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Carmichael Times

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December 14, 2011

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A Flight of Fancy



Effie Yeaw Nature center's ambassador Echo makes friends with naturalist Shawna Protze. The owl will be part of an education program on December 31. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL – Fresh from Lake Tahoe, a great horned owl has joined the educational “ambassador” menagerie at the Effie Yeaw Nature Center. Raptor Echo will make her debut for a free December 31 program at the Carmichael facility.

Though the eight-month-old is one of a raptor species sometimes dubbed “flying tigers” for

ferocious predatory skill, this tiger lacks teeth. Ill-advised care from a mystery Samaritan means Echo is imprinted on people and cannot feed unaided. “She might have fallen from the nest and been taken home by a human who cared for her,” theorizes Effie Yeaw naturalist Shawna Protze. “But she should have been left where she was found. Owls are known to feed babies on the ground.”

Apparently liberated near Lake

Tahoe, the voracious adolescent was near starvation. Volunteer rescuers heard her desperate cries in the wilderness. Offering preferred owl food, they sought her at night. Far from having to be lured, the orphan flew down and gobbled a mouse, while perched on the rehabilitator’s lap. “It was obvious that she was imprinted on humans and could not be free,” says Protze.

Knowing the Effie Yeaw Nature center lost its ancient great horned

owl Virginia last year, Lake Tahoe Wildlife Care contacted the Ancil Hoffman Park facility. The young bird soon arrived in Carmichael and was named for her chatty verbalizations. Unlike her injured predecessor, she can fly but will starve if freed. Her fate is a life time of room service (up to three mice per day) in a protected habitat.

Will the nocturnal bird miss her wild black yonder? “Echo has an 8ft by 12ft habitat and can fly around when she wants to,” says Protze. “Birds of prey take flight when they need food. Otherwise, they tend to be lazy. All birds deserve to be wild and free but because Echo was imprinted, she can’t be.” Instead, she will join rescued raptors Skye, Tanner, Rocky and Sophia in enjoying the good life and great admiration at Effie Yeaw.

“Echo’s a great addition to our ambassadors,” enthuses Protze. “She is calm and confident and is becoming wonderful on the glove. She’s chirping constantly she doesn’t mind being among people — she’s used to that. Her story is a good lesson: if you find a wild animal in distress, take it to people who know how to raise it; so it can eventually survive as a wild animal.”

To learn about Effie Yeaw’s programs or to donate toward Echo and fellow ambassadors’ care, visit www.sacnaturecenter.net

Stepping Up Safety on the Parkway



Private and public partners coordinate efforts for safety and maintenance, changing parks operations to insure public safety and protection of the American River’s sensitive habitat. Photo by Susan Maxwell Skinner

SACRAMENTO COUNTY – With the popularity of Sacramento County’s Regional Parks remaining high, especially the American River Parkway, the County is leveraging resources, collaborating with the private/public sector, and changing parks operations to insure public safety and protection of sensitive habitat.

“The Parkway is bordered by cities, neighborhoods, businesses and state land, all of whom have a vested interest in keeping the Parkway safe and clean,” stated Supervisor Phil Serna, District 1. “To help address the illegal camping situation on the Parkway, we are collaborating with private interests dedicated to funding homeless services and partnering with the broader law enforcement

community to maximize public safety.” To address security, Regional Parks is partnering with the Sacramento Police Department to increase patrol presence in the lower Parkway, where most illegal camping occurs. The joint patrol operates seven days a week and will conduct warrant sweeps throughout the year in collaboration with County Probation and other law enforcement agencies. Ranger Assistants are helping to increase presence during periods of peak bicycle and recreational traffic.

Rangers and police follow strict protocol with illegal campers: campers are “noticed” to leave within 48 hours in writing and in person. If campers do not vacate within the allotted time, they are

issued a citation and their possessions are confiscated and safely stored. If outstanding warrants or probation/parole violations exist, campers are arrested and booked into the County Jail.

In addition to noticing campers, rangers may be accompanied at times by County social workers and volunteers from Sacramento Steps Forward who provide information about temporary shelter options, meals, and other social service programs. Information about pet kenneling and where their personal belongings will be stored is also provided.

To protect the environment from camping garbage and other waste, Parks has increased cleanup of the campsite areas from one to two days a week. Cleanup is done

by Sacramento County Sheriff Work Release crews within and also adjacent to the Parkway. The County Department of Regional Parks is partnering with the American River Parkway Foundation to increase cleanup in targeted areas. In addition to five major cleanups in 2011, one hundred Foundation volunteers, including Rob Leonard, the County’s Interim Parks Director and Supervisor Serna, removed over three tons of debris from the Northgate Area in November.

Illegal camping can be reported to Park Rangers at 916-875-7275. To support Sacramento Steps Forward and the Winter Sanctuary Program, donations can be made on line at sacramentostepsforward.org.

United Way Gives Grants of \$1.1 Million to Nonprofits

SACRAMENTO – United Way California Capital Region will make grants totaling \$1,168,008 to 13 local nonprofits, United Way president and CEO Steve Heath announced recently. Funded partners serve people across Amador, El Dorado, Placer, Sacramento and Yolo counties and participate in United Way’s projects: STAR Readers, SenSe-Ability and Fit Kids.

“All of our funded partners have proven their incredible abilities to produce profound change in our community,” Heath said. “They know how to achieve measurable outcomes on important issues, and we’re excited to see what they do in the very important areas of children’s education, financial literacy and childhood obesity.”

United Way’s STAR Readers project is working to ensure all children are reading at grade level by fourth grade, a key indicator of whether or not a child will eventually graduate high school. The project uses a three-pronged approach: after-school tutoring to at-risk children from kindergarten through third grade, tools and resources for parents to involve them in their children’s reading, and summer reading programs for children.

STAR Readers partners are Amador-Tuolumne Community Resources (\$48,903), Boys & Girls Clubs of El Dorado County Western Slope (\$82,000), New Morning Youth and Family Services (\$54,281), Boys & Girls Clubs of Greater Sacramento (\$50,000), Sacramento Children’s Home (\$70,000) and Sacramento Chinese Community Services Center (\$94,283).

United Way’s SenSe-Ability project is working to ensure low-income households are financially literate so they can meet their current obligations and maximize longer-term financial well-being. United Way partners are providing financial education and follow-up support on bank services, budgeting, saving, debt management, retirement planning and insurance.

Several SenSe-Ability partners are working specifically with foster youth to create Individual Development Accounts so they can be self-sufficient when they leave the foster care system. These special bank accounts earn one dollar for every dollar the foster youth saves, and the matching funds can be used to purchase specific items. While earning, foster youth take financial literacy classes and receive financial counseling.

SenSe-Ability partners are Amador-Tuolumne Community Resources (\$81,791), Koinonia Family Services (\$40,175), Child Abuse Prevention Council of Sacramento (\$81,836), Community Link (\$94,070), Women’s Empowerment (\$40,000), New Morning Youth and Family Services (\$27,500) and Yolo Family Resource Center (\$70,000).

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It's a Wonderful Life in Carmichael

RT Offers Free Rides on the Annual Holiday Bus



Jim Warrick encourages everyone to become involved in their community. Photo by Julie Parker.

By Julie Parker

CARMICHAEL—"All of my friends at school thought, 'Oh, let's go visit Jim, because he has a playground,'" recalls Jim Warrick. It was the 1950's, and the playground, at the Westerner Drive-In (including swings and a merry-go-round) was truly part of his yard, as his family lived behind the facility. His father was the manager, and was provided living quarters. "We raised chickens and rabbits. There were housing tracts here and there, but lots of open spaces."

The Pioneer rolling rink was next door, batting cages and a miniature golf course - Green Acres. "I would help them look for lost balls. If I found three balls, I'd get a free game."

The Stahls owned the acreage which now houses the Bel Air shopping center, at the Fair Oaks Boulevard/Manzanita Avenue split. "Pa" Stahl was a locomotive engineer, who gave Warrick one of his favorite memories. "When I was nine years old, he took me to Antelope and let me drive the train. He said, 'What are they going to do? Fire me? I'm retiring.'"

Warrick also spent time at Carmichael Park, swimming and playing Little League. "We had it all. It was great growing up in Carmichael."

He attended Garfield Elementary School, and delivered newspapers as his first job, riding on his Schwinn from school to Madison Avenue.

In 1959, when Carmichael held its first July 4th parade, Warrick's

father, Barney, led the parade on a white horse, borrowed from fellow Elks Lodge member, Jack Becker. Warrick, his mother, brother and sister followed in a small wagon. "We had little cowboy and cowgirl outfits on." The parade began at the small business complex that houses Serritella's (the oldest building in Carmichael), traveled down Fair Oaks Boulevard, and ended at Carmichael Park.

That same year, Warrick was in the first Boy Scouts Troop, sponsored by the Elks Lodge.

In 1961, the family moved to North Highlands. Warrick was editor of the high school newspaper, and worked as a doorman at the Fox Senator Theater downtown. "It had 2900 seats. It was bigger than the Alhambra."

Following is father, he joined the Elks. "It was funny. We wear red coats at the Elks and wore red coats at the Fox."

He attended American River College, then transferred to San Francisco State. He had a double major, English and Psychology, with a minor in Social Studies and, at age 23, received a Masters in Special Education.

In 1970, he was one of 20 students throughout the United States to receive a scholarship to Sweden to study psychology; comparing the two countries and their cultural backgrounds. He picked up 12 units in one summer. "It was really ambitious. I got SAS to pay for it, because my mother is half-Swedish. My grandfather came here in 1912 to visit a relative and got stuck, because World War I was going on and he couldn't get into Europe. So, it was full circle, me going to Sweden and seeing where my great-grandfather was buried, and where my grandfather had grown up."

He worked in the Audio-Visual Department in college, delivering 16 mm film projectors to classes. One day, he delivered a projector to a graduate class, which had an emphasis working with exceptional children, including the blind. "I was just an AV guy, but I asked a question. I don't remember the question, but it caught the attention of the professor. As I was walking down the hall after the class, he catches me and says, 'How would you like to have a fellowship and job when you get out of graduate school?' He got me into a masters program." It required 56 units. Usually, 30-40 units are considered on the high side. "It was intensive."

He worked a year for the State of Arizona, traveling to schools and other areas, as a Program Specialist. He worked with blind Native Americans at Geronimo's Apache Reservation and Navajos in Flagstaff. "There are a lot of blind Indians, mostly coming from diabetes. It's really sad."

When his father became ill, he returned home, and accepted a teaching position at Campus Verdes Junior High School. For

six years, he taught English to the 8th grade, and journalism to the 9th grade. He also coached soccer on the side.

He then taught English and Drama at Highlands High School, and coached varsity soccer. One summer, he taught Economics and U.S. Government for Foothill High, and another summer, taught Psychology at Rio Linda Senior High School.

"I have former students who are doctors, teachers and there are six principals out there who used to be in my class. I was very lucky to be their teacher."

When it came time for retirement at age 62, he began volunteering as a bus duty monitor for Foothill Farms.

The Elks holds a special place in his heart. "When I joined the Elks, my dad was my first sponsor. He died when I first entered office. I dedicated that year to my dad." Jim has enjoyed serving as Exalted Ruler, Vice President, National Deputy, and many others. He now holds office as Secretary.

A current Elks project he is passionate about is donating dictionaries to all of the local elementary schools. "It's especially meaningful to me, as a former teacher. I say to them, 'See this? I'm the Scholarship Chair at the lodge. When you see me in ten years, I'll get you a scholarship. This book is worth \$50,000 to you.' When you say that to an eight or nine-year-old, they're amazed. Giving out these dictionaries is promoting the future; these kids will be contributors to society."

He continues to work with the July 4th parade. "My family has been involved with the parade since the beginning - 53 years of parades. It has distinguished Carmichael."

He encourages everyone to become involved in their community. "You are the one who benefits the most. You don't realize it at the time. You develop friendships and memories that you can't get in cyberspace. They become part of the fabric of your being. I find it wonderful to be in a community like Carmichael, that has a rich history of helping each other."



Holiday bus rides again.

SACRAMENTO COUNTY - The Sacramento Regional Transit District (RT) will usher in the holiday season with free rides on the RT Holiday Bus. As a thank you to riders, the bright and festive Holiday Bus will travel on a different route each day from Thursday, December 1, 2011 through Sunday, January 1, 2012.

In the spirit of giving, passengers will have the opportunity to place a cash donation in the farebox or contribute a non-perishable food item. All donations will benefit River City Food Bank, a non-profit organization that provides emergency food and housing assistance to over 40,000 clients annually in Sacramento County.

Continuing a 19-year tradition, RT employees and their families painted the exterior of the Holiday Bus with colorful poinsettias, ornaments, drums and bells. Rick Sloan, retired RT graphic designer and long-time Holiday Bus artist, pre-painted the outline on the bus, which allowed participants to complete the design using a "paint-by-numbers" technique.

For Holiday Bus route and schedule information, call 916-321-BUSS (2877) or visit www.sacrt.com.

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Publisher, Paul V. Scholl

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A Slice of Carmichael for Christmas

A book that received three statewide awards – for portraying a small American town in the process of change – will be offered in Carmichael at a Holiday bargain price.

In tune with the economy, Susan Maxwell Skinner is discounting her limited edition “Carmichael – Americana on the Move” to \$18. The \$8 saving continues through January 1st. As an author gift, each purchase includes a free CD of the popular “Carmichael Song,” written by Susan and recorded with the John Skinner band. Susan’s book on Princess Diana – based on her years as a Buckingham Palace correspondent – is available at the same discounted price.

Singer and photojournalist Maxwell Skinner produced her Carmichael opus in 2006, as “a history book for the future.” Already, many businesses and buildings featured in the book have vanished. With hundreds of color pictures and captions, the book is considered an easy way to learn about our 102 year old community’s history, traditions, beauty spots, wildlife and eccentricities. Each copy can be signed and dedicated to the recipient on request. Learn about “Carmichael Americana on the Move” at www.susanmaxwellskinner.com.



Carmichael photos include many antique buildings. Left: the 150-year-old Rancho del Paso farmhouse remains stately in Carmichael. Right: a water tank tower near Mission Ave. Photos by Susan Maxwell Skinner.

This Holiday discount applies only to books purchased directly from the author. Contact Susan for this offer at (916) 481-0334.

A Healthy Pregnancy Later in Life



By James N. Martin, Jr, MD
President, The American Congress of Obstetricians and Gynecologists

Many women in the US today are choosing to have babies later in life. Although the majority of births are still by women in their 20s, birth rates among women in their 30s and 40s are the highest they’ve been in decades.

Women in their 30s and 40s have a very good chance of having a normal pregnancy, but certain factors that may complicate a pregnancy are more likely in older women than in younger women.

It may be harder to get pregnant. A woman’s fertility begins to decline in her early 30s. Eggs

may not release from the ovaries as frequently, or they may not be as easily fertilized. Women over 35 are also more likely than younger women to have blockages in the fallopian tubes or conditions such as endometriosis and fibroids, all of which could make pregnancy harder to achieve.

There is an increased risk of birth defects or genetic disorders. As a couple ages, they have a greater chance of having a baby with a birth defect or inherited disorder, such as spina bifida. Your doctor may refer you to a genetic counselor or a doctor who specializes in genetics to assess your risk and help decide if genetic testing is appropriate. An ultrasound exam—called a nuchal translucency test—may be recommended at about week 10 or 11.

You may also be screened for chromosomal problems during your pregnancy.

Common tests used are amniocentesis and chorionic villus (CVS) sampling. With amniocentesis, a small amount of the fluid that surrounds the baby is removed. With CVS, a small sample of the placenta is removed and tested.

Uncontrolled medical conditions can spell trouble. Medical

problems that can complicate a pregnancy, such as high blood pressure and diabetes, are more common in older women. These conditions may lead to small or preterm infants and can also endanger the mother’s life.

Older women should be aware of the unique challenges that they may face during pregnancy. Talking to your doctor when planning a pregnancy can help you avoid or minimize some complications associated with later childbearing.

Before you become pregnant, try to schedule vaccinations and work on getting current medical problems under control. Your doctor may also suggest that you lose weight if you’re overweight and that you begin taking a folic acid supplement, eat a healthy diet and exercise regularly, reduce your stress levels, and get plenty of rest. Once you become pregnant, get to your doctor early and often for prenatal care. Regular prenatal visits will help you to have the healthiest pregnancy possible.

For more information, the ACOG Patient Education Fact Sheet “Later Childbearing” is available at www.acog.org



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POPOFF!

with Mary Jane Popp

intensive week of stripping away negative eating patterns and attachments, breaking free of food cravings, letting go of all memories of past diets and disappointments, and jump-starting weight loss. This is a new day, a new program. You have to reprogram your appetite and tame those heavy snack demons.

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3) RESHAPE—An extended phase that lasts until each unique dieter reaches his or her goal weight. Along the way, dieters will find ideas to reenergize

their spirit and workouts to rev up their bodies, as well as more practice in mastering and enjoying nutritionally sound eating.

Starches make a comeback with dinner, which means you are sometimes allowed to enjoy favorites like potatoes, rice, and pasta.

4) REVEAL—The final phase for every "Life Dieter" is maintaining that beautiful, healthy new body and optimism for the future. Joy shares strategies for safely splurging on special occasions and finding a comfortable plan for LIFE.

Joy also goes into exercise for both physical and emotional benefits. And she claims it's simple and effective and do-able for everybody...a real breeze. I could only touch on a few ideas from Joy Bauer's book "Joy's Life Diet." If you want more info, you can check out her website www.joybauer.com. There's also a companion program to the book, **Joy's Life Diet online** available on the same website. Make your New Year's wish early this year! Looking GOOD!!!

Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.

JOY RIDE

How would you like to lose up to seven pounds this week? Joy Bauer says you can, and yes that name does sound familiar if you are a fan of the Today Show. She is the nutrition and diet expert for the Today Show and contributing editor to both Parade Magazine and Self Magazine. She is also the leader of the Joy Fit Club. Joy provides nutrition counseling to people of all sizes, shapes and ages including high profile professionals, celebrities, and athletes.

Joy is the author of the #1 New York Times bestseller "Joy Bauer's Food Cures" and her latest "Joy's Life Diet." And she told me on my POPPOFF Radio Show that there are four steps to thin forever. Aimed at changing self-defeating attitudes along with self-destructive eating habits, she covers every detail critical to the transformational process. Here's a quick overview of those four steps.

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Carmichael Chamber of Commerce

Carmichael Chamber Mixer
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 Contact: Linda Melody • Email: linda@carmichaelchamber.com
 Phone: 916-481-1002

Carmichael Chamber Luncheon
Tue, Dec 20, 2011 from 11:30am - 1:00pm @ Cypress Avenue Baptist Church
 Business to Business Luncheon. Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes!
Register by Thursday, Dec. 15. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door.
 On-line pre-registration will close on Sunday night. Go to website to pre-register.
 Contact: Linda Melody Email: • linda@carmichaelchamber.com
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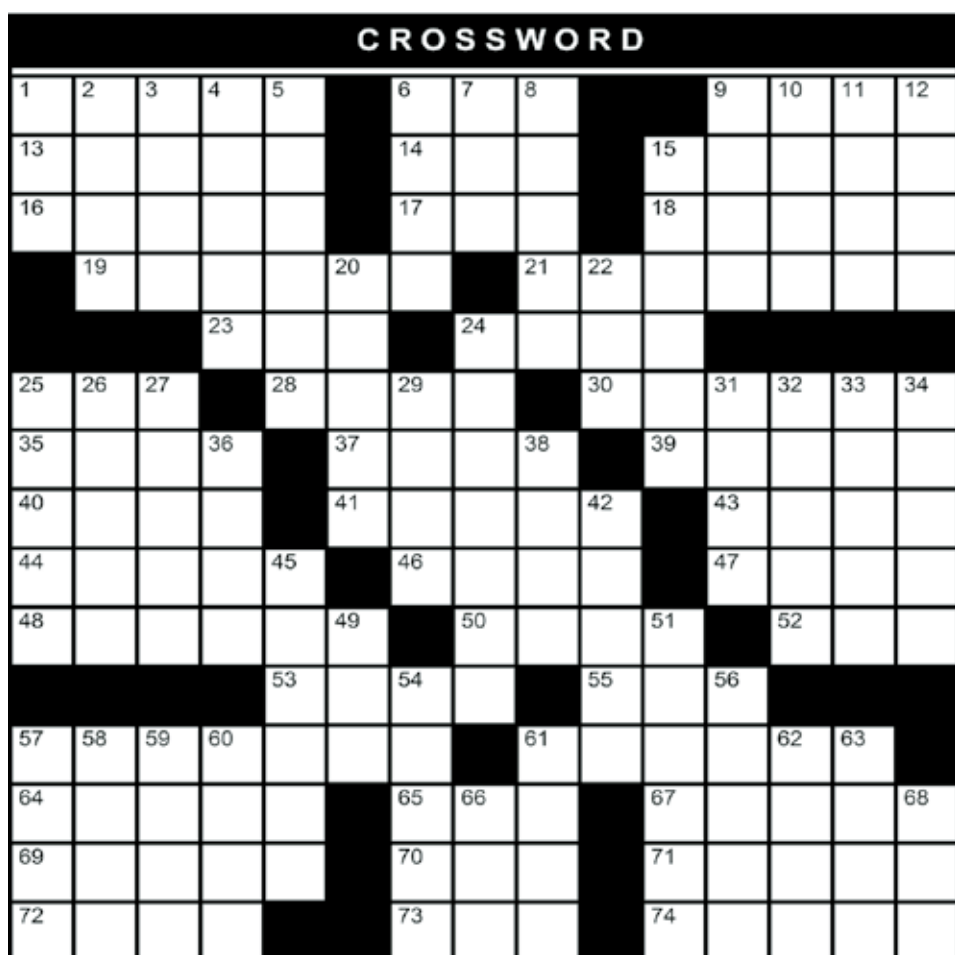
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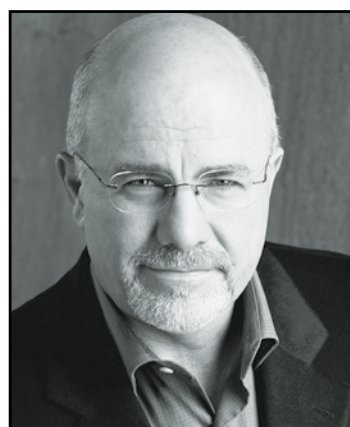


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CLUES

- ACROSS**
- Movie "Flowers in the _____"
 - _____ down, as in time
 - Follows "flip"
 - "Little House on the Prairie" character
 - University of Rhode Island
 - Queen's headdress
 - Sacrificial spot
 - Tasseled hat
 - Court order, e.g.
 - Stop serving
 - It has 7 or 9 branches
 - Giant thrower
 - Used in floats
 - Pacquiao's punch, e.g.
 - Talk like a drunk
 - School of hard _____
 - Paleozoic and Mesozoic, e.g.
 - "Coniferous tradition
 - Trinity or triad
 - www.google.com, e.g.
 - Keep yours to yourself!
 - Tel _____, Israel
 - Lighted helper
 - Toy building block
 - "It's wonderful in Bedford Falls
 - It _____ like such a good idea...
 - "It's red on a Christmas poinsettia
 - Short for Leonard
 - Partiality
 - Aaron Rodgers, as opposed to Andrew Luck
 - "Tiny Tim creator
 - Eyesight abnormality
 - Perfect
 - Mauna _____, Hawaii
 - Rigs
 - "She _____ sea shells..."
 - It's on your face?
 - Pro move
 - "_____ and hearty"
 - Misery
 - Mandarin's headquarters
- DOWN**
- Pie _____ mode
 - Bath powder
 - "The Nutcracker" outfit
 - Angry
 - "White Christmas" and "Silent Night," e.g.
 - Magic dragon
 - "...I heard him exclaim, '_____ he drove out of sight..."
 - Whatchamacallit
 - Dog name
 - Batman's cave, e.g.
 - Black and white killer
 - Beaten by walkers
 - Dweller without mortgage
 - Pigsty contents
 - Member of the Benevolent Order
 - Scallops
 - "Central to nativity scene
 - _____ from the ashes
 - Cleanse
 - Europe/Asia mountain divide
 - Type of test
 - Law, but not criminal
 - Chef Ramsay's tool
 - "Number of Kwanzaa days
 - Give certain impression
 - Competitive advantage
 - Like water with detergent
 - Guerillas
 - Loud noise
 - "He'll be back again some day
 - Lopsided
 - Verdi's opus
 - "Christmas goose, e.g.
 - Worth a million dollars?
 - Jailbird's home
 - Curly-leaved cabbage
 - Magician, in the olden days
 - Allah's cleric
 - _____de-camp
 - Big head
 - Precedes senator

For Solution See Page 7



Dave Says

Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Intensity Hurting the Marriage?

Dear Dave,
When does reaching the point of being debt-free become more important than marriage? We're following your plan and doing the debt snowball, but my husband's been working a second job, and it's really cutting into our together-time at night and straining our relationship. I'm afraid we're going to end up debt-free, but divorced. When does one outweigh the other?

- Tracy

Dear Tracy,
Getting out of debt is never more important than your marriage. But families go through all kinds of

stuff, and one of those things is cleaning up messes they've made. It's not always fun, but there's a price to pay if you want to win with your money or anything else. It sounds to me like your husband has gone gazelle intense about getting out of debt, and in the process may have left you behind a little bit. I don't recommend that! He probably needs to take some time to come back and emotionally re-connect with you. And I'm sure some good, old-fashioned back rubs and words of encouragement from you are in order. Your man could use them if he's been working two jobs!

But there's plenty of time for snuggling and stuff later. Right now, you're trying to do something—something really important—for the good of your family. I know it can be difficult, but it won't last forever. And I can promise you this: Once you're done, you'll be very glad you toughed it out!

- Dave

Ready to Buy?

Dear Dave,
I graduated from college in May, and I already have a job in my field. It was a part-time position that went full time, so I already have \$15,000 in an IRA and about \$23,000 in savings. I'm also debt-free, because scholarships paid for my education. Am I ready to buy a house?

- Zack

Dear Zack,
This is an awesome position you're in right now! Financially, you're okay to buy a house. I do have one slight hesitation, though. There are going to be lots and lots of things happening in your world during the next few years, and there's a possibility you'll end up moving—maybe for a girl, or even another job—during this time period. It's going to be a time of transition, and having a piece of real estate tied around your neck could be a huge pain. But if you're sure that's where you want to be for a while, then it's not such a big deal.

Keep in mind that there's a word for real estate that sells quickly, and that word is cheap! Lots of times, the only way to get out from under something like that fast is to practically give it away. It's a great time now to buy a home, though. It's like they're on sale. Interest rates are really low, too.

Don't use the entire \$23,000 as a down payment on a place, and keep an emergency fund of three to six months of expenses set aside. Make sure you get a 15-year, fixed-rate mortgage, too. If you play this right, Zack, you're going to be sitting pretty!

- Dave

* For more financial help, please visit daveramsey.com.

Sacramento County DA Reports
Recent cases of interest

CASE: Anthony Medina, Brandon Morton & David Whitehead (12/09/11)
PROSECUTOR: Deputy District Attorney Andrew Smith

District Attorney Jan Scully announced today that the Honorable Michael Savage sentenced Anthony Medina, Brandon Morton and David Whitehead to life in prison without the possibility of parole. The three defendants were convicted by jury for the first degree murder of Jason Fletcher with the special circumstance of attempted robbery. Medina was also found guilty of two counts of first degree attempted murder with the use of a gun and shooting into an occupied vehicle driven by Angelo Granados and Miguel Ramos. Morton and Whitehead were also found to have personally used a gun during the commission of the crime. On May 2, 2008, the three defendants were together driving down Florin Road when Medina fired several shots into a car driven by Granados. Each victim suffered a gunshot wound to the leg. Three days later on May 5, 2008, the three defendants met Jason Fletcher and two of his friends on Brookfield in South Sacramento. After a dispute over drugs, Morton shot and killed Jason Fletcher during an attempted robbery.

CASE: Robert Grajeda Canchola Jr. (12/09/11)
PROSECUTOR: Deputy District Attorney Roxanne Ball

District Attorney Jan Scully announced today that the Honorable Michael Savage sentenced Robert Canchola to 45 years to life plus 11 years, consecutive. Canchola was convicted by jury for the 2004 second-degree murder of Julian Barajas at New Folsom Prison. In 1997, Barajas was convicted for murdering Canchola's younger brother. Seeking revenge, Canchola first befriended Barajas so the two could become cellmates. Then, in September 2004, Canchola brutally attacked Barajas in the cell they both shared, stabbing him multiple times and strangling him to death.

CASE: Gregory Atkins (12/09/11)
PROSECUTOR: Deputy District Attorney Shelly McGill

District Attorney Jan Scully announced today that Gregory Atkins was convicted by jury on eight counts of child sexual assault charges. The two victims were siblings. Atkins was a lifelong friend of their father. The female victim was assaulted from age five to 11 years old. The male victim was assaulted when he was nine years old. Atkins faces a maximum sentence of 82 years and 6 months to life in prison. Sentencing is set for January 6, 2012 at 1:30pm in Department 30 in front of the Honorable Judge De Alba.

CASE: Tom Daniels (12/08/11)
PROSECUTOR: Deputy District Attorney Kimberly Macy

District Attorney Jan Scully announced today that Rio Linda First Baptist Church Pastor Tom Daniels was convicted by jury of 11 counts of molestation. The jury also found true the multiple victim enhancement. Daniels molested five different girls between December 2002 and August 2007. One child was at his house for daycare and the other four were there for respite care. The ages of the girls ranged from 5 to 8 years old at the time of the assaults. Sentencing is set for January 13, 2012 at 10:30 a.m. in Department 11 in front of the Honorable Trena H. Burger-Plavan.

CASE: Sy Saeteurn (12/07/11)
PROSECUTOR: Deputy District Attorney Scott Triplett

District Attorney Jan Scully announced today that Sy Saeteurn pled no contest to second degree murder and child endangerment. He also admitted using a knife in both counts. On December 8, 2010, Saeteurn stabbed his wife to death. Saeteurn's 10 year-old daughter witnessed the stabbing and fled out of a window to a neighbor's house. As to the child endangerment charge, the court found Saeteurn not guilty by reason of insanity. Saeteurn will receive a sentence of 16 years to life in prison for second degree murder and 7 years for child endangerment to run concurrently. It will be the recommendation of the court that Saeteurn first be committed to the Department of Mental Health for treatment, after which he will be sent to state prison to serve his prison sentence. Sentencing is set for December 28, 2011 in front of the Honorable Judge Winn.

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

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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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Riley Reviews

RAUNCHY COMEDY ALLOWS "THE SITTER" TO BE CRUDE AND PROFANE

THE SITTER (Rated R)

Only recently, this column focused on family-friendly films. Not so now for a review of the incredibly raunchy comedy of "The Sitter."

Not attributed to Judd Apatow in any way, "The Sitter" is nevertheless a fitting substitute in the cinematic department of crude humor filled with sexual content, drug use and profanity.

Still, a graduate of Judd Apatow's school of vulgar laughs, the chubby Jonah Hill, is the starring titular character of an unfit babysitter.

This film recalls memories of Elisabeth Shue in "Adventures in Babysitting," minus, of course, the rude, coarse hilarity that is more commonplace in today's world.

Jonah Hill's Noah Griffith, a college dropout living at home with his single mom, has little motivation to do anything other than to satisfy a would-be girlfriend.

Right from the start, "The Sitter" announces its intention to bawdy, vulgar behavior. Let's just say that involves Noah in a compromising position with his wannabe girlfriend Marisa (Ari Graynor).

After setting the stage of the film's lowest common denominator spirit, Noah finds himself dragged into a babysitting job for a couple that wants to introduce Noah's mom (Jessica Hecht) to a blind date.

Very quickly, Noah learns that he has just inherited the babysitting job from hell for a trio of dysfunctional kids that would turn Mary Poppins into a serial killer.

The youngest of the bunch is the precocious Blithe (Landry Bender), who likes to dress up in sexy clothes and applies more makeup than a hooker. Sadly, she looks like a JonBenet Ramsey imitator.

The oldest child is the very proper and neurotic Slater (Max Records), a lonely teen who wears a fanny pack to carry his medications. Morose and depressed, Slater claims to have "serious issues."

The third child is the volatile Rodrigo (Kevin Hernandez), a churlish malcontent who urinates on floors and blows up toilets with cherry bombs. That he's adopted from El Salvador makes him feel out of place.

Hoping for a quiet evening of watching TV, Noah struggles to keep the kids out of his hair. And then a phone call from Marisa compels him to load the kids into a minivan and head off to New York in search of cocaine.

What follows, naturally, is a series of misadventures as Noah tracks down wacky drug dealer Karl (Sam Rockwell), a guy so insane and paranoid that he surrounds himself with bodybuilders for security.

Meanwhile, the troublesome Rodrigo steals a dinosaur egg full of blow from the deranged Karl, which in turn leads to Noah having to come up with 10 grand to save his own life.

For his part, Noah continues to make a series of bad decisions, one of which even results in bodily harm at the hands of an enraged kick-boxer.

Noah hits up his estranged father (Bruce Altman) for a loan, and after being rejected he steals his Mercedes and then robs his jewelry store.

Other adventures result in gunplay, harassment by city cops, bar fights, theft at a bat mitzvah and the crashing of a fancy charity dinner-dance.

Without question, the antics in "The Sitter" range from the absurd to bizarre. But this is to be expected from the director who gave us "Pineapple Express."

Jonah Hill, who has recently trimmed down, is playing the type of obese slacker with quick with that he perfected in comedies like "Superbad" and "Knocked Up."

During this upcoming season of holiday cheer, let's face the simple fact that "The Sitter" is not, for the most part, a joyous celebration of life.

Then again, the film surprises with out-of-place life lessons that affect everyone in a positive way, especially the gloomy Slater and the explosive Rodrigo.

In the end, "The Sitter" is either an exercise in banality and bad taste or a supremely funny film, depending on your perspective with this genre of raunchy comedy.

United Way Grants \$1.1 Million to Nonprofits

Continued from Page 1

United Way's Fit Kids project is working with several nonprofit partners to address the rise in obesity and challenges related to weight gain so that more people will live a healthy lifestyle and fewer people will battle obesity and its corresponding health challenges. Fit Kids partners are teaching kids about nutrition and physical activity and providing opportunities for healthy eating and exercise.

Fit Kids partners are YMCA Superior California (\$40,160),

Child Abuse Prevention Council of Sacramento (\$72,347), Sacramento Chinese Community Services Center (\$63,429) and Health Education Council (\$197,393).

United Way is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers work together to provide positive, measurable results on these issues through

United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org

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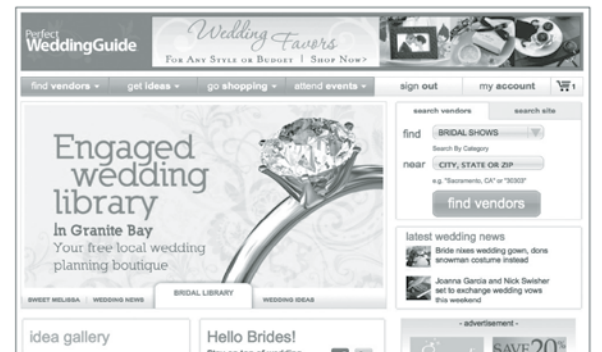
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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2011-00113777

WHEREAS, Michelle McMullen Klugkist has filed a petition with this court for a decree changing name of Michelle McMullen Klugkist to Michelle McMullen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 2, 2012 in Dept. 16, located at 720 9th St., Room 102, 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, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 9, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish November 16, 23, 30, December 7, 2011.

MCMULL 11103 12-7-11

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES
To Whom It May Concern:

James Gregory Gage is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 2310 Fair Oaks Blvd., Sacramento, CA 95825-4719 with 41 - On-Sale Beer and Wine-Eating Place license. Filed: Nov. 1, 2011.

Publish 30, November 30, December 7, 14, 2011.

GAGE 11105 12-14-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2011-00114084

WHEREAS, Zhen Quan Weng has filed a petition with this court for a decree changing name of Erika Li to Kelly Li. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 9, 2012 in Dept. 16, located at 720 9th St., Room 102, 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, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 16, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish November 30, December 7, 14, 21, 2011.

WENG 11105 12-21-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2011-00114068

WHEREAS, Thuy Thi Tran has filed a petition with this court for a decree changing name of Thuy Thi Tran to Theresa Thi Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 9, 2012 in Dept. 16, located at 720 9th St., Room 102, 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, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 16, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish: December 7, 14, 21, 28, 2011.

ADMIN 11201 12-28-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
PETITION FOR LETTERS OF ADMINISTRATION and TO ADMINISTER ESTATE
#34-2011-00113247

re: the ESTATE OF: Michael Thomas Sanderson, decedent.
Petition for: Letters of Administration and to Administer Estate.

A Petition for Letters of Administration and to Administer Estate will be held at 9 a.m. on January 27, 2012 in Dept. 129, located at 3341 Power Inn Road, Sacramento, CA 95826.

Publication will be in the Carmichael Times Newspaper. Petitioner: Donald Sanderson requests that Travis Hawkins be appointed administrator and that full authority be granted to administer under the Independent Administration of Estates Act. Decedent died on July 29, 2011 at 5701 Manzanita Ave., Carmichael, CA 95608; Sacramento County; a resident of the county named above.

Proposed personal representative is a nominee of a person entitled to Letters. Petitioner is related to the decedent as son.

Proposed personal representative is a resident of California.

The decedent is survived by no spouse as follows: divorced; children as follows: natural or adopted. Decedent was not survived by a stepchild or foster child or children who would have been adopted by decedent but for a legal barrier. Decedent had no predeceased spouse.

Listed below are the names, relationships to decedent, ages, and addresses, so far as known to or reasonably ascertainable by petitioner, of (1) all persons mentioned in decedent's will or any codicil, whether living or deceased; (2) all persons named or checked in items 2, 6, 7, and 8; and (3) all beneficiaries of a trust named in decedent's will or any codicil in which the trustee and personal representative are the same person.

Name, age, address and relationship to decedent: Brandy Wine Mareno, daughter, 8031 Rushriver Pl. #5, Sacramento, CA 95824, 33; Donald Thomas Sanderson, 1125 Park Blvd., West Sacramento, CA 95691, son, 21; Gabriella Kathleen Sanderson, 99 Water St., N. Little Rock, Arkansas, daughter, 19; Heather Sanderson, daughter, (age and address unknown); . Dated: October 28, 2011.

Publish: December 14, 21, 28, 2011.
SANDER 11202 11-28-11

FICTITIOUS BUSINESS NAME STATEMENT #11-09754. William R. Boxold, 7128 Circler Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Carbon Xpress Composites" at 7128 Circler Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Nov. 17, 2011. Publish: December 14, 21, 28, 2011, January 4, 2012.
CARBON 11202 1-4-12

Publish: December 14, 21, 28, 2011.
SANDER 11202 11-28-11

FICTITIOUS BUSINESS NAME STATEMENT #11-09939. Jose Zarazuci, 102 Thomas St., Roseville, CA 95678 is doing business under the Fictitious Business Name "Carmichael Auto Detail" at 5832 Gibbons Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on November 28, 2011. Publish: December 7, 14, 21, 28, 2011.
CARAUT 11201 12-28-11

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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2011-00114068

WHEREAS, Thuy Thi Tran has filed a petition with this court for a decree changing name of Thuy Thi Tran to Theresa Thi Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 9, 2012 in Dept. 16, located at 720 9th St., Room 102, 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, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 16, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish: December 7, 14, 21, 28, 2011.

ADMIN 11201 12-28-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
PETITION FOR LETTERS OF ADMINISTRATION and TO ADMINISTER ESTATE
#34-2011-00113247

re: the ESTATE OF: Michael Thomas Sanderson, decedent.
Petition for: Letters of Administration and to Administer Estate.

A Petition for Letters of Administration and to Administer Estate will be held at 9 a.m. on January 27, 2012 in Dept. 129, located at 3341 Power Inn Road, Sacramento, CA 95826.

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2011-00114068

WHEREAS, Thuy Thi Tran has filed a petition with this court for a decree changing name of Thuy Thi Tran to Theresa Thi Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 9, 2012 in Dept. 16, located at 720 9th St., Room 102, 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, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 16, 2011.

Kevin R. Culhane
Judge of the Superior Court
Publish: December 7, 14, 21, 28, 2011.

ADMIN 11201 12-28-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
PETITION FOR LETTERS OF ADMINISTRATION and TO ADMINISTER ESTATE
#34-2011-00113247

re: the ESTATE OF: Michael Thomas Sanderson, decedent.
Petition for: Letters of Administration and to Administer Estate.

A Petition for Letters of Administration and to Administer Estate will be held at 9 a.m. on January 27, 2012 in Dept. 129, located at 3341 Power Inn Road, Sacramento, CA 95826.

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Arts, Entertainment and Other Fun Things to do!



A 2000-year-old Miracle

By Susan Maxwell Skinner

At Carmichael's Congregation Beth Shalom (4746 El Camino Ave), Hanukka observances run from December 20 to 28. Menorah lighting recalls a 2000-year-old miracle: a lamp burned for eight days and enabled Jews to rebuild their destroyed temple. The congregation hosts a dreidel tournament at 7 p.m., December 17. Admission and refreshments are \$36 per person. For information, call (916) 485-4478. Photo by Susan Maxwell Skinner.

COMPUTER CLASSES

Computer Classes for seniors 50+ are run by senior volunteers at the beginning of each month. Classes include: Computer Fundamentals I & II, Internet, Windows Vista/7, Quicken, Graphics I & II, Genealogy, Spreadsheet, and Database.

The lessons are from six to eight sessions (2 1/2 hours a session) on MWF or T/Th from 9:30 a.m. – noon or 1 – 3:30 p.m.

Cost: \$30.

Need volunteers.

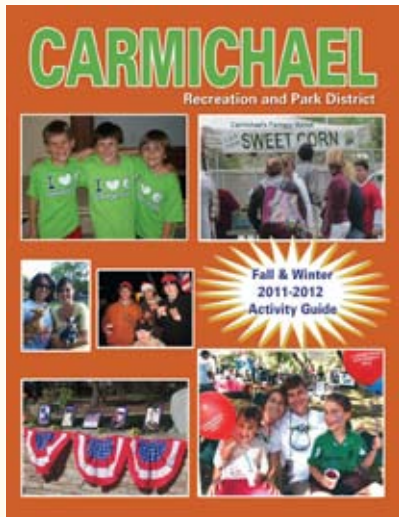
Info: SeniorNet at (916) 485-9572.



Carmichael



Carmichael Recreation and Park District is announcing these upcoming events
Happy Holidays!



See our website for our **Fall & Winter Activity Guide**

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

Holiday Lunch Party

Wednesday, December 14
\$5 per person advance purchase
Entertainment
Meal by Sundance Catering

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Extended Tours

- Netherlands, Belgium, and Paris May 7-17, 2012 • \$4,249 pp double
- Canadian Rockies & Glacier National Park July 28-August 4, 2012 • \$2,999 pp double
- Washington DC October 1-16, 2012 • \$2,329 pp double

Monthly newsletter available online and at the community center for additional classes and events.

For more information call (916) 972-0336 or go to www.morpd.com.

Happy Holidays



New Year's Eve Ball

Friday, December 30 ❖ 1:15-3:45pm
\$6/person

Balloon Drop • Prizes • Refreshments

New Van Trips

SWANSTON COMMUNITY CENTER

- Hilmar Cheese Factory, December 16
- Christmas Lights Galore (only \$10), December 23
- Aerospace Museum, only \$10, January 5
- Griffith Quarry, January 19

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This week's musical performance features...
The Paper Dolls



Bring in a new and unwrapped toy for the CHIPs Toys for Kids drive that we're sponsoring with KCRA and the CHP (through 12/9)! Help us give back to the community!

This Sunday at the Carmichael Park come enjoy delicious toffee and peanut brittle from *Ultimate Toffee*, buy handmade blankets for your loved ones from *Hanging by a Thread* treat yourself to luscious hand/body creams from *Love for Nature Healthcare* or purchase beaded jewelry from *Necklace Jewelry Collection!*



Mark your calendars...we will be closed on December 25 and January 1! And be on the lookout for our new market magazine coming soon-- with recipes, coupons, articles, and more!

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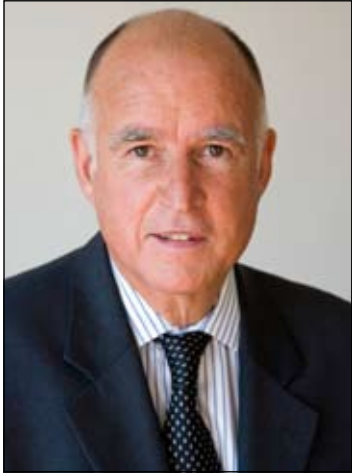
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An Open Letter to the People of California



Governor Edmund G. Brown Jr.

Governor Edmund G. Brown Jr. issued the following open letter to the people of California on December 5, 2011

When I became Governor again—28 years after my last term ended in 1983—California was facing a \$26.6 billion budget deficit. It was the result of years of failing to match spending with tax revenues as budget gimmicks instead of honest budgeting became the norm.

In January, I proposed a budget that combined deep cuts with a temporary extension of some existing taxes. It was a balanced approach that would have finally closed our budget gap.

I asked the legislature to enact this plan and to allow you, the people of California, to vote on it. I believed that you had the right to weigh in on this important choice: should we decently fund our schools or lower our taxes? I

don't know how you would have voted, but we will never know. The Republicans refused to provide the four votes needed to put this measure on the ballot.

Forced to act alone, Democrats went ahead and enacted massive cuts and the first honest, on-time budget in a decade. But without the tax extensions, it was simply not possible to eliminate the state's structural deficit.

The good news is that our financial condition is much better than a year ago. We cut the ongoing budget deficit by more than half, reduced the state's workforce by about 5,500 positions and cut unnecessary expenses like cell phones and state cars. We actually cut state expenses by over \$10 billion. Spending is now at levels not seen since the seventies. Our state's credit rating has moved from "negative" to "stable," laying the foundation for job creation and a stronger economic recovery.

Unfortunately, the deep cuts we made came at a huge cost. Schools have been hurt and state funding for our universities has been reduced by 25%. Support for the elderly and the disabled has fallen to where it was in 1983. Our courts suffered debilitating reductions.

The stark truth is that without new tax revenues, we will have no other choice but to make deeper and more damaging cuts to schools, universities, public safety and our courts.

That is why I am filing today an initiative with the Attorney General's office that would generate nearly \$7 billion in dedicated funding to protect education and public safety. I am going directly to the voters because I don't want to get bogged down in partisan gridlock as happened this year. The stakes are too high.

My proposal is straightforward and fair. It proposes a temporary tax increase on the wealthy, a modest and temporary increase in the sales tax, and guarantees that the new revenues be spent only on education. Here are the details:

Millionaires and high-income earners will pay up to 2% higher income taxes for five years. No family making less than \$500,000 a year will see their income taxes rise. In fact, fewer than 2% of California taxpayers will be affected by this increase.

There will be a temporary ½ cent increase in the sales tax. Even with this temporary increase, sales taxes will still be lower than what they were less than six months ago.

This initiative dedicates funding only to education and public safety—not on other programs that we simply cannot afford.

This initiative will not solve all of our fiscal problems. But it will stop further cuts to education and public safety.

I ask you to join with me to get our state back on track.

Senator Gaines Issues Statement on Governor Brown's Tax Increase Plan



Senator Ted Gaines (R-Roseville)

SACRAMENTO – Senator Ted Gaines (R-Roseville) issued the following statement on December 6th regarding Governor Brown's recently announced tax increase plan.

"The tax extensions of 2009 were rejected in every single county in the state. I can't think of a clearer message to Governor Brown that the people do not want more money taken out of their pockets to fuel chronic, irresponsible overspending in Sacramento. Stop spending money we don't have and lower taxes so we can

start creating jobs in California. That is the simple path Governor Brown should follow. Instead, he is dumping this loser of a tax plan onto Californians' laps when unemployment is still nearly 12 percent. Fed up voters will thoroughly reject it if miraculously makes its way to the ballot."

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, Amador, Calaveras, El Dorado, Lassen, Modoc, Mono, Nevada, Placer, Plumas, Sacramento and Sierra counties.

CHP Uses Grant to Aid Pedestrian and Bicyclist Safety

CITRUS HEIGHTS—The California Highway Patrol (CHP) begins a grant-funded Traffic Safety Corridor project in its ongoing effort to reduce the number of pedestrians and bicyclists killed and severely injured in collisions.

"Pedestrian and bicyclist safety is about educating the motorists as much as it is about informing those who travel by foot or by bike," said CHP Capt. Tracy Sturges, commander of the North Sacramento Area office. "Sharing the road is essential to safety."

Department personnel analyzed three separate 10-month periods,

over three years (2007-2009) time, on average there were 10 pedestrians killed, and 96 others injured in collisions in the CHP's North Sacramento Area jurisdiction. In addition, during those same three, 10-month periods, research indicated an average of one bicyclist killed and 129 cyclists injured in collisions.


The project began December 1, 2011, and continues through September 30, 2012. During this time, officers will conduct a public awareness campaign in schools throughout the area and conduct enhanced enforcement efforts to increase safety.

"Through education and enforcement efforts conducted during this 10-month program, we hope we can change behavior and save lives," added Capt. Sturges.

Funding for the "North Sacramento Pedestrian and Bicyclist Safety Enforcement and Education Project" Traffic Safety Corridor project is provided by the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

Source: Officer Lizz Dutton, PIO, CHP

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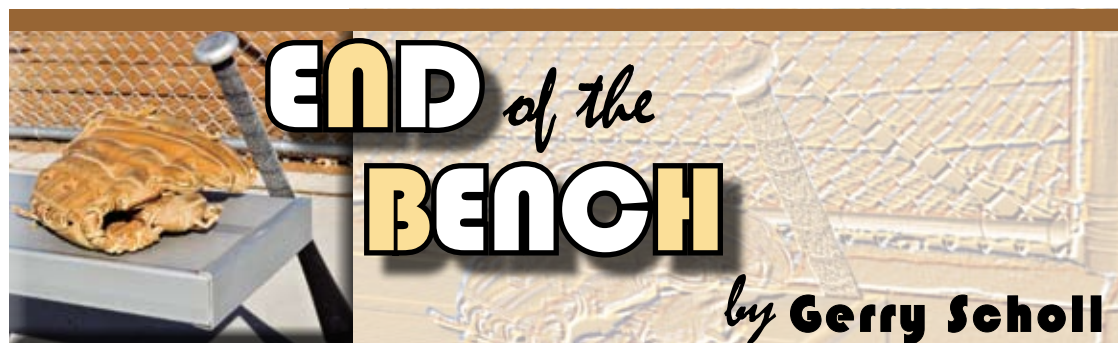
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by **Gerry Scholl**

Jimmy V Was a Classic

The late Jim Valvano, former head basketball coach at North Carolina State and National Champion, was a class act in the end.

During a break in the games of the annual Jimmy V Classic at Madison Square Garden last week, ESPN replayed, again, Valvano's moving speech at the 1993 Espy Awards.

Valvano, who at the time was stricken with bone cancer, was receiving the Arthur Ashe Courage Award and used the opportunity for an extensive audience to announce, with the help of ESPN, the founding of The Jimmy V Foundation for Cancer Research.

"Time is very precious to me, because I don't have much left," he said.

Valvano, who said he had tumors all over his body, could barely get out of bed to attend the ceremony and was helped to the podium by the legendary, recognizable voice of college basketball, Dick Vitale, now a member of the Foundation's board of directors.

It was sad to see the once vibrant, exciting and excitable coach struggle, when the most lasting image of his career was that of him racing around the court looking for hugs after his Wolfpack pulled off one of the most astounding upsets in NCAA Tournament history.

His 1983 "Cardiac Kids" posted six straight come-from-behind victories to win it all, ending a 26-game winning streak by the "Phi Slama Jama" team of the University of Houston in

the final. NC State toppled the No. 1 seeded team, which featured future Hall of Famers Clyde "The Glide" Drexler and Hakeem Olajuwon, when Lorenzo Charles plucked a desperation air ball near the rim and dropped it in the basket at the buzzer — one of the most famous videos of all time in the tourney.

Valvano was a head coach for 19 seasons, ten at NC State. He was an ACC Coach of the Year and won the conference tournament title twice. He took the Wolfpack to two other Elite Eight appearances and one more Sweet Sixteen.

Beyond his many exploits on the court, his lasting legacy will be his foundation and his speech.

He spoke of three things we should all do every day, laugh, think and "have your emotions moved to tears... if you laugh, you think, you cry, that's a full day. That's a heck of a day."

He said he wanted to spend the time he had left "giving hope to others," by raising money for cancer research. "It may not save my life, but it may save my children's lives."

Valvano died a few weeks after his memorable speech at the age of 47. The Jimmy V Foundation has raised over \$115 million dollars for more than a hundred facilities nationwide since, in the fight against a disease that affects us all, it seems, in some way.

My most meaningful encounter with cancer to date was with my father. A smoker for as long as I could remember, it was no

surprise when it was learned he had lung cancer, and it had spread. My dad was part of a generation addicted to tobacco before becoming fully aware of the possible consequences.

As I stood at his hospital death bed with my hand on his shoulder and a brother and sister alongside — black slime oozing from the corners of his mouth, his ravaged body shriveled to skin and bones, his eyes glazed as he took his final breaths — I wondered if he ever thought it would come to this...

If he realized he would be leaving his wife and family probably fifteen to twenty years too soon...

If he knew he would never get to know my children and that they would not remember him at all...

If he had learned of the consequences soon enough, would he have been able to overcome his addiction, abandon his habit early enough to save himself and share himself for years with his loved ones?

I have no doubt, and research has shown, the effects of smoking as a source of cancer had everything to do with my father's premature demise. The findings are printed on the box.

I don't know if any Jimmy V dollars could prevent a bad habit. They could help to discover cancer sources and, hopefully, cures for the disease in some of its many forms.

Contact The Jimmy V Foundation for Cancer Research: 1-800-4JimmyV or www.jimmyv.org.

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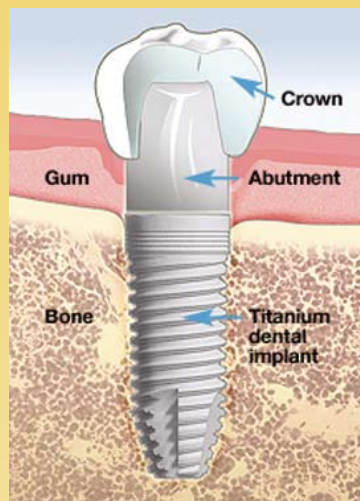
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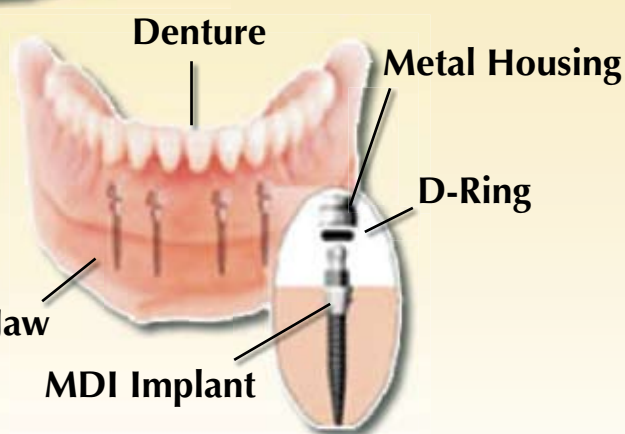
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