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Carmichael Times

Volume 34 • Issue 47

Serving Carmichael and Sacramento County since 1981

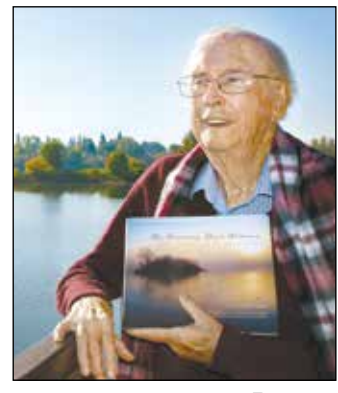
November 20, 2014

Former Carmichael Mayor to Lead Sac Metro Chamber



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Circle the Wagons Park Food Events Keep on Truckin'



Gourmet burgers and desserts are on food truck menus during Carmichael's "Park Rec and Eat It" night out this Thursday.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Carmichael recently celebrated the two-year anniversary of an event whose success at first seemed like a long shot. Food Truck Mania has proven to be one of Carmichael Park's most popular programs.

Held on the first Thursday of each month, the culinary congregation is here to stay. "It's a big draw for families," confirms park district supervisor Elizabeth Crisante. "People bring chairs and just camp out for a night of family time and great food."

Upwards of 1,500 people regularly queue at rival food trucks to dine a la park beside Fair Oaks Boulevard. The next Food Truck Thursday will coincide with the December 4th festival that sees community Holiday lights turned on at the Fair Oaks Boulevard frontage. Festivities begin at 5 p.m.

Menus have expanded since the trucks' 2012 debut. Mobile peddlers now vie to provide gourmet specialties. Seafood bisque and lobster sliders, burger and sandwich hybrids, Southern and Cajun cooking, Thai and Laotian dishes—all are available as meals on wheels. Desserts include cream and fruit-smothered waffles, ice cream sandwiches, and shave-ice cones as big as children's heads. Brewing cappuccinos and chic tea infusions, hawkers give nearby Starbucks a run for its mocha.

Carmichael Park District was first to the plate in offering a park venue to the Sacto MoFo agency's truck events. Since then, other districts have jumped on the wagon, and the clientele are now as mobile as the eateries. The Rudi's Hideaway "Cruisin' Crustacean" has an online following. Patrons follow the scent of lobster sliders from markets to college campuses and festivals all over Sacramento County.

For the record, truck dining is not cheap. Its popularity nevertheless reflects a suburban desire to combine eating with hanging out in cool places. No one gripes about waiting; lining up is part of the social experience. Live bands, face painting, and children's inflatables ease delays and provide after-dinner entertainment.

Circling wagons at sunset in Carmichael Park, 12 or more trucks serve food starting at 5 p.m. The boulevard's frontage guarantees advertising; tempted by the party atmosphere, homeward-bound workers and families park, queue, and saunter. "It's like a carnival," enthuses a regular customer. "Great company, music, and a bunch of different food to try."

Future truck-fests are planned through fall and winter; vendors will augment the community Christmas tree lighting event on Thursday, December 4th. For more information, visit www.carmichaelpark.com. ★

CHP Combats Aggressive Driving

SACRAMENTO, CA (MPG) - The California Highway Patrol (CHP) announced that it is implementing a yearlong, federally funded traffic safety campaign to reduce the number of collisions associated with aggressive driving.

"Every year, speed and aggressive driving plays a role in the death or injury of thousands of people in California," said CHP Commissioner Joe Farrow. "Through this enforcement and education campaign, we seek to curb the number of fatal and injury collisions linked to speeding and other dangerous driving."

With the support of a federal traffic safety grant titled "Reduce Aggressive Driving Incidents and Tactically Enforce Speed (RADIATES) III," the CHP will educate motorists about the dangers of aggressive driving and will take appropriate enforcement action. The primary goal of this grant is to reduce, by 5%, the number of fatal and injury traffic collisions where speed, improper turning, and driving on the wrong side of the road are primary collision factors. To achieve this goal by September 30th, 2015, the CHP will combine enhanced enforcement with an active public awareness campaign, which includes at least 400 radar trailer deployments and a minimum of 300 traffic safety presentations throughout the state.

Speed, coupled with aggressive driving, consistently contributes to the vast majority of serious collisions in California. According to data from the Statewide Integrated Traffic Records System, in federal fiscal year 2011-2012, speed was a factor in approximately 42% of all fatal and injury collisions in the state. That year, more than 26,000

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Headstone Mystery Finally Solved



Almost 20 years ago, a headstone was left outside the gate at Fair Oaks Cemetery. There were no birth or death dates engraved on the headstone, only the name Christina.

By Shauna Boyd

SACRAMENTO COUNTY, CA (MPG) - Almost 20 years ago, a headstone was left outside the gate at Fair Oaks Cemetery. There were no birth or death dates engraved on the headstone, only the name Christina. No one knew where the headstone had come from or where it belonged. The staff at the cemetery set up Christina's headstone near the front office, and many visitors asked about her over the years. It was hoped that someone would recognize the headstone so it could be returned to its proper place.

Almost five years ago, the staff from the Fair Oaks Cemetery had a booth set up at the annual

Carmichael Community Founder's Day Festival. District Manager Ray Young began telling the story of Christina's headstone to a visitor at their booth, Bob Wasco of the Sacramento Cemetery Commission. He was very familiar with the history of various Sacramento area cemeteries, and he decided to investigate where the headstone belonged.

There weren't many clues to go on. Only the spelling of the name on the headstone was distinctive. There were 1,000s of burial records for the name Christine but very few for Christina. The uncommon spelling helped narrow the search.

In late October of this year, the mystery was finally solved.

Christina is believed to have been only three months old at the time of her death and was originally interred at Sacramento's first cemetery, the New Helvetia Cemetery.

New Helvetia Cemetery has a long history dating back to the early Sacramento-area pioneers. The site became Sacramento's first official graveyard 1849. Some burials may have occurred at the site as early as 1841 at the time of John Sutter's establishment of his nearby settlement.

City officials adopted an ordinance prohibiting further burials at the cemetery, and the last recorded burial at the site occurred in 1914. Most of the standing headstones were removed at that time and replaced with flat grave markers to transform the site into a public park.

An ordinance for abandonment of the cemetery was passed in 1945. Then, in 1953, the area was offered to the Sacramento School District as the site for Sutter Middle School.

In 1955, city leaders ordered the removal of all the bodies buried in New Helvetia Cemetery. It was

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The Old Man and the River

Peter Hayes' Almanac an Indispensable Companion for Family Rambles

SACRAMENTO REGION, CA (MPG) - Before retiring, Canadian-born journalist Peter Hayes took up fishing on the American River. "Too often I was disappointed," he recalls. "I began paying more attention to the birds and the trees and the swift-flowing river. I eventually became a certified nature lover."

Then employed by the old Sacramento Union, the Arden resident began writing nature essays for the paper. His observations were recycled in the American River Natural History Association's (ARNHA) "Acorn" newsletter and eventually arranged with photographs in An American River Almanac.

The 2001 book became a nature study resource and evergreen fundraiser for ARNHA. Residents of communities on the 26-mile parkway path—Sacramento, Arden, Carmichael, Fair Oaks, Rancho Cordova, Gold River and Folsom—have found the almanac an indispensable companion for family rambles. Recently re-published with additional content and hardback cover, Hayes' opus is now reinvented as a \$39.99 classic edition. The theme is unchanged: the seasonal moods

of our river parkway and its flora and fauna.

Such essays are hymns of appreciation for the nurturing artery. In a springtime piece, the 88-year-old author regards ripening fruit and considers: "Pale pink blossoms presage the juicy sweetness of wild blackberries, a reminder of what the Maidus and pioneers knew, that the best of life is free."

In July, Hayes savors the call of mourning doves, the scent of crushed mugwort and bush-tit acrobatics. "July is the cool caress of an ocean breeze that has made its way up the river," he pens. "July is a very good time."

Hayes views nature with innocence that belies his years of hard news reporting. A wild flower path in September, he writes, is "a place to let the mind slip into neutral, forgetting about the price of gasoline and other day-to-day irritants. (You) wonder why you can hear a small creature rustle in dry cottonwood leaves but never see it ... why a lizard sheds its tail and why we've had such a splendidly salubrious summer."

In December, Hayes admires nuthatches that are "suddenly



Author Peter Hayes poses at William Pond Park with his re-published book: "An American River Almanac." Photo by Susan Maxwell Skinner

visible on the bare-boned elm." Though it's time to rake leaves, the octogenarian prefers to "watch the wind send them tumbling across the ground like a cavalry charge."

Revisiting riverside haunts is now more of a project than in Peter Hayes' rambling days of yore. But the great outdoors is still a delight. "It's like going to a surprise party," considers the old man of the river. "I never know what kind of wild world I'm entering."

Peter Hayes will sign his book on Saturday December 6th starting at 10 a.m. at the Effie Yeaw Nature Center Holiday Sale. Proceeds benefit ARNHA and the Nature Center. For information, call (916) 489-4918. ★

Haunting Rossmoor Bar (Fair Oaks), a female coyote illustrates one of Peter Hayes' autumn essays. The canine's portrait was contributed by nature photographer Guy Galante.



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Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County.

The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

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CARMICHAEL COMMUNITY UPDATE



By County Supervisor Susan Peters

- Through the generosity of *The Carmichael Times* this column serves to provide an update about matters affecting the unincorporated community of Fair Oaks.

Emergency Alert

The Sacramento County Office of Emergency Services, in partnership with Yolo and Placer emergency agencies, is establishing a state-of-the-art emergency alert system known as Sacramento Alert. The system provides information to residents about emergency events quickly and through a variety of communication methods.

The alert system currently includes all listed and unlisted landline telephone numbers in Yolo, Placer, and Sacramento

counties that are serviced by AT&T and Verizon. If neither is your service provider, then you need to register to be included in the alert system. You can sign up online at www.Sacramento-Alert.org.

Residents will only receive alerts that are critical and time sensitive, including: flooding, levee failures, severe weather, disaster events, unexpected road closures, missing persons, and evacuations of buildings or neighborhoods in specific geographic locations.

Check Before You Burn

Effective now through February 28th, 2015, wood burning is restricted in the unincorporated area as well as in the cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova, and Sacramento in accordance with air quality regulations. The restrictions are applicable to fireplaces, wood stoves, fire pits, or chimneys.

Implementation of these restrictions has helped reduce pollution and allowed our area to stay in compliance with federal air quality standards. Before you burn, please check the daily status by calling 1-877-No Burn-5 or visit www.airquality.org.

California International Marathon

Thousands of runners are expected to be racing through

our neighborhoods in the Third District on Sunday, December 7th during the annual California International Marathon. The 26-mile grueling trek begins 7 a.m. in Folsom and concludes at the State Capitol.

This event attracts world-class competition. Several thousand out of town visitors travel to the area to participate in or watch the marathon. This influx contributes to our local economy via renting lodging, dining in restaurants, retail sales, etc.

Residents can come out and cheer the runners. Fair Oaks Boulevard is part of the route so Fair Oaks, Carmichael, and Arden Arcade residents south of that roadway may find themselves "land-locked" due to street closure while the race is in progress.

These closures may cause some inconvenience so please be cognizant of that when planning your morning activities. Residents can view specific street closures on the marathon's webpage at www.run-cim.org.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

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Hoops for Hope

CARMICHAEL, CA (MPG) - Rio Americano and El Camino high school staff members faced off on the basketball court for the second annual Hoops for Hope event. This year, the schools raised more than \$4,500 for charity. The funds will go to Keaton Raphael Memorial, an organization that assists families during the treatment of childhood cancer, and to the family of Lucas Matthews, a local 3-year-old fighting Neuroblastoma.

Source: *San Juan Unified School District* ★



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Former Carmichael Mayor to Lead Sac Metro Chamber

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Former Carmichael Honorary Mayor Peter Tateishi will next year become president and CEO for the Sacramento Metropolitan Chamber of Commerce, replacing Roger Niello in the executive role.

Tateishi (34) supported local businesses as a Carmichael Chamber Board member. While serving the Carmichael Park District, he helped form the district's master plan and was instrumental in developing several new neighborhood reserves.

The Carmichael resident and father of two was educated at Our Lady of Assumption School and graduated from Jesuit High School. A champion swimmer, Tateishi had his first lessons in the old Carmichael Park pool.

Tateishi gained his BA in Government at Sacramento State and completed a Masters in Public Administration at the University of Southern California. Three years as Congressman Dan Lungren's chief of staff led to Tateishi's unsuccessful 2012 contest for the 8th District Assembly



Pictured in his official medal, Peter Tateishi was Carmichael's honorary mayor in 2009 and 2010. Next year, he will become president and CEO for the Sacramento Metropolitan Chamber of Commerce.

seat. His talents have been most recently employed as executive vice president of the Sacramento Regional Builders' Exchange.

"Peter will bring a fresh perspective to our mission," predicted 2015 Sacramento Metro Chamber board chair Christi Black Davis.

"I am excited about this opportunity," replied Tateishi. "I understand the importance of a vibrant chamber of commerce and I'm eager to step up for the challenge." ★

Wonderful Time for Magicians

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Restaurant patrons did some double takes when spoons levitated, coins disappeared, and bits of string reassembled at neighboring dinner tables. It was not Harry Potter's night out, but magic was in the air at Pasquale's restaurant.

Master prestidigitator Kendrick "Ice" McDonald was in Sacramento for sold-out performances at the recent Old Sacramento Magic Festival. Also president of the Society of American Magicians, Los Angeles-based McDonald was feted by Sacramento brethren in Carmichael.

Tall, dark, mustached, and immaculate, the award-winning magician performs all over the world. He is hot property in Las Vegas, on cruise ships, and for movies. A "magicians' magician," the maestro lectures and teaches internationally.

McDonald attempted no illusions at the Carmichael celebration in his honor. "It was our job to entertain him," said local magician Dale Lorzo. "Our guest of honor enjoyed a leisurely night out before three hectic days of performances in Old Sacramento."

However, Lorzo noted, "Like the rest of us, Ice managed to make his plate of pasta disappear." ★



Famed magician Kendrick "Ice" McDonald (center in jacket) met fellow conjurers in Carmichael. Saluting the master (from left) were Diane and Allen Greenberg, Elaine and Dale Lorzo, and Debbie and Gary Berard.

Chamber gets Update from Susan Peters

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Supervisor Susan Peters presented a Sacramento County update at a recent meeting of the Carmichael Chamber of Commerce. Greeting the guest of honor were Sacramento Metro firefighter Michelle Cummings, Milagro Centre Developers Nancy and Allan Davis, and Sacramento Board of Education Trustee Eleanor Brown. ★



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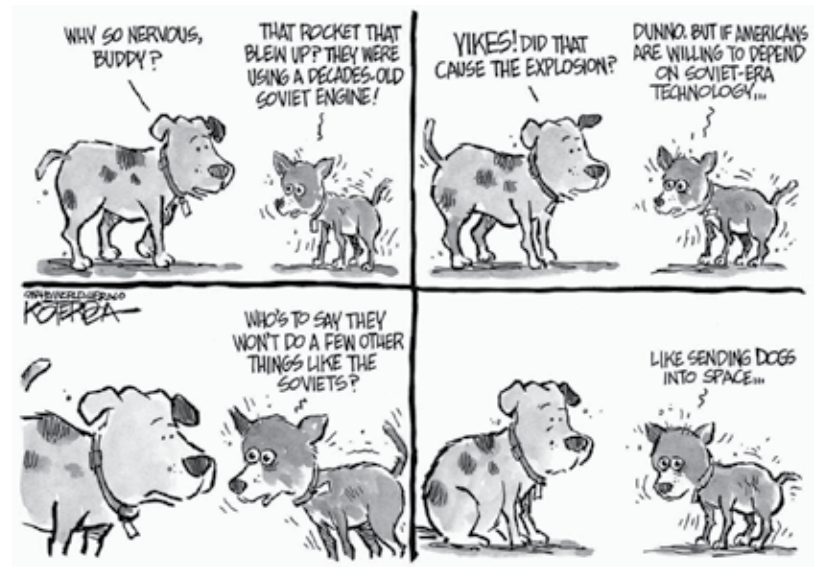
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THE RICH LOWRY COLUMN
By Rich Lowry

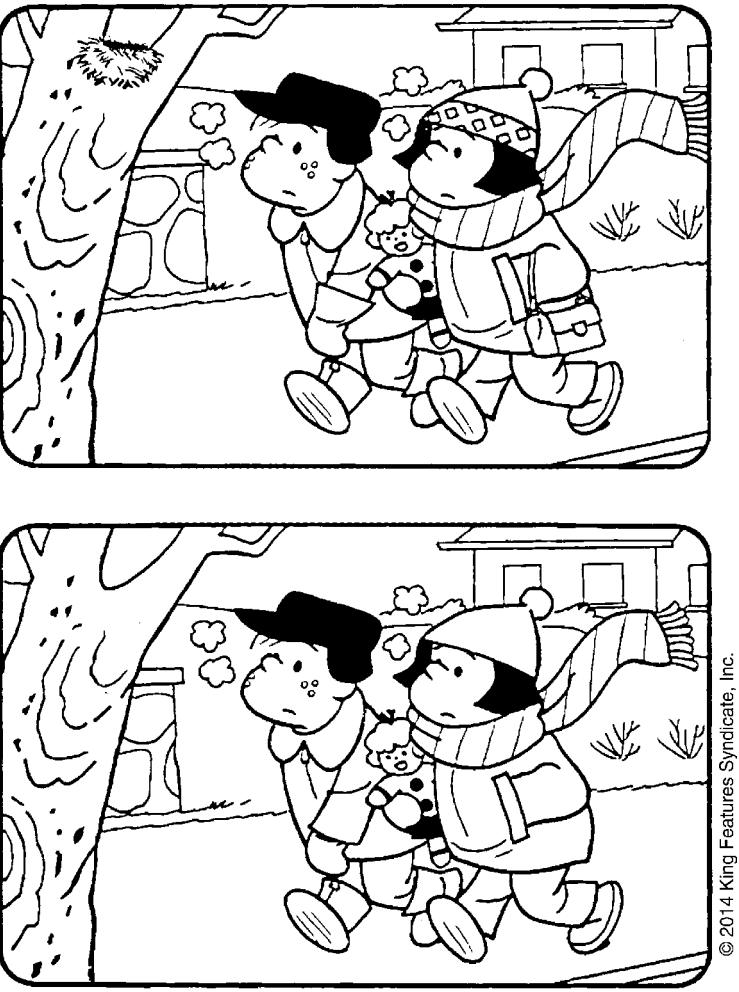
'Hey, Baby. What About Manners?'

Never before have so many people watched an expressionless woman in a nondescript outfit traipse through New York City. Millions of people viewed a viral video that showed the woman getting all manner of uninvited and unwelcome compliments during hours of walking in the Big Apple. The video was a brilliant stunt by the anti-street-harassment group Hollaback! and prompted the Great Catcalling Debate of 2014. The video was taken as an indictment of the boorishness of men, a charge for which millennia of human history had already provided more than ample evidence. There is no excuse for catcalling. There is no reason to shout at random women

-- ever. There is no reason to comment on a stranger's personal appearance -- ever. There is no reason to go out of your way to make someone else feel uncomfortable on the street -- ever. These are things that used to be self-evident to the gentleman, who not only wouldn't holler at a woman, but, once upon a time, opened doors for her and yielded his seat to her. The gentleman was a product of culture. He reflected society's interest in the imperative once identified by Thomas Sowell: "Each new generation born is in effect an invasion of civilization by little barbarians, who must be civilized before it is too late." Especially the males. This is not the language of Hollaback!. It breaks out every "-ism" and phobia in the book to condemn catcalling. It can be, according to the aggressively politically correct feminist group, "sexist, racist, transphobic, homophobic, ableist, sizest and/or classist." That pretty much covers the bases. It would be much easier to say that it is rude and uncouth. The left's decades-long project, though, has been to deconstruct cultural norms and the rules of common courtesy and then, as it suits its agenda, rebuild some of them on a stilted, politicized basis through coercion. Viewed through this prism, politically correct speech codes can be seen as twisted mandates for a kind of

politeness. The new rules on campus against sexual assault can be viewed as an indirect attempt to recover older attitudes toward sex. And the push by Hollaback! to criminalize catcalling can be considered an effort to impose basic propriety in public by force of law. Of course, no legal regime can substitute for the web of informal rules and private institutions, family foremost among them, that are civilization's tried-and-true methods of inculcating standards. And outlawing catcalling is obviously insane. Who determines the offense? Are we really going to have cops deciding if a "Have a nice day!" was overly exuberant and pointedly directed at an attractive woman, or an innocent expression of cheery good will? Maybe this can keep New York City police officers busy now that they are less occupied with trying to find illegal guns. In making its case that catcalling should be illegal, Hollaback! drones on about the U.S. Equal Employment Opportunity Commission's definitions of harassment and other legalisms. Fundamentally, though, what it wants on the streets is something that sounds embarrassingly retrograde: good manners. Shouldn't we all. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS BY HENRY BOLTINOFF



CAN YOU TRUST YOUR EYES? There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below. DIFFERENCES: 1. Nest is missing. 2. Wall is shorter. 3. Mitten is different. 4. Hat is different. 5. Scarf is shorter. 6. Pocketbook is missing.

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The Sheriff's Community Meetings will be held in November on the dates below.

Sheriff's POP Deputies will not be in attendance at the meetings during the first week of November. Meetings for Arden, Arden Arcade, New Foothill Farms, North Highlands, Rio Linda, Elverta and Garden Highway will be attended by Sheriff patrol and staff to answer your concerns and questions. Meetings that occur after the 1st week in November will be attended by the POP Team.

Arden, Arden-Arcade North Service Center, 2500 Marconi Ave., Sacramento	Nov 4	1st Tuesday, 6:00pm
Elverta, Rio Linda, Garden Hwy, McClellan Rio Linda Depot 6730 Front Street, Rio Linda	Nov 5	1st Wednesday, 5:30pm
North Highlands/New Foothill Farms North Highlands Community Center 6040 Watt Ave, North Highlands	Nov 6	1st Thursday, 5:30pm
Old Foothill Farms Pioneer Elementary School 5816 Pioneer Wy., Sacramento	Nov 12	2nd Wednesday, 6:30pm
Orangevale Orangevale Recreation and Park District 6826 Hazel Ave., Orangevale (south of Oak)	Nov 12 (Wed)*	2nd Tuesday, 6:00pm * meeting change
Antelope Antelope Library 4235 Antelope Rd., Antelope	Nov 13	2nd Thursday, 6:00pm
Carmichael Del Campo High School, Library 4925 Dewey Drive, Carmichael	Nov 18	3rd Tuesday, 6:00pm
Fair Oaks La Vista High School 4501 Bannister Rd, F.O.	Nov 19 (Wed)*	4th Tuesday, 6:00pm *meeting change

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Headstone Mystery Finally Solved

Continued from Page 1

believed to be the resting place of 600 bodies, but during the mass exhumation, a large number of bodies were found in an area of the cemetery believed to be sparsely populated.

The bodies in that area of the cemetery were buried in wooden boxes, sometimes with two boxes, one above the other, in each grave. Most of these boxes had completely deteriorated and only bones remained. However, one body was found with a dime and another was found with a pair of spectacles. The lack of detailed records for the burials may be the result of a cholera epidemic, which required hasty burials and minimum attention to

record keeping.

The exhumation ultimately resulted in the removal of more than 5,000 bodies. Some bodies had accurate burial records and were transferred to various cemeteries throughout the area. However, the identities of most of those bodies were unknown and lost forever. These unknown remains were transferred to a common grave at East Lawn Memorial Park.

The size of the exhumation, more than 5,000 disinterred, was unusually large. During the exhumation, workers stacked grave markers in the street, and many were left behind after the exhumation was completed. More than 100

markers were later found around Sutter Middle School and at local East Sacramento homes. In 2008, the recovered grave markers were taken to East Lawn Memorial Park to surround the perimeter of the New Helvetia common plot.

This common plot is believed to be the final resting place of the mysterious Christina. Ray Young of Fair Oaks Cemetery is coordinating with the superintendent of East Lawn Memorial Park to ensure the headstone is finally returned to its proper place with Christina's remains.

Sources: Ray Young, Fair Oaks Cemetery; Bob LaPerriere, Sacramento County Cemetery Advisory Commission ★

CHP Combats Aggressive Driving

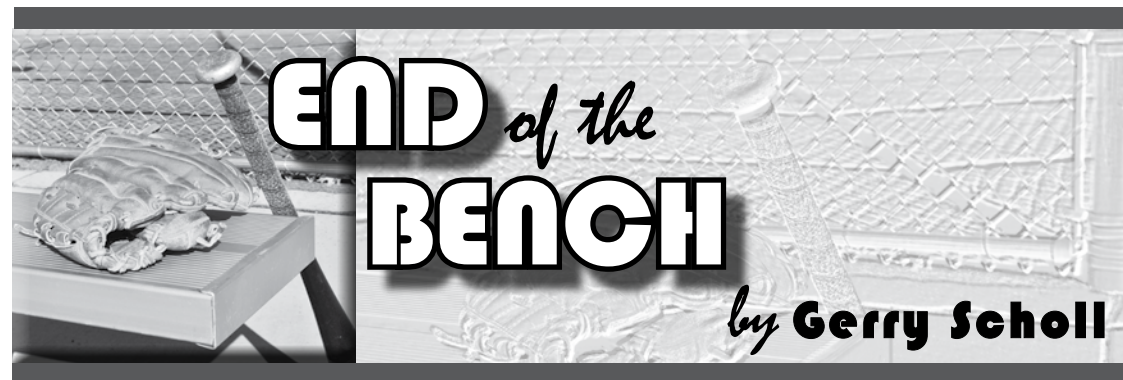
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speed-related collisions resulted in the death of 264 people and the injury of more than 38,000 others.

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety

Administration.

Source: Chad Hertzell, Public Information Officer, California Highway Patrol ★



Thinkin' of Good and Bad Vibrations

The San Francisco Giants seemed to be one big happy family as they rallied as a team into the MLB playoffs and marched successfully through the postseason to another World Series title and a third joyful parade in five years. The Giants have it all "together."

The San Francisco 49ers, despite narrowly escaping with victories in their last two road games at New Orleans and at the New York Giants to remain in the playoff hunt at 6-4, appear to be a dysfunctional family barely surviving its own in-house issues.

The old saying, "Where there is smoke, there is fire," has been popping up quite a lot when the discussions turn to family matters around the 49ers. It has been one cloud after another.

Some key players from last season's squad chose, for whatever reasons, to leave this highly-successful franchise for some other lesser ones, including, of all places, the Oakland Raiders (and who would want to do that now?). The team has had to maneuver the roster through a rash of injuries and deal with the legal cases of Aldon Smith and Ray McDonald.

Though since his arrival coach Jim Harbaugh has produced tremendous results, leading the 49ers to appearances in three straight NFC Conference Championship games and one Super Bowl, there have been consistent reports of ongoing discord amongst some players and Harbaugh, and between the coach and the front office — and even a rumor of a possible trade of the coach to Cleveland. Some seem to think that Harbaugh, with his abrasive style, is wearing out his welcome and, rather than stay with the team through the final year of his contract next season as a "lame duck" coach, will move on at the end of this season.

And now, even though winning the last two games, selfish player complaints have been making news. After the 49ers defeated the Saints, 27-24, and wide receiver Michael Crabtree made a crucial 51-yard reception that saved the day and helped lead to the win, he griped about being "the third option." During the 16-10 win over the Giants, with linebacker Aldon Smith returning from suspension, and Michael Wilhoite and rookie Chris Borland both playing very well, fellow linebacker Ahmad Brooks, who had made the decisive defensive play of the game at New Orleans, went on a sit-down strike when

his playing time was diminished during that game.

Both Harbaugh and Brooks later commented, "We're working through something."

Usually, when a team has so many things that it needs to "work through," it is not a good indicator for positive results moving forward. As a fan of sports, how many times have you seen or heard the clouds rolling in, felt the vibes going haywire, and watched as the family-feeling failed and a team fell far short of its goals? When there is flak exploding all around, not long afterward the team will likely be going down.

Will the 49ers' quiet front office eventually come out with the dreaded "vote of confidence" for Harbaugh, that is ultimately followed a relatively short time thereafter with a pink slip?

Look around the NFL at some teams in turmoil — the Raiders (0-10), the New York Jets (2-8), Washington (3-7), Minnesota (4-6). Which came first, the egg or the hen? The turmoil, or the losing? As always, it works both ways. On the other hand, the Green Bay Packers started slowly, but since team leader and quarterback Aaron Rodgers told everybody just "relax," the team has gone 6-1 and became the first team in NFL history to score over 50 points in back-to-back games.

Look to baseball, where the Boston Red Sox won the World Series in 2013, but the next season a number of selfish players devolved into bad teammates and the Sox finished 20 games below .500, 25 games out of first place, and the roster was transformed.

In the NBA, the San Antonio Spurs are the model on the other side, as they have kept the good vibes flowing under coach Gregg Popovich since 1996. Good coach. Good teammates. Seventeen straight playoff appearances. Five titles. Now with new coach Steve Kerr, a Popovich disciple, leading the way, the Golden State Warriors are continuing to build a replica in Oakland and that team is rising to the top.

Now your Sacramento Kings are trying to turn around the bad vibes that have persisted for a decade. One of the greatest home-court advantages around the NBA for many seasons had deteriorated under the weight of ownership and stadium issues run amok. Sacramento gradually had become a less desirable location for players settle, and the roster and the results deteriorated as

well.

With new ownership and the team saved for the city, and a new facility under construction things are looking up. It also was clear the roster needed an overall, which will take more time. It was rather apparent that star center DeMarcus Cousins and point guard and "Pizza Guy" Isaiah Thomas were not a winning combo. Thomas was dealt away and Darren Collison, a more versatile player at the position, was acquired. Also picked up late last season was high-scoring small forward Rudy Gay, who is happy enough in his new Kings apparel and with his new teammates to recently sign a long-term deal to stay.

The new blend meshed early, winning five in a row after an opening loss. But the Kings suffered historically demoralizing back-to-back losses to Dallas and Memphis on the road, after holding leads of 24 and 26 points, respectively, and dropped to 5-4. But, showing their new life, the Kings responded with a 94-91 victory over the defending champion Spurs... a good sign for the future.

Maybe there are good signs and vibes on the way for the San Jose Sharks. One day after Union College (N.Y.) hockey player Kevin Sheir met pregame with National Guardsman Timothy Neill, whose life Sheir and his father saved by rescuing him from a burning truck a few months prior, former Union goalie Troy Grosenick made his NHL debut with the Sharks. He became only the third former Dutchman player to reach the NHL in 27 years.

Grosenick was undrafted out of Union College, but in two seasons there as a starter he had a 40-17-8 record with 1.65 and 2.12 goals-against averages. The season after he left, 2013-14, Union won its first-ever NCAA Division I hockey title.

Sunday, he became just the 22nd goalie in NHL history to record a shutout in his first start, clinging desperately to a 1-0 lead at Carolina, while making 45 saves, until Joe Thornton clinched the game with an open-net goal with seven seconds left.

Afterward, Thornton said the veterans always get excited when new young players come in and have success.

It doesn't always work out that way, but far more often than not, if you want to be a winner you "Gotta keep those lovin' good vibrations a-happenin'." ★

Give Thanks for Clear Pipes: Can It, Scrape It, or Trash It!

This Holiday Season, Help Stop the Clog by Properly Disposing of Used Cooking Oil and Food Scraps

SACRAMENTO COUNTY, CA (MPG) - It's the time of year for family and friends to come together and enjoy a delicious meal. After all the planning and prepping, the last thing anyone needs is a costly sewer backup to ruin the holiday.

Sewer blockages and backups caused by improper disposal of fats, oils, and grease (FOG) typically increase during the holidays. The Sacramento Area Sewer District (SASD) and the City of Sacramento's Department of Utilities are reminding area residents to properly dispose of FOG to keep their sewer pipes clog-free.

Backups and clogs are caused by fatty foods—such as food scraps, meat fats, cooking oils, lard, baked goods, salad dressings, sauces, and marinades—being put down the kitchen sink rather than in the trash. When these foods are dumped down the drain, FOG cools and solidifies, sticking to the sewer pipes. Over time, that FOG restricts flow and can cause a messy sewer backup. Sewer overflows are not only bad for the environment, but they can

also require extensive and costly repairs for homeowners and property managers.

If you are deep frying a turkey this holiday season, be sure to properly capture all used cooking oil and then take it to a recycling center (link to location information below). When cleaning up after cooking, baking, or enjoying a meal, always remember to follow these simple steps to minimize the amount of FOG that winds up in your sewer pipes:

Can it. After they have cooled, pour fats, oils, and grease into a sturdy container like a coffee can.

Scrape it. Before washing dishes, scrape all fats, oils, and grease residuals from pots, pans, and dishes.

Trash it. Put all fats, oils, and grease in the garbage.

"The holidays are a time for good food and great company," said Jan Holm, manager of Customer Care for SASD. "By knowing the proper way to dispose of FOG, you can avoid the headache and expense of dealing with a sewer backup, spending time with family instead."

For more tips on proper FOG disposal, including a list of local facilities that accept cooking oil, visit www.StopTheClog.com. You can also "like" SASD on Facebook at [facebook.com/SacSewer](https://www.facebook.com/SacSewer) and follow them on Twitter at twitter.com/SacSewer. Remember, for sewer problems, call SASD 24 hours a day, seven days a week—even on holidays—at (916) 875-6730. They'll help you figure out the next step.

The Sacramento Area Sewer District (SASD) is a sewer utility providing service to more than one million residents and businesses in the Sacramento region, including the unincorporated areas of Sacramento County; the cities of Citrus Heights, Rancho Cordova, and Elk Grove; as well as portions of the cities of Folsom and Sacramento. SASD owns and operates thousands of miles of lower lateral and main line sewer pipes and is responsible for the day-to-day operations and maintenance of these pipes. Visit www.sacs sewer.com for more information.

Source: Sacramento Area Sewer District ★

Old Sacramento Underground Tours

Season Ends December 14th

SACRAMENTO, CA (MPG) - It's the best time of year to experience what Old Sacramento Underground Tours have to offer! Hidden beneath the city for nearly 150 years, Old Sacramento's underground has long been the capital's best-kept secret. Underground tour visitors have the unique opportunity to uncover the facts behind the legends that lie below historic buildings and sidewalks. Tour guests explore excavated foundations and enclosed pathways while entertaining and knowledgeable tour guides recount the tales of the devastation, perseverance, and determination that led to California's only successful street-raising project. New this year, underground tour guests have a special, hands-on opportunity to learn what it was like to raise and level a building by operating mini-jacks during the tours.

Underground tour guests need to check in at the Sacramento History Museum (101 I Street, Old Sacramento) before descending below several historic Old Sacramento buildings. Guests should be prepared to walk in areas with uneven surfaces and low ceilings.

Advance tour tickets are recommended and can be purchased at www.historicoldsac.org. Tickets for regular tours are \$15 for adults, \$12 for Historic Old Sacramento Foundation (HOSF) members, and \$10 for youths (ages 6-17). Children five and under are free.

Get your tickets soon, because tours will end for 2014 in mid-December and will resume in the spring of 2015. The following schedule lists the tour times for November and December:

Regular tour schedule for November 1st through 23rd

Thursdays & Fridays – 11 a.m., 12:30 p.m., 2 p.m.

Saturdays & Sundays – 11 a.m., noon, 12:30 p.m., 1:30 p.m., 2 p.m., 3 p.m.

Friday, November 7th – 11 a.m., 1 p.m., 2 p.m.

Regular tour schedule for November 28th through 30th

Friday & Saturday – 10:30 a.m. to 3 p.m., tours depart every half hour

Sunday – 11 a.m., noon, 12:30 p.m., 1:30 p.m., 2 p.m., 3 p.m.

Regular tour schedule for December 6th through 14th

Saturdays & Sundays – 11 a.m., 12:30 p.m., 2 p.m.

Visit www.historicoldsac.org for updated tour times that change with the seasons. For more information, please call (916) 808 7059.

Source: Traci Rockefeller Cusack, T-Rock Communications ★

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The Magical Holiday Tradition Continues in Old Sacramento with 6th Annual Theatre of Lights

SACRAMENTO, CA (MPG) - Known as a magical, electrifying and family-friendly holiday tradition in Old Sacramento, the ever-popular and free Theatre of Lights performances return on Wednesday evening, November 26th, following an official tree-lighting ceremony that begins at 6 p.m. and is open to the public. The 2014 Theatre of Lights is proudly sponsored by Bank of America and presented by the Old Sacramento Business Association (OSBA) in cooperation with Downtown Sacramento Foundation (DSF), the City of Sacramento Department of Convention and Cultural Services, and Old Sacramento merchants and small business owners.

Theatre of Lights artfully mixes the historic charm of Old Sacramento with state-of-the-art sound and lighting technology to create a memorable holiday experience for visitors of all ages. Old Sacramento's Theatre of Lights blends a symphony of lights, sounds, and visual effects that transport the audience back in time with a reading of the famous poem *The Night Before Christmas* by Clement Clarke Moore. The narrated reading of the powerful and nostalgic poem is brought to life through theatrical elements and visually exciting lighting choreography that takes place

on the balconies and rooftops of Old Sacramento's historic buildings located on K Street between Front and 2nd Streets. Incorporated last year and back by popular demand, crowd-favorite villain Jack Frost will return this season with an expanded role to provide thrilling creative tension and spectacular visual excitement.

Conceived and created by Stage Nine Entertainment's Troy Carlson, Theatre of Lights is produced by some of California's finest talents in the field of light and sound: Sacramento Theatrical Lighting (STL); Associated Sound and Skywalker Sound; and professional voice actor Bill Farmer, the voice of Disney's Goofy.

"We're thrilled to provide Old Sacramento visitors with the very special—and free—Theatre of Lights performances that have clearly become an annual holiday tradition," said Chris McSwain, Executive Director of the Old Sacramento Business Association. "Using the unique historic buildings as a visually enticing backdrop, these light shows demonstrate an amazing caliber of talent, lighting and sound expertise, and are sure to rival the top light shows available anywhere in the country."

After the initial kickoff on November 26th, two 20-minute

Theatre of Lights performances are offered each scheduled evening at 6:15 p.m. and 7:45 p.m., with special holiday shows on Christmas Eve at 6:15 p.m. and New Year's Eve at 7 p.m. and 8:30 p.m. (rain or shine). And, as a special and often surprising treat on many nights, local celebrities and influential community members will entertain the audience in the guest role of "Papa," wearing a stocking cap and oftentimes decked out in holiday pajamas. Community members are encouraged to make Old Sacramento a must-visit holiday destination to experience the magical Theatre of Lights performances every season and also support the array of locally owned businesses, shops, and eateries available in Old Sacramento.

Theatre of Lights is also sponsored by Macy's, Evangeline's, Sacramento Downtown Plaza, Embassy Suites, and local family-owned businesses including Steamers, Practical Cycle, and LiBush International Connection. More information about Theatre of Lights performances or other events and activities presented by the OSBA is available by calling (916) 442-8575 or visiting www.oldsacramento.com.

Source: T-Rock Communications ★

Carmichael Emblem Club Holiday Events

CARMICHAEL, CA (MPG) - The holidays are coming, and the calendar of activities for the Carmichael Emblem Club #355 is full! Members will gather at the Carmichael Elks Lodge #2103 on November 18th at 11:30 a.m. for their annual Christmas luncheon. Memories of years past will be shared as the club observes 55 years of public service, philanthropic projects, scholarship awards, and assistance to the Carmichael Elks Lodge #2103 in their many service projects.

The Emblem ladies are looking forward to assisting at the Elks annual Children's Christmas Party to be held on December 14th, 2014, at the Elks Lodge, 5631 Cypress Avenue in Carmichael. Scheduled party hours are 1 p.m. to 3:30 p.m. There will be refreshments and games for the young and the young at heart. The number-one

priority on the refreshment list is homemade cookies, and the Emblem ladies have years of experience when it comes to baking the kids' favorite munchies. Members of both the Elks and Emblem organizations are invited to bring their children, grandchildren and great-grandchildren to the festivities. The Elks also extend a warm invitation to the neighboring children to come join the fun. A good time will be had by all!

No Christmas party is complete without Santa, and Jolly Ole Saint Nick will be at the party with bells ringing and a bagful of gifts for all the participating children. The more the merrier!

Also on the Christmas calendar for both organizations is the Elks annual Christmas Food Baskets, prepared for less fortunate community members. The Elks are now collecting canned

goods and monetary donations that will be used to fill the Christmas dinner baskets with holiday food. Members from the Elks and Emblem organizations will assemble the baskets, which are then delivered by Elks members. Last year, 114 baskets were distributed by the Carmichael Elks members, which fed 496 adults and children. The public is invited to jump on the Santa's Food Basket Sleigh and help put a smile on the faces of neighbors who need a helping hand. The canned goods can be placed in the barrels on display in the Elks Lodge lobby, and monetary contributions will be accepted at the office also located in the lodge lobby. For further information, contact the Carmichael Elks Lodge #2103.

Source: Norma Pippig, Press Correspondent, Carmichael Emblem Club #355 ★

Sacramento County DA Reports

Recent cases of interest



CASE: Gordon Allen Wilson (11/14/14)

PROSECUTOR: Deputy District Attorney Quirina Orozco, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced today that Gordon Allen Wilson was convicted by jury of 13 counts of lewd and lascivious acts against a child under 14 years of age.

Between 2002 and 2003, Wilson befriended his neighbors and grew close to their 8-year-old daughter. Over several months, he engaged in sexual acts with the child. The child's parents became aware of Wilson's actions after their child disclosed that he had exposed himself to her in their vehicle following a family dinner. The child also described portions of a pornographic video that she saw on Wilson's computer while sitting on his lap. Detectives from the Sacramento County Sheriff's Department later located the video on Wilson's computer following a forensic analysis.

Wilson faces a potential maximum sentence of 32 years in prison. Sentencing is set for January 9, 2015 at 9:00am in Department 24 before the Honorable Shellyanne Chang.

CASE: Elliton Varnado & Reshay Mott (11/14/14)

PROSECUTOR: Deputy District Attorney Andrew Soloman, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that the Honorable Patrick Marlette sentenced Elliton Varnado to 44 years, 4 months to life and an additional life in prison without the possibility of parole. Reshay Mott was sentenced to 6 years in addition to life without the possibility of parole.

On October 2, 2014, a jury convicted Mott and Varnado of robbery and the murder of Domenic Lafazia. The jury also found the defendants guilty of two other robberies with the use of a firearm.

On July 7, 2013, Mott and Varnado responded to an advertisement Mr. Lafazia posted on Craigslist. The defendants lured him to their apartment complex and attempted to rob him. When Mr. Lafazia resisted the robbery, Varnado struck him with a gun and shot him in the chest. Mr. Lafazia died at the scene. The two other robberies were committed using the same robbery scheme. Varnado also struck those other robbery victims with a firearm.

CASE: Taejuan Jackson (11/13/14)

PROSECUTOR: Deputy District Attorney Thien Ho, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced that Taejuan Jackson was convicted by jury for the first degree murder of Juwan Howard. The jury also found true that Jackson personally discharged a firearm causing the victim's death.

The evidence at trial demonstrated that Jackson had prior encounters with Juwan Howard. Upon seeing Mr. Howard on December 21, 2013 at the Fast Trip gas station on Florin Road, Jackson pulled out a firearm and shot him.

Sentencing is set for December 12, 2014 at 10:00 a.m. in Department 26 of the Sacramento Superior Court.

At Sheriff Jones' direction, **Defendant Janelle Marquez Monroy** has been moved and re-housed at the **Yolo County Jail facility** (Monroe Detention Center) at 140A Tony Diaz Drive in Woodland, CA. Please confer with Yolo County Jail in regards to their specific inmate visitation policy.

Any permissions and/or inquiries regarding this case will need to continue to be run through the Sacramento County District Attorney's Office:

Shelly Orio | Media Officer

Sacramento County District Attorney's Office

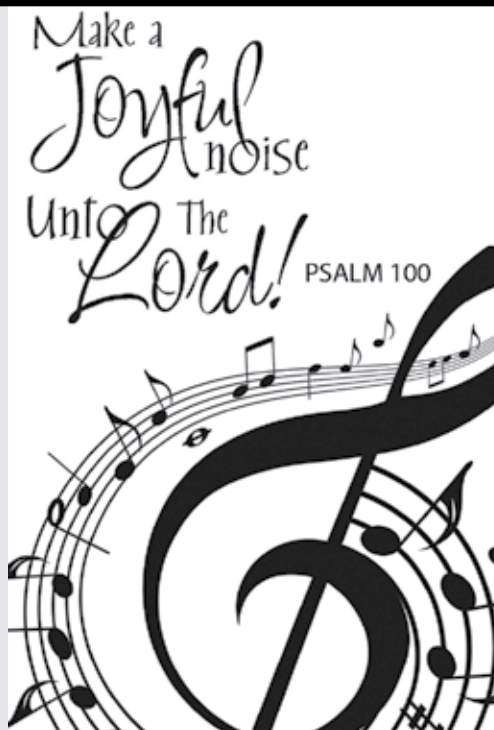
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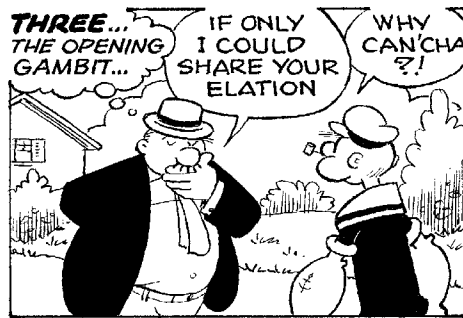
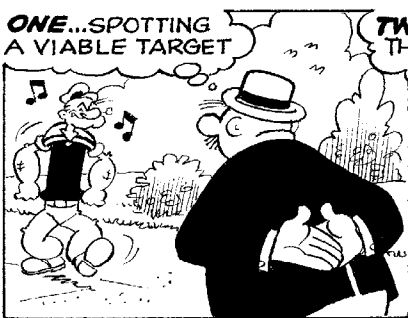
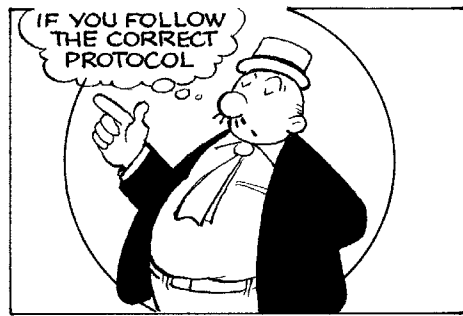
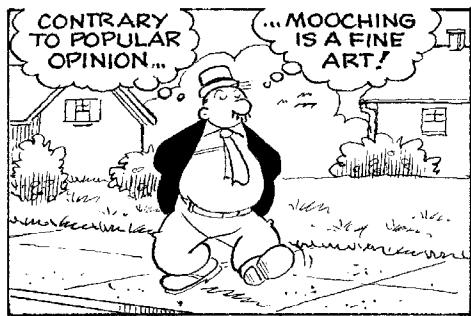
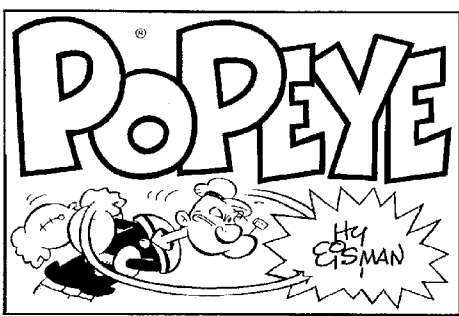
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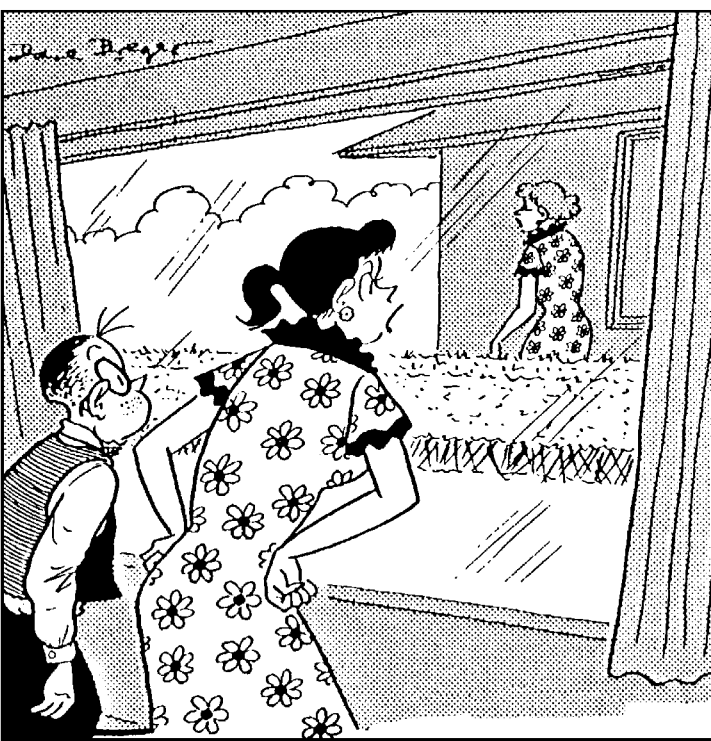


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Current and Upcoming Events

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Gallery Viewing November 18-30, 2014
November 30th, Open at 11 am, Reception 1-3 pm, Drawing at 2pm.

Gallery 3 Studio:
November: See the Works of Our Country Culb Plaza Artists!

"Deameh", by Veon Zenner

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Club Meetings: Wash Inc. meets monthly on the second Monday alternating afternoon and evening meetings. 1:30 pm on odd months and 7 pm on even months. Next meeting: 1:30pm 11/10, Daphne Stammer.

NCA All media, all styles. NCA meets the second Wednesday of each month at 7:00 p.m.

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Salome's Stars

ARIES (March 21 to April 19) While it seems that chaos is taking over, you get everything back to normal, even if it means being more than a little assertive with some people. Expect to hear more job-related news soon.

TAURUS (April 20 to May 20) Expect to be able to move ahead with your workplace plans now that you have a good idea of what you might have to face. You also can anticipate a welcome change on the home front.

GEMINI (May 21 to June 20) A quieter period settles in, giving you a chance to catch your breath, as well as allowing for more time to handle some important family matters. The arts dominate this weekend. Enjoy them.

CANCER (June 21 to July 22) The frustrations of last week have pretty much played themselves out. You should find things going more smoothly, especially with those all-important personal matters.

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LEO (July 23 to August 22) Once again, you find a creative way to resolve a pesky problem in short order. However, a matter involving a possible breach of confidence might need a bit more time to check out.

VIRGO (August 23 to September 22) Reuniting with an old friend could lead to the sharing of some great new experiences. But be careful you don't find yourself once again being super-critical or overly judgmental.

LIBRA (September 23 to October 22) You should be seeing some positive results following your move toward repairing that unraveling relationship. There might be some setbacks, but staying with it ultimately pays off.

SCORPIO (October 23 to November 21) Encouraging a friendlier environment in the home could go a long way to help dissipate anger and resolve problems, especially those affecting children. It won't be easy, but you can do it.

SAGITTARIUS (November 22 to December 21) A recent act of kindness is beginning to show some unexpected (but very welcome) results. On another note, expect to hear more about a possible move to another locale.

CAPRICORN (December 22 to January 19) The good news is that the sure-footed Goat can rely on his or her skill to get around obstacles in the workplace. The not-so-good news is that new impediments could turn up later.

AQUARIUS (January 20 to February 18) A change of pace is welcome but also confusing. Before you make decisions one way or another, be sure you know precisely what it is you're being asked to do.

PISCES (February 19 to March 20) Don't fret if you don't get the gratitude you think you're owed for doing a nice thing for someone. There might be a good reason for that. In any event, what's important is that you did it.

BORN THIS WEEK: You have a way of making the sort of wise decisions that ultimately shed new light on dark situations.

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Strange BUT TRUE

By Samantha Weaver
• It was beloved American author Mark Twain who made the following sage observation: "Always do right -- this will gratify some and astonish the rest."
• Otters float while they sleep, and in order to keep from floating away from each other while dozing, they hold hands.

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COUCH THEATER DVD PREVIEW

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of November 24, 2014.



Sylvester Stallone in "The Expendables 3"

PICKS OF THE WEEK

"The Expendables 3" (PG-13) -- Sylvester Stallone, Arnold Schwarzenegger, Jet Li and a host of other big names resume their duties of being expandable without ever getting expended. A huge ensemble isn't really the point of shoot 'em up action flicks, but "The Expendables" offers us the hope that by simply cramming tons of old-school tough-as-nails movie stars into one project, an awesome movie must form under the weight of all that muscle-mass.

Of all the action movies to come out this year, this is absolutely the movie with the most crowded poster. Wesley Snipes and Antonio Banderas enter the line up, along with some younger actors with shorter resumes. Even fans of the franchise will be let down by the lack of surprises. Mel Gibson plays a fun-to-watch unhinged antagonist, which is almost a surprise.

"The Giver" (PG-13) -- Jonas (Brenton Thwaites) lives in a black-and-white world where individuality and emotions are suppressed in the name of controlling conflict. When he comes of age, the community

assigns him to be "The Receiver," the one person who holds all of the community's memories of what the world once was. As Jonas receives more memories from the Giver (Jeff Bridges), he starts to see things for what they really are.

The beloved novel by Lois Lowry gets its own film adaptation just in time to cash in on the dystopian teen fiction trend in Hollywood. It doesn't have the same impact as the novel, but it also steers clear of the clichés of the current genre -- no love triangles or werewolf fights. The story is there, but the pacing and drama don't fly off of the screen.

"The November Man" (R) -- Here's a premise that I've never seen before, and I'm not sure if audiences can handle it: A hardened ex-CIA agent gets pulled out of retirement for one more mission. He's been backstabbed by some former pals, and he even has to go up against a younger operative that he himself trained! The plot has lots of twists and turns, but nothing outside genre standards. Pierce Brosnan gives a delightfully nuanced performance as the grizzled protagonist, but it's not enough to raise this movie above the average. Average can still be good enough for a rental, though, especially if you need more globe-trotting spy battles.

"What If?" (R) -- To complete the cascade of clichéd genre-flicks in this week's roundup, we have a lukewarm romantic comedy about attractive late-twenty-somethings living in a chic urban environment. Wallace (Daniel Radcliffe) and Chantry (Zoe Kazan) have instant chemistry full of lovely banter and adorable compatibility. She's got a long-term boyfriend, so the likable leads can't jump right into romance. You'll be simultaneously charmed and annoyed by their arbitrarily extended courtship.

TV RELEASES

"Masterpiece Mystery: Inspector Lewis 7"

"Mystery Science Theater 3000: The Turkey Day Collection"

"The Equalizer Season 4"

"Drunk History Seasons 1 and 2"

"Jeeves & Wooster Complete Collection"

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Moments in time

THE HISTORY CHANNEL

• On Nov. 26, 1922, in Egypt's Valley of the Kings, British archaeologists became the first souls to enter King Tutankhamen's tomb in more than 3,000 years. Inside was a collection of several thousand priceless objects, including a gold coffin containing the mummy of the teenage king.

• On Nov. 24, 1932, the FBI crime lab opens in Washington, D.C. The lab was chosen because it had the necessary sink. It was operated out of a single room with one full-time employee who began with a borrowed microscope.

• On Nov. 27, 1942, French Admiral Jean de Laborde sinks the French fleet anchored off the southern coast of France to keep it out of German hands. Laborde ordered the sinking of eight cruisers, an aircraft transport, 30 destroyers and 16 submarines.

• On Nov. 30, 1950, President Harry Truman announces that he is prepared to authorize the use of atomic weapons in order to achieve peace in Korea. At the time, communist China had joined North Korean forces in their attacks on United Nations troops, including U.S. soldiers in South Korea.

• On Nov. 29, 1963, one week after President John Kennedy was fatally shot while riding in a motorcade in Dallas, President Lyndon Johnson establishes a commission to investigate the assassination. The Warren Commission concluded that there was no conspiracy. In 1978, the House Select Committee on Assassinations concluded that Kennedy was "probably assassinated as a result of a conspiracy" that may have involved multiple shooters and organized crime.

• On Nov. 28, 1979, a New Zealand sightseeing plane traveling over Antarctica crashes, killing all 257 people on board, after the pilot descended to 1,500 feet. The pilot didn't know that his descent came right as the plane reached Mount Erebus, a 12,444-foot volcano.

• On Nov. 25, 1980, Sugar Ray Leonard regains boxing's welterweight title when his opponent, reigning champ Roberto Duran, waves his arms and walks away from the fight in the eighth round. "No mas, no mas," Duran told the referee. "No more box."

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The Garden Bug



Prepping for winter

Clean and dry your breakable items, like terra-cotta pots or rain gauges, and bring them into a shed or garage before the first hard freeze settles in. Inventory all your tools, seeds, and other gardening items as you prepare them for winter storage -- when someone asks you for holiday gift ideas, you can tell them what you need for gardening next year.

- Brenda Weaver

Source: www.bhg.com, www.steingg.com, www.wikihow.com

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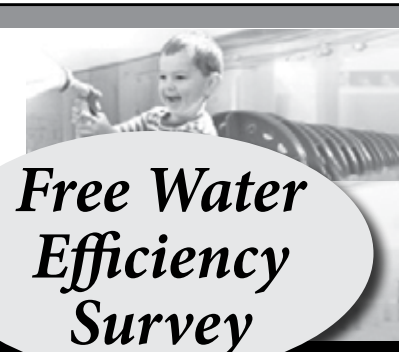
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 - Holy water holder
 - To carry, as in heavy suitcase
 - Lowest point
 - *Sabrina, Kelly and Jill
 - *Tom Selleck's private investigator character
 - *"Wide World of Sports" opened with a failed ___ jump
 - *Otis' room on "The Andy Griffith Show"
 - Chance occurrence
 - Shells, e.g.
 - *Talking palomino's title
 - *West of "Batman"
 - Lad, in Ireland
 - Do penance
 - *"Project Runway" judge
 - Root of iris, ingredient in many gins
 - Old Norse texts
 - "___ in sight"
 - Pottery oven
 - Log splitter
 - Like Princess Aurora
 - Pair
 - *"___, Dear" starring Anthony Clark and Mike O'Malley
 - *"My ___ is Earl"
 - Cook in a pan
 - *Arnaz-Ball production company
 - *Kevin James was its king?
 - Ado
 - Winter bug
 - *Like Thurston Howell III of "Gilligan's Island"
 - Declare invalid
 - High ___
 - Hiding place
 - *"Voice of the Mayor" in "Family Guy"
 - It would
 - Used for searching
- DOWN
- Emergency responder
 - *Lieutenant Commander ___ in "Star Trek: the Next Generation"
 - Clickable image
 - *What Thomas the Train does
 - Kansas capital
 - Hole-making tools
 - Debtor's note
 - Proclaimed true without proof
 - Ponce de León's first name
 - Language of Pakistan
 - Disable
 - P in m.p.g.
 - England, in Latin
 - Horizontal bar dance
 - This was true for Annie Oakley
 - A drive for fun
 - *Barbera's animated partner
 - *Dora the Explorer's farewell
 - Instrument ___
 - *He greeted others with "Na-Nu Na-Nu"
 - Kind of cell
 - *NBC's "The ___ Show"
 - Provide with ability
 - Old Brazilian coins
 - Lion's do
 - Like acne-prone skin
 - Mix-up
 - Coping mechanism
 - Chum
 - In fancy clothing
 - Civilian clothes
 - Female gossip
 - Ready to serve
 - A long, long time
 - Bolted
 - Thigh
 - * ___ Wyle of TV's "ER" 2014 movie
 - Comme ci, comme ça
 - *"Hee ___" variety show
 - Allow
 - However, poetically

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- Durable Powers of Attorney
- Advance Health Care Directives
- Probate and Trust Administration

Legal documents prepared by trust mills and non-attorneys may have devastating consequences.

\$200 OFF COMPLETE LIVING TRUST PACKAGE

*Cost may vary depending on circumstances. Fees quoted after initial consultation.



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Saturday, Dec 13 at 8:00 PM

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Lyric Opera of Chicago

Guest Chorus Sacramento Children's Chorus
Lynn Stevens, Conductor

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Julie Miller

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NEW!

Land Park Farmers Market
Opening November 23
9 am - 1 pm
3930 W Land Park Dr
(enter Sutterville from 18th)

Enjoy organic produce, specialty gourmet foods, live music, chef demos and craft/health fairs.

SATURDAY

Sunrise Mall Farmers Market
6190 Sunrise Blvd, Citrus Heights (behind Sears in the SE parking lot).
Every Saturday 8 am - 1 pm. Open year round.

SATURDAY

Sacramento Midtown Farmers Market
20th St. between J and K, Sacramento.
Every Saturday 8 am - 1 pm. Open year round.

SATURDAY

Historic Folsom Farmers Market
915 Sutter St, Folsom (Historic Folsom Public Plaza).
Every Saturday 8 am - 1 pm. Open year round.

SUNDAY

Carmichael Park Farmers Market
5750 Grant Ave, Carmichael (corner of Grant and Fair Oaks Blvd).
Every Sunday 9 am - 2 pm. Open year round.

SUNDAY

Unity of Sacramento Farmers Market
9249 Folsom Blvd, Sacramento (in front of the Unity of Sacramento Church).
Every Sunday 9 am - 2 pm. Open year round.

WEDNESDAY

VA Mather Farmers Market
10535 Hospital Wy, Mather (VA Hospital).
Open year round (Closed for holidays: Closes December 17. Opens January 7)

WEDNESDAY

Fair Oaks Sunset Farmers Market
8101 Sunset Ave, Fair Oaks (New Life Church parking lot).
Every Wednesday 3 pm - 7 pm. Seasonal, closes 11/26.

THURSDAY

UC Davis Health System Farmers Market
45th and Y St, Sacramento (UC Davis Medical Center Campus).
Closed for the season. Opens in April.

Don't forget about our **Holiday Artisan and Craft Fairs** every weekend in November and December!

For more information: www.bemoneysmartusa.org

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SUNDAYS, DEC. 7, 14, 21, AT 10 A.M.
Family Worship & Communion 12/7 with a
free Christmas book for the children.
12/14 & 12/21 Christmas Carol Singing
before Worship

Parents' Night Out

SATURDAY, DEC. 13, 5-9 P.M.
Drop your kids off for a fun evening.
Cost \$8 per child

Bel Tempo Concert

SUNDAY, DEC. 21, 4 P.M.
Hear our world famous handbell choir

Christmas Eve Services

5:00 P.M. FAMILY SERVICE
10:00 P.M. CANDLELIGHT SERVICE
Children receive a Christmas ornament at
the 5:00 service, or come at 10:00 to a
traditional candlelight service



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9th Annual Celtic Christmas Celebration



*Molly's
Revenge*



Irish Dancers



with vocalist
Christa Burch

Friday Dec. 5, 2014 - 7:30pm
Saint Michaels Episcopal Church

2140 Mission Ave, Carmichael, CA
Tickets at brownpapertickets.com or at the church
\$20 adv, \$24 day of show. Children 13 and under \$10
Info: 916-488-3550

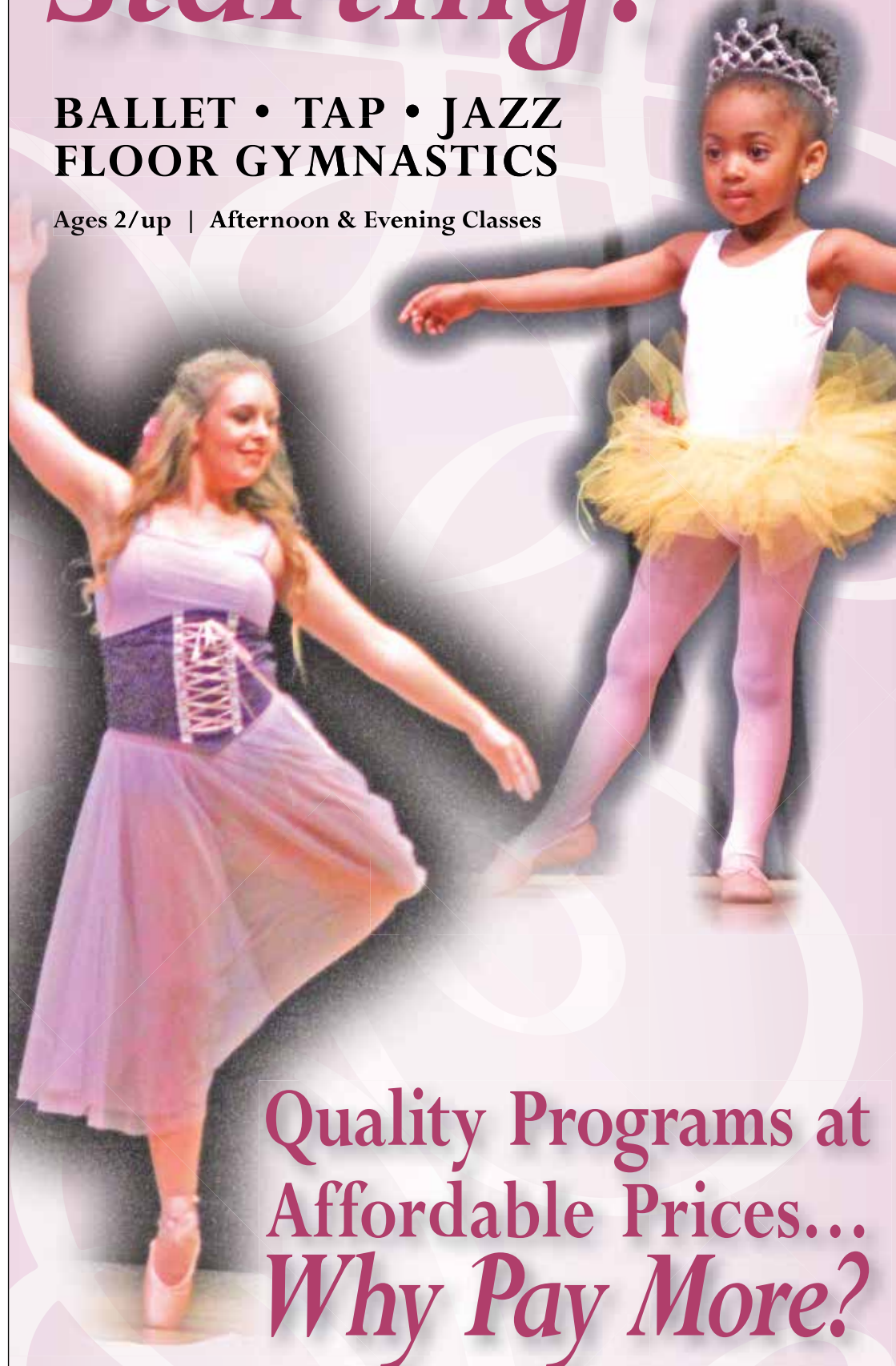
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to generations of children throughout the Sacramento
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*Each and every student matters in the Kids "R" It
family, as the needs, and abilities of each student
are nurtured, motivated and challenged individually
in a positive environment.*

*Our programs are conducted with
a standardized
curriculum in
all forms of dance
and the sport
of gymnastics, so that
students "learn" and enhance
their skills, ability, and
knowledge base.*

*We are a family, developing the
joy of dance and gymnastics
in boys and girls from
toddlers through high
school and beyond.*



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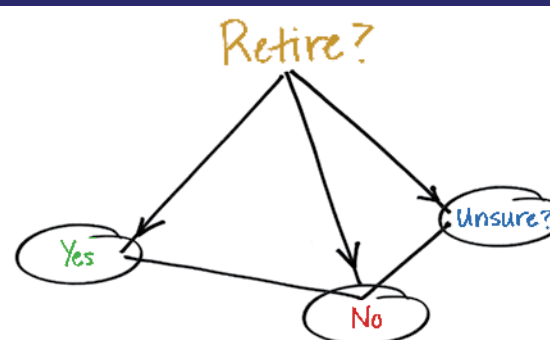
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The Exciting New World of Implant Supported Dentures



- *Has the Security of a Fixed Bridge!*
- *Easier to Maintain Good Oral Hygiene*

There are millions of people in the U.S. who are edentulous (meaning without teeth) who struggle daily with dentures. A majority suffer from discomfort as a result of loose or illfitting dentures. Many prosthetic wearers simply withdraw from any type of social engagement as a result of having to wear their dentures.

Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

Partial Dentures can be a source of discomfort due to lack of supporting teeth or an illfitting partial. Partials also use clasps to secure to existing teeth which can be noticeable and can put added pressure to the existing teeth.



Now there is a solution to these issues, Implants with “Snap On” Dentures!

Whether you are new to dentures or have worn them for years, a snap on denture is a great solution to uncomfortable chewing and slippery painful dentures. There are several types of snap on dentures available, including snap on partials. We make your denture or partial fit and function in harmony with the space available in your mouth, and give custom attention to the delicate fabrication of your snap on denture.

A snap on denture gets some support from the implants that it snaps onto. Unlike conventional dentures that rest on the gums, a snap on denture is anchored to multiple implant snaps and is therefore much more stable and comfortable.

Two or more implant snaps can be used on the upper and/or lower jaw. The more snaps that are placed, the more stable the denture will be. Much like a four legged chair would be more stable than a three or two legged chair, the use of denture snaps keep the denture stable, secure and comfortable. These snaps are designed with different levels of retention, customized to the needs of the patient. When the snaps wear out, replacing them is a simple and inexpensive procedure.

If you already wear a conventional denture or partial denture, we can sometimes use your denture to accommodate the snaps to fit on your new dental implants.



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