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East Sacramento News

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East Sac ballet company changes its name and prepares for annual Nutcracker performance

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13th annual Rock for Tots to benefit St. John's Program for Real Change this winter

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East Sacramento News is published on the first and third Thursday of the month in the area bounded by Business 80 on the west, the American River on the north and east and Highway 50 on the south.

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Vol. XXVI • No. 23

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Cover photo by:
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East Sac ballet company changes its name and prepares for annual Nutcracker performance



Changes are set for East Sacramento's ballet company, formerly known as Crockett-Deane Ballet. This past summer, in honor of the retirement of Barbara Crockett, the ballet company changed its name back to its original name of Sacramento Civic Ballet, founded by Barbara and Deane Crockett. Their daughter, Allyson Deane, along with her husband, Don Schwennesen, are the directors of Sacramento Civic Ballet as they also were with Crockett-Deane Ballet.

Allyson Deane danced at Sacramento Civic Ballet as a young dancer, before taking a dancing position with the San Francisco Ballet. In honor of Barbara Crockett, the company's apprentice company will now be known as Crockett-Deane Apprentice Company.

The name changes come with refurbishing the studio and the influx of many new ballet students from across the region. The associated Deane Dance Center trains all dancers from the age of 3 to 19, in addition to some adult classes. Classes are available in ballet, tap, jazz, contemporary, character, as well as stretch, conditioning, and Pilates.

On Dec. 16 at 7 p.m. and Dec. 17 at 2 p.m., the Sacramento Civic Ballet, the Crockett-Deane Apprentice Company, along with the Deane Dance Center, will present its annual holiday ballets at The Center at Twenty-Three Hundred, in Sacramento.

Up first will be "Christmas Angels," a beautiful ballet telling the story of Christmas set to traditional holiday carols. After a short intermission, a one-act, narrated version of the Nutcracker will be presented. This ballet contains the original story and music, and has guest artists as well. It is a great way to expose young children to the Nutcracker. Both ballets contain new choreography this year and feature beautiful staging and costumes.

Sharing the role of the Sugar Plumb Fairy will be Bella Garibaldi and Gabriela Smith. Also, there will be a short preview performance of parts of the Nutcracker only on Friday, Dec. 15 at 8 p.m. All performances are at The Center at Twenty-Three Hundred, 2300 Sierra Blvd., Sacramento. Tickets are $8-$15 at door or online. For more information, call 453-0226 or deanedancenter.com

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Extravagant 'Party for Change' held for St. John's shelter

By MONICA STARK
editor@valcomnews.com

Flying through a large hangar at the Sacramento Executive Jet Center, three aerialists thrilled a large audience as about 20 dancers in a sort of "flash-mobesque" fashion entertained at ground level, immersing the crowd from all angles. With excitement in the air and on the floor, guests who were dressed to the nines gathered for the entertainment, surely, but were united in effort to raise money for Saint John's Program for Real Change.

The event, the annual "Party for Change", which this year was held on Nov. 4, raised $460,000 for the program that has changed the lives of more than 30,000 women and children since 1985.

"We are delighted to bring our modern storytelling to the tragic cycle of poverty and homelessness in Sacramento county," said Jacob Gutiérrez-Montoya, the founding artistic director at the Sacramento Contemporary Dance Theatre, whose company's dancers donated their time in service to the women and children at Saint John's. "Through dance, we create a common experience of empowerment, renewal and achievement. We hope to leave everyone feeling the abundance of hope in this one-of-a-kind event, bringing generosity and gratitude together."

Captivating the audience at the onset of the evenings' entertainment, the dancers exited the floor at the end of the first number, leaving the aerialists hanging.

A suspenseful opening for the emcees of the event KVIE's Rob Stewart, host of "Rob on the Road," and KCRA's Kellie DeMarco, that performance was built to entertain and excite the crowd that soon after were in the midst of a live auction with auctioneer David Sobon. Going a mile a minute, raising $10,000 here and there, all of a sudden the mood changed again as the dancers zoned the audience back into the moment. Dressed in all white for the finale, which featured the Mumford and Sons' song "There Will Be Time", the dancers sent an emotional message to the St. John's women, Gutiérrez-Montoya said. "That your life didn't stop here. It's not just starting in a different way... you've made it through and there's time for you to keep living and find the next chapter." Suffice to say, that performance left people in tears.

Founder and director of Rebel Aerial Kat Boston said when SCDT reached out to provide aerial entertainment for the Party of Change it was easy to see why they were so enthusiastic about donating their time. "The program addresses the homelessness in Sacramento in a way that not many others do. I was proud to choreograph a synchronized aerial performance in collaboration with SCDT's opening number to set the tone for a one of a kind event" – one that the "likes of which Sacramento has not seen before," she said. "It is always thrilling to be suspended over your audience. Performing as an aerialist gives you a unique perspective on the flow of a party."

More than just a shelter, Saint John's 12-18 month program combines temporary housing with education, job training with a 96 percent job placement rate, and counseling to permanently escape the cycle of poverty and abuse, moving families experiencing homelessness from dependence to independence, according to a press release. On Oct. 20, Saint John's announced the grand opening of their new facility accommodating an additional 90 homeless women and children daily, 450 annually. However, as of that time, the Saint John's daily waitlist has continued to grow—up from 250 to 430 in the previous three months.

This year's event also featured cuisine by Chef Santana Diaz who has inspired so many, including the women and children in the St. John's program, desserts from Pastry Chef Rod Cuadra, and food and service from Plates Café and Catering team who executed such a wonderful meal for over 600 people. Plates is an employment training program in which women are trained in 17 different restaurant stations and women from the program helped prepare and serve dinner at Party for Change as part of their employment training.

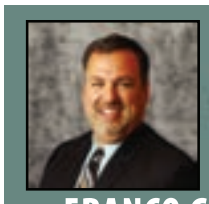
Additionally, this year's event featured music by Las Vegas DJ E-Noc, and an art show featuring creations by Maren Conrad.

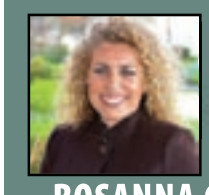
Artist performances include SCDT Dancers Lauren Howell, Laila Wahee, Cameron Lucas Eggers, Samual Fulk, Camryn Young, Kathryn Arellanes, Maggie Maue, Natalie Brumfield, Jordyn Santa-Catalina, Israel Foss, Camille Johnson, Meagan Patterson, Ashton Titus, Baylee Ferrerra, Allie Roe, Grace Taylor, Hannah Bielcik, Brenna Mulligan, Alexis Robards, Leah Feldman, Angela Palumbo, Aleena Palumbo and Madison Hitchcock; Vocalist-Ryan Allan; Rebel Aerial's Monica Padilla, Gabrielle Attisani, and Kat Boston-Lazano; San Francisco's #1 Favorite Magician- Ryan Kane.





Photos by Stephen Crowley


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FARM AND FLAVOR

By KERIN GOULD

The summer crops are all tilled under now with sparrows and finches pecking at leftover seeds and bugs. Winter crops are being planted as soil dries enough to allow walking between rows. Seedlings for greens, snow peas and sweet turnips are getting their starts under gray, fuzzy sky. This means that the season of comfort food and nostalgic indulgences has arrived.

But what if your health and/or sensitivities really *need* you to stay on track? Let's have a few goals: Continue eating fresh produce; Limit sweets and processed foods; Savor every bite mindfully; Share; Love the nostalgia, but let's avoid eating our feelings to the point we create new regrets.

I've been a vegetarian for almost 40 holiday seasons' worth of social awkwardness, challenges and gotcha questions, lack of satisfying foods, etc. I have been at that party where dinner was hours behind schedule, and then the lone "vegetarian" dish had shrimp in it. (What tree do you suppose shrimp grow on!?!?) I'll admit I was cranky, not the most gracious guest. Not proud of it.

So I have some suggestions to help things stay festive and friendly:

Let people know in advance about your limitations, and tell them, "Don't go to any trouble for me, but I don't want to make you feel bad if I don't eat something." Don't say I "don't do" tomatoes. Explain allergies or long-term food practices (vegetarian, vegan etc.) clearly.

Bring a dish to share that makes *you* happy and full. Feeling *hangry* can spoil any event (see my bad example above). Hit the farmers' market to see what is in season and what appeals to your senses. Save experimental, exotic dishes that scream "hippie health-nut!" for another time. Think "kid-friendly", even among adults. Show-off casseroles like a veggie tamale pie or a vegetable Wellington will satisfy everyone My maple-coconut yams are picky kid-tested. Who needs sugary marshmallows?

Holiday Yams

Ingredients:

3 large sweet potatoes (mix purple and orange colors if you like), sliced into 1/4 inch rounds
1/2 c. finely chopped walnuts
1/2 c. shredded coconut
1/2 c. butter (substitute), melted
1/2 c. orange juice
1/2 c. maple syrup

Directions:

- Preheat oven to 375 degrees
- Mix melted butter, orange juice and maple syrup and set aside.
- In a casserole dish, layer slices of sweet potato to cover the bottom.
- Sprinkle coconut and nuts over the slices, then add another layer of sweet potatoes, more coconut and nuts, etc until you fill the casserole dish.
- Sprinkle nuts and coconut over the top, the pour the liquid evenly over the whole dish.
- Bake for about 30 minutes, until the liquid is bubbling, sweet potatoes are tender, and the top is a little browned.
- Don't throw the traditional baby out with the bath-water! Small adjustments can save the day! Wild rice blends can make a rice dish richer AND healthier. Green beans can be cooked with a homemade mushroom duxelle rather than canned soup. Pies can be more fruit than sugar and flour, and the crust and sweeteners can be healthier. Try an almond flour crust and maple syrup for sweetening. More cinnamon too!

Hold out for the tastiest indulgences with the most nostalgia-value. Candy canes can just be decorations unless you wait all year for them. Remember the Seinfeld episode about eating a Snickers bar with a fork and knife? Elevate your treat! Savor slowly focusing on the exquisiteness of a treat. A small amount on a big plate – the way the French plate their restaurant food – can encourage mindfulness. Or just the opposite! Take a small plate and load it so it looks like a huge portion, putting healthy stuff on your plate first, the less nutritious stuff around that.

Find an ally! Don't be marginalized in your own family. Invite co-conspirators into the kitchen while you are preparing food or sit with a health-conscious relative at the dinner table. Holidays are no time to feel lonely and left out, munching on twigs and leaves and resentment. Incidentally, celery may help lower blood pressure…just sayin'!

Don't apologize for your choices, and don't debate. Tell people your food choices make you feel good physically and mentally. That's all. And be grateful we can make such choices for ourselves.

Watch out for sugary drinks. Put sparkling water in any juice to reduce sugar and make it bubbly-special. Spicy chai or a low-sugar/non-dairy hot chocolate with a drop of peppermint extract can warm you up. Ginger or peppermint tea works if your stomach feels nasty from the hubbub. Try this fruit-filled Mexican-style punch:

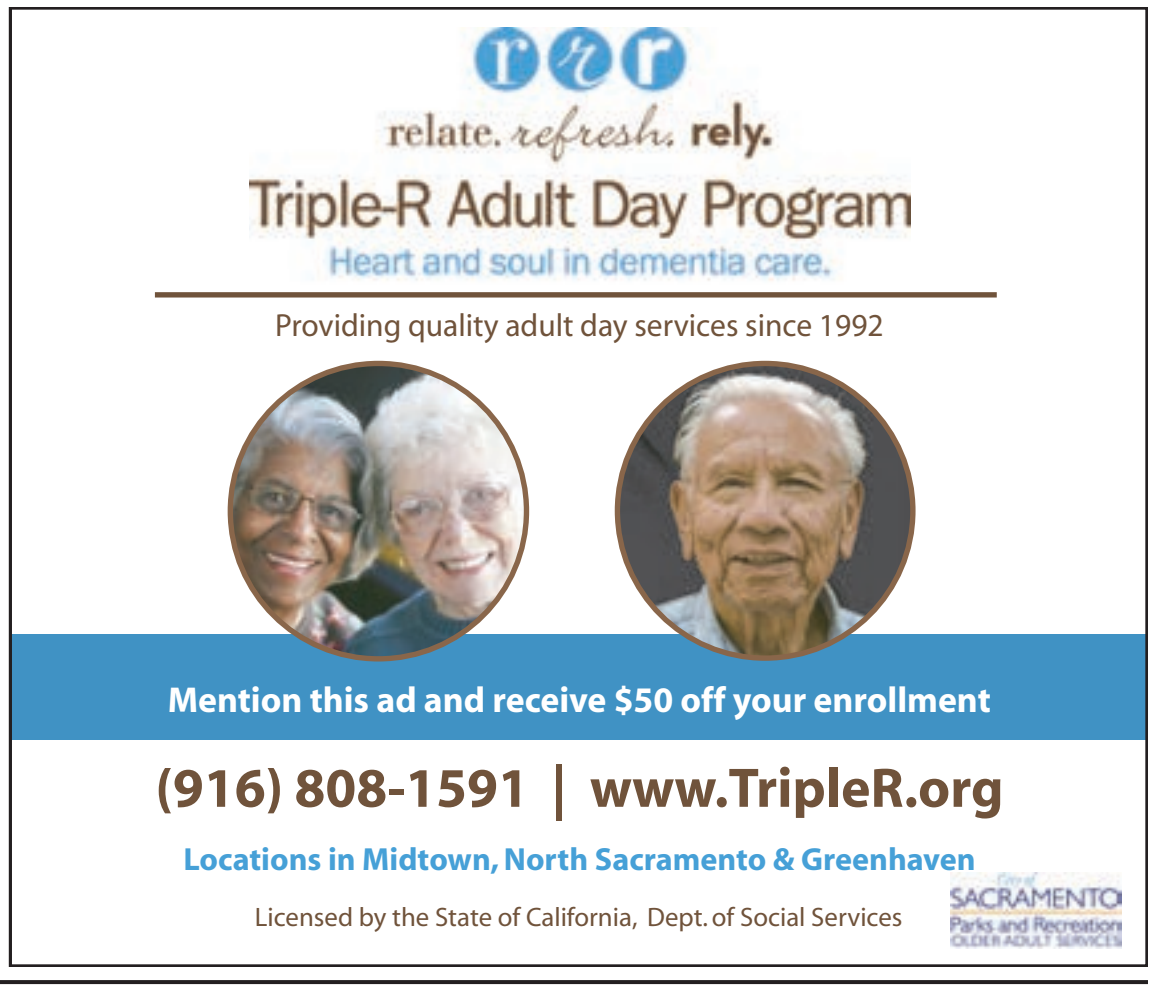
Make 1 quart of strong hibiscus tea

- Add it to 4 more quarts of water in a pot
- Chop and add a couple of guavas, a pear, an apple, an orange and some prunes
- Add 2 sticks of cinnamon and several 4 inch sticks of fresh sugar cane. Add a few slices of ginger and a pinch of clove if you like. Bring to a boil, then let simmer for an hour. Sweeten as needed. Strain and serve hot

Give yourself the gift of some space. Schedule regular walks for your "digestion". Take a breather from stuffy air, germs, and most of all people. I'm going out to walk the dogs around the field right now.

Visit producewithapurpose.wordpress.com for more recipes and resources.







Door to Door

with PAT LYNCH

Most of us have pretty generic ways of handling unwanted phone solicitations. We hang up on the robo-calls or politely ask salespeople to put us on their Don't Call List, a famous register that doesn't really exist and we all know it. But the other day I came home to hear Someone saying this: "Steve, you're lying to me, and you're trying to do a terrible thing, and I'm calling the police. You're going to jail, Steve, for a long, long time."

She saw me and hung up. "He told me I owed back taxes to the IRS and if I didn't pay a fine now, in cash, they would confiscate my house and car."

"You were supposed to meet him with cash?"

"No, I was supposed to get a cash card and give him the number. As proof."

"It sounded like you were toying with him. Messing with a poor, stupid swindler.

"Yes," she said.

This inspired me to call my sister, Eileen, who had not long ago received a recorded message from a Detective O'Brian from the Sacramento Police Department. I wanted to get her facts straight. Anyway, the "detective" spoke about a pending arrest "due to a missed traffic court date." Eileen checked the number; yes, it belonged to the police department. She thought there might be a slight chance her son, who'd borrowed the car, had run a light, and not known it, and maybe one of those traffic cameras had snapped his picture. Or maybe she'd unknowingly run the light. So she called the number and asked for Detective O'Brian. He came gruffly on line. He told her she had a warrant for the missed traffic court date and would have to pledge to go to a hearing room to answer charges. "It sounded fishy," she said. She asked him the name of his superior. "Officer Jones," he said. Even fishier. Since when in police hierarchy is an officer superior to a detective? And what did O'Brian want her to do? He wanted her to "show good faith" and avoid arrest by going to a 7/11, getting a cash card and giving him the number. Of course she didn't do it. Case closed. But she did learn that the cons who run this scam have ways of appropriating police, hospital and government numbers so their calls seem legitimate when you check. Eileen ignored a few more calls from Detective O'Brian. Nothing happened. That was four years ago and the paddy wagon has not yet come for her.

Back to my house. Weeks later I came home to hear another dramatic phone call. "What? Oh no! I can't take it. I can't take the shame. I can't pay and I can't live with the shame of debt. I'll have to kill myself. Oh God. Oh God." She lifted up a large art-book and dropped it flat on the table. It made a big splat.

"Was that supposed to be the gunshot?" I asked.

"Yes." She hung up, returned calmly to her computer. "These people are creeps." She said her father, at 92, had received a call. A young man's voice said, "Grandfather?"

"Alex?" her father responded.

"Yes, it's Alex, Grandfather. I'm in Canada. I've been arrested. I need money for bail. Can you help me?" Fortunately, Grandfather had adult children whom he consulted and Alex didn't get a penny.

The predators who concoct these schemes are what you'd expect—sleazy, dumb lowlife. I think they think they're grifters, clever outlaws who hoodwink the gullible with sophisticated stratagems. Maybe they saw Scorsese's *The Grifters* (with John Cusac, Annete Benning and Angelica Houston) and imagined they were in that league. But they're so not.

Now I wanted to get a phone call too so I could berate or scare the cons. I wanted to say, You're going to jail, Steve, where you'll have to marry a huge, tiny-eyed strangler named Pluggo. But nobody called. Well, a legitimate hearing-aid company repeatedly calls, but the only thrill I got from that was once saying, "I can't hear you. Speak up please." But I did it only once. Who wants to make life more miserable for people who have to make sales calls all day?

I was out of town the night I posted a quick comment on Facebook. I got a little ding from the message center. A message from Carol S. I knew Carol and liked her, but we had never chatted on Facebook before. She was a poet, and a friend of my sister, Kathleen. I checked her message. "Hello," it said. I typed, "Hi Carol." *"how are you doing"* she wrote with no capital letters or punctuation. "Great. How about you?" I answered. *"it was fine"* she wrote, so I assumed the "it" was a typo. *"what are you up to"* she wrote. No question mark.

So I wrote that I was "in San Jose, visiting my recently widowed sister." This was true.

"ok" she responded. So no condolences or sympathy for my sister. That was strange.

In the same message she asked, *"have you heard the good news"* (no question mark, of course).

The "good news" was about a *"cash grant fund donated to randomly selected people by the National Endowment for the Humanities* (Note sudden appearance of capital letters) *financial assistance program to assist financially retired, semi-retired, working and unemployed, it was randomly chosen with our log-in I saw your name on the winners list"* All this, sans periods and commas, from Carol the literate poet. She had already been awarded $90,000, she said. Ninety thou. That's a hefty chunk. And isn't it interesting to know that the NEH randomly spews money upon those who work and those who don't, randomly, boundlessly, madly, irrespective of merit or need? Next Carol the poet said she wanted to give them (the National Endowment for the Humanities) my Facebook link so I could call the woman who gave out the

See Door-to-Door, page 11

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Arts & Activities



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"A Hepcat's Holla'Day: Peter Petty's Swingin' Yuletide Revue!" announced for Dec. 23



Photo by Jason Visesratana

Emcee and bandleader Mr. Peter Petty will unwrap a special gift just for you: a Christmas music variety extravaganza like no other this holiday season on Saturday, Dec. 23 at the Clara Auditorium, 1425 24th St.

This year, why not stay Ho-Ho- home for the Holidays, and cozy up by the Yule log to Sactown's swingin'-ist, singin'-ist sophisticate emcee & bandleader Mr. Peter Petty as he unwraps his special gift just for you: a Christmas music variety extravaganza like no other this holiday season. SPMA Midtown Vanguard Jazz Series at CLARA & Swell Productions present "A Hepcat's Holla'Day: Peter Petty's Swingin' Yuletide Revue!" on Saturday, Dec. 23 at The E. Claire Raley Studios for Performing Arts,

1425 24th St., 95816. Doors open at 6:30 p.m., followed by the show at 7:30 p.m.

Yes, shake hands with Santa Claus as Peter's 12-piece Terpsichoreans! orchestra accompany his 3 5/8 vocal range on some of the hippest, hoppest & happeningest holiday hollers you ever gonna hear! Plus a host of fabulous guest stars will drop in to fill your stockings, and your hearts with a whole lot o' grown-up Christmas cheer.

St. Nick's left a little something for everyone under the tree; you'll get the warm vocal stylings of Dana Moret (of Mr. December), Sasha Prawalsky (of The Alkali Flats), and Casey Lipka

(of the Cave Women). You'll soar to the searing soulful intensity of Hans Eberbach (of Joy & Madness)! You'll rock out to Tim Foster & Stan Tindal (of The Troublemakers & the Losin' Streaks), you'll laugh your lungs laryngital to the comedy of Kiry Shabazz and enjoy music by singer/multi-instrumentalist Ricky Berger.

Additionally, your sugarplums are sure to break a sweat to Shauni Fatale DeVeaux and her fellow stalwarts of the Striptease. And there'll be plenty more surprises to keep you stayin' up for Santa all night long. It's a little irreverent, just a little sexy, but it has all the heart, and hope in the old Yuletide adage, "Peace on Earth, and Goodwill to Men." Beer and wine will be on sale with proceeds going to Sacramento Preparatory Music Academy. God bless us, every one!

Due to adult content, the event may not be appropriate for children under 18.

Tickets are $25 advance, $30 door and are on sale now at *eventbrite.com/e/a-hepcats-holladay-peter-pettys-swingin-yuletide-revue-tickets-37282322430?aff=es2*

13th annual Rock for Tots to benefit St. John's Program for Real Change this winter

Returning to Sacramento for the 13th year, Rock for Tots is gathering toys for children as part of the annual holiday concert featuring local bands. Music will include Life in 24 Frames, Among the First, Jacob Paul & the Heartbeat, and Paulie Onoff at Holy Diver 1517 21st Street, Sacramento on Dec. 16, at 7 p.m. Tickets are available for $10 each on Eventbrite.

Anyone bringing a toy, or children's pajamas, will be entered into a prize raffle. Local businesses are supporting the raffle with prizes including haircuts, wine, dining, skateboards, apparel, gift cards and even tattoos.

This year's event will support Saint John's Program for Real Change, operating Sacramento's largest shelter and the only one exclusively serving homeless women and children in crisis.

"This is a wonderful opportunity to kick off the holiday season with good will for Sacramento's most vulnerable homeless population . . . women and children," said concert organizer, Jake Desrochers. "Over the summer, I was able to tour Saint John's Program for Real Change and was so impressed with the number of women and children they are helping to regain their independence and make a new future for their kids. It is truly a blessing to be able to bring the bands, the audiences and our community together with such a great cause."

To learn more about the annual event estimated to help at least 300 children, contact Jake Desrochers at (916) 370-2942. For more information about Saint John's Program for Real Change, contact Rebecca Sloan at (916) 798-0777.

Splinter Group Theatre presents Beowulf, the Panto!

Splinter Group Theatre presents Beowulf, the Panto!, by John Savournin and the Charles Court Opera, opening Thursday, Dec. 14 and playing through Saturday, Dec. 23. Performances are Dec. 14, 15, 16, 20, 21, 22, and 23 at 7 p.m., and Dec. 16, 17 and 23 at 2 p.m.

You've seen the film! Played the game! Read the epic poem in 9th grade! Now, you can experience Beowulf, the Panto! Join King Hrothgar, and Beowulf as they fight to save their kingdom from the dreadful dragon, Grendel, and his even more dreadful Mum! See Beowulf win the hand of the fair Princess Hrothmund, and duck the flying little smokies!. As Gary Naylor, of Broadway World says: "Beowulf, what's not to like?" Guaranteed holiday fun for the whole family, with unstoppable interactive craziness, and lots of candy! From the same folks who brought you British Panto for the last nine years!

This production is directed by Luther Hanson, with musical direction by Kathleen Poe, and a cast of thirteen. Beowulf is played by Jonathan Plon, Grendel by Vern Lewis, Grendel's mother by Elliot Herzer, King Hrothgar by Juan Ramos, Princess Hrothmund by Breanna Reilly, Wiglaff by Ava Jones, Good Spirit by Kathleen Poe, with all other roles played by John Hancock, Austin Mills, Christine Nicholson, Connor Oshiro, Dan Reilly, and Johnna Wood. . The live band is Kailer Bibbins on keyboards, and Steve Ibarra on drums.



Performances will be held in the Black Box Theatre at the West Sacramento Community Center, 1075 West Capitol Ave.

Ticket prices are $15 general admission; $10 for students with IDs, seniors, and persons with disabilities; and $5 for children under 6. All details and tickets are available online at www.splintergrouptheatre.com.

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Words matter: 'grief' applies to the life altering events of the fire storms in Santa Rosa. It also applies to 'feeling blue' and the anxieties of the coming holidays. Regarding this feeling and others, call G. Epstein, M.D. 916 454-3668 at Mercy Plaza, Ste 270, 3939 J Street. Appointments Wednesday afternoon.



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Words Matter. I'm amazed Dr. Boucher didn't shoot Senator Paul. Holidays are anxious times, before you lose it, lash out without thinking, talk to me. I'll listen. G Epstein, MD 916-454-3668

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What's happening East Sacramento?

FRIDAY, DEC. 8

WINTER HOLIDAY CRAFTS – Come join us for this free, school-age program in which we will be using both art and science to get ready for the winter holidays! Friday, December 8 from 3:30 p.m. to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

SATURDAY, DEC. 9

THEODORE JUDAH WINTER MUSIC AND ARTS FESTIVAL: Theodore Judah Elementary School will host its Winter Music and Arts Festival on Saturday, Dec. 9, from 10 a.m. to 2 p.m. Come enjoy the sounds of the holidays with musical performances by Theodore Judah students. Student art will also be for sale, as well as crafts from local vendors. Holiday treats will be for sale and Santa will be on hand for photos. This event helps fund Theodore Judah's enrichment programs, including Garden, Science and Arts Alive. Rich Cazneaux is the event's title sponsor. Admission is free. 10 a.m. to 2 p.m. Theodore Judah School is located at 3919 McKinley Blvd, Sacramento, California 95819.

34TH ANNUAL OPTIMIST HIGH SCHOOL GIRLS' VOLLEYBALL ALL STAR GAMES AT ST. FRANCIS HIGH SCHOOL: The 34th Annual Optimist High School Girls" Volleyball All Star games are set for December 9, 2017. It will be held at St. Francis High School, 5900 Elvas Ave. The Small Schools match will start at 5 p.m.; The Large Schools match will start immediately following the Small Schools match. General admission is $10; Seniors (65+) $8; Students $5; and kids under 12 $3. Volleyball Coaches and players who wear their school/club shirt/jersey will be offered a discount at the gate. The Small Schools North Team is coached by Haley Biles from Colfax High School and assisted by Jackie Biles from Colfax High School. The Small Schools South Team is coached by Kalani Pananganan from El Dorado High School and assisted by Alyssa Kimball from El Dorado High School. The Large Schools North Team is coached by Stuart Kageta from Del Oro High School and assisted by Bret Moore from Del Oro High School and Devon Quok from Oakmont High School. The Large Schools South Team is coached by Lisa Fowkes from Cosumnes Oaks High School. The Optimist Girls' Volleyball Coordinator is John Grix from Rio Americano High School. The Assistant Coordinator is Matt MacDonald from Bear River High School. Immediately following the 1st match, the Small Schools awards ceremony will include the induction of John Grix into the Optimist Hall of Fame for his dedication and commitment to the game of volleyball.

SACRAMENTO CIVIC BALLET & CROCKETT-DEANE APPRENTICE CO & DEANE DANCE CENTER PRESENT

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SUTTER'S FORT TO PRESENT "HANDS ON HISTORY: A SIMPLE EMIGRANT CHRISTMAS: California State Parks, Sutter's Fort State Historic Park (SHP) and Friends of Sutter's Fort are proud to present an interactive, fun and festive "Hands on History: A Simple Emigrant Christmas" event on Saturday, December 9, 2017, from 10 a.m. to 5 p.m. Fort visitors will be delighted to see the recently completed restoration of the historic walls, gates, blacksmith shop and continuing work on the interior walls plus have the opportunity to step back in time to the 1850s to enjoy festive holiday traditions from John Sutter's day. Fort visitors can also participate in a number of hands-on activities such as dipping and creating their own holiday candles, crafting their own "keepsake" holiday ornaments – that include snowflakes, cornhusk angels and bird nests – plus making holiday cards with nib (or "dip") pens and colored ink, grinding raw wheat into "Christmas flour," singing Christmas carols with Fort musicians and more. And, of course, popular demonstrations of black powder weaponry in action will take place including the crowd-favorite firing of Sutter's cannon. Additionally, Friends of Sutter's Fort Trade Store will be open, providing complimentary samples of gold nugget chocolates and offering a special holiday sale. Admission costs for this special "Hands on History: A Simple Emigrant Christmas" event at the Fort are as follows: $7 per adult (18 and older), $3 per youth (ages 6 to 17) and free for children 5 and under. For more information, please call 916-445-4422 or visit www.suttersfort.org

HOLIDAY PARTY WITH MIKE DELLA PENNA'S WINTER MAGIC SHOW – Come join us for our annual holiday celebration! We will start this family program with cookies and drinks for all, and then we will have a winter magic show with magician and teacher Mike della Penna! At the end of this funny, interactive show, stay for a visit with a special guest – Santa! Saturday, December 9 from 10:30 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.



Sacramento Concert Band to hold holiday concert

The **Sacramento Concert Band** will usher in the holidays with their annual Holiday Concert on Sunday, **Dec. 17**, at 2:30 p.m. Traditional holiday favorites such as "Angels We Have Heard on High", "A Charlie Brown Christmas", "Christmas on Broadway" (*Toyland, My Favorite Things, We Need a Little Christmas*, Etc.), "A Christmas Festival" by Leroy Anderson (*Joy to the World, Deck the Halls, Jingle Bells*, Etc.) will be paired with non-seasonal selections including "Irving Berlin – A Symphonic Portrait" (*There's No Business Like Show Business, Easter Parade, God Bless America, White Christmas*, Etc.) and "Funiculi – Funicula Rhapsody."
The 55-member ensemble is under the directorship of Grant Parker and will perform in the new Rio Americano Center for the Arts located at 4540 American River Drive in Sacramento. Admission is free. For more information please visit the website: www.sacramentoconcertband.net.

FREE SELF DEFENSE CLASS IN EAST SAC: Your attacker has a plan. Do you? This class, which will be held from 1:30 to 3:30 p.m., will help you be better prepared if you should need to defend yourself. You will like the new found confidence you will have after completing this class. Topics we will cover include: victim potential assessment, mental state for self defense, attitude development, entering car/stalking, fundamental physical techniques, counters to common attacks. We will be using pads to perfect our skills. We can also work around limitations you may have. You will leave this class feeling more secure in you ability to deal with situations that may arrive. Lois Skidmore has more than 25 years of experience in teaching self defense courses. She has taught emergency room personnel, drug counselors, grocery store workers and many other groups. Location: Dragon Fire Martial Arts, 5728A Folsom Blvd., Sacramento, CA 95819

"HOME FOR THE HOLIDAYS" CONCERT: The Sacramento Choral Society and Orchestra, for our "Home for the Holidays" concert will be held on Saturday, Dec. 9 at 2 p.m., and at 7:30 p.m. at the Memorial Auditorium. 180 singers, Sacramento Children's Chorus and a 50-piece professional orchestra. The event will partner with the Make-A-Wish Foundation, fulfilling the wishes of a few very special children. sacramentochoral.com/wells-fargo-home-for-the-holid…

SUNDAY, DEC. 10

SANTA PAWS... FAMILY AND PET PHOTOS WITH SANTA!: From 9 a.m. to 4 p.m., Arden Animal Hospital, 1823 Fulton Ave., will be hosting its annual "Santa Paws" day on Dec..10. All proceeds benefit Mercer Clinic (Non/profit pet clinic giving free veterinary services to homeless pets).

TUESDAY, DEC. 12

CHP EAST SACRAMENTO AREA OFFERS FREE "START SMART" CLASSES: The leading cause of death for Americans 15-20 years old is motor vehicle collisions. In an effort to help reduce motor vehicle collisions, the California Highway Patrol (CHP), East Sacramento Area Office, will offer a free Start Smart class. According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers. The CHP's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15-19, and their parents or guardians. The Start Smart class will cover California's Graduated Driver License Program, collision trends and avoidance techniques, distracted driving laws, and alcohol related driving laws. The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions. The class runs for approximately two hours from 6:30 to 8:30 p.m. at CHP East Sacramento, 11336 Trade Center Drive, Rancho Cordova. Parents or guardians interested in signing up for the class can register by contacting Officer Tommy Riggin at (916) 464-1457, or at triggin@chp.ca.gov. It is encouraged that parents or guardians attend the class with their teen driver. If you have any questions or need additional information, please contact Officer Tommy Riggin at (916) 464-1457, or the on-call public information officer at (916) 802-5372. Funding for CHP's Start Smart program is provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Administration.

THURSDAY, DEC. 14 – SUNDAY, DEC. 17

UPCYCLEPOP, REMADE IN SACRAMENTO: eye-opening artistic pop-up market and workspace for artistically repurposed and upcycled art, furniture, fashion, home design and inventions. Welcome to the America's first upcycle market. Watch artists create works of art from discarded items, try out a workshop or two and play with the interactive art installations. UPcyclePOP is free to the public with free parking. Knowing it is impossible to indefinitely run a linear system on a finite planet, we created the perfect circular economy market: UPcyclePOP, America's first upcycle market. Remake, play, shop, eat and get creative. 7300 Folsom Blvd.; Dec 14 at 1 p.m. to Dec 17 at 7 p.m.

FRIDAY, DEC. 15

FESTIVE HOLIDAY JAZZ CELEBRATION: The Brickhouse Art Gallery presents a "Festive Holiday Jazz Celebration" concert at 7 p.m, 2837 36th St, Sacramento, CA 95817.. The concert features local inspirational jazz singer Carol Manson and music director Chet Chwalik with the Blue Skies Band. Band members include: Chet Chwalik, piano; Kerry Kashiwagi, bass; Russell Brown, guitar; Jeff Minnieweather, percussions. To help usher in the holiday season singer Curtis James Smith will join us for a song or two! Wine, beer, soft drinks will be available. Come - join us inv holiday merriment and fantastic jazz music! Tickets are $10 in advance/$15 at the door. eventbrite.com/e/festive-holiday-jazz-celebration-carol-manson-with-chet-chwalik-tickets-39753550941

SATURDAY, DEC. 16

A TAHOE PARK CHRISTMAS -- A Free Community Event: From 4 to 8 p.m., you are welcome to bring the kiddos to meet and take pictures with Santa & Mrs. Claus without the hassle of mall traffic. Decorate cookies as a family & let the kids win candy at each of the Christmas-themed carnival games; all in a safe environment. Tahoe Park businesses, associations, and individuals are welcome to sponsor a game or activity. Sponsorship includes staffing the activity from 4-8pm and donating candy. If you

See Events, page 11

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Events:

Continued from page 10

are interested, call or text Greg at 960-3869. 4400 58th Street Sacramento, CA 95820

13th ANNUAL ROCK FOR TOTS TO BENEFIT JOHN'S PROGRAM FOR REAL CHANGE THIS WINTER: Returning to Sacramento for the 13th year, Rock for Tots is gathering toys for children as part of the annual holiday concert featuring local bands. Music will include Life in 24 Frames, Among the First, Jacob Paul & the Heartbeat, and Paulie Onoff at Holy Diver 1517 21st St. at 7 p.m. Tickets are available for $10 each on Eventbrite. Anyone bringing a toy, or children's pajamas, will be entered into a prize raffle. Local businesses are supporting the raffle with prizes including haircuts, wine, dining, skateboards, apparel, gift cards and even tattoos. This year's event will support Saint John's Program for Real Change, operating Sacramento's largest shelter and the only one exclusively serving homeless women and children in crisis. To learn more about the annual event estimated to help at least 300 children, contact Jake Desrochers at (916) 370-2942. For more information about Saint John's Program for Real Change, contact Rebecca Sloan at (916) 798-0777.

SHRINERS TOY DRIVE HOSTED BY GIRL SCOUT TROOP 1511: The East Sac troop is collecting new, unwrapped toys for Shriners Hospital for Children. Toys will be given to children currently under Shriners care on Dec. 22. Girl Scout Troop 1511 will be serving hot chocolate and running a Santa letter writing station. Stop by and drop off a toy. Stay for the hot chocolate and to see the amazing holiday decorations on "Candy Cane Lane."at 5350 S St. from 6 to 9 p.m.

ONGOING

SPLINTER GROUP THEATRE PRESENTS BEOWULF, THE PANTO!: Splinter Group Theatre presents Beowulf, the Panto!, by John Savournin and the Charles Court Opera, opening Thursday, Dec. 14 and playing through Saturday, Dec. 23. Performances are Dec. 14, 15, 16, 20, 21, 22, and 23 at 7 p.m., and Dec. 16, 17 and 23 at 2 p.m. Performances will be held in the Black Box Theatre at the West Sacramento Community Center, 1075 West Capitol Ave. Ticket prices are $15 general admission; $10 for students with IDs, seniors, and persons with disabilities; and $5 for children under 6. All details and tickets are available online at www.splintergrouptheatre.com.

STATE FAIR SCHOLARSHIP APPLICATIONS ANNOUNCED: The Friends of the California State Fair Scholarship Program is now accepting scholarship applications for the 2018 - 2019 academic year. The program offers 14 categories of scholarships ranging from $1,000 - $2,500 each with varying eligibility requirements. Categories include: agriculture, art, academic excellence, business, culinary/hospitality/event management, education, international relations, trade school, viticulture and enology. Applicants may apply for one scholarship category of their choice per year and will be evaluated based on academics, community service, quality of essay and recommendation. Top scholarship winners in select categories may be invited to compete for the $5,000 Ironstone Concours Foundation Scholarship Scholarships are not renewable; however, students may reapply each year as long as they continue to meet the eligibility criteria. The Friends of the California State Fair Scholarship Program is a collaboration between the Friends of the California State Fair, the California Exposition & State Fair, the California State Fair Agricultural Advisory Council, the Ironstone Concours Foundation, Blue Diamond Growers and Western Fairs Association. International Scholarship and Tuition Services, Inc. (ISTS), an independent scholarship management company, hosts the online application process and disburses awards for the program. The deadline to apply is March 2, 2018. Learn more at CAStateFair.org/scholarship. For questions about the Friends of the California State Fair Scholarship Program, please email scholarship@calexpo.com.

SAC UNIFIED POETRY SLAM: Jenny Lynn and Joe Montoya's Poetry Unplugged present The Sac Unified Poetry Slam every third Friday at Luna's, 1414 16th St., starting at 7:30 p.m. The show is unpredictable. The special guests and judges won't be known until they sign up. The slam is three rounds. This is a FREE show with purchase at the cafe, donations are encouraged to cover PSI venue dues and show staffing. $5 to slam (except youth 18 and under) winner takes the whole pot. Luna's Cafe will be serving the freshest juices and licuados in town, nothing frozen or concentrated. The menu also includes sandwiches, salads, our famous quesadilla, fresh-ground coffee, mochas, and other espresso drinks. A nice selection of beer and wine is also offered. Enjoy it all in the comfortable atmosphere of Luna's, one of this area's original cafe galleries. Supporting artists of all kinds for over 30 years.

JANE AUSTEN READING GROUP AT ELLA K. MCCLATCHY LIBRARY: This monthly group reads the works of Jane Austen and meets the third Saturday of each month in the Ella K. McClatchy library from 3:30 p.m. to 5 p.m. All Austen fans are welcome. 2112 22nd St.

NON-PROFIT ORGANIZATION IS SEEKING LOCAL HOST FAMILIES FOR HIGH SCHOOL EXCHANGE STUDENTS: ASSE International Student Exchange Programs (ASSE), in cooperation with your community high school, is looking for local families to host boys and girls between the ages of 15 to 18 from a variety of countries: Norway, Denmark, Spain, Italy, Japan, to name a few. ASSE students are enthusiastic and excited to experience American culture while they practice their English. They also love to share their own culture and language with their host families. Host families welcome these students into their family, not as a guest, but as a family member, giving everyone involved a rich cultural experience. The exchange students have pocket money for personal expenses and full health, accident and liability insurance. ASSE students are selected based on academics and personality, and host families can choose their student from a wide variety of backgrounds, countries and personal interests. To become an ASSE Host Family or to find out how to become involved with ASSE in your community, please call the ASSE Western Regional Office at 1-800-733-2773 or go to www.host.asse.com to begin your host family application. Students are eager to learn about their American host family, so begin the process of welcoming your new son or daughter today!

KNITTING CIRCLE AT MCKINLEY LIBRARY – Any adult interested in knitting — even an absolute beginner — is invited to join. Participants can learn to knit, or get help on current projects and advice from expert knitters. Don't forget to bring your knitting needles and yarn. Wednesdays from 10 a.m. to 12 noon at McKinley Library, 601 Alhambra Blvd, Sacramento.

TEEN SPACE AT MCKINLEY LIBRARY – Looking for something fun to do after school? Need a place where you're free to hang out with your friends and have a snack? Come to the McKinley Library Teen Space, Wednesdays from 3p.m. to 4:30 p.m. at McKinley Library, 601 Alhambra Blvd, Sacramento.

Door-to-Door

Continued from page 5

money. Then she added that she had "*paid some money to them for delivery*"

I began to tire of the exchange and said: "Don't give my Facebook link to anybody or I will kill you and set fire to your computer." Then I asked if I could borrow some of her $90,000 to pay them. This I did for sheer recreational spite. She ignored the request and wrote…"*maybe they will ask you for money*."

"After I kill you," I replied, "I will take your money and set it on fire too."

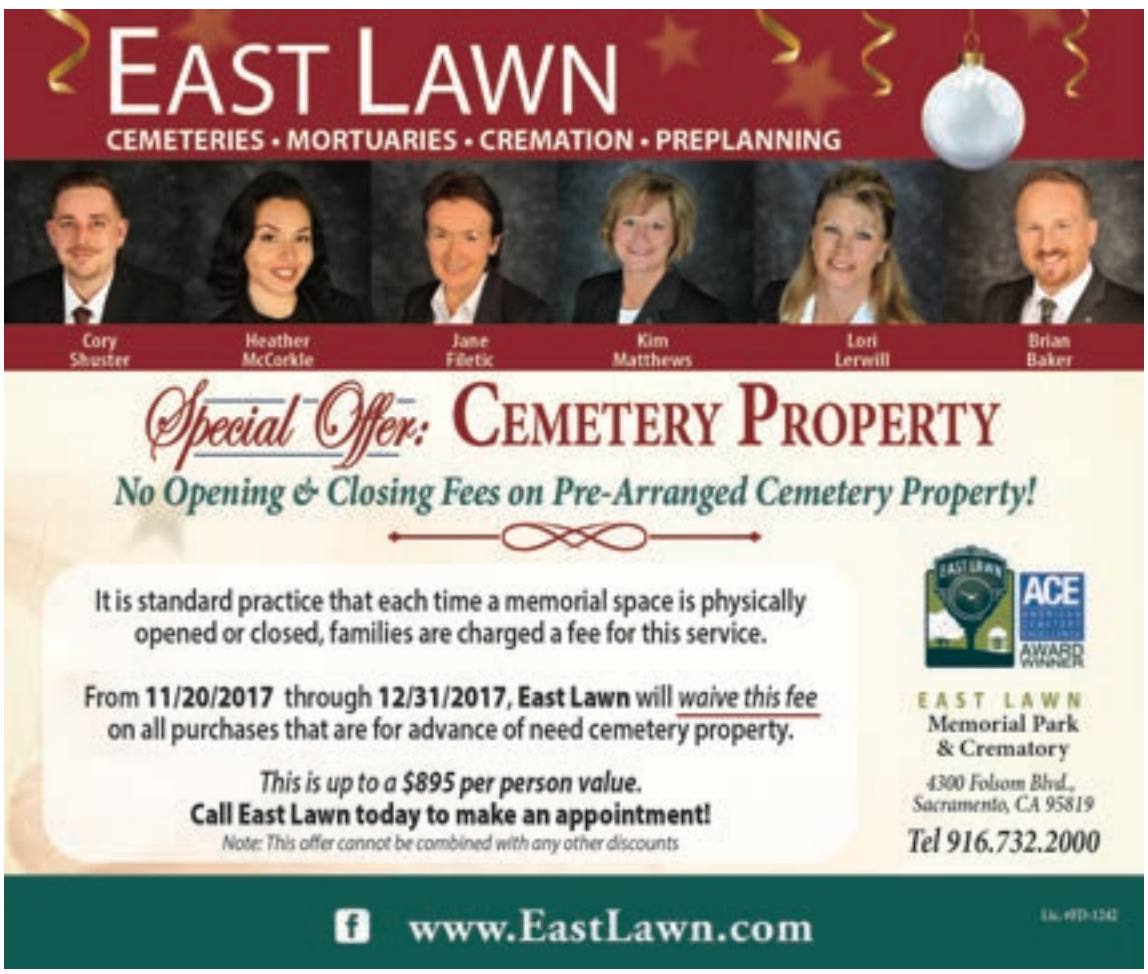
Why I said this, I don't know. I have never set fire to anything and have no proclivities that way. I think I wanted to be dramatic, and scary.

I haven't heard from Carol since, which is nice. Maybe I'm on her Psycho Arsonist Don't Call List.

Anyway, here are two quick tips for identifying these scammers. 1) Bad to no grammar. Standard English usage eludes them utterly. But don't get the idea this means they are foreign born. Most are American dropouts. 2) Anyone who wants you to meet him/her with a bag of money. Or wants you to get a card and surrender the number.

I'm going to research how to track down these people and scare them silly. When I find out I'll let you know, for free. You won't have to get a cash card from the 7/11.







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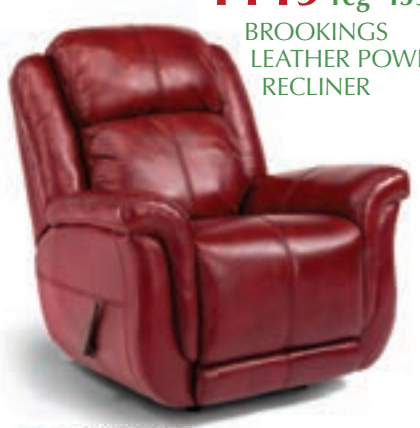
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