



Self-Publishing Workshop Comes to Sacramento

Page 12

PLUS: Election Results

Page 4

Carmichael Times

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Serving Carmichael and Sacramento County since 1981

November 7, 2012

Park Meals on Wheels a Hit with Patrons in Carmichael



Page 2

Kiwanis Store Opens for Christmas Sales



Page 3

Award-winning play "The Costume Ball" at the Arden Playhouse



Page 12

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PRESORTED STD. US POSTAGE PAID PERMIT 350 Carmichael, CA Change Service Requested

Wall Restored for Patriots' Memorial



Relatives and friends of the 12 men commemorated by the Patriots Park Wall of Honor were photographed last weekend. Del Campo High School Junior ROTC provided the color guard. Photo courtesy Susan Maxwell Skinner

By Susan Maxwell Skinner

CARMICHAEL/FAIR OAKS - A lone piper accompanied a ceremony of flag-raising and speeches; families recalled loved ones lost in service to the nation and the Carmichael/Fair Oaks communities. Central to the event, a neat stone wall belied the travesty of winter 2011, when bronze plaques honoring the park's 12 heroes were stolen. After weeks of community uproar, a recycler reported one of the plates surrendered for scrap metal sale. The thief was arrested. Plaques in his possession

were damaged beyond reuse. The wall's large dedication sign was never found. Restoration was enabled by Joe Bergh, owner of Aino Signs in Lincoln. Bergh graduated from Del Campo High, alma mater to several of the wall's honorees. The businessman replaced all the missing signs at his expense. Speaking at the recent ceremony, County Supervisor Susan Peters commended the gesture: "Mr Bergh (ensured that) our honorees remain in our memory - and in our hearts - forever," she said.

To some families, the Wall of Honor is a symbolic grave stone. During Operation Desert Shield, US Navy pilot Lt. David Warne was lost in the Mediterranean Sea. Though he is honored at Arlington Cemetery, his body was never recovered. His family is still living in the home where he grew up. David's father, Vietnam Silver Star recipient Col Evans Warne said: "The Wall provides comfort that our son's sacrifice is recognized by people who come to this park. We were crestfallen when the plaques were stolen. It's wonderful to see

them restored." Carmichael Park District allows for more names to be added to the Wall of Honor. Conditions apply. For nomination guidelines, call (916) 485-5322.

Footnote: Several of the Wall's honorees are also named on Carmichael's Vietnam War Memorial. Situated in the Earl Koobs Nature Area (5325 Engle Rd), the memorial will host Veterans' Day observances this Sunday, November 11, at 11 a.m. Any one may attend.

Unclaimed checks listed on SMUD.org

SACRAMENTO COUNTY, CA - The Sacramento Municipal Utility District has posted the names of customers and vendors with checks dated October 1, 2009 or earlier who have not yet cashed them. The list of names will remain online until December 26, 2012. Each year SMUD posts this information in an effort to locate the money's rightful owner. Claims against these uncashed checks should be filed on or before December 27, 2012 with SMUD Unclaimed Monies, 6201 S Street, Mail Stop B302, Sacramento, CA 95817-1899 or by calling (916) 732-7440. Replacement checks will be issued only to the payee whose name is on the list. Checks not claimed by December 27, 2012 become SMUD property under California Code Section 50050-50056.

Jennifer Willard Joins Hank Fisher Properties as Marketing Director



SACRAMENTO COUNTY, CA - Jennifer Willard has joined Hank Fisher Properties as Marketing Director. Hank Fisher Properties (HFP) is one of Sacramento's leading full-service senior residential community developers and property managers. In her new position, Willard will be responsible for marketing at HFP's two senior communities in Sacramento -- River's Edge and the Chateau at River's Edge. "I feel so grateful to be part of the wonderful life here at River's Edge," said Willard. "The residents and staff have welcomed me with open arms. I am blessed!" Willard brings twenty years of expertise in business ownership, including executive search and sales leadership at JLW & Associates Career Placement in Folsom, CA. Prior to joining Hank Fisher Properties Willard was the Marketing Director at Eskaton Senior Community. For more information visit www.hankfisherproperties.com.

November is National Alzheimer's Awareness Month

CARMICHAEL, CA - This November help raise awareness about one of America's fastest growing health problems, Alzheimer's disease. By mid-century the number of people afflicted is expected to triple. The good news is that research, treatments and information are moving in new directions to not only find a cure for Alzheimer's but also to make life better for those with it. Today there is better support and care, particularly in senior communities like Carmichael Oaks, which has a special Memory Care living area with apartments, programs and personnel dedicated to those living with Alzheimer's. "Our Memory Care area provides our Alzheimer's and dementia residents with wonderful care where they can enjoy their days with loved ones in a comforting environment

designed just for them. The Memory Care area creates a warm and calming place filled with familiar sights, sounds and aromas of days gone by that our residents can thrive in," said Virginia Stone for Carmichael Oaks. Carmichael Oaks is a community leader in Memory Care that's changing the way those afflicted with the disease are cared for and supported. With years of Alzheimer's care experience to draw from, Carmichael Oaks offers special apartments, an innovative Generations program and constant care for residents with memory loss. Extensively developed by a team of experienced staff, the Generations program provides residents with an engaging lifestyle through compassionate care at the hands of highly trained staff. Each resident's preferences and life story

contribute to his or her individualized care and activities—from daily activities to dining and specialized care by trained staff. The staff at Carmichael Oaks wish to share tips about the symptoms of Alzheimer's disease. In November take the opportunity to better understand Alzheimer's disease. It can affect different people in different ways, but the most common symptom pattern begins with gradually worsening difficulty in remembering new information. This is because disruption of brain cells usually begins in regions involved in forming new memories. As damage spreads, individuals experience other difficulties. The following are warning signs of Alzheimer's: • Memory loss that disrupts daily life

- Challenges in planning or solving problems
 - Difficulty completing familiar tasks at home, at work or at leisure
 - Confusion with time or place
 - Trouble understanding visual images and spatial relationships
 - New problems with words in speaking or writing
 - Misplacing things and losing the ability to retrace steps
 - Decreased or poor judgment
 - Withdrawal from work or social activities
 - Changes in mood and personality
- For more information about memory care at Carmichael Oaks, contact Virginia Stone at 916-944-2323. For more information about the warning signs of Alzheimer's, visit www.alz.org/10signs



A photo of Pixie Cup Lichen. Photo credit: Ron Wolf.

SACRAMENTO REGION, CA - Come and get up close and personal with our fascinating lichens. Often overlooked because of their tiny size,

The Fascinating World of Lichens

lichens play a very important role in nature. And when studied under magnification, they reveal an otherworldly beauty not seen with the naked eye. Pam Kirkbride, a self-taught naturalist specializing in California native plant botany and lichenology, will give an overview of lichen habitats, evolution, ecology, identification, and more. Bringing a variety of lichens for

a hands-on experience, Pam will introduce us to common species of local lichens, share her library of reference guides, and discuss how to start exploring the world of lichens. "Whether your interest is in birds, mammals, insects, soils, arts, or medicine, you'll find lichens in the mix," says Pam. Pam has been a member of the California Native Plant Society

for over 30 years and serves as a docent for Jepson Prairie Preserve and Mather Field. She has also taught native wildflower classes and has led dozens of field trips throughout California. This talk is free and open to the public. Books, wildflower seeds, and t-shirts are available for purchase. Pacific coast irises and other plants from the chapter's demonstration garden will

be offered as well. Refreshments provided - and try our elderberry jam tastings this month! The Sacramento Valley Chapter of the California Native Plant Society is a non-profit organization committed to the conservation of California native plants and their natural habitats and increasing understanding, appreciation, and the horticultural use of native plants.

Park Meals on Wheels a Hit



Dining out. Food truck patrons Ty Campbell and Sharon and Jen Reneau enjoyed al fresco dinners in Carmichael Park. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA – A home for many musical and civic festivals, Carmichael Park recently offered citizens something completely different. In the community's first "Food Truck Mania" event, ten food vendors circled wagons to feed hungry

multitudes by moonlight.

With a high-profile location on Fair Oaks Boulevard, the brightly-lit vehicles attracted homeward-bound workers and lured families out for Thursday night feasting. "It was like a carnival," enthused a customer. "Great company, music and a whole bunch of different food

to try." Truck cuisine included tacos, hot dogs, burgers and — for dessert — some mean sundaes. An estimated 250 people were served.

"It was an experiment but we're happy with how it turned out," said a park district executive. "Maybe we'll have them back again in summer."

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Hometown Heroes

Air Force Reserve Airman Cody C. Morris graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Morris is the son of Ron and Cindy Morris of Kenneth Avenue, Carmichael.

He is a 2004 graduate of El Camino Fundamental High School, Sacramento.

Air Force Airman Austin L. Eaton graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Eaton is the son of Tiffany Eaton of Greenback Lane, and grandson of Larry Eaton of Eaton Lane, both of Orangevale.

He is a 2011 graduate of Casa Roble High School, Orangevale.

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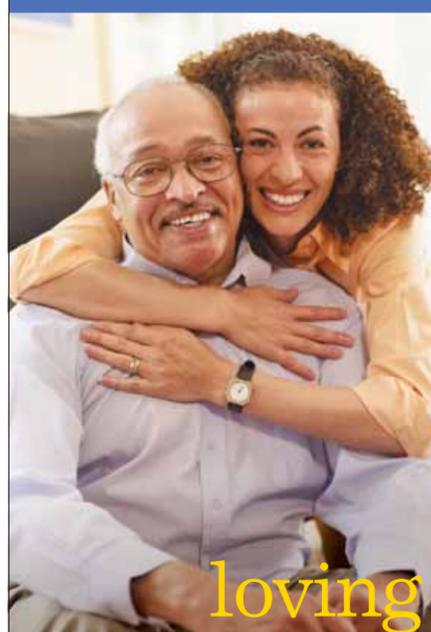
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Aerospace Museum of California Honors Veterans

SACRAMENTO REGION, CA – A special tribute will be held on Sunday, November 11, in honor of Veterans Day from 10 a.m. to 5 p.m. with a brief ceremony honoring all veterans at 11 a.m. The Air Force Sergeant's Association of Sacramento is hosting the Museum's Veterans Day event and the program will be held at the AMC's Memorial Plaza with a tribute to the flag, followed by the National Anthem, a wreath laying, and will conclude with remarks.

The Museum will also have all of the recently purchased bricks and pavers installed and available for viewing. Active duty military service members receive free admission to the Museum.

To receive free admittance visitors must present a military ID. Standard admission will apply to all other visitors.

The AMC is a non-profit foundation dedicated to inspirational and educational programs, honoring the rich military and aviation history of the greater Sacramento region, and highlighting the impact and innovation of the Museum's many community partners.

For more information visit www.aerospaceca.org or join us on Facebook www.facebook.com/AerospaceMuseumCA. The Museum is located at 3200 Freedom Park Drive, McClellan, CA 95652. Source: Strong Communications

Kiwanis Store Opens for Christmas Sales

From Jack Harrison

CARMICHAEL, CA—The Kiwanis Club will once again be selling See's candy in support of our soldiers overseas and our local schools. The Clubs' See's candy store at the Bel Air Shopping Center (Fair Oaks and Cypress) will be open November 18-December 24 (daily 9-5) to provide the community a convenient location for your holiday candy purchases.

At the store, customer may buy candy for a soldier and include a message if they desire.

The Club will ship the candy and the notes to soldiers overseas or to those being treated at Walter Reed Hospital. Last year, area Kiwanis Clubs shipped over a ton of See's candy to Soldiers in Afghanistan and at Walter Reed.

In addition to sending candy to soldiers, the Carmichael Kiwanis Club will donate all net proceeds from the store to the Fine Arts Programs in the San Juan Unified School District. These programs have been especially hard hit by budget reductions in recent years. In 2011, the candy sales provided for a donation of \$7500 to fifteen schools within the district through a competitive grant process.

Club members are encouraging residents to take advantage of this convenient way to purchase See's candy while helping our soldiers and local children.



George White (left) and Byron Borman of the Carmichael Kiwanis Club show some of the See's candy that will go on sale on November 18, to raise money to send candy to soldiers overseas and to help support local school arts programs. Photo courtesy of the Carmichael Kiwanis Club.



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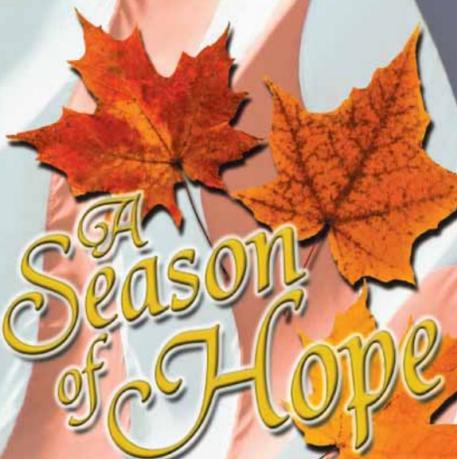
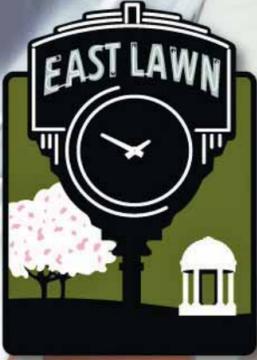
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Election Results

Statewide Propositions

	Yes	No
30 - Temporary Taxes to Fund Education	53.9%	46.1%
31 - Establishes a Two-Year State Budget	39.2%	60.8%
32- Political Contributions by Payroll Deduction	43.9%	56.1%
33 - Auto Insurance Based on Driver's History	45.4%	54.6%
34 - Repeals Death Penalty for Life in Prison	47.2%	52.8%
35 - Increases Prison Sentences for Human Trafficking	81.1%	18.9%
36 - Three Strikes Law - Revised to Life in Prison Only	68.6%	31.4%
37 - Genetically Engineered Foods Labeling	46.9%	53.1%
38 - Tax to Fund Education/Early Childhood Programs	27.7%	72.3%
39 - Tax on Multistate Business to Fund Green Energy	60.1%	39.9%
40 - Redistricting State Senate Districts	71.4%	28.6%

Senate

Dianne Feinstein - Dem	61.4%
Elizabeth Emken - Rep	38.6%

Senate District 1

Doug LaMalfa - Rep	57.8%
James Reed - Dem	42.2%

Senate District 4

Tom McClintock - Rep	61.1%
Jack Uppal - Dem	38.9%

District 7

Dan Lungren - Rep	49.9%
Ami Bera - Dem	50.1%

State Assembly Districts

District 6

Beth Gaines	69.1%
Andy Pugno	30.9%

District 8

Ken Cooley - Dem	52.2%
Peter Tateishi - Rep	47.8%

District 9

Richard Pan - Dem	57.3%
Antonio Amador - Rep	42.7%

SACRAMENTO COUNTY ELECTION RESULTS FOR CARMICHAEL

SUMMARY REPORT Sacramento County SEMI-OFFICIAL
 RUN TIME:12:49 AM Tuesday, November 6, 2012

VOTES PERCENT

Governing Board Member SAN JUAN UNIFIED SCHOOL DISTRICT

Vote For 3 (WITH 274 OF 274 PRECINCTS COUNTED)		
PAM COSTA	41,550	27.03
SAUL HERNANDEZ.	26,726	17.39
LUCINDA E. LUTTGEN	24,556	15.98
MARK LENNON.	23,040	14.99
MIKE MCKIBBIN	23,034	14.98
JOHN EDWARD HAWES.	14,582	9.49
WRITE-IN.	227	.15
Over Votes	66	
Under Votes	125,924	

Director, Division 2 CARMICHAEL WATER DISTRICT

Vote For 1 (WITH 30 OF 30 PRECINCTS COUNTED)		
MARK R. EMMERSON	5,026	56.04
JIM BAKER	3,920	43.71
WRITE-IN.	23	.26
Over Votes	5	
Under Votes	2,953	

Director, Division 4 CARMICHAEL WATER DISTRICT

Vote For 1 (WITH 30 OF 30 PRECINCTS COUNTED)		
RON GREENWOOD	5,474	67.71
PETER KAZAK.	2,593	32.07
WRITE-IN.	18	.22
Over Votes	3	
Under Votes	3,839	

MEASURE N SAN JUAN UNIFIED SCHOOL DISTRICT

Vote For 1 (WITH 274 OF 274 PRECINCTS COUNTED)		
Yes	49,121	58.34
No.	35,084	41.66
Over Votes	21	
Under Votes	9,487	



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Auto Museum Invites Car Enthusiasts to Sign-Up for Docent Program

SACRAMENTO – Students of this class will be acquainted with the Museum; the history of the automobile, the world automobile industry and its entrepreneurs; the cars in the Museum; the automobile's influence on our lives; and how to interestingly present these topics to visitors of all ages. The 21 week program, taught by over 45 subject-matter experts, begins January 10, 2013. Students can sign-up in person, online, or over the phone.

Our docents, under the leadership of the Docent Council, are the educators for the Museum and the personal outreach to Museum visitors. Docents conduct tours and help host special

events for organized groups, school classes and individuals. Some of Docents also give Speaker's Bureau talks, promoting the Museum throughout the region. Most of all Docents enjoy contact with many interesting people from all over the world.

The mission of the California Automobile Museum is to preserve, exhibit and teach the story of the automobile and its influence on our lives. The California Automobile Museum is open seven days a week from 10 am–6 pm and until 9 pm on every 3rd Thursday of the month.

EVENT: 28th Docent Class Begins January 10, 2013

WHEN: January 10 – May 16, 2013

TIME: Class is Every Thursday beginning January 10, 2013

WHERE: California Automobile Museum, 2200 Front Street, Sacramento, CA 95818

COST: \$99 includes cost of training materials, docent badge, and a one-year membership to the Museum. Scholarships are available under special circumstances.

For More Information: (916) 442-6802 Or www.Calautomuseum.Org

Pothole Sweeps Week Start-Up in Arden

SACRAMENTO COUNTY, CA – The Sacramento County Department of Transportation (SACDOT) started "Fall 2012 - Pothole Sweeps Week" on Monday, November 5. Pothole Sweeps Week is an intensified effort to identify and repair potholes, and is part of continuous efforts to improve preventative maintenance activities for unincorporated area roadways. Pothole sweeps are performed twice each year: in late Spring to repair potholes caused by inclement weather; and, in Fall to ready road

surfaces for the storm season. This County-wide effort will begin in the Arden Arcade community -- which is the center of our service area -- and continue through the remainder of the unincorporated area as follows: **November 5:** Work crews began inspecting streets and fixing potholes. Residents are encouraged to contact SACDOT concerning potholes on neighborhood streets. Pothole locations can be called into Customer Service at 916-875-5171, or emailed to www.sacdot.com: Report a Problem.

There are over 5,200 lane miles of paved roadways in the County unincorporated area and it's inevitable that somewhere in this large area of streets there will be potholes. SACDOT's policy is to: "Repair all potholes as soon as possible." The Pothole Sweeps Week program enhances ongoing pavement maintenance activities, which include SACDOT crews who are sent into the field Monday through Friday each week to specifically repair potholes.

CDPH Warns Not to Eat Certain Bolthouse Farms Carrot Chips

SACRAMENTO – California Department of Public Health (CDPH) Director Dr. Ron Chapman today warned people not to eat Bolthouse Farms Carrot Chips in 16 ounce bags, with "Best If Used By" dates of Nov. 12, 2012 and Nov. 13, 2012, because the carrots may be contaminated with Salmonella. To date, no illnesses have been associated with these products.

Bolthouse Farms of Bakersfield, California, initiated the voluntary recall of the Carrot Chips after learning that Salmonella was isolated from one of the packages collected during routine surveillance sampling conducted by the North Carolina Department of Agriculture and

Consumer Services.

The recalled Carrot Chips contain the following coding information on the front right corner of the bags: 04T XXXX BF212J11 or 04T XXXX BF212J12, where the four X's are any series of numbers that indicate the time of packaging. The carrots were available for purchase throughout the United States and Canada at retail markets and grocery stores. The Carrot Chips were sold in 16 ounce clear plastic bags. Click on Bolthouse Farms product photographs to see the product. Consumers in possession of this recalled product should discard it or return it to the store of purchase for a refund.

Symptoms of Salmonella infection include fever, abdominal cramps, and diarrhea which may be bloody. Most infected people recover within a week. Some may develop complications that require hospitalization. Infants, the elderly, and people with weakened immune systems are at highest risk for more severe illness. CDPH recommends consumers experiencing any ill effects after consuming these products should consult their health care provider. Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll free complaint line at (800) 495-3232.

WIDOWED PERSONS ASSOCIATION COPING WITH THE HOLIDAYS WORKSHOPS

#1 Wednesday, November 14th, 2012 from 2-4 PM. The workshop is held at our office meeting room at 2628 El Camino Avenue, Suite D-18, enter by the back parking lot, near the intersection of El Camino and Fulton Avenue. Free to all widowed persons.

#2 Monday, December 3, 2012 from 7-9 PM. The workshop is held at our office meeting room at 2628 El Camino Avenue, Suite D-18, enter by the back parking lot, near the intersection of El Camino and Fulton Avenue. Free to all widowed persons.

The workshops present information and ideas and provide opportunities for widowed person to share one-on-one with fellow participants in a safe, supportive, environment.

Topics include: Why are holidays and special days like an anniversary so difficult for widowed people? How can I cope with my family members? Should I decorate my home?

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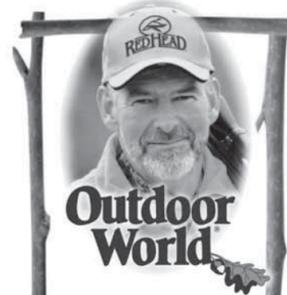
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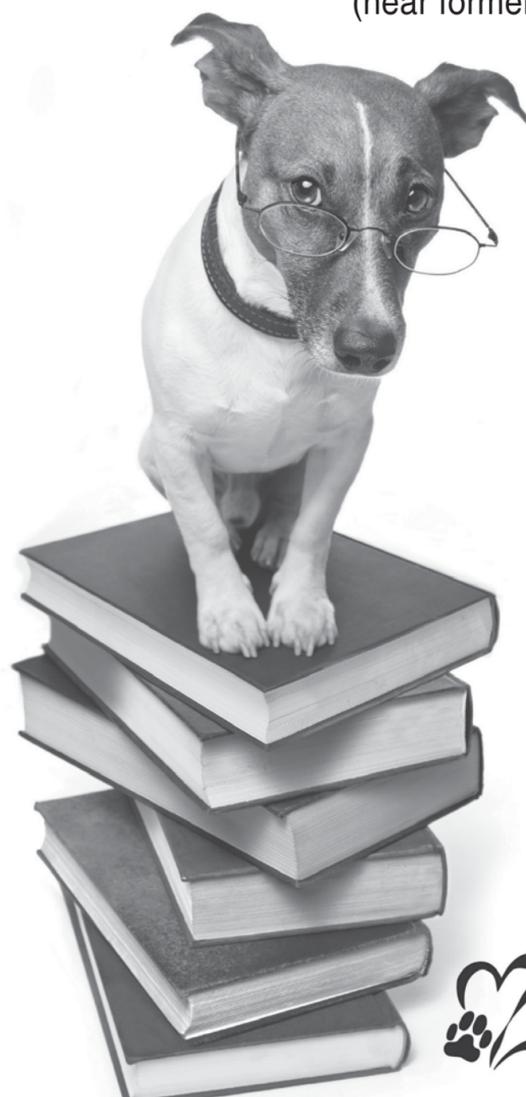
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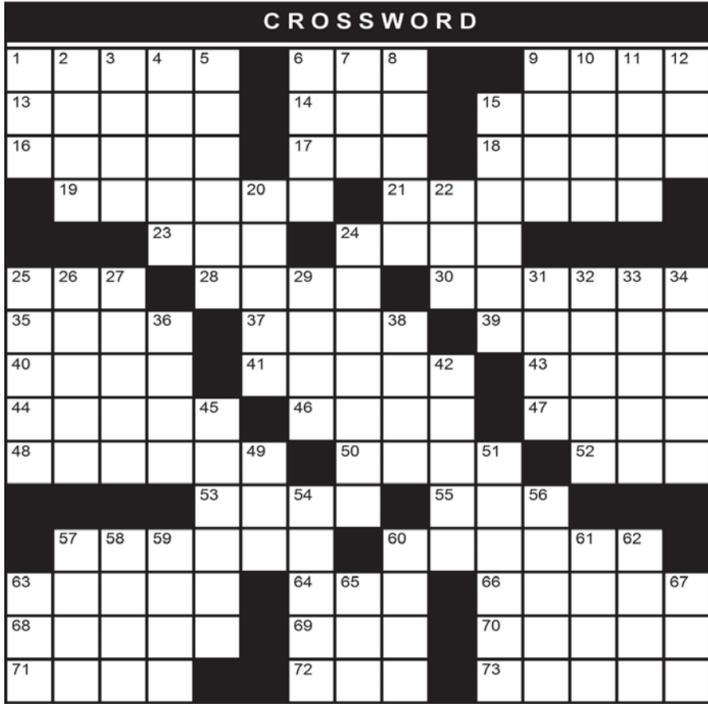
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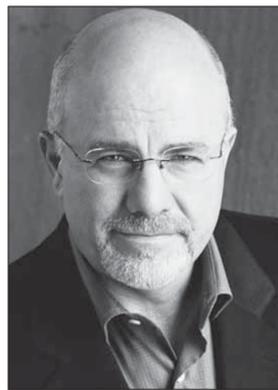
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CLUES

- | | | | |
|---|---|--|---|
| <p>ACROSS</p> <p>1. Girder that looks like a letter</p> <p>6. *Largest North American deer</p> <p>9. *Methane release by a cow</p> <p>13. ___-__-la</p> <p>14. Actress ___ Thompson</p> <p>15. Rane'e's wrap</p> <p>16. Luxurious sheet fabric</p> <p>17. Opposite of guzzle</p> <p>18. Donor's loss</p> <p>19. *Cause of African Sleeping Sickness</p> <p>21. *Dangerous delicacy</p> <p>23. Nada</p> <p>24. Rented on the links</p> <p>25. Distant</p> <p>28. Fountain order</p> <p>30. Like body temperature of 98.6"</p> <p>35. Month of Purim</p> <p>37. Barber's supply</p> <p>39. A Judd</p> <p>40. Rounded elevation</p> <p>41. Member of the lowest Hindu</p> | <p>caste</p> <p>43. "Goodbye" to Sophia Loren</p> <p>44. Fat cat in the Orient</p> <p>46. Toot one's horn</p> <p>47. Julia Robert's character</p> <p>48. Bad blood</p> <p>50. Bassoon cousin</p> <p>52. Ensign, for short</p> <p>53. Student aid</p> <p>55. Grandmother, for short</p> <p>57. *Dian Fossey's domain</p> <p>60. *Bob Dylan's words, e.g.</p> <p>63. Indian coin</p> <p>64. Austin Powers, e.g.</p> <p>66. Inhabitants of Thailand</p> <p>68. Poker stakes</p> <p>69. Across, in verse</p> <p>70. *It opens wide</p> <p>71. ___ lighting</p> <p>72. Country song "Harper Valley ___"</p> <p>73. Walk through mud</p> | <p>DOWN</p> <p>1. "___ alive!"</p> <p>2. Babysitter's nightmare</p> <p>3. Chow or grub</p> <p>4. Sci-fi classic</p> <p>5. *Praying insect</p> <p>6. "... or ___!"</p> <p>7. "Fantasy Island" prop</p> <p>8. 10th letter of Greek alphabet</p> <p>9. Throw up</p> <p>10. Encourage</p> <p>11. Infantry's last rows, e.g.</p> <p>12. Mont Blanc, e.g.</p> <p>15. "___ crime"</p> <p>20. One-armed bandits</p> <p>22. Big coffee server</p> <p>24. Used for boiling</p> <p>25. *Animal life of particular period</p> <p>26. Don Draper of "Mad Men", e.g.</p> <p>27. Teacher of Torah</p> <p>29. Slap on</p> | <p>31. Preakness, e.g.</p> <p>32. Wavelike design</p> <p>33. At full speed</p> <p>34. *Tsavo man-eaters</p> <p>36. One of "Clue" clues</p> <p>38. Mr. Eugene Krabs, e.g.</p> <p>42. "The ___ of defeat"</p> <p>45. Protrudes outwards</p> <p>49. Sun in Mexico</p> <p>51. 3rd rock from the sun, pl.</p> <p>54. *He used animals to demonstrate morals</p> <p>56. Root of nihilism</p> <p>57. Ellen Page's 2007 role</p> <p>58. Plotting</p> <p>59. Financial aid criterion</p> <p>60. Vega's constellation</p> <p>61. Al Capone, e.g.</p> <p>62. Plural of #17 Across</p> <p>63. Ewe's mate</p> <p>65. *Not a wild one</p> <p>67. Fifth note</p> |
|---|---|--|---|

For Solution See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Now, You Are One

Dear Dave,
I got married in May, and my wife brought student loan debt into the marriage. I had some savings before the wedding, and I could pay this off immediately without putting us in a bind. But is this "her" debt, or should I look at it as "our" debt?
- Ernest

Dear Ernest,
Absolutely, you should view it as "our" debt. It came with the territory when you two walked down the aisle.

A lot of people don't use the old-fashioned marriage vows anymore, but *The Book of Common Prayer* reads, "... for richer, for poorer, in sickness and health, and unto thee I pledge my worldly goods." Basically, that means you're saying, "I'm ready to take a bullet for you. I'm going to do whatever it takes to serve you, and vice versa." You're joining your separate lives into one.

In addition to all this, you guys need to be in agreement on how you're going to handle money. In other words, it all gets worked out together with both of you sitting down and planning your

Dave Says

financial future as one. This is called a budget. Like everything else, you work on it together. It's not a situation where one of you is making all the decisions or bailing out the other.

But if you guys are on the same page—if your relationship is healthy and you're in agreement about moving forward with shared dreams and goals—then I'd say write the check today and knock out that debt!

- Dave

Which Job?

Dear Dave,
I've been unemployed for three months, but recently I received two job offers. One is a state job that would pay \$50,000 a year. The other is a one-year contract for a position in Afghanistan that pays \$200,000. I know I'd like both jobs, so which would be the smartest choice?
- Nick

Dear Nick,

If it were me, I'd take the state job. I know that any kind of situation with six figures attached to it looks and sounds wonderful,
- Dave

but in my mind we're talking about a career choice versus risk. Plus, I'm a firm believer in the idea that people make better decisions when they think in terms of 10 years from now rather than 10 or 12 months down the road.

In addition to the risk factor, the biggest problem with the offer in Afghanistan is that once it's over, it's over. Then you're right back where you are now. You may have money in your bank account, but you're unemployed all over again.

You know, one of the things I've noticed over the years is when wealthy people assess a financial opportunity, they almost always think in five-, 10- and 20-year blocks of time. We're talking long term here. There's not a whiff of living paycheck to paycheck or "Thank God, it's Friday. Oh, God, it's Monday!" on them.

Take the state job and fashion a good, long-lasting career for yourself. Don't go chasing money on the short term!

- Dave

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!



For Solution See Page 7.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07270. California Caregivers Home Healthcare, LLC, 777 Campus Commons Road #200, Sacramento, CA 95825 is doing business under the Fictitious Business Name "California Caregivers" at 777 Campus Commons Road #200, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on September 4, 2012. Publish: October 17, 24, 31, November 7, 2012.
CALCAR 121003 11-7-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08219. Behyar Talebi, 2717 Gunn Road Carmichael, CA 95608 and Cyrus M. Amani, 825 Morse Ave. #213, Sunnyvale, CA 94085 are doing business under the Fictitious Business Name "Carmichael Auto Care" at 6000 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 9, 2012. Publish: October 17, 24, 31, November 7, 2012.
CARAUT 121003 11-7-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08275. James Christopher Peterson, 3521 Oak Dell Ave., North Highlands, CA 95606 is doing business under the Fictitious Business Name "Simple Man Welding and Fabrication" at 3521 Oak Dell Ave., North Highlands, CA 95606. Filed with the Clerk of Sacramento County on October 10, 2012. Publish: October 17, 24, 31, November 7, 2012.
SIMPLE 121003 11-7-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07859. James L. Dawson, Jr. and Loretta A. Dawson, both of 545 W. North Bear Creek Dr., Merced, CA 95398 are doing business under the Fictitious Business Name "Suds Factory" at 2830 Eastern Ave., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on September 24, 2012. Publish: October 17, 24, 31, November 7, 2012.
SUDSFA 121003 11-7-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00130782

WHEREAS, Mark Degler has filed a petition with this court for a decree changing name of Jasmine Nicole Degler-McGowan to Jasmine Nicole Degler.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 26, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 10, 2012
 David I. Brown
 Judge of the Superior Court
 Publish: October 17, 24, 31, November 7, 2012.
DEGLER 121003 11-7-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00130579

WHEREAS, Shane Dee Lake has filed a petition with this court for a decree changing name of Shane Dee Lake to Shane Dee Spencer.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 16, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 3, 2012
 David I. Brown
 Judge of the Superior Court
 Publish: October 17, 24, 31, November 7, 2012.
SPENCE 121003 11-7-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00130544

WHEREAS, Genelle Anderson has filed a petition with this court for a decree changing name of Genelle Anderson to Charlie Rose.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 14, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 3, 2012
 David I. Brown
 Judge of the Superior Court
 Publish: October 17, 24, 31, November 7, 2012.
ROSE 121003 11-7-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00130554

WHEREAS, Kaila Raine Hunter has filed a petition with this court for a decree changing name of Kaila Raine Hunter to Mason Daniel Hunter.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on November 14, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 3, 2012
 Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: October 17, 24, 31, November 7, 2012.
HUNTER 121003 11-7-12

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: LIDO BAR & GRILL INC. is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 7901 Fair Oaks Blvd. #A, Carmichael, CA 95608-2497 with 47 - On-Sale General Eating Place license. Filed: October 16, 2012.

Publish: October 24, 31, November 7, 2012.
LIDOBAR 121004 11-7-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08438. Mykola Bychuk, 4504 Jenness Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Mykola Bychuk On Call Service" at 4504 Jenness Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 24, 31, November 7, 2012.
MYKOLA 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08437. Taras Khoma, 7484 Holworthy Way, North Highlands, CA 95842 is doing business under the Fictitious Business Name "Taras K On Line Service" at 7484 Holworthy Way, North Highlands, CA 95842. Filed with the Clerk of Sacramento County on Oct. 16, 2012. Publish: October 24, 31, November 7, 2012.
TARASK 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08439. Dennis Litvinenko, 6316 Mariposa Ave. #42, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Denis Litvinenko On Call Service" at 6316 Mariposa Ave. #42, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 24, 31, November 7, 2012.
DENISL 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08435. Petro Lushchyk, 8417 Villaview Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Petro Lushchyk On Call Service" at 8417 Villaview Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 24, 31, November 7, 2012.
PETROL 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08534. Gerald M. Hickman Jr., 417 20th St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "Leo" at 417 20th St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on October 19, 2012. Publish: October 24, 31, November 7, 2012.
LEO 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08507. Sukh Bhullar, 1545 Manasco Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Coast Hospitality Advisors; Coast Financial; Coast Realty; Coast Mortgage" at 1545 Manasco Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 18, 2012. Publish: October 24, 31, November 7, 2012.
QUALIT 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08435. Justin Orden, 8589 Jaylee Way, Fair Oaks, CA 95628, and Zachary Greenfield, 7629 32nd St., Antelope, CA 95843 are doing business under the Fictitious Business Name "JZ's Cafe" at 3399 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 12, 2012. Publish: October 24, 31, November 7, 2012.
JZSCAF 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08480. Hamilton Enterprises LLC, 6515 Mi Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Miles Manor" at 4301 Watkins Dr., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 24, 31, November 7, 2012.
MILESM 121004 11-14-12

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: LIDO BAR & GRILL INC. is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 7907 #A&B / 7909 #A Fair Oaks Blvd., Carmichael, CA 95608-2497 with 47 - On-Sale General Eating Place license. Filed: October 24, 2012.

Publish: October 31, November 7, 14, 2012.
LIDOBAR 121005 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08593. Juliemai Thu Nguyen, 5104 Homeland Court, Antelope, CA 95843 is doing business under the Fictitious Business Name "Blessed Enterprises" at 382 Elm St., Sacramento, CA 95838. Filed with the Clerk of Sacramento County on October 31, 2012. Publish: November 7, 14, 21, 28, 2012.
BLESSE 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08478. AGA Auto Dismantling LLC, 625

Old Country Road #25, Belmont, CA 94002 is doing business under the Fictitious Business Name "AGA" at 3806 Recycle Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: November 7, 14, 21, 28, 2012.
AGAT 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08547. New American Auto Care Inc., 2140 Marconi Ave., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Quality Auto Sales" at 2140 Marconi Ave., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on October 19, 2012. Publish: October 31, November 7, 14, 21, 2012.
QUALIT 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08830. Jose E. Mirazo, 7456 Center Park Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Tito's Towing & Repair" at 3121 23rd Ave., Sacramento, CA 95820. Filed with the Clerk of Sacramento County on October 31, 2012. Publish: November 7, 14, 21, 28, 2012.
TITOST 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08579. Michael David Burnett, 9638 Hawk Bay Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Premier International Salon" at 1309-D Florin Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on October 22, 2012. Publish: November 7, 14, 21, 28, 2012.
PREMIE 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08739. Richard James Kimbrough II, 1550 Iron Point Road #2913, Folsom, CA 95630 is doing business under the Fictitious Business Name "Reliable Lawn Care & Handy Services" at 1550 Iron Point Road #2913, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 26, 2012. Publish: November 7, 14, 21, 28, 2012.
RELIAB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08783. Adrienne L. Monarez, 4920 Minnesota Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Whole Body Wellness" at 4920 Minnesota Ave., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 29, 2012. Publish: November 7, 14, 21, 28, 2012.
WHOLEB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08865. Karan Venture LTD, 8719 White House Road, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "1st Choice Pizza & Curry; 1st Choice Pizza" at 9308 Elk Grove Blvd. #100, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 1, 2012. Publish: November 7, 14, 21, 28, 2012.
CLOVER 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08481. Ronald Johnson, 59 Jarvis Circle, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Ron's Carpet Cleaning" at 59 Jarvis Circle, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.
INDICO 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08487. Stephen Katen, 4716 Firebird Lane, Sacramento, CA 95841; Shawn Callahan, 1279 Berry Creek Road, West Sacramento, CA 95691; and Michael Lamb, 8204 Montville Court, Antelope, CA 95843 are doing business under the Fictitious Business Name "MailSquadron" at 4716 Firebird Lane, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.
MAILSQ 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08182. Andrea Silva, 10612 Fair Oaks Blvd., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Cloverfield Photography" at 8030 Sacramento St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Oct. 5, 2012. Publish: November 7, 14, 21, 28, 2012.
1STCHO 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08865. Karan Venture LTD, 8719 White House Road, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "1st Choice Pizza & Curry; 1st Choice Pizza" at 9308 Elk Grove Blvd. #100, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 1, 2012. Publish: November 7, 14, 21, 28, 2012.
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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08865. Karan Venture LTD, 8719 White House Road, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "1st Choice Pizza & Curry; 1st Choice Pizza" at 9308 Elk Grove Blvd. #100, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 1, 2012. Publish: November 7, 14, 21, 28, 2012.
CLOVER 121101 11-28-12

Phai Thilai Engressia, 2525 Walnut Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Maily Therapy Massage" at 2525 Walnut Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 18, 2012. Publish: October 31, November 7, 14, 21, 2012.
MALTY 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08547. New American Auto Care Inc., 2140 Marconi Ave., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Quality Auto Sales" at 2140 Marconi Ave., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on October 19, 2012. Publish: October 31, November 7, 14, 21, 2012.
QUALIT 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08830. Jose E. Mirazo, 7456 Center Park Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Tito's Towing & Repair" at 3121 23rd Ave., Sacramento, CA 95820. Filed with the Clerk of Sacramento County on October 31, 2012. Publish: November 7, 14, 21, 28, 2012.
TITOST 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08579. Michael David Burnett, 9638 Hawk Bay Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Premier International Salon" at 1309-D Florin Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on October 22, 2012. Publish: November 7, 14, 21, 28, 2012.
PREMIE 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08739. Richard James Kimbrough II, 1550 Iron Point Road #2913, Folsom, CA 95630 is doing business under the Fictitious Business Name "Reliable Lawn Care & Handy Services" at 1550 Iron Point Road #2913, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 26, 2012. Publish: November 7, 14, 21, 28, 2012.
RELIAB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08783. Adrienne L. Monarez, 4920 Minnesota Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Whole Body Wellness" at 4920 Minnesota Ave., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 29, 2012. Publish: November 7, 14, 21, 28, 2012.
WHOLEB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08481. Ronald Johnson, 59 Jarvis Circle, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Ron's Carpet Cleaning" at 59 Jarvis Circle, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.
INDICO 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08487. Stephen Katen, 4716 Firebird Lane, Sacramento, CA 95841; Shawn Callahan, 1279 Berry Creek Road, West Sacramento, CA 95691; and Michael Lamb, 8204 Montville Court, Antelope, CA 95843 are doing business under the Fictitious Business Name "MailSquadron" at 4716 Firebird Lane, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.
MAILSQ 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08182. Andrea Silva, 10612 Fair Oaks Blvd., Fair Oaks, CA 9



By County Supervisor Susan Peters

Through the generosity of The Carmichael Times this column serves to provide an update periodically about matters affecting the Third District.

AIRPORT PARKING CHANGE

Sacramento International Airport has opened the Daily Surface Lot near the parking garage on a 24-hour basis and dropped the maximum rate for

parking in that lot from \$15 a day to \$12. It is located before the entrance to the garage on Airport Boulevard and shuttle buses will take passengers to Terminal A or Terminal B. Previously, the Daily Surface Lot, had been used for overflow when the garage was at capacity.

This change accommodates for the loss of parking spaces in the Economy Lot when the northernmost sections were closed. Those sections were put in place when the parking garage and, later, Terminal B were under construction and were never intended for permanent use. In addition that closed area had deteriorated and was prone to flooding and determined to be at the end of its useful life.

To minimize the impact to customers, the Airport added capacity by opening the Daily Surface Lot 24 hours a day and at the lower price. The Economy

Lot is \$10/day, flat rate. While the Daily Surface Lot rate is at \$12, it is much closer to the terminals and involves a shorter shuttle ride.

All airport parking is available on a first-come, first-served basis. Because of these changes, the Economy Lot is more likely to fill to capacity, particularly during peak travel times. When the Economy Lot is closed, customers may choose to park at other airport lots; however, the specific posted rates for those lots will apply.

PASTA FEED FOR YOUTH PROGRAMS

On Saturday, November 10, the 1st Annual Arden-Arcade Community Pasta Feed will be held to raise funds benefitting the youth programs provided by the Sheriff's Community Impact Project (SCIP) and the Swanston Community Center operated by the Mission Oaks Recreation and

Park District.

The fun will be held between 6 to 10 p.m. at the Mission Oaks Community Center at Gibbons Park, 4701 Gibbons Drive, in Carmichael. Tickets are only \$25 per person and the proceeds go to two good causes – SCIP which works to lessen juvenile delinquency and gang involvement and the Park District's recreation programs.

For more information about SCIP and the pasta feed, visit sacscip.org.

VISITING WITH NEIGHBORS

During the month of October I had the pleasure of visiting with residents at several community events.

The Arden Park Homeowners Association was the first stop on my schedule occurring on October 2 and later on October 18 I attended the annual meeting of the Carmichael Creek

Neighborhood Association. Both events offered the opportunity to talk with residents of the unincorporated area about matters of concern to them.

In between visits to those two associations I participated in a roundtable discussion with members from several churches in the Arden-Arcade and Carmichael area at Town and Country Lutheran Church. The Arden-Arcade Carmichael Faith Communities (AACFC) is an organization that recognizes by working together rather than in isolation the faith community can pool resources to combat hunger and provide assistance to those in need in our local neighborhoods. It was a productive forum to explain many of the innovations Sacramento County is pursuing to assist the homeless, seniors, and other in need.

I also joined in celebrating the

spirit of Halloween at the joint mixer of the Carmichael and Fair Oaks Chambers of Commerce on October 10 held at the Fair Oaks Cemetery. Plus I had the honor of participating in the ribbon-cutting ceremony opening the new campus of EPIC Bible College located at 4390 Auburn Boulevard on October 12.

For all of you that have a Facebook account please feel free to check out my Facebook fan page and I invite you to like my page so you can be notified of my postings. I put information on my fan page periodically about district events and activities. The page can be found by searching for Supervisor Susan Peters within the Facebook site.

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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2nd Sat. Dec. 9th 5-8:30 PM
Crafters: Space Still Available!

Gallery 3 November 2012 "Body of Work"
Mendy Bates, Marie Dixon, Sheila Jacobs, Paula Lloyd

WASH Monthly meeting: Myrna Wachov, November 12th, 1:30 pm
NCA Monthly Meeting: Jan Miskulin is our Guest, November 14th, 7 pm

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Politics and the Church

people check out a church's website before they attend for the first time and see if they can find out where that church stands on certain moral issues that have now become political issues; issues like the role of women, abortion, homosexuality, and marriage. Like it or not this is what is happening in America and this increases the polarization and segregation of people who all claim to be followers of Jesus Christ.

There is a message here for Christians of all political persuasions today. People who follow Christ can belong to different political parties and still join together in public worship and service. It is not by accident that these two disciples had political identifiers attached to their names. Jesus wants us to know that all are invited to follow him regardless of political persuasion, because "Something greater than Solomon is here".

My answer to this disturbing reality came when Dr. Tim Brown of Growing Healthy Churches made a brief but powerful reference to the political leanings of Jesus' original twelve disciples. In the Gospel of Matthew chapter 10:2-4 there is a list of names of these first followers of Jesus. Interestingly, as Dr Brown pointed out, two disciples have political identifiers attached to their names... Matthew the tax-collector and Simon the Zealot. Zealots were a Jewish revolutionary group violently opposed to Roman rule over Palestine. Matthew was a Jewish man who collected taxes for the Romans. Just imagine the sparks

that flew when they met for the first time! Talk about being on polar opposites of the political spectrum these two original disciples were the epitome of such division. But both had met Christ and responded to his call to follow him and it seems that their allegiance to Jesus trumped their politics and they apparently all got along since there is no evidence of political infighting among them.

By Pastor Rich Reimer

The Sacramento Bee recently reprinted an article from *The Washington Post* by Michelle Boorstein discussing "evidence of an unprecedented reshuffling of American's spiritual identities..." The one statement that struck me was this. "SOCIOLOGISTS HAVE SHOWN THAT AMERICANS ARE MORE LIKELY TO PICK THEIR PLACE OF WORSHIP BY THEIR POLITICS, NOT VICE VERSA."

(Be 10-9-2012 - Study: Religious affiliation is on the wane in U.S.)

As a Pastor who has been ordained now for 30 years I know what that means. It means that



POPOFF!

with Mary Jane Popp

interpret and react to situations. 3) *Be more successful by rewiring your brain and boosting the occurrence of positive messages.*

somewhere quiet...preferably outside in the fresh air.

Here are nine ways Trevor mentioned to me to defend yourself against complaints...yours and others...so you can rewire your brain and boost the occurrence of positive thoughts and behaviors.

6) Wear an invisible mentality shield. Imagine that an invisible shield like a glass cloak made of positive energy descends from the sky and lightly covers your whole body. You can see perfectly well through it, but it protects you from others' negative words and emotions.

TOXIC NEGATIVE NELLIES

Are you exposed to a bunch of negative nellies? What if I told you that being around complainers is not only unpleasant; it's bad for your brain too!

Brain researchers have long known that the adult brain is surprisingly plastic. We can strengthen connections though repetition, for example, to improve our memory. But a new study using functional MRIs found that negative words actually stimulate the areas of our brain associated with perceptions and cognitive functioning. So who cares, right? Be aware that constant exposure to negative messages from complainers will reinforce negative thinking and behavior. That's why we need to care. If you keep hearing negative messages, your behavior will change to fit the new perceptions, and not in a good way. Why? Because your brain cannot distinguish fact from fiction, that's why.

Enter Trevor Blake who I had on my POPPOFF Radio Show recently. Trevor is a highly successful serial entrepreneur who started his first company with a few thousand dollars and sold it for more than a \$100 million. Now he has developed a three-step strategy that can change your life in his book *"Three simple Steps" A Map to Success in Business and Life*. In the book, he tackles these three messages.

- 1) *Limit your exposure to negativity all around you...and why you must.*
- 2) *Take control of how you*

1) Become Self-aware. When you feel a complaint coming on, no matter how trivial, stop yourself. You can't delete the thought, but you can revise it before saying it aloud. So instead of saying, "Oh, that's nice, but I could never afford it," you might say, "That will look wonderful with my black pants when I can afford to buy it."

2) Redirect the conversation. When you participate in negative dialogue with a complainer, you'll walk away feeling depleted. Instead, take control of the direction the conversation is going. If he says, "I hate Mondays. The weekend isn't long enough," counter his negative thoughts with a positive set of images: "I'm glad I rested up this weekend! Now I'm ready to dig into that big project."

3) Smother a negative thought with a positive image. If a negative thought pops into your mind, immediately input a different image. This is the process of neurogenesis...creating new pathways in your brain that lead to positive behaviors.

4) Don't try to convert others. When trapped in a toxic group of complainers at a meeting or social event, simply choose silence. Let their words bounce off you and not penetrate your mind while you think of something pleasant.

5) Distance yourself when possible. When people around you start criticizing someone or something and you can escape, excuse yourself and take a break

7) Create a private retreat. Mentally retreat to a private, special place in your imagination. Visualize a peaceful setting in your mind...say a sunny trail next to a meadow brook, or a sailboat on a lake. When you're stuck with someone spewing vitriol, you can appear as if you're listening while you distract your mind with a visit to your peaceful place.

8) Transfer Responsibility. On occasions when you're pressed against a wall while someone rants about all the injustices in their life, throw the responsibility back at them by saying, "So what do you intend to do about it?" In most cases, complainers don't want a solution nor do they want sympathy. They just want to vent and this tactic will stop them in their tracks.

9) Forgive your lapses. Everyone complains sometimes. It's human to vent once in awhile. Be kind to yourself after a lapse into victimhood and complaining...then start afresh. The less frequently you complain, the more time will pass between lapses into negativity. This is how rewiring the brain works.

Do I get it? I think so. Tune in to positive and tune out to the negative. We have enough negatives in one day to last a lifetime. Be the leader of the pack, and I'll do the same with my POPPOFF Radio Show! THINK POSITIVE!!!

Join Mary Jane for the *KAHI Noon News Monday-Friday and then again for POPPOFF 10 PM - Midnight.*

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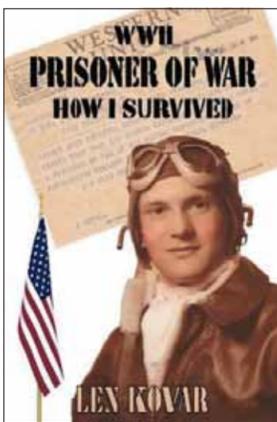
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Local WWII POW Author to Speak at Carmichael Library

This candid, first person account of terror behind enemy lines, capture and imprisonment in Nazi Stalag prisoner of war camps begins on a sunny day at 20,000 feet. It takes readers into the muddy encampments and freezing death marches prisoners of war faced as Russian forces advanced across Eastern Europe. Second Lt. Len Kovar shares the strategies that kept him and others alive as they struggled to survive each day.

Having just celebrated his 90th birthday, this WWII hero and POW survivor can still wear his WWII uniform. He will speak about his personal struggles, the importance of strong beliefs and faith in overcoming his terrible captivity. Meet local author Len Kovar on Saturday, October 27, 2012 in the Community Meeting Room at the Carmichael Library from 12pm – 2 pm.

“WWII Prisoner of War: How I Survived” is the story of young



American airman, Second Lt. Len Kovar, a B-24 Bombardier from Carmichael, CA shot down over Eastern Europe on a beautiful day in 1943.

Len Kovar provides a candid story of survival, his personal struggle to endure and a unique insight into the minds of prisoners and

German soldiers following orders of their Nazi leaders. Kovar's tale features photographs taken with a smuggled camera inside the Stalag razor wire and barracks of Nazi P.O.W. camps before VE Day.

As this ‘Greatest Generation’ passes into history, this may be one of the final documented stories of a WWII POW's courageous survival. “WWII Prisoner of War: How I Survived” helps recall how victory is won in the singular stories of the men and women who served. Get to know this WWII hero at <http://powhowisurvived.com>

Author: Second Lt. Len Kovar 156 pages, ISBN 978-0-9845424-8-2 Available at Amazon.com, Barnes & Noble or visit http://kohopono.com/?page_id=955.com to order. \$16.95. Media contact: Rick Reed 916-704-0080

Upcoming Book Signing Events:
Fair Oaks Library on Dec. 22, 2012.

Review: SCSO's Portals of Heaven

Special to the MPG
by James Lajoie

The Sacramento Choral Society opened its 17th Concert Season on Saturday, October 28th with a sold out concert “Portals of Heaven” in the Cathedral of the Blessed Sacrament. The matinee performance saw an audience lined up around the downtown square eagerly vying for a seat in the recently restored historic Sacramento landmark. The sun brilliantly lit the colorful stained glass windows and rich architecture of the church as the 160 singers and guest artists unveiled two significant works from the 18th and 19th centuries.

As the chorus processed into the Cathedral at the opening of the concert, organist Dr. Ryan Enright and Michael Meeks, trumpet, performed the “Voluntary in D Major” by John Stanley – a work of clarion beauty and perfectly suited to the acoustics of this space. The “Requiem” of French composer Gabriel Fauré served as the centerpiece for the opening choral work on the program. Conductor Donald Kendrick pointed out to the audience that the work was written in 1888, exactly one year before the venerable Sacramento Cathedral was built.

The Fauré proved to be a perfect fit for the set up and resonance of the Cathedral. Most impressive was the subtlety and nuance that Kendrick drew from his large forces. This was no easy task for a chorus known for their ability to impress with their big choral/orchestral sound in their Mondavi and Community Center Theater performances. Kendrick steered his chorus through each of the movements with a delicate clarity that unveiled the humility and tenderness of the texts. There was



nothing heavy handed or distracting in the singing. The chorus did deliver the big moments when they appeared but for the most part they are short lived in the score.

Ryan Enright was able to capture the color and orchestral textures on the organ where he expertly collaborated with Kendrick to remind us of the sounds Fauré would have heard in his own Church of the Madeline in the 1888 Paris premiere. Soprano Soloist Katharine Jolly's “Pie Jesu” was sung with lyric sweetness and Baritone Daniel Yoder delivered an appropriate warmth and depth in his “Hostias” and “Libera Me” sections.

The 18th Century Italian composer Antonio Vivaldi proved to be the perfect partner for this Stained Glass Concert and his setting of the “Gloria” is filled with fire and an exuberant counterpoint that rewarded the audience with high octave singing from the performers. Trumpet Michael Meeks added brilliance and power to the Vivaldi and Ruth Stuart. Oboe, partnered with Katherine Jolly to create elegant

and achingly beautiful phrases. Mezzo Soprano Julie Anne Miller unleashed her outstanding technique to sing Baroque music with a passion and articulate accuracy that was breath taking in the fast vocal gymnastics that Vivaldi demands. At the same time, Miller's meltingly languid arioso “Domine Deus, Agnus Dei” showed her ability to make a convincing intense and quiet dramatic statement.

The final rays of light filtered out of the Cathedral to close this concert with Ryan Enright's virtuosic performance of Bach's adaptation of Vivaldi's “Concerto No. 11 in D Minor”. Enright is a young artist who recently completed his Doctorate in Organ at the famed Eastman School of Music and his playing confirms his scholarship and technique that has placed him at the forefront of National and International Organ Competitions. The program was a thoroughly satisfying collaboration of French and Italian masterworks from one of our community's great treasures.



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Friday, Oct 19, 2012 - 11:30 a.m to 12:30 p.m.

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RSVP to MEL OSBORNE @ (916) 732-2031



PRESENTER: Mel Osborne

Tuesday, September 25, 2012 - 11:30 a.m to 12:30 p.m.
Wednesday, October 31, 2012 - 11:30 a.m to 12:30 p.m.
Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.

LOCATION: St. Francis Community Hall
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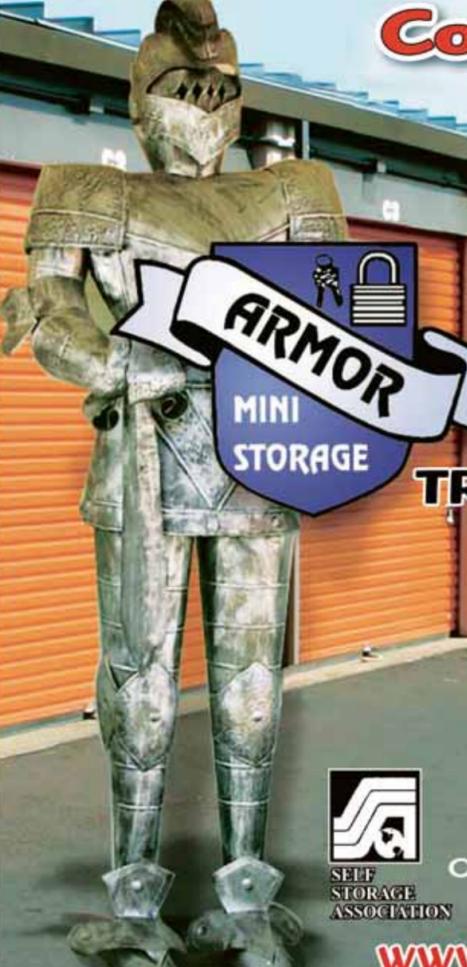
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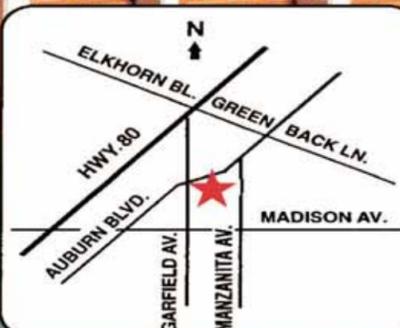
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Self-Publishing Workshop Comes to Sacramento



Pamela Varma Brown, author of "Kauai Stories: Life on the Garden Island told by Kauai People," will be one of four speakers at a self-publishing workshop in downtown Sacramento.

Photo by Daniel Lane / Pono Photo.

SACRAMENTO, CA – Do you have a book in your heart that you'd like to get out in the world? Self-publishing is more professional, affordable and easier than ever. Join a one-night workshop to learn how you can bring your own book to reality on Monday Nov. 12 at Think

House Collective, 1617 18th St., downtown Sacramento from 6 to 9 p.m.

Speakers will include Pamela Varma Brown, editor of the new feel-good book that captures life in Hawaii, "Kauai Stories: Life on the Garden Island told by Kauai People," who will provide

the "10 Steps to Successful Self-Publishing." A special Hawaiian hula dance performance will open Brown's segment of the workshop.

Roxanne Langer will speak about selling books in bulk. Langer, a sommelier and author of "The 60-Minute Wine MBA," will also provide tastes of Thanksgiving wine for those over 21 years old to sample. Graphic designer Vanessa Perez, who has created dozens of book covers, will give advice about what types of book covers will get your book noticed; and Ingrid Lundquist, award-winning event planner and author of "Results-Driven Event Planning" will talk about planning the perfect book launch party.

"Self-publishing is easier and more acceptable than ever," Lundquist says. "Now, anyone who wants to publish a book can do it. All the tools you need are waiting for you. We'll teach you about many of them in this workshop."

The workshop fee is \$45 per person. Register online at www.TheBookInHandRoadshow.com or call (916) 719-1776 to reserve your seat.

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Harry is Trying on a Dress for a Charity Event, But Gets Caught in a Pickle Instead!

The Costume Ball by Norman Beim • Produced by special arrangement with Samuel French, Inc. Directed by Michael Messmer



Harry (Mark Stone, right) as Hilary tries to deflect Wilbur's (Eddie Madrigal) interest with silly talk as Harry's wife, Gwen (Keri Long) worries that his deception will create problems in the Arden Playhouse production of THE COSTUME BALL. Photos courtesy of Arden Playhouse - Michael Messmer

SACRAMENTO REGION – Arden Playhouse is pleased to present *The Costume Ball* by Norman Beim. *The Costume Ball* received the Robert J. Pickering Award for Playwright Excellence.

Harry and Gwen are going to a charity masquerade ball, but Harry's costume has gone astray. Gwen suggests that he wear an old dress of her aunt's. He doesn't like the idea of wearing a dress. They bicker; she wins. Harry tries on the dress and starts to enjoy it. Add some makeup, a wig...and something to make him not look so flat-chested, and he feels like he's playing a glamorous role.

The doorbell rings. When Gwen opens the door, Harry is discovered dressed as a woman by Wilbur Wilberforce, an upright businessman from Chicago, whom

Harry hopes will save his advertising agency from bankruptcy. Harry panics and pretends to be "Hilary", supposedly Harry's sister from Boston. Things get rather sticky when Wilberforce seems to be enamored of "Hilary." But then there's one more twist that let's us know Harry wasn't as clever as he thought



Having persuaded her husband, Harry (Mark Stone), to go to the ball dressed as a woman, Gwen (Keri Long) helps put the finishing touches to his costume in the Arden Playhouse production of THE COSTUME BALL.

in playing the role of Hilary. Stars: Keri Long as Gwen Harris, Mark Stone as Harry Harris, and Eddie Madrigal as Wilbur Wilberforce

Michael Messmer has been acting, directing, writing and producing in local community theater for over thirty years. Most recently he has written and produced a number of his own plays at Arden Playhouse, including *Soap Solution*, *Witherspoon Waltz*, *Wise Guise*, *Trust Me*, and many more.

Performance Dates: 8PM Fridays and Saturdays—November 9, 10, 16, 17, 30; December 1, 2, 7, 8, 14, & 15 Sunday Matinees 2PM—November 18; December 2 & 9 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. Press Photos Available

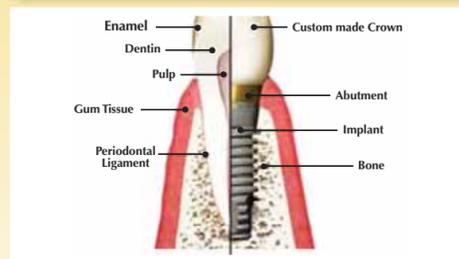
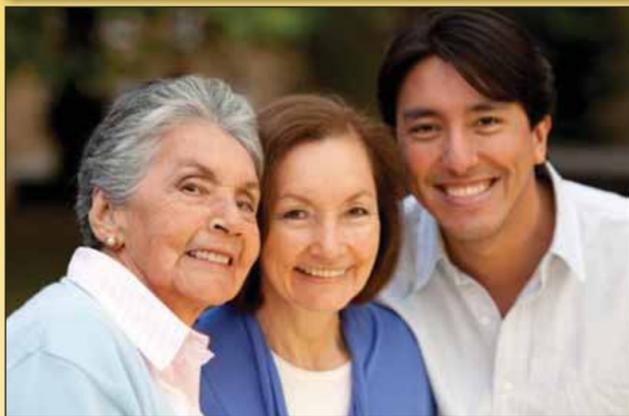
For more information about *The Costume Ball* or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, [arden@ardenplayhouse.com](http://ardenplayhouse.com), or check the website ardenplayhouse.com.

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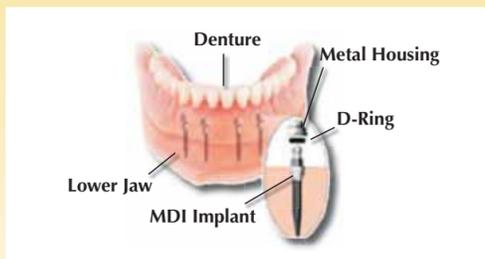
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