# THE POCKET NEWS

December 16, 2010 Your News in Your Hands www.valcomnews.com

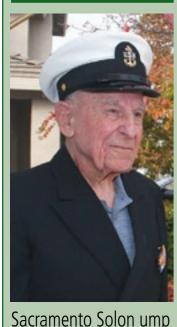
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Marty Relles presents 'Janey Way Memories'

COMMUNITY CALENDAR, PAGES 28-29 • KNOW YOUR NEIGHBOR, PAGE 10 • FACES AND PLACES, PAGE 22



Kiwanis Family House provides respite for families in crisis See page 8



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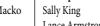
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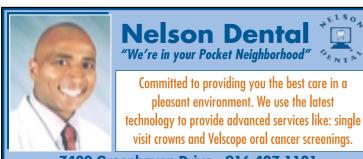




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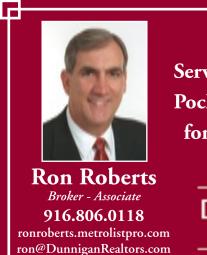


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### **Sutter Memorial** pilots program to lower premature elective births

SACRAMENTO - Sacramento's "baby hospital" -Sutter Memorial Hospital in East Sacramento – is one of three Sutter Health medical centers in Northern California that are piloting a national March of Dimes initiative calling for the elimination of elective premature births.

The toolkit, called the Elimination of Non-medically Indicated (Elective) Deliveries Before 39 Weeks Gestational Age, provides patients educational materials focused on the adverse consequences of early elective delivery as well as tools for health-care providers and hospital staff to develop efficient and successful quality

improvement programs. Traditionally, pregi pregnancy has been thought of as a ninemonth process, and many mothers erroneously added up the number of weeks to 36. However, the accepted benchmark for a full-term pregnancy is 40 weeks. It's during those last four weeks of pregnancy that mothers are feeling their most uncomfortable, and many of them ask and sometimes plead with their obstetrician to induce labor. The March of Dimes noticed a disturbing trend in the 2000s showing that doctors and midwives were allowing these early deliveries on a more frequent basis.

"I urge every pregnant woman to have a conversation with her doctor or midwife to determine if an early induction or delivery is medically necessary," said William M. Gilbert, M.D., a Sutter Hospital obstetrician. "If not, ask if the delivery can be postponed until after 39 weeks of gestation. Nine complete months of a healthy pregnancy is the best gift you can give your baby."

Sutter Health views the toolkit as a model and next year plans to implement the initiative across all Sutter hospitals in Northern California as a part of its ongoing efforts to improve care quality for our smallest patients. For more information on the toolkit, visit www.marchofdimes.com/ca.

# **Magical memories of Janey Way Christmas – past and present**



Pócket News columnist marty@valcomnews.com

Christmas on Janey Way was always special. The priests at St. Mary's Church, down the street, decorated the church inside and out. The Viani's - Lou Sr. and Lou Ir. - constructed the nativity scene inside the church, and Christmas carols chimed from the church tower.

On Christmas Eve, our family hopped into our 1957 Chevy wagon and drove over to Grandma Petta's house to eat Italian food, sing carols and exchange gifts.

The food was incredible: home- made pizza, spaghetti, ravioli, cardoni and salad. After dinner, we ate cake and home-made cookies: taralluccis, fig cookies made from Grandma's dried figs and almond cookies. After dessert, we stood around the old piano and sang Christmas carols played perfectly by Aunt Margaret Relles.

At 8 p.m. on the dot, sleigh bells chimed on the front porch, the door slung open and Santa Claus, played by Uncle Vito Petta, glided through the door to hand out the presents. When we were young, we believed Uncle Vito was the real Santa Claus. When we grew older, we kept our suspicions quiet, so the younger children could enjoy same delight we experienced at seeing Santa Claus come to Grandma Petta's house.

Once Santa distributed the presents, we sat on the floor and opened them up. These were small presents (model planes, toy cars, dolls, etc.), but they were spe-

Santa directly from

Later, we headed home for the long, fitful night of waiting to open our presents. We woke at the crack of dawn to open presents. Mom and Dad dragged themselves into the living room to watch. We didn't receive lots of presents, rarely more than two or three. But, the presents we received always seemed to be exactly what we wanted. After opening presents, we went to morning Mass at St. Mary's Church. The church glistened with red poinsettias and tall fir trees adorned with red ribbons, and the service was festive, punctuated by lots of traditional Christmas carols.

After Christmas service, we went out to play with our new Christmas toys: cowboy six shooters in a holster set, toy army guns, toy trucks and sometimes even a brand new bicycle. I still

cial because they came remember the new, red Roadmaster Special I received one Christmas.

> Finally, around 4 p.m., we returned to Grandma Petta's house for a traditional Christmas turkey dinner with all the trimmings. All our cousins came and we ate and played ourselves into exhaustion. We looked forward all year to enjoying this special occasion with our extended

To this day, we celebrate Christmas with the Petta/Relles clan. Since Grandma Petta passed away years ago, we spend Christmas Eve at Aunt Alice Petta's house. Sadly, Uncle Vito passed away two years ago, but our cousin Joe Ficcarelli has stepped in to play the role of Santa Claus. A new generation of children now experiences the arrival of the real Santa Claus at 8 p.m. on the dot every Christmas Eve. This is another truly magical Janey Way

# Community Worship

### **Greenhaven Lutheran Church**

475 Florin Road (at Gloria Dr.) • 428-8449 Sunday Worship Service: 10:15 am Bible Class & Sunday School: 9:00 am Angels Nest Pre School 2 yrs. - 5 yrs.

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### **Greenhaven Neighborhood Church**

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# Martin Luther King, Jr. Elementary honored at U.S. Capitol

Special to Pocket News

On Monday, Dec.6, the flag flying high atop the nation's capitol in Washington, DC was flying in honor of Martin Luther King Jr. Elementary School, courtesy of Congresswoman Doris Matsui and the Girl Scouts Land Park Service Unit.

The local Girl Scouts use the school for their leader, service team, troop meetings and events. In appreciation for all the school does for them, the organization asked Matsui to have a flag flown over the nation's capital in the school's honor.

The Land Park Service Unit serves over 800

girls and 200 adults in the Greenhaven, Pocket and Land Park areas of Sacramento. Girls earn awards such as the Bronze, Silver or Gold by implementing permanent service projects for the community. Some troops collect books for Mustard Seed School while others create blankets for Project Linus.

One troop is collecting dog food for pets of the homeless, which is distributed by the SSIP Food Closet. The food closet is going through an expansion and serves over 5000 people a month. Many of those people ask for dog food



Photo courtesy

The Girl Scouts who meet for troop activities at Martin Luther King Jr. Elementary School had an American flag flown over the nation's capitol on Dec. 6 to honor the school.

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See Answers, page 29

One girl created a selfdefense class to teach girls how to protect themselves, while another helped collect sports equipment for a school in Mexico.

When not earning awards, girls learn how to change the oil in their cars, camp using just what's in a backpack, support wildlife conservation, make their way by following the stars, etc.

"We do so much more than sell cookies and make quilts," said Andrea Cunningham; service unit manager.

The Girl Scout motto is "Courage, Confidence and Character." Girls also learn how to become public speakers and how to apply for college. When they enter the real world, they are able to help the community and society in which they live. The service unit holds events, such as the Hallow-

een event which celebrates Iuliette Gordon Low, the Founder of Girl Scouts; an Earth Day celebration; and "Uniquely Me," a sleepover funded by Dove Skin Care. Older girls can participate in events such as "Getting Started", which helps girls learn how to apply for college presented by speakers from the community, and "Healthy Eating" which shows girls how to use dorm food to create something healthy while in college. The Land Park Service

Unit chose Martin Luther King Jr. K-8 school to hold their meetings because many girls who attend the school as well as several staff members are fellow Girl Scouts. The office and custodial staff are very friendly and approachable when obtaining rooms for meetings. This is the

ideal place to hold a meeting geared to building girls self-esteem, all while having fun.

Martin Luther King Jr. K-8 is located in the Pocket Area and is known as the "best kept secret in the Pocket." The school has an API score of 798, and the school is expanding technology to enhance student learning. They have an active sports program. The boys basketball team won the Consulation Championship in their end of the year tournament. For the B" division, the girls soccer team won first place and boys won second place. MLK has an active PTA and holds events like the annual Ice Cream Social, annual Chili Cook Off, Father Daughter dance, and family movie nights, as well as a Science Fair and a "Reada-thon."



Call Marc for more information! 916.429.9901

# **Annual Christmas breakfast at** Kennedy High School Special to Pocket News

The winter holiday season is approaching and everyone at John F. Kennedy High School has been looking forward to this time of the year since the first day of school.

On Dec. 14, students and teachers at John F. Kennedy High School coordinated the annual Christmas Continental Breakfast as a means of appreciation and giving back to the school community. Music and other forms of entertainment accompanied the feast.

This was not only a sign of gratitude but a chance for teachers, parents and students to spend time together outside classrooms and offices before the winter break.

Members of the Chinese Culture, Mandarin Language and Asian Cuisine clubs made the event festive and very successful.



The John F. Kennedy High School Track Team finished 10th at the Sac-Joaquin Sections meet in Folsom.

# JFK Track team races to success

Special to Pocket News

The John F. Kennedy High School Track Team had a successful season this

The Varsity Boys placed 10th at the Sac-Joaquin Sectional meet in Folsom. Chriss Grimble placed fifth, qualifying for the cross country state meet in Clo-

The team had an outstanding finish during the Metro League Champion-

ships with Senior Chriss Grimble leading the Varsity Boys race with a course record of 15:00.25 for three miles, followed by Jasen Lee finishing third.

JFK teams placed second in Varsity Boys and Girls and second in Frosh/ Soph Boys and Girls.

Freshman Kari Nakamura won the Frosh/Soph Girls race with 12:51.62 for two miles, followed by Emily Ramirez, who placed third.

# Owner of The Trap dies



Richard K. Crudo, owner of The Trap died on Nov. 30, 2010, surrounded by family and friends.

A native of Sacramento, Mr. Crudo was born on July 21, 1947. He served in the Army during the Vietnam War, as a First Infantry E4 soldier. He held a number of jobs during his lifetime, including working for Blue Diamond.

He was an avid pool player and Harley Davidson motorcycle aficionado.

In 2004, Mr. Crudo became the owner of a local Pocket/Greenhaven landmark: The Trap bar on Riverside Boulevard. There, he became involved with the structural restoration and historical preservation of the structure, which used to be a saloon and grocery store. The Trap is one of Sacramento's oldest continuing businesses.

Mr. Crudo is survived by his children, Jennifer Kelly, Veronica Crudo, Matthew Crudo and Melissa Martinez; his sisters Phylis Crudo and Irene Crudo-Silva; and 13 grandchildren. He is preceded in death by his parents, Ernest and Catherine Crudo and his brother, John Crudo.

A casual funeral service will be held on Thursday, Dec. 16 at 2 p.m. at Andrew & Greilich Mortuary, located at 3939 Fruitridge Road in Sacramento. A Celebration of Life will be held afterward at the Veterans of Foreign Wars hall, located at 7576 Stockton Boulevard in Sacramento.

In lieu of flowers, the family asks that memorials be sent to the Rich Crudo Memorial Fund at The Golden 1 Credit Union.





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# **Kiwanis Family House helps families with** children in crisis at UCD, Shriners' hospitals

Pocket News writer

In order to heal, sick children need the comfort of their family.

In the past, when a family in crisis came to UC Davis Medical Center, it was very possible for parents and siblings to end up sleeping in their vehicles or in hospital waiting rooms. No one "plans" for an emergency hospital visit - it just happens.

The Kiwanis Family House adjacent to the UC Davis Medical Center was built on that premise.

The facility is sponsored by local Kiwanis clubs, which are in turn, a part of Kiwanis International a worldwide community service organization.

The mission statement of Kiwanis House declares:

The Kiwanis Family House is to provide temporary housing and support to families of seriously ill or injured children and adults being treated at UC Davis Medical Center in Sacramento."

Local Kiwanis club volunteers established the facility in July 1984.

Mauda Butte, house director, said Kiwanis House provides overnight accommodations, food and clothing. There are 32 rooms set up in four sections of the building, with eight rooms in each section. In addition, the House has a kitchen and din-

ing area, a laundry room, a counseling and meditation room, a child's game room, two offices with computers and an outdoor playground area. There are seven R.V. spaces with utility hookups, free long distance telephone service within the United States and access to the Internet and to avoid the \$8 per day hospital parking fee, free shuttle bus transportation.

The Kiwanis Family House is run mostly by volunteers. There are 10 full-time paid staff members to take care of maintenance and housekeeping duties.

The Kiwanis Club, which has fundraisers throughout the year and donates time and money of its own, provides all of the services. Butte said a clothes closet was established because many of the families come with only the clothes on their backs.

"Many times, a child in crisis is flown here and the family does not have time to pack a suitcase," Butte said. "Being able to have a change of clothes and a place to fix a meal is comforting."

Butte said the Kiwanis Family House relies on donations from other Kiwanis clubs and from the public to keep the facility running smoothly. She said there are elec-



Mauda Butte is the director of the Kiwanis House in Sacramento. Sponsored by local Kiwanis clubs, the facility provides lodging and other services to families of children who are being treated for serious conditions at the UCD Medical Center and Shriners' Hospital.

See Kiwanis, page 9

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# **Kiwanis:** Additional services include food, clothing, toiletries

Continued from page 8

tricians, contractors and computer technicians that volunteer their time and skills. Students at Sacramento State and Sacramento City College donated the paintings on the walls at the Kiwanis Family House.

There is a \$40 per night room rent fee, but in many cases Kiwanis members pick up the tab. No one is ever turned away because they cannot pay. To cover the \$100,000 annual cost rent, the Kiwanis Family House organization has established a "Sponsor-A-Family Program." Those who wish can send a donation for a family to stay at the Kiwanis Family House. It can be one night at \$40 to however many nights a person wants to donate.

"We welcome donations from the public," Butte said. "We supply food, laundry soap, shampoo, toothbrushes and toothpaste, toys for young children, books, family videos, coats, and other miscellaneous items."

The average length of stay is six days, but sometimes visits last longer. There is no limit on how long a family can stay at the Kiwanis House.

When a family arrives at the UCD Medical Center, a hospital social worker helps to determine the family's temporary housing needs and can

"The Kiwanis Family House is to provide temporary housing and support to families of seriously ill or injured children and adults being treated at UC Davis Medical Center in Sacramento."

-Mission Statement

refer the family to the Kiwanis Family House. Caring staff members and volunteers greet the family.

Theresa Arciniega, chief licensed clinical social worker at UC Davis, said the hospital serves patients from as far away as the Oregon border.

"We have specialty doctors and a trauma unit," Arciniega said. "Having the family with the patient, whether child or adult, is considered part of the treatment."

Arciniega said there are instances when a patient may use a "Day Pass." The patient does not need to stay the night, but needs a shower or the use of the kitchen. She said some cancer patients just need a place to rest before leaving for home.

Butte said the House often receives families of premature babies

where the baby needs many weeks or months of neonatal care. Having a place to stay decreases the stress for these new parents.

There is a growing demand for services. The original Kiwanis Family House was initiated in 1984 when a partnership agreement between the UCD Medical Center and the Kiwanis Family House was executed. A new center was opened in 2006 that includes both UCD and Shriners Hospital.

"I make out a two-page list every day of things to do for the volunteers that come to help," Butte said. "We welcome walk-ins."

Gary Christensen is the development manager for the Kiwanis Family House. It is a volunteer position. Christensen said his main purpose is to give tours and provide information to businesses about the Kiwanis Family House to gain their support.

"You can find me speaking to a business group one day and pulling weeds the next," Christensen said. "I fill in the holes where needed."

Kiwanis was founded in August 1914 by two Detroit natives, Allen S. Browne, a professional organizer, and Joseph C. Prance, a tailor. It started out as a fraternal club for young professional businessmen.

The name Kiwanis comes from an Indian phrase, "NunKeewanis," which translates to, "We have a good time – we make noise." In 1920, the organization decided that "We Build," would be their motto. This was the motto until 2005, when the delegates adopted a new motto, - "Serving the Children of the World."

The Kiwanis Family House welcomes donations of volunteer time as well as donations of cash or stocks. Contributions can also be made through the local United Way. Donations are tax deductible. For more information, call (916) 736-0116 or visit www.kiwanisfamilyhouse. org.



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# A decade of warming the less fortunate

lance@valcomnews.com

There are certainly many things that people in the Sacramento area expect to see each year during the wintertime holidays, from decoratively lighted houses and Santa Clauses at malls to ice skating at the K Street Mall and the large holiday tree at the Capitol with its many bright lights. And although much less widely known, this time of year in the capital city also brings appearances by "the extra layer of clothing lady."

Known by this title in different parts of the city, "the extra layer of clothing lady" has developed a positive reputation for her assistance to the homeless community of the Sacramento area.

In her everyday life, this person is Pocket area resident Jan Wilson. But during various nights during the winter months, she serves a different role under this earned title.

### Decade of collecting

For the past 10 years, Wilson has been aggressively collecting "cast-off," used clothing and blankets and distributing these articles directly to the less fortunate of society who are in need of additional warmth during cold nights.

Wilson, a fifth generation Sacramentan and a 1983

graduate of John F. Kennedy High School, recently described the events that led to her decision to assist the homeless community in this manner.

"After many accounts of being asked for money from panhandlers, I started carrying around extra layers of clothing during the wintertime, so when somebody asked me for 'spare change,' I would be able to offer them something more viable as an alternative, Wilson said. "As a result, my car became a beacon for the homeless. At times, when I am in the Land Park area, for example, I have come out to my car only to find someone waiting for me in order to ask me if I had any clothing to give away."

The items of clothing accepted for the project are sweatshirts, flannel shirts, sweaters, jackets, scarves, shoes and matching or mismatching socks that can be repurposed as gloves.

The majority of the donated clothing, as well as blankets, for her project, Wilson stressed, is distributed for the purpose of providing "upper body warmth."

Initially, Wilson collected clothing from her own closet, as well as from the closets of her friends and family mem-

Wilson said that because she had exhausted her resources amongst her friends and family by her fourth year of collecting extra layers of clothing and blankets, she found it necessary to find other avenues to collect such do-

### Clothing & blanket drop

Fortunately for Wilson, she discovered three local businesses that were willing to comply with her request to become a drop-off point for anyone who was interested in assisting with the clothing and blankets donation portion of her project. These businesses are: Pocket Club at 5043 Freeport Blvd., XO Lounge at 1400 Broadway and Brownie's Lounge at 5858 South Land Park Drive.

Dedicated to assisting Wilson with her project, several local business employees and patrons have provided exceptional support through their donations of clothing and blankets at these drop-off points.

These people include: bartenders Susie Roberts and Ianet Galsote of the Pocket Club at 5043 Freeport Blvd., bartenders Deb McGee and Barbara Galvan of the XO Lounge, bartender Patrick McFarlin of Brownie's, office manager Tammy Smith and real estate agents Violet Reed and Natalie Feirl of Century 21 Real Estate at



Pocket News photo, Lance Armstrong

Pocket area resident Jan Wilson is in her 10th year of collecting and distributing clothing and blankets to members of the homeless community of Sacramento.

354 Florin Road and members of Elks Lodge No. 6 at 6446 Riverside Blvd. and patrons of the Flame Club at 2130 16th St.

Providing names of most contributors to her project is not so simple, Wilson notes,

considering that about 90 percent of the clothing and blankets for the project are anonymously donated.

Galvan, who resides in midtown Sacramento, said

Continued on page 11



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### Pocket area woman in her 10th year of providing extra layers of clothing, blankets for the homeless

that she is pleased to have the XO Lounge serve as one of the project's drop-off points.

"(Wilson) came in (to the XO Lounge) and asked if it was okay if we put a box here for the clothes and naturally, we said, 'Yes," Galvan said. "I think it's a wonderful thing what (Wilson) is doing. A lot of customers have donated to (the project). She'll be giving (the clothes and blankets) out during the holidays. It's like a little gift for a lot of people."

Pocket resident Judy Willis is among the locals who have enjoyed assisting Wilson in her efforts to present homeless in Sacramento with warm clothing and blankets.

"I donated a jacket, because the color wasn't right," Willis said. "I admire (Wilson) for her spirit, her effort and I plan to give more (clothing)."

Wilson said that she is extremely grateful to the many people in the community who have assisted

her with her project.

"I couldn't have been able to help out so many people in need without the overwhelming generosity of the community," Wilson said. "For that, I am truly thankful and blessed."

With the assistance of the dropoff points, local contributors and word of mouth advertising, the process of Wilson's distribution operation begins every October.

By November, Wilson's donation collections for the project are in

Each year, Wilson hopes to have a sufficient supply of clothing and blankets to make her first round of deliveries by mid-December.

As she has done for the past decade, Wilson, after finding a companion to help her with her deliveries, makes her deliveries using her own transportation and gas money.

Routinely driving a small car to make stops at her drop-off points to pick up donations, Wilson then loads bags and boxes of clothing and prepares them for her deliv-

Wilson, who makes the majority of her deliveries in downtown Sacramento, said that she delivers warm clothing and blankets to the needy during the coldest nights in the capital city.

When its 6:30 p.m. at night and I don't want to go outside because it's so cold, that's when I decide that it's time to bring the clothing out to those on the street who



Jan Wilson places a bag filled with donated clothing and blankets in the back of the car that she uses to transport these and other donated items to people in need.

are in need of extra layers of clothing," Wilson said. "We all have to help each other out in this world. By bringing out the clothing, my hope is that these people (in need) realize that they aren't just nameless and faceless people and that there are people out there who care about their well-being. I also hope that this effort helps to restore a little bit of faith in human kind."

Clothing and blanket drive donation drop-off points

**Pocket Club** 5043 Freeport Blvd. Brownie's Lounge 5858 South Land Park Drive XO Lounge 1400 Broadway



# Investing in equities and fixed income to help create a balanced portfolio

By KEVIN A. SHIMMEL East Sacramento News guest

### Introduction to Asset Allocation

Your investment goals are unique to you. An important step toward achieving your goals is to include the appropriate mix of assets in your portfolio. This mix, known as 'asset allocation' is the balance of equities (stock), bonds (fixed income) and cash (or cash alternatives) within your portfolio. A core objective of asset allocation is to potentially increase the overall return for a given degree of risk, or to reduce the overall risk of a portfolio for a targeted level of return. Although keep in mind asset allocation and diversification do not guarantee a profit, or prevent a loss, in declining financial markets. Before deciding on your asset allocation you should consider your investment goals and your level of risk tolerance.

### Investment Goals, Time Horizon, and Risk Tolerance

Are you looking to generate a predictable stream of income to meet living expenses? Or do you want to generate capital

growth? Are you investing for retirement? If so, what is your retirement timeframe (five years, 10 years, or more)? You should clearly define your investment goals and ho-

A key to setting investment goals is to balance return expectations with your willingness to accept risk. It is important that you are comfortable with the amount of risk in your portfolio so that you will be able to stick with your investment strategy even through turbulent times.

You should strive to establish realistic expectations and carefully determine the appropriate investment time-frame for an investment plan. You may have multiple goals impacting your investment strategy, and accordingly may have multiple time horizons. Typical goals include payment of college tuition for your children, purchase of a home and retirement, among many others.

### Revisit and Rebalance Your Allocation Regularly

Your investment goals, time horizon, and risk tolerance will evolve over time

your asset allocation should change with them. At the beginning of your career, you may be willing to take on more risk, as you have time on your side to recoup losses. You and your Financial Advisor may determine that it is appropriate to include a relatively high allocation to equities at this stage, as well as fixed income instruments which focus on capturing high

As you accumulate wealth, your needs may expand to include the purchase of property, the cost of education and impending retirement. You and your Financial Advisor may determine that you should reduce your exposure to riskier equity investments and increase your allocation to more highly rated fixed income securities.

Near the end of your career, you may have a much lower tolerance for risk as you look toward retirement and spending some of the wealth you have accumulated. Your focus may shift to income genera-tion and principal protection at this stage, and you and your Financial Advisor may transition your allocation toward high quality fixed income instruments and away from more volatile securities.

Equally important is regular rebalancing of your



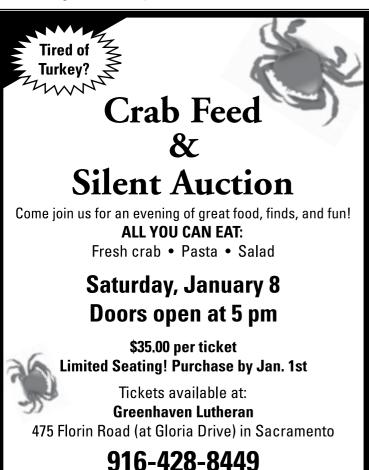
As one year ends and a new one begins, savvy individuals are making plans to

portfolio to maintain your target allocation. As markets change and different assets appreciate and depreciate differently, the relative weightings of each sector, geographic region, and asset class in your portfolio will change. In order to keep your asset allocation in line with your long-term strategy, it is important to revisit and rebalance your portfolio regularly. However, a rebalancing strategy may create tax implications, therefore, please consult your tax advisor before implementing such a strategy.

**Investment Strategy** 

The key to building a diversified portfolio is to make sure that your investment decisions are consistent with your financial objectives and long-term plans. By taking the time to understand your investment objectives and style, as well as the investment choices available, you can develop an asset allocation strategy that is right for you. Your Morgan Stanley Smith Barney Financial Advisor is available to review your financial goals and level of risk tolerance with you, and to help you build a balanced and diversified portfolio.

Shimmel,  $CFP^{*}$ , Kevin ChFC®, CRPC®, is a financial advisor and planning specialist. He is an associate vice president with Morgan Stanlev Smith Barnev. He can be contacted at (916) 567-2061 or (800) 284-1575.



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# Pocket dancer to perform in Pamela Hayes' "The Nutcracker"

Voletta Krieg of the Pocket area has been dreaming of sugar plum fairies this holiday season as she prepares for their role in Pamela Hayes'"The Nutcracker."

Krieg has performed in all of Pamela Hayes' productions of "The Nutcracker," with her first role as Bon Bon and subsequent roles including Snow Corps, Waltz of the Flowers Corps, Merliton, Archangel Corps, Soldier, Mouse and Party Parent. The Pocket resident and Saint Francis High School student began dancing at age six, and now at 17 will perform the role of Arabian Dancer.

Pamela Hayes' "The Nutcracker" has been recognized for its unique entertainment approach and costuming.

"The Nutcracker is a holiday tradition for many local families," Hayes said. "We are proud to present our production of this holiday classic, which will



Pocket resident Voletta Krieg will perform in Pamela Hayes' "The Nutcracker" on Dec. 17–19.

showcase our dancers, as well as dancers from the community, in a classical and magical performance."

The 10th anniversary production will take place Dec. 17-19 at the 700-seat Iill Solberg Performing Arts Theater, located at 1655 Iron Point Road in Folsom. Performances will take place at 7 p.m. on Dec. 17 and 2 p.m. on Dec. 18 and 19.





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# Easing holiday and reintegration stress for service members

Family Features – Holidays can be difficult for anyone. For Service members coping with invisible wounds and members of the National Guard or Reserve who return to civilian lives that do not involve those with whom they served, this time of year can be especially stressful.

"Citizen warriors may feel isolated following deployment, and large events such as holiday parties can be overwhelming," said Col. (S) Christopher Robinson, senior executive director of psychological health at the Defense Centers of Excellence for Psychological Health and Traumatic Brain Injury (DCoE).

To help Service members and families reintegrate and manage stress, the DCoE-sponsored Real Warriors Campaign (www.realwarriors.net) provides tools, tips and resources such as the ones below to encourage Service members, veterans and military families coping with invisible wounds to reach out for support.

### Reconnect with family

"When service members return from deployment, friends and family may want to celebrate their return," Robinson said. "If large parties feel overwhelming, Service members should talk about their anxieties and what friends and family can do to celebrate their homecoming."

- It is common to feel frustrated during the reintegration process, but it takes time to reconnect. It may help Service members experiencing stress to schedule time with their partner, children and parents to learn about new routines and to talk about experiences during deployment.
- Talking to friends and family may ease frustrations.

• Service members, veterans and military families can also reach out to health consultants at the DCoE Outreach Center (http://www.realwarriors.net/livechat or (866) 966-1020) for free, confidential support 24 hours a day, 7 days a week.

### Mentally prepare for parties and events

People may be curious about deployment, and some of their questions may make Service members uncomfortable.

- Service members may want to try to anticipate questions and think about their response before events.
- Service members can decide what they feel comfortable sharing and should know they do not have to go beyond that.

### Limit alcohol

From cider to eggnog, alcohol may often feel like a holiday tradition.

• It is important, howev-

- It is important, however, to limit alcohol consumption.
- Studies show that drinking alcohol can cause serious problems that could negatively affect Service members' health and relationships in the long run.

### Overcome isolation

"After deployment, Service members may feel alone, especially if they are separated from their unit," Robinson said. "Service members may feel like no one understands how they feel."

- While Service members may want to isolate themselves from family and friends, being around others is important to their well-being.
- + It may help to make plans to socialize with friends and family in comfortable places, and to stick with the plans.
- The Internet may be a valuable way for Service



Photo courtesy

Reconnecting with friends and family can be difficult for service members returning from Iraq, Afghanistan and elsewhere. It can be especially challenging during the holiday season. Some preparation before gatherings can help, however.

members to stay connected to their unit, but they should not let online interactions replace socializing with friends and family.

### Reach out for help

"Many warriors feel isolated after deployment, and those feelings are increasingly common among members of the National Guard and Reserve who return to a civilian job and may not maintain relationships with those with whom they served," Robinson said. "Our warriors aren't alone, though, and I encourage Service members and their families to reach out for support through resources like the Real Warriors Campaign, which provides tools and tips for warriors at http://www.realwarriors.net.

+ Service members, veterans and military families can also reach out to trained health professionals at the DCoE Outreach Center for support 24/7 by logging onto http://www.realwarriors.net/livechat or calling (866) 966-1020.





# Three Stages' regional arts complex set to open

**By MARC MALONEY**Pocket News writer

The stage -make that stages—are set for the opening next spring of a new 80,000-square foot regional arts complex on the campus of Folsom Lake College that promises to bring national and international acts, local performers, and student-created works of art together in one state-of-the-art venue overlooking the Sacramento Valley. Three Stages promises to be a jewel in the crown of the Los Rios Community College District.

The \$50 million center, funded primarily by a combination of a State Educational Facilities General Obligation Bond, Local Measure A Bond, and private donations to the Folsom Lake College Foundation, includes three theaters, an art gallery, educational facilities, faculty offices, and much more.

David Pier, the center's executive director, said the facility's design, in the curvilinear lines of its lobby, reflects the diverse feel of Folsom Lake College's modern campus.

"The lobby is a conflux of many different design elements coming together," Pier wrote in an email. "A large curved wall with a beautiful wood finish echoes the arcs and radiuses (sic.) that are common design elements throughout the campus. As in other buildings on campus, a slate wall with stone tiles from quarries in northern India cuts through the lobby. Bricks that make up the campus side of the facility come into the lobby around one of the theaters, bringing the outside in."

The facility was designed by LPAS, a Sacramento-based architectural firm, in conjunction with Shalleck Collaborative, a theater consultant out of San Francisco that provided guidance on the performance spaces. Another local firm, Kitchell CEM, acted as construction manager, overseeing the work of 17 primary contractors and more than 50 specialized

Construction began in summer 2008, and the project was completed on time and on budget, despite it occurring during a recession. Pier believes the project's timing proved favorable.

'Building during this period of a down economy has benefited this project, allowing more to be built within the project's budget than might otherwise have been the case," he reasoned. "At the same time, construction of the facility has had a strong positive effect on the local economy, keeping all of these firms busy building this amazing community asset."

As its name 'Three Stages' indicates, the arts center includes three very different performance spaces. Stage One is an 850-seat theater with a 46-foot long proscenium, a full stage house, and an orchestra pit. It will accommodate performers from across the artistic spectrum, from Broadway touring shows to symphonies to modern dance performances. Its design is modeled on one of the world's most famous and venerable theaters.

This theater-in-the-round setting is reminiscent of the Globe Theatre in England," said David Webb, marketing consultant for Three Sages, referring to the theater of Shakespeare's London, built in 1599. The similarity, he said, is intentional, given Folsom Lake College's participation in a program that allows instructors to visit England and the Globe Theatre.

Stage One's interior features include the use of comfortable blue cloth seats and warm wooden accents, giving the auditori-



The Los Rios Community College District's latest facility, Three Stages at Folsom Lake College, benefited from construction during a down economy. The district was able to build more within the project's budget than might otherwise have been the case.

um an inviting feeling absent in more sterile-feeling performing arts centers.

"A Venetian plaster was used on the interior walls, together with large wood finished surfaces and curtains which can be drawn to adjust the acoustics of the theater," Pier noted. "The carpeting and upholstery on the seats help to give the space a warm sensibility. The balcony and its box seats wrap around the theater, similar to the Globe Theatre, emphasizing the intimacy of the venue."

Stage One also boasts excellent acoustics and sightlines for audience mem-

"This hall can do all of the things the Mondavi Center (at UC Davis) can do, and it seats half the number of people," marveled Webb, who was the Mondavi Center's first marketing director.

Stage One's first season highlights include the national tour of "A Chorus Line," the Joffrey Ballet, the Harlem Gospel Choir, singer/songwriter Rickie Lee Jones, husband-and-wife jazz musicians John Pizzarelli and Jessica Molaskey, The Pink Floyd Experience, and Roseanne Cash, daughter of the late Johnny Cash, known for his "Live at Folsom Prison" album. And yes, Pink Floyd fans, Webb promises the show will feature a 12 foot long pig blimp.

### Stage Two

The 200-seat City Studio Theater, situated next door to the larger theater, offers gently raked seating and excellent viewing opportunities. This smaller, more intimate venue will feature performances by regional community partners like the Folsom Symphony, the Sacramento Philharmonic Orchestra, the

See Stages, page 23



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Pocket News photo, Tom Paniagua

Stage One boasts excellent acoustics and sightlines for audience members.



Stage One is an 850-seat theater with a 46-foot long proscenium, a full stage house, and an orchestra pit. It will accommodate performers from across the artistic spectrum, from Broadway touring shows to symphonies to modern dance performances. Its design is modeled on the famous Globe Theatre in England.

# Stages: Arts complex already being called 'Mondavi Center East'

Sacramento Ballet, the California Theatre Center, Sierra Community Chorus, plus student productions and presented

Stage Two, which Webb calls his favorite space within the performing arts center, is known for its versatility and practicality. It includes multiple doors and stage rigging setups to regulate the size of the space, adjustable overhead lighting, and a fully functional costume shop.

Stage Three

The arts center's most intimate venue, Stage Three is a 100-seat recital hall that will be a great place to see and hear acoustic music and vocals. It features a gorgeous hardwood floor that any basketball team would be proud to call their home court, plus a state-of-the-art 48-track digital recording studio Webb said is rumored to be the biggest in the region.

"We can record audio and video from any stage in the hall with the press of a button," he said, before adding, with perhaps a hint of envy and incredulity in his voice, "And students are going to learn in this room."

Opening festivities

Three Stages' doors will open to the public next Feb. 4 with a ribbon cutting and open house. The following day's community showcase will feature more than a dozen local performers. The facility's official grand opening weekend will run Feb. 11 through Feb. 14 and will showcase performances of "A Chorus Line" on Feb. 11 through Feb. 13 and "Sugar and Spice," a special Valentine's Day pops concert by the Folsom Symphony.

Great expectations

Pier and Folsom Lake College President Dr. Thelma Scott-Skillman are both understandably excited about the arts center's pending opening. Pier be-

lieves the facility will bolster the region's overall quality of life.

"A regional arts center like Three Stages can be transformative for the community it serves, raising the quality of life for everyone," he wrote in his email. "It provides a safe gathering place where people can meet, share experiences, and learn more about each other and the cultures of the world. It's a place where excellence is regularly on display - something you can viscerally touch, experience, and reflect on."

The center also is expected to be a regional economic driver.

Once up and operating, the center will employ more than 50 people on an ongoing basis, which will have a direct ripple effect on the local economy," noted Pier. "Another boon for local businesses relates to the more than 100,000 people who will attend events at the center each year, many of whom will want to go out for dinner before or after the show. Based on economic impact studies of the arts in communities around the country, the center's long-term operating budget of \$3 million per year could result in an economic impact on the region of upwards of \$7 million annually."

A regional change agent'

Dr. Scott-Skillman expects the facility to improve as it grows into its own skin.

Three Stages will build upon its offerings during the next few years to ensure the diversity of performances and entertainment," she said. "At full capacity we are planning to offer approximately 400 performances, events, and activities a year, including four or five art exhibits and many exciting programs for young children."

A musician herself, Scott-Skillman appreciates the comforting effect music and the arts can provide, and she looks forward to other artists seeing and appreciating everything Three Stages has to offer.

"As an educator, immersed into an exciting and productive position as a college president, I am also able to lean upon my passion for music as therapy for my soul; my piano truly is a comfort zone for me," she said. "I am so very proud of this facility. It has truly been a labor of love, taking nearly nine years of planning, researching, and collaborating with many, many people at the college, in the Los Rios district, and across the entire United States to gather as much information to present a gift of the arts to our re-

Having led tours of the facility, Scott-Skillman knows the impact it can have on visitors.

"I get completely energized when I tour people through this facility. Just watching the sparkles in their eyes, responding to the myriad questions that are generated, and watching the utter disbelief on their faces brings a smile to my heart," she said. "I know that from the moment people embrace this facility, it has a profound impact on them. Three Stages is clearly a transformer; a change agent. Three Stages will attract new patrons of the arts and reintroduce arts lovers to a wonderful environment for decades to come."

For more information on Three Stages and complete information about upcoming performances, show times and ticket prices, visit www.threestages.net.



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# Former Sacramento Solons umpire, World War II veteran reminisces about his eventful life

Pócket News writer lance@valcomnews.com

Many longtime Sacramento area residents have fond memories of attending baseball games at the original ball park at the corner of Riverside Boulevard and Broadway. And among such locals whose memories extend to America's pre-World War II era in the capital city, they almost undoubtedly have seen Roseville resident P.R. "Tony" Tonelli.

Although the name Tony Tonelli is not a familiar name for the majority of local baseball fans of this era, those who attended baseball games at this local stadium at just about any time during the years 1939 to 1941, likely have at least a vague recollection of seeing Tony.

This is a certainty when considering that Tony was a regular at these games, as he called balls and strikes from behind home plate, which was located at what is now the northwest corner of the Target parking lot.

At 88 years old, Tony admits that many of his memories of his days of working as a Pacific Coast League umpire have faded with time.

### Love of the game

But that does not take away his love for this part of his life or his place in the grand history of baseball in Sacramento.

As a baseball city, Sacramento was once home to a large, 10,000-seat, mostly wooden stadium that was home to the Pacific Coast League's Sacramento Senators or Solons, depending upon the era.

Originally known as Moreing Field and later receiving the name Sacramento Ball Park, then Cardinal Field, Doubleday Park and lastly Edmonds Field, the stadium stood at the corner of Riverside Boulevard and Broadway from 1922 to 1948. A second Edmonds Field opened at the same Land Park site in 1949.

### The PCL years

It was the first Edmonds Field, however, where Tony spent three seasons working behind the plate.

As a PCL umpire, Tony never resided in Sacramento, as he instead lived in Oakland, which was one of the six California cities that were home to PCL teams.

Although the league consisted of eight teams, including teams in Portland and Seattle, Tony said that he only umpired games in California.

In addition to its teams in Sacramento, Oakland, Portland and Seattle, the league, during this time, included teams from San Francisco, Los Angeles, Hollywood and San Diego.

Among the Sacramento players who Tony recently recalled from his



Pocket News photo, Lance Armstrong

Following his time as a Pacific Coast League umpire, P.R. "Tony" Tonelli served in the Navy during World

years of umpiring were: Art Garibaldi, Gene Handley, Robert "Buddy" Blattner, Walker Cooper, Al Sherer, George "Red" Munger, Max "Milo" Marshall, Herman Franks and Averett "Tommy" Thompson.

Tony, who was born and raised in Cottonwood, Ariz. by his parents, northern Italy immigrants Peter Tonelli and Julia (Arigoni) Tonelli, also recalled Pepper Martin, the former Major League All-Star who became Sacramento's manager in

Although Tony does not immediately recall the names of former

Sacramento players and managers, he was certainly quick to name Dominic "Dom" DiMaggio as his all-time favorite baseball player.

Dom DiMaggio, who was the brother of the legendary New York Yankees slugger Joe Dimaggio, played for the PCL's San Francisco Seals from 1937 to 1939. He later had a lengthy Major League Baseball career with the Boston Red

Despite maintaining a longtime involvement in baseball, Tony

See Tonelli, page 27

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Pocket News photo, Lance Armstrong

P.R. "Tony" Tonelli points to a photograph of the USS Saratoga, the aircraft carrier that he served on for more than two years during World War II. Tonelli described the vessel, which carried about 4,000 workers, as a "city onto itself.



Photo courtesy of Tony Tone

P.R. "Tony" Tonelli (front, center) gathers together with other Fleet Reserve Association members in this 1981

# Tonelli: A baseball umpire in pre-WWII Japan was viewed as 'upper class'

said that he did not play baseball during his child-

hood.

"I was probably 19 when I first started playing base-ball," Tony said. "I was a catcher. My father passed away when he was 42 in 1932 and I was the only boy. I was 10 years old at the time. I had two sisters, Margaret and Mary, and one half-sister, Eleanor. We owned a motel we called them cabins back then - so, I had to help my mother out with the business."

Tony said that his road to becoming an umpire included his coaching of a youth team in Southern Califor-

"There were about three complexes in the area and all the kids had one team and we were undefeated for two years," Tony said. "I wish I could remember the name of the kid that was on the team, but he ended up playing on, I think it was the San Diego Padres. His (batting) average in Major League Baseball was about

Pre-WWII ump in Japan

Tony said that his time as an umpire began through his friendship with a man, named Chris, whose last name, to the best of Tony's knowledge, is spelled, "Peliciutus."

"(Chris) asked me to be an official at a baseball game at Korakuen Stadium in Tokyo," Tony said. "He said, 'I have letters from people over there who would like to see an American umpire.' So, we went to Japan. I was (umpiring) behind the plate and (Chris) was (umpiring) at first base. That was something. There were probably 10,000 people there. I naturally got butterflies and so did Chris, but we thought it was great."

Tony said that Chris wanted him to work as the home plate umpire due to his ability to speak Japa-

"I spoke enough Japanese to get by, so that's why I went behind the plate," Tony said.

In addition to learning English and Italian in his childhood home, Tony de-

veloped a fascination with languages at a young age and he eventually learned Japanese, Spanish and Portu-

Although he was only working as a guest umpire for one game, Tony said that there was nonetheless added pressure to be accurate on his calling of balls and strikes.

"Japanese are very fanatic about being precise on their calls and umpires are considered upper class in Japan," Tony said.

Due to his friendship and baseball experience with Chris, Tony, who also umpired community baseball games in Southern California, was asked by Chris to be a PCL umpire. And to become qualified for this position, he spent six weeks attending an umpire school in Florida.

### World War II

Tony's time as a PCL umpire ended with the U.S. involvement in World War II.

Having joined the Navy on June 6, 1939, Tony said that he was called to sea in 1942.

"I had orders (from the Navy) to go to sea," Tony recalled. "I went aboard the U.S.S. Saratoga, CV-3, which went from Long Beach to the Pacific, between the states and Hawaii. I was aboard the ship for two and a half years."

Tony's subsequent duties included assignments on the USS Midway, USS Coral Sea, USS Ticonderoga and a converted carrier, known as USS Salvo Is-

Altogether Tony spent 42 years in the Navy and also worked as an attorney at law and was a dedicated parliamentarian.

Today, Tony spending time with his wife Dorothy, participating in USS Saratoga Association and Fleet Reserve Association of the West Coast Region gatherings and annually donating funds to Easter Seals.

Reminiscing about his many experiences in life, Tony said, "In knowing what I did, I'd do it all over again. That's how much I loved the work that I did."



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# CALENDAR

For more Calendar enteries visit www.valcomnews.com

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

### DECEMBER

### 'Tomorrow's Legacies'

Through Jan. 9: "Tomorrow's Legacies: Gifts Celebrating the Next 125 Years." Exhibit celebrating the Crocker Art Museum's 125th anniversary and 125,000 square foot expansion. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'A Pioneering Collection'

Through Feb. 6: "A Pioneering Collection: Master Drawings from the Crocker Art Museum." The finest early collection of European drawings in the U.S. Works by Dürer, Fra Bartolommeo, van Dyck, Fragonard and Ingres. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### 'The Vase and Beyond'

Through Feb. 6: "The Vase and Beyond: The Sidney Swidler Collection of the Contemporary Vessel." Comprised of some 800

vessels by 300 artists, this collection showcases the wide-ranging, innovative practice of contemporary ceramic artists with a gorgeous array of forms, techniques and glazes, Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### Tai Chi

Daily, except Sundays: Meditation, breathing, forms and various styles of Tai Chi are taught. No experience necessary. Everyone welcome. Free. 8 a.m.-9 a.m. Reichmuth Park, 6135 Gloria Dr., Sac. (601) 559-5481

### **Big Band Dance**

Dec. 16, 21, 23, 28, 30: Dance to the rhythms of the Big Band era. Every Tues. & Fri. \$5 admission. 1:15 p.m.-3:45 p.m. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. (916) 972-0336

### **Food Addicts Anonymous**

**Dec. 16, 23, 30**: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Thursdays. 9 a.m. St. Andrews United Methodist Church, 6201 Spruce Ave., Sac. (800) 600-6028.

Dec. 16: Teens, your creativity will soar as you make your own feltie. They can be creepy, cute, cuddly, odd – or somewhere in between. Free. 4 p.m.-5:30 p.m. Robbie Waters Pocket-Greenhaven Public Library, 7335 Gloria Dr., Sac. (916) 264-2700 www.saclibrary.org

### **Playlist: Chelsea Wolfe performs**

Dec. 16: Explore the dark sound of California-based Chelsea Wolfe, who will perform songs from her LP The Grime and the Glow, released in August on the Brooklyn-based Pendu sound label, as well as new material from a forthcoming release. This concert will be held in the Auditorium. Purchase tickets at crockerartmuseum.org or the Admission Desk. \$6 for members; \$10 for nonmembers; \$12 for nonmembers including Museum admission. 6 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### **Rotary Club of East Sacramento**

Dec. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 12:15 p.m.-1:15 p.m., every Thurs. Salvation Army Dining Hall, 2550 Alhambra Blvd., Sac. www.rotary.org

### Rotary Club of Pocket/Greenhaven

Dec. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Kelly Byam (916) 684-6854.

### **Sutterville Heights Optimist Club**

Dec. 16, 23, 30: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Aviators Restaurant, 6151 Freeport Blvd., Sac. Cliff (916) 427-2698 or Mary-Jo at (916) 691-3059

### **Toastmasters**

Dec. 16, 23, 30: Improve your language skills and lose fear of speaking in front of people with Toastmaster club Los Oradores. Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores de la organizacion de Toastmasters. Thursdays/Jueves, 6:45 p.m. 2118 K St., Sac. Teri Bullington (916) 723-6232, teri.bullington@gmail. com, www.sacramentotoastmasters.com

### **Kiwanis Club of East** Sacramento-Midtown

Dec. 17, Jan. 7, 14, 21, 28: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Visitors welcome, first breakfast "on us." 7 a.m. – 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.eastsacmidtownkiwanis.com

### **Rotary Club of Point West**

Dec. 17, Jan. 7, 14, 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. Red Lion Inn, 1401 Arden Wy., Sac. www.pointwestrotary.com

### **Soroptimists of Sacramento**

Dec. 17, Jan. 7, 14, 21, 28: Soroptimist International of Sacramento South, a service club for business and professional women, meets Fridays. 11:15 a.m.-

12:45 p.m. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. Barbara McDonald, (916) 363-6927

### Arts O&A

Dec. 18-19: Join other art lovers and discover the essence of the art on view in tours that emphasize looking, conversation and group interaction. Free with Museum admission. 11 a.m. and 1 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### **Food Addicts Anonymous**

Dec. 18, Jan. 8, 15, 22, 29: 12-Step group for those who struggle with obesity, food obsession or eating disorders. Meets Saturdays. 8 a.m. Mercy General Hospital North Auditorium, 4001 J St., Sac. (800) 600-

### **Gardening on the Internet**

Dec. 18: Learn about websites on soils, climate and garden design. Gardening newsletters, blogs. more, Reservations recommended, Free, 10:15 a.m.-12 noon, Sacramento Public Library, 828 I St., Sac. (916) 264-2920 www.saclibrary.org

### **Banned Book Club**

Dec. 19: "A Separate Peace" by John Knowles will be discussed. All adults welcome to discuss why this book has been banned, why and the merits/demerits of the book. 10 a.m. Carmichael Public Library, 5605 Marconi Ave., Carmichael. (916) 264-2920 www.saclibrary.org

### **Christmas concert**

Dec. 19: The Greek Orthodox Church of the Annunciation will host its annual Christmas concert. Reception to follow. Freewill offering. 7 p.m. Greek Orthodox Church of the Annunciation, 600 Alhambra Blvd. (916) 443-2033

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### **Classical concert**

Dec. 19: "Classical Concert: Susan Lamb Cook, cello and Natsuki Fukasawa, piano. The Classical Concert Series kicks off with a performance by two local favorites performing works by Schumann, Villa-Lobos, Cionco, Busoni and Chopin. \$6 for members: \$10 for nonmembers: \$12 for nonmembers including Museum admission. 3 p.m. Crocker Art Museum. 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### **Co-Dependents Anonymous**

Dec. 19, Jan. 2, 9, 16, 23, 30: 12-Step group for those who struggle to maintain healthy relationships. Meets Sundays. 2 p.m. Heritage Oaks Hospital, 4300 Auburn Blvd., Rm.101, Sac (866) 794-9993.

### **Community Sunday breakfast**

Dec. 19, Jan. 2, 9, 16, 23, 30: Enjoy a delicious breakfast of eggs Benedict, corned beef hash, Joe's scramble, pancakes and more. 8:30 a.m.-11 a.m, every Sun. \$9.

Elks Lodge No. 6, 6446 Riverside Blvd. (at Florin Rd.), Sac. Proceeds benefit student scholarships. www.elks6.com

### Drop, Yak, Splat!

Dec. 19: A museum adventure for families. Different artworks will provide inspiration for a stimulating gallery experience for families and children of all ages. Free with Museum admission. 11 a.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum

### **Co-Dependents Anonymous**

Dec. 20, 27: 12-Step group for those who struggle to maintain healthy relationships. Meets Mondays. 7:30 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

### Hatha yoga

Dec. 20, 27: Align the body through breathing techniques, postures and deep relaxation. 3 p.m.-4 p.m. Hart Senior Center, 915 27th St., Sac. (916)808-5462. Meets every Mon. Repeats Wed., Fri.

# Sudoku

Continued from page 6

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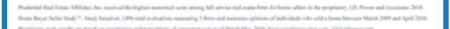
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