

# POCKET NEWS

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## Pocket ballerina stars as Clara in Sacramento Ballet's The Nutcracker Mutt

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Sacramento's Chinatown fell to revitalization project in the 1960s

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Kennedy Women's volleyball wins Metro League

■ See page 20



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## To our readers:

The Pocket News has been in business for more than 20 years and we deeply respect the privacy of parents and students, and, as a family friendly community newspaper, we are very careful and respectful when we publish photos of children. In response to a concern from Brookfield School, we're sorry if any parent felt we infringed on their privacy or that of their children in response to the photos that ran in the last issue of the newspaper. They were simply meant to show the community how much the students enjoy the new campus and the fun and silliness the kids were experiencing after school.

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## Sacramento residents release new plant-based recipe book

A new book from Sacramento pharmacist Cathi Misquitta and doctor Rajiv Misquitta is geared to tackle heart disease and climate change. Cathi is a native of Rio Vista. The newly published book, Healthy Heart, Healthy Planet is the result of lessons learned shortly after Dr. Rajiv Misquitta suffered a heart attack at the age of 40. He and his wife Cathi set out to find ways to change their lifestyle to ensure they lived long enough to see their children grow up. Now, they want to share what they have learned with others.

Learning that roughly six hundred thousand people in the United States die annually from heart disease, Dr. Rajiv Misquitta researched the medical literature and discovered that a low-fat plant-based diet can actually reverse heart disease and help people lose weight—not to mention have a positive impact on the ecosystem.

Finding existing vegetarian and vegan cookbooks less than satisfying, Dr. Cathi Misquitta

developed her own plant-based recipes. Compiled and presented in their book is a bountiful collection of more than 100 heart-healthy, eco-friendly, everyday plant-based recipes. Inspired by cuisines from around the world, the recipes include plenty of protein-rich grains and legumes as well as seasonal variations for a balanced diet that's in tune with nature.

In addition, the book provides advice on transitioning to a vegan lifestyle, and each chapter offers an eco-friendly kitchen tip. With weekly sample menus and grocery lists, [www.HealthyHeartHealthyPlanet.com](http://www.HealthyHeartHealthyPlanet.com) delivers both inspiration and empowerment for anyone who desires to live a healthy life and ensure a healthy planet. An accompanying website and social media channels will also help guide readers in making these life-saving changes.

For more information and to schedule media interviews, please contact the authors at [healthyhearthealthyplanet1@gmail.com](mailto:healthyhearthealthyplanet1@gmail.com).



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Photos courtesy

Shown here are Matsuyama Elementary School students who were treated to a special assembly for their acts of kindness.

## Matsuyama Elementary and zPizza celebrated students' acts of kindness

On Tuesday, Nov. 18, Matsuyama Elementary and zPizza celebrated 44 students that exhibit acts of kindness on a daily basis with a pizza party from zPizza, which was televised on Good Day Sacramento. Many of these kids were thankful for the party, innocent to the fact that the party was to thank them for their incredible character. To them, being kind is

just doing the right thing and there is no expectation of acknowledgment for that. Matsuyama Elementary thanks zPizza for helping honor the students for their character. zPizza has given the school many certificates for a free slice of pizza. Teachers will be handing out these certificates throughout the year in recognition of random acts of kindness!



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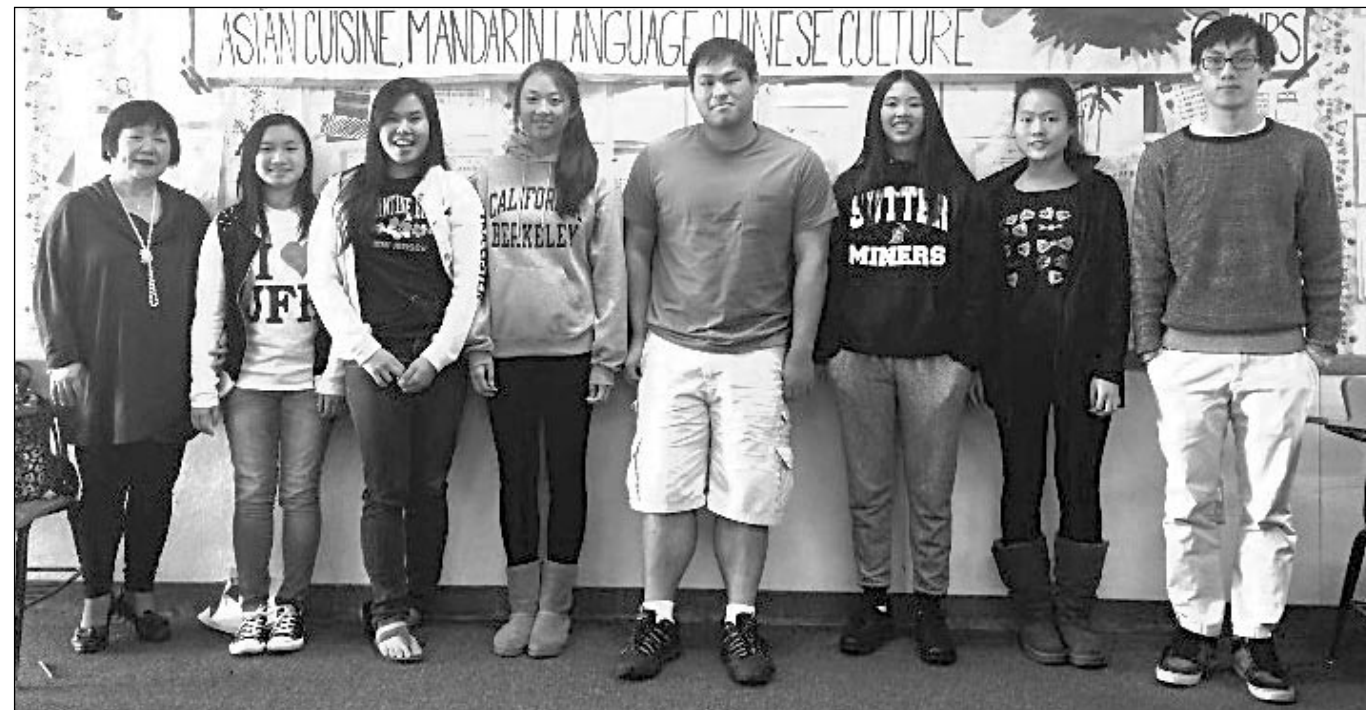
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## A Special Feast for Staff at John F. Kennedy High School

By: Katrina Jiang and Ryan Yu

Most Thanksgiving feasts feature turkey with stuffing, mashed potatoes, casseroles, and an assortment of pies. This was not the case at the annual faculty feast at Kennedy High School on the afternoon of Nov. 14. To express gratitude for the wonderful, hard-working faculty members, Kennedy's Chinese National Honor Society collaborated with the parents from the JFK ASSETS' Parenting University to throw a festive Thanksgiving feast—Asian style. Tristan Fong, Junior class president, and Kevin Chan, Supreme Leader, said, "The Chinese NHS program here at Kennedy helps Parenting University families in the community adapt to the American culture and English language while still maintaining their own."

The staff enjoyed a variety of delicious entrees including orange chicken, egg rolls, potstickers, and many more. Starbucks coffee, provided by Manager Sue from the Meadowview was also offered. Mr. Brett Williams, AP U.S. History teacher, described the feast as "extravagant." The staff was heartily served up plates or take-out boxes through the combined efforts of the JFK Chinese National Honor Society club members. Paul Suwatnodom, CNHS member '16, said during the breaks between serving hungry staff members, "This is great. I love being able to give back to all my teachers and all the office workers and support staff. It's really what Thanksgiving is all about." Thanks to the Chinese parents from the Parenting University who provided all the food, and the CNHS members who helped coordinate, this Thanksgiving feast was a success.



JFK Chinese NHS Cabinet members from left to right: Ms. Hatamiya, Marilyn, Katherine, Katrina, Ryan, Elyse, Annie and Quentin. (Not pictured: Kevin Chan)



John F. Kennedy teachers enjoying the food.



Chinese NHS members serve food buffet-style for staff.

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# What I'm thankful for this Thanksgiving, Greenhaven/Pocket edition



By **JEFF DOMINGUEZ**  
jeff@valcomnews.com

I think it's safe to say that I've poured my heart out plenty of times in this column. Maybe too many times. I didn't want my Thanksgiving edition to be too personal and sappy—I mean, obviously, I'm thankful for my wife and kids, but I always write about that—so I thought I would confine my dis-

ussion of the things for which I'm most thankful to items with which most of us are familiar, items that are strictly related to life here in the Pocket/Greenhaven community.

For example, I'm thankful for the John F. Kennedy High School Marching Band. My wife used to joke that the marching band at Kennedy practices more than the football team. But her joke might just be true. We live close enough to the school that, most every clear-weather evening, if we open the windows, we can hear faint echoes of the wonderful music they make. There is some sort of electronic metronome

that the band uses to help keep time. It makes a steady "ping-ping-ping" sound that's very distinctive and uniquely audible, I suppose, so that it can be heard above the instruments. When we hear that ping-ping sound, we slide open the patio doors. We know we're in for a concert.

I'm also thankful for the new Z Pizza. Actually, I've never been there, but I hear it's a very nice place. My son, who has somehow become a beer connoisseur since his college graduation (as opposed to the chugger his old man was during his college days) says they have great pizza and lots of tasty beers, along with a unique system for serving it. He and his friends love to meet there to watch sporting events and just be together. I'm thankful for Ruben's circle of friends, but I'm also thankful that they are nice, upscale, place to meet that doesn't require a trip downtown.

I'm thankful for the Taco Bell in the shopping center at Florin and Riverside, particularly for their "Happy Hour." After picking up Gabby from school, I can usually be found making a "run for the border" to pick up a freeze for the bargain price of \$1 and,

sometimes, a snack to accompany it. Before gabby started school, I used to do the same with Ruben. We'd sit at the bar in Rainbow's End and have a milkshake and a piece of cake or pie and just chat. It's just a little thing we do, but I've learned that the little, ordinary, things make for the best memories. Incidentally, if you ever stop at Taco Bell for a happy hour freeze, I recommend the "Baja Blast."

The strangest thing happens to me most nights at around 11 p.m. I somehow get a craving for a particular snack, or I somehow remember this or that thing I forgot to pick up for use the next day. When this happens, I usually talk Ruben into joining me for a late-night dash over to the Walgreens on the corner, across from the Shell station. They seem to have everything I tend to need, from flash drives to fingernail clippers, posterboard to pistachios, Band-aids to batteries. I'm thankful to have this kind of store nearby and for the cashiers who somehow manage to remain cheery at an hour when I know they'd rather be home fast asleep.

Here's a quick(er) list of additional Greenhaven/Pocket-

related items that have earned my gratitude at Thanksgiving:

Sunsets over the river. I was raised on this river. In fact, I could throw a rock from my bedroom window directly into the Sacramento River. I'm thankful for the enduring beauty of the sunsets here, and for the many warm memories of my youth that they always conjure.

I'm thankful for the Machaca Dinner at Rosalinda's. When I find myself missing my grandma's cooking, I can always wander in and order this meal. Of course, it's not exactly like Grandma used to make, but it's darn close.

I'm also thankful for all the beautiful parkways and bike and walking paths that weave around the exact spot where I live. Unfortunately, I don't use them nearly enough, and I've got to resolve to do something about that. New Year's Day is coming... maybe then!

I'm thankful for Gary at Ace Hardware. For years, Don Weathers was my go-to guy there, but since Don retired, I've come to enjoy chatting with Gary. He probably doesn't even know my name, but he's the most helpful, cheerful,

See Pocket Watch, page 7

## Pocket Watch:

Continued from page 6

hardware clerk you could ask for. And he also knows a thing or two about college sports.

Once we decided that the logistical challenge involved with getting to the only church where we felt truly comfortable (in Rancho Cordova) was preventing us from attending consistently, Lisa and I began a long and exhaustive search to find a church here that we could call home. I am absolutely positive that there are many, many, wonderful churches nearby, but finding the right fit is such a highly subjective thing. Like Goldilocks, we found just the right spot for our family at Faith Presbyterian. I grew up in a fire and brimstone, holy rolling, family. My present preferences are a bit more dialed back. Thoughtful, intelligent, understated, and funny, Pastor Jeff Chapman simply strikes the right chord with me. It's so important for a family to have a spiritual base, and I'm thankful that we were able to find one so close and so apropos.

I'm thankful for everyone who has worked so diligently to keep the tradition of the Pocket 4th of July Parade running. In 1995, I got the idea to hold a parade here so that I wouldn't have to drag my son down to the Delta every year, where they do the 4th up right. Together with some dear friends and neighbors, we kept it going until a variety of factors compelled me to step away. Linda Pohl and another great group of volunteers have managed to carry the torch since then, and no one knows as well as I how much work is involved in keeping this labor of love going.

Realizing that I have failed miserably at making my list quicker, there are a few other things I just have to mention, so I'll do so with a level of brevity that most people would think impossible for me.

I'm thankful for: the fertile Earth literally in our backyard; Pocket Next Door, a website that allows me to be Gladys Kravitz without so much as having to peek through the living room window curtain; the safety of our neighborhood; the firefighter from Station 11 who hugged me when my grandfather died—thanks, I needed that; my dear buddy Wayne Novoa, a local treasure whom I met through youth sports here in the Pocket. Anyone who knows Wayne knows that there is no one in the world like him. He has been a source of endless fun and positivity for me, personally, and his sense of community is unparalleled; the Freeport Water Tower. I just like it. It's such a unique landmark, and when I see it, I know that I'm home; the Delta breeze in the summertime. E.E. Cummings once wrote a poem about rain "bouncing off of the burned Earth" and "wandering deeply through the God-thanking ground." That's how my face feels on a hot summer day when the Delta breeze finally hits it in the evening.

There's no feeling quite like that, and no sentiment quite as satisfying as gratitude. My fondest hope for all my friends and neighbors is that they, too, have an exhaustive list for which to be thankful this holiday season.

The Pocket Watch appears in every issue of the Pocket News. Jeff Dominguez can be reached at jeff@valcomnews.com



Photo by Monica Stark

Shown here are students from the John F. Kennedy marching band taken during the homecoming parade, which was held on Friday, Oct. 17. The sounds of the band practicing in the evenings often provide neighbors with free concert music.

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# Run to Feed the Hungry turns 21 years old

Just one week remains until the gun goes off at the 21st annual Run to Feed the Hungry. Celebrate one of Sacramento's greatest traditions by participating in either the 10K run (8:15 a.m. start) or 5K run/walk (9 a.m. start) on Thanksgiving Day.

A beautiful course though East Sacramento is ready for participants of all ages and abilities. A turnout of 28,000 participants is expected on Nov. 27. The race launches from the J Street entrance of Sac State and the post-race celebration occurs at Scottish Rite Masonic Center on H Street. Register today at [www.runtofeedthehungry.com](http://www.runtofeedthehungry.com).

Run to Feed the Hungry is Sacramento Food Bank & Family Services' (SFBFS) largest community event and the largest Thanksgiving Day fun run in the United States.

## Registration

- Early bird registration is now through Nov. 21 and can be filled out online at [www.runtofeedthehungry.com](http://www.runtofeedthehungry.com). Cost is \$35 per person, \$20 for children 15 and younger. Timing chips \$5 per person
- Regular registration is Nov. 21 through Nov. 26 (night before), which can be completed online at [www.runtofeedthehungry.com](http://www.runtofeedthehungry.com) or at REI in Sacramento. Cost is \$40 per person, \$20 for children 15 and under. Timing chips are \$5 per person.
- Day-of registration – Nov. 27 can only be completed in-person at the Sac State entrance off J Street between 7-9 a.m. The cost is \$45 per person, \$20 for children 15 and under. No timing chips are available Thanksgiving morning.

Participants who donate \$50 or more at the time of registration will receive a commemorative Run to Feed the Hungry water bottle.

**Out of town on Turkey Day?** In charge of preparing the holiday meal? Register as a virtual runner.

Participants still receive a bib and long-sleeved t-shirt, but can skip the running part.

Packet pick-up: Packet pick up begins on Saturday, Nov. 22 at REI in Sacramento (near Cal Expo). Participants may pick up their Run to Feed the Hungry shirt, bib number and timing chip, if applicable:

- Saturday, Nov. 22 from 10 a.m. - 6 p.m.
- Sunday, Nov. 23 from 11 a.m. - 6 p.m.
- Monday, Nov. 24 from 10 a.m. - 9 p.m.
- Tuesday, Nov. 25 from 10 a.m. - 9 p.m.
- Wednesday, Nov. 26 from 10 a.m. - 6 p.m.

## Tips for participants

• Register early. A shirt in your requested size is only guaranteed if you register by Nov. 21 and registration fees increase closer to the event.

• New start time for the 10K this year – 8:15 a.m.!

• Free parking is available on the Sac State campus. Arrive early to avoid running to the start line. To help with traffic flow, police will open west bound lanes on J Street after the 5K start. See map.

• Leave valuables and pets at home.

• Join us for food, water and live music at the post-race celebration immediately after the event.

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# PUZZLE PLUS

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### The Crossword by Margie E. Burke

1	2	3	4	5	6	7	8	9	10	11	12
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61					62	63					
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67					68				69		

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**ACROSS**

- Angry outburst
- Walk heavily
- Medical discovery
- Full of zeal
- Get wind of
- October stone
- Influence unfairly
- Pull apart
- At the ready
- Freeload
- Air bag?
- In bits and pieces
- Cigarette brand
- Tomorrow, in Tijuana
- Take to the soapbox
- Swampy ground
- Ocean liner?
- Excavated
- New hire, often
- Slimy gunk
- In the thick of
- Conclusion
- On the lam
- Player list
- Boring tool
- Writer's check
- Right on the map?
- Slip-on shoe
- Sentimental place
- Coated with gold
- Lack of fitness
- Medicinal herb
- Finger jab
- Poultry buy
- Minstrel's strings
- Minnesota player
- Fabric quantity
- Witty bit
- Miles away
- Prime-time hour
- One of three in a delivery room
- Smoker's excess
- Heavy metal
- Stable staple
- Equestrian event
- Beers served with lime
- Flip over
- Cowboys' home
- Church dignitary
- Uniform decoration
- Coffee vessel
- Witty bit
- Any time now
- Musical finale
- Lily variety
- Biblical trio
- Go along with
- Keyed up
- Minuscule margin
- Take-charge type
- Official edict
- Poker stake
- Waistband stuff
- Military inductee
- Overdo one's welcome
- Wee hour
- Look into, as a cold case
- Like pond scum
- Crocheted item
- Bravery in battle
- Away from the bow
- Rice wine
- Insect stage
- Sign of spoilage
- Look after
- Women's org.

See Solution, page 24

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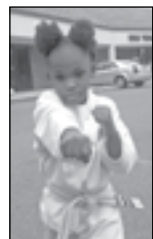
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# What are you thankful for?

Children at Merryhill School and iYa Taekwondo were asked what they were thankful for. They have some pretty sweet things to say.



Suraya Sparks, age 6: God and family. and what you like best about Thanksgiving: The juicy turkey!

Joseph Meraz, age 10 years old: I am thankful for the life I have.



Jenna Missio, age 5: What I'm thankful for:  
 1. My family because they do nice things for me.  
 2. My dogs that protect me and let me love on them.  
 3. School because I learn new things  
 4. God who watches over us. What I like best about Thanksgiving: Feasting with my awesome family

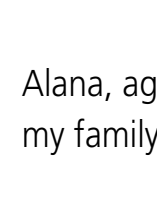
Julian Gounder, age 5: I am thankful for my family and my teachers. I like spending time with my friends and family for Thanksgiving.



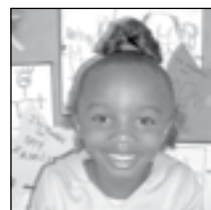
Sierra, age 4: I am thankful for my family and flowers.



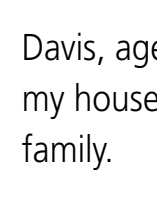
Aaron, age 5: I am thankful for my family and my cousins.



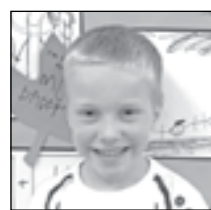
Alana, age 4: I am thankful for my family and shooting stars



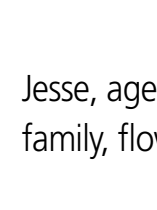
Charlize, age 4: I am thankful for my mom and dad because they are so cuddly.



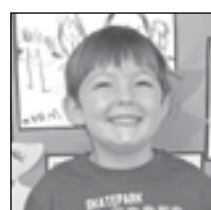
Davis, age 4: I am thankful for my house, my dog, and my family.



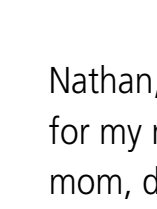
Desmond, age 4: I am thankful for my bunkbed, Ms. Susan and Ms. Kathy



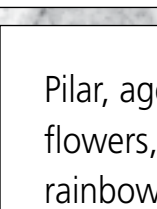
Jesse, age 4: I am thankful for my family, flowers, grass and the sun.



Kaitlyn, age 4: I am thankful for my mommy, my daddy and my grandma.



Nathan, age 4: I am thankful for my new house and my mom, dad and me.



Pilar, age 4: I am thankful for flowers, family, my car and rainbows.



Push-ups to Feed the Hungry:

## Sacramentan attempts to beat the world record for push-ups at the Run to Feed the Hungry

Sacramentan Maria Tobar is trying to break two world records – one for the most amount of push ups over 24 hours and one for the most in an hour, which she plans on starting 23 hours into the challenge. Currently, Eva Clarke from Australia holds the record, but Maria wants the record to be held here in the United States. The marathon of push-ups Maria is soon to undergo will take place just before the start of the annual Run to Feed the Hungry.

"We're going to call it 'Push Ups to Feed the Hungry,'" Maria said in a brief interview with the East Sacramento News. "Right now we are training. It's

going to be a very mindful challenge, but I want to give it a try," she said.

And if that wasn't enough, Maria plans on running the 10-K race after 24 hours of push-ups.

Working out with Savage Workouts, an independent trainer located at 1500 7th St., Maria said 16 people she trains with regularly are signed up for the race.

The current record for most push ups in an hour is 1,206 and Maria's best currently stands at 878 in an hour. Meanwhile, 9,241 is record for most amount of push ups over 24 hours.

She said a year and nine months ago, she couldn't do 20 push ups, but now

she is hitting 900. "I always liked to do exercises and all that, but the reason we are doing this is to break a record."

As her trainer Chris Savage told Valley Community Newspapers, she just kept pushing and soon got over 550 without a break.

"We found out the world record was measured in one-hour increments and we attempted (to break) the world record (earlier this year). She performed 878. So we measured her 100 push-up time since she needed more speed. Now we have increased the workload a bit and she gets 614 in a half hour, just ahead of world record pace. We have her do total body training – so dead lifts, pull ups, burpies, sprints, etc. She is an Olympic level athlete and this takes awhile to build. In our personal trainer school, we focus on one month of stability, one month of muscle building, one month of max strength and then power workouts.

In addition, Maria had many corrective issues at the beginning (tight

hip flexors, tight calves, asymmetrical weight shift). Maria spent her first year of training just realigning her body. She averaged eight hours of intense training per week since January 2013. After spending the first year realigning her body, 2014 has been all about performance enhancement. "Since she no longer had corrective issues, all of her workouts make her better. Sometimes people don't spend the time to correct their posture and they end up injured or not being able to improve. Maria was a very receptive student and always did what she was told. Her diet is perfect and she had a positive mental attitude."

Since the team is now in "power mode training," a typical workout after 15 minutes of stretching, is as follows:

- Sprint one mile (at 7 minute pace)
- Do 100 pushups
- 50 dead lifts (100 pounds)
- 50 body weight pull ups

See Push-ups, page 16

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# Pocket area pizza to hold free tasting event on Saturday

Zpizza (7600 Greenhaven Dr.) will be holding a free pizza sampling event on Saturday, Nov. 22 from 1-3 p.m. as part of zpizza's Pop-Up City Tour. Nine local zpizza eateries will host a free pizza tasting event open to the community and will feature new menu varieties and a chance to win fun prizes such as coupons, \$10 gift certificates and more!

Zpizza is known for its premium and fresh ingredients and is rounding out its Pop-Up City Tour right where zpizza was founded in 1986: California! The brand kicked-off its national Pop-Up City Tour, which is a series of free pizza sampling events, so fans can preview and experience its new and popular menu items like the Sausage, Wild Mushroom and Squash Pizza, Salami and Roasted Tomato Pizza, Napoli Pizza and more.

Zpizza started in Southern California and now has locations nationwide and internationally. These fast casual restaurants serve artisan brick oven-baked pizzas, rustica flatbreads, signature salads, and more made from premium, non-GMO and organic ingredients, including fresh produce, award-winning grass-fed skim mozzarella, certified organic tomato sauce and 100 percent all-natural non-GMO dough.



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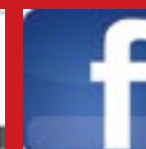
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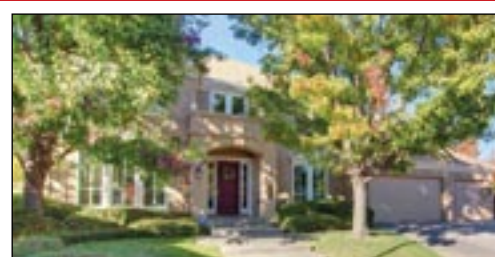
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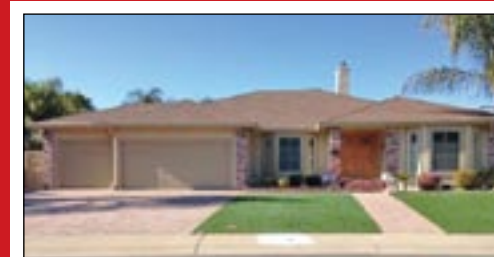
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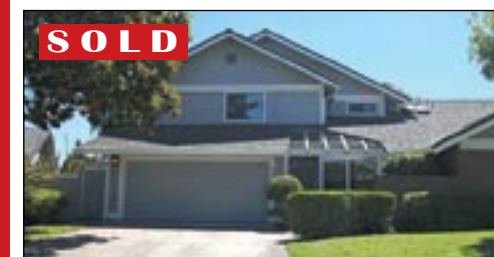
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# Push-ups:

Continued from page 11

• Repeat three times in 45 minutes  
Describing the dedication to complete the exercises, Chris said, "These workouts are extremely taxing, both mentally and physically. You always know when Maria is working hard because she starts giggling."

And the results cannot be underestimated. Maria is now in the best shape of her life at 40 years old. She lost 40 pounds. She is the world record holder for consecutive pushups without leaving plank position. She can complete 14 dead hang pull ups.

Whoever wants to join Maria over the 24-hour marathon can, she said. "People will be taking naps but I will be doing push ups. We have been training a lot, getting upper body strength, working our shoulders and core. It's a challenge but I think I can get it accomplished. Also we are doing it for a charity."

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# Matías Bombal's Hollywood

## The Hunger Games: Mockingjay Part 1

The MPAA has given this a PG-13 rating

Clever Katniss continues to captivate! From Lionsgate, the Hunger Games screen saga continues with the usual suspects: Ms. Jennifer Lawrence, of course, resumes her role as Katniss Everdeen; Liam Hemsworth, Donald Sutherland, Woody Harrelson, Julianne Moore, and Stanley Tucci are back again.

The late Philip Seymour Hoffman (Plutarch Heavensbee) photographed this screen chapter of the story with all

of the previous movies at the same time. Seeing him now is particularly noticeable after his unfortunate passing and is an odd feeling.

This chapter, almost like classic serial chapters of the golden age of the movies with the necessary cliffhanger ending, follows Katniss' destruction of the games. She meets the President of District 13 (Julianne Moore) who convinces her to become the poster girl for the rebel cause against the Capitol. Katniss steps up to the challenge and ends up leading the rebels against an unknown future. She still holds a flame

for Peeta Mellark (played by Josh Hutcherson, recapping his role), who is a prisoner of the Capitol.

In one scene, Katniss goes to a hospital in the war zone. The shots were very reminiscent of Scarlett O'Hara visiting the wounded soldiers in "Gone with the Wind". I found this to be an entertaining movie, and less loud and fast than the previous installments, and that's good. Donald Sutherland savors his role and it's great to see him on screen. Jeffrey Wright (Boardwalk Empire) returns and is good in this as Beetee. Ms. Lawrence is always fun to watch and will not disappoint in this offering of Hunger Games adventure.

## "Interstellar"

The MPAA has rated this PG-13 Paramount Pictures and Warner Bros. bring us "Interstellar," an epic science fiction event movie that rivals the classic era of showmanship's great road shows in its IMAX and 70mm film presentations in the United States.

Under the direction of Christopher Nolan, "Interstellar" stars Matthew McConaughey. In the not too distant

future, McConaughey, a farmer with two kids, once an engineer, pilot, and astronaut, uses technology to bring down a drone flying over his farm.

The information he finds will lead him to set his course for adventure. This future world is plagued by great climate change devastated by famine and drought. He's recruited by NASA into action to find hope for mankind's future in the stars.

Michael Caine, a key NASA scientist, offers the discovery of a rip in the space/time continuum as a chance to look for life on a planet in another solar system.

This is indeed a most handsome production, which even at a lengthy running time of 169 minutes without intermission, offers good performances from Jessica Chastain, Matt Damon, Anne Hathaway, John Lithgow, and one of my favorite young actors of today, Casey Affleck. In small scenes, you'll see Topher Grace and Ellen Burstyn.

The director's choice for IMAX film shots of incredible size give you the impression of the vastness of space much better than you saw in "Gravity", and in fact I liked this so much more than that movie for many reasons.

The best part: I felt like I was a kid again with the wonder of adventurous space travel, pushing the limits of science and imagination. The



"2001: A Space Odyssey" influence may be felt here, as you get a sense of the unknown and mysterious with a longing to know more. It's a fun ride.

One of the notable aspects of this film release is the very fact that it is on film, and will be projected that way in IMAX theaters across the nation on IMAX 15 perf/70mm prints.

I found that "Interstellar's" musical score by Hans Zimmer offers a tip of the hat to the "2001: A Space Odyssey" score while remaining different than the standard action scores of today with that nasty boom crash sound that I find so detestable. This is a great way to spend time at the movies, it made science-fiction fun for me again. (Note for our readers: Matías' online review for this movie shows the inside of the Esquire IMAX theater and just how the film print is assembled and shown for these special showings on actual IMAX film: <http://youtu.be/lbUHfMYyZP4>)

# Sacramento's Chinatown fell to revitalization project in the 1960s

By LANCE ARMSTRONG  
Lance@valcomnews.com

Editor's Note: This is part six in a series regarding historic Asian districts of Sacramento.

Chinese history in Sacramento is a story of gradual growth, dedicated laborers, family values and overcoming adversities. And the perseverance of earlier generations of the city's Chinese led to their integration and increased acceptance into the mainstream society.

As mentioned in the latter portion of the last article of this series, Lincoln School at 4th and Q streets provided a formal education for children in Chinatown and other places in that vicinity.

Some local Chinese children attended McKinley School at 705 G St. and William Land Elementary School at 1116 U St.

These students continued their education at the old Sutter Junior High School and Sacramento High School. And some Chinese students attended C.K. McClatchy High School, which opened in 1937.

In addition to becoming students at the general public schools, Chinese children were also educated in Chinese language schools on weekday evenings and on Saturdays.

Besides Chinese laundries, which were also mentioned in the last article of this series, other common businesses in the early days of Sacramento's Chinatown were restaurants and grocery stores.

Many longtime Sacramentans recall the now defunct Hong King Lum restaurant, which was located at 304 I St. in its early years and relocated to 415 J St. in 1969.

A 1934 advertisement for the restaurant reads: "Hong King Lum Café, dine and dance, no cover charge, we serve a real Chinese full-course dinner, 304 Eye (Street), cor. 3rd (Street), MAIN 1841."

Among the Chinese restaurants in Sacramento during the 19th century were eateries on I Street, between 2nd and 3rd streets; 104 I St., between 4th and 5th streets; on the south side of I Street, between 5th and 6th streets; in the brick building on the north side of I Street, between 6th and 7th streets; on J Street, near 12th Street; on the east side of 3rd Street, between I and J streets; and on 6th Street, between J and K streets.

Certainly, the opening of Chinese grocery stores in Chinatown proved to

be the beginnings of much greater operations, as the existence of those small stores led to the opening of Chinese-owned, post-World War II supermarkets such as Bel Air, Farmers Market, Jumbo Market and Giant Foods.

Today, only one of those supermarkets' histories continues, as locals can still shop at locations of Bel Air, which was acquired by Raley's from the Wong family in 1992.

The roots of the store began in the 1930s, when Chinese immigrant Gim Wong, who came to America in 1916 and eventually helped his family establish Bel Air, began selling produce that he grew on his 5-acre farm in Penryn, about 30 miles east of Sacramento. Assisting him with his business was his wife, Lee Shee Wong, and their children.

After establishing his produce-selling business on his farm, Gim eventually opened his own store in Penryn. And after moving to Sacramento in the late 1940s, he founded a grocery store at 28th and P streets.

The first Bel Air Market opened at 6231 Fruitridge Road in 1955.

Another very successful Chinese owned business founded in Sacramento is the General Produce Co., which began its operations in 1933 and continues its existence in the capital city today. The business was founded by Chan Tai Oy, who immigrated to Sacramento from Canton, China in the early 1900s.

A significant moment in local Chinese history occurred in the 1950s, when the city's Chinese were granted the legal right to purchase homes in Land Park.

In 1959, the Confucius Temple was constructed at the southeast corner of 4th and I streets.

The three-story building, which was a \$500,000 project of the Chinese Benevolent Association, was constructed as a center for worship, social activities and education, and includes classrooms, a gymnasium and other features.

During 1960s, a major urban redevelopment project called for the demolition of old Chinese buildings on I Street, marking an end to the city's historic Chinatown.

That project was followed by the Sacramento Redevelopment Agency's establishment of Chinatown Mall, which is located between 3rd, 5th, I and J streets.

The mall became home to such places as some Chinese associations, a bank and a hotel.

Additionally, the Sun Yat-sen Memorial Hall at 415 Chinatown Mall



Photo by Lance Armstrong  
A statue of Dr. Sun Yat-sen stands in front of the Sun Yat-sen Memorial Hall in this 2007 photograph.



Photo by Lance Armstrong  
An entrance to the Chinatown Mall is shown in this 2007 photograph. The mall was created in the 1960s as an urban redevelopment project.

was opened on June 6, 1971. A statue in Sun's likeness stands in front of the structure.

Sun (1866-1925), who once visited Sacramento, was known for leading the Chinese revolution to overthrow the Manchu monarchy in 1911.

The Wong Center senior citizen, low income apartment building opened in Chinatown Mall in 1973.

Although Sacramento's historic Chinatown is a thing of the past, the mall is both a reminder of that past and a treasure for present and future generations.

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Photos by Stephen Crowley

Shown here is a collection of photographs taken from senior night at John F. Kennedy High School Women's Volleyball Team, which included a festive atmosphere prior to the game against Burbank High School on Nov. 3

# Go Cougars!

## Kennedy Women's Volleyball wins Metro League

Congratulations to the John F. Kennedy High School Women's Volleyball team for winning the Metro League this year. Go Cougars!

What follows is Coach Aaron Pollock's reflection of the season written for the Pocket News. Also below are the senior speeches that were given at senior night, which included a festive introduction to the winning game of the Metro League Championship.

### From Coach Pollock:

After winning our first Metro League Championship in School history last year I watched seven of my seniors that all made significant contributions to our success that season walk across the stage at graduation, and I knew we were going to be a young team this year. Last year we were a team from the beginning of the season to the end. All of our personalities clicked from the beginning and we just had great natural chemistry that was glued together by the great

leadership of those graduating seniors who were battle tested from the previous season. Winning our first Metro League Championship last year was definitely not easy, but this year as with every other year was going to bring a whole new set of challenges.

I knew I had great talent returning in senior setter Kassy Rauh, senior outside hitter Hailey Bearor, and junior setter Jamie Seaton who all contributed significantly to that first championship. I knew that returning senior, defensive specialists Kat Yu and Celina Ortega were going to have more opportunities to contribute. I also had some other really talented junior players in middle hitters Kenna Wohlford and Hjordis Grogan, along with outside hitters Maya Kitt and Karel Cobian coming up from junior varsity. JV Coaches Becky Rauh and Jeff Guro had really prepared these girls for varsity level volleyball in the fall and most of them had continued to grow and develop their skill as they



played together on our Cougar Pride Volleyball Club team last spring.

Ultimately our success this season came because everyone really committed themselves to working hard to learn how to communicate better, and to make the sacrifices necessary to be part of a team.

At the beginning of the season I had a bunch of really talented individual volleyball players but by the end of the season I was so proud of the team they became. They began the season

loving to play the game of volleyball but they finished the season loving to play for each other.

We really saved the best for last as we peaked on our Senior Night versus Burbank on Nov. 3 and played our best match of the season as we clinched our second consecutive Metro League Championship Title. That intense level of volleyball carried over into the CIF Sac-Joaquin Section

See JFK Volleyball, page 21

## JFK Volleyball:

Continued from page 20

Playoffs as we put up an amazing fight versus No. 3 seeded Oakridge. We eventually lost the match in three sets (25-20, 25-19, 25-11), but it was not for a lack of heart, effort or intensity.

On that night not a single ball touched our side of the court without first being touched by a Kennedy player, and every single player walked off that court, looked each of their teammates in the eye and honestly said that they gave their absolute best effort on every single ball.

What more could a coach ask for? I could not be more proud of how well this team executed our game plan and performed as a team on that night. With a bus load of our current freshmen and JV players in attendance at that match I'm sure they got a little taste of what it means to be a part of the Women's Varsity Volleyball Team at Kennedy High School, and with some very talented freshmen and sophomores coming up through the ranks and many local middle school girls starting to play on school and club teams, I am very excited for the future Kennedy Volleyball players who are ready to play their hearts out.

### Meet the seniors

#### #17 – Mary Koloamatangi

Mary is the fourth Koloamatangi to have gone through Kennedy's Volleyball Program. This is her fifth year playing volleyball and her second year on varsity. She would love to thank her parents, family, and friends for their time and support these past four years. She also thanks Coach Pollock, Coach Becky, and Coach Jeff for their time and efforts in coaching our team. She enjoyed making new friends as well as playing with Kat, Celina, Hailey and Kassy. However, she will miss her usual schedule of coming to practice and winning games. Lastly, Mary is very proud of her seniors and team for coming a long way in their winning Metro League Championship twice in a row. She has high hopes for next year's team and wishes them good luck.

#### #11 – Hailey Bearor

Hailey has been playing volleyball throughout her entire high school career. When she first started playing she thought she wouldn't like it but with the support of her coaches and family she found she loved it. Her favorite volleyball memory would be last year when varsity took the Metro League Championship Title for the first time in Kennedy's history. Hailey said she was proud to be a part of the team who put the first Women's Volleyball banner up in the Kennedy Gym. She thanks all of her coaches



and family for all of the support on and off the court.

#### #5 – Kassy Rauh

Kassy has enjoyed her four years playing for JFK volleyball. During both years on the varsity team, Kassy was able to help her team accomplish getting a banner two years in a row. One of her fondest memories is of last year when she and her team filled the void. She will always remember the marvelous traditions her and her team took part of and in some cases, created. She is escorted by her beautiful mother Becky, her stunningly handsome father Keith Rauh, and her wonderfully supportive grandmother Rarie. She would like to thank coach Pollock and those who support the John F. Kennedy volleyball organization. She hopes to play volleyball in the college of choice of which has yet to be decided.

#### #20 – Kat Yu

Kat thanks them for being the most supportive. If it wasn't for them, she would not be here today. Kat has played volleyball with Kennedy for four years and is very grateful for the amazing coaches she has had, and the life-long friends she has made along the way. She fought through a tough journey to get where she is now. She still remembers the days of her freshman year, when the passing of the ball brought her great pain and bruises. But after four years, she now takes pride in her bruises because they represent her hard work and dedication of fighting through the pain. After every practice and game, Kat would

stand back up and leave the gym with a new bruise and burn, and be perfectly fine the next day. The scars that remains on her today allow her to look back and tell herself, 'it was worth it.'

She is very thankful for this program because volleyball has taught her one very important lesson in life: The value of time. In volleyball, it's that split second that determines the fate of the ball. It's that second wasted, looking up at the ball that changes the whole game. She has seen, experienced, adjusted and learned that every second in life counts, and cannot be wasted.

Kat is very thankful for her amazing teammates. In her eyes, she can turn to her team and honestly see that they will sacrifice themselves to pick up a ball for the team, and she trusts that they know she will do the same.

Kat would like to thank Coach Pollock for his words of wisdom. Coach has taught her teamwork. Whether or not they win, they will always walk out as a team. Winning doesn't make them perfect, what makes them perfect is that they are able to look into each other's eyes and see that they gave it their all. Coach brought us to perfection.

Kat would like to thank her teammates for being the best teammates in the world, her coach for being the best coach in the world, her friends, for always being there for her and being the best in the world, and especially her family, for being the best family in the world.

#### #8 – Celina Ortega

Celina thanks her parents and grandparents for all the love and support they've given her and would like

to recognize them for everything they've done.

Celina has played Kennedy volleyball for all four years and is going on her third year playing for Kennedy's club team, Cougar Pride.

She says that since freshman year, playing volleyball has done nothing but help her grow and create lasting memories. She'd like to thank her best friend Madisen for trying out and playing on the team freshman year because if it weren't for her, she wouldn't have joined.

And if it weren't for all her coaches teaching and guiding her along the way, she wouldn't be the player she is today. So she'd like to thank, most importantly, Coach Becky and Pollock for always believing in and supporting her throughout the thick and thin. But Kennedy volleyball couldn't have made it this far without our parents and fans cheering us on along the way. Yes, Thank you Jean! Thank you Wohlfords!

What makes volleyball so meaningful to Celina are the relationships and memories she's made with her teams. The teammates she plays with now have not only made her last year the most gratifying and joyous but they have become people she recognizes as family. Celina says, "I can't tell you how many times we've been on the floor dying of laughter. I'd approximate it to be... every day we're together." She can't fathom the words to express how much she'll miss playing with her teammates, but wants to wish them the best of luck for wherever life may take them.

See additional photos page 27

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# CALENDAR

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

## ONGOING

**"Stretch, Strengthen, and Thrive" at ACC:** This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility, 5-6 p.m. Mondays and Wednesdays. \$5 per class if pre-paid; drop-in fee is \$6. ACC Senior Services Center, 7375 Park City Dr., 393-9026 x330, www.accsv.org.

## Easy Tai Chi at ACC

Learn 24-form Yang Style Tai Chi at a slower pace. Experience the gentle flow and treat your whole body to a gentle and relaxing workout. \$16 per month or \$5 Drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

## Senior Fitness at St. Anthony's

Senior Fitness meets Monday, Wednesday and Friday at 9:45 a.m. at St. Anthony's Memorial Hall at 660 Florin Road. Cost is \$2 per class. Do not have to belong to the church. Class incorporates dyna bands, small hand weights, balls, and rub-

ber bands plus cardio. Chair and standing exercises for flexibility, strength and balance accompanied by music of "the good of days." Participants do not have to get down on the floor! Paula has a Masters in Exercise Physiology and has been in the fitness business over 25 years. Equipment supplied if needed.

## Senior Yoga at ACC

This class is designed to maintain joint mobility, muscle strength and flexibility. A yoga mat is required. \$25 per month or \$6 drop-in class. For schedule call 393-9026, ext. 330, www.accsv.org.

## Taiko for fun at ACC

Learn the history and basics of Taiko which refer to the various Japanese drums. Wear comfortable clothing. \$16 per month or \$5 drop-in class. For schedule call 393-9026, ext 330, www.accsv.org. ACC is located at 7375 Park City Dr.

## Free Young Adult Bereavement Counseling:

The UC Davis Hospice Program and UC Davis Children's Hospital Bereavement Program will offer an eight-week Young Adult Bereavement Art Group for individuals 17 to 24 who are coping with

the recent loss of a loved one. The sessions will be held on eight consecutive Monday evenings from Sept. 29 through Nov. 17. Each session will be held from 6 p.m. to 7:30 p.m. at the UC Davis Home Care Services Building, 3630 Business Dr., Suite F.

## Stretch, Strengthen, and Thrive!

This class is designed for the needs and abilities of active older adults, who are interested in gaining or maintaining mobility. The class consists of a mix of full body stretches, body weight exercises, strength training, and active stretching. 5:00-6:00 p.m. Mondays and Wednesdays. \$5 per class if pre-paid. Pre-registration and prepayment is preferred, but drop-ins are welcome at a rate of \$6 per class. Held at ACC Senior Services Center, 7375 Park City Dr., Sacramento, 393-9026 x330, www.accsv.org.

## Sacramento Zoo needs wheelchairs

The Sacramento Zoo is looking for a few "gently used" wheelchairs, 808-5888. Your wheelchair can be a tax deductible donation, and four zoo tickets will be offered as a thank you.

## Youth Connections Unlimited announces fundraising campaign

Did you know that one Sacramento organization can reduce recidivism for crimes committed by youths by up to 70 percent? Youth Connections Unlimited has been providing mentoring and other services to incarcerated and probationary youth for over ten years that gives youth tools for staying outside the juvenile justice system. YCU works with the Sacramento County Probation Department with a focus on re-entry mentoring and preventative programming with a commitment to the principles of Restorative Justice. The support youth get from YCU and its volunteers gives hope to Sacramento County youth, make communities safer and save taxpayers money. For more information, call David Taft at 835-1147 or visit www.sacycu.com

## Brain Gymnasium

Exercise your mind and have some fun at this on-going Brain Gymnasium class! Inviting all seniors to Eskaton Monroe Lodge, 3225 Freeport Boulevard, 9:20 a.m. Thursdays. \$6 per class. Call 441-1015 for more information.

## Women with Good Spirits monthly meeting

Each second Tuesday of the month at Revolution Wines at 6:30 p.m., Women With Good Spirits invites a community non-profit to present on its mission work. The presenter will start their presentation promptly at 7:15 p.m. and will last 15-20 minutes with an open question and answer forum after. RSVP is appreciated as well as a \$5+ donation per person that will go directly to the non-profit presenting that month. 2831 S St. Visit www.womenwithgoodspirits.com or find the group on Facebook.

## The Community Housing and Services Coalition monthly meetings

Originally created by the Sacramento Community Services Planning Council, the Community Housing Coalition (CHC) was created as a vehicle to provide information and educate community leaders and decision makers regarding housing for low income, disabled and older adults. CHSC monthly meetings are free and open to the public; they are held from 9:30 to 11 a.m. on the last Tuesday of each month (except December) at the Sacramento Sheriff's South Area Office Community Room at 7000 65th Street, Sacramento (the Sacramento County Voters Registrar Building). At each meeting a guest speaker is invited to attend and give a 30-minute presentation with 10 minutes for Q&A. Speakers are selected for their expertise and knowledge in their respective fields, and agencies/organizations. The speakers are encouraged to provide handouts, fliers, and other informational materials to the 15 to 30 attendees. If you have any questions, please contact either: Alex Eng at 424-1374; email xeng916@sbcglobe.net; or Cindy Gabriel at 916/732-6189; email cynthia.gabriel@smud.org.

## Music at noon

Nov. 26: Guitarist Brandon Yip will perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

meets at Aviator's Restaurant, 6151 Freeport Blvd. for lunch and to discuss the day's topic. Meets the second and fourth Tuesday of each month at 12:15 p.m.

## NOVEMBER

### Sac State annual rock auction

Nov. 21: Gemstones, garden rocks, colorful geodes, fascinating fossils and more unique gift items are up for grabs at Sac State's annual Rock Auction. More than 150 pieces are all in silent and live auctions – plus games for children. Geology is fun and beautiful! Free, 6-8:30 p.m. Friday, Nov. 21, in the Alumni Center, on campus, 6000 J St. Contact 278-6337 for more information.

### 10th Annual Twelve Gals and a Guy Craft Show

Nov. 22: There will be the huge neighborhood craft show from 10 a.m. to 5 p.m. at 1716 41st St. Contact Ruby at 591-8460.

## Music at noon

Nov. 26: Guitarist Brandon Yip will perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

## DECEMBER

### Music at noon

Dec. 3: The Vocal Art Ensemble; Tracia Barbieri, director, to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

### Sacramento City College Annual Holiday Art Sale

Dec 3, 4, 5: Buy unique handmade art/gifts and support SCC art students and the Kondos Gallery. Great prices! Dec 3 and 4 from 10 a.m. to 2 p.m. and 5 to 6:45 p.m., on Dec. 5 from 10 a.m. to noon, Sacramento City College Cafeteria, 3835 Freeport Blvd. For more information, call 558-2559 or email griffij@scc.slosrios.edu or visit www.kondosgallery.org for information. Parking is \$2 (you get a parking slip from a vending station)

## Soroptimist International of Sacramento South meetings

A service organization dedicated to insure the status of women and girls, the group

## Music at noon

Dec. 10: Chanteuses Vocal Ensemble; Chris Alford, director to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

## Mission Oaks Computer Club meeting

Dec. 11: The Mission Oaks Computer Club will meet from 1 to 3 p.m. at Mission Oaks Community Center, 4701 Gibbons Dr., Carmichael. The meeting will include a problem-solving clinic, led by Adam Lacey of Applications, Etc. First-time visitors are welcome. For additional information visit www.missionoakscomputerclub.org or send an email to moccc@missionoakscomputerclub.org.

## Jingle Bell Run/Walk

Dec. 13: The Sacramento Jingle Bell Run/Walk is a fun, festive event for the whole family! Put on your reindeer antlers and your running shoes and come join us for some holiday cheer at Crocker Park in downtown Sacramento. The event is fun for all and open to all ages. You can participate in the 5-K timed race or the 5-K Fun Run/Walk with holiday themed activities all along the course! Bring your friends, family, coworkers, and your furry friends, too! Crocker Park is located at 211 O St. For more information, call 368-5599 or email edahler@arthritits.org. Packet Pick-up and late registration is available at Sports Authority in Natomas, 3632 N. Freeway Blvd. From 10 a.m. to 7 p.m. Santa's Community Village (vendors) will be available from 7:30 to 8:30 a.m. Registration is from 7:30 to 8:15 a.m. Candy Cane Kids Run will be held from 8:15 to 8:25 a.m. The timed 5-K run will take place from 8:30 to 9:30 a.m. and the family fun run/walk will take place from 8:45 to 9 a.m. Awards and entertainment will follow from 9:45 to 10 a.m. Fees: 5K Run/Walk - Early Bird: \$30; Adult Registration Candy Cane Kids Fun Run is \$15.

## Music at noon

Dec. 17: Bel Tempo Handbells; Mary Balkow, director to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

# Upcoming Events at Elks No. 6

**Monday Night Football:** Come out and enjoy the fun and even be the "Chef of the Week."

Sign-up board in the lounge. Cost \$5. Game time is 5:30 p.m. and dinner is served at halftime.

## Birthday Night at the Elks

Nov. 20: November to Remember is the theme. There will be a no-host cocktail social at 6 p.m., followed by dinner at 7 p.m. The band, "The Deleons," will perform at 7:15 p.m. There will be raffle prizes and the cost is \$19. Tickets are on sale in the lodge office. Come on down and enjoy the fun.

## Elks hold Toys for Tots Drive and Dave Hamm Bike Drive

Now through Dec. 8: Bring an unwrapped gift to the lounge or office. Gifts should be suitable for children 12 and younger. Cash is also accepted at the lodge. Christmas is the most difficult time for children who have parents serving our country.

## Hoop Shoot Contest for 2014

Sunday Nov. 23: Registration goes from 10 to 11 a.m. and the contest starts at 11 a.m. The hoop contest is for boys and girls, age groups 8-9, 10-11, 12-13. Refreshments and snacks will be served.

## Sacramento Elks Lodge No. 6 to hold memorial service for departed members

Dec. 7: The reception will start at 2 p.m. and light refreshments will follow. The following will be recognized: Paul G. Scammon, Larry A. Tracy, Leon Martinez, Martyn F. Rosa, Doyle L. Sligar, Eugene P. Barone, Lester R. Mielcasz, Mario D. Ceresa, Jack W. Lewis, Marvin A. Silvernia, Richard L. Gilmore, Anthony L. Jurach, Charles D. Swanner, Jr., Michael R. Barton, Donald D. Seay, Carl L. Tomei, Gilbert J. Urbano Sr.

The Elks No. 6 Lodge is located at 6446 Riverside Blvd.

## JANUARY

### Music at noon

Jan. 7: Carley Neil-Vann, Soprano; Robert Vann, tenor; James Gentry, baritone to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

### Music at noon

Jan. 14: Violinist Dagenais Smiley and Friends to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

## Music at noon

Jan. 21: Cathedral Organist Rex Ral-lanka and Friends to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

## Music at noon

Jan. 28: Guitarist Gabe Becker and Friends to perform at Westminster Presbyterian Church. Bring your lunch and enjoy free music, 1300 N St., across from the Capitol. Upcoming concert information and "printed" programs can be accessed from www.musicatnoon.org

## Solution to Crossword:

R	A	N	T		P	L	O	D		C	U	R	E		
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# Pocket area ballerina to star in The Nutcracker Mutt

Meet Nikole

Pocket resident 10-year-old Nikole Farina is a rising star in the ballet world. Nikole, who will be playing Clara, the opening weekend of Ron Cunningham's The Nutcracker Mutt with the Sacramento Ballet, spoke with the Pocket News about her love of ballet and the excitement over her upcoming performance. "It means a lot to me, and is a great opportunity to be chosen to play Clara. It's such an honor."

Having completed seven years of dance training and now into her eighth, Nikole began dancing when she was three years old in June 2007 at Step 1 Dance and Fitness (1920 T St.) She first came to the Sacramento Ballet when she was 7 years old. In spring 2013, Nikole performed as a firefly in Cunningham's "A Midsummer Night's Dream."

Adding about the experience of dancing in the Nutcracker, Nikole said: "It's a lot of fun, and I think it's really cool that they have about 500 kids in the Nutcracker. And, for all the kids, I think they have a lot of fun working with Mr. Cunningham and the professionals." Nikole's first Nutcracker role was a Cherub in 2011, followed by being an Arabian Attendant in 2012, and Baby Blue in 2013. "And this year," she proudly states: "I'm Clara."

Asked what she likes most about dancing, Nikole said: "I like dancing because dance studios have a recital and it gives all the students an opportunity to be on stage. I also like the friendships I have made from dancing."

## A unique production of the Nutcracker ballet

This year's production of the Nutcracker by the Sacramento Ballet will be unique as they are partnering with the Front Street Animal Shelter and bringing a new flavor to this holiday season. Hoping to encourage shelter pet adoption, this season's Nutcracker will feature special four-legged guest stars. Each performance of the Nutcracker will include an adoptable dog in search of its own home for the holidays. Other shelter pets will be available for adoption during intermissions. The Sacramento Ballet's Nutcracker will be held Dec. 6 through Dec. 21 at the Sacramento Community Center Theater. Tickets are available now at <http://www.sacballet.org/nutcrackermutt/>

Bobby Mann, City of Sacramento public relations specialist for the animal shelter, spoke with the Pocket News about how the idea behind The Nutcracker Mutt was born and further shared details about the roles the dogs will play in the production.

"The dogs will be in the prologue and stroll across the stage. We may also have another special guest spot for puppies. The dogs will be picked from our population of dogs that are available for adoption at that time. The goal is to show people that shelter animals are just as beautiful, regal and trainable as any other dogs. We want to reach a demographic that may not normally visit a shelter and also bring joy to the cast members who are all shelter pet advocates," Bobby said.

"Both organizations admired each other's work and some of the staff from the ballet even volunteer for us. One day, we were brainstorming of ways to collaborate and this idea was born."

One or two dogs will be performing in each show and there also will be other animals available at the show for adoption. "Every time a dog is adopted out we will pick a new dog to be in the show," he added.



Photos by Robin Hagy and Mark Coverdale (top) Dancers and puppies! The Sacramento Ballet has teamed up with the Front Street Animal Shelter for a special production, called the Nutcracker Mutt.

(above right) Pocket resident, 10-year-old Nikole Farina is a rising star in the local ballet world. Nikole will be playing Clara, the opening weekend of Ron Cunningham's The Nutcracker Mutt with the Sacramento Ballet. Here she is shown with adorable puppies from Front Street.

(above) Fun fact: Alexandra Cunningham is a C.K. McClatchy High School graduate.

(right) Ballet dancers met with representatives from Front Street Animal Shelter and apparently got to cuddle with some puppies.



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Sold!

\*Per Seller, public records or other sources, but has not been verified by Agent or Broker; all interested persons to verify.

**Bill Bonner**  
(916) 320-1888  
[Bill@PocketAreaHomes.com](mailto:Bill@PocketAreaHomes.com)

CalBRE# 00692245

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**SOUTH LAND PARK TERRACE**

Mid-century ranch in the hills of South Land Park Terrace. Living area opens to beautiful backyard and pool. 3 bedroom, 1½ bath family home; bright and light and oh so charming. Perfect for entertaining. Convenient location. New roof! \$449,500

**SHEILA VAN NOY 505-5395**



**AMAZING REMODEL**

Recently remodeled 3 bedroom 2 bath home in the Didion School boundaries. New kitchen, electrical, baths, floors, windows, doors, paint in and out, baseboards, lighting, (includes LED lights), ceiling fans, landscaping, quartz counter top, farm house sink, designer tile floors and much more. \$395,000

**MONA GERGEN 247-9555**



**SOUTH LAND PARK HILLS**

Wonderfully spacious ranch style home in desirable South Land Park. Double doors open to a beautiful entry and inviting family room with plantation shutters and view of backyard. 3 or 4 bedrooms 2½ baths, kitchen pantry living room w/ wood burning fireplace insert. \$459,000

**BETH SHERMAN 800-4343**



**GREAT GREENBELT ACCESS**

3 bedrooms, 2½ baths, an oversized pool/spa combo for summer fun AND RV access and storage. Lower level has a great circular floor plan that includes the living and dining rooms, kitchen and adjoining family room. Upper level has 3 good sized bedrooms. An extra deep garage has additional work area. \$385,000

**CHRIS BRIGGS 834-6483**



**RIVER OAKS IN THE POCKET**

Amazing remodeled kitchen and home, mahogany floors throughout, stainless steel appliances, double oven, built-in fridge, granite counters, high quality custom cabinets, butler's pantry. 4 bedrooms 3½ baths, Custom bar with cabinets, sink and wine fridge. Master suite with fireplace, close to river and park. \$400,000

**MONA GERGEN 247-9555**



**WONDERFUL S. LAND PARK**

Sharp 3 bedroom features new roof, floors, granite counters and master bath remodel. Nice location close-in, with easy access to both 99 and I-5. Screened-in Florida room for relaxing with those Delta breezes. Family room / kitchen / dining area, and generous sized living room with fireplace. \$345,000

**MIKE PUENTE 395-4727**



**SHERMAN ISLAND RETREAT**

Amazing opportunity! A special property across the road from the River on Sherman Island. Custom built ... it's the perfect home-away-from-home! Currently 1 bedroom, 1 bath; easily be converted back to a 2 bedroom home. Owner had plans to build up and create a river view. This is a kiteboarder or Windsurfers dream! \$205,900

**JAMIE RICH 612-4000**



**CLASSIC SPANISH IN LAND PARK**

Traditional features include hardwood floors, beautiful front picture window, vaulted ceilings, gas fireplace, formal dining room, custom kitchen tile, one-of-a-kind decorative stairway, tile roof, dual pane windows and storage galore! 3 or 4 bedrooms 2 baths and drought tolerant landscaping! \$589,000

**KELLIE SWAYNE 206-1458**



**NEWER POCKET AREA HOME**

3 bedroom 2½ bath home, perfect for busy lifestyle. Walk to restaurants, store and bank. Steps to public transportation. Close to the river and easy trip to downtown. This home features 9 foot ceilings, low maintenance yards, CAT 5 wiring, designer tile, granite counter, tile roof, master suite with huge master bath. Wow! \$299,000

**MONA GERGEN 247-9555**

*for current home listings, please visit:*

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