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November 22, 2012

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PTA is 'Key Ingredient' to Crocker/Riverside's success

By CORRIE PELC
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With school districts facing major budget cuts, school PTAs are playing a more vital role than ever in helping schools keep or bring back programs that help enrich their students' educational experience.

Case in point – the PTA for Crocker/Riverside Elementary School in Land Park. Thanks to the work of more than 500 members, over the years this active PTA has been able to help the school keep existing programs and start new ones.

"I value the PTA," says Alvin Lee, past principal for Crocker/Riverside for 19 years and now interim principal. "It would be very difficult to provide many of the things that we currently provide without the support of our PTA and their funding. The PTAs' support, finances, people and resources really help us."

"The PTA is essential to active parent involvement in any school – it's a key ingredient to the success of the school and the success of students,"



Volunteers participate in the recent front lawn beautification project at Crocker/Riverside PTA.

says Anne Hawley, Crocker/Riverside PTA president. "We're very fortunate to have high parent involvement in our school."

Front Lawn Beautification

A recent way the PTA has helped improve Crocker/Riverside is through the front lawn beautification program.

According to Hawley the idea came from parents who wanted to improve the front lawn, which had fallen into disrepair due to district bud-

get cuts. "We decided to create an effort to pull together a group of volunteers who (were) eager and interested," she says.

Hawley says more than 35 parents came out to take part in the project on Saturday, Oct. 20. And according to Hawley, the PTA contributed about \$2,500 towards plants and other materials that were needed for the refurbishment. "It was really a great day – it

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PTA: Raising funds for library improvements

Continued from page 2

was kind of like a barn raising except it was cleaning up the front lawn," Hawley adds.

Lee adds the volunteers "did a beautiful job," and it shows their parent involvement is not just in the classroom, but encompasses the whole campus. "If they see there's a need to do something or improve something, they are always there," he adds.

Reading Rebounders

Another way the PTA is helping the school achieve this mission is through the Reading Rebounders program. According to Lee, five years ago, the PTA started the program for students who would benefit from extra help in reading. Lee says younger students are tutored during their lunch by volunteer sixth graders, who receive training to be tutors.

Lee says some parents also volunteer to be tutors in case more tutors are needed, and its the parents in the PTA that coordinate the tutors with the kids who need help.

Hawley says the PTA also supports Reading Rebounders by providing funding for reading materials and student incentives that are given out to students that participate in and complete the program.

She believes the program is a win-win as it gives sixth grad-



Photo courtesy of Crocker/Riverside PTA

ers an opportunity to mentor younger children in first and second grade that need a little extra help with their reading. "It also creates a neat way where the younger kids have a bond with some of the upper grade students," Hawley explains. "It's worked out to be a very positive program."

The Library

In addition to Reading Rebounders, the Crocker/Riverside PTA also helps support reading in the school through its work with the school's library.

According to Lee, while the school had a library, it was small and was not meeting the needs of students. "We want our kids to extend reading beyond the classroom, and

one of the things the staff and the parents felt strongly about was to give kids access to pleasure reading books ... to have some place on campus where they could get books to practice and improve their reading," he explains.

Through the support of the PTA, Lee says the library was updated to a modern media center library, including computers and an updated book selection. And he says each year the PTA raises money to

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PTA: Parents also help bring technology to the school

Continued from page 3

let the school's librarian buy new books to update the library's selection.

In addition to the books, the PTA also pays for a part-time librarian, which the school had lost a few years ago due to budget cuts, Hawley says. "We feel very fortunate as a community

that we are able to provide that type of funding to keep our library open and to keep it well maintained at a high level of quality," she adds.

Technology

In addition to computers in the library, the Crocker/Riverside PTA is also helping bring technology to classrooms in the school.

"We feel that to help best prepare students for success in this 21st century, we feel like we need to try and get them the best tools possible," Hawley says.

To help with this, Hawley says last year the PTA was able to purchase a class set of Barnes & Noble Nooks through a Wells Fargo technology grant. The intent was to expand, enhance, and supplement the reading opportunities that they have in class," Hawley adds.

Coming Up

In addition to its current programs, Hawley says the Crocker/Riverside PTA is already working on new programs. For instance, one of their new programs this year is a music appreciation program for first through third grade, which they hope to expand to other grades in the future. Additionally, the PTA is looking at ways to enhance technology in the classroom for students.

To help raise funds for all these programs, the PTA has some fundraising events coming up. From December 3-7, Hawley says the PTA will hold its annual Scholastic Book Fair. And on May 17, 2013, the PTA will hold its biggest fundraiser of the year, the Spring Jubilee. Information for these and other events can be found at www.crockeriverside.org.

Overall, Hawley says the PTA has a number one goal of supporting Crocker/Riverside's principal, teachers and students, and both the PTA and school share a common end of meeting high expectations and standards for students. "We just want to do what we can to support that mission," she adds.



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Taylor's Market helps you set your Thanksgiving table with the perfect turkey and more

Taylor's Market knows how to talk turkey to their Land Park, Curtis Park and Sacramento customers. This local butcher and grocer has been selling Thanksgiving turkeys for 50 years, and recently made Sunset magazine's list of "Top 50 local food stores" in the magazine's October issue. Owner and head butcher Danny Johnson says Taylor's Market began putting the spotlight on local turkeys almost 20 years ago.

Johnson explains, "We've been selling locally grown, free-range turkeys from Branigan Farms in Woodland for close to 20 years. We are the largest retail outlet for Branigan, and we sell their turkeys year-round. We always have Branigan turkey breast in our meat case, and it's the turkey we use in our sandwiches as well." Taylor's Market also sells Mary's Heritage Turkeys, free-range Narragansett and Bourbon Red turkeys in limited quantities. Taylor's meat counter offers smoked Branigan turkeys as well as a stuffed turkey breast with prosciutto, roasted tomatoes and basil.

Taylor's Market will sell 500-600 turkeys this Thanksgiving, which given the size of the market is amazing. According to Johnson, "We don't have room for them all, and everyone wants to pick up their turkey a day or

two before Thanksgiving. We lease a 30-foot refrigerated trailer from a local company just to store turkeys." He says every turkey has a number and a name on it, with extra turkeys for walk-up customers who didn't order in advance. "At Branigan Farms, they feed their turkeys longer than the industry standard, so there is a little layer of fat between the skin and flesh that makes them self-basting. You just let the turkey cook in its own natural juices."

Branigan Turkey Farm was established in 1942, and their family owned operation raises 18,000 to 20,000 turkey each year. Most turkeys are processed at 16 weeks, and while they are considered mature at that age, Branigan believes the only way to raise a quality bird is to raise their turkeys to 25 to 27 weeks. Besides being raised for quality flavor and value (more meat per bone), Branigan Turkeys are also processed for the same. Every bird has all fine pin feathers removed and the gibles and neck are properly packaged and stored in the turkey cavity. Branigan Turkeys are chilled with ice before final packaging.

Johnson says the brining trend is still in full swing this year. "Brining replaced the deep-fried turkey trend of several years ago. Brining helps



Courtesy of Taylor's Market
In this photo from 1977, Taylor's Market founder, Ed Schell, and meat counter staff get turkeys ready for pick up.

make the turkey more moist and adds a certain amount of flavor. We sell brining kits with everything you need, including a food-grade bucket." He recommends roasting your turkey breast down. "That allows the fat in the turkey back to baste the breast. Unless you're planning to stage Norman Rockwell's painting, Freedom from Want, you are probably not going to carve the turkey at the table. Even then, you can turn the turkey over for the last 45 minutes of roasting, or just brown the breast with a torch. When you bring it out of the oven, you'll want to tent the turkey for 30 minutes to an hour to retain the juices."

As for carving, Johnson says, "The only part of the turkey you're going to carve is the breast. Most chefs and

home cooks will pick it apart with their fingers."

Johnson adds, "Everyone has turkey for Thanksgiving because of the pilgrims. Thanksgiving celebrates our American heritage. And that means turkey with all the trimmings." Taylor's Market offers Thanksgiving sides a la carte (order early, quantities are limited), including: mashed potatoes, turkey gravy, candied yams, traditional stuffing, cornbread stuffing, creamed spinach, cranberry relish and green beans. Customers can also order pies (Apple, Pumpkin, Chocolate Bourbon Pecan, Sweet Potato Meringue and Pear-Cranberry Crumble) as well as assorted cookie platters, s'mores cupcake platters, holiday brunch breads and savory quiches from Taylor's Pastry Kitchen.

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BIRKENSTOCK

Garrett's dairy, South Side Dairy operated in today's Southside Park area

By LANCE ARMSTRONG
Lance@valcomnews.com

Editor's Note: This is part four in a series about dairies that were located in and near the Land Park area.

Today's Southside Park area also has its own dairy history.

Garrett's dairy

This history includes Garrett's dairy, which was established by Hiram Garrett at the southeast corner of 9th and U streets in 1884. He also resided on the same property.

The Garrett family's connection to this land began in about 1874, when John O. Garrett, who was a farmer, began living in a home on this property.

The 1887-88 city directory lists the address of the dairy as 2105 9th St.

Also associated with the dairy as early as 1896 were Harry J. Garrett and Howard W. Garrett.

During that time, among the residents of the grounds of the dairy, which then had the address of 2115 9th St., were Mrs. Marina J. Garrett and Miss Marie Garrett.

The dairy remained in operation until about 1897.

It appears that Hiram Garrett may have been leasing the property where he operated his dairy, since the property was not transferred to him until July 1897, when he acquired "Lots 1 and 2, U and V, Ninth and Tenth streets" from Fannie K. Cross of 722 8th St.

By 1899, Hiram Garrett was residing at 2101 9th St. and working as a gardener at the city cemetery - today's Sacramento Historic City Cemetery at 1000 Broadway.

The 1900 U.S. Census lists Hiram Garrett as a deputy sheriff. He held this position until about 1904, when he be-



Manuel Fontes, Jr., on left with a carnation in his mouth in this c. 1914 photograph, and Laurindo Silva, delivered milk for the South Side Dairy. Photo courtesy of PHCS

came a flagman for the Southern Pacific Company.

It was also mentioned in the 1900 U.S. Census that Hiram Garrett was born in Ohio in February 1840 and that he had a wife named Emma M. Garrett, who was born in Ohio in April 1846.

The same census lists the couple's son, William A. Garrett, as being a stone cutter, who was born in California in March 1876.

In about 1908, Hiram Garrett began serving as a policeman in Oak Park.

Hiram Garrett's address changed to 910 U St. about two years later.

The city directories of 1911, 1912 and 1913 list Hiram Garrett as a watchman residing at 910 U St.

The 1914 directory is the last city directory to mention Hiram Garrett as being a resident of Sacramento.

The directory of 1915 lists William A. Garrett, who was then working as the engineer of the steamer Red Bluff, as living at 910 U St. But whether this means that Hiram Garrett, who would have been 74 years old at that time, was then deceased, was unknown at the time this article went to press.

South Side Dairy

Also located in the area during a latter era was the South Side Dairy.

On file with the Portuguese Historical and Cultural Society is a c. 1914 photograph of a South

Side Dairy delivery wagon with its accompanying horse and two employees, Manuel Fontes, Jr. (1892-1986) and Laurindo Silva.

Fortunately, the society, which is a nonprofit organization dedicated to the preservation of Portuguese historical and cultural heritage, acquired the photograph in the early 1980s.

Had this photograph not become part of the society's historical archives, the existence of the South Side Dairy might not be known of today.

Dolores (Silva) Greenslate, a longtime historian with this organization, recalled obtaining the photograph and adding it to the society's collection.

"I got the photo from Manuel Fontes, Jr.," Greenslate said. "He was a nice man. I knew him personally and I went to school with his kids. We got to talking about the photo and I said, 'I didn't know (the Machados) had a dairy.' And he said, 'Oh, they didn't. And he was laughing, and he said, 'They didn't have a dairy.' (Manuel J. Machado, owner of a grocery store at 500 T Street, near Southside Park) just bought the milk and we delivered it. Laurindo (Silva) and I would just deliver it to the people around town."

Greenslate said that she then asked Fontes how the Machados obtained the milk. "(Fontes) just named somebody that I hadn't even heard of, so it didn't really make any difference to me at that time," Greenslate said. "(Machado) got the milk in cans, not bottles. (Fontes,

who was born in the Azores Islands of Portugal) said that people would come (into the store, which opened in about 1914) and they would buy their groceries and want milk and so, they either bought it (at the Machado's store) or it was delivered to them. So, (South Side Dairy) was associated with the grocery store. (Machado) contracted with the man who owned the dairy (to acquire milk) for the store (and deliveries). It was just a side business and it was convenient for the people. (Machado) decided that, with all the Portuguese people in the Southside Park area, he would sell milk there (at the store) or have it delivered to them."

Among Fontes' other jobs in his life was working on the "Colusa," a river sternwheeler freight boat, which was moored in Sacramento and traveled to and from Colusa. Although research for this article did not result in any date when the South Side Dairy discontinued its operations, it is a possibility that this service ceased existing in 1926, when George Y. Inai became the owner of the 500 T Street store and Manuel J. Machado began his proprietorship of his grocery store at 601 T Street - today's South Side Market.

But however long the South Side Dairy existed, fortunately the lone, aforementioned photograph and the limited known history regarding this business has been retained for current and future generations.

Land Park author releases first children's book in series

Kate David describes journey self publishing while raising two children

By MONICA STARK
editor@valcomnews.com

When a rainy day threatens to spoil a little girl's plans to play outside, her disappointment quickly disappears when her mother shares a "magical" hat with her. This "magical" hat has the power to whisk the little girl away to any place she imagines. The real magic in "Murphy and the Magical Hat" lies in Land Park children's book author Kate David's message - imagination can lead children from despair to delight in a matter of a few moments.

David reminds parents of the importance of kindling their children's imaginations, particularly, when life seems bleak and boring. David believes it is critically important that children develop resilience to life's disappointments and the book shares that poignant message with parents while delighting the child.

David was born and raised in Columbus, Ohio. She received her degree in Journalism from Ohio University after numerous higher education creative writing courses. In her prior life, David was in advertising and marketing for both radio and television stations. She feels fortunate to make her lifelong dream of becoming an author a reality, in "Murphy and the Magical Hat."

Sparked from the birth of her daughter, Murphy, in June 2010 in New York City, Kate had spent many days imagining all the adventures she would take with her daughter and the idea for the book began. Kate currently resides right in the heart of Land Park with her two daughters and husband, Jeff. She spends her time caring for her two daughters and working on the next book in the "Murphy and the Magical Hat" series.

David said it's definitely been a challenge working on the book while staying home and raising two children. "Some days are better than others," she said. "It was definitely something

that I wanted to do - in regards to the book and certainly to have kids. So I do the best I can."

With two really well-behaved girls, she tries to get work done on her second book during their naps. "It's a lot of work, for sure," she said with a chuckle. "But I don't know, you manage it."

Self-publishing was a huge learning curve for David. After reaching out to agents before she started this process, she got great feedback but no takers on the book, so she decided to self publish. After going through three different companies, she settled with Outskirt Press.

"It was a huge learning curve. I knew nothing about the publishing industry. I'm still learning everyday ... I think you have to be prepared for a lot of curve balls," she said.

One of them was the unanticipated cost of self-publishing a book. Another had to do with coordinating the text with the illustrations. And then she also had to choose the font and design the layout of the book. "I thought somebody would have helped me through all of that. You have to do everything even though you are working with a company that will eventually publish the book," she said.

However, she said self-publishing companies can provide a lot of assistance for you if you want it. They guide you through the process - the step-by-step ways of doing it. You are the one



Children's book author Kate David with her two daughters in their Land Park home.

Photo by Monica Stark

making a lot of the decisions.

David started writing "Murphy and the Magical Hat" when her daughter was 6 months old, or about two years ago and she didn't have a book until this past January.

The illustrator she chose was one she found online named Helen Turner who lives in the United Kingdom. "It's funny, we never met. We communicated through email. She had such a great, creative vision. It just came together perfectly," David said.

"For my first book, I am really pleased with the way it turned out but it was a fantastic, scary, wonderful,

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Special Education teachers are an aging population:

Local schools see shortage in speech and language pathologists and occupational therapists

By CORRIE PELC
corrie@valcomnews.com

California is currently facing a shortage of qualified teachers – including special education teachers – according to an article printed in September on US News on NBCNews.com.

The article cited a report, “Greatness by Design” released by the California Department of Education in September – a report designed to help improve how teachers are recruited, trained and mentored – that states “there are still shortages of qualified teachers in fields such as special education.”

Dr. Pia Wong, department chair for the Department of Teaching Credentials and professor at California State University Sacramento, says one reason for the shortage is teachers retiring without anyone to fill their positions. “When you look at the average age of teachers in special (education) and general education, it’s an aging

population,” she explains. “Based on when people typically do retire or can retire, we know in the next 10 years we’re going to see very high numbers of retirement.”

Another reason, says Dr. Wong, is a growth in the population of students

See Teachers, page 9

Teachers: Special ed and general ed teachers are now co-teaching at six schools, including C.K. McClatchy

Continued from page 8

who qualify for special education services due to better diagnostic processes. “Because we have better tools for understanding the special needs that students have, there’s more students that are identified and therefore that creates a need for special programs, special classes, specialized teachers,” she says.

So what does this mean for Sacramento?

Inclusion Practice at SCUSD

In Sacramento City Unified School District, Director of Special Education Becky Bryant says there’s not a shortage of special education teachers overall, but there is a shortage in certain types of special education specialties, such as speech and language pathologists and occupational therapists.

Overall, Bryant says the amount of special education teachers they have is cyclical and will depend on the number of retirees they have each year and if there are new teachers coming to replace them. “Because Sacramento is the capitol, we have a lot of people that kind of move in and out because they have to relocate or something,” she adds.

According to Bryant, SCUSD employs 260 special education teachers and serves 88 schools plus charter

schools. She says there are resource specialist programs at all school sites, and throughout the district there are special day programs.

Bryant says SCUSD is in the third year of implementation of an Inclusive Practice program at six schools in the district – C.K. McClatchy High School, California Middle School, Sutterville Elementary, Oak Ridge Elementary, Leataata Floyd Elementary, and Caleb Greenwood K-8 School. Through this model, says Bryant, students who would have been in a traditional special day class setting are now in general education, and the general educator and special education teacher co-teach together to provide instruction to all students in the classroom.

According to Bryant, Inclusive Practice helps teach students skills they will need when they become adults and enter into a diverse society, and it allows all students to learn together and be part of a community. “It’s not about singling out students with disabilities and sending them somewhere else,” she adds.

Special Programs & Inclusion at SJUSD

Over at San Juan Unified School District (SJUSD), Dayle Cantrall, program manager for special education, believes that special education is

a growing need because there is not always a pool of credentialed teachers at the ready to fill any holes they may have. “When we have credentialed teachers, they usually end up in a job and they stay – they don’t face layoffs like general education teachers do, they’re always in high demand,” she adds.

According to Cantrall, SJUSD currently employs 307 special education teachers, including speech therapists and adaptive PE teachers. She says there is at a minimum a half-time resource teacher at every school site, and some high schools have upwards to nine special education teachers at a school site. And special education students range from those that need speech therapy to specialized programs for severe autism and the deaf and hard-of-hearing.

Cantrall says recent changes in special education programs at SJUSD include specialized programming for severe autism students and a new transition center for kids ages 18-22 this year.

Additionally, there are specialized inclusion programs from elementary through high school on a few campuses in the district, says Cantrall. “We have support built into the particular campuses, including increased number of instructional assistants,” she explains. Plus some campuses also have the capability for a special education student to attend the same school as their brothers and sisters through the support of “roving inclusion teachers” and resources teachers.

What It Takes

To help ensure there are qualified special education teachers for Califor-

nia schools, Dr. Wong says one thing CSUS has done is advocate for an admission cycle for the special education credential program every semester. Additionally, faculty has been active in securing grants from the federal government to help candidates interested in pursuing the special education credential.

For those considering becoming certified to become a special education teacher, Dr. Wong suggests they look into it by doing some research and visiting some classrooms. “I think people may have certain preconceptions about what it means to teach students with special needs,” she explains. “I think if they were to visit some classrooms, they would really see some positive, exciting things happen and maybe find it’s something that attracts them.”

Bryant says they look to hire special education teachers who have a passion for kids in general, and a passion to work with students with disabilities. “(We look for) people who have a clear understanding of how to manage a classroom, how to motivate kids, and who are really willing to work on creating relationships with kids,” she adds.


And Cantrall says if you have a calling to work with at-risk kids, you’re not afraid to collaborate, think outside the box, and do what’s needed to meet the best interests of that child’s needs – go for it. “We need people in special education who are not only dedicated to kids, but dedicated to paving the way so those kids can continue to learn in the least restrictive environment possible,” she says.

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Happy holidays from everyone here at Valley Community News.

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SAMPLE AD
(actual size ad)

E-Waste brings Land Park man full circle

By PAT MACHT
Special to the Land Park News

As a Land Park kid, Christian Muller knows the neighborhood around Land Park like the back of his hand. Growing up, he played many sports -- baseball, soccer, basketball, and swimming. He spent a lot of years doing good works as a member of Boy Scouts Troop 1. Muller is a proud graduate of Sutterville Elementary, Holy Spirit and Christian Brothers.

He hopes that his understanding of this community will help him achieve his mission in life: to reduce, reuse and recycle electronic waste and "give back" by raising funds for worthy causes.

He gets one of his biggest chances on Dec. 30, when he teams up with the Sustainability Committee of Congregation B'Nai Israel to host An E-Waste Collection Event at the Land Park temple's parking lot at 3600 Riverside Blvd.

The committee is hoping to collect thousands of pounds of recyclables -- from computer monitors to printers, television sets, VCRs and old video game or stereo equipment to old portable phones.

The material will be safely and properly recycled in environmental ways approved by the state of California. Proceeds will come back to the Temple, which will give a portion of its proceeds to the Downtown Food Closet, a favorite community cause of the temple.

Christian returned to Sacramento from Los Angeles, where he launched his e-waste business -- NeuWaste Business Recycling in 2005 at 24 years old.



"A few years before that, California became the first state in the nation to sponsor a take-back program that is funded through a tax on the sale of new electronics," he said.

"It is a great partnership with communities interested in helping the environment, and raising some money for worthy causes."

"It feels good, to be part of the solution to the e-waste problem," he said. "No one wants to see this stuff dumped on the side of the road, like it was years ago. Every television dumped off in an empty lot has five to 10 pounds of lead in it. Over time that could end up getting into our waterways."

Christian has quite a track record for providing this type of service to community groups. Since he began, he has recycled more than three million pounds of electronic

waste. He started out in Los Angeles, when an acquaintance offered him a chance to work in the industry.

He quit his job managing a health club and learned the recycling business from the bottom up. He has sources for environmental disposal, a fleet of trucks, and an extensive network of environmentally responsible buyers. "The best part is being able to share the proceeds with community groups like B'Nai Israel and be a part of their giving program to benefit those who are hungry and come to the Downtown Food Closet."

And there is no question, this hometown boy is here in Land Park to stay. "I am so glad to be back in Sacramento. It's the greatest place to live. I get to be near my family; I bought a house in Curtis Park, and soon I will marry my fiancé."

Sacramento is a great place to start a sustainable life, and I look forward to helping give back to a community that has given so much to me throughout my life."

The Congregation B'Nai Israel' Sustainability Committee and NeuWaste for the Land Park Community E-Waste Collection Day will be held Sunday, Dec. 30 from 10 a.m. to 4 p.m. This event is free. Businesses wishing to participate should contact NeuWaste at 310-734-6700 for a special pickup. A portion of the proceeds will help the Downtown Food Closet!

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The importance of taking care of yourself as a parent

Special to Valley Community News

From the moment you step into parenthood, your needs often come second to the needs of your child. Taking care of YOU becomes a difficult task. Your priorities change; and your own physical and mental health just doesn't seem as important as the attention you give to your child. First 5 Sacramento reminds parents and caregivers that taking care of your own health and well-being is an important step towards being the best parent you can be.

Here are some tips for taking care of your physical, emotional and mental health:

- Eat healthy - Make sure you eat balanced, nutritious meals, and snacks each day. Fill your plate with plenty of fruits and vegetables, but also include a whole grain, dairy product, and lean protein like chicken, fish, or beans.
- Exercise - Fit exercise into your daily routine. Exercise is not only good for your physical health, but helps with your emotional and mental health too. Exercise helps to boost confidence and reduces stress and anxiety. Don't feel like you have to exercise for long periods of time either. It's the quality not the quantity. Experts say that with just a 15-20 minute workout, you can achieve great benefits.
- Get sleep - Sleep is often the first thing you may lose out on once you become a par-

ent. When you have a newborn or an infant, try to sleep when they sleep. Once your child is sleeping independently, try to get 7-8 hours of sleep each night.

• Take time out for yourself - Whether it's to read a book or go for a walk, take some "me" time each day. You may even try waking up early before everyone else to have some time alone, gather your thoughts, and plan your day accordingly.

• Build a support system - Creating a strong support system of family and friends is critical. If you don't have family nearby, establish a quality network of friends who you can trust to help take care of your child and give you a break every now and then.

First 5 Sacramento provides resources for parents of children ages 0-5 including a no-cost Kit for New Parents, which consists of an Advice for New Parents guide, DVD, and local parent services. Order your Kit online at www.first5sacramento.net and have it delivered to you for free.

There are eight family resource centers in Sacramento County that offer parenting resources and networking. Visit www.birth-beyond.com for contact information.

Additional family resources are available by calling 2-1-1. It's a free call that can connect you with more than 3,000 local services.

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Author: Kate David's book available at local stores and online

Continued from page 7

terrible process. It was just all of those things."

For David, it was more important to fulfill this dream she had to write a children's book, than to go the route of selling millions of copies. "It would be fantastic if I do, but it was more important to do it and see it through," she said.

David, her husband Jeff and Murphy were living in New York City when the idea for the book came about. "I had all these wonderful thoughts of what I'd do with (Murphy) when she was old enough," she said.

As it turns out, Murphy loves carousels. They have enjoyed the one in Arden Fair Mall, the one at the zoo and the one at Funderland. Though when they go to the mall's carousel, Murphy chooses to ride on the bench. "It's fun to watch her choose ... "it's fun to watch her enjoy

that, as much as I enjoyed putting that to paper."

David has always been a big day-dreamer. For her high school senior thesis, she took pictures all around town and wrote the stories that went on behind them. Especially with New York City and even now in Sacramento, there are things she wants her daughters to experience.

"They're sponges. I think that it's so important to expose them to so much. So wherever we are living, I feel imagination is so important," she said.

The Davids came to Sacramento after Jeff took a marketing job for the Sacramento Kings. Before that he worked for the NBA league office. "So that's why we're here ... It's a big job. He loves it. It's a great place for us to be. He has seen tough days but it's a good job for him."

She said she couldn't have finished the first book without him. "Jeff has been a never-ending source of support and encouragement. I'm very lucky," she said.

You can get it on Amazon and Barnesandnoble.com. Locally, you can purchase it at Koukla Kids in East Sacramento and Puddles in the Arden area.

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Volunteer sales clerks assist customers, make sales, and help with all aspects of running a small pet supply store. Volunteers work with the public, many of whom have adopted shelter

animals. Some hands-on contact with pets for fitting collars and the like can be expected.

Shifts available are Wednesday, Thursday or Friday from 12:30-3 pm or 3-5:30 pm; Saturday and Sunday, 12-2:15 pm or 2:15-4:30 pm. Volunteers are asked to work a minimum of two shifts per month. New volunteers are paired with experienced workers to receive training.

Volunteers must be at least 18 years old; retirees are especially encouraged to apply. To apply, fill out an application at Critter Outfitters inside the Sacramento County Animal Shelter, 3839 Bradshaw Road, Sacramento, CA 95827.

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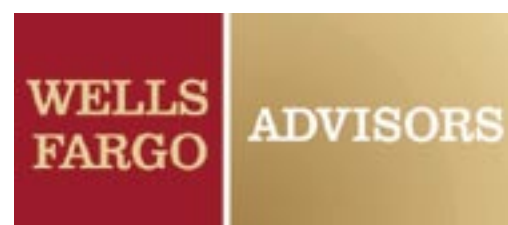


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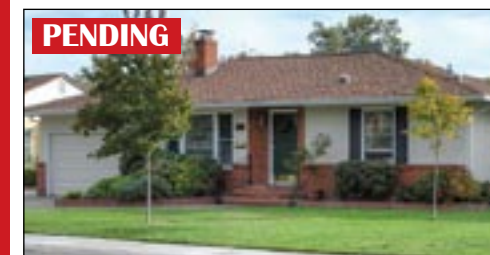


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Sacramento Zoo grieves the loss of elderly Chimpanzee and the oldest known captive spotted Hyena

The Sacramento Zoo is saddened by the loss of Josie, the matriarch of the Zoo's chimpanzee troop and Brownie, the oldest known captive spotted Hyena.

At the estimated age of 48, Zoo veterinarians were treating Josie for a variety of age-related illnesses. Her condition worsened and after thoughtful discussion between animal care, Zoo administrators and veterinary staff, made the decision to euthanize Josie Thursday, Nov. 8 to prevent her suffering.

Brownie, as Zoo staff affectionately called her, had been under treatment for a variety of age-related illnesses. She passed away in her sleep on Monday, Nov. 12.

Veterinarians and keepers had been keeping an eye on Brownie because of her age, but did not notice anything unusual. She spent much of the afternoon sunning in her exhibit, ate her dinner and went to sleep. Brownie surpassed all expectations, living to the age of 28.

Josie

"You can't imagine how tough this decision was," to euthanize Josie, Zoo Director Mary Healy said. "On one hand

you have an amazing chimpanzee that has been a very special part of the Zoo for 26 years. On the other hand you see a friend who has been suffering and you have done everything feasible to make her better."

As a longtime and charismatic member of the Sacramento community Josie will be missed.

A civilian in Fremont acquired her from Africa in the early 1960's. A few years later she was donated to the Fresno Zoo, and then moved to Micken Grove Zoo and eventually joined the Sacramento Zoo's group of chimpanzees in 1986.

Josie loved people watching and had a special fondness for interacting with young children. She would often raise her hand to the glass as a greeting to toddlers and babies and then kept an eye on them while they toured the chimpanzee area. Josie also loved to paint and often went through phases with the colors she used.

Josie was an integral part of the dynamic chimp group, and a stabilizing

See Brownie, page 17



Photo courtesy of the Sacramento Zoo

Brownie: Hyena was studied by scientists and Disney

Continued from page 16

personality among the chimps. Josie will be greatly missed by Zoo staff, the other chimps and visitors alike and will always hold a special place in their hearts.

Chimpanzees come from the central belt of Africa where they live in forests, dry woodland savannas and tropical rain forests. In the wild they live up to 40 years and can live up to 60 years in captivity. They are endangered with their main predators being leopards, lions and humans.

By calling 808-8815, you can make donations in Josie's memory. All donations will go towards the care of the other chimpanzees at the Sacramento Zoo.

Brownie

Brownie was born in Kenya and shortly after was brought to U.C. Berkeley as part of a research program. She moved to the Sacramento Zoo in 1995 with a female companion from U.C. Berkeley who passed away in 2006. Brownie was the oldest Spotted Hyena known in captivity in the United States.

Hyenas are matriarchal and very hierarchical, making it difficult to introduce new

companions without significant stress. In order to fulfill her social needs, keepers spent a lot of time interacting with Brownie through protected contact training programs. Keepers also monitored closely her weight and became very creative in food variety and presentation.

While at U.C. Berkeley, artists from Disney studied Brownie and her sister as models for Disney's movie "The Lion King."

"Because hyenas are highly nocturnal, it was always a special treat for visitors when they got to see Brownie," said Harrison Edell, General Curator at the Sacramento Zoo. "Brownie was a unique individual who lived a long life; her passing deeply affects visitors, volunteers and staff alike," Edell said.

Spotted Hyenas, also known as Laughing Hyenas, come from African grasslands, savannas and plains. They live in matriarchal clans and are highly territorial. They have many vocal behaviors ranging from whoops, barks, groans, yells, grunts and whines. In the wild they live 10-12 years while in captivity they can live from 20-25 years.

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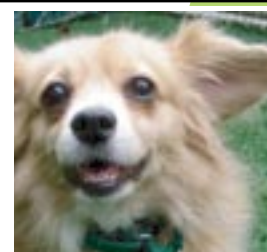


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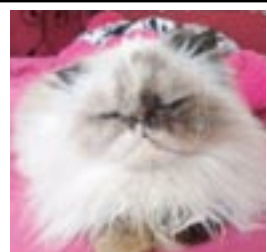


Archer #14646794
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Fiona #14704695
Breed: DMH/Mix Color: Orange & black
Gender: Female Hair: Medium
Age: 3 year 11 months
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Macarthur #17550844
Breed: Terrier/Russell Mix Color: Black & white
Gender: Male Hair: Short
Age: 3 years 1 month
Macarthur is an adorable little guy who loves attention. He's sweet and calm with melt-your-heart brown eyes. Macarthur gets along with other dogs and enjoys a nice hug from you, too. Come meet the wonderful Macarthur.

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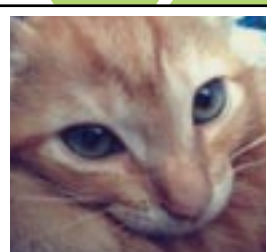


Rocky #17727743
Breed: Border Collie/Mix Color: White & black
Gender: Male Hair: Short
Age: 9 years 2 months
The best home for Rocky would be in an active household with an experienced owner. He's so friendly that another dog should work well as a companion and playmate.

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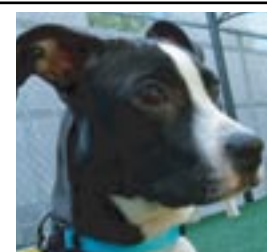


Crash #17304068
Breed: DSH/Mix Color: Orange Tabby
Gender: Male Hair: Medium
Age: 2 months 22 days
At almost 3 months old, Crash is still a relatively tiny guy but he has a huge heart! He's had a bit of a rough go of it, brought in as a stray who was covered in what appeared to be grease and burns on his little feet.

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Dexter #17531643
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Gender: Male Hair: Short
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Lovie #17445262
Breed: DSH/Mix Color: Brown & orange
Gender: Female Hair: Short
Age: 3 years 7 months
Lovie lives up to her name and is a real love. She likes being groomed, is outgoing and friendly. Apparently she also likes to be sung to, so she'll make the perfect audience for your singing, anywhere and anytime.

Land Park area schools will benefit from the passage of Measures Q and R See how your neighborhood school could be improved

Special to the Land Park News

Measures Q and R were local school bond measures to upgrade and renovate local school facilities that were both passed in the November election. According to the Sacramento City Unified School District, the average age of the local schools is 50 years and need significant updating.

All money raised by Measures Q and R will stay in our community and cannot be taken away by the State. No money can be spent on school administrator salaries. An independent citizens' oversight committee will monitor expenditures and ensure all funds are spent properly.

If you are interested in being on the committee, contact Gabe Ross, Chief Information Officer at 643-9145 or email improvesacramentoschools@gmail.com

Here are breakdowns of how your neighborhood schools fare and how they should be improved.

Alice Birney Waldorf-Inspired Methods

The school was built in 1959 and has not received any known upgrades in the last 10 years. Even though there is a dedicated drop-off lane for parents and buses, it is not long enough and is a safety issue. There is not enough staff parking. Poor storm drainage creates swampy landscaping areas. Raised walkways are in need of handrails. The black-

top needs a new overlay with striping. Covered walkways have major dry rot and holes. Graffiti and vandalism are big issues on campus. Door signage is no longer ADA accessible. The HVAC causes temperature problems; lights need to be relamped. Relocatable classrooms have poor natural daylight. Student capacity exceeds the number of classrooms.

Bret Harte Elementary

The main campus was built in 1975. The 9th Avenue access needs an accessible drop-off aisle and additional paving between the curb and sidewalk.

Replacing several grass with low water use plantings will reduce water use, re-grading the soccer field will improve the storm water drainage, and repaving the hard court play area will transform and improve the site. Upgrading the finishes and kitchen/cafeteria facilities need improvements. Renovating the classroom lighting, data /wireless connections, improving the acoustical separations/partitions, and updating the finishes are positive changes. New fencing, additional lighting throughout the campus, and developing outdoor learning environments would also help.

McClatchy

The main campus was built in 1936. The parent student drop-off is congested but orderly. Several sport fields overlap and are in need of re-

pair. An opportunity exists to replace the dirt track, create an all weather football/soccer field, develop new baseball/softball fields, and replace worn backstops, and benches. The campus core includes five courtyards with mature trees, paving and plantings. A transformation of these spaces could include replacing impervious surfaces with low water use planting, creating shaded outdoor learning and seating areas. The auditorium, media center, science laboratories and culinary classroom are in need of upgrades. The culinary and science classrooms are using rooms designed for other programs. The auditorium needs refurbishment and modernization. The media center original plan is outdated. The program needs a new plan/layout including updated technology spaces, project & team meeting rooms, and a coordinated control/reference desk. The gyms, locker rooms, and replacing the paving in the parking lots could all be modernized.

Crocker Riverside

The main campus was built in 1939. Improvements including new directional signs, additional paving between the curb and sidewalk, an accessible drop-off aisle, and additional parking can transform this area. There are opportu-

nities to replace little-used turf throughout the campus with low water use plants. Growing the school garden area and developing the unused areas in the northwest portion of the site could be an option. Putting in a new school sign, updating the lobby/restrooms, renovating the main room and upgrading the stage could be made through the use of more efficient windows, lighting and mechanical systems and benefits could also be gained through more effective energy control systems. The school is not well suited to contemporary teaching tools and electronics. The classrooms are also small for the number of students and storage, for both classroom and facility, is severely limited.

Ethel Phillips

Ethel Phillips Elementary School was built in 1951 and the 7-acre site is in a fully developed older neighborhood. Some improvements for drop off along this 21st Avenue have been made but with no clearly designated loading or unloading zones separating bus and car access. There are no barrier free loading and unloading spaces and no separate drop off for kindergarten and preschool. 21st Avenue is a narrow, busy residential street and the drop off area is very congested and hazardous. The school consists of 25 permanent classrooms located in three primary wings plus a multi-purpose / administrative building, kindergarten and eight portable classrooms. The multipurpose room has a stage and is

small for the student population. The buildings have had some improvements through the state mandated modernization, however, many areas do not fully comply with barrier free access requirements. Classroom interiors are antiquated and worn with use. The kitchen and administration are small. Improvements could be made through the use of more efficient windows, lighting and mechanical systems and benefits could also be gained through more effective energy control systems. The school is not well suited to contemporary teaching tools and electronics. The classrooms are also small for the number of students and storage, for both classroom and facility, is severely limited.

Hollywood Park

Hollywood Park Elementary was originally constructed in 1956 and received a modernization in 1998-2000. Drive aisles are significantly cracked and require a new overlay with striping. No pole site lighting exists around the parking lot and should be added for security/safety. Elsewhere on site, the hard-surface playground needs a new overlay with striping. Heavy soil compaction exists in the play

See Schools, page 20

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Schools: District looking for citizens to join oversight committee

Continued from page 9

fields, which has caused a poor surface condition. There does not appear to be any fire hydrants on-site, which is a safety and code violation. Specific to the building interiors, door signage is no longer ADA accessible, most of the door hardware needs to be upgraded to meet ADA standards, interior window shades and casework are out-dated, the flooring is old, and the kitchen should be refurbished. The HVAC system causes temperature issues throughout the campus and light fixtures need to be relamped.

Sutterville Elementary

This 8.6 acre site is in a fully developed older neighborhood and is small for an elementary school serving 566 students. The school was built in 1950 and is made up of 11 permanent classrooms including kindergarten plus a multi-purpose room and a cafeteria. Monterey Way does not have adequate turn a round for buses and they must loop through narrow residential streets. There are no clearly designated loading or un-

loading zones for buses and parents. Drop off for buses and kindergarten takes place in small turn-off area along Monterey Way at the school's entry. The drop off area primarily used by parents is in the staff parking lot and significantly limits the number of spaces for staff. Visitor parking is either along the street or in the staff parking lot. Additionally, parking in the staff lot conflicts with service to the cafeteria and trash pick up. All of these conditions result in congestion and an unsafe environment for children. At a minimum, a barrier free drop off space is required and a designated drop off lane is recommended along Monterey Way. Improvements could be made through the use of more efficient windows, lighting and mechanical systems. Benefits could also be gained through more effective energy control systems. The school has had minimal upgrades for barrier free access and is not fully compliant with codes. Some restrooms have also been upgraded for barrier free access but with exposed patches to floors and walls



Photo courtesy of the Sacramento City Unified School District
This is an inefficient 30 plus year old HVAC unit at California Middle School, which has gone well beyond its expected life cycle and should be replaced. With the passage of Measures Q and R, energy efficiency could go into effect.

and are not fully compliant. HVAC systems were upgraded, ceiling tiles replaced and some lighting upgrades were made over six years ago. The classrooms are small for the number of students and storage, for both classroom and facility, is severely inadequate. Significant work will be needed to bring the site, buildings and restrooms into compliance with current code and needs. All paved areas need resurfacing.

Leonardo da Vinci

The site is approximately 11.3 acres in an area of fully developed suburban neighborhoods and is small for a K8 school currently serving 666 students. Built in 1950, the school was originally designed as a middle school and is in generally good condition and well maintained.

The main parking lot was recently upgraded to provide the combined bus and parent loading and unloading areas. While there was some effort to identify and provide controlled drop off areas, the adjacent lanes have no barriers and create hazardous conditions for the students.

Most of the classrooms however, need significant modernization to be brought up to current standards. The play fields are also small and in fair condition although in a depressed area with drainage problems. The play fields are available for joint use with the City.

California Middle

The site is 13.5 acres at the corner of Land Park Drive and Vallejo Way in a fully developed neighborhood. Land Park Drive is a major street with public transportation. The school serves a student body of 688. There, however, is no convenient turn-a-round or exit for traffic back to Land Park except through narrow residential streets. Additionally, there are no designated passenger loading and unloading zones and no barrier free drop off space. Drop offs currently take place along the Vallejo Way frontage and in the staff/visitor parking lot fronting Vallejo Way. Both locations generate traffic conflicts and unsafe conditions. A barrier free drop off space is required and a designated drop off lane is recommended along Vallejo Way.

Building 1 houses Administration, Media Center, Multi-Purpose Cafeteria, Kitchen and 25 classrooms that include band, vocational and science classes. The vocational shop classrooms have been closed and the spaces are being used for art and science classrooms and storage. In the current condition these spaces are not suited for these uses.

The school is well designed and effectively integrates the older buildings with the newer. The buildings are in generally good condition. Upgrades are needed however, especially to the auditorium and associated classrooms, to comply with access requirements. Barrier free access upgrades are needed throughout the campus. Improvements could be made through the use of more efficient windows, lighting and mechanical systems. The boiler is not currently in use and the system needs study for upgrading or removal. Outdoor student gathering areas include a large plaza or quad and a small amphitheater adjacent to the music classrooms and snack bar.

Information for this story is courtesy of SCUSD.

Local woman loves 'Clifford'—her new van

By DELL RICHARDS
Special to the Land Park News

Colleen Montini was born with cerebral palsy, but that hasn't stopped the wheelchair using woman from having a full life that includes managing 24 hotel accounts for a website marketing company and recently moving to Sacramento. "I've always walked on crutches, but had the wheelchair for nine years now," said Montini.

Since the 43-year-old has had nearly a decade of buying wheelchairs and vans, she knows what she wants.

She no longer is willing to have a crane lift her motorized, 250 lb. wheelchair into the van like she first did. She wants something made for someone like her.

When she heard about a new vehicle created specifically for wheelchair-users from their feedback, she wanted to see it immediately. "I wanted something I could run the wheelchair into," said Montini.

Once she saw the MV-1 at an Abilities Expo, she went for it.

Now "Clifford"—her red MV-1—gets attention wherever she goes. "People are always rolling down the windows and asking what it is," said Montini.

Destinations Mobility recently was awarded the Northern California li-

cense for the MV-1 to begin selling them. "We are really proud to be part of this new venture," said Richard Rosebush, Destinations Mobility division manager.

Destinations Mobility is the new wheelchair sales van division from local nonprofit Paratransit, Inc. The new division also is the first nonprofit manufacturer, VPG, has worked with.

"We targeted them specifically," said Ed Kendzierski, VPG Regional Sales Manager. "Destinations Mobility and its parent company, Paratransit, have the caring and sensitivity that is essential to our industry."

"It's not just about buying a car, it's a process. Because it's not just transportation, it's really independence." For Montini, having a van specially designed for her needs has really helped. "It has made a complete difference in my life," said Montini.

The van has a space for her wheelchair instead of a passenger seat, so she can lock in the chair there and sit in the driver's side. "There's no passenger seat in this vehicle, the wheelchair sits next to me," said Montini.

She also appreciates the hands-only driving controls, which were included as an add-on. "I really wasn't aware of all the little touches until I started using them," said Montini. "It's amazing."



Photo by Dan Yarbrough

"Clifford" with Colleen Montini, seated, and Linda Deavens, CEO of Paratransit, Inc., standing.

Located at 2501 Florin Road, the Destinations Mobility showroom is open Monday through Friday, 8 a.m. to 5 p.m. and Saturday 10 a.m. to 3 p.m.

For more information, go to www.destinationsmobility.com.

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Sing-Along Messiah Tradition Returns Community Invited to Free Christmas Concert on Dec. 9

A free Christmas "Sing-Along Messiah" concert will take place Sunday, Dec. 9, starting at 4 p.m. at Bethany Presbyterian Church, 5625-24th Street, Sacramento (off Fruitridge Road between I-5 and Highway 99, just 10 minutes south of downtown Sacramento). Free parking is available. Donations of canned or packaged goods for the local food closet will be accepted at the door. Map and driving directions: www.bethpres.com.

There is no charge to participate as a singer or audience member, and free refreshments will be served following the concert. A goodwill offering midway through the con-

cert. Chief beneficiary of the offering is the South Sacramento Interfaith Partnership Food Closet, which is struggling to provide emergency supplies of groceries to thousands of in-need area residents this holiday season. In the month of October 2012 alone, food was provided to more than 7,000 individuals.

Everyone is invited to join in the volunteer choir, which will be led by choral conductors from area colleges and churches. Last year's combined choir and audience totaled more than 200 people. Participants are encouraged to bring their own musical scores; a limited quantity of

Messiah scores will be available for purchase (just \$10) at the door.

"To make this truly a participatory event, we are repeating our custom of not using professional soloists," says Dr. May Tuan Tucker, Bethany Presbyterian Church Music Director. "Solos will be performed in group fashion at the front by anyone and everyone who desires to sing them." This special feature is not offered at most Sing-Along Messiah events.

Singers of all ages and abilities are welcome to attend an informal public rehearsal on Sunday, Dec. 2, at 4 p.m. at Bethany Church. For more details, contact event coordinator Dr. May

Tucker at 428-5281 or e-mail maytucker@mac.com.

The Messiah, composed by George Frideric Handel in 1741, is based on bible passages that tell the story of Christ. This musical celebration has since become a Christmas tradition in many parts of the world. The December 9 concert will feature primarily the Christmas portions of the Messiah, concluding with the triumphant "Hallelujah Chorus."

A downloadable Sing-Along Messiah flyer is available at www.bethpres.com.

The Sing-Along Messiah is presented by Bethany Presbyterian Church in partnership with local congregations and schools.

CALENDAR

For more calendar entries visit www.valcomnews.com

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

NOVEMBER

Run to Feed the Hungry

Nov. 22: On Thanksgiving Day, a 10K and 5K race will take place through East Sacramento, benefiting the Sacramento Food Bank and Family Services. Rain or Shine. The 10K starts at 8:30 a.m. and the 5K at 9:05 a.m. The race starts on "J" Street just West of the entrance to the Sacramento State campus and runs through the beautiful tree lined streets of East Sacramento. <http://runtofeedthehungry.com/>

Bi-Polar Anonymous

Nov. 23: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Free admission day at Fairytale Town

Nov. 23: From 10 a.m. to 4 p.m. Adults must be accompanied by children. Fairytale Town, 3901 Land Park Dr., Sacramento; 808-7462; www.fairytaletown.org

Small Train Holiday!

Nov. 23 and 24: The California State Railroad Museum presents a "Small Train Holiday" for two days in late November. Visitors of all ages will be dazzled by amazing scale models and toy train displays, fun interpretive handcar rides and much more - all happening inside the Museum. Guests will enjoy many new discoveries as they participate in a scavenger hunt and will have the opportunity to watch a whimsical silent movie where the viewer's eye-level perspective provides a unique experience inside the world of vintage toy trains. Also, Mrs. Claus will provide special "story time" activities when she's not roaming through the Museum greeting kids and visitors of all ages. 445-6645 or visit www.california-staterailroadmuseum.org. \$10 for adults; \$5 youths ages 6-17 and free for children five and under. 445-6645 or go to www.california-staterailroadmuseum.org

Rotary Clubs of Arden-Arcade, Carmichael

Nov. 27: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Rotary Club of Pocket/Greenhaven

Nov. 28: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

East Sac Rotary

Nov. 28: Meets at 6 p.m., Evans Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

'Christmas Memories - Nostalgia in a Song'

Nov. 29 and Nov. 30: Performance by the VoCALs, a talented group of local musicians at 11:15 a.m. and 1:15

p.m. seatings at the Casa Garden Restaurant, 2760 Sutterville Rd., Sacramento. Entree choices: Smoked Beef Brisket or Asian Chicken Salad; dessert Harvest Cake -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations a must -- call (916) 452-2809. Proceeds benefit the Sacramento Children's Home.

Bi-Polar Anonymous

Nov. 30: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Senior Center at Sierra 2-- Holiday Jewelry and Craft Sale

Nov. 30: From 11 a.m. to 4 p.m., benefiting the Senior Center at Sierra 2. Help by donating jewelry to the sale, joining us as a vendor at the event, or by shopping at Sierra 2 Center for Arts and Community, 2791 24th St, Room 12. 455 6339.

Asante Children's Choir Christmas concert at Northminster Presbyterian Church

Nov. 30: The group is a nonprofit organization with the mission of supporting and educating disadvantaged youth and women in Africa. They are dedicated to spreading love, hope, and joy through this high-energy concert that will please old and young alike. They do not charge for their performances but do ask for a love offering to help support their tour. 487-5192 or visit northminsteronline.org. 3235 Pope Ave.

39th Annual Sacred Heart holiday home tour in East Sacramento

Nov. 30-Dec. 2: One of Northern California's most loved walking holiday home tours returns, with five elegantly decorated homes in East Sacramento's historic Fabulous Forties neighborhood open for viewing. The tour includes a holiday Boutique and Café located at Sacred Heart Parish School at 39th and H Streets. Tour tickets are \$25 in advance starting on Nov. 1, \$30 after Nov. 29. www.sacredheartmetour.com • Friday 11 a.m. - 8 p.m. (Homes open for touring at 11am; Café and Boutique open at 12:30 p.m. Friday due to school dismissal) • Saturday 10 a.m. - 7 p.m. • Sunday 11 a.m. - 5 p.m.

DECEMBER

Winter Wonderland at Fairytale Town

Dec. 1: Enjoy a day of play in the park, make arts and crafts from holidays around the world and visit with Santa Claus in his workshop from 11 a.m. to 3 p.m. Winter Wonderland is free with paid park admission. Weekend admission is \$5 for adults and children ages 2 and older and free for children ages 1 and under. Visit fairytale-town.org or call 808-7462.

Free Tree Pruning Clinic

Dec. 1: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 10:30 to noon at the Carmichael Library, 5606 Marconi Ave. Register at www.sactree.com/events.

Holiday craft faire at Northminster Presbyterian Church

Dec. 1: From 10 a.m. to 2 p.m., Northminster is hosting a family fun day of free "Make It and Take It" craft event to help children of all ages prepare for Christmas with Christmas gifts and decorations; and, with the assistance of Santa's helpers. There will be a variety of free crafts including beaded bracelets, Christmas tags, gingerbread houses, wreaths, and many more. In addition there will be a gift boutique including some handmade items made by the Northminster Quilters and Nimble Thimbles with purchases to support the summer camp programs. Light lunch will be served. 3235 Pope Ave. 487-5192 or visit northminsteronline.org.

Technology Petting Zoo

Dec. 1: Learn about the various e-Readers on the market and learn how to download ebooks from the library from 1-3 p.m., Belle Cooleedge Library, 5600 Land Park, 264-2920.

Rose Pruning Class at City Cemetery

Dec. 1: Free, hands-on rose pruning class from 10 a.m. to noon. Learn the art of rose pruning using techniques for various types of roses, with information on tools, gloves, fertilizer and more. Parking is located across the street from the 10th Street gate. Donations accepted. 264-7839 or 448-0811. 1000 Broadway, Sacramento

Photo gift shows by P. Colmer

Dec. 1: Maidu Center/Library, 1550 Maidu Dr., Roseville. 9-4 p.m., 916-261-3850

Fulton Ave. holiday tree lighting

Dec. 1: The Fulton Avenue Association presents the 6th annual holiday tree lighting at 5 p.m. at Tognotti's Auto World, located at 2509 Fulton Ave. Bring a can of food for the Arden Arcade Food Drive, and get a free photo with Santa. Bring a new, unwrapped toy for a child between the ages of 0 and 16 and get a free photo with Santa. All gifts will be given to children who reside in the Arden-Arcade area. At the lighting, there will be a Christmas tree raffle, Santa, music, and carolers.

Pancake Breakfast

Dec. 1: Two light, delicious, warm pancakes, a tasty patty of sausage, Log Cabin syrup, tea and coffee, all for only \$3/person! 8:30 a.m.-10 a.m. Every First Saturday of the Month. Benefits the Wednesday Club. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael.

Parkside Community Church

Holiday Boutique
Dec. 1-2: Saturday, Dec. 1 from 9 a.m. to 4 p.m. and Sunday, Dec. 2 from 11:30 a.m. to 2 p.m., have fun and shop for beautiful hand-crafted gifts and enjoy delicious homemade soups and baked goods. 5700 South Land Park Dr. 421-0492.



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— EVENT LISTING SECTION —

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Call (916) 429-9901 for rates.

34th Annual "Holiday Show of Hands" CRAFT FAIR

Friday, Nov. 30, 5-9 p.m. (\$3)
Saturday, Dec. 1, 9 a.m. - 7 p.m.
Sunday, Dec. 2, 9 a.m. - 3 p.m.

Unique, hand-crafted gifts, decorator items, collectibles
Hot Lunch - Shuttle from Elks Club

St. John the Evangelist School
5701 Locust Avenue, Carmichael

Nutcracker in One Act & Christmas Angels

Dec. 1, at 7 p.m., & Dec. 2, at 2 p.m.
Crockett-Deane Ballet Company & Deane Dance Center
"The Center"
2300 Sierra Boulevard

\$15 adults; \$12 seniors/students & \$10 children. Tickets at the door & at Deane Dance Center
3385 Lanatt Street.
(916) 453-0226

Annual Holiday Boutique

Sierra Oaks K-8 School
Saturday, Dec 8 - 10 a.m. to 3 p.m.

Over 20 vendors & local business owners selling jewelry, clothing, decorations & specialty items. Sierra Oaks Café will have coffee, pastries, soup & salad.

171 Mills Rd. Sac., Multi-Purpose Room
Arden-Arcade Area
Info: carla.halligan@gmail.com
All proceeds benefit the children at Sierra Oaks School

FAMILIES ANONYMOUS presents. . .

Dr. Mark Chofla of Empathy Therapy

"Finding Balance: Joy & Issues"

Ways to cope with adult children who are battling emotional problems or addictions.

Sunday, December 2nd, at 3:00 PM

Del Norte Club, 3040 Beccerra Way, Sacto. 95821
Handicapped Accessible. Free. Refreshments

Sacramento County Grand Jurors' Association

An association of former Grand Jurors and citizens interested in the work of Civil Grand Juries.

Fall Membership Meeting: Wed., Nov. 28, 11:30 a.m. - 1:30 p.m.
Belle Cooleedge Library:
5600 South Land Park Drive, 95822

Guest Speaker: Jill Levine,
Sacramento County Registrar of Voters
Lunch available for \$15.
Reservations required.
Information/reservation: Emma Fravesi
pfravesi@pacbell.net

CALIFORNIA WATERFOWL Pocket/Greenhaven Banquet

In Memory of Gene Andreuccetti
THURSDAY, DEC. 6, 2012
STEAK AND PRAWNS DINNER w/WINE

Portuguese Hall - 6676 Pocket Road

\$60 p/p - \$90 couple
Dinner, Membership, Gift
Cocktails 5:30 - Dinner 7:30
JACK CARMANY (916) 427-6961

**CALL AND PLACE YOUR
EVENT TODAY!**

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**Holiday Boutique at
Parkside Community Church**

Handmade Crafts • Holiday Music
Homemade Soup & Desserts
Raffle and Canned Food Drive

**Saturday, December 1st
9 a.m. - 4 p.m.**

**Sunday, December 2nd
11:30 a.m. - 2 p.m.**

5700 S. Land Park Drive
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www.parksideuicc.org



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Nutcracker

Saturday, December 8, 2:00 pm
Delta Center for the Arts
Warren Atherton Auditorium
1111 North Auburn, Stockton, CA 95210
Ticket Box Office: 209-954-5110

Saturday, December 15, 2:00 pm
Sherman High School
Performing Arts Center
8831 Sacramento Blvd
Sacramento, CA 95829
Ticket Info: 916-404-1188

Tickets: \$12-\$22
For information or to purchase tickets, visit
capitolballet.com

CALENDAR

For more Calendar entries visit
www.valcomnews.com

'Procession of Carols'

Dec. 1 and 2: Sac State's choral groups continue their holiday tradition with the inspirational "Procession of Carols" at Sacred Heart Church, 39th and J streets at 8 p.m. Saturday, Dec. 1; and 2 p.m. and 7 p.m. on Sunday, Dec. 2. The program includes the Austrian carol "Still, Still, Still" and new settings of "Jingle Bells" and "The Snow Lay on the Ground." Tickets are \$15 general, \$10 seniors and \$7 students and available at the University Ticket Office, 278-4323. 278-5191.

Photo gift shows by P. Colmer

Dec. 2: Holy Spirit Church, 3159 Land Park Dr., Sacramento, 10-3 p.m., 916-261-3850

'Finding Balance: A Joy with Issues'

Dec. 2: Dr. Mark Chofa of Empathy Therapy will speak on "Finding Balance: A Joy with Issues" at 3 p.m. Ways to cope with adult children who are battling emotional problems or addictions. Addressing several concerns, Dr. Chofa, Psychiatrist+Physician+Counselor, will discuss matters close to parents' hearts. Refreshments provided. Location: Del Norte Swimming & Tennis Club, 3040 Beccera Way, Room 603, Sacramento, 95821. Handicapped Accessible. Free. 402-2465

'Finding Balance: A Joy with Issues'

Dec. 2: Dr. Mark Chofa of Empathy Therapy will speak on "Finding Balance: A Joy with Issues" at 3 p.m. Ways to cope with adult children who are battling emotional problems or addictions. Addressing several concerns, Dr. Chofa, Psychiatrist+Physician+Counselor, will discuss matters close to parents' hearts. Refreshments provided. Location: Del Norte Swimming & Tennis Club, 3040 Beccera Way, Sacramento, 95821. Handicapped accessible. Free. 402-2465.

THE MUSIC SOCIETY AT CATHEDRAL SQUARE PRESENTS
MUSIC AT THE CATHEDRAL OF THE BLESSED SACRAMENT

CHRISTMAS

2012

Messiah and More **Saturday, Dec. 8, 7:30pm**
Featuring a Sing-Along Messiah with the Camelia Symphony, the Valley Choral Society, Capella Antiqua, and the Choir of the Cathedral of the Blessed Sacrament.

Lessons and Carols **Friday, Dec. 14, 7:30pm**
A service of Lessons and Carols benefiting St. Patrick Academy, featuring the St. Patrick Academy Children's Choir, Diocese of Sacramento Choir, and the Cathedral Orchestra.

The View from London **Friday, Dec. 21, 7:30pm**
Capella Antiqua artists-in-residence at the Cathedral, sings music from London circa 1850, featuring the world premier of Dickens' Lessons and Carols.

Tickets and information at www.cathedralsacramento.org

Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

Rotary Club of Pocket/Greenhaven

Dec. 5: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

East Sac Rotary

Dec. 5: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacroty.com.

California Waterfowl Pocket/Greenhaven banquet

Dec. 6: In memory of Gene Andreuccetti, the banquet will have steak, prawns and wine. Portuguese Hall 6676 Pocket Road, \$60 p/p \$90 couple. Cocktails at 5:30 p.m., dinner at 7:30 p.m. Contact Jack Carmany at 427-6961.

'Scrooge'

Dec. 7-Dec. 23: Rodger Hoopman's special holiday musical featuring Dickens' favorite character. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 www.cplayhouse.org

Crocker/Riverside Elementary PTA Scholastic Book Fair

Dec. 3-7: To help raise funds for school programs, the PTA will hold its annual Scholastic Book Fair. www.crocker-riverside.org.

Bi-Polar Anonymous

Dec. 7: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Galena Street East Presents 41st Annual 'Holiday Tapestry' Show

Dec. 7-8: Comprised of local Sacramento area performers from the ages of four to 18, Galena Street East, California's young performing ambassadors, will light up the stage and make history during the 41st Annual "Holiday Tapestry" Christmas show, entitled "Rejoice in The Rhythm of Nations." \$15 for general admission and \$12 for students. Tickets at www.galenastreeteast.org or by calling 731-4090 or by emailing beragninifam@hotmail.com. Group discounts available. The Friday show starts at 7 p.m. and there are two performances on Saturday, one at 1 p.m. and a second at 7 p.m. Hiram Johnson High School Auditorium, located at 6879 14th Ave.

6th Annual Christmas Show for Short Center North

RECEPTION:
Dec 8th, 6-11pm
Show runs thru December

COFFEE GARDEN
2904 Franklin Blvd.

COFFEE GARDEN
2900 Franklin Blvd.

www.thecoffeegarden.com
457-5507

Camellia Waldorf School's 24th Annual Winter Faire

Dec. 8: Come celebrate the magic of winter with heartwarming activities. Children will enjoy watching puppet shows, making crafts, and shopping in a special "children-only" store. Parents and friends can shop for unique and handcrafted gifts, as well as enjoy free live music and hearty and healthy food. We will host a Soup Competition, in addition to offering quesadillas and tamales, home-baked goods, mulled cider, organic gourmet coffee and more! Free admission with nominal charges for some activities. 10 a.m. to 3 p.m. Camellia Waldorf School, 5701 Freepoint Blvd., Sacramento, 9427-5022. <http://www.camelliawaldorf.org>

Volunteer in the garden

Dec. 8: Jensen Garden, located at 8520 Fair Oaks Blvd. in Carmichael, is holding a volunteer garden work day from 9 a.m. to 1 p.m. Bring work gloves, hand pruners, lunch and a drink and join other volunteers to keep the garden beautiful all year. All skill levels are needed. Tracy Kerth (916) 485-5322 ext. 23 or email tracy@carlmichaelpark.com.

The annual Sacramento State Winter Jazz Festival

Dec. 8: Annual festival happens in Capistrano Hall. Performances by middle school, high school, and college jazz ensembles are scheduled 8 a.m.-6 p.m. The Wee Trio performs at noon, and the festival concludes with a performance by The Sacramento Jazz Orchestra, with alto saxophonist Dave Pietero. Tickets are \$10, available at the festival. For more information, visit: www.csus.edu/music/jazz/, or call (916)-278-7987.

Volkssport walking

Dec. 8: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquarters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Camellia Symphony presents Messiah sing-along

Dec. 8: The Camellia Symphony Orchestra and the Music Society at Cathedral Square join together to present a holiday concert featuring Part I of Handel's beloved Messiah Sing-Along at 7:30 p.m. (doors open at 6:30 p.m.) at the Cathedral of the Blessed Sacrament located at 1017 11th Street, Sacramento. \$10 per person, children 5 and under, free. General seating. Order online: camelliasymphony.org or 929-6655. Tickets may also be purchased at the door.

St. Nick's Breakfast and Craft Fair

Dec. 9: Crafts and breakfast from 8 a.m. until 2 p.m. Presentation School (next to Presentation Parish) 3100 Norris Ave., Sacramento. 343-7669.

Bel Tempo Handbell Christmas Concert

Dec. 9: Start your holiday season with an afternoon of traditional holiday music from throughout the world as celebrated by Bel Tempo. Bel Tempo is a community handbell choir sponsored by Northminster Presbyterian Church and is directed by Mary Balkow. This year's concert, Christmas Joy, benefits Francis House Center. Bel Tempo rings a five octave set of Schulmerich handbells consisting of 62 bells which range in

Capitol Ballet Company creates holiday magic with Tchaikovsky's 'The Nutcracker'

Special to Valley Community News



Don't miss this enchanting holiday classic. Experience the beauty and artistry of ballet and the wonder of Tchaikovsky's *The Nutcracker*. This classical ballet, first performed in Russia over a hundred years ago, has become a family holiday tradition. Audiences in Northern California have long been enjoying Capitol Ballet Company's performances of *The Nutcracker*.

Join Clara at her family's grand Christmas Eve party where Herr Drosselmeyer amazes the children with his fantastic inventions, a life size doll and bear which seemingly come to life. Then dream with Clara as her courageous Nutcracker Prince and his toy soldiers victoriously battle the villainous Mouse King and his army of mice. With the battle won, Clara's Nutcracker be-

comes a handsome prince and leads her away on a magical journey. Travel with them as they pass through the beautiful land of snow and on to the Kingdom of Sweets, where they are greeted by dances performed in their honor, including The Waltz of the Flowers and the Dance of the Sugar Plum Fairy and her Cavalier.

The Nutcracker will be performed on Saturday, Dec. 15 at 2 p.m. at the Sheldon High School Performing Arts Center, 8333

Kingsbridge Drive, Sacramento, California. Tickets are \$18-\$22 for adults; \$12-\$16 for children, seniors (65+), students and military with ID. Tickets may be purchased at www.capitolballet.com or by calling Capitol Ballet Company 484-1188.

Capitol Ballet Company is a non-profit organization funded in part by the Sacramento Metropolitan Arts Commission Cultural Arts Awards with support from the City and County of Sacramento. Visit us at www.capitolballet.com

weight from 7 ozs. to 9 1/2 lbs. Audience members will have an opportunity to ring along with Bel Tempo on favorite holiday selections. Francis House is a triage center for those suffering from homelessness and poverty. Their mission is to provide relief, resources, and hope that transforms individuals and families from a struggle for survival to a plan for their success. 487-5192 or visit northminsteronline.org. Show starts at 4 p.m. at Northminster Presbyterian Church, located at 3235 Pope Ave.

All donations go to the San Jose Milk Bank to benefit babies in need. 1625 Stockton Blvd. For information or to donate milk, 261-5683. Sacbreastfeeding.org; www.sanjosemilkbank.com

CSUS String Project to hold free holiday concert

Dec. 10: Concert to start at 7 p.m. in Capistrano Hall's Music Recital Hall on the Sacramento State campus, 6000 J Street. The String Project provides group lessons in violin, cello and bass for local children in the fourth-grade on up, taught by Sac State students. The program includes selec-

tions from the "Nutcracker Suite," "French Folk Song," and the always popular "Twinkle, Twinkle Little Star." Admission is free. 278-5191.

Rotary Clubs of Arden-Arcade, Carmichael

Dec. 11: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting
Dec. 11: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

Rotary Club of Pocket/Greenhaven

Dec. 12: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Wednesday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Crockett-Deane Ballet Company & Deane Dance Center

Saturday, Dec. 1st, 7pm &
Sunday, Dec. 2nd, 2pm

Featuring
The Nutcracker (one act)
and **Christmas Angels**

Tickets at the door:
Adults \$15
Seniors/Students \$12
Children \$10

The Center at Twenty Three Hundred
2300 Sierra Blvd., Sacramento
Questions? Contact Deane Dance Center
916.453.0226

SACRAMENTO CHILDREN'S CHORUS

HOLIDAY CONCERTS

Gloria!

December 1, 2012, at 7:30 p.m.
Westminster Presbyterian Church
1300 N Street, Sacramento, CA 95814

December 2, 2012, at 4:00 p.m.
Carmichael Seventh Day Adventist Church
4600 Winding Way, Sacramento, CA 95841

Featuring five choirs
With special guests: Celestia Harp Ensemble and
Carrie Hennessy, Soprano

CONDUCTORS Lynn Stevens and Julie Adams

TICKETS: \$30 Preferred \$16 General \$11 Students
www.northernhillstreetchorus.org (916) 616-1111



DELIGHTFUL CURTIS PARK

Cute 3 or 4 bedroom, with storage galore! Brand new garage space is awaiting your finishing touches as guest quarters, art studio, office or additional entertainment area! Hardwood floors, newer HVAC units, updated appliances, and a terrific park view round! \$465,000

CHRIS BRIGGS 834-6483



LAND PARK SPANISH

Stylish 2 bedroom 2½ bath home in the heart of Land Park. Oversized rooms, granite kitchen, family room and pretty hardwood floors. Bonus room off of the garage is perfect office or art studio! Newer central heat & air system. Just steps to William Land Park! Don't miss this one. \$529,000

PAULA SWAYNE 443-1229



DARLING LAND PARK

Exceptionally well-cared home featuring retro kitchen, gleaming hardwood floors, living room fireplace, 2 nice-sized bedrooms! Pretty yard with flower beds, roses and trees. Nice two-car detached garage. Walk to Vic's Ice Cream and fun! Owner has original plans for this home built in 1940! \$324,900

LEIGH RUTLEDGE 612-6911



LOVELY S LAND PARK

Handsome 3 bedroom 2 bath home with updated kitchen, pretty hardwood floors and family room with cozy fireplace. 2-car attached garage, all beautifully maintained and waiting for you! \$289,500

SHEILA VAN NOY 505-5395



PENDING

ADORABLE HOLLYWOOD PARK

Fantastic location for this 2 bedroom 2 bath home!. Master Suite has jetted bath, separate shower, dual shower heads and walk-in closet. This home features updated kitchen, master bath, dual pane windows, hardwood floors and newer roof. Check out the large yard and huge patio cover! \$239,900

JAMIE RICH 612-4000



PENDING

OLD WORLD CHARM

Old World Character, Space & Charm!! 3 or 4 bedrooms 1½ baths featuring arches, wood floors with inlay, formal dining room with French doors, brick patio & shaded backyard. Great family home across from Park. Just steps to the Farmers Market & close to downtown. \$315,000

SHEILA VAN NOY 505-5395



SPACIOUS CURTIS PARK

Perfect family home with 3 bedrooms and 2 baths! Newer home close to Curtis Park. Walk to Gunthers Ice Cream and various coffee shops. Close to downtown and transportation. Deep backyard is great for family fun. Move in ... and enjoy! \$259,900

SHEILA VAN NOY 505-5395



PENDING

SPACIOUS HOLLYWOOD PARK

Room to roam on just shy of 1/3 acre lot (.3295)! This 3 bedroom 2½ bath home has room for all your toys and activities. Bring your boat, RV, kids, dogs, bocce ball, and gardening stuff! Updated kitchen, living room with fireplace and open family room, and did we mention built-in pool and spa too! \$269,900

CHRIS BRIGGS 834-6483



PENDING

SUTTERVILLE HEIGHTS

Blomberg –built mid-century home in South Land Park Terrace. A warm and inviting covered patio area with fireplace greets you as you enter. Not far beyond is a classic hot tub. 3 bedroom home has central heat and dual pane windows. It is waiting only for you to personalize it and make it your own. \$269,000

CHRIS BRIGGS 834-6483

for current home listings, please visit:

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