

THE POCKET NEWS

since 1991

January 3, 2013

Community News in Your Hands

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JFK recognizes staff with breakfast

See page 12

Polar bear plunge

See page 3

ART, PAGE 14 • SPORTS, PAGE 16 • COMMUNITY CALENDAR, PAGES 21-23

Inside This Edition



Pocket resident reunites with daughter after 46 years

See page 6



Faces & places: Waldorf School Winter Faire

See page 15



Sacramento Soccer Alliance tryouts begin Jan. 19

GREENHAVEN IS HOME TO 1,200 PLAYERS

See page 17



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Parkside Community Church supporting Boy Scout Troop 136 High Adventure Group has partnered with CEAR to recycle all of the collected e-waste on Jan. 19. CEAR is a CA State approved Collector & Recycler of Electronic waste. We completely shred all hard drives at our securely monitored facility. Providing fundraiser and community outreach is part of what makes CEAR a unique E-waste Recycler. For your security, all hard drives are completely shredded at the CEAR facility. For any questions or details regarding holding fund-

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Questions regarding the event? Contact Craig Chalmers 826-0513, Curt Thue 730-4626, Chris Salmon 310-795-9151, Susan Little 494-9664, or John MacAllister 806-2596

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When: Saturday, Jan. 19 from 9 a.m. to 1 p.m.

Where: Parkside Church, 5700 South Land Park Drive, North Parking Lot

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Community gathers together to 'adopt' 18 families

In December, Councilmember Darrell Fong, the Sacramento chapter of the Asian Real Estate Association of America, Umpqua Bank, North American Title, The Buddhist Church of Sacramento, RE/Max Gold Laguna, and others sponsored 18 families as part of the Adopt-A-Family program, including five at My Sisters House Shelter. Working with the principal at Susan B. Anthony, they were able to identify families who were probably not going to be able to celebrate the holidays this year. Individuals took photographs highlighting some of the great families and volunteers who helped make this day possible. Randall Hom helped organize the event this year.

Sindy Kirsch

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Pocket resident is deemed a 'shining star' for healthy living

Jerry Chang, 90, to be honored at first SHINE self-wellness expo

By MONICA STARK
editor@valcomnews.com

The list of accomplishments of Pocket resident Jerry Chang, 90, seems endless. Happily married for 60-plus years to wife Alice, Chang is a retired civic engineer and former earthquake commissioner for the state of California. The Chang's five daughters each have good jobs of their own. Active in the community, Chang organized the Sacramento Mentoring Club.

But it's his healthy lifestyle of exercising two hours a day and eating a nutritional diet, that has inspired his neighbor, Evette Tsang, to nominate him as a "shining star" for healthy living at the first ever SHINE Self-Wellness Expo to be held on Saturday, Jan. 26 at the George Sim Community Center from 10 a.m. to 2 p.m.

The idea that healthy living is everybody's dream led Tsang and others to focus on regular people's exercise routines and healthy eating while recognizing people like Chang who live the dream.

"He has all the symbols of a healthy, productive, long life," Tsang said.

Coupled with exercise and healthy living, Tsang said the Chang family is very community oriented, are generous, and "have a good attitude."

A breast cancer survivor and also an insurance agent, Tsang, 43, is keen on health care reform, but looks to Chang for health tips. Tsang said Chang is "knowledgeable about healthy stuff." She said he has a huge binder full of health articles. "It's how he learns," she said, noting that he has healthy eating tips such as the importance of having a varied diet. "They eat a little bit of something everyday," she said. Over at his house, Tsang admires how they organize their seeds and nuts in jars on the kitchen counter so they could grab a few everyday.

Supported by Councilmember Kevin McCarty, local medical doctor association, private businesses, and community agencies, the SHINE expo will showcase on stage exercise routines, provide free exercise lessons, free special doctor consulta-

tions, medical consultations and discounted flu shots by Rite Aid. Soil Born Farms will organize fruit harvesting and bring some of the fruit to the health expo.

It will also provide exercise and healthy eating tips by local experts and health care reform information. One of the goals of the event is to promote self-care. "While we don't know what is going to happen with health care reform, it's an individual and community responsibility to do your best."

The George Sim Community Center is located at 6207 Logan St., Sacramento.

If you go:

What: Sacramento SHINE Self-Wellness Expo. If healthy living is your 2013 resolution, join this free collective community resolution kick off. On stage exercise demos, lessons, doctor consults, and more.

When: Jan. 26 from 10 a.m. to 2 p.m.

Where: George Sim Community Center, 627 Logan St., Sacramento, 95824.

Cost: Free



Alice and Jerry Chang.

Photo credit

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Pocket resident reunites with daughter after 46-year separation

By LANCE ARMSTRONG
Lance@valcomnews.com

As many people exchanged gifts this past holiday season, Pocket resident Sheron (Bruner) Vollstedt knew that she had already received her greatest gift six months earlier.

Sheron, who was raised in Sacramento, was reunited with her daughter who she gave up for adoption as a newborn baby in 1966.

Last week, Sheron met with this publication to share details about her reunion with her daughter and other details about her life.

Six months after her June graduation from C.K. McClatchy High School, Sheron began working for the Freepoint-Wentworth branch of Bank of America at 4740 Freepoint Blvd.

Unlike today's banks, where people wait in a single, central line for the next available teller, during the 1960s, bank customers would typically wait in sep-

arate, individual lines designated for each particular teller.

Sheron said one of the regular customers in her line was a man named Jim Reed.

"(Reed) pursued me," Sheron said. "I went out one day and found a note on the door handle of my little MG Midget and he was asking me to go to dinner. I fell in love (with Reed) right from the beginning. I don't know, I guess it was eight or nine months later that I found out I was pregnant. He didn't want to marry me and I wanted to keep the baby, but my parents (Morrison and Leone Bruner) thought it was best — they worked for an adoption agency as volunteers — that I give her up for adoption."

After opting to take her parents' advice on the matter, Sheron headed to Connecticut to be with her older sister, who was also expecting a child and whose husband was being transferred with the Navy.



Photo courtesy of Sheron Vollstadt
Pocket resident Sheron Vollstadt, left, and Alecia Ghilarducci share a moment together last June. The biological mother and daughter had been separated for 46 years.

Sheron said that while traveling to Connecticut, she stopped in Lombard, Ill. at the residence of her brother-in-law's parents, Cliff and LoRayne Lenz.

"(The Lenzes) invited me to come and stay with them, if I didn't want to stay in Connecticut, so I did. Their youngest daughter had gotten pregnant at 17, so they had already gone through a lot of the things that I was facing, trying to find a doctor and an attorney and an adoption agency. So, they arranged everything. They were my surrogate parents. They took me all over sight-

seeing and they were absolutely wonderful, wonderful people."

Sheron fondly remembers the kindness that LoRayne showed when she took her to the hospital for the birth of her daughter and stayed with her through the night. Another detail of this time that Sheron recalled was the discussion that took place in regard to a religious oriented request.

"I was asked permission if it was okay to give up my child to a Catholic couple that couldn't have children," Sheron said. "Since I was Protestant, they needed my

approval, and I said, 'Yes, that is fine.' I just wanted her to be adopted by a loving couple."

After Sheron gave birth to her daughter on July 24, 1966, the hospital's workers kept the baby from her sight and were hesitant in even telling her whether the child was a boy or a girl.

In recalling that moment, Sheron said, "They watched me like a hawk. I couldn't even go down the hall, because I might see the baby in the nursery. It was just really, really tough. I remember being very, very sad to have given up a child."

Sheron, who returned to Sacramento in August 1966, eventually got married and had a son and daughter, which she raised.

Nonetheless, she always wondered about her child she gave away and referred to her birthday as "the un-birthday — the birthday I never got to celebrate."

Although Sheron eventually desired to search for her daughter, she explained why she spent many years avoiding such a search.

"I felt I gave somebody a gift and you don't take gifts back," Sheron said. "Until the new technology, it was

Reunion: Technology made reunion possible

Continued from page 6

difficult to do any searching anyway."

In 2001, Sheron made an attempt to locate her daughter. But because she had forgotten various pertinent details relating to this birth, she hit a dead end in that search.

These details included the name of the hospital, the time of the birth and the weight of the baby.

A year ago this month, Sheron was contacted by a young woman who wondered if Sheron was her birth mother.

Sheron said that both the woman who contacted her and herself experienced disappointment after learning that Sheron was not this inquirer's mother.

But Sheron said that only about six months passed before she was once again contacted with the same inquiry.

"I opened up my Facebook account and there was a 'friend request' from Alecia Ghilarducci," Sheron said. "I thought, 'I don't know anybody by the name of Alecia Ghilarducci. I'm going to delete it.' And then I thought, 'Well, it could be a friend of my daughter. I'll go in and look at (Alecia's) page.' And all I had to see on that page was Chicago, Ill. Anyway, while I'm looking at her page — and her picture is postage stamp sized — I said, 'Oh, could it be?' And then a comment popped up and it said, 'Are you Sheron Anne Bruner? Did you live in Chicago, Ill.' And I went, 'Oh, my God, it's her.'"

Sheron then replied with the message, "OMG (an often used abbreviation for 'Oh, my God')...yes."

Within about five minutes, Sheron had located Alecia's telephone number through the Internet and was calling her residence.

A moment later, Sheron had established a conversation with Alecia.

In recalling this earlier part of this conversation, Sheron said, "I asked her her birth date and I asked her what hospital. And as

In summarizing her new relationship with Alecia, Sheron said, "I now feel that my life is complete. It's a 46-year dream come true."



Photo courtesy of Sheron Vollstadt
The Ghilarducci family includes, left to right, Adam, Mark, Alecia and Marisa Ghilarducci. Not pictured are Mark and Alecia's son, Michael, and daughter, Allison.

soon as she said, 'Gottlieb, I knew it!' And I asked her what time she was born and she said, '6:36 in the morning.' And I had forgotten that. I thought she was born at night, but I had gone through the whole night in labor. I remember when she said that that I had to wait a couple hours to call my parents (to give them the news) until it was a decent time in Sacramento."

In speaking to Alecia, who resides with her husband, Mark, and their family in Menifee, Calif., Sheron learned that the number of her grandchildren had doubled from four to eight.

Following this conversation, in which Sheron shed many tears of joy, Sheron and Alecia communicated via e-mail and then met this past June 19 in Fresno.

After this positive initial reunion, on July 25, Alecia, Mark and two of their children, Marisa and Adam, came to Sacramento, where they met Alecia's biological grandfather, Morrison.

Sheron continues to keep in touch with Alecia and her family and plans to visit them in Southern California next month.

In summarizing her new relationship with Alecia, Sheron said, "I now feel that my life is complete. It's a 46-year dream come true."

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See Reunion, page 7

Post office clerk still bringing smiles to the community

By LANCE ARMSTRONG
Lance@valcomnews.com

Many people in the Land Park and Pocket areas have fond memories of Sally Anderson, a clerk who worked for nearly a decade at the United States Postal Service's Land Park Station at 5930 South Land Park Drive.

But what many customers of that post office may not be aware of is that Anderson can still be found behind a post office counter bringing smiles to those who she serves.

After leaving Land Park Station 13 years ago, she has worked at the capital city's well known post office at 2000 Royal Oaks Drive.

But Anderson's post office career began long before her years at the Land Park Station post office.

In fact, Anderson, 84, was already a well established post office worker in 1971 – the year the United States Post Office Department was reorganized into the United States Postal Service.

Those who are most familiar with Anderson recognize her as a woman

who displays a strong work ethic and a love for her job.

Anderson's positive attitude and joyful spirit was on full display last week as the post office was handling its busiest time of the year.

Anderson explained that like in years past, she recently enjoyed working at the post office during the holiday season.

"I love it, because people are mailing love," Anderson said. "That's what I like. When they come in and they're mailing something to somebody, I'm thinking they love someone they're mailing these things to and that's a joy to me."

Ralph Petty, customer relations coordinator for the Sacramento Post Office, said that during the holiday rush, USPS handles about a 20 percent increase in items being mailed.

After being asked to describe his appreciation for Anderson and her dedication to USPS, Petty said, "Sally is an ambassador for the post office. She's been around for a long time. She knows a lot of the history about Sacramento. She's able to reflect back on her early days when she worked for the postal



Photo by Lance Armstrong
Sally Anderson holds a vintage envelope commemorating the July 1, 1971 establishment of the United States Postal Service.

service and she's given us a lot of information on the way things were and how we've advanced over the years. Sally is a very conscious person. She loves the history of the postal service and what it meant to the American people through-

out the years. She's just an all around absolutely wonderful person."

Many readers of this article were not even living in Sacramento or, in

See Sally, page 9

Sally: Clerk loves her job after 47 years

Continued from page 8

some cases, even born when Anderson began working for the local post office.

In presenting the early part of her history with the post office, Anderson, who has resided in the same Greenhaven area house since 1972, said, "I've been with the postal service for 47 years. I started out, actually, down on 7th and K (streets). That was a (red sandstone) building that belonged to the postal service and they called it the Pink Panther. I was hired as part of 50 people who were sorting Department of Motor Vehicles mail. That was a time when they did that just once a year."

Anderson's next post office work was at the old post office building at 8th and I streets.

Eventually Anderson, who was hired under the classification of "temporary indefinite," was encouraged to take a post office test, so that she could become a regular full-time postal worker.

Although she was initially uncertain whether she wanted to continue working for the post office, Anderson said that she ultimately decided to pursue a long-term position because she figured \$2.34 an hour was "pretty good."

"I took the (post office) test (in 1965) and two days later I got a call and they said, 'Please come in' and I've been here ever since," Anderson said.

Anderson continued to work at the 8th and I streets building while the Royal Oaks post office building was being constructed.

The Royal Oaks building was opened on May 8, 1966 and its carrier annex was added in the 1980s.

Among the first mail sorters at the Royal Oaks post office was Anderson, who alternated

between the "Tour 3" 3 p.m. shift and the graveyard shift.

Anderson's next assignment at the Royal Oaks post office was sorting mail in an upstairs room.

She later worked at the same post office putting together mail that had fallen apart.

In speaking about this latter job, she said, "You hopefully get the right mail going in the right (packaging) or else people were going to be really surprised."

Anderson said that people have attempted to mail many odd things during her tenure with the Sacramento Post Office. Among these things were a baby alligator and a very odiferous item.

The latter item was initially quite disturbing to the post office's workers, Anderson explained.

"You could smell it and it smelled horrible," Anderson said. "About that time, we had heard that there was someone who had dismembered someone and (the package) was the size of a head. (The item turned out to be) a head of (rotting) cabbage."

After deliberating for a day shift, in 1974, Anderson was made a "pool clerk," which is a person who is trained to perform a variety of jobs and then rotated to different positions.

Through her work as a pool clerk, Anderson worked at many post offices in Sacramento and Yolo counties.

Eventually the pool clerk position was eliminated and Anderson was sent to the West Sacramento post office to sort mail.

As previously mentioned, Anderson's post office career included her employment at the Land Park Station, where she enjoyed working with the public for eight years.

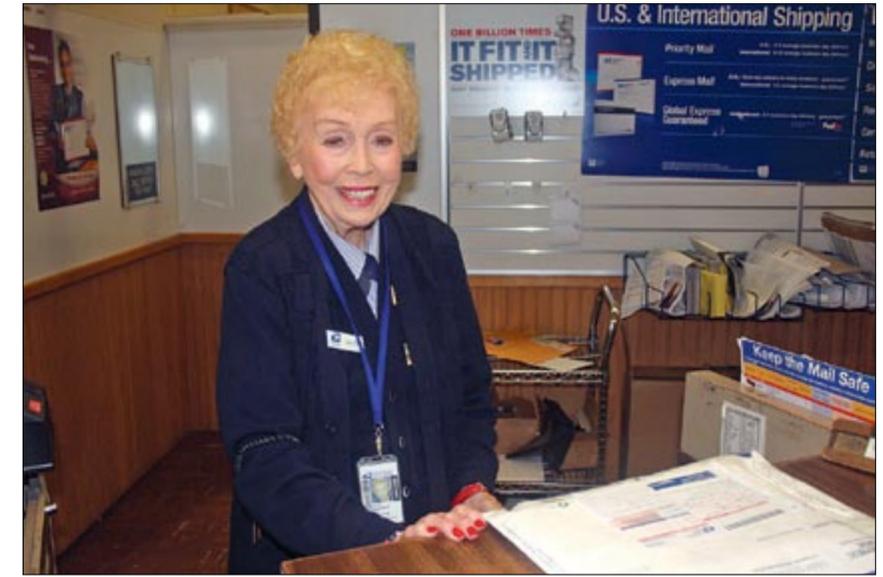


Photo by Lance Armstrong
Sally Anderson stands at her familiar spot behind the counter at the Royal Oaks post office.

But Anderson explained that she enjoys interacting with the public wherever she works.

"I do love my job," Anderson said. "I like to talk to people across the counter. I also like to try to get them to buy stamps that they are just going to put away."

Anderson, who is a long-time, avid stamp collector, believes that stamp collecting is a great way to learn history.

"People learn from (stamps)," Anderson said. "They learn history of this country and that's what's so important. I love my country, I make my money here and I spend it here."

And in being a traveler, Anderson takes opportunities to learn about America at the actual sites of historical happenings.

Thus far, she has visited 36 states, including two of her favorites, Alaska and Tennessee. While in Tennessee, she visited Elvis Presley's beloved Graceland Mansion.

Anderson said that Presley played a strong role in USPS history, through his post-mortem connection to what

she referred to as the "stamp explosion."

"When the Elvis stamp came out (in 1993), we made more money on that stamp than we've ever made on any other stamp," Anderson said. "People would buy whole pads, which are 2,000 stamps each and just put them under their beds or in their closets and stuff."

Anderson, who has two daughters, four grandchildren and one grandchild, made sure she purchased plenty of Elvis stamps and is con-

tinuously purchasing other stamps to add to her very large collection.

After nearly a half-century as a postal worker, Anderson said that she has no plans for retirement.

In speaking about her continued pleasure of coming to work each day, Anderson said, "It's been a very fun life working for the postal service. People are constantly saying, 'When are you going to retire?' And I say, 'Whenever I get around to it.'"

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SOLD

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City of Sacramento Planning Academy taking applications now

What is the Planning Academy?

The Planning Academy is a nine class course designed to educate and engage business and community leaders in the City's planning process and how planning shapes our community. The course objective is to assist participants in becoming more effective and informed advocates in the future City of

Sacramento planning efforts and to encourage positive engagement in the planning process. Sessions are designed to include discussion, presentations, questions and answers, interactive group exercises and field trips. Presenters and speakers include City staff, local architects and planning professionals, elected officials and building industry leaders.

When is the next Planning Academy session?

The Spring 2013 Planning Academy will take place from March 11 to May 21. Each class will be limited to about 30 participants. The application process began Dec. 20 and will close at 5 p.m. on Jan. 21. Spring 2013 applications can be found online at <https://www.surveymonkey.com/s/3QFCM8H>

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Lunch 12-1pm

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John F Kennedy's 25th annual Holiday/Staff appreciation breakfast

By KEVIN CHAN
JFK Chinese Culture Club President

On Dec. 21, John F Kennedy high school held its 25th annual teacher and staff appreciation breakfast. This event could not have been done without the support of the parents and the students.

We were able to show the staffs the true spirit of the holidays though this breakfast. With plenty of food including but not limited to: spam sushi, fried rice, rice balls, chow mein, croissants, muffins, bagels, spring rolls and much more festive.

Music sounded all around the room whether it was JFK's Orchestra instructed by Mr. Hammond or the children singing Christmas carols, this was an extremely successful event. We asked the kids what they

thought of this event and had great responses.

Brydon Pompei describes this event as "joyful and full of spirit." He said this breakfast allowed him to really meet and connect with the staff members of the school.

We would like to thank all of the parent volunteers for their generous donations and we would also like to give a special thanks to Starbucks for providing us with coffee and hot cocoa.

Also a special thanks to Mr. Sweitzer for supervising and SCUSD board member Darrel Wu for attending and experiencing this glorious spirit-filled event. The teachers and staff all look forward to next year's event, this event really brought happiness and joy to the school.

Chinese Culture Club President is Deion Sugianto and Chinese Culture Club Secretary is Nathan Yee.



Photo courtesy



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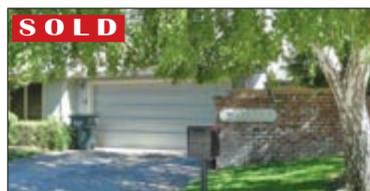
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ARTS

Sacramento Youth Symphony to perform at Good Fortune Concert

Four from the orchestra are from the Pocket area

Good Fortune Concert with Sacramento Youth Symphony and Firebird Youth Chinese Orchestra

Feb. 16: Celebrate The New Year with traditional Western and classical Chinese instruments and music with the Youth Symphony, Premier Orchestra and Firebird Youth Chinese Orchestra presents the Good Fortune Concert at 7 p.m. at Hiram Johnson High School, 6879 14 Ave.,

Sacramento, 95820. www.sacramentoyouthsymphony.org or call 916-731-5777. The Premier Orchestra of the Sacramento Youth Symphony under the direction of Michael Neumann joins Gordon Lee and the Firebird Youth Chinese Orchestra of San Jose with east and west flavor. Works by Californians Gordon Lee and Pablo Ortiz will be performed.

The vision of the Sacramento Youth Symphony is



to nourish every child, in our community with exposure to music; bringing joy, education, skills and the thrill of discovering rich and valuable opportunities available through engagement with music.

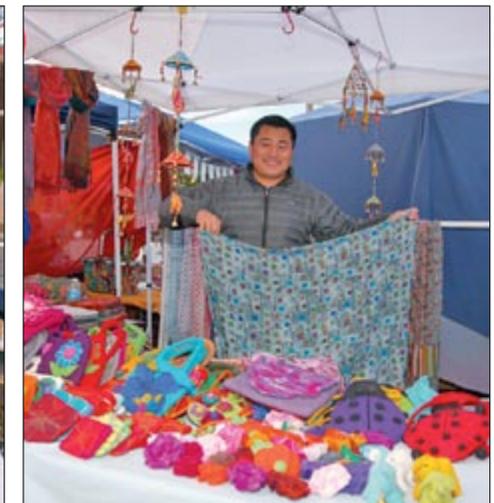
The mission of the Sacramento Youth Symphony & Academy of Music is to educate and advance the musical skills of youth of our communities in ways that engage, challenge and inspire them to reach their highest potential.

opportunities available through engagement with music. The mission of the Sacramento Youth Symphony & Academy of Music is to educate and advance the musical skills of youth of our communities in ways that engage, challenge and inspire them to reach their highest potential.

Faces and Places: Camellia Waldorf Winter Faire

Photos by Stephen Crowley
Stephen@valcomnews.com

Imagine a school transformed into a magical winter wonderland with King Winter, gingerbread houses, holiday activities, festive live music, mulled cider and delicious hearty food! Camellia Waldorf School invited the public to attend its 24th annual Winter Faire on Saturday, Dec. 8. The Winter Faire featured puppet shows, crafts for kids, candle-dipping, local vendors and artisans, a soup competition, home-baked treats, and our traditional "Children's Store" (where children had an opportunity to shop for small treasures). <http://www.camelliawaldorf.org/calendar/>



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SPORTS

Pocket Girls Softball in-person registration to be held Jan. 8

PGS is looking for coaches

Pocket Girls Softball is committed to providing an opportunity for all girls between the ages of 4 1/2 and 16 the opportunity to play softball. In-person registration for the spring 2013 season will take place on Thursday, Jan. 8 from 6 to 9 p.m. at Robbie Waters Library. The Spring 2013 Season of Pocket Girls Softball is now accepting online registration. Don't forget to bring a friend to registration night!

Birth Certificates are ONLY required for NEW PLAYERS! If you are a returning player, and you previously submitted a

birth certificate, you do NOT need to submit another copy.

Robbie Waters Library is located at 7335 Gloria Dr., Sacramento, 95831.

Pocket Girls Softball is looking for enthusiastic people to help provide a fun, positive softball experience for the players of Pocket Girls Softball. If you are interested in coaching this season please let the PGS know by filling out the Coaching Interest Form by Jan. 11. While coaching experience is always a plus, it is not required. The PGS Board has been working hard over the past sev-

eral months to improve the league and they are excited about the many clinics, activities and learning opportunities that will be available this year.

Winter Warm-Up Clinic - January 19

Player Evaluations - January 26
Coaches Information Meeting - January 26
Player Evaluations (make up) - February 2
Team Draft - early February
Coaches Clinic - early March
Coaches Rules Meeting - early February

We will need one head coach, one manager and at least one assistant coach for each team. Please note that either the head coach or manager must be a female.

Additionally, please note each year anyone interested in coaching must fill out the Coaches Interest Form and submit a background check including board members and prior coaches.

Please let me know if you have any questions. We look forward to hearing from you.



The timeline for the Spring Pre-Season:

Registration Period: Now until Jan. 26
In-Person Registration Nights: Now until Jan. 8

Winter Warm-Up Clinic: Jan. 19

Player Evaluations: Jan. 26
Coaches Clinic and Rules Meeting: Feb. 2
PGS Poker Tournament: Feb. 10
Season Kick-Off Dinner: Feb. 24

Practices Begin: March 1

Registration Status: Open

Regular Registration: Now until - Saturday, Jan. 26

Late Registration: Sunday, Jan. 27 - Saturday, March 16

Season Duration: Friday, March 1- Friday, June 7

Regular Registration Cost: \$ 85 - \$ 140



Sacramento Soccer Alliance tryouts begin Jan. 19

Greenhaven area is home to 1,200 players, 230 coaches

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

The sky blue and white program has grown from 22 teams in its inception to 34 age pure teams last year in all boys and girls age groups from U9 to U19. Teams play competitively in either the Cal North (CYSA) or NorCal Premier (US Club) leagues.

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

lished to provide this level of soccer while still keeping the costs down."

In Sacramento youth soccer is by far the largest sport in terms of participation numbers, Singh said. For Greenhaven soccer alone, we have over 1,200 players, about 230 registered coaches in 110 teams and use 29 different sites."

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

Tryouts begin with the U9 - U11 players on January 19 and 26. Tryout information and online registration can be found on the SSA web site at sacramentosocceralliance.com. Tryout information for older players will be posted on the SSA web site as it becomes available. SSA is open to players and coaches from all areas of Sacramento. Prospective coaches can also find more information about the club and application process on the SSA web site.

www.sacramentosocceralliance.com



Photos courtesy of Shane Singh

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Profile of Ombudsman Services of Northern California

Ombudsman Services of Northern California is a state and federally mandated advocacy program. The Older Americans Act and the Older Californians Act authorize Ombudsmen to advocate and protect residents in long-term care (LTC) facilities, including skilled nursing facilities and residential care facilities for the elderly. In California, the Ombudsman Program is housed within the California Department of Aging and has a governor-appointed State LTC Ombudsman. Legal Services of Northern California serves as the umbrella agency for this 13-county non-profit program.

Ombudsmen identify, investigate and resolve complaints on behalf of the residents in the facilities. Complaints vary from resident's rights dealing with food issues to substantive physical abuse and neglect cases. Ombudsmen are also mandated to witness Advance Health Care Directives for residents in skilled nursing facilities.

Ombudsmen become certified, by the California Department of Aging, upon successful completion of over 40 hours of class-room training and a subsequent in-

ternship. The upcoming training will be held in the West Sacramento office and a background clearance will be required. There are 10 training days, scheduled in February. Two of the training days will be in the field, visiting facilities. The other 8 days are from 9:30 a.m. to 3:30 p.m.

The volunteer position is not a good match for those who are employed full-time; however, part-time employees are encouraged to apply. Ombudsmen must also have access to a computer, printer and knowledgeable use of the internet. Documentation of activity is a critical requirement of the monthly reports. The program requires a minimum of 20 hours per month which includes complaint investigations, facility monitoring, monthly regional meetings, drive and report write-up time.

Volunteer Ombudsmen must be available to respond to complaints that are generated from the resident or other interested persons in their assigned facilities. Volunteer Ombudsmen must have reliable transportation and valid car insurance.

This training will be for Sacramento, Yolo, Yuba/Sutter and Placer Counties.

All training will be held at: Ombudsman Services of Northern California – Central Office located at:

3950 Industrial Boulevard, Suite 500, West Sacramento, CA 95691

Gas mileage will be reimbursed upon successful completion of the Internship training at \$.41 per mile.

There is a \$25 non-refundable fee for training materials, which will be due on the 1st day of class. This fee may be paid by check or money order. Please make your payment to:

"Elder Services of Northern California"

The February 2013 training schedule is as follows:

- Monday, February 4
- Tuesday, February 5
- Wednesday, February 6
- Monday, February 11 – Field Day #1
- Wednesday, February 13
- Thursday, February 14
- Tuesday, February 19
- Wednesday, February 20 – Field Day #2
- Thursday, February 21



Monday, February 25 – Final Day of Classroom Training

Internship dates will be coordinated with the Regional Manager, an Ombudsman II and the trainee.

To receive additional information about the program, please email me at dhart@osnc.net, or contact me by phone at (916) 375-3314, my direct line. You may also find additional information about the program on our website at www.osnc.net.

CALENDAR

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

ONGOING:

Iron Steaks to donate to Society for the Blind

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

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

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

Travel club meetings slated at Arcade Library

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

JANUARY

Rotary Club of Pocket/Greenhaven
Jan. 3: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freepoint Blvd. (916) 684-6854.

Bi-Polar Anonymous

Jan. 4: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Sacramento Anime Convention (Sacanime) in Sacramento

Jan. 4: Sacanime is the anime convention "Where Fans Come to Play", providing Japanese influenced pop culture fun for the entire family. Events include live concerts with Kazha and Raj Ramayya, a huge vendors room, karaoke contest, cosplay masquerade, lolita tea party, maid cafe, video game tournaments, artists alley, panels and workshops and much more, also special guests. This event will take place at 1400 J St. Friday: \$20 Saturday: \$30; Sunday: \$15; and Weekend: \$40. For more information visit <http://www.sacconventions.com/>.

POWERTalk International

Jan. 5: Want to improve your public speaking and presentation skills? POWERTalk International, a nonprofit public speaking organization, provides coaching in leadership skills, sales presentation, interviewing, confidence building and more. Meets First Tuesdays of the month 10 a.m.–1 p.m. and First Saturdays of the Month 12 noon–3 p.m. Aviators Restaurant, 6151 Freepoint Blvd., Sac. Liz Richardson (916) 208-9163, erichardson1202@yahoo.com www.powertalkinternational.com

Free Tree Pruning Clinic

Jan. 5: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 11 to 12:30 p.m. at the Elk Grove Library, 8900 Elk Grove Blvd. Register at www.sactree.com/events.

Free MS Excel computer classes scheduled at Central Library

Jan. 5: The Sacramento Public Library is presenting a free, six-session, basic Microsoft Excel software class, starting 10 a.m., Saturday, January 5, at its Central Library, 828 I Street, Sacramento. 264-2920 or visit www.saclibrary.org.

Free Tree Pruning Clinic

Jan. 5: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 2 to 3:30 p.m. at Arden-Dimick Library, 891 Watt Ave (at Northrop Ave). Register at www.sactree.com/events.

Christmas Tree Pickup

Jan. 5-6: Boy Scouts from Carmichael Troop 55 will once again be picking up Christmas trees from Carmichael residents and businesses this season. Trees will be mulched and used to improve parks within the Carmichael Parks District. Suggest donation is \$10, with proceeds going to support troop activities throughout the year. Call Ed at 743-3336 for questions or to arrange a pickup.

Clunie Pool Polar Bear Plunge

Jan. 5: Help support public pools with this fun family event. There are many ways to take the plunge: The Seal Splash (from the slide: shallow end recommended for weak swimmers), the Penguin Slide (water slide deep water), The Polar Bear Plunge (diving board deep water). Other activities include a polar bear costume contest and cub crafts corner for the kids. \$5 adults and \$5 for children. Call 808-2306 for more information or email aquatics@cityofsacramento.org

Carmichael Library hosts book sale

Jan. 5: The Sacramento Public Library can help you find great bargains of used children's and adult books and DVDs at its Carmichael branch, 5605 Marconi Avenue, Carmichael. Hosted by the Friends of the Carmichael Library, sale hours are Saturday, January 5 from 10:30 a.m. to 5 p.m.; and Sunday, January 6 from 11 a.m. to 4 p.m. 264-2920 or visit www.saclibrary.org.

Rotary Clubs of Arden-Arcade, Carmichael

Jan. 8: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

Jan. 8: An organization for the betterment of women and children meets at the atria El

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

Fr Big Dreams, Small Shoulders

Jan. 8: Youth concert at Crocker at 11 a.m. and noon. Fr Big Dreams, Small Shoulders is a work on Norman Rockwell's painting of Ruby Bridges, the six-year old escorted into an all-white school by federal marshals in 1960. Crocker Art Museum, 216 O St., SAC. Cost: museum admission.

Alzheimer's Association Workshop on Legal and Financial Planning

Jan. 8: This is an interactive program where you will have a chance to learn about important legal and financial issues to consider, how to put plans in place, and how to access legal and financial resources near you from 10 a.m. to 11:30 a.m. Guest speaker: Dustin MacFarlane, Elder Law Attorney. Registration requested. Call 1-800-272-3900. Asian Community Center Park City, 7375 Park City Dr. Sacramento, 95831.

East Sac Rotary

Jan. 9: Meets at noon, Evans Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

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

Volkssport walking

Jan. 10: Come join the Sacramento Walking Sticks Volkssport Club! Monthly meetings held every second Thursday at 7 p.m. SMUD Headquar-

ters Bldg., Conference Center, 6201 S St., Sac. Those who wish to walk before the meeting, meet at Starbucks, 1420 65th St., Sac. At 5 p.m. to walk a 3-mile walk to CSUS campus & back. Barbara Nuss (916) 283-4650 or (916) 691-7618 or nussb@surewest.net. Also www.SacramentoWalkingSticks.org

Bi-Polar Anonymous

Jan. 11: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Carmichael Chamber of Commerce presents M.V.J.

Jan. 11: The Chamber presents the Most Valuable Jerry 2013 program of the year awards dinner and fundraiser honoring former Carmichael resident and Sacramento Kings TV Analyst Jerry Reynolds for almost three decades of service to sport, broadcasting and community. 6:30 to 9:30 p.m. at La Sierra Community Center 5325 Engle Rd., Carmichael. \$55 in advance, includes dinner, no host bar, raffle, silent auction. Meet celebrities and community leaders. Portions benefit Bev Angel's Project. 481-1002.

Riverside Elks 6 Crab and Shrimp Feast

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

– EVENT LISTING SECTION –

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

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



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

CALL AND PLACE YOUR
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DUPLEX RENTAL
DUPEX for RENT: Great location & well kept 2-bedroom, 2-bathroom, 2-car garage in a cul-de-sac. Central H/A, fireplace, washer/dryer hook-up. Rents for \$1025/mo + deposit & 12-month lease. Please contact Elvis at (916) 203-5010.

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 car in the classifieds!

NEW YEAR CLEAN-UP

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

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@melissaaandrews.com or call 447-4441. See www.MelissaAndrews.com—Stop by Valley Community Newspapers, you can meet Melissa and see her artwork in our office at 2709 Riverside Blvd.

Classified ads work

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

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30 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

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

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30 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

CALENDAR

Note card craft program for adults slated at Belle Coolee Library

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

Northern California Art by Fire: 29th annual second sale

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

Rachel Barton Pine to perform at Sacramento Philharmonic

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

Run for Grant a Wish 5K Run or Walk

Jan. 13: Starting at 9 a.m. Run/Walk Site: Land Park, River Walk at Miller

Park. Proceeds will benefit SGAW-Sacramento Grant a Wish Foundation. Registration fee only \$15 per person. Bonus: Each person/sponsor will be entered into a raffle to win a 60-minute massage and will receive a "I ran for (SGAW) Sacramento" Tumbler. Register at 752-9152 or email info@sacgrantawish.org

Fr Big Dreams, Small Shoulders

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

Last day for Christmas Tree Recycling

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

Rotary Clubs of Arden-Arcade, Carmichael

Jan. 15: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

Soroptimist International of Sacramento North meeting

Jan. 15: An organization for the betterment of women and children meets at the atria El Camino Gardens at 2426 Garfield, Carmichael. Call Sheila at 624-4643.

Free adult nutrition class set Jan. 15 at Belle Coolee Library

Jan. 15: The Sacramento Public Library will help adults earn all the great "Go" foods to eat that will benefit one's health and start the new year strong. The free nutritional workshop will be at 6 p.m., Tuesday, Jan. 15 at the Belle Coolee branch, 5600 South Land Park Drive, Nutritionist Margie Erwin will teach tasty ways to fit those healthy foods into a diet, while limiting the other foods. 264-2920 or visit www.saclibrary.org.

East Sac Rotary

Jan. 16: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

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

Frosty's Magic Hat puppet show at Arcade Library

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

'Driving Miss Daisy'

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

Bi-Polar Anonymous

Jan. 18: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Low-cost pet spay/neuter appointments available

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

CASA's 20th annual Crab Feed

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

Free Tree Pruning Clinic

Jan. 19: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 10:30 a.m. to noon at Folsom Public Library, 411 Stafford St., Folsom. Register at www.sactree.com/events.

Parkside Community Church, 5700 South Land Park Dr, on January 19, 2013 between 9am and 1pm. For questions regarding the event or to arrange friendly pre-event or event day pickup! Contact: Craig Chalmers 826-0513, Curt Thue 730-4626, Chris Salmon 310-795-9151, Susan Little 494-9664, or John MacAllister 806-2596.

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

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

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

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

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

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

Knit-a-thon at Alice Birney

Jan. 26: From 10 a.m. to noon, knit to your heart's content at Alice Birney Waldorf-Inspired K-8 School. 6251 13th Street, Sacramento. 433-5544.

Rotary Clubs of Arden-Arcade, Carmichael

Jan. 22: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Jackson Catering and Events, 1120 Fulton Ave. (916) 925-2787. Carmichael meets at 6 p.m., Palm Street Pub & Grill, 6416 Fair Oaks Blvd. www.rotary.org.

East Sac Rotary

Jan. 23: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Rotary Club of Pocket/Greenhaven

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

Bi-Polar Anonymous

Jan. 25: Free 12-step program/support group, for people who have Bi-Polar and those who love them. Meets every Friday, 7-8:30 p.m. 4300 Auburn Blvd., Room 106. (916) 889-5786.

Free Sacramento SHINE Self-Wellness Expo

Jan. 26: If healthy living is your 2013 resolution, join this free collective community resolution kick off. On stage exercise demos, lessons, doctor consults, and more from 10 a.m. to 2 p.m. at the George Sim Community Center, 627 Logan St., Sacramento, 95824.

Free Tree Pruning Clinic

Jan. 26: Learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. There will be a walkabout on library grounds to look at tree structure and pruning. Free from 11 a.m. to 12:30 p.m. at Belle Coolee Library, 5600 South Land Park Dr., Sacramento. Register at www.sactree.com/events.

Free tree pruning clinics offered

Jan. 26: A free tree pruning clinic will be presented by Luanne Leineke, of the Sac-

ramento Tree Foundation who will discuss pruning 2- to 8-year-old trees to develop good structure and form. 11 a.m., Saturday, January 26 at Belle Coolee Library, 5600 South Land Park Drive, Sacramento. 264-2920 or visit www.saclibrary.org.

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Historic 3-D Yosemite Valley viewed at Central Library

Jan. 29: The Sacramento Public Library invites the public to view numerous stereographs of the Yosemite Valley from the early 1900s in stunning 3-D! The historical photo program is set for 6 p.m., at the Central Library, 828 I St. Participants will don 3-D glasses to view the overlaid stereo photographs projected onto the big screen. The show will be narrated with tour descriptions from the 1908 stereograph set booklet. 264-2920 or visit www.saclibrary.org.

'The Power of Accessories' benefiting Sacramento Children's Home

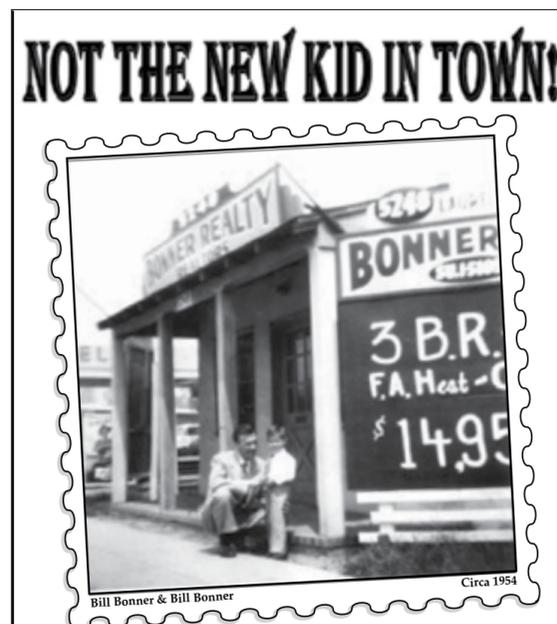
Jan. 29: "The Power of Accessories" by Premier Designs will start at 11:30 a.m. with at the Casa Garden Restaurant, 2760 Sutterville Road, Sacramento. Entree choices: Roast Turkey with Polenta and Tomato-Basil Salsa or Chipotle Caesar Salad with Shrimp; dessert English Toffee Cake -- \$22 per person, includes tax and gratuity. First-come, first-served group reservations by one person, one check. Reservations are required, 452-2809. Proceeds benefit the Sacramento Children's Home.

East Sac Rotary

Jan. 30: Meets at 6 p.m., Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

Tips for college admission essays offered at Fair Oaks Library

Jan. 31: The Sacramento Public Library will host a college essay workshop for high school students at 2:30 p.m. at its Fair Oaks branch, 11601 Fair Oaks Boulevard, Fair Oaks. Students will begin by writing a practice essay under timed, test like conditions. They will receive advice to help them recognize what college admission essay graders are looking for, as well as strategies on writing effective essays. Students will receive their graded essays following this 75-minute session. The free program is presented and proctored by Kaplan. For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.



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FARES ALIE 247-7198

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NEAL ALIE 981-7129

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BRANDON SHEPARD 479-1936

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