

# Carmichael Times

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November 09, 2011

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## Heroes Honored at Patriots Park



Families with kin named on the Patriots Park Wall of Honor are saluted by the Del Campo High ROTC and piper Bruce Locken. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – In a weekend remembrance ceremony, Carmichael Park District and bereaved families honored fallen sons.

Central to Patriots Park (Palm Ave, near Dewey and Madison) a Wall of Honor bears plaques naming local men who died in service to community or nation since the

Carmichael Park District began. While there is provision for more names, no new plaques were added to the monument this year. Instead, a ceremony recalled the sacrifice of 12 Carmichael and Fair Oaks' heroes.

County Supervisor Susan Peters paid tribute to the fallen and praised the monument's role. "For

families in attendance today, we offer thanks," she said. "Patriots Park has been embraced by the community since it opened in 2008. We hope it is a source of continued pride and remembrance."

To some families, the Wall of Honor serves as a symbolic grave stone. During Operation Desert Shield, US Navy fighter pilot

Lt. David Warne was lost in the Mediterranean Sea. Though he is honored at Arlington National Cemetery, his body was never recovered. Still living in the same house where he grew up, the Warne family attended the weekend commemoration. Said David's father, Vietnam Silver Star recipient Col Evans Warne: "The Wall of Honor provides comfort that my son's sacrifice is recognized by people who come to this park."

Plaques represent men who wore the uniform of Army, Marines, Air Force and Navy. The CHP, Sacramento Sheriff's Department and Firefighters are also represented.

"In some ways, it's a wall of healing," said Jim Byrnes, whose brother

Robert was lost in Vietnam. "It enables us to talk about our loved ones and keep their memory going."

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

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

## Carmichael Water District Welcomes New Director



George "Roy" Leidy

Carmichael - Carmichael Water District is happy to announce the appointment of George "Roy" Leidy to the District's Board of Directors.

Roy is a senior aquatic ecologist with AECOM, a global provider of professional technical and management support services. Roy specializes in conservation biology and fish and wildlife management. Director Leidy was appointed to the Board of Directors for District 1 on September 19, 2011 to fill the unexpired term of former director Sanford B. Kozlen. He has a B.S. degree from U.C. Berkeley in resource management and has been involved in a broad range of California water management issues since 1974, including endangered species, water resources, watershed management, instream flows, water quality, habitat restoration, and regulatory compliance. He possesses extensive knowledge of resource management issues in the western United States.

## FBI Names Community Leadership Award Recipient

Sacramento County—The Sacramento Field Office of the Federal Bureau of Investigation (FBI) is pleased to announce that WEAVE, Inc. is the recipient of the 2011 Director's Community Leadership Award. The annual award recognizes the achievement of an individual or organization for commitment to violence education and prevention. "It is an honor to be able to present WEAVE, Inc. with the Director's Community Leadership Award for commitment to crisis intervention and prevention in our region," said Herb Brown, Special Agent in Charge (SAC) of the Sacramento FBI field office. "Beth Hassett and her team's outstanding efforts have continually increased the community's understanding of domestic violence and sexual assault and have ensured that victims have resources available to begin the healing process."

Since opening as a grassroots organization in 1978, WEAVE has become a large, nationally recognized agency that provides

crisis intervention and prevention services to women, men and children who are victims of domestic violence, sexual assault and human trafficking in the Sacramento region. Focused on eliminating the cycle of violence and abuse, WEAVE dedicates significant resources to prevention and education programs in addition to essential victims services.

In 2011, WEAVE realized the following successes: 197 women and 168 children found refuge at the safe house for an average of 27 days each; 15,865 callers received help from the 24-hour Support Line; 1,006 women and men received counseling; 57 children received therapy to break the cycle of violence; 1,404 victims received legal services; 212 rape victims were accompanied at the hospital during evidence collection. "I am honored that WEAVE has been chosen as the Sacramento area recipient of the Director's Community Leadership Award."

WEAVE believes that all women, men and children deserve

to feel safe in their homes and community," said Beth Hassett, Executive Director of WEAVE. "In these difficult times we have to be more innovative, more enthusiastic and more committed to making sure that the most vulnerable among us are taken care of. The award represents our continued efforts to create a cohesive response to victims and accountability for perpetrators." For more than two decades, Beth Hassett, Executive Director of WEAVE, has been a volunteer and staff member for non-profit organizations focused on improving the quality of life in the Sacramento region and beyond.

As the Executive Director of WEAVE, Hassett leads a team of advocates, counselors, educators and volunteers who share the common goal of bringing an end to domestic violence and sexual assault in the community.

In addition to her position with WEAVE, Hassett currently serves as a commissioner on the First Five Sacramento Commission,

President of the Planned Giving Forum of Sacramento, Treasurer of the California Coalition Against Sexual Assault (CALCASA), Vice President of the Midtown Business Association, Secretary of the Sacramento Children's Coalition, and is a member of both the ALS Association National Board of Representatives and the board of the ALS Association of Greater Sacramento. She was appointed to the statewide Domestic Violence Advisory Council by Governor Schwarzenegger in 2010 and graduate of the Sacramento FBI Citizens Academy in 2011.

Hassett will accept the 2011 FBI Director's Community Leadership Award on behalf of WEAVE, Inc. from SAC Brown during a small ceremony held at the Sacramento field office at 9 a.m. on Wednesday, November 30, 2011. Hassett will also travel to FBI Headquarters in Washington D.C. to receive the official engraved crystal award from FBI Director Robert Mueller on March 16, 2012, at a public ceremony.

## Aerospace Museum of California Honors Veterans Day and Partners with "Support 4 Soldiers" to Help Wounded Warriors

Sacramento – The Aerospace Museum of California (AMC) (www.aerospaceca.org) announced a special tribute on Friday, November 11, in honor of Veterans Day from 9:00am to 5:00pm with a brief ceremony honoring all veterans at 11:00 a.m. The Air Force Sergeant's Association of Sacramento is hosting the Museum's Veterans Day event and the program will be held at the AMC's Memorial Plaza with a tribute to the flag, followed by the National Anthem, a wreath laying, and will conclude with remarks. Special Museum admission of \$5.00 per person (children under the age of five are free) will be available all day.

"We want to honor and thank

all veterans for serving this great nation," said Roxanne Yonn, executive director of the Aerospace Museum of California. "We encourage visitors to enjoy a day at the Museum, be inspired and give thanks to the men and women (both past and present) who served and sacrificed for the freedoms we enjoy today."

The community is also invited to donate much needed items to wounded warriors currently stationed in Afghanistan. The AMC has partnered with local non-profit organization, Support 4 Soldiers, and will serve as a drop off point for donations specifically for soldiers that have been injured in battle and are currently recuperating. Soldiers arrive

straight from the battlefield and do not have anything with them. For this particular program all donations must be dropped off by November 11th.

Representatives for Support 4 Soldiers will be at the Museum all day on Veterans Day and will be on hand to collect donations and answer questions. Items needed are:

- Warm clothes such as hoodies, jackets, sweatpants, gloves, etc.
- Shoes and flip flops (for shower shoes)
- Twin size bed sheets
- Blankets
- Sunglasses (black only)
- Snacks (candy, beef jerky, granola bars, sunflower seeds, etc.)
- Anything for entertainment

such as games, books, movies, music, etc.

Monetary donations will also be accepted and will be used to defray shipping costs and/or purchase additional requested items. Donations are tax deductible; for more information please visit Support 4 Soldiers. In addition, attendees can color pictures, sign cards and flags or just send their thoughts and gratitude to the troops overseas. The organization will also have information on hand regarding its holiday care package program.

Active duty military service members receive free admission to the Museum. To receive free admittance visitors must present a military ID. Admission for the

general public is \$5.00.

The AMC is a non-profit foundation dedicated to inspirational and educational programs, honoring the rich military and aviation history of the greater Sacramento region, and highlighting the impact and innovation of the Museum's many community partners. For more information visit [www.aerospaceca.org](http://www.aerospaceca.org) or join us on Facebook <https://www.facebook.com/AerospaceMuseumCA>. The Museum is located at 3200 Freedom Park Drive, McClellan, CA 95652.

Contact: Karen Strong  
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# Hounds of Fairy-ville

# Pluck a Feather Off a Giving Gobbler!



Cocker spaniels Bella (left) and Leyla engaged the seasonal spirit at last Sunday's Carmichael Farmers Market. On the eve of Halloween, the produce fair was colored by scores of costumed visitors. A pumpkin carving contest attracted multiple entries. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – In what will be a quarterly addition, artisan vendors increased market merchandize. Based at the Grant Avenue end of the park

since last April, the all-weather sale has seen booth and customer numbers increase steadily. Vending is from 8 a.m. to 1 p.m. every Sunday. Organising this and several other farmers market is

BeMoneySmartUSA, a non-profit that provides business education to young people. To learn about the market and the BemoneysmartUSA organization, call (916) 806-3989.

Carmichael – Eskaton's TLC Giving Gobbler needs to be plucked! This holiday season our Giving Gobbler's "feathers" provide donation information requesting a grocery gift card to a local grocery store. Every gift card donated will be distributed by volunteers in December to participants of the TLC (Talking, Listening and Caring) Telephone Reassurance Program. TLC participants are older adults who live alone in their own home and most are homebound and low income. A \$20.00 to \$25.00 gift card goes a long way in helping to buy groceries, toiletries, prescriptions or just something special for the holidays. So, if you would like to make the holidays a little brighter pluck a feather off a Giving Gobbler!

Eskaton's TLC (Talking, Listening and Caring) Telephone Reassurance program provides free, daily phone calls to hundreds of older adults in the greater Sacramento area. TLC participants enjoy daily conversations with volunteers who call to socialize and let them know someone cares. The daily calls provide social interaction which helps prevent depression

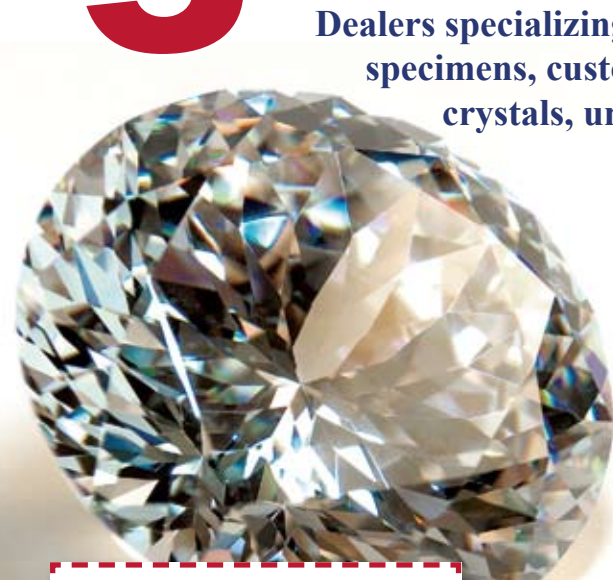


Linda Whiteside, Program Coordinator and Natasha Shields, Activity Assistant. Photo provided by Terri Becker, TLC Program Director.

and isolation. Trained volunteers also conduct a mini welfare check over the phone by asking questions such as if they have heat, air conditioning or have food in the house. These phone calls help our participants remain independent and safe in their own home which is where we all want to remain for as long as possible.

If you'd like to participate in the Giving Gobbler, please call Terri Becker, Program Director at the Eskaton Community Services at 334-1072 or stop by our location at 8525 Madison Ave. Suite 150, Fair Oaks, (corner of Kenneth and Madison). To learn more about Eskaton go to [www.Eskaton.org](http://www.Eskaton.org).

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# Senator Gaines Receives Perfect Score on 2011 Taxpayer Report Card



Senator Ted Gaines (R-Roseville)

Sacramento – Senator Ted Gaines (R-Roseville) recently announced that he has scored 100 percent on the California Taxpayers Association's (CalTax) 2011 Voting Record. Gaines was one of only 30 state

legislators out of the 120 Assembly and Senate members to receive the top score. "I am honored to stand with taxpayers in the fight against the over-spending crisis that plagues Sacramento," said Gaines. "As a small business owner, I am familiar with the hurdles and burdens hardworking taxpayers face every day. California should be creating opportunities for individuals and businesses to thrive, not stifling their growth with excessive taxes and onerous regulations." CalTax's legislative report card is designed to hold lawmakers accountable for their actions and to inform taxpayers how their lawmakers represent them on key issues.

Founded in 1926, CalTax is a non-partisan, non-profit organization whose mission is to protect taxpayers from unnecessary taxes and to promote government efficiency. The

2011 Voting Record is based on a compilation of the highest priority bills on which CalTax took a position. Most bills used to evaluate and grade voting records dealt with tax increases or those that threatened taxpayer protections. "I remain committed to defending taxpayers and opposing tax increases," said Gaines. "California's taxpayers deserve to keep their hard-earned money in their pockets, not to support Sacramento's irresponsible spending addiction."

The 2011 CalTax Voting Record, with descriptions of the bills used in the report, is available at CalTax's website at [www.caltax.org](http://www.caltax.org). 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.



Dr. Bob Graykowski



Millions struggle daily with arthritis pain, which can range from moderate to debilitating. Worse yet, the drugs used to combat this chronic condition spark a host of unwanted side effects, including ulcers and other gastrointestinal disorders.

Luckily, there are ways to prevent the disease, and to find drug-free relief when it does strike. We want patients to know that preserving joint health is key in avoiding or managing arthritis and that chiropractic care can help.

When spinal bones (vertebrae) are misaligned or restricted the result is a common condition known as **vertebral subluxation**. This condition affects the health and function of the nervous system often leading to joint pain. Keeping the spine in alignment has immediate and long term benefits.

**Osteoarthritis**  
Vertebral subluxations stress the body's joints, causing them to move out of alignment. In response, the joints form bone spurs – jagged bits of deposited calcium – that scrape and irritate surrounding muscles, tendons and tissue. The result? Osteoarthritis.

# Chiropractic Care and Arthritis

Osteoarthritis (OA) commonly affects hips, knees, hands and backs. Symptoms include pain, stiffness, muscle weakness, swelling and joint deformation. Maintaining proper spinal alignment, however, encourages circulation – keeping joints well-nourished with a steady supply of blood – and reduces likelihood of injury. Prevention is critical because researchers note that prior joint injury significantly increased the risk for later-life. In cases where OA is already present, chiropractic care provides safe and effective pain relief.

Researchers randomly assigned patients moist hot packs plus chiropractic care or moist heat alone. The study, which included 20 therapeutic treatments over a period of several weeks, showed that those receiving hot packs plus chiropractic care "reported 90% greater results and more rapid pain reduction and increased ROM (range of movement) with sustained relief than improvement of just the moist heat group."

**Fibromyalgia**  
Although it doesn't lead to the joint deformity traditionally associated with arthritis – nor cause the associated inflammation or damage to joints or muscles – this soft-tissue, rheumatic condition produces similar symptoms. Alignment of the upper cervical spine (neck) has been shown to be a factor to reduce pain associated with fibromyalgia.

**Exercise**  
Exercise helps to alleviate joint stress by strengthening the surrounding muscles. Strong thigh muscles, for example, can dramatically reduce the stress load placed on knees. According to the

American Chiropractic Association, "Exercise is critical in successful arthritis management. It helps maintain healthy and strong muscles, joint mobility, flexibility, endurance, and helps control weight." Even "light" exercises, done while seated in a chair, can benefit those with arthritis. As with any exercise endeavor, however, talk with your doctor first.

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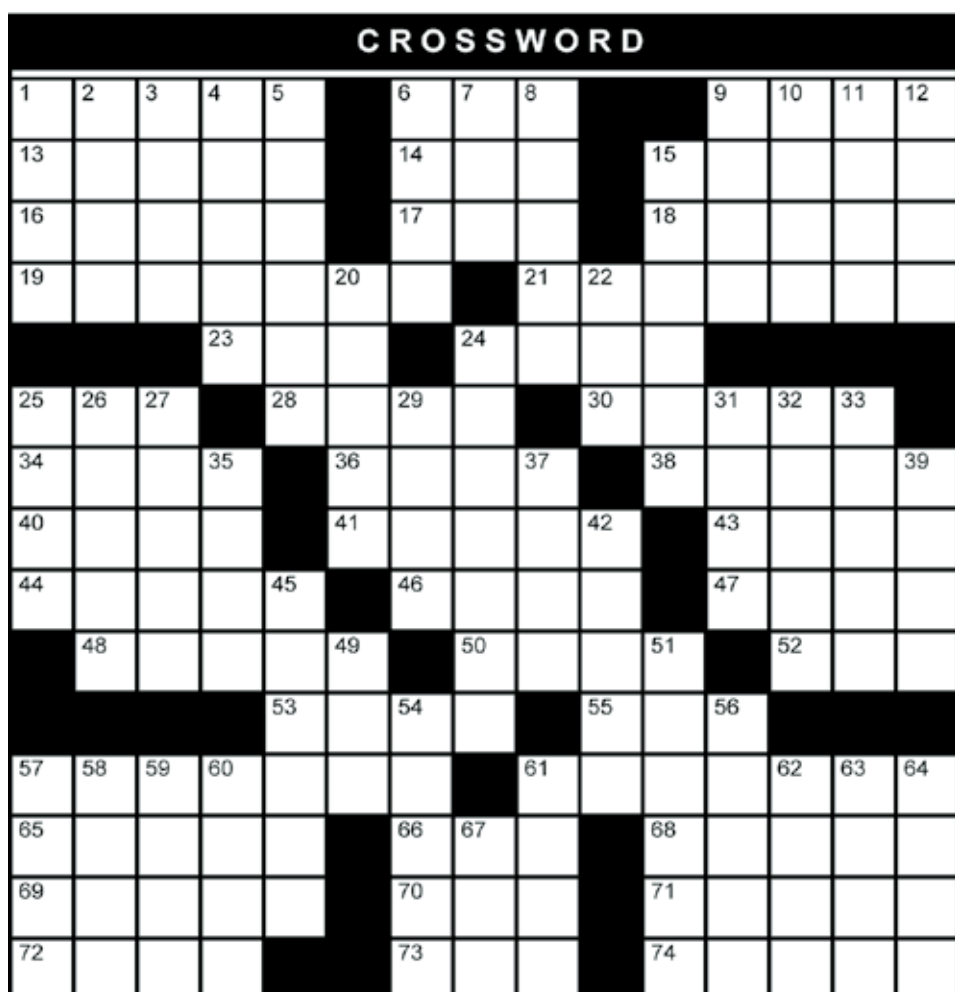
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|---|--|---|---|
| <p><b>ACROSS</b></p> <p>1. Joanne Woodward's character Eve had three</p> <p>6. Bag in French</p> <p>9. SAT, e.g.</p> <p>13. Positive electrode</p> <p>14. Taxing job</p> <p>15. *____-cross bicycling</p> <p>16. "Take one up or down</p> <p>17. Mentally quick</p> <p>18. Tapestry</p> <p>19. *Usually illegal while driving</p> <p>21. *Drive-_____</p> <p>23. One of Sinbad's seven</p> <p>24. Bluish green</p> <p>25. London's Big ____</p> <p>28. Musician's time to shine</p> <p>30. Large, colorful parrot</p> <p>34. Bear's hang-out</p> <p>36. Pluribus</p> <p>38. Policeman's club in India</p> <p>40. Sky bear</p> <p>41. Receive, as in debt</p> <p>43. Daytime drama</p> | <p>44. Helen in Russian</p> <p>46. To mark for omission</p> <p>47. Charlie "Bird" Parker's sax</p> <p>48. Parent's demand</p> <p>50. Cribbage pieces</p> <p>52. Acid</p> <p>53. Italian car maker</p> <p>55. "For what ____ worth"</p> <p>57. "It now often costs extra</p> <p>61. *Share a ride</p> <p>65. Boredom</p> <p>66. Charlotte of "Facts of Life" fame</p> <p>68. This bird gets the worm</p> <p>69. Dangerous trick</p> <p>70. Under the weather</p> <p>71. Type of simple protein</p> <p>72. Salad prep</p> <p>73. Unagi</p> <p>74. Same as mesotron</p> | <p><b>DOWN</b></p> <p>1. *Type of food</p> <p>2. "Up the ____"</p> <p>3. Sweet talk</p> <p>4. Changes, as in written word</p> <p>5. 7-game ____ in baseball playoffs</p> <p>6. Slang for heroin</p> <p>7. *Often free on smartphone</p> <p>8. Like malicious remark</p> <p>9. Novice</p> <p>10. Very light brown</p> <p>11. Ore smelting by-product</p> <p>12. Comedy Central's "____O"</p> <p>15. Relating to the body</p> <p>20. Campbell or Watts</p> <p>22. One looking for attention</p> <p>24. Sometimes difficult to grasp</p> <p>25. Down in the dumps</p> <p>26. Between Marquess and Viscount, pl.</p> <p>27. One born to Japanese immigrants</p> | <p>29. "____ hol"</p> <p>31. Home in Spanish</p> <p>32. Coral reef island</p> <p>33. "____ up?"</p> <p>35. Goes with rave</p> <p>37. Christmastime</p> <p>39. *Comes in nano and shuffle versions</p> <p>42. Roman king's abode</p> <p>45. Up to date, French</p> <p>49. Slob</p> <p>51. Flow, as in video</p> <p>54. Eagle's nest</p> <p>56. "Star Trek's" final frontier</p> <p>57. For fear that</p> <p>58. To, archaic</p> <p>59. African migrants</p> <p>60. "The ____ of Navarone"</p> <p>61. *Most are now smart</p> <p>62. Scraps of meal</p> <p>63. Dish of stewed meat</p> <p>64. Country singer-songwriter Loretta</p> <p>67. Type of brew</p> |
|---|--|---|---|

For Solution See Page 7

Sacramento County DA Reports  
Recent cases of interest

**CASE: Dejon Wayne Murray, Kenneth Oliver Owens Jr. & Maurice Edward Reed Jr. (10/20/11)**  
**PROSECUTOR: Deputy District Attorney Kevin Greene**  
 District Attorney Jan Scully announced today that Dejon Murray, Kenneth Owens and Maurice Reed were each convicted by three separate juries of first degree murder for the shooting death of Natomas High School Assistant Football Coach Salvador Heredia-Arriaga.  
 On March 26, 2010, Heredia-Arriaga went to visit his friends at an apartment in South Natomas. He was shot and killed by the defendants after he walked by as they were robbing a pot dealer.  
 Sentencing is set for November 18, 2011 in Department 19 in front of the Honorable Patrick Marlette.

**CASE: Matthew David Riley (10/26/11)**  
**PROSECUTOR: Deputy District Attorney Chris Ore**  
 District Attorney Jan Scully announced today that Matthew Riley was convicted by jury of two counts of first degree murder for the killing of his parents, Steve and Linda Riley. The jury also found true the multiple murder special circumstance.  
 In December 2008, Riley went to his parent's South Natomas home and stabbed them to death.  
 Riley faces a sentence of life without the possibility of parole. Sentencing is set for December 2, 2011 at 11:00 a.m. in Department 32 in front of the Honorable Gary S. Mullen.

**CASE: Arthur Temblador (10/28/11)**  
**PROSECUTOR: Deputy District Attorney Rob Gold**  
 District Attorney Jan Scully announced that 36 year-old Arthur Temblador was sentenced yesterday by the Honorable Gary Ransom to 4 years, 4 months in prison after pleading guilty to four felony charges involving sexual misconduct. He is also required to register as a sex offender for life.  
 Temblador was a coach for the Everton Soccer Club in Elk Grove. From the summer of 2010 through spring 2011, Temblador engaged in sexual misconduct with one of his players. The victim was between the ages of 15-16 years old at the time and the conduct occurred in four different counties.

**CASE: Sheila Caceres**  
 District Attorney Jan Scully announced that the charge of felony child endangerment has been filed against Sheila Caceres. Caceres operated Garden Daycare, a large daycare facility in Mather, in Sacramento County. On February 23, 2011, a two month old child, Avin R., died while at the facility. Caceres is also charged with a misdemeanor violation of fire safety regulations.  
 Caceres was arrested by Sheriff's Officers, booked into the County Jail, and released on a \$50,000 bail. Her arraignment is scheduled for November 4, 2011 at 10:30 a.m. in Department 8 of the Superior Court.  
 Since this is now a pending prosecution, the District Attorney will not be making any additional comment on the case.

**CASE: Anthony Medina, Brandon Morton & David Whitehead (10/27/11)**  
**PROSECUTOR: Deputy District Attorney Andrew Smith**  
 District Attorney Jan Scully announced today that Anthony Medina, Brandon Morton and David Whitehead 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.  
 The three defendants are facing a sentence of life without the possibility of parole. Sentencing is set for December 9, 2011 at 9:00 a.m. in Department 26 before the Honorable Michael Savage.

**CASE: Vicente Perez (10/28/11)**  
**PROSECUTOR: Deputy District Attorney Michael Blazina, Real Estate Fraud Unit**  
 District Attorney Jan Scully announced today that 40 year-old Vicente Perez of Sacramento pled no contest to demanding and collecting illegal advanced fees for loan modification services.  
 Perez was an employee of Turbo Mortgage Modification, which offered mortgage loan modification services. In 2010, Perez demanded and accepted illegal advance fees from three victims. Perez was placed on 3 years of probation, ordered to serve 30 days in county jail, and pay \$2,800 in restitution to the victims. He has also prohibited from engaging in any business activity involving real estate while on probation.  
 This matter was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

Protect Yourself, Your Family, Your Neighbors  
and Your Neighborhood in an Emergency Situation

Local government prepares for everyday emergencies. However, during a disaster, the number and scope of incidents can overwhelm conventional emergency services. Metro Fire's Community Emergency Response Team (CERT) program is an all-risk, all-hazard training. This valuable course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation.



- How to provide basic medical aid;
- How to effectively search for and rescue victims safely;
- How to organize yourself and spontaneous volunteers to be effective as a team and collect disaster intelligence to support first responder efforts;
- Disaster Psychology;
- About Terrorism.

This class includes:  
 • What your local risks are and what you need to do to prepare;  
 • How to manage utilities, hazardous materials, and put out small fires using the appropriate Fire Extinguisher;  
 • How to use "START Triage" and how to treat the "Three Medical Killers" by: opening airways, controlling bleeding, and treating for shock;

with an adult or guardian. The next class begins Thursday, January 5, 2012. For more information or to register for an upcoming training, call the CERT messaging system at (916) 859-3776 or email the Metro Fire CERT Program at cert@smfd.ca.gov. Feel free to log on to the CERT website for additional information and registration forms at <http://www.smfd.ca.gov/cert.htm>.

*Be Safe, Be Prepared, Be Empowered to Make a Difference!*

Class Dates and Times:  
 Thursday, January 5th:  
 6:00 PM – 10:00 PM  
 Saturday, January 7th:  
 8:00 AM – 5:00 PM  
 Thursday, January 12th:  
 6:00 PM – 10:00 PM  
 Saturday, January 14th:  
 8:00 AM – 5:00 PM.

**SUDOKU**  
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9				2		1	
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2		9				7	1
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7			2				

© StatePoint Media  
 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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# Arts, Entertainment and Other Fun Things to do!

## State Indian Museum Events

### Lecture Book Signing

The State Indian Museum is proud to host Anthony Platt, Author and Professor Emeritus at California State University, Sacramento, for a special lecture and book signing event on Saturday, November 19 from 11 a.m. to 1 p.m. at the State Indian Museum. In his engaging and informative style, Platt will thoughtfully explain the history and long-term consequences of more than

200 years of collecting and looting the sacred grave sites of California Indians.

In addition, Platt will be on-hand to sign copies of his recently released book titled *Grave Matters: Excavating California's Buried Past*, that will also be available for purchase on-site that day. There is no cost for this special lecture and book signing although regular admission prices do apply.

### Arts & Crafts Holiday Fair

Just in time for holiday shopping...the highly anticipated "Arts & Crafts Holiday Fair" is right around the corner - Friday, November 25 & Saturday, November 26, 2011, 10 a.m. to 5 p.m.! Enjoy shopping for unique, hand-crafted items such as jewelry, basketry, pottery, hand-painted gourds, dolls, holiday ornaments and much more.

This is your chance to meet and

support talented native artisans from all over California while also learning more about the California Indian culture. If you're looking for memorable and unique gift ideas, this is one event you won't want to miss!



## Sutters Fort Presents Hands on History: Candle Light Tours

Darkness lends a bit of mystery to the Fort and an evening's romantic aura can often disguise the harsh reality of both early pioneer life and today's urban concerns. See the Sutter's Fort in a new light-candlelight.

Providing an alluring new perspective for visitors, Sutter's Fort offers just a once a year, evening tours by candle light. Guides will lead small groups of visitors into the Fort's more intimate rooms for intriguing glimpses into the private lives of those who uprooted their families for a better life in early California. Overhear conversations such as families discussing opportunity or possible devastation

in their new homes, husbands debating with wives, mothers reassuring their children about life in rough and tumble Sacramento, tradesmen negotiating business, all surrounded by the night sky allowing visitors to travel back in time as city lights fade from view. For more information please call 916-323-7626 or visit [www.suttersfort.org](http://www.suttersfort.org) to purchase tickets online.

**Sutter's Fort State Historic Park, 2701 L Street, Sacramento Saturday, November 19, 2011, 6:30 to 9 p.m.**

**\$15.00 and available online**

**Call 916-323-7626 or visit [www.suttersfort.org](http://www.suttersfort.org)**

State Indian Museum, 2618 K Street, Sacramento (on the grounds of Sutter's Fort)  
Museum admission: \$3 for adults; \$2 for youths ages 6 to 17 and free for children five and under. For More info call 916-324-0971 or see [www.parks.ca.gov/indianmuseum](http://www.parks.ca.gov/indianmuseum)

## 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		

**Visions – 2011 SFAC Juried Photography Show Opens Tuesday November 1st**



Best of Show, "Lucy", by Gail Parris

### Ars Gratia Artis The Most Exciting Art Event in Town



Just in Time for the Holidays  
Gallery Viewing November 22 - December 3, 2011  
Reception December 4, 2011 at 1-3 pm,  
Drawing at 3pm.

5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713  
Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.  
[www.sacfinearts.org](http://www.sacfinearts.org)

California Certified



Come join us for our Farmers Market at beautiful Carmichael Park with over 40 certified and organic farmers and specialty item vendors. This Farmers Market in the heart of Carmichael is special: offering a wonderful park-like setting making it a special occasion shopping for fresh fruit, vegetables, flowers, herbs and more...

We Have 55+ Farmers/Vendors to Choose From.



5750 Grant Ave

Shop with us at the Carmichael Park Farmers' Market, every Sunday, 8-1  
Serving you every Sunday All Year Round!

Other Farmers Market Locations include:  
Sunrise Mall, Citrus Heights  
Every Saturday, 8:00 am to 1:00 pm

### Specialty Items:

- Trinidad Farms Fresh Squeezed Orange Juice • Gold Rush Kettle Corn
- El Dorado Coffee Company • The Pasta Queen • The Cultured Veggies
- The Basket Guy • Four Seasons Sauces and Jams • Gourmet Veggie Chips
- The Crazy Gringo Taco Wagon • California Pistachios • Z-Pies Gourmet Pot Pies • Chacewater Extra Virgin Olive Oils • Mother Earth homemade food cart • Upper Crust Baking Company • Knife Sharpening Services • Skylake Ranch Pomegranate Sauces, Juice and Marinade
- All things lavender from the Lavender Farm • Davis Breads and Deserts

### New Arrivals:

- Azolla Organic Farms • Capay Organic Farms • Sunshine Organic Farms
- Nicasio Cheese • Penrod/Howze Honey • Butte Family Farms Organic Eggs & Produce • Ge Lao Fresh Cut Flowers • Dragon Gourmet Mushrooms
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Carmichael Recreation and Park District is announcing these upcoming events

**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

• \$28/month or \$8 drop-in La Sierra Community Center  
5325 Engle Road • Carmichael, CA 95608

Taught by: Catherine Graham, ACSM Certified Personal Trainer  
AFAA Certified Group, Fitness Instructor, Balletone MBA

### 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

Tuesday, December 6, 10am-1pm  
La Sierra Community Center, 5325 Engle Road

### KIDS HANG OUT!

at La Sierra Community Center  
Pick-up at designated schools available!  
See our website for more information.



Every Sunday at Carmichael Park  
8AM-1PM

5750 Grant Avenue,  
Carmichael, CA 95608

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](http://www.carmichaelpark.com).



## FREE HOLIDAY CONCERT

7PM, WEDNESDAY, DECEMBER 7

Music by  
American River Orchestra

### MISSION OAKS COMMUNITY CENTER

#### Extended Tours

- **Italian Vistas**  
March 12-24, 2012 • \$4,029 pp double
- **Southern Charm**  
April 22-29, 2012 • \$2,404 pp double
- **Netherlands, Belgium, and Paris**  
May 7-17, 2012 • \$4,249 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](http://www.morpd.com).

#### Luxury Motorcoach

- **Winter Wonderettes**  
Wednesday, Dec 7, 2011 • \$117/person  
Includes show tickets and lunch in Jamestown
- **Christmas around San Francisco**  
December 17-18, 2011 • \$245/pp/double  
Christmas Light Tour, tickets to Franc D'Amrosio, dinner & more
- **Amtrak thru the Sierras**  
Feb 27-29, 2012 • \$245pp/double  
Includes show, casino, and more.

### New Van Trips SWANSTON COMMUNITY CENTER

New Van Trips

\$20.00

Placer County Wine Trail, November 18,  
Holidays at the Empire Mine, November 25  
Charles Schultz Museum, December 2  
Hilmar Cheese Factory, December 16

### FRIDAY COMPUTER CLASSES

Swanston Community Center • 9-11am

Nov 11: Facebook & Social Media

Nov 18: Digital Camera to Computer

\$10 per class • 333-6464 or [www.morpd.com](http://www.morpd.com)

### MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm

Registration Hours:

8:30am-4pm Monday-Friday

[www.morpd.com](http://www.morpd.com)

#### DISTRICT OFFICE

(916) 488-2810 • Fax (916) 488-4349  
3344 Mission Ave., Carmichael CA 95608

MISSION OAKS COMMUNITY CENTER  
(916) 972-0336 • Fax (916) 972-7371  
4701 Gibbons Dr., Carmichael CA 95608

SWANSTON COMMUNITY CENTER  
(916) 333-6464 • Fax (916) 488-4349  
2350 Northrop Ave., Carmichael CA 95825

# Wall of Honor's Celebrated Heroes

By Susan Maxwell Skinner

*Carmichael* – Commemorated by the Wall of Honor at Patriots Park are 12 heroes who fell in service to their nation or community. All either inhabited or served the Carmichael and Fair Oaks areas; many graduated from local schools. They are:

**CHP Officer Ronald E. Davis.** Died 1962 on a Southern California highway, while enroute to a vehicle accident.

**Army Specialist James E. Schlottman.** Killed 1967, by a booby trap in Vietnam.

**Army Lieutenant Robert S. Byrnes.** Died 1968, after enemy confrontation in Vietnam.

**Air Force Captain Olin E. Gilbert Jr.** (Vietnam War Silver Star recipient). Died 1968, during a Florida air training mission.

**Army Sergeant Larry H. Morford.** Killed 1970, leading a patrol in Vietnam.

**Firefighter Dean W. Rhoades.** Died after fighting a 1981 Carmichael house fire.

**US Navy pilot Lieutenant J. G. David A Warne.** Missing in Action during a 1989 Mediterranean mission from the air craft carrier America.

Laura Spencer (left), Janice Coffelt and Dorothy Telles remember their fallen sons at Patriots Park. The moms are flanked by an honor guard from nearby Del Campo High. Photo by Susan Maxwell Skinner.



**Marine and firefighter Sergeant Brian E. Dunlap.** Died 2005, after a Bagdad roadside explosion.

**Sheriff's Deputies Kevin P. Blount and Joseph M. Kievnagel.** Both perished in a 2005 helicopter crash, near Lake Natoma.

**Army Sergeant Ronalt L. Coffelt.** Died after a 2007 bomb explosion in Bagdad.

**Army Specialist Raymond N. Spencer Jr.** Killed 2007, when his combat patrol was attacked in Bagdad.



A licence plate recalls a soldier's 1944 birth. "Life guard Bob" Byrnes worked at the Carmichael Park pool and died in Vietnam, 1968. Gold Star plates are available to survivors of those killed in conflict serving the US military. Photo by Susan Maxwell Skinner.

## Body Healing Center

Massage for Men and Women

Foot Massage Therapy	\$25.00/Hr.
Foot & Back Massage Therapy	\$35.00/Hr.

**Deep Tissue Body Massage Therapy**  
\$45.00/Hr

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**Carmichael, CA 95608**

Appointments or Walk-ins Welcome (Near Lido Cafe)



## Carmichael Chamber of Commerce

**Carmichael Chamber Mixer**  
Wed, Nov 9, 2011 from 5:30pm - 7:30pm @  
*Strategies to Empower People (STEP)*

Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards.  
Contact: Linda Melody • Email: linda@carmichaelchamber.com  
Phone: 916-481-1002

**Carmichael Chamber Luncheon**  
Tue, Nov 15, 2011 from 11:30am - 1:00pm @  
*Cypress Avenue Baptist Church*

Speaker is Sacramento County Supervisor Susan Peters. Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Raffle prizes! Register by Thursday, Nov. 10. \$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.  
Contact: Linda Melody Email: • linda@carmichaelchamber.com  
Phone: 916-481-1002

Proudly presented by the Carmichael Chamber of Commerce


### Kitty's Glitter



Honoring Broadcaster/Humanitarian Kitty O'Neal  
As 2012 Carmichael Person of the Year  
Also honoring Veteran of the Year Earl "Ranger Jack" Koobs  
And Patriots of the Year Lola and Jim Warrick  
La Sierra Community Center, 5325 Eagle Rd, Carmichael  
Friday, January 6, 2012 at 6:30 p.m.  
Admission \$50 (includes dinner; no host bar)  
Corporate and table sponsorships also available  
To benefit the Carmichael Chamber of Commerce  
Portion of proceeds to assist The Sacramento Children's Home  
Reservations: www.carmichaelchamber.com or call (916) 481-1002


Contact us for more information on the Carmichael Chamber of Commerce  
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GAP 1360-11 ©SMUD 5.75" x 10.25"



## A Case in Point

# The Case of the Speedy DeeJay

By David Graulich, Esq.

During the 1960's and 1970's, the king of AM radio in Los Angeles was a disc jockey named Don Steele. Known as "The Real Don Steele," he dominated his time slot by combining absurd comedy with Top 40 music and surfing tunes. Except for a stint at San Francisco's KEWB, Steele's glory years were with KHJ ("Boss Radio-93") in Los Angeles.

Steele had a running joke during his show. A pre-recorded woman's voice screamed, "Tina Delgado is alive! Alive!" (Looking back from a perspective of 40 years, I don't know why the line was funny. I suppose you had to be a teenager and live in Los Angeles to get the joke).

KHJ created a promotion in 1970, "The Super Summer Spectacular." Steele drove a speedy red car around Los Angeles and would pull over at an intersection or landmark. When KHJ announced his location, the first listener to see Steele's car and reach him won a cash prize and an on-air interview. Here are examples of what KHJ broadcast during the Summer Spectacular:

"The Real Don Steele is out driving - he could be in your neighborhood at any time and he's got bread to spread, so be on the lookout for him."

"The Real Don Steele is in the Valley near the intersection of Topanga and Roscoe Boulevard, right by the Loew's Holiday Theater, and he's standing there with a little money he would like to give to the first person to arrive...He's got twenty-five dollars to give away if you can get it..."

On July 16, 1970, two teenagers

- a male aged 17, and a 19-year-old female - were driving their cars when they heard on KHJ that Steele was arriving in Canoga Park. They got there a little late and caught sight of Steele's car on the freeway. Both young drivers began racing after Steele, reaching speeds of over 80 miles an hour.

When Steele's vehicle took the Westlake exit, both pursuers also exited at high speeds. The teenagers forced another car off the road and onto a center divider, where it flipped over. The driver of the overturned car, a man named Weirum, was killed.

The decedent's wife and children sued RKO General, the corporation that owned KHJ (Don Steele was not a defendant). The key issue was this: Was it foreseeable that the radio station's Summer Spectacular would induce teenagers to drive negligently?

At trial, a jury returned a verdict in favor of the Weirum family. RKO appealed, and the case went before the California Supreme Court.

RKO argued that Mr. Weirum's death was caused by third parties, not by the radio station. Did a broadcaster have to consider everything that it aired in terms of what it MIGHT stimulate a listener to do, because it had liability for the listener's subsequent behavior? That would put a chilling effect on free speech, in violation of the First Amendment.

The jury, RKO contended, had widened the scope of third-party liability to a ludicrous extent. What if a department store advertised a "while-they-last" sale, and shoppers

racing to the store caused an accident? Would a college sports team be liable to a fan who was trampled in a crowd's rush to buy Rose Bowl tickets?

The Supreme Court's decision: The jury got it right. RKO had liability to the Weirum family.

It was entirely foreseeable, said the Court, that idle teenagers during summer vacation would race after Steele to win prize money. It was foreseeable that some of those teenagers would drive recklessly. Unlike the department store or sports team analogies,

"the thrill of the chase" - a competitive scramble on public streets - was central to the radio station's contest, not incidental.

The Court also rejected the free speech argument: "The First Amendment does not sanction the infliction of physical injury merely because achieved by word, rather than act." KHJ could have entertained its listeners and increased advertising revenues by devising a contest format that didn't put the motoring public at risk, the Court said.

As for Don Steele, he continued to be successful in LA radio, converting from AM to FM stations and appearing in movies and TV shows. The Real Don Steele died on August 5, 1997 at the age of 61.

*David Graulich, Esq. is a resident of Fair Oaks and an attorney with The Law Firm of Tim O'Connor. David welcomes comments on "A Case in Point" columns and can be contacted at (916) 932-2312 or by email: David@timoconnorattorney.com.*



# POPPOFF!

with Mary Jane Popp

Hey, you can spend a couple of extra days in the Big Easy before we sail or after our return.

Now, to the wonders aboard the Voyager of the Seas. There is world class dining with chefs from around the world to satisfy your every taste desire. Dine regularly sit-down style, or dine at your leisure. You can even visit the promenade, and dine on tastes from succulent steak, to burgers, pizza, and incredible Italian delights, or you can have room service and dine on your own balcony. Then you can marvel at the Broadway and Las Vegas style entertainment...singing, dancing, ice skating shows, even hypnotists and more. There's entertainment for everyone from oldies to the hippest shows. Your stateroom is first-class with top of the line service. Want some fun in between ports of call. No problem. How about miniature golf, rock climbing, even ice skating. There are craft classes and oh, bring the kids, there is entertainment and programs, age appropriate, for kids-lets only. Or you can just kick back and relax at the pool or on deck.

I promised you bonuses, so here goes. The price includes a hosted Welcome Aboard cocktail party with me, on board credit of \$25 per person, availability of participating in a private shore excursion with yours truly, Hospitality desk

(sea days only) with daily prize giveaways, and a farewell hosted cocktail party with me. We'll also have a get together with yours truly and my co-author of my book "Marilyn, Joe and Me." That's June DiMaggio, niece of Joe DiMaggio who knew Marilyn Monroe for some eleven years, and has she got stories of old Hollywood that will absolutely entertain and delight you. And each booking will get a signed book from June and me.

Here's the best part of the POPP Cruise. All this...stateroom, all you can eat when you want to eat, exciting entertainment, exotic ports of call, and all the extra amenities starts at only \$599.00 per person plus \$76.00 tax. Where can you go and get all of this for less than \$100.00 per day? But you have to book before November 30 in order to get the special prices and all the extras. I wanted this once-in-a-lifetime trip to the Western Caribbean to be affordable for everyone! Just call Kristy at Cruise's Etcetera at 916-721-9202 for a flyer and more information. Come sail with me. I guarantee you'll never be the same!

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

## ALLABOARD

Come sail with me folks! Have you ever been on a cruise? If not, this one will get you hooked for sure. I've got a fun time scheduled for us all, and a deal you can't pass up with amenities you'll never see on any other cruise. I'm taking a small exclusive group on a 7 night Western Caribbean cruise aboard Royal Caribbean's Voyager of the Seas March 3-10, 2011. It's a magnificent ship that offers so much it's hard to believe. Here's where we are going. Our first port of call will be Cozumel, Mexico where you can visit Tulum, the Mayan ruins or enjoy some sensational snorkeling. Then it's on the Grand Cayman Islands that will and Sting Ray City, a fascination with the creatures of the deep. Finally, we will arrive at Royal Caribbean's private port at Jamaica where you can savor the sandy beaches and scenery that will reach into you inner soul with beauty. And, we are sailing from famed New Orleans.



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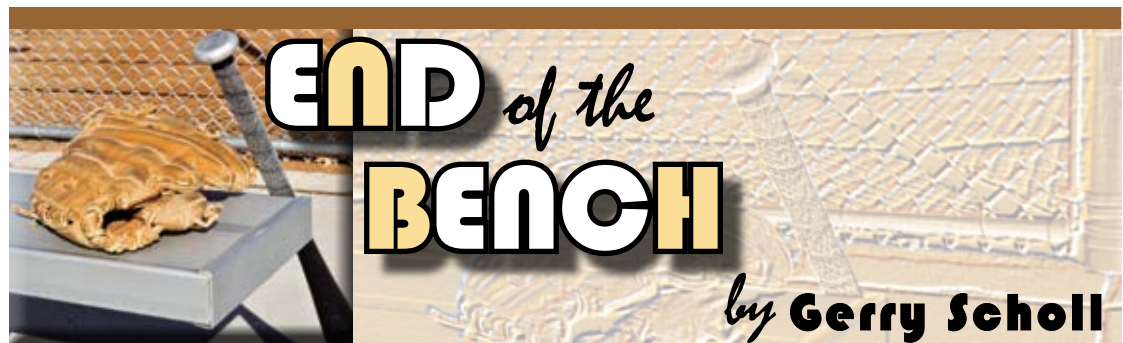
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## THANK A VETERAN TODAY



### Spuds, Duds, Studs and Buds

Spuds. I was really into potatoes last week.

French fries on Wednesday, a baked potato on Thursday, mashed on Friday and potato pancakes from the leftovers on Saturday morning.

I think it all had an effect on me. Maybe you guessed... I turned into a couch potato all weekend.

A little rain, a lot of wind, the first days off work in two weeks and... a good looking TV schedule of football games... and the timing was right. If only I could have grown a few more eyes to watch it all. DVR is a wonderful thing. I'm still catching up.

Duds. The so-called "Game of the Century" fell quite a bit short of that lofty presumption. The match up between the two top college teams, LSU and Alabama, was resolved in sloppy fashion in overtime. Mistake-prone Alabama failed miserably with its overtime possession, resulting in its fourth missed field goal of the game. That set the Tigers up for a short game-winning kick and a 9-6 victory that featured zero touchdowns.

Now I like to watch great defense and this game had plenty of it. But you would expect top-ranked teams to be good on both sides of the ball. The offenses were terrible. The quarterbacks weren't worth a nickel.

It may not have even been the best game of the day. How about No. 3 Oklahoma State's 52-45 win over No. 17 Kansas State, or No. 8 Arkansas' 44-28 victory over No. 10 S. Carolina, or Northwestern's 28-25 upset at No. 9 Nebraska?

The Oakland Raiders' defense

was the big dud Sunday in the NFL, allowing nearly 300 yards rushing to the visiting Denver Broncos, including 117 by rookie quarterback Tim Tebow. It was a disturbing return to form of recent years by the Raiders (4-4), committing 15 penalties for 130 yards in the 38-24 loss.

The Washington Redskins' offense filled the dud role in its 19-11 home loss to the San Francisco 49ers. The impotent hosts, who went scoreless the previous week, managed only a team-record 59-yard field goal on the final play of the first half and, finally, a touchdown with under three minutes left against "prevent defense" of sorts. Do you think coach Mike Shanahan wishes he was back in Denver with a young John Elway?

Studs and Buds. All due respect to Spuds McKenzie, but Budweiser is not my beer of choice. But all 49ers fans should tip a couple in the name of stud Frank Gore, the first Niner ever to rush for over 100 yards (107) in five straight games. Niner fans now have a fever, and the only prescription is More Gore.

The 49ers should start to buddy up to Cal stud receiver Keenan Allen (75 catches, five TD's, 1074 yards). They wouldn't want to underestimate another future NFL star who's playing college ball right under their noses, a la Aaron Rodgers or DeSean Jackson.

Rodgers, every football fan's bud and stud these days, is following up his Super Bowl winning season with one in which he is on pace to break several all-time QB records. It will be mighty interesting if Rodgers and

his Green Bay Packers (8-0) face a revived QB Alex Smith and the 49ers (7-1) in the playoffs. Drafted No. 1 over Rodgers in 2005, it would be the ultimate test for Smith, who will also be tested next week against the New York Giants (6-2), and in Baltimore, and against the Pittsburgh Steelers before season's end.

The baseball Giants traded pitcher Jonathan Sanchez for 27-year old stud outfielder Melky Cabrera of Kansas City. He will make plenty of buddies in S.F. if he duplicates last year's stats: .305 average with 201 hits, 44 doubles, 18 homers, 87 RBI and 20 steals.

A couple of other baseball buds deserve at least a tip of the cap - Matty Alou and Bob Forsch - who passed away last week.

Alou started with the Giants and once played in the all-brothers outfield with siblings Felipe and Jesus. He batted .307 over 15 years and won a batting title in Pittsburgh. I remember him beating out a bunt to start the ninth-inning rally that fell just short against the Yankees in the seventh game of the 1962 World Series.

Forsch, a native of Sacramento, was a respected mound presence over 16 seasons, going 168-136, with the Cardinals and Astros. He hurled two no-hitters and brother Ken pitched one; the only brother combo to do so. He batted .213 with 12 homers lifetime.

Now it's time for a very late breakfast and I have a decision to make - hash browns or country style.



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# Self-Confidence: A Building Block to Success

*Nurturing children's emotional development from birth*



Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Photo courtesy of First 5 Sacramento.

During early childhood, one of the most important things parents, teachers and caregivers can do is nurture children's self-confidence so they learn to gradually become more independent. Studies show that kids who have strong self-esteem are more likely to succeed in school and in life.

First 5 Sacramento offers general tips to help build self-confidence in young children and foster healthy social and emotional development.

**Focus on Relationships**  
Through loving relationships that offer security, comfort and encouragement, kids gain confidence to explore the world around them.

- Spend quality time with your child every day and show affection. This lets him know he is loved and teaches him relationship-building skills.

- Provide opportunities for your child to develop connections with other children close in age. Children learn how to share and resolve conflict by interacting together.
- **Give Positive Feedback**  
Acknowledge children's efforts to learn new skills and face challenges at different periods of development.
- Praise your child for doing a good job during all stages of her early life – when she starts crawling and walking to forming words and counting. This reinforces self-worth and increases a child's sense of satisfaction
- Support her efforts to tackle a new activity and learn from mistakes. When facing a challenge, encourage her to try again and offer help only if she needs it. Be patient with the learning process – it pays off in the end!

**Nurture Independence**  
Provide opportunities for kids to accomplish tasks on their own and nurture their own sense of curiosity. This helps them become more secure in their abilities and in themselves.

- Give your child age-appropriate responsibilities, such as picking up toys or setting the table. When he learns to master or finish a task, his confidence will grow.
- Encourage him to explore a range of creative activities, like painting or telling a story. This will help him become more comfortable in expressing ideas and feelings.

**Be a Good Role Model**  
Children learn by watching adults and imitating their behavior. If you are confident in your abilities, your child will learn to be confident too.

- If you're too harsh on yourself or overly pessimistic, your child may eventually mirror this behavior. Nurture your own self-esteem and your child will have a great role model.
- Show respect to your child by listening to him, looking him in the eyes when having a conversation, and speaking kindly – all behaviors that help reinforce a child's sense of self-worth.

For more tips and resources on child development or how to make the most of your child's first five years visit [www.first5sacramento.net](http://www.first5sacramento.net) or call (916) 876-5865.



# Carmichael Honorary Mayor's Race Gets Hot and Spicy at El Papagayo



Candidate Esteban Nava and his wife Teresa, (center/seated) are surrounded by their well-wishers and supporters. Photo by Paul V. Scholl.

*Carmichael* – On Saturday, November 5th, Esteban Nava and his wife Teresa helped to serve up a dinner special for their final fundraiser of the campaign at El Papagayo Restaurant. The restaurant was packed with supporters, all there to help raise funds for local organizations; BeMoneySmartUSA, the

Carmichael Skate Park, the Carmichael Swimming Pool fund and the Chamber of Commerce. The primary fundraising was from a dinner charge of only \$10. A great deal for any entrée from this authentic Mexican restaurant. The atmosphere was loud and hot, thanks to the rock and roll of

lots of cover songs from the 1960's and 1970's. Additional musical entertainment was provided by guitarist and vocalist Sandra Dolores. More funds were raised through an extensive raffle and silent auction. Esteban wanted to especially thank all those who provided prizes for both. It was an Honorary Mayor Candidate's dream fundraiser.

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