

DECEMBER 2016

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Staying Active During the Holidays

To enjoy good health this holiday season, it's important to commit to a plan to stay active, fit and healthy. After all, you don't want to miss a minute of those holiday festivities.

Effects of Inactivity on Seniors

Everyone needs exercise, but seniors particularly benefit from warding off the ill effects of inactivity such as decrease in muscle mass, higher risk of obesity and increased risk of osteoporosis. Staying active and exercising can also reduce the risk of other conditions like cardiovascular disease, stress and depression. An active lifestyle can improve your mood and overall state of mind.

Tips for Staying Active Over the Holidays

The holidays in many parts of the country are synonymous with bad weather. This doesn't have to stop you from maintaining your exercise schedule. You can dress for the weather and call some friends or family members to come walk around your block with you. If the weather isn't agreeable, it's the perfect excuse to go shopping (or window-shopping) at the mall. You can take a couple of laps around the mall.

- ❑ **Socialize.** The holidays can benefit your body and mind. Traveling to see family can help you stay active, and socializing lowers stress and boosts your sense of independence and well-being.
- ❑ **Get Creative.** The holidays are often a busy, hectic time, which can make it more challenging to keep up with your goals of healthy eating and exercising. Get creative this holiday season and choose fun ways to work your exercise routine into your busy schedule. Include the whole family – take a family walk singing holiday carols around the neighborhood or explore a group fitness class. This allows you to spend quality time with your loved ones and still prioritize your health.
- ❑ **Treadmill Walking or Stationary Bike Riding.** If going outdoors isn't an option, that doesn't mean you can't take your daily walk. Go the fitness center and hop on the treadmill. Or, peddle away on the stationary bike. Watch a holiday movie while you walk to make it more festive.

Don't let the winter months slow you down. Stay healthy and fit.

For more useful tips about health, wellness, safety and aging, follow us at facebook.com/eskaton or call 1-866-eskaton (1-866-375-2866.)

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Giving Back

Hello and Happy Holidays to our community of readers! It's hard to believe that December is already here and the holiday season (my favorite time of the year) is in full swing.

This month's issue is not just about the holidays though; it is also about giving back. In this issue, you'll meet Curt Rocca, a local executive and our hometown hero. Through his tremendous efforts, Rocca's annual golf tournament raised nearly three-quarters of a million dollars for several charities this year. Be sure to read about him in the article on his Capital Cup 2016.

Next, we share the heartwarming story of Michelle Nicolette, who went from homeless to employed and living independently, thanks to support from St. John's Program for Real Change.

December is a month when many generous people open their wallets and donate to charitable organizations. So, if this story touches your heart, like it did mine, we've included more information about St. John's Program and how you can help.

We also include another installment of *Real Wives*, featuring Justice Elena Duarte, one of 11 judges on the Court of Appeals, Third Appellate District. Duarte, an inspiration to young Latina women in our community, shares the story of her career, volunteer work and personal life. You'll enjoy getting to know her.

Sacramento Choral Society and Orchestra's *Wells Fargo Home for the Holidays* is a favorite every year in December and you won't want to miss it. But, we got a chance to stop by and learn more about their music, their members and their year-round contributions to our local arts community.

We also introduce you to Chef Joe Thompson, although you may already know him from his appearances on KCRA 3 and Fox 40 TV channels. Busy with both his restaurant and catering business, Joe has a passion for food, family and baseball.

We have several holiday themed events on the calendar so be sure to check them out if you are looking for a fun outing this December.

We went to the Sacramento International Horse Show and mingled with horse lovers and participants. We also attended a parade at the Sacramento Food Bank to celebrate a three month long campaign with local businesses to collect canned goods and foods. Check our Good Times section to see if we caught you on camera.

Oh, I almost forgot. Because the holidays are here and we thought you might be a little busy, we put together a Holiday Gift Guide. We include ideas for her, for him and for your favorite home chef.

We wish you and your family the most wonderful, blessed and happy holiday season!

My best,

Pam Baker

Pam Baker, Editor

Pamela.Baker@LifestylePubs.com

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DECEMBER 2016

PUBLISHER

Donald Hawkins | Donald.Hawkins@LifestylePubs.com

EDITOR

Pamela Baker | Pamela.Baker@LifestylePubs.com

ACCOUNT MANAGER

Daryl Doran | Daryl.Doran@LifestylePubs.com

CONTRIBUTING WRITERS

Michele Giacomini, Allison Hopkins,
Laura Winn, Ken Kiunke

CONTRIBUTING PHOTOGRAPHERS

Steven Hellon, Chantel Elder,
Ronald Johnson, Mikel Gordon

CORPORATE TEAM

CHIEF EXECUTIVE OFFICER | Steven Schowengerdt

CHIEF SALES OFFICER | Matthew Perry

CHIEF FINANCIAL OFFICER | DeLand Shore

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AD COORDINATORS | Cyndi Harrington, Chelsi Hornbaker,
Megan Seymour, Chad Jensen, Mathew Elpern-Bennett

LAYOUT DESIGNERS | Nicolette Martin, Cyndi King,
Jessica Sharky, Dana Rudolph

DESIGN SPECIALIST | Ashleigh Thomson

EXECUTIVE ASSISTANT | Melanie Carlisle

APPLICATION ARCHITECT | Michael O'Connell

WEB DEVELOPER | Hanna Park



Lifestyle
PUBLICATIONS
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P.O. Box 12608
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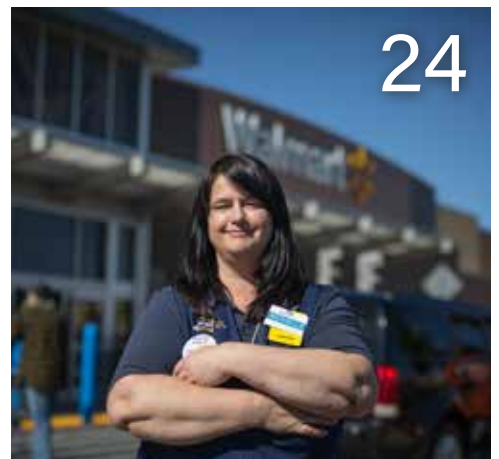
Bringing beautiful music to the Sacramento community,
at Christmas and year-round

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Children's Museum Buccaneer Ball

In honor of International Talk Like a Pirate Day, Sacramento Children's Museums celebrated their annual Buccaneer Ball. Families enjoyed Museum play, dancing, and pirates! This year over 100 pirates raised the mast and set a course on an exciting night of swashbuckling and treasured fun.



Sacramento International Horse Show

Horse lovers enjoyed the annual Sacramento International Horse Show in Rancho Murieta. With plenty of competition and showmanship, beautiful horses and riders, plus a wide variety of food and drink, this show was a big hit with everyone.



Sacramento Food Bank and HD Supply

HD Supply along with the Sacramento Area Vendor Association, partnered with the Sacramento Food Bank and Family Services to sponsor a 3 month long canned food drive. Called "The Need to Feed - No Family Goes Hungry", the group celebrated a successful campaign at Sacramento Food Bank with a parade, music and luncheon.



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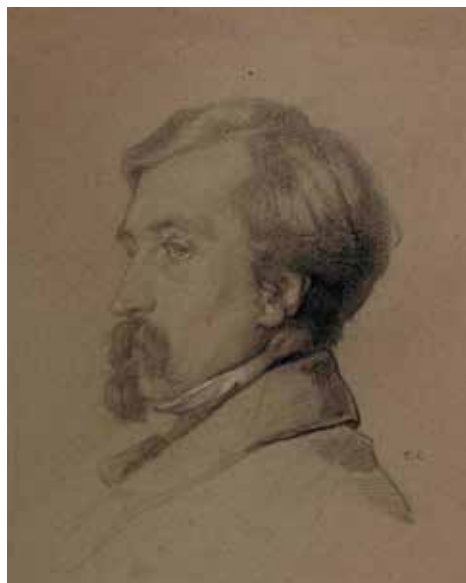


AROUND TOWN

"REUNITING THE MASTERS: EUROPEAN DRAWINGS FROM WEST COAST COLLECTIONS"

Continuing through February 5, 2017, Crocker Art Museum

This innovative exhibition reunites European drawings that have traveled across centuries and continents to different modern collections on the West Coast. By coincidence or by design, drawings by the same artist, for the same project, and even from the



same sketchbook, have made their way separately into galleries and museums on the West Coast. Bringing these long-estranged drawings together again both illuminates the work and process of specific artists in the rich history of European draughtsmanship and also brings forward the history of drawings collectors in the West, from railroad magnates such as E. B. Crocker to Hollywood actors such as Cary Grant and Vincent Price.

BROADWAY SACRAMENTO PRESENTS IRVING BERLIN'S WHITE CHRISTMAS

December 27 - January 1, 2017, Community Center Theater

This cozy trip down memory lane should be put on your wish list." — *The New York Times*.

This holiday season discover the perfect gift for everyone on your list! Start with a timeless tale of joy and goodwill, fill it with classic

Irving Berlin songs, top it off with glorious dancing and lots of snow and head on over to the Sacramento Community Center Theater to see *Irving Berlin's White Christmas*.

Irving Berlin's White Christmas tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written! Give everyone the gift they're dreaming of with this merry and bright holiday musical.

Based on the 1954 movie starring Bing Crosby, Danny Kaye, Rosemary Clooney and Vera-Ellen, *Irving Berlin's White Christmas* tells the story of a song-and-dance team putting on a show in a magical Vermont inn and falling for a stunning sister act in the process. Full of dancing, laughter and some of the greatest songs ever written including "Happy Holiday," "Sisters," "The Best Things Happen While You're Dancing," "Snow" and the unforgettable title song. *Irving Berlin's*

White Christmas promises to be a merry and bright musical for the whole family. CaliforniaMusicalTheatre.com

THE SOUND OF MUSIC HOLIDAY EVENT

Thursday, December 29, 1:30 and 6 p.m., Crocker Art Museum

A Sacramento tradition, the Crocker's *The Sound of Music* holiday event returns for its fifth year, with costume contests, door prizes, yodeling, and lots of laughs. Starring Julie Andrews with music by Rodgers and Hammerstein, this multi-Academy-Award-winning film tickles the heart and warms the soul. Dress in costume, party with interactive fun packs available for purchase, and sing your heart out! \$7 Museum members, \$12 students/youth, \$14 nonmembers. Tickets may be purchased at crockerartmuseum.org, the Museum admission desk, or by calling 916.808.1182. Limited tickets may be available at the door. This event sells out every year, so advance registration is recommended.

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REAL WIVES OF THE SACRAMENTO AREA

ELENA DUARTE,
THE GAVEL OR
THE GIVER, SHE'LL
BE THE JUDGE

ARTICLE MICHELE GIACOMINI | PHOTOGRAPHY STEPHEN HELLON

When the rap of the gavel rings out in her courtroom, it may be the end of a court judgment, but not the end of the day for the on-the-go Justice Elena Duarte.

Duarte met her husband, R. Graham Barlowe, Special Agent with the United States Department of Justice, while she was climbing the judicial career ladder as an Asst. U.S. Attorney in the late '90s. Interestingly, Duarte didn't set out to be a lawyer (let alone become one of 11 justices on the Court of Appeals, Third Appellate District).

"I went to Stanford Law School. I hadn't really planned to go to law school, but had become disenchanted with some of my earlier career preferences (including singer, music history professor, and interpreter)." Duarte reminisces, "I was coming out of college an Italian major with many, many credits in the School of Music as a Voice Performance major, and with good grades. But I had a lawyer father and had been quite successful on the Mock Trial team in high school. So I decided my senior year to take the law school admissions test to see how I did. Fortunately, I did well enough to go to law school and my ultimate career developed from there."

When Duarte isn't reviewing trial court decisions for 23 different counties, she's often engaged in community service for the Sacramento-based Operation Protect and Defend organization. She explains, "I work with (the organization) to help high school students really focus in on specific areas of the Constitution and relate to how the laws apply, specifically. The students go through lesson plans with their teachers but also interact with lawyers and judges (including me), who visit their classrooms to discuss what the students have read about and talked about with their teacher and class."

Within her volunteer work with students, Duarte has reaped the heartwarming rewards of her generous gift of time. "I find our conversations often energize me in return!" She further comments, "Many of these students have never met a judge or even a lawyer, let alone one who looks like me. By connecting with them on their level about issues that I think should

matter to us all, I hope to energize them to care about civics and participate as much as they can in the processes which we sometimes take for granted."

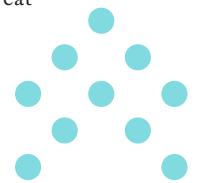
Her noticeable connections do not stop there. Duarte recounts, "A memorable 'making a difference' moment in my outreach efforts actually came last year when I presided over a segment of the mock trial competition between Sacramento County high schools, and then spoke at the awards banquet downtown. While I was waiting to speak, a parent came up to me, introduced herself and told me that her daughter had played the part of a witness on one of the teams in my courtroom during the competition. She said her daughter was very excited after the trial because 'the judge was a Latina!' (as were she and her daughter). She thanked me for taking the time to be there." She continues, "I am of the view that diversity is perhaps best promoted by good example, and I was honored that I was able to inspire this student merely by judging the trial she was in."

A former Bay Area girl, Duarte shares that she and her husband have made the Sacramento-area their home since 2008. "There is plenty to do. I can go to a professional event, or a lunch or dinner, and back to work and home in one day without sitting in traffic for hours and hours just to get to one place." She also enjoys the friendliness of the people in the Sacramento-area.

Between her work schedule and volunteer work, Duarte still finds time to walk her canine Corgi friends. She adds, "I also spend a lot of my spare time keeping in shape in the home gym and hiking the hills around the house, or at least trying to."

Given this very busy lifestyle, Duarte says she's learned some important life lessons. "Being married and helping to raise a child and three dogs and own/maintain a house has taught me to not sweat the small stuff—at least not to sweat the small stuff quite as much!"

That said, this judge proves daily that she may have a lot on her plate, but she can handle it all and more, no sweat.





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Chef Joe Thompson

HITS A HOMERUN WITH CAPITAL CUISINE

LOCAL CHEF, FAMILY MAN AND BASEBALL LOVER

ARTICLE MICHELE GIACOMINI
PHOTOGRAPHY CHANTEL ELDER

Beginning as a child, Joe Thompson's drive in life has been to see people happy. Since this restaurant owning chef believes most people are delighted around food, he's able to bring joy to others on a daily basis.

"They get excited when they see it and smile when they eat it!" claims Chef Joe, especially when he's the one cooking it.

For 26 years, Joe's also brought joy to his wife, Alison Dellar Thompson, with his cuisine. (Coincidentally, the young couple's fate may have been decided over a chance dinner in Corona del Mar, California).

As Joe shares, "We decided to meet for appetizers at a bar with people from work. To our surprise, no one else showed up. My Dad was visiting from Sacramento, so I asked him to join us. Well, it was a little awkward when he showed up and it was just Alison and me." He continues, "(Dad) was going to take me out to dinner, so we invited Alison to go with us. We went to the Five Crowns Restaurant. After we were seated, Alison excused herself (for) the ladies room, and I told my dad, 'This is the one.'"

His dad laughed, probably because Joe was only 20 at the

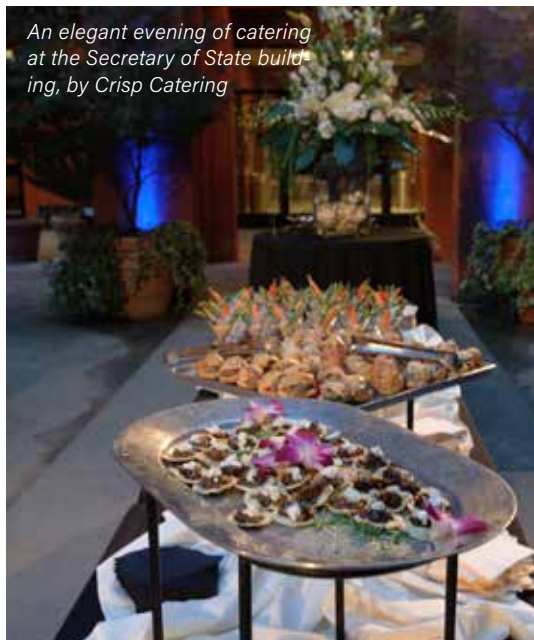
time and never really had a serious relationship. But Joe got the last laugh, because three years later he found himself asking Alison's father for her hand in marriage. Somehow Joe figured out how to convince Alison to say "yes," and the two went on to become the proud parents of Joey (22) and Autumn (19).

So how does this busy dad balance family with work, especially when he's running the Gold Rush Grille restaurant in the Secretary of State Building in Sacramento, and the very popular CRISP Catering business? Sacrifice. But balanced sacrifice.

"Unfortunately, in my business I don't get a ton of time off, so I have to make what time I do have work to my advantage," remarks Joe. He has learned over the years since they opened the restaurant in April of 2004, "To have a long career in this industry, you need a family that understands your desire to get the job done, as well as be with them. In the past, I have missed holidays, games, and other important events, but try to make the most of the times I get to be there."

Over his many years in the restaurant business, the "Grille" allows him to see many regulars daily. "It allows us to build long term friendships." Then

An elegant evening of catering at the Secretary of State building, by Crisp Catering



there's the catering business. "What is really unique about CRISP Catering, is that every week there are new parties and events that we get to provide food and service for." A highly sought-after local chef, Joe is often seen on Sacramento's news channels, like KCRA 3 and Fox 40, demonstrating his latest tips and tricks, and is a regular contributor to Northern California's DayTripper Magazine.

The popularity of his cuisine doesn't end there though. Joe humbly confides, "(While) we have served the likes of Arnold Schwarzenegger, Maria Shriver, Condoleezza Rice, Danny Glover, the Vienna Boys Choir, and Steve Young, just to name a few," you don't have to be rich or famous to enjoy his food.

With the businesses nestled in downtown Sacramento, Joe

gets to view his favorite part of Sacramento everyday. He shares, "One of the main reasons I love this area is the trees. They make you feel like you are not in a big town at all. The distance to other 'attractions' is also a big draw for me. Napa, San Francisco, Tahoe, Reno, Yosemite, are all fairly close. I tell people I could (not that he ever would), start the day at the beach in San Francisco and finish with a little night skiing at Boreal. Pretty Cool!" (Also, his family is here in the Sacramento-area and he enjoys spending every second he can with them.)

When he does have spare time, Joe's bucket list has baseball all over it. He reveals, "It includes going to all 30 professional baseball ballparks with my wife. So far we have been able to visit 10 of the parks and look forward to getting to a few (or more) every year."

Whether this chef is watching balls being hit out of the park, or he's knocking them out himself, with his culinary home runs, one thing's for sure, Chef Joe Thompson is all heart when it comes to his family, his patrons and especially his food.

Joey, Autumn, Alison and Joe Thompson at the Ballpark



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Sacramento Choral Society and Orchestra

BRINGING BEAUTIFUL MUSIC TO THE SACRAMENTO COMMUNITY, AT CHRISTMAS AND YEAR-ROUND

ARTICLE KEN KIUNKE | PHOTOGRAPHY RONALD JOHNSON

Many Americans, especially in the Baby Boomer and earlier generations, grew up with choral music as part of their weekly church services. Whether Catholic, Lutheran, Presbyterian, or many other denominations, most churches had a choir and hymnals, and choral music was part of everyday life. Now with praise and other types of worship music replacing traditional choirs in most churches, many people rarely if ever get a chance to hear great choral singing. But Sacramento area residents are lucky to have a world-class choral group performing year-round. The Sacramento Choral Society and Orchestra (SCSO) performs concerts featuring traditional baroque, classical, and romantic era music, including masses and other religious music, along with secular and modern music, musical theater pieces, and of course holiday classics.

James McCormick, President of the SCSO, says that “Conductor Donald Kendrick is the artistic director and he is known for his program abilities. While we love the Romantic and early 20th century works, he has made it a point to incorporate classical works and earlier works from the Baroque period. On the annual *Stained Glass* concert he will sometimes include Gregorian Chant and Renaissance music. One of his gifts is the ability to pair a tried and true work (like Pergolesi’s *Stabat Mater*) with ‘accessible contemporary’ works to stretch the ears of the performers and the audience members as well. As artistic director, Kendrick has to take into account whether a given piece stimulates and challenges the singers and our professional players, will the piece have great audience value, and is there an educational component that the piece will unveil. He aims for contrasts in moods and textures in various works in a program, key relationships, etc. Lots of things to consider.”

The Sacramento Choral Society is fortunate to have its own dedicated orchestra. McCormick says, “Many choruses in the U.S. will engage amateur orchestras now and then, and some brave choruses work hard to engage a professional orchestra for a unique concert. Of the 12,000 community choruses in the U.S., the SCSO is the only large community chorus of its kind to have a collective bargaining agreement with a professional orchestra. As such, in a given two year period we can guarantee employment for these players that they can count on. Since 1996, we have infused the coffers of our local union

(American Federation of Musicians, Local 12) with approximately 2.3 million dollars.” Many of the 55 skilled players in the SCSO are also members of the Sacramento Philharmonic and Opera.

While the orchestra is paid, the singers are all dedicated volunteers. “The SCSO consists of approximately 150 auditioned singers from 6 different area counties”, says McCormick. “They pay annual dues, they pay for parking at rehearsals at Sac State and they buy their own music each year. Total expenses amount to about \$325 a year per singer. Approximately ninety percent of our members work full time, as music is their avocation. All of the volunteer singers read music well and are committed to practicing weekly. We gauge that collectively our members donate about 38,000 hours annually to make our large choral orchestra concerts happen. We estimate that a given singer spends one to two hours a week practicing on their own.” In addition to the regular chorus, SCSO also works with a children’s chorus. “We feature the Children’s Chorus frequently—certainly at Christmas at our ‘Wells Fargo Home for the Holidays’ concerts, in *Carmina Burana*, and other special large-scale classical music concerts. The Children provide excellent role models for the young people in the audience at a given concert” said McCormick.

The group also performs in annual international tours, like the upcoming performances in Scandinavia and the Baltics, which will involve travel to Latvia, Estonia, and Finland. The tours are voluntary and self-funded for the members.

I asked McCormick what he thought the organization brought to the Sacramento community. “Our large 200-plus member team is actively engaged in the arts. At concert time, we draw people from various age groups that reflect the make-up and ethnicity of the SCSO itself. The singers are the driving force behind our success and enjoyment. They are so committed to great music, to our community, and to the SCSO. Their spirit is amazing and they, along with Conductor Donald Kendrick, make our music-making a total joy. Their combined energy builds a healthier community through music.”

To learn more about the Sacramento Choral Society and Orchestra, attend upcoming concerts, or even audition to be a part of the group, visit SacramentoChoral.com.





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This Cherry Oval Dutch Oven can be used to slow roast a main course, simmer side dishes, and cook your favorite all day spaghetti sauce recipe. Meats turn out incredibly tender in this kitchen staple. It's versatile and essential, at a remarkable price. With a stylish and durable cherry red enamel finish and sturdy handles, you'll find yourself looking for reasons to use your new Dutch oven. SKU#460565. WorldMarket.com

RANCHO GORDO DELUXE GIFT BOX

\$58.00

If you haven't heard of Rancho Gordo heirloom beans yet, you definitely want to give them a try. With too many choices to decide, start with their Deluxe Gift Box and get acquainted with this delightful source of gourmet ingredients. Includes one autographed cookbook, one logo cloth tote-bag, five one-pound bags of assorted Rancho Gordo heirloom beans. RanchoGordo.com



\$49.99

CHARTER CLUB SUPER SOFT TEXTURED LONG ROBE

We love this super soft, textured long robe during these cold winter mornings. It comes in angel white, candy red and light blue. Web ID 3008806. Macys.com



\$149.00

STRAW HAT BIKE HELMET

The typical bike helmet is not very attractive. But with the Bike Pretty - Straw Hat Bike Helmet, that problem is solved. This unique creation combines helmets designed in Denmark with premium hats made in California. BikePretty.com

SIMPLE SUGARS SUPER SMOOTH BASKET

Simple Sugars – all natural skin care especially for sensitive skin. This is perfect when you need a special gift. Contains two all-natural 8 oz. body scrubs, one all-natural facial scrub and a Happy Feet foot scrub all packaged up beautifully in a basket with ecoTOOLS bath accessories, and one 8 oz. and one 5 oz. flip top lid. SimpleSugarsScrub.com

\$85.00



\$118.00

KATE SPADE IPHONE WRISTLET

Store your essentials in sophisticated fashion with Kate Spade. This New York® Cedar Street iPhone® 6 Wristlet gets it right with dedicated pockets for cards, cellphone and ID, plus built-in mirror. SKU8602030. Luxury.Zappos.com

PEAR PROVENCE WHITE TOPAZ AND DIAMOND EARRING CHARMS BY JUDEFRANCES

\$650.00

Complete your look with a set of two JudeFrances jewelry charms. Made with 18-karat white gold, these elegant charms will quickly become your favorite pair of earrings. NMF17_Y30U6.

NeimanMarcus.com

CONTINUED >





\$55.00

MEN'S NIKE THERMA TRAINING HOODIE WITH LOGO

Get the most out of your training with this men's Nike hoodie. Enjoy maximum insulation from cold and wind. Choose from seven colors. Web ID 2688379. Macys.com



\$251.99

BRAUN SERIES 9-9090CC ELECTRIC SHAVER WITH CLEANING STATION

For the best new shaver for 2016, try the Braun Series 9 Electric Shaver with cleaning station. Braun's most efficient and comfortable shaver for skin. And, it's waterproof! Amazon.com

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Plays all your music from Amazon Music, Spotify, Pandora, iHeartRadio, TuneIn, and more using just your voice. Fills the room with immersive, 360° omni-directional audio. Allows hands-free convenience with voice-control. Hears you from across the room with far-field voice recognition, even while music is playing.

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NEW FITBIT ALTA GOLD WIRELESS ACTIVITY TRACKER

For the fitness guy, let motivation be your best accessory. With Fitbit Alta, the fitness tracker will be as versatile as your personal style. It tracks steps, distance, calories burned and active minutes. Automatically track your sleep and set a silent vibrating alarm. On-screen messages help you reach hourly mini goals and keep you moving throughout the day. Automatically track exercises like walks and runs to see how you're stacking up toward your weekly goals. Model FB406G. Kohls.com

\$48.00

VICTORINOX WOODEN SWISS KNIFE

The Hardwood Huntsman Swiss Army Knife by Victorinox features the original Huntsman feature-set catered to the active outdoors person set in genuine hardwood handles. The color and grain patterns in the Huntsman Hardwood handles are unique to each piece. Make this iconic, Swiss-made multi-tool by the makers of the Original Swiss Army Knife your companion for life. SKUSA53713. SwissKnifeShop.com





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Saint John's is Making Real Changes for Homeless Women

— One graduate shares her story —

ARTICLE ALLISON HOPKINS

Be ready for a smile if you end up in Michelle Nicolette's aisle at Walmart. During her year as a cashier, she claims to have never had a bad customer, as she insists on staying cheerful and has found that her "sunny" disposition is contagious.

At 44 years old, Nicolette has a lot to be smiling about. Within the past three years, she has completely transformed her life of homelessness, 20 years of drug abuse, and a lack of education to becoming sober, completing her GED, getting her first job, and living independently. Next up, she would love to learn to drive. With a quick laugh and a little grin, she calls herself a late bloomer.

Her story is hard to share, yet Nicolette is strong and wants to help others who have struggled like

herself. Since the age of three, she grew up in foster care, group homes, children's shelters and juvenile halls. A family adopted her two brothers. As she describes it, "they had each other and I had myself."

Nicolette was facing the world alone, and at a low point at 19 years old, gave in to the pressure of trying meth, something she had been very against. She recalls it feeling similar to the Ritalin she grew up on, and while she was normally shy, the drugs made it easy for her to be social. It quickly became her routine, and just as quickly stole two decades of her life, which she spent "running the streets" in San Francisco's Tenderloin district.

During her late teens, Nicolette married her first husband, a relationship that lasted four years.



Michelle at work - Photo by Steven Hellon

Starting at the age of 17 and into her early 20s, she had four children. Her daughters were adopted at birth and her son grew up in group homes. Today Nicolette is in touch with three of her children and is proud that they live productive lives and have “broken the cycle” of three generations in foster care.

Looking back at what she has lost, and what her children missed, Nicolette is so thankful for those who have helped her get to where she is today, with a new life ahead. She is excited to tell others about the place where *real changes* were made in her life. It's a place that took her in, loved her, and became the first family she has ever had: Saint John's Program for Real Change.

Her start down the road to recovery began in 2012 when her second husband, and companion of 16 years, passed away. Nicolette was devastated and lost, battling with trying to be sober. She joined an 18-month, faith-based program in Sacramento, designed to help men and women break free of their life-controlling problems.



Plates Restaurant



“Teen Challenge really opened a lot of doors for me...spiritually, mentally and emotionally,” says Nicolette. “It was very healing.”

When it ended, Nicolette needed to find a program that would accept a single woman without children and help her gain job skills and an education. She called Saint John's.

“When they told me all that they offered, I couldn't believe my luck,” says Nicolette. “The GED, the job training...all that was invaluable to me.”

CONTINUED >

WHAT IS SAINT JOHN'S PROGRAM FOR REAL CHANGE?

Saint John's has greatly evolved since its founding as a non-profit in 1985—today it is a year-long rehabilitative program dedicated to the eradication of homelessness for each woman and child it serves. Program residents (and their children) live onsite in a communal housing setting and then in transitional housing. They are not required to pay rent, but must commit to a long-term, challenging, all-encompassing program.

HOW DOES IT OPERATE?

Saint John's program is intense, very structured, and provides each woman with critical and mandatory services that are all offered onsite:

- mental health therapy
- alcohol and drug counseling
- parenting education
- budgeting classes
- healthy relationship training
- hands-on employment training (at Plates, Plates Midtown and First Steps)
- job placement through Workforce Partners (such as Walmart, Sutter Health, Sacramento Kings, etc.)

WHO DOES IT SERVE

Up to 180 women and children every day, 550 women and children every year.

WHAT IS THE NEED

- The most rapidly growing segment of the homeless population across the nation is single, mother-led families
- Every night there are up to 300 women and children on Saint John's waiting list

WHY DOES IT WORK?

Saint John's has reduced its reliance on public funding to less than 20% of its budget, to have the flexibility to require sobriety of its clients (this is no longer allowable with HUD funding). *It relies heavily on private funding to fuel its programs.*

SUCCESS RATES FOR EMPLOYMENT

96% of women who graduate from Saint John's employment training program get placed into unsubsidized employment.

WHAT'S IN STORE FOR 2017?

Saint John's is opening a new facility in March 2017, allowing it to serve an additional 90 women and children every day (for a total of 700-750 women and children every year).

WHAT CAN YOU DO?

- Become a sponsor—help support the new facility opening next year!
- Become a Workforce Partner
- Donate goods
- Donate a vehicle
- Eat at Plates and Plates Midtown
- Volunteer

SaintJohnsProgram.org

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Nicolette started at Saint John's in the end of 2014.

"The room I was in was the *Finding Nemo* room," says Nicolette. "I felt like a child being taken care of for the first time."

Nicolette became one of approximately 180 women and children being helped every day by Saint John's. She lived onsite for four months, before transferring to transitional housing. Being with 60 women and their children 24/7 was a new experience, and one that taught her patience. She made her first "real friendships."

"We really bring them in as family," says Michele Steeb, CEO, who has worked at Saint John's for 10 years. "It's a really important thing for them as well because if we don't help them build a new support network, when they hit tough times, they are going to go back to the old one...and that will bring them back into old habits and behaviors."

Nicolette quickly learned the daily schedule, which involved waking up at 6 a.m.; a strict rotation of chores, classes and meals; and to bed by 10 p.m. During the day, there was very limited access to her room; according to Nicolette, not having the freedom to do what you wanted was a struggle for many of the women.

With only a sixth grade education, she immediately started tutoring to prepare for the mandatory GED exam, which she passed five months later. After 30 days at Saint John's, she began working 3-4 times a week at Plates Café & Catering, one of the nonprofit's three employment training sites that help fund the program.

"I pretty much never wanted to leave [Plates]," says Nicolette. "It feels good to work hard like that because I never had."

After five months of working at Plates, Nicolette was placed at Walmart, a work-force partner of Saint John's. She now lives in an apartment close to work that she is responsible for, with a close friend she made while at Saint John's. She loves her job and is grateful for those who gave her hope, taught her structure, made her work hard, and who never gave up on her.

"It's probably good Saint John's is not closer because I promise you, I would be there every day when I am not working, because I love the women there," says Nicolette. "It's like coming home for a visit."

Recently **SOLD** Sacramento Properties

Neighborhood	List Price	Sold Price	%Sold/List	DOM*	Beds	Baths
5630 Monte Claire Lane, Loomis - S	\$1,355,000	\$1,260,000	93%	84	4	3/2
9645 Wexford Cir, Granite Bay - B	\$995,000	\$1,080,000	109%	9	5	6
10123 Lupine Ln , Auburn - B	\$849,000	\$849,000	100%	295	5	4
5290 Moss Ln, Granite Bay - B	\$949,000	\$975,000	103%	11	4	3
6255 Oakridge Way, Sacramento - B	\$895,000	\$850,000	95%	3	4	4
3741 Bridlewood Way, Roseville - B	\$799,000	\$780,000	98%	184	5	3/1
1209 El Toro Way, Sacramento - B	\$499,000	\$479,000	96%	356	5	3
111 Woodsmoke Way, Folsom - B	\$644,900	\$610,000	95%	331	4	2/1
3843 Berrendo Dr, Sacramento - S	\$575,000	\$550,000	96%	10	3	2
2210 26th St, Sacramento - B	\$595,000	\$570,000	96%	16	*Fourplex	N/A
4512 Saxony, Rocklin - B	\$680,000	\$665,000	98%	33	4	3
2747 Pennefeather Ln, Lincoln - B	\$520,000	\$515,000	99%	28	5	3
1740 Montana Ave, Sacramento - S	\$525,000	\$525,000	100%	7	5	4
4005 Albert Cir, El Dorado Hills - S	\$559,950	\$555,000	99%	81	4	2/1
2019 Beckett Dr, El Dorado Hills - S	\$529,000	\$529,000	100%	11	4	2/1
108 Foxridge Dr, Folsom - B	\$629,000	\$610,000	97%	21	6	3/1
2516 Kennedy Pl, El Dorado Hills - B	\$535,000	\$535,000	100%	52	5	3/1
8054 Shadowwood Ct , Granite Bay - B	\$539,000	\$525,000	97%	46	4	3
1080 La Sierra Dr, Sacramento - S	\$550,000	\$575,000	105%	75	4	2
940 El Oro Dr, Auburn - B	\$609,000	\$550,000	90%	13	4	3/1
702 Anna Pl , El Dorado Hills - B	\$529,000	\$509,000	96%	45	4	3
106 Fallon Ln, Sacramento - S	\$599,000	\$580,000	97%	165	4	3
720 Rolling Green Dr, W. Sacramento - S	\$585,000	\$585,000	100%	277	6	5
5517 Northborough Dr, Sacramento - S	\$515,000	\$505,000	98%	1	5	3

Information obtained from Comparative Market Analysis for 08-26-16 through 09-26-16. *DOM=Days on Market.



BRE #01394956

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*Basil Cooler at
Berkley Bar*

What's SHAKING

A COLLECTION OF CRAFT COCKTAILS
FROM PARAGARY RESTAURANT GROUP

To help you get ready for the holidays, we've gathered up a few drink recipes from some of our favorite restaurants in town. The next time you're entertaining at home, impress your friends with one of these craft cocktails!



ARTICLE PAMELA BAKER | PHOTOGRAPHY MARISSA MONTOYA AND ELI BOB

BASIL COOLER - BERKLEY BAR

Enter the Basil Cooler cocktail from Berkley Bar, located at 515 Pavilions Lane, Sacramento, CA 95825. Phone 916.922.2870 or visit BerkleyBar.com. This refreshing concoction, made with fresh squeezed and locally sourced ingredients, is sure to hit the spot. Cheers!

Ingredients:

- 1.5 oz. Gin
- .75 oz. Simple Syrup (1 part sugar:1 part water)
- .75 oz. Lemon Juice
- .75 oz. Grapefruit Juice
- 7 Basil Leaves

Directions:

1. Add all ingredients to shaker and shake VIGOROUSLY. (We're waking up the baby, not lulling it to sleep.)
2. Double strain (Hawthorne strainer & fine mesh strainer) into a tall collins/chimney glass filled with ice.
3. Top with soda water to 1/2 inch from the top.
4. Garnish with Twisted Grapefruit Peel (twist grapefruit peel over the top of the drink to express the oils on the surface, rub skin of grapefruit peel on rim of glass) & 1 large BEAUTIFUL (unblemished) basil leaf (be sure to spank (or rub) the basil to express the aromatic oils).



*Pepina Fresca at
Centro Cocina
Mexicana*

PEPINA FRESCA - CENTRO COCINA MEXICANA

This cocktail is called Pepina Fresca from Centro Cocina Mexicana, located at 2730 J Street, Sacramento, CA 95816. Phone 916.442.2552 or visit CentroCocina.com to learn more about the modern Mexican cuisine and craft cocktails offered at this popular midtown restaurant.

Ingredients:

- 1.5 ounce silver tequila
- 1 ounce jalapeno simple syrup (1:1 water and sugar and 5 diced jalapenos over the stove; strain the jalapenos and just use the syrup)
- 1 lime
- 8 cucumber chunks (1/4 to 1/2 of a cucumber chopped)

Directions:

1. Shake all ingredients together.
2. Pour into a collins class.
3. Top with soda water.
4. Garnish with a jalapeno slice.

THE STAG SAVIOR - PARAGARY'S IN MIDTOWN

This cocktail is called "The Stag Savior" and is an award winning cocktail available only at Paragary's at 1401 28th Street, Sacramento, CA 95816. Phone 916.457.5737 or visit ParagarysMidtown.com. Baron Stelling recently created this refreshing concoction when he competed (and took 1st place) in the National Restaurant Association "Star of the Bar" competition.

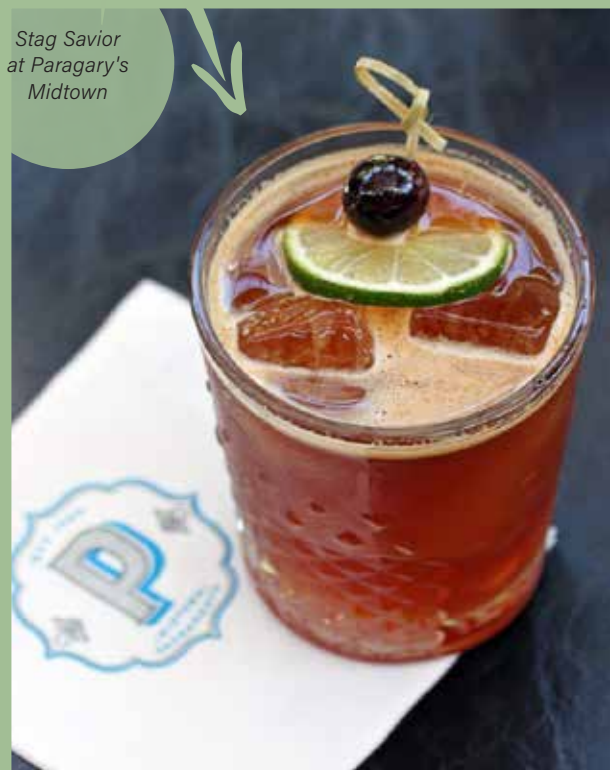
Ingredients:

- 1/2 oz. gin (recommended brand: No. 209)
- 1 1/2 oz. Jagermeister
- 1/2 oz. apricot liqueur (recommended brand: Luxardo)
- 3/4 oz. fresh lime juice
- 1/2 oz. aromatic bitters (recommended brand: Angostura)
- 1/2 oz. Absinthe
- 1/2 oz. Grenadine

Directions:

- Combine all ingredients in a shaker with ice.
- Shake vigorously for about 10 seconds.
- Strain into a double old-fashioned glass with fresh ice.
- Garnish with a lime wheel.
- Enjoy!

*Stag Savior
at Paragary's
Midtown*



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Mary Douglas Drysdale, Drysdale Inc.

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December

THROUGH 1-08-2016

GLOBAL WINTER WONDERLAND CAL EXPO

Global Winter Wonderland is a spectacular holiday festival and multi-cultural celebration. Come and experience awe-inspiring illuminated landscapes celebrating holiday fun. There will also be entertainment by Global Winter Wonderland's own *Circus of Light*. Ice skating and a full carnival will be available for thrill seekers. Make sure to keep an eye out for Santa for a chance to take a picture.

GlobalWonderland.com

DECEMBER 2

THE FAB FOUR: ULTIMATE BEATLES TRIBUTE CREST THEATRE

If you want to experience the best Beatles tribute ever, don't miss *The Fab Four: The Ultimate Tribute*. With uncanny, note-for-note live renditions of Beatles' classics such as "Can't Buy Me Love," "Yesterday," "A Day In The Life," "Twist And Shout," "Here Comes The Sun," and "Hey Jude," the Fab Four will make you think you are watching the real thing. **CrestSacramento.com**

DECEMBER 3

THE MANY GIFTS OF CHRISTMAS FAITH PRESBYTERIAN CHURCH

River City Chorale's 60-voice choir is excited to present a concert of sacred and secular Christmas music, accompanied by the Golden State Brass and pianist Dean Mora.



Note: This performance will also take place Fri (12/2) at First Baptist Church of Fair Oaks and Sun (12/4) at St. Mark's Lutheran Church. **RiverCityChorale.org**

DECEMBER 4

CALIFORNIA INTERNATIONAL MARATHON NEAR FOLSOM DAM IN FOLSOM

This point-to-point, net downhill course has remained unchanged for 33 years, providing over 100,000 runners of all speeds—from first-timers to the fastest of the fast—the best chance to achieve their marathon goals. The California International Marathon is certified and sanctioned by USATF and is a Boston Marathon and US Olympic Trials Marathon qualifier. The marathon begins near the Folsom Dam in Folsom and ends at the State Capitol in Sacramento. **RunCim.org**

DECEMBER 8

ART MIX CROCKER ART MUSEUM

Remember Prince and David Bowie, pop icons who gifted us with magical music and memories. Come in your best Bowie- and Prince-inspired outfits, get creative, sing karaoke, and check out visionary performances and a phenomenal fashion show. Dance to an amazing Prince set by DJ Epik and to The Jean Genies band as they bring back Bowie. Free for Museum members, \$10 for nonmembers. 21+ **CrockerArtMuseum.org**

THROUGH 12-11-2016 AND 12-15-2016 THROUGH 12-18-2016

WINTER WONDERLAND FAIRYTALE TOWN

Celebrate the holiday season at Fairytale Town! Our storybook park will be open for play, trimmed with festive holiday décor and lit up with a dazzling display of lights, starting at dusk each night. Plus, don't miss a flurry of snow fall nightly at 7PM near the Mother Goose Stage! Open 1 - 7 pm. **FairytaleTown.org**

DECEMBER 10

SANTA PARADE DOWNTOWN SACRAMENTO

The Santa Parade has a spirit of its own, embodied by the many wonderful parade entrants—from tuneful marching bands to high-stepping horses, colorful clowns to vintage vehicles, skillful twirlers to dazzling floats. The smiles and cheers from the parade spectators are the perfect expression of the holidays—and a big part of the Santa Parade spirit. Bring the family and join in this Sacramento holiday tradition. **SacHolidays.com**



DECEMBER 10

SACRAMENTO CHORAL SOCIETY AND ORCHESTRA - WELLS FARGO HOME FOR THE HOLIDAYS

MEMORIAL AUDITORIUM

Be a part of a Sacramento tradition! Usher in the holiday spirit with new and familiar choral orchestral holiday songs, along with a radiant candlelit procession.

The Sacramento Children's Chorus, directed by Lynn Stevens will join the Sacramento Choral Society and Orchestra. SacramentoChoral.com

THROUGH 12-23-2016

SACRAMENTO BALLET PRESENT THE NUTCRACKER

COMMUNITY CENTER THEATER

Best-known and most beloved of all Sacramento Ballet productions, Ron Cunningham's *The Nutcracker* has been seen by hundreds of thousands of people. The images of young Clara battling the Giant Mouse King, being saved by her Nutcracker Prince, and then journeying to the magical Snowflake Forest and Kingdom of the Sweets have become a part of our culture. SacBallet.org

DECEMBER 13

STEVIE NICKS: THE 24 KARAT TOUR

GOLDEN 1 CENTER

Singer Stevie Nicks, the multi-platinum, Grammy Award Winning-music icon today announced *The 24 Karat Gold Tour*. Nicks, a multi-platinum selling artist – dubbed “the reigning queen of rock and roll” by Rolling Stone Magazine – has had six top ten albums and eight Grammy nominations. Golden1Center.com

DECEMBER 16

HOLIDAY CRAFTS AND COCKTAILS

CROCKER ART MUSEUM

Holiday craft night returns to the Crocker! Enjoy sipping a holiday cocktail, included in the ticket price, as you create seasonal decorations, last minute presents, or special creations to gift yourself! Limited supplies in a variety of media will be provided. Just bring your imagination and good cheer for an evening of creative fun. \$18 Museum members, \$25 nonmembers. CrockerArtMuseum.org

DECEMBER 18

HOLIDAY CLASSIC FUN RUN

SUTTER'S LANDING REGIONAL PARK

Join Fleet Feet Sports of Sacramento for the 10th annual Holiday Classic Fun Run. The race began 10 years ago as a lighthearted reason to gather for a run during the holiday season and has developed into a toy drive for the Salvation Army. The goal is to fill a Salvation Army truck with your donations. FleetFeetSacramento.com

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calclosets.com

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FiveStarLandscape.com

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eskaton.com



Curt Rocca

Capital Cup 2016 Golf Tournament Ends With a Bang

LOCAL EXECUTIVE CURT ROCCA RAISES
BIG BUCKS FOR FAVORITE CHARITIES

ARTICLE LAURA WINN
PHOTOGRAPHY MIKEL GORDON

Steve Fleming, president and CEO of River City Bank, was on the 18th hole of Capital Cup 2016 when hail started pounding the green at Granite Bay Golf Club.

“There was a huge sonic boom and then a massive lightning bolt hit right behind him,” describes the tournament’s founder, Curt Rocca. “I saw fear in Steve’s eyes.”

The storm “literally ended the tournament with a bang” says Rocca. It also ended the three-day fall competition a little early, but the winner was clear. Sactown Eagles had the game in the bag, and not necessarily because they had the 12 best golfers.

Capital Cup is a charity tournament where the more money golfers raise, the higher their handicaps. Sactown Eagles raised \$582,572 to the River City Rebels \$157,183. The grand total of \$739,755 far exceeded the goal of \$500,000, but after 2015’s first-year success – raising \$450,000 with a goal of \$150,000 – Rocca wasn’t too surprised.

Rocca, who is a managing Partner for DCA Partners, a regional investment banking firm and private equity fund, created the tournament as a way for local top executives—many of whom compete in the business world during the 9 to 5—to enjoy some friendly competition on the course while giving back to the charities that matter most to them.

Each of the 24 golfers raises funds for the charity of his or her choice. And that’s what sets Capital Cup apart from many of the other charity tournaments in the area. For the golfers in Capital Cup, it’s personal.

Founder and CEO of The App Chicks, Carey Mulligan, teed off for Albie Aware Inc, a breast cancer charity that provided her with love and support as she fought the disease in 2015. President of Alcal Specialty Contracting and dad to Kailea, Darren Morris, played on behalf of Easter Seals, an organization that helps those with special needs and disabilities, including his daughter.

In honor of his wife Jennifer’s late father and a list of family and friends lost to cancer, Rocca fundraised for the Leukemia and Lymphoma Society.

“I actually hate asking for money,” Rocca says. “But what surprised me most was how no one was wildly annoyed when I asked.” Instead, he explains, dozens thanked him for raising money and awareness.

It’s that giving attitude that “reinforced how philanthropic and giving the Sacramento region is,” he says.



The top two participants raised over \$160,000 each, and as members of the winning team, also received a share of the \$50,000 grand-prize. Rick Wylie, President of Villara Building Systems, received his bonus for Bayside Church – Granite Bay, and Bob Clark, President of Operations at Clark Pacific, added to his total for the American Heart Association.

Rocca credits the success of his tournament to the quality of people who participate. “These are people who have helped so many others throughout the years, so when they reach out and ask for help for the charitable causes that matter to them, they have a broad number of people who will open up their hearts and their checkbooks.”

The tournament is also a good time for players and spectators alike. “There’s a sense of collaboration and camaraderie. It’s a great spirited competition,” Rocca adds.

Next year, the competition will increase in size and goal. Capital Cup 2017 will add more members to the teams—there’s already a wait list—and up the ante. “One million dollars sounds like a nice round number,” Rocca says. “It also seems like a ridiculously high number, but that’s what we’ve thought about every goal, so we’ll just keep trying for ridiculously high numbers.”

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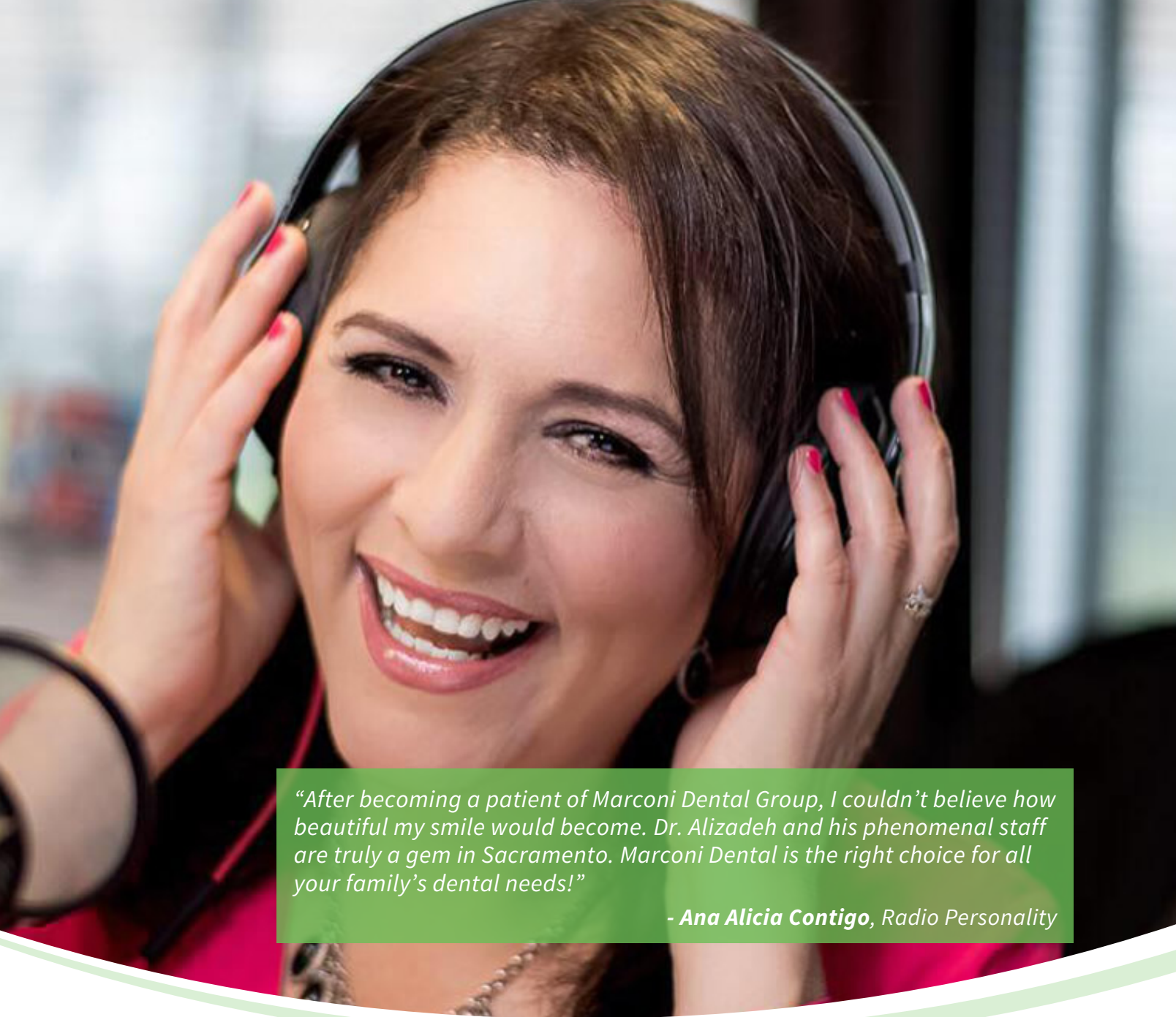


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