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Pocket News

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KNOW YOUR NEIGHBOR:

Richard Davis, Congressional Gold Medal winner

See page 2

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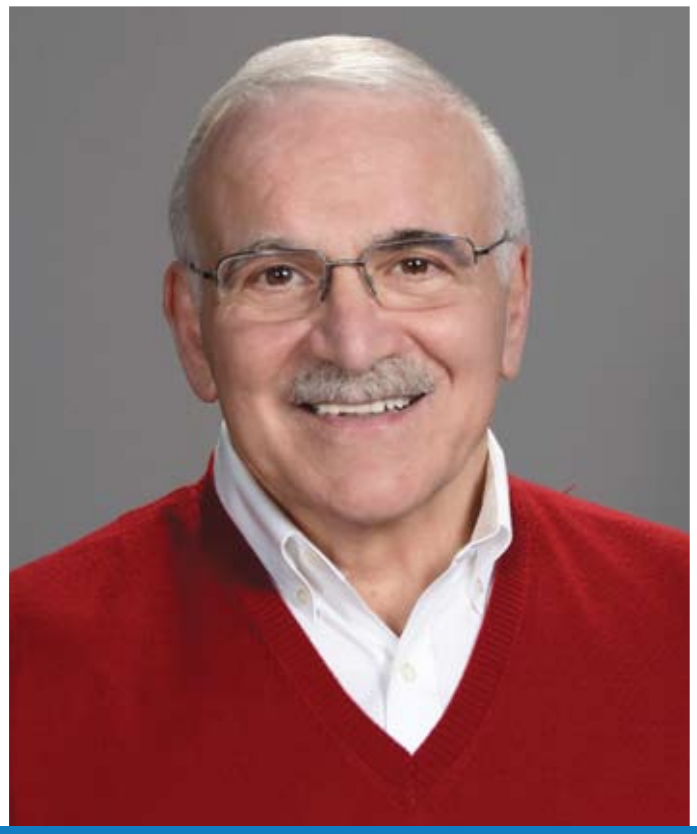

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Know your neighbor: Richard Davis, Congressional Gold Medal winner





Photos by Peter Rabbon

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E-mail stories & photos to: editor@valcomnews.com
Editorial questions: (916) 267-8992

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1109 Markham Way
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t: (916) 429-9901
f: (916) 429-9906

Cover photo by:
Peter Rabbon

By Peter Rabbon
Special to the Pocket News

Richard Davis, a Greenhaven-Pocket resident since 1978, is a veteran of the United States Marine Corps, CPL (1943-46), and as a Montford Point Marine, a recipient of the Congressional Gold Medal, the highest government honor that can be awarded to a civilian.

Since the American Revolution, Congress has commissioned gold medals as its highest expression of national appreciation for distinguished achievements and contributions. Each medal honors a particular individual, institution, or event. George Washington was the first recipient of this honor. Another group to receive this honor in 2012 were the Montford Point Marines who served between 1942 and 1949 and fought in WWII.

In June of 1941, President Roosevelt issued Executive Order 8802, banning discriminatory employment practices "because of race, creed, color, or national origin" by Federal agencies and all unions and companies engaged in war-related work. This included the United States Marines Corps who up to this time had excluded African Americans from joining.

The Executive Order banned discrimination but it did not ban segregation. Thus was born Montford Point, the marine recruit training camp built specifically for African-American men. The camp was located about 2 miles from a main marine all-white training facility, Camp Lejeune, near Jacksonville, North Carolina.

Richard Davis, a 17-year-old 1942 high school graduate, born and raised in Los Angeles (Compton), was

see Davis page 3

Davis:

continued from page 2

drafted in September when he turned 18 and became part of the first group of young black men inducted into the Marine Corps.

When he reported to the Pacific Electric Station, he was directed to a separate room, and was not part of the young marine inductees headed to Camp Pendelton. Rather he boarded a train with other black men to Montford Point, North Carolina. He was just starting his journey to learn about racism and segregation.

They had sleeping berths until they reached Texas. At that point, he learned about the "law of the land" and was removed from the car with sleeping berths and placed into an open coach. When they changed trains in Washington DC, in the terminal he saw signs above the drinking fountains and restrooms, marking indicating which were for whites and for blacks. This was his first trip outside of California and it was becoming a revelation. Living in California all his young life, he was exposed to racism but he had never experienced segregation. It was a shock to learn this was "the law". Trains, restrooms, water fountains, buses, what was next?

What was next? Six months of boot camp at a segregated training camp built specifically for blacks, the Montford Point camp. In hindsight, Richard says the extraordinarily strict discipline he learned in boot camp served him well to survive and succeed not only his military service but also his professional and personal life after his discharge.

Rich remembers going into Jacksonville on his first liberty and the proprietor ordered him out of the store and called law enforcement. The Military and local police arrived. The MP from Camp Lejeune convinced the local police to not take Rich and his cohorts to the local jail. The following day at Camp Montford Point, the marines were instructed, for their own safety, not to go into town.

After boot camp, Rich was assigned to the Fleet Marine Force, 7th Separate Infantry Battalion, 5th Ammunition Company starting his Asiatic Pacific tour of duty for two years involved with the handling and management of ammunition. Locations included Guam, Okinawa, Palau, and the Hawaiian Islands. Throughout the tour, he was still in a segregated company.

After WWII ended and his company was going to be disbanded, Rich tried to join USMC Marine Air Wings, but they were not accepting blacks, so Rich decided it was time to rejoin civilian life.

Once a civilian in California, Rich happily blended back into life without segregation in southern California. He started working part time and attending school. Thanks to the support from the GI-Bill, he ultimately graduated from Pepperdine University in 1952. Thereafter, his 35-year professional career focused within education as a teacher, administrator, and counselor and education consultant. Rich retired from the Sacramento Office of Education in 1986.

Today, Rich enjoys retirement with his wife Dolores of 71 years and having frequent family trips and dinners with his three daughters, Marilyn, Jackie, Sandy, and his grandson Alex, all who live in the Greenhaven-Pocket neighborhood. Occasionally, as he looks at his Congressional Medal of Honor showcased in their living room, he reminisces about his time with the Marines, thinking about how tough those days were, but how it shaped his life and values, and unknown to him at the time the groundbreaking that was occurring.



Rich with his wife Dolores

Photos by Peter Rabbon

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Introduction to Sunyata Meditation - Thursday, November 15, 4:30-6:00pm, $8

Medicare & You: Understanding Medicare - Friday, November 16, 1:30-2:30pm; Free

Health Benefits of Tea - Wednesday, November 28, 1:30-3:00pm; $20/$25 drop-in

For more information or to register, contact Anna Su at (916) 393-9026 or classes@accsv.org.
For a complete list of our classes and free workshops, visit our website at www.accsv.org.

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Kennedy Robotics team receives $5,000 grant



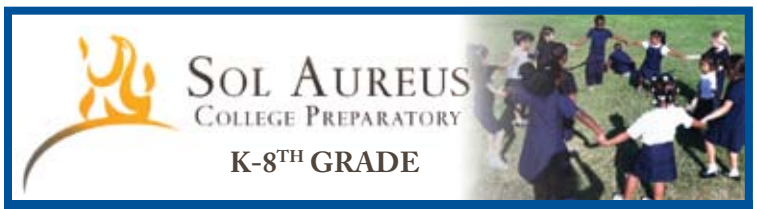
Photo courtesy of Cindy Kazee

The Kennedy robotics team shown at the World Championship in Houston, April 2018.

Team receives funds to support STEM education through FIRST Robotics competition

Students at John F. Kennedy High School have found external support as they utilize robots to improve skills in science and engineering. The Monsanto Fund, a philanthropic arm of Bayer, recently awarded a one-time $500 grant to Kennedy Robotics to support their FIRST Robotics activities and encourage local students who participate in the program.

Kennedy Robotics will use support from the Monsanto Fund grant to participate in FIRST Robotics and its educational programs and competitions. FIRST enables teams of students to compete with others in building, designing and programming their own robots to perform preassigned tasks– giving young students a chance to get involved with real-world engineering.



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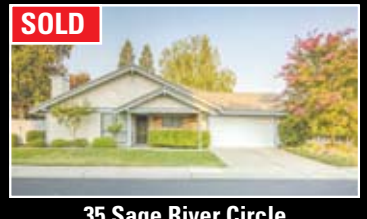

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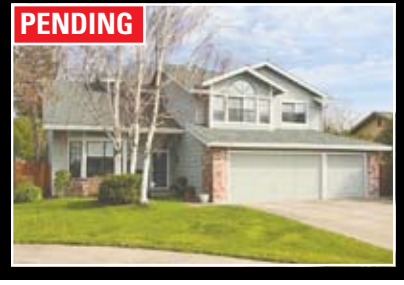

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Polish those rhinestones! It's time for country dancin' at the Sacramento Elks Lodge

Bia Riaz
bia@valcomnews.com

In response to rave reviews from last year's first country western dance, The folks at the Elks Lodge #6 (Sac 6) are excited to present their second annual Throw Down at the Sac 6 Hoedown, on Saturday, Nov. 17. This year's event will be bringing back all your favorites: delicious southern dinner from award winning chefs, creative cocktails, line dancing, country western themed DJ spinning favorite danceable tunes, and unique prizes featuring a silent auction, including a trip to the CMA in Nashville with all the frills.

Dr. Kelly Byam, Doctor of Veterinary Medicine and owner of Abel Pet Clinic, and Chairman of the event reported, "Last year we were entering new territory and it was very exciting but a bit overwhelming. We had never hosted an event like this before and we weren't sure what to expect, however, everyone really enjoyed the event and we received a lot of positive feedback, so we're bringing it all back!"

Building on the success of last year's event, the Elks made arrangements to offer some very unique auction items for guests to enjoy, including a bucket list vacation to the CMA Awards in Nashville, trips to an 18th century Italian villa and farmhouse, Austin City Limits festival package, and a romantic getaway to Maui. All will be up for auction at the Hoedown on Saturday, November 17. Featured items will also include exquisite, limited edition artwork with a country twang, signed sports, entertainment and country music collectibles, fabulous designer jewelry & ladies accessories, unique home décor, and much more. All proceeds from the auction will benefit the work of Sac 6 Elks. "We are a nonprofit organization dedicated to helping our community, providing in-home rehabilitation for disabled children, sponsoring scouting, youth scholarships, drug awareness and veterans assistance," stated Kelly.

Kelly was also excited to report the return of their famous pit crew, Gina D'Arcangelo and Jack Simmons. Gina and Jack are renowned competitive chefs and have won first place at the State Fair barbecue competitions. This year they will feature a full country themed fried chicken dinner, mac and cheese, coleslaw, collard greens, cornbread and dessert.

After dinner, guests can enjoy line dancing lessons with Geri Shapiro, a Pocket resident who has been teaching Line Dancing in her native Hawaii for many years. "For those who want to brush up on their line dancing skills before the event, on Sat, Nov 10th, the Elks will present a free preview of the line dances Geri will be teaching. Hoedown practice will be from 1-2 pm Sat, Nov 10th, and there is no charge for the Hoedown practice session. We will also have DJ Patrick Contreras returning, who normally plays for the two-stepping crowd at Stoney's Rockin Rodeo," stated Kelly.

VIP experience begins with early admission at 5 p.m. on Saturday, Nov. 17 and a complimentary "watermelon shot" (with or without vodka) VIPs will also receive reserved preferential seating around the dance floor and priority dining, as well as a swag bag and one free ticket for the Elks Sunday Breakfast ($10 value).

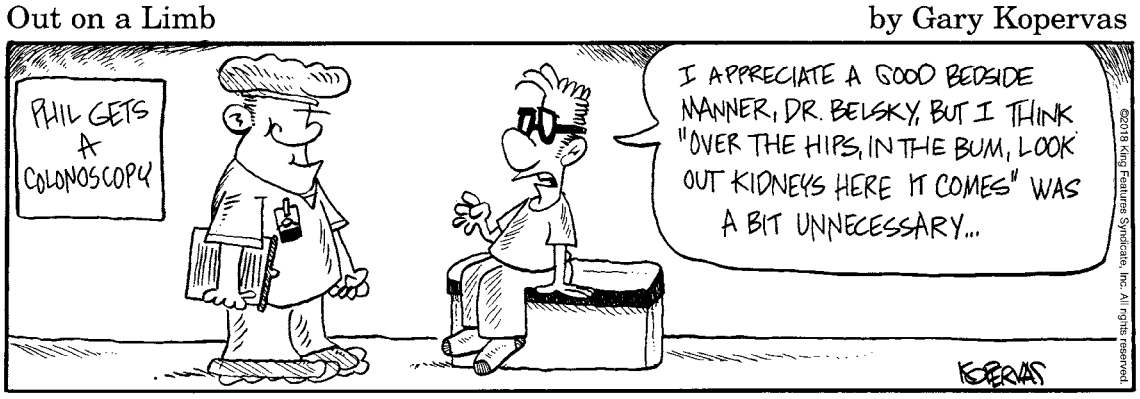
General admission tickets for $20 are available at the Lodge by calling 422-6666. Individual VIP tickets for $35 or reserved table of 10 tickets for $300 are available on Eventbrite.

For more information about the event or Sac 6, please contact The Benevolent and Protective Order of the Elks by phone at 422-6666, by email at lodge@elks6.com or visit elks6.com. The Sacramento Elks Lodge #6, is located at 6446 Riverside Blvd.

For tickets: https://www.eventbrite.com/e/sac-six-hoedown-vip-admission-tickets-46121723316?aff=efbeventtix&fbclid=IwAR2IyiltkigSFmW03NS0QTRf3UdHzBUu-fcyKJf1KtCgjC-cuhfcBFlGwHRs



Out on a Limb — by Gary Kopervas



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Daily Mass: 8:00am Monday-Saturday

Overeaters Anonymous: Waging a Secret Battle Against Food Obsession

They range from their early 20s to their mid-60s and have different backgrounds and occupations and come in all shapes and sizes. But they all have one thing in common: an obsession with food. Each week people arrive, desperate to overcome their demons and lead a healthier life.

But this is no diet club. Its members have seen their lives and families torn apart by their eating habits. Some suffer from diabetes as a result of their obesity. Many are underweight as a result of bulimia. Others confess that years of abuse has left their digestive system ravaged. Many have tried therapy, they have been to rehab. Overeaters Anonymous is their last hope.

OA works on the basis that overeating is an addiction. But rather than booze or drugs, the substance of choice is food. Like alcoholism, compulsive eating is an illness that's on you all the time. And like any addiction, it's very secretive, say many OA members.

"I would eat dinner with my boyfriend and then sneak food upstairs to eat secretly."

"I've eaten all my daughter's Halloween candy."

"The movies used to be my crack house. All that sugar and a dark room to hide in."

People at the OA meeting nod in recognition.

OA is run entirely off the donations of its members. It operates by a policy of "attraction, not promotion" to find fellow sufferers.

Outside OA meetings there is little sympathy for people who overeat. One woman fights back tears as she tells the group about her recent suicide attempt. At her last OA meeting, a woman had given her a phone number and offered to be her sponsor. She decided to give her a call.

"I seriously believe she has saved my life," she says.

One of the problems is that compulsive eating is not widely recognized. Those who suffer often feel their problem is treated flippantly or with disbelief. And the feeling of powerlessness in the face of certain foods is something that all OA members have in common. One woman describes the way her insides would "light up" after just one taste of sugary food and how once she started she couldn't stop.

This might sound familiar, but for overeaters that doesn't just happen once in a while but every time they eat.

"A really good description of compulsive overeating is that on Christmas Day everyone overeats. Everyone gets to that point of feeling really full and uncomfortable. But then they go to bed and the difference is they wake up the next day and they don't do it again. If you're a compulsive eater you do."

"Before I went to OA I would never have told anyone how I felt. I wouldn't let anyone in. Now I have a great sponsor who I speak to every day. Having the community is such a great part of it. It's an illness that's with you all day so you need to be able to have something or someone you can rely on every day. And you need other people to relate to so you realize you're not alone."

There are over 35 OA meetings in the Sacramento Valley. Attendance is free. For more information go to www.sacvalleyoa.org

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by Linda Thistle

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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

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LIFE
IN THE VILLAGE

By JAN DALSKE
Pocket News

45 BROWNIES

I had to be seven years old to join the Brownies. The Brownies were the first group that girls could join in a bigger group called the Girl Scouts. I was finally old enough to sign up, and my friends Cathy and Sue were going to be in the same group. And, Sue's mother, Fern was going to be our Leader. My mother had already found the light brown dress that I needed, and the cute brownie hat. She even had some socks that I could wear with my Brownie uniform. I was so happy that I was finally able to become a Brownie.

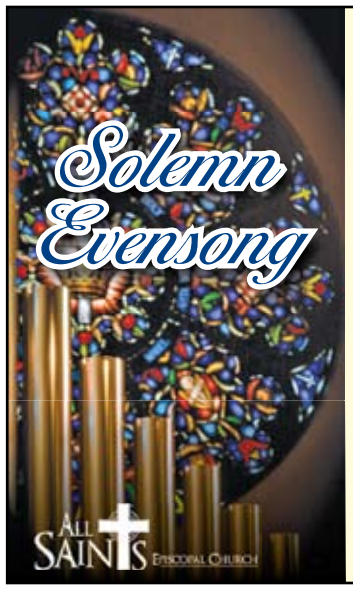
But, I was still curious about what it was that Brownies did. I already knew that they had fun, and I knew that you had to learn something called a promise when you became a Brownie. Fern had told me that when you were a Brownie you got to do interesting and useful things with other girls that were our age. I knew that they camped, and made things with their hands. They told stories and played games and learned songs and dances. I would meet other girls that were Brownies. I found out that there were girls who lived in other parts of the world who were also Brownies. Girl Scouting was a club for girls only.

A Girl Scout troop was a club where every member makes the Girl Scout Promise, practices the Girl Scout Law, and chooses fun things to do from the list of Girl Scout activities. A Girl Scout belongs to a national and an international organization. And they wore the trefoil pin. You can be a Girl Scout when you were seven to ten years of age, and the oldest girls were eighteen years of age. The first thing we had to do was to learn the Girl Scout Promise. It was: "On my honor, I will try; to do my duty to God and my country, to help other people at all times, and to obey the Girl Scout Laws". But I did not know what the Girl Scout Laws were, not yet anyway.

I found out that there were Ten Laws and I learned what they meant. The first one is that A Girl Scout's Honor is be Trusted. You have to tell the truth, play fair, and do your work honestly. You can be trusted with other people's money, possessions or confidences. And, you keep your promises. The second law is that A Girl Scout is Loyal. She is true to the things that she thinks are right and good. She is faithful to her family, her friends, her school, and her religion. The third law is that A Girl Scout' Duty is to be Useful and to help others. She does her share of duties at home, school, camp or wherever she may be. She looks for opportunities to help other people in many little ways and prepares herself through her Girl Scout work so that she is able to help in big ways, too.

The fourth one is that A Girl Scout is a Friend to all and a sister to every other girl scout. She has a feeling of good will toward people, regardless of nationality, creed, or color. She makes an special point of being friendly to all the members of her troop and to Girl Scouts everywhere. The fifth one is that A Girl Scout is Courteous. She is thoughtful of other people's feelings. Courtesy is more than saying "thank you" and "excuse me". It is consideration for others, although their ideas, ways of living, and beliefs may differ from her own. The sixth one is A Girl Scout is a friend to animals. She sees that her own pets receive good care, and she protects all animals from neglect, cruelty, and unfair treatment. She does not kill any creature unnecessarily.

The seventh one is that A Girl Scout Obeys Orders. She respects the laws of her community and the requests of those who are responsible for her. The eighth one is that A Girl Scout is Cheerful. She does here daily job pleasantly. She is not discouraged when things seem hard. She never grumbles or whines when things are going against her. The ninth one is that A Girl Scout is Thrifty. She uses materials, money, time, and energy wisely so that she may have them when she needs them and have some to spare for others. The tenth one is that A Girl Scout is Clean in Thought, Word, and Deed. She directs her thoughts toward worth-while things so that she will not stoop to words or deeds that would bring shame upon her or upon others.



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4:00 p.m.

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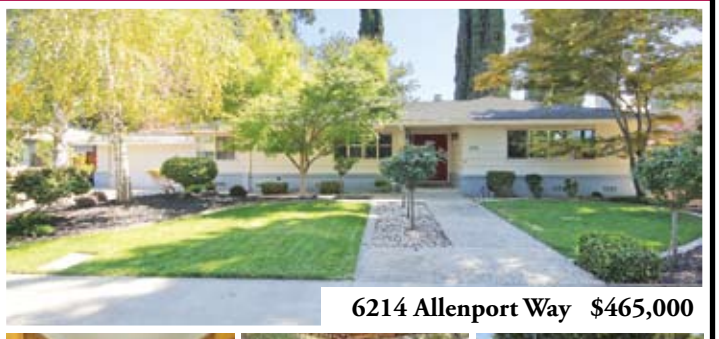

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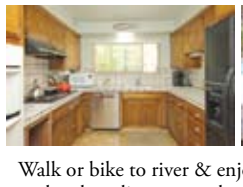



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Faces and Places:
Trunk or Treat at Caroline Wenzel

Photos by Stephen Crowley

The school community of Caroline Wenzel Elementary came together for a night of spooky Halloween fun. Children came donning their best costumes, and filling bags of candy and treats from decorated trunks. It was a fun filled night of music and games.

see Photos page 9









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continued from page 8













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Sacramento Zoo director speaks about plan to relocate zoo



Photo by Lance Armstrong

Although certain large animals no longer make their home at the Sacramento Zoo, giraffes are still among the large residents of this 14-acre attraction in William Land Park.

By LANCE ARMSTRONG

With the recent news that the Sacramento Zoo is seeking to relocate from Land Park, Jason Jacobs, the zoo's director sat down with the Land Park News last week to discuss that plan.

The zoo dates back to 1927, when it was opened as part of the then-new William Land Park.

Its opening was one of various notable events that occurred in the capital city that year, including the opening of the Sacramento Memorial Auditorium and the Alhambra Theatre and the introduction of the famous twin steamers, the Delta King and the Delta Queen, along the Sacramento River.

The board unanimously voted last spring to relocate the zoo from its current, 14-acre location to a 50- to 60-acre site, which would include additional land for an accompanying parking lot.

A current goal of that plan is to have the zoo opened at a new location by its centennial in 2027.

Predating the board's decision to relocate to a larger site and playing a significant role in that decision, the zoo underwent an inspection by the Association of Zoos and Aquariums last November and an accreditation hearing last March.

Although the report notes that animals are well cared for at the zoo, it states that many of the exhibits do not meet modern zoological practices.

Jacobs said that the report led to some quick changes at the zoo.

"Immediately, we tore down old cages and sent animals to other accredited zoos into better habitats," he said.

Regarding the zoo board's decision to seek a new location for the zoo, Jacobs said that the board weighed various issues, including finances.

"In 2018 dollars, it's about $128 million to renovate the zoo in its entirety," he said. "And then came the question: 'If you're going to spend $128 million to renovate the zoo, do you renovate the (current) space or do you get land where on day one $128 million will provide you with a larger zoological experience than what we can offer and much larger spaces for the animals?"

Jacobs added that past discussions regarding expanding the zoo in the park were not well received, and that such an expansion does not seem viable to the zoo board.

"Expansion said that we would need about 10 to 15 acres

See Zoo page 11

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Zoo:

continued from page 10

for the zoo, as well as about 10 acres for parking," he said. "We didn't see that as a viable option within Land Park."

Jacobs emphasized that parking played a significant role in the board's decision.

"You could renovate this zoo, but the number one negative attribute that we get when we survey our guests is parking," he said. "Where do we park people in (William) Land Park?"

Jacobs also said that the zoo, which focuses on animal welfare, is forced to work within the limitations of its current location.

"Over the past the 20 years, the zoo has had to make some tough decisions based on space," he said. "You don't see bears anymore, you don't see hippos, you don't see gorillas, and in January, we sent out our last tiger. Those are tough (decisions), because those are animals that people look forward to seeing here at the zoo."

An expansion to a larger site would allow for certain larger animals such as hippos to be reintroduced into the zoo.

Jacobs noted that existing animals could also have their quality of lives improved in a "very positive way" by moving into larger exhibits.

The director also stressed that the Sacramento Zoo has not kept up with the times as far as size, noting that it is the nation's second smallest accredited zoo.

Accredited zoos in metropolitan regions that are similar in size to the Sacramento region include: the 57-acre San Antonio Zoo, the 64-acre Oregon Zoo, the 74-acre Cincinnati Zoo and the 202-acre Kansas City Zoo.

Jacobs said that if the 50- to 60-acre Sacramento Zoo becomes a reality, a plan is in place to have one of its exhibits be larger than the current location of the zoo.

"That (exhibit) would be devoted to an African grassland, where our giraffes could run," he said. "They could be mixed with zebras and ostriches and rhinoceroses. I think it (would be) magical. And this (current zoo) is magical, too. We create lifelong memories, we save species, but we could be so much better."

The plan to relocate the zoo came as a surprise to the community, especially considering that during the zoo's 90th anniversary last year, it announced a plan to undergo a $75 million, phase-by-phase renovation over the following 15 to 20 years.

Jacobs explained that the relocation plan will not halt all renovation efforts at the current zoo site.

"We do not want to be a lame duck zoo leading up to this potential relocation," he said.

Recently, in-house facility workers at the zoo built a new playground to replace a smaller playground.

Renovation work on an exhibit was also recently performed in preparation of the coming of a mob of meerkats, which are a small carnivore species of mongoose from southern Africa. It will be the first time in the zoo's history that it has housed this animal.

The zoo is also preparing for the arrival of several okapi – a forest relative of the giraffe.

Jacobs commented on the zoo's upcoming introduction of new animals.

"We're going to be bringing in some different animals that we can provide new habitats for that we can (eventually) relocate to the new zoo," he said. "So, that's the plan."

While visiting the zoo last week, several people shared their thoughts on the plan to relocate the zoo.

Fair Oaks resident Dave Morgan said that although he enjoys the current zoo, he welcomes the idea of a relocation of the zoo to a larger site.

"This place has been around a long time," he said. "It's very settled and sage, I suppose. I would like to see more animals and more space. It's pretty small compared to other zoos. But that's one of the quaint things about it is you can come and go and not wear yourself out too much."

Morgan, who first visited the zoo in 1988, added that he would like to see larger animals that could be housed at a new Sacramento Zoo.

"I think (adding larger animals at a relocated zoo) would be great," he said. "That's what a zoo's all about is having animals that you can't see unless you go on an African safari or something like that."

Not everyone favors the zoo relocation plan.

Arden area resident Judy Nuttall, for instance, said that she is against that plan.

"I don't like that (plan)," she said. "You look around this place and everything is so well kept and the animals seem like they are in good shape. I'm 71 years old and I've lived here forever, and I just think (a relocation) would be a disaster. You know, we saved the Kings. Can we save the zoo?"

Caroline Niel, a Manteca resident who frequently visits the zoo, shared a differing view.

"I'm excited," she said. "I think it would be fantastic, because they do such a beautiful job with the zoo as it is. To see them possibly expanding and make it grow and do more with what they have would be fantastic. I would love to see that."



Courtesy of the Sacramento Zoo

The Sacramento Zoo has been located in William Land Park since 1927. The zoo board recently voted to pursue a relocation of the zoo to a much larger location.



The Song of Jackass Creek: New novel by former Valley Community Newspapers editor and longtime columnist released

By Monica Stark
editor@valcomnews.com

After 25 years as a journalist and former small town weekly newspaper owner Darby Patterson released "The Song of Jackass Creek," a story of a big city award-winning reporter who left a dangerous past only to encounter a story of a lifetime. When a battered body is discovered in Jackass Creek, Jesse Kilgore uses the skills he honed as an investigative reporter to help the town of Redbud come to grips with a brutal murder that's fed animosities between the local timber operation and environmental activists. The future of a young Native American accused of the murder hangs in the balance. Redbud's colorful locals consider how the politically charged killing might threaten their cherished mountain lifestyle and traditions.

A rather "gentle mystery" without the graphic violence that's so prevalent in today's mystery novels , "The Song of Jackass Creek" comes to life with character development and plot instead of "blood and guts." Some of the drama develops between environmentalists and the loggers. "Both sides of that debate have some truth on their side," she said.

With this book, Darby said, "I wanted, in some way, to relive the experience of being among people who valued their environment and respected each other – to celebrate them and their lifestyle that is still alive and well across America."

Having lived in a small town in the Sierras, with a population of 386 and having owned a weekly newspaper there, Darby said she could not get the character of those citizens of the mountain out of her mind. "It was such a unique experience to live among such diversity and acceptance. And there was something so entirely genuine about the people. I just needed to recall them in my story."

That said, most of the characters in the book are based on real people, from

see Creek page 13

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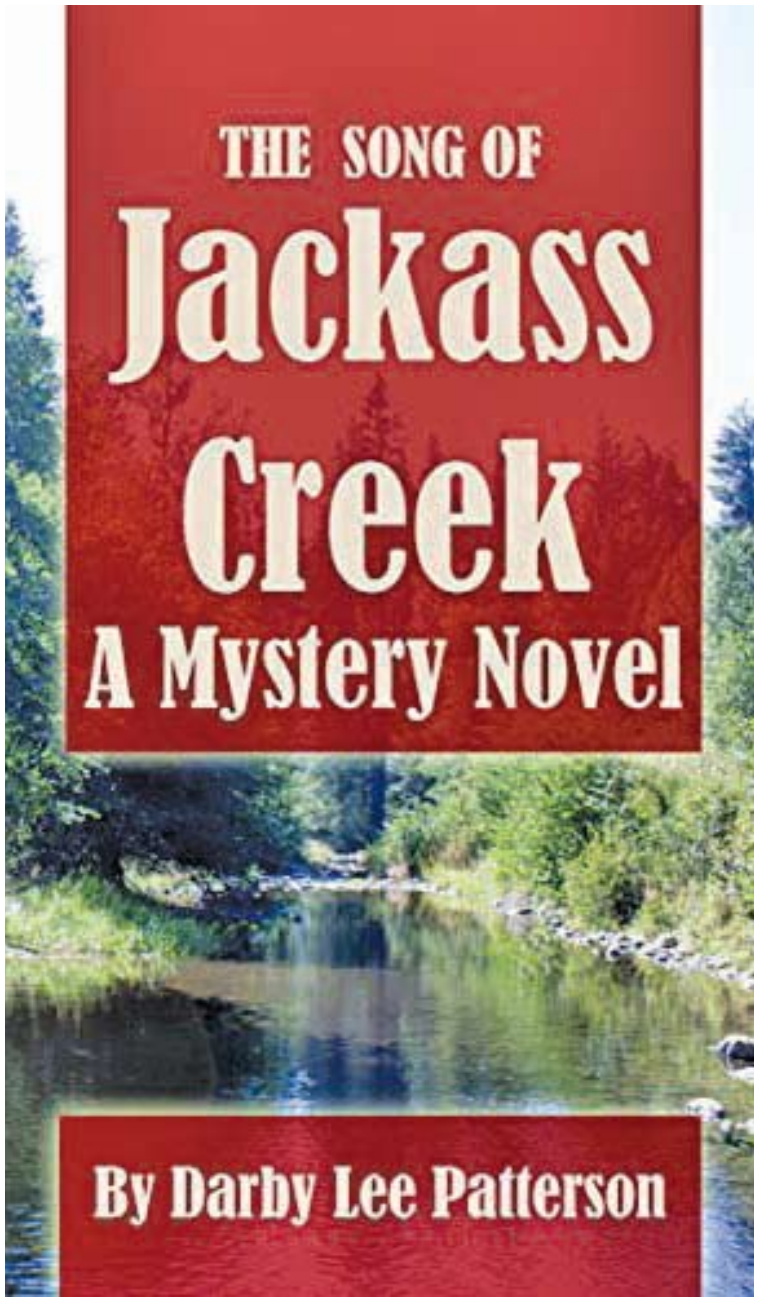

Creek:

continued from page 12

the jocular guy who owns prize mules to the boss at the sawmill and the female bartender who wielded a crowbar when necessary. "I just loved being able to tell the stories of extraordinary 'ordinary' people as a writer and publisher of the weekly newspaper I owned in the mountains. That was such a privilege," she said.

Other highlights of her career as a writer, include winning a journalism award for her coverage of the The Cleveland Fire up by Kyburz in the early 1990s for the Sacramento Union. "Writing about the courage of the firefighters and great losses to people who lived up there was an important highlight in my career."

As a very young person Darby read all of Agatha Christie's books, then moved on to popular mystery writers such as John D. MacDonald, Robert B. Parker, and English mystery writers like Dorothy Sayers. "I liked the big, best-selling authors until they took up the trend of featuring a lot of violence and graphic descriptions. I don't read them anymore, and my book is intentionally lacking those features," she said.

Longtime readers of Valley Community Newspapers may recall her column, Midpoint Missives. With that column, she said, "I could let go with my sense of humor and have lots of fun, plus cause occasional controversy."

Holding a high regard for the value of community newspapers, Darby said she was happy to contribute to Valley Community Newspapers. "It's privilege of being invited into the life of a neighbor, to tell their story – to do a community service."

Having lived in Sacramento for decades, Darby now lives near Sly Park.

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There's a new dance venue in town for country dancers

Camp Pollock considered to be a perfect spot for the Sacramento Country Dance Society



By Monica Stark
editor@valcomnews.com

Common lore among English country dancers is that their favorite pastime began in the 1600s when English society got bored with complicated and difficult-to-learn formal dances, the kind of display dances for couples to show off. So, they started dancing country dances for light relief, explains Chris Ratekin, English dance committee chair for the Sacramento Country Dance Society, a local group that added Camp Pollock as a monthly dance venue. "Country dances were simple dances done by country folk and had to be easy because country folk didn't go to dance lessons, and couldn't read dance books or anything else for that matter," Ratekin said.

These country dances proved very popular, Ratekin explains, and soon, professional dancing masters got into the act, and started inventing and publishing more complicated "country dances". "These were no longer dances of the country folk, but were danced only by the educated classes of English society. If you have seen any of the Jane Austen movies, such as 'Pride and Prejudice' or 'Sense and Sensibility', you have seen English country dancing."



American Contra dancing, and traditional American square dancing, evolved from these "country dances", Ratekin explains. "Today, many new dances and tunes are being written in the same style."

At events hosted by The Sacramento Country Dance Society, dancers enjoy a mix of old and newly written dances. Unlike many dance communities, this group has its own house band whose musicians play many musical styles in a variety of groups; for English Country dancing they come together as "Quite Carried Away" and include Dick Holdstock on octave mandolin and banjo, Susan Jones on concertina, Arlene Jamar on piano, Jane Kostka on whistle, Martin Lodahl on viola da gamba, and David Wright on fiddle and mandolin.

"Music is very important. We always feature live music," Ratekin said.

Meanwhile, a rotating list of callers, "some of the very best callers in the United States", not only to teach each dance, but provide prompts throughout the dance—much like a square dance—so that dancers don't need to memorize anything. They've selected callers with particular skills in working with new dancers for the group's new Camp Pollock events, which are held on the third Sunday of each month from 2 to 5 p.m., preceded by an introductory lesson at 1:30 p.m.

"A hidden gem, right in the center of things," Camp Pollock

see Dance page 17

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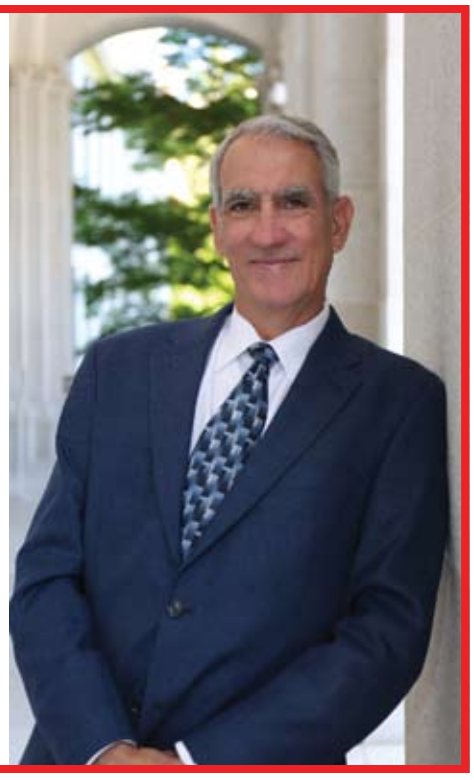



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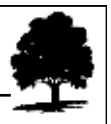

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Dance:

continued from page 14

with its dance floor, good acoustics and not to mention country feel, was chosen as an additional monthly location for those reasons and because the core group of dancers simply wanted to dance more often. "I just find the music and dancing joyful, so much so, that it always makes me smile. Some people come to our dances for the social aspect; dancing is a very social activity, and our group is there to have fun. We laugh a lot," Ratekin responded when asked about her favorite part of English country dancing.

The Sacramento Country Dance Society has been sponsoring American Contra dances for more than 30 years. About 16 years ago, a number of dancers and musicians who had enjoyed English Country Dancers in other communities came together to form a monthly dance in Roseville, under SCDS sponsorship. The dancers love the dancing, and the musicians love another excuse to play beautiful music. Now we're thrilled to be expanding our offering by adding a second monthly dance in central Sacramento. The group is very informal—no memberships, and the only requirement is interest in the dance. And the snacks at the break are an added draw," Ratekin said.

New Sacramento English Country Dance details:

The Sacramento Country Dance Society is adding a second monthly English Country Dance on the third Sunday afternoon of each month at Camp Pollock, 1501 Northgate Blvd. Lovely hall and floor, easy parking, and on the American River Bike Trail. This is in addition to the long-running dance in Roseville that continues on the first Sunday afternoon of each month at the Polish-American Hall. Beginners welcome, no partners necessary, always live music. Times for both dances: 2-5 p.m., preceded by an introductory lesson at 1:30 p.m. Details about both dances, including callers, music, locations, and date changes, can be found at sactocds.org/english-country-dance/

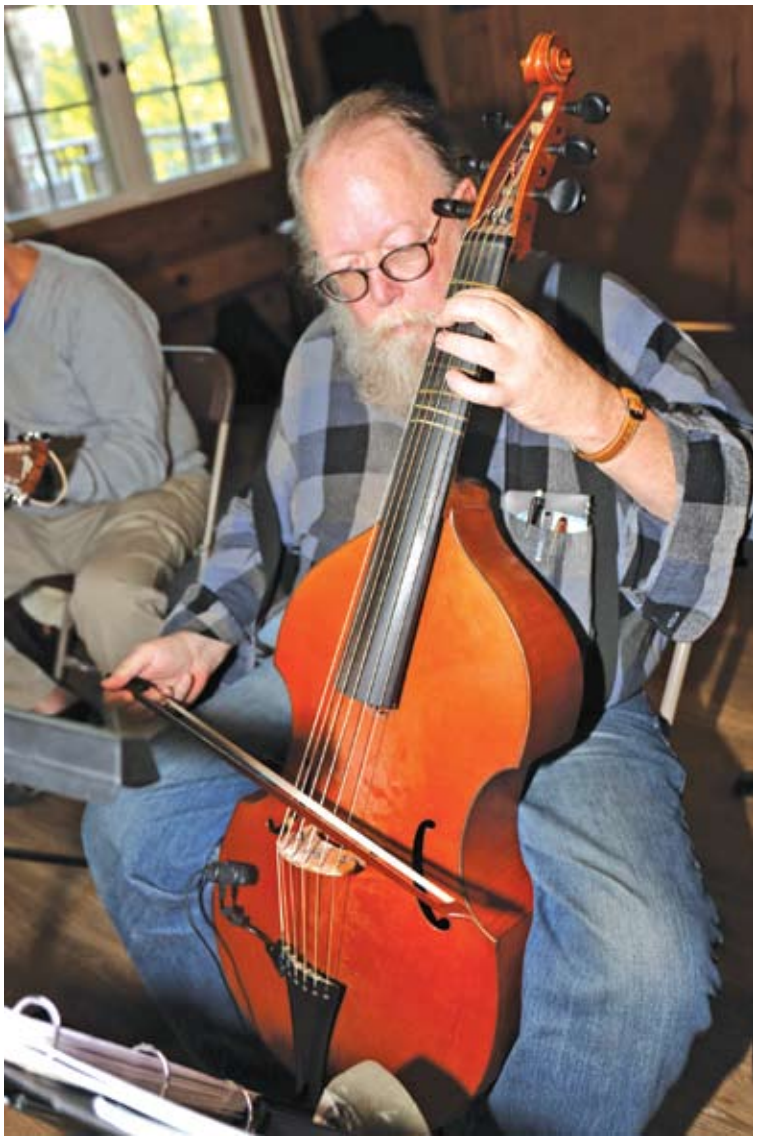
Cost: $10 for adults; $8 for college students with ID; $5 for dancers under 18; $25 maximum for families (cash or check). All proceeds go to hall rental, the caller, and band members.

What to wear: Comfortable, casual clothes are fine. Many women prefer full skirts. Clean, non-marking shoes with no or low heels are best for the dance floor and for your feet!



Photos by Stephen Crowley

Shown here is a collection of photos from Sunday's Sacramento Country Dance event at Camp Pollock, a monthly event open to the public.



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What's happening Pocket/Greenhaven?

VCA GREENHAVEN POCKET ANIMAL HOSPITAL WINTER PET CARE DRIVE: Loaves & Fishes and VCA Animal Hospitals announce the kickoff of our 5th Annual Winter Pet Care Drive focused on helping some of the neediest people in our community and their pets. During the month of October, donations may be brought to any one of the VCA Animal Hospitals in the Sacramento area and all items will go directly to the individuals served at Loaves & Fishes in downtown Sacramento. This winter drive is dedicated to supporting the power of the human-animal bond across all members of our community and is an extension of an ongoing bimonthly Pet Food Pantry program in partnership between Loaves & Fishes, VCA Animal Hospitals and Hill's Pet Nutrition. Last year's drive was very successful: 16 VCA hospitals in the Sacramento Valley mobilized employees and clients in a winter drive that collected more crates, blanket, leashes, pet sweaters, and toys than we could even count. They hope, with your help, for more of the same this year. You are welcome to join in the effort to collect pet sweaters, blankets, collars, leashes, pet carriers and pet toys for those in need in our community. Loaves & Fishes provides a variety of shelter, food and support services to the Sacramento homeless community. For more information about Loaves & Fishes, visit sacloaves.org. VCA Greenhaven Pocket Animal Hospital is located at 1 Valine Court, Sacramento, CA 95831. For more information, call 916-391-3677 or visit www.VCAgreenhaven.com

JFK HIGH SCHOOL ATHLETICS HALL OF FAME: The John F. Kennedy High School Athletics Department will induct its first Hall of Fame class this spring in May, 2019. The school is looking for nominations of Cougar graduates, coaches, teams and athletic department contributors. The John F. Kennedy High School Athletics Hall of Fame is intended to recognize and honor those who have made a significant impact on the athletic community with their athletic achievements during high school or with exceptional effort and service to the John F. Kennedy High School athletic department. The Hall of Fame looks to reflect the proud history of John F. Kennedy High School, highlight the long-standing athletic success of the institution and recognize the importance of developing well-rounded individuals. Please contact Athletic Director, David Parsh at: david-parsh@scusd.edu for more information. To submit an nomination, visit https://jfk.scusd.edu/post/hall-fame-nomination-form

FRIDAY, NOV. 2

PUPPETS AND CRAFTS - TUBBIN AND THE TURNIP: Puppets and Crafts: You are welcome to experience the Wildflower Forest Outdoor Preschool at the Camellia Waldorf School, 7450 Pocket Road, with puppets and crafts, led by Preschool Teacher Ms. Jennifer in our early childhood yard. Don't miss this FREE event!
Please RSVP to join Ms. Jennifer and her puppet players on an upcoming Friday, from 9 to 10:30 a.m., when they perform:
November 2nd:
•Puppet - Mother Earth's Autumn Garden
•Craft - TBD
If you have questions please contact Enrollment Director Sidonie Ospina at (916) 427-5022 or at sospina@camelliawaldorf.org

LIBRARY FRIENDS TO HOST WAREHOUSE SALE: The Friends of the Sacramento Public Library are hosting a Warehouse Book Sale at the Book Den warehouse, 8250 Belvedere Avenue, Suite E, on Saturday, November 3, 9 am to 4 pm. A preview for Friends members only is scheduled for Friday, November 2, 5 to 8 pm; nonmembers who wish to attend may join at the door for $20. Sale proceeds will benefit the Sacramento Public Library system. During the sale all hardback books will be priced at $2, trade paperbacks at $1 and pocket paperbacks at $.50. Audio books and children's books will also be available at bargain prices. The Book Den store, which specializes in modestly priced better books and is located at the same site, will be open the same hours with materials offered at regular prices. For more information, call 916-731-8493 or email bookden@saclibfriends.org. Regular Book Den store hours are 10 am to 2 pm on Thursdays and 10 am to 5 pm on Fridays and Saturdays. Veterans with ID receive a 10% discount with all purchases.

SUNDAY, NOV. 4

BLESSING OF THE VOTERS: Voter education, special attraction, blessing of voters, kids activities, bounce house, multicultural buffet. Noon to 1:30 p.m. at Parkside Community Church, 5700 South Land Park Drive.

TUESDAY, NOV. 6: ELECTION DAY

POP-UP BOOK SALE AT BELLE COOLEDGE LIBRARY : On Tuesday, November 6, the Belle Cooledge Library is having a Pop Up Sale from 9 a.m. to 5 p.m. Book prices are $1 for hardbacks and 50 cents for tradeback and paperbacks. There will be plenty of children and holiday books. Fill up a grocery size bag for $5. No credit cards please. Belle Cooledge is located at 5600 South Land Park Drive.

CA RELAY-CAPTIONED TELEPHONE: California Relay Service is available 24/7 at no cost and allows individuals who are deaf, hard of hearing, deaf-blind or have difficulty speaking to make and receive phone calls. This class will discuss the products and services available to meet these individual's needs and how to apply for the program. Pre-registration required. Free of charge. Class will be held Tuesday November 6, 2018 from 3:00-4:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

WEDNESDAY, NOV. 7

MEETING ON MAIL THEFT: The Pocket/Greenhaven Community Association will be hosting a special community meeting regarding package and cluster mailbox theft issues in our neighborhood from 6 to 8 p.m. at the Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive. An officer from Sac PD's Problem Oriented Policing team (POP) will be in attendance to give everyone some highlights about their bait program and how we can combat cluster mailbox break-ins. The meeting may also have a representative from Congressmember Matsui's office stop by as well.

POCKET/GREENHAVEN COMMUNITY ASSOCIATION MEETING: It will be on Nov. 7th from 6-8 pm at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive.

FRIDAY, NOV. 9

PROTECT YOURSELF FROM FRAUD: The Department of Business Oversight is responsible for consumer protection for companies and individuals selling financial products. Learn how to protect yourself from financial fraud and scams. Pre-registration required. Free of charge. Class will be held Friday November 9, 2018 from 1:00-2:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

SATURDAY, NOV. 10

REAL ESTATE CLINIC: Are we experiencing a turn in the real estate market? Home prices are dropping and interest rates are still at historic lows. Now appears to be a much better time to be a home buyer. Come to the monthly (second Saturdays) real estate clinic hosted by J Crawford's Books and Lyon Realtor, Julie Scheff, #01815983. You'll be invited to explore ways to capitalize on your home buying experience, discover great neighborhoods with price tags starting at $300,000. A mortgage loan officer will be on hand to answer your questions. Second Saturday Real Estate Clinic: Saturday, November 10, 10:30 a.m. to noon. For questions, please call 916.508-7350.

FRIDAY, NOV. 16

MEDICARE AND YOU: UNDERSTANDING MEDICARE PART II: This workshop will provide you with an understanding of the Medicare system and how to navigate your way to success with focus on updates for 2019. This workshop is for any medicare beneficiary or anyone representing a Medicare beneficiary. Pre-registration required. Free of charge. Class will be held Friday November 16, 2018 from 1:00-2:30pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

WEDNESDAY, NOV. 28

HEALTH BENEFITS OF TEA: This is an introduction of incorporating the healthy benefits of tea into your life. Handouts on the benefits of the various types of tea will be provided to you. Pre-registration required and pre-payment of $20 required. $25 drop-in fee at the door. Class will be held Wednesday November 28, 2018 from 1:30-3:00pm at ACC Senior Services 7334 Park City Drive. For more information, call (916) 393-9026 ext 330 or www.acssv.org.

SATURDAY, DEC. 1

2ND ANNUAL DANDELION ARTS AND CRAFTS SHOW (formerly the APCC Dragon Arts and Crafts Fair) Sponsored by the Sacramento Senator Lions Club, 9 a.m. to p.m. Sacramento Buddhist Church 2401 Riverside Blvd Sacramento, CA 95818. Free parking and admission. All profits from this event will support various community projects. For

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November 12, 2018
From 8am-10am

In honor of Veterans Day, come join Pioneer House for a delicious all you can eat pancake breakfast. Space is limited
RSVP today 916-442-4906.

What's happening Pocket/Greenhaven?

information about how the organization serves the community, visit, www.SacramentoSenatorLions.org, and for event information, email SenatorLionsEvents@gmail.com

2019
JAN. 1

NEW YEARS GATHERING: Friends of the Riverbanks invites you to this monthly event, which generally meets on the second Saturday of each month at 10 a.m. (note there are exceptions so check the calendar), at Sutter's Landing Park at the VERY end of 28th Street in Sacramento. Bring water and sunblock, and a change of clothes for young ones who are sure to get sandy, muddy, and wet. Children under 13 must wear life jackets if they go into the water, per law. Leave your dogs at home and please bike, walk, or carpool if you can to keep our carbon footprint as small as possible. Directions: Head north on 28th Street, cross C Street and then the railroad tracks. Continue to the last parking lot where the park abuts the American River Parkway.

SATURDAY, FEB. 2

DREAM VARIATIONS: A SYMPHONIC CELEBRATION OF THE AFRICAN AMERICAN EXPERIENCE: The Sacramento Youth Symphony presents a major community concert event celebrating the ongoing contributions by African-Americans to our country's artistic landscape. Musical selections will include celebrated works by Duke Ellington, William Grant Still, Emmy Award-winning composer John Wineglass, and much more. An impressive roster of special guests will join the orchestra on-stage for this special event. Some of our guests include: Emcee-Omari Tau; Speaker-Courtney Dempsey; Guest Artists-Jay Mason, Chase Spruill 4th, Indigo Moore, Julian Dixon, Leslie Sandefur, & Sheryl Counter. Tickets: General $25, Students/Children/Seniors $20. For more information, visit www.sacramentoyouthsymphony.org

ONGOING

FRIENDS AND FAMILY OF SURVIVORS SUPPORT GROUP: Every first Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: Is your friend or family member in a domestic violence, sexual assault, or human trafficking situation? This free, drop-in group is for you. Learn how to support your loved one, and receive some support yourself among people who are in the same situation. Feel free to call My Sister's House for more information: 916-428-3271.

#METOO SUPPORT GROUP: Every third Monday of the month from 6 to 7 p.m. Location: Sacramento. Call 916-428-3271 for exact location. Description: This drop-in support group is free, confidential, open to all genders, and available to sexual assault survivors at any point in their healing. Feel free to call My Sister's House for more information: 916-428-3271.

MUSIC AND MOTION AT BELLE COOLEDGE COMMUNITY CENTER: Rowena Alverto brings exercise classes for seniors with a combination of yoga, tai chi, zumba, for seniors on Wednesdays from 8:30 to 9:30 a.m. $3. 5699 South Land Park Drive.

LOW-COST VACCINATION CLINICS AT THE SSPCA: Mondays and Tuesdays from 11 a.m. to 3 p.m. for vaccines; no appointments necessary. Vaccines include:
1) DAPP vaccine ($20) — DAPP stands for Distemper, Adenovirus, Parainfluenza, and Parvovirus. While important for dogs of every age, puppies are susceptible to the Parovirus.
2) Bordetella ($20) -- often referred to as the kennel cough vaccine, this helps protect against a strain of bacteria that can cause kennel cough. Many boarding kennels and groomers require this vaccine for services,
3) FVRCP vaccination ($20) prevents three potentially deadly airborne viruses: rhinotracheitis, calicivirus and panleukopenia in cats,
4) Rabies shot ($6) -- this vaccine is required by animal control or to license your dog. The first vaccine is valid for one year, subsequent vaccines if given on time will last 3 years.
If you are 65 or older, vaccinations are free! The Sacramento Society for the Prevention of Cruelty to Animals is located at 6201 Florin Perkins Road, Sacramento.

INTRODUCTION TO COMPUTER: This class is designed for beginner or students with limited or no experience with computer. Learn about computer hardware, system components, software and more. Prepayment of $30 and pre-registration required. Class will start from January 16 thru 25, 2018 on Tuesdays and Thursdays from 1:30 to 3 p.m. at ACC Senior Services, 7334 Park City Drive. For more information, call 393-9026 ext 330, www.accsv.orgs.

ARTISTS' AND CRAFTERS' GROUP – Held on the 2nd and 4th Tuesdays of each month, this meet-up was started to allow participants from past and current "In Creative Company" classes to continue meeting. Any artists or crafters who are interested in this social group are welcome--just bring whatever you're working on and join us! 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

THE CLARKSBURG COMMUNITY BAND INVITES YOU TO JOIN: How about dusting off that horn and getting involved! The band is a group of musicians that enjoys sharing a love of music with each other and our communities. The band is looking to expand the ensemble and wants to welcome those who are interested and who play a standard concert band instrument. The band meets Tuesday evenings from 7:30 to 9 p.m. at Delta High School, 52810 Netherlands Ave., Clarksburg. For more information contact Randall Veirs, Delta High School Band Director at rveirs@rdusd.org

FREE LINE DANCE CLASS: Every Thursday from 1:00 p.m. - 2:00 p.m. "Two Left Feet" dance class for beginners. If you think you have "two left feet" this class is for you. Anyone can participate in this fun activity. Friendly group of people. Drop-ins welcome. Sponsored by ACC Senior Services. Class held every Thursday at ACC Greenhaven Terrace, 1180 Corporate Way. First class is always free. For more information call (916) 393-9026 ext 330. www.accsv.org

WEDNESDAY COFFEE AND CONVERSATION GATHERING: Every Wednesday morning from 7 to 10 am., join neighbors at Cafe Latte, 7600 Greenhaven Drive, for conversation and fun. Find the group back near the piano.

"ALL IN" SENIOR SOCIAL HOUR – The Pocket Library will provide games, refreshments, conversation, and fun on the last Wednesday of each month from 1 to 3 p.m.! Games available to play include poker, chess, Scrabble, checkers, Dominos, Mahjong, cribbage, and more! Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

ROTARY CLUB OF SOUTH SACRAMENTO: The friendliest club in Sacramento, the Rotary Club of South Sacramento meets every Thursday from 11:30 a.m. to 12:45 p.m. at the Casa Garden, 2760 Sutterville Road.

SUNDAY BREAKFAST BUFFET AT THE ELKS LODGE, NO. 6: From 8:30 to 11 a.m., enjoy eggs, omelets, corn beef hash, bacon or sausage. 6446 Riverside Blvd.

SOROPTIMIST INTERNATIONAL OF SACRAMENTO SOUTH: Meetings on the second and fourth Tuesday of the month at Aviators Restaurant, Executive Airport, 6151 Freeport Blvd. For more information, call Dee at 341-7852.

JOB COACH APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Make an appointment to meet one-on-one with a volunteer job coach and get help with online job searching, using library databases, interviewing tips, resume writing, and more. For questions or to schedule an appointment, please ask at the library service desk or call 916-264-2920 during open hours. Appointment times are available for most Wednesdays between 1 p.m. and 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

TECH HELP APPOINTMENTS AVAILABLE AT POCKET LIBRARY– Have a technology question or problem? Sign up for a one-on-one technology help session with our staff. We can help with basic computer, Internet or e-mail questions, and/or get you started with library services like e-books or e-magazines! Stop by the service desk or call 916-264-2920 during open hours to make an appointment. Appointment times are available for most Wednesdays between 4 p.m. and 7 p.m., Thursdays between 1 p.m. and 3 p.m., and Saturdays between 10 a.m. and noon, at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY/TODDLER STORYTIME AT POCKET LIBRARY– Babies and toddlers (ages 0 to 3 years) and their caretakers are invited to join us for songs and rhymes. Arrive extra early or stay later for extra social time with other children and parents. Tuesdays and Thursdays, from 11 a.m. to 11:20 a.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

KNIT TOGETHER AT POCKET LIBRARY– Love to knit? Want to learn? Join us for expert advice, great conversation and more. All crafters are welcome, not just knitters! Every Friday from 1 p.m. to 3 p.m. at Robbie Waters Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

BABY STORYTIME AT BELLE COOLEDGE LIBRARY – Nursery rhymes, fingerplays, simple stories, and songs designed to encourage a range of early literacy skills. For children up to about 18 months old. Each child must be accompanied by a participating adult. Tuesdays at 12:30 p.m. at Belle Cooledge Library, 5600 South Land Park Drive.

TODDLER STORYTIME BELLE COOLEDGE LIBRARY– Toddlers ages one to three and their caregivers will enjoy fun songs, stories, and fingerplays. After the storytime, there will be a stay and play group. Thursdays at 9:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

PRESCHOOL STORYTIME AT BELLE COOLEDGE LIBRARY – Preschoolers ages three and older and their caregivers are invited for fun songs, stories, fingerplays and a play activity. Thursdays at 11 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

SING ALONG WITH MISTER COOPER- Join neighborhood favorite Mister Cooper for 30 minutes of music time and freeze dancing for families. Saturdays from 11 a.m. to 11:30 a.m. at Belle Cooledge Library, 5600 South Land Park Drive, Sacramento.

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.

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In-Stock Dining Sale!



Sale $299 reg $349 185223
42" Round Pedestal Table
Side Chair $89

Guests are on their way!
Is your dining room ready?

We have over

100

Dining Sets IN-STOCK & ready to go for your holiday entertaining!



Sale $699 reg $799 839493
40"x80" Leg Table w/2-16" leaves
Side Chair $149 Server $1229



Sale $399 reg $459 103770
42" Round Pedestal Table w/1-15" butterfly leaf
Side Chair $89



Sale $639 reg $699 070171
44"x74" Trestle Table w/1-18" leaf
Side Chair $99 Bench $149 Server $669



Sale $899 reg $999 076339
42"x72" Trestle Table w/2-12" leaves
Side Chair $169



Sale $419 reg $459 810592
42" Round Pedestal Table w/1-15" butterfly leaf
Side Chair $89

All dining room furniture is on Sale!* 1 Week Only!



Sale $679 reg $759 842812
42"x72" Leg Table w/1-18" leaf
Side Chair $129 Bench $179 Server $899



Sale $769 reg $859 510962
54" Round Pedestal Table w/1-18" leaf
Side Chair $199 Server $999

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