

AMERICAN RIVER

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Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

First Edition for December 2008

Hundreds Give Time to Remodel Church



Some of the 300 plus volunteers installing pavers for the parking lot

Several hundred of Jehovah's Witnesses from Northern California and Nevada are working to completely remodel the Kingdom Hall on Sylvan Road in Citrus Heights and construct a traveling minister's cottage. Three English and one Spanish language congregation will share the completed building.

Volunteer crews, organized by trade, are coming from as far as Tonopah, Nevada, and Shasta, California to work on the project along with many volunteers from the greater Sacramento area. The Citrus Heights Building Department is assisting with timely inspections that maintain the project's momentum.

Demolition began on Friday, September 5th and by the end of that weekend the building was completely gutted; and then the construction began. The project includes expanded parking and bathrooms, a new HVAC system, a library, covered carport, suspended

ceilings, stucco, paint, carpet, tiles, and new seating. At one point over 350 people worked together at the site. The interior of the buildings were complete on Sunday, November 16th, with minor touch up left. After completing some exterior work and inspections, the congregations hope to begin using the building in mid-December.

Volunteers joyfully gave up days of work (and pay) to participate. Joe Garcia, chairman of the local building committee, enjoyed "seeing the quality of work in the project, where individuals come together with camaraderie to do something important." "You never know who you're going to work with, experienced or inexperienced," observed Joe Maggini, a roofer who has helped on over 15 of these projects, "yet the job always gets done right, and you have a good time doing it."

Jehovah's Witnesses have organized Regional Building Committees around the country for building projects like

this. Each committee maintains lists of volunteers, organizes each project and moves in on-site to coordinate construction. Mobile facilities include construction offices, a full kitchen and safety equipment. Local committees coordinate with the regional committee when a project is contemplated.

Disaster Relief Committees are organized to oversee reconstruction in disaster areas and operate for long periods to help those in need. Hundreds of homes and places of worship were rebuilt following Hurricanes Katrina, Andrew, and dozens of other similar disasters, all using 100% volunteer labor.

Sunday meetings will be held in the newly remodeled building on Sundays at 10 AM, 1 PM, and 4 PM in English, and at 3 PM on Saturday in Spanish. All in the community are welcome to attend. No donations are ever solicited or expected from any visitors.

San Juan Teachers Receive Innovative Learning Grants

Eighteen teachers from throughout the San Juan Unified School District will be able to offer their students an innovative learning experience thanks to sixteen grants recently awarded by the San Juan Education Foundation (SJEF). These grants will help fund classroom programs in science, technology and the arts.

SJEF, an independent, non-profit

community organization formed as a link between the community and schools in the San Juan Unified School District, awarded grants totaling \$40,000 as part of its ongoing grant program to support teacher-initiated classroom opportunities that will creatively challenge San Juan students and nurture their desire to learn.

Some of the projects that will benefit from the grants include researching environmental issues impacting California's watershed, using digital music and animation, creating film and broadcast experiences, using physical science concepts to develop working rockets, and collaborating on art and technology projects with a Mexican orphanage, among others. Teachers received individual learning grants to \$1,000 and Project Based Learning Grants of up to \$5,000. A full list is below.

Schools receiving the grants include Citrus Heights Elementary, El Camino High School, Encina High School, Gold River K-8, Mira Loma High School, Northridge Elementary, Schweitzer Elementary, Starr King Elementary, Twin Lakes Elementary, Will Rogers Middle School, Woodside Elementary and La Entrada Continuation School.

"As California threatens to balance its budget deficit by cutting an additional \$2.5 billion from school funding when California is already ranked 47th in the country in per-pupil spending, we believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience and offer support

to teachers who want to use their creativity and innovation to challenge their students," said SJEF Board Chair Stephanie Couch.

The Foundation's Board is comprised of community, business and education leaders, including members of the San Juan Unified School District Board and the retired Superintendent of Schools, who bring professional expertise, knowledge of community resources and the creativity necessary for a fresh approach to helping teachers help their students to thrive.

For more information about how to apply for grants and about the San Juan Education Foundation, please visit www.sanjuanfoundation.org.

About the grant recipients:

Project Based Learning Grants:
Janet Simpson, Encina High School
Linda Nix, Gold River K-8 School
Wendy Esquivel, Starr King Elementary School
Jane Henderson, Will Rogers Middle School
Brenda Grueneberger and Steve Cox, Mira Loma High School
Tom Jewell, La Entrada Continuation School
Innovative Learning Grants and Field Experience Grants
Chad Atkinson, El Camino High School
Jeannette Smith, Northridge Elementary School
Joni Stein/Linda Ferguson, Schweitzer Elementary School
Kirsten Price, Starr King Elementary School
Martha Coe, Starr King Elementary School
Gail Kopp, Twin Lakes Elementary School
Noelle Lehnhard, Woodside Elementary School
David Erickson, Palos Via Continuation H.S.
Vanessa Liby, Citrus Heights Elementary School
Jim Carvalho, Orangevale Open Elementary School

Slaton Elected SMUD Board Vice President

SMUD Director Bill Slaton was elected to serve as vice president of the SMUD Board of Directors. His term as vice president will run from January through December 2008. Slaton previously served as president of the SMUD Board in 2005 and as vice president in 2004.

Director Howard Posner was elected president. Posner has served as the Ward 3 representative on the SMUD Board since 1997.

Slaton has served as the Ward 7 representative on the SMUD Board since January 2003 following his election to the Board in November 2002. Ward 7 includes North Highlands, Carmichael, Antelope, Foothill Farms and a small part of Placer County.

A Sacramento-area resident since 1974, Slaton lives in Carmichael with his wife and two children. He is active in community affairs throughout the region. Slaton is the former chairman of the board of KVIE-Channel 6, Sacramento's public television station.



Bill Slaton

He is the current Audit Chair for the station. Slaton is a former member of Point West Rotary and the Weave Business Advisory Council.

Slaton graduated from the University of Texas with a bachelor's degree in business administration. He has 25 years of experience in

arranging financing for public agency projects. He also formerly served on the board of directors of Sacramento Commercial Bank and Placer Sierra Bancshares, the holding company for Placer Sierra Bank. In 2005, Slaton was appointed to the Policy Makers Council of the American Public Power Association. The council members are elected officials from across the country who lobby in Washington on issues important to community-owned electric systems.

SMUD is the sixth largest publicly owned utility in the country in terms of customers served and provides electric service to Sacramento County and a small portion of Placer County. SMUD's customers continue to pay significantly less for electricity than most Californians and as much as 20 percent less than residential customers who are supplied by neighboring PG&E. For more information, visit smud.org.

Parents Say Good-Bye to Son Struck by DUI Driver



Luis Ramos

from Officer Lizz Dutton,
Public Affairs Officer

On November 19, 2008 at approximately 6:48 p.m., Kari Barnhart, a 40 year old from Rio Linda was driving a 1994 Toyota Camry on eastbound Elkhorn Boulevard west of Cherry Lane. Luis Ramos, a 17 year old from North Highlands was riding his bicycle on the right shoulder of eastbound Elkhorn Boulevard. Barnhart allowed her vehicle to drift approximately two feet onto the right shoulder where Ramos was riding his bicycle. Barnhart's vehicle struck the bicyclist and Ramos was thrown approximately 136 feet before colliding with the roadway. Ramos was not wearing a

bicycle helmet and sustained major head trauma along with numerous abrasions and contusions. Ramos was transported to Mercy San Juan Medical Hospital with life threatening injuries. Ramos had been at Natomas Park hanging out with friends and was headed home when the collision occurred.

Barnhart was arrested for Felony DUI and booked into the Sacramento County Jail. She will now be facing gross vehicular manslaughter.

This evening, Luis's parents, family and friends said their goodbye's to Luis before he was taken off life support. Luis Ramos' organs will be donated. This collision is still under investigation.

Mercy San Juan Medical Center Secures Bill Van Duker as Community Leadership Council Member

Bill Van Duker, owner of All-Star Printing in Citrus Heights joins Mercy San Juan Medical Center's (MSJMC) Community Leadership Council. "It is my privilege to be associated with Mercy San Juan Medical Center during this time of expansion and innovation. The Community Leadership Council is an opportunity to strengthen the bond between MSJMC and the community it serves."

Mercy San Juan Medical Center makes medical miracles every day. Named a Top 100 Hospital in the United States by Thomson Healthcare for the second consecutive year and one of only four in California, Mercy San Juan makes it a priority to provide the highest quality healthcare along with compassionate care to its patients and visitors.



Bill Van Duker

Reinventing Folsom Boulevard in Rancho Cordova

Group Seeking Steering Committee Members

Rancho Cordova - Owners of businesses or properties within a one-to-three block radius of Folsom Boulevard, between Bradshaw Road and Sunrise Boulevard, are invited to be on a steering committee for the new "Reinventing Folsom Boulevard" group.

Beginning in January, Folsom Boulevard business and property owners will begin meeting on a monthly basis to discuss ideas and implement solutions to reinventing the area. Security, signage, and image enhancement will be some of the topics of discussion at the monthly meetings.

"The purpose of the meetings is to have a dialogue regarding the strengths of the area and what needs attention," said Megan McMurtry of the City of Rancho Cordova Economic Development Department.

The steering committee will be responsible for setting the agendas for the meetings, keeping the meetings focused on specific goals, and publicizing meetings to businesses in the Folsom Boulevard corridor. The committee's first meeting will be in December.

"Three people have volunteered to be on the steering committee but we are seeking two to three additional members," said McMurtry. Signed up are Mike Muhareb, owner of the Waffle Shop; Beth Walter, president of the Rancho Cordova Chamber of Commerce and a Folsom Boulevard property owner, and Martha Lake, Chamber of Commerce CEO.

The time, date, and location for the January meeting will be determined after the steering committee reviews the completed questionnaires that were recently sent to the approximately 250 property and business owners in the Folsom corridor.

Five Folsom corridor property

owners and eight business owners plus representatives from the Chamber of Commerce and the City of Rancho Cordova attended a kick-off forum in October. The consensus was to continue to meet. The group's long-term goal is to possibly evolve into a more formal business and property improvement district.

"The City's role is to provide administrative support," said McMurtry.

For more information about the steering committee and/or the "Reinventing Folsom Boulevard" group, please contact McMurtry at (916) 851-8782 or mmcmurtry@cityofranhocordova.org. The City of Rancho Cordova recently celebrated its fifth anniversary of incorporation. City Hall is located at 2729 Prospect Park Dr., Rancho Cordova, CA 95670, phone (916) 851-8700, www.cityofranhocordova.org.

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One of Barack Obama's acts of courage as a presidential candidate, his campaign maintained, was to give a speech in Detroit excoriating the auto industry for its carbon-emitting sins. Obama noted how the industry had long played "typical Washington politics" by hiring an "army of lobbyists" to get its way.

Well, Obama hadn't been president-elect for more than 72 hours before he suggested that auto-industry executives descending on Washington to plead for a bailout might get it. Can we save corporate dinosaurs that have been mismanaged for decades? Yes, we can!

The auto companies argue that they have been caught up in the credit crunch, and therefore deserve a piece of the financial bailout. General Motors' sales dropped 45 percent in October. Ford and GM lost nearly \$15 billion in cash between July and September, and GM says it might not have enough cash to operate by early next year.

But this crisis is only the punctuation mark on decades of decline. Once a market-dominating behemoth, GM had 50 percent of the U.S. market in the 1960s. It is down to almost 20 percent now. U.S. consumers have long been voting against U.S. automakers. Now, they'll be asked to put their tax dollars at risk to preserve the very companies from which they don't want cars.

The bailout would be of the United Auto Workers as much as of the automakers. It's the UAW that saddled the Big Three with unsustainable labor costs and obligations to retirees. Detroit has desperately been trying to get out from under this burden, but Ford still lost \$1,467 per vehicle in 2007, while GM lost \$729 and Chrysler lost \$412. Where the UAW doesn't reign, the industry

Detroit Comes Begging

thrives. Toyota and others profitably manufacture almost 4 million cars in nonunionized states in the South.

The case for the bailout is that the job losses from a GM going down -- 100,000 directly, and many more indirectly -- would be too painful to bear, and the government would be left holding the bag on GM's pensions. This line of reasoning conceives of GM essentially as a job programs and welfare agency.

A bailout of the automakers would signal a new era of government protection from competitive failures. Every other troubled business would show up in Washington.

The Paulson financial rescue obviously created a dangerous predicate. But the financial system is uniquely fragile. Banks that are otherwise sound, and have been run profitably for decades, can go under in a panic. Wells Fargo, which took an equity injection under duress, shouldn't be confused with GM.

Washington Post business writer Steven Pearlstein suggests a compromise: Only commit government funds if the auto companies taking them go bankrupt. A bankruptcy court can reduce the obligations to retirees, make it possible for Chrysler and GM to pare back their unnecessary dealerships, and scale back wages and benefits. Top management should be fired. All of this can be set in a "prepackaged" bankruptcy that won't disrupt operations.

But that probably makes too much sense. We're a long way from the 1950s, when G.M. President Charles Wilson said, "What is good for General Motors is good for the country." In a bailout nation, it's the opposite.

Rich Lowry is editor of the National Review.

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by Lee H. Hamilton

I'm as interested as the next person in all the excitement about how Washington will work with Barack Obama in the White House, but there's an important question that's been missing. It has to do not so much with the new President as with the new Congress, and it should be high on every attentive citizen's list of concerns: Will Congress live up to its responsibility to exercise robust oversight over the new administration?

This is especially important given the Democratic label that President Obama and the majorities in the House and Senate will share. Over the last two years, particularly in the House, Democrats began to delve into the activities and record of the current Republican administration. Once their own party controls the White House this will be harder to do, for obvious partisan reasons: There's a natural inclination to avoid inquiries that might seem to undermine the President or give ammunition to his political adversaries.

Whoever Is President, An Administration Needs Oversight

It is vital that congressional leaders set that concern aside, for the simple reason that vigorous congressional oversight of the administration — any administration — is necessary for our government to function properly.

This is, of course, what Congress under our system of government is supposed to do — to put the national interest first by holding the President and his administration accountable for their actions. It is Congress's responsibility, in other words, to ensure that the country is functioning properly and our laws are working as intended; that they are achieving the purpose Congress envisioned when it passed them; that resources are being used effectively and efficiently; and that executive authority is being exercised properly and in keeping with the laws and values that govern it.

Congress failed miserably at this task during most of the last eight years, and even with stepped-up scrutiny since the 2006 elections, it has fallen well short of the ideal, with unfortunate results: Witness its failure to explore vigorously administration plans to deal with the threats to the American economy.

Robust oversight need not be adversarial. Indeed, if Presidents understand Congress's constitutional role, they will see its activities as helpful. Constructive oversight brings fresh eyes and



insightful questions to policy-making and its implementation. The plain fact is that the executive branch tends to wear blinkers: Its members are there in support of the President, and they are often reluctant to cast critical judgments on his decisions or on the implementation of policy.

This last point is particularly important, since Americans have in recent years lost confidence in the federal government not just because of the policies it pursued, but because of its failure to act effectively, whether in Iraq or in helping Louisiana and Mississippi recover from Hurricane Katrina. A Congress that is functioning properly would turn administration officials into regular visitors to Capitol Hill, quiz them relentlessly, and make them explain their policy decisions and how they are implementing federal programs.

So what would effective oversight look like? Congress has several tools for holding federal agencies accountable, including periodic reauthorization, personal visits by members or staff, review by the Government Accountability Office or inspectors general, subpoenas, hearings, investigations, and reports from the executive branch to Congress. The point is to make oversight a part of the daily business of Capitol Hill, and to make it as bipartisan as possible.

There will certainly be times when the Democratic and Republican

leaders of particular committees disagree, but they should be able to sit down at the beginning of a new Congress and agree on the bulk of the committee's oversight agenda. Even more important, for oversight really to work, members must receive a clear message from the congressional leadership of both parties that it is a priority and that it will be done in a bipartisan, systematic, coordinated way.

For in the end, oversight is not about politics, it's about the institutional responsibility that Congress bears to ensure that the federal government is serving the American people's interests. This is even more important in this day and age, as newspapers shrink their Washington bureaus and, with them, their investigative abilities.

In 1787, John Adams wrote of what were to become the House, the Senate and the presidency, "Without three divisions of power, stationed to watch each other, and compare each other's conduct with the laws, it will be impossible that the laws should at all times preserve their authority and govern all men." It is as true today as it was 221 years ago, and the start of a new administration and a new Congress is exactly the moment for our leaders to recommit to that ideal.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

The Greatest Generation Saves the Environment!

by David Lillard

With millions of baby boomers racing toward retirement, you might think it's time for their parents, "The Greatest Generation," to fade into the sunset. Not so fast!

All you folks in your 70s, 80s, and up can make one more contribution to one more great American cause. You can help curb global warming, secure energy independence, and, in the process, reinvent how we farm and eat. There are two things we need from you.

First, help bring back the Victory Garden -- small back gardens that can feed America. You recall Victory Gardens: Nearly 20 million Americans planted them during World War II, in city plots, small town backyards, and across the countryside. You yourself may have planted one, or helped your mother tend one. You produced 40 percent of America's fresh food, freeing up transportation, industry, and fuel for the war effort.

Sadly, when the war was won, you surrendered your Victory Garden. With newfound purchasing power, you ushered in the era of cheap processed foods and artery-clogging fast food. Yes, you! (We've been looking for a scapegoat for the sorry state of the American diet). You even got your kids hooked on TV dinners and junk food. Now your 50- and 60-something kids are so out of shape you could whip them from your rocker.

But there's good news. Some young people are re-discovering Victory Gardens, taking steps to transform how we eat, shop, and farm. They're using your example, creating small farms across America. Most of these market gardens are rural, but some young farmers are growing and selling fresh food in the suburbs and on city lots, on farms ranging in size from a postage stamp to about 20 acres.

They're part of an "eat local" trend -- a powerful force for the economy and the environment. According to the U.S. Department of Agriculture, there are now nearly 5,000 farmers markets nationwide, one of the fastest growing sectors in the food industry.

There are also nearly 2,000 community supported farms, or CSAs (the "A" is for agriculture). Each spring, CSA customers pay for a season's worth of produce, getting a box of fresh food

every week from June to November.

These new farmers are multiplying faster than those "Mortgage Buster" tomatoes grown in your Victory Garden. Small-farm associations are popping up all over, too, groups like the Pennsylvania Association for Sustainable Agriculture, Kentucky's Community Farm Alliance, the Montana Organic Association, and Oklahoma Food Cooperative.

Your Victory Gardens were patriotic and a way to feed families. These new-style farmers are making a living, while sustaining the environment for generations. They're patriotic too, freeing us from foreign oil. About 30 percent of petroleum goes to grow, process, and transport food. That includes fuel for house-sized combines that harvest corn for soda pop sweetener, natural gas and oil to make fertilizers and pesticides, and gasoline to truck packaged food from Sonoma to Savannah.

But on today's small farms, imported oil use is down, while hand and small equipment use is up. One farmer using

modern techniques can feed dozens of local families.

So you see, your Victory Garden idea could help change the world if you help promote it. Tell your kids to stop worrying about dwindling 401Ks and imploding IRAs, and start thinking about fresh food -- grown locally or that they grow themselves. Buy them a new potato fork for the holidays! Send them a seed catalog! Help them rip up the lawn!

There's a second thing we need your help with. Please teach us to cook again.

Most of us forgot how, or never learned. Despite the television celebrity chef craze, nobody cooks. Instead, we watch Rachael Ray or Emeril, usually while eating take-out.

We know how to add water and stir, then nuke on high. We can send text messages, but can't cut a whole chicken into legs and thighs. We can't even pour a bowl of cereal topped with fresh blueberries -- we gobble breakfast bars!

Nothing threatens the new farm

economy and energy independence more than our kitchen klutziness. We see colorful vegetables at the farm stand, but haven't a clue how to cook them. We can't tell rhubarb from celery, kale from mustard greens. Please help us.

On your next family visit, suggest an outing to a farmers market or "you pick" orchard. Delight your grandchildren by showing us how to select a farm fresh turkey; teach us the secret of grandma's walnut stuffing. Share that old recipe for Brussels sprouts with fresh apples and onions. Best of all, spend time in the kitchen with us; show us that cranberries and pumpkin needn't come from a can.

Teach us what giving thanks is really about. It just might be the greatest legacy The Greatest Generation could offer us baby boomers, Generation Xers, Y and beyond.

David Lillard is co-editor of Blue Ridge Press.

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Surviving the Holidays: A Few Tips (And Some Resource Numbers) For Families In Crisis

by Laura Coulthard
Deputy Director, Department of Health and Human Services/Child Protective Services division

It's no secret that the winter holidays can be very stressful for families. Families feel pressure to spend too much, eat and drink too much, and pack more activities into their days than they have time or energy for. The nation's troubled economy and the local epidemic of home foreclosures only make matters worse.

Stress may in fact contribute to an increase in child and domestic abuse cases that Sacramento County often sees during the holidays. According to statistics compiled by the Child Abuse Prevention Council of Sacramento (CAPC), the Sacramento Police Department's Crime Analysis Unit recorded a nine percent increase in domestic violence and child abuse crimes reported from November to December 2007.

CPS workers answer calls 24 hours a day, seven days a week from community residents concerned that a family they know is unable to take care of their children or to keep them safe. In December, workers will assess more than 3,000 referrals of suspected child abuse or neglect.

If you or a family you know is at the breaking point, here are a few tips from the Child Abuse Prevention Council:

Keep it simple. Don't over-commit yourself or your family. Remember what children really want is to spend time with you.

Put Santa on a budget. In our materialistic culture it's easy for parents to feel inadequate if they are struggling to make ends meet. Don't buy gifts you can't afford. Emphasize the act of giving, not the gift.

Change what you can. Decide what activities are important for you and let



the others go. Having too much to do is a major cause of holiday stress.

Surround yourself and your children with safe, supportive people. Unhappy memories of past seasons sometimes resurface during the holidays. Being with loved ones can provide strength and nurturing during difficult times.

Set differences aside. No one is perfect. Accept family members and friends as they are.

Stay positive. Encourage positive family interactions like playing games, wrapping gifts and baking.

Take good care of yourself and your family. Get enough rest, eat healthy foods and avoid alcohol or drugs.

Share the care. Reach out to family and friends if you are feeling stressed and need a break.

Above all, don't be afraid to ask for help! Below are phone numbers to public resources available to children and families:

Sacramento Info & Referral Service
498-1000
Parent Support Hotline
888-281-3000
Sacramento Crisis Nursery
679-3600
Birth and Beyon

679-3925
Diogenes Youth Services 24-hour Hotline
1-800-339-7177
California Youth Crisis Line
1-800-843-5200
Minor Emergency Mental Health Response Team
875-1113
Women Escaping a Violent Environment (WEAVE)
920-2952
Suicide Prevention
368-3111
Sacramento County Mental Health Treatment Center
875-1000
Alcoholics Anonymous
454-1100
Narcotics Anonymous
800-600-HOPE (800-600-4673)
CPS Child Abuse Hotline
875-KIDS (875-5437)
Police/Sheriff Emergencies
911

Information provided as a public service by Sacramento County Child Protective Services. For more information on county human services, visit www.sacdhs.com

Blue Lights Show Support

Letter to the Editor:

The holidays and decorating homes with lights inside and outside is just around the corner. Around the country some communities encourage residents to feature one window of their home or a part of their outdoor display using only

BLUE LIGHTS as a salute to all our Law Enforcement Officers. In recent years in Sacramento County and surrounding Counties we have lost too many officers responding to their duties and it ended with injury and sometimes death. These BLUE LIGHTS during the holidays would be a public way to

remember and thank all these men and women in law enforcement who help protect us 24/7.

I hope you will consider doing this. It is really a small thing to do for the men and women who put their lives on the line for us every working day and night.

Tips for Holiday Air Travel from Sacramento International Airport

As Sacramento International Airport prepares for the busy travel season, travelers and those who are meeting and greeting passengers need to keep a few things in mind.

Parking

If you are planning to park in the Terminal A Hourly Parking Lot or want to take advantage of the new Cell Phone Lot option, keep in mind that hourly parking has moved from the Terminal A Parking Garage to a lot near Terminal A.

Want to know the secret to the fastest entry and exit at any lot? Use the airport's ParkSmart system. Simply insert your credit card into the ticket machine upon entry and enter the same card upon exit at any credit card only booth to automatically be charged the correct amount and be on your way in minutes.

Also, tune your radio to 530

AM when within five miles of the airport and check overhead signs to know where parking is available upon your arrival.

Security

Parking or waiting along airport roadways and the curb is strictly prohibited by federal regulations. If you need to wait, please take advantage of the cell phone lot. If you really want to be the holiday hero, park in one of the hourly lots and meet your party inside the terminal.

For a stress-free travel experience, be sure to allow yourself 90 minutes to two hours to check in, process through the security checkpoint and get to your gate. Be sure to pack all valuables in your carry-on baggage and leave all gifts unwrapped for screening.

The Transportation Security Administration's (TSA) 311 rule for liquids and gels is still in effect.

Each passenger is allowed to carry one, one-quart zip-top bag to hold containers that each hold no more than three ounces of liquid and gel through the checkpoint.

If you have medication, formula, or other liquids and gels that are exempt from this limitation, please use the designated family lane at the checkpoint (in Terminal A only) to ensure rapid processing.

Sacramento County Airport System offers more travel tips, links to the Transportation Security Administration (TSA) and all airlines that serve Sacramento on its Web site: www.sacairports.org

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information on the system, visit www.sacairports.org

New Christmas Song Honors Female Soldiers

Christian Newswire - A new Christmas Song to Honor and Encourage our Female Soldiers is being distributed free online at www.RedWhiteandBlueChristmas.com. Download free and listen to both the Christmas 2007 and Christmas 2008 versions of "A Christmas Letter From Your Family."

Since the gift of the Christmas 2007 version to honor and encourage our troops, requests from female soldiers for "their" version caused Dr. Pat Boone to promise to produce a Christmas 2008 version especially for our female soldiers.

Here's what's being said about the Christmas 2008 version of "A Christmas Letter From Your Family":

"Dr. Pat Boone has done it again...spanning the distances, foreign and domestic, between the loved ones and women everywhere supporting our

freedoms. Make sure to take her up on her offer to download this tribute to the best our country has to offer. It will be the first step in a journey of personal fulfillment that indeed brings joy to the hearts of all who hear this message. Thank you Pat for your most generous outreach... the ultimate gift of the holiday season!"

David P. Csintyan, CEO Greater Colorado Springs Chamber of Commerce

"Many years ago, when I was young and bold, I flew Army helicopters in Vietnam. I remember vividly the feelings of being so disconnected with loved ones far, far away during the holiday season. The comfort of knowing people back home are supportive of the soldiers, airmen, and sailors by their display of loyalties in the form of creative works is very heartwarming. Dr. Pat Boone's Christmas music is a great demonstration of such

sentiment, and we salute her as an American Patriot."

Terry Sullivan, President and CEO

Colorado Springs Convention and Visitors Bureau

Dr. Boone is asking for the help of the public in getting the word out to our female soldiers that there is a free Christmas gift for them. "If you send out newsletters, please include the website www.RedWhiteandBlueChristmas.com. If you know anyone at your local newspapers, please ask them to insert an article listing the website. At the malls and businesses you frequent, and the radio and TV stations you listen to, please ask them to honor our military by playing both versions of 'A Christmas Letter From Your Family' with their Holiday Music. And if you have a website, please consider adding a link to www.RedWhiteandBlueChristmas.com."

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Sutter Heart & Vascular Institute Offers Risk Assessment, Clinician Consultation

The Sutter Heart & Vascular Institute, which serves heart patients throughout Northern California, this week is launching a Heart Health Risk Assessment tool on the Internet along with a free half-hour consultation with a clinician for those who are at risk of heart disease.

The assessment tool and clinician consultation are free to everyone with any or even no insurance. To take the 10-minute, Web-based assessment, go to www.sutterheart.org and click on the button to the right labeled "Heart Health Risk Assessment." Through a series of questions, it will assess your current cardiovascular health status and identify those medical or lifestyle conditions that may lead to development of the disease. After the assessment, if

respondents are at risk for heart disease, they can fill out a form for a 30-minute, in-person clinician consultation.

"Our mission is to improve the heart health of everyone in the Sacramento region and throughout Northern California," said Dr. David Roberts, Medical Director of the Sutter Heart & Vascular Institute. "Cardiovascular disease is the leading cause of death in the United States, and many people are unaware that, to a large extent, the disease is both modifiable and preventable. We hope everyone will take advantage of this risk assessment and consultation, and will take action to improve the health of their heart and their entire vascular system."

The consultation with a registered dietitian includes cholesterol, body mass index, blood pressure and other tests, and individuals will leave with individualized information on how to reduce their risk of heart disease and whether they need follow-up visits with

their physician or a cardiologist. The consultations are held in the offices of the Sutter Heart & Vascular Institute at 5301 F St., Sacramento.

The Heart Health Risk Assessment and Consultation isn't the only program sponsored by the Sutter Heart & Vascular Institute in order to improve the heart health of men and women throughout Northern California. The Institute also sponsors two American Heart Association programs: The Go Red for Women movement promotes awareness for women's battle against heart disease, and Start! is a heart-healthy initiative that encourages walking as an on-the-job form of exercise.

For those without access to the Internet, the Sutter Heart & Vascular Institute can fill in your assessment information by phone. The Institute's phone numbers are (916) 733-1777 and, toll-free, 1-877-50HEART.



Kirk Camunez

We're in a recession, which could be severe. Several financial services companies have either collapsed or been bailed out by the government. And the stock market is down about 45 percent since hitting its peak in October of 2007. Is this a "perfect storm" that should blow investors out of the market — or is it actually an opportunity for investors to jump back in?

If you're an investor, your first impulse might be to join the "get out while you can" camp. After all, it's no fun seeing the market plunge hundreds of points one day — and then hundreds more the next day. And we keep getting hit by waves of bad economic news. What possible reason could there be for remaining invested in the market, or even adding more dollars to your current investments?

Actually, you might be surprised. Some strong historical evidence suggests that, during a period such as we are now in, you may indeed benefit by not only staying invested, but also increasing your investment dollars in the financial markets. Consider this: In nine of the last ten recessions, dating back to 1949, the S & P 500 had moved up by at least 29 percent just 12 months after hitting its lowest point during the recession. Of course, as you've no doubt heard, past performance is no guarantee of future results, but it's interesting to note that the market eventually recovered after each recession.

However, no one can really predict when stocks will reach that low point. It's possible we've already hit it, but it's just as likely that we'll see further drops.

And yet, even if you can't say that we've hit a market low,

Time to Sell... or Time to Buy?

should you sell your stocks to "cut your losses" and use the proceeds to buy what you perceive as less risky investments? Before making this move, you need to consider some important facts. For example, if you pulled out of the stock market and purchased certificates of deposit (CDs) from a strong financial institution, you could reasonably expect that your principal will be safe and that you will receive the interest payments promised to you. But the interest rate you receive may not even keep up with inflation, so, over time, your investment could end up costing you purchasing power.

On the other hand, if you were to remain invested in the stock market, and if it does follow historical patterns, you do have a chance of making up your losses. Will there be continued volatility in day-to-day price movements? Almost certainly. But keep in mind that, over the long term, a portfolio that contains a reasonable amount of stocks, along with bonds, government securities and other investments, gives you the best chance of achieving your financial goals.

And here's another reason to keep investing: As measured by the price-to-earnings ratio (P/E), stocks are currently inexpensive. If you buy more shares when prices are down, your increased ownership stake should become more valuable when stocks recover — as they have done following every bear market in the past.

It's tough to stay positive during a gloomy market environment. But the most successful investors are often the ones who have the courage to be optimistic when everyone around them is not.

This article was written by Edward Jones for your Edward Jones financial advisor.

Singles Christmas Dance December 6

Christian Singles Network, will hold a Christmas Dance for single adults from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael.. The evening features DJ dance music of all types from 8-11:30 by Dale Chessey of AllStar Entertainment, and a dance lesson in the Cha Cha and Cruis'n from 7-8 PM. Dress in party or nicer casual attire. The ticket price of \$15 presale or \$20 at the door includes a light buffet, desserts and the dance lesson.

CSN dances are non alcohol. Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, has over 7,500 singles on its roster and holds dances every 3 to 4 weeks. Call the number below for directions or more

information. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome Most attendees fall between the ages of 35 to 65. CSN has been holding dances 16 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

CSN is also announcing its annual New Year's Eve Dance, also including a dinner this year, on Wednesday, December 31 at La Sierra Community Center, also in Carmichael. For more information on this party please call the office at 530-878-8606. Tickets for this event will be \$30 presale and \$35

at the door.

Pre-sale tickets are available at Berean Christian Bookstore, Sacramento; Wayside Bookstore, Rocklin and Auburn; Jireh's Bookstore in Placerville; and on line at www.christiansinglesnet.com, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

Master Singers Presents "A Christmas To Remember"

The Sacramento Master Singers, under the direction of Dr. Ralph Hughes, will open their 25th - Anniversary Season with four performances of their annual holiday concert in December. This year's concert, entitled A Christmas To Remember, occurs at St Francis of Assisi Catholic Church (26th & K Streets) in Sacramento on December 14 at 3:00 PM; December 20 at 8:00 PM; and December 21 and 22 7:00 PM. This festive holiday concert begins with a number of antiphonal works with the Master Singers surrounding the audience lit by candlelight. Audiences

will be treated to classical settings of Christmas texts, settings of traditional holiday favorites, and technically challenging works such as Frank Burch Brown's Mary with Jesus, a setting of an ancient Muslim text regarding Mary and the unborn Jesus. This work in particular demonstrates the Master Singers' commitment to bridge all cultures and societies through choral music. This commitment is central to the Master Singers and has been a part of the choir's mission since its earliest years.

Tickets for A Christmas To Remember

are \$18 and can be purchased online at www.mastersingers.org, or by phone by calling (916) 788-7464, or at-the-door 30 minutes before each concert.

The Sacramento Master Singers will also present Jingle All The Way!, their annual children's holiday concert on December 21 at 4:00 PM at St. Francis of Assisi Catholic Church (26th and K Streets). Tickets for this shorter, family-oriented program are \$5 for adults, \$3 for children.

All concerts will be held at St. Francis of Assisi Catholic Church, 26th and K Streets, in Sacramento.

New Computer Virus Alert

With Christmas fast approaching, watch out for this...be alert..The newest virus circulating is the UPS/FedEx Delivery Failure. You will receive an email from UPS Packet Service along with a packet number. NOTE: The word packet is

mis-spelled on this line. It will say that they were un-able to deliver a package sent to you on such and such a date. It then asks you to print out the invoice copy attached. DON'T TRY TO PRINT THIS. IT LAUNCHES THE VIRUS!

Pass this warning on to all your PC operators at work and home. This virus has caused Millions of dollars in damage in the past few days. Snopes confirms that it is real: <http://www.snopes.com/computer/virus/ups.asp>

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Coping Strategies Help Women Facing Economic Stress

by Jennifer Wider, M.D.
Society for Women's Health Research

You couldn't ignore the news if you tried. The economic crisis is all over magazines, newspapers and television news programs. So, it's no wonder people are feeling anxious and stressed out.

But women may be reacting more strongly than men. A recent survey from the American Psychological Association (APA) called "Stress in America" says women are expressing fear about the current financial situation more than men. Women are also reporting physical and psychological symptoms, including sleep disturbances, headaches, mood swings and changes in appetite, in higher numbers than men.

"Women are sometimes more aware of the stress they are feeling," says Stephanie Smith, Psy.D., public education coordinator for the APA and a licensed clinical psychologist in Erie, Colo. "They are often more willing to talk about it and admit to the struggles they are having."

Women also tend to be the primary caretakers for most families, which in times of economic crisis, can add to the burden. "Women have many roles to play in life. They are often the primary caregivers for children and the older

generations [aging parents], as well as workers in industry," Smith said. All of this responsibility can add up to a lot of stress, especially when families are being squeezed financially.

In addition, many of the traditional household responsibilities end up falling on the shoulders of women. "As much as things have changed over the years, women still tend to do more of the household work," Smith said, referring to cooking, cleaning and laundry. "Taken together, these things often lead to more stress in women, because they just have more things to be stressed about."

That's not to say that men aren't stressed out. Seventy-five percent of male respondents to the APA survey expressed fear about the economy, compared to 84 percent of women.

Since everyone reacts differently to stress, a key to maintaining good health during distressing times is to know your own warning signs the physical symptoms that indicate when your brain and body are experiencing unusual or excessive pressure.

Women are more likely to report unhealthy behaviors, including eating poorly and excessive shopping and napping as a response to stress. They are also more likely than men to report physical symptoms of stress, including headaches, exhaustion and depression.

For tips on recognizing and coping

with stress, consult the APA's online Help Center: <http://www.apahelpcenter.org/>.

Despite the tumultuous times, there are measures you can take to safeguard your health and well-being. "One of things we often do is abandon our good coping strategies," Smith said. "The first and easiest coping mechanism is to keep up your good habits." That means continue going to your aerobics class, eating dinner with your family, participating in social events like a book club. Take enough time out of each day to focus on yourself and your own well-being.

If possible, do not cut back on preventive and basic health care services. Saving money on health expenditures may seem like a good idea in the short run, but it can lead to serious health problems and enormous bills, which make financial matters worse.

To make your health care dollars go further, talk to your primary care physician about all of your health needs and concerns. If he or she can manage multiple conditions, it can cut down on the number of doctors you regularly visit and the associated out-of-pocket expenses.

Taking time for yourself and taking care of yourself are keys to getting through tough times successfully.

Relaxation Tips for Holiday Bliss

(NewsUSA) - The holidays mean peace, goodwill - and stress. The economic crunch, combined with frenzied shopping, confusing travel plans and busy holiday party schedules, leaves many Americans wishing for a break.

A spa day seems out of the question, but stressed-out celebrants can find breathing time. Here are some tips for Americans looking to relax over the holidays:

- Learn to say "No." You don't have to attend every party for which you receive an invitation. If you feel overwhelmed, open up a space in your schedule. Use that extra time to do something that you enjoy, whether that be baking, reading a book at a local café or napping.

- Don't abandon healthy habits. Sure you're busy, but that doesn't mean you should skip your regular exercise routine. Exercise releases happy-thought-inducing endorphins and gives your brain a break. If you don't exercise now, fit a walk to work or yoga class into your regular routine.

- Give your feet a break. Fashionable pumps and sprints through shopping malls take a



If you feel overwhelmed, take a break to do something you enjoy, like reading a paper at a local cafe.

toll on your soles. An at-home pedicure will help you release holiday tension. Simply fill a large bowl with warm water and a few drops of an essential oil, like lavender. Soak your feet, then rub off rough skin with a pumice stone. Remember to moisturize your feet afterwards with a heavy lotion or foot cream.

Some products specifically target sore feet. Original YogaToes (www.yogatoesinfo.com), a flexible, hypoallergenic form that fits around your toes, help relax and refresh tired, overworked

feet. YogaToes can be bought individually or as part of spa-inspired holiday gift sets.

- Seek a natural touch. Just because it's winter doesn't mean that you can't appreciate nature. Potted plants and flowers boost moods. Small orange and fig trees can be kept indoors through the year, and a countertop herb garden needs little more than sunlight to create fresh scents. Buy a fresh, not artificial, wreath to enjoy pine's unique aroma.

Safely Prepare Your Holiday Meal!

The holiday season is here, and food safety is especially important as you prepare a Thanksgiving meal. Sacramento County Environmental Management Department's (EMD) food safety specialists and Sacramento County Public Health say improper preparation of meals and handling of leftovers can make you sick.

"In the past two years, the Centers for Disease Control has investigated outbreaks of foodborne illness that were caused by bacteria in jalapeños, spinach, peanut butter, frozen pizza, frozen pot pies, and frozen beef patties," said EMD's John Rogers. "Foodborne illness can usually be prevented by following proper procedures when you prepare and cook your meal, and again when you store the leftovers to enjoy again later," Rogers said.

Here are some food safety tips intended to serve as reminders to those who are already familiar with proper preparation methods for meat and poultry, and as guidelines for the first-time chef.

When preparing a turkey, be aware of the four main safety issues: thawing, preparing, stuffing, and cooking to adequate temperature.

Safe Thawing
Thawing turkeys must be kept at a safe temperature. The "danger zone" is between 41 and 135°F — the temperature range where foodborne bacteria multiply rapidly. While frozen, a turkey is safe indefinitely, but as soon as it begins to thaw, bacteria that may have been present before freezing

can begin to grow again, if it is in the "danger zone."

There are three safe ways to thaw food: in the refrigerator, in cold water, and in a microwave oven.

Safe Preparation
Bacteria present on raw poultry can contaminate your hands, utensils, and work surfaces as you prepare the turkey. If these areas are not cleaned thoroughly before working with other foods, bacteria from the raw poultry can then be transferred to other foods. After working with raw poultry, always wash your hands, utensils, and work surfaces before they touch other foods. Remember to use soap and warm water and wash your hands for at least 20 seconds.

Safe Stuffing
For optimal safety and uniform doneness, cook the stuffing outside the turkey in a casserole dish. However, if you place stuffing inside the turkey, do so just before cooking, and use a food thermometer. Make sure the center of the stuffing reaches a safe minimum internal temperature of 165°F. Bacteria can survive in stuffing that has not reached 165°F, possibly resulting in foodborne illness.

Safe Cooking
Set the oven temperature no lower than 325°F and be sure the turkey is completely thawed. Place turkey breast-side up on a flat wire rack in a shallow roasting pan 2 to 2-1/2 inches deep. Check the internal temperature at the center of the stuffing and meaty portion of the breast, thigh, and wing joint using a

food thermometer. Cooking times will vary. The food thermometer must reach a safe minimum internal temperature of 165°F. Let the turkey stand 20 minutes before removing all stuffing from the cavity and carving the meat.

Handling Leftovers
Perishable foods should not be left out of the refrigerator for more than 2 hours. For optimum results, remove turkey meat from the bone and promptly refrigerate or freeze leftovers in shallow containers. It is safe to freeze leftover turkey and trimmings — even if you purchased them frozen. Wrap tightly for best quality.

Refrigerator (41 °F or below)

- Cooked turkey - 3 to 4 days
- Cooked dishes and gravy - 3 to 4 days

Freezer (0 °F or below)

- Turkey, plain; slices or pieces - 4 mos.
- Turkey covered with broth or gravy - 6 mos.
- Cooked poultry dishes, stuffing, and gravy - 4-6 mos.

(Freezer storage times are for quality only. Frozen foods remain safe indefinitely.)

Reheating a Whole Turkey is NOT Recommended. If you plan to reheat a turkey, cut the meat into smaller pieces. Slice breast meat. Legs and wings may be left whole. Refrigerate in shallow containers. Exception: Cooked turkeys with the USDA inspection seal on the packaging have been processed under controlled conditions. Follow package directions for reheating and storing.

SMUD offers holiday lighting safety and efficiency tips

Sparkling lights are a holiday tradition. The Sacramento Municipal Utility District (SMUD) reminds customers to practice safety and conservation when using lighting to decorate this holiday season. The following simple electrical safety tips should be observed when decorating with lights:

- Inspect all holiday decorations as you unpack them, looking for broken or cracked sockets and frayed or bare wires. Damaged light sets should never be used.
- Keep ladders away from overhead power lines and electrical service lines to your home when hanging outdoor lights.
- Only use Underwriter's Laboratory

(U.L.) or Factory Mutual (F.M.) approved electrical devices, extension cords, and lights. These approvals indicate the product has been tested for electrical safety and reliability when used as advertised.

- Follow the manufacturer's instructions when stringing lights. Most directions allow no more than three sets of lights to be plugged together.
- Use one long extension cord instead of linking several shorter ones together.
- To prevent falls, keep extension cords off of walkways.
- Always unplug lights and electrical cords before stringing and hanging.
- Keep paper and ribbon away from hot lights.
- Unplug or turn off all decorative lights before bedtime or prior to leaving the home.

- Make sure outdoor electrical outlets have shock protecting Ground Fault Circuit Interrupters (GFCI).

Efforts to conserve energy are important all year long but shouldn't prevent customers from enjoying holiday lights. These bright ideas will help conserve energy and save money:

- Use low-wattage LED holiday lights. Vibrant LED lights come in a variety of colors and use 80 percent less energy than conventional lights. LEDs are cool to the touch, fire and shatter proof.
- Put your lights on a timer so they turn on and turn off at a certain time.
- If using incandescent lights, use those that have mini-transformers within each light string's plug. The lights then operate at a much cooler temperature and use less electricity.

Made to Order Software releasing Order Made!® v1.11

Orangevale Business Wire - In October 2007, Made to Order Software released the first version of Order Made!, an ordering system that adapts to any restaurant menu for their customers to order their food online.

"Back in 1999, I came up with the concept for Order Made! I actually wrote a first version but stopped there thinking that it was too soon and no one would want it. Papa John's Pizza actually started their own system two years later, in 2001," says Alexis Wilke, the CEO of Made to Order Software. "And in May 2008, they announced that they had reached \$1 billion in online sales. Then this October, Chipotle, a chain of Mexican restaurants, announced online sales of \$2 million. So we think that we got Order Made! out just at the right

time."

Offering an online system to your customers means no waiting in line and no busy signal when they call on the phone. And even if they hesitate to order online, a website with your restaurant menu increases your marketing reach. With weekly specials or exciting events, it is the best way to let your customers know about them. Order Made! really puts you in control. It lets you change your menu any time and make it come to life. Order Made! also works for restaurants that do not have a computer or an Internet connection. In that case, it sends orders by fax.

For customers, Order Made! is intuitive and a quick way to order ahead so that their dinner is waiting for them to either dine in or carry out. It is already being used by restaurants

around Sacramento, California, including Cafe Dolce in Rancho Cordova at <http://www.cafedolce34.com>.

Links
1 Order Made!®, <http://www.ordermade.ws>
1 Made to Order Software Corporation, <http://www.m2osw.com>
1 Cafe Dolce, Rancho Cordova, <http://www.cafedolce34.com>

About Made to Order
Made to Order Software Corporation specializes in corporate consulting, analysis and development services, as well as cutting-edge professional developer tools, libraries, training, and support. Our team of passionate developers is dedicated to uncovering your perfect software solution to analyze, enhance, or improve your critical computer systems—large or small.

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Mercy San Juan Medical Center and Public Service Agencies Learn About Hmong Culture in Community Outreach



Sacramento area is home to the 3rd largest Hmong population of refugees from Thailand & Laos

Carmichael- About 130 healthcare providers, law enforcement officials and public service workers attended a unique seminar about the culture and religion of the local Hmong population of refugees in an effort to better serve their needs. The seminar, “Breaking through the Barriers,” was presented at Mercy San Juan Medical Center in Carmichael on Wednesday, November 19.

The Sacramento area is home to the third-largest Hmong population in California. The Hmong people settled in the mountains of Laos centuries ago from China. Thousands left after the Vietnam War, many escaping refugee camps in Thailand. Over the past two years, there has been a huge wave of Hmong immigrants to California from Thailand.

Healthcare providers and public safety officials have been trying to reach out to the Hmong community



by Penny Howard

December 15, 1944 dawned cold and drizzly at Twinwood Farm in England. Major Glenn Miller and Col. Norman Baessell tossed their gear aboard the single engine C-64 Norseman and climbed in behind the pilot, Shorty Morgan.

“Happy landing, and good luck”, said Miller’s friend, Don Haynes, as he waved to them. “I’ll see

Keep Your Pets Safe From Holiday Hazards



Sadie Ling-Ling is an adorable two-year-old Yorkshire terrier. Gold River owners Jay & Liz Jones gave Sadie the middle name of Ling-Ling since she born in the Chinese Year of the Dog, August 2006. Sadie tells us to be sure to make this holiday season safe and enjoyable for everyone in your family by observing the following pet safety tips.

Winter can really take a toll on our

Memories fade...

but meaningful moments will be cherished forever



- ❖ Activities and program specific to residents with memory impairments
- ❖ Nurturing, home-like environment
- ❖ Beautiful outdoor courtyard with gazebo
- ❖ 24 hour care by staff trained in dementia care
- ❖ Secure setting
- ❖ Short term/respite program

Citrus Heights Terrace

Memory Care Community

(916) 727-4400

7952 Old Auburn Road
(between Sunrise and Antelope)

CIMINO CARE www.CitrusHeightsTerrace.com License # 347001498

behind where they can’t be seen.”

Lee also addressed why Hmong women don’t breast feed their babies. “Breastfeeding is not encouraged in the culture because parents or in-laws provide child care and so new mothers are told not to breast feed because the babies will cry when they’re at work,” Lee said.

Other speakers talked about Hmong religious leaders, or shamans, who often want to perform rituals and burn incense for followers who are in the hospital seeking medical treatment. Sometimes Hmong patients arrive at the hospital with string tied around their hands from a ceremony performed at home before leaving for the hospital. Caregivers need ask the patient’s permission to remove the string if they need to prepare patients for treatment.

“I think this seminar was very educational,” said Lee. “The capacity crowd left here with a greater understanding of the Hmong people and hopefully that will affect how they interact with the Hmong community in the future.”

About Mercy San Juan Medical Center

Mercy San Juan Medical Center is a 260-bed facility that serves more than 150,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Mercy San Juan has made the Thomson national “100 Top Hospitals” list each of the last two years by excelling in such areas as quality care, patient safety and growth. Doctors are the cornerstone behind teams of healthcare professionals who lead nationally recognized programs such as bariatric surgery, cardiac, neonatal intensive care and trauma. Mercy San Juan is part of Mercy, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.

Glenn Miller’s Final Flight

you in Paris tomorrow.”

The small plane taxied down the runway, lifted off, and faded into the heavy mist. That was the last anyone ever saw of the plane and it’s passengers.

All of America and it’s allies mourned the loss of Glenn Miller, the much loved musician, who gave his all for the country he loved.

Miller was on his way to Paris to arrange entertainment for the troops there. The rest of his band was to follow the next day. Upon arriving in Paris, the band expected him to be there to meet them. Phone calls trying to locate him turned up nothing. No one wanted to believe the worst. They went ahead with their broadcasts, hoping he would soon show up. But as time passed, and there was no word, they had to accept the inevitable, he was gone.

Miller, born March 1, 1904, in Clarinda, Iowa, was a true American hero. From humble beginnings he rose to lead the most popular dance

band in America. Then at the peak of his popularity and making thousands of dollars a week, he gave it all up to volunteer for military service during World War II.

In 1940, with the war on in Europe, the military draft in America was stepped up. Concerned for the morale of the servicemen, Miller held weekly radio contests for them, rewarding the winning base each week with a combination radio-phonograph and a stack of records, all paid for with his own money.

After the bombing of Pearl Harbor, his concern for the troops intensified, as he catered to them with USO appearances and radio show. But, he still felt he could be doing more. So, in February 1942, though married and over-age, he registered for the draft, but was never called up. In July he applied to the Navy, which turned him down. Determined not to give up, he wrote to the Army requesting induction, and to be put in charge of a military band.

to them. Some plants are poisonous to pets, such as berries, holly berries, poinsettias and mistletoe.

Now that winter is here, make sure antifreeze is not left out. Antifreeze tastes sweet to pets, but is deadly to animals.

Warm car engines attract cats. To avoid injury to felines, bang on your car hood to scare them away before starting the engine.

Remember to treat your animals as a cherished member of your family.

Sadie wishes everyone a Safe & Happy Holiday.

Kay Burton is a longtime pet columnist and supporter of the Sacramento SPCA and other animal rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.net.

James Bond Makes “Quantum” Leap to Non-Stop Action Thrills



By Tim Riley

Quantum Of Solace (Rated Pg-13)

With a title borrowed from an Ian Fleming short story, “Quantum of Solace” seems designed to prove that a story is somehow unnecessary to realizing a James Bond movie. Surprisingly, there are three writers credited to crafting the screenplay, when it’s obvious that a graduate student at film school, possessing knowledge of James Bond lore, could have managed just as well. “Quantum of Solace,” tricked out by its aggressive video game sensibilities, is so heavy on action that there’s hardly a moment of respite. You may have heard this elsewhere, but it bears repeating that James Bond is now almost indistinguishable from the Jason Bourne character.

Forget about Sean Connery, Roger Moore or even Pierce Brosnan. Daniel Craig is the James Bond for a new generation, even if he comes off as a possibly grittier version of Matt Damon. Craig’s James Bond can still wear the tuxedo with elegant grace, but this guy’s tougher than Steven Seagal in a dozen martial arts films. He delivers the goods with the brutal efficiency of an almost robotic assassin. Steeped in its revenge story, “Quantum of Solace” presents agent 007 as an unstoppable killing machine, indestructible in pursuit of his mission. But just like his boss, M (Judi Dench) the head of

the British Secret Service, you may question exactly what his mission is about.

Picking up where “Casino Royale” left off, the opening scene has Bond being pursued by a carload of baddies, probably because he’s got Mr. White (Jesper Christensen) stuffed in the trunk of his Aston Martin. Not exactly a sentimental guy, Bond is nonetheless anxious to track down the criminal mastermind behind White’s sinister organization, knowing that it may enable him to exact revenge for the death of Vesper Lynd. As you may recall, Vesper is the woman he fell in love with, despite good reasons to be wary of any romantic entanglements.

After an interrogation of Mr. White and an unexpected betrayal in a secret location in Spain, Bond is off to Haiti to track down an M16 traitor. In a case of mistaken identity, Bond is introduced in slapdash fashion to the beautiful but feisty Camille (Olga Kurylenko), who has her own vendetta agenda, but one that coincides with Bond’s plans. Camille leads Bond straight to the bug-eyed Dominic Greene (Mathieu Amalric), a ruthless businessman who hides under the cover of his environmental credentials. Al Gore will be none too pleased at how this green planet advocate abuses his trust.

Linked to Quantum, Greene has sinister plans to take control of vital natural resources in Bolivia for his own gain, primarily by forging a deal with corrupt General Medrano (Joaquin Cosio), itching to stage his own coup d’etat. The scheme turns out to be barely more evil than the theft of water from the Owens Valley in “Chinatown.” Whatever happened to ominous plots for world domination? Bond villains, like Ernst Stavro Blofeld and Auric Goldfinger, used to have ambitions that matched their outsized egos. Now we have some creepy environmentalist telling a gathering of gullible rich folks

housed at Folsom are incarcerated for a large gamut of criminal behavior, and the California Department of Corrections has been dedicated to rehabilitation efforts throughout the facility’s long history.

Date: Saturday, December 6, 1:00pm – 3:00pm

**This event is part of a weekend fundraiser at Barnes & Noble for Orangevale Open K-8 School. During this weekend Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the schools. Vouchers will be available in the store over the weekend so that patrons may support the school.*

Event: Local children’s author Corinne Oakes will sign copies of her book: *Senor Fideles: Adventurer of the Sierra Nevada and Beyond* (Price: \$14.95, ISBN: 978-1604749663). The parable about the adventures of a bird is set on the shore of an alpine lake, based on Donner Lake in the Sierra Nevada of California, an appropriate background for the environmental theme woven throughout the tale, specifically how man and beast struggle to co-exist in what once was wilderness.

Date: Saturday, December 13,

to support his green initiatives.

Pared down to the shortest running time of any Bond film in history, “Quantum of Solace” expends its energy mostly on an almost nonstop sequence of car chases, fights, running across rooftops, explosions, airplane chase, and more fights. Especially when Bond dashes across tile roofs in hot pursuit, it seems like another chapter in a “Bourne” movie. With all the chasing and fighting, there’s little time for Bond to display much personality. Though the consummate tough guy, Sean Connery always had time to drop a few witticisms. Humor is almost non-existent in this all-business affair.

It’s comforting to know that Bond still has some of his bad habits, though they don’t seem to include smoking or drinking martinis shaken not stirred. Still, he manages time to seduce the very attractive Agent Fields (Gemma Arterton), while going undercover as part of a teachers’ group that apparently hit the lottery jackpot. Sadly, Fields’ most memorable moment is a tribute to “Goldfinger.” Not so memorable is Bond tailing bad guys doing business at the avant-garde Austrian opera house. Nor does he have any truly memorable scenes with the sexy Camille, who appears stripped of any real personality. Oddly enough, there’s zero chemistry between Bond and Camille.

I have enjoyed every single James Bond film, all 56 or 57 of them if you count the Woody Allen spoof. Despite a few misgivings on style and substance, I find “Quantum of Solace” another worthy entry, though for reasons far different than the early Sean Connery ones. The action and the stunts are absolutely breathtaking, and Daniel Craig is the definitive contemporary Bond. Nevertheless, a few things amount to letdowns, the most egregious of which is the worst Bond title song ever, even more dreadful than the one by Madonna.

1:00pm – 3:00pm

**This event is part of a weekend fundraiser at Barnes & Noble for Woodside Elementary School. During this weekend Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the schools. Vouchers will be available in the store over the weekend so that patrons may support the school.*

Event: Local author Steven Avella will sign copies of three of his books: *Sacramento, California: Indomitable City (Making of America Series)* (ISBN: 9780738524443, Price: \$24.99), *Good Life: Sacramento’s Consumer Culture* (ISBN: 9780738525242, Price: \$19.99), *Sacramento and the Catholic Church* (ISBN: 9780874177602, Price: \$39.95).

Date: Sunday, December 14, 1:00pm – 3:00pm

**This event is part of a weekend fundraiser at Barnes & Noble for Woodside Elementary School. During this weekend Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the schools. Vouchers will be available in the store over the weekend so that patrons may support the school.*

Weekly SUDOKU

Answer

5	1	9	6	8	2	4	7	3
8	4	7	3	1	5	6	9	2
3	6	2	7	4	9	8	1	5
9	2	4	1	5	8	7	3	6
7	5	3	9	2	6	1	8	4
1	8	6	4	7	3	2	5	9
6	7	5	2	3	1	9	4	8
2	3	1	8	9	4	5	6	7
4	9	8	5	6	7	3	2	1

Magic maze

Answers

HEDGEHOGS

Puzzles are on Page 12

King Crossword

Answers

Solution time: 27 mins.

J	A	B		R	A	M		F	E	D	U	P
A	L	A		U	P	A		L	E	A	S	E
D	I	Y		B	O	Y	W	O	N	D	E	R
E	G	O		E	L	B	O	W				
S	N	U	B		L	E	O		R	A	I	L
				O	H	O		F	R	E	S	C
M	A	I	Z	E				Y	I	P	E	S
A	B	S	O	R	B		B	E	G			
D	A	M	S		E	D	U		N	O	S	E
				S	E	I	Z	E		I	N	N
G	I	R	L	C	R	A	Z	Y		L	I	D
A	D	I	E	U		N	E	E		E	D	O
M	O	D	E	M		A	D	D		D	E	W



by Pastor Ray Dare

I want to talk a little bit about one of the enemy's favorite tricks: Condemnation. He loves to remind people of their past failures and their past mistakes. Has he ever done that to you? Sure he has. It's one of his favorite tricks. He knows that if he can keep people feeling guilty, unworthy and full of shame that we will never be all God wants us to be. He also knows that if he can keep us filled with the negative emotions, we will never fully understand and exercise our authority over him.

Some folks think when they make a mistake that God's ready to kick them out of the kingdom of God. That is so far from the truth. When you are born again, when you ask Jesus to come into your life, when you make a decision to have a personal relationship with Jesus, the Bible says you are born again. There's a birth that has taken place. You have been born into the family of God. Now you're a child of God. Now, friends, it doesn't

When You Make A Mistake

mean you're a child of God on Monday and Tuesday and when you make a mistake on Wednesday and Thursday, you're a child of the devil. It doesn't work that way. You're a child of God. You've been born into the family. It's not one week on and two weeks off.

You may think, "Pastor Ray, you're giving people too much security." Friends, listen to this carefully: God wants you to be secure. I'll say it again, God wants you to be secure. You've got to understand that. God wants you to be so secure that when you make a mistake and you fail Him, you run to Him quickly for forgiveness. Don't turn around and run away from Him.

You say, "Pastor Ray, this sound too good to be true. I served God one time. I served Him for a year. But then I made a terrible mistake. Do you mean to tell me that God didn't kick me out of the kingdom right then? Do you mean to tell me God didn't excommunicate me? Do you mean to tell me that God would receive me back into Himself?" That's exactly what I mean to tell you. God wants to receive you. This is the message of the Gospel.

See, I'm not saying that when you are born again you're not going to have some fruits of good

work. Don't get me wrong. I'm just saying those good works don't get you saved. And they don't keep you saved. It's the gift of God. Ephesians 2:8 says, "It is by grace you are saved through faith; not of yourselves. It is the gift of God, lest any man should boast."

We must understand that salvation is a completely and totally free gift. See, if you don't understand that, then what you're trying to do is pay back your salvation with your good works. God doesn't want it to be that way. The problem is that one day you're not going to be able to do as many good works you think you should. Then all of a sudden you're going to feel condemned.

Here's what I want you to understand today: God is not the one that condemns you. If you've made mistakes in the past, get up and go on and don't let that stop you from being your best for God. Don't sit on the sidelines. Don't quit coming to church. Don't quit being involved. Go on like never before. The Apostle Paul said, "... forget the things of the past and press toward the mark of the prize of the high calling of God in Christ Jesus." *Philippians 3:13b-14*

See you Sunday, Pastor Ray
New Community Christian Church www.YourNewChurch.org

Don't Let Grinches Censor Christmas

Posted: November 11, 2008
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Renaming trees, bans on red-and-green, silencing carols examples of 'war'

For the sixth year in a row, a campaign has been launched by Liberty Counsel to protect Christmas from censors and other grinches. It's needed, according to the public interest law firm, because of what is happening to the traditional American holiday across the U.S.

For example, according to Liberty Counsel, the following situations have developed in various jurisdictions and corporations where Christmas has been targeted with censorship:

- In Massachusetts, members of a Bible club wanted to pass out candy canes with an attached religious message but were told by their school superintendent it would violate the rights of the recipients. When the students did it anyway, they were suspended, and it took a 67-page court ruling in their favor for school officials to back off.
- In Washington, a school girl was not allowed to sing the word "Christmas" and instead was ordered to substitute "winter."
- In Florida, a school principal

initially banned the name "Jesus Christ" on a Christmas party invitation poster.

- In Virginia, officials at a state school for the deaf and blind banned religious songs from a Christmas program.
- In Texas, in a report on volunteer work done for a squadron Christmas party, "Christmas" was crossed out and replaced with "holiday."
- In another Texas locale, students were told they could not wear red and green because those are Christmas colors.
- In Arizona, a public school choir director sought legal advice to have her choir perform Christmas carols.
- In New Jersey, a school banned some Christmas carols in a school program and replaced words in traditional pieces such as "Silent Night" with secular words.
- In Minnesota, a library tree must be called "holiday" tree because it has become an "offense" to one worker due to its Christian meaning.
- And, among dozens of other cases, in Illinois an employer told a worker not to say "Merry Christmas."

Liberty Counsel's "Friend or Foe Christmas Campaign" also lists on the organization's website corporations and entities that have made clear their intention to become "Friend" or "Foe."

"Renaming a Christmas tree to

a holiday tree, stopping students from wearing red and green, and censoring religious Christmas carols are absurd, but true, examples of the war against Christmas. Over the past few years the 'Friend or Foe Christmas Campaign' has successfully put the 'grinches' on the run. This year millions of Americans will join us to help save Christmas. If a government entity censors Christmas in violation of the Constitution, then we will first seek to educate but, if necessary, we will litigate. If retailers choose to profit from Christmas while pretending it does not exist, then we will patronize their competitors," said Liberty Counsel chief Mathew Staver.

The website reveals some of the "Friends" are Bath and Body Works for advertising "The Perfect Christmas ... at Home," BuyAmerican.com, where "Christmas products are called what they are," Cabela's for its "Christmas Shoppe," Chic-fil-A and Dollar Tree. "Foes" included Albertsons, Amazon.com, Banana Republic, Bloomingdale's, Circuit City, Costco, Disney, Gap and Giant Eagle Pharmacy.

Liberty Counsel also offers a Help Save Christmas Action pack, including educational legal materials to inform government officials, teachers, students, parents, businesses and employees that it is legal to celebrate Christmas.

ADVENT CHRISTMAS FAIRE

Saturday, December 6 10 a.m. - 2 p.m.

Northminster Presbyterian Church will present its **Advent Christmas Faire** on Saturday, December 6, from 10 a.m. - 2 p.m. A "Make It and Take It" time to help children of all ages prepare for Christmas. There are Christmas gifts and decorations to make with the assistance of Santa's helpers. There is something for everyone! All crafts are FREE. A light lunch will be offered. 3235 Pope Avenue (between Watt and Fulton) For details, call (916) 487-5192 or visit Northminsteronline.org

Northminster Presbyterian Church
Pastor Jack Raymore
Christmas Eve Services
5 p.m. Family Service of Lessons and Carols
10 p.m. Candlelight Service featuring chancel and bell choirs
3235 Pope Avenue, Sacramento
For details, call (916) 487-5192 or visit Northminsteronline.org

Simply Put, Thank You.

victory and for protecting the rights of religious organizations!

Homeschool Victory

The California courts erred. In February, they issued a flawed decision that, if implemented, would deny nearly all California parents the right to homeschool their children. The ACLJ filed a friend-of-the-court brief in May urging the appeals court to protect the right to homeschool and argued that the right of parents to homeschool their children is derived from both the Free Speech and Free Exercise Clauses of the First Amendment. In response, the Second Appellate District in Los Angeles upheld the rights of California parents to homeschool their children. We share this great victory with you and appreciate your outstanding commitment to upholding and protecting constitutional freedom in America.

Victory For Judge Deweese

A U.S. District Court sitting in Cleveland has formally dismissed a motion brought by the ACLU of Ohio to hold Richland County Judge James DeWeese in contempt of court for displaying a poster entitled "Philosophies of Law in Conflict" in his Mansfield courtroom. The ACLU took issue with Judge DeWeese's display of the poster - which compares and contrasts the Ten Commandments with Seven Humanist Principles - and charged

that it violated a 2002 injunction barring him from displaying a poster consisting solely of the Ten Commandments under the caption "Rule of Law." But U.S. District Court Judge Kathleen O'Malley, the same judge who issued the 2002 injunction, disagreed and further described the ACLU's attempt to use the 2002 injunction in this fashion as "misplaced." Thank you for sharing in these victories with us and propelling us forward with your strong support.

Before The Year Ends

If you have appreciated stocks and property, you can greatly benefit from wise tax planning and giving before December 31 through several options, including an IRA rollover gift, a gift of securities, or a gift of life insurance. For help, please contact ACLJ Member Services at 800-342-2255 or email memberservices@aclj.org. God bless you!

Thank You

We appreciate your generosity and faithfulness during these difficult days for our country. We are so grateful for you, and committed members of the ACLJ like you, who have fought alongside us. God bless you for staying the course with us in these critical matters. Thank you!

Led by Chief Counsel Jay Sekulow, the American Center for Law and Justice focuses on constitutional law and is based in Washington, D.C.

Handel's Messiah

St. Francis Episcopal Church invites all comers to join in a Community Messiah Sing on December 7th, 3:30pm at St. Francis Church, 11430 Fair Oaks Blvd, Fair Oaks.

The Christmas Portion of Handel's Messiah is a wonderful way to enter into the Advent Season and prepare for Christmas. If you have a Messiah score, please bring it along. The St. Francis Chancel Choir, members of the St. Francis String Ensemble along with the Mid-Town Chamber Orchestra will lead and support the singing. Dr. Orlando Tognozzi will be conducting.

Admission is a donation of one non-perishable food item and a reception will follow in the Parish Hall. For additional information, please call St. Francis church, 916-966-2261.

Handel's Messiah

Join St. Francis Episcopal Church & the Mid-Town Chamber Orchestra

for a

Community Messiah Sing

Sunday, December 7th

3:30pm

11430 Fair Oaks Blvd.

Fair Oaks

Festive Reception Following

**Admission: One non-perishable food item*

Oak Avenue Free Methodist Church

8790 Oak Avenue
Orangevale, CA 95662
Corner of Oak and Beech

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:
9 am to Noon ~ Tuesday - Friday

Wednesdays:
Senior's Bible Study: 1st & 3rd.
10 am - 11 am
Evening Adult Study: 7 pm - 8:30 pm

Sundays: Worship ~ 9:30 am
Sunday School ~ 11 am *For All Ages*
www.oakavemc.org

Grace Baptist Church

6724 Palm Avenue
Fair Oaks, CA 95628

Pastor Charles Carter

(916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am
Sunday Worship 11:00 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

Come and Experience God's Amazing Grace
(Located south of Madison; just east of Dewey)
Call for More Information

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Mark in the Old or New Testament or neither?
2. What words did Jesus use three times in resisting the temptations of Satan? *My father above, God is love, It is written, Thou must repent*
3. In II Peter 1, what were holy men moved by in regard to prophecy? *Kindred spirit, Holy Ghost, Sins, Love of God*
4. From Judges 6, what judge threshed wheat by the winepress? *Gideon, Joash, Neco, Hosea*
5. Who was Saul's daughter that married David? *Jephthah, Oholah, Rahab, Michal*
6. Whom was Shechem the son of? *James, Hamor, Jacob, Onan*

ANSWERS: 1) New; 2) It is written; 3) Holy Ghost; 4) Gideon; 5) Michal; 6) Hamor

For more trivia, log on to www.TriviaGuy.com.
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SANTA'S BREAKFAST and CRAFT FAIR

Sunday Dec.14th
8:00 – 2:30 pm

Please come and have a great pancake breakfast for only \$4.00
\$12.00 for a family of 4

Amazing crafts – we have many new and exciting vendors this year!

Book fair – books make great gifts and benefit our school!

Pictures with Santa \$2.00

Kids gift shop- let your kids shop- all for under \$5.00

Kid's cookie and cupcake decorating table

Lots of fun for families!

Advance tickets on sale soon!

Or buy at the door
**3100 Norris Avenue
Sacramento 95821**

Adoption
PREGNANT ? CONSIDERING ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families nationwide. Living Expenses Paid. Call 24/7 Abby's One True Gift Adoptions. 1-866-459-3369. (Cal-SCAN)

Adult / Elder Care
Special 50% Off 1st Month Care Private & Semi private rooms. For more info call 916-721-4721(MPG)

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks – room in comfortable home. Call 916-536-0701 (MPG)

Auctions
ONLINE AIRCRAFT AUCTION: TX Dept. of Transportation (2) 1983 Cessna 425's. For photos, descriptions, terms, conditions and bidding information visit www.LSA.cc or www.LSO.cc Burgess 7878. (Cal-SCAN)

Auto Donation
Donate A Car Today To Help Children And Their Families Suffering From Cancer. Free Towing, Tax Deductible. Children's Cancer Fund Of America, Inc. www.cfoa.org 1-800-469-8593 (NANI)

DONATE A CAR- HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation. 1-800-578-0408 (NANI)

DONATE YOUR CAR- HELP DISABLED CHILDREN WITH CAMP AND EDUCATION. Quickest Towing. Non-Runners/Title Problems OK. Free Vacation/Cruise Voucher. Special Kids Fund 1-866-448-3865 (NANI)

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DONATE YOUR VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

DONATE YOUR CAR...To The Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax deductible. 1-800-835-9372 www.cfoa.org (NANI)

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615.(Cal-SCAN)

WE BUY DAMAGED & Flooded Cars. Highest prices paid, 1998 to 2009. Immediate payment, free towing. www.DamagedCars.com or 877-877-7911. (Cal-SCAN)

Autos For Sale
1985 Chevy ¾-ton-20 series-350 motor. No major dents. GREAT work vehicle for contractor, etc. Needs smog and registration. Handicapped wife can no longer drive it (too hard to climb up). \$700 or trade for smaller vehicle she can get in to. Call www.1985chevy.com (MPG)

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1985 Chevy ¾-ton-20 series-350 motor. No major dents. GREAT work vehicle for contractor, etc. Needs smog and registration. Handicapped wife can no longer drive it (too hard to climb up). \$700 or trade for smaller vehicle she can get in to. Call www.1985chevy.com (MPG)

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NOVENA TO ST. JUDE May the sacred heart of Jesus be loved, adored, cherished and preserved throughout the world now and forever. Sacred heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen. Say this prayer nine times a day for eight days. On the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised. Thanks you St. Jude. M.J.P. (MPG)

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Front Page Sports

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Mike Finnerty

Gold River Team Crowned Champions at USTA League Presented by Chrysler



Front row: Karen Burns, Kelly Pace, Carmel-Mary Hill (captain) and Isabella Kling
Back row: Jeff Shin, Amine Khaldi, Novak Nash and Marty Rothfels Not pictured: Dave Hagiwara, Brian Martinez, Brian Nguyen, Melanie Prosser, John Spoerl and Meghan Wolfgram

10.0 ADULT NATIONAL WESTERN MIXED DOUBLES CHAMPIONSHIPS

Gold River-The team from Gold River, California, representing the USTA Northern California section, captured the 10.0 Adult Western Mixed Doubles title at the USTA League presented by Chrysler National Western Mixed Doubles Championships held at the Gold River Racquet Club in Gold River, Calif. and the Broadstone Racquet Club in Folsom, Calif., November 21-23, 2008.

The Gold River team won the title by compiling a 3-0 record in round-robin play contested Friday, Saturday and Sunday.

The team is captained by Carmel-Mary Hill, features Karen Burns, Dave Hagiwara, Amine Khaldi, Isabella Kling, Brian Martinez, Novak Nash, Brian Nguyen, Kelly Pace, Melanie Prosser, Marty Rothfels, Jeff Shin, John Spoerl and Meghan Wolfgram, and plays at the Gold River Racquet Club.

“This is just awesome,” states team captain, Carmel-Mary Hill. “It’s been so fun playing with all the guys on our team. We’re great friends and so excited

about winning the national championship.”

The USTA League Mixed Doubles is for men and women 19 years of age and older. Teams are formed by combining the two player’s individual NTRPratings. The team’s total rating must equal: 7.0, 8.0, 9.0 and 10.0. The total NTRP rating cannot exceed the level of the team (i.e., 7.0 team could be a combination of two 3.5 players, one 4.0 partner and one 3.0 partner or one player a 3.0 and partner a 3.5). Play format consists of three doubles matches. Complete coverage – including stories, photos and results – can be found at USTA.com.

The USTA League program celebrated its 25th Anniversary in 2005. Established in 1980, it has grown from 13,000 participants in a few parts of the country in its first year, to over 665,000 players across the nation today, making it the world’s largest recreational tennis league. USTA League was established to provide adult recreational tennis players throughout the country with the opportunity to compete against players of similar ability levels. Players participate on teams in a league format, which

is administered by the USTA through its 17 Sections. The league groups players by using six National Tennis Rating Program (NTRP) levels, ranging from 2.5 (entry) to 5.0 (advanced). USTA League is open to any USTA member 19 years of age or older. It features Adult and Mixed Doubles divisions, as well as a Senior Division (age 50) and a Super Senior Division (age 60).

Chrysler is entering its third year as the presenting sponsor and official vehicle of USTA League. Head Penn Racquet Sports is in its 21st year as official ball of USTA League. For more information about USTA League presented by CHRYSLER program or the USTA as a whole, visit <http://www.usta.com/>.

The USTA is the national governing body for the sport of tennis in the U.S. and the leader in promoting and developing the growth of tennis at every level -- from local communities to the highest level of the professional game. It owns and operates the US Open, the largest annually attended sporting event in the world, and launched the Olympus US Open Series linking 10 summer tournaments to the US Open. A not-for-profit organization with more than 725,000 members, it invests 100% of its proceeds in growing the game. In addition, it owns the 94 Pro Circuit events throughout the U.S.

Grant Fends Off Granite Bay in Gridiron Classic



Kipeli Koniseti of Grant looks downfield

Front Page Sports

For those who follow high school football in the Sacramento area, a Granite Bay-Grant match up was a game that everyone wanted see, and the two teams delivered a classic.

In the opening round of the Division II section playoffs at Grant High School Friday night, a standing room only crowd, and the media who lined the field, saw a battle of two football heavyweights go toe-to-toe in game that came down to the final minutes.

After the two teams traded touchdowns for the first three quarters, it appeared that the team who had the ball last, would win the game.

With 9:02 left in regulation, and Granite Bay with the ball their 11-yard line, the Grizzlies put together one of their methodical drives that moved the ball to the Grant 34 with 3:07 on the clock. The Grizzlies appeared to be on the brink of either tying the game or going in for the winning score, but a staunch Grant defense, coupled with several penalties calls on the Grizzlies, put a halt to the drive and sealed a 22-19 victory for Grant.

“It was tough game. We came out playing good early, and our defense played better later in the game. We had to step it up and we did,” said Grant running back, Devontae Booker.

Grant got the ball to start the game and needed only three running plays to score the game’s first touchdown with a 12 yard run by Booker, his first of two on the night.

Granite Bay countered the quick score by Grant with a 77-yard, 18 play drive that chewed up 8:36 off the clock. Senior running back Clark Partridge capped off the long drive with a 1-yard touchdown tying the game at 7-7.

In the second quarter, the teams traded touchdowns on their second possessions as well. Facing at 4th and 1 at the Granite Bay 14-yard line, Booker took a handoff and went around the left side to score his second touchdown of the game. However, a muffed extra-point attempt by Grant found the holder, Darvin McCauley with the ball, and with presence of mind McCauley ran it in for the 2-point conversion, which would later prove to be a key factor as the game wore on.

The Grizzlies cut the Grant lead to 15-13 following a 28-yard touchdown run by senior Justin Sutter. Granite Bay attempted to tie the game with a 2-point conversation of their own, but missed on an incomplete pass, giving Grant a 15-13 lead at the half.

Granite Bay got the ball to start the second half and looked to pound the ball with their running game. The Grizzlies put together yet another meat grinder of a drive that went 69 yards on 12 plays and ended with running back Brad Crisanty going over left tackle to score from two yards out with 6:43 left in third. The touchdown gave Granite Bay their first lead of the game at 19-15, but with the Grant 2-point conversion still looming large, the Grizzlies made another attempt to score on a 2-point conversation and missed again with an incomplete pass in the corner of the end zone.

As it had been all game long, as soon as one team would score a touchdown, the other would come right back. This time Grant countered the Granite Bay’s go ahead touchdown with what would ultimately prove to be the game winning score when quarterback Kipeli Koniseti took a keeper in for a 15-yard touchdown run to put Grant on top, 22-19 late in the

third. The back and forth battle continued into the fourth quarter, but without any points being scored in the quarter. A Granite Bay fumble at their 38-yard line appeared to be opening that Grant would to put the game away, but a tough Grizzlies defense held the Pacers in check when Koniseti’s fourth down pass at the Grizzlies 11-yard line fell incomplete setting up Granite Bay’s final possession of the game that came up short.

“I knew it was going to be tough game. We just played hard. They’re (Granite Bay) good. We’re just looking forward to our next game now,” said Grant defensive lineman Edward Robinson.

It was the tandem of Booker and Koniseti then made things happen for the Grant offense. Booker finished the game with 133 yards and two touchdowns, while Koniseti added some big yardage on the ground from the quarterback position with his 102 yards and one touchdown. Koniseti also added 45 yards in the air connecting with McCauley four times for 33 yards.

Granite Bay was led on the ground by Sutter (104 yards), Crisanty (77 yards), and Partridge (59 yards) who scored a touchdown each. Quarterback Teddy Bryant threw for 91 yards to his senior targets, tight end AJ Herlitz who had three catches 49 yards, and wide out Austin Nash who finished with five catches for 46 yards.

Next Friday, Grant (11-0) will host Woodcreek (6-5) in one the Division II semi-final round playoff games.

On the other side of the bracket, Roseville will play the winner of today’s Burbank-Christian Brothers game set for 1:00pm today at Christian Brothers High School.

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Baking Cookies - An Afternoon Activity That Kids Love



Cooking with kids is as much about the process as it is about the end result. The idea is to have fun and spend a nice afternoon together.

(NAPSI)-Baking cookies with your kids and their friends is not only fun, it's a nice way to spend quality time together. Remember to take your time. Cooking with kids is as much about the process as it is about the end result. And, the end result in this case is a batch of holiday cookies that are as good to look at as they are to eat.

SNOWMAN AND TREE CUTOUT COOKIES
(Submitted by J. Gottfried from Ohio)

- Prep time: 45 minutes
- Bake Time: 7 to 8 minutes per batch
Makes: 3 to 4 dozen cookies
- Dough
1 ½ cups powdered sugar
1 cup butter OR margarine, softened
1 teaspoon vanilla extract
½ teaspoon almond extract
1 egg
1 ½ cups all-purpose flour
1 teaspoon baking soda
1 teaspoon cream of tartar
- Frosting
2 ½ cups powdered sugar

- ¼ cup water
4 teaspoons meringue powder
¼ cup Karo® Light Corn Syrup
Green food coloring
Assorted decorations
¼ cup semisweet chocolate chips, melted
- For dough, mix sugar, butter, vanilla, almond extract and egg in large bowl. Stir in remaining ingredients. Cover and refrigerate until dough is completely chilled.
- Preheat oven to 375°F. Divide dough in half. Roll each half ¼-inch thick on lightly floured surface. Cut into snowman and tree shapes using cookie cutters. Place on lightly greased baking sheet. Bake until edges are light brown, about 7 to 8 minutes. Remove from baking sheet and cool on wire rack.
- For frosting, beat sugar, water and meringue powder on low speed just until combined. Beat on high for 4 minutes or until soft peaks form. Add corn syrup; beat 1 minute longer.
- Tint half of frosting with green food coloring. Frost cookies with green and white icing. Use melted chocolate to form snowmen's hats. Decorate and let stand until frosting sets.
- Corn Syrup Tips

A question often asked is whether corn syrup serves any function in recipes besides sweetening? Corn syrup serves different functions in different types of products and in recipes. It controls sugar crystallization in candy, prevents the formation of ice crystals in frozen desserts, enhances fresh fruit flavor in jams and preserves, sweetens and thickens relishes. Corn syrup balances sweet and sour flavor profiles, and is therefore an ingredient in many Asian dishes.

When brushed onto baked ham, barbecued meats, baked vegetables or fresh fruit, it is an ideal glaze. Corn syrup helps hold moisture and maintains freshness longer in baked goods. Karo can also be poured over waffles, hot cereal and pancakes. Enjoy most of your favorite Karo recipes with Karo Lite Syrup that has 33 percent fewer calories and no high fructose corn syrup. This new product makes it okay to indulge in that favorite holiday treat or find a new treat that you can make all year-round. For best results in candy and no-bake cereal bars, use original Karo Light or Dark Corn Syrup.

For more recipes and tips, visit www.karosyrup.com.

Christmas in the Village



Coming December 6th!

The Fair Oaks Chamber of Commerce invites you and your family to attend the 25th annual Christmas in the Village on December 6th. The festivities begin at 1pm and end with the singing of Christmas carols and the Tree Lighting ceremony at 6 pm. The activities, during the day, include

visits with Santa (1 pm – 3:30 pm); the St. Francis Episcopal Church choir (1pm – 2 pm); “Winnie the Pooh” at 2 pm in the village amphitheater (Free admission with a can of food); an exciting performance by the Cap City BMX Stunt Team at 3:00 pm; the Holiday Parade beginning at 4 pm; and then ending with the announcement of the winners of the Merchant’s

decorating contest and the Tree Lighting ceremony at 6 pm. All events will be held, rain or shine, near the Plaza Park in the Fair Oaks Village (Fair Oaks Blvd. at California Ave.). Admission is free. For additional information, please visit our website: www.fairoakschamber.com or call the Chamber office at 967-2903.



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Grant to Help Curb Pet Overpopulation



Sacramento County Animal Shelter's Nonprofit Affiliate, TEAM, Receives PetSmart Charities® Grant funding will target female cats and large dogs for spay/neuter services

TEAM (Teaching Everyone Animals Matter), the nonprofit affiliate of Sacramento County Animal Care and Regulation, recently received an \$8,764 grant from PetSmart Charities® to provide spay/neuter vouchers to low-income county residents. TEAM will make the grant funding available to low-income residents through the Sacramento Area Animal Coalition's (SAAC) established voucher program to sterilize companion animals in the Sacramento area. The spay/neuter grant funding specifically targets female cats and large dogs. Vouchers for female cats (only) are \$10 and vouchers for large dogs (only) are \$15. Animals must be between 3 months and 7 years, and pregnant cats can also be spayed with veterinarian approval.

“We will be focusing on female cats and large dogs because unsprayed female cats may have multiple litters and it is more difficult to get large dogs adopted once they come into the shelter,” said Pat Claerbout, Shelter Director. Low-income residents (annual household income of \$35K or less) in Sacramento County, excluding the cities of Sacramento, Rancho Cordova and Elk Grove, can receive vouchers by calling the Spay/Neuter Hotline at 916-808-SPAY (916-808-7729). They can also apply for the vouchers online through the SAAC website, www.sacanimal.org. Residents who apply for vouchers must provide proof of low-income status with pay stubs, tax returns or proof of government benefits. Eligible families may receive up to four (4) vouchers. TEAM was established 1997 to assist the Sacramento County animal shelter with funding assistance for medical and volunteer care programs dedicated to curtailing pet overpopulation and improving the adoption prospects of shelter animals. SAAC was founded

in 1999 to eliminate companion animal overpopulation in the Sacramento region through aggressive spay/neuter efforts, including local sponsorship of the annual Spay Day event each February and spay/neuter efforts for feral cats. For additional information, please contact Sacramento County Animal Care and Regulation, www.saccountyshelter.net; 916-368-7387 (PETS) or Annie Parker, parkera@saccounty.net; 916-875-1257. ABOUT PETSMART CHARITIES, INC. PetSmart Charities, Inc. is an independent 501(c) (3) nonprofit organization that creates and supports programs that save the lives of homeless pets, raise awareness of companion animal welfare issues, and promote healthy relationships between people and pets. Since 1994, PetSmart Charities has funded more than \$70 million in grants and programs benefiting animal welfare organizations and, through its in-store pet adoption program, has helped save the lives of more than 3.5 million pets. To learn more about how PetSmart Charities is working to help find a lifelong, loving home for every pet, visit www.petSMARTcharities.org or call 1-800-423-PETS.

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Joni Hilton

You're Thankful for What?

Thanksgiving has always meant gathering together, enjoying one another, and taking time to reflect on the blessings of a good year. With four children, I'm hoping that for one beautiful, glowing moment, we can slow down, put aside our busy schedules, and be glad that we're all in one place, all in one piece.

Surely I've taught my kids to be thankful, right? I've even hit the door lock button when I drive them somewhere, until they thank me for the ride. And I've often reminded them how lucky they are to live in America, have good health, friends and a loving family. Like most moms, I want my kids to see that their lives are filled with blessings and opportunities.

So, going around the table and expressing your gratitude should be a slam dunk.

But no. My youngest, Nicole, always insists we do it alphabetically. This opens the door for her three older brothers to become raucous wise guys, making a mockery of the tradition, and coming up with the (dare I say stupidest?) things they can think of, and then arguing with their mouths full of mashed potatoes.

"Asiatic Flu," Cassidy says.
"Oh, come on," I say, rolling my eyes. "Nobody is thankful for the flu."

"Plus Asiatic is the adjective," Richie points out. "You have to pick a noun."
"Who says you have to pick a noun?" Bob says, the husband who chose himself, last year, for the letter B.

A short argument erupts, and suddenly we're all grammar experts, establishing ridiculous rules. We are also car experts, apparently, as the boys proceed to express their thanks for Corvettes, Hot Rods (another adjective—oh no!), and some kind of engine booster.

When the letter G lands on Nicole, she tells us she's thankful for Garlic Bread. "And how come we don't have garlic bread on Thanksgiving?"

A discussion of other foods I should be willing to get up at 2:00 a.m. to prepare, now ensues. Fried rice, ice cream, carrot cake, cotton candy, and fried chicken are all agreed upon as if we hired circus clowns to revise the food pyramid.

I do my best to get them to think about gratitude, but all they can think of is comedy. Is this happening in other households across America? Probably not. Probably other families are expressing their thanks for one another, for shelter, for the joys of daily living.

Bob shamefully chooses urinals for U.

I stare at him. "You had all that time to think, calculating which letter would land on you, and you picked urinals?"

"Hey, they're handy to have," Bob says. Nicole and I are outvoted.

As we clear the dishes, I think

about this free-for-all, the endless teasing and carping that has become our family's tradition. I picture future spouses, married to our kids, with bug eyes as they witness this wacky debate each year.

I look at my grinning kids, who are still arguing over whether pneumonia can count for p, since the p is silent. Even though they drive me crazy sometimes, maybe this is our essence—the way we interact and love one another. Maybe that's how our hearts are knit together, knowing we'll always be passionately nutty, ever willing to debate the merits of proper versus common nouns.

And maybe, next year, it wouldn't kill me to add cotton candy to the menu.

Joni Hilton is an award-winning playwright, the author of 16 books, holds a Master of Fine Arts degree in Professional Writing from USC, and is frequently published in major magazines. A former TV talk show host in Los Angeles, she is also a TV spokeswoman across the U.S. for various corporations, and highly in demand as a public speaker. She is Founder of Holy Cow, an organic line of cleaning products (holycowproducts.com), the winner of dozens of cooking contests, and a former model and Miss California. She is married to Bob Hilton, and they are the parents of four children. For book reviews, recipes, purchasing information about her books, and more, simply type Joni Hilton into Google or Yahoo.

Listen to "The Joni Hilton Show" streaming live, weekdays 3-4 pm on www.KAHL.com or 950 AM



"I don't read" costs society dearly

by Lauren Forcella

Dear Straight Talk: Every morning I drive my granddaughter to high school and sit there in traffic observing all the kids: backpacks slung over shoulders, every hand gripping a cell phone. I've been in the newspaper business 46 years, starting right out of high school, and I'd like to ask what young people today read. I know they're on the Internet, but are they surfing, or actually reading? Or is it mainly social networking? And, apart from school assignments, do they read newspapers, magazines, and books? — Barbara Hale, Features Editor, Merced Sun-Star, Merced CA

From Shelby, 16, Auburn CA: I don't read. I just don't like it. Even Harry Potter I skipped. Sometimes on MySpace, I read a "fun fact" or gossip, but I'm not into politics or business. I have better things to do, and between homework, sports, and my social life, there's no time.

From Taylor, 19, Placerville CA: I don't usually read. I wasn't a good reader through school so I got turned off. I didn't even read Harry Potter. On rare occasions I read magazines from the supermarket checkout lines, but news doesn't interest me because everything is spun and it's overwhelming not knowing what to believe. Online, I strictly social network and get entertainment via YouTube.

From Lara, 17, Fair Oaks CA: Before I became socially obsessed,

I read practically a book a day. I was raised without a TV, so books were how I learned and amused myself. I especially love Steinbeck, Dickens, and Austen with their good human values. But now with school, sports, and socializing, I prefer personal-development books because you can skip around and still learn. In tenth grade I lived with my dad in Europe and Europeans think Americans are really dumb because we are clueless about world affairs. That motivated me! On the Internet, I social network but I avoid celebrity gossip. I get news from my email home page feed and the ORF, an Austrian site with detailed world news.

From Hannah, 17, Auburn CA: I didn't used to like to read, but recently I started Hemingway's Farewell to Arms. My mom keeps thinking it's assigned reading! I don't read magazines or newspapers at all. On MySpace, I read election news, but generally, I don't read politics. It's embarrassing, but my friends and I go to a celebrity website for guilty pleasure. It's meaningless, but that's what we do.

From Lennon, 22, Fair Oaks CA: Aside from school reading, I spend about 30 minutes a day reading things like Popular Mechanics, Rolling Stone, the Sacramento Bee. I also read regularly for pleasure, more than most of my peers, maybe because I had no TV growing up and still don't. Right now I'm reading

Infinite Jest by David Foster Wallace. I use the Internet for research and social networking, but I hate reading online; it physically drains me.

From Geoff, 23, Redding CA: I, and many of my peers, use <http://www.google.com/reader/view/>, a customizable news feed that pulls from thousands of newspapers, magazines, and online publications. During college, and now, after work, I come home and see all the day's politics, economy, technology, philosophy, video game news, etc. It's like reading 12 newspapers a day.

Dear Barbara: There's a picture for you, although I believe the panel has proportionally more "readers" than American youth in general. This supports a 2007 National Endowment for the Arts compendium study that correlates reading for pleasure, regardless of income, with political activism, cultural participation (such as writing for this column), even regular exercise. The average 15- to 24-year-old, according to the study, spends 2.5 hours per day watching TV and 7 minutes reading. Half the young people between 18 and 24 never read for pleasure, and only a third of high school seniors read at proficiency, the level needed to read this newspaper. The cost to society is enormous.


Write to Straight Talk at www.StraightTalkForTeens.com or PO Box 963, Fair Oaks CA 95628

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