

THE POCKET NEWS

since 1991

November 1, 2012

Community News in Your Hands

www.valcomnews.com

Is the JFK field dangerous?

See page 3

Medication adherence workshop

See page 9

POCKET AREA STUDENTS TRAVELED TO RWANDA FOR HUMANITARIAN WORK, PAGE 20 • LANCE ARMSTRONG HISTORY FEATURE, PAGE 6 • COMMUNITY CALENDAR, PAGES 26-27

Inside This Edition



Matsuyama holds fall festival

See page 25



Chinese and Japanese food festivals held

See pages 18-19



JFK

HOMECOMING ROUNDUP

SEE PAGE 21



Greenhaven Pocket Animal Hospital

More Than Just a Veterinarian!



FUN FACT
Did you know dogs see certain colors?

- Full Service Animal Hospital
- Health Exams
- Dentistry
- Medicine/Surgery
- Vaccinations
- Spays/Neuters

1 Valine Court • 916.391.3677

Mon: 7:30am - 7pm • Tue-Fri: 7:30am - 6pm • Sat: 8am - 5pm • Sun: 9am - 4pm

Check out our website for more special offers! www.vcagreenhaven.com

BEST CARE
Senior Checkup
For Pets 7 years & older.
Call for Details



Experience Counts!

Now More Than Ever!

More than 2,075 of our Greenhaven/Pocket friends and neighbors have trusted me to serve their real estate needs over the past 30+ years!

Your Trusted Friend & Neighborhood Professional



Nick LaPlaca
764-7500



24 Hour Info @ www.NickLaPlaca.com

THE POCKET NEWS

WWW.VALCOMNEWS.COM

Pocket News is published on the first and third Thursdays of the month and delivered by mail and home delivery in the area bounded by Interstate 5 on the east and the Sacramento River on the north, west, and south.

Vol. XXI • No. 21
2709 Riverside Blvd. Sacramento, CA 95818
t: (916) 429-9901
f: (916) 429-9906

Publisher..... George Macko
General Manager..... Kathleen Egan
Editor..... Monica Stark
Art Director..... John Ochoa
Graphic Designer..... Serene Lusano
Advertising Executives..... Linda Pohl
Patty Colmer, Melissa Andrews, Jen Henry
Distribution/Subscriptions..... George Macko

Cover photo by: Lifetouch
Other photos by: Courtesy
Courtesy

E-mail stories & photos to: editor@valcomnews.com

Your ticket to Heritage Park
For active adults!

CALL US!
Holly Brickner
215-7127
Brick Brickner
747-2901

LYON
REAL ESTATE
www.Golyon.com
DRE#01076748 | DRE#01236113

Retreat at Rosie Day Spa

Rosie Day Spa
7600 Greenhaven Dr. Suite #3 Sacramento, CA 95831
(Corner of Pocket & Greenhaven) Gift certificates available!
Mon-Sat • 9-7pm • www.rosiedayspa.com • 916-393-4299

Sacramento URGENT CARE

Sacramento Urgent Care is a walk-in medical clinic established by a group of emergency-trained Physicians with years of experience providing a full range of medical care. Our Mission is to provide quality health care, and a consistently high level of customer service that exceeds expectations and demonstrates a sincere concern for you. We are conveniently located at the corner of Florin Road and South Land Park Drive, just off I-5 and minutes from Downtown, Midtown, East Sacramento, West Sacramento, Davis, Natomas, Elk Grove, Meadowview, and the Land Park & Pocket areas.

At Sacramento Urgent Care you will always be seen by a doctor.
Most Insurances Accepted - Se Habla Espanol

OUR SERVICES
Immunizations, Tdap Boosters, Flu & Allergy Shots • Flu, Coughs Sore Throats & Ear Aches • Sports, Employment, D.O.T. & Immigration Physicals • Workman's Comp & Occupational Medicine • Weight Management & Weight Loss Clinic • Fractures, Sprains & Dislocations • Cuts, Burns & Stitches • Asthma, COPD & Breathing Treatments • Women's Health • Drug, STD, HIV, Pregnancy, Diabetes, Cholesterol & Tb Testing • Ear Wax Removal • In-Grown Toenails

OUR FACILITIES
On-site X-ray & EKG • On-site Lab • Six Exam Rooms • Trauma Bay and Procedures Room • Comfortable Waiting Room • Plenty of Free Parking

\$15 OFF
Office visit for new cash paying patients
Expires 11-30-12

7200 S. Land Park Drive, Ste. 100 • Sacramento, CA 95831
(916) 422-9110 • www.sacurgentcare.com
Open 9 AM to 9 PM • 365 Days a Year • No Appointments Needed

JFK football field and track, 'an absolute safety hazard'

By BENN HODAPP
Pocket News writer
benn@valcomnews.com



Many of us remember Bill Murray in the role of Carl Spackler battling a gopher in the movie *Caddyshack* with hilarious results. But those in charge at Kennedy High School find themselves in a similar situation minus the laughter.

The school is in the process of drumming up support to make massive improvements to the school's football field and track. The field needs the most major improvements, according to Kennedy principal Chad Sweitzer.

The field, which is also used by both boys and girls soccer as well as rugby, has fallen into such a state of disrepair that head football coach Matt Costa called it "the worst field I have ever seen" and "almost hard to describe." Beyond the aesthetic eyesore that it has become, it is first and foremost a safety issue for the school's athletes. Costa said that he has lost several players this year to twisted ankles caused by stepping in the gopher holes.

"I have huge concerns for our players," Costa said. "And not just for the football team or our opponents, but also the other teams who use the field for other sports." He went on to call the field "an absolute safety hazard" and a "liability issue." It has gotten so bad, according to Costa, that referees have considered calling off games more than once because the field was unfit to host the game.

Sweitzer has formed a committee of parents at the school to try and raise money for the field improvements that will include bringing in large quantities of dirt to crown the field as well as seed to re-grow the grass on top of it.

A football field is not flat from sideline-to-sideline as it might appear. The middle section of the field is raised about a foot higher than the sidelines to help with drainage. That middle section is called the crown. Sweitzer said that he is confident that the field has not been crowned in over a decade.

In addition to the field improvements, the track needs to be leveled as well to insure safe running conditions for the track athletes. There has been a high number of shin splints reported because of the poor track conditions as well, according to Sweitzer.

In the short term Sweitzer hopes to raise between \$20,000-\$25,000 for minimal and essential improvements like crowning the field, dealing with the gopher infestation and dragging the track in order to level it. He hopes that bonds Q and R on the November ballot will one day free up some money for the school, but in the meantime the school has all forms of fundraisers on the table in order to raise money.

The end goal would be to one day raise enough money to build a new sports complex like that of the new Titan Stadium at Sacramento's Burbank High School. While there are no fundraisers set at the moment, Sweitzer said that a crab feed or steak dinner fundraiser in the coming months could help bring in a substantial amount of money.

For more information about the progress of the athletic improvements, or to inquire about donations and fundraising opportunities, you can call the school at 916-433-5200 or e-mail principal Sweitzer at chad-sweitzer@scusd.edu. Kennedy High School is located at 6715 Gloria Dr. in Sacramento.

GOLDEN STATE JEWELERS, INC.

The Sacramento Gold Exchange
Serving the Sacramento region for over 30 years
WE BUY GOLD

Thanksgiving Sale

- All diamonds, colored gemstones, rings and wedding sets up to 60% OFF!
- Gold Chains starting at \$59.95
- Silver Chains starting at \$9.95
- Custom Design
- Diamond Settings
- Jewelry Repair

All Jewelry Repair 5% Lower Than Any Written Advertised Price

Watch Batteries ONLY \$4.98
One per coupon installed most watches.
Not valid with other offers. Expires 11-30-12 PM

(916) 421-5284
996 FLORIN RD.
AT GREENHAVEN DRIVE
LAKECREST VILLAGE SHOPPING CENTER

HIGHEST QUALITY • LOWEST PRICE
PRICES GOOD THROUGH NOVEMBER 30, 2012

Sindy Kirsch

"Together...we can make doors open."
- Sindy

COLDWELL BANKER

www.SacOnTheMove.com
916.730.7705
Sindy@SacOnTheMove.com

LAYAWAY NOW STORE IT HERE UNTIL THE HOLIDAYS!

GREENHAVEN BIKE SHOP

Good through 12/24/2012
Neighborhood Sales & Service Professionals

Greenhaven Bike Shop
354 Florin Rd. | Sacramento, CA | 95831
916.424.2453

Hours of operation:
Monday - Friday 10 - 7
Saturday 11-6 | Sunday 12-5

sacramentoZOO

FOOD & TOY DRIVE

November through December

donate here

RECEIVE \$1 OFF GENERAL ADMISSION*
*restrictions apply

saczoo.org | 916-808-5888

Anti-bullying training provided to JFK parents

By CORRIE PELC
Pocket News writer
corrie@valcomnews.com

An anti-bullying training for parents and community members will be held at John F. Kennedy High School on Wednesday, Nov. 14. Principal Chad Sweitzer hopes it will help make parents aware of how they can support school staff at home by knowing what to look for when it comes to bullying.

Sweitzer said he has seen a huge increase in bullying through technology, on the Internet on Facebook and Twitter and via texting. He said many times the bullying will occur over a weekend with one student saying something about another on Facebook, and come Monday morning rumors are flying. "We always try to bring the kids in and sit them down face-to-face with some of our students that do peer mediation or with our counselors on campus and try to work out the problems," he said.

Sweitzer would like to see their auditorium, which can hold about 450, filled to capacity for this training. The training is part of a district-wide crackdown on bullying that began in June 2011 when the Sacramento City Unified School District's Board of Educa-

tion approved a new anti-bullying policy aimed at reducing incidents of bullying on campus and in cyberspace.

According to Sheila Self, bullying prevention specialist for SCUSD, this policy spells out rules and regulations that reflect changes that have occurred in California law as it relates to bullying.

Additionally, she said there is a greater understanding of the health consequences of bullying. She said students who are bullied have three times as many headaches and twice as many sleep problems and stomachaches, plus feelings of depression and anxiety.

"We're beginning to understand that it's not just about the right of passage, but that bullying has a direct effect on our health and in terms of feeling safe at school on our academic performance," Self said.

Sweitzer said last year's anti-bullying information session was well-attended.

"The parents asked a lot of questions, I think they even learned a thing or two, and learned what the responses can be when the students are being bullied and who they can turn for help on the school campus," he said.

Providing Tools

One person very happy SCUSD is stepping up to provide anti-bullying training to parents is Pocket resident Maria Sullivan. She worked last year with Self to bring a similar anti-bullying program to Genevieve Didion K-8 after both her children – now 4th and 7th graders – were the victims of bullying.

Sullivan said programs like these has helped her have the tools she needs to teach her children how to handle bullies. "(My son) thought it was his fault because kids didn't like him, and now he has the skills that he doesn't think it's his fault and if he doesn't think it's right, he knows he has the right to say something," she said.

Additionally, Sullivan said anti-bullying programs also help teach parents what to do if it's their child who is the bully. Most parents, who have a child who bullies, don't know it. "It's not because you're a bad parent, it's just that you don't understand and they don't understand it's not okay," she said. "Sheila's program gives the kids that skill on both sides of the fence."

Getting Involved

So what will parents who attend the anti-bullying program at JFK High School learn?

Self said they will learn a number of things about bullying, including just what the scope of the problem is, myths, what SCUSD's anti-bullying policy is, and how to report bullying. "Parents will get a really good sense of both sides of the coin – if your child is actually bullying others or if your child is being targeted," she said. "We are very much promoting working with both students in order to remediate the bullying on campus."

In addition, Self hopes parents who attend the anti-bullying training become confident communicators with their kids about bullying. "I think becoming more hopeful that this isn't something that has to continue, that we can take action to stop it when we see it, and that

we can have safe school campuses where learning really can take place," she said.

Sweitzer said the training promotes parental involvement, including the need to monitor students' cell phones and Facebook pages. "As a high school student, I would imagine I wouldn't want my parents looking at my Facebook page, but parents still need to be active participants in what's going on in their kids' lives and that's a huge part of it," he said.

And Sullivan said it's important for parents to take part in an anti-bullying training like this to help them understand what their children are confronted with and how to offer support.

"Bullying is real and to protect your child so your child does not become a victim... we have to make sure they have the tools to succeed," she says. "It's important that parents step up and are there."

Reflections, Laughter, Meditations

Buy a poetry book and receive a FREE hand-crocheted scarf or hat!

Hardcover \$19.95
Softcover \$15.95

Call (916) 947-9476

Got News?
e-mail editor@valcomnews.com



THE LAW OFFICE OF ZAIDA Z. BRIDGFORD
A Divorce with Dignity provider. We believe that amicable and cooperative solutions are possible within all aspects of family law.

ZBZ THE LAW OFFICE OF ZAIDA BRIDGFORD 1104 Corporate Way, Sacramento (916) 349-4229 • www.zzbfamilylaw.com

SusieSellsSac.com

Susie Kuwabara Parker
Realtor®
Direct: 916-768-8494
Office: 916-421-3546
LIC#00833025

Native Sacramentan Pocket/Greenhaven SPECIALIST

NEW LISTING

20 Sail Court \$569,000
Lake-front one story with 4 bedrooms and almost 2,900 sq. ft. Bright, spacious, courtyard entry. Rooms are generous in size, backyard has lake views, remote bedroom and bath for in-laws or teen. Roof only 5 years old. Finally, a large one-story!

854 Cobble Cove Lane \$789,000
3140 sq feet one story in gated Cobble Shores at Riverlake! Incredible lake location with expansive views. Custom designed by award winning Faszer, huge great room, updated kitchen, this is the one you have been waiting for!

PENDING

ACTIVES

854 Cobble Cove Lane 1-story on the lake.....	\$789,000
20 Sail Court 1-story on the lake.....	\$569,000
6 Reyes Court Fabulous Mediterranean.....	\$1,195,000
18 Alstan Court Land Park meets the river.....	\$1,175,000
8160 Freeport Blvd. On The River.....	\$299,500
7709 East Port PENDING.....	\$175,000

RECENT SOLDS

8042 Linda Isle Lane.....	\$331,500
1179 Rose Tree Circle (represented buyer).....	\$237,500
46 Stanislaus Circle (represented buyer).....	\$245,000
7512 Myrtle Vista.....	\$259,000
6393 14th Street (represented buyer).....	\$275,000
254 Light House Way (represented buyer).....	\$239,950
7401 Delta Wind (represented buyer).....	\$139,950
1100 Rio Cicade Way.....	\$215,000
2 Rivershore Court.....	\$379,950
766 Still Breeze Way.....	\$1,075,000
51 Watershore Circle.....	\$599,000
817 Shore Breeze Drive.....	\$449,000
1016 Cobble Shores Drive.....	\$1,475,000
7607 Marina Cove (represented buyer).....	\$535,000
700 Lake Front Drive.....	\$299,000
1816 1st Avenue (represented buyer).....	\$260,000
1150 Cedar Tree (represented buyer).....	\$225,000

LandPark Stop & Shop

Fall Festival

Local Like You

November 10th
10am-4pm

Riverside and 8th Avenue
Across from Vic's Ice Cream Shop

- Local Artists
- Gift Items
- Children's Activities
- Free Samples
- Live Music
- Free Drawings

Sponsored by Local LandPark Businesses
Thank you for your support!

The Stop and Shop Fall Festival will be an outdoor event with over 40 unique artists and local vendors! Hand crafted jewelry, ceramics, locally made glass work, paintings, and beauty products are just some of the items that will be available! Many of the neighboring business including Trezhers, Optimum Health, Riverside Coin Shop, Land Bark Pet Supplies, Mother Goose Children's Store, Forest Vance Personal Fitness Training, Gayle and I For Hair, Images Salon, Blue Crow and Planet Gymnastics will also be participating!

VALLEY COMMUNITY NEWSPAPERS, INC.
Community News In Your Hands

"Holiday Special" by "local" author, Lance Armstrong

E L K G R O V E

Purchase his 374-page book about the history of Elk Grove, 1850 to present, for only **\$25**.

This award-winning book includes more than 1,200 historic and modern photographs.

To purchase the book, visit www.echoesofyesterday.com or send a check or money order to:

Echoes of Yesterday
PO Box 189113, Sacramento, CA 95818

CONTACT A SALES REPRESENTATIVE TO ADVERTISE IN OUR NEWSPAPERS!
2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

"Holiday Special" by "local" author, Lance Armstrong



Purchase his 374-page book about the history of Elk Grove, 1850 to present, for only \$25. This award-winning book includes more than 1,200 historic and modern photographs. To purchase the book, visit www.echoesofyesterday.com or send a check or money order to:

Echoes of Yesterday
PO Box 189113, Sacramento, CA 95818

Name: _____
Address: _____
Phone: _____

Estate Planning Tax Increases Scheduled January 1, 2013!

The current estate and gift tax laws are due to expire on December 31, 2012. What this means is that estate and gift tax rates are set to go up, while the amounts protected (exempt) from these taxes are scheduled to go down. That's the bad news.

The good news is there are several strategies available to offset this tax increase, but they must be completed by December 31, 2012. This creates opportunities for planning now. If you believe you could have a potential taxable estate issue, give us a call today.

The deadline for estate tax savings opportunities is running out! While there is no way to be certain what Congress will do, you have a window of opportunity to explore your options at this time.

Neither New York Life nor its agents provide tax, legal or accounting advice. Please consult your own professional for tax, legal and accounting advice.

Mark J. Pratt, CLTC
CA Insurance License #0669221
Pratt Financial & Insurance Services
430 F Street, Ste. G
Davis, CA 95616
530-753-4195
Prattfinancial.com



Esther Aw, CLTC
CA Insurance License #0C15780
EMA Financial & Insurance Services
8110 Pocket Rd., Ste. 101, Sacramento, CA 95831
916-646-0310
Estheraw.com

Greenhaven area – despite early changes – became desirable community

By LANCE ARMSTRONG
Pocket News writer
Lance@valcomnews.com

Editor's Note: This is part two of a two-part series about the history of the Greenhaven 70 subdivision.

Greenhaven 70, as presented in the first article of this series – which was published in the Oct. 18 edition of this paper – was established as the Pocket's first subdivision.

As previously mentioned, in 1958, L & P Land Development acquired more than 700 acres for the development of Greenhaven 70.

Before any subdivision could be approved by the city, however, L & P was required to present their proposed plan for the Pocket's entire 4,674 acres.

This plan was known as the Pocket Area General Development Plan and included schools, a shopping center, two churches, a hospital with medical of-

fices, a social-cultural center with a library and a theater, gas stations, a teen center, an open space pavilion, a heliport, a nursery, a motel, a hotel, various shops, a firehouse and a restaurant.

Following the annexation of the Pocket area in 1959, the city's Planning Commission passed the general development plan for the area on July 11, 1961. And on Sept. 7 of that year, the city council adopted the plan.

A 1962 Greenhaven 70 advertisement recognizes this development as "the start of tomorrow" and notes that this then-future community will present "a new and better way of living for the entire family."

It took a few years before L & P began to physically develop Greenhaven 70, which was partially named after its 1970 target year for completion.

This development was recognized as the newest and most progressive home



Photo by Lance Armstrong

This house, which was originally owned by Bill Hallisey, was the first residential home of Greenhaven 70.

development in Sacramento.

Streets in the area were designed in a manner that they would horseshoe to a centralized park, where a playground and an elemen-

tary school would be constructed.

The plan for the area also included pedestrian bridges for the safety of residents on thoroughfare streets such as Riverside Boulevard and the future Gloria Drive extension.

Another feature of the area was its electrical and television underground cables that made it so no overhead telephone poles and wiring to homes or television antennas would be visible.

With the signing of sales contracts for Greenhaven 70 lots, the purchasers were required to sign an agreement that listed restrictions pertaining to the building and maintenance of their homes.

This agreement required property owners to place their television antennas either horizontally across the lower part of their rooflines or set them inside their attic, closest to the location of their main television set.

To avoid unsightly appearances, garage doors were not to be left open and automobile were not to be parked on streets for extended periods of time nor were cars to be mechanically worked on anywhere on those streets.

Residents with motor homes were required to

park these vehicles behind the frontage, fenced area on their property.

Items such as basketball standards were not permitted anywhere on the fronts of the homes or along the streets, and garbage cans were required to be kept behind fenced areas and to not be visible from the streets.

Distances from the sidewalks to the fronts of homes were standardized, along with no two driveways being allowed to be located side by side.

To enforce the subdivision's restrictions, the Greenhaven Homeowners Association was formed.

Whenever there was an infraction of any rule, the objecting homeowner would inform the association of the violation, so that the association could ensure a correction.

Through the signing of the sales contracts and the restrictions papers, homeowners were entitled to memberships in the Greenhaven Cabana Club at 6207 Riverside Blvd.

Dues for upkeep and other expenses of the club were paid by family residents.

A second Cabana Club – Greenhaven Cabana Club South – was later opened

Did you enjoy Marty Relles' "Janey Way Memories?"

Janey Way Memories



By Marty Relles

Buy a signed copy of his book by calling (916)387-8495 or order e-book at JaneyWayMemories.com

See Greenhaven, page 7

Greenhaven: Despite disappointments, residents proud of their neighborhood

Continued from page 6

at 6615 Gloria Drive, opposite the street from the now former Bear Flag Elementary School at 6620 Gloria Drive.

The first home to be built in the subdivision was a spec home at 805 Royal Garden Ave.

Because of the home's challenging floor plan, the home, which later included a second story addition, was not immediately sold.

The subdivision's second house at 819 Royal Garden Ave. was built for Bill Hallisey, a former conservationist for the state Department of Agriculture.

Additionally, Hallisey spent many years as the owner and manager of the Colony House Apartments at 915 Johnfer Way.

Among the other original homeowners of the subdivision were Antone "Tony" Terra, Bob Bos, Norman Greenslate, Bob Dias, Richard Corum, Even Zacharias, Ellsworth "Jack" Zacharias and Norman Magee.

The building of homes was a slower process in the Greenhaven Lake area.

This area grew as streets were added and paved and model homes were opened for inspection.

The north section of Greenhaven 70 was completed prior to its southern portion.

During the final stages of the building of the last homes on the subdivision's north side, McKay Construction Co. purchased continuous lots in the area and built homes on an entire street – possibly moonlit Circle.

Many of the residents were concerned that these houses would be tract houses and would detract from the standards of the original plans for the area.

By that time, the proposed shopping center for the subdivision had been revised, because the city council had decided to nullify this small shopping center in favor of the much larger Florin Mall on Florin Road.

The Greenhaven marina, which was proposed in the subdivision's original plan,

was later rejected by the Army Corps of Engineers, because of the need to cut into the levee, which would create a greater possibility of flooding in the area.

Another portion of the subdivision's original plan that was later rejected was the greenbelt around Lake Greenhaven.

Kermit Lincoln filed for bankruptcy in the late 1960s, which resulted in Harold Parker and Lincoln splitting up their remaining assets, which included lots that were designated for apartments in the Riverside Boulevard section of the subdivision.

The proposed greenbelt around Lake Greenhaven was affected by these turn of events and the greenbelt area was offered back to the city for a parkway. However, the city declined this offer, which resulted in this area being zoned for large lakefront lots.

Because the greenbelt was not going to be enjoyed by all the residents who had planned on it for relaxation and entertainment purposes, the surveyor pegs for designated lots suddenly disappeared late one evening.

Jack Parker, manager of Greenhaven 70, informed residents near the greenbelt area that this action was unacceptable and costly to L & P.

Unfortunately for L & P, after a second set of surveyor pegs were placed on these lots, the dastardly event reoccurred much to the consternation of Jack, who became furious by the event and demanded retribution.

Fortunately for the property's developer, after the third set of pegs was placed on this property, the pegs remained without an incident.

But an ongoing disappointment remained in the minds of those original residents who purchased lots in the subdivision and were promised this special place to relax and enjoy.

Bill Parker, who was the son of Harold Parker, was

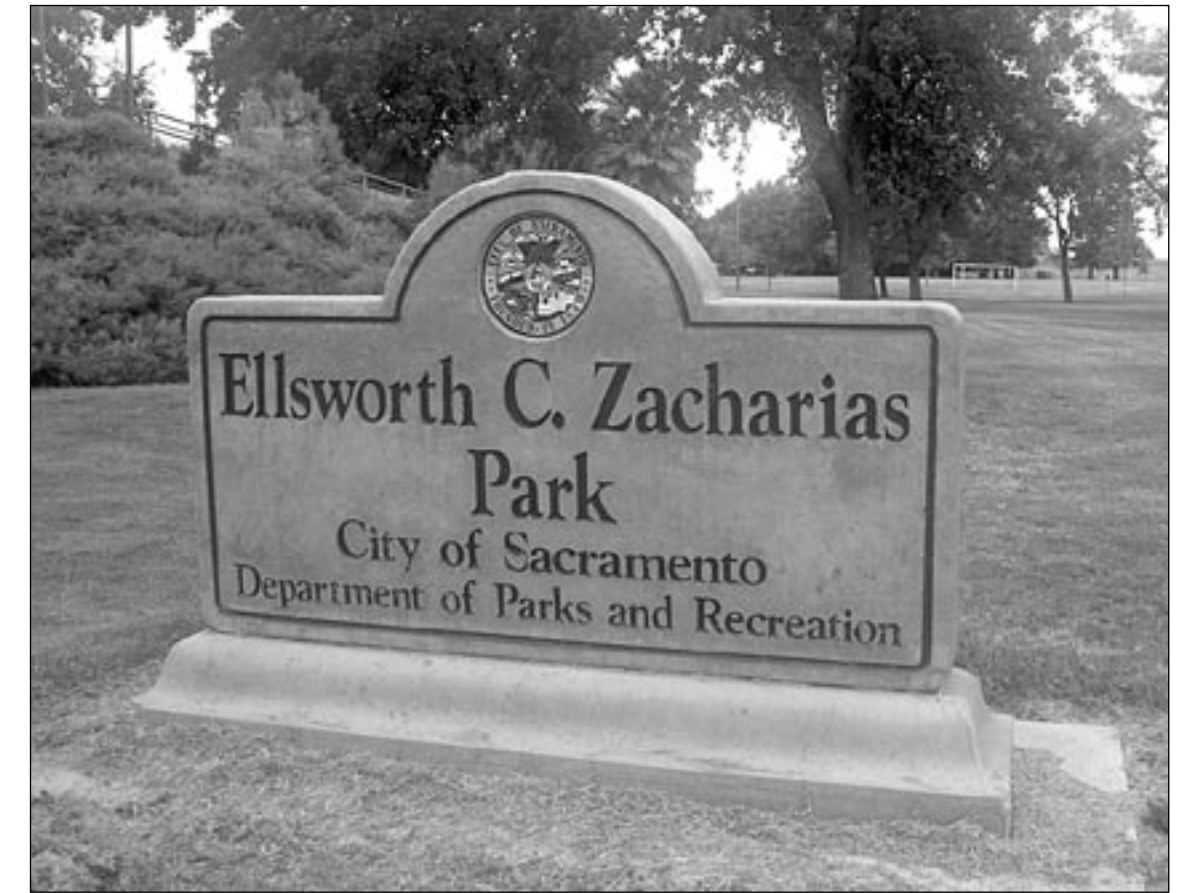


Photo by Lance Armstrong

Ellsworth C. Zacharias Park was named in honor of a former land owner in today's Greenhaven area.

responsible for the remaining portion of Greenhaven 70 in the mid-1970s. During that time, Bill maintained his office in the locally renowned Dutra House.

All of the proposed 1,600 homes, which were mentioned in the original Greenhaven 70 plan, were eventually completed.

And because of the loss of the marina, the plan for 1,200 apartment buildings was exceeded.

The final portion of Greenhaven 70 was sold and completed by Morrison Homes, which constructed houses and streets in the loop street pattern in accordance to the original plan for the area.

After the completion of Greenhaven 70, which is today known by its shortened name of Greenhaven, Bill continued to work as a land developer in other notable areas.

Regardless of the changes and disappointments of some features of Greenhaven 70 that did not materialize, many residents of the area are still proud to call Greenhaven their home.

FUNERAL DIRECTORY

Call Patty at (916) 429-9901
www.valcomnews.com

EAST LAWN FD136
ANDREWS & GREILICH
MORTUARY

3939 Fruitridge Road
Sacramento, CA 95820

"Ready to provide guidance at a difficult time."
916-732-2026

GEORGE L. KLUMPP
CHAPEL OF FLOWERS
FD 360

2691 Riverside Boulevard
Sacramento, CA 95818

Phone: (916) 443-7917
Fax: (916) 443-7931

Family owned and operated since 1921

EAST LAWN
EAST LAWN MEMORIAL PARK

4300 Folsom Blvd.
Sacramento, CA 95819
916-732-2000
FD1242

"Compassion and Integrity Since 1904."

Harry A. Nauman & Son

Dignity 4041 Freeport Blvd
Sacramento, CA 95822
FD366 (916) 452-6157

Serving Sacramento Families since 1903.
Pre-arrangement packages available.

EAST LAWN
ELK GROVE
MEMORIAL PARK
AND MORTUARY
FD1455

9189 East Stockton Blvd.
Elk Grove, CA 95624
916-732-2031

LIND BROTHERS
FD 1141

A Local Family-Owned Funeral Home
Serving Sacramento Since 1964

916.482.8080

EAST LAWN
SIERRA HILLS
MEMORIAL PARK AND
EAST LAWN MORTUARY
5757 Greenback Lane
Sacramento, CA 95841
916-732-2020

"Knowing that professional guidance is always by your side" FD1242

Call
Patty
Today



916-429-9901

Golden 1 Credit Union launches scholarship program

Special to Valley Community News

Golden 1 Credit Union, in its ongoing efforts to invest in California's future leaders, is launching a new college scholarship program for Golden 1 Credit Union members and their dependents.

The Golden 1 Credit Union Scholarship will provide awards in three amounts: \$1,000 to full-time students who plan to attend an ac-

credited, nonprofit two-year college in California, and \$2,500 or \$5,000 to full-time students who plan to attend an accredited, nonprofit four-year college or university in California, equaling a total of \$90,000 in distributed awards for fall 2013.

The scholarships are renewable to cover the full two or four years of college. To apply, students must have a grade-point average (GPA) of 3.0 or higher, be involved

in community service and extracurricular activities, and the student or the student's parent or guardian must have been a Golden 1 member for at least one year.

The scholarships are renewable to cover the full two or four years of college. To apply, students must have a grade-point average (GPA) of 3.0 or higher, be involved in community service and extracurricular activities, and the student or the student's

parent or guardian must have been a Golden 1 member for at least one year.

Applications due Jan. 15, 2013. Selected scholarship recipients will be notified in April 2013, and scholarship funds will be disbursed to the student's California college or university in August 2013.

Students who meet eligibility requirements can apply online at golden1.com/scholarships.

Asian Community Center Park City hosted medication adherence workshop

Special to the Pocket News

Taking medication as directed may seem simple, but non-adherence among people with chronic disease is a complex and widespread problem. Even though 45 percent of Americans have one or more chronic condition that requires medication, one in three people never fill their prescriptions; and three out of four don't take their medications as directed. Medication adherence, which means taking medication as directed, is costing Americans \$290 billion each year.

The Asian Community Center Park City hosted the second *Script Your Future* Medication Adherence Workshop and Health Fair on Oct. 23 to provide attendees with free health screenings, information, and tools to help them stay on track with their medication and reduce their risk for illnesses like diabetes. Sacramento City Councilmember Darrell Fong opened the event with a presentation of a City Council resolution declaring the last week in October as "Script Your Future Medication Adherence Awareness Week."

Diabetes is one of the fastest rising chronic conditions, especially for people 65 and older, who are more than twice as likely to have diabetes as younger American adults. 11.4 percent of Asian Americans are diagnosed with diabetes compared to 7.8 percent of Whites according to sources provided by the California Diabetes Program.

"Medication adherence is particularly important for people with diabetes, who can often manage their condition and reduce long-

term complications such as blindness and amputations by taking their medication as directed," said Patrick Dunlap, executive director of the American Diabetes Association Sacramento Chapter.

There are many reasons why people do not take their medication as directed, but the result is the same - they don't receive the therapy that their health care professionals have prescribed for them, leading to more serious health complications, reduced quality of life and even death.

In his comments, Councilmember Fong recognized the American Diabetes Association, *Script Your Future* and the Asian Community Center for their commitment to improving medication adherence among multicultural communities.

"Together with our coalition partners Script Your Future is working to raise awareness about the importance of taking medication as directed so that people can have long and health lives, and be there for their families for years to come," said *Script Your Future* Sacramento Field Organizer Elaine Linn.

Students from California Northstate College of Pharmacy and University of the Pacific, and pharmacists from the Pharmacy Foundation of California, and Rite Aid Pharmacy provided individual medication consultations. Health care professionals and community representatives from Health Net, Meals on Wheels, Yolo Hospice, Sacramento County, the Alzheimer's Association, American Diabetes Association, and My Sister's House joined the Asian Community Cen-



Photo courtesy

Script Your Future Sacramento coalition members were recognized for their work on improving awareness about taking medicine as directed. Represented from left to right are: Pharmacy Foundation of California, Pfizer, American Diabetes Association, Script Your Future, Asian Community Center, Councilman Darrell Fong, Sanofi-Aventis, Health Net, Area 4 Agency on Aging, Asian Community Center, California Northstate University College of Pharmacy, and Rite Aid.

Senior Services *and* Resources

Call Melissa (916) 429-9901

DOCUMENT PREP SERVICES

LIVING TRUST/LIVING WILL

Legal Document Prep Services:

- Trust • Will
- Powers of Attorney
- Residential Deed

Couples \$495 Singles \$450
Lynda K. Knight (916) 214-1215
1337 Howe Ave., Ste. 103
Sacto 95825

HELP AT HOME

HELP AT HOME Senior Care

Caring, In-Home Assistance & Companionship

- Light housekeeping
- Meal preparation
- Med reminders • Errands
- Dementia care • Bathing & Much More

For no-cost/in-home assessment, call 877-404-6636

HOME HEALTH CARE

CUSTOMCARE Home Health Services, Inc.

Quality 24 hr. skilled nursing care

"We pride ourselves in providing 1 to 1 nursing care. Our business is taking care of you!"

Audrey Acosta, RN, Case Manager
(916) 714-1155 Lic#100000543 (Home Health Agency)



YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

LOVING COMPANIONS



Specializing in 24/7 Live-In Service

Excellent Rates & Discounts

Certified care
(866) 312-2157

MEDICAL SUPPLIES

+AMD Medical Supply



Visit our website - amdmedsupply.com
Tel/Fax: (916) 485-2500
3108 Arden Way, Sacramento, CA 95825

Now Accepting Medicare

REAL ESTATE SERVICES

Moving On?

FREE Real Estate Help & Advice tailored to seniors & their families

Contact John Woodall, GRI
Seniors Real Estate Specialist
(916) 421-5421

✓ out my blog at: aSeniorsBlog.com

SENIOR CONSULTING & PLACEMENT

A Sure Solution

Senior Living Consulting & Placement
Over 15 years of personal and professional experience

Lynn Humphries (916) 208-8556 • Available 24/7

www.asuresolution.com • A free service

YOUR AD SHOULD BE HERE!

Call Melissa today!

Your services are needed. Your ad should be here. Ad design is free.

Call 429-9901

SENIOR IN-HOME CARE

ActiveCare ... In Home Services

Your Senior Care Specialist
"Keeping Mom and Dad in their home, That's our job! Giving you peace of mind."

Licensed bonded & insured • Low rates • Free assessment
call (916) 993-6298 cellular number (805) 628-6422



SENIOR PLACEMENT

FREE Senior Living Placement

Finding local, long term care for every senior is our specialty! We will personally drive you to the locations that meet your personal, financial, and geographic preferences.

Get Assistance. Call Today!

916-372-3762



www.AssistedTransition.com

SHORT TERM REHAB/SKILLED NURSING

FLORIN HEALTHCARE CENTER

- State of the art physical therapy gym designed to assure a speedy recovery
- Compassionate nursing staff for your skilled need
- Skilled nursing facility specializing in short term rehabilitation & long term care of your loved one

MANY INSURANCES ACCEPTED

Call for a tour
(916) 422-4825

SPECIAL ALZHEIMER'S LIVING

Primrose Living With Memory Loss

Day Club, Respite, Residential, Support Groups & Educational Classes
cas@primrosealz.com
www.primrosealz.com
(916) 392-3510

7707 Rush River Dr. Sacto, CA 95831

Questions to ask your health care professional and pharmacist

1. What's my medicine called and what does it do?
2. How and when should I take it? And for how long?
3. What if I miss a dose?
4. Are there any side effects?
5. Is it safe to take it with other medicine, supplements or vitamins?
6. Can I stop taking it if I feel better?

Take the Pledge. Take Your Meds. Log onto www.scriptyourfuture.org for free tips and tools.

WWW.VALCOMNEWS.COM



"Service & Selection Are Our Specialties"

Low Cost vaccine clinic Every Sat. 10-11:30am

15% Off General Merchandise

Excludes Advantage and Frontline. Must present coupon at time of purchase. Not valid with other offers. Expires 11/30/12 PN

Chicken Soup for the Pet Lover's Soul, Nutrisource, Taste of the Wild, Natural Planet Organics, Pure Vita, Natural Choice, Science Diet

\$200 OFF 15 lb BAG OR LARGER

\$300 OFF 30 lb BAG OR LARGER

Must present coupon at time of purchase. Not valid with other offers. Limit 1. Expires 11/30/12 PN

421-PETS (7387) • 352 FLORIN ROAD

(Corner of Florin and Riverside)

M-F 9am-7pm • Sat. 10am-6pm • Sun. Closed

Sacramento Women's Chorus – Opening Hearts and Minds Through Harmony for 25 Years

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

Stroll by First Christian Church between 6:30 and 9 p.m. on a Monday evening and chances are you will be treated to the sweet sounds of the Sacramento Women's Chorus.

Every Monday evening the Chorus – which will be celebrating its 25th anniversary in 2013 – holds its weekly rehearsal, says Robin Richie, who has been director of the Sacramento Women's Chorus for the past three years.

An instrumental music teacher at Rocklin Unified School District with a Master in Music Degree from the College Conservatory of Music at the University of Cincinnati, Richie decided to take on the director position because she says she would bring a "wealth of skills and style" to the group. "My emphasis is on vocal production and performance skills and that's exactly what they were looking for," she says.

Since then, Richie has grown the Chorus in both size – from 18 to 48 members ranging in ages from 20s to 70s – and skill. She also says the director position has allowed her to continue to grow musically. "Any time I get in front of the Chorus it's kind of like OK, what can I bring new to them tonight and what can I learn from this experience that I can go back next week and make it even better," she says.

Music Makers

One person who appreciates the work Richie does for the Sacramento Women's Chorus is Mary Nikakis – a retired Sacramento County social worker who has been a member of the Chorus for seven years.

Nikakis says she decided to join the Chorus because she loves to sing and unless you're in school or a church choir, there aren't many places to sing. "I was drawn to the philosophy, the wonderful group of women, and just the chance to sing marvelous things," she says.

One of Nikakis' favorite things about the Chorus is its sense of community. "We go and do things together, we help each other move, we take soup when somebody's sick – it's really a much closer group than a few people that come together to sing for an hour and leave," she explains.

She also loves the diversity of the group. "We all comes from different places, stages, backgrounds, economic status, and we're all united in wanting to sing," she adds.

As a past president of the Chorus' Board, Nikakis says she has learned skills that she would not have been able to learn elsewhere. Additionally, she feels it has given her an outlet for stress relief and it has given her "someplace to go where I know I'll be welcomed and happy every week."

Sing Out Loud

Nikakis likes that the Chorus performs for various groups that promote the rights and well-being of women, such as WEAVE, the Center for AIDS Research and Education, Wellspring Women's Center, Girl Scouts, Eskaton, and Loaves & Fishes. She also likes that the group performs at events such as Take Back the Night and women history events at the State Capitol.

Richie said the group performs for these organizations and events free of charge, as with their motto – "opening hearts and minds through



Every Monday evening the Sacramento Women's Chorus – which will be celebrating its 25th anniversary in 2013 – holds its weekly rehearsal. Photos by Kati Garner

harmony." "That's our way to give back – we give back through song," she says.

In addition to these numerous community performances, the Chorus performs two ticketed performances a year. Their upcoming annual Holiday Concert and Sing-A-Long will be held on Dec. 10 at the First Christian Church in East Sacramento. "It's a draw for community people to come in and give them a chance to sing some Christmas carols and fun songs that they may not have opportunities to do," Richie says. "It's just amazing – we've had audiences of 150-200 people participate in sing-a-longs."

And on March 9, 2013, the Chorus will celebrate its 25th anniversary with a special concert at Rudolf Steiner College in Fair Oaks. Richie says the Chorus will be inviting past directors back to direct songs for the concert.

Plus Richie was recently given permission to write an

arrangement for a song called "A Woman's Voice," which was originally written for Senator Barbara Boxer, and the Chorus will be premiering the arrangement at the concert. "No one has done this particular arrangement of the song – we actually wrote it for the Chorus – (so) that's going to be a really big deal for us," she says.

Add Your Voice

Although the Sacramento Women's Chorus has grown over the last few years, they are still looking for new voices to add to their ensemble.

In fact, on Jan. 14, the Chorus will be holding an Open House to give those interested an opportunity to see what the Chorus is all about. Richie urges those interested to attend the Open House or just come by for one of the group's Monday evening rehearsals. "You can look at a website and you can read about it, but until you're actually there, you hear what we do and meet and greet the people that are part of the Chorus, you don't really get a good feel for it," she says.

And Nikakis urges any woman considering joining the Chorus to go for it. "You've got nothing to lose and everything to gain," she says. "We have women of all different levels of musical ability – it's just a wonderful place to have a little creative outlet, explore yourself a little bit, learn something new, and enjoy the company of a really fun community of people."

Community Worship

Greenhaven Lutheran Church

475 Florin Road (at Gloria Dr.) • 428-8449
9:00am Bible Study & Sunday School
10:15am Traditional Liturgical Sunday Worship Service
www.GreenhavenLutheran.org
Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

Faith Presbyterian Church

625 Florin Road (adjacent to Kennedy High in Greenhaven Pocket) • 428-3439
A community loving Christ, building disciples, serving all
Worship Sunday 9 and 11 am
• Sunday School, Bible Study, Childcare • Youth Activities
• Family Programs • Adult Education

PARKSIDE COMMUNITY CHURCH

"Open & Affirming Congregation"

Sunday Worship Service: 10:30 am
Bible Class: 9:00am

5700 South Land Park Drive & 35th Avenue 421-0492

Riverside Wesleyan Church

6449 Riverside Blvd. • 391-9845
Sunday School: 9:15am • Sunday Worship: 10:30am • AWANA (Children's Ministry)
• Youth - Jr. High - Sr. High - College - Young Adults • www.rwscac.org

Greenhaven Neighborhood Church

630 Ark Way • 422-8253
Sunday School Bible Study: 9:15am • Sunday Worship: 10:30am
Weekly Bible Studies - Jr/Sr High Events

Advertise Online

Have your ad seen by our daily online viewers.
Fast, Easy & Affordable. Call 429.9901 for more info & rates.



VALLEY COMMUNITY NEWSPAPERS, INC.
is online at www.valcomnews.com



STILLWATER AT RIVERLAKE

Rare single story home with 4 bedrooms, 2½ baths; 4th bedroom has been converted to office with closet. Vaulted ceilings, wood floors, formal dining with built-in book cases. 3 skylights and 2 fireplaces, 0.23 acre lot and built-in pool. 3-car garage. Just steps to private lake in premiere Riverlake location! \$495,000

MONA GERGEN 247-9555



PENDING

SPECTACULAR LITTLE POCKET

Contemporary 4 bedroom 3 bath home with walls of glass and soaring ceilings! Bruce hardwood parquet floors. Low-e dual pane windows, updated kitchen with granite counter tops, Decor double ovens, walk-in pantry. Inviting .58 acre lush yard and pool and more! \$637,000

CONNIE LANDSBERG 761-0411



QUALITY REMODEL & UPGRADES

All remodeled between 08-09, this 3 bedroom 3 bath home has newer HVAC, roof, copper plumbing, counter tops, texture, paint, windows, fireplace, cabinets, fixtures, lighting, appliances, shower, and Japanese soaking tub. Features also include garage cabinets, epoxy flooring, hybrid water heater. \$370,000

MONA GERGEN 247-9555 • KELLIE SWAYNE 206-1458



SPACIOUS HOLLYWOOD PARK

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

CHRIS BRIGGS 834-6483



GREENHAVEN HOME

Immaculate 2 or 3 bedroom home 2 full baths within the Genevieve Didion School boundaries. Seller spent over \$10,000 in the backyard in 09. Yard features seat walls and a built-in ground water jets for kids to play in, just like the ones at theme parks. Newer roof, HVAC, paint and carpet. \$200,000

MONA GERGEN 247-9555 • KELLIE SWAYNE 206-1458



PENDING

SUTTERVILLE HEIGHTS

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

CHRIS BRIGGS



SOLD

AMAZING RIVERLAKE HOME

Quality built custom 3 or 4 bedroom 2½ bath home. Upgrades and special features include: hardwood floors, professionally landscaped front and back, upgraded lighting, shutters, brick patio, fountain, built-in entertainment center, whole house fan, new designer floor tile in bathrooms, sunken tub, 3-car garage, access to a private lake and more. \$449,000

MONA GERGEN 247-9555



PENDING

SOUTH LAND PARK TERRACE

4 bedrooms and 2 baths with separate family room and total space approximately 1800 sq ft. Great family home with granite kitchen counter, central heat and air; and such a convenient location, easy bike to the river, walk to the William Land Park, or enjoy the zoo...it is all so close! \$285,000

SHEILA VAN NOY 505-5395



SOLD

LAKE GREENHAVEN

Spectacular Waterfront Property with sandy beach on desirable Lake Greenhaven. Sunny single story 4 bedroom 3 bath home with beautiful views of the beach and water from the master bedroom, spacious great room and backyard. Paddle boat on 65 acres of Lake! Picnic at the private 1 acre park which is also ideal for parties and weddings! Vacation 365 days a year! See: 8 Keel \$479,900

CONNIE LANDSBERG 761-0411

for current home listings, please visit:

DUNNIGANREALTORS.COM

916.484.2030

916.454.5753



Dunnigan is a different kind of Realtor.®

DUNNIGAN
Realtors

Elks now taking care package items for Marine Corps

Special to the Pocket News

Sacramento Marine Corps League Detachment 023 is sponsored by Sacramento Elks Lodge No. 6, which provides the Detachment a meeting room the fourth Thursday of each month. Two detachment members are also Elks. SMCL 023's mission is to support Marines whether they are Active Duty, Reservists, FMF Corpsman, wounded veterans, veterans, widows and orphans, and other veteran families in the local community. This is accomplished with fundraising events throughout the

Sacramento Metropolitan area, which allows SMCL 023 to provide financial aid when possible, donate clothing and food parcels. The detachment is a 301(c)(4) not for profit organization.

Detachment 023 recently adopted a USMC Unit of the 2/7 Marines that is deployed in Afghanistan. It is the Detachment's objective to collect donations of the most requested personal items by deployed troops and ship them prior to Christmas.

Donations will ensure the program's goal of shipping two boxes

every other month. Although the U.S. Post Office provides boxes at no cost, postage is \$13 per box. A cash or check donation to offset postage may be left with the Lodge office staff. A collection container for items can be found in the Elks lobby, marked Marines. A list of items will be attached for shopping convenience. Donations for the Christmas shipment will be accepted through Dec. 14 in order that boxes can arrive overseas in time for Christmas.

A care package is a 'taste' of home sent with lots of love. All care packages

contain a letter or a card, a note of love and appreciation, and the box filled with many of the items listed below. Since most of the care packages are sent to the warriors on the front line; they eat what they can carry. The most requested items are beef jerky, candy, instant drink powder and flavored creamers for coffee.

Candy, gum, instant coffee, single serving packets of coffee creamer, Gatorade, powdered drink mixes, beef jerky, canned fruit (pop top cans, no plastic), canned meat (pop

See Care Packages, page 13

Care packages: Ideas on what to pack

Continued from page 12

top cans, no plastic), cereal (in small boxes), granola bars, cookies, instant soup, oatmeal pop tarts, ravioli (pop top cans), tuna, chicken: single serving cans with crackers, board games, checkers, chess, puzzles, playing cards, CDs, DVDs, harmonicas, baby wipes, nose spray, cold water wash (Woolite), eye drops, deodorant, feminine hygiene products, foot powder, hairbrushes, hand lotion, hand sanitizers, nail clippers, lip balm, Q-Tips, razors, soap, sunscreen, tissues,

Additionally, Elks No. 6 continues its annual tradition supporting the Marine Corps Reserve's Toys for Tots program.

A Toys for Tots collection box will be available in the lodge lobby beginning Nov. 1 through Dec. 15.

The mission of the U.S. Marine Corps Reserve Toys for Tots Program is to collect new, unwrapped toys during November and December each year, and distribute those toys as Christmas gifts to needy children (ages 3-14). Donations may be tax deductible.

Available Homes
Call Reneé
For Showing

What is your Real Estate Story...Everyone has one Move-up Buyer, Downsizing, Investment Properties

Put my 22 years of experience to work for you

54 Watershore Circle - \$649,000
Virtual Tour: <http://www.surfactory.com/914635>

630 Rivergate Way - \$429,500
Virtual Tour: <http://www.surfactory.com/895428>

705 Bell Russell Way - \$549,000
Virtual Tour: <http://www.surfactory.com/884960>

1325 Eloah Way, Sacramento
3 Bd / 3/0 Ba, 1814 SqFt, 1 Stories

731 Rivercrest Dr, Sacramento
4 Bd / 2/1 Ba, 2048 SqFt, 1 Stories

68 Starlit Circle, Sacramento
3 Bd / 2 Ba, 1631 SqFt, 1 Stories

3 More Homes SOLD - Inventory is Low. It's a great time to sell!

SOLD - \$316,000

SOLD - \$310,000

SOLD - \$258,000



Reneé Catricala, Realtor®
Direct: (916) 203-9690
www.ReneeCatricala.com
730 Alhambra Blvd., Suite 150
Sacramento, CA 95816
Lic# 01077144

COLDWELL BANKER

Concerned About Your Memory?

Take advantage of a **FREE** confidential memory screening at



392-3510

7707 Rush River Drive, Sac. CA 95831

Please RSVP

* A memory screening is not used to diagnose any illness and does not take the place of evaluation by your health care provider.



National Memory Screening Day 2012

November 13, 2012

11 am to 2 pm

A qualified health care professional will take you through a series of tasks that can indicate whether you require additional medical follow-up*

LIC# 347001338

Your Website - Our Audience

Run your print ad in the Valley Community Newspapers... and link to your website!



Arden-Carmichael News • East Sacramento News
Land Park News • Pocket News • California Kids!

Call (916) 429-9901 or visit www.ValComNews.com
(min. 8 column inch ad required)

LAND PARK GOLD & SILVER

State of the Art Jewelry Repair and Metal Diagnostics

A Family Shop



Sell your gold with confidence

Jewelry Rare Coins

UNWANTED BROKEN GOLD OR SILVER?

Turn It Into Cash!

We Buy and Sell Gold, Silver, Jewelry, Coins
Call for Today's Rates on Scrap Gold 916.457.2767

Buying 7 Days a Week: M-F 9-6pm, Sat 9-5pm, Sun 10-4pm

Watch Batteries

\$5.00 + Tax

Installed - per watch
(Some Restrictions Apply) Expires 11/30/12 PN

5100 Freepoint Blvd

(corner of Arica Way & Freepoint Blvd.)

916.457.2767

Ring Down-Size

\$15.00

Most Rings
(Some Restrictions Apply) Expires 11/30/12 PN

Ring Up-Size

\$35.00

Most Rings. Up to 2 Sizes
(Some Restrictions Apply) Expires 11/30/12 PN

Take care of business...

Take care of yourself.



Lake Crest Village Shopping Center



Life. Simplified.

Anchor Tenants

- Big 5 Sporting Goods
- Marshalls
- Nugget Market
- Rite-Aid

Health & Beauty

- Ambrosia Nails
- Circle of Beauty
- Great Clips
- In Focus Optometry
- Jenny Beauty Supply
- Massage Envy
- Rite-Aid
- Simone's Salon & Spa

Specialty Retail

- Big 5 Sporting Goods
- Games Workshop
- Golden State Jewelers
- Marshalls
- Payless ShoeSource
- Radio Shack
- Unleashed by Petco

Specialty Services

- AAA Insurance
- Armed Forces Career Center
- Leslie's Poolmart
- Paul's Cleaners

Food Service & Eateries

- Burger King
- Cold Stone Creamery
- Jimbo's Tacos
- L&L Hawaiian BBQ
- Nugget Market
- Panda Garden
- Shari's Restaurant
- Starbucks Coffee
- Subway
- Wingstop

Financial Services

- Citibank
- U.S. Bank



www.inter-col.com

A Development of Peter P. Ballinger Investment Company • Located at Florin Road & Greenhaven Drive

Faces and places:

Homecoming AT JFK

Photos courtesy of Lifetouch Studios

Homecoming festivities at JFK High took place the week of October 8-12. Seniors beat the Juniors at the powder puff game on Thursday, Oct. 11. Unfortunately, for JFK, both JV and Varsity football lost against Florin on Oct. 12. Festivities culminated with the Homecoming dance on Saturday, Oct. 13 in the cafeteria with Christine Larot crowned queen and Guillermo Munoz crowned king.



HARVEST FESTIVAL Original Art & Craft Shows
 Three days of Shopping, Entertainment & Prizes!
Nov. 16-18 Sacramento, Cal Expo
 Fri. & Sat. 10am-6pm; Sun. 10am-5pm
www.harvestfestival.com or 1-800-346-1212
 \$2 Off One Adult or Senior Admission with this ad.

Advertise Your Company Online!
www.valcomnews.com
 Call (916) 429-9901 today for great ad rates!



For over 36 years
COOK
 REALTY
www.cookrealty.net

SOLD

20 SAIL COURT • \$569,000
SUSIE K. PARKER • 768-8494

SOLD

8042 LINDA ISLE • \$299,000
SUSIE K. PARKER • 768-8494

PENDING

7001 POCKET ROAD
 Wonderful home with a courtyard entry surrounded with greenery and nice koi pond. Step into a clean home with vaulted ceilings, nice great room with fireplace accented with newer laminate flooring as well as in kitchen. \$229,000
MEENA CHAN LEE • 837-9104

18 ALSTAN COURT
 Attention to detail thruout this stately one of a kind brick home. On the river w/large & private yard with pool & spa, 5 bdrms, office & bonus room on third floor. \$1,175,000
SUSIE K. PARKER • 421-3546

*** PENDING**

854 COBBLE COVE LANE
 Fabulous property featuring nearly 1/2 ac lot located only 15 mins to dwntwn Sacto. Owner built this home in 1952 & has lived there the entire time. Lg liv spaces, separate fam rm w/ walk in wetbar or ofc area. \$789,000
SUSIE K. PARKER • 768-8494

6607 TRUDY WAY
 eautifully updated home in the Pocket. Open floor plan w/separate living & family room areas-both opening on to a spacious patio w/pool & spa. Kitchen has updated cabinets. \$349,000
LARRY EASTERLING • 849-9431

See all our listings at www.cookrealty.net

REAL ESTATE SCHOOL
 ★ LOW INTRODUCTORY COST
 ★ START ANYTIME
 ★ LIVE CLASSES
 Call: **Ed Daniels • 451-6702**
PROPERTY MANAGEMENT
 ★ MONTHLY CASH FLOW
 ★ TENANT SCREENING
 ★ MAINTENANCE
 Call: **Brittany Naucke • 457-4907**

ADDITIONAL LISTINGS

766 STILL BREEZE WAY
 Exquisite custom home. **SOLD**
 Two fireplaces, large granite slab island mixed with easy care corian kitchen. \$1,075,000
SUSIE K. PARKER 421-3546

18 ALSTAN COURT
 Attention to detail thruout this stately one of a kind brick home. On the river w/large & private yard with pool & spa, 5 bdrms, office & bonus room on third floor. \$1,175,000
SUSIE K. PARKER • 421-3546

1 SAND PEBBLE COURT
 Wonderful home up. **SOLD**
 new carpet, exterior and interior paint. Open kitchen floorplan with island, remodeled with granite counters. \$219,000
MEENA CHAN LEE • 837-9104

4305 Freeport Boulevard, Sacramento **COOK REALTY** www.cookrealty.net • (916) 451-6702

BRIAN J. WONG
barber & stylist

STRAIGHT RAZOR SHAVES
HAIRCUTS

BrianJWongTheBarber.com
Lake Crest Village 1024 Florin Road
Located inside Simone Salon (916) 832-9949

Got News?

e-mail editor@valcomnews.com

VALLEY COMMUNITY NEWSPAPERS, INC.
Community News In Your Hands

CONTACT A SALES REPRESENTATIVE TO ADVERTISE IN OUR NEWSPAPERS!
2709 Riverside Boulevard, Sacramento, CA 95818
916.429.9901 | www.valcomnews.com

Turning Your Dreams Into An Address

Learn the Keys to Smart Home Buying
Go to www.ilahturner.com
click on Buyer's Guide

Ilah Turner GRI
Call 206-4016 DRE# 01278805

Real Estate Questions?
Visit my website. www.ilahturner.com

Freeport Bar & Grill

We have complementary hot dogs, happy hour 4-7, and drink specials.

MONDAY NIGHT FOOTBALL

Call for reservations: 916-665-1169
8259 Freeport Blvd., Sacramento, CA 95832
www.freeportbarandgrill.com

Open for breakfast Saturday and Sunday
Happy Hour Mon - Fri 4 - 7pm • Fri Nights Karaoke 9pm - 1:30am
Mon through Thur 11am - 10pm • Friday 11am - 1:30am
Saturday and Sunday 10am - 10pm

Choice, luxury and fun

Here at Greenhaven Estates Assisted Living we provide assisted living as well as Alzheimer's and dementia care in our Expressions community.

Greenhaven Estates

7548 Greenhaven Dr, Sacramento, CA 95831
(916) 427-8887

www.PrestigeCare.com License #: 347004312

He shoots; he scores

Special to the Pocket News

Greenhaven Soccer Club would like to congratulate Matthew Allin for winning the Elks North Central District Finals Soccer Shoot, U12 Division, on Saturday, Oct. 6, 2012, hosted by the Sacramento Elks Lodge #6. Matthew plays goalie and sweeper for the U12 Greenhaven Strikers, coached by Pat Dorais.

The Elks' annual Soccer Shoot challenges U8 and U10 boys and girls in the "Five Goal Contest," which consists of a series of five goals, decreasing in size.

The U12 and U14 players were challenged in a "Grid Goal Contest," a full-size goal sectioned off with different point values. Many participants of both contests were Greenhaven Soccer Club players.

Matthew advanced to the Elks North Central District Finals after winning the Sacramento Elks Lodge #6 local competition. Along with the honor of representing them in the District finals, the Sacramento Elks Lodge #6 awarded Matthew with a certificate and an Elks Soccer Shoot medal. The age-group win-

ners of the Jackson Elks Lodge #2426 and the Elk Grove Elks Lodge #2577 competed against the Sacramento Elks Lodge #6 winners in the District Finals. For winning the District title, Matthew received an Elks Lodge soccer ball and a championship trophy. "I missed a few, but I felt I did pretty good," Matthew said. "I just did my best."

Greenhaven Soccer Club thanks the Sacramento Elks Lodge #6 for hosting such a fun and exciting event for our local soccer players. We look forward to the next soccer shoot.



Matthew Allin.

Photo courtesy

Your Website - Our Audience

Run your print ad in the Valley Community Newspapers... and link to your website!

Arden-Carmichael News • East Sacramento News
Land Park News • Pocket News • California Kids!

Call (916) 429-9901 or visit www.ValComNews.com
(min. 8 column inch ad required)

Learn More About Computer and Technology

Windows XP or Windows 7
Film/Video Editing
Adobe Photoshop
Int. and Adv. Photography
Skype
iPad **NEW classes**

Join Us!
For Dance and Health/Fitness classes!
Present this ad for 2 FREE Dance or Health/Fitness classes. Limit one per person.

Pre-registration required for all classes.
To register, contact Lucy Chao, 916-393-9026 x322
ACC Park City • 7375 Park City Dr. • Sacramento, 95831

CareGivers of Land Park
Serving the elderly in our neighborhood

We are available 24 hours a day to provide care to seniors who need assistance because of illness, injury, recuperation from surgery or active seniors who need some assistance at home.

- Personalized Care And Services
- Meal Preparation
- Incontinent Care
- Light Housework
- Assistance With Pet Care
- Grooming And Bathing Assistance
- Monitor Diet And Eating
- Laundry And Linen Change
- Medication Reminders
- Appointments And Short Errands

Call us today!
(916) 429-3232
CareGiversofLandPark.org

Prestigious Riverlake Community!

MONA GERGEN
DRE# 01270375
916-247-9555
monagergen@att.net
www.monagergen.com

DUNNIGAN
Realtors

"Call for a private showing"

Gated with access to a gorgeous 32 acre private lake for recreational activities. Steps from the lake. Roving 24 hrs security. 3 car garage. Rare 1 story with 4 bedrooms. 4th bedroom converted to an office (has closet). Formal dining with built-in book cases. Spectacular floor plan with 5 sliding glass doors. Many canned lights and 5 ceiling fans. 3 skylights and 2 fireplaces. 0.23 acre lot with built-in pool. Vaulted ceilings, wood floors and granite fireplace.

38 Still Beach Court \$495,000

POCKET BISTRO



- Catering • Sangria Tuesdays • Prime Rib Thurs. Nights
- Sunday Brunch • Lunch & Dinner Served Daily
- Happy Hour: Tues.-Sat., 3:30-7:00 pm • Full Bar
- Plan your holiday parties!

Join us for
Monday Night Football
 Special NFL menu, drink specials and prizes
Sunday Brunch 10-2

6401 Riverside Boulevard
916.391.7990 • www.PocketBistro.net

Hours: Tuesday-Thursday 11:30am-9:30pm • Friday-Saturday 11:30am-10pm • Sunday 10:00am-8:30pm

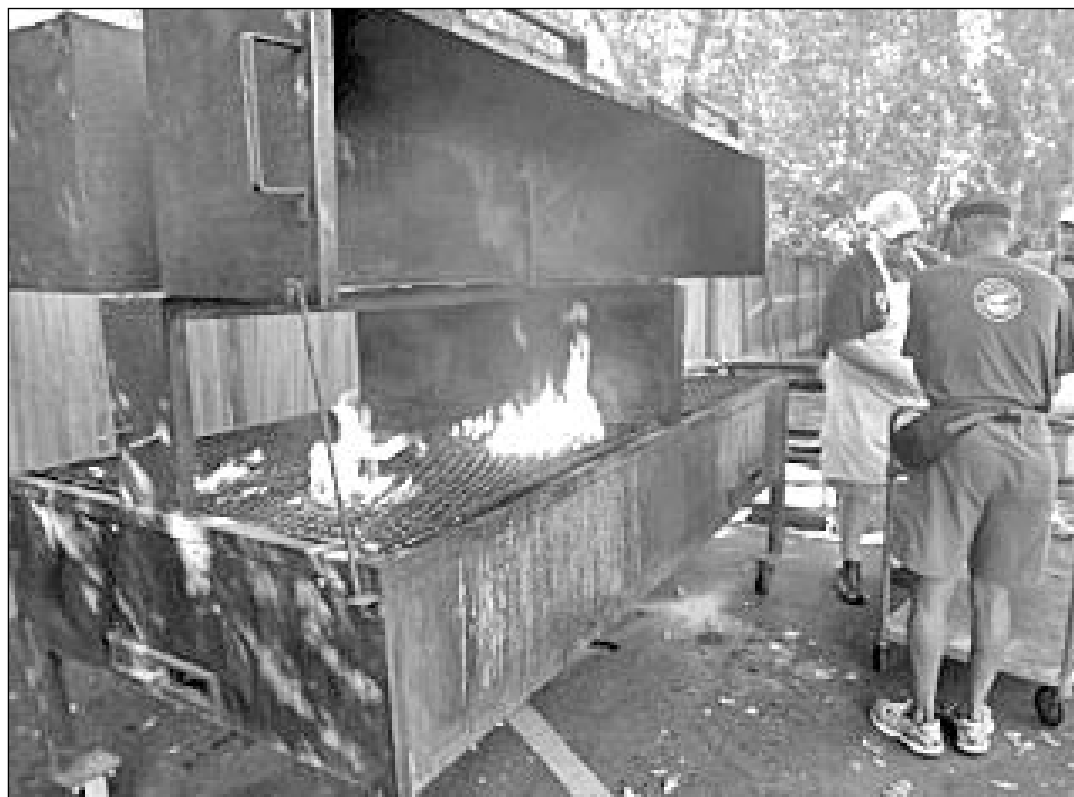


Faces and Places:

Japan Night at the Elks Lodge

Photos by AMOS FREEMAN

About 200 people came to Japan Night at the Elks Lodge No. 6 on Friday, Oct. 19. The Sacramento Senator Lions Club used the event to raise money for the food baskets for needy families. Besides Japanese food, people enjoyed live music.



INDEPENDENT LIVING WITH SERVICES

... in the Heart of Land Park



Carefree living.

Choose from a Kitchenette, Studio, One-Bedroom or our spacious two-bath Deluxe One-Bedroom floor plan.

Features include:

- Emergency pull cords
- Staff on-site 24 hours a day
- Easy freeway access
- Beautiful party rooms and common lounges
- Fully furnished guest rooms for visiting friends or relatives
- Complimentary shuttle bus service and car service
- Elegant dining room
- Putting green and custom spa

ESKATON MONROE LODGE

3225 Freeport Boulevard, Sacramento, CA 95818

916-441-1015

ESKATON
 Transforming the Aging Experience



866-ESKATON | www.eskaton.org

Faces and Places:

Chinese Food Fest

Photos by Andie Calonge

The Chinese Community Church had Chinese food, culture and games on Saturday, Oct. 20 as part of its annual Fall Fellowships and Food Festival. Food included delicious barbecue chicken, pot stickers, and more. The event, which was open to the public, invited people to also experience Chinese culture, entertainment, and play games. The entertainment included: CCC Ukulele Fellowship, Pocket Pickers, CCC Praise Band, Sensational Chef Harry Sen, vocal stylings of Mario Fong, Guitar Ensemble and Blame It on Bossa, Tinikling Filipino dancers, Kay Albritton, gospel and pop and blues jam with Bubba Washington. The church is located at 5600 Gilgunn Way, 424-8900.

Pocket area high school students performed humanitarian work in Rwanda

Teens spent 28 days in East African nation this summer

The Pocket News

Eight C.K. McClatchy High School students spent 28 days this summer in the East African nation of Rwanda, three of whom are from the Pocket area -- Marisa Fong, Kendyl Ito, and Sierra Brown.

The students participated in the AfriPeace Youth Peace and Cultural Education Program, which provides young adults with opportunities to learn about African culture, history and society while performing humanitarian work.

This is the fifth year CKM has worked with AfriPeace to build a bridge to better global understanding for students.

"I really enjoy these trips because I get to see the students react to and then embrace Africa," said teacher-guide Jeremy Predko, Sacramento City Unified School District's Coordinator of Instructional Technology, who has led four of the five past trips to Africa.

"I enjoy hearing them talk about how friendly, giving and generous the people they meet are," Predko said. "They are shocked to meet people who have so little but can give so much. I know the trip has been successful when, as the trip nears its end, the students want to stay for another month. Although they miss their family and friends, they want to continue their cultural immersion."

In prior AfriPeace trips, students visited Nigeria and Ghana. This year's trip to Rwanda presented a chance for students to experience a country reconciling itself to the aftermath of 1994's horrific genocide, which claimed the lives of an estimated 800,000.

Talking to genocide widows had a profound effect on students, said CKM senior Celia Ringstrom. "I was changed in my understanding of forgiveness and what it means," Ringstrom said. "(The widows) weren't saying to forget but to remember and move on. Forgiveness benefited them as well as others."

Students visited historical museums, non-governmental organizations, genocide memorials and national parks. They also met the Rwandan



Photos courtesy of the Sacramento City Unified School District.

President of the Senate and the Minister of Justice.

Throughout the school year before the trip, the students raised almost \$2,000 through car washes and bake sales, and gathered nine suitcases full of supplies which were donated to the people of Mayaga, a small rural village consisting mostly of genocide refugees and their families.

During their week stay in Mayaga, students helped build a workshop for a vocational training school using the money they raised.

"Before the trip, I had no idea what it was like to live so minimally, thinking about how to feed yourself and where to find clean water," said Zachery Ramos-Taylor, who recently graduated from McClatchy and now attends UC Santa Cruz. "Now I appreciate more of what I have and I try not to judge others."

Students also embraced Rwandan culture by trying unusual foods (fish eyes, goat stomachs), participating in traditional dances, bargaining at the markets, hiking through

jungles, playing football with village and street children and staying at the homes and parishes of local families and churches.

Ramos-Taylor said he learned to appreciate Rwanda as "a great country. I slowly learned that Rwanda was more than just a memorial site for genocide."

Editor's note: This article was reprinted with permission from the Sacramento City Unified School District's website, www.scusd.edu.

Fall/Winter citywide loose-in-the-street yard waste collection now underway

Special to Valley Community News

Service notes:

Citywide Loose-in-the-Street yard waste collection is now in effect and will continue through the week of Jan. 14. Pickup will occur, on average, every other week during the peak leaf season.

Residents can find out when crews are scheduled to be in their neighborhood by calling 311 or by using an online map, which is updated daily on the City's website at www.cityofsacramento.org/yardwaste.

Yard waste containers will continue to be picked up weekly on regularly scheduled collection days. Container customers should continue to use their container weekly, in addition to the Fall/Winter Loose-in-the-Street service.

Loose-in-the-Street pickup typically will not occur on a customer's regularly scheduled garbage/recycle collection day. Residents can use the online map to find out their next projected service date.

Projected dates shown on the map can change up to 12 hours before pickup, based on weather, equipment availability, and the amount of material to be collected.

Weather has a significant impact on Loose-in-the-Street service. Crews work rain or shine six-days-a-week, including holidays, and stormy weather can slow down collection.

Daily service needs may change and are unpredictable. Crews do not know from day-to-day the volume of material they will need to remove until they

are on city streets. Days with high volume piles in one zone may impact the speed of clearing a neighborhood and moving to the next neighborhood.

The citywide Fall/Winter Loose-in-the-Street collection includes curbside holiday tree pickup. The last day trees can be placed out for pickup is 6 a.m. on Monday, Jan. 14. Trees should be clean of all lights, tinsel, decorations etc. and have no stand attached. Flocked trees will be accepted.

For more information on Solid Waste & Recycling Division services, call 311.

Your Holiday Greetings

Your Staff Photo Here

HOLIDAY GREETINGS
from your business to the community

Publishes: November 15 & 22, 2012
December 6 & 13, 2012

Arden-Carmichael News • East Sac News • The Land Park News • The Pocket News

Includes: Staff Photo, Greeting and Business Information
1/4, 1/2, and full pages available

Call 916-429-9901 to reserve your space

RESERVE YOUR SPACE IN THE UPCOMING

California Kids!

Be Seen by Over 100,000 Readers Each Month.

CALL JEN TODAY! (916) 429-9901

CLASSIFIED ADS

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

COMPUTERS

GOT COMPUTER PROBLEMS?
Pocket Computer Technician. I do on-site visits in the Pocket area. \$45/hr. Outside the Pocket area, travel charge will apply. Problem not fixed? No pay! Free estimates/consultation. Call cell# 296-7161.

HANDYMAN

HANDYMAN SERVICES
No job too small. Make your "to-do" list and give me a call. Electrical, Plumbing, Tile, Sheetrock, Plaster, Stucco, Repairs and Remodeling, you name it! Lic# 908942. Call Steven at 230-2114.

Sell your furniture in the classifieds call Melissa at 429-9901

FALL CLEAN-UP

Rain Gutter cleaning--Concrete removal (Patio, driveways, borders, etc.) Rain gutter cleaning, pressure washing/power spray, hauling, yard work, painting, tree & shrub removal, clean-up, fence repairs, light tree trimming, & more. Ref avail. Call Les at 838-1247. **Specials for seniors. Licensed.**

HELP WANTED

DRIVERS
Drivers: Home nightly, Sacramento, Woodland & Roseville, Class -A Flatbed with Moffet Exp. Estenson Logistics. Apply: www.goelc.com 1-866-336-9642

Advertise in California Kids! Serving Greater Sacramento, For more information, call Jen at (916) 429-9901 Published by Valley Community Newspapers, Inc.

PET PORTRAITS

ORIGINAL PET PORTRAITS
Original Pet Portraiture. Realistic paintings of beloved pets. Perfect gift for animal-lovers! Reasonable prices. Submit photograph--turn around 7-10 days. Email melissa@melissandrews.com or call 447-4441. See [## SENIOR CARE](http://www.MelissaAndrews.com-Stop by Valley Community Newspapers, you can meet Melissa and see her artwork in our office at 2709 Riverside Blvd.</p>
</div>
<div data-bbox=)

SENIOR CARE
Why pay High fees for Senior Services? Get the right help in your own home. A professional caregiver will be fair & honest with you. Also certified. Available: 24 hr shift, overnight, & hourly. Talk to Va @ 916 236-7485. Call anytime.

Sell your car in the classifieds!

WILL BUY VINTAGE FURNITURE

VINTAGE FURNITURE
Old stuff lying around that you don't need? We'll buy it! Wish to buy 1950's and 60's furniture, Atomic, Retro, Mid-Century Modern, Danish modern, Scandinavian, or vintage office/industrial. Email photos to blockhousesacramento@gmail.com or call 916-594-7971

TAX PREPARER

#1 TAX PREPARER
29 yrs. exp. We specialize in Business Tax returns including Corp & Partnerships. We prepare expertly all past tax returns including all State returns. Get the most deductions allowed to you by law. CTEC Registered & Bonded. Please call for yr appt. today. Irene Senst (916) 640-3820, Nevada (775) 410-3422. Same low 1990 rates. www.taxirene.info

BOOKKEEPING

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

ADVERTISE YOUR RENTALS

Call 429-9901

Your Home Improvement Guide

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

AIR CONDITIONING & HEATING

We're NOW Your DUCT CLEANING HEROES!
Call for Details

BEYOND PROS. WE'RE HEROES!

916-686-2626
HuffHeroes.com

SUPER A/C OR Furnace TUNE-UP \$69.00
with this ad

Huff HEATING AND AIR CONDITIONING, INC.
Service • Sales • Installation

Like Us... Follow Us... Review Us...

© 2012 Huff Heating & Air Conditioning, Inc. | License # 81313

YOUR AD SHOULD BE HERE!

Call today!
Your services are needed.
Your ad should be here.
Ad design is free.
Call Melissa at 429-9901

Your Home Improvement Guide

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

**Our Readers Need Your Service!
It Pays to Advertise!**

Contact Melissa at 916-429-9901

HARDWOOD FLOORING

Hardwood Flooring
Specializing in installing, sanding, and finishing hardwood flooring or repair and refurbish your current floors.

Call Michael - (916) 383-8742
Lic # 544159/References Available

HAULING

2 C's Hauling
One call - we haul it all!
(916) 531-1165
Low competitive rates!

Mention this ad for a 10% discount

ORGANIZING

CLUTTER got you down?

Full service professional organizer
Home office • Closets to garages
10% Senior discount

For a professional in-home consultation call Ilene @ Simply Living (916) 834-0881
...Where your clutter free life begins...

ADDITIONS/RENOVATIONS

HARTIGAN CONSTRUCTION INC.
GENERAL CONTRACTOR

THE REMODEL EXPERTS! "Building your dreams!"
(916) 372-0530
Free estimates - Small jobs welcome
HartigConstruction.com
Serving Sacramento since 1995 • Licensed, Bonded & Insured • Lead Certified • Lic.# 706474

DESIGN/BUILD

- Additions, conversions, renovations
- Kitchens & baths
- Electrical & plumbing
- Decks & pergolas

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

ADDITION SPECIALIST

LYTLE CONSTRUCTION INC.
Remodeling and Design
LIC# 480492

Award-Winning Design/Build Firm
Serving Sacramento for more than 25 years

- Additions
- Kitchens
- Bathrooms
- Custom Cabinetry

FREE Consultation
916-422-6639

Certified Kitchen & Bath Remodeler

www.lytleconstruction.com

PAINTING

GARY'S PAINTING

CUSTOM RESIDENTIAL INTERIOR & EXTERIOR OVER 20 YEARS EXPERIENCE WITH PRIDE
EXCELLENT REFERENCES
725-8781

Contractors Lic. # 734323
McClatchy #67

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

PAINTING

SOVEREIGN PAINTING

Quality craftsmanship 3rd Generation Painter with over 30-years experience
(916) 422-4416
sovereignpaintingco.com
sovereignpaint@yahoo.com

Dan Sovereign, Interior & Exterior Painting
Lic.# 484215
Better Business Bureau Member

PAINTING

COOK PAINTING
Full Service Company - Start to Finish

Ask about our VCN Special!

- Custom Painting
- Super clean, neat & fast
- Interior/Exterior
- Cabinets

Specializing in custom trim & moulding!
Color Consultants • Free Estimates

In business since 1982
CSL# 432951
(916) 591-5056

CLEANING

PRIME QUALITY MAINTENANCE

- RAIN GUTTER CLEANING
- Pressure Washing (house ext/walkways/all concrete areas)
- Window Cleaning (inside/out/screens washed)
- Hard Water Stain Removal
- Landscape Maintenance

Free Estimates
Licensed & Insured

Call Jesse (916) 417-4231

CREATURE CATCHERS/REMOVAL

CREATURE CATCHERS Wildlife Management
"If it walks or flies, we'll remove it!"

Humane and non-toxic solutions for both animals & man
Dead Animal Location/Removal • Exclusion Work
Live Trapping • Humane Removal • Repair
Skunks • Fox • Raccoon • Opossum • Squirrels
Mice/Rats • Birds/Bats (bat elimination)

CreatureCatchers.org 530 885-PEST(7378)
California State Trapping License #7781 - Issued by Livestock of London

ELECTRICAL

Sunshine Electrical
Residential Specialist
Security Lighting
Upgrades/Remodels/Repairs
Spa Electrical
FREE Estimates/Small jobs OK

(916)752-5308
Ca License # 633853 (Liability Insured)

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

ELECTRICAL CONTRACTOR

CAPITOL ELECTRIC
Reasonable Residential & Commercial Work since 1960
Repairs, Trouble Shooting
Custom Lighting/FREE Est.
Excellent ref from Angie's List

(916) 451-2300
Cell: 213-3740
Neil McIntire - C.S.L.# 394307

GLAZIER/GLASS WORK

TOUCH OF GLASS
We'll beat any price!
Commercial & Residential

REPAIR & INSTALLATION
Replace broken windows, etching, shower doors, mirrors, patio doors

916.456.2420
www.touchofglass916.com
Glazier Lic# 812600 • Over 20 years!

HANDYMAN

FREEDOM HANDYMAN SERVICE
I specialize in all areas of home improvement!

Carpentry - Electrical
Sprinklers - Plumbing
Accepts All Major Credit Cards

Quality work the first time, guaranteed!
NO JOB TOO SMALL!
Call Eric (916) 470-3488
Licensed and Insured #152902

HANDYMAN

FALL CLEAN-UP!

- RAIN GUTTER CLEANING
- ROTOTILLING & SOD PLACEMENT
- CONCRETE REMOVAL
- HAULING/SPRINKLER REPAIR
- PRESSURE WASHING

Pressure wash your driveways clean! your decks, too!
Clean out your garage! Replace that old lawn!
Hard work ---not a problem!
SPECIALS FOR SENIORS/SERVING THE AREA FOR OVER 15 YRS*

Call LESTER
(916) 838-1247
Lic#128758/Ref

HANDYMAN

Your Personal Handyman • Over 26 years of satisfied customers

"Call Dave" Dynamo Dave's
Fix-It Services & Home Repair

Affordable
General Handiwork
Light Plumbing,
Electrical & Carpentry

Sac. Co. Handyman's Lic. #615016

Tel: 489.2739 Dynamodave@att.net
Cell: 832.2898 www.DynamoDaves.com

FREE ESTIMATES

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

TREE SERVICE

Terra Bella Tree Service
"Not your typical mow, blow & go company!"

- Tree Trimming
- Stump Grinding
- Tree Removal
- 20 years experience!

Call Randy (916) 454-3430 or 802-9897
www.terrabellagarden.com • Lic# 974388

TREE SERVICE

DON'S TREE SERVICE
ISA CERTIFIED ARBORIST WE 4590A

Trimming, thinning, shaping & stump removal
Family Owned & Operated since 1967

#1 in customer satisfaction
(916) 428-4882
(916) 689-5244
www.donandontreeservice.com
Lic# 331196

YOUR AD SHOULD BE HERE!

Your Ad Here!
Your services are needed.
Your ad should be here.
Ad design is free.
Call 429-9901

UPHOLSTERY

B & T Upholstery & Repair

Furniture upholstery at its finest

Senior Discounts
www.bandtupholstery.com
1600-B Kitchner Rd., Sacto 95822
916/392-1959 • 916/995-7177

Home Improvement Guide: a "Keeper" by our readers

Great exposure in these four upscale neighborhoods:
Arden-Carmichael, East Sacramento, Land Park & Pocket/Greenhaven.

Contact Melissa at 916-429-9901

Check Before You Burn starts Nov. 1 in Sacramento county and its cities

Special to the Pocket News

The sixth season of the Sacramento Metropolitan Air Quality Management District's Check Before You Burn program starts Nov. 1 and runs through Feb. 28, 2013. Wood burning will be restricted or prohibited on days when fine particle pollution is forecast to be high. The law is in effect in Sacramento County and the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento.

Sacramento County recently achieved the federal PM 2.5 standard due in large part to emission reductions from the public's compliance with the Check Before You Burn program. "It is critical that residents continue to comply with declared No Burn days so the county stays in attainment of the air quality standard," said

Larry Greene, Executive Director/Air Pollution Control Officer of the Sacramento Metropolitan AQMD.

The law applies to the use of indoor and outdoor fireplaces, wood stoves, fire pits and chimneys that burn wood, pellets, manufactured logs or any other solid fuel by residents and businesses. A voluntary request to discourage burning will be issued when air pollution levels are on the rise.

Check Before You Burn Categories:

Stage 2 – All Burning Prohibited

All burning is prohibited in any device when fine particle pollution is forecast to exceed 35 micrograms per cubic meter. It is illegal to burn any solid fuel, including wood, manufactured logs and pellets.

Stage 1 – No Burn – Unless Exempt

It is illegal to burn when fine particle pollution is forecast to be 32-35 micrograms per cubic meter unless EPA certified fireplace inserts or stoves, or pellet stoves are used and they do not emit visible smoke.

Burning Discouraged – Voluntary

Burning is discouraged when fine particle pollution is forecast to be 26-31 micrograms per cubic meter. The AQMD asks you to voluntarily not burn.

Legal to Burn

When the forecast is 25 micrograms per cubic meter or lower then it is legal to burn and the use of manufactured fire logs is acceptable at this level. If you choose to burn please follow clean burning techniques in order to burn as cleanly as possible.

To find out if you can or can't burn:

- 1-877-NO-BURN-5 (1-877-662-8765)
- Visit www.AirQuality.org
- Sign up to receive daily Air Alert emails at www.SpareTheAir.com (input a Sacramento County zip code and select the Daily Air Quality Forecast box)

4. Read the Sacramento Bee's weather page on the back of the Our Region section
5. Listen to television and radio weather forecasts
6. Go to Twitter.com/aqmd

Exemptions:

The following exemptions apply to Stage 1 and Stage 2 categories:

- Homes where wood burning is the sole source of heat
- Financial hardship waiver approved and renewed each burn season by the Air Pollution Control Officer
- Devices that operate exclusively with natural gas or propane
- Cooking devices
- Ceremonial fires related to a specific religious ceremony

Enforcement:

Enforcement will be through public complaints (800-880-9025) and sightings of visible smoke by Air District enforcement staff. First time violations will result in a \$50 fine or the violator can choose to complete and pass a wood smoke awareness course. Fines for subsequent violations are higher.

Visit www.AirQuality.org or call 916-874-4800 for more information.



Matsuyama brings families together at fall festival

Courtesy of AMANDA KOSSOW
Matsuyama Elementary

Scarecrows, haystacks and a lot of pumpkins filled Matsuyama Elementary grounds during its after school fall festival on Friday, Oct. 19. Students and their families enjoyed the good weather, student performances, and animal balloons.



Angel's Nest
CHILD DEVELOPMENT CENTER

• FULL AND HALF DAY PROGRAMS BETWEEN 7AM-6PM

• SERVING AGES 2-5 IN A FAITH-BASED SETTING WITH EMERGENT CURRICULUM!

GREENHAVEN LUTHERAN CHURCH • 475 FLORIN ROAD • (916) 428-4651
VISIT OUR WEBSITE FOR MORE INFO! WWW.ANGELSNESTCDC.COM

Nelson Dental
"We're in your Pocket Neighborhood"

Committed to providing you the best care in a pleasant environment. We use the latest technology to provide advanced services like: single visit crowns and Velscope oral cancer screenings.

7400 Greenhaven Drive • 916.427.1101
(Off I-5 between Florin and Pocket Road)
www.NelsonDental.com

Capitol Chamber Players

Baroque & Hayden with a Fugue
Sunday, Nov. 18th, 3pm

Congregation B'nai Israel
3600 Riverside Blvd. Sacramento

Ticket Prices at the door:
\$18 general, \$12 senior, \$7 student

For further information, call (916) 428-7370 • www.capitolchamberplayers.org

Sacramento Emblem Club's
- Annual -
HOLIDAY CRAFT & GIFT SHOW

Unique Gifts... One-Of-A-Kind Crafts
Good Food at Reasonable Prices

Space Info: 686-0347
Saturday, November 10, 2012 • 9am-4pm

Sacramento Elks Lodge No. 6 • 6446 Riverside Blvd.

RESERVE YOUR SPACE IN THE UPCOMING **California Kids!** Be seen by over 100,000 readers each month
CALL JEN AT (916) 429-9901

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

34th Annual "Holiday Show of Hands" CRAFT FAIR
Friday, Nov. 30, 5-9 p.m. (\$3)
Saturday, Dec. 1, 9 a.m. - 7 p.m.
Sunday, Dec. 2, 9 a.m. - 3 p.m.
Unique, hand-crafted gifts, decorator items, collectibles
Hot Lunch - Shuttle from Elks Club
St. John the Evangelist School
5701 Locust Avenue, Carmichael

Nutcracker in One Act & Christmas Angels
Dec. 1, at 7 p.m., & Dec. 2, at 2 p.m.
Crockett-Deane Ballet Company & Deane Dance Center
"The Center"
2300 Sierra Boulevard
\$15 adults; \$12 seniors/students & \$10 children. Tickets at the door & at Deane Dance Center
3385 Lanatt Street.
(916) 453-0226

Annual Holiday Boutique
Sierra Oaks K-8 School
Saturday, Dec 8 - 10 a.m. to 3 p.m.
Over 20 vendors & local business owners selling jewelry, clothing, decorations & specialty items. Sierra Oaks Cafe will have coffee, pastries, soup & salad.
171 Mills Rd. Sac., Multi-Purpose Room
Arden-Arcade Area
Info: carla.halligan@gmail.com
All proceeds benefit the children at Sierra Oaks School

21st Annual Beaujolais Plus Wine Tasting & Silent Art Auction
Sacramento Suburban Kiwanis Benefit
Sunday, November 4, 4-7 p.m.
Dante Club, 2330 Fair Oaks Blvd.
\$30 Donation
Kristi Mattes (916) 505-7598

Sacramento Emblem Club's - Annual - HOLIDAY CRAFT & GIFT SHOW
Unique Gifts... One-Of-A-Kind Crafts
Good Food at Reasonable Prices
Space Info: 686-0347
Saturday, November 10 9 a.m. to 4 p.m.
Sacramento Elks Lodge No. 6
6446 Riverside Blvd.

ALL SAINTS CONCERTS presents
4 p.m. Choral Evensong for All Saints Sunday directed by Scott Nelson
4:45 p.m. QUO VADIS Brass Quintet featuring graduates & students at the Juilliard School, NYC
November 4 - 2076 Sutterville Road, Sacto
* Donations accepted *
Overflow parking is available across Sutterville Road, at City College
Child Care provided - Reception to follow

Mission Oaks Holiday Craft Faire
Saturday, November 3rd
9 a.m. - 3 p.m. FREE
Mission Oaks Community Center
4701 Gibbons Drive, Carmichael
972-0336
MORPD.com

CALL AND PLACE YOUR EVENT TODAY!
(916) 429-9901

RESERVE YOUR **HOLIDAY SPECIALS** ADS NOW!

For your Gifts, Sales & Services, advertise in your community newspaper;
Arden-Carmichael, East Sac News, Land Park News, Pocket News.

CALL (916) 429-9901
MOST COST EFFECTIVE WAY TO PROMOTE.

"Stories Around the World"
Saturday, Nov. 17th, 2 p.m.
3225 Freeport Boulevard (Eskaton)
Stories for young and old - **FREE** Event
Questions? Contact Lawrence at 916-399-1999

Take The Journey Of A Lifetime...
With a college career at **EPIC BIBLE COLLEGE**

- **Develop Your Spirituality**
- **Learn Practical Skills**
Become a better worker in your church
Explore a career in the ministry
- **AA and BA degree programs with an emphasis in:**
Ministry, Education, Music, Counseling and more!

We've grown! Visit our New Campus!
Winter Quarter classes begin November 2012

www.EPIC.edu
916-348-4689
4330 Auburn Boulevard
Sacramento, CA 95841

PRUDENTIAL DUNNIGAN REAL ESTATE

TURNING PROBLEMS INTO SOLUTIONS

230 RIVER ACRES DRIVE \$379,900



SINGLE FAMILY, 4 BEDROOM, 2.5 BATH, 2179 SF
BILL BONNER 320-1888

6600 LAKE PARK DRIVE \$199,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1857 SF
BRANDON SHEPARD 479-1936

510 VALIM WAY \$335,000



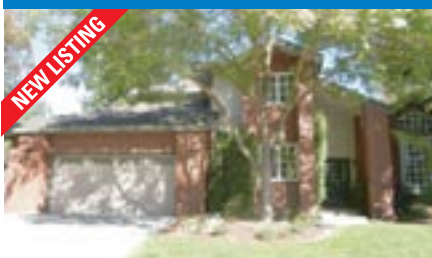
SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 2001 SF
BILL BONNER 320-1888

7700 E SHORE DRIVE \$338,888



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2194 SF
MARY JEW LEE 425-3749

5 COBBLE LAKE COURT \$550,000



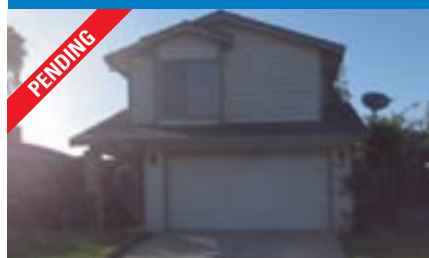
SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2812 SF
MARSHA CHAN 217-5500

6 LOURDES COURT \$279,900



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1750 SF
NICK LAPLACA 764-7500

427 BLUE DOLPHIN WAY \$223,000



SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1537 SF
LYNN LUK LEE 628-2843

106 HIDDEN COVE CIRCLE \$190,000



SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1195 SF
MARY JEW LEE 425-3749

6443 GRANGERS DAIRY DR. \$349,900



SINGLE FAMILY, 3 BEDROOM, 2.5 BATH, 2256 SF
BILL BONNER 320-1888

**SERVING OUR
 COMMUNITY
 SINCE 1979**

840 W. COVE WAY \$635,000



SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3758 SF
BILL BONNER 320-1888

OTHER AVAILABLE LISTINGS

ELK GROVE

8708 ARMAGH COURT-\$160,000

SOLD

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1598 SF
BRANDON SHEPARD 479-1936

9729 WILD TEAK COURT-\$218,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1874 SF
BRANDON SHEPARD 479-1936

8641 FESTIVAL DRIVE-\$219,999

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2212 SF
NEAL ALIE 981-7129

7416 ROTHSCHILD COURT-\$199,900

PENDING

SINGLE FAMILY, 2 BEDROOM, 2 BATH, 1371 SF
JOLEEN A DUNNIGAN 717-3559

9881 NESTLING CIRCLE-\$237,500

PENDING

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2063 SF
LYNN LUK LEE 628-2843

9893 NESTLING CIRCLE-\$190,000

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1543 SF
NEAL ALIE 981-7129

9576 FETLOCK WAY-\$220,000

PENDING

SINGLE FAMILY, 3 BEDROOM, 3 BATH, 2131 SF
FARES ALIE 247-7198

8782 MONTEREY OAKS DRIVE-\$180,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2003 SF
BRANDON SHEPARD 479-1936
NEAL ALIE 981-7129

5209 OLIVEHURST WAY-\$189,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1738 SF
FARES ALIE 247-7198

9328 HEALON WAY-\$199,500

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1770 SF
NEAL ALIE 981-7129

SACRAMENTO

1 FLORIN ROAD-\$1,490,000

RESIDENTIAL ACREAGE, 60.409 ACRES
DAVID OHARA 600-9495

8278 PALOMARIN COURT-\$148,000

SOLD

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1966 SF
NEAL ALIE 981-7129

2992 MUSKRAT WAY-\$215,000

PENDING

SINGLE FAMILY, 4 BEDROOM, 3 BATH, 2212 SF
LYNN LUK LEE 628-2843

5664 NOLDER WAY-\$118,000

SOLD

SINGLE FAMILY, 2 BEDROOM, 1 BATH, 805 SF
JOHN G WONG 531-7150

1276 NEVIS COURT-\$309,000

SINGLE FAMILY, 4 BEDROOM, 2 BATH, 1893 SF
LYNN LUK LEE 628-2843

5680 23RD STREET-\$125,000

PENDING

SINGLE FAMILY, 3 BEDROOM, 1 BATH, 1122 SF
MARSHA CHAN 217-5500

1574 FALETTA AVENUE-\$159,900

PENDING

SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1353 SF
JOLEEN A DUNNIGAN 717-3559