

Former Pocket area resident was Sacto's

# "Disco King"

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Faces and Places:  
One Book Dinner

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JFK women's  
Volleyball  
goes down in  
history

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Capitol Ballet Company is a non-profit organization funded in part by the Sacramento Metropolitan Arts Commission Cultural Arts Awards with support from the City and County of Sacramento. Visit us at [www.capitolballet.com](http://www.capitolballet.com)



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**Congratulations Kennedy Women's Volleyball!**

*Editors note: See the next issue of the Pocket News for an expanded article about the game and the team that worked so hard to win Metro.*

The Kennedy Women's Varsity Volleyball team won the school's first Metro League Championship in school history against Burbank on "Senior Night" at home on Tuesday, Nov. 5. The gym was in high spirits all evening long with the school band performing, families cheering

Coach Aaron Pollock, a science teacher at Kennedy, said he has coached some very skilled volleyball players in his career, but never had this many all around skilled players with such a high volleyball IQ on one roster. "This is the 1st time in my coaching career that I have been able to run the same advanced offensive plays that I ran as a college player. Nothing makes a coach prouder than teaching a skill at practice one day and seeing this team go out and execute the same skill effectively at the next game."



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# In the Pocket

By SHANE SINGH  
Shane@valcomnews.com

Kick starters: Our kids move. That's one of the best features of life in the Pocket-Greenhaven community - very few sedentary youngsters. Adding to the athletic mix this fall is the Olympic sport of taekwondo. From its origins in 1950s-era Korea, the martial art is taking hold at a new retail location on Greenhaven Drive next to our local Wells Fargo branch office. Called iYa Taekwondo, the school is run by Xai Lor, who opened her business in Oc-

tober. "We have about 60 kids, children ranging from white to brown belts," Lor said. "We used to be at Lisbon Elementary for the last two years. Our kids are training for local competitions to prepare for the national tournament in June at San Jose." Lor plans to visit schools and neighborhood groups to introduce her sport, but drop by iYa Taekwondo for more information. The school also offers space for birthday parties. Maybe Lor's young masters can kick the candles off their cakes...

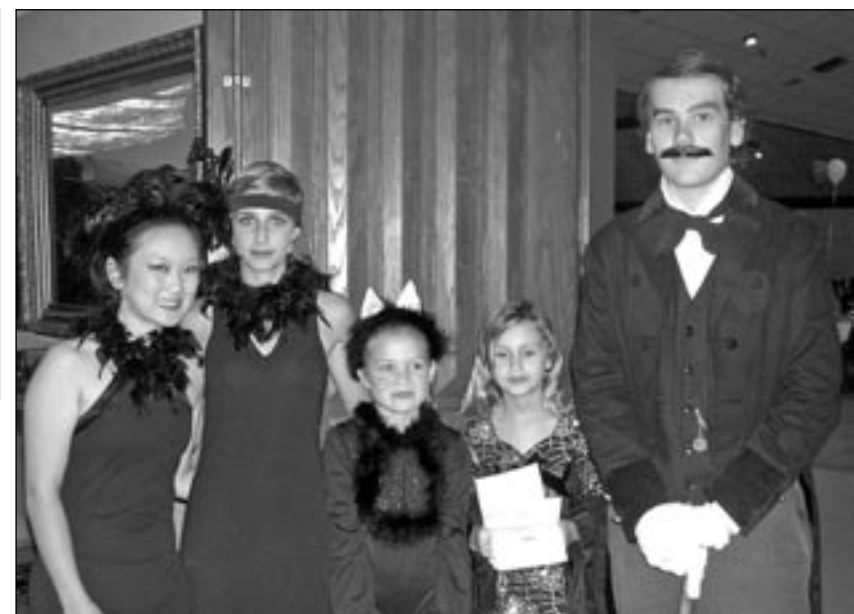
Pumpkins Patched: Last month, local street crime discussions involved shots being fired after a gang-related gathering at Garcia Bend Park. Now Pocket-Greenhaven residents are jumpy after more thunderous rounds could be heard as Halloween approached. Neighbor Chris Tapio did some investigating. He learned that the shots were not bullets, but part of a show at Dave's Pumpkin Patch in West Sacramento. It's a different world across the mighty Sacramento River - rural, timeless - and only about 700 watery feet from the Pocket community. "This incident is a good reminder of how close many of us live to active agriculture operations and how to be good, responsive neighbors," Tapio said. Chris was able to get to the meat of the pumpkin pyrotechnics thanks to assistance from Sacramento Police, West

Sac Police and West Sac Code Enforcement. The operators at Dave's Pumpkin Patch, who've been in the game for many years, did not act like pumpkin heads after hearing about worried neighbors...

Little balls & strikes: Chilly mornings and warnings of possible showers can only mean one thing in Pocket-Greenhaven - baseball season! Well, not exactly. But Nov. 1 was the first date for on-line registration at Pocket Little League, meaning parents were thinking about signups for Spring 2014 moments after greeting the last ghosts and goblins from Halloween 2013. Pocket Little League President David Starnes invites families to check www.pocketlittleleague.com for news and forms. He also advises parents to check the

league's Facebook page for updates on in-person registration dates and requirements. Pocket Little League has broken ground on a new field north of its current AAA diamond. The project is part of improvements by Sacramento City Parks and Recreation, which include more parking at Bill Conlin Youth Sports Complex...

Medal chest: The awards keep coming for Pocket resident Wilkie Liang. This column has already told you about Wilkie winning the Sacramento Police Department's Volunteer of the Year Award. But that was just a warm-up. In October, Wilkie bagged the Volunteer of the Year award at the 14th annual Law Enforcement Volunteers of California state conference in Lodi. Maybe Wilkie should slow down with his volunteer service. Give the rest of us a chance...



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Purple-out: Quite a sight around Sacramento for the Kings' season opener, with various local landmarks - the Tower Bridge, City Hall and even the Capitol - bathed in purple lights celebrating our local NBA team. The waterfront hotel Embassy Suites changed room keys to a purple hue (per a Tweet from Kings owner Vivek Ranadive, Twitter handle @Vivek). The whole region should be proud of the work of the grassroots community, NBA Commissioner David Stern, Mayor Kevin Johnson and others to save the Kings for Sacramento. The first game was broadcast on local TV without commercials and beamed to India, Ranadive's homeland. One notable landmark not colored purple was the giant Pocket water tower. The tank stayed neutral. At least it didn't wear Lakers colors.

**Got News?**  
e-mail editor@valcomnews.com

## Faces and Places: All Friends One Book Sacramento Dinner

Photos courtesy of Kathi Windheim

On Oct. 25, the Friends of the Library held its annual fundraiser dinner at the Sacramento Elks Lodge, No. 6. According to a message from the Library Director Rivkah Sass, the 2013 summer reading program broke all previous records. They set a goal of 30,000 participants for the summer and met that goal before the end of July. They also set a goal of participants reading 100,000 books and saw that goal reached as well. The Third Annual One Book Sacramento Dinner celebrated Edgar Allan Poe, which sold out.



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# iYa Taekwondo celebrated expansion with demonstrations

On Oct. 19, iYa Taekwondo celebrated its grand opening at its new location at 7385 Greenhaven Dr. with performances by its talented youth who are enrolled at the local martial arts school. The new location will allow them to provide more flexible hours, professional training floor and convenient location. The school offers a taekwondo university every Friday from 8 a.m. to 5 p.m. For more information, call 382-9058.



Photos courtesy

# Pocket residents help raise funds for Sacramento Life Center dinner

More than 600 local residents will celebrate the Sacramento Life Center's free medical care, counseling and education for pregnant women and teens at the organization's annual fundraising dinner on Nov. 9. Among them will be Rich and Connie Koppes, Pocket residents who are founding members of the Sacramento Life Center and this year's Naming Sponsors for the event.

The Salute to Life Dinner and Auction will begin at 5 p.m. at the Hyatt Regency Ballroom in Sacramento and will include a gourmet dinner, auction, raffle and stories of people who have received help from the Sacramento Life Center. The event will raise funds for the nonprofit's programs, including their primary medical clinic and Mobile Medical Clinic that provide free services such as pregnancy tests, STD tests, well woman exams, ultrasounds, counseling and more. Last year's event raised more than \$400,000.

The Koppes family was instrumental in purchasing the organization's Mobile Medical Clinic in 2011, donating a substantial portion of the cost. The group hopes to have a second Mobile Medical Clinic up and running by early 2014.

"These are the only two Mobile Medical Clinics in the greater Sacramento area," said Connie Koppes. "We have seen our numbers skyrocket since we began offering services in multiple locations, and we can't wait



Connie and Rich Koppes.

to see this second clinic out on the road soon."

Rich and Connie Koppes have served on the board of directors for each of the last 40 years. When Rich Koppes describes the top four pivotal moments over the last 40 years that the Sacramento Life Center has been in operation, he names the day the organization got its first office, the first Salute to Life Dinner, buying the first ultrasound machine and purchasing the first Mobile Medical Clinic. For Rich, seeing the organization and Salute to Life Dinner grow exponentially over the last 40 years has been a dream come true, and he wants young people in the community to know they can get involved.

"It's never too late to get involved and do something," Rich Koppes said. "You never know the impact you have. It can have a wonderful ripple effect."

For more information about sponsorships or to purchase tickets, visit [www.saclife.org](http://www.saclife.org).


The Sacramento Life Center's mission is to offer compassion, support, resources and free medical services to women facing an unplanned or unsupported pregnancy in the greater Sacramento area. The center's licensed Sac Valley Pregnancy Clinic includes a primary clinic and mobile clinic, both providing free services including well woman exams, pregnancy tests, STD tests, ultrasounds, counseling for men and women, education and resource referrals. The Sacramento Life Center also offers a school-based teen education program, a 24-hour hotline and a program for women seeking support after having an abortion. For more information about the Sacramento Life Center's Sac Valley Pregnancy Clinic, visit [www.svpclinic.com](http://www.svpclinic.com). For more information about the Sacramento Life Center: [www.saclife.org](http://www.saclife.org).

## Reuse It: Pony Express to start official launch for school fundraiser

Fundraising for cash-strapped schools has taken a new approach. Local schools have partnered with Re-Use It, a recycling company that collects "soft items" such as old clothes, shoes, purses, belts, pillows, towels, comforters, toys, and, in turn, provides the schools with a cut of profits after selling to thrift stores.

The official launch of the fundraiser happens Nov. 15 to Nov. 25 at Pony Express. During that period of 10 days, there will be a ReUse It drop box in the parking lot. People can put their goods in the drop box during that period of time. But the program runs through mid February, as other schools will be involved, including Matsuyama, MLK K-8, Caroline Wenzel and Didion. There will also be a second designated drop box site at the parking lot of Florez Bar and Grill and Kombat Soccer, starting Nov. 12 and going until Feb. 20. Money will be divided equally amongst the five schools as a bonus.

For up to 10,000 pounds, a school gets 10 cents a pound. If they go over 10,000 pounds, the price per pound goes up to 15 cents a pound.



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Angels Nest Pre School 2 yrs. - 5 yrs. (916) 428-4651

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Sunday Worship Service: 10:30 am  
Bible Class: 9:00am  
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**Riverside Wesleyan Church**  
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Sunday School: 9:15am • Sunday Worship: 10:30am • AWANA (Children's Ministry)  
• Youth - Jr. High - Sr. High - College - Young Adults • [www.rwscac.org](http://www.rwscac.org)

**Greenhaven Neighborhood Church**  
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United in Christ - Embracing Diversity  
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**Crosswalk Christian Ministries**  
Belle Cooledge Community Center, 5699 S. Land Park Drive  
801-1588 • [www.crosswalksacto.org](http://www.crosswalksacto.org)  
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**St. Anthony Catholic Church**  
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[stanthony-sacramento.org](http://stanthony-sacramento.org)  
Sunday Masses: 8:30 and 10:30am, 5:00pm (5:00pm vigil on Saturday)  
Daily Mass: 8:00am Monday-Saturday



# Free books are just around the corner

By **MONICA STARK**  
 editor@valcomnews.com

Give a book; take a book. It's as simple as that at the three Free Little Libraries now open in the Pocket-Greenhaven area, thanks to McClatchy High School student Jonathan Louie who installed the newest additions last month on Park Riviera, just a short walk from Didion Elementary. A second is located on the corner of Pocket and Arabella, and a third on Riverside Boulevard between Galley Court and Ashore.

Full of books ranging from children's to histories and mysteries, passersby have a good variety of fun reads to choose from.

Apprentice to two McClatchy The Humanities and International Studies Program (HISP) students who started the Bound Together, Free Little Libraries project in Pocket, Allison Yamamoto and JasMin Kehoe, Louie finished this Eagle Scout Project with the help of family and Kennedy students Finn Ducey and Ronald Montoya, who will be working on that next Little Free Library, which will be located on El Douro Dr. Some of the Friends of the Library (who sponsored the project) met Louie last month at the location with Sacramento City Unified School District trustee Darrel Woo.

"I wanted to help the Robbie Waters Library and I asked (Friends of the Library member) Kathi (Windheim) about an upcoming project and we both liked this idea because it can help promote literacy around neighborhoods and because it's free," Louie told the Pocket News on a Friday afternoon just beside his latest project. "Lots of people should read books and having access to free books can help that," he said.

The homeowner whose property has the little library said so far they are getting one or two people knocking on the door, making requests. "They love the fact it's here. It's on the way to Didion for those walking to school. Give a book and receive a book. It's a great," he said. "Park Riviera is perfect for students walking home from school, Didion, and lots of neighbors on the street were excited about it, it's also across from Lewis Park and under a great palm tree," Windheim added. (Names of homeowners were requested to be kept private.)

Windheim said Jonathan has done an incredible job, making improvements to the first design, making it larger and extremely waterproof. Moreover, he added a frame for support. "There's inside pieces in there. We built a first frame, then put the pieces on top of it," Louie added, as he investigated his piece of work.

In regards to any difficulty in getting the project started, Louie said he had to find someone with power tools. "That part was a little tricky to get. This is only the second time I actually built that and none of my helpers knew how to build it. It was a little difficult to explain to them how to build it how I wanted it," he said.

To show his mentors the Little Library movement is still on the move, Louie sent photos of his project to both Yamamoto, now a student at Columbia University and Kehoe, a student at Loyola.

Windheim said The Friends of the Library keep a list of people willing to house the Free Little Librar-



Photos by Monica Stark  
 (above) Jonathan Louie looks through the door of the new Little Free Library he helped create for his Eagle Scout Project.

(left) Front row: Pocket-Greenhaven Friends of the Library Student Representatives Anthony Fukuhara and Jonathan Louie, Cindy Louie  
 Back Row: SCUSD School Board Member Darrel Woo, Pocket-Greenhaven Friends of the Library Secretary Linda Kirkland former SCUSD School Board President Rick Jennings, Pocket - Greenhaven Friends of the Library President, Kathi Windheim, Art Louie.

ies. "In the beginning, we researched having them on the levees or in the parks, but too many permits and hoops to jump through and different jurisdictions to get an OK, plus no guarantee they would be taken care of," she said. So they sought out people willing to watch over them, have them on their property and asked library staff and Friends members. Next they try to space them out on a walking or bike route.

One of the homeowners that hosts another Little Library location, said her structure is "well-used by all the little tots in my court." Also a new library staff member at Pocket has asked for one. "So we add people as we go," Windheim said. "You just need to be a Friends of the Library member and agree to watch over it and call us if they need more books or assistance. I try to check in with each one, once or twice a month and send more books from our Friends Books Store if needed to boost offerings," Windheim said.

The Friends of the Pocket-Greenhaven Library have sponsored all of the Free Little Libraries, costing \$500 so far. If anyone is interested in being on the list to have one in front of their house, they can call Windheim at 392-0101 or Board Secretary, Linda Kirkland at 429-0259 or even just let one of the staff at the library know of their interest.



Photo courtesy  
 Jonathan Louie and his father, Art Louie, who was very instrumental in helping his son complete the project.



## LAND PARK HILLS DUPLEX

This is a wonderful duplex in a great location! Spacious 1500+ square feet units, 3 bedrooms 2 baths with formal living room, family room and master suite on each side. Central heat and air, dishwasher, disposal, garages and small yards. \$400,000

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Beautiful 3 bedroom 2 bath home with many upgrades in the highly desired Didion school boundaries. New paint in and out, refinished and newly painted cabinets, tile bathroom floor and hardware. Updated kitchen; spacious yard with fruit tree, covered patio, auto sprinklers. Wow!!! \$349,000

**MONA GERGEN 247-9555**



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Here is a rare opportunity to live close to Didion School. This spacious 4 bedroom 2½ bath home, 2264 square feet, has all new interior paint, flooring, light fixtures, granite counter tops in kitchen and baths, new dishwasher, and new gas range. Huge family room is just waiting for fun and games! \$360,000

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Rare opportunity to own an amazing home on 2 parcels backing to the Sacramento River. Gorgeous 3 bedroom, 2½ bath home with newer kitchen and baths; newer cabinets, granite, bosch and decor appliances, 2 fountains, shutters, skylights, instant hot water and whole house fan, Amazing location! \$429,000

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**PENDING**

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# Parent University workshops announced at Kennedy HS

For those looking to get more involved in your child's education, people can come to John F. Kennedy's free Parent University workshops where people will learn about subjects such as graduation expectations, college acceptance requirements, and financial aid assistance.

The Parent University program, offered through John F. Kennedy's ASSETs program, collaborates with several community partners to offer free monthly workshops covering these topics and much more, including positive discipline, school safety, bully prevention, and health and wellness. Parent University is an opportunity for parents to become more informed about current and post-high school opportunities as they advocate for the education and well-being of their children.

The primary goal of the program is to educate, inspire, and empower parents to meet the developmental, emotional, and intellectual needs of their children. Through these workshops, parents sharpen their skills and are encouraged to play an active role in their child's education and life.

During these sessions, parents also have the opportunity to discuss concerns and share solutions with community experts and fellow parents. Workshop topics are determined from annual parent surveys assessing the specific cultural, socioeconomic, and educational needs of John F. Kennedy students and the community in which it serves. These workshops are offered once a month from 5:30 p.m. - 7:30 p.m. in the JFK Library, located at 6715 Gloria Dr.

### The schedule is as follows:

- Nov. 20: Staff meet and greet, school safety, and gang identification
- Dec. 18: Positive discipline and bully prevention
- Jan. 15: Financial Aid
- Feb. 19: Health, Wellness & Nutrition/Sex Education
- March 19: UC Merced Field Trip
- April 9: Drug and alcohol awareness/teen driving and safety
- May 21: End of the year celebration



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Arden-Carmichael News, East Sac News, Land Park News and the Pocket News.

Deadlines: November 4th  
November 20th

Call (916) 429-9901 for your staff photo and reservation.

Call to schedule your staff photo

# Values: Coming to Pocket parking spaces near you

A new project hitting the pavement is connecting people to their values. Aply called the Values Project, it's public art through which values are brainstormed during community workshops, and the resulting set of values words, like Respect, and Integrity, are painted in parking spaces at that group's facility. It is happening at businesses, non-profits, schools, churches, hospitals, libraries and community centers throughout Sacramento. The project has begun with pilot workshops and painting of 35 words at the Teichert and Raley Boys & Girls Club and Leataata Floyd. And it took place last summer and this fall at community centers and libraries, like Belle Coolegge, Arden Dimick, Oak Park, Mims-Hagginwood and more.

The Friends of the Robbie Waters Greenhaven-Pocket Library are bringing the Values Project to Pocket. Having Peter Hassen come to a meeting at the library on Nov. 20 from 12:30 p.m. to 1 p.m. with principals from the School of Sciences and Engineering, MLK K-8 and Kennedy.

The key to the project are the group workshops that brainstorm sets of values words that we then paint. The project is endorsed by Supervisor Serna, Councilmembers Hansen, Schenirer, Cohn and McCarty, as well as the Sacto Interfaith Council and other community leaders. Priority Parking is participating with their 29 mid-town and downtown lots. We're also working with the SCUSD in schools, libraries and community centers.

To Hassen, this is a chance for scores of students and thousands of viewers to discover the values we all share - what unites us all. The small-group workshops are a good place for students to wrestle with these abstract concepts. The novelty and surprise of seeing the words in parking spaces will jumpstart meaningful conversations about our most important qualities.

Volunteers coordinate with schools and after-school programs to set up

the fall workshops. There, we'll brainstorm the values words that we'll paint in the parking lots. Then, we arrange for professional crews to paint select parking spaces with the values words each school chooses that best represent them. As a not-for-profit project, a variety of funding: crowdsourcing, angels, grants and businesses. Just \$50/word needs to be raised, but we help with that. The artist, Peter Hassen, is donating his time, so the fee covers hard costs: materials, painting and gas. With the endorsement from SCUSD superintendent Jonathan Raymond, each school principal can choose if it's right for their campus, and work with Hassen directly. Peter Hassen has painted more than 500 values words in 63 parking lots and coordinating 25 workshops in 32 businesses, hospitals, churches, non-profits and schools in Napa.

The Sacramento Values Project Connecting Communities to Their Values PLEASE CHOOSE TO PARTICIPATE! Email Peter: peter@theValuesProject.org or call: 415-264-1493

What Is "The Values Project"? It is a public art project for Sacramento that paints values words in public parking spaces in dozens of Sacramento parking lots, and holds group workshops to determine core values. It is a low-cost, upbeat way to get people talking about positive values. Schools, businesses, hospitals, non-profits, churches, libraries and community centers are all participating.

What Will It Accomplish? This is a chance for scores of students and thousands of viewers to discover the values we all share - what unites us all. The small-group workshops are a good place for students to wrestle with these abstract concepts. The novelty and surprise of seeing the words in parking spaces will jumpstart meaningful conversations about our most important qualities.

How Does It Work? This Spring and Summer, our Volunteers will coordinate with schools and after-school programs



to set up the Fall, 2013 class workshops. There, we'll brainstorm the values words that we'll paint in the parking lots. Then, we arrange for professional crews to paint select parking spaces with the values words each school chooses that best represent them.

Who Pays For It? As a not-for-profit project, we rely on a variety of funding: crowdsourcing, angels, grants and businesses. Just \$50/word needs to be raised, but we help with that. The artist, Peter Hassen, is donating his time, so the fee covers hard costs: materials, painting and gas.

Who Is Participating? Superintendent Raymond has endorsed it, so each school principal can choose if it's right for their campus, and work with Peter Hassen directly. It can be seen now, in English and Marshallese, at the Leataata Floyd school. It's also endorsed by Council members Cohn, Schenirer, Hansen and McCarty, and the Sacramento Interfaith Council.


What Are The Benefits? Schools in Napa found the Values Project to be an engaging enhancement of their positive behavior instruction program (PBIS) and a creative extension of what they

are working so hard to achieve. Seeing these words in both English and the other school languages sends a strong message to students, parents and staff.

Who Am I? Peter Hassen is the project artist who produced the successful Napa Values Project, painting over 500 values words in 63 parking lots and coordinating 25 workshops in 32 businesses, hospitals, churches, non-profits and schools. That project is endorsed by the Mayor, County Supes, Superintendent of Education, and all the businesses that participated.

### Workshop schedule so far:

- South Natomas Comm. Center on July 30th @ 6pm;
- Boulevard Park neighborhood: on July 13th At 6pm, in the common area bordered by F and G Street and 21st and 22nd
- Midtown neighborhood: on 8/6 5:30pm, on 22nd Street between L & Capitol
- Many more being firmed up right now, for Belle Coolegge CC (youth and adult), Mims Hagginwood CC (youth and adult), Colonial Heights Library (youth), Oak Park CC (general).



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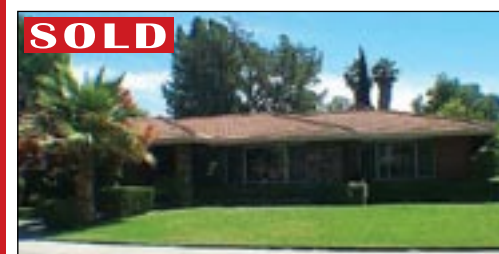
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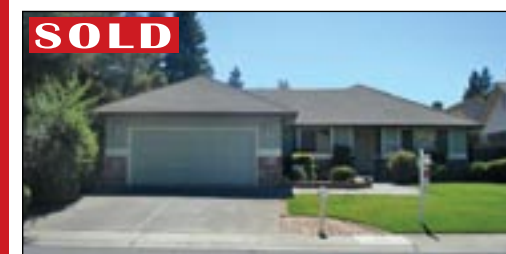
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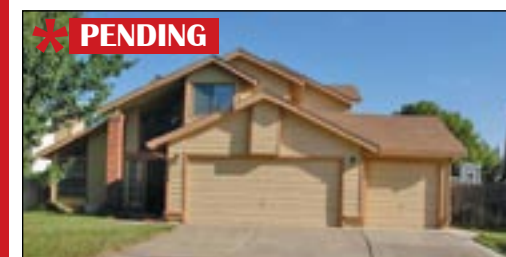
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# C.K. McClatchy Sports Hall of Fame induction dinner recognized 40 athletes and coaches

By JIM COOMBS

On Friday night Oct. 11, more than 400 ex-athletes, family, friends and Lion rooters attended the second annual C. K. McClatchy Sports Hall of Fame induction dinner. Forty athletes and coaches and four outstanding teams mostly from the years 1963-1979 were honored.

Many of Sacramento's greatest athletes who still hold school and section records were in attendance. Included was Lenore Modell Messenger who swam the length of Lake Tahoe at age 13 and was the first female to swim the English Channel at age 14.

Judy Ghilarducci taught golf at Haggin Oaks for 30 years. Chirstine O'Connor, who won the first two diving section championships in 1977-78, still holds the school record. Jim Gray, who still holds the Sajoquin section diving record with 499 points 34 years later, lost to Greg Louganis by only two points in the nationals.

Christine Nakamura Mac-Danald, a two-time All-American at CSU Sacramento who set most of McClatchy's girls swim records and tennis greats Bob Reynolds, Carolyn Ishii and Mark McNally were also honored.

Another inductee included was Paul Fuller who still

holds the Lion's high jump record at 6'4" 1/4 after 50 years and who hit a half court shot against Hiram Johnson at the buzzer to keep the 1963 Metro League champion Lions undefeated.

Baseball standout Dean Stotz, who pitched the section championship victory in 1970, just retired after coaching baseball 37 years at Stanford University. Terry Teale, two-time All City in both football and baseball, Randy Wong, a four year starter on the Stanford baseball team, and Roland Office who played 11 years in the major leagues were also inducted.

The 1972 section track champion in the 440 and third in the state meet, Paul Lewis ran four years for the University of Arizona. Harlan Karnofsky, an All-City quarterback, passing leader and all purpose yards leader in 1975, won four letters his senior year. Ron Blanchette, a local dentist, still holds the McClatchy rebounding record in one season at almost 18 per game.

The 1975 boys soccer team, one of the first to win a section title, had over 40 friends and family in attendance. Most came originally from the Seavey Circle-Southside Park area and have gone on to be successful in the Sacramento area.

Another early graduate who was honored was Al Baeta who coached at American River in track and cross-country. His track teams qualified for the junior college state championship 22 years in a row and his cross-country teams qualified 33 out of 35 years for the state championship.

Seven McClatchy coaches were honored. Stan Dison who coached Metro League championship basketball and soccer teams, and Scotly Bingham, an outstanding track and cross-country coach, were inducted as well as Jan Olmsted, who pioneered women's sports in the city high schools as early as 1971, long before Title 9.

The last group to be inducted were four outstand-

ing McClatchy athletes who returned to coach a combined 90 years for the Lions. Mike Nishio, an All-City halfback for the 1962 football champions, coached five different sports at McClatchy and was athletic director.

Brad Klopp, who came back to coach for 22 of his 30 years while working in the junior high system, is the only coach to win both varsity Metro League football and basketball titles. Klopp finally got on the McClatchy staff as a counselor in 1999.

Jeff Ota, one of Sacramento's 100 greatest basketball players and the leading scorer his junior year in the Sacramento area, is presently the boys basketball coach and assistant

girls coach. He has coached the Lions since 2004.

The last inductee was John Warren who returned to teach science 36 years and coach football and baseball for 30 years. Warren was a member of the section championship baseball Lions in 1970 and still holds a section record for four interceptions in one game against Sacramento High in 1970.

The first year McClatchy Sports Hall of Fame inducted coaches, players and teams from 1937 to 1962. This year they inducted those players they missed in the first 25 years as well as those from 1963-79. Next year they will choose players and coaches from the 1980s.



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The Pocket Area Churches Together organization is recruiting volunteers for community assistance activities that require your time and talent:

- \* Gardening and general labor talents are needed for the Kennedy High School JV Baseball Field rebuilding project scheduled for Saturday, November 16th from 9am -1pm. Volunteers will be moving sod, rolling the infield and spreading grass seed. Other smaller projects may be addressed dependent upon the number of volunteers attending. Please bring shovels, rakes and work gloves.
- \* Looking for a way to help bring food to the tables of our community's needy residents? Donate canned and staple foods only to the South Sacramento Interfaith Partnership emergency food locker. Located at Bethany Presbyterian Church, the food locker program distributes food to families throughout the South Sacramento area. During the weekend of November 23rd and 24th PACT member churches will serve as drop off centers for this Thanksgiving food drive. Please bring your donations to the following member churches: Faith Presbyterian, Greenhaven Lutheran, Riverside Wesleyan, Greenhaven Neighborhood Church, and St. Anthony Catholic. Monetary donations are also welcomed with checks payable to "SSIP".

For the Thanksgiving food drive organizers are interested in canned and staple foods which are non-perishable such as dry stuffing, instant potatoes, dry/canned gravy, canned pumpkin, canned ham, olives (can or jar) and canned cranberry sauce. Other canned vegetables and fruit will also be welcomed.

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## Sacramento resident discusses life as the Kings' mascot

By GREG BROWN  
 greg@valcomnews.com

East Sacramento resident Todd Maroldo is the man behind the Slamson costume. He's been entertaining the crowds at Sacramento Kings games with his high-energy antics for over 10 years. This will be his 11th season as Slamson The Lion. He ferociously slam dunks from a trampoline. He enthusiastically high fives the young and old. Slamson can also be seen roller blading all over the court and zig zagging in and out of the aisles at the Sleep Train Arena. Todd Maroldo started out as the Virginia Tech Hokiebird and eventually went pro with the Carolina Panthers as their mascot for six years. You'd think being a team mascot is all fun and games but for Todd it's serious business. I caught up with Todd at the Sleep Train Arena where there was lots of activity as the arena was being prepared for opening night. After a busy morning visiting children at a local hospital Todd was nice enough to do a little Q And A session with me. We ducked into a side room where he took off the Slamson head and introduced himself as Todd Maroldo.

of in the "happy business". It's the most gratifying job I can think of where you're giving back in a unique manner.

**Q. What did you think last year? Were the Kings leaving town? Where they staying?**

A. I really don't know how to answer that. We're going, we're staying. We're going, we're staying. We were just so numb to it because for the past three years there were so many changes. We heard about all this two years ago so I was to the point last year thinking to myself, Whatever happens happens. I gave it my all.

**Q. I see you on the court going full bore and all out. Have you received any injuries?**

A. My knees. My left shoulder, I can't do what I used to do. I've knocked myself out a couple times. I've passed out in costumes because of the heat in Carolina. Yeah, I've woken up in ambulances. I knocked myself out about eight years ago doing a stunt that I'm going to try and do this year.

**Q. Do you have a workout regime?**

A. I worked out this morning. I do two days of yoga and three days of weights and two days of cardio. I don't work out on game days. I used to and then what would happen is I'd show up in game day and be spent.

**Q. How many Slamson costumes do you have?**

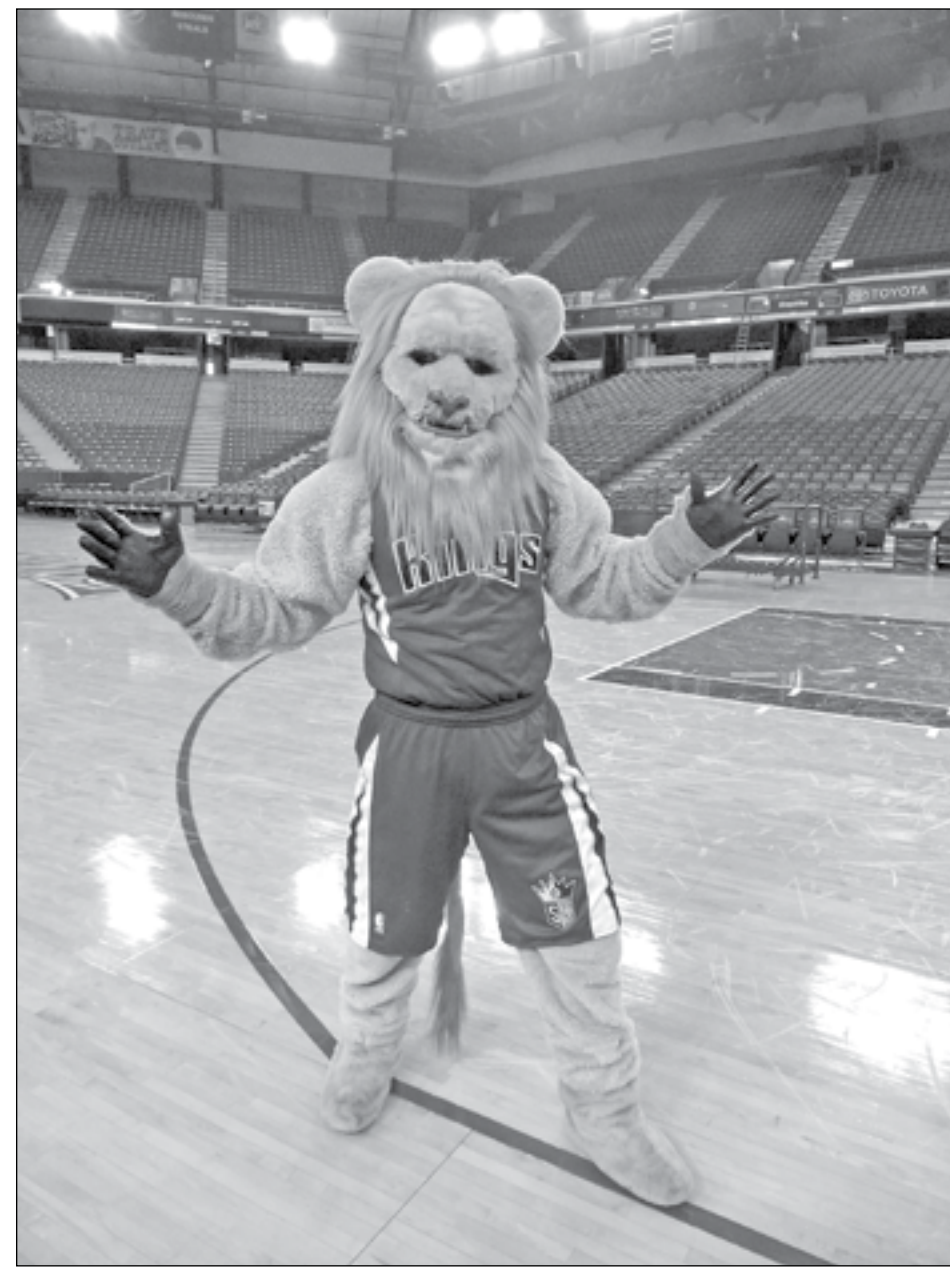
A. I have about five costumes, but only two if them are wearable. The heads are custom made to my face so when you put them on I can see everything great. It's about \$6,000 per costume. \$4,000 just for the head. This is custom fit to my head. This is really cool, they lay you down on a table and pour Vaseline on your face and then they pour this dental molding on your face and you breath through three straws for 45 minutes while it sets. Then they rip off and make the latex mold.

**Q. What made you decide to get into mascotting?**

A. My parents put me into every sport known to man growing up. I kinda had ADD. I was good at everything. I actually saw the mascot at my college and thought it was really funny and I wanted to get involved. I auditioned in college and got the gig as the Virginia Tech Hokiebird. I did well in a competition when I graduated and I had pro teams calling me to audition.

**Q. What do you like about being Slamson?**

A. I think everyday is completely different and I think you truly make a difference in the people's outlook of their day. I just got back from a hospital visit in the pediatrics unit and those are the hardest appearances but you know you're changing somebody's outlook on their day. I think that's the thing that makes the difference. Whether it's at a game where you're getting people amped up or you're doing a wedding. You're kind



**Q. How much is your dry-cleaning bill?**

A. I actually wash the costume myself. I throw it in the washer and then I have an assistant who combs it out.

**Q. Oh Slamson has an assistant?**

A. I do, but he's not here today. He goes with me on all my appearances and events. I do about 200 events a year besides the games.

**Q. What kind of events do you do?**

A. You know everything. I did a couple of weddings this summer. I do bar mitzvahs. Birthday parties. Company events.

**Q. What do you do at weddings? Are you marrying the bride and groom?**

A. Haha. No. A lot of times they want me to break the ice on the dance floor. I'll kick off the dance. I had a couple who's first date was at a Kings game and they thought it was suitable for me to attend. You'd be amazed at the requests we get.

**Q. Since he's not married I asked if he ever uses the Slamson thing with the ladies. "Hey, I'm Slamson how you doing?" as a pick-up line.**

A. You know I keep pretty private but I'm dating a girl now who I told up front but I'm usually slow to tell people. In this small community people find out believe it or not. But in my off time I don't like crowds and I don't like waiting in line. It's weird.

A magician will never give his secrets away. There's a code in the mascot world we don't talk. We don't tell people what we do. And I try not to take pictures with tobacco or alcohol products. And the fourth thing is kids under 2 I try not to pick up. Those are my rules. But I really don't tell people what I do. If I'm in Sacramento I usually tell people I'm an accountant. If I'm outside of Sacramento I'll tell people what I do because if I'm flying I won't see them again and I don't mind.

**Q. Do you have a favorite mascot?**

A. I grew up watching the Phillie Phanatic. That guy is an icon. I actually did a marketing study on him in college and how well that team

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Former Pocket area resident was Sacto's

# "Disco King"

By LANCE ARMSTRONG  
Lance@valcomnews.com

*Editor's Note: This is part one in a series about former Sacramento disco king, Paul Dale Roberts.*

Former Pocket area resident and California native Paul Dale Roberts has lived an eventful life, which includes his recognition as Sacramento's only two-time "disco king" during the 1970s.

Roberts spent the first nine years of his life residing in Fresno, and due to his father's work as a tax investigator, his family relocated to other parts of the state. Among those places were San Bruno, Monterey, Stockton and Visalia.

A 1973 graduate of Oceana High School in Pacifica, Calif., Roberts has had a lifelong love of music.

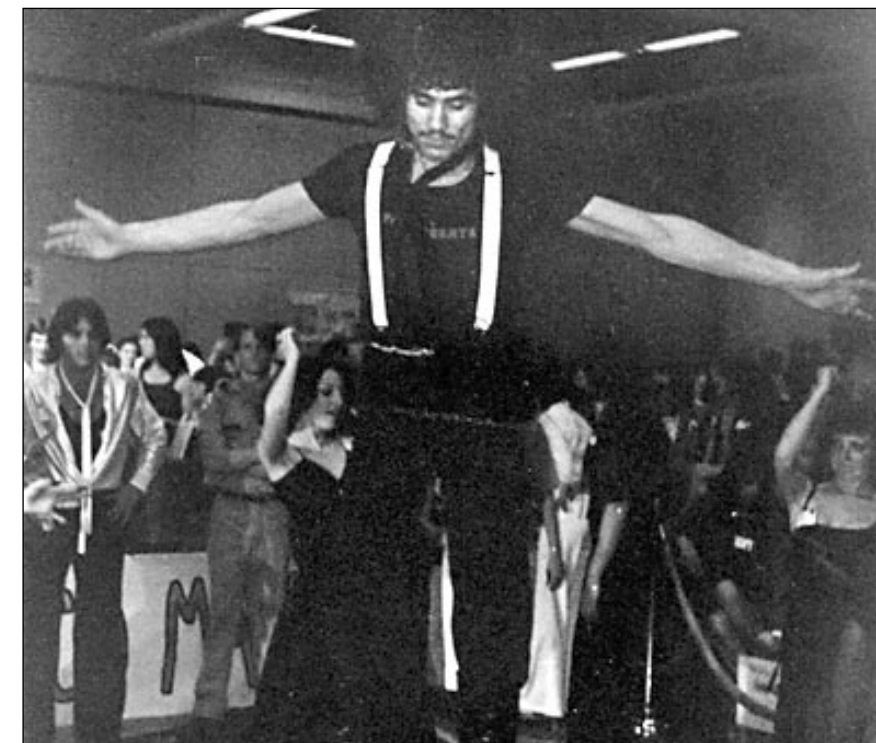
In recalling some of his earlier memories about his connection to music, Roberts said, "Before disco was popular, I was really heavy into rock and roll. So, I was seeing bands, going to concerts (featuring) Santana, Tower of Power, Crosby, Stills, Nash and Young, Buddy Miles. Oh, I went to the Monterey Pop Festival, and at (that festival), I snuck in. And I saw Jimi Hendrix, Janis Joplin and Otis Redding. That was a famous concert. So, I went to the Monterey Pop Festival and I was so happy and proud that I got there. I wanted to do Woodstock, but I didn't make it."

In response to the question of how he became involved with disco, Roberts said, "I learned how to do disco dancing when I was in the Army. So, from 1973

to 1976, I was working undercover narcotics in Germany. I was working with CID - Criminal Investigation Division. I would watch all these dancers and before I knew it, I was picking up on their moves. And I had to hang out at a lot of discothèques in Germany. And disco wasn't really big yet in the United States, but it was really big in Germany. In 1976, when I got out of the Army, the very first job I landed was with Arthur Murray's Dance Studios (at 1422 K St.). So, I became an Arthur Murray's dance instructor, and I became really, really proficient in dancing. Anyway, someone told me, 'Paul, you ought to enter some of these dance contests, because they give you money.' And I said, 'Yeah, maybe so.' So, I went to this dance competition at the California Steam & Navigation Co. (at 914 2nd St.), which we referred to back then as Steamboat Navigation, in Old Sacramento in 1977. The judge for that contest was Monti Rock III, who played the disc jockey in (the 1977 disco film), 'Saturday Night Fever.' I placed third in the contest."

In March of 1979, Roberts entered another dance contest, which was held at Country Club Plaza and (the famous disc jockey) Wolfman Jack (1938-1995) was the judge. I came in second place. It was the beginning toward my dancing career as the disco king."

After placing second in that contest, Roberts was approached by the California Steam & Navigation Co.'s disc jockey, Bill Law-



All photos courtesy of Paul Dale Roberts

ley, who had noticed that he was out dancing nearly every night of the week.

In recalling that moment, Roberts said, "The only night I didn't go out was on Monday nights. (The disc jockey)

said, 'Paul, you have so much energy. You're always dancing and you're really good.' He said, 'Have you ever thought about breaking the (mark in the) 'Guinness Book of World

See *Disco King*, page 21

Valley Community Newspapers, Inc.



All photos courtesy of Paul Dale Roberts  
The two-time "disco king" of Sacramento, Paul Dale Roberts won many dance contests and dancing disco dance marathons, one for 79 hours which generated a new record for disco marathon dancing and finally dancing 205 hours of disco dancing, allowing him to have the Guinness Book of World Records for a period of one month. The collection of photos shown here are just a small collection of his time as the disco king. His 205-hour disco dance marathon record was broken within one month by 329 hours, nevertheless, Ripley's Believe it or Not went ahead and published Roberts in one of their comic strips, indicating he danced for 205 hours.

## Disco King:

continued from page 20

Records' (now 'Guinness World Records' book) in disco dancing?' But come to find out, there was no record for disco dancing in the 'Guinness Book of World Records.' So, I attempted (to establish a) 'Guinness Book of World Records' (mark). The very first time was 79 hours. And I accomplished it, and there were a lot of paparazzi there. There was even (a photographer from) a disco magazine from Germany that was there taking pictures. And come to find out that the 'Guinness Book of World Records,' they said, 'No, you don't have a record, because your breaks were too long.' But because of that, I got other people excited. They wanted the 'Guinness Book of World Records' (mark), because I made national news with that. So, some other person did it and they had like 185 hours. So, I had a local television news reporter, and he goes, 'This guy has the 'Guinness Book of World Records' (mark) for disco dancing for 185 hours. Can you beat him?' And I said, 'Yeah, I can do it.' So, I said, 'I'll dance for 205 hours - eight and a half days.'

Roberts said that to make the mark official, Guinness sent

their own representatives to observe him, and that these witnesses monitored his eating and bathroom breaks. And he mentioned that he had to dance while he was eating.

Roberts explained that he had an assistant who occasionally aided him in his quest to set a new Guinness record.

"They had this incredibly big German woman there," Roberts said. "She was a weight lifter (with) huge muscles, everything. You would think she was on steroids. And there was a couple times where I was ready to fall out, and she was there to hold me and dance with me slow, so I wouldn't fall out. So, as soon as I got my energy, I said, 'I can do it on my own now. You can let me go.'"

Roberts eventually completed his goal of dancing for 205 consecutive hours, partially at Country Club Plaza and partially at the Sacramento Community Center. He was transferred from one venue to the other, while continuing to dance inside of a van.

In further speaking about his successful efforts to achieve that then-new record, Roberts said, "I was hallucinating, because I was dancing so much and everything."

Since Roberts' 205 consecutive hours of dancing generated money for Easter Seals, his dancing



was televised live on the Easter Seals telethon.

Roberts would only hold onto his record of 205 consecutive hours of dancing for one month, as a man from South Africa beat Roberts' record with a mark of 329 hours.

But his short-lived record was recognized by Ripley's Believe It or Not!, which presented a comic strip featuring drawings of Roberts.

Roberts said that although he had planned to break the South African man's disco dancing mark by dancing for 400 consecutive hours, he later became discouraged to do so.

"So, I had another reporter, and he goes, 'Paul, are you going to (dance for) 400 hours and beat this guy?' Roberts said. "And I said, 'Yeah.' The only thing is, disco died."



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Vendor 8' tables available for \$25  
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**Elk's Holiday Craft Fair**  
Saturday, November 16  
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**Free Admission**  
Unique crafters/artists  
One-of-a-kind gifts  
Free door prize drawings  
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Elks Lodge No. 6  
6446 Riverside Blvd., Sacto  
For more info: Mary-Jo (916) 691-3059

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Friday, Dec. 6th, 5-9 p.m. (\$3)  
Saturday, Dec. 7th, 9 a.m. - 7 p.m.  
Sunday, Dec. 8th, 9 a.m. - 3 p.m.

Unique, Handcrafted Gifts,  
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Hot Lunch - Shuttle from Elks Club

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5701 Locust Avenue, Carmichael

**Sacramento SPCA Annual Fall Book Sale & Holiday Boutique**  
November 14-17

Thursday-Saturday 10 a.m.- 6 p.m.  
Sunday 11 a.m.- 5 p.m.

**Country Club Plaza**  
2310 Watt Avenue, Sacramento 95825

(916) 504-2842  
www.sspca.org/holidaybook

All proceeds benefit the Sacramento SPCA

**CALIFORNIA WATERFOWL**  
Pocket/Greenhaven Banquet  
Steak and Prawns Dinner

Thursday, Dec. 5, 2013

Cocktails 5:30 p.m.- Dinner 7:30 p.m.

Portuguese Hall  
6776 Pocket Road  
Tickets call Dave @ 916 427-6961

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



# Slamson

Continued from 19

markets him. They do a phenomenal job. So that was my inspiration.

**Q. What do you like about Sacramento?**

**A.** There's so much about it I like. The first thing that comes to mind on that is the fans. Of all the places I've traveled I've never been to a fan base where the team might not have been the best every year, but their fan base is loyal. We sold out 19 of the past 27 years. The fans are unreal. I'm so thankful the team stayed in Sacramento. I get goose bumps just talking about it.

**Q. What do you think of the new ownership group?**

**A.** I think it's awesome. Very forward thinking. One of the things I like is Vivek said there are not enough team stores in Sacramento. There's four or five going in right now. I love people that say something and actually do it. It's win-win. It's exceeded my expectations.

**Q. Are you going to do anything different this year in regards to performance?**

**A.** Yeah I have some ideas. There's one stunt that I've been trying to do for the last couple years. This year I might do it at the end of the season because if I get hurt it's okay because it'll be at the end of the season. There's some new things I just can't relinquish them right now. You'll just have to come to the games.

**Q. Is there a code of conduct you have to adhere to?**

**A.** You're only good as your last performance. I treat every audience member, even if it's a Lakers fan, with respect because they pay their money to see the games. I try and give everybody a good wholesome experience. Especially in this town it's very family oriented. And I try to keep it G/PG rated.

**Q. You have a good camaraderie with fans.**

**A.** And that takes time. You develop a rapport with the fans. There's a gentleman who broke his foot a couple years ago so every time I see him I pet his foot. He remembers that. It's like those little things. Little tricks with every season ticket holder I do.

**Q. Got a favorite Kings player past or present?**

**A.** That's a tough one. I have to say Bobby Jackson truly epitomized this town. This town is very blue-collar hard working town and I think Bobby went out and hustled every night and people loved seeing him dive for balls and I think he embodies the spirit of what a Kings player is supposed to be.

**Q. Do you have a set routine or are you improvising most of it?**

**A.** When I'm in the crowd I'm improvising. They usually give me 25 skits a year. I write the skits, I order the props for the skit, I do the music for the skit. It's either an off court skit, a video skit or stunt. As far as routines go I try to keep it loose because if it's too rigid it looks too performed and too enhanced and I try to remain in the character of Slamson.

I do have a game day routine. Certain socks, certain knee pads. On game day certain things have to be in certain



places and I'm a little obsessive about it. Like for example if I don't have one of these, he pointed to a skull cap, I go nuts because it keeps the sweat out of my eyes. I do have a game day routine like what I eat. I eat a pregame well balanced meal at 5:30. And then at 6-6:30 I try and get my mind off things. I'll read or just relax. I have a locker room back there. 6:30 the costume is done

being brushed and washed. 6:30-6:45 I'm stretching. And then at 6:45 I'm drinking two bottles of water and then we go out to entertain the crowd.

*As the interview ended Todd put the Slamson head back on and proceeded to high five the construction workers and people gathering and off he went in the tunnel.*

# CALENDAR

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

**ONGOING:**

**Adopt a child for the holidays**  
Help Sunburst Projects bring joy to the lives of children living with HIV/AIDS. Contact Sunburst Projects at 1095 19th St. Suite 1A, Sacramento. 440-0889, ext. 301.

**Balance and mobility training to reduce falls class**

Kelly Ward, Parkside Community Church's "Fall Prevention Lady" will be presenting a 4-week Beginning balance and mobility class on Monday and Wednesdays 11:30 a.m. to 12:30 p.m., starting Oct. 2 through Oct. 30 at Parkside Community Church at 5700 Land Park Drive. The one-hour classes will include warm up, balance and mobility training, muscle building exercises, flexibility, and range of motion exercises, followed by a cool down segment to review the day's lesson. Wear loose comfortable clothing and sneakers. Kelly Ward is a certified fall, balance and mobility instructor and a certified Senior Fitness Training, M.S. Therapeutic Aging. For questions, call 821-5715.

**NOVEMBER**

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

**Rotary Club of South Sacramento meeting**

Nov. 7: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

**Christmas to Remember at the Serbian Hall**

Nov. 7th 3-8, Nov. 8th 9-8 & Nov. 9th 9-4. Handmade only boutique style craft show. Centralized checkout for our customer's convenience. Unique gift and holiday decorations. SALE ROOM, 7777 Sunset Ave., Fair Oaks, 95628 on free admission. More info. www.craftytreasures.com.

**Bi-Polar Anonymous**

Nov. 8: 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.

**Soroptimist International Sacramento presents Lisa Armstrong**

Nov. 8: Linda Armstrong, founder of Local Roots Food Tours, will be the guest speaker at the luncheon, which begins at 11:30 a.m. at Casa Garden. The entire speaker series is posted on the Club Calendar page of the S.I.S. website at www.soroptimistsacramento.org. A limited number of seats are available to the public on a first come, first served basis. The cost is \$15. If you want to reserve a seat for lunch and hear an upcoming speaker, contact Rosalie Gladden; rosaliegladden@comcast.net. Meetings are held Fridays, 11:30 a.m. at Casa Garden Restaurant, 2760 Sutterville Rd., Sacramento.

**Spare One For the Kids**

Nov. 8: The bowl-a-thon will feature two hours of bowling for teams of four, all you-can-eat pizza and soda, prizes and raffles. We anticipate that 100 individuals will be in attendance. The event budget is approximately \$1,000 and our goal is to raise \$10,000. 100% of the net proceeds will support our Sacramento County Kinship Support Services Program (KSSP). The bowl-a-thon will go from 6 to 8 p.m. at Country Club Lanes, 2600 Watt Ave. Visit www.lilliput.org/ for more.

**Kiwanis Club of East Sacramento-Midtown**

Nov. 8: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCJ Med Ctr/ 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com <http://www.eastsacmidtownkiwanis.com>. Meeting/Membership info: 916-761-0984, volunteers always welcome!

**25th Annual Asian Community Center Craft and Bake Sale**

Nov. 9: From 9 a.m. to 4 p.m. at ACC Greenhaven Terrace, 1180 Corporate Way, Sacramento CA 95831. For more information, call: Khonnie Lattasima at 916-394-6399 ext 143 or e-mail volunteer@accsv.org

**Taste and Toast to Theodore Judah**

Nov. 9: The Theodore Judah PTA invites the community to Taste and Toast to Theodore Judah, which will be happening from noon to 4 p.m. at Compton's Market on McKinley Blvd. It's a family event with beer tasting, food, bounce houses and other kid activities.

**Pops in the Park Benefit Concert at the Torch Club**

Nov. 9: There will be a benefit concert featuring The Count at the Torch Club from 4 to 7 p.m. Free admission, no host bar. The Torch Club is located at 904 15th St., Downtown.

**Alternative Christmas Market**

Nov. 9 and 10: Annual Alternative Christmas Market. 9:30 a.m. to 1:00 p.m. Fremont Presbyterian Church, H St. at Carlson Dr.,

Sacramento. Several local and international charitable organizations will feature Benevolence Gifts. Gift cards will be provided. Crafts from Third World countries will be on sale. Free admission. Call (916)-452-7132 or visit www.fremontpres.org.

**Free golf lessons offered at Bing Maloney Golf Complex**

Nov. 10: Are you interested in starting to play golf, but not sure where to begin? Bing Maloney is offering Free Family Clinics for 2013. These clinics are family oriented for any level of golfer. Each clinic will be held on Sundays from 1 to 2:15 p.m. at the Bing Maloney Golf Course: 6801 Freeport Blvd. in Sacramento. Call 808-2283 for more information.

**Rotary Clubs of Arden-Arcade, Carmichael**

Nov. 12: Guest speakers address local, regional and international topics. Visitors welcome, every Tuesday. Arden-Arcade meets at noon, Ruth's Chris Steakhouse in the Pavilions on Fair Oaks Blvd. (916) 925-2787. Carmichael meets at 6:30 p.m. Ancil Hoffman Golf Club. www.rotary.org

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Sunday, November 17th, 3 p.m.

Including works by:  
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For further information, call (916) 428-7379 • www.capitolchamberplayers.org

The Sacramento Senator Lions Club presents...  
**1st Annual Dandelion Arts and Craft Show**  
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Sacramento Elks Lodge #6 • 6446 Riverside Blvd (at Florin Rd)

We are proud to announce that 100% of our profits from this event will support various community projects. Please visit our website for information about how our organization serves the community.  
www.SacramentoSenatorLions.org

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Monday, November 11, 2013  
Opening Ceremony begins at 10:30 am  
Parade begins at 11 am  
Capitol Mall  
between 3rd and 9th Streets  
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# CALENDAR

## Soroptimist International of Sacramento North meeting

Nov. 12: 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.

## The Asian Community Center Senior Services Center presents 'High Blood Pressure and What It Can Do To You'

Nov 12: Learn what high blood pressure is and what medications are prescribed and what you should know. Free. 2-3pm. 7375 Park City Dr, Sacramento. 916-393-9026 ext 330.

## East Sac Rotary

Nov. 13: Meets at noon, Evan's Kitchen, 855 57th St. Sacramento. www.eastsacrotary.com.

## The Asian Community Center Senior Services Center presents 'Caregiving Involves Many Challenges: As a Family Caregiver'

Nov 13: Learn practical tips for increasing self-care and reducing personal stress. Free. 1-2 p.m. 7375 Park City Dr, Sacramento. 393-9026 ext 330.

## Rotary Club of Pocket/Greenhaven

Nov. 14: Guest speakers address local, regional and international topics. Visitors welcome. 7:30 a.m., every Thursday. Aviators Restaurant, 6151 Freeport Blvd. (916) 684-6854.

## Rotary Club of South Sacramento meeting

Nov. 14: Guest speakers address local, regional and international topics. Visitors welcome. Every Thursday from noon to 1 p.m. at Iron Steaks Restaurant, 2422 13th St, Sacramento, CA 95818.

## Bi-Polar Anonymous

Nov. 15: 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.

## Kiwanis Club of East Sacramento-Midtown

Nov. 15: Visitors Welcome, weekly breakfast meeting on first, second and third Fridays at 7:00 AM and Dinner meeting on fourth Thursday at 6:00 PM. Topical weekly speakers and first meal for visitors on us. Meet at The Kiwanis Family House, (at UCD Med Ctr / 50th St & Broadway) 2875 50th Street Sacramento, CA 95817. www.eastsacmidtownkiwanis.com, Meeting/Membership info: 916-761-0984, volunteers always welcome!

## Soroptimist International Sacramento presents Thad Nodine

Nov. 15: Thad Nodine, author of Touch and Go, a book about Foster Kids & Foster Parents, will be the guest speaker at the luncheon, which begins at 11:30 a.m. at Casa Garden. The entire speaker series is posted on the Club Calendar page

of the S.I.S. website at www.soroptimist-sacramento.org. A limited number of seats are available to the public on a first come, first served basis. The cost is \$15. If you want to reserve a seat for lunch and hear an upcoming speaker, contact Rosalie Gladden; rosalielgladden@comcast.net. Meetings are held Fridays, 11:30 a.m. at Casa Garden Restaurant, 2760 Sutterville Rd., Sacramento.

## River City Quilt Guild annual show

Nov. 15-17: the River City Quilt Guild annual show featuring, quilts, wearable art, vendors, demonstrations, silent auction, door prizes and a country store. Hours are Friday and Saturday, 10 a.m. - 5 p.m., Sunday 10 a.m. - 4 p.m. Scottish Rite Temple, 6151 H St. Admission: \$7 per day, Ages 12 and under free if accompanied by an adult. For more information, email quilts@rivercityquilters.org

## Tree Pruning Clinic

Nov. 16: From 10 a.m. to 11:30 a.m., learn how to help your trees develop good structure and form. A variety of pruning tools will be presented and discussed. This is an indoor class and if weather permits, there will be a walkabout on library grounds to look at tree structure and pruning. Bring photos of specific tree pruning questions. For more information, visit www.sactree.com/events. Belle Coolege Library, 5600 South Land Park Drive, Sacramento, 95822

## Sacramento Senator Lions Club's Dandelions Arts & Crafts Show

Nov. 17: Sacramento Senator Lions Club's Dandelions Arts & Crafts Show will be held 9 a.m. to 3 p.m. at the Riverside Elks Lodge, NO. 6, 6446 Riverside Blvd., Sacramento, 95831.



## Who's reading our paper?

Outside Greenhaven Bike, this cyclist got a chance to read about the enduring love of one Greenhaven couple.

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7843 River Estates Dr -- SOLD! >  
Mediterranean style 3bd 2.5ba halfplex w/tile roof & stucco ext. Kitchen w/updated granite counters/dining bar, updated appliances, gas stove! French patio door to patio & spa. More! Great locale near the river & park.

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**SOLD!**  
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< 1121 Westlynn Wy -- SOLD!  
Well cared for by original family. So Land Park Hills area 3bd 2ba 1-story. Updated comp roof, heat/air, master bath shower, windows. Kitchen w/brkfst area, formal dining, family rm w/frp/c. Nice locale near Reichmuth Park.

**SOLD!**  
Pocket / Didion Area\*

286 Rivertree Wy -- SOLD! >  
Charming 4bd or 3+den, 3ba Great Room plan w/downstair bdrm & bath w/shower! Cul-de-sac location. Within the Didion school boundaries.\* Formal dining. Large kitchen w/breakfast area & granite countertops. Flexible loft area, too!

**SOLD!**  
Pocket Area

< 5 Rasha Court -- SOLD!  
Pristine 4bd 2.5ba w/separate living & family rms, formal dining rm, brkfst area. Lrg master suite. Cul-de-sac location near the bike path, parks, more! Potential boat access. Within the Matsuyama school boundaries.\*

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

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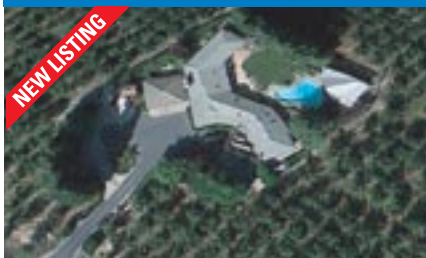


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4217 A STREET \$399,500



SINGLE FAMILY, 3 BEDROOM, 1 BATH, 1434 SF  
**SACRAMENTO**  
DAWN O'CONNER-ROWE 799-4835

2319 V STREET \$524,000



SINGLE FAMILY, 4 BEDROOM, 3 BATH, 3130 SF  
**SACRAMENTO**  
DAWN O'CONNOR-ROWE 799-4835

15096 ROBLES GRANDES DR \$689,000



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 3800 SF  
**RANCHO MURIETA**  
BRANDON SHEPARD 479-1936

10477 AMBASSADOR DR \$379,000



**NEW LISTING**  
SINGLE FAMILY, 5 BEDROOM, 4 BATH, 3209 SF  
**RANCHO CORDOVA**  
LYNN LUK LEE 628-2843

668 ATHY COURT \$312,500



**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1900 SF  
**GALT**  
JOLEEN A DUNNIGAN 717-3559

6515 SURFSIDE WAY \$397,500



**NEW LISTING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1891 SF  
**GREENHAVEN/POCKET**  
NICK A LAPLACA 764-7500

4420 CAREYBACK AVE \$279,000



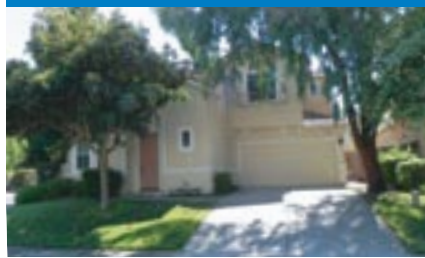
**PENDING**  
SINGLE FAMILY, 4 BEDROOM, 3 BATH, 1974 SF  
**ELK GROVE**  
LYNN LUK LEE 628-2843

5 AMARAL COURT \$257,500



**PENDING**  
SINGLE FAMILY, 3 BEDROOM, 2 BATH, 1253 SF  
**GREENHAVEN/POCKET**  
NICK A LAPLACA 764-7500

2865 BELLE FLEUR WAY \$265,000



SINGLE FAMILY, 3 BEDROOM, 3 BATH, 1450 SF  
**NATOMAS**  
JUAN JIMENEZ 947-1804

4317 SAN MARINO CT \$309,000



**NEW LISTING**  
SINGLE FAMILY, 4 BEDROOM, 2 BATH, 1946 SF  
**ELK GROVE**  
FARES ALIE 247-7198



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