January 22, 2015 | www.valcomnews.com - BRINGING YOU COMMUNITY NEWS FOR 24 YEARS -



- Lance Armstrong history feature......4
- School News.....12
 Matías Bombal's Hollywood......13
- Market News.....14
- Calendar.....17



Arden Hills owner speaks about history, legacy of local wellness resort See page 4



Carmichael martial artist earns "golds" and "grands" at championships See page 9







Coming Soon! Fair Oaks property with outstanding \$70k kitchen remodel, pool, 3 car garage, 4 beds/ 2 baths and nearly 1800 sq. ft. on a nice lot size. Located on Wawona Circle off

Hazel/ La Serena.



Go To: CallSara.com on your device to download



Property searches, open houses, save your favorites & more!

ARDEN-CARMICHAEL NEWS www.valcomnews.com

E-mail stories & photos to: editor@valcomnews.com	Vol. XXIV • No. 2
Arden-Carmichael News is published on the second and fourth Thursdays of the month. Newspapers are available in stands throughout the area.	2709 Riverside Blvd. Sacramento,
Publisher George Macko	CA 95818 t: (916) 429-9901
General Manager Kathleen Egan	
Editor Monica Stark	f: (916) 429-9906
Art DirectorJohn Ochoa	
Advertising Executives:	
Linda Pohl, Melissa Andrews	Cover by:
Distribution/Subscriptions George Macko	Monica Stark
	Other photos by:

Courtesy Copyright 2015 by Valley Community Newspapers Inc. All rights reserved. Reproduction in whole or in part without written permission is prohibited. Courtesv





BRE#00443547 LAW OFFICE OF VICTOR WAID

TRUSTS • WILLS • PROBATE 777 CAMPUS COMMONS RD. STE 200 SACRAMENTO, CA 95825 (916) 923-2345 vwaid@waidlaw.com www.myestateplansacramento.com

ESTATE PLANNING

Rancho Cordova Medical Clinic



• Now enrolling Medicare patients New medical clinic in Rancho Cordova Same day appointments

2890 La Loma Drive Rancho Cordova, CA 95670

916-376-7069 • info@cordovamed.com





Pictured here are Julie Bock-Thompson, Georgann Wallace, Kim Moses, Lee Marie Kelly, Trudi Bandy who are performing in the current Chautauqua Playhouse production of "Always a Bridesmaid", a Jones-Hope-Wooten comedy.

Chautauqua Playhouse presents the comedy "Always a Bridesmaid"

Chautauqua Playhouse presents"Always a Bridesmaid", a Jones-Hope-Wooten comedy. The production began on Jan. 16 at the Playhouse. The show will run on Fridays and Saturdays at 8 p.m. and Sundays at 2 p.m. now through Feb. 22. The performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$20 General, \$18 for seniors, students and SARTA members. Premium seating is an additional dollar.

In this hilarious comedic romp, four friends have sworn to keep the promise they made on the night of their senior prom: to be in each other's weddings...no matter what. More than 30 years later, these Southern friends-for-life are still making "the long walk" for each other, determined to honor that vow. If you've ever elbowed a stranger out of the way to catch a bride's bouquet, seriously questioned the mental stability of the duo saying"I do" or been forced to wear the world's ugliest bridesmaid dress, this deliriously funny comedy is definitely for you...and your dearly beloved!

The direction is by Walt Thompson. Set design is by Rodger Hoopman, with the lighting design by Don Myers and costumes by Eileen Beaver. The cast includes Kim Moses, Julie Bock-Thompson, Trudi Bandy, Georgann Wallace, Lee Marie Kelly, and Ruby Alyse.

Information and tickets are available through the Chautauqua Playhouse website: www.cplayhouse.org or call the box office at 489-7529, during business hours.



Shown here are Trudi Bandy and Ruby Alyse who are performing in the current Chautauqua Playhouse production of "Always a Bridesmaid", a Jones-Hope-Wooten comedy.



Pictured here are Kim Moses, Trudi Bandy, Lee Marie Kelly, Julie Bock-Thompson who are performing in the current Chautaugua Playhouse production of "Always a Bridesmaid", a Jones-Hope-Wooten comedy.



2 Arden-Carmichael News • January 22, 2015 • www.valcomnews.com



Shown on the left, Chef Rosetta at the Italian Center last October, making fresh ricotta with the assistance of her mom, Maria.

Italian Cultural Society to present making winter soups with Rosetta Costantino

What better way to spend a winter day? The Italian Cultural Society is very pleased to bring back southern Italian chef, Rosetta Costantino! Spend a chilly January afternoon warming up with Rosetta at the Italian Center as she demonstrates two delicate soups, then moves on to demonstrate two heartier, thick soups - one made with shavings of pasta and one made with cannellini beans. All four of these unique Italian soup recipes are from the regions of Calabria and Sicily. Guests will receive copies of the recipes and enjoy tasting each delicious soup:

ies of the recipes and enjoy tasting each delicious soup: The Italian Cooking Show, "Zuppe e Minestre con Rosetta Costantino", will be held on Sunday, Jan. 25 at 1:30 p.m. with doors opening at 1 p.m. at the Italian Center, 6821 Fair Oaks Blvd. Admission is \$35.

The menu is as follows:

- Polpette di Ricotta in Brodo (Chicken Soup with Ricotta Meatballs)
- Vellutata di Ceci con Gamberi (Creamy Chick Pea Soup with Shrimp and Anise Seed)
- Dromesat (Shavings of pasta cooked in a tomato broth)
- Fasuoli Cu L'Accia (Bean and celery soup)

Rosetta, originally from Calabria, currently lives in the San Francisco Bay Area and is the author of two Italian cookbooks, "My Calabria" and "Southern Italian Desserts." Both books will be available for purchase and signing after the demonstration.

Reservations are required. Visit www.italiancenter.net to reserve today with credit card, or call 817-7942 or email italy2@surewest. net to reserve today and pay with cash or check.



92% of residents and families would recommend Eskaton



At Eskaton, we listen. We want to know how we're doing, so we ask. According to our 2014 Satisfaction Survey — carried out, calculated and validated by a third party — more than nine out of ten residents and families would recommend Eskaton. The reasons are many. We provide high quality service. Our focus is on wellness of mind, body and spirit. And we feature unique Signature Programs like Smart Sensor technology for an enhanced level of care, Kids Connection for intergenerational experiences, along with powerful life enrichment like Thrill of a Lifetime, music and pet therapies. Come visit Eskaton Village Carmichael. Take in our beautiful 37-acre campus and imagine your life with so many opportunities right outside your door.

Experience the Eskaton difference. Call 916-827-1470, click or come by today.





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

916-827-1470

License # 340313383 | COA # 202

eskaton.org

Pet Friend

A premier nonprofit provider of aging services in Northern California for over 45 years

Arden Hills owner speaks about history, legacy of local wellness resort

By LANCE ARMSTRONG Lance@valcomnews.com

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

Brett Favero, who owns Arden Hills wellness resort with his father, Paul Favero, takes great pride in the longtime operation and philosophy of his family's business.

During a recent interview with this publication, Brett spoke about that pride and philosophy and also reminisced about the history of Arden Hills, which will soon be celebrating its 60th anniversary.

Although Brett's family did not acquire ownership of the business until 1985, the Faveros moved into a home just a short distance from Sherman Chavoor's club in 1962 and became well acquainted with him during that decade.

Brett said that his brothers began swimming at Arden Hills "almost right then (in 1962)," and that he joined them at the club as a swimmer in 1965. And as swimmers, the Favero brothers had the opportunity to receive training from Sherman, who founded Arden Hills Swimming and Tennis Club, as it was then known. The business dropped the "Swimming and Tennis Club" portion of its name under the Faveros' ownership.

Sherman would eventually gain international acclaim as a women's Olympic coach in 1968 and 1972.

Arden Hills also became well known in the 1960s and 1970s as the place where Sherman coached many swimming champions, including Mark Spitz, Debbie Meyer, Mike Burton and Jeff Float.

Altogether, during those decades, Arden Hills swimmers earned 31 Olympic medals – 20 of which were gold – and set about 100 U.S. and world records.

Sherman ended his coaching career in 1990 and died two years later at the age of 73. However, his legacy as

See Arden Hills, page 5



Children hunt for Easter eggs on the property, which would later become the site of Sherman Chavoor's Arden Hills Swimming and Tennis Club.



Arden Hills:

Continued from page 4

a famous swimming coach, mentor and friend lives on.

In speaking about Sherman's success as a swimming coach, Brett said, "He wasn't Mr. Social with the kids by any means. He was very much a disciplinarian, very much an individual that commanded respect. And when you swam for him, you never in your mind believed that anything was impossi-ble for you. I mean, you assumed that you could make the Olympics, you assumed you could do the best in the nation or in the world. You just assumed it just being around him, because he was just that kind of person.

"His philosophy was just whatever everybody else is doing, go even harder. So, whatever training someone else is doing, he'd go farther. That worked for a very long time, but eventually, of course, you're going to reach a point of diminishing returns. And it happened, eventually.

"We hit all the way up to (swimming) 23,000 yards a day, which is about 13 some odd miles a day. That's when people started breaking down and that was the end of that. But it started back in the 1960s with 4,000 yards a day, then 6,000 yards a day, then 8,000 yards a day. And it just kept going up and he kept staying ahead of everybody else, and it worked.

"(Sherman) obviously affected thousands of children. What was amazing to

Valley Community Newspapers, Inc.

me about it was that it was mostly local kids, mostly kids from right around here, Carmichael, right in this area around here.

'Eventually, people started coming in from everywhere, because his reputation was so big. But still, you look at that list, the vast majority of those are all local kids. Mark Spitz, being the most famous, was an import from Santa Clara. But Debbie (Meyer) was just local. All of those people were local. Virtually all of them were just kids (from) up the street who eventually became world record holders and gold medalists. It was pretty phenomenal."

Brett chuckled and then mentioned a trivial aspect about Sherman's background with swimming.

"Nobody ever saw him swimming," Brett said. "It was just a fact. I never saw him swimming. No one else that I know of ever saw him swimming."

In regard to Sherman's decision to establish Arden Hills near the northwest corner of Fair Oaks Boulevard and Mission Avenue during the 1950s, Brett said that Sherman was a bit of a risk taker considering that the area was so rural at that time.

"(The property) was out in the sticks," Brett said. "It was good foresight. It really was. If you get a look at those early pictures, there was nothing out there, nothing. So, I mean, very, very sparse. At that time, you could get on your horse and ride your way all the way

out to Folsom without ever hitting a fence."

Brett added that the site was also used an Easter egg hunt location prior to the construction of Arden Hills.

As for the name Arden Hills, Brett explained that Sherman Chavoor's wife, Joan Chavoor, named her husband's country club.

"I know that Mrs. Chavoor used to tell me - and she's long since passed also - that she and Sherman used to sit out under the oak trees (at today's Arden Oaks) and just plan, try to figure out what they were going to do," Brett said. "As a matter of fact, she told me that that's where they came up with the name Arden Hills. She said she was just sitting out there, and Arden Way was already there. And she sat there on the hill and she thought, 'Well, let's just call it Arden Hills.' And that was that."

In describing the philosophy of Arden Hills, Brett said, "Our philosophy is to make people's lives better. And that has a million different connotations. And not only to be able to have social interactions, etc., but also to be able to come here and experience. If you come here in the summertime, the beautiful florals, all the gorgeous natural surroundings, etc. (can be seen).

"To be able to get away from day to day (activities), but also when you think about that so-called journey to better, all of these athletes today have expanded from (Sherman). Sherman had some great tennis players in his time actually. The tennis program here is producing incredible athletes that are now beginning to rival what we had in swimming all those years ago. And there are many, many more to come. And so all of that is helping people be better whatever it is that they're involved with. And from a fitness standpoint, you know, a quality of life, all of these things that help enhance people's lives, that's what we're here for."

And after being asked how proud his family is to contin-ue the legacy of Arden Hills into its 60th year, Brett said, "It's a big anniversary. Yeah, it is, but really to me it's not about our family, it's about the community and that this has been sustainable and growing and growing for all of those years.

"It's a huge milestone. And what you have here, the real story is (the members and) their families. You know, there are generations here. So, we have people that are grandparents, their children and their children's children are here. It's remarkable, and to see that and to be able to be a part of having that effect on people's lives is exactly what we came into this for in the beginning. Because we saw what Sherm had done. We didn't just see it, we experienced it."





5 www.valcomnews.com • January 22, 2015 • Arden-Carmichael News



6 Arden-Carmichael News • January 22, 2015 • www.valcomnews.com

Let me call you sweetheart!

The Sacramento Capitolaires, the metro area's premiere men's a Capella singing group, will be delivering Singing Valentines Feb. 13-15, 2015 from 8 a.m. to 10 p.m.

A Singing Valentine includes two love songs performed by a Barbershop quartet, a silk rose, a box of chocolates and a personalized Valentine's Day card. "Let Me Call You Sweetheart" and "Heart of my Heart" are the songs the men will sing for just \$50 for a four-hour window.

Place your order by calling the Valentine Hotline (888) 877-9806 or visit our website www.Capitolaires.org Reserve early as available dates and times are limited and fill quickly. Delivery is made in the greater Sacramento area. The Capitolaires is a non-profit organization and a portion of the funds raised pays for Youth in Harmony programs.

With more than 30 members of local singing phenomenon, the Capitolaires turns 70 years old in 2016. Formed in 1946, it is the second oldest barbershop harmony chorus along the Northwest coast with Reno being the first. Besides the annual Singing Valentines fundraising event, the group performs for children and their families each December at the Polar Express event where Santa and trains mixed with Christmas music gets visitors in the holiday spirit.

The Capitolaires is a nonprofit, sponsored by the Metro Arts Commission and the Sacramento Metro Chamber of Commerce. From events like the Singing Valentines and the Polar Express, they raise funds to help pay for teaching four-part harmony to high school boys at a camp in Pollock Pines each September. The boys memorize the words and the noets.

Dick Van Dyke, Bing Crosby, and President Harry Truman have been Barbershoppers. More than 30,000 men worldwide are members of the Barbershop Harmony Society. The Cap-



From left to right, Don and Rosey Salz, Jim Brennan and Wendy, Blair Reynolds and current president of the Capitolaires, Steve Allison.

itolaires were chaptered in 1946 and The Sacramento Capitolaires is the second oldest chapter on the West Coast. The group welcomes men who like to sing. Rehearsals are Tuesdays at 7 p.m. at Christ Community Church, 5025 Manzanita Ave., Carmichael.

If you are interested in learning more about singing in a quartet or chorus, call Joe Samora at 631-9848.

The group's annual show is scheduled for April 25 at Christ Community Church. Please check the group's website for ticket information and show times.



DON'T LET YOUR PETS POLLUTE OUR CREEKS AND RIVERS!

PROBLEM: BACTERIA

When it rains, bacteria from pet waste left on the ground washes directly into storm drains, flowing untreated into local creeks and rivers.

SOLUTION: SCOOP THE POOP!

Pick up pet waste, then toss it in the trash or pet waste disposal station.



Man with dog—Clipart © Microsoft Media

Emblems to hold annual fundraiser, fashion show at the Carmichael Elks

On Saturday, Feb. 21 about half a dozen models will strut their stuff in Red Hat and Dress Barn attire in what is called the U R America the Beautiful Luncheon and Fashion Show at the Carmichael Elks Lodge, 5621 Cypress Ave. The models will be picking out their wear with the help of personal shoppers from Karol's Gift Shop (The Red Hat Specialty Shop of Old Sacramento) as well as at the Dress Barn.

All guests and members are invited to wear their Red Hats and join in the festivities at the fashion show and luncheon. There will be two special money cake drawings for the ladies wearing "Red Hats." Doors open at 11 a.m. for cocktails and shopping. There will be a variety of vendors present featuring clothing and miscellaneous items for the members of the "Red Hat" organization, as well as vendors with an assortment of jewelry, home décor items, handmade scarves, etc. Proceeds go to help support the club's many charities, including Loaves and Fishes, Mustard Seed School, and the Ronald Mc-Donald House. Tables may be reserved for you and your guests. Tickets are \$20. In addition to all the shopping, there will be cocktails available for purchase and a lunch at 1 p.m., which includes a chef's salad, rolls, coffee, tea and cake. For more information, con-



Shown here from left to right include Emblem Club of Carmichael members: Ruth Sayers, Lynn Mahoney, Judy Hoesing, Barbara Schell and Velta Laws. They are gearing up for the annual fashion show and luncheon, which will be held at the Carmichael Elks on Feb. 21 from 2:15 to 4 p.m.

tact chairman Judy Hoesing at 715-3119.

Looking forward to the fashion show, Ruth Sayers, a member for about 30 years of the Carmichael Emblem Club, has modeled in previous fashion shows. About the upcoming fashion show, she said in a recent talk with this publication: We always have a great time. There's a lot of people. I'll be selling tickets. People have to hurry and buy them because they are going quick." Last year about 200 people attended the fashion show "and they had a good time," Ruth said.

As a long time member of the club, she said the biggest change to happen with the club is the dwindling membership. "There's not as many people coming to the Emblem Club meetings, that's for sure."

Agreeing with Ruth, Judy said the following about the current status of the Emblem Club: "It's an aging population. It used to be that Elks was for men and Emblem was for women, but now women can go into the Elks and men can go into Emblem and they're pulling all the women into Elks. They want the workers. When they do their introductions, they don't even tell people about Emblem anymore. They just pull them into Elks. We need to attract younger people." So to generate interest among a younger crowd, she said they've been "pulling in their kids, their grandkids and even their great grandkids to join the Emblem Club" adding that the club and the Elks Lodge give away many scholarships. "The Elks is one of the No. 1 scholarship givers in the United States.'

If you go:

What:

U R America the Beautiful Carmichael Emblems Annual fundraiser fashion show

When:

Saturday, Feb. 21 from 2:15 to 4 p.m.

Where:

Carmicahel Elks Lodge, 5621 Cypress Ave.

Tickets:

\$20

Contact:

Judy Hoesing at 715-3119.



8 Arden-Carmichael News • January 22, 2015 • www.valcomnews.com

Carmichael martial artist earns golds and grands

You would be surprised to meet an unassuming 18-yearold young woman and find out she's an elite martial artist. A resident of Carmichael who was born in Sacramento and a recent graduate of St. Francis High School, she is a quirky, young woman with the tiny stature of just 4 feet and 11 inches.

Mieke (Meekah) Rosecrans just returned from Buffalo, N.Y. after competing in the National Black Belt League Supergrands, the league's annual finals, which take place every year from Dec. 26 to Jan. 1. This year, at the finals, she won two world titles on stage in traditional Korean forms and creative open hand forms.

Mieke has been training in martial arts, specifically, Tang Soo Do for 13 and a half years. She trains in Tang Soo Do with Master Raybon Tadena of Tadena Tang Soo Do. She has a 3rd Degree Black Belt and is working towards her Kyosa (certified instructor),

which she will be testing for in about a month.

But wait, there's more. She also has a 2nd Degree in Tae Kwon Do and trains with Sensei Roger Carlon of West America Tae Kwon Do in Mill Valley, California. She has trained for six years in a martial arts competition style called open forms, creative forms, or Extrem Mar-tial Arts. Whichever name you want to call it, it is martial arts combined with a acrobatics, done with extreme speed, intensity, and dramatics, and is frequently accompanied by music. Mieke credits Rudy Reynon and Kyle Cordova (both formerly from Sacramento) with her advanced training in this area.

She is also trained in a weapon called kamas (mini sickles) as well as point sparring (Thank you, Paul Mendoza, Dynamic Martial Arts of Modesto and Master Pourarian of "The Studio" in Granite Bay).

Competing since 2002, she has more than 300 awards and 37 grand championships.



Photos courtesv

Shown here is Carmichael resident Mieke Rosecrans. She just returned from Buffalo, N.Y. after competing in the National Black Belt League Supergrands, the league's annual finals, which take place every year from Dec. 26 to Jan. 1. This year, at the finals, she won two world titles on stage in traditional Korean forms and creative open hand forms.

Two years ago, Mieke traveled to South Korea to compete in the 7th World TaeKwonDo Culture Expo where she won first in forms (poomse) and third in Olympic fighting.

Supergrands was her final sa are to open a satelcompetition competing as a junior competitor and she has upped her game.

few years besides compet- lege, and to pursue a career ing and earning her Kyo- in drama.

lite Tadena Tang Soo Do school in the Carmichael/ Fair Oaks area, to graduate Mieke's goals for the next from American River Col-

CAPITAL TAX

TAX PROBLEMS?

Representation for you

with the IRS!

Let us call off the dogs.



Valley Community Newspapers, Inc.



831 San Ramon Way Sacramento, 95864 \$875,000 I Do not miss out on this distinguished Sacramento home on one of the most prestigious streets in Arden Park. Over 3500 square feet, 4 bedrooms, 3 full baths, large master suite with walk in closet and plenty of storage, 2 AC units, 2 fire places, sky lights, formal living and dining room, eat in kitchen with island and a huge family room. The spacious backyard includes a large sparkling pool, and patio for entertaining.



4708 Olive Oak Way Charmicheal, 95608 \$425,000 I Quiet street, steps from park, great neighborhood with very desirable neighborhoods on all sides. Close to American River bike trail, large master suite with fireplace and huge walk-in closet, updated kitchen & baths, fab San Juan School district, 50 yr roof. Who wouldn't want to buy this great 3 Bed/2 Bath, 1786 sq/ft home?



4780 American River Drive

Treat your clients to this tastefully remodeled Del Dayo Estates home. Includes artisan hand-scraped wood floors, dazzling quartz countertops, custom cabinetry, stainless appliances, large master suite with his & hers closets, Kohler fixtures, Casa Blanca fans, Hunter Douglas window treatments and new plantation shutters. The peaceful Home & Garden backyard includes waterfall, spa, lush greenery and covered patio.



Julie Reardon (916)799-0246

www.jreardon.GoLyon.com

CALBRE# 01925466







SCHOOL NEWS New crowdfunding tool helps teachers raise money for classroom projects



Rajveer with book

Within a week, she raised \$340, more than enough to cover her costs.

Kids picking out books For parent Sarah Snyder, the decision to donate was an easy one — and more than worth it when her daughter, Miley, came home excited to show off her new book bag.

"I think it's great," Snyder said. "It's very good to set this foundation in kindergarten."

The San Juan Education Foundation also promotes the fundraising campaigns with their donor base, including several community groups, said Executive Director Pam Lapinski.

Students in Sutherland's class choose four books each week, taking

them home each night. Also in the book bags are sign-off sheets for parents and tips for helping read at home.

"We're at that point in kindergarten where they're ready to start reading on their own," Sutherland said. "Getting parents and kids and myself to all be on the same page is huge. The key thing is that the kids have something fun and special and cool, and that they have lots of choices in their books."

Isla McCausland, 5, chose a book about maz-es because "it interests me with the things that are in it."

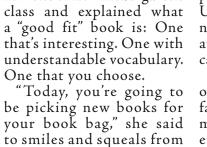
"It's one of my favorites," said Rajveer Bedi, also 5, as he pointed to his "Toy Story 2" book. "If you pick it yourself, you know it's a good fit for you."

"It's that ownership and responsibility that I think is really key, and their pride. They're going to be so proud," Sutherland said. "It's going to jump start their love of reading."

San Juan Unified teachers can visit their school's Wish Upon STARS page and click the "Register for a Wish List" to post a donation request for a classroom project.

Families and community members can visit the Wish Upon STARS website to make tax-deductible donations to teachers and schools.

Story courtesy of San Juan Unified School District's online publication, SJ Scene.



in front of her kindergarten

the students. Sutherland, a teacher at Elementary Mariemont School, was able to expand her lending library this year and provide each of her students with personal book bags to take home. tion link to parents.

Molly Sutherland stood She raised money for the project using the Wish Upon STARS website, a new crowdfunding tool created by the San Juan Education Foundation.

Wish Upon STARS is an online portal that allows families and community members to support teachers' classroom projects with tax-deductible donations.

'It was really simple to use," said Sutherland, who wrote a brief summary of how the books and bags would benefit her students and sent the dona-

LIKE OUR PHOTOGRAPHS?

They are available for purchase by emailing the appropriate photographer or writer.

Questions?

Contact Monica at 429-9901





Matías Bombal's Hollywood

Inherent Vice

The MPAA has rated this R

Warner Bros. brings us director Paul Thomas Anderson's movie version of Thomas Pynchon's novel "Inherent Vice" and in doing so, brings back the world of film noir in rich color advancing the world of private detective tales for the screen from the 1940s to 1970.

Joaquin Phoenix is Larry "Doc" Sportello, private eye. Like many noir movies, the story starts with a woman from the detective's past who shows up unexpectedly and shares her plot involving her current billionaire boyfriend, his wife and her lover. Moments later she disappears and the search for her is on, leading us through many convoluted rabbit holes in a visually stylish way that will keep your eyes on the screen.

The cast includes: Benico Del Toro, Reese Witherspoon, Eric Roberts,



son, Martin Short, and Joanna Newsom.

This movie's writing and visual style had me completely engaged from the first frame to the last, remarkable, since I actually detest the 1970s having grown up in that era, and care little for the seamy side of police and detective work. Replacing the classic '40s noir detective gumshoe's vice of alcohol is marijuana, a subject I do not enjoy in the movies.

Yet, so engaging and detail rich is every frame you can't look away. The film's music is fantastic on two

Josh Brolin, Owen Wil- levels- the choice of popular tunes in the background, evocative of the period and the truly classic film score which tips a noir fedora to film composers like Franz Waxman with his beautiful violin passages. Don't miss it!

Big Eyes

The MPAA has rated this PG 13

The Weinstein Company brings us "Big Eyes" a labor of love from Tim Burton in which he honors one of his favorite living artists, Margaret Keane, who with her husband created and marketed an entire art movement centered around the paintings of small waifs with big eyes. Margret Keane was a single mother after leaving her husband and headed west to San Francisco in the late 1950s with her daughter, hoping to make it as a painter.

She meets Walter Ke-ane who's selling paintings in a San Francisco park. He sees her talent and his smarmy charm seduces her first by flattery, but it be-comes clear that it is really her artistry he's after. They are married, and it is her paintings that begin to capture the attention of the public, not his.

It is here that Mr. Keane, played in this movie by Christof Waltz, begins to become unhinged. He takes credit for his wife's work and keeps her a prisoner in her own home, cranking out one painting after another while he uses his skills of self promotion to make money and promote a popular movement with her unusual paintings for which he takes credit.

Bruno Delbonnel's photography was very good. Other actors to enjoy in the picture include Danny Huston, who plays a San Francisco newspaper man. You'll also see a brief but enjoyable performance from the great Terrance Stamp as John Canaday of the New York Times. This is time well spent and Ms. Amy Adams is really good in the picture.

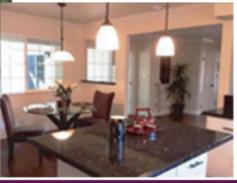


BERKSHIRE HATHAWAY

Dunnigan Properties

Granite counter tops, stainless steel appliances, new windows, new floors, new crown molding, high baseboards, custom fireplace, skylights, new gutters, new stucco, new paint inside and out, new fixtures, new tile, lifetime metal roof, covered patio, desirable corner lot in Carmichael.

\$350,000



ARDEN & CARMICHAEL BUSINESSES Affordable placement for chamber members and small businesses! Call 916-429-9901

Martha Macias

(916)616-6600

CalBRE# 01263611



Tomato or potato? Does Sacramento need a food revolution?

By ANTHONY CATAFI Market Manager, Arden Garden Market

While recently watching a TEDx video featuring Chef Jamie Oliver and his efforts to cook up a food revolution, I was surprised when he showed a video of classrooms in our country's most unhealthy regions where children were asked to identify different fruits and vegetables. Perhaps it was a common reaction for the health conscious Californian, but the shock I had when these kids called a tomato a potato, and genuinely had no idea what the most basic vegetables were was disheartening. As disheartening as it was, however, I couldn't help but wonder if there are children closer to home, maybe across the street, who only recognize pizza rolls, microwave dinners, boxed mashed potatoes, and soda.

Last month, we were invited to participate at a Holiday Celebration at Castori Elementary school in North Sacramento. Rick, our new Community Outreach Manager (who comes to us from the Netherlands), and I were thrilled to be able to introduce the market to

this community as well as have a little food-related fun with the kids. General Produce donated a case of pomegranates, perfect as we wanted to encourage the children to try something new... perhaps even weird looking. The reactions we got were all across the board. One could argue two tall men offering kids' fruit is a little scary. I tried my best and even wore a "What Does The Fox Say?" t-shirt my wife bought me last Christmas. Holding my man card tight, I admit that may have been the first time I wore it.

Overall, we had a blast. It was the kids with the suckers in their mouths, the ones that seemed more acquainted with processed foods that made the experience the most rewarding. One young student walked up and when asked if he'd like to try some pomegranate, straight up said "nope" and walked away. Minutes later, he came back...and back... and back. Needless to say, we ended up giving him a whole pomegranate to take home. There were handfuls of students just like him and we realized just how important and different this farmers' market is.





Photos by Anthony Catafi Rick Verduin serving pomegranate seeds to Castori Elementary School students.

How can people eat well if they have no access to fresh, healthy food? In many communities surrounding the Boulevard, like Del Paso Heights where Castori is located, there is no grocery store for several miles. The USDA defines a food desert as "an urban neighborhood or rural town without ready access to fresh, healthy, and affordable food." No wonder so many of these kids were so receptive to us. It most definitely was not the t-shirt. In order to get the

> critical. The following Monday, Rick and I hosted a round

community to embrace our

efforts, food education is

table with local leaders and educators to discuss the lack of access to fresh fruits and vegetables, as well as to strategize potential food education opportunities. Members from Wellspace Health, Sodexo, General Produce, Blue Shield, The Food Literacy Center, and Council Member Allen Warren's office were in attendance. We believed that if we could unite resources and work together, positive change could take place. The meeting connected leaders, generated ideas, and created the desire to host yet another in January to which over twenty organizations have shown interest in attending. We are hopeful that with sponsorships, and the partnerships we are forming, we will be able to reseed and cultivate a stronger food culture in our region.

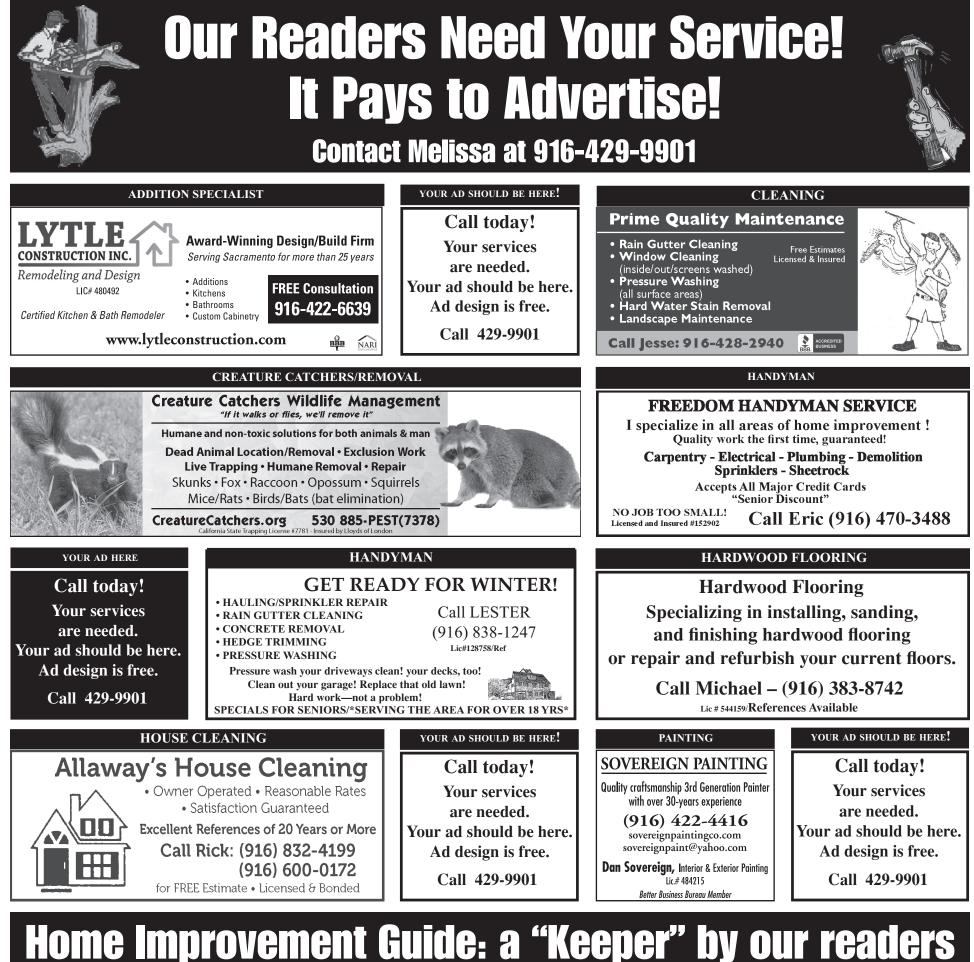
IF YOU GO: The Arden Garden Market is a weekly, indoor Certified Farmers' Market Saturdays from 9 a.m. to 1 p.m. at 1409 Del Paso Blvd. Market goers can expect to find a variety of local fruits and vegetables, bread, honey, eggs, gourmet teas, artisanal soaps, as well as arts and crafts and live music. The AGM accepts EBT and currently is only one of two Sacramento farmers' markets with a Market Match program.





Your Home Improvement Guide

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





Contact Melissa at 916-429-9901

Your Home Improvement Guide

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.

WINTER CLEAN-UP SPECIALS!! Rain Gutter cleaning – Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. 18

vrs. exp.Specials for seniors. Licensed

HELP WANTED

CARE GIVERS

Male & female, driver's license, car with insurance, 6 months experience, TB test, certified in CPR & first aid; 24/7, hourly, live-in, night positions available. Call (916) 476-3325 or 709-4239 between 10 a.m. and 4 p.m.

HARDWOOD FLOORING Install, sand & finish hardwood flooring. Or repair and refurbish your existing flooring. Call Michael at (916) 383-8742. References available/Lic#544159

FOR A BOX CLASSIFIED AD Call Melissa 429-9901

ORIGINAL PET PORTRAITS Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph-turn around 7-10 days. Email melissa@melissaandrews.com or call 447-4441.

Advertise in California Kids! Serving Greater Sacramento, For more information, call Steve at (916) 429-9901 Published by Valley Community Newspapers, Inc. view it at www.valcomnews.com Sell your furniture in the classifieds

call Melissa at 429-9901

#1 BOOKKEEPER 32 yrs. exp. in industries like Auto, Mechanics, Restaurants, Caterers, Massage, Doctors, Chiropractors, Non-Profit, Retail, Martial Arts, Barber, Construction, Wholesale, Investment Clubs, Corp, Partnerships, Sm Business. We are experts in General Ledger, Payroll, Profit & Loss & Quarterlies. Call for yr specialized appt. Same Iow 1990 rates. Ask for Irene Senst (916) 640-3820, Nevada (775) 410-3422. www.taxirene.info • taxireneinfo@gmail.com

ADVERTISE YOUR RENTALS

Call 429-9901

32 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. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates.

www.taxirene.info • taxireneinfo@gmail.com

Check out the Home Improvement Guide in the *Pocket News*. Call Melissa at 429-9901 for ad rates.

CALENDAR

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

JANUARY

Monster Jam at Sleep Train

Jan. 24 and Jan. 25: Sacramento motor sports fans are revving up to experience the world's official monster truck series featuring the best monster trucks battling it out in the ultimate event of intense speed, racing and destruction as Monster Jam returns to Sacramento's Sleep Train Arena. This year's truck line-up is headlined by Monster Jam World Finals Champion powerhouse Grave Digger plus five Sacramento debut truck appearances, including Fox Sports 1 Cleatus, Doomsday, Obsession, Obsessed and the gruesome looking Zombie (first ever truck design selected by MonsterJam.com fans) coming "back from the underworld" to wreak havoc in Sacramento. Other trucks returning to electrify crowds at the Sleep Train Arena will be Destroyer and Playing for Keeps. There will be a pit party both days from 11:30 a.m. to 1 p.m. On Saturday, Jan. 24, there will be two shows, one at 2 p.m., the other at 7:30 p.m. On Sunday, Jan. 25, there will only be one show, at 2 p.m. Ticket prices start as low as \$20 for adults; kids tickets (ages 2-12) are only \$10 each for select seating (limit four kids tickets per adult ticket purchase.) Pit Passes are available to purchase for \$10 adults / \$5 kids (ages 2-12)

--FREE Pit Passes can be picked up at participating Neighborhood California Ford Dealers starting Dec. 29 (while supplies last). Tickets on sale now at Ticketmaster. com, all Ticketmaster retail outlets, charge by phone at 800-745-3000 or at the Sleep Train Arena Box Office. Above ticket prices are advance purchase only; all tickets are \$2 more day of show.

Community Skill Exchange meeting and potluck

Jan. 24: The meeting will be held from 4:30 to 6:30 p.m. at Colonial Heights Library 4799 Stockton Blvd. Exchange skills, where one hour of work equals one time dollar. For more information, visit communityskillexchange.timebanks.org

Railroad Museum calls out for volunteers – Special Drop-In Volunteer Open House to be held

Jan. 24: Fascinated by railroading history? Interested in working on a train? Enjoy working with visitors, children and school groups? Cal-

ifornia State Parks, the California State Railroad Museum and Old Sacramento State Historic Park (SHP) are now recruiting adults (18 or older) who are interested in volunteering to help communicate the West's fascinating heritage of railroading and the California Gold Rush. For those interested but want to find out more information. a special. drop-in Volunteer Open House is scheduled for Saturday, Jan. 24 from 1 to 3 p.m. in the Stanford Gallery located at 111 I St. in Old Sacramento State Historic Park. Volunteer applications are being accepted now through January 30, 2015. After an evaluation and interview process, volunteer training will begin on Feb. 9. Volunteer training represents a serious commitment of 84 volunteer hours annually, but the hours are flexible and the rewards can be tremendous. Docents get perks such as a discount at the Museum store, preferential and/ or early access to some special events and the pride of working at North America's largest and most extensive railroad-related museum. Volunteer applications can be downloaded at http://www.parks.ca.gov/?page_id=25583. Completed applications can be emailed to volunteers.capitol@parks.ca.gov or mailed/delivered to the Volunteer Coordinator, Capital District, 111 I St., Sacramento. More information is available at 323-9280 or 475-7969.

Writing with the Great 19th Century American Poets (featuring Edgar Allen Poe)

Jan. 28: In this module-based class, participants will hear a brief lecture about Love, Obsession & Death: Edgar Allan Poe. They will read works by Poe together in class and write their own poems. Critiques are offered by the instructor and fellow classmates in a friendly and supportive workshop style environment. This is the first of six sessions. Each session is its own entity, so that a participant may choose to attend one class or all six (or any number in between) and never feel lost. Writers at any level are welcome. The classes are free and held in the lovely Reagan room of the Clunie Community Center at 601 Alhambra Blvd. All sessions are taught by editor and published poet Frank Dixon Graham and sponsored by the McKinley Library. Class will be held from 7 to 8:30 p.m. Contact Frank at Frank.Graham@Goddard.edu for more information.

Come see Peter, Wendy and the Lost Boys dance at the McKinley Library Jan. 31: Starting at noon, join the McKinley Library for a free preview of the Sacramento Ballet's Peter Pan. Enjoy Peter, Wendy,

Tinker Bell and the Lost Boys as they battle Captain Hook and the nefarious Pirates of Neverland in excerpts of this world premiere by Ron Cunningham. Attendees will get a first look at some of the show's dances and a sneak peek of behind-the-scenes demonstrations of this new ballet performance at the library, 601 Alhambra Blvd.

FEBRUARY

Amutha Satish to perform at CSUS

Feb. 1: South Indian vocalist Amutha Satish gets things started for Sacramento State's World Music series of concerts with a performance at 7 p.m. in the Music Recital Hall, on campus, 6000 J St. She will be joined by Vignessh Thyagarajan on violin and Amit Ranganathan on mridangam. Tickets are \$15 general admission, \$12 for seniors and \$8 students, available at the University Ticket Office, www.csus.edu/ hornettickets, or 278-4323.

Writing with the Great 19th Century American Poets (featuring Emily Dickinson)

Feb. 4: In this module-based class, participants will hear a brief lecture about Emily Dickinson: Sentimentality & Seclusion. They will read works by Dickinson together in class and write their own poems. Critiques are offered by the instructor and fellow classmates in a friendly and supportive workshop style environment. This is the second of six sessions. Each session is its own entity, so that a participant may choose to attend one class or all six (or any number in between) and never feel lost. Writers at any level are welcome. The classes are free and held in the lovely Reagan room of the Clunie Community Center at 601 Alhambra Blvd. All sessions are taught by editor and published poet Frank Dixon Graham and sponsored by the McKinley Library. Class will be held from 7 to 8:30 p.m. Contact Frank at Frank.Graham@Goddard.edu for more information.

Friends of Sacramento Public Library Warehouse Sale

Feb. 7: Sheet music will be added to the more than 100,000 "gently used" books, videos, and audio books offered for prices from 50 cents to \$2 at the Friends of the Sacramento Public Library sale. The warehouse is at the rear of the Friends' Book Den at Suite E, 8250 Belvedere Ave., just south of 14th Avenue between Power Inn Road and Florin-Perkins Road. Plenty of parking is available, but be careful not to park between the "No Parking" signs on the south side of Belvedere. Sale hours will be from 9 a.m. to 4 p.m. There will also be a preview for Friends members only on Friday, Feb. 6 from 5 p.m. to 8 p.m. (You can join at the door for \$15). Income from the sale helps pay for programs, equipment, and materials local libraries need but can't afford. With most items priced individually from \$3 up, the Book Den will be open throughout the sale as well as weekly on Thursdays from 9 a.m. to 2 p.m. and Fridays and Saturdays from 10 a.m. to 5 p.m. For more information, call 731-8493 or go to bookden@saclibfriends.org

Cohousing expert to speak Feb. 7 at the Fair Oaks Library

Feb. 7: Charles Durrett, architect and international expert on cohousing, will give a public presentation at 7 p.m. on Saturday, Feb. 7 at the Fair Oaks Library. The presentation will provide an overview of the national cohousing movement, with examples of communities that have been built around the country over the last two decades, including Southside Park Cohousing in Sacramento, Nevada City Cohousing, and Wolf Creek Lodge in Grass Valley. Durrett, an award-winning architect, is currently designing the latest addition to the local cohousing communities - Fair Oaks Eco-Housing on Fair Oaks Boulevard, near New York Avenue.

SF Squared Book Club at McKinley Library

Feb. 7: Join the library for a discussion of this month's science fiction novel, starting at 1 p.m. 601 Alhambra Blvd.

Free museum day

Feb. 7: To the delight of the greater Sacramento area community, nearly twenty-five local museums will offer free or half-priced admission from 10 a.m. to 5 p.m. during the 17th Annual Sacramento Museum Day! During the highly anticipated event, most of the nearly 25 museums will offer free admission whereas two destinations located in residential areas -- the Sacramento Zoo and Fairytale Town -- will offer half-priced admission to offset traffic control and security costs. In addition to offering free or reduced cost admission, many of the destinations are offering special activities during Sacramento Museum Day. A sampling of the special activities include the following:

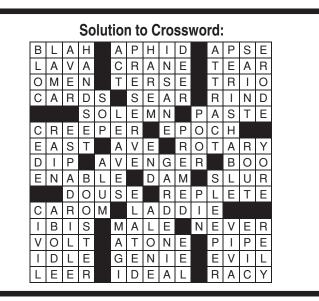
The Aerospace Museum of California will offer an "open cockpit" day where most aircraft will be open for viewing (weather permitting), a children's art contest and on-site exhibitors such as the Tuskegee Airmen;
The Masonic Service Bureau will be onsite at the Discovery Museum Science & Space Center providing free electronic fingerprints of children for their parents;
The Sacramento History Museum will offer hands-on gold panning activities for kids;
The crowd-favorite Sacramento Children's Museum mascot "Leo" will make special appearances throughout the day;

And, the Old Sacramento Schoolhouse Museum will serve cake to celebrate the birthday of Laura Ingalls Wilder and mark the anniversary of Sacramento's first public school in February 1854.

While admission is free at most of the participating museums during Sacramento Museum Day, admission to two destinations located in residential areas are half-priced as follows: Sacramento Zoo is \$6 for adults, \$4 for children ages 2-11 and free for children under two; Fairytale Town is \$2.75 per person and free for children ages one and under.

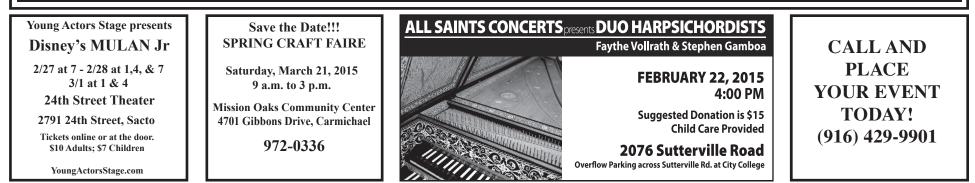
The event is scheduled from 10 a.m. to 5 p.m. but note the last guests will be admitted at 4 p.m. More detailed information about participating museums, addresses, limitations, suggested parking and public transit options is available at www.sacmuseums.org (click on

See Calendar, page 18



- EVENT LISTING SECTION -

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



CALENDAR

Continued from page 17

"Events"), or by calling the Sacramento Convention & Visitors Bureau at 808-7777.

Start Smart Teen driver class

Feb. 11: From 6 to 8:30 p.m. in the Hall of Honor at the Sacramento Police Department Headquarters on Freeport Boulevard, there will be a start smart teen driver class. To sign up, go to the department web page and open the community events link. There you will see a link to the Feb. 11 Start Smart class. Open it up and fill in the required boxes. Please only sign up one person (use your teen drivers name as we use this roster to create the certificates which will be emailed back to you). There will be a student and a parent. If you have more than one child, he or she will be added that night.

Disney On Ice presents "Let's Celebrate" at Sleep Train Arena

Feb. 11–14: Feld Entertainment invites families to turn an ordinary day into an extraordinary one at its new ice extravaganza, Disney On Ice presents Let's Celebrate! – Presented by Stonyfield YoKids Organic Yogurt, featuring more than 50 classic and contemporary Disney characters in a captivating compilation of favorite holidays and celebrations from around the world. Audiences will experience

the ultimate celebration of celebrations as they join Mickey Mouse and friends on a delightful tour of festivities jam-packed with fun surprises, spectacular skating and vibrant costumes. The production's original storyline transports audiences to exciting events with their favorite Disney characters, including a Valentine's Day Royal Ball with Princess Tiana; a Very Merry Un-Birthday Party with Alice and the Mad Hatter; Jack Skellington's frightfully festive Halloween party with the Disney Villains; and a Hawaiian luau with Lilo and Stitch."Let's Celebrate! is all about experiencing the holidays through the eyes of the Disney characters. There are variety of celebrations from all over the world. With Mickey's Digital Global Destinator, you will travel to far-off places like China for the Chinese New Year and to Brazil for Carnival. One Sports Parkway. Dates and times are as follows: Wednesday, Feb. 11-Friday, Feb. 13 at 7 p.m.; Saturday, Feb. 14 and Sunday, Feb. 15 at 11 a.m., 3 p.m., and 7 p.m.; Monday, Feb. 16 at noon and 4 p.m. Prices range from \$17, \$23, \$42 (VIP), \$70 front row; kids tickets available for only \$10 on weekday shows. Opening night discount tickets are available for \$12. For more information, visit www.disneyonice.com, ticketmaster.com, by phone at 800-745-3000 or in-person at Ticketmaster retail outlets or the box office.

Ticketmaster retail outlets or the box office.

Please send your updated

Calendar announcements

...especially if you bost monthly events!

e-mail to editor@valcomnews.com

Fax to: 429-9906

Phone: 429-9901

Valley Community Newspapers • 2709 Riverside Blvd. • Sacramento • 95818

Writing with the Great 19th Century American Poets (featuring The Fireside Poets: Longfellow, Whittier & Holmes) Feb. 11: In this module-based class, participants will hear a brief lecture about The Fire

pants will hear a brief lecture about The Fireside Poets: Longfellow, Whittier & Holmes. They will read works by these poets together in class and write their own poems. Critiques are offered by the instructor and fellow classmates in a friendly and supportive workshop style environment. This is the third of six sessions. Each session is its own entity, so that a participant may choose to attend one class or all six (or any number in between) and never feel lost. Writers at any level are welcome. The classes are free and held in the lovely Reagan room of the Clunie Community Center at 601 Alhambra Blvd. All sessions are taught by editor and published poet Frank Dixon Graham and sponsored by the McKinley Library. Class will be held from 7 to 8:30 p.m. Contact Frank at Frank.Graham@Goddard.edu for more information.

Root Cellar Genealogical Society Membership Meeting

Feb. 12: Root Cellar Genealogical Society Membership Meeting will be held from 7 to 8:30 p.m. at Christ Community Church, 5025 Manzanita Ave., Carmichael. Program TBA by Glenda Lloyd. Plus, genealogical "Show & Tell" Root Cellar Members share their family heirlooms and family history displays. A pre-meeting open discussion will be offered from 6:15 to 7 p.m. Visitors always welcome!

Toddler/ Pre-School Storytime at McKinley Library

Feb. 12: Songs fingerplays and stories especially for ages 18 months to 5 years followed by playtime! Make new friends and play with toys. Storytime starts at 10:30 a.m. 601 Alhambra Blvd.

Explore & More! at Colonial Heights Library (School Age (6-12))

Feb. 12: Looking for something fun to do after school? Join us for some homework help and fun with the Explore & More program,

FREE LUNCHEON & 20-minute presentation

This is not a sales seminar. It is a 20-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available including Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

Friday, January 16 • Thursday, March 19th 11:30 am to 12:30 pm Elk Grove Memorial Park & Mortuary 9189 E. Stockton Blvd., Elk Grove, CA 95624 Tel 916.732.2031 Thursday, January 29 • Friday, March 27th 11:30 am to 12:30 pm Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020

Friday, February 6, 2015 11:30 am to 12:30 pm East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 Tel 916.732.2000 Jednesday, February 18 (Spanish & English) 11:30 am to 12:30 pm Andrews & Greilich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026

Reservations Required, Please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com Seating is limited to 30 attendees per seminar

f www.EastLawn.com

presented by the Colonial Heights Neighborhood Association! Each Thursday afternoon we'll have an hour of homework help, as well as an hour of arts, crafts, board games, Lego building, science experiments, and more! The program starts at 3:30 p.m. at Colonial Heights Library 4799 Stockton Blvd.

Mission Oaks Computer Club meeting

Feb. 12: The Mission Oaks Computer Club will meet on Thursday, Feb. 12 from 1 to 3 p.m. at the Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit our website at www.missionoakscomputerclub.org or send an email to mocc@ missionoakscomputerclub.org.

Toddler Storytime

Feb. 12: Starting at 9:30 a.m, at Belle Cooledge Library, 5600 South Land Park Dr., toddlers and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group or a simple craft. To ensure that storytime is a positive experience for all, attendance is limited to 40 children (they can bring as many adults as they want!).

Preschool Storytime @ Belle

Cooledge (Early Childhood (0-5)) Feb. 12: Starting at 11 a.m., preschoolers ages three and older and their caregivers are invited to join the Belle Cooledge Library, 5600 South Land Park Dr., for fun songs, stories, fingerplays and a craft or play activity–all designed to build early literacy skills.

One-on-One Technology Help

Feb. 12: Starting at 2 p.m., get some help navigating email, the internet, various applications, tablets or eReader at Belle Cooledge Library, 5600 South Land Park Dr. Registration is required.

Homework Zone

Feb. 12: Starting at 3:30 p.m., free drop-in homework help is available for students in grades 1-8 with trained teen volunteers at Belle Cooledge Library, 5600 South Land Park Dr. Help is available in all subject areas, including support to develop reading skills.

Valentine's Craft for Kids at McKinley Library

Feb. 13: Come celebrate Valentine's Day by making your own play dough hearts! We will roll out large blocks of play dough in Valentines colors, then use cookie cutters to make Valentine hearts. We will then decorate our creations with sequins, glitter, and other art supplies. Come make your own Valentine masterpiece or other artistic play dough creation to give to your special Valentine. Crafts start at 3:30 p.m. at McKinley Library 601 Alhambra Blvd.

Community PTSD awareness event

Feb. 13: The invisible wounds of trauma survivors affect not only the individual but their families and their communities. Whereas Sacramento County is home to more than 90,000 veterans, approximately 30 percent of women experience domestic violence, 1-in-3 women and 1-in-5 men have been sexually abused prior to age 18, and whereas heart attack and cancer survivors are at an increased risk for PTSD. Hear from guest speakers, Ben Palcious a U.S. Marine Corps Viet Nam veteran and Bill Hart a community chaplain for the U.S. Army. The event takes place inside the large fellowship hall at First Baptist Church Fair Oaks, 4401 San Juan Ave., Fair Oaks. Everyone is welcome to gather information and resources at this freeadmission event. For more information email John Holmes, LMFT and Jan Sharp, LMFT at 2counselors@att.net.

Sacramento Guitar Society prespents Michael Chapdelaine and Motoshi Kosako

Feb. 14 - Sacramento Guitar Society prespents Michael Chapdelaine and Motoshi Kosako at the Harris Center, Folsom at Folsom Lake College 8 p.m. Chapdelaine is a National Fingerpicking Champion guitarist and Kosako is a Jazz harpist. For more information, visit www.SacramentoGuitarSociety.org, www.HarrisCenter.net or call 608-6888.

The Folsom Symphony Peter Jaffe, Music Director and Conductor TALES OF LOVE SATURDAY, FEBRUARY 14, 7:30 PM



Gershwin: *Girl Crazy* Overture, arr. McBride Zhanhao He and Gang Chen: *The Butterfly Lovers*: violin concerto

Bizet: "Danse Bohème" from *Carmen* John Williams: "Across the Stars" from *Star Wars* Mendelssohn: "Wedding March" from *A Midsummer Night's Dream*

Falla: *El sombrero de tres picos* (The Three-Cornered Hat)

Concert sponsored by

Harris Center for the Arts, Three Stages 10 College Parkway, Folsom, CA 95630 Visit folsomsymphony.com or call 916-608-6888

ΔCF

The Privilege of Planning A 20-minute luncheon presentation.

We'll provide you with a Free Lunch!



"The Privilege of Planning"

is not a sales seminar. It is a 20-minute educational presentation that focuses on the importance of advance funeral planning and all of the options available. Information will be presented on Veteran's benefits, cremation and burial choices as well as key consumer advice. In addition to a catered meal, each attendee will receive a FREE Emergency Planning Guide.

Choose One Of These Luncheon Seminars

Thursday, March 19 11:30 am to 12:30 pm **Elk Grove Memorial Park & Mortuary** 9189 E. Stockton Blvd., Elk Grove, CA 95624 Tel 916.732.2031 RSVP: Glenda at glendal@eastlawn.com

Thursday, January 29 Friday, March 27

11:30 am to 12:30 pm Sierra Hills Memorial Park & East Lawn Mortuary 5757 Greenback Lane, Sacramento, CA 95841 Tel 916.732.2020 RSVP: Jessica at jessicae@eastlawn.com Wednesday, February 18 (Spanish & English)

(Spanish & English) 11:30 am to 12:30 pm Andrews & Greilich Funeral Home 3939 Fruitridge Road, Sacramento, CA 95820 Tel 916.732.2026 RSVP: Janice at janicem@eastlawn.com

Friday, February 6

11:30 am to 12:30 pm East Lawn Memorial Park & Crematory 4300 Folsom Blvd., Sacramento, CA 95819 Tel 916.732.2000 RSVP: Meredith at mereditht@eastlawn.com

Reservations Required,

Please RSVP to the location of your choice. Seating is limited to 30 attendees per seminar.

f www.EastLawn.com

Valley Community Newspapers, Inc.

LAWN

FD#136



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



CUSTOM BUILT FAIR OAKS

Wonderful Custom Tudor-like home with large formal living room and dining room. Very spacious open kitchen, nook and family room. 4 bedrooms (one remote with bath) and 3 full baths. 2nd floor bonus room; private yard with pool/spa and brick patio. \$725.000

PATTY BAETA 806-7761



SPACIOUS MARIEMONT

Mariemont Avenue home over 8400 square feet with 5 or 6 bedrooms 61/2 baths located on a 11/2 acre parcel. Spacious rooms, each bedroom has its own bath, an amazing master bedroom suite, custom wood work, box beamed ceilings, an attached maid's quarters, RV access and a 4-car garage. \$1,999,900

ERIN STUMPF 342-1372



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



Amazing 5 bedroom 3 bath home backs to Northridge Country Club golf course. Remodeled from the studs up. New electric, new HVAC, Acacia wood flooring, imperfect smooth walls, quartz counters in the kitchen, imported granite in the baths. Drive your cart right on to the 15th fairway. \$599,000

LINDA EISENMAN 838-4338



HUNTINGTON OAKS

Fantastic 4 bedroom home on a tree lined street. This home has a spacious floor plan with a charming fireplace, a large kitchen, a 2 car garage; and a sweet backyard that is perfect for entertaining. Located on a very quiet street and just minutes from the freeway. Simply a must see! \$275,000

TIM COLLOM 247-8048



Darling Campus Commons Condo, 3 bedrooms 21/2 baths, great wood like flooring throughout plus new carpeting. Remodeled kitchen and baths with granite counters. Downstairs laundry area plus additional laundry upstairs. Home sits on lovely greenbelt in a wonderful location! \$295,000

CARMAH HATCH 765-6210



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

ENDING 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. \$269,900

RICHARD KITOWSKI 261-0811

BETH HARNEY 995-4120

for current home listings, please visit: DUNNIGAN REALTORS.COM 916.484.2030 916.454.5753

Dunnigan is a different kind of Realtor.®

