



Find the Fun in Healthy Eating

Page 7

Arden Playhouse Presents Arsenic and Old Lace

Page 16



Carmichael Times

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December 4, 2013

Sacramento Theatre Company Premiere's It's A Wonderful Life - The Musical



Page 5

Couch Theater DVD Previews



Page 8

What is a Medication Overuse Headache?



Page 4

Angling for Mayor



Carmichael's 2014 Honorary Mayor Virginia Stone (second left) was feted at Atria Carmichael Oaks. Fans included Amelia Crotty (left), Marilyn Peters and Hazel Kuhl.

Story and Photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - The race for Carmichael's Honorary Mayoralty has ended with victory for senior living professional and keen angler Virginia Stone. Between Stone and rival candidate Annie Marszel, the annual fundraiser reeled in nearly \$16,000 for Carmichael Chamber of Commerce community efforts.

Community Sales Director for Atria Carmichael Oaks, Stone ran a five month campaign that marshalled businesses and private supporters behind her banner. Kiwanis Club friends were stumpers; merchants sported poodle skirts for her 50s theme barbecue fundraiser; Atria Carmichael Oaks, residents vied

for Virginia's coveted raffle baskets. "Those baskets brought in \$300 a month," marvelled the 2014 Mayor. "Our residents were very excited about my campaign. We announced I'd won on my birthday. I was greeted with 'happy birthday madam mayor,' all day."

Mom to two adult sons, the mayor has inhabited Carmichael for 35 years. Her career in senior care began when her own mom developed Alzheimer's. For six years, Stone has organized a "Beer and Boogie" gala whose fundraising helps research for a cure. "My grandmother also had the disease," she explains. "I might very well develop it. I want to do something in my lifetime to help." A devoted Kiwanian, she also co-chairs the "Best of Carmichael" culinary

event that benefits many local non-profits.

Honorary mayors serve as Chamber of Commerce figureheads; the office enables no civic power. But Madam Mayor is expected to be high-profile. Cutting ribbons, making speeches, kissing babies and yes -- even doing garbage cleanups -- will be performed as required. Says the unflinching electee: "I'll get to know the people of Carmichael. I want young people to be proud of our area. I live here and I love it."

For Stone, the town's greatest asset is the American River. "You can catch fish here pretty much 12 months of the year," she enthuses. She predicts her mayoral medal will allude to her passion with a salmon in its insignia. "Fishing is relaxing,"

she says. "Within minutes of having a big city feeling -- like on Sunrise Boulevard -- you can gain complete tranquility. You feel like you're in the mountains when you're on the American River."

Sadly, Mayor Stone will miss the much-vaunted perk of riding in the July 4 parade. The holiday falls during an annual fishing pilgrimage to Montana with husband Brad. "But I've got the event covered," she nods. "In my parade car, I'll have a big cardboard cut-out of me with a fishing pole."

"My sign will read: 'Honorary Mayor Virginia Stone -- gone fishing.'"

To learn about the Carmichael Chamber of Commerce's annual Honorary Mayor's Race call (916) 481-1002.

Debate Series Announced On The Proposed Downtown Arena

SACRAMENTO REGION, CA (MPG) - A series of town hall-style debates and discussions on Sacramento's proposed downtown arena have been slated for December and January, featuring R.E. Graswich and John Hyde, who have opposing views about the development.

Graswich, author, journalist and former Special Assistant to Mayor Kevin Johnson, favors the arena. He is a former sportswriter and columnist for the Sacramento Bee, and the author of a new book on the Sacramento NBA franchise, Vagrant Kings: David Stern, Kevin Johnson and the NBA's Orphan Team.

Hyde, is a spokesperson for Sacramento Taxpayers Opposed to Pork (STOP), which is seeking to place an initiative on the June 2014 ballot to require voter approval of the arena funding. He owns Bullet Marketing, a full-service, local marketing agency.

"We approach the arena discussion from opposite positions, but we share a passion for the Sacramento region," Hyde said. "This is a chance for people to get questions answered and to learn more about all sides of the arena issue."

Graswich added, "The community deserves an open dialogue with people who know the issues but aren't working at City Hall or for the Kings. Our goal is to help the public understand what the arena debate is really all about."

Each meeting will be moderated by a high-profile Sacramento citizen who is equally passionate about the arena. The format will feature brief introductions and position statements by Hyde and Graswich, followed by questions and dialogue with the audience.

Four Sacramento-area public libraries have been chosen as locations for the town hall meetings, which are free and open to the community. Each discussion will run from 7 p.m. to 8 p.m. Doors open for these events at 6:30. Seating capacity at the libraries will be limited and is first come, first served.

Continued on Page 3

Retirement! Now What?

By Bill Martin

CARMICHAEL, CA (MPG) - As most professional and armchair psychologist will tell you; men tend to judge their self-worth by their jobs or careers. Men feel that they are what they do. The loss of a job, for any reason, including retirement, can mean much more to a man - than just the loss of income.

Ah, retirement...that word we all hold out like a golden egg to be received after working countless years, week in, week out, to finally arrive at the 'easy life'. But, it's often not so easy.

As people go through the various stages of life; from newlyweds, to



A monthly luncheon is hosted by SIR Branch 23 on the second Wednesday of each month at Carmichael Elks Lodge #2103, located at 5631 Cypress Blvd. in Carmichael.

families with children, involvement with church or social activities, it brings

with it likeminded people who share the same interests and lifestyles for socializing. Once retired however, many of those friendships are often a distant memory. People move away, some travel frequently, and sadly, some pass away. So now what? You have your health (thank goodness), you scrimped and saved for this time of your life, and yet, what about the part of your personality and sociability that you had before you retired? Is that part of you now destined for a place on the couch in front of the television or computer countless hours a day? What happens to the enthusiasm and desire to interact with friends, continue to grow as a person, enjoying your retirement



The local chapter of SIR, Branch 23 in Carmichael, was founded in 1969, and has operated continuously since that time.

Continued on Page 5

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Debate Series Announced On The Proposed Downtown Arena

Continued from Page 1

Serving as moderators are Sacramento County Sheriff John McGinness, former Sacramento City Councilmembers Lauren Hammond and Rob Fong, and current KFBK News Director Zack Stein.

McGinness hosts a popular afternoon radio program on AM 1530 KFBK and will moderate the Tuesday, December 10 meeting at the Carmichael Library, 5605 Marconi Ave, Carmichael

Stein has covered the arena and politics in Sacramento for KFBK and will moderate the Wednesday,

December 11 meeting at the Arden Library, 891 Watt Ave, Sacramento.

Hammond represented the Fifth Council District in Sacramento for 12 years and will moderate on Thursday, December 12 at the North Natomas Library, 4660 Via Ingoglia, Sacramento.

Fong who represented Sacramento's District Four for eight years will moderate the Thursday, January 9 at the Pocket-Greenhaven Library, 7335 Gloria Drive, Sacramento.

Featured speaker, Hyde said, "We are honored to have elected

community leaders of the stature of Sheriff McGinness and Councilmembers Hammond and Fong moderate these discussions. It's also important to have the media perspective, which Mr. Stein provides."

"Everyone in town knows John McGinness has strong, well-informed opinions on issues involving our community. And between Lauren Hammond and Rob Fong, they have studied media arenas than just about anybody in Sacramento," said Graswich.

Source: Bullet Marketing

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Headache pain medication ads are everywhere, from glossy magazine spreads to flashy television commercials. It has been reported that 45 million Americans suffer from headaches, many on a daily basis. Though some just put up with the pain, others become totally disabled during the headache. Most people initially turn to an over the counter drug such as a non-steroidal anti-inflammatory drug (NSAID). The ad's you see on a constant basis relay the message ...your headache deserves a strong painkiller, which will instantly cure the problem. Pain should not slow you down, since there's an easy, swift solution. **But is there really?**

What is a medication overuse headache?

This is a relatively new term for a long-standing, "unnamed" and largely unrecognized condition caused by the daily or regular basis use of painkillers for migraines or other headaches. Sadly, this condition is common. About 1 in 50 people develops this problem at some point during the course of their medication regimen. It also affects five times more women than men.

How does a medication overuse headache happen?

Headaches flare up in response to physical, chemical or emotional stress. As a "solution," many people take painkillers frequently. Initially, the first doses may provide relief, which reinforces the idea that painkiller consumption is helpful. On a psychological level, what's known as "positive conditioning" spurs the sufferer to continue reaching for painkillers for relief. What's going on may have more to do with chemical changes in the brain than psychological conditioning. Painkillers with caffeine, barbiturates, codeine and other opioids are the most likely to

What is a Medication Overuse Headache?

have this effect. For example, caffeine increases alertness, relieves fatigue and improves performance and mood. Caffeine-withdrawal symptoms, such as irritability, nervousness, restlessness and headaches all encourage patients to continue their use and abuse.

Addictive Pathway: Abused drugs, from painkillers to alcohol, activate a "pleasure pathway" in the brain and reinforce the behavior. The pleasure pathway, which is called the "dopamine reward circuit," is connected to areas of the brain controlling memory, emotion and motivation. The pleasure pathway undergoes actual chemical and anatomical changes that create and prolong addiction, affecting a physiological hold on a person's ability to function. This is why addiction is often referred to as a brain disorder and isn't as easy to kick as simply mind over matter. Like drugs such as cocaine or heroin some painkillers trigger the release of the brain's natural "feel-good" pain fighting chemicals called endogenous opioids or endorphins. As with any addictive drug, the more often they are used, the less sensitive the brain becomes to them. These drugs literally alter the brain.

Withdrawal Woes: After a period of regular painkiller doses the body becomes used to the pain medication. When the sufferer doesn't take a painkiller within a day or so of the last dose, then "rebound" or "withdrawal" headaches develop. What the sufferer thinks is just an especially persistent headache is actually a symptom of medication withdrawal. Not recognizing that the medication is the culprit, the patient may take another dose. When the effect of each dose wears off, a further withdrawal headache develops. In time, sufferers will develop regular headaches that may appear on a daily basis. Some people resort to taking painkillers "routinely" to try to prevent headaches, which only makes the situation worse.

Which painkillers cause medication overuse headaches?

If you think that only prescription medication can cause medication overuse headaches, you're wrong! Almost any pain medication that provides "rapid" headache relief can cause a medication overuse headache. Culprits include simple pain relievers

like aspirin, acetaminophen and ibuprofen. Other offenders included migraine-specific medications. According to the researchers, "Medication overuse headaches patients have a greater risk of suffering from anxiety and depression, and these disorders may be a risk factor for the evolution of migraine into a medication overuse headache."

Medication overuse headaches may be a precursor to other disorders:

Although research into this area is still preliminary, scientists speculate that medication overuse headaches may be a precursor for more serious conditions. Researchers hypothesize that the same brain changes and chain of events that lead to medication overuse headaches may trigger other disorders, if medication overuse continues. Besides emotional problems, these disorders may include other forms of chronic pain, fibromyalgia and chronic fatigue syndrome.

Wellness Lifestyle Solution:

As a wellness doctor I teach all my patients that the solution to headaches isn't found in a pill. The solution should include an in-depth consultation that begins with evaluating the entire body and lifestyle choices. A convincing study reported that chiropractic was 57% more effective than drug therapy in reducing headache and migraine pain! They concluded - chiropractic first, drugs second and surgery last. Treatment for headaches is often a multidisciplinary approach which involves stress reduction techniques such as regular chiropractic adjustments, biofeedback, acupuncture, prescribing a healthy diet, and regular exercise. All the components of a full wellness lifestyle are proven to eliminate headache pain and free you, the patient, from the side effects of medications.

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Sac Theatre Company Premiere's It's A Wonderful Life

SACRAMENTO REGION, CA (MPG) - *It's A Wonderful Life* - *The Musical* will make its Northern California debut at the Sacramento Theater Company (STC) until Sunday December 22nd. Based on the classic holiday film of the same name, the play stars local favorite Jerry Lee as George Bailey and Jackie Vanderbeck as Mary Bailey.

This joyous holiday musical was first presented at the Majestic Theatre in Dallas in 1998 and was their annual holiday show for five consecutive years. Now the movie bursts off the screen and onto the stage right here in Sacramento with a tuneful score and a cast of over 20 actors playing the various citizens of Bedford Falls, New York in 1946. This beloved Christmas story is appropriate for the entire family. The story involves an angel-in-training who gives a despondent man a look at what the world would be like if he had never been born.

Other cast members include Gary S. Martinez as Mr. Potter, Michael RJ Campbell as Uncle Billy, Jim Lane as Clarence, and Ed Brazo as Mr. Gower. The production is directed by STC Executive Producing Director Michael Laun who has directed STC's *A Christmas Carol* for the last several years. Mr. Laun said, "This show reminds us how each person's life touches so many other lives. STC is excited to



It's A Wonderful Life - The Musical, based on the classic holiday film of the same name, the play stars local favorite Jerry Lee as George Bailey and Jackie Vanderbeck as Mary Bailey.

share this Northern California premiere with Sacramento this holiday season."

There is a special performance on Sunday December 1st at 7:00 p.m. with a "young at heart promotion" available that offers all seats for that performance priced at \$15. Regular performance prices are \$20 to \$40.

Showtimes are scheduled as follows:

Appropriate for all ages. Ticket Prices: \$20-40 (discounts

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For more information visit the website www.sactheatre.org. To order tickets, call the STC Wells Fargo Pavilion Box Office at 916.443.6722 or toll free 888.4.STC.TIX (888.478.2849) or visit us at 1419 H Street, Sacramento, CA 95814 @ the corner of H and 15th.

★
Source: *The Sacramento Theatre Company (STC)*

Retirement! Now What?

Continued from Page 1

years with dignity, grace and socializing?

Recognizing that there was a need for men to continue to interact and socialize during their retirement years was the driving force behind the formation of a unique group of men founded by the late Damian L. Reynolds. After having lunch with three good friends; Claus Hink, Lorenz Hansen and Wallace Plumber, in San Mateo, California, on July 23, 1958, they coined the phrase and started the club entitled SIR, an acronym for "Sons in Retirement". The men wanted to choose a name that would "promote their independence and the dignity of retirement." Within the first month, there were 18 members and now, SIR currently includes about 175 members.

The local chapter of SIR, Branch 23 in Carmichael, was founded in 1969, and has operated continuously since that time. The main purpose of local Branch 23, as well as the full SIR organization, is to provide an opportunity to continue old friendships, cultivate new ones, and to promote independence and dignity among retired men.



Membership in Branch 23 of SIR (and all other branches) is open to men retired from full-time occupations, regardless of age, race, color or religion.

A monthly luncheon is hosted by SIR Branch 23 on the second Wednesday of each month at Carmichael Elks Lodge #2103, located at 5631 Cypress Blvd. in Carmichael. Each luncheon starts with a social hour from 11:00 a.m. until 12:00 noon, followed by the luncheon buffet at noon. Every monthly luncheon also includes a presentation by informative and insightful guest speakers. SIR luncheons offer lunch at a reasonable price and socializing with like-minded retired men.

Carmichael Branch 23 of SIR also provides an array of activities for local members to enjoy and participate in. Just some of the various offerings to Branch members include, both nine- and 18-hole golf outings, bowling, card games,

sporting events, including River Cats and Giants games, an extensive travel program, and much more. Travel events vary from single-day local excursions, to multi-week travel to exotic destinations around the world.

Membership in Branch 23 of SIR (and all other branches) is open to men retired from full-time occupations, regardless of age, race, color or religion. Prospective new members must attend one luncheon and be sponsored by a current member in order to join. Volunteers from the membership, staff, administrator, and govern all Branch 23 SIR activities. SIR has few regulations and even fewer rules. The rules include "No discussion of politics or religion or attempts to sell anything to the membership at the luncheons."

If you have questions, are interested in membership, or know someone who would really enjoy "Sons in Retirement", you can visit the web site for local Branch 23 at Branch23.SIRInc2.org. You're also most welcome to contact Local Branch 23 directly by calling Bill Sutherland at 916-481-2137 or Carroll Hamon at 916-962-0469. ★

Sacramento County DA Reports

Recent cases of interest



CASE: Cortez Ledon Quinn & Andre Antoine Pearson (11/06/13)
PROSECUTOR: Supervising Deputy District Attorney Michael Blazina, Special Investigations Unit
District Attorney Jan Scully announced today the arrests of Cortez Ledon Quinn (age 46) and Andre Antoine Pearson (age 36).

Cortez Quinn is a member of the Twin Rivers Unified School District (TRUSD) Board of Trustees, a position he has held since 2007. While on the board, he developed a personal relationship with a female school employee. From December 2010 through April 2011, she gave Quinn gifts totaling \$4,000, and loans totaling over \$50,000. State law makes it illegal for a school board member to receive loans from an employee of the district. Quinn was also required to report these financial transactions in his statement of economic interest (California FPPC Form 700), but failed to do so. Quinn is charged with four felony counts of perjury, four felony counts of filing false documents, and five misdemeanor counts related to improper receipt of the loans and gifts.

The relationship with the same employee also resulted in her pregnancy and the birth of a son in December 2011. The employee filed a paternity action, and the court ordered Quinn to submit to DNA testing. Quinn went to Comprehensive Medical, Inc., where laboratory technician Andre Pearson was employed to collect DNA samples. It is alleged Quinn and Pearson submitted a false raudulently showing Quinn was not the father. Quinn used that test result in court to deny paternity. Quinn and Pearson are both charged with conspiracy to obstruct justice and conceal evidence, and preparing false evidence for a court proceeding. Quinn is also charged with offering fraudulently altered evidence in a court proceeding, and perjury. All are felonies.

Quinn faces a maximum of 12 years imprisonment on the felony offenses, and an additional six months in the county jail for each misdemeanor. Pearson faces a maximum of three years imprisonment for the felony offenses.

CASE: John Murdock Pierce (11/06/13)
PROSECUTOR: Deputy District Attorney Morgan Gire, Gangs & Hate Crimes Unit

District Attorney Jan Scully announced today that John Murdock Pierce was convicted by the Honorable Patrick Marlette of first degree murder and personal use of a firearm as well as felony assault with a firearm, personal use of a firearm, and inflicting great bodily injury. Pierce was also found to be sane at the time of the crime.

On February 13, 2011, Pierce summoned his wife, their 11-year-old daughter and two young boys into the living room of their home. Pierce and his wife then began to argue and he attempted to tie her up. As she resisted, he struck her in the head with the pistol and accused her of plotting to kill him. She screamed for her daughter to call 911. As their daughter grabbed the phone to dial, Pierce shot his daughter in the arm. She and her mother then ran to the front door, but only the daughter was able to run outside to a neighbor's house for help. Before the wife was able to exit the house, Pierce shot her in the back of the head, killing her. Pierce then disassembled his pistol and threw it out of the house as police surrounded the home.

Neighbors testified that Pierce had been acting strangely for a few days prior to the shooting and he was admitted into the jail's psychiatric unit after his arrest. He subsequently entered pleas of not guilty and not guilty by reason of insanity and presented evidence of a mental disorder.

Pierce faces a maximum sentence of life in prison. Sentencing is set for December 13, 2013 at 10:00 a.m. in Department 19 before the Honorable Patrick Marlette.

CASE: Michael Nunally (11/06/13)
PROSECUTOR: Deputy District Attorney Thomas Asker, Homicide Unit

District Attorney Jan Scully announced today that Michael Nunally was convicted by jury of first degree murder in connection to the September 25, 2012 shooting of Kaster Tezino behind the Motel 6 at 2030 Arden Way.

Evidence presented at trial showed that Nunally believed the victim had assaulted a prostitute who worked for him. With the aid of the prostitute, he then lured Mr. Tezino to a room at the back of Motel 6 by making him believe he was going to meet her there for a date. Instead, Nunally and an accomplice waited for him and shot him in the back. The Sheriff's Department and emergency personnel responded immediately. Mr. Tezino was taken to the hospital, but died from internal blood loss within two hours.

Sentencing is set for December 6, 2013 at 1:30 p.m. in Department 38 before the Honorable Sharon Lueras.

CASE: Hader Nasim (11/06/13)
PROSECUTOR: Deputy District Attorney Keith Hill, Domestic Violence Unit

District Attorney Jan Scully announced today that Hader Nasim was convicted by jury of attempted murder and solicitation to commit murder.

In September 2012, Sacramento police received information that Nasim was looking for someone to kill his pregnant wife in exchange for money. Undercover detectives conducted an investigation and set up a meeting with Nasim to discuss the details of killing his wife. Nasim was arrested soon after the meeting.

Sentencing is set for December 13, 2013 in Department 12 before the Honorable Maryanne Gilliard.

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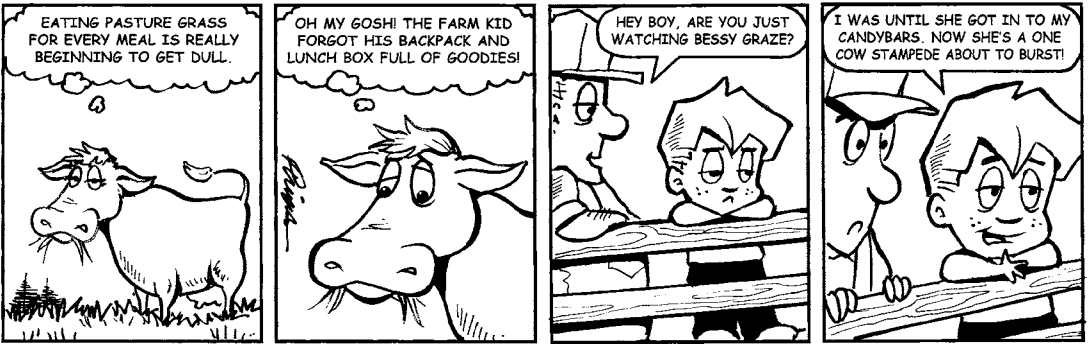
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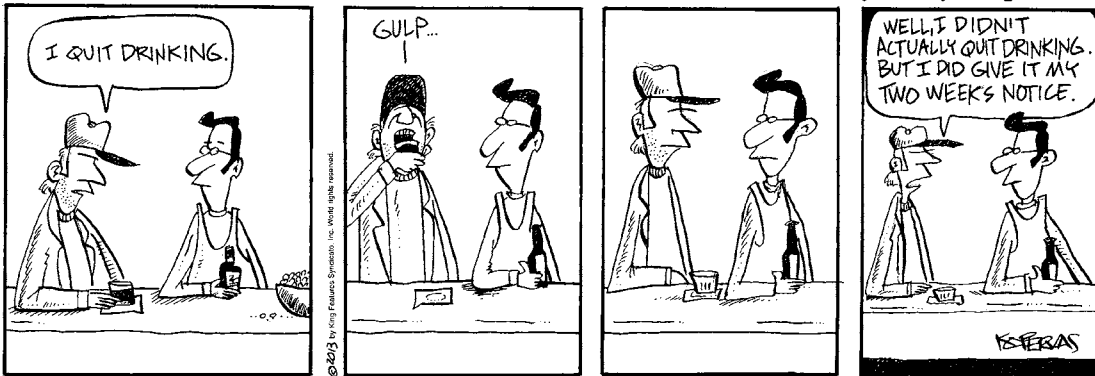
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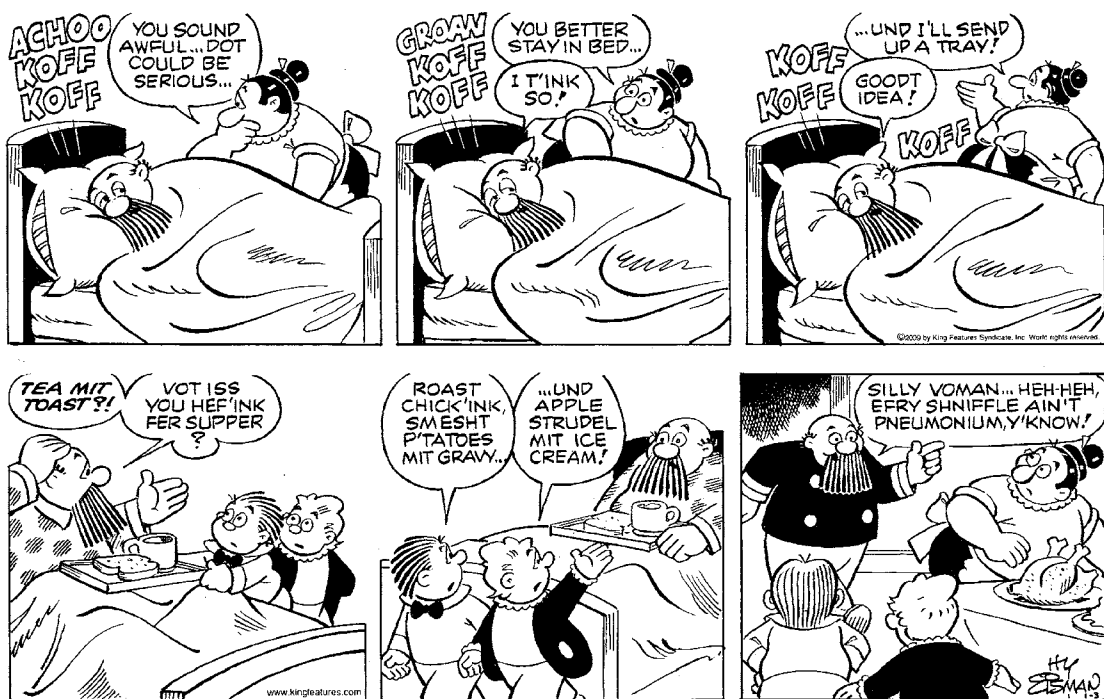
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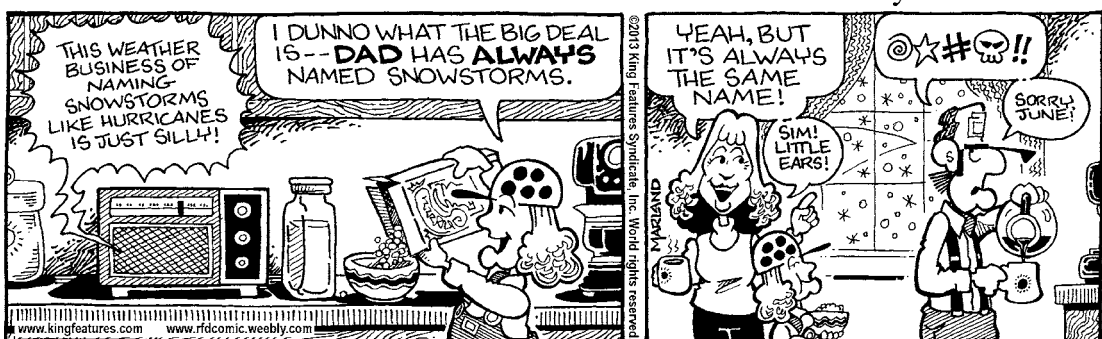
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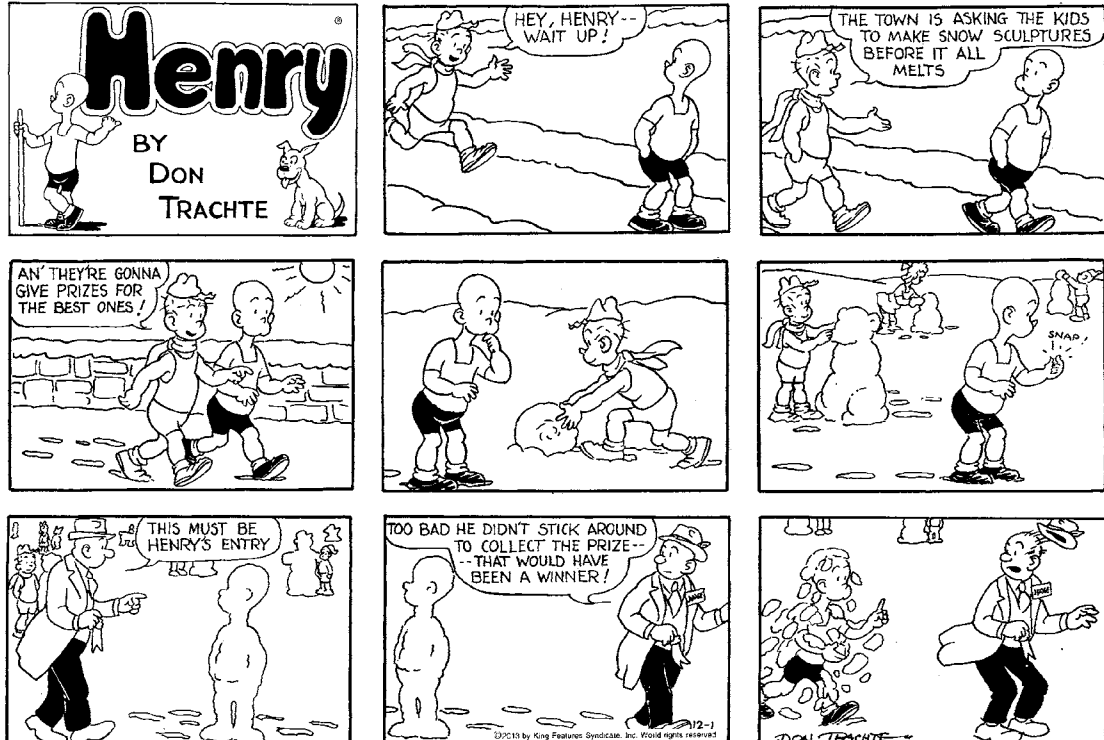
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Nov. 26 - Dec. 8, 2013	<i>Ars Gratia Artis</i>
December 14, 2013	Arts and Craft Show
December 10-21, 2013	San Juan Unified School District K-12 Art Show
January 2-25, 2014 NCA	75th Anniversary Members Themed Art Show
January 28-February 15, 2014	Aspiring Artist Debut & WASH Scholarship Show

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Pets & People

Homeless Dogs Get The Ride Of Their Lives

(NAPS)—What happens when you have communities with more dogs than homes and others with a need for adoptable pets? Call in the PetSmart Charities Rescue Waggin' vehicle! More than 60,000 dogs and puppies have taken the ride of their lives since the lifesaving transport program began in 2004.

With more than 11,000 pets euthanized each day in the United States, PetSmart Charities is addressing the problem at the community level. The Rescue Waggin' program takes dogs and puppies from shelters in communities where their chance for adoption is low and transports them to shelters in areas of the country where they quickly find their lifelong, loving homes.

As Beth Maresh of the Wisconsin Humane Society puts it, "When the Rescue Waggin' vehicle shows up at the shelter, it is so exciting! Everyone—volunteers and staff—helps unload. I tell everyone that the Rescue Waggin' program is the best part of the job."

Why It Works

• **People want pups.** Areas with robust spay-and-neuter and adoption programs often have waiting lists for adoptable pets. The Rescue Waggin' program works on a simple supply-and-demand principle.

• **Adoptions happen fast.** When a rescued dog is settled into his new shelter, he's usually adopted in three to seven days. Maresh says, "People often call to ask when the next Rescue Waggin' transport will be arriving."

• **Both shelters benefit.** The program works with shelters on both ends of the journey to find more homes for pets in their community. Local pets are never displaced and some shelters even



Dogs who may not have been adopted quickly can find forever homes fast after taking a lifesaving journey.

"graduate" from the program and can manage their populations in a sustainable way.

Dogs who may not have been adopted quickly, such as Izzy, a nearly 2-year-old shepherd mix, can find their forever homes. She was brought in as a stray but knew some basic obedience commands. Because of her happy temperament and captivating colors, shelter workers decided that she would be a great candidate for the Rescue Waggin' program.

After traveling from Tennessee to Wisconsin, Izzy spotted Jim. He and his wife Kerry had recently lost their dog and were instantly drawn to Izzy. Since her adoption, Izzy has brought life back into their home. She loves to play with her toys and roll in the grass in the backyard. Many dogs, like Izzy, have found their own special families through the PetSmart Charities program.

Learn More

For further facts and to view a new documentary following the journey of Izzy and another lovable pup, Kane, visit www.pet-smartcharities.org/rescue-waggin.

Find The Fun In Healthy Eating

(NAPS) - Keeping kids healthy can be a tough job. Sometimes, the things that are good for kids aren't always what they want.

But moms know that eating healthy and being active can help kids grow strong bodies and lower their future risk of obesity and health problems like type 2 diabetes, heart disease and some types of cancer. It can also help them do better in school.

Start by being a good role model. Kids are more likely to eat fruits and vegetables if they see you eating them, too. Be a good role model by staying active and doing activities the whole family can enjoy.

There are also many ways to make healthy eating fun. One way is by encouraging kids to help in the kitchen. When kids help pick and cook food, they are more likely to eat it. Younger kids can tear lettuce for salads or rinse fruits and vegetables while older kids can chop and slice.

The Network for a Healthy California provides these and other mom-tested tips to empower families to live better by eating more fruits and vegetables and being active every day. The tips come from Champions for Change, real moms who are role models for healthy change.

You don't have to turn your life upside down to make healthy changes. Even small changes add up quickly to make a big difference, like adding fruit to cereal or offering crunchy carrots instead of chips as a snack.

Here are more mom-tested tips on how to make healthy change fun:



It may be easier than you think to get your family to enjoy a healthful meal together.

• Kids get excited when they can pick what they are going to eat. Have them pick the fruits and vegetables they want to pack in their lunch each day.

• Keep fruits and vegetables in easy-to-reach places at home to encourage healthy snacking. Leave a bowl of fresh fruit on the table and cut vegetables in the fridge. Get a mix of dried fruits and let kids make their own trail mix.

• Make shopping fun. Let kids pick three colors of fruits and vegetables to try, or choose three fruits to snack on during the week.

• Be creative when cooking. Try fun ideas like arranging different vegetables on pizza to make a face. Use

slices of bell pepper for the mouth and eyebrows, olives for the eyes, and a cherry tomato or carrot for the nose.

• Play together. Turn off the TV and turn up the music. Have a dance contest to everyone's favorite songs. Enjoy the outdoors and go for family walks, ride bikes together or play at a local park.

You can find more great tips, resources and healthy recipes that kids will love at www.CaChampionsForChange.net and www.FaceBook.com/NetworkForAHealthyCalifornia.

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Salome's Stars

ARIES (March 21 to April 19) Your Arian penchant for impatience shows, as you consider passing a problem-prone project on to someone else. Best advice: Stay with it and work out those snarls yourself.

TAURUS (April 20 to May 20) Even patient Bovines can be frustrated when carefully made plans go awry. But crank up that "stick-to-it-ivity" you do so well, and you'll soon find that your schedule is back in sync.

GEMINI (May 21 to June 20) Your aspect favors using more resourceful means in dealing with a workplace situation. Some discreet checking around could help shed light on the root cause of the problem.

CANCER (June 21 to July 22) You show an unusually strong streak of stubbornness in rejecting suggestions from friends and/or family members early in the week. But you become more receptive by the week's end.

LEO (July 23 to August 22) The Big Cat might find a gentler approach more effective when dealing with those who resist needed changes. Remember, the word "persuasion" starts with the sound "purr."

VIRGO (August 23 to September 22) A disappointing experience with someone you felt you could trust can be painful. But there just might be more to this situation than you're aware of. Press for an explanation.

LIBRA (September 23 to October 22) Changing your views about something you believe in isn't easy. But you might reconsider as the facts come in. Keep your mind open, even if you're uneasy about what you might learn.

SCORPIO (October 23 to November 21) You might have to do some serious shifting of gears to get your project back on track. But cheer up. Your hard work starts to produce some positive results by the week's end.

SAGITTARIUS (November 22 to December 21) An unsettling mood at the start of the week soon lifts and gives way to a more positive attitude as you find

fun and friendship beginning to dominate your aspect.

CAPRICORN (December 22 to January 19) A delay in firming up holiday plans could work to your advantage. Use this time to scout out possibilities that might be more in line with what those close to you would prefer.

AQUARIUS (January 20 to February 18) Some people might question some of the new friends you've welcomed into your life. But your ability to see beyond the obvious helps you recognize how special they are.


PISCES (February 19 to March 20) Financial matters can be especially tricky this week. It's best to follow a conservative investment path for now, and wait for a more fortuitous time to take a bolder approach.

BORN THIS WEEK: Your warmth, your humor and your genuine concern for others make you someone people love to keep close to their lives.

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The Garden Bug

Watering in winter



For most houseplants, water when the soil surface begins to dry; rooms that are heated affect how often you do so. The water given should not be too cold or hot, and be sure to provide adequate drainage. Houseplants with more tuberous roots, such as dracena and philodendron, should be kept on the dry side.

Source: www.colostate.edu

- Brenda Weaver

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW

By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of Dec. 9, 2013.

PICKS OF THE WEEK



Scene from "Berberian Sound Studios"

"Despicable Me 2" (PG) -- Once a dastardly supervillain, the sinister Gru (voiced by Steve Carell) became a doting father in the last movie. With his three adopted daughters (and a crew of goofy yellow minions), Gru must undertake a daunting mission: enter the dating scene. This mission, however, is interrupted by another mission from an Anti-Villain Agent, Lucy (Kristen Wiig) -- Gru and company have to foil a supervillain scheme at a shopping mall. The plot sounds a little unwieldy, but it barely gets in the way. The real focus of the film is the slapstick humor of the minions and the aggressive cuteness of the kids. It's like a feature-length serving of old-fashioned cartoon humor. Throw in a few lines that will make parents chuckle between rounds of 3-D showboating, and you've got a sequel that competes with its predecessor.

"Fast and Furious 6" (R) -- After toppling a criminal empire in the last film, the street-racing heroes of the "Fast and Furious" franchise (Vin Diesel, Paul Walker, Ludacris, et al.) are spread out around the world, keeping low profiles. They

are called back into action once again by Dwayne Johnson's special agent, who offers them amnesty if they can take down a ruthless tribe of motorhead criminals. This installment piles on the carnage in order to top its five predecessors. The stunts are even more ridiculous and crunchy than ever. There are many scenes of stilted dialogue and contrived problems. Fortunately, the pace of the film puts them into the rearview rather quickly. You'll soon forget the acting as your senses are engulfed in flames and fumes.

"The Hunt" (R) -- In a small community in Denmark, one man's life is turned upside down by suspicion and hysteria. Lucas (Mads Mikkelsen) is a quiet and thoughtful guy who teaches kindergarten during the week and hunts deer in his off time. One little girl tells a lie that snowballs into a witchhunt against an innocent man. As each scene unfolds, you see one man's life turn into a nightmare as he is shunned for accusations he can't possibly disprove. Even in church, his fellow parishioners change pews so they don't sit near him during mass. The detailed directing and delicate performances make this real-life horror story gripping and unforgettable.

"Berberian Sound Studios" (R) -- A British sound technician (Toby Jones) takes a job making cringe-inducing sound effects for Italian horror movies -- a job that burrows into his mind and brings up his personal demons. In the sound booth, he brutalizes radishes and other vegetables to get the perfect crunch and squish that simulates murder. The camera gets up close and intimate with the destruction. The horror is all in your mind, as old-fashioned sound engineering injects terror through your ears. It's an utterly creepy and fun experience.

TV RELEASES

"Doc Martin Series 6"

"Doctor Who 50th Anniversary Special: The Day of the Doctor"

"Futurama, Vol. 8"

"Muhammad Ali's Greatest Fight"

Moments in time

THE HISTORY CHANNEL

• On Dec. 19, 1732, Benjamin Franklin of Philadelphia first published "Poor Richard's Almanack." The book, filled with proverbs preaching industry and prudence, was published continuously for 25 years and became one of the most popular publications in colonial America.

• On Dec. 17, 1843, Charles Dickens' classic story "A Christmas Carol" is published. Dickens never lost momentum as a writer, churning out major novels every year or two, often in serial form. Among his most important works are "David Copperfield" (1850), "Great Expectations" (1861) and "A Tale of Two Cities" (1859).

• On Dec. 18, 1912, after three years of digging in the Piltdown gravel pit in Sussex, England, amateur archaeologist Charles Dawson announces the discovery of two skulls that appear to belong to a primitive hominid ancestor of man.

• On Dec. 21, 1945, Gen. George S. Patton, commander of the U.S. 3rd Army, dies from injuries suffered not in battle, but in a freak car accident. He was 60 years old. Descended from a long line of military men, Patton graduated from the West Point Military Academy in 1909.

• On Dec. 22, 1956, a baby gorilla named Colo enters the world at the Columbus Zoo in Ohio, becoming the first-ever gorilla born in captivity. She went on to become a mother, grandmother, and in 1996, a great-grandmother to Timu, the first surviving infant gorilla conceived by artificial insemination. Colo is still alive today.

• On Dec. 16, 1960, two airliners collide over New York City, killing 134 people aboard the planes and on the ground. A miscalculation by the pilot of the United flight put his plane directly into the path of a TWA Super Constellation. Christmas presents carried by the planes' passengers were strewn all over the streets.

• On Dec. 20, 1989, the United States invades Panama in an attempt to overthrow military dictator Manuel Noriega, who had been indicted in the United States on drug-trafficking charges. Noriega's Panamanian Defense Forces were promptly crushed.

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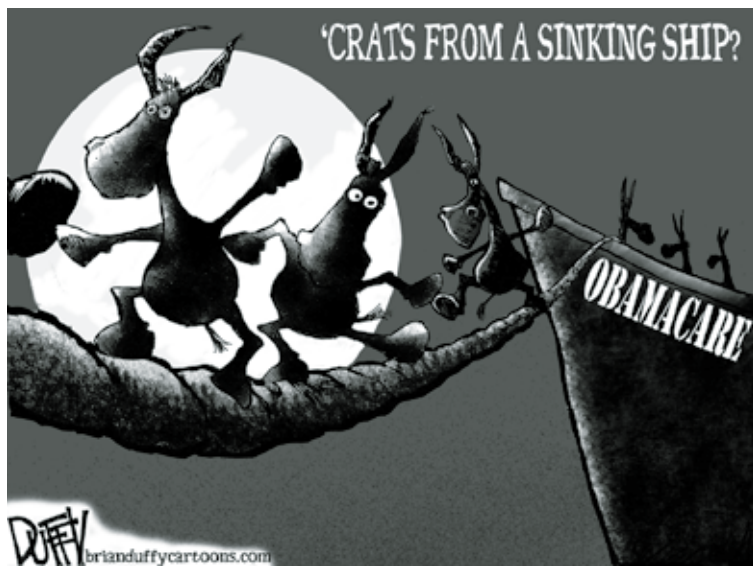
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THE RICH LOWRY COLUMN
By Rich Lowry

The New Climate Deniers

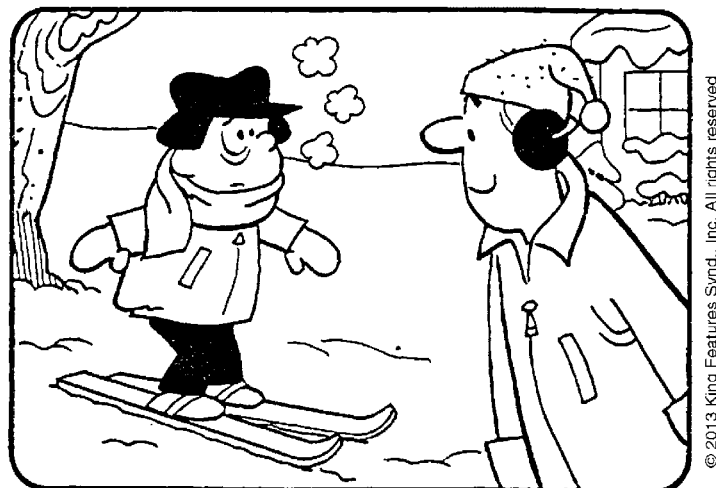
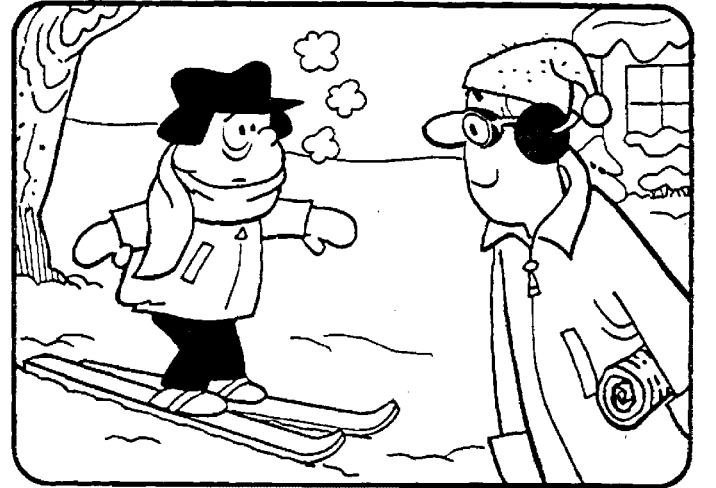
There are few things sadder than the "climate denier." He ignores the data and neglects the latest science. His rhetoric and policy proposals are dangerously disconnected from reality. He can't recalibrate to take account of the latest evidence because, well, he's a denier. The new climate deniers are the liberals who, despite their obsession with climate change, have managed to miss the biggest story in climate science, which is that there hasn't been any global warming for about a decade and a half. "Over the past 15 years air temperatures at the Earth's surface have been flat while greenhouse-gas emissions have continued to soar," The Economist magazine writes. "The world added roughly 100 billion tons of carbon to the atmosphere between 2000 and 2010. That is about a quarter of all the CO2 put there by humanity since 1750." Yet, no more warming.

The Economist has been decidedly alarmist on global warming through the years, so it deserves credit for pausing to consider why the warming trend it expected to continue has mysteriously stalled out. The deniers feel no such compunction. A denier feels the same righteous sense of certitude now, when warming has stopped, as he did a decade ago. Washington Post columnist Eugene Robinson recently opined that "sensible people accept the fact of warming" — but apparently not the fact of no-warming. He scorned those "who manipulate the data in transparently bogus ways to claim that warming has halted or even reversed course." Does he include James Hansen, the famous NASA scientist, among these dastardly manipulators? Noonethis side of AI Gore has warned as persistently about global warming as Hansen. He nonetheless admits that "the five-year mean global temperature has been flat for a decade." None of this means that the Earth didn't get hotter in the 20th century, or that carbon emissions don't tend to create a warmer planet, or that warming won't necessarily begin again. It does mean that we know less about the fantastically complex global climate system than global-warming alarmists have been willing to admit. The Economist notes the work of Ed

Hawkins of the University of Reading in Britain. He has found that if global temperatures stay the same for a few more years, they will fall below the range of 20 climate models. In other words, the scientific "consensus" will have been proven wrong. Why the stall in warming? According to The Economist, maybe we've overestimated the warming impact of clouds. Or maybe some clouds cool instead of warm the planet. Or maybe the oceans are absorbing heat from the atmosphere. Although the surface temperature of the oceans hasn't been rising, perhaps the warming is happening deep down. James Hansen thinks new coal-fired plants in China and India, releasing so-called aerosols into the atmosphere that act to suppress warming, may be partly responsible for the stasis in temperatures. Hey, but don't worry. The science is all "settled." What is beginning to seem more likely is that the "sensitivity" of the global climate to carbon emissions has been overestimated. If so, the deniers will be the last to admit it.

Rich Lowry is editor of the National Review.
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HOCUS-FOCUS BY HENRY BOLTIKOFF



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Announcements & Events

CARMICHAEL'S HOLIDAY TREE LIGHTING

Music by the River City Concert Band, children's activities, food trucks and more!

Pictures with Santa are \$1 or bring a canned food item to donate

Lighting of the holiday display at appx. 6:30pm

Carmichael Park Master Plan Open House from 4-7:30pm

Co-sponsored by the Carmichael Chamber of Commerce, Mission Oaks Recreation and Park District and the Carmichael Kiwanis Club

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

WE HAVE A LOT TO CROW ABOUT!



You've paid your dues, so now's the time to have some fun! No work day pressure, deadlines, or stress here. Just plain ol' fun!

Sons In Retirement invites you to join the best social group of active men in Carmichael. Come for the food, the happy hour, the golf, the bowling, & the ballgame —but stay for the friendship!

NOW IS YOUR TIME TO STRUT & CROW!

BRANCH #23 meets for lunch every 2nd Wednesday at the

Carmichael Elks Lodge, 5631 Cypress Ave. For details, call:

Bill Sutherland (916) 481-2137 or Carroll Hamon (916) 962-0469

Our website: branch23.sirinc2.org

Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

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Matthew 25:40
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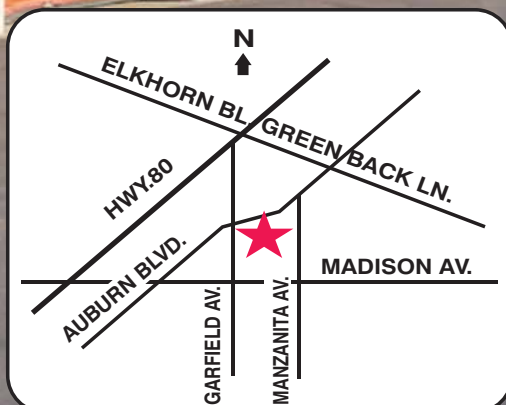
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10:00am

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Sacramento, CA 95825
Mon, Dec 2, 2013
2:00pm

GRIP Financial Office
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Sacramento, CA 95825
Tues, Dec 3, 2013
10:00am

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Sacramento, CA 95825
Tues, Dec 3, 2013
2:00pm

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Sacramento, CA 95825
Wed, Dec 4, 2013
10:00am

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Sacramento, CA 95825
Wed, Dec 4, 2013
2:00pm

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2:00pm

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Sacramento, CA 95825
Fri, Dec 6, 2013
2:00pm

RSVP

to get advice about switching plans before the **December 7th** Annual Enrollment Period deadline.

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By calling the broker listed above, your call will be directed to a licensed insurance broker. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 888-228-6011 (TTY 888-595-0000). Blue Shield of California is an HMO plan with a Medicare contract. Enrollment in Blue Shield of California depends on contract renewal. Limitations, copayments and restrictions may apply. You must continue to pay your Medicare Part B premium. Benefits, formulary, provider network, pharmacy network, premium and/or copayments/co-insurance may change on January 1 of each year. The benefit information provided is a brief summary, not a complete description of benefits. Other physicians/providers are available in our network. You may also call the plan's Member Services number at 800-776-4466 (TTY 800-794-1099), 7 a.m. to 8 p.m., seven days a week.
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ARDEN PLAYHOUSE PRESENTS

Arsenic and Old Lace

Produced by special arrangement with Samuel French, Inc.

By Joseph Kesserling • Directed by Katie Pratt



The Brewster sisters Aunt Abby (Monique McKisson, left) and Aunt Martha (Teresa Anhin) are delighted that lonely, old Mr. Witherspoon (Brian Wallace) is about to drink their poisoned elderberry wine in the Arden Playhouse production of Arsenic and Old Lace. Photo courtesy of Arden Playhouse

It is said, "Charity begins at home". The Brewster home, however, may be the exception . . .

Long before there was the War on Poverty (or Dorothea Puente), a couple of sweet old ladies in Brooklyn had their own way of helping poor, lonely old men. They offered a room in their home, more exactly a space in the basement, following a little drink of their homemade elderberry wine...laced with poison. That's right, the Brewster sisters...Abby and Martha...are back and Arden Playhouse is delighted to present their tale Arsenic and Old Lace.

This classic comedy delves into the perfect American dysfunctional family. In addition to Abby and Martha, there's their nephew Teddy...who thinks he's Teddy Roosevelt (and disposes of the bodies in the Panama Canal he is digging in the basement). And nephew Jonathan, who has had so many botched plastic surgeries he looks like Frankenstein (and who may be a serial killer). And then there is Mortimer, perhaps the worst of

the lot who seems totally clueless about what is going on...but, of course he is, after all...he's a theater critic who says: "insanity runs in my family. It practically gallops."



Jonathon (Kevin Kirtian, left) is suspicious of what Teddy (D.L. Shields, standing) is explaining to Aunt Martha (Teresa Anhin, seated center), Aunt Abby (Monique McKisson, standing) and Dr. Einstein (Laure Olson, seated right) in the Arden Playhouse production of Arsenic and Old Lace. Photo courtesy of Arden Playhouse

Can insanity, murder and mayhem be funny? For over 70 years audiences have been busting a gut over the wild lives of the Brooklyn Brewsters. And they're back just to give us some fun for the holidays...just don't drink the

elderberry wine.

Director, Katie Pratt, went into production of Arsenic and Old Lace by making some different choices and exploiting the ambiguities within the script to create a new version of a classic show. However, "new" is not to be confused with "modernized". She has made every effort to preserve the essence of the characters and the richness of the script that everyone has come to know and love. As Pratt explains, "Although all of my choices are historically accurate, I don't doubt that some of them may take you by surprise - and that's fine by me."

For more information about Arsenic and Old Lace, including group discounts, check the website at ardenplayhouse.com or call 332-2582. ★

Performance Dates:

8PM Fridays and Saturdays - November 22, 23, 29, 30; December 6, 7, 13, 14, 20 & 21

Sunday Matinees 2PM - December 1 & 8

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.)

Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about The Silent Treatment or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.

SPCA Giving Parents A Break

SACRAMENTO, CA (MPG) - The Sacramento SPCA's Winter Camp Kindness will take place Monday, December 23 from 9 a.m. to 3 p.m. for kids age seven to 11. The camp is a one-day holiday adventure where children will spend the day crafting a holiday gift for a special family member, with breaks for lunch and one-on-one time with

the animals.

"It fosters the kids' love of animals," explains Lisa Dykstra, whose daughter Lindsey has attended several Sacramento SPCA youth camps. "It opens their eyes to the pets that are around them and really energizes them to take care of animals."

The day is the SPCA's gift to local parents who participate of

a child-free day so they can put the final touches on the family's holiday plans.

Learn more about Winter Camp Kindness at www.sspca.org. Deadline to register is Tuesday, December 17. Registration is \$45. Financial aid is available. ★

Source: Sacramento SPCA

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10th Annual Nuts and Berries Fundraiser to Help Save Local Wildlife

By Elise Spliess

SACRAMENTO REGION (MPG) - The Wildlife Care Association (WCA) located at McLellan Park is dedicated to the rescue, rehabilitation, and release of more than 6,000 orphaned, sick, and/or injured wild animals each year in the greater Sacramento area.

Our facility takes in animals from local city, county, and state agencies as well as from members of the public, local zoos, and vet clinics. We are the only wildlife rehabilitation group in this area equipped to handle the substantial number of wild animals we rescue every year.

WCA's 10th Annual Nuts & Berries fundraiser will be held on December 8th, 2013 from 6:30 p.m. to 9 p.m. at Lion's Gate Hotel in the Grand Ballroom.

The Nuts & Berries event is the largest fundraiser WCA currently puts on and every year we try to do a few things differently.

In 2012, we had more than 400 items in our silent auction, more than 20 raffle prizes, and more items for sale in the gift shop. We often have more than 100 donors, both local and non-local businesses and individuals to ensure a wide variety of items to choose from.

This year we will be adding a table of different specialty



WCA's 10th Annual Nuts & Berries fundraiser will be held on December 8th, 2013 from 6:30 p.m. to 9 p.m. at Lion's Gate Hotel in the Grand Ballroom. Photo courtesy of Nuts & Berries

desserts to the silent auction and much more seating will be

available at the event. In addition to many theme baskets, we also offer a large selection of fine wines and wine baskets, Disneyland Park Hopper passes, baseball tickets, overnight stays at different hotels and resorts, restaurant gift certificates, artwork, admission to different museums and amusement parks, and so much more.

If you have not attended this event in the past, this is the year to go! Auction items start as low as \$10 — a great selection of items to fit every budget. If you have new items or a service you would like to donate, please contact Theresa at theresaszo1@yahoo.com or 916-952-4336. www.wildlifecareassociation.com. ★



The Nuts & Berries event is the largest fundraiser WCA currently puts on and every year tries to do a new exciting things. Photo courtesy of Nuts & Berries

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