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December 15, 2011

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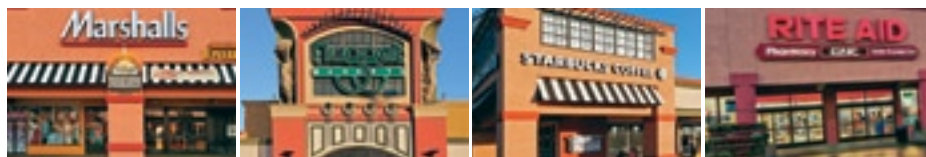
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KCRA 3 Kids Can Food Drive at John F. Kennedy High School

By KYLEY HIRONAKA
Special to Pocket News

John F. Kennedy High School's own California Scholarship Federation (CSF) Club participated in the annual KCRA 3 Kids Can Food Drive last month. With the help of many donors, they collected some 3,100 cans of food for hungry families.

Thanks to the combined effort of over fifty JFK CSF members and the Robbie Waters Pocket- Greenhaven Library, which donated several hundred food items, this effort was a huge success.

All donations went to the South Sacramento Interfaith

Partnership (SSIP) Emergency Food Closet.

Generous incentives were donated by counselor Mr. Norman and principal Mr. Sweitzer. Furthermore, an anonymous JFK teacher donated a sum of money to the CSF effort, allowing the group to reward the top donating classes with a pizza party and \$100 in class rewards.

In 1st place was Mr. Andrews' class with 910 cans. Ms. Fong's class came in 2nd with 417 cans and 3rd place went to Ms. Stanton's class who collected 245 cans.

These donations will help feed hungry families in the South Sacramento community. The KCRA 3 Kids Can Food Drive was CSF's main fall semester project. They look forward to their next main project, Casey's Ballroom Dancing in the spring semester.

The CSF Club will continue to accept non-perishable food donations on behalf of the SSIP throughout the season. Drop offs can be made at the JFK front office during regular hours. The school is located on 6715 Gloria Drive in Sacramento.

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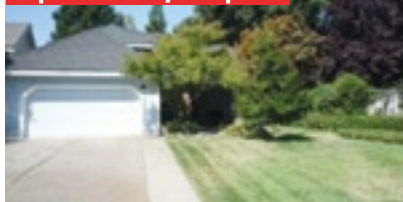
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Food for all

Titanic's Pantry helps Sacramento families feed their four-legged family members

By **CORRIE PELC**
Pocket News writer
corrie@valcomnews.com

The last few years have been very rough for everyone economically – every day families struggle just to put food on the table. And for many families, that includes a struggle to provide food for their pets also.

That's where Sacramento's pet food bank, Titanic's Pantry, comes in.

"When you have to make a decision between paying your mortgage, your car payment or buying dog food, that's a real conundrum," explained Gina Knepp, acting manager of the City of Sacramento Animal Care Services. "It's a terrible dilemma for anyone to have to face. If you find yourself in dire straits where you need pet food, come get it from us because we don't want people to surrender their pets to the local shelters – that's the last thing we want to do."

The pantry is seeing an increase in need, just as local food banks for humans are seeing an uptick – at this time of year, especially. Every neighborhood in the region is affected.

Penny Cistaro, now chief operations officer for the Sacramento SPCA, started Titanic's Pantry in November 2009. She got the idea for the

pantry while in Washington State.

"When I came back to California, there wasn't a (pet) food bank in the region, and having had a (pet) food bank up in Washington State at the shelter I had worked at and seeing the benefits there, I wanted to start one here," Cistaro said.

A team effort

Now about two years later, Titanic's Pantry is a collaborative effort of the City of Sacramento Animal Care Services, Sacramento County Animal Care and Regulation, the Sacramento Society for the Prevention of Cruelty to Animals (SPCA), and Happy Tails Pet Sanctuary.

According to Knepp, those in need of pet food can visit the city, county, or SPCA shelter once a month for a donation.

The City's shelter has the biggest client base – more than 2,000 people come there each month and they distribute at least 3,000 pounds of food a week. Additionally, Titanic's Pantry provides a number of other supplies that people may need for their animals; everything from cat litter and litter boxes to dog biscuits, leashes, collars, beds and even toys.

Who is eligible?

So who is eligible to receive assistance from Titanic's Pantry?

Anyone who needs it, according to Knepp. There is no application to fill out or proof of eligibility.

"If they're not registered with us, the first time they come in they show us a picture ID and we'll put them in our computer system to keep track of how many people we're helping," Knepp explained. "Then once a month they can come back if they need to and get food from us. We have some people that come back several times. And then we have some people that come back and bring us a bag of food to thank us because we helped them when they were in trouble."

Bags of food needed

And it's those bags of pet food coming in to Titanic's Pantry that are so desperately needed right now.

"One of the biggest challenges is to keep the shelves constantly stocked because you rely on donations," said Shari Lowen, senior services coordinator for the Sacramento SPCA and volunteer that helped Cistaro start Titanic's Pantry. "You may get

See Titanic's Pantry, page 21



Photo courtesy, Titanic's Pantry

PETS IN NEED. As the economy stumbles, humans aren't the only family members in need. Families are struggling to feed their furry children, too. Titanic's Pantry exists to help.

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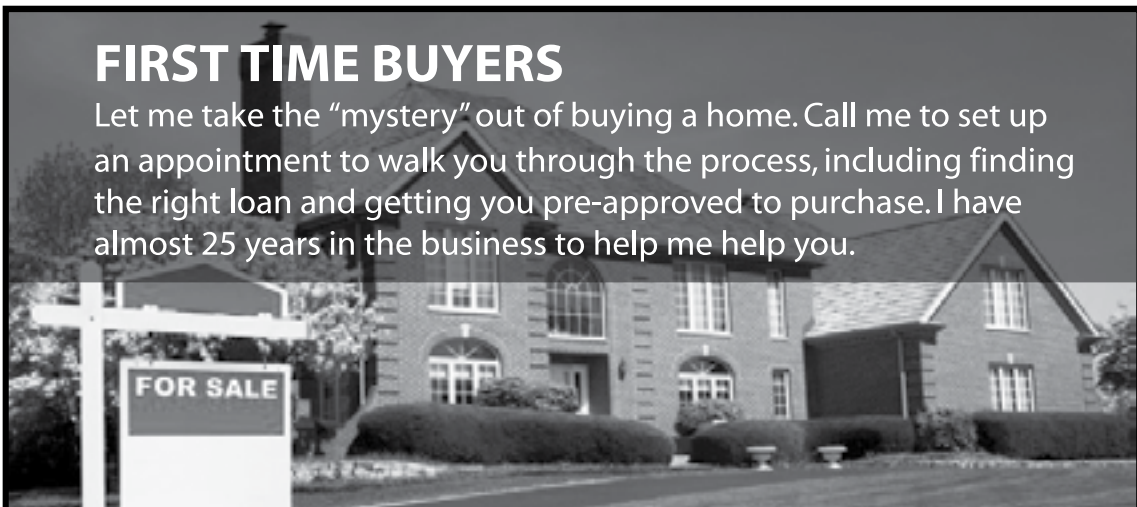
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Early Sacramento wineries experienced many challenges

By LANCE ARMSTRONG
Pocket News writer
lance@valcomnews.com

Editor's Note: This is part two of a two-part series regarding Manuel Silva Nevis and his wineries.

When it comes to reviewing the history of early wineries of Sacramento, it is important to recognize Manuel Silva Nevis, who was associated with three Sacramento wineries.

Nevis' early start

As explained in part one of this series, Nevis was able to establish himself in the winemaking indus-

try through the financial assistance of his father-in-law, Joseph S. Miller, who was reported to have been the first Portuguese person to settle in the Freeport/Clarksburg area.

With this financial backing, Nevis founded the Eagle Winery at 1519 18th St. in 1881.

Nevis' success with the Eagle Winery led to his ownership of two other Sacramento wineries, the California and Pioneer wineries.

Although Nevis sold his remaining share in the 18th Street winery to the Azores Islands-born cousins, Manuel Joaquim Azevedo and

Joaquim Leal Azevedo, on April 27, 1889, this business transfer did not mark the end of his use of the name, Eagle Winery.

A second Eagle Winery

According to a historic advertisement in *The Sacramento Union*, Nevis – who officially established M.S. Nevis & Co. on May 2, 1889 – was already operating a separate winery by the same name by as early as May 18, 1889.

The advertisement noted that this winery, which was located on 21st Street, between R and S streets, was “prepared to fill orders at wholesale (prices) for all

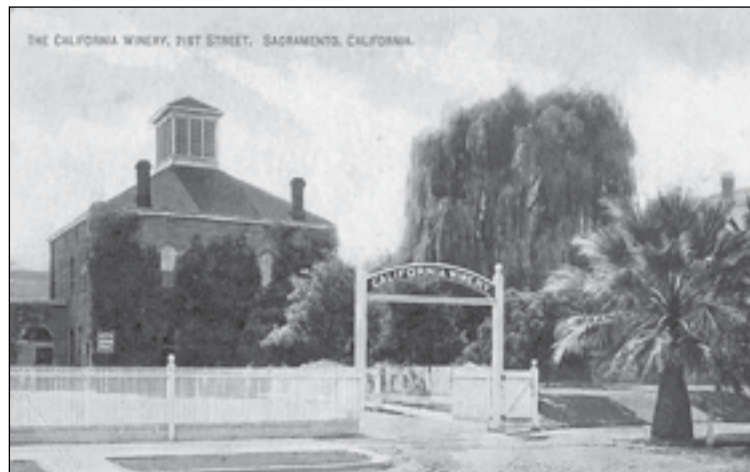


Photo courtesy, The Lance Armstrong Collection
THE CALIFORNIA WINERY office on 21st Street is shown during its post-Manuel Silva Nevis era in 1909.

kinds of California wines and brandies upon the shortest notice.”

The wording of this advertisement is of additional interest, since a special arrangement regarding wine sales had been made as part of the Azevedos' complete acquisition of the 18th Street winery.

As part of the transaction, for the following two years, Nevis would not be permitted to sell retail wines and the Azevedos would not manufacture wines or offer wholesale wines in the city of Sacramento.

Legal battles

Unfortunately for these businessmen, their relationship suffered greatly due to legal battles between them.

On Oct. 10, 1889, *The Union* reported that in response to a suit brought on by Nevis, Superior Court Judge W. C. Van Fleet had issued a temporary order requiring the Azevedos to discontinue their use of the Eagle Winery name.

Nevis, who had completed a large addition to his 21st Street winery about a month earlier, claimed that he had legal right to the Eagle Winery trademark and sought \$500 in damages.

The Azevedos, who were represented by attorneys A.L. Hart and Joseph W. Hughes, filed a cross-complaint claiming their own right to the name and demanded \$5,000 in damages.

Two weeks after filing his first suit against the

Azevedos, Nevis, through his attorneys, Johnson, Johnson and Johnson, began another suit, claiming that the Azevedos had violated their contract to refrain from selling wholesale wines for two years.

The legal issues between Nevis and the Azevedos were officially resolved in Superior Court by Van Fleet on March 29, 1890, as Van Fleet ruled completely in favor of the Azevedos.

In regard to the name, Eagle Winery, the judge determined that Nevis made no effort to retain the trademark at the time of the transfer and that the name would officially be considered part of the business deal.

Winery renamed

As a result of the judge's decision, Nevis renamed his 21st Street winery, the California Winery.

The earliest reference to the California Winery name discovered during research for this article appears in an advertisement in the Nov. 29, 1890 edition of *The Union*.

Under an artistic drawing of the winery, the advertisement includes the words: “Finest wines and brandies for holiday trade. All orders will receive prompt attention. M.S. Nevis, proprietor.”

Despite its legal battles, Nevis' 21st Street winery continued to prosper, as is evident through an Oct. 11,

See *Wineries*, page 7



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Wineries: Owner's colorful history included legal battles, drowning in vat of wine

Continued from page 6

1890 *Union* classified advertisement, which called for the hiring of 20 men at the winery.

Depression troubles, name changes

Nevis continued the operation of the California Winery until 1894, when the winery, due to financial struggles during a national financial depression (the Panic of 1893), became the property of the California State Bank, which was located at the northwest corner of 4th and J streets.

The winery was renamed the Calutha Winery and operated under this name for about year.

It was at this time that George Peltier, the bank's vice president, and Fred J. Kiesel, a resident of Ogden, Utah, purchased the winery and reinstated the name, California Winery.

Pioneer Winery

Nevis' involvement with the aforementioned Pioneer Winery at the corner of 21st and R streets began in the late 19th century and by at least 1899, he was working as the winery's manager.

According to the 1901 city directory, Nevis had recently become the owner of the Pioneer Winery, and his son, Joseph, was working as the winery's manager. Nevis and his wife, Emma, also had four other children, Morvin, Roy, Cecilia and Leo.

Untimely end

Nevis' ownership of the Pioneer Winery ended abruptly through a fatal tragedy.

On Saturday morning, Sept. 21, 1907, one of the winery's employees, Joseph L. Manica, who resided at 1621 R St., began to search for Nevis at the winery to receive orders regarding a new carload of grapes that was to be unloaded.

After searching for Nevis for several hours, Manica eventually discovered Nevis' straw hat lying alongside a vat.



The California Winery was located on 21st Street, between R and S streets.

Photo courtesy, the Portuguese Historical and Cultural Society

In worrying that Nevis might have fallen into the vat, Manica went to the bottom of the vat, where his worst fear was quickly realized.

Details regarding this incident were published in *The Sacramento Bee* in Manica's own words, as follows: "(At the bottom of the vat), I found him in a sitting position

and when I shook him, I knew he was dead. I am convinced that he fell into the vat accidentally while on his way to the door."

The drowning was the second drowning by a Nevis family member in a year's time, since Nevis' brother, Antonio, drowned in Graham's Pond, about

three miles southeast of Elk Grove, on July 16, 1906.

Following Nevis' death, Emma became the sole owner of the Pioneer Winery, which was then

managed by Harry B. Kingsbaker.

Kingsbaker moved to San Francisco in 1908, but Emma continued the operation of the winery for another two years.

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Sacramento area inspires setting for local dog author

By ART GERMAN
Pocket News writer
art@valcomnews.com

If dogs could learn how to read, there's no doubt that River Park resident Mark Butterworth's newly-published novel would quickly zoom to the top of every best-seller list in the nation.

The book's name alone may set some sort of new standard for length. The cover page carries the title of "A Man with Three Great German Shepherds and 1,000 Troy Ounces of Gold." All that fills the top, bottom and middle of the paperback's cover.

The story line deals with the travails of a fictitious man named Dan Martin, whose vital statistics seem to closely parallel those of author Butterworth. Like his book character in the opening chapters, Butterworth lives in a neat cottage that's just a stone's throw away from Sac State and the American River.

When I called on him, I was given a warm welcome by his two German shepherds – he and his pets had just finished a walk in the neighbor-

hood and were still out on the sidewalk when I drove up. After we introduced ourselves, he told me the dogs were named Zoe, age 3, and Lucy, 5. They cavorted about happily as the four of us, two dogs and two people, began getting to know each other.

Zoe and Lucy greeted me like a life-long friend. No doubt about it...those two are a friendly, totally trained canine duo.

Back home later, as I began reading Butterworth's recently-printed book, I noticed that lead character Dan Martin had three German shepherds in his East Sacramento home— two named Zoe and Lucy as in the author's digs in real life. The book, however, adds a fictitious third German shepherd, this one named Ella, to the canine cast.

Any confusion the reader may have about what is real and what isn't is put to rest even before he or she reaches page 1 of the text. The preface calls the book a work of fiction, stating that "characters and events portrayed in this book are fictional and any re-



POCKET NEWS PHOTO, ART GERMAN
LOCAL AUTHOR Mark Butterworth, seen here with his German Shepherd dogs Lucy and Zoe, recently published an adventure story starring three similar dogs. He published "A Man with Three Great German Shepherds and 1,000 Troy Ounces of Gold" through Amazon.com.

See Dog Author, page 12

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Compounding pharmacy, gift store & spa offer that unique 'something' for every one

By SALLY KING
Pocket News writer
sally@valcomnews.com

It's hard to walk into Parkside Pharmacy in Sacramento without sampling a body lotion or perusing the many cards made by local artists.

Now open for two and a half years, Parkside was formally known as Land Park Pharmacy. Ted and Georgia Econome opened the pharmacy in 1953 and are now retired. Current owner John Ortego worked for Land Park Pharmacy three years before the Econome's retired. When the pharmacy closed, Ortego saw the perfect opportunity to remodel it based on an idea he and his wife Michelle had discussed.

John graduated from the University of Pacific and had a vision of running a compound pharmacy. Compounding is the mixing of drugs by a compounding pharmacist to fit the unique needs of a patient. This may be done for medically necessary reasons, such as to change the form of the medication from a solid pill to a liquid, to avoid a non-essential ingredient that the patient is allergic to, or to obtain the exact dose needed. It may also be done for voluntary reasons, such as adding favorite flavors to a medication.

John wanted to run an independent, whole wellness pharmacy that included a spa.

"John entered a nationwide competition with the idea of having a whole wellness pharmacy that included the compounding pharmacy, boutique and skincare and won," Michelle said. "He received a lot of recognition for his idea."

In addition to servicing the local community, he also makes compound medications for his neighbor, the Sacramento Zoo. Compound medications make it

easier to treat the animals there.

John hired Gary Thomas to help him run the pharmacy. Thomas previously ran the Land Park Pharmacy for 35 years.

"Gary is a celebrity," Michelle said. "He reminds me of the old-fashioned doctors, who used to make house calls."

Michelle wanted a boutique where people could purchase jewelry, paintings and cards made by local artists.

"Our cards are provided mostly by Papyrus and a local artist known as Artey Mas," Michelle said. "Artey Mas is owned by Marisa Gutierrez, who happens to be my cousin."

Gutierrez also brings in featured paintings by local artists in the area.

Michelle said another popular item in the boutique is hand-stitched baby booties, made by a woman who lives in Land Park.

"Our biggest hit in the boutique is the jewelry, which is from all over the world and very unique," Michelle said. "We have a variety of price ranges too."

With a medical background in skin care, Michelle wanted to make sure the spa had a medically trained aesthetician on hand.

Michelle has over 10 years experience working with dermatologists. She bought a medical grade machine for the microdermabrasion treatments and said it took her a while to find a good aesthetician.

"Everyone loves Marla, our aesthetician, and we even have Arden Park residents coming in for spa treatments," Michelle said. "I eventually want to add a massage therapist."

Michelle said her goal for the new pharmacy was pulling in the newer generation with the spa and cosmetics. With more light coming into the building now, it appears larger and warmly inviting.

Michelle promotes local business to the visitors who come to her store. She thinks it is important to support the local economy and said it is a big deal to her.

The store is set up with the compounding pharmacy located in the back and the



Pocket News photo, Sally King
JOHN AND MICHELLE ORTEGO are the owners of Parkside Pharmacy in Sacramento. John won a national award for coming up with a business concept for a whole wellness pharmacy that includes a compounding pharmacy, a boutique and skincare...all in one.

boutique and spa in the front. Parkside has a website with a calendar listing their monthly events. A book signing at the store in early December delighted Wayne Thiebaud fans. Children recently had the opportunity to pose with Santa. Parkside is also presenting the "12 days of Christmas" that include spa specials.

An email is sent every second Saturday with daily spe-

cial to Parkside's email listing. Michelle said this has become quite popular.

Both John and Michelle say that running the Parkside Pharmacy has been a lot of work, but also a lot of fun in the making.

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Jana Din nominated 'Teacher of the Year'

By SALLY KING
Pocket News writer
sally@valcomnews.com

Jana Din, a Regional Occupational Program (ROP) Careers for Children teacher, has been nominated as "Teacher of the 2010-2011 Year."

Din lives in the Pocket and has been teaching at Galt High School for 26 years.

"I have had the privilege of working with some of the most outstanding, dedicated, hard-working, innovative and creative teachers to be found in the profession," Din said. "This is quite an honor for me."

Din focuses on careers in child development and interior design. She said her goal is building relationships with her students and has designed her class-

room to be an atmosphere of creativity and inspiration, a welcoming safe haven and a dynamic place to learn.

"I tell my students who are considering a teaching career to look for what is in the child's heart and soul," Din said. "When you look beyond the surface of academics and understand a child's behavior, you connect with that child."

Din receives letters from former students thanking her for making them feel they mattered to her. Academics count, but feeling important made the difference for these students. Students often have more daily contact with their teachers than their families and Din takes this opportunity to connect with her students.

Din grew up in Sacramento and attended Kennedy High School. She received her teaching credential from California State University Sacramento. She knew by the time she was in the fourth grade she wanted to become a teacher. Din said that perhaps her growing up around a neighbor, three aunts and two uncles who were teachers had an influence on her. She believes teaching is a calling.

Din said her students receive hands-on experience in her classes. Design students receive college credits from Delta College and can transfer into design classes at Delta after completing high school. Students wanting to teach must complete one semester of child development. Then they may assist teachers in the classroom for one period each day, and help develop the lesson plans. They must maintain a "B" in her class and "C's" in their other classes to be able to assist in teaching at other schools.

"It's a win-win for my students, for the teachers and for the students they are teaching," Din said. "Some of the elementary school teachers said if it weren't for my students giving one-on-one help, there are students would not make it to the next grade level."

Din has been part of the ROP program for the last nine years and said its reputation is well-established. Teachers look forward to working with the students.

Budget cuts have been the hardest part of teaching. Trying to meet all of the academic standards imposed with less monetary resources has proved difficult.

Din said she finds the negative press on teachers challenging. She visits at least 40 different classrooms each week and sees nothing but hard-working, dedicated teachers. She welcomes anyone who wants change to come to her classroom and follow her around to experience



Pocket News photo, Sally King

JANA DIN grew up and lives in the Pocket. She has been nominated as "Teacher of the 2010-2011 Year."

the classroom environment.

"I love being inspired by my students and it reaffirms why I teach," Din said. "I love seeing how other teachers inspire students and how my students inspire other students to learn."

Din spends the first two weeks of class having her students perform icebreaker activities, so they feel like a family. The goal is to remove barriers. The students look forward to class because they never know what activity they might be performing.

Din teaches her students to learn career and life skills through simulations, hands-on labs and projects, peer teaching, interdisciplinary lessons, cross age tutoring, mentoring, role modeling, interning in preschool and elementary classrooms, job skill training, volunteering in the community, field trips and job shadowing. She

keeps learning relevant in her classroom by incorporating as much of the real world into her lessons as possible.

The students receive job readiness training through the Sacramento Works Career Center, where they are taught how to complete a job application, resume writing and job interview skills.

Din feels her greatest contribution and accomplishments are in the successes her students experience as a result of being inspired by what they learn in her classes.

Many of her students have gone on to pursue successful careers in their chosen field.

"It is extremely gratifying to educate and inspire one generation of students, who in turn mentor the next generation, or, to assist students in finding their niche in the world," Din said. "For me, there is no greater accomplishment than that."

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Dog author: Local settings give doggie tale a realistic feel

Continued from page 8

semblance to real people...is purely coincidental."

The one exception noted was a fictitious appearance by Martin and his dogs on the Jay Leno TV show after one of the canines became a hero by saving the life of a Sacramento minister who was being attacked by a knife-wielding man near his church.

As for the book's account of what happened during the Leno episode, the book's preface makes it clear it was all fiction, as is the entire book. Despite frequent similarities between the book and Butterfield's actual life in Sacramento, the novel itself is held to be totally fictitious. None of it ever happened in real life, the preface makes clear.

The early pages are devoted mostly to the three German shepherds - how they were trained by Martin (a kind of counterpart for the real life Butterworth) and how they interacted with each other and with various characters who appear during different times and places in the book.

Where the German shepherds are involved in the story, the details are bound to delight dog fans and owners everywhere. Butterworth has a great gift in making his words bring his subjects to life.

As the reader moves further into the main character's life with his three pets, oth-

er, more difficult issues come to light.

The dogs save the life of a local minister who was being stalked by a knife-wielding assailant, and are honored on the Jay Leno show and elsewhere. Earlier in his life, main character Dan Martin invested wisely in gold, but as an eventual result he encountered major problems with the IRS. In the book, Zoe, Lucy and Ella were bound to take a back seat while these and other issues were being resolved by their human companions.

The real-life Mark Butterworth is 59 years old, a resident of Sacramento for 21 years, and is married. His wife, Alanna, is a teacher at the Camellia School. He described his working career as being "a jack of all trades," but his dream has always been to become an author, he said.

Before "Three Great German Shepherds..." he published several other books and he now works with Amazon to physically produce the books although Butterworth himself is the publisher of record.

The book is dedicated to his wife "and to the United States Navy in which my father served during WWII, and to all the wonderful dogs and cats that have graced my life."



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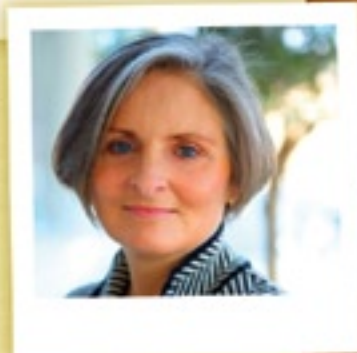
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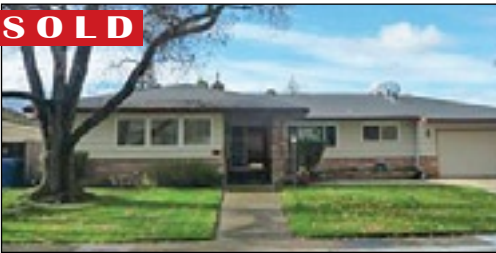


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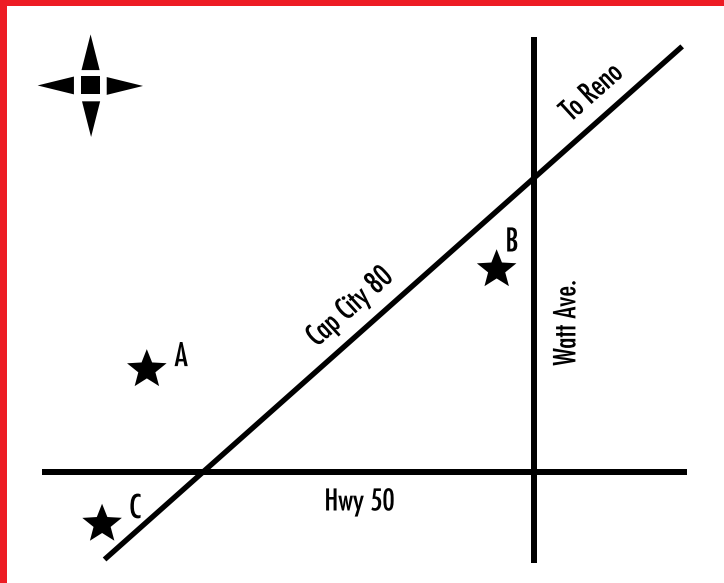
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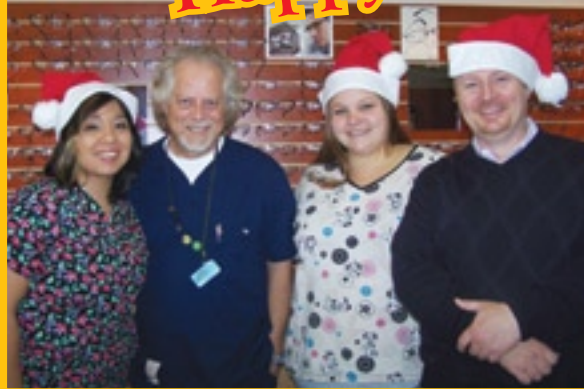
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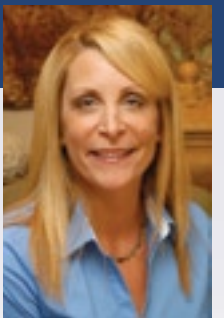


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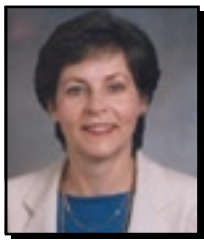
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Undersheriff Mark M. Iwasa selected as Sac State police chief

Special to Pocket News

Sacramento County Undersheriff Mark M. Iwasa is Sacramento State's new campus

police chief effective Tuesday, Jan. 3.

The announcement was made Monday by Ming-Tung "Mike" Lee, Sacramento State's interim vice president of Administration and Business Affairs, and chief financial officer.

Iwasa is already familiar with the campus, holding two degrees from Sacramento State. He has a B.A. in Economics with a minor in Criminal Justice (1990) and an M.A. in Public Policy and Administration (1993).

In his announcement, Lee notes that Iwasa brings more than 25 years of progressively expanding experience that includes criminal investigation, coordinated communication with neighboring municipalities, and administration of community-oriented programs.

"Undersheriff Iwasa is a seasoned officer with demonstrated knowledge, experience and skills in federal and California statutory code, case law, civil law and standards," Lee says.

Iwasa replaces former Chief Dan Davis, who retired in November. Former campus chief Ken Barnett has been serving as interim chief.

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Season of Giving:

Ways families can give back this holiday season

By CORRIE PELC
Pocket News writer
corrie@valcomnews.com

'Tis the season for good will and giving back. A number of great organizations in the Sacramento area need help from the community this holiday season.

Here are a few to get families and individuals started, along with some additional resources – for now and the entire year.

Adopt-A-Family

Volunteers are needed from now until Dec. 23 to help with data entry, organizing and decorating the Gift Distribution Center, loading/unloading presents, wrapping presents, and much more. And families can still be adopted until Dec. 15. Contact Katrina Balcius at kbalcius@volunteersac.org or (916) 567-3100.

Be a Santa to a Senior

Visit www.beasantatoasenior.com and search for participating companies or businesses in your area. Once you find one, you can pick an ornament off their giving tree, purchase the present, and bring the present to the participating vendor to be distributed to the senior in need.

“Bring the Heat” Blanket Drive

Sponsored by The Tween-er Club (a youth group) at the George Sim Community Center and the Flaming Knights Motorcycle Club, this third annual drive is looking for donations of blankets and volunteers to distribute on Dec. 17. Contact vroberson@cityofsacramento.org for more information or contact the FKMC Hotline at (916) 719-0754 or email flamingknightssac@yahoo.com.

Gifts From the Heart

This annual program of the Department of Health and Human Services provides presents for children, teens and adults they serve. Donations and volunteers needed! Contact Tammy Lieu at (916) 875-2027 or email LiuT@saccounty.net.

Meals on Wheels

About 2,300 Sacramento County seniors receive services through Meals on Wheels and both vol-

unteers and donations are always needed. For more information visit <http://mowsac.org>.

Sacramento County Sheriff's Department's Toy Project

The Project builds toys and repairs bikes all-year round, which are then distributed during the holidays to children and families in the unincorporated areas of Sacramento County and Rancho Cordova. Donations are needed. For more information, visit www.toyproject.org.

St. John's Shelter for Women and Children

Donations of wrapping paper, gift boxes, tape, gift tags, tissue paper, bags and bows are needed, as well as 100 plastic 66 quart storage bins for gift distribution. If you can help, contact Sara Amin at samin@stjohnsshelter.org or (916) 453-1482, ext. 15.

Ushers for Holiday Productions

The Capital Stage Company needs ushers for its productions of *Every Christmas Story Ever Told* and *It's a Wonderful Live, a Live Radio Play* from now until Jan. 1. Contact Lisa Thew at lthew@capstage.org or (916) 995-5464.

Additional Volunteering Resources

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Email: mperry@cityofsacramento.org
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Tips to make the holidays shine for seniors

Special to Pocket News

The holidays are a wonderful time of year, where families and friends gather to share the old times and the new.

Yet for seniors, the joy of the gatherings and the season in general can be a mixed blessing...as eager anticipation can give way to additional stress.

So this year, the staff at Carmichael Oaks has come up with some helpful holiday tips to make the season a joyous one for everyone.

“Most of the seniors I work with say the best gift of all is spending time with family,” said Virginia Stone, marketing director for Carmichael Oaks. “Unhurried, uncomplicated family time will mean the most to them and will create memories to last all year long. Give the best gift of all – your time.”

10 tips to make the most of the season

1. Share a holiday tradition

Have a senior share something special during the holiday season with you that comes from their own holiday memories... I could be a favorite cookie, decorations, arranging a centerpiece or a favorite movie or song that you can engage them with.

2. A quiet spot

Many seniors live in environments that are relatively quiet, with a limited amount of activity in a day. Think about how much stimulation may be in your environment and limit the amount of activities or time seniors are involved in them. Loud family gatherings can be a bit much, so a quiet place to sit down may be a good refuge.

3. Think ahead

Before an event begins, put yourself in your senior's shoes. Do you have difficulty walking? Do you have trouble remembering names? Plan ahead to make adjustments that can rectify the situation to make it more amenable. It can be as simple as moving some furniture and making nametags.

4. Recognize their limitations

Encourage older family members to take it easy and let you pamper them for a change, but let them help with smaller, less complicated tasks if they want to participate.

5. Listen to their stories

Many older relatives live in their memories. Encourage them to talk about holidays gone by. If they keep albums, ask to see the pictures. They may have some wonderful traditions from their childhood that you can incorporate into your own family's plans.

6. Cook a favorite meal together

Prepare a dish the senior loved as a child or once prepared as a holiday tradition. Involving the senior in the process, instead of making it for them, allows the senior to feel helpful and needed.

7. Set up a Christmas tree or Menorah

Decorations add so much to the holiday season. Help your loved one feel at home during the holidays by setting up their Christmas tree or Menorah with them. Again, having them help you put ornaments on the tree or plugging in the lights can make the senior feel helpful and involved.

8. Take a ride around town:

Many seniors don't drive as much as they did, but they'd love to see the holiday decorations put up by the retail stores and overzealous neighbors.

9. Make it easy to get around

If a senior is coming for a visit, remove slippery throw rugs and other items that could present barriers to a senior who has difficulty walking or balance problems.

10. Stay in touch

For seniors, it's so important to let them know you are thinking of them during the holidays, especially to those who are alone. Seniors today are of the generation that loves the simple things: a note in the mail, or a phone call. Invite them for a cup of coffee; it doesn't have to be much. It's the thought that counts.



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St. Francis High School athletic program makes history

Special to Pocket News

St. Francis High School in Sacramento made sports history this month, as five female sports made it to section finals and finished with one runner-up and four Sac-Joaquin Section Titles.

The Sac-Joaquin Section has been in existence for 70 years. There are currently 195 schools in the section and no female sports program has ever accomplished what the Troubadour's fall sports did this year.

All five sports (cross country, golf, tennis, volleyball and water polo) made it to section finals and finished with one runner up and four Sac-Joaquin Section titles. St. Francis is the first female sports program to win four section titles in the fall.

Highlights from the season

Water Polo won the Norcal Championship Tournament and finished second in Division I Sac-Joaquin Section Playoffs.

Cross Country: the Frosh/Soph, Junior Varsity and Varsity teams swept the Delta River League, Subsections and Division I Sac-Joaquin Sections. They won their eighth section title overall and finished fourth in the state.

Golf won the Division I North Section Championship for their 19th Sac-Joaquin Section Title. They finished fourth in Norcals.

Tennis won The Santa Catalina Tournament and their seventh Division I Section Championship in a row and ninth overall. Tennis made it to the Northern California semi-finals.

Volleyball won the Super 8 Tournament and Division I Section Championship for their 11th section title overall.

Top program in state

This makes 81 Section Titles for St. Francis High school, the most of any female sports program in the Section and one of the top programs in the state.



Photo courtesy, St. Francis High School

LETTERS OF INTENT SIGNERS. This fall, eleven seniors at St. Francis signed letters of intent to play college sports in 2012. Top row, left to right: Cora Stebbins (swimming), Paige Sellers (swimming), Haley Hughes (soccer), Emalia Seto (crew), Tessa Sandoval (tennis), Kamali Houston (crew), Nicolette Valicenti (crew). Bottom row, left to right: Ashley Noda (golf), Clara Nowinski (crew), Bryce Beckwith (water polo), Catherine White (crew). Crew is not an SFHS sport.

In the last 10 years, from the 2001-2002 school year to 2010-2011, St. Francis has won the most section titles out of any high school in the Sac-Joaquin Section for just one gender. [St. Francis girls (48), Jesuit-boys (40), Davis-girls (27), Oak Ridge-girls (21)].

When both genders are considered, only Davis High has as many titles as the St. Francis Troubadours. [St. Francis-girls (48), Davis-both genders (48), Jesuit-boys (40), Granite Bay-both genders (35), Oak Ridge-both genders (29)].

Letters of intent

Another aspect of the Troubadour athletic program is the number of students who sign letters of intent to play sports at colleges and universities across the United States. This fall, eleven seniors signed letters of intent. They are: Bryce Beckwith (Water Polo), Kamali Houston (Crew – not an SFHS sport), Haley Hughes (Soccer), Ashley Noda (Golf), Clara Nowinski (Crew), Tessa Sandoval (Tennis), Paige Sellers (Swimming), Emalia Seto (Crew), Cora Stebbins (Swimming), Nicolette Valicenti (Crew) and Catherine White (Crew).

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Titanic's Pantry: Pet food donations, volunteer help needed

Continued from page 5

a huge truckload of donated food and that might last a few weeks and then somebody comes in and there's absolutely nothing to give them."

Donations of pet food – dry cat and dog food – are how the community can help support the Pantry, Cistaro said.

"Buy a 20, 30, or 40 pound bag of food and bring it to the SPCA or take it to the county or the city (shelters) – whichever shelter is closest or whichever one is closest to your heart," Cistaro said. "Just bring in food – even a 10-pound, 5-pound bag of dry food. It's easy to transport, it lasts, that's what will help."

Participate in a pet food drive

According to Knepp, donations can be made on-site to the city, county, SPCA, or Happy Tails. She added that the community can pitch in to help by setting up pet food drives for the Pantry in their neighborhood.

For example, Knepp held a drive in Hollywood Park, raising 800 pounds of food for the Pantry. She then passed it on to Curtis Park – which brought in over 3,000 pounds of food donations – and now is trying to get Land Park "to take up the gauntlet."

Knepp said a pet food drive can also be a great project for groups, such as high schools.

Help pets by volunteering

Titanic's Pantry is also always in need of volunteers to help with picking up donations of pet food. For example, a Save Mart store in Vacaville currently supplies the Pantry with donations of food from broken bags, which Knepp says can sometimes add up to about 7,000 pounds of dry kibble for the Pantry. Volunteers are needed to help bag the loose kibble for distribution using empty sand bags Knepp obtained from the Department of Transportation.

"Our volunteers will come in and fill the sand bags up with dog food and we tie the tops just like sand, but it's dog food, and (we) give that out," she explained.

Keeping Titanic's Pantry going will continue to help enable people to keep their animals, Cistaro said.

"Animals play a powerful role in someone's life," she said. "People lose so much, the last thing they should lose is a family member and an animal is a family member."

For more information on Titanic's Pantry, including volunteer and donation information, visit www.sacpet-foodbank.org.

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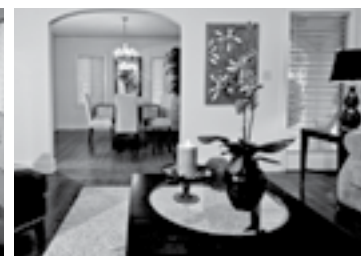
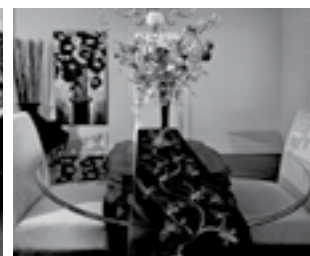
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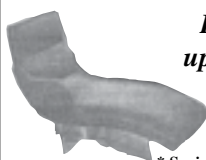
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CALENDAR

For more Calendar entries visit
www.valcomnews.com

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

ONGOING

'Bingo: the Musical'

Through Jan. 8: Everybody gets to join in the fun at this musical. Call for times, prices. The Cosmopolitan Cabaret, 10th and K streets., Sac. (916) 557-1999 www.CosmopolitanCabaret.com

Clayton Bailey's World of Wonders

Through Jan. 15: 180 works and complementary ephemera span 50 years of Bailey's prodigious production of genuine marvels. A ceramist, sculptor, and self-proclaimed "mad scientist," Bailey aims to surprise and delight with his art. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Florence and the Baroque

Through Feb. 12: Drawn from the largest private collection of Florentine Baroque

painting in the United States, this exhibition reveals the intense emotion, saturated color, and refined brushwork that characterized painting in 17th-century Florence. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

The Art of Disegno: Italian Prints & Drawings

Through Feb. 12: This exhibition, from the collections of the Georgia Museum of Art and Giuliano Ceseri, explores the variety and beauty of Italian draftsmanship through drawings and prints from the 16th through 18th centuries. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

DECEMBER

Bilingual Toastmasters

Dec. 15, 22, 29: Una oportunidad unica para mejorar sus habilidades bilingues y superar el temor de hablar delante de gente con nuestro club Los Oradores Toastmasters. Improve your language skills and lose fear of speaking in front of people in Spanish and English with Los Oradores. Every Thursday/Cada Jueves 6:30 pm - 8:00 pm Sutter Cancer Center 2800 L Street, Sac. Teri Bullington (916) 723-6232 teri.bullington@gmail.com, www.sacramentotoastmasters.com

Bingo!

Dec. 15, 22, 29: Enjoy a great local charity game of bingo every Thurs. night at 6:30 p.m. Benefits projects in the community. Early bird for \$5, Regular game buy-in of \$20. Elks Lodge No. 6, 6446 Riverside Blvd., Sac. (916) 422-6666

Florin Sears Store Farmer's Market

Dec. 15, 22, 29: Florin Sears Store Farmer's Market. Every Thursday, year round. 8 a.m.-noon. Florin Rd. & 65th St., Sac. www.california-grown.com

Food Addicts Anonymous

Dec. 15, 22, 29: 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.

Living Positive with Chronic Disease group

Dec. 15, 22, 29: Meet-up group for people living with chronic disease who honor how important a positive mindset is. If you want to complain - this isn't the group for you. The group will discuss and support: best practices for managing your condition, communication strategies, ways to laugh, have fun, engage with life and more. Free. Meets Thurs-

days. 5:30 p.m. - 7 p.m. Starbucks, 1401 Alhambra Blvd., Sac. Danae Horn (503) 319-4247

Playlist: Autumn Sky

Dec. 15: Join local indie darling Autumn Sky for a night of original folk and pop. Sky is an award-winning, multi-instrumentalist singer and songwriter from Sacramento. She will play songs from past releases and her sophomore album, "The Hallelujah Chorus." 7 p.m. \$6 Museum members, \$12 nonmembers. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Playlist is part of the program series Thursdays 'til 9. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Rotary Club of Pocket/Greenhaven

Dec. 15, 22, 29: Hear guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thurs. Aviators Restaurant, 6151 Freepport Blvd., Sac. Kelly Byam (916) 684-6854.

Sacramento Downtown Plaza Farmer's Market

Dec. 15, 22, 29: Sacramento Downtown Plaza Farmer's Market. Every Thursday, May-Sept. 10 a.m.-2 p.m. 4th & K streets, Sac. www.california-grown.com

Sam Brannan Middle School

Visitation Days

Dec. 15, Jan. 10, 11, 12, 17, 18, 19: Sam Brannan Middle School will host parent and 6th grade student visitation days. Come discover the exciting transformation taking place at Sam Brannan Middle School. See first-hand some of the best teaching taking place in Sacramento! All classrooms will be open to students and parents to visit, 8:30 a.m. - 12 noon. Contact the school office to schedule your visit. (916) 264-4350 x 1001.

Sutterville Heights Optimist Club

Dec. 15, 22, 29: Come enjoy community speakers and community projects for youth. 12 noon., every Thurs. Golden Corral, 7700 W. Stockton Blvd., Sac. Charlie (916) 427-7136 or Mary-Jo at (916) 691-3059

Ballroom Dances

Dec. 16, 20, 23, 27, 30: Enjoy dancing to a live band every Tuesday and Friday. 1:15 p.m.-3:45 p.m. \$5/person. Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael

Kiwanis Club of East Sacramento-Midtown

Dec. 16, 23, 30: Come listen to an interesting guest speaker weekly; community service, serving the children of the world. Vis-

itors welcome, first breakfast "on us." 7 a.m. - 8 a.m. Fridays. 2875 50th St., UC Davis Med. Ctr., Sac. (916) 761-2124 www.east-sacmidtownkiwanis.com

Rotary Club of Point West

Dec. 16, 23, 30: Hear guest speakers address local, regional and international topics. Visitors welcome. 7 a.m., every Fri. DoubleTree Hotel, 2001 Point West Way., Sac. www.pointwestrotary.com

Soroptimists of Sacramento

Dec. 16, 23, 30: 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

Country Club Plaza Farmer's Market

Dec. 17, 24, 31: Country Club Plaza Farmer's Market. Every Saturday, year round. 8 a.m.-noon. Watt & El Camino, Butano Dr. parking lot, Sac. www.california-grown.com

Food Addicts Anonymous

Dec. 17, 24, 31: 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) 600-6028.

Architecture Tour

Dec. 18: Explore the distinct architectural elements of the Teel Family Pavilion and the historic buildings in a tour that emphasizes looking, conversation, and group interaction. 12 p.m. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Carmichael Farmer's Market

Dec. 18, 25: Carmichael Farmer's Market. 8 a.m.-1 p.m., every Sun. Year round, rain or shine. Carmichael Park, 5750 Grant Ave., Carmichael. www.bemoneysmartusa.org

Christmas concert

Dec. 18: Christmas concert with Patriotic and Traditional hymns. 7 p.m. Free concert with complimentary post-concert reception. Greek Orthodox Church, 3022 F St., Sac. (916) 443-3022

Classical Concert: Bel Tempo Ringers

Dec. 18: Bel Tempo Ringers, a Sacramento-based hand bell choir, will ring in the season with holiday music in this family-friendly performance. 3 p.m. \$6 Museum members, \$12 nonmembers. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

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Co-Dependents Anonymous

Dec. 18, 25: 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. 18, 25: 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

State Parking Lot Farmer's Market

Dec. 18, 25: State Parking Lot Farmer's Market. Every Sunday, year round. 8 a.m.-noon. 8th & W streets, under Highway 50, Sac. www.california-grown.com

Sunday Support for the Widowed

Dec. 18, 25: The Widowed Persons Assn. sponsors Sunday Support sessions which are held every Sunday, rain or shine - holidays included. 3 p.m.-5 p.m. 2628 El Camino Ave., Ste. D-18 (east of Fulton). Widows and widowers welcome. Barbara Stewart (916) 363-3482

Hatha yoga

Dec. 19, 26: 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.

Nicotine Anonymous

Dec. 19, 26: Nicotine Anonymous meeting. Meets every Monday, 5:30 p.m.-6:30 p.m. Westminster Presbyterian Church, 1300 N St., Sac. Brandi Bowman (916) 984-3501

Rotary Club of South Sacramento

Dec. 19, 26: Hear guest speakers address local, regional and international topics. Visitors welcome. 11:30 a.m., every Mon. Casa Garden Restaurant, 2760 Sutterville Rd., Sac. www.rotary.org.

Tai Chi & Chi Keung

Dec. 19, 26: Chinese exercise combines specific movements and relaxation. 1:30 to 2:30 p.m., Hart Senior Center, 915 27th St., Sac. Meets every Mon. (916) 808-5462

Toastmasters

Dec. 19, 26: Have fun while improving speaking & leadership skills. Klassy Talkers Toastmasters. 7 p.m.-8:30 p.m. Mondays. Executive Airport, 6151 Freeport Blvd., Sac. Ann Owens (916) 601-4652 www.klassytalkers.freetoasthost.org

Baby Loves Art

Dec. 20: Children will sing, move, groove, touch, and play while building key cognitive and motor skills. This program is for children from infancy to 36 months old and their caregivers. For registration and schedule details, call (916) 808-5499. 10:30 a.m. and 1 p.m. Registration begins at 9 a.m. on the first day of the month. This registration process ensures equitable access to this very popular program. Free with Museum admission. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Rotary Club of Arden-Arcade

Dec. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon, every Tues. Jackson Catering and Events, 1120 Fulton Ave., Sac. (916) 925-2787, www.ardenarcaderotary.org

Rotary Club of Carmichael

Dec. 20, 27: Hear guest speakers address local, regional and international topics. Visitors welcome. 6 p.m., every Tues Palm Street Pub & Grill, 6416 Fair Oaks Blvd., Carmichael. www.rotary.org

Upholstery class

Dec. 20, 21, 27, 28: Learn how to upholster! All types: furniture, auto, boat. Adult ed class taught by an upholstery professional. Tuesdays, 11 a.m.-3 p.m., Wednesdays, 9 a.m.-1 p.m. \$45 for four weeks. McClaskey Adult Center, 5241 J St., Sac. Jerry Prettyman (916) 806-2172

Co-Dependents Anonymous

Dec. 21, 28: 12-Step group for those who struggle to maintain healthy relationships. Meets Wednesdays. 7 p.m. Friends Community Church Fireside Room, 4001 E St., Sac. (866) 794-9993.

Rotary Club of East Sacramento

Dec. 21, 28: Hear guest speakers address local, regional and international topics. Visitors welcome. 12 noon-1:15 p.m., every Wed. Evan's Kitchen, 855 57th St., Sac. (in the 57th St. Antique Mall) www.rotary.org

Senior Wednesday Club

Dec. 21, 28: The Senior Wednesday Club meets to chat, play bridge, pinocle or bingo. Free. Bring a brown-bag lunch. Free coffee, tea and dessert. Meets Wednesdays. 10 a.m. to 2:30 p.m., Mission Oaks Community Building, 4701 Gibbons Dr., Carmichael. Judi (916) 247-6020

Toastmasters

Dec. 21, 28: All area business people invited to hone their speaking skills. Noon-1:15 p.m., every Wed. River City Speakers Toastmasters Club, Coco's Restaurant, 1830 Arden Way, Sac. (916) 747-8282

Open Art: Holiday Film Series - "It's a Wonderful Life"

Dec. 22: A seasonal favorite, Frank Capra's classic movie tells the story of how an angel helps a compassionate but despairing businessman by showing him what life would have been like if he never existed. Bring non-perishable food items to donate to Sacramento Food Bank & Family Services and be entered in a special raffle. 4 p.m. Free to Museum members, \$5 nonmembers in advance, \$10 nonmembers at the door. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Presented in collaboration with Movies on a Big Screen. Open Art is part of the program series Thursdays til 9. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Open Art: Holiday Film Series - "Santa Claus"

Dec. 22: Discover the cult classic sometimes referred to as "Satan vs. Santa." Santa (with a little help from Merlin the Magician) battles Satan's efforts to make the children of the world engage in vandalism and other mischief. Originally filmed and released in Mexico, this screening will include the badly dubbed English soundtrack from the 1960 U.S. release of this enjoyably bizarre and low-budget twist on Christmas. Nationally syndicated late night horror host, Mr. Lobo of "Cinema Insomnia," will introduce the film and hold an audience contest with prizes as cheap as the film's production.

7 p.m. Free to Museum members, \$5 nonmembers in advance, \$10 nonmembers at the door. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Presented in collaboration with Movies on a Big Screen. Open Art is part of the program series Thursdays til 9. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Crocker Art Camp: Winter Break Session

Dec. 26-30: While your kids are out of school for Winter Break, they can boost their imaginative powers in a visually rich setting. Participants will experience a variety of visual art mediums—from ceramics and printmaking to painting and drawing—along with recreational activities and games in the Museum's courtyards. The Crocker's international art collection will inspire the theme for each day and keep things fresh and fun. 9 a.m.-4 p.m. \$55 per day/\$250 per session Museum members, \$65 per day/\$295 per session nonmembers. Instructors: Museum Education Staff. For registration details, call (916) 808-1182 or visit crockerartmuseum.org.

Holiday Monday: Kwanzaa Family Festival

Dec. 26: Celebrated worldwide, Kwanzaa focuses on family, community, creativity, and the cultural traditions of the African Diaspora. At this museum-wide festival, the Crocker celebrates its collection of African art with music and dance performances, a unique studio art workshop, storytelling, an arts and crafts marketplace, and much more. 12 noon-4 p.m.

Free admission from 10 a.m. to 5 p.m. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.

Drop, Yak, Splat! Holiday Style

Dec. 27, 29: In this special edition of the Crocker's popular Drop, Yak, Splat! program, families are invited to celebrate the coming of the new year with a memorable gallery activity inspired by artwork on view at the Crocker. 11 a.m. and 1 p.m. Sign up begins one hour before the start time at the Museum Admission Desk. Free with Museum admission.

Open Art: Holiday Film Series - "The Nightmare Before Christmas"

Dec. 29: Jack Skellington, the Pumpkin King of Halloween town, is bored with the monotony of success, until his discovery of Christmas Town inspires him to become "Sandy Claws"—with dubious results. This darkly humorous fairy tale brings Tim Burton's dynamic vision to life with spectacular stop-motion animation and a catchy soundtrack by composer Danny Elfman. Burton, director of offbeat classics like "Beetlejuice" and "Edward Scissorhands," currently has a major retrospective at the Los Angeles County Museum of Art. Explore Burton's unique aesthetic during a draw-along before the screening, led by local artist Sarma Karsiere and featuring the characters in the film, at 6:30 p.m. Film at 7 p.m. Free to Museum members, \$5 nonmembers in advance, \$10 nonmembers at the door. Purchase tickets at crockerartmuseum.org, the Museum Admission Desk, or by calling (916) 808-1182. Crocker Art Museum, 216 O St., Sac. (916) 808-7000, www.crockerartmuseum.org.



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Living With Memory Loss

7707 Rush River Drive Sacramento, CA 95831

LIC 347001338; 347001342



Faces and places

Skating IN A WINTER WONDERLAND

Photos by STEPHEN CROWLEY
Pocket News photographer

The young and the young-at-heart are taking advantage of the crisp weather by strapping on ice skates and stepping out onto the ice at the Downtown Sacramento Ice Rink.

The rink is open daily through Jan. 16 at 7th and K streets. Regular hours are Monday through Thursday from 2 p.m. to 8 p.m., Friday and Saturday from 10 a.m. to 10 p.m. and Sunday from 10 a.m. to 8 p.m. The rink will be closed on Christmas Day, but be open on Christmas Eve and New Year's Eve from 10 a.m. until 6 p.m.

See More Photos & Open House Schedule for my "Featured Homes" at:
GreenhavenPocketHomes.com

234 River Acres Dr – New Price! >
Exceptional location & features! 3bd 2.5ba "Great Room" plan w/formal dining rm, upd stainless kitchen appliances w/Blue Star gas range. Tile roof. Upd laminate & tile flooring. Apx 25' deep garage. More! Apx 1,899 sf*



Pending Sale!
Pocket / Division Area

< 6965 Riverside Blvd – Pending Sale!
Easy living in this attractive, well-maintained 2bd 2.5 bath halfplex home. Both bdrms are large & have private baths – like having two master suites. Low-maint stucco exterior & updated comp shingle roof. More!

110 Audubon Cir – SOLD! >
Quality Custom 4bd 3ba w/downstairs bdrm & bath, 3-car in Audubon Park! Huge kitchen open to large family rm. Master suite with jetted double tub. Much more! Beautiful resort-like yard w/pool will transport you!

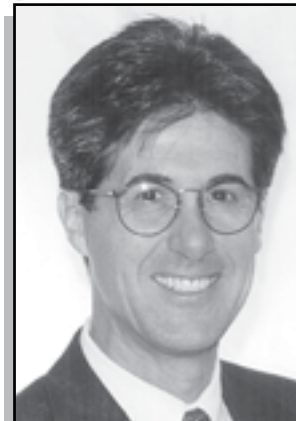


Pending Sale!
Rio Park Area!

< 1332 Eloah Way – Pending Sale!
Charming 3bd 2ba with elegant formal living & dining rms. Updated kitchen, roof, heat & air, flooring, more! Lrg master ste w/French doors to yard. Enclosed patio room, plus bonus room. RV or boat parking.

"Bill is the best! He was there every step of the way and then some. He kept me informed of everything that was going on and was there to nudge those that needed a little nudging. I would most definitely recommend him to anyone." Mary Lindgren - Buyer

* Per public records or other sources deemed reliable, but has not been verified by agent or broker. Interested parties to verify.



Over 30 Years Experience - References
Greenhaven / Pocket Area Specialist
Masters Club, Outstanding Life Member

Bill Bonner
(916) 320-1888
Bill@PocketAreaHomes.com



Prudential
Dunnigan Real Estate

DRE# 00692245

GreenhavenPocketHomes.com



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Yogurt**



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Kids get first 4 oz. FREE every Friday from 4-8pm

7600 Greenhaven Dr., #21
(916) 455-6000
11:00 am – 9:30 pm Daily

5535 H Street, #10
(916) 422-8120
11:00 am – 9:30 pm Daily

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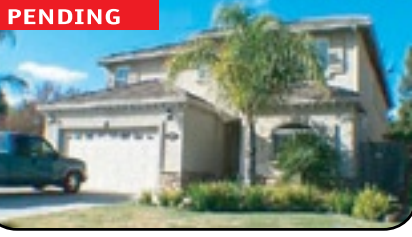
SELLS GREENHAVEN/POCKET

7610 BRIDGEVIEW DRIVE \$375,000



HALF PLEX, 3 BEDROOM, 3 BATH, 2381SF.
TERRY MULLIGAN 768-3796

6492 RIVERSIDE BLVD. \$348,000



PENDING
SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3-CAR 2823 SF.
BRANDON M. SHEPARD 916-479-1936

234 RIVER ACRES DRIVE \$325,000



NEW PRICE
SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 1899SF.
BILL BONNER 320-1888

380 DEER RIVER WAY \$319,000



SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 2109SF.
JOHN WONG 531-7150

6708 BREAKWATER WAY \$275,000



PENDING
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2023SF.
LYNN LUK LEE 628-2843



1332 ELOAH WAY \$259,900



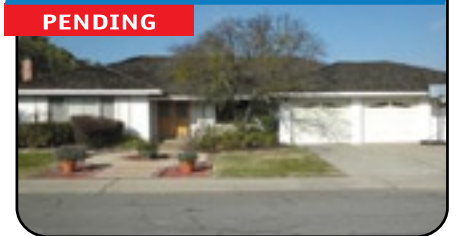
PENDING
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1880SF
BILL BONNER 320-1888

571 RIVERGATE WAY \$259,000



PENDING
SINGLE FAMILY, 3 BEDROOMS, 2.5 BATHS, 2245 S.F.
NICK LAPLACA 764-7500

7 NORTHLITE CIRCLE \$249,900



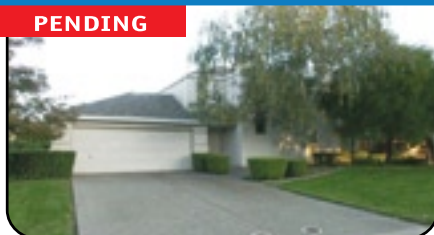
PENDING
SINGLE FAMILY, 4 BEDROOM, 2 BATH 2186SF.
MELODY TACTAQUIN 612-0825

7311 RIVERWIND WAY \$199,900



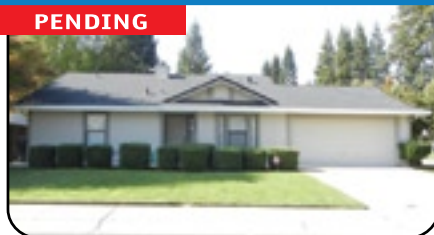
PENDING
HALF PLEX, 3 BEDROOM, 3 BATH, 1779SF.
JOLEEN DUNNIGAN 717-3559

6965 RIVERSIDE BLVD \$169,500



PENDING
HALF PLEX, 2 BEDROOM, 2.5 BATH, 1420SF.
BILL BONNER 320-1888

7358 AMBROSE WAY \$150,000



PENDING
HALF PLEX, 2 BEDROOM, 2 BATH, 1177SF.
MARSHA CHAN 217-5500

1116 ROSA DEL RIO WAY \$145,000



PENDING
SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1155SF.
MARY JEW LEE 425-3749

ELK GROVE

3525 MARSH CREEK WAY-\$375,000
SINGLE FAMILY, 5 BEDROOM, 3 BATH, 3951SF
JOLEEN DUNNIGAN 717-3559

9069 QUAIL TREE COURT-\$289,000
PENDING
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2425SF
LYNN LUK LEE 628-2843

8611 ELK RIDGE WAY-\$170,900
NEW PRICE
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1761SF
BRANDON SHEPARD 479-1936

9491 SEA CLIFF WAY-\$169,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 2193SF
FARES ALIE 247-7198

8732 MORNING GLORY WAY-\$245,000
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2832SF
NEAL ALIE 981-7129

5 BENT CREEK COURT-\$165,000

PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2090SF
NEAL ALIE 981-7129

6120 DEEPDALE WAY-\$235,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2900SF
FARES ALIE 247-7198

9601 ELK GROVE BLVD-\$299,000
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1374SF
JOHN WONG 531-7150

9898 BOBBELL DRIVE-\$270,000
NEW PRICE
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2751SF
JOLEEN DUNNIGAN 717-3559

SACRAMENTO

5322 J STREET - \$799,900
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2744SF
DAVID OHARA 916-600-9445

9096 BEDROCK COURT-\$249,900
PENDING
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2781SF
DAVID OHARA 600-9495

5055 RHODE ISLAND DRIVE #3-\$47,500
PENDING
CONDO, 2 BEDROOM, 1 BATH, 840SF
DAVID OHARA 600-9495

4305 GRIFFITH DRIVE-\$275,000
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1365SF
JOHN WONG 531-7150

2319 V ST. - \$495,000
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3100SF
DAWN O'CONNOR-ROWE 799-4835

377 DRAGONFLY CIRCLE-\$150,000

PENDING
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1552SF
BRANDON SHEPARD 479-1936

2517 7TH AVENUE-\$259,900
PENDING
SINGLE FAMILY, 2 BEDROOM, 1 BATH, 1154SF
BRANDON SHEPARD 479-1936

2885 NORWOOD AVENUE-\$350,000
NEW LISTING
RESTAURANT, 139.392SF
DAVID OHARA 600-9495