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Buggy Whip makes
a comeback

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in the industry

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Photo by Lance Armstrong

The return of the whip: Buggy Whip restaurant makes a comeback

The Buggy Whip restaurant, shown in this 2012 photograph, is once again open for business following a two-year closure. The eatery, which is located at 2737 Fulton Ave., will be featured in an article in the next issue of this paper.

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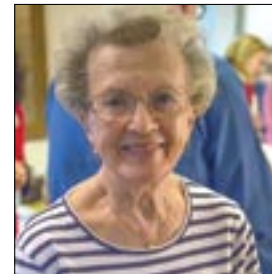
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River's Edge residents get into the spirit of the holidays

The following residents at River's Edge Independent Living Community (601 Feature Dr.) discussed what they are thankful for. What are you thankful for?



"I moved into River's Edge three weeks ago, so I am very thankful for this home. I'm very happy here."
— Barbara White



"I'm grateful for my family. That is the most important thing in life."
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"I am thankful to be living here. I lost my husband last year, and this has been a very supportive environment for me."
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Push-ups to Feed the Hungry:

Sacramentan attempts to beat the world record for push-ups at the Run to Feed the Hungry

Sacramentan Maria To-bar is trying to break two world records – one for the most amount of push ups over 24 hours and one for the most in an hour, which she plans on starting 23 hours into the challenge. Currently, Eva Clarke from Australia holds the record, but Maria wants the record to be held here in the United States. The marathon of push-ups Maria is soon to undergo will take place just before the start of the annual Run to Feed the Hungry.

"We're going to call it 'Push Ups to Feed the Hungry,'" Maria said in a brief interview with the East Sacramento News. "Right now we are training. It's going to be a very mindful challenge, but I want to give it a try," she said.

And if that wasn't enough, Maria plans on running the 10-K race after 24 hours of push-ups.

Working out with Savage Workouts, an independent trainer located at 1500 7th St., Maria said 16 people she trains with regularly are signed up for the race.

The current record for most push ups in an hour is 1,206 and Maria's best currently stands at 878 in an hour. Meanwhile, 9,241 is record for most amount of push ups over 24 hours.

She said a year and nine months ago, she couldn't do 20 push ups, but now she is hitting 900. "I always liked to do exercises and all that, but the reason we are doing this is to break a record."

As her trainer Chris Savage told Valley Community Newspapers, she just kept pushing and soon got over 550 without a break.

"We found out the world record was measured in one-hour increments and we attempted (to break) the world record (earlier this year). She performed 878. So we measured her 100 push-up time since she needed more speed. Now we have increased

the workload a bit and she gets 614 in a half hour, just ahead of world record pace. We have her do total body training – so dead lifts, pull ups, burpies, sprints, etc. She is an Olympic level athlete and this takes awhile to build. In our personal trainer school, we focus on one month of stability, one month of muscle building, one month of max strength and then power workouts.

In addition, Maria had many corrective issues at the beginning (tight hip flexors, tight calves, asymmetrical weight shift). Maria spent her first year of training just realigning her body. She averaged eight hours of intense training per week since January 2013. After spending the first year realigning her body, 2014 has been all about performance enhancement. "Since she no longer had corrective issues, all of her workouts make her better. Sometimes people don't spend the time to correct their posture and they end up injured or not being able to improve. Maria was a very receptive student and always did what she was told. Her diet is perfect and she had a positive mental attitude."

Since the team is now in "power mode training," a typical workout after 15 minutes of stretching, is as follows:

- Sprint one mile (at 7 minute pace)
- Do 100 pushups
- 50 dead lifts (100 pounds)
- 50 body weight pull ups
- Repeat three times in 45 minutes

Describing the dedication to complete the exercises, Chris said, "These workouts are extremely taxing, both mentally and physically. You always know when Maria is working hard because she starts giggling."

And the results cannot be underestimated. Maria is

now in the best shape of her life at 40 years old. She lost 40 pounds. She is the world record holder for consecutive pushups without leaving plank position. She can complete 14 dead hang pull ups.

Whoever wants to join Maria over the 24-hour marathon can, she said. "People will be taking naps but I will be doing push ups. We have been training a lot, getting upper body strength, working our shoulders and core. It's a challenge but I think I can get it accomplished. Also we are doing it for a charity."

People can donate to Push Ups to Feed the Hungry at <http://www.gofundme.com/pushups4thehungry>



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Former Sacramento radio DJ Johnny Hyde recalls his storied career

By LANCE ARMSTRONG
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For many longtime radio listeners in Sacramento, the name, Johnny Hyde, is quite familiar.

During his lengthy career, Johnny, who will turn 75 years old next week, spent time working for local radio stations, KXOA, KROY and KCRA.

Last week, Johnny shared many details about his life and career for readers of this publication.

Johnny initially spoke about growing up in St. Louis with his mother, Margaret, and his sister, Carole.

During his youth, Johnny became fascinated with radio.

In speaking about his memories of listening to radio at that time, Johnny said, "While I (was) liv-

ing in St. Louis, I used to go to bed at night (with) a radio sitting on my chest. I would sort of act like a human antenna and bring in the music from not only St. Louis, but across the river in East St. Louis, (Illinois). And that's where I would hear black music. That's where you're hearing the Lightnin' Hopkins and you're hearing Chuck Berry and some folks like that. That was a hot fudge sundae right there. I'm the human antenna, just listening to this stuff, just absolutely fascinated by it, and I knew that that was my life right there."

Johnny recalled one of his favorite radio memories, saying, "One (St. Louis radio station) was KXOK. And in those days, they used to have a little audience section - seats for an audience

- to go watch the disc jockey and the engineer, who played the records. And they would have guests on the radio program.

"I think the high point of my life at the time was when I met and saw Parti Page (1927-2013), whose big hit was 'The Doggie in the Window,' with the lyric line, 'How much is that doggie in the window?' That was about the greatest thing in the world to me. This was at KXOK in St. Louis. She was on the radio program."

Another one of Johnny's favorite radio memories was listening to KXOK disc jockey Ed Bonner (1923-1993), who Johnny referred to as "the Dick Clark of his time in St. Louis."

Johnny, who also recalled listening to St. Louis radio stations, WEW and KXLW, was asked if he had dreamed of becoming a disc jockey.

He responded, "Oh, yeah. Actually, I really dreamed more of sort of being, I don't know, the guy who put the show together. I guess you would call him a producer now, the director."

When he was 14 years old, Johnny left his home in St. Louis to seek out his father, Eddie Hyde, who he had never met.

Johnny said that he discovered that his father was in poor health, in and out of a hospital, and was not overjoyed to see him.



Photo courtesy of Martin Ashley
Johnny Hyde had a lengthy radio career, which included working for Sacramento stations, KXOA, KROY and KCRA.

"I met him," Johnny recalled. "He had no place in his life for a 14 year old, and I just wanted some place really to belong. So, what I had done was I made a decision that I was leaving home. I left home, got on a Greyhound bus, ended up in Tucson, (Ariz.). 'Hello, dad, I'm your son.' 'Oh, (expletive),' on his part. So, I stayed with him for a while and he had to go back in the hospital. He was that sick."

Although Johnny returned to St. Louis, he would not stay there long.

He was soon back in Tucson, where he began hanging out at radio stations and making acquaintances with some of the disc jockeys.

Johnny found a home in a room at a rest home, an arrangement that he noted worked out fine for him, as long as he "didn't interrupt Lawrence Welk on Saturday nights."

While in Tucson for the second time in his life, Johnny lied his way into a mid-

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Broadcast:

Continued from page 6

night to 6 a.m. disc jockey shift at KAIR, as he told the station that he had prior experience as a DJ.

That job did not last long for Johnny, mostly because he would deprive himself of sleep and sometimes fall asleep on the job.

"My problem was I was so fascinated by the guys that were working the day shift, I was up all day with them," Johnny said.

Despite firing Johnny from his first radio job after about five months in that position, Ralph Anderson, the station's manager, liked Johnny and set him up with his second radio job, at KVWM in Show Low, Ariz.

Johnny would later return to Tucson, where he began working mornings at KCNA.

His career in radio also included working as a DJ for KERP in El Paso, Texas, KRIZ in Phoenix, KWAC in Bakersfield, KYNO in Fresno and KJOY in Stockton.

Following the death of KJOY's owner-manager Joe Gamble, Johnny began working in Sacramento.

In recalling that time of his life, Johnny said, "It was a strange situation that I ran across. I got a job up here (in Sacramento) at the old KXOA, and I was going to do nighttime at KXOA. But they had to get rid of a program director who didn't know that he was about to leave and do another shift.

And at the same time, KROY was absent a guy who was on vacation and they needed help. So, the two stations worked together. KXOA hired me, but I went to work for KROY, filling in for I think three or four weeks in the all-night shift there. And then when that was over, I went over to KXOA. We're talking 1964."

Johnny explained that he quickly became very creative during his night shift at KXOA.

"I would go in and I would listen to music and put together sort of like my music format and I would pretend that it would be their music format and I would integrate mine," Johnny said. "Finally, the owner of the station or the manager said, 'Why don't you take an hour at night to feature your music? Call it Hyde's Hits or something like that.' I thought, 'Oh, that's stupid.' But the more I got thinking about it, I had become fascinated with British music, and The Beatles were obviously just part of the floodgate. There was the Herman's Hermits and there was The Searchers and The Rolling Stones, The Hollies and all those type [of musical artists] coming."

Johnny's decision to finally accept that offer, led to his very popular program, The Gear Hour, which featured the newest British hits. The success of that program moved KXOA past its rival, KROY, in the ratings. Johnny, who also created a fan club for followers of his

show, said that the popularity of his show led to his hiring at KXOA in 1965.

After Johnny's hiring at KROY, he would become that station's program manager, and KROY would move forward as the city's number one station.

Also contributing to KROY's success in that era were disc jockeys such as Bob Sherwood, Chuck Roy, T. Michael Jordan, Gene Lane and Martin "Wonder Rabbit" Ashley.

The station also enjoyed success through various promotions, including its annual picnic at Gibson Ranch in Elverta and its Rock Island Line, which Johnny recalled transported fans of the station from Sacramento to Dixon and back.

Johnny noted that his radio career continued after he left KROY in the summer of 1970.

"After KROY, I had really become bored," Johnny said. "My problem in the world of programming is I will build and if it's successful then I will become bored with it. (That boredom occurred after the release of) about the second or third successful ratings book."

To cure that boredom, Johnny accepted an offer from KCRA co-own-

er Jon S. Kelly to work at KCRA radio, while his brother, Bob, was on a sabbatical leave.

In speaking about his time working at KCRA radio, Johnny Hyde said, "I programmed there for two years. We took number one in the market. It was good, it was successful and they had me go over and do some stuff on the television side, which I never enjoyed, but I did it anyhow."

With the return of Bob from his sabbatical leave, Johnny left his position at KCRA and filled his time with advertising and consultancy work for some radio stations, including KROY.

Today, Johnny is happily retired and residing with his longtime girlfriend, Maxine, his dog, A.J., and his cat, Pesek.

In pondering his radio career as a whole, Johnny Hyde said, "Well, I'm actually the luckiest person in the world. I mean, look at this way: A 14-year-old kid on a Greyhound bus going to Tucson and then being able to truly create something that had meaning and lasting power. It's 2014 and (his career is still being talked about). A lot of guys who went to work for (General Motors) never got to do that, unless they invented door handles."

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Matías Bombal's Hollywood

"Interstellar"

The MPAA has rated this PG-13

Paramount Pictures and Warner Bros. bring us "Interstellar," an epic science fiction event movie that rivals the classic era of showmanship's great road shows in its IMAX and 70mm film presentations in the United States.

Under the direction of Christopher Nolan, "Interstellar" stars Matthew McConaughey, a farmer with two kids, once an engineer, pilot, and astronaut, uses technology to bring down a drone flying over his farm.

The information he finds will lead him to set his course for adventure. This future world is plagued by great climate change devastated by famine and drought. He's recruited by NASA into action to find hope for mankind's future in the stars.

Michael Caine, a key NASA scientist, offers the discovery of a rip in the space/time continuum as a chance to look for life on a planet in another solar system.

This is indeed a most handsome production, which even at a lengthy running time of 169 minutes without intermission, offers good performances from Jessica Chastain, Matt Damon, Anne Hathaway, John Lithgow, and one of my favorite young actors of today, Casey Affleck. In small scenes, you'll see Tophér Grace and Ellen Burstyn.

The director's choice for IMAX film shots of incredible size give you the impression of the vastness of space much better than you saw in "Gravity," and in fact I



Photo by Matías Bombal

Sacramento Esquire IMAX Theatre projection technician Gilbert Gonzalez threads the gigantic IMAX 15 perf/70mm film print of "Interstellar" seen on the bottom platter through the IMAX projector to the top platter for projection moments later. In this age of digital movie projection, an actual film print of this size is rare indeed.

liked this so much more than that movie for many reasons.

The best part: I felt like I was a kid again with the wonder of adventurous space travel, pushing the limits of science and imagination. The "2001: A Space Odyssey" influence may be felt here, as you get a sense of the unknown and mysterious with a longing to know more. It's a fun ride.

One of the notable aspects of this film release is the very fact that it is on film, and will be projected that way in IMAX theaters across the nation on IMAX 15 perf/70mm prints.

I found that "Interstellar's" musical score by Hans Zimmer offers a tip of the hat to the "2001: A Space Odyssey" score while remaining different than the standard action scores of today with that nasty boom crash sound that I find so detestable. This is a great way to spend time at the movies, it made science-fiction fun for me again. (Note for our readers: Matías' online review for this movie shows the inside of the Esquire IMAX theater and just how the film print is assembled and shown for these special showings on actual IMAX film: <http://youtu.be/lbUHfMYyZP4>)

Sacramento Gay Men's Chorus begins 30th year with Holiday Spirit! Dec. 5-9

Holiday Concert to feature 'Gay-Mation' play on 1960s-70s animated holiday specials

The Sacramento Gay Men's Chorus will kick off "30 Years of Singing Our Own Song" (its 30th anniversary year) with their "Holiday Spirit!" concerts Dec. 5-9 at First United Methodist Church in Midtown, featuring a playful take on the classic stop-motion and animated holiday TV specials of the 1960s and '70s entitled "A Gay-Mation Special."

The scripted tale will put a new spin on the animated TV specials many of us have watched every year for decades: 1964's stop-motion Rudolf the Red-Nosed Reindeer, based on the song of the same title and narrated by the iconic Burl Ives; 1970's Santa Claus is Comin' to Town; 1974's The Year Without A Santa Claus, that introduces Snow Miser and Heat Miser (you may remember them as brothers... but not so, according to SGMC), and more. The message to the music: the transformative power of the Holiday Spirit!

Performances will be at 8 p.m. on Friday, Dec. 5; 3 p.m. and 8 p.m. on Saturday, Dec. 6; 3 p.m. on Sunday, Dec. 7; and 8 p.m. on Tuesday, Dec. 9, all at First United Methodist Church, 2199 J St.

The show also will include a variety of traditional and contemporary holiday classics, including a "mash-up" arrangement of "Do You Hear What I Hear?" and "Little Drummer Boy" by acclaimed composer/arranger David Maddux.

The Sacramento Gay Men's Chorus was founded in 1984 as a singing group to foster a sense of community and support for local gay and lesbian people. The GLBT chorus movement dates its origins to Philadelphia's Anna Crusis Women's Choir, founded in 1975, according to the international group GALA Choruses. The San Francisco Gay Men's Chorus was established in 1978 and was the first chorus to include the word "gay" in its name, according to the GALA website. The Gay Men's Chorus of Los Angeles formed in 1979.

For more information about the Sacramento Gay Men's Chorus, visit sacgaymenschorus.org.

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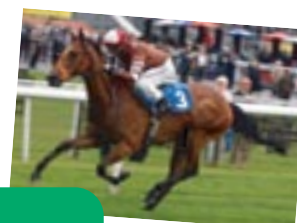
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Holiday Greetings

Carmichael florist discusses lengthy career and changes in the industry

By Monica Stark
editor@valcomnews.com

Creativity and flowers are Ila Destfino's lifelong passions. To the owner of Carmichael Flowers, running a local business and arranging flowers is the perfect combination. "It is so rewarding, (I'm) doing something positive and beautiful in this world every day. How great is that? And getting a call from an overwhelming happy customer thanking me for their beautiful flowers is icing on the cake."

Opened since 1955, Ila is the third owner, after Mr. Brown and his wife who started the business 59 years ago. Ila spoke with the Arden-Carmichael News about the background of the business and how she got involved.

"Together (the previous owners) built a great reputation and were the original and only florist in Carmichael for many years until an employee decided to start one and open it right next door to Carmichael Flowers. After I purchased Carmichael Flowers, Mr. Brown came into my shop and introduced himself and told me he was so pleased that I purchased the business and was thrilled that I had restored it to its grandeur with my passion for the business and expertise in flowers and design."

"We visited for hours and he had the most wonderful stories of the early days with the couple other premier Sacramento florists getting together for dinner parties, their kids growing up together and the good friends they all were. As he was walking out the door, he said to me if I needed another designer, he would love to help. His wife had passed away and he had plenty of time on his hands. I was honored he would work with me. It made me very proud to continue his legacy."

Ila has moved the shop several times in an effort to find the perfect location for the business. Her recent expansion in Frontier Village is all of that appeal that she has been searching for – vintage, quaint and with all the charm and ambiance that makes for the perfect spot for Carmichael Flowers.

She she first opened her first flower shop 29 years ago, she learned a lot about the floral industry and the flower shop business. "I experienced so many things. I

decided I needed to either move the shop to a bigger town or look for another to purchase. I purchased Carmichael Flowers many years ago and haven't looked back, it exceeded my expectations."

Raised in Tahoe, which Ila considers "the most beautiful place in the world with nature at its absolute best," the talented florist moved to Sacramento after high school and has been in Sacramento ever since. "I had my fill of cold, snowy days. There are so many beautiful scenic places all around Sacramento" – a beautiful dogwood tree in bloom, lush Japanese maples turning orange in the fall, vintage daffodils blooming in Daffodil Hill, her koi fish, a Japanese garden, a bright full moon glowing on her beautiful patio. "Surrounding yourself with beauty transforms the day into something tranquil, amazing and peaceful."

In her 29 years as a florist shop owner, Ila has undoubtedly seen many changes in the industry, including watching grocery stores dramatically impacting the business of the local florist. Included in Ila's comments on the issue, she said: "It's very hard to compete with million dollar grocery stores (with) high volume purchase power. It makes it very hard on us privately-owned florists who don't have the deep pockets that the grocery stores do. Pre-made flower bouquets and arrangements in the grocery markets are rarely fresh daily."

The second big change Ila has seen in the industry is a huge increase in wholesale flowers. "They have not only nearly doubled in price but reduced the quantity of flowers in each wholesale bunch we purchase. To say it is challenging is an understatement. To double my prices on each arrangement would destroy my business. I keep a tight rein on purchasing and search out purchasing directly from growers to keep my costs in check. I still get an occasional person walking into the shop and making the remarkable statement: 'Is this all you have in flowers?' The grocery store down the street has a lot more."

"Or the best line yet: 'I can get it cheaper at the Raley's down the street.' It is all I can do to keep a smiling face, as zero thought went into what they just said to a business owner who does not have the zillions that

Raley's has, let alone what those flowers in my cooler actually cost me to purchase. This is the perfect example of how the grocery store flowers have put such a negative vibe on the flower business."

Ila said over the years even that has changed somewhat as for the first time flowers became a luxury with the economic downturn. However, she noted customers are slowing starting to buy flowers again. "There are still a lot of sweet, thoughtful friends and neighbors out there sending a 'birthday' arrangement to a friend or a 'cheery get well' to a neighbor or a 'just because' arrangement to brighten up someone's day."

Many floral arrangements come to mind as to those that have been most impressive. For a number of years now, Carmichael Flowers has been doing a rose for every year of the customer's age. This year, the oldest turned 99 years old – that's 99 roses in a large container. "It looks amazing and over the top. I just did one this week for a 70th birthday, 70 assorted colored roses in one container. They truly make a statement."

On a more somber note, Ila arranged flowers for a 16-year-old girl who died after having minor surgery. "It was extremely shocking and heartbreaking. It was one of the largest funerals I have done. There were dozens and dozens of large arrangements. The family wanted to send her on her way with flowers everywhere in the church." Additionally, Ila arranged many of the funeral flowers for the three young local boys who died several years ago in a horrific car accident, some of whom were her customers' children. Notably, Carmichael Flowers has also arranged flowers for former Kings' players, she said.

As strangely as it might sound that Ila enjoys making funeral flower arrangements, to her, it is an honor to make something so beautiful for the families in their time of grief. "Some say flowers are unnecessary at a funeral. I disagree. From personal experience, and that of my customers, they are a pure expression of love for the departed. They are a comforting symbol of beauty surrounding the person while they make their journey to the afterlife."

On the happier side of flowers, Ila has arranged hundreds of flowers for weddings over her 29-year-career. "I have done hundreds of wedding flowers over my 29 years designing flowers and each were impressive floral statements for the bride on her special day. From simple to



Carmichael Flowers gets in the Christmas spirit.

extravagant bridal bouquets, I tailor them to fit any bride's budget."

With her favorite season on the way, Christmas, Ila looks forward to making floral arrangements for homes and businesses. "I love decorating for the holidays. I love all the evergreens; they last for weeks in arrangements and the aroma is amazing. I love the vibrant colors of Christmas. The traditional reds, the bling of the golds, the creative decorating, themes and vignettes. This Christmas, some of our themes are leopard, peppermint lane, vintage red glass ornaments, and many unique red ornaments."

With so many tree designs and décor possibilities, to Ila, Christmas is the time of year to reflect on past times with love and fondness, forget the sorrow, focus on the future and move forward with life. And she knows know first hand how hard it can be, as she lost both her parents many years ago several days before Christmas. "I now celebrate the holiday, remembering all the wonderful times and memories we had together and go over board on my decorating. It has helped me with my grief and is comforting to me to do so. And I know my Mom is smiling."

Her husband of 44 years is an asset to her business, occasionally delivering orders. He has become a master at wiring and wrapping the roses and helps her in every aspect of the business when needed. Ila's sons are both passionate about their hobbies of restoring vintage autos and jeeps. One is an aerospace engineer and the other a master metals fabricator – the "farthest thorn from flowers and the floral business," Ila said. One of these days, she hopes for a daughter-in-law to hand the business down to. "If not, I am sure there is someone out there who would be thrilled to buy the shop and carry on the legacy of Carmichael Flowers and taking it to its next level of amazing."

Carmichael Flowers is located at 5901 Fair Oaks Blvd. For more information, call 483-8511.



2014 Sacred Heart Holiday Home Tour

Friday, December 5th: 11am to 8pm
Saturday, December 6th: 10am to 7pm
Sunday, December 7th: 11am to 5pm

Rain or shine!

One of Northern California's most popular holiday home tours returns with five elegantly decorated homes in East Sacramento's historic Fabulous Forties neighborhood.

This self-guided walking tour traditionally begins on 38th street between J and Folsom Blvd with participating home addresses and a neighborhood map on the back of each ticket.

Don't miss the beloved Holiday Boutique and Cafe located at Sacred Heart Parish School. No ticket is required to visit the Holiday Boutique and Cafe.

Tickets are \$30 in advance and \$35 the day of the event.

Children over the age of one must have a ticket.

Advance tickets can be purchased at a number of fine local retailers until Thursday night prior to the tour or online at SacredHeartHomeTour.com

The Holiday Home Tour is a fundraiser that benefits Sacred Heart Parish School. All ticket purchases are non-refundable.

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Arden Garden Market celebrated grand opening

Photos by MONICA STARK
editor@valcomnews.com

The Arden Garden Market hosted its grand-opening festivities on Thursday, Oct. 2 with activities for children, produce and craft vendors, food trucks, live music from Stoney Inn Bar and Grill as well as painting demonstrations, a performance by the Grant Union High School drumline and an unveiling of a mural by Demetris Washington. The farmers' market, at 1409 Del Paso Blvd., was developed by Dan Friedlander and is open every Saturday from 9 a.m. to 1

p.m. For more information, visit ardengardenmarket.com.

At the grand opening celebration, Councilmember Allen Warren addressed the crowd, excited about the market and describing its future goals. "This is a very important evening for us because what we are doing today is something that is sorely needed in this community. What you are doing today is supporting what we hope will be a regional farmers' market that ultimately will be open seven days a week.

"And, as you can see, there are indoor facilities with a plan to have more vendors indoors, so during

the winter time you can still get the kind of things that you'd like to see happen. So this will be the only place in the region like that, you guys. So you really have to come out and support it."

Marlan Quaylar, on behalf of the California Endowment, said the organization is proud to support Arden Garden Market's mural project and thanked everybody that came out to the event. Local to the area, Marlan said he attends a nearby church and grew up in the Northgate area. "So, to me, this event and the community that's out here – it really hits close to me." Marlan

encouraged everyone to venture to the California Endowment's booth where they had information about funding "schools and not prisons" and making sure that investments about youth and young people are made.

Upcoming at the marketplace, on Saturday, Nov. 15, Arden Garden Market presents Fast Cars, Slow Food from 9 a.m. to 1 p.m., which will include: "live music, cool cars, food trucks and vintage vendors." The following week, on Saturday, Nov. 22, the market will feature a home and garden theme and on Saturday, Nov. 29, "fashion" will be the theme of the market.

River City Chorale goes global

Come celebrate the joys of the holiday season with the River City Chorale. Not only will you hear some of the traditional favorites in new and delightful arrangements, but you will be treated to excerpts from John Rutter's "Magnificat" and two international selections: an African folk tune, "Bethlehemu," and a French carol, "Il Est Ne le Divin Enfant." A further European touch will be provided by the Bel Tempo Handbells.

Under the leadership of Director Richard Morrissey, the River City Chorale has provided beautiful music for the greater Sacramento area for over 37 years. The singers will be accompanied by the very talented Kathy Earl at piano as well as the musicians of the River City Chorale Orchestra.

The River City Chorale Holiday presents two evening concerts and one in the afternoon. The dates and venues are: Friday, Dec. 5 at 7:30 p.m. at the Christ Community Church in Carmichael; Saturday, Dec. 6 at 7:30 p.m. at Faith Presbyterian Church in South Sacramento; and Sunday, Dec. 7 at 4 p.m. at the First Baptist Church of Fair Oaks. Tickets are available online at rivercitychorale.org.

Hand bell choir to hold performance at Sacred Heart Church

Sac State's Chamber Choir and Women's and University choruses welcome the hand bell choir of Christ Community Church at their next concert, 8 p.m. Saturday, Nov. 15 at Sacred Heart Church, 39th and J streets. Works include Debussy's "Trois Chansons," three area premieres, and "Nyon, Nyon," a wild choreographed work for chamber choir. Tickets are \$10 general, \$7 seniors and \$5 students, at the University Ticket Office, www.csus.edu/hornettickets or 278-4323. Contact: 278-5191.



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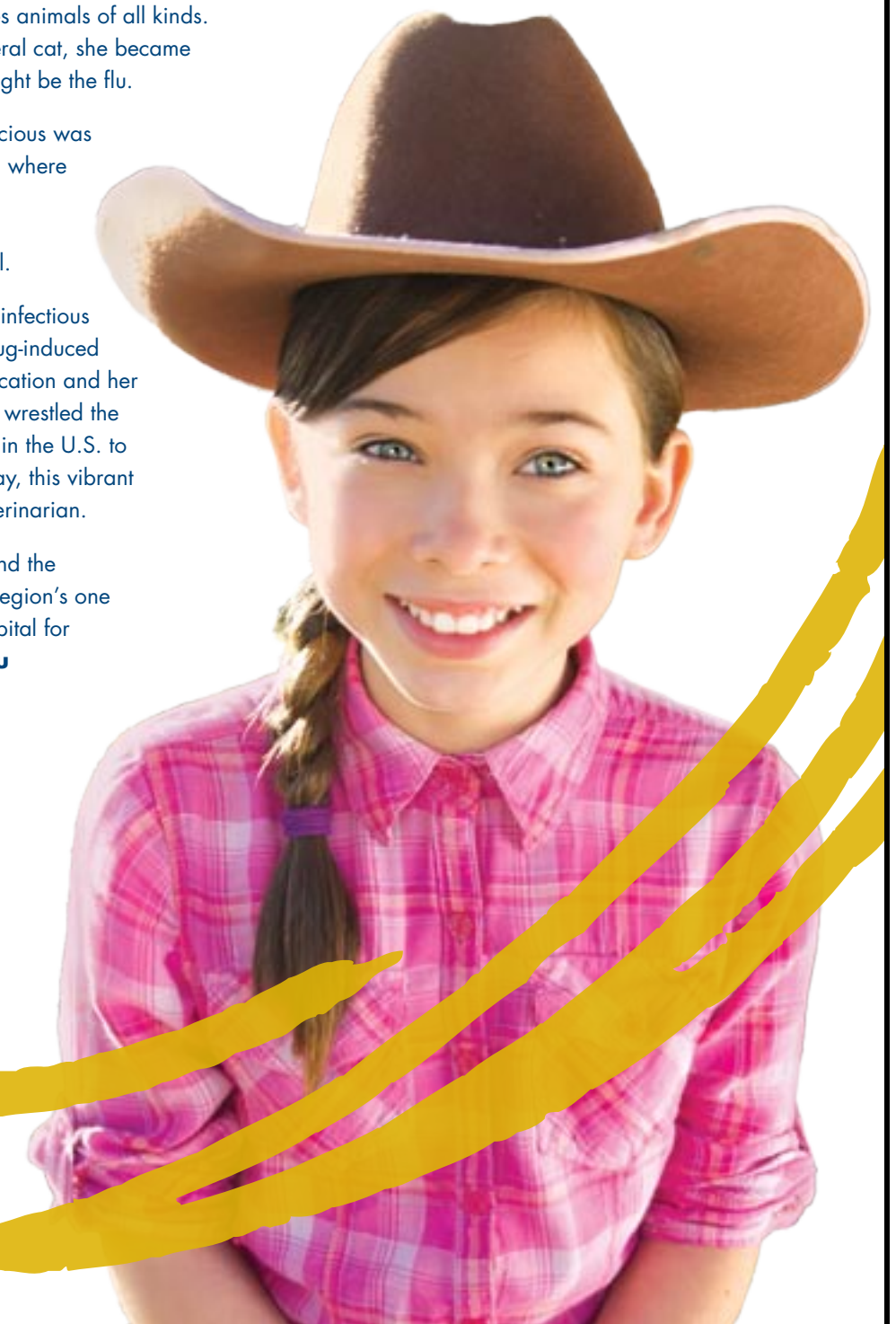
Like many girls her age, Precious loves animals of all kinds. At 8 years old, after playing with a feral cat, she became ill with what doctors first suspected might be the flu.

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'Fuel Your School' campaign helps Arden-Carmichael area school

Chevron's third annual launch Fuel Your School program in Sacramento County expanded to 22 communities nationwide and included Sacramento area schools. Chevron encourages STEM-related projects, to help prepare students for jobs of the future.

Last year, Chevron helped fund projects in 139 public schools in Sacramento County. This year, Chevron will contribute \$1 to help fund eligible classroom projects when consumers purchase 8 or more gallons of fuel from Oct. 1 to Oct. 31 at participating Chevron and Texaco stations, up to a total contribution of \$500,000 in Sacramento County alone.

In the U.S., Fuel Your School is an innovative collaboration between Chevron and DonorsChoose.org, an online charity that makes it easy for anyone to help students in need. The program is committed to providing local public school students with the tools and resources needed to help them achieve academic success.

All year, public school teachers post classroom project requests on DonorsChoose.org, ranging from calculators, to microscopes, and even glowing bacteria. One of those requests came from Joanna Rowland, first-grade teacher at Thomas Kelly Elementary School, who was appreciative of all that her classroom received. "This year, we made the shift to the Common Core and Next Generation Science Standards, but our class was lacking the materials needed to foster the curiosity, excitement and exploration for science that students deserve. With so much changing in education, Chevron's donation has made all the difference. It is a great feeling to have the best, hands-on materials to help students understand the concepts I am teaching and make the learning more valuable and real."

Another request came from Dylan Besk, a science teacher at the School of Engineering and Science, who lacked the resources to expose students to engaging and effective scientific activities. With the help of the Fuel Your School program, he and his students received hands-on teaching tools, such as rocks, allowing his students to better understand difficult concepts.

"Without donor funding, my students were limited to constructing construction paper rockets launched via a PVC pipe and a bicycle pump. With actual rockets, my students can construct and launch rockets greatly enhancing their learning opportunities," said Dylan Besk, School of Engineering and Science. "Chevron's generosity helped deepen students' understanding of Newton's laws and gave their math studies increased relevance."



Photos courtesy of Joanna Rowland's first grade class at Thomas Kelly Elementary School have received many materials that will help with Common Core and Next Generation Science Standards.

By visiting www.FuelYourSchool.com consumers can monitor the classroom projects in need of funding and see how much money is being earned for public schools. Donations earned through Fuel Your School will be used to help fund eligible classroom projects from Oct. 2 through Nov. 30, 2014, or until generated funds have been exhausted by eligible projects. Anyone, including consumers and Chevron employees, may also independently browse and fund inspiring classroom projects on www.DonorsChoose.org by making separate, individual donations.



Upcoming events at your local library

Carmichael Library

Me in the Temple of Heaven by Susan Jane Gilman.

Movie Matinee

(All ages)
Thursday, Nov. 20 at 3 p.m.: Bring your friends and enjoy a movie. Visit the library for a list of up-coming movie titles

After School Book Club

(Ages 6 to 12)
Friday, Nov. 14 at 4 p.m.: Join us on the Second Friday of every month to talk about the book, play trivia games, and have fun! This month we will be discussing the beloved classic, "Charlotte's Web" by EB White.

Read to a Dog

Tuesday, Nov. 18 at 3:30 p.m.: Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old that are reading. Earn credit for the time spent reading and earn a book too!

Knitwits

(Adult)
Friday, Nov. 21 at 11 a.m.: Do you knit? Crochet? Do needlework? Want to learn? Are you an expert who can help others? Bring a project to work on and a snack to share as we learn together!

Carmichael Library Book Club

(Book Club)
Saturday, Nov. 15 at 10 a.m.: Please bring a snack and your opinions to share as we discuss the book. This month's title is Undress

Stay and Play

(Ages 0 to 5)
Thursday, Nov. 20 at 11:45 a.m.: Parents and caregivers are invited to bring in their babies, toddlers, and other children to "stay and play." There will be toys for the children to play with while their parents socialize.

Manga Cafe

(Teen)
Friday, Nov. 21 at 4 p.m.: Calling all manga/anime enthusiasts.

Come hang out and discuss your likes. Food, crafts and fun!

Coffee and Crime Book Club

Saturday, Nov. 22 at 10 a.m.: How about a good mystery with a cup of Joe (or tea)? Bring a snack to share as we become judge and jury for each case.

Fun with Legos!

(Teen)
Saturday, Nov. 22 at 1 p.m.: Come play with legos! Make Rocket propelled cars or your own unique creations!

See Library Events, page 22

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<p><i>Sponsored by:</i></p> <div style="text-align: center;">  <p>VALLEY COMMUNITY NEWSPAPERS</p> <p>You can be a sponsor on this page by calling (916) 429-9901</p>  </div>	 <p>Candy #21960670</p> <p>Breed: Domestic Shorthair/Mix Color: Grey/Beige Gender: Female Hair: Short Age: 6 years 9 months</p>

* 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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California Kids is an events and activities guide for active families and is published once a month by Valley Community Newspapers, publishers of the Arden Carmichael News, East Sacramento News, Land Park News and the Pocket News. View at: www.valcomnews.com

California Kids targets active families who get out and enjoy all the community has to offer. It also serves as a guide to families that are thinking of relocating to a new area. A perfect publication for real estate listings.

Some of the drops include: schools, restaurants, doctors and dentists, libraries, museums, grocery stores, attorney offices, visitor centers, chamber of commerces, real estate offices, parks and recreation offices, coffee shops, book stores, churches, child care centers, pizza parlors, gymnastic centers, reaching those parents most likely to purchase products, use services, and search real estate listings.

It is distributed to:
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For more information, call Linda Pohl at (916) 429-9901



CALENDAR

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

ONGOING

Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

Support group for alienated grandparents

Meeting is the last Friday of each month at 2717 Cottage Way, suite 4. Meeting is at noon. 761-9121.

Run with a Recruiter

Every Friday at 6 a.m., the public is invited to join the Sacramento Police Department. This provides a unique opportunity for potential police candidates and those in the hiring process to run together.

Emotions Anonymous

Meets regularly Tuesdays, Thursdays, and Saturdays. Meeting information is available at www.emotionsanonymous.org. Free 12-step program/support group for those who desire to become well emotionally healthy. Acquire a new way of life, sharing experiences, and learning to live with unsolved emotional problems. Meets Tuesday 6:30 - 7:30 p.m. Parkside Community Church 5700 South Land Park Dr.; Tuesday 6:30 - 7:30 p.m., Sierra Arden Church of Christ, 890 Morse Ave (at Northrup), Room

F-4. Thursday 7 - 8:30 p.m. at Church of the Good Shepherd, 1615 Morse Ave. (at Arden Way) left of choir room. An optional newcomer orientation occurs on Saturdays from 1 to 1:30 p.m. at Wellness Recovery Center, 9719 Lincoln Dr. Ste. 300. Also on Saturday from 1:30 to 2:30 p.m., there will be a topic for discussion at WRC, 9719 Lincoln Dr., Ste. 300.

Mahogany Urban Poetry Series - Queen Sheba - poetry readings

Each Wednesday from 8-11 p.m. at Queen Sheba in Sacramento, local talent makes it way to the restaurant for weekly open-mic events. \$3-\$5. 1704 Broadway.

Youth Connections Unlimited announces fundraising campaign

Did you know that one Sacramento organization can reduce recidivism for crimes committed by youths by up to 70 percent? Youth Connections Unlimited has been providing mentoring and other services to incarcerated and probationary youth for over ten years that gives youth tools for staying outside the juvenile justice system. YCU works with the Sacramento County Probation Department with a focus on re-entry mentoring and preventative programming with a commitment to the principles of Restorative Justice. The support youth get from YCU and its volunteers

gives hope to Sacramento County youth, make communities safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit www.sacycu.com

Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepoint Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

Women with Good Spirits monthly meeting

Each second Tuesday of the month at Revolution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profit to present on its mission work. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was cre-

ated as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees.

If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@sbcglobal.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

Your social security questions answered at Hart Senior Center

Meet with a Social Security Administration representative every third Thursday of each month at the Hart Senior Center and learn general information about Social Security, Supplemental Security Income (S.S.I) as

See Calendar, page 21

Calendar:

Continued from page 20

well as retirement, disability, and survivors benefits. Make an appointment at the Hart Senior Center, 915 27th Street (J and 27th streets) or call 808-5462. Cost: Free.

Gentle Qi Gong

Learn powerful relaxation techniques reduce stress, reduce physical pain and emotional suffering, lower blood pressure, increase immune response and improve balance. Inviting all seniors to Eskaton Monroe Lodge, 3225 Freepoint Boulevard, 3 to 4 p.m., Wednesdays. \$7 per class. Call 441-1015 for more information.

Kiwanis Club of East Sacramento-Midtown

Visitors Welcome, weekly breakfast meeting on Fridays at 7 a.m. 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 St. www.eastsacmidtownkiwanis.com. Meeting/Membership info: 761-0984, volunteers always welcome!

Food trucks at Carmichael Park

Every first Thursday of the month from 5 to 8 p.m. (July will be held on July 10) food trucks hit Carmichael Park, 5750 Grant Road.

The Sacramento Capitolaire meeting

A men's Barbershop Harmony group, meets every Tuesday night at 7 p.m. at Pilgrim Hall (Sierra Arden United Church of Christ), 890 Morse Ave., Sacramento. Info: www.capitolaire.org, call 888-0877-9806, or email info@capitolaire.org

Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group meets at Aviator's Restaurant, 6151 Freepoint Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

NOVEMBER

"Hands on History: The Donners and Other Emigrant Wagon Parties"

Nov. 15: In an effort to provide high-energy, interactive and educational activities, Sutter's Fort State Historic Park (SHP) is proud to present a special "Hands on History: The Donners and Other Emigrant Wagon Parties" event from 10 a.m. to 5 p.m. During this special "Hands on History" event, Nancy Herman, author of *All I Left Behind: Virginia Reed and the Donner Party*, will offer special presentations at 11 a.m. and 1 p.m. that will include photographs from the author's personal collection. Fort visitors also be able to pack a wagon, write in their journals with a quill pen, make a corn husk or rag doll and create their own pioneer souvenir item to take home. Plus, Nancy Herman's book about the Donner Party is available in the on-site Trade Store for those interested. Sutter's Fort SHP is open daily and more information about this event or the Park in general is available by calling 916-445-4422 or visiting www.suttersfort.org, 2701 L St. \$7 per adult (18 and older), \$5 per youth (ages 6-17), free for children 5 and under; 445-4422 or visit www.suttersfort.org

Dandelion Arts and Crafts show

Nov. 16: Sacramento Senator Lions club sponsors the 2nd Annual Dandelion Arts and Crafts Show from 9 a.m. to 3 p.m. at Elks Lodge #6, 6446 Riverside Blvd. (at Florin Rd.) Featuring many handmade craft items for the holidays, 100 percent of profits will be used for community projects including the Senator Garden at the Sacramento Zoo, Fairytale Town's Japanese Garden, and the Society for the Blind. For a complete list of projects please see www.SacramentoSenatorLions.org. If you have questions, please call (916) 421-2950.

Dessert and Coffee with Superintendent Banda

Nov. 17: Superintendent Banda is hosting a "Dessert and Coffee" community meeting to meet parents and other stakeholders and to gather feedback on our schools at Hubert Bancroft (2929 Belmar St.) from 6 to 8 p.m. Free childcare and translation services will be provided.

Sac State annual rock auction

Nov. 21: Gemstones, garden rocks, colorful geodes, fascinating fossils and more unique gift items are up for grabs at Sac State's annual Rock Auction. More than 150 pieces in all in silent and live auctions - plus games for children. Geology is fun and beautiful! Free. 6-8:30 p.m. Friday, Nov. 21, in the Alumni Center, on campus, 6000 J St. Contact 278-6337 for more information.

10th Annual Twelve Gals and a Guy Craft Show

Nov. 22: There will be the huge neighborhood craft show from 10 a.m. to 5 p.m. at 1716 41st St. Contact Ruby at 591-8460.

DECEMBER

Sacramento City College Annual Holiday Art Sale

Dec 3, 4, 5: Buy unique handmade art/gifts and support SCC art students and the Kondos Gallery. Great prices! Dec 3 and 4 from 10 a.m. to 2 p.m. and 5 to 6:45 p.m., on Dec. 5 from 10 a.m. to noon, Sacramento City College Cafeteria, 3835 Freepoint Blvd. For more information, call 558-2559 or email griffij@scc.losrios.edu or visit www.kondosgallery.org for information. Parking is \$2 (you get a parking slip from a vending station)

Friends of the Belle Coolegge Library booksale

Dec. 5-6: The Friends of the Belle Coolegge Library is having a book sale on Friday, Dec. 5 from 10 a.m. to 6 p.m. and Saturday, Dec. 6 from 10 a.m. to 3 p.m. inside the Community Room. 5600 South Land Park Dr.

Dessert and Coffee with Superintendent Banda

Dec. 8: Superintendent Banda is hosting a "Dessert and Coffee" community meeting to meet parents and other stakeholders and to gather feedback on our schools at Sam Brannan Middle School (5301 Elmer Way) from 6 to 8 p.m. Free childcare and translation services will be provided.

Mission Oaks Computer Club meeting

Dec. 11: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting will include a problem-solving clinic, led by Adam Lac-

ey of Applications, Etc. First-time visitors are welcome. For additional information visit www.missionoakscomputerclub.org or send an email to moccc@missionoakscomputerclub.org.

Dessert and Coffee with Superintendent Banda

Dec. 11: Superintendent Banda is hosting a "Dessert and Coffee" community meeting to meet parents and other stakeholders and to gather feedback on our schools at Luther Burbank High School (3500 Florin Road) from 6 to 8 p.m. Free childcare and translation services will be provided.

The Ugly Sweater Run
Dec 13: An Ugly Sweater Run will be held at William Land Park

Jingle Bell Run/Walk

Dec. 13: The Sacramento Jingle Bell Run/Walk is a fun, festive event for the whole family! Put on your reindeer antlers and your running shoes and come join us for some holiday cheer at Crocker Park in downtown Sacramento. The event is fun for all and open to all ages. You can participate in the 5-K timed race or the 5-K Fun Run/Walk with holiday themed activities all along the course! Bring your friends, family, coworkers, and your furry friends, too! Crocker Park is located at

211 O St. For more information, call 368-5599 or email edahler@arthritics.org. Packet Pick-up and late registration is available at Sports Authority in Natomas, 3632 N. Freeway Blvd. From 10 a.m. to 7 p.m. Santa's Community Village (vendors) will be available from 7:30 to 8:30 a.m. Registration is from 7:30 to 8:15 a.m. Candy Cane Kids Run will be held from 8:15 to 8:25 a.m. The timed 5-K run will take place from 8:30 to 9:30 a.m. and the family fun run/walk will take place from 8:45 to 9 a.m. Awards and entertainment will follow from 9:45 to 10 a.m. Fees: 5K Run/Walk - Early Bird: \$30; Adult Registration Candy Cane Kids Fun Run is \$15.

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- EVENT LISTING SECTION -

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

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Craft Fair at Casa Event Center
Handmade Only • Dec. 1-5 11am-3pm
Casa Gardens
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Also visit Casa Garden Restaurant!
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Crockett-Deane Ballet & Deane Dance Center present
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Saturday, Dec. 20 - 7 p.m.
Sunday, Dec. 21 - 2 p.m.
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\$15 adults; \$12 Seniors/Students; \$10 Children
(916) 453-0226
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Lunch and "Scarf It Up"
seatings at the Casa Garden Restaurant benefiting the Sacramento Children's Home
Thursday, November 13, 11:15 a.m. and 1:15 p.m.
Entree choices:
Chicken Sonora served with Spring Salad Mix or Thai Noodle Salad with Shrimp; Dessert: English Toffee Cake
\$24 per person, includes tax and gratuity AND a free scarf
First-come, first-served, group reservations by one person, one check.
Reservations a must - call (916) 452-2809.
Casa Garden Restaurant, 2760 Sutterville Road, Sacramento

Genevieve Didion Middle School
INFO NIGHT
Thursday, Dec. 11 - 6:30 p.m.
Visitation Days -
Dec. 15th & 16th
& Jan. 13th & 15th
Please call to schedule
(916) 433-5039
6490 Harmon Dr., Sacto. 95831

36th Annual
Holiday Show of Hands Craft Fair
Early Bird Sale, Friday, Dec 5th, 5-9 pm (\$3)
Saturday, Dec 6th, 9 am-7pm
Sunday Dec 7th, 9 am-3pm
Over 150 vendors!
Unique, Hand-crafted gifts, decorative items, collectibles,
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Sierra 2 Senior Center
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Seating is limited to 30 attendees per seminar - RSVP today and reserve your seat.

FD#136 www.EastLawn.com

Library Events:

Continued from page 17

Carmichael Family Game Day

(Family/All Ages)

Sunday, Nov. 23 at 2 p.m.: Drop in and play some games on the fourth Sunday of the month. The library supplies the games; you supply the fun! You're welcome to bring a snack with you.

Read to a Dog

(Ages 6 to 12)

Tuesday, Nov. 25 at 3:30 p.m.: Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old that are reading. Earn credit for the time spent reading and earn a book too!

Carmichael Sci-Fi Book Club

(Book Club)

Tuesday, Nov. 25 at 6:30 p.m. Sci-Fi book club will ex-

plore the exciting and diverse field of science fiction and fantasy: from aliens and space-ships to dragons and wizards. Please bring a snack to share and join us. This month's title is Redshirts by John Scalzi

Chess Club

(Family/All Ages)

Wednesday, Nov. 26 at 4:15 p.m.: Do you want to learn to play chess? Do you already know how to play? All skill levels are welcome to join us at our Chess Club! We will have an instructor to teach beginners. All supplies will be provided.

Holiday Movie Matinee

(All ages)

Tuesday, Dec. 2 at 3 p.m.: Enjoy a holiday movie.

History Book Club

(Recurring)

Wednesday, Dec. 3 at 6:30 p.m.: The Carmichael Library

History Book Club meets monthly to discuss a non-fiction or historical fiction book. Help us decide which is truer: fact or fiction! Please bring a snack to share and join us as we dive into history books.

Preschool Storytime

(Ages 0-5)

Thursday, Dec. 4, 11, and 18 at 10:15 a.m.: Join Miss Kathy for stories, songs and a craft.

Toddler Storytime

(Ages 0 to 5)

Thursday, Dec. 4, 11, 18 at 11:15 a.m.: Join Miss Kathy for stories, songs, and just plain fun!

Stay and Play

(Ages 0 to 5)

Thursday, Dec. 4 at 11:45 a.m.: Parents and caregivers are invited to bring in their babies, toddlers and other children to "stay and play". We will put out toys for the children to play with while their parents socialize.

Movie Matinee

(All ages)

Thursday, Dec. 4, 11, 18 at 3 p.m.: Bring your friends and enjoy a movie. Visit Carmichael Library for a list of upcoming movie titles

Knitwits

(Adult)

Friday, Dec. 5, 12, 19, 26 at 11 a.m.: Do you knit? Crochet? Do needlework? Want to learn? Are you and expert who can help others? Bring a project to work on and a snack to share as we learn together!

Carmichael Teen Book Club(Recurring)

(Teen)

Friday, Dec. 5 3:30 p.m.: Love to read. Join other teens discussing their favorite

books. Pick one of our suggestions or read your own choice.

Tree pruning clinic

Saturday, Dec. 6 at 11 a.m.: Luanne Leineke of the Sacramento Tree Foundation will discuss pruning 2- to 8-year-old trees to develop good structure and form. You will see a variety of pruning tools and go on a walkabout on library grounds to look at tree structure. This clinic is offered by the Sacramento Tree Foundation in partnership with SMUD.

Chess Club at Carmichael Library (Recurring)

(Family/All Ages)

Wednesday, Dec. 10 at 4:15 p.m.: Do you want to learn to play chess? Do you already know how to play? All skill levels are welcome to join us at our Chess Club! We will have an instructor to teach beginners. All supplies will be provided. Bring a snack if you like.

After school book club

(Ages 6 to 12)

Friday, Dec. 12 at 4 p.m.: Join us on the Second Friday of every month to talk about the book, play trivia games and have fun!

Carmichael Second Saturday Audio Book Club(Recurring)

(Book Club)

Saturday, Dec. 13 at 10 a.m.: Is this a good book? Is this a good audio book? Bring a snack and your perceptions to share as we discuss the story. This month's title is Drift: the Unmooring of American Military Power by Rachel Maddow. Read by the author.

Holiday Card Fun (Recurring)

(Ages 6-12)

Saturday, Dec. 13 at 2 p.m.: Celebrating Christmas, Hanukkah, or Kwanzaa? Come make a holiday card as a unique gift for the special person!

Manga Cafe (Recurring)

(Teen)

Friday, Dec. 19 at 4 p.m.: Calling all manga/anime enthusiasts. Come hang out and discuss your likes. Food, crafts and fun!

Carmichael Library Book Club(Recurring) (Book Club)

(Book Club)

Saturday, Dec. 20 at 10 a.m.: Please bring a snack and your opinions to share as we discuss the book. This month's title is The Cuckoo's Calling by Robert Galbraith.

Holiday Movie Matinee

Tuesday, Dec. 23 at 3 p.m.: Enjoy a holiday movie.

Carmichael Sci-Fi Book Club(Recurring) (Book Club)

Tuesday, Dec. 23 at 6:30 p.m.: Sci-Fi book club will explore the exciting and diverse field of science fiction and fantasy: from aliens and space-ships to dragons and wizards. Please bring a snack to share and join us.

The Carmichael Library is located at 5605 Marconi Ave. in Carmichael. The hours are as follows:

Sunday, noon to 5 p.m.; Monday: closed; Tuesday and Wednesday: 10 a.m. to 8 p.m.; Thursday: 10 a.m. to 6 p.m.; Friday: 1 to 6 p.m.; Saturday: 10 a.m. to 5 p.m. For details, telephone the Sacramento Public Library at 264-2920 or visit www.saclibrary.org.

Woman Warrior: Sacramento General Mary J. Kight talks about her career and veterans' issues

By LEIGH STEPHENS

What led a little girl from Monterey, California to a career in the military where she reached heights few women have ever attained? General Mary J. Kight would say life happens while you do your job well, persevere, and serve others.

Since 1775, courageous women have served in our country's military and but originally as nurses, aides, cooks or in other domestic duties. Yet, few know that in Revolutionary times women bound their breasts, wore men's clothing, and took men's names; all this to fight along with men. Not until 1976 were women admitted to a military academy. Since the conflicts in Iraq, Afghanistan, and now other parts of the Middle East, women have been allowed to serve in combat.

Why would a woman want to enter the military? The service provides equal pay for equal work as well as medical care, living quarters, and education. Many women join to support their families with benefits as well as for career advancement.

General Kight says, "Education is one of the reasons I enlisted in the Air Force." I went to a job fair while attending California State University, Chico and discovered opportunities the military offers. My family could not afford to send me to college although they were always supportive of me."

In 2010, then-Governor Arnold Schwarzenegger appointed Mary J. Kight, the first female Adjutant General of The California Military Department. She is also the first African-American woman to attain this position in the nation.

Mary Kight has received many awards including the Distinguished Service Medal, the Legion of Merit, the Defense Meritorious Service Medal, and the Bronze Oak Leaf Cluster. When she retired in 2011, she was awarded The Order of California. In part it reads, "Under her leadership, the California National Guard quickly and effectively responded to every request to support citizens of California during emergencies." It added that General Kight's "...warrior-statesman approach proved effective in ensuring collaboration with the California Legislature."

With a completed BA from Chico State, in 1974, Mary Kight says she wanted to put her skills to work so she enlisted in the U.S. Air Force in Spokane, Washington. At each place she was stationed around the country, she continued her education completing several higher degrees and attending various military colleges. She eventually returned to

California and moved from active service to reserve.

General Kight has continued to break barriers throughout her career and champion veterans' rights. Her co-workers say she has great leadership style, concentrating on getting the job done and helping others succeed. She is focused, demanding, a consensus builder, and knows how to get things done with a smile.

Today, General Mary J. Kight is a retired hero who after 37 years of active service spends her time working with military and civilian organizations mentoring others and working on veterans' issues. Her work includes Women in Military Service for America, the American Red Cross, the American Legion, and the Air Force Association. Her current passion is working with the Sacramento Food Bank and Family Services. Civilian and military people go to the program where food, clothing, and job referrals help those in need.

Veterans' issues are at the top of the news today: promises made to thousands and promises not kept by our country. General Kight says, "There certainly have been problems in the past, but I believe we are on the right road to providing the entitlements veterans need and deserve."

Four major problems face veterans returning home after years of service to this country.

Mental and Physical Issues

Nearly three in 10 Gulf War II-era veterans have mental and physical problems related to service. Post Traumatic Stress is rampant among vets. One in three Iraq and Afghanistan veterans have PTS. Psychiatric issues range from depression and nightmares to violent behavior and suicide. It is difficult to pick up relationships when returning to civilian life. Divorce and social alienation are common.

For example, recently a disturbed veteran with a knife stormed the White House saying, "The atmosphere is collapsing." He is a veteran with multiple tours of duty in Iraq. With luck, no one was injured, but dozens have not been so lucky in numerous incidents involving weapons.

Physical problems involve loss of limbs, disfigurement, and devastating, long-lasting wounds. Both mental and physical issues many times create rejection from the family, the job market and from the community.

Sexual harassment has also been a devastating issue.

Lack and Timing of Medical Services

This year, U.S. Department of Veterans Affairs Chief Bob McDonald said before Congress, "Tens of thousands more medical staff are needed."

Military medical facilities and hospitals cannot keep up with the backlog of vet claims, both mental and physical. A recent scandal in Veterans Affairs revealed that in the Phoenix, Arizona system, 35 veterans died while waiting for appointments and care. This spurred a criminal investigation where a Veterans Affairs audit nationwide revealed that 120,000 veterans are waiting for or never got care.

Veterans Affairs has now laid out a 90-day mandate to fix the problems. One positive is a pending bill, HR4810, the Veteran's Access to Care Act of 2014 stating that the VA can enter into civilian contracts for hospitals and other medical facilities to provide timely care if the military cannot provide. Another provision in the bill states that if veterans do not live within 40 miles of a military facility they can get civilian care.

U.S. Senator Kirsten Gillibrand (D-New York) says, "While we can never truly repay the debt we owe our heroes, the least we should do for our brave veterans is to ensure that the government takes a proactive approach to delivering the services and benefits they have earned, so they can access the care they need and so richly deserve."

As of this writing, the bill is still in committee and with the stalemate in Washington, it's anyone's guess as to when and if it might make it through to reality.

Homelessness

Veterans make up 13 percent of the country's homeless where many are living on the streets. The majority of that number are women. About 900,000 vets nationwide rely on food stamps to survive. These include the homeless but also those living on the fringe trying to support themselves and their families.

According to the American Bar Association's Commission on Homelessness & Poverty, "Nearly 60,000 veterans experience homelessness on any given night in our country."

Even though the U.S. economy has gone through a recession, General Kight encourages veterans not to give up. At one Working World job fair in the Bay Area she advised, "Look for opportunities. Transition to civilian life even at an entry level if you have to. Highlight all the skills you learned in the military. You are a valuable resource to the civilian job market. Veterans are highly skilled and disciplined. Given the opportunity, time and effort you can rise in the civilian work world."



Photo courtesy of Kight

Mary Kight.

Education

The G.I. Bill was the most successful government education program in the country's history. Thousands of World War II veterans earned college credits and degrees under the program. Yet, when the government shut down in 2013, Tuition Assistance was suspended in the military. This left thousands of veterans without funds to begin or continue their educations.

Tied to homelessness is a reduction of federal funds for veteran education. A recent \$85 billion in government cuts were in the veterans' education programs. All branches of the military have had to make cuts in their Tuition Assistance programs.

According to a recent Stars and Stripes report, some funding has been restored but with more stringent requirements applying. The Army Tuition Assistance Benefits in place from Oct. 1, 2014 through Sept. 30, 2015 are: funds will be granted for 100 percent of the tuition up to 16 hours credit; not to exceed \$250 per credit hours or a \$4,000 cap per fiscal year. This is a reduction in previous funding.

The Air Force has made changes similar to the Army. The Coast Guard had the most drastic changes in that it reduced its benefits to 75 percent tuition while members must pay the remaining 25 percent. The Guard also reduced the total number of credit hours per year.

General Mary J. Kight continues to fight fearlessly for the members of the military; her weapons: encouragement, mentoring, and support.

When speaking to the members of the 146th Airlift Wing at Chananel Islands, she said, "As airmen we need to understand our capabilities as individuals and the impact those have. Our people coming up through the ranks are tomorrow's leaders. We owe them our greatest assets, and they are essential to meeting current and future challenges. We owe them our unwavering commitment, encouragement, and support."

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