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## Something to Bark About: Belle Coolegge Library Helps Kids Learn Reading Through 'Read to a Dog' Program

By **CORRIE PELC**  
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On the fourth Tuesday of each month, children are found not reading to a librarian, or a tutor or a teacher. Instead, they're reading to one of trained therapy dogs that calmly sits for an hour and lets the children read to them at Belle Coolegge Library.

Volunteers through Lend A Heart Lend A Hand Animal-Assisted Therapy run Belle Coolegge's read to a dog program.

According to Youth Services Librarian Donna Zick, they can have upwards to 30 children at each monthly session, who have the opportunity to read to one of five to 10 therapy dogs. She says the focus is on kids in grades kindergarten through fourth grade, "because we know now that's an important marker for kids' reading levels and we want them to be reading at that stage and want them to be fluent and comfortable with reading."

According to President Barbara Street, Lend A Heart began in 1987 and is an organization of volunteer therapy dogs, cats and rabbits and their handlers that serve hospitals, assisted living centers and memory care centers. Street says Lend A Heart had started a "Read to a Dog" program at Rancho Cordova Library nine years ago, and the success of that program caught the attention of Belle Coolegge Library, who then her to start the program at their library.

Meanwhile, every Tuesday, about 25 children ranging in ages from five to 10 come to the Carmichael Library after school to work on their reading skills.

"It's really fun and the kids just love it," says Shelley Andrews, branch supervisor for the



Carmichael Library. "Everybody enjoys it – the kids love it, the staff loves it because we love to see the dogs, the owners of the dogs love it, and of course the dogs love it with all the attention they're getting. It's just really fantastic."

Carmichael Library began offering what they call the "Read to Rover" program back in 2007 when Carmichael resident Ellen Wildfeuer presented the idea to the library. A retired nurse, Wildfeuer knew of the benefits of pet therapy, and had a dog that had gone through the process of becoming a certified therapy dog.

To start the program, Wildfeuer used her connections to therapy dog associations to find other vol-

See Reading, page 3

## Overweight Women Needed for a Weight Loss Study

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## Reading: Program available fourth Tuesday at Belle Coolegge

Continued from page 2

unteers to bring their therapy dogs to the program. Currently they have 13 teams of therapy dogs and handlers that rotate coming to the library each week, with at least seven of those teams coming every single week, she says. "In 2011, we donated almost 2,000 hours of volunteer time," Wildfeuer adds.

Therapy dogs and their handlers are in the library's community room. Andrews says once a child signs up for the session, they can select a book they would like to read or bring their own book, then sit down and read to a dog. Once they are finished, they can sign up again to read to another dog. "Many times they come in and read to two or three dogs," she adds.

And during this time, Zick says parents are able to sit by to watch or visit with other parents while their child is practicing their reading. "It's a very relaxed environment," she adds.

Belle Coolegge and the Carmichael Library are two of five branches of Sacramento Public Library that offers a "read to a dog" program.

### Learning Curve

Many parents may be asking how can a child improve their reading skills by reading to a dog?

First off, Street says it gives children an opportunity to practice their reading in a relaxed, non-classroom environment with a non-judgmental companion. "It's more of building that really good feeling about reading and then being able to sit there and read out loud to a dog that doesn't care if you mispronounce word or is not judging you if you're reading too slow," she explains.

Wildfeuer agrees, and says this is a fun way for children who have difficulty reading to gain per-

sonal confidence. "It's an enhancement of how the children are learning to read in school in a less structured, more fun, atmosphere," she adds.

Zick says she has seen the positive impact of the program through a seven year old boy who when he came to his first program did not want to participate, saying he didn't feel he could read well and didn't like to read. "He was there the whole hour reading to the dogs, just completely engrossed in it," she recalls. "He had convinced himself he wasn't a good reader. Reading is just practice, so this is just another way to practice."

Although the children are there to read to the dogs, Wildfeuer says the dog handlers are there to help if a child asks for it. "We'll tell the kids if they need help, let us know and we'll help them sound out a word," she adds.

Plus children who participate in the Read to a Dog program can also learn about how to properly behave around animals and how to be more comfortable around dogs, says Andrews. She says the therapy dogs range in sizes from little lap dogs to Great Pyrenees, so for some kids it takes a while for them to be comfortable around the larger dogs. "But they're all learning after they come for a while and they start feeling comfortable reading to the big dogs, so that's also a very positive part of it," Andrews says.

The Read to Rover program at Carmichael Library is held every Tuesday from 3:30-4:30 p.m. The Read to a Dog program at Belle Coolegge Library is held the fourth Tuesday of each month from 6:30-7:30 p.m. For more information on these programs, visit [www.saclibrary.org](http://www.saclibrary.org).

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## The Coffee Garden is now accepting care packages for Valentine's Day for the troops deployed in Afghanistan

The Coffee Garden's barista Michelle Waters' husband Terrance Waters is currently deployed in Afghanistan with hundreds of other soldiers from Fort Stewart, Georgia. Michelle is getting the coffee shop and its customers involved in sending Valentine's care packages as a reminder that people are thinking of them. Co-owner Michael Madsen said they are going to send them coffee and French presses, along with directions on how to brew.

Here's a list of things soldiers miss from home and are not able to get often.

### They have requested:

- Mountain Dew (one soldier actually traded a local Afghan his scarf for a 12oz Mountain Dew)
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- Tea
- Beef jerky
- Toothpaste
- Baby wipes
- Gummy bears
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If you would like to help, you can bring anything you would like to send to the soldiers to the Coffee Garden no later than Feb. 6, and we will make sure they make it over safe to the soldiers by Feb. 14.

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# SPORTS

## Land Park Soccer Club joins Greenhaven to create Sacramento Soccer Alliance Tryouts begin Jan. 19



In 2010 the leaders of the Greenhaven and Land Park Soccer Clubs joined forces and in partnership created the Sacramento Soccer Alliance (SSA). The collaboration was in response for the need to provide a higher level playing opportunity in "age pure" divisions for the two neighborhoods. Thus the SSA is now the Select level soccer program associated with Greenhaven and Land Park Soccer Clubs. SSA provides opportunities for players and coaches looking to take their game to a higher level without the high cost and time commitment required of a competitive club.

The sky blue and white program has grown from 22 teams in its inception to 34 age pure teams last year in all boys and girls age groups from U9 to U19.

Teams play competitively in either the Cal North (CYSA) or NorCal Premier (US Club) leagues.

As the program enters its fourth year, the focus continues to be on player and coach development. New for the 2013 season, Sacramento Soccer Alliance is a member of the National Soccer Coaches Association of America (NSCAA) nationwide Club Standards Project. SSA is taking part in the NSCAA youth soccer evaluation process designed to raise the standards and expectations for coach and player development. Shane Singh, the President of the Greenhaven Soccer Club, remarked, "the children of Land Park and Greenhaven are very fortunate that the SSA was established to provide this level

of soccer while still keeping the costs down."

Also new in 2013 is a training partnership with Coerver Coaching to provide club technical trainings and an inaugural Coerver Camp. Coerver Coaching California Northeast will be running bi-weekly club technical sessions from June to August and running a Coerver Camp in late June. Coerver Coaching is the recognized world leader in teaching soccer skills, is endorsed and recommended by top soccer federations, associations, clubs, and players. Singh added, "In 2012, several SSA teams in the younger age groups fared very well in playing leagues against local Competitive level soccer clubs."

Tryouts begin with the U9 - U11 players on Jan-

uary 19 and 26. Tryout information and online registration can be found on the SSA web site at [sacramentosocceralliance.com](http://sacramentosocceralliance.com). Tryout information for older players will be posted on the SSA web site as it becomes available. SSA

is open to players and coaches from all areas of Sacramento. Prospective coaches can also find more information about the club and application process on the SSA web site.

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BIRKENSTOCK

## Dairies operated along 13th Street during 19th century

By LANCE ARMSTRONG  
Lance@valcomnews.com

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

Among the various 19th century dairies, which operated within today's 95818 zip code, were the Excelsior, Boston and Capwell dairies.

### Excelsior Dairy

By at least 1884, George H. Hooker and Dugald McMillan were operating a dairy at the southwest corner of 13th and W streets.

An article published in *The Sacramento Union* about five years prior to that time summarizes an incident involving Hooker and a milk can.

According to this May 13, 1879 article, a man named Barney Cummings had been arrested for battery and then released on bail earlier in the attempted assault on another victim, Hooker.

The article noted that Hooker avoided the whip and "knocked him into the gutter with a milk can, which he had in his hand, pounded him a little and then had him rearrested."

This milk can reference appears to be merely coinci-



Photo courtesy of the Lance Armstrong Collection  
Dairies were once abundant in the Sacramento area. Above, in this c. 1910 scene, cows graze in an unidentified location near the Sacramento River.

dental when trying to make any connection to Hooker and his dairy, as no pre-1884 mention of this dairy was discovered during research for this article.

The 1888-89 city directory recognizes Hooker and McMillan's dairy as the Excelsior Dairy.

The last city directory to list Hooker and McMillan's Excelsior Dairy was the 1889-90 directory. This directory also notes that these men were then residing at this dairy site.

Although neither Hooker or McMillan nor the dairy are listed in the 1893 city directory, references to Hooker do appear in articles in *The Union* in 1893 and 1894.

The 1893 article notes that Hooker bought nine sacks of potatoes for two needy young men and lent them a horse and wagon to sell the potatoes around town.

The story has an unhappy ending, as the boys sold the potatoes and tied the horse in an alley and never returned to Hooker's house. The horse was left unattended in an alley throughout the night.

The 1894 article refers to "Mr. and Mrs. George Hooker" as hosting a Christmas evening party at their residence at 9th and I streets.

George H. Hooker lived at the same site, which had the address of 830 I St.,

See Dairies, page 7

## Dairies: Buyouts and fire ended business

Continued from page 6

until about 1899, at which time he moved to 601 P St. While residing on I Street, he operated a wood and coal business from the same property.

### Boston Dairy

Another 13th and W streets dairy is mentioned in an advertisement that was published 22 times in *The Union* from Nov. 1 through Dec. 1, 1897.

The advertisement reads: "MRS. A. FINNEGAN'S Boston (private) Dairy - Located Thirteenth and W. P. O. address: 1228 W Street."

Based on information in city directories, the Finnegan family moved from 2430 N St. to 1228 W St. in about 1894.

According to an article in the June 7, 1899 edition of *The Union*, it was announced in a Board of Health meeting that police were notified to remove "a dairy at Thirteenth and W streets."

This dairy, which could possibly have been the Boston Dairy, appears to have been ordered for removal based on a then-new ordinance that prevented a resident from owning more than two cows within city limits.

The Finnegans were certainly not operating a dairy at 13th and W streets by the latter part of 1899.

*The Union* reported on Oct. 10, 1899 that a fire had occurred at James Finnegan's home on W Street, between 12th and 13th streets.

According to this article, Mrs. Finnegan had fed the "family cow" in the barn on the property and then returned to the house, which she discovered was filled with smoke.

About half of the house, which was owned by Anna E. Clark of 2331 10th St., was destroyed, and the Finnegans lost their furniture and various other items. The fire was caused by the explosion of a lamp in the house.

The article also noted that Mrs. Finnegan was able to enter the home and safely remove the children.

James Finnegan, who was a plasterer, and his family were residing at 810 L St. as early as 1901.

### Capwell and Stillwell dairies

In about 1886, New York native Harris C. "Harry" Capwell acquired property at the southeast corner of 13th and X streets.

Initially, Harry Capwell was residing in a home on this land and working as a carpenter. But by 1889, he was operating a dairy at the site, while continuing to live on his property.

On July 10, 1894, *The Union* published the following notice to the public: "Having bought out the dairy business of Mr. Capwell, I am prepared to supply pure milk and cream at reasonable prices; satisfaction guaranteed." Thos. S. Stillwell.

With this purchase, the history of this 13th and X streets dairy may have abruptly ended.

By at least the early part of the following year, Stillwell, who was a native of England, was operating a dairy at 34th and T streets. He also resided on the same property.

Stillwell moved his residence and dairy to Freeport Road (today's Freeport Boulevard), a half-mile south of the then-city limits, in late 1895.

He continued the operation of this Freeport Road dairy, which was known as Pacific Dairy, until at least 1900.

By 1903, Thomas S. Stillwell was living at 215 16th St. and working for the Southern Pacific Co. in Sacramento.

Stillwell maintained a residence in Sacramento until his death at the age of 78 on Aug. 4, 1941.

After selling his dairy, Harry Capwell continued to reside on the 13th Street property for the remainder of his life. His home's address was 2301 13th St.

Although no information pertaining to whether Harry Capwell had any children was found during research for this article, it was discovered that he was married to New York native Huldah (Lytle) Capwell for more than a decade. The couple was married in Sacramento by the Rev. Alanson C. Herrick on Oct. 7, 1897.

In about 1910, Harry Capwell passed away in his late 70s, and his widow continued to live on the property. Her home address was 1320 X St. from about 1914 until her own death at the age of 77 on Dec. 1, 1919.

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To view Joseph's website, simply scan the code with your smartphone.



# ARTS

## Dance Movement Meditation will be held Jan. 19 at Sierra 2

A workshop titled, Dance Movement Meditation, will be held on Jan. 19 with Prajwal Vajracharya, the lineage holder of the Newar Buddhist tradition of Nepal.

This will be the first time that this form of Buddhist practice will be available in Sacramento. This form of Buddhism has not been presented in Sacramento before because Prajwal is the only lineage holder in the US and he has never been to Sacramento before.

Prajwal teaches a sacred Buddhist dance form that for hundreds of years has been virtually unknown outside the circles of those who perform it. This ancient ritual dance dates back over more than 1000 years and is a religious discipline of the priests of Kathmandu, who perform the dance as part of their esoteric meditation practices, ceremonies, and rituals. Now Westerners can learn the

dance as a spiritual practice as well as a sacred performance art.

The workshop, Dance Movement Meditation, will teach the sacred dance of the priests of Nepal which is a dynamic yogic discipline for healing and transformation. The dance movements and meditative elements effect profound changes of mind and body. The goals of the dance are yogic mastery of the body, refinement of the emotions, and deepened spiritual awareness.

This workshop introduces the theory of the movement style and accompanying visualizations and chants. Participants will be guided through basic movements and dance sequences of this yogic dance form.

This workshop is a unique opportunity for anyone interested in healing arts, sacred movement, meditation, Buddhism, or Asian practices and per-



formance traditions. No experience necessary. Suggested donation \$15 for adults and \$10 for seniors and students.

If you go:

**What:** Dance Meditation Movement Workshop  
**When:** Jan. 19 from 2 to 4:30 p.m.

**Where:** Sierra 2 Community Center, located at 2791 24th St. in room 14 (upstairs)

**Cost:** Suggested donation \$15 for adults and \$10 for seniors and students.

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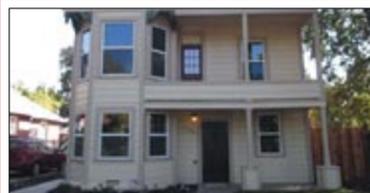


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# ARTS

## Artist Profile: BAMR

By KAEHA HAYES  
Sol Collective writer

Any artist can tell you that what happens in our lives can come out through our art. Finding that niche of how to show those stories, feelings, and ideas may not be as easy for some artists. I sat down with self-described Expressionistic Cartoonist Bamr to talk about the different aspects of life that have brought him to be the artist he is today, and what young artists

can take away from the techniques that he found useful in finding yourself and your prof- it. He mixes his love for acrylic paint with occasional pen and ink drawings as well as larger scale graffiti pieces. But his artistic style was not always so clear.

As a teenager, Bamr found his passion after an art teacher had taken him under her wing. When she noticed the natural talent and little direction that he had, she hooked him up the

**Sol Collective**

head coach of the football team who wanted the walls of the boys' locker room painted with the school's name and mascot. Bamr was not interested until hearing how much they were willing to pay him.

He had realized that he could continue his passion for art and make money.

"It's all history from there," Bamr described.

After high school he attended the Art Institute in Sacramento. That's when Bamr found an appreciation for art education. He now hopes to attend the Art Academy in San Francisco in the near future. When asked how much of his work was natural talent versus what he had



Photo courtesy Sol Youth Blogger Kaela Hayes sits down with BAMR to talk about their shared love of art.

learned in school, Bamr began to explain the balance that he has obtained in his art.

By always following the lead of his natural artistic instincts, he finds himself using what he has learned in school about colors, shapes, contrast, and line in every painting that he does. His teacher at the Art Institute liked the style Bamr was creating for himself and asked him to do a

collaborative piece with other better-known artists, boosting his drive to find places for his art to be spread.

Being in the business of art has taught Bamr many rules of publicity and networking in the art world that young artists can benefit from. For instance, art collectors and gallery own-

See Sol Collective, page 13



Courtesy of Sol Collective Above, two pieces by BAMR.

## Sol Collective: Artist shares his advice

Continued from page 12

ers may like your art but if they don't like you, you have a small chance of getting anywhere with the client. By showing them your true personality and more of who you are you are giving them more access into the life of your art and what you are about. This can establish a persona that will be easily recognized and admired by other gallery owners. Bamr gave some insight into just how important the artist's personal drive, professionalism and confidence is. "Follow through! If you want to get anywhere you have to call people back," said Bamr,

"They're giving you an opportunity."

At the young age of 22, Bamr has created a style all his own. By adopting the expressionistic cartoonism ideas that he defines as "expressing modern values in a cartoon way," he has been able to pull away from other stylized artists. He has proved his unique artistic abilities through his detailed line quality matched with his vibrant contrasting colors. Bamr uses influences from events in his life as well as his aspirations and dreams to show a story through his art. The intended story will always be

there in his eyes making his art open to personal interpretation. Through his success he has proved to many youth artists that continuing to learn will not only benefit your knowledge but your art.

This article has been reprinted with permission from Sol Collective's Nov. 27, 2012 online newsletter. Kaela Hayes is a local teen writer who contributes to Sol Collective's online newsletter.

Sol Collective is located at 2574 21st St., across the street from St. Joseph's Cemetery.

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**Land Park News**  
**Home Improvement Guide**  
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# CALENDAR

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

**ONGOING:**

**Iron Steaks to donate to Society for the Blind**

Now to Jan. 15: Iron Steaks will be donating a portion of their profits to the Sacramento Society for the Blind. This donation will be presented on Saturday, Jan. 19, at Iron's live music Saturdays. Bill Taylor, the owner of Iron Restaurant, is excited to be expanding their upstairs for live music events. The plan is to have a "Cotton Club" atmosphere, with dinner and live music every other Saturday. The kick-off for these events will be on New Year's Eve with the Sacramento favorite classic rock band Cinema 7. Iron Steaks is located at 2422 13th St., 13th and Broadway. For more information, call, 737-5115.

**American Watercolor Society presents Traveling Exhibition from New York**

Now until Jan. 26: Masters of light and color will dazzle your pleasure at the Sacramento Fine Arts Center, the only venue on the West Coast at the American Watercolor Color Society One Hundred Forty-Fifth International Exhibition. Gallery hours are

daily 10 a.m. to 5 p.m. Exhibit ticket donation \$10. Art and Music Gala celebrating the American Watercolor Society Exhibition. 704-8611 or www.sacfinearts.org

**Capsity's Winter Food and Clothing Drive in partnership with Sacramento Food Bank**

The food and clothing drive is in full swing at Capsity, 2572 21st St., 585-3004. Goal is to collect 300 pounds of food and new or gently used clothing.

**Travel club meetings slated at Arcade Library**

The Sacramento Public Library invites all travelers to its monthly "No Reservations Travel Club" meetings at 7 p.m. on the first Tuesday of each month at the Arcade branch, 2443 Marconi Ave. The free adult meetings feature a speaker, plus time for exchanging travel information within the group. 264-2920 or visit www.saclibrary.org.

**JANUARY**

**Rotary Club of Pocket/Greenhaven**

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

## Land Park Pacific Little League Line-up

2013 Tryouts will be held at Dooley Field and are scheduled for Jan. 12 and Jan. 19, weather permitting. Check www.lppll.com prior to tryouts for information on any last minute changes due to weather conditions.

Reminder that all players league age 8 or older (who will be 8 years old by April 30, 2013) MUST attend at least one tryout.

Tryout times: Please arrive 20 minutes prior to your tryout time to sign in.

12 year olds - 10 a.m. to 11 a.m. Dooley 1  
11 year olds - 11 a.m. to 12:30 p.m. Dooley 1  
10 year olds - 12:30 p.m. to 2 p.m. Dooley 1  
9 year olds - 2 p.m. to 3:30 p.m. Dooley 2  
8 year olds - 10:30 a.m. to 12:30 p.m. Dooley 2  
13 and 14 year olds - To Be Announced.

Softball times may change depending on need. Please check website prior to Jan. 12 for more information.

**Volkssport walking**

Jan. 10: 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

**Bi-Polar Anonymous**

Jan. 11: Free 12-step program/support group, for people who have Bi-Polar and

those who love them. Meets every Friday, 7:30-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

**Carmichael Chamber of Commerce presents M.V.J.**

Jan. 11: The Chamber presents the Most Valuable Jerry 2013 person of the year awards dinner and fundraiser honoring former Carmichael resident and Sacramento Kings TV Analyst Jerry Reynolds for almost three decades of service to sport, broadcasting and community. 6:30 to 9:30 p.m. at La Sierra Community Center 5325 Engle Rd., Carmichael. \$55 in advance, includes dinner, no host bar, raffle, silent auc-

tion. Meet celebrities and community leaders. Portions benefit Bev Angel's Project. 481-1002.

**Riverside Elks 6 Crab and Shrimp Feast**

Jan. 12: Crab and shrimp anti pasta, pasta, green salad, garlic bread, no host cocktails at 6 p.m., followed by dinner by 7 p.m. Huge raffle. Open to the public. Tickets available in the Lodge Office or call 422-6666. Credit cards accepted. \$45. 6446 Riverside Blvd. Sacramento. Proceeds go to the general fund.

See more 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.

*Concert at*  
**All Saints Episcopal Church**  
4:00 pm Organ Recital:  
*Dr. Ryan Enright*  
January 27, 2013 - \$10  
2076 Sutterville Road, Sacramento

Child care provided • Overflow parking available across Sutterville Rd. at City College • Reception to follow • \$10 per person

**CALL AND PLACE YOUR  
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**NEW YEAR CLEAN-UP**  
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. Specials for seniors. Licensed.

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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. See www.MelissaAndrews.com-Stop by Valley Community Newspapers, you can meet Melissa and see her artwork in our office at 2709 Riverside Blvd.

**Classified ads work**

Advertise in California Kids!  
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call Jen at (916) 429-9901  
Published by Valley Community Newspapers, Inc.

**Need Home Improvement?**  
Check out the Home Improvement Guide in the East Sacramento News. For Melissa for Home Improvement ad rates, call 429-9901.

**ADVERTISE YOUR RENTALS**  
Call 429-9901

# Send us your updated event announcements.

E-mail us, editor@valcomnews.com



## Sacramento Soccer Alliance

SSA Provides playing and coaching opportunities to players and coaches looking to take their game to a higher level without the high cost and time commitment required of a competitive club.

# TRYOUTS

### U9—U11 Boys & Girls

January 19th & 26th  
River City High School  
9:00—10:30 U9  
11:00—12:30 U10  
1:00—2:30 U11

All players must attend at least one tryout  
Bring a ball (properly inflated)  
Bring water  
Wear a white T-shirt (no team uniforms allowed)  
Be prepared for rain/cold  
Register online BEFORE  
Arrive 20 minutes early

Register or check for information and updates at:  
[www.SacramentoSoccerAlliance.com](http://www.SacramentoSoccerAlliance.com)

# CALENDAR

### Note card craft program for adults slated at Belle Coolegge Library

**Jan. 12:** The Sacramento Public Library will present a greeting card craft program for teens and adults at noon at its Belle Coolegge branch, 5600 South Land Park Drive, Sacramento. Participants will learn how to transform paper scraps into original art cards which they can send as "thank you" notes. Supplies will be provided. 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

### Northern California Art by Fire 29th Annual Seconds Sale

**Jan. 12:** Purchase functional and decorative gifts from more than 25 clay, glass and metal artists from 10 a.m. to 2 p.m. at Shepherd Garden and Arts Center, 3330 McKinley Blvd. <http://www.artbyfire.org> and Facebook at Northern California Art by Fire.

### Rachel Barton Pine to perform at Sacramento Philharmonic

**Jan. 12:** A virtuosic violinist, philanthropist, educator and music detective, Rachel Barton Pine has earned critical acclaim for her many recordings and orchestra performances around the world. Pine will perform with the Sacramento Philharmonic, Michael Morgan conducting at 7:30 p.m. at the Community Center Theater (1301 L St. Sacramento). Tickets are \$21 to \$117, to order tickets please visit [sacphil.org](http://sacphil.org) or call 808-5181.

### Run for Grant a Wish 5K Run or Walk

**Jan. 13:** Starting at 9 a.m. Run/Walk Site: Land Park, River Walk at Miller Park. Proceeds will benefit SGAW-Sacramento Grant a Wish Foundation. Registration fee only \$15 per person. Bonus: Each person/sponsor will be entered into a raffle to win a 60-minute massage and will receive a "I ran for (SGAW) Sacramento" Tumbler. Register at 752-9152 or email [info@sagrantaawish.org](mailto:info@sagrantaawish.org)

### Fr Big Dreams, Small Shoulders

**Jan. 13:** Concert: Jan. 13, 3 p.m. multi-media musical, featuring Bibbs as The Docent-Singer. Fr Big Dreams, Small Shoulders is a work on Norman Rockwells painting of Ruby Bridges, the six-year old escorted into an all-white school by federal marshals in 1960. Crocker Art Museum, 216 O St., SAC. Cost: museum admission.

### Last day for Christmas Tree Recycling

**Jan. 14:** The city also provides curbside holiday tree pickup. The last day trees can be placed out for pickup is 6 a.m. on Monday, Jan. 14. Trees should be clean of all lights, tinsel, decorations, and have no stand attached. Flocked trees will be accepted.

### Rotary Clubs of Arden-Arcade, Carmichael

**Jan. 15:** 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](http://www.rotary.org).

### Soroptimist International of Sacramento North meeting

**Jan. 15:** 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.

### Free adult nutrition class set Jan. 15 at Belle Coolegge Library

**Jan. 15:** The Sacramento Public Library will help adults earn all the great "Go" foods to eat that will benefit one's health and start the new year strong. The free nutritional workshop will be at 6 p.m., Tuesday, Jan. 15 (SGAW) Sacramento branch, 5600 South Land Park Drive, Nutritionist Margie Erwin will teach tasty ways to fit those healthy

foods into a diet, while limiting the other foods. 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

### East Sac Rotary

**Jan. 16:** Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. [www.eastsacrotary.com](http://www.eastsacrotary.com).

### Rotary Club of Pocket/Greenhaven

**Jan. 17:** Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

### Frosty's Magic Hat puppet show at Arcade Library

**Jan. 17:** The Sacramento Public Library invited school-age kids (ages 6 to 12) to a winter-themed puppet show at 4 p.m. at its Arcade branch, 2443 Marconi Ave. The puppet show is about a little girl who makes a wish upon a star and then makes a magic snowman. The fun-filled program features music, poetry, magic, ventriloquism, and lots of laughs. 264-2920 or [www.saclibrary.org](http://www.saclibrary.org).

### 'Driving Miss Daisy'

**Jan. 18—Feb. 23:** Post WWII story of a rich, sharp-tongued Jewish widow who meets her new black chauffeur. \$19-\$21. Chautauqua Playhouse, 5325 Engle Rd., Carmichael (916) 489-7529 [www.cplayhouse.org](http://www.cplayhouse.org)

### Bi-Polar Anonymous

**Jan. 18:** 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.

### Dance Meditation Movement Workshop

**Jan. 19:** A workshop with Prajwal Vajracharya, the lineage holder of the Newar Buddhist tradition of Nepal will be held from 2 to 4:30 p.m. at Sierra 2 Community Center, located at 2791 24th St. in room 14 (upstairs). The workshop, Dance Meditation Movement, will teach the sacred dance of the priests of Nepal which is a dynamic yogic discipline for healing and transformation. Suggested donation \$15 for adults and \$10 for seniors and students. [info@heartflame-reiki.com](mailto:info@heartflame-reiki.com), 662-7175

### Low-cost pet spay/neuter appointments available

**Jan. 19:** Pet owners in Sacramento and Yolo Counties can request an appointment to have their pets spayed or neutered at a deep discount thanks to the Sacramento Area Animal Coalition. Spay Day Sacramento to 2013 kicks off at 7 a.m. as appointment application opens. Pet owners can request an appointment online at [www.sacanimal.org](http://www.sacanimal.org). Families in Sacramento and Yolo Counties with an annual household income of \$35,000 per year or less are eligible. Applicants can have up to two cats or dogs spayed or neutered on Spay Day, Sunday March 3, 2013, for just \$15 per cat and \$20 per dog. Each animal receives approximately \$250 worth of services, including microchip identification, vaccinations and flea preventive. Cash payment is required at time of appointment. Spay/neuter surgeries will take place on or around March 3 at participating veterinary clinics and animal shelters in Sacramento and Yolo Counties. SAAC volunteers will call applicants beginning the week of February 2 to schedule appointments. Appointments are required and can be requested starting on January 19 by filling out an application at [www.sacanimal.org](http://www.sacanimal.org).

### Free E-Waste Collection Event at Parkside Community Church

**Jan. 19:** Parkside Community Church is supporting our local youth by having a free E-Waste Collection which will benefit a High Adventure Group in Boy Scout Troop 136. This group of 11 scouts and adults are taking a 2-week long canoeing adventure in the wild lands of Northern British Columbia. The canoeing area they will explore is known as the Bow-ron Lakes area. Their trip will begin in late July 2013. Help this adventure group by bringing your E-Waste to Parkside Community Church, 5700 South Land Park Dr, on January 19, 2013 between 9am and 1pm. For questions regarding the event or to arrange friendly pre-event or event day pickup! Contact: Craig Chalmers 826-0513, Curt Thue 730-4626, Chris Salmom 310-795-9151, Susan Little 494-9664, or John MacAllister 806-2596.

### Hands on History: Trappers, Trades, and Treaties

**Jan. 19:** As part of a special and continuing interactive program, Sutter's Fort State Historic Park will present a special "Hands on History: Trappers, Trades, and Treaties" event. Visitors to the Fort will step back in time to the 1840s to learn why trappers were considered "jacks of many trades" and experience how they lived, worked, explored new territory and traded with local Native Americans. Fort visitors will enjoy watching docent-led musket demonstrations and learn about many fascinating aspects in the life of a trapper. Fort visitors will also have the hands-on opportunity to examine fur pelts, create documents with a quill pen and oak gail ink, and string trade beads. For more information about this "Hands on History" event, or other events and activities at Sutter's Fort, call 916-445-4422 or visit [www.suttersfort.org](http://www.suttersfort.org). 2701 L St.

### Sacramento Soccer Alliance tryouts (U9-U11 Boys and Girls)

**Jan. 19 or (Jan. 26):** SSA provides playing and coaching opportunities to players and coaches looking to take their game to a higher level without the high cost and time commitment required of a competitive club. All players must attend at least one tryout. Bring a ball, water, wear a white t-shirt, register online before and arrive 20 minutes early. River City High School. 9-10:30 a.m. - U9, 11 a.m. to 12:30 p.m. - U10, 1 to 2:30 p.m. - U11. [www.sacramentosocceralliance.com/info/ssa\\_tryouts/index.html](http://www.sacramentosocceralliance.com/info/ssa_tryouts/index.html)

### CASA's 20th annual Crab Feed

**Jan. 19:** Grab your board-shorts and Hawaiian shirts because this year Court Appointed School Advocates for Children (CASA) is going on a surf safari to a totally far out crab feed. The night will be filled with live music, a no-host bar with Hoppy Brewing Company beer, wine and a special "surf" cocktail, raffles, a silent auction, and of course a crab dinner (chicken and vegetarian options available upon request). St. Mary's Church, Giovanni Hall, located at 1333 58th St. Sacramento. 5:30 to 10:30 p.m. Tickets are \$50 before Dec. 31 and \$55 after. 875-6606, Kathy@sacramentocasa.org

### Free Tree Pruning Clinic

**Jan. 19:** 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 a.m. to noon at Folsom Public Library, 411 Stafford St., Folsom. Register at [www.sactree.com/events](http://www.sactree.com/events).

### Rotary Clubs of Arden-Arcade, Carmichael

**Jan. 22:** 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](http://www.rotary.org).

### East Sac Rotary

**Jan. 23:** Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. [www.eastsacrotary.com](http://www.eastsacrotary.com).

### Rotary Club of Pocket/Greenhaven

**Jan. 24:** Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

### Bi-Polar Anonymous

**Jan. 25:** 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 Sacramento SHINE Self-Wellness Expo

**Jan. 26:** If healthy living is your 2013 resolution, join this free collective community resolution kick off. On stage exercise demos, lessons, doctor consults, and more from 10 a.m. to 2 p.m. at the George Sim Community Center, 6207 Logan St., Sacramento, 95824. Call Evette Tsang at 719-5087 or email [eg@shinewellnessinc.com](mailto:eg@shinewellnessinc.com) or visit [shinewellnessexpo.org](http://shinewellnessexpo.org)

### Free Tree Pruning Clinic

**Jan. 26:** 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 11 a.m. to 12:30 p.m. at Belle Coolegge Library, 5600 South Land Park Dr., Sacramento. Register at [www.sactree.com/events](http://www.sactree.com/events).

### Free tree pruning clinics offered

**Jan. 26:** A free tree pruning clinic will be presented by Luanne Leineke, of the Sacramento Tree Foundation who will discuss pruning 2- to 8-year-old trees to develop good structure and form. 11 a.m., Saturday, January 26 at Belle Coolegge Library, 5600 South Land Park Drive, Sacramento. 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

### Sacramento Soccer Alliance tryouts (U9-U11 Boys and Girls)

**Jan. 26 or (Jan. 19):** SSA provides playing and coaching opportunities to players and coaches looking to take their game to a higher level without the high cost and time commitment required of a competitive club.

All players must attend at least one tryout. Bring a ball, water, wear a white t-shirt, register online before and arrive 20 minutes early. River City High School. 9-10:30 a.m. - U9, 11 a.m. to 12:30 p.m. - U10, 1 to 2:30 p.m. - U11. [www.sacramentosocceralliance.com/info/ssa\\_tryouts/index.html](http://www.sacramentosocceralliance.com/info/ssa_tryouts/index.html)

### Free SAT/ACT college entry test workshop slated Jan. 26 at Carmichael Library

**Jan. 26:** College-bound students who can't choose taking either the ACT or SAT college admission test are invited to a free Sacramento Public Library workshop on Saturday, January 26 at 12 noon at its Carmichael branch, 5605 Marconi Avenue, Carmichael. 264-2920 or visit [www.saclibrary.org](http://www.saclibrary.org).

### U.S. Citizenship workshop held Jan. 26 at Colonial Heights Library

**Jan. 26:** The Sacramento Public Library will host a free workshop of those wishing to become an American citizen at 2 p.m., at its Colonial Heights branch, 4799 Stockton Boulevard, Sacramento. Contact [vilaysay.p.chang@uscis.dhs.gov](mailto:vilaysay.p.chang@uscis.dhs.gov)

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Call 916-448-5663 for information or to arrange a campus tour  
[www.hs-ps.com](http://www.hs-ps.com)

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**Free Estate Planning Seminar**  
The year 2013 brings many changes to estate planning. Learn how to preserve your assets and protect your loved ones now.  
Wednesday, January 30, 2013  
2:30pm-4pm  
4180 Truxel Rd. #100, Sacramento, CA 95834  
Who should Attend?  
Anyone who:  
• Wants to learn the current status of the estate tax law  
• Owns real property or more than \$150,000 in assets  
• Wants to plan for Incapacity  
• Has minor Children  
Answered Questions:  
Do I need a will?  
What is Probate?  
How do I avoid it?  
What is a Living Trust, do I need one?  
Speakers:  
Emily A. Foehr  
Associate Attorney, Doherty Law Offices  
Trina Planchon  
Direction Charitable Estate  
Planning American Heart Association  
Seating is limited, so call Gianna Pascale at (510) 913-4014 or e-mail [gianna.pascale@heart.org](mailto:gianna.pascale@heart.org) by January 22nd to reserve space. This seminar is sponsored by the American Heart Association. The event is complimentary. Nothing will be sold. No solicitation will be made.

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**LAND PARK CHARMER**

Adorable two bedroom home with a classic living room featuring hardwood floors and a cozy fireplace. The kitchen has been remodeled with newer cabinets and flooring, stainless appliances and Quartz countertops. Don't miss the bonus room with kitchenette and full bath! \$329,000

**KELLIE SWAYNE 206-1458**



**WALK TO LAND PARK**

This spacious three bedroom home has all the classic charm with a vintage fireplace, hardwood floors, dual pane window, an open floor plan, and sweet yard on nearly a third of an acre. The kitchen has been remodeled and has a large eating area. Also included is a large 2 car garage. \$529,000

**TIM COLLOM 247-8048**



**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! \$279,500

**SHEILA VAN NOY 505-5395**



**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**



**PENDING**

**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**



**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**

**CURTIS PARK GEM**

3 bedrooms 1½ baths, built in 1925, this charming home has been lovingly maintained and updated, and is ready for you. Fantastic floor plan, hardwood floors, built-ins, beautiful leaded glass doors; and remodeled and updated kitchen and baths. \$469,500

**CHRIS BRIGGS 834-6483**



**PENDING**

**POVERTY RIDGE**

One-Of-a-Kind opportunity ...this is an investor dream project! With over 1/4 acre lot, this 1937 home has endless possibilities. Sitting across the street from Tapestry Square, the large front and back yards have amazing old trees in a terrific location. Guest room or office space attached. Property zoned C-2. \$429,000

**JAMIE RICH 612-4000**



**S LAND PARK CHARM**

Original owner home with 1685 sq.ft. is nestled on a deep lot. There is both a formal dining room and a breakfast nook, and the family room looks out to the private backyard. It also has a 2-car detached garage. Waiting for you to personalize it and love it for many years as this family has. \$279,500

**SHEILA VAN NOY 505-5395**

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