# ARDEN-CARMICHAEL NEWS

— BRINGING YOU COMMUNITY NEWS FOR 23 YEARS —





Arden Hills wellness resort approaching 60th anniversary

See page 3



Valley Community Newspapers' sales manager leaves legacy

■ See page 14

### Top Producing Agent for Sacramento's #1 Real Estate Company



Annette Black 826-6902 Lic# 00802727



Kathy Pardun 247-7030 Lic# 01000106



Diane Berry 698-7288 Lic# 00794641



Wanda Noack 761-6748 Lic# 00946526



Rene'e Liddie 613-9885 Lic# 01152399



**John Woodal 421-5421** Lic# 01232653



### Arden-Carmichael New W W W . V A L C O M N E W S . C O M

E-mail stories & photos to: editor@valcomnews.com Arden-Carmichael News is published on the second and fourth Thursdays of the month, Newspapers are available in stands

George Macko Kathleen Egan Monica Stark Art Director .. John Ochoa Advertising Executives

Linda Pohl, Melissa Andrews George Macko

Copyright 2014 by Valley Community Newspapers Inc. All rights reserved Reproduction in whole or in part without written permission is prohibited.

Vol. XXIII • No. 24

2709 Riverside Blvd Sacramento, CA 95818

t: (916) 429-9901 f: (916) 429-9906

Cover by: Stephen Crowley

> Other photos by Courtesy Stephen Crowley





erving the Sacramento area for over 30 years

LAW OFFICE OF

ESTATE PLANNING

TRUSTS . WILLS . PROBATE

777 CAMPUS COMMONS RD. STE 200

SACRAMENTO, CA 95825

(916) 923-2345

vwaid@waidlaw.com

• Now enrolling Medicare patients New medical clinic in Rancho Cordova

Rancho Cordova, CA 95670

RESIDENTIAL / COMMERCIAL • Trimming/Pruning/Shaping

Stump Grinding & Chipping

2 CERTIFIED ARBORISTS ON STAF

**\$25 OFF** 

any service of \$200 or more

TREE TECH

Tree Preservation

Lawn Maintenance

Tree Removal

Aphid Control

386-1780

Same day appointments

VICTOR

2002 Realtor of the Year

2004 SAR President

Rancho Cordova Medical Clinic

916-376-7069 • info@cordovamed.com

TREE TECH

A Subsidiary of Tree Technology, Inc.

688-7979

Thorough Clean-Up Prompt Friendly Service

www.TreeTechServices.com

SENIOR DISCOUNTS • FREE ESTIMATES

(916) 838-1763 narndorfer@GoLyon.com BRE#00443547



### Bella Vista teacher named **National Language** Teacher of the Year

Nicole Naditz, a French language teacher at Bella Vista High School, has been named National Teacher of the Year.

Naditz was selected by the American Council on the Teaching of Foreign Languages and was presented with her award during an annual convention in San Antonio, Texas.

"I congratulate Nicole for receiving this high honor," said State Superintendent of Public Instruction Tom Torlakson. "As an outstanding language teacher, she is giving her students a skill that will increase their understanding of other cultures and help them succeed in our increasingly global economy."

Courtesy of San Juan Unified online newslet-

### Welcome to Eskaton Village Carmichael



We invite you to celebrate life ... at Eskaton Village Carmichael. If you are ready for more freedom, but want more than a month-to-month rental ... If you want spacious apartment or cottage living and the assurance of staying in your community should your health needs change ... If you want luxury, comfort and service in a gated retirement community ... Come tour Eskaton Village Carmichael. Discover the choices.

Take in our beautiful 37-acre campus and imagine your life with so many exciting opportunities right outside your door. Call 916-967-4014 today!

Your community. Your life. Your choice.



### **Eskaton Village Carmichael**

Continuing Care Community (CCRC): Independent Living with Services, Assisted Living, Memory Care and Skilled Nursing 3939 Walnut Avenue Carmichael, CA 95608

916-967-4014

License # 340313383 | COA # 202

eskaton.org







# Arden Hills wellness resort approaching 60th anniversary

By LANCE ARMSTRONG Lance@valcomnews.com

Note: This is the first article in a series about the Arden Hills wellness resort

Arden Hills wellness resort, which many years ago became internationally recognized through its world renowned, Sherman "Sherm" Chavoor coached swimmers, including prominent Olympians Mark Spitz and Debbie Meyer, is nearing a significant milestone in its history.

ty, which is located at 1220 Arden Hills Lane, at the northwest corner of Fair Oaks Boulevard and Mission Avenue, will soon be celebrating its 60th anniversarv.

In front of Arden 'Hills' main building is the Sherm Chavoor Memorial Fountain, which celebrates the life and legacy of Chavoor, who also participated in the Olympics, as he was a swimming coach in the 1968 and 1972 Summer Games.

Sitting on a base several feet in front of the fountain is a plaque,

Arden Hills in 1954."

year that the public became informed through local newspapers that Chavoor club was planned to begin in the was seeking to establish a swimming spring of 1955. And selected as and tennis club on the then 7-acre site. the project's architects was Rick-

future club appeared in the Oct. were located at 2015 J St. 2, 1954 edition of The Sacramento Bee.

article, entitled "Tennis, swimming a swimming pool, four tennis courts, club is planned for Arden area."

That article, which referred to the then-future club as the "Ar-

The landmark, private facili- which notes that Chavoor founded den Hills Swimming and Tennis Club," notes that Arden Hills It was during the latter part of that spokesman Albert Willett had announced that construction on the An artist's sketch of the then- ey & Brooks, whose headquarters

> Also included in the article was a listing of the club's originally planned Accompanying that sketch was an amenities, which were mentioned as volleyball and badminton courts, a

> > See Arden Hills, page 7

# JOB OPENING!

### **ADVERTISING SALES**

Email résumé to: kathleen@valcomnews.com

### Mail or drop off:

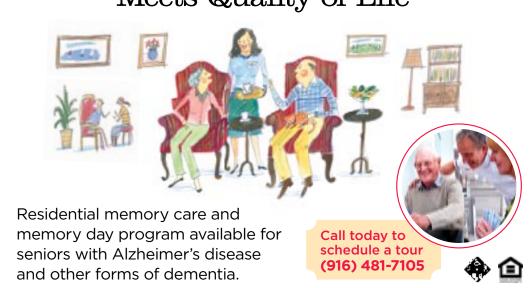
**Valley Community Newspapers** Attn: Kathleen 2709 Riverside Boulevard Sacramento, CA 95818

### **NO CALLS PLEASE**





### Where Quality Memory Care Meets Quality of Life



THE CHATEAU AT CARMICHAEL PARK Lic. #347001523 7125 Fair Oaks Blvd. • Carmichael, CA 95608 • (916) 481-7105 HankFisherProperties.com • Locally owned and operated for over 35 years

Arden-Carmichael News • December 25, 2014 • www.valcomnews.com Valley Community Newspapers, Inc. Valley Community Newspapers, Inc www.valcomnews.com • December 25, 2014 • Arden-Carmichael News

# **Avalon Hearing donates** hearing aids as part of a 'hearing mission'

By MONICA STARK

Each year since 2008, Avalon Hearing in the Arden area has been providtunate, hard of hearing with free hearing aids.

The company does what the hearing aids. they call a "hearing mission" where they select 12 people in the community who cannot afford hearing aids, many of whom are unemployed and can't get work insurance, she couldn't because they can't hear. skate anymore because she This year, however, at least couldn't hear the music. half of the people who received hearing aids have is hopeful she will be able been working.

On Monday, Dec. 15, a celebration with San- owner of Avalon Hearing,

ients were given their free hearing aids. Emotionally charged, many were crying. One woman, who lost her hearing 12 years ago, has a ing the financially less for- 6-month-old baby and was able to hear her baby coo for the first time because of

Another was a professional ice skater for the Ice Capades who lost her hearing in her mid to late 20s, and without health With the hearing aids, she to get back to skating.

Vosterf-Kemp, Betty ta Claus was had as recip- discussed with the Arden-



Avalon Hearing donated 12 hearing aids to people who could not afford them. They gathered on Monday, Dec. 15 with Santa Claus. For many of these people, this was the best gift they could ever imagine.

Carmichael News about This is really about hope We have amazing people the hearing aid mission and believing. We are our who have been here for 25 and how it got started. "It brother's keeper. In 2008, years. Many patients, when has become my Christmas. when the economy crashed they get new hearing aids, I could care less about gifts. and burned, all you heard This is our Christmas. about was the bad stuff.

See Avalon, page 5

### **CASH PAID FOR DIABETIC TEST STRIPS**

**Sell them to us for CASH!** We will get them to someone who can use them! One Touch Ultra Blue, Freestyle Lite, Bayer Contour, Accu Chek and most other brands bought.



**WE PAY UP TO \$25 PER BOX CASH ON THE SPOT** 

We offer **FAST PICKUP** at a location that is conveniently located near you. Boxes must be unopened and unexpired

(916) **505-4673** 



### REAGOR PET HOSPITAL IS NOW ACCEPTING NEW CLIENTS!

Whether you're looking for a new veterinarian or are seeking a second opinion on a nedical problem for your pet, the staff and veterinarians at Reagor Pet Hospital would

We vow to listen closely to your concerns. We do comprehensive physical exams for every appointment. Our goal is to have both you and your pet as relaxed as possible as we strive to treat your pets like they are our own.

If a friend, relative or another veterinarian has referred you to our practice, you can count on us to work closely with you to resolve your pet's medical issue. Please bring a copy your pet's previous treatments so we don't waste time or money repeating nethods that have already been tried. We can help you get access to any previous medical records if needed. Our team is always available to answer your questions and

Call today and schedule a "get acquainted" appointment for you and your pet. Please



Reagor Pet Hospital 2513 Walnut Ave, Carmichael 916-971-1551

Mon-Fri, 7:30-6pm • Sat, 8-1pm

www.HomeCareAssistanceSacramento.com

5363 H Street, Suite A, Sacramento, CA 95819

to schedule a free assessment!

(916) 706-0169

Not All Home Care is Alike

Home Care Assistance's mission is to

**Change the Way the World Ages** 

At Home Care Assistance of Sacramento we are "raising the bar

in the care we provide AND the respect we extend to our staff.

• We refer to our caregivers as Care Partners because they are

University to continue to develop the skills of our staff. We also

offer culinary training with an emphasis on nutrition to improve

• We are the only senior care company with a Home Care

our care partners' skills and ultimately our clients' meals.

**Meet Kathy** 

Kathy Herrfeldt is the owner of Home Care

independently wherever that may be.

Assistance of Sacramento and works directly with

clients and their families She is passionate about

promoting options that lead to living healthily and

truly valued partners in this business.

Avalon:

they trade them in, so we her, even though she says could feel confident and my alarm when it goes off literally have a drawer with aids."

What follows are copthe free hearing aids. Grab a tissue!

### Dennis O'Neil

Hi, my name is **Dennis** O'Neil. I have had hearing loss from the age of 7. It started after spending a day target shooting

with my wife. home rather than go to when I lost my hearing me with a hearing aid. functions, such as fami- 6 years ago. I lost a lot Sincerely, ly gatherings, church, res-more, such as talking on Mariah Irons taurants, and other outings. They are difficult to

see by myself like doctors'

Julia Durkee attend because I cannot appointments, taking my hear the conversation, well kids places. I even feel enough to be involved. I responsible for my 4 year for the gift of hearing for er to not go.

and more isolated.

e-mail editor@valcomnews.com or call 429-9901

BUILDING A STRONGER FUTURE TOGETHER

The partnership between Comstock and Guild Mortgage brings together

the best of both brunds. Combining the best that Comstock offers in talent

and service with the best that Guild offers in execution, products, systems

technology, and local platform significantly strengthens our ability to

service our customers and referral partners with a new level of excellence.

Call me today to learn more

916.977.1227 | DMendoza@GuildMortgage.net

I don't go to doctor ap- tiful children: Gabri- life in so many positive jump, spin and glide, with pointments or other types el, who's four; Joshlynn, ways. From being able to no fear of other skaters. I

with me so she can inter- years old and Logan, who my huge family sits down

ies of the letters requesting be life changing for me! Logan cry in the night. blast my TV in order to be of isolation.

Thank you, Dennis

### Mariah Irons

ing apart, but it wasn't all es what it means to me. The result is I am more bad. I did meet my fian-

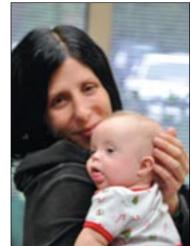
and do all the phone calls talk with. and appointments too. I

Being able to hear propce and had three beau- erly again will change my sail across the ice again, of meetings if my wife isn't who would have been two hear the conversations go- may even be able to skate ing on around me when into my 80s as I have al-

pret what is being said. is almost 6 months. If my to Christmas dinner, to befeel this is a burden on hearing was to improve, I ing able to actually hear safe alone with my kids at in the morning. I am sure Being able to hear bet- night. I would feel con- my neighbors will appreciter than I do now would fident that I would hear ate me no longer needing to It would be nice to feel My husband would have able to hear it, and I won't like a part of society a lighter load and less have to worry about which again and to come out stress with having to work ear is facing the people I

I think the most sigwould be able to go back nificant thing that betto school and get a job ter hearing will give me so we wouldn't worry if though is the ability to go my fiance's back goes out. back to my passion - fig-I was asked to write a How are we going to live? ure skating. I have perwith my step father. The letter of what it means And most of all to hear formed all over the counlife, that it is easier to stay my independence back, for considering helping skating, both in local petitions until I would no tition or show. longer walk, but that all Merry Christmas, went away when I lost my Julia Durkee hearing. I could no lon-ger safely skate because I Thank you so much could not tell where other skaters were coming from. often leave feeling embar- old's speech problems. Christmas this year. It is I was in so much feature rassed because the answer The truth is after my the greatest gift I could of being hit by someone I gave did not fit the topic hearing was damaged, ev- have gotten, and I feel that I could not hear, that I of conversation. It is easi- erything else started fall- "thank you" hardly express- had to walk away from my skating passions.

Now, I will be able to



hearing loss caused prob- to me to be able to have and understand every- try as a professional ways dreamed! This lems for me in school, my hearing back or able thing my kids say. That's skater and I have coached Christmas, you have not on jobs, with friends and to hear better. It would the biggest gift out of ev- skaters big and small to only given me the gift of mean everything to me. erything is hearing my achieve their dreams and hearing, but the gift of fig-I am at a place, in my I would most of all get children. So, thank you goals. I had hoped to keep ure skating as well. Thank you so much. I will invite shows and national com- you all to my next compe-



#### GEORGE L. KLUMPP CHAPEL OF FLOWERS F0360 2691 Riverside Boulevard

Sacramento, CA 95818 (916) 443-7917 www.cfcsSacramento.org

Serving the community since 1921





erving Sacramento Families since 1903 Pre-arrangement packages available.



LIND BROTHERS FD 114

A Family Owned Funeral Home & Crematory

916.482.8080



East Lawn Mortuaries & Crematory (916) 732-2000 EastLawn.com

Bloomington, IL



Stephanie Slagel, Agent Insurance Lic#: 0C34763 6130 Fair Oaks Blvd

Even though life is busy, take

a moment to reflect on what's most important. For peace of mind, protect your family with State Farm® life insurance. We put the life back in life insurance.™

State Farm<sup>®</sup>

CALL ME TODAY.

1311009



REAGOR PET HOSPITAL **IS NOW ACCEPTING NEW CLIENTS!** 



**REAGOR PET HOSPITAL** 2513 Walnut Ave, Carmichael 916-971-1551

ReagorPetHospital.com Mon–Fri, 7:30–6pm • Sat, 8–1pm



- On-site X-ray & EKG
- On-site Lab & Six Exam Rooms
- Trauma Bay and Procedures Room Comfortable Waiting Room
- Plenty of Free Parking

URGENT CARE 📆

7200 S. Land Park Drive, Ste. 100 Sacramento, CA 95831 (916) 422-9110

www.sacurgentcare.com Open 9 AM to 9 PM • 365 Days a Year



**Your New Years** With Us!

Hours: Mon 5-9:30pm Tues-Thurs 11:30am-9:30pm Fri - Sat 11:30am-10pm Sun. 10am-8:30pm

6401 Riverside Blvd. 916.391.7990 PocketBistro.us

In Carmichael

### EL CAMINO SMOG & REPAIR

Full Auto Diagnostic Service & Repair Foreign & Domestic

10% OFF Labor (with coupon)

482-SMOG (7664)

ElCaminoSmogRepair@sbcglobal.net 5101 El Camino Ave, Carmichael





Presented

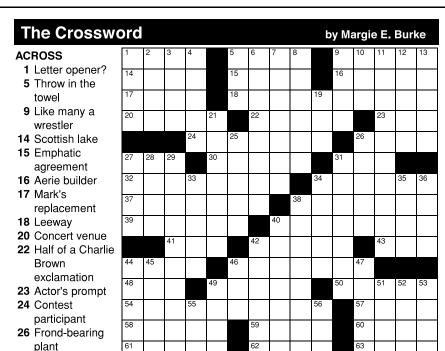
2012 Five Star Real Estate Award

RIVER RIDGE REALTY OFFICE: (916) 988-8880

DIRECT: (916) 663-6300 WWW.RIVERRIDGEREALTY.NET

"The Most Important Thing About A Home Are The People In It"

To participate on this page, call (916) 429-9901 for information



50 Fingerprint part 34 Auctioneer's aid 7 Put down 54 What some 8 Gas guzzler **35 I**n \_\_\_\_ of brides keep 9 Complaint, (instead of)

3 160 square rods 27 High point

6 Leave home, in 33 Part of TGIF

10 Bud holder?

19 Give the

21 With fury

go-ahead

25 Astrological

26 Important test

aspect

29 Captivating

31 Dwell on

57 Blue-green hue

60 Pentax part

62 Sweat spot

63 Advantage

1 Pet peeve?

2 Sullen look

4 It may be

cradled

a wav

5 Crow's crv

**DOWN** 

58 Subtraction sign

36 Football unit 38 Seagoer's woe

**40** Peso part 11 Self-absorbed 12 Gravy ingredient 42 Short snooze

**44** "\_\_\_\_ mia!" **61** Specialized lingo **13** Mideast nation 45 Where the

elated walk 46 Early riser? 47 Boxer's quest

49 Second to none 51 Monopoly card 52 Turf roamers

28 Gently persuade 53 Choice word 55 Hall & Oates

> 56 Before. poetically

See Solution, page 18

### EVERE COUR**t** MEMORY CARE Revere Court Day Club

program is designed for those supervision while their family nembers are at work or are ir need of a respite for a day

### THE DAY CLUB SERVICES INCLUDE THE FOLLOWING:

- Stimulating daily activity program
- Assistance with ADL's Nutritiously balanced meals, snacks
- and special diets Assistance with medication

Please call Casey for a tour.

(916) 392-3510 www.reverecourt.com

7707 Rush River Drive, Sacramento, CA 95831 Lic. #347001338/342



# 6 CARMICHAEL WATER DISTRICT

27 Hole in one

31 Trash holder

34 One way to

37 Part of ATM

instruction

40 Devil-may-care

41 Vague amount

newsmaker

44 Tony Shalhoub

43 Cow's chow

39 Meditation

42 "People"

series 46 Makeshift

ballfield

49 Desert feature

48 Leaf lifter

break bad news

38 Tropical malady 59 Declare

30 A. for one

32 Penitent

**Happy New Year from the Carmichael Water District!** Serving the Carmichael Community since 1916

> www.CarmichaelWD.org (916) 483-2452



### Happy Holidays from the Sacramento Valley Conservancy!

Preserving the Sacramento region's beautiful open space, natural and agricultural landscapes with 16.483 acres protected.

Keep us in mind with a Year-End-Charitable-Donation SacramentoValleyConservancy.org

### Arden Hills:

Continued from page 3

putting green, table tennis facilities and a clubhouse with locker rooms, a dance and meeting area and a snack bar. unable to attend the origipool on July 8, 1955. The

such a business constructin the area.

One such report, which was published in the Nov. notes that 16 property own-Sacramento County Planning to operate a swimming and tennis club at that site.

According to the same to the neighborhood."

County Board of Supervisors Union High School.

hearing regarding the topic. postponed for 12 days, since operation by the summer Gordon P. Young, the main opponent of the project, was event was held at the club's

arranged for a Dec. 1, 1954

Chavoor's efforts to have nally scheduled hearing.
Such a business construct
During that latter scheded and operated at that site, uled hearing, Chavoor's land which was described at that use permit to have the club time as being located 290 feet constructed was approved north of Fair Oaks Boule- under the condition that the team champions, champivard, came with some dispu- place would not become a onship and comedy diving tation from property owners nuisance or damage its sur- and hula dancing. rounding area.

On May 7, 1955, The Bee tion projects in Sacrameners were then protesting the to County. The 48th project mentioned on that list was Commission's issuance of a the Arden Hills Swimming ta Haury, a 14-year-old land use permit for Chavoor and Tennis Club, at an approximate cost of \$13,000.

a Grant Joint Union High report, the property own- School District board meeters claimed that "the club ing, an announcement was She won the event's high would create noise and made that Chavoor, an Oaktraffic and be a detriment land native who then resided at 1755 7th Ave. in Sac-As a result of the com- ramento, had been hired to time, Chavoor had already plaints that were filed with succeed Charles Slagle as established himself as a the county, the Sacramento swimming coach of Grant highly respected swim-

Arden Hills, which originally had the address of However, that hearing was 1315 Mission Ave., was in of 1955, as a water follies show, the nationally known Athens Water Follies of Oakland, began at 8 p.m. and included water ballets, exhibitions by national

The emcee of the event was Art Olsen, father of published a listing of esti- the famous Olympian div-15, 1954 edition of The Bee, mated values of 54 construction er Zoe Ann Olsen-Jensen, who will turn 84 years old next February.

> In an earlier event, Marswimmer represented Arden Hills during the city Four days later, during swimming championship at the James McClatchy Park pool on July 4, 1955. point trophy.

Although Arden Hills was a new club at that



Photo by Lance Armstron The Sherm Chavoor Memorial Fountain is located in front of Arden Hills' main building

### Send us your updated event announcements.

E-mail us, editor@valcomnews.com







Arden-Carmichael News • December 25, 2014 • www.valcomnews.com www.valcomnews.com • December 25, 2014 • Arden-Carmichael News **7** Valley Community Newspapers, Inc. Valley Community Newspapers, Inc

### Local, notable artist studied art in his native state, abroad

By LANCE ARMSTRONG

Editor's Note: This is part two in a series about local artist Adan Romo. An additional, final part of this series will appear in the next issue of this paper.

advancing to higher levels as an artist. And his notoriety in the art world began right here in Sacramento.

In speaking about his early introduction to art, Adan said that he was fortunate to have grown up around his father, Mexican born artist Jesus Romo. And Adan added that it was from that year. through his father that he became inspired to create public art.

"My father always loved art and did painting and sculpting, always around the house," Adan said. "He was a firefighter, as well, and with a firefighter's schedule, he was able to do artwork on the off days. He was with the city, and he rose to become battalion chief, but always with artwork as his other career. So, he was able to (create) the California Firefighters Memorial, which exists (in Capitol Park).

"And so, I was coming of age when he got that commission, and so I had always been drawing and kind of watching him at home and then once that kind of came about, that was a real kind of eye opener of how you can kind of create art for some kind of public good or public narrative. So, I was interested in creating artwork for the public sphere rather than art for what's (in) galleries and museums."

After being asked about his earliest artistic endeavors, Adan said, "I think like any other kid I was drawing and painting and doing stuff on scratch paper and making little things with Play-Doh, and then I was able to get little bits and pieces of my father's clay. It got more and more advanced the more time I spent on it, and with my father's guidance, I had access to better tools and better resources. So, slowly but surely,

my talent was nurtured and I got better and better at it."

Adan, who attended St. Mary School in East Sacramento, recalled "always drawing" in school, but nonetheless learning more about art at home.

"Art projects were something I was drawn more to (in school), but none Adan Romo has spent many years of my teachers compared to my father in what he was able to teach me. So, it was always me bringing what I learned at home to school. And so, I think the students and teachers were always impressed with what I was doing. I even had a third grade teacher who held onto all of my drawings

"So, then I went to high school and it was more of the same. I was able to kind of blossom and do more artwork and get more recognition for it. As a matter of fact, St. Francis High School (where he presently teaches) tion. As a kid, I entered in their art works of art. competition. At the time, you would submit (artwork) and the judges would look at your work blindly, works that I (entered) in the compethe coast of Tuscany. tition. So, I was always being reinforced by those kinds of things."

Adan attended Christian Brothers High School for two years, then transgraduated in 1992. He furthered his and Italian.

St. Francis High School and developed the sculpting program there. He passed that class on to another teacher 12 years later and he now art in all the museums and churchteaches digital film and Advanced es and galleries that they have there. Placement studio art, which is an It was a great opportunity to expose advanced art class.

ceived a grant to study art in a small tunity to go and study, kind of like an



used to have this huge art competi- St. Francis High School teacher Adan Romo is an accomplished artist, who is best known for his public

In recalling his time in Italy, Adan said, "I got a Rotary (Club)

"I worked in a studio that had been opened up for hundreds of years, learning the craft of sculpting marble that the Greeks inferred to Jesuit High School, where he vented, the Romans used, the Re-streets and in the churches," Adan naissance artists used and they're education at the University of Califor-still practicing to this day. So, I nia, Berkeley, and majored in history learned that particular technique they were intended to be (located). and then spent another portion of So, you can walk up and touch a Mi-In 2000, Adan became a teacher at my year (in Italy) at the art acade-

"I was able to live in Rome and be able to study all the great works of myself (to that art) and learn from It was also in 2000, when Adan re- all the masters. It was just an opporexchange program."

Although Adan did not earn a degree for his studies in Italy, he said (meaning) they wouldn't look at your grant to go to Italy and there I that the amount of knowledge that name. So, I ended up winning first, specifically was learning how to he gained there far exceeded any-second and third prizes for the three sculpt marble in a small town on thing else that he had learned, bethat the amount of knowledge that cause of the artwork that he had the opportunity to view.
"All these great Italian artists are

passed away, but the great thing about Italy is the artwork still exists in the said. "They don't put them in the museums. A lot of them are still where chelangelo and study it and draw it in some of these churches. And that was kind of my school, just walking around. I hardly attended any classes in the academy in Rome, because there was so much to see in Rome and there was so much to learn just by looking at all the works."

After completing his studies in Italy, Adan returned to his position as a teacher at St. Francis High School.

# Matías Bombal's Hollywood

Exodus: Gods and Kings The MPAA has rated this PG-13

20th Century Fox Film Corporation brings us the latest from Ridley Scott, a story of Moses, from the time he was a leader in Egypt, conflict with the pharaoh Ramses and subsequent departure from that plague ridden land to lead 600,000 thousand slaves on a monumental journey of escape. This movie is presented in "Real 3-D". Christian Bale is Moses and Joel Edgerton plays Ramses. Sigourney Weaver, Ben Kingsley and John Turturro are featured.

"Ginormous" in style, augmented by use of 3-D, this feature falls flat owing to the fundamental mistake of the writers to humanize Moses in a contemporary way, making him a believable man that might have actually lived on earth rather than an iconic figure of legend. The costumes, in general, seem ill fitting, as if the actors are playing dress-up. Compounding my displeasure was dialogue and body language that seemed far too contemporary for the period of the movie.

This movie left me longing for epics in the style of DeMille, where the Ten Commandments were written in bolts of lightning and the Red Sea parted spectacularly. The highly anticipated scenes are a let-down, with Moses chiseling out each commandment

himself, and with the sea not parting at all, but just receding to a very low tide. This a movie contradiction, in which an epic story and personality is down played to be a mere mortal, driven by circumstance. Lots of CGI D, but to me, a disappointment.

day December 19th)

### Foxcatcher

The MPAA has given this an R rating. Sony Pictures Classics brings us an unsettling look at real historical events in a dramatized form with "Foxcatcher," the real life story of billionaire John E. DuPont's involvement with the U.S. Olympic wrestling team seen through the eyes of two wresting brothers, and the rather unfortunate events following the games of 1988. Inspired by wrestler Mark Schultz's book of this odd and creepy relationship, director Bennet Miller offers us some very fine its time to tell this story.

Actor Steve Carrell plays duPont, tapping into this complex individual in his portrayal of a man whose passion is wrestling, and being a patriot for the USA. His mother, Jean duPont, is

Mr. DuPont wishes to bring in both of the successful wrestling Schultz brothers to his Foxcatcher team, beginning with Mark Schultz, played by Channing Tatum as a not-toobright man who excels in wrestling, battles to please the action fans in 3- but who also lacks the finesse of social skills, resulting in one of the odd-(Editor: Opens Tower Theatre, Friest screen pairings you'll ever see. This movie is fascinating to watch because of the excellent performances from all of the actors involved and solid camera work by Greig Fraser whose long steady shots let us examine the faces of complexity as if we are studying them under glass.

the principal characters to offer an well in this movie by Mark Ruffalo. understanding of why they do things and react in the manner that they of unease throughout, and fine actdo. Perhaps, this was intentional to ing performances, and aside from keep us all wondering about these my inability to pick up a sense of strange men. For example, had du- the characters motivation, this is an Pont's wrestling passion been born excellent overall production, and in from some latent homosexual incli- an age of movies with fast cutting performances in a movie which takes nation, then that would help to un- and shaky camera work, this movbut no such possibility is offered by who are tired of MTV movie makthe writers. If Mark Shultz's brooding manner could have been ex- the wrestlers are weighing in; the plained more clearly, we'd get why weigh-in official No. 1 is the real he was pouty for most of the movie, Mark Shultz, making a cameo in brilliantly played by Vanessa Redgrave. other than the clear feelings of nev- this example of art imitating life.

However, I found the writing to er meeting the level of success of his lack sufficient motivation for both of wresting brother, David, played very

This movie will offer you a sense derstand where he was coming from, ie is a welcome offering for adults ing styles. Look for a scene where



### **Agelong Senior Care**

Reliable Service at Affordable Price

Bilingual Available 合樂之家老人看護中心

- In Home / On Site Meal Preparation
- Bathing & Caring Call 929-2598 FREE IN HOME ASSESSMENT

LIVING TRUST/LIVING WILL **Legal Document Prep Services** 

- Trust Will • Powers of Attorney · Residential Deed
- Couples \$495 Singles \$450 ynda K. Knight (916) 214-1215 1337 Howe Ave., Ste. 103

Arden-Carmichael News • December 25, 2014 • www.valcomnews.com

- Sornives • Wilk and Triests Special Needs Times

Medi-Cal - 8 Years \* Francise Line Regul - 10 Years \* Private Practice - 1d Years \*

Free In-Home Consultation Tim Tyler, Ph.D., Attorney at Law 916-452-0624

LEGAL SERVICES

WILLS AND TRUSTS

### SPECIAL ALZHEIMER'S LIVING

**REVERE COURT** MEMORY CARE Lic. #34700133

Day Club, Respite, Residential, Support Groups

& Educational Classes casey.s@chancellorhealthcare.com (916) 392-3510

07 Rush River Dr. Sacto. CA 958

Valley Community Newspapers, Inc Valley Community Newspapers, Inc www.valcomnews.com • December 25, 2014 • Arden-Carmichael News







Faces and Places:

# Rosie's Toy Drives — Surviving the loss of Rosie —

Photos by STEPHEN CROWLEY stephen@valcomnews.com

The Christmas season is a time of hope. Nicole and George Carollo of the Arden area are reminded of this every December when they celebrate their oldest daughter's life in a special way. They have turned a personal tragedy into something that gives hope to others. In 2004, little Rosalia Ann Carollo lost her battle with a catastrophic childhood illness – a rare childhood epilepsy called infantile spasms. She was almost 2 years old. George and Nicole were devastated. It was a loss they never anticipated loss they never anticipated.

Three years after Rosie's death, Nicole and George came upon a way to celebrate Rosie's life with their family and the community at large. So, with just a sign on the lawn and one email, the Carollos started their first annual Rosie Carollo Christmas Lights and Toy Drive in 2007 for children at Sutter Memorial Hospital, where Rosie was seen for treatments.

tal, where Rosie was seen for treatments.

And eight years later the generous support continued on Sunday, Dec. 14 as is shown in this collection of photographs. Posted on the Facebook page for the event was the following statement: "It was another huge success with playpens full of generous donations! We saw so many dear family members and friends and so many new faces as well! Stay posted for the donation total by the end of this week. If you could not make it by last night we will have a donation drop off box out the rest of the month. Many, many heartfalt thanks again!" felt thanks again!"



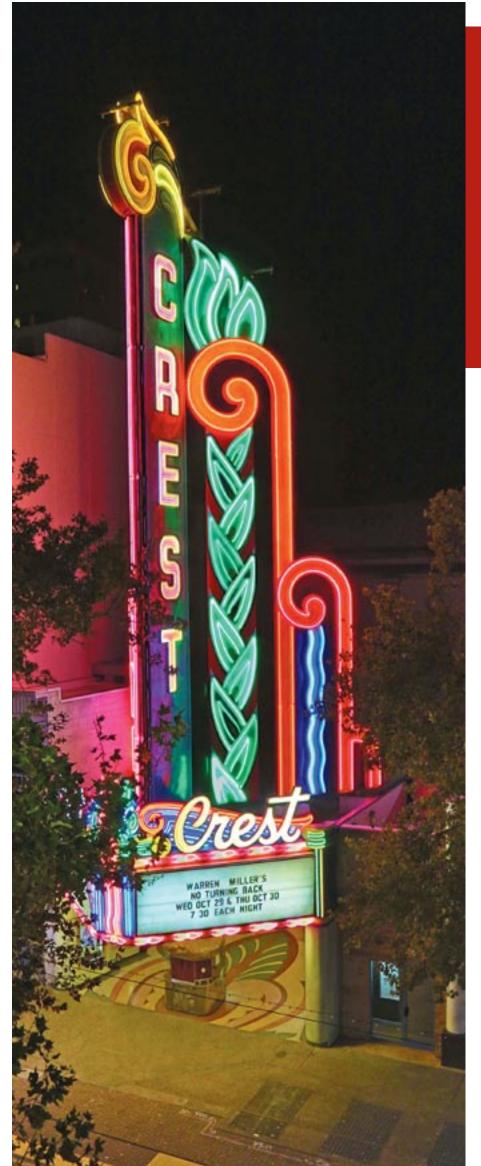












# Former Crest Theatre manager recalls her early theater memories

**By LANCE ARMSTRONG** 

Note: This is the first article in a series about Sacramentan Laura "Sid" Garcia-Heberger.

The name Sid Garcia-Heberger was for many years synonymous with the Crest Theatre at 1013 K St. And un-movie watching was on TV." til recently, she had been the face of the iconic local theater.

management, Sid, 49, finds herself in erations for the first time in more than Ethan (ways)." a quarter century.

And as for the theater's future, a message on the business's website notes: under different management."

While sitting in her Land Park home last week, Sid discussed various details regarding her life, including her hiring at the Crest in 1986.

Sid, who grew up in Sutter Creek, about an hour outside of Sacramento, said that she gained an early love for history and mov- a four-screen theater opened in Jackies of days gone by.

"My mother (Janis Garcia) instilled from Sutter Creek. in me a love of old movies and histo-County History Museum. I can't tell you how many times I would go and and talk about what it was like dur- mendous experience." ing that era. And so, I think that (exold movies instilled in me an interest in historic architecture, movies more than just the mainstream movies, and just that sense of history and bygone eras."

movies she enjoyed watching at that time, Sid said, "A favorite (movie)

that my mother and I watched over and over again was (the 1939 film) 'Wuthering Heights,' with Merle Oberon and Laurence Olivier. But mostly we watched movies on TV whenever they came on, like on Channel 40 or something like that. The town that I grew up in didn't have a movie theater, so a lot of our

Sid also fondly recalled her special family outings to see various With the Crest's recent change in movies, and she added, "One (film) in particular that comes to mind an unfamiliar role, as she is no longer is seeing 'Chitty Chitty Bang Bang' directly associated with the Crest's op- at the domes there on Arden and

Although the majority of the Garcias' Sacramento theater outings were to the dome theaters just east of Cal Expo, the "The theatre will continue operating family would occasionally see movies at a drive-in theater, the (United Artists) theaters in Sunrise Mall, and the UA Arden Fair 6 theaters behind the Arden Fair Mall during the pre-UA Market Square days.

Sid's movie viewing adventures increased during her teen years when she obtained her driver's license and son, which is about 10 minutes away

In recalling that time in her life, ry," Sid said. "One of our favorite out- Sid said, "I spent countless hours in ings was to head over to the Amador that theater. I saw 'Raiders of the Lost Ark' pretty much every day of its run. I loved that movie and the visit that museum. We would talk a freedom of having a driver's license lot about history and the 1940s and and being able to drive 10 minutes we would go and look at the displays away and see movies was just a tre-

Sid eventually made frequent trips to perience), coupled with her love of the old Showcase Cinema at 412 L St.

After graduating from Amador County High School in 1983, Sid moved to Sacramento, where she majored in computer sciences at Sacramento State University. But instead After being asked to discuss what of earning a degree in that subject, she

See The Crest, page 13

### The Crest:

switched schools, becoming a student at Sacramento City College, where she earned an associate's degree in languages and literature, with an emphasis in theater.

Sid recalled obtaining what she called her "first real movie theater job," in 1985.

"My first real movie theater job was at Arden Fair cinemas," Sid said. "I had been performing in a shadow cast for the 'Rocky Horror Picture Show.' We started out at the Showcase Cinema and after the Showcase was (closed on Sept. 16, 1984 and was) torn down (a Newspapers) at that event. short time later), we landed at Arden Fair cinemas. And during my time were hiring, and eventually they were (hiring) and so I got a position there working mostly at the candy counter, but occasionally in the box office."

In the summer of 1986, Sid attended a unique event, the World's Longest Poetry Reading, at Java City at 1800 Capitol Ave.

Sid recalled the event, saying, "I putting on the poetry reading and October, early November 1986."

the idea was they were going for a Guinness world record. It went on for like a full week, 24 hours a day. I was at that (event) frequently, including many overnights, evenings just sitting there on the sidewalk listening to poetry. There were specific people who were assigned to read during certain time slots, but when there wasn't a local poet reading, people would get up and just read Robert Frost (poems) or what have you. I saw lots of local poets during that time and the reason I mention it is I met Matías Bombal (a former Crest manager who now writes about movies for Valley Community

"At that time, (Bombal) was aware of the Crest being reopened there, I would frequently ask if they and encouraged me to come and apply for a position at the Crest. And even though I was working and going to school, I wasn't particularly interested in getting another job. Matías (who was employed at the Crest from 1986 to 1990) was quite interested that I come and apply. I was hired (to work at the Crest) pretty much on the spot



was a friend of the person who was and I started working there in late

Sid Garcia-heberger discusses her pre-Crest Theatre life. She was hired to work at the historic downtown Sacramento theater in 1986.

## ARDEN & CARMICHAEL BUSINESSES

Affordable placement for chamber members and small businesses! Call 916-429-9901



### LUNCHEON

Cypress Baptist Church 5709 Cypress Avenue starts at 11:30 a.m. 916-481-1002 www.carmichaelchamber.com



**REE NUTRITION CLASS** STARTS 1/13 TUESDAYS, 6-7PM

> AT LA SIERRA CALL 485-5322 TO REGISTER

PARK REC AND EAT IT FOOD TRUCK EVENT

Call 916-429-9901

for information about advertising in this section.

www.valcomnews.com

VALLEY COMMUNITY NEWSPAPERS. INC.

1/8, 5-8PM AT CARMICHAEL PARK FOOD/MUSIC/FAMILY/FUN **CALL 485-5322 FOR INFO** 



RECREATION AND

Dancing to classic tunes that span the ages Friday, January 23 • 7-9pm

**DOOR PRIZES • REFRESHMENTS** • Come Dance for Fun

**BABY BOOMER** 

Let's get the party started





4701 Gibbons Drive Carmichael, CA 95608 972-0336 • MORPD.com





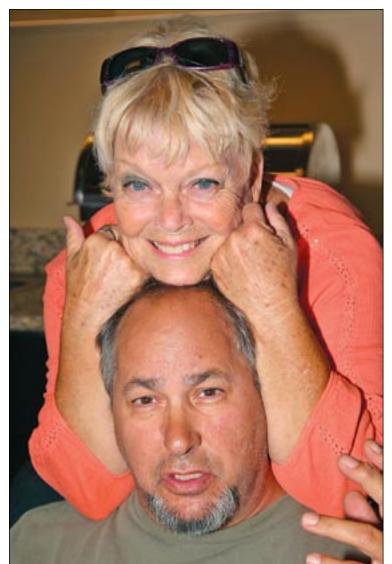


Photo by Stephen Crowl

Patty Colmer, Valley Community Newspapers' sales manager, passed away Dec. 2. Here, she is shown with her husband Bruce Colmer at a Sacramento River Cats game



Shown here are Patty and Bruce during one of their many adventures.



Patty and Bruce always dressed up for Halloween and had a great time.

# Valley Community Newspapers' sales manager leaves legacy

By MONICA STARK editor@valcomnews.com

Valley Community Newspapers' sales manager Patricia (Patty) Colmer, of Sacramento, passed away on Tuesday, Dec. 2 after tography and art works. She showed some a tough, eight-month battle with cancer. Pat- of her work at local craft fairs, such as ty was a loving wife, aunt, great aunt, aun- the Holiday Craft Fair and Book Sale at tie, second mother, friend and sister. Born the Maidu Community Center in Roseon Oct. 31, 1945, Patty has been very close ville and the annual Christmas craft fair to all her friends and relatives to the point at the Elks Lodge, No. 6, where she was a where quite a few friends think of her more long-time member. as a sister than a friend. She was the most giving person you could ever meet. She gave color, texture and lighting to capture the until she couldn't anymore. As her husband simple, often overlooked finer things that of 23 years, Bruce Colmer said, she was, life has to offer." "Giving, giving, giving. You couldn't give her something without knowing she was going the kind of person you could confide in; she was a true friend and a fun one at that. Patty had a zest for life. She was so entertaining herself and always brightened up your day. She and her husband Bruce spent every waking moment together on adventures big and small. They traveled to the ocean, the Yucatan, and spent a lot of time riding on his Harley Davidson together. Patty even had special clothing for the rides. Patty liked glider flying and she's up there gliding around right now. She was an avid skier and enjoyed life to its fullest. She loved the golf tournaments up by Lake Tahoe.

Patty and her mother Lola Chan were as they drove down to Long Beach, stopping to visit Patty's great-nieces Silk and Quinn, and her great-nephew Bode, whom she adored tremendously.

tographed landscapes, plants and animals, make it to the charity of your choice.

and from her photographs, she created many gifts for people, including beautiful cards, pendants, photo canvasses and even glass cutting boards. Patty was well known throughout the area for her pho-

Patty once wrote, "My passion is using

Her adventurous and giving spirit lives on in those she is survived by, includto give you something in return." Patty was ing, of course, Bruce, mother Lola Chan, and brothers Sam Chan Jr. (Nachi) and Dan Chan (DeeAnn). Patricia was aunt to Aki Chan, Kenji Chan, Lyle Chan, Katie Chan, Russell Colmer, Alyssa Trebil, Maura Hanrahan and Gordy Hanrahan.

Patty graduated from C.K. McClatchy High School in 1964 where she was a cheerleader and from where she won an art scholarship. She became a graphic artist for Pacific Bell in the late 1960s. During her long career in the magazine and newspaper business, she published and co-owned Sacramento Magazine, worked for the Sacramento Union. the Press Tribune, the Washington Post close as sisters. Patty would visit her moth- and the Sacramento Bee, where she beer every Friday. They'd go to lunch and go came the publications manager for Dissight-seeing together. Until the past year, cover Magazine. Patty was the sales man-Patty would do all the driving. With Bruce, ager for Valley Community Newspapers for the past 12 years.

Per Patty's wishes, she was buried under an oak tree at Sylvan Cemetery because she loved oak trees. If you would like to On the many trips together, Patty pho- make a donation in honor of Patty, please

### "Wee People"

Editor's note: What follows is a poem written by Patty Colmer, found recently by her husband Bruce Colmer.

> I have a guardian angel, his name is Henry O'Hare He watches my every move – He's oh-so aware. One night he came to me, a Ouija Board He was even with me on my Bunji cord Everything I do; I just can't shake him away In the pubs a singin' - He kneels and a prays. What am I to do with this wee man of a person. He always leaves me a cussin' & a cursin' He does bring me friendships beyond compare and luck in love, this Henry O'Hare I guess I'll keep this wee little man For he makes me know for who I am To Henry O'Hare, the best to you always

for you give me so much in many, many small ways

Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

#### ADDITION SPECIALIST



**Award-Winning Design/Build Firm** Serving Sacramento for more than 25 year

FREE Consultation

Certified Kitchen & Bath Remodeler

Kitchens

916-422-6639

www.lytleconstruction.com

### YOUR AD HERE

Call today! Your services are needed. Your ad should be here Ad design is free.

Call 429-9901

### **GOODRUM BUILDERS**

### **GENERAL CONTRACTORS SINCE 1979**

For All Your Design/New Construction & Home Renovation Needs

\*CUSTOM HOMES \*KITCHEN/BATH REMODELS \*ADDITIONS \*FULL TEAR-DOWNS \*ROOFS \*CONCRETE FIRE/FLOOD DAMAGE REPAIR • ADA ACCESSIBLE ALTERATIONS

CALL NOW FOR FREE ESTIMATE: (916) 441-4800

### CABINETS - KITCHEN & BATH

### Sac City Cabinets Formerly Builders Surplus

Kitchen & Bath Cabinets & Design Center

**CLEANING** 

FREE Estimates . Call: 916-369-1846 . www.saccitycabinets.com

Hours: Tues-Fri, 9am-5pm • Sat, 9:30am-4pm • Closed Sun & Mon

6015 Power Inn Rd. Ste K + Sacramento, CA 95824 + Email: saccitycabinets@yahoo.com

### YOUR AD HERE

Call today! **Your services** 

are needed. Your ad should be here. Ad design is free.

Call 429-9901

### Creature Catchers Wildlife Management

"If it walks or files, we'll remove it

Humane and non-toxic solutions for both animals & man Dead Animal Location/Removal • Exclusion Work Live Trapping • Humane Removal • Repair

Skunks · Fox · Raccoon · Opossum · Squirrels Mice/Rats · Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)

### Call Jesse: 916-428-2940 **CUSTOM CONCRETE**

**Omega Concrete** 

Prime Quality Maintenance

Color Stamped Concrete Concrete Removal Pool Decks . . . and MORE!

Rain Gutter Cleaning
 Window Cleaning

(all surface areas)

• Hard Water Stain Removal

• Landscape Maintenance



Call LESTER

(916) 284-4982

### FREEDOM HANDYMAN SERVICE

I specialize in all areas of home improvement! Quality work the first time, guaranteed!

Carpentry - Electrical - Plumbing - Demolition Sprinklers - Sheetrock Accepts All Major Credit Cards

"Senior Discount"

NO JOB TOO SMALL! Call Eric (916) 470-3488

### Call today!

YOUR AD HERE

**Your services** are needed. Your ad should be here. Ad design is free.

LANDSCAPE/HANDYMAN

LANDSCAPE

**MAINTENANCE** 

25 yrs of reliable experience

Quality work -

"By the Job or By the Hour"

• WEEKLY YARD CARE

• ONE TIME CLEAN-UP

SOVEREIGN PAINTING

uality craftsmanship 3rd Generation Painte

with over 30-years experience

(916) 422-4416

sovereignpaintingco.com

Call 429-9901

### HARDWOOD FLOORING

### HARDWOOD FLOORING

Specializing in installing, sanding, and finishing hardwood flooring or repair and refurbish your current floors.

> Call Michael – (916) 383-8742 Lic # 544159/References Available

Extensive plant knowledge REE Estimates! CALL 737-6589

### PAINTING

Dan Sovereign, Interior & Exterior Paintin

Better Business Bureau Memi

### www.valcomnews.com • December 25, 2014 • Arden-Carmichael News **15**

### (916) 838-1247 Lic#128758/Ref

HANDYMAN

**WINTER CLEAN-UPS!** 

RAIN GUTTER CLEANING ROTOTILLING/& SOD PLACEMENT

CONCRETE REMOVAL YARD CLEAN-UP/HAULING

PRESSURE WASHING Pressure wash your driveways clean! your decks, too!

Clean out your garage! Replace that old lawn!

Hard work ---not a problem! SPECIALS FOR SENIORS/\*SERVING THE AREA FOR OVER 17 YRS\*

### HOUSE CLEANING

### Allaway's House Cleaning · Owner Operated · Reasonable Rates



Valley Community Newspapers, Inc

 Satisfaction Guaranteed Excellent References of 20 Years or More

Call Rick: (916) 832-4199

(916) 600-0172

for FREE Estimate . Licensed & Bonded

**14** Arden-Carmichael News • December 25, 2014 • www.valcomnews.com Valley Community Newspapers, Inc.

# Your Home Improvement Guide

Call a sales representative today for great advertising rates: 429-9901

### **GARY'S PAINTING**

CUSTOM RESIDENTIAL INTERIOR & EXTERIOR OVER 20 YEARS EXPERIENCE WITH PRIDI EXCELLENT REFERENCES

725-8781

Contractors Lic. # 734323 McClatchy '67

### PAINTING **COOK PAINTING**

• Custom Painting • Super clean, neat & fast
• Interior/Exterior • Cabinets

for the holidays! Specializing in custom trim & moulding!

Color Consultants • Free Estimates Color Consultants • Free Estimates

1982 **(916)** 591-5056 rooneysplumbing.com

TREE SERVICE

### DON'STREE

Trimming, thinning, shaping & stump remove Family Owned & Operated since 1967

#1 in customer satisfaction (916) 428-4882

(916) 689-5244 www.donandsontreeservice.com Lic# 331196

TREE SERVICE



Trimming, thinning, shaping & stump removal. Experts on large & dangerous trees.

icensed & Insured • 35 years in business 24 hour emergency service

WINTER CLEAN-UP SPECIALS!

838-1247. Ask about the specials for seniors.

**Sell your furniture** 

fast in the classi-

fieds!

916-451-9377 • hamantreeservice.com

TREE SERVICE

### Terra Bella Tree Service

Not your typical many blow  $C_2$  go company!

- Tree Trimming
- Tree Removal.

20 years experience!

 Stump Grinding Clean Ups!

**PLUMBING** 

**ROONEY'S** 

**PLUMBING** 

**FULL SERVICE PLUMBING** 

ROOTER SERVICE

**CALL 456-7777** 

Call Randy (916) 454-3430 or 802-9897.

www.terrabellagarden.com > 164974988

YOUR AD HERE

### Call today!

Your services are needed. Your ad should be here. Ad design is free. Call 429-9901

Call a sales representative today for great advertising rates: 429-9901

### HANDYMAN SERVICES

No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

List your auto for sale in the classified ads

EMERGENCY SERVICES, too! Sod, sprinklers, hauling, concrete removal (Patio, borders, etc.), 1 BOOKKEEPER gutters cleaned, pressure washing, painting, tree & shrub removal, clean-up, general labor, fence repairs, planting, light tree trimming, hauling, and more. LICENSED. References available. Call Les at

yrs. exp. in industries like Auto, Mechanics, estaurants, Caterers, Massage, Doctors, niropractors, Non-Profit, Retail, Martial Arts, larber, Construction, Wholesale, Investmen clubs, Corp, Partnerships, Sm Business. We re experts in General Ledger, Payroll, Profit & oss & Quarterlies, Call for vr specialized app Same low 1990 rates. Ask for Irene Sens 916) 640-3820, Nevada (775) 410-3422

Genevieve Didion Middle School

> Visitation Days -Jan. 13th & 15th

Please call to schedule (916) 433-5039 490 Harmon Dr., Sacto. 95831 TAX PREPARER

### #1 TAX PREPARER

#1 TAX PREPARER
31 yrs. exp. We specialize in Business
Tax returns including Corp & Partnerships.
We prepare expertly all past tax returns
including all State returns. Get the most
deductions allowed to you by law. CTEC
Registered & Bonded. Please call for yr appt.
totals Irans. Scort (016) 840 290. Navida day. Irene Senst (916) 640-3820, Nevad (775) 410-3422. Same low 1990 rates www.taxirene.info • Taxireneinfo@gmail.com





New Year's stroll: Saturday, Jan. 3 at 10:30 a.m.; Join a naturalist for the first guided hike of the year. You may hear the splash of a fish, the call of a circling hawk or maybe even the ruby red head if an acorn woodpecker will catch your eye. You never know what kinds of sights and sounds await you on a hike through the nature preserve.

Animal Tracks and Signs: Sunday, Jan. 4 at 1:30 p.m.: There are many animal-made signs in the woods that reveal who has used the trail before you. Become a nature detective and search for some animal tracks, scat and signs in the nature preserve.

Frog or Toad: Saturday, Jan. 10 at 10:30 a.m.: What's the difference between frogs and toads? Meet some amphibious creatures up close and find out.

Nature's Symphony: Sunday, Jan. 11 at 1:30 p.m.: Take a guided hike and discover the sounds of nature.

Birding for families: Saturday, Jan. 17 at 10:30 a.m.: Bring the family out to join special guest guides from the Sacramento Aububon Society for a birding walk. Birdwatchers of all levels are welcome. Bring your binoculars or borrow one at the center.

Black Tailed Deer: Sunday, Jan. 18 at 1:30 p.m.: The bucks are in their winter glory with beautiful antier crowns. Grab your binoculars or borrow some from the center and catch a closer look at the black-tailed deer in their oak woodland habitat.

Nor-Cal Snakes: Saturday, Jan. 24 at 10:30 a.m.: Slither on in for a special presentation by Lynne Tolman from the Northern California Herpetological Society. Try to "scale" back your enthusiasm as you learn about local snakes. Learn all about the varieties that are found there, their life history, habitats, and meet live snakes up close.

Mighty Meta-Morphin' Monarchs: Sunday, Jan. 25 at 1:30 p.m.: Come in for a special program all about the amazing Monarch butterflies. Learn about their lifecycle, their remarkable migrations where they are wintering, and take some plant seeds home to make your yard monarch-friendly.

Critter Close-Up: Saturday, Jan. 31 at 10:30 a.m.: Get eye-to-eye with one of the furry, scaly or feathered residents at the nature center

### Birds of winter in the Sacramento Valley and mushrooms of the Sierra Nevada

Birds of Winter includes three informative lectures and three exciting field studies in January and February - all led by instructor Ed Harper. If you are interested in birds

Full Series - \$110 for ARNHA members, \$120 for non-members. Lectures ONLY-\$55 for ARNHA members, \$60 for non-members

Mushrooms of the Sierra Nevada will include a lecture and field study. Instructor Daniel Nicholson will share his passion and knowledge including how to identify different mushrooms species.

\$20 for ARNHA members, \$25 for non-members.



**16** Arden-Carmichael News • December 25, 2014 • www.valcomnews.com www.valcomnews.com • December 25, 2014 • Arden-Carmichael News 17 Valley Community Newspapers, Inc. Valley Community Newspapers, Inc.

# CALENDAR

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

### Ongoing

### Wanted: Grand Jurors

Sacramento County Superior Courts are currently recruiting individuals to serve on the 2015-16 Grand Jury (GJ) for a one year term, starting on July 1, 2015. To qualify, you must be at least 18 years of age, a citizen of the United States, and a resident of Sacramento County for at least one full year. Grand jurors must be able to communicate in English, both verbally and in writing. Your name will be entered into a pool of screened and qualified applicants from which 19 residents' names will be picked, at random, in the late spring.

Here is an opportunity to make a difference in your community. As a Grand Juror, you are part of a system of independent citizen oversight of county and city government and related agencies.

Grand Iury duties include ·Investigating citizen complaints against county and city public agencies and officials ·Touring the prisons (six total) within the county, (and investigating them, if neces-

·Participating in indictments of criminal matters when requested by the District Attorney, and

Producing a report to the county's citizens each June that summarizes the grand jury investigations, and includes re tions to any problems found. This independent entity is one of the last bastions of citizen involvement in local government. Be part of a team that shines a spotlight on tions. Your Grand Jury involvement will result in better, more effective government, a more involved community, and a more educated populace. For further information and an application go to: http://www.sacgrandjury.org/

### Stretch, strengthen and thrive

This class is designed for the needs and abilities of active older adults interested in gaining or maintaining mobility. These exercises will help participants maintain their cardiovascular health, muscular endurance, and vitality, enhancing their range of motion and increase energy with a mix of full body stretches, body weight exercises, strength training and active stretching. 8:30 to 9:30 a.m., Wednesdays and Fridays at ACC Se-

nior Services Center, 7375 Park City Dr. Pre-registration is preferred but drop-ins are welcome. For detail, call 393-9026, ext 330, www.accsv.org

### ACC presents Senior Yoga

Enjoy movements designed to maintain joint mobility, muscle strength. and flexibility. This class is gentle, easy to follow and uses the floor and chair. 10:30-11:30am Wednesdays at ACC Greenhaven Terrace, 1180 Corporate Way. Pre-registration is preferred but drop-ins are welcome. For detail, call (916) 393-9026, ext 330, www.accsv.org\

### Tai Chi/CQ Gong

Learn the simplified 24-forms of Tai Chi, plus Qi gong exercises, a healing art comvement, meditation, and visual ization, Ideal for students new to Tai Chi. 9:00-10:00am, Thursdays at ACC Green haven Terrace, 1180 Corporate Way. Preregistration is preferred but drop-ins are welcome, For detail, call (916) 393-9026. ext 330, www.accsv.org

### **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.

#### Stretch, Strengthen, and Thrive! This class is designed for the needs and abil-

ities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if prepaid. Pre-registration and pre-payment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, www.accsv.org.

### Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your

### **Solution to Crossword:**

F	Г	Α	Р		O	Е	D	Е		В	Е	Е	F	Υ
L	0	С	Н		Α	М	Е	Ν		Е	Α	G	L	Е
Е	U	R	0		W	ı	G	G	L	ш	R	0	0	М
Α	R	Е	Ν	Α		G	R	I	Е	F		O	J	Е
			ш	Ζ	Т	R	Α	Ζ	Т		F	ш	R	Z
Α	C	ш		G	R	Α	О	ш		В		Z		
$\circ$	0	Z	۲	R	ı	Т	ш		G	ш	Z	۲	ᆚ	$\succ$
Μ	Α	O	Ι	-	Ν	ш		Μ	Α	ш	Α	ĸ	-	Α
Е	Х	Ι	Α	Ш	Е		O	Α	٧	Α	Ш	I	ш	R
		Α	Z	$\succ$		O	ш	ᆚ	ш	В		O	$\supset$	Δ
М	0	Z	Κ		S	Α	Z	ם	ᆚ	0	Т			
Α	Ν	Т		В	U	Т	Н	Е		R	ı	ם	G	Е
Μ	Α		$\Box$	ш	Ν	Z	Α	Μ	ш		Т	ш	Α	ш
М	Ī	Z	$\supset$	S		Α	٧	ш	R		Ш	ш	Z	S
Α	R	G	0	Н		Ρ	0	R	Е		Е	D	G	Е

wheelchair can be a tax deductible donation, and four zoo tickets will be offered as

### Support group for alienated grandparents

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

### Tai Chi at Hart Senior Center

Focuses on low impact form of ancient Chinese exercise, combining slow movements with relaxation. Mondays, 10:30 -11:30 a.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Try it once for free! Stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$23 for five classes.

### **Zumba for Seniors at Hart Senior** Center

Zumba for Seniors incorporates physical exercise and dance steps to the rhythms of Cumbia, Merengue, Mambo, Salsa, Samba, and much more. Tuesdays 9:30-10:30am and Fridays 3 to 4 p.m. at the Ethel MacLeod Hart Senior Center, 915 27 St. Sac ramento (27th and J streets). Try it once for free! For more information or to register stop by the Hart Senior Center front desk or contact 808-5462. Cost: \$20 for five classes; \$40 for 10 classes.

### Active Yoga at Hart Senior

Increase your strength and flexibility, improve balance, and enhance the abil ity to relax and release stress. Classes are Mondays and Wednesdays, 2:30 p.m. - 3:30 p.m. at the Ethel MacLeod Hart Senior Center, 915 27th St. For more information or to register, stop by the Hart Senior Center front desk or call 808-5462, Cost: \$35 for five class es or \$70 for 10 classes. Try the class once for free and see if Active Yoga is right for you.

### **Singers with Hart**

Experienced and beginning singers age 50 and above are welcome. New sessions start every nine weeks and are held at the Hart Senior Center, 915 27th Street, Sacramento (27th and I streets). Pre-registration is required. For more information, visit the Hart Senior Center front desk or contact (916) 808-5462, Cost: \$15.

### **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 onymous.org. Free 12step 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 stay ing 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 com safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit http://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 Free port 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 Rev olution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profi 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 present ing that month. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on

### The Community Housing and **Services Coalition monthly** meetings

Originally created by the Sacramento Com

munity Services Planning Council, the

Community Housing Coalition (CHC) was created 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. am on the last Tuesday of each month (ex cept 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 information al 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 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 Oi Gona

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 Freeport 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!

### **The Sacramento Capitolaires** 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.capitolaires.org, call 888-0877-9806, or email info@capitolaires.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 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

### JANUARY

### **ACC presents: "Advanced** wellness: Topics helpful to both veterans and non-veterans"

Jan. 13: The presentation will address pub lic benefits. resources and how to access them, pre-planning for the future and how to prevent crisis, dealing with the Veteran Affairs Aid and Attendance Pension program. Free of charge; class will be held from 10 to 11 a.m. at ACC Senior Services Center, 7375 Park City Dr. Pre-registration is required. For detail, call 393-9026, ext 330,

### **East Sacramento Preservation** Speaker Series presents talk by historian Paula Peper

Jan. 14: Paula Peper, historian, author and US Forest ecologist at the Center for Urban Forest Research-retired will present: East Sacramento: From Swamp to Urban Forest, Jan. 14 from 6-7 p.m. Peper's presentation will provide a brief overview of the development of Sacramento and, particularly East Sacramen to from pre-white settlement to becoming the central resource for Northern California orchard and vineyard development through the 1800s, and neighborhood establishment in the 1900s. Today's East Sacramento street trees attract many new homeowners to the community. She will share lessons learned from research on these trees, including successes and mistakes in management past and present. The presentation includes a free raffle of eight full-color, heirloom auality books from the Roots of the Past series on Sacramento park neighborhoods, trees and townships. Light refreshments will also be served

# **Exciting New World of** Implant Supported Dentures

· Has the Security Of a Fixed Bridge!







 Easier to Maintain Good Oral Hygiene

There are millions of people in the US who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or ill-fitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue, and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off, and needs multiple applications throughout

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an ill fitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing tooth.



### Now there is a solution to these issues: Implants with "Snap On" Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.

If you are interested in learning more about improving your quality of life with an implant retained snap on denture or partial, please contact us for a FREE CONSULTATION today!



2 Implants With Attachments to a Denture \$1,500 Off

8329 Fair Oaks Blvd, Ste. A • Carmichael, Ca, 95608 (916) 944-1197

www.YourCarmichaelDentist.com

**18** Arden-Carmichael News • December 25, 2014 • www.valcomnews.com www.valcomnews.com • December 25, 2014 • Arden-Carmichael News 19 Valley Community Newspapers, Inc. Valley Community Newspapers, Inc



#### ARDEN COVE CUL-DE-SAC

Beautiful 4 bedroom 3 bath home on private cul-de-sac on large yard with two covered outdoor patio areas. Updated kitchen, custom cabinetry and top of the line stainless steel appliances plus granite counters. Gorgeous hardwood floors and designer touches throughout. \$650,000

#### **CRIS BALESTRERI 996-2244**



#### **STUNNING NEW HOME**

Wow! Open floor plan 4 bedrooms, 41/2 baths, hardwood floors, kitchen and family room combo, 14'-16' ceilings, plus 3 car garage. 2 suites plus office downstairs, 2 beds, 2 baths plus loft up. 2 homes have already sold in subdivision for over \$1.500.000, and 2 more lots are reserved, \$1.235.000

#### **CARMAH HATCH 765-6210**



#### **NEAR ANCIL HOFFMAN**

Rural feel in close-in Carmichael on .56 acre in a guiet/private location near Ancil Hoffman Park, Features include completely remodeled kitchen, custom paint, 4 bedrooms, 21/2 baths and large family room. Beautiful yard, pool and waterfall. \$1,075,000

### **LEIGH RUTLEDGE 612-6911 BILL HAMBRICK 600-6528**



#### **FABULOUS DEL DAYO**

3 bedrooms plus den, 3 baths, pool with pool house and Koi pond on a 1/3 acre corner lot. Bright kitchen with breakfast nook, large open family room with copper fireplace, oversized garage, wine fridge, wet bar, spacious laundry room. Great house for entertaining. Fantastic neighborhood! \$659,000

### **JESSICA BILLER 761-6035**



#### **ARDEN MANOR**

A rare 4 bedroom, 2 bath Arden Manor home with a large living room and dining area and bonus family room with a brick fireplace. One bedroom is remote off the family room. San Juan Unified School District and close to Sacramento State, \$225,000

### **CHRIS BALESTRERI 996-2244**



### **ARDEN PARK TURN-KEY**

Drive right off Watt Avenue and into Paradise! Beautiful landscaping and a home with built-in pool on .6 acres that's been almost completely rebuilt - new framing in most of the walls, new electrical, new plumbing, and the fit and finish is elegant and comfortable. 6-car garage with full bath. \$539,950

### **LINDA EISENMAN 838-4338**



### **CHARMING**

Randy Parks built 3 bedroom, 2 bath home on a lovely, quiet street close to shopping and Del Paso Country Club. Amenities include random wood plank floors and dual pane windows. The kitchen witj granite counters opens up to the family room, both rooms looking out onto the beautiful yard and Trex deck. \$274,900

### **BETH HARNEY 995-4120**



### PRIVATE CUL-DE-SAC

A wonderful 3 bedroom 2 bath home on a .29 acre lot with a pool. The backyard has a park like setting with a creek, beautiful trees and foliage. Special features include: hardwood floors, dual pane windows, updated HVAC unit, gas cooktop, covered patio area, and 2 car garage. \$375,000

### **CHRIS BALESTRERI 996-2244**



**RANDY PARKS HOME** 

2 or 3 bedroom 2 bath home has an abundance of character, charm and personality. Hardwood floors, lots of dual pane windows, light and bright throughout, large park-like yard, almost 1/4 acre, large family room, brick fireplace. Spacious bonus room, remodeled bathroom, RV parking area. \$275,000

**RICHARD KITOWSKI 261-0811** 

for current home listings, please visit:

Dunnigan Realtors.com 916.484.2030 916.454.5753





DUNNIGAN Realtors

Dunnigan is a different kind of Realtor.®