A statue of the patron saint, St. Francis of Assisi, stands at the entrance to the cemetery.



(above right) East Lawn's pet loss counselor, Tiffany Stout, left, and Lisa West, East Lawn's pet loss director, sit on a bench at the pet cemetery.

mation of a small pet such as a cat or a Chihuahua would cost \$210. The prices then increase incrementally, generally maxing out at \$300.

A full burial costs a considerable amount more, and the price increases extensively when one selects a high-grade, premier casket.

For multiple burials, a customer could purchase estate plots, which measure 6 feet by 6 feet.

The aforementioned East Lawn Pet Loss Center offers a euthanasia service through Dr. Jenny Rutan. The service can be

performed in the privacy of one's home or inside either of the center's two visitation rooms.

The visitation rooms are most often used as a place for loved ones to spend time with their pets prior to the interment of these animals.

Like cemetery services dedicated to the memory of people, services are held on the grounds of the pet cemetery.

Additionally, one can purchase bronze or granite memorials for placement at a pet's gravesite.

And to ensure the upkeep of the cemetery for years to

come, a portion of the cemetery's income is placed in a trust.

The Sierra Hills Pet Cemetery is a private cemetery and access is granted by the East Lawn management.

The East Lawn Pet Loss Center is open Monday through Friday from 9 a.m. to 5 p.m. and on weekends by appointment.

For additional information about the Sierra Hills Pet Cemetery and the pet center, call 732-2020.

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ARTS

Arden area gallery showcases '109 Faces of Homelessness'

By MONICA STARK
editor@valcomnews.com

Experimental artist Randy Bloom is hoping his current art show '109 Faces of Homelessness' at Fusion International Art Center encourages viewers to find hope in the faces of those he painted.

Of the 109 abstract and impressionistic masterpieces that are portraits of real life people, about 80 of them are of actual homeless individuals while the rest, Bloom said, are based on "different characters from around the world", including family members and others he knows personally.

"It's about compassion, humanity, our brother's keeper," Bloom said. "A very heavy moment takes place when you pass a homeless person," he said. Avoiding eye contact and dropping money in a bucket, while quickly walking past,



Randy Bloom.

to Bloom and other activists, is equal to paying them off to go away.

While Bloom has read dozens of books by great artists and different books from college,

See Art, page 13



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Autumn equinox celebrated at Hurley Way farm for annual SBF fundraiser

By ALICIA DIENST

The sun came out just in time for guests and staff to enjoy the Soil Born Farms 11th Annual Autumn Equinox event on Saturday, Sept. 21. The occasional drizzle and threat of possible further rain did not keep the crowd of over 800 folks, including Governor Jerry Brown, his wife, Anne Gust, and their dog Sutter, from enjoying a lively affair held under a canopy of evening stars at the Hurley Way Farm. The weather surprised organizers and guests by bringing a storm just about the time they were trying to set up. "We just had to wait until it stopped," said Soil Born co-Director Janet Zeller. Zeller said they got 25 minutes of clear skies to finish setting up.

Now incorporated as a nonprofit called the Soil Born Urban Agriculture and Education Project, the organization started in 2000 with Marco Franciosa and Shawn Harrison starting a farm in the city by using someone's land in exchange for food. Janet Zeller joined the project in 2002. Soon the trio found themselves making a farm a conduit for connecting Sacramento's residents to the rich agriculture of the Central Valley, which, according to the New York Times, grows about a third of all the produce in the United States. Soil Born now employs 25 other people who help run the many programs providing training in running a farm, increasing food access in the area, and educating the area's residents about agriculture and issues related to food.

Soil Born has played a critical role in the area's Farm to Fork movement and their annual Autumn Equinox celebration is the kickoff event for Sacramento's week of festivities. They provide fresh produce to 90 Community Supported Agriculture members as well as local stores, restaurants, and farm stands. The Equinox event brought together Soil Born's many community partners, including the Sacramento Natural Foods Co-op and the Sacramento Food Bank some of whose food comes straight from Soil Born.

At the Equinox dinner, Shawn Harrison shared that the organization includes credentialed teachers and apprentice farmers. Harrison told the audience Soil Born is meeting a critical need to train new farmers. "For every six farmers over 62 years old, there is 1 under 30." He added that Sacramento has "one of the most amazing food systems in the country. It's incumbent on us to not only celebrate that, but invest in it." Soil Born plans to expand its programs to share the area's "rare ability to grow fruits and vegetables, ...the kind of food that creates health."

Zeller said they hold the Equinox event "to bring people together of like minds including local 'pioneer' chefs, that care about the local urban environment." The event began small attracting about 150 attendees, 6 restaurants, a couple of wineries, and the Sacramento Natural Foods Co-op, its "title sponsor." The event has grown exponentially over



Photos by Guy Galante

The top restaurants, breweries and wineries showcased their delicious offerings surrounded by music, art, and great energy at the beautiful farm on Hurley Way as part of the annual Equinox fundraiser for Soil Born Farms. (This photo is from a previous year.)

Food production at the Farm on Hurley Way supports the Sacramento Food Bank, provides for Soil Born's CSA program, and the produce is sold at the Midtown Farmers Market.

the past 11 years to host over 40 restaurateurs and 25 wineries, 250 staff and a sellout crowd for three years in a row.

"We look forward to the Autumn Equinox event every year," said Ubuntu Green Board Director Anya Lawler. "Soil Born is doing fantastic work and this is a great way to support them. Everything about the event is just perfect—the farm looks beautiful, the food and drink are amazing, the music is wonderful, and we always run into old friends. It says a lot about Soil Born's reputation that Governor Brown and his wife chose to attend. And we got to have a nice cuddle with the famous Sutter Brown! It was an evening to remember, as always."

Some wondered if the event should be moved to the more spacious, 55 acre American River Ranch in Rancho Cordova. However, Zeller said, the organizers nixed that idea. "People love the intimate feel" of the Hurley Farm. "With the food, the wine, the energy of the people, it's a celebration of harvest and abundance."

Instead they have tried to keep the event at the capacity of the Hurley Farm and will expand the number of events held there to four a year, starting with adding a Summer Solstice event. She said they will reserve the American

River Ranch for bigger "open house" educational events and family-oriented experiences like the Day on the Farm which drew 2,500 people in May. "We really want Soil Born Farms to be accessible to everyone."

One of the areas Soil Born Directors will expand is the Adopt a School program which facilitates participation in the farm's youth educational programs by those whose families cannot afford the cost through sponsorship by local companies and corporations. Children and youth in second through 12th grades will get opportunities to take one time or a series of field trips to the American River Ranch, receive classroom visits from their farm educators, and participate in service projects on the farm. Zeller said they want "broad based support" for the programs. She said they want to connect food, health and the environment. "All these things are inter-related."

Zeller said they face challenges in seeing their vision come to fruition, such as financial limits and public interest, but Zeller said people's awareness is growing. She says the fast food moniker of a "good meal deal" is ironic because, as she says, "What's good about it?"

Faces and places:

104th Founder's Day

Photos by BILL CONDRAY
Bill@valcomnews.com

With food, crafts, a children's stage, booths, car show, music and more, neighbors had a grand time at Carmichael's 104th birthday party on Sept. 28 at Carmichael Park.



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Art:

Continued from page 8

he knows the rules and breaks them. "My only goal in art is to make a picture, a painting, a sculpture that is going to last a lifetime. I know a lot of artists of days of old (whose works) have deteriorated and fallen apart," he said.

"I want to make stuff that lasts — archival if one might call them that," he said.

Archival is just about the perfect word to describe how he has gone about documenting while preserving the integrity of each person on paper.

"It's a visible situation nobody sees, but there's about 13 million that go hungry every night and a good majority of those are children," Bloom said.

Of course, what the viewers take away from the show is up to them, but Bloom will be there at his Second Saturday reception prompting discussion on what they see.

Bloom said he'll ask viewers to tell him what they see when they look into the eyes of his subjects. "I want to move someone. That's all.

When people are moved, then they do something."

At the reception, the public is asked to bring toiletries and other donations for local charities like Loaves and Fishes.

After Bloom's show, which ends Oct. 20, he said he will be looking for galleries "high and low" to partner with that will sell his works, with all proceeds going to local food charities.

If you go:

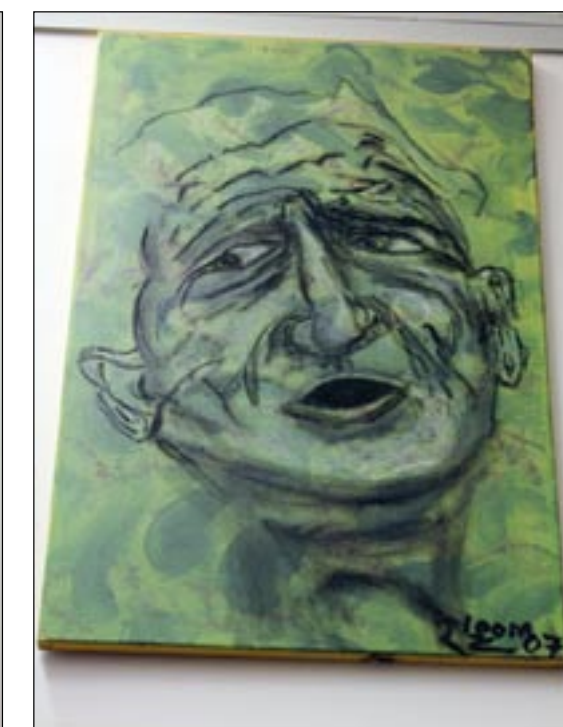
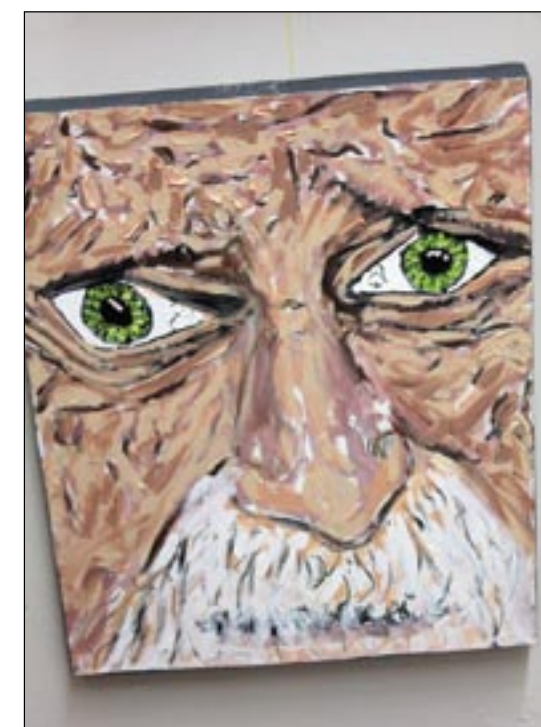
What: 'Face It' Second Saturday reception — an evening of art, music, food, poetry and creative dialogue.

When: Saturday, Oct. 12 from 6 to 9 p.m.

Where: Fusion International Arts Center, 2030 Del Paso Blvd.

Cost: Contribute with donations (such as toiletries) and ideas

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Two faces of homelessness painted by Randy Bloom.

Photos courtesy

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OCTOBER

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

Start Writing Family Stories by Marian Kile
Oct. 10: Writing short stories can bring your ancestors to life at the Root Cellular Sacramento Genealogical Society meeting. Pre-meeting roundtable tips/tricks start at 6:15 p.m. Free, visitors welcome. 7 to 8:30 p.m. Main meeting - Christ Community Church, 5025 Manzanita Avenue, Carmichael

Rotary Club of South Sacramento meeting
Oct. 10: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

The Mission Oaks Computer Club meeting
Oct. 10: From 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The club will be celebrating its 25th anniversary with member presentations and a finger-food potluck. First-time visitors are welcome to bring a finger-food item as well. A problem solving clinic, led by Adam Lacey of Applications, Etc., will follow the meeting. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

Ghost Tours at the Sacramento History Museum
Oct. 11, 12, 18, 19, 25 and 26: Visitors to Old Sacramento can journey back in time to hear ghostly tales and spooky stories as they walk through the history-rich streets and re-live 19th century lore. Entertaining yet knowledgeable tour guides will take daring and inquisitive guests through Old Sacramento's infamous locales to experience a bit of the dark side of California's history. For more, go to www.historicoldsac.org.

Bi-Polar Anonymous
Oct. 11: 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.

Kiwanis Club of East Sacramento-Midtown
Oct. 11: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us.

Meet at The Kiwanis Family House, (at UCD Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 916-761-0984, volunteers always welcome!

Curtis Park clean up day
Oct. 12: Help clean up the park. Meet near the tennis courts. 9 a.m. to noon. For more information, email ncc@sierra2.org or call 452-3005.

Art Show/Sale
Oct. 12: Patty Colmer, artist and photographer will be holding an art show complete with canvases, glass cutting boards, prints, cards, tiles, door prizes, appetizers, beverages and more from 11 a.m. to 4 p.m. at the Sacramento Elks No. 6, 6446 Riverside Blvd. Call 261-3850 for more information.

GearUp Cycle for Youth Ride
Oct. 12: The GearUp Cycle for Youth Bike Ride was conceived by Sacramento Councilmember Jay Schenirer and West Sacramento Mayor Christopher Cabaldon to fundraise for educational youth programs that target the underserved children in the Cities of Sacramento and West Sacramento. GearUp Cycle for Youth is a 40-mile bike ride from West Sacramento to Downtown Sacramento on the morning of Oct. 12. The ride begins at West Sacramento's City Hall and loops

Holiday Craft Faire

Saturday, November 2
9am-3pm
New vendors welcome!

Mission Oaks Community Center
4701 Gibbons Drive
Carmichael, CA 95608
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around the Sacramento River through Clarksburg and finishes at Cesar Chavez Park in Downtown Sacramento. There will be three rest stops along the way, and a final rest stop at Cesar Chavez Park with lunch, music and more. Both West Sacramento Mayor Christopher Cabaldon and Sacramento City Councilmember Jay Schenirer are longtime advocates of education, after-school programming and wraparound services for our region's young people. All proceeds from the GearUp Cycle for Youth will benefit WayUp Sacramento, a wraparound youth support network and FutureReady: The Mayor's Trust for Youth charity. Corporate sponsorships are still available for GearUp Cycle for Youth.

CAL Middle to hold second annual multicultural fair
Oct. 12: California Middle School PTSA and planning committee is hosting a second annual multi-cultural fair at the school site to celebrate the cultural diversity of the school population and Sacramento region. The multicultural fair will be held from 11 a.m. to 3 p.m. and will feature a variety of food trucks, arts, en-

tainment, dance, music, crafts and artisans from various cultures from around the world. There will be "theme" baskets and a fun raffle with prizes. CAL Middle School is located at 1600 Vallejo Way and is the "Pride of the Land Park Community." The special event is a fundraiser for CAL Middle School's art, music and field trip programs. Kids will visit various booths represented by different countries for educational information with their international passports. For additional information, contact, Katherine Akin at 612-5993 or katakin@att.net

Nichiren Buddhist Church Japanese food sale
Oct. 12: The Nichiren Buddhist Church is having a food bazaar 11 to 3 p.m., 5191 24th St. (2 blocks north of Fruitridge.) Food items: Barasushi, Bento Box, Spam Musubi, Teriyaki Beef Sandwich, Teriyaki Chicken, Udon Noodles. Please order ahead by Oct. 5. Call 456-8371 or visit the church to order. Make checks payable to Nichiren Buddhist Church.

See more Calendar, page 18

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Please contact us at: (916) 808-6525 or email: sacvetparade@cityofsacramento.org

CALENDAR

AAUW meeting set to feature mental health discussion

Oct. 12: From 1 to 2:30 p.m., the Citrus Heights/American River branch of AAUW (American Association of University Women) will host a panel discussion of mental health programs and issues in Sacramento County. The meeting takes place at the Sylvan Oaks Library located at 6700 Auburn Blvd in Citrus Heights. Representatives from Sen. Darrell Steinberg's office, the Sacramento County Dept. of Health and Human Services and the Calif. Institute of Mental Health will discuss recent legislation, bullying in Sacramento area schools and steps families can take to get help with mental health issues. This meeting is a public service open to the public and coffee, tea and baked goods will be served. Contact Mary Toutonghi for more information at mtoutonghi@comcast.net

The Recycling & Solid Waste Division host Free Composting Seminar

Oct. 12: Backyard composting allows you to recycle your yard clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. Attendees are eligible for a drawing for a free compost bin. At the seminar you will learn how composting works, what materials you should and should not compost, getting the right balance of food, air and moisture, maintaining your compost pile, Vermicomposting (composting with worms), and more. Seminar goes from 8 to 10 a.m. and will be held at Southside Community Garden, 5th and W Street (Downtown)

JFK Class of 1983 Reunion

Oct. 12: Scott's Seafood Grill and Bar at the Westin on the River, 4800 Riverside Blvd. 6 to 10 p.m. \$55 per person - register before Sept. 15, \$75 after. There will be a carving station, heavy appetizers, a photographer and no host bar. Online payment

at <http://jfkennedyclassof83reunion.eventbrite.com> or send checks payable to JFK Class 1983 to JFK HS 30th Reunion Committee 5098 Foothills Blvd. Suite 3 #484, Roseville, CA 95747. Deadline for check payment is Sept. 30. Space is limited. Make sure to purchase your tickets soon. No refunds. Hotel accommodations are available at The Westin Sacramento, 443-8400.

Fire Station 4 Open House

Oct. 12: The Sacramento Fire Department will be hosting Fire Station Open House from 2 to 4 p.m., located at 3145 Granada Way. You are invited to bring your family and friends to visit with firefighters, take a tour of the fire station, and more! For more information, call 808-1011.

Annual Hunger Walk

Oct. 13: The Sacramento CROP Hunger Walk is celebrating the event on the west steps of the State Capitol at 1:30 p.m. The Walk has been traditionally known throughout Sacramento as an excellent ecumenical family and youth event. Twenty-five percent of the funds will benefit local Sacramento area agencies: South Sacramento Interfaith Partnership Food Closer, St. Matthews Food Closer, River City Food Bank, Northminster Seniors Brown Bag Program. The event is free with a canned food donation. Participants are asked to collect pledges and walk through downtown and Old Sacramento. Registration begins at 1 p.m. 826-0513, 444-7783, or 297-2767 or online at www.churchworldservice.org.

CSUS Arboretum Tree Tour

Oct. 13: From 11 a.m. to 1 p.m., explore the CSUS Arboretum on a guided tour with the Sacramento Tree Foundation. This dog friendly tour takes place rain or shine. Meet at the Arboretum sign, State University Drive across from parking lot No. 1. The tour is free, but to ensure that you're included,

please RSVP to www.sactree.com/events. CSUS Arboretum, 6000 J St., Sacramento.

Free golf lessons offered at Bing Maloney Golf Complex

Oct. 13: Are you interested in starting to play golf, but not sure where to begin? Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any level of golfer. Each clinic will be held on Sundays from 1 to 2:15 p.m. at the Bing Maloney Golf Course: 6801 Freepoint Blvd. in Sacramento. Call 808-2283 for more information.

Winterfest Dance Performance

Nov 14-16: Winterfest Dance Performance stage setting is in an old time circus tent. Dancers are from the St. Francis High School Dance Co and Apprentice Companies. A must-see show. Tickets are available at www.ticketguys.com/stfrancis or at the door. Matinees and evening shows are appropriate for ages over 4. No strollers or children in laps during performances. Bring your birthday parties, scout groups, family outings, and grandparents. Ticket prices are \$5-\$15.

The Mission Oaks Computer Club meeting

Nov. 14: The meeting topic will be 'Vehicle Technology' presented by Nick Gillette of Kuni Chevrolet/Cadillac. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. The meeting goes from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

Rotary Clubs of Arden-Arcade, Carmichael

Oct. 15: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m., Ancil Hoffman Golf Club. www.rotary.org



(above left) Gabe Kerschner holds a Bald Eagle at Nature Fest. (above right) Volunteers show what could be made with local resources.

Photos courtesy

Effie Yeaw held annual Nature Fest

At the Effie Yeaw Nature Center, a staple of promoting outside activities and education, people can come and learn about the animals, trees and insects that call our region home.

At the annual Nature Fest on Sunday, Oct. 6, families learned about safe and healthy outdoor recreation. From lessons on fly-fishing to Maidu demonstrations, information on the health of the creeks, and of course, live presentations featuring bats, a bald eagle, a kangaroo, a raccoon, the communi-

ty awareness event was a fundraiser for the center that has free weekend programs for anyone looking to learn more about the native creatures.

A bit about bats

"People say bats are flying mice, but they are more closely related to a dog than a rodent," said Corky Quirk, the founder of NorCal Bats, a local bat rescue, who brought along four bats, each of which came in for different reasons from different places.

Through out the greater Sacramento area, bats can be found living in trees, buildings, the causeway, under bridges. "You don't have to go all that far to see large groups of bats flying out," as Quirk said.

None of these bats she demonstrated can fly outside of their cages. All injured, some cannot fly at all. "Some can only for a lack of a better word, glide," Quirk said.

A pallid bat was injured in a roofing accident in Napa; one of the big

brown bats came into care in Tahoe with a wrist injury; the other big brown bat she brought in was just a pup that was living in a palm tree. The owner was afraid of bats and had the tree cut down while. And the fourth bat, a Mexican free tail, was injured by a cat.

While the pallid bat is a species of concern in California, especially in Sacramento due to pesticide use, Mexican free tails and big brown have learned to live with humans.

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Stunning 4 bedroom 2½ bath on over ½ acre lot near Carmichael park and golf course. Custom interior paint throughout, completely remodeled kitchen. 3 different French doors lead to lovely backyard patio, pool with waterfall and loggia. Large 3-car garage with additional storage. \$1,150,000

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BEAUTIFUL ITALIAN STYLE

Beautiful Italian-style home on almost 2 acres! The home has 10' ceilings, hardwood floors, custom Marvin French doors and windows, a gourmet kitchen open to the family room and a huge yard with patios and sparkling pool and spa. This is truly a one-of-a-kind property! \$1,225,000

CARMAH HATCH 765-6210



ARDEN MANOR

3 or 4 bedroom home with extra off-street parking, circular driveway and detached tough shed garage. There is also a bonus room that can be a 4th bedroom. New sewer line in 2010; roof and HVAC replacements in 2006. All dual pane windows. Move-in ready with washer, dryer, refrigerator included. \$175,000

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GARDEN OF THE GODS

Brick walkway leads you in to this adorable home. Formal living room with a cozy fireplace, formal dining area, full master suite, family room (or 4th bedroom), 2 1/2 baths, cheery kitchen, separate laundry room and enclosed patio. Nice updates and lots of windows make this home light and bright! \$399,900

PATTI PRIESS 801-0579



SOPHISTICATED

Contemporary home in a private, gated community located across from Del Paso Country Club. This single story has vaulted ceilings with large living room and formal dining room with wet bar and double-sided fireplace, open kitchen, 3 full bedrooms and 2½ baths. Three separate patios! \$449,000

CHRIS BALESTRERI 996-2244



LARCHMONT WHITNEY

Large home in pristine, move-in-ready condition. Interior and exterior painted 1 year ago. Carpet less than 1 year old. Dual pane windows, whole house fan, skylights. Great floor plan with separate large family room and den; 4 bedrooms 2½ baths. Open kitchen and 2-car garage with drive through. \$319,000

JAY FEAGLES 204-7756



EAST RANCH

Contemporary condominium with fabulous wrap around patio that allows for two separate outdoor living areas. 3 bedroom 2 ½ baths with spacious master suite and 3 full closets. Open living room / dining room with high vaulted beamed ceilings that look out to the private patio area. \$399,000

CHRIS BALESTRERI 996-2244



COTTAGE CREEK

Randy Parks built 4 bedroom 2½ bath home. Random plank hardwood floors, large family room and huge master bedroom added with permit. Breakfast nook, formal dining area, inside laundry and central heat and air. \$337,000

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