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Carmichael Times

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November 23, 2011

Wishing All
Our Readers
A Happy
Thanksgiving!



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Exercises Today?



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Family Fun in
"Happy Feet Two"
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A High Speed Financial Train Wreck



There have been many train wrecks, but none as big as California's High Speed Rail Project.

Commentary by Katy Grimes
www.CalWatchDog.com
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The news that the California High-Speed Rail Authority finally revealed its long-awaited business plan only made the state's residents more suspicious of the monster rail system. With a \$99 billion price tag, a 300 percent cost increase since the 2008 voter-approved measure, and a claim of more than 1 million jobs created, High-Speed Rail appears to be taking over as

the WPA project of California's future.

But many say that \$99 billion is not the final figure. The plan, originally billed as a \$9.9 billion bond measure for a \$40 billion train system, now has unlimited borrowing and spending, as well as a yearly \$5.3 billion cost for upkeep.

HSR officials were all cheer and optimism as they presented the plan, originally due in early October. But officials also showed a penchant for glossing over facts with wild estimates of job creation

and transportation numbers they said will be needed for California's growing population.

California labor union officials seemed to love the plan. "The California High Speed Rail business plan brings us closer to making our vision of clean, efficient transportation and good jobs a reality in California," wrote Labor leader Art Pulaski in a Twitter message.

More Waste

But rail experts disagree. "California High Speed Rail is

likely to increase energy, energy waste, and greenhouse gas because its route is 20 percent longer than the highways, and 217 miles per hour trains consume more energy per passenger mile than conventional trains or autos," Rich Tolmach recently wrote in an op-ed.

Tolmach, a rail expert and enthusiast, has been critical of the California High Speed Rail Authority over the planned waste and inefficiencies. "European high speed rail are cost effective because they are on the ground and bypass most cities, instead of blasting through them," Tolmach wrote in an op-ed on the High-Speed Rail Talk blog.

Tolmach has been critical of California's High-Speed Rail plans because he says officials and planners ignore lessons already learned by Europeans. "Europeans stopped building elevated trains in the 1930's — the same reason that California stopped building elevated freeways. Turning CalTrain's 47 mile track from San Francisco to San Jose, which has 79 mile per hour speeds, into a quadruple-track elevated rail is a wet-dream for the authority."

Tolmach, just like many people in California, wants to see more rail, but not at the expense of efficiency and cost-effective plans.

The High-Speed Rail Authority predicts that California will need to spend "tens of billions of dollars in expanded transportation systems over coming decades," as outlined in the plan. "But High Speed Rail can meet the demands."

High-Speed Rail officials estimate \$18.7 billion annually in wasted time and fuel on our roads. And they state that the airline flights between San Francisco and Los Angeles are the most delayed in the country.

Instead of upgrading airports and using transportation taxes for the state's roads, it appears that state officials have been allowing the roads to degrade in order to get residents so fed up, an alternate transportation plan, at any cost, will be accepted.

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Help Homeless Women and Children Fill Their Holiday Stockings

SACRAMENTO REGION — Christmas morning will be filled with holiday cheer for formerly homeless women and their children, thanks to Sacramento-area residents who are donating to Women's Empowerment's annual Holiday Stocking Drive.

The group is seeking stockings and specific fillers for infants and toddlers, children, teens and adult women. For the list of items needed, visit www.womens-empowerment.org.

Residents can also make a financial donation and volunteers will then shop and fill the stockings. The average filled stocking costs \$30. Items are needed by Friday, Dec. 2, at 1400 North C Street, Sacramento. For more information, contact Courtney Parmer at courtney@womens-empowerment.org or (916) 669-2307.

"In this economy, more than half of the women who walk through our doors are homeless for the first time," said Lisa Culp, executive director. "These remarkable women have worked tirelessly to break the cycle of homelessness, and these stockings bring immeasurable holiday cheer to their hearts and their new homes."

Women's Empowerment is the only job-readiness program exclusively serving homeless women in the greater Sacramento region. The 2009 Nonprofit of the Year has graduated 831 homeless women and their more than 1,000 children, with 93 percent of them finding permanent housing and 74 percent finding jobs or enrolling in school, despite the current economy. This unique program combines self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. For more information visit www.womens-empowerment.org.

Source: Kristin Thébaud Communications

Grants Support Innovative Classroom Learning

Community-Based San Juan Education Foundation Awards Grants for Science, Technology, Arts, and Literacy



San Juan Unified School District students are the big winners from the new educational grant programs.

SACRAMENTO COUNTY - Grants totaling nearly \$40,000 from the San Juan Education Foundation (SJEF) will be awarded immediately to teachers in the San Juan Unified School District to

fund innovative programs in science, technology, arts, and reading. An additional \$30,000 had been allocated for literacy programs in 2012.

San Juan Education Foundation

is an independent, non-profit community organization formed as a link between the community and schools in the San Juan Unified School District. The Foundation annually awards grants directly to educators to support teacher-initiated classroom programs that creatively challenge San Juan students and nurture their desire to learn.

Some of the projects that will benefit from the grants include a campus radio station that will provide English language learners with the opportunity for meaningful school involvement, a project that uses Mouse Trap Cars to help students understand how to calculate speed and velocity and use critical thinking in teams, the use of GPS technology to develop topographic maps of the American River Parkway, the use of radio controlled cars to better understand the laws of physics, development of a mallet ensemble using marimba, xylophone and vibes, a collaborative program with Powerhouse Science Center and RAFT (Resource Area For Teachers) to give students a

hands-on science experience, as well as additional science, literacy and music projects that integrate technology.

"California's budget problems have seriously impacted the ability of our schools to continue important academic program, and we believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience and offer support to teachers who want to use their creativity and innovation to challenge their students," said SJEF Board Chair Charlene Mattison.

The Foundation's Board is comprised of community, business and education leaders, who bring professional expertise, knowledge of community resources and the creativity necessary for a fresh approach to helping teachers help their students to thrive.

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

Pothole Sweeps Begin

SACRAMENTO COUNTY — The Sacramento County Department of Transportation (SACDOT) recently intensified efforts to identify and repair potholes. This project is part of continuous efforts to improve preventative maintenance activities for unincorporated area roadways. Pothole sweeps are performed twice each year: in Fall to ready road surfaces for the storm season and in late Spring to repair potholes caused by inclement weather.

Work crews began inspecting streets and marking potholes with white paint in early November. To report a problem pothole not identified by crews go to www.sacdot.com.

Repairs should continue for another two to three week period. Maintenance crews and equipment will sweep through streets and repair all identified potholes.



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We also assist local governments and community organizations with regulatory issues and grant programs involving state agencies. We can seek answers to your questions, make the appropriate officials aware of your concerns and assist with any problems you might be experiencing. Below are a few recent examples of "success stories" my office has been able to help with:

An Orangevale resident built a shed on his property using the proper permitting he had obtained from Sacramento County. Upon completing the shed, a neighbor complained it was too close to the sidewalk and the county determined the shed needed to be moved. He complied at his own personal expense of time, labor and materials. Upset, he filed a claim with the county's insurance

company seeking reimbursement. Months went by and there was no news on the status of the claim. As soon as he brought this to my attention, my staff stepped in to help. It wasn't long after that he received a reimbursement check from the county for \$1,100.

Another case involved a Carmichael resident who was having difficulty obtaining her medical records from her former physician. She needed those records to properly treat her endometriosis. State law says a doctor has to provide patients with copies of their records within 15 days of their request. The constituent also filed a complaint with the Medical Board of California. Nearly a year went by with no action until she contacted my office. My staff got in touch with the Medical Board and in a matter of days, she received her records.

If you're not sure where to go for help, feel free to ask us. We are here to serve you and can refer you to the appropriate government agency. Just call my district office at (916) 783-8232 and we will help you get started.

As your State Senator, one of the most important services I provide is assisting you when you are having trouble cutting through the red tape of state government. If you have a problem with a state agency or program such as those listed below, my staff can help find answers.

Department of Motor Vehicles
Employment Development Department
CA Department of Justice (background checks for employment)
Medi-Cal

Give Us This Day Our Turkey...Again

By Rev. James L. Snyder

Thanksgiving is my kind of holiday. Apart from the "thanks" part, the primary purpose of this celebration is eating. That is the one thing I do quite well. Thanksgiving is the beginning of a feasting frenzy that would make Richard Simmons sweat to the goodies. Any thoughts of dieting at this time of the year are merely blowing in the wind. Hopefully, not in my direction. Our Pilgrim Fathers came up with the idea of a Thanksgiving feast. The Pilgrim Mothers were too busy doing the wash and caring for the children to think of any more work. The Pilgrim Fathers were sitting around waiting for someone to invent television so they could all watch a football game when someone had an idea. Most ideas are born in the midst of great boredom. That is why so many of them are...well...stupid. "There's nothing to do," one bored Pilgrim Father said. "Let's get together and have a feast." Because nothing else was happening, the other Pilgrim Fathers got excited about this idea. The Pilgrim Mothers, however, had some different thoughts about this crazy feast idea.

After all, they would have to do all the work and Oprah Winfrey had not been born yet to lead them in a chorus of whining and complaining and getting in touch with their real feelings. The Pilgrim Mothers wanted a Tupperware party, but since it was not yet a two-party system, they could only do one party. The Pilgrim Fathers won this one. However, like the good Puritan wives they were, they humored their husbands and began preparations for the first Thanksgiving feast. Because this was the first Thanksgiving, it was a simple affair compared with the ones to follow.

At the first one nobody said, "We've always done it this way." Because it was never done before. However, the second Thanksgiving was beset with this sort of thing. A tradition,

someone wisely pointed out, is something done at least once. What the Pilgrim Mothers did not count on was company for dinner. After all, they were thousands of miles from their nearest relatives with a big pond between them. They assumed, and rightly so, that they were safe from the intrusion of company on what would be the heaviest workday for the kitchen crew.

Have you ever noticed that when you are planning a feast of some kind, relatives who never bother you the rest of the year (something to be thankful for) seem to gravitate to your gravy bowl? There is nothing like unexpected company to put pizzazz in a Thanksgiving celebration. Who wants pizza for Thanksgiving when there is so much turkey? Imagine the Pilgrim Mother's surprise when the Pilgrim Fathers told them (probably on Thanksgiving morning) that they had invited guests for the feast. I can imagine some ears were stinging that first Thanksgiving Day. The Pilgrim Fathers braved through the stinging rebukes from their wives... for months. Perhaps the biggest anomaly of Thanksgiving is the mountain of leftovers the next day and for weeks to follow. No matter how much turkey is gobbled up or how many people are around that Thanksgiving table, the leftovers are enormous.

There is more turkey on Friday than on Thanksgiving. I cannot prove this, but I highly suspect the turkeys we have today keep growing even after we cook them. Maybe when placed in a cold refrigerator overnight, they expand. I really do not know what takes place, but something happens to that turkey when left overnight in a refrigerator. The big challenge is how to prepare leftover turkey so it does not look or taste like turkey.

Thanksgiving is a marvelous time for family and friends to get together to celebrate the goodness of the Lord. Each family has its own special tradition that seems to bring it together.

This year, especially, we have so much to be thankful. For some it starts with a Thanksgiving Eve service. Gathering as a congregation to express to God thanks for another year of bounty and blessing is important for Christians.

Personally, I like a Thanksgiving eve service over a Thanksgiving morning service. In the evening service, you do not have to rush through the celebration to get home in time for the big feast. Giving thanks to God should be a leisurely thing, not something rushed through while thinking of something else. At Thanksgiving, we should bring a bouquet of blessing that fills the room with a sweet fragrance of praise that lingers all year long.

Some of the best and most fragrant bouquets are the small ones. Remembering the big blessings is easy. The smaller blessings are much harder to keep in mind. Some of them we even take for granted.

This Thanksgiving I am going to make a point to look over some blessing I have been overlooking. It is those small blessing that truly sustains us throughout the year. The Bible reminds us why we are to give thanks, not only at Thanksgiving time, but also all year long. "But thanks be to God, which giveth us the victory through our Lord Jesus Christ. Therefore, my beloved brethren, be ye steadfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labour is not in vain in the Lord" (1 Corinthians 15:57-58 KJV). There is so much to thank God for; one day is not near enough. Let us thank God every day for His goodness. Even for leftover blessings.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jassnyder2@att.net. The church web site is www.whatafellowship.com.

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Phone: 916-481-1002

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Contact: Linda Melody Email: linda@carmichaelchamber.com
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Contact us for more information on the Carmichael Chamber of Commerce
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Supporting the Children of Military Heroes

SACRAMENTO – In November of 2003, a group of veterans in Sacramento, California, sought a way to acknowledge the dedication and service of parents serving in uniform and those killed since 9/11. Many of these military personnel sacrifice everything while being separated from their families during the Holidays. The beneficiaries of the first annual toy drive were the families at Travis Air Force Base and the California National Guard. The goal was to provide two toys per child of every military parent deployed overseas. The first effort in 2003 was a booming success; all requests from both Travis AFB and the California National Guard were fulfilled.

Based on the overwhelming response and the volume of toys collected in 2003, Toys for the Troops Kids was born, expanding the scope for Christmas 2004 and added the families of Beale AFB to the list of beneficiaries. Each successive year, this Christmas Toy drive has exceeded expectations, due to the support



Toys for the Troops' Kids Still Giving Strong.

of local vendors sponsoring major donations sites, and from the community at large who each year opens their hearts and their wallets to make sure that the children of our deployed troops have presents at Christmas.

Come join us for some fun, music and food as we kick off our annual Christmas Toy Drive this year on Saturday, December 10th from

12pm to 2pm. This event will be held at McClellan Air Museum 3200 Freedom Park Drive, North Highlands, CA 95652.

The Christmas Toy Drive will be in full swing this season at two major donation sites in the Sacramento area, which will operate daily from 11:00am to 7:00pm from Saturday, December 10th, to Friday, December 23rd. Bring your toys to:

Citrus Town Center (Formerly Sunrise Festival Shopping Center) Sunrise Blvd and Greenback Lane in Citrus Heights, CA (Next to Panera Bread®—main donation site)

Fountains at Roseville Roseville Parkway and Galleria Blvd (Next to the fountain)

Bring your unwrapped, new toys to one of these two donation sites, or visit the website and donate today – <http://www.toysforthetroopskids.org>. Any amount you can give is sincerely appreciated.



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Dr. Bob Graykowski



You know that physical exercise is essential for physical health, but are you also aware that mental exercise is the key to brain health? According to exciting new research activities that "exercise" the brain keep the mind sharp, and prevent cognitive decline such as Alzheimer's disease and other forms of dementia.

As a holistic health care practitioner, I am concerned about all aspects of patients' well being. The mind body and spirit work in synergy, rather than in isolation. That's why we teach patients to focus on prevention of ailments. That includes encouraging patients to engage in daily exercise for both the body and the mind.

The Latest Research on Brain Exercise and Dementia

According to a hot-off-the-presses study published in Neurology, the medical journal of the American Academy of Neurology, people who engage in activities that exercise the brain may delay the rapid memory

Have You Done Your Brain Exercises Today?

decline that occurs with dementia, including Alzheimer's disease.

At the beginning of the experiment the seniors reported how often they participated in six leisure activities that engage the brain: reading, writing, doing crossword puzzles, playing board or card games, having group discussions and playing music. The researchers then looked at the point when memory loss started accelerating rapidly for the participants. They found that for every additional activity a person participated in, the onset of rapid memory loss was delayed. The point of accelerated decline was delayed by 1.29 years for the person who participated in 11 activities per week compared to the person who participated in only four activities per week.

The Top Brain Exercise

- Reading
- Writing
- Playing music
- Crossword puzzles
- Sudoku
- Complex riddles
- Brain-teaser books
- Trivia games
- Card games
- Board games
- Group discussion

Super-Charge Your Brain Exercise

To get the most out of your brain exercise, incorporate it into volunteer work or social activity. Consider volunteering to read books to sick children, playing card games with residence of a local nursing home, or hosting a discussion group based on a challenge facing our community.

Previous research shows that both volunteering and social activity ward off cognitive decline. A new study in the *Archives of Internal Medicine* reveals that these activities also prevent decline of motor function, or the ability to move around.

TV Doesn't Count

Watching television, including "Educational" programs, does not count as brain exercise, say scientists. Experts suggest that people looking to boost their brain power choose non electronic forms of brain exercise.

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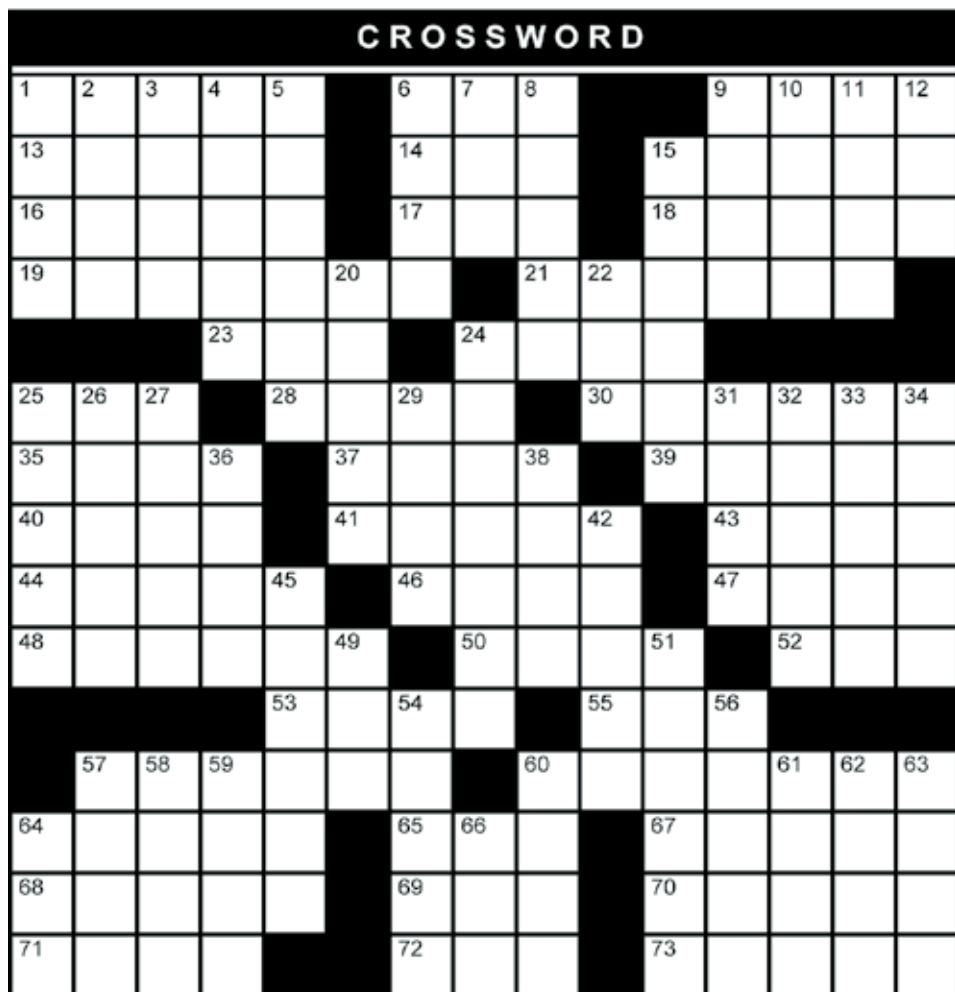
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CLUES

- ACROSS
- 1. Can cause mass destruction
- 6. "Part of a strength training set
- 9. Ball of yarn
- 13. Fear-inspiring
- 14. Husk of corn
- 15. It has two doors
- 16. "Boy _____ World"
- 17. "He _____ and drank the precious Words..."
- 18. Packers QB
- 19. "Lookout man
- 21. _____ the Great, king of Persia
- 23. Rolled grass
- 24. Colored
- 25. Socialist, abbr.
- 28. _____ E. Coyote
- 30. Silver in a cloud?
- 35. Often done cold turkey
- 37. Harsh, as in remark
- 39. Oil tanker
- 40. "Do _____ others as you would have them do..."
- 41. _____ like a dark cloud
- 43. Bog down
- 44. Sour in taste
- 46. Feed storage
- 47. Don't forget to hit this button when done
- 48. Ennui
- 50. "Done to a sparring partner
- 52. Bear's winter hangout
- 53. Conservative talkshow host
- 55. File a suit
- 57. Red light, green light
- 60. "Dumbbells and plates
- 64. Narrow water-filled gorge
- 65. And not
- 67. Greek bazaar
- 68. Raja's wife
- 69. "Sometimes follows injury
- 70. Himalayan country
- 71. "_____ gym, accessible to everyone
- 72. Kicked in yard game
- 73. Proficient
- DOWN
- 1. Tailor's actions
- 2. Sound from rival of #28
- 3. Black and white treat
- 4. Catcher's gear, pl.
- 5. Bequeath
- 6. Back seat
- 7. Jack Sprat couldn't do this to fat
- 8. College president
- 9. Sweet talk
- 10. Used in angling
- 11. "Iliad," e.g.
- 12. Skin cyst
- 15. "Exercise of the heart
- 20. Piaf or Wharton
- 22. Unagi
- 24. Ascetic Muslim monk
- 25. "Glute exercise
- 26. 1/16th of a pound
- 27. Recognized
- 29. Vietnam's neighbor
- 31. Jodie Foster's "_____ Island" (2008)
- 32. It describes the siege of Troy
- 33. Courage to go on
- 34. Light signal
- 36. Reality TV actress Spelling
- 38. "Wilhelm _____" by Friedrich von Schiller
- 42. Agitate
- 45. "Often done in four counts
- 49. Police _____ shot
- 51. Region of northeastern South America
- 54. Type of boom
- 56. Pelted, as with eggs
- 57. "Congratulatory gesture
- 58. "Listen to one on headphones while exercising
- 59. Bad luck predictor
- 60. Kind of bird
- 61. It springs eternal?
- 62. Try not to fall into this
- 63. Lot's wife turned into a pillar of this
- 64. "To and _____"
- 66. South American tuber

For Solution See Page 7

Sacramento County DA Reports

Recent cases of interest

CASE: Robert Edward De Shields (11/10/11)

PROSECUTOR: Deputy District Attorney Hilary Bagley

District Attorney Jan Scully announced today that Robert Edward De Shields was convicted by jury of felony animal abuse.

De Shields, who is confined to a wheelchair, was on parole and renting a garage as his living quarters from a south Sacramento family. The family had two dogs, one of which was an 8 month-old Chihuahua mix. In March 2011, one of the family members came home at approximately 2:30 a.m. and found De Shields holding the Chihuahua mix who appeared scared. She took the dog away from De Shields suspecting she walked in on him assaulting the dog, but not certain. Over the next day, the same dog went missing and soon after reappeared in the garage with De Shields. The dog appeared lifeless, in pain, and in shock. Family members took the dog away from De Shields and later discovered what turned out to be severe injuries to the dog's rectum as well as internal organs. They promptly reported the assault to Parole agents. With extensive medical care from Dr. Alexandr Berdovskiy of Sacramento County Animal Control and Dr. Lynda Bernsteen and Dr. Steven Tarver from the VCA Sacramento Veterinarian Referral Center, the Chihuahua mix survived its injuries.

De Shields has been repeatedly incarcerated in state prison since 1992. He has never remained out on parole longer than a 5 month period, except the times when he was a parolee-at-large.

Sentencing is set for December 9, 2011 at 9:00 a.m. in Department 15 in front of the Honorable Thadd Blizard.

CASE: People v. Tyler Espinosa and Anton Johnson: Dismissal of charges against Tyler Espinosa (11/09/11)

In the matter of the prosecution for the murder of Rebecca Layson, following further investigation, the District Attorney has decided to dismiss charges against Tyler Espinosa and proceed solely against the co-defendant Anton Johnson.

On the evening of February 11, 2010, Rebecca Layson was out with friends at Van Maren Park in Citrus Heights. Layson was not drinking alcohol, but many in her group were, including her boyfriend, Tyler Espinosa. As the evening progressed, the group became smaller until only Layson, Espinosa, and Johnson were left in the park. According to witnesses and text messages from Layson, Espinosa was very intoxicated and vomiting at times. When Layson failed to return home that evening, her father went looking for her. Eventually, the search led back to Van Maren Park where officers found Layson's badly beaten body hidden under some thick vegetation.

Over an eight to ten hour period of interviews with police, 17 year-old Espinosa made several incriminating statements concerning Layson's disappearance and murder. He initially lied to officers about who he had left Rebecca with at the park, and changed his story several times. He said he was very intoxicated that evening and was having trouble remembering what had occurred. He said he had been punched by Johnson and had blacked out. Later, he told detectives he had given Johnson permission to have sex with the victim after Johnson had repeatedly asked him in an aggressive manner. Espinosa said he saw the victim being raped and beaten. He also admitted to helping to carry the body to a different location.

After this interview, Espinosa and Anton Johnson were arrested for the murder. After evidence was submitted to the District Attorney's Crime Lab to be tested, the results came back negative to Espinosa - Espinosa did not have any of the victim's DNA on his body or clothing, and the victim's body and clothing did not reveal any DNA from Espinosa. Text messages from the victim, and interviews with other people at the park, including co-defendant Johnson, corroborate the fact that Espinosa was highly intoxicated and vomiting a short time prior to the murder. More recently, Espinosa and his attorney consented to being re-interviewed by the District Attorney's Office.

Espinosa indicated he was very drunk that evening and at one point had been punched by Johnson and blacked out. When he regained consciousness, the victim and Johnson were gone. Espinosa said he initially lied to officers about who was with Rebecca because he didn't want to say he walked home without her. He stated he told detectives he did not remember anything because he blacked out and just started filling in the facts and lying to the detectives.

Upon the further investigation and review of this case, the District Attorney's Office has concluded there is clearly insufficient evidence to proceed against Tyler Espinosa. No physical evidence links him to the victim despite the bloody crime scene. Espinosa's statement to police about the location of the murder scene is incorrect based upon the physical evidence. Based upon the lack of physical evidence found on his person, his description of where he found the body, and his description of where the body was left, Espinosa's statement about helping to move the body appears to have been fabricated. In addition, Anton Johnson told police that Espinosa was drunk, vomiting, and passed out during the time the incident took place. For these reasons, the District Attorney believes there is insufficient evidence to proceed against Tyler Espinosa in this case.

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Fair Oaks Chamber of Commerce Announces

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- 1pm - 3:30pm - Visit Santa, Mrs. Claus and the holiday shops in the park
- 1pm - 2pm - Holiday Music
- 2pm - 3pm - "Winnie the Pooh" - a children's play in the amphitheater

Bring one can of food for FREE ADMISSION

- 3pm - 4pm - Holiday Music
- 4pm - Holiday Parade
- Immediately following the Parade - Caroling and the lighting of the Christmas Tree in the Park.

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

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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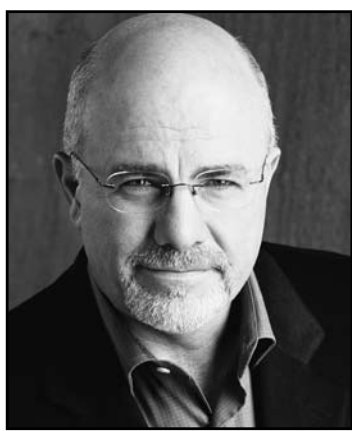
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Dave Says

hammer drops, you've sold the house. An auction with reserve is where the seller, or his agent, reserves the right to accept or decline any and all bids. A minimum price may or may not be disclosed, and the seller reserves the right to accept or decline any bid within a specified timeframe.

As a general rule, auctions are not going to bring retail price. People who go to them are looking for a deal, so you've got to be willing to accept less than what the property's actually worth. Essentially, what you're doing is drawing out the vultures and hoping one of them will get excited and pay a price close to retail.

Take a good look at your properties, the neighborhoods they're in, and decide what you're willing to accept. Then, talk it over with a quality auctioneer in your area. I've done pretty well selling properties at auction, and I've also found some great deals buying properties at auction. Of course, that meant someone else didn't do so well!

- Dave

Fifteen Percent

Dear Dave,
Would you explain your 15 percent requirement on retirement contributions as listed in the Baby Steps?

- Melanie

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.

Selling a House at Auction?

Dear Dave,

I have a couple of rental houses, and I was thinking about unloading them at auction instead of renting them out again. What are your thoughts on selling homes at auction?

- Shannon

Dear Shannon,

First, let's take a look at the two types of real estate auctions, absolute auctions and auctions with reserve. With an absolute auction, whatever the house sells for, that's it. When the

Dear Melanie,

When I talk about Baby Step 4, which is saving 15 percent of your income for retirement, I'm talking about 15 percent of your gross annual pay. Now, you don't have to get too nerdy about it. It's not like you're going to die a pauper if you only save 14 percent, or be ridiculously extra-wealthy if you save 16 percent. The bottom line is you should be able to save \$7,500 a year if you make \$50,000 annually. That's only about \$600 a month.

But, the only way you can do this is if you lose stupid things like car payments and credit cards. Get out of the land of MasterCard bondage and American Distress! When you get out of debt, it's easy to set aside an emergency fund of three to six months of expenses and breeze right along pumping 15 percent into retirement.

By the way, did you know you can retire with about \$7 million if you save 15 percent of a \$50,000 a year income and invest it in good growth stock mutual funds starting at age 30?

Sounds like it's worth doing to me!

- Dave

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Riley Reviews

FAMILY FUN IN "HAPPY FEET TWO" DELIGHTS KIDS THE MOST

model. His parenting skills are questionable, though he truly wants to connect with his outcast son.

Naturally, Mumble sets out to bring his wayward son back home, and then a massive storm causes great problems, cutting off the rest of Mumble's clan from the outside world.

A parallel story of discovery and redemption plays out with two tiny crustaceans that decide to cut loose from their massive swarm that is doomed to be consumed by a passing whale.

Will and Bill the Krill (Brad Pitt and Matt Damon respectively) break away from the pack in search of identity and adventure, which is no easy task for these microscopic creatures.

The audacious Will, longing to be a predator, wants to move up the food chain, while the nervous Bill remains terrified that he will not survive outside the comfort zone of being just one in a billion.

Back to the penguins, Mumble eventually links up with Erik and two of his little penguin pals, but they are soon stranded on an impassable ice bridge.

Their plight is further complicated by an encounter with the ferocious elephant seal Bryan the Beachmaster (Richard Carter), but something happens that is reminiscent of a Greek fable.

It may be a matter of personal taste, but I found that the most compelling characters were the tiny crustaceans, and not just because Brad Pitt and Matt Damon played the roles.

Actually, Will and Bill the Krill may not be the most compelling, but they are the funniest characters as the bicker and banter about their search for survival and new meaning in life.

Aside from the shrimp-like creatures, humor arrives in more limited doses than in the original "Happy Feet." Though the Mighty Sven is a certifiable oddball, his spiel wears thin long before he's exposed as a fraud.

In the end, "Happy Feet Two" delights with its lovable creatures. After all, who doesn't love adorable penguins? I am sucker for any movie with penguins, even one starring Jim Carrey.

On the downside, the eco-friendly film strains for relevance and lacks a coherent storyline that does little more than tap into the predictable emotional attachment we have for the tuxedoed birds.

To appreciate the majesty of the Emperor penguins, it might be best to take another look at "March of the Penguins," the documentary that followed these majestic birds on their home turf in Antarctica.

DVD RELEASE UPDATE

For a look at an upcoming DVD release, I am going completely in the opposite direction of something family friendly.

"Tucker & Dale vs. Evil" is a strange brew of comedy and horror. It's a hilarious take on the cheesy slasher films that involve college students lost in the woods.

Tucker (Alan Tudyk) and Dale (Tyler Labine) are two best friends on vacation who are mistaken for murderous backwoods hillbillies by a group of preppy college kids.

Of course, Tucker and Dale look like the characters in "Deliverance" and they own a dilapidated cabin in a remote lakeside area.

All that the two buddies want to do is to enjoy a relaxing weekend of fishing at their secluded vacation home. But evil has other plans for them.

Instead, a series of misunderstandings and tragic events occur that result in the death or dismemberment of some of the visitors, who come to believe that Tucker and Dale are out to kill them all.

"Tucker & Dale vs. Evil" is a clever satire on the horror/slasher genre. On the film festival circuit it has been a huge hit with horror fans.

A High Speed Financial Train Wreck

Continued from Page 1

Rail officials had their own estimates for airline and road updates and repairs. The High-Speed Rail business plan states that 2,300 miles of new highways, 115 new airport gates and four new airport runways will be needed over the next 20 years, at a cost of \$170 billion. So why not instead invest \$99 billion into High-Speed Rail instead?

But the infrastructure is already in place for highway and air travel. California's roads are in such a state of disrepair, they need repair anyway.

Democratic Support

Democratic Legislators were supportive and optimistic about the plan, even with the "sticker shock," as Senate President Pro Tem Darrell Steinberg, D-Sacramento, said. "It's a tough and honest assessment of the challenges ahead," Steinberg said. And he touted the 100,000 jobs the plan states will be hired in the

first phase.

"This plan is current, transparent and realistic," said Mike Rossi, Democratic Gov. Jerry Brown's Jobs Czar.

As Democrats proclaimed support for the business plan, Republicans were saying, "I told you so." Board of Equalization Member George Runner, a former state senator, has been predicting that the High-Speed Rail costs would escalate. Runner said in a statement that that the voters should be able to decide if the plan should go forward. Otherwise it is a breach of contract since the costs have tripled since Proposition 1A, which authorized the HSR, was passed in 2008.

Another Vote?

Sen. Doug LaMalfa, R-Redlands, advanced that plan. LaMalfa announced he is introducing a bill that would allow voters to give the rail spending plan a thumbs-up or down.

LaMalfa proposed a bill during the last legislative session that

would have de-funded High-Speed Rail, but it was killed in the Senate Transportation and Housing Committee.

The bill now is up for reconsideration. LaMalfa said he will bring back SB 22, as well as his new bill, and push both of the bills through. "It's important to run the legislation and let the voters weigh in on it, as they did the first time," LaMalfa said. "The Legislature could just sit on approving the spending plan and not formally approve it, letting it hang out there, but too many people and especially farmers would not know what the future holds. It's important to get voter input and finality."

Currently, the High-Speed Rail Authority only has the \$3 billion federal rail grant and the \$9.9 billion approved by state voters. "The grant is burning a hole in their pockets," LaMalfa said.

LaMalfa said the smart thing to do is give the money back to the federal government, "It's a bad investment at this point."

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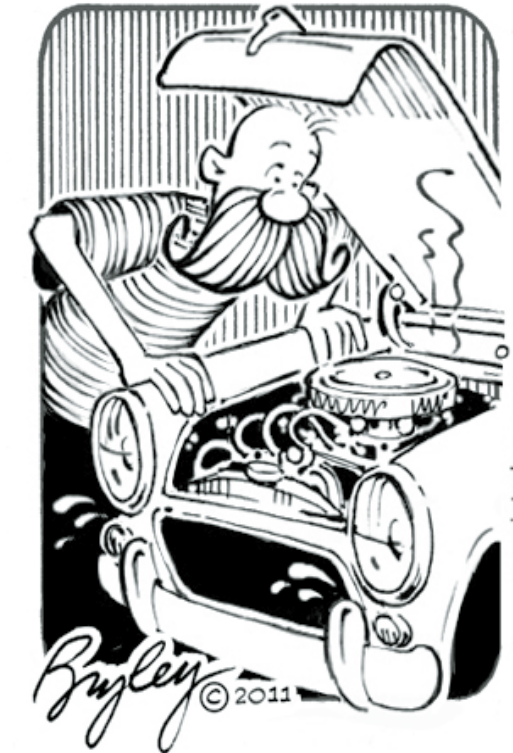
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Arts, Entertainment and Other Fun Things to do!

Christmas in the Village at Town and County

SACRAMENTO – Town & Country Village presents its 2nd Annual Christmas in the Village on **Saturday, December 3 and Sunday, December 4.**

Come and enjoy the festivities with lots to see, hear, smell, eat and do. Free activities include craft-making, chocolate-dipping and face-painting. Use your imagination to decorate your own gingerbread men (and women).

Catch the holiday spirit with music from the El Camino High School band and choir and Old Sacramento Living History Strolling Carolers. Warm up with complimentary hot chocolate and apple cider. The sweet aroma of freshly popped kettle corn helps create the ambiance. Of course, don't miss getting your photo taken with Santa Claus.

Whether you are looking for that special gift, or shopping for yourself,

there are plenty of stores, restaurants and services to enjoy as Old World charm meets modern convenience at Town & Country Village. Come and experience the holiday season! Rain or Shine.

Town & Country Village, Marconi & Fulton Avenues, Sacramento
TIME: 11:00 a.m. - 3:00 p.m.
 For more information:
www.shoptownandcountry.com
 or (916) 933-4056

Bel Tempo Handbell Christmas Concert

SACRAMENTO - BEL TEMPO –Sacramento's premiere community handbell choir sponsored by Northminster Presbyterian Church and directed by Mary Balkow – will perform its traditional benefit holiday concert. Ring We Now of Christmas will feature traditional Christmas carols as well as sacred and secular holiday favorites.

Bel Tempo plays five octaves of English handbells and hand chimes and will be accompanied on

various selections by violin, English horn and a variety of percussion instruments. Musical selections will include English, French and Latin pieces. Also, audience members of all ages will have an opportunity to Ring N Sing along with Bel Tempo to their favorite holiday selections.

This year's Bel Tempo concert will be a benefit for River City Food Bank which provides life-sustaining food for 4000 people each month. There will be a freewill

offering at the end of the concert, and concertgoers are encouraged to bring a can of food for the community food pantry.

Sunday, December 11, 4 p.m., Northminster Presbyterian Church, 235 Pope Avenue.

For more information call (916) 487-5192 or visit northminsteronline.org.

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Exhibition Schedule

November 1-19, 2011	Annual Photography Show	December 14-January 28, 2012	Winter Holiday
November 22-December 3, 2011	Ars Gratia Artis		All Membership Show
December 9-11, 2011	Holiday Craft Fair		

Ars Gratia Artis

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 Gallery Viewing November 22 - December 3, 2011
 Reception December 4, 2011 at 1-3 pm, Drawing at 3pm.

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www.sacfinearts.org

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December 9-11, 2011

11 am-5 pm, Friday-Sunday.
 Special 2nd Saturday Opening 5-9 pm.

Crafters: Hurry, some spaces still available!

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Carmichael Recreation and Park District is announcing these upcoming events

St. John's Holiday Craft Faire

December 3 & 4 • Saturday, 9am-7pm and Sunday, 9am-3pm
 Free Admission!

St. John the Evangelist School, 5701 Locust Avenue in Carmichael
 (916) 481-8845

Silent Sleigh

for the deaf and hard of hearing children
 Tuesday, December 6, 2011 from 10am-1pm
 La Sierra Community Center, (916) 483-7826

Carmichael's Annual Tree Lighting

Thursday, December 8 at 6pm
 Carmichael Park, 5750 Grant Avenue (in front of park)

Get in Shape Programs

Balletone The Dancer's Workout for Everybody
 Tuesdays 7:15pm-8:15pm • Sierra Rooms 1-28

Cardio Kick 101 Tuesdays 6pm-7pm • Sierra Rooms 1-2
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 Entrance on Grant Avenue off Fair Oaks Blvd.



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

Mission Oaks Recreation & Park District

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 Music by American River College Orchestra

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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.

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- **Winter Wonderettes**
 Wednesday, Dec 7, 2011 • \$117/person
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 December 17-18, 2011 • \$245/pp/double
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- **Amtrak thru the Sierras**
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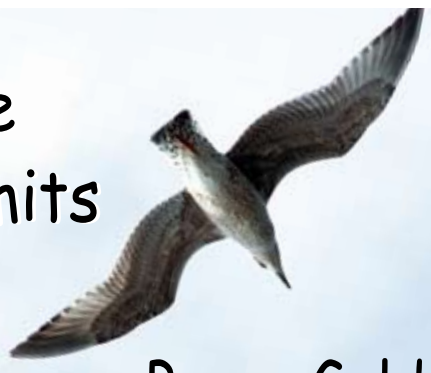
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Dare to Live Without Limits

S P I R I T by Bryan Golden



Great spirits have always encountered violent opposition from mediocre minds. - Albert Einstein

You are a great spirit. You have goals, desires, and aspirations. When you share your plans for the future, are your ideas encouraged or opposed? If the people you speak with encourage you, you are in the minority. Unfortunately, it's more common to be denounced than praised.

But don't be deterred. The opposition you receive puts you in the company of some of the greatest minds the world has ever known. Your challenge is to stay on track without allowing others to derail you.

It's important not to allow others to extinguish your spirit with any adverse reaction. Constructive criticism is one thing, but that's not what you will typically be offered. Rather, people will line up to tell you why you will fail. If their intent were positive, they would make suggestions on how to succeed.

Your spirit needs to be fanned to make it strong. To do this, you have to seek out those who will encourage and help you along your journey. These people may be hard to find. If you don't personally know anyone, you will benefit from reading about people who have arrived at where you want to be.

Tune out all naysayers. There is no need to be rude. Just don't pay attention to their negative comments. You don't have to argue with them. You

probably won't convince them anyway. It's not important they believe you. It is imperative that you don't listen to them.

The amount of resistance you receive will be proportional to how much you want to accomplish. The greater the goal, the louder the voices in opposition. One reason more people don't accomplish their goals is because they allow others to discourage them.

Your spirit helps drive you forward. Your spirit gives you the strength to get up should you trip and fall. Your spirit must be preserved as the great asset it is. In addition to protecting your spirit, you must recharge it on a regular basis.

Here are some things to think about to help you maintain your spirit.

- You are unique. There is no need to be someone else. It's ok to incorporate positive character traits you observe in others into your own character. But you will still be you. The more secure you are with yourself, the stronger will be your spirit.
- You don't need the approval of others. Although it's nice to get support from family and friends, it is certainly not essential for you to attain your dreams. Most people who accomplish their goals do so in spite of the attempts of others to discourage them.

• You don't need to impress anyone. Do what you need or want to do. Few people if any care about your opinions, so why should you be concerned with theirs. Besides, most people are so concerned with their own lives, they rarely pay attention to anyone else's.

• You have the power and ability to solve problems and overcome adversity. Regardless of what challenges you face, you can find a way to get past them. Tap into your spirit when you need strength.

• It's your life. Live it the way you want. Be considerate of others. Don't take any actions that cause harm to other people or yourself. Do what you can to help others. The best way to show others the power of their spirit is to maintain yours.

The greater your spirit, the more opposition you will experience. So if people are lining up to tell you how wrong you are, you are on the right track.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2006 Bryan Golden



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European Traditions

Fremont Presbyterian Church
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Saturday, June 2, 2012 at 8:00 PM

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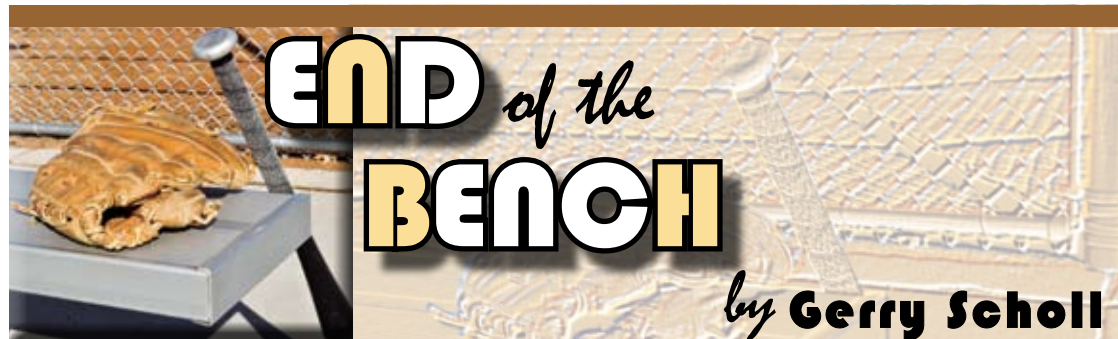
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Go Ahead ... Call It "The Big Game"

Every season as Cal and Stanford prepare to meet again on the gridiron in the next Big Game, the game's moniker is an object of derision.

"It's not really that big a game," the cynics say.

If those same critics were actually playing in the Big Game, that is exactly what they would call it.

It doesn't draw a lot of national attention or respect. It doesn't draw the biggest crowds or television ratings. It usually doesn't have much effect on the collegiate rankings.

What it always has is intensity. You can see it in the faces of the players, coaches and fans as they stare one another down. You can see it in the way the game is played. Ball carriers "finish" every run and tacklers "finish" every tackle. You can hear and almost feel the hitting.

This year's edition did have significance as now sixth-ranked Stanford (10-1) kept its slim national title hopes alive, holding on for a 31-28 win over visiting Cal (6-5).

No matter to the players that this annual showdown doesn't usually mean a whole lot to football fans around the country. Everybody else can go ahead and have their own "big" games. That's just the way it works.

A couple weeks ago LSU and Alabama had their "Game of the Century." This time of the

collegiate season, teams are all having their "rivalry weekends," those special, big match ups with their most despised opponents. If they only win one game all year, that's the one they want to get — call that the Big Game Theory.

But other big games can come about during the course of a season, like a battle for first place, a playoff (at most levels), a bowl game, breaking a losing streak, or a losing team trying to knock off a top dog. Baylor upsetting No. 5 Oklahoma, breaking a 20-game losing streak to the Sooners, or USC edging No. 4 Oregon in a classic, 38-35, were big.

The San Francisco 49ers, now 9-1, convinced many of their detractors that they are for real when they defeated the New York Giants last week in their biggest game of the season.

Games can be big on an individual level. Every game is big for Denver Broncos quarterback Tim Tebow. Few think he will have sustained success in the NFL, so he just has to keep winning and getting better every game. The 49ers own QB, Alex Smith, has to do the same to continue to build credibility with 49ers fans, who won't think he has had a big game until he leads his team into a Super Bowl. (Whoever thought Alex Smith and Super Bowl would be found in the same sentence?)

For the individual, the big game could be that first start or final game. It could be a game against

a former team, one played before family and friends, or one played for, or against, his hometown team. It could be a milestone game, like Duke basketball coach Mike Krzyzewski passing Bob Knight on the all-time victory list. Everybody has their own "big game" moments; maybe two or three or more.

For me, there was taking the court as a starter in the opener my senior year of high school, after shooting hoops my whole life from the time I was strong enough to reach the rim. Never mind that it was for a tiny school that doesn't exist anymore, it was on the road at California School for the Deaf, and I might be the only one who remembers. It was big.

There was making the clinching free throw in the homecoming game before a full (little) gym with my dad there for the only game he was able to attend. Big.

And, there was a 1-0 shutout on the pitching mound in an obscure tournament consolation game.

With all due respect to Bruce Springsteen, I'll tell that Glory Days tale to anyone who will listen. I couldn't throw that old speed ball by ya very often, but I could make most any batter look like a fool with my array of junk.

So, go ahead Bears and Cardinal and keep right on calling it the Big Game. Why should anybody knock you for being the first to think of applying the label to their special moment?



ROCK DOC

By Dr. E. Kirsten Peters

Dogs are loyal, playful, loving and sometimes cute as a button. It's no wonder we love them (some of us more than others, to be sure). Dogs were likely one of the very first animals we humans domesticated. They've been sitting around our campfires for a very long time, indeed. We train our dogs to sit, shake and lie down. It also could be said the dogs train us to dispense kibbles, rawhide treats, and scratches behind the ears. What matters isn't which side comes out ahead in the exchange, I like to think, but that both sides benefit from our association. Recently I had occasion to read aloud a news report to my "Labrador mix" as he lay stretched out near my feet one evening. Buster Brown came from the dog pound where he was listed as a Lab mix, although in truth the vet and I agree he has so many different influences in him it's rather misleading to name just one. Still, because he will retrieve sticks I throw into the water, I dignify his existence by thinking of him as predominately a Labrador Retriever. And he's content with that description. The story I read aloud originated in Germany where a study was done with dogs who have been trained to indicate when they smell chemicals emitted by cancer cells in the human body. This isn't

Cancer Detection and Man's Best Friend

the first such study to be done, but it confirmed what earlier ones had shown: dogs can be good early warning detectors of malignancies within us people. The German study used two German shepherds (naturally), an Australian shepherd and one Labrador retriever. (Buster, ofcourse, was pleased to hear about that fourth dog's participation in the study.) The dogs were trained to lie down when they smelled lung cancer. The dogs were just house-dogs, and the training didn't go much beyond that used in typical puppy school. So it's likely that what the four dogs could do, so could my Buster and your Fido, too. The canines in the study were given test tubes containing people's breath samples, both healthy subjects and those who had lung cancer. The dogs had been trained to lie down when they smelled traces of lung cancer and touch the vials with their noses. About 70 percent of the time, the dogs successfully identified patient known to have lung cancer. The study is not the first of this type to have been done. Other studies with dogs have tested their ability to detect breast cancer, colon cancer, skin cancer and more. Some studies have had much higher detection rates than 70 percent, too. Clearly dogs can tumble to just a tiny trace of chemicals associated with cancer cells. I've read that dogs have more neurons running from the nose to the brain than we people do, and a larger proportion of the dog brain is devoted to processing information from the nose than is

the case in our noggins. The fact that dogs can smell malignancies would seem to indicate the cancers create particular chemicals that are otherwise not in our bodies. Exactly what those compounds are remains a mystery. In other words, we can say the dogs in Germany did pretty well at detecting lung cancer, but we don't know what chemicals in the test tube vials were the ones the dogs responded to. And, of course, the dogs can't tell us that part of the story. It's interesting to speculate why it took us so long to ask Fido's help in cancer detection. I think it's partly because of the way we view science and all things medical. We think that the best scientific or medical devices will be large and expensive machines. Likely they'll be scary, too, at least if you have to spend time with one as a patient. It's just outside our framework of thinking to imagine that the mutt under the kitchen table at home could do as well as a chemical detector designed by an engineer and costing tens or hundreds of thousands of dollars. As a friend of mine in graduate school used to say, "Scientific instruments should be big, noisy, scary and cold." Or not!

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @ [RockDocWSU](https://twitter.com/RockDocWSU). This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



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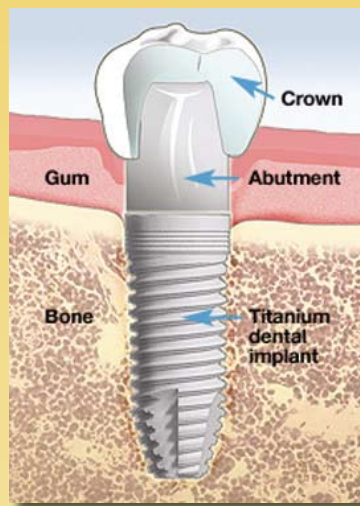
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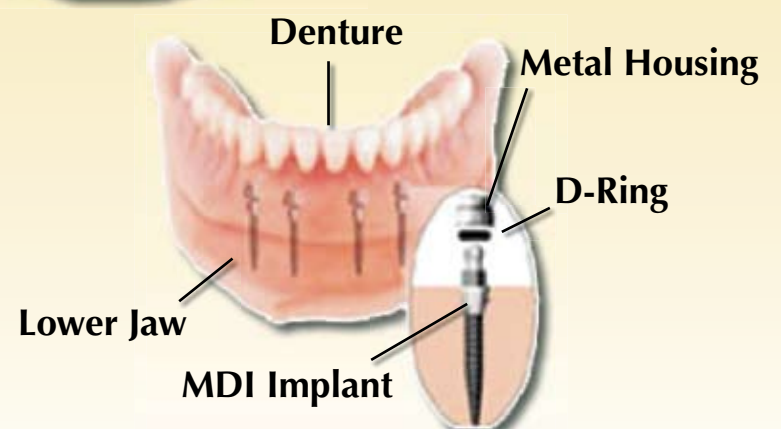
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