

Carmichael Times



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Tall Ship Hawaiian Chieftain Arrives



The Hawaiian Chieftain has sailed into Sacramento to provide educational tours. Photo by Ron Arel, Coastal Images.

Sacramento – The topsail ketch Hawaiian Chieftain arrived in Sacramento this month for its annual visit focused on helping young people understand the amazing maritime history of California and the west coast. The two-masted sailing ship has tied up at Old Sacramento, Front and L Streets, and will stay through December 13.

Built of steel in 1988, Hawaiian Chieftain is a replica of a typical European merchant trader of the turn of the nineteenth century. Her hull shape and rigging are similar to those of Spanish explorer's ships used in the expeditions of the late 18th century along the Washington, Oregon, and California coasts. During most of the year, she accompanies the brig Lady Washington on voyages to more than 40 ports along the coast. Hawaiian Chieftain is 109 feet, nine inches long, and her mainmast rises 75 feet off the water.

The ship will host K-12 school groups, as well as home-school groups, service organizations, seniors groups, and church groups for one-hour and three-hour education programs. Space is still available for the education programs on weekdays and weekends. The programs feature a number of on-board stations focused on navigation, basic oceanography, and the lives of 18th century mariners.

Program scholarships are available for qualified schools. To qualify, a public school must be designated Title I by the U.S. Department of Education, which means at least 40 percent of the school's students receive free or reduced-price lunch. For information on scholarships and scheduling, contact Roxie Underwood, 800-200-5239, education@historicalseaport.org.

Hawaiian Chieftain will also open for walk-on tours to the general public.

Most tours are scheduled for Monday through Thursday, 4 p.m. to 5 p.m., and Saturdays and Sundays, 10 a.m. to 1 p.m. A \$3 donation per person is appreciated. No sailing programs for the general public are scheduled. The ship will be closed Thanksgiving Day.

The Grays Harbor Historical Seaport Authority is a not-for-profit, 501(c)(3) public development authority based in Aberdeen, Wash. that owns and operates the tall ships Hawaiian Chieftain and Lady Washington, the Official Ship of the State of Washington. GHSA provides educational, vocational, recreational and ambassadorial activities and experiences that promote and preserve the maritime history of Grays Harbor, the Pacific Northwest, and our nation while serving the needs of the community.

Revenue Down, Rates Up for Water District

*From Steve Nugent,
General Manager*

Carmichael – Water utilities are feeling the effects of revenue shortfalls. Communities are using less water which has translated to lower than average water sales. Factors that contribute to the decrease in revenue are cooler weather conditions, the economic downturn, and meter installation to meet the State mandated Water Conservation Act.

Carmichael Water District (CWD) is not immune to these conditions. The District has reviewed the current water usage and rate structure and determined that there is a significant revenue shortfall. Over the past two years, the District has been using reserve funds to cover the revenue shortfall from the lower water usage. Most metered customers have been experiencing lower water bills than the District had planned.

During the District's rate study, rates were analyzed and assumptions took in to account anticipated fluctuations along with the new requirement of the State of California's 2009 Water Conservation Act calling for the reduction of water production by 20% by the year 2020. For Fiscal year 2011-2012 the District rate study planned for water production to drop to about 15% of the historic average. The past 12 months actual water production figures are 25% lower than historical average and 5% lower than the State of California's 2009 Water Conservation Act.

CWD acted to reduce expenses significantly based on projected shortfalls. The cuts are:

- Refinanced \$28,550,000 in bonds in March 2010, resulting in substantially lower interest rates and interest payments while maintaining the same maturity schedule.
- Applied for and received grants worth \$1,000,000 to help finance a water reliability project (water treatment plant expansion) and to accelerate the meter program.
- Reduced operating costs in March 2011, while preparing the FY 2011-12 adopted budget.
- Restructured the departments to maximize efficiency, resulting in elimination of 1 position and layoff of 1 employee.
- Deferred capital improvement projects and extended the completion schedule of the meter installation program eliminating 3 operator positions.
- Revised the FY 2011-12 budget with additional budget cuts to total \$972,245.

Typical of all water utilities, 80% of CWD's costs to provide water service to our customers are fixed costs with only power, chemicals, and a portion of labor costs being variable. When water consumption goes up, revenues go up, but when consumption falls, so do revenues. Even with severe budget cuts, an 18% increase in revenue is necessary in order to safely operate and maintain the District's water system.

Sixty-Six Marijuana Dispensaries Closed

By Nora Heston

Sacramento County - Sacramento County's plan for closing down marijuana dispensaries in its unincorporated areas has proven successful with reports of 66 dispensaries closed as of October 27, said county officials.

"Since dispensaries were never legal in the unincorporated county, enforcing the law and closing these operations down was the right course for Sacramento County to take," said Brad Hudson, County

Executive, according to a press release dated October 20. "After completing a series of public meetings in pursuit of a regulatory ordinance, I will be recommending to the Board of Supervisors that we discontinue pursuing any kind of regulatory permitting plan, and maintain the status quo of keeping them illegal."

Hudson said the recent enforcement activity by the federal government, as well as the success of the county's enforcement activities and recent court

decisions, also helped to influence his decision regarding the matter.

While the individual dispensaries closed for various reasons, the county enforcement actions, as well as federal pressure, have been a significant factor, said Chris Andis, Communication and Media Officer.

According to the press release, the county's enforcement actions include administrative penalties of up to \$1,500 per day as well as injunctions against facilities and property owners to shut

down facilities. Liens against the property for unpaid penalties will also be used. Property owners are responsible for administrative fees even if the business has closed and is no longer in operation.

"I supported [the] decision to penalize businesses and property owners that are operating in violation of county codes and regulations," said Susan Peters, Sacramento County Supervisor for the third district. "This stepped up action by Sacramento County is having a positive impact."

The 66 closed dispensaries include six of the eight stores located on Fair Oaks Boulevard, Peters said.

Money collected from the fines enforced as part of the county's plans for closing illegally operating dispensaries go back into the efforts, Andis said. "The Board of Supervisors also appropriated \$135,000 of General Fund revenue for this purpose."

The county is still working to close the other 33 known establishments," Andis said.



One of the many closed shops. Staff photo.



Rio Americano High School to Hold Musical Marathon

Sacramento – Join the Rio Americano High School Band on Thursday, November 10 for Playathon, a 17-hour musical marathon featuring all seven of the school's jazz and concert bands in addition to soloists and combos from the Small Ensemble program. This annual event, in its 31st year, benefits Rio's comprehensive music program, serving all levels of high school musicians. Band students from local middle and elementary schools are invited to attend from 3:30 to 5:30 p.m. to play along with Rio Band. This year's theme is Harry Potter and the Deathly Hallows. A carnival with Potter-themed games and food will be open to all musicians from 3:00 to 8:00 p.m. The community is invited to attend evening performances scheduled from 6:00 to 9:00 p.m. Events take place at the Rio Americano campus at 4540 American River Drive, and are free of charge. Tax-deductible donations to the Rio Americana Band Boosters (Federal Tax ID#680018985) will support program expenses not

covered by the district budget.

The Rio Americano band program, under the direction of Josh Murray and Max Kiesner, provides the highest quality high school music education. In September students performed at the Monterey Jazz Festival, Rio's 15th appearance at the famed musical event. This honor is awarded annually to the top three high school bands participating in the Monterey Next Generation Festival the previous spring. On October 27, Rio's concert and jazz bands will premiere new works composed by Christopher Caliendo and Omar Thomas in conjunction with an emerging non-profit organization, Composers and Schools in Concert. Rio bands have toured Argentina, Australia, Europe, Japan and China, and will travel to Spain this summer.

For more information about the Rio Band program and the Playathon, contact Josh Murray at (916)971-7512, jomurray@sanjuan.edu, or visit www.rioband.net.

BBB Warns of Medicare Scams

Sacramento – Medicare open enrollment started just two weeks ago and already scammers are capitalizing on the period with a phone scam aimed at obtaining senior citizens' banking information. The Better Business Bureau serving Northeast California (BBB) is urging consumers to beware of phone calls claiming to be from Medicare offering new cards.

The BBB has received several calls over the past three weeks describing the same story: A person calls claiming to be from Medicare. They need to verify the victim's address to send out a new Medicare card. After the address is verified, the consumer is asked for his or her bank name and then, bank account numbers.

Consumers should never give out personal information over the telephone. Medicare does not make telephone calls regarding health care coverage. Should consumers have questions about coverage, they can call Medicare's toll-free line at 1-800-MEDICARE (1-800-633-4227).

The Better Business Bureau suggests the following when receiving phone calls from anyone claiming to need personal information: 1) Beware of door-to-door or telephone salespeople claiming to be affiliated with Medicare. 2) Be wary of anyone who attempts to give you something for "free". 3) Do not give out bank account information, social security numbers or any other personal information to anyone over the phone. 4) Never sign blank insurance claim forms.

If you have questions regarding the authenticity of a call, call the



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Sand Into Pearls: Perla Warren's Life Story



Perla Warren, a special teacher whose passion forever influenced her students, is currently battling cancer.

By Julie Parker

"Perla Warren has done more to promote quality vocal jazz than anyone in the region."

Donald Kendrick
Director of Choral Activities,
CSUS

Music massages the soul and stimulates the senses. It unifies diverse cultures and beliefs of faith.

If you're lucky, a special teacher or mentor will appear, whose passion for you to excel will forever impact your life. To the music students of American River College, that person was Perla Warren.

Perla L. Zulueta was born and raised in Quezon City, Philippines, where her home was filled with music. "On my mother's side, everybody sang and played the

piano. I grew up in a home with two grandfathers. 'Grandfather' is a little different than here. A great-uncle is a 'grandfather' in the Philippines. One of them was an avid musician, who just loved music, so he would crank up the Victrola, and play John Philips Sousa in the morning to get everybody going. In the evening, there was always an opera. On my father's side, nobody knew music. It was all business. My father made up a couple of lullabies that he sang to me, putting me to sleep."

Perla's first piano teacher was very strict. "I used to just shake before the finals. But, she had so much compassion. I knew she was interested in me and my development."

Pianos aren't part of an orchestra, so she took up cello. "I always liked the sound. I didn't like the violin,

because it would make a mark on my chin."

She graduated from the University of the Philippines Conservatory of Music in 1957, with a degree in Piano Performance.

Traveling to the United States sounded like fun. "My father said, 'If you're going to go to the United States, you must have a purpose.'" Her aunt was teaching at Indiana University, so Perla lived with her while attending Butler University, continuing her studies in music.

"At the time, music education was not offered in the Philippines. It was very European. You received a Bachelor of Music in Piano, Violin, Vocal Performance, etc. - always a performance degree. I thought, well, I'll be one of the first graduates in Music Education. I was enjoying it so much, I decided to go into conducting."

She practiced the piano in the lobby of the student union building everyday from midnight until 4:00 a.m. "The security guard always watched out for me. In the lobby was an office that was open 24 hrs a day so I was very safe."

One night, the light on her piano went out. "I watched a medical student go to the box and fix it. I didn't say anything to him." When a friend of hers later introduced her to Gene Warren, she thanked him for fixing the light. Perla and Gene married, raised two daughters, and celebrated their 51st anniversary.

She ultimately received degrees in Music History, Literature and Choral Conducting at the Jordan Conservatory of Music, Butler University, and was appointed to its faculty, teaching in the Piano Department. She also served as

Choral Director at Pike High School.

"If I were a troublemaker, the threat was, 'I'm sending you to Mrs. Warren's study hall.' To this day, I don't know why, but in my study hall, you could hear a pin drop. I was so tiny; 98 pounds with long hair, ponytail."

Her chamber group, The High Tones, was so popular a nursery owner provided a gardenia for each singer, for every performance.

Perla and her family moved to Sacramento in 1965. In 1974, she entered the American River College faculty as a choral conductor, voice teacher and piano instructor. She conducted both the American River College Chamber Singers (a classical repertoire ensemble) and the American River College Jazz Choir, both of which received numerous awards and invitations to prestigious music festivals in Ireland, England, the Philippines, Austria, Germany and France. Her Jazz Choir performed at the Montreux International Jazz Festival.

They opened for Ray Charles at the North Sea International Jazz Festival in Holland. "The people would not let us leave the stage. They were clapping their hands and stomping. It was almost embarrassing. We were stepping on his time. In Switzerland, we sang every song we knew. It was 4:00 in the morning and the people wouldn't let us get off the stage."

I think it's the honesty of the music. The students found that the music was better than they are. That's when you really see artistry."

In May 1994, she made her Carnegie Hall debut, guest conducting massed choirs. As a teacher, she had spent as much time as needed with the students. At Carnegie, the situation was quite different. "You are definitely with professionals and they're unionized. Union says at 9:00 you're finished. At 9:01 there's no one in the room. I had to really prepare and I had never met these people before. They know the music, but they don't know the way I would like to have it played. It was very frightening.

The day came, and they put you in a room upstairs, alone. You have a huge television so you know what's going on. There's a security guard at your door. Nobody bothers you. The choir, orchestra, the two soloists, podium is there waiting there. You're the last to walk out.

I was shaking like a leaf. My knees were shaking, my stomach I cannot feel it. I was so cold. I just knew there was no way in the world that I could walk in my heels, in my gown, all the way to the middle, get up to the podium. I thought I was going to faint. But, I knew I had to go. When I walked onto the podium all I could see was my score, and I knew the downbeat and the tempo. I found something about me; that I could be that focused."

Her former students remember that focus and energy, and a few of them shared fond memories of Perla as teacher, mentor and friend.

"It's more than learning notes and rhythms," says Jenny Guemmer. "She cares about her students on a spiritual level. She really invested in all of us. After a choir tour, we discussed choirs we had visited and she asked, 'How will people out there know how to experience what you've heard?' It just sort of hit me like a lightning bolt - we have to teach them! And I cried. Because of her, I discovered my calling as a music teacher." In fact, she now teaches piano lessons to Perla's granddaughter, Celeste.

"Trying to get into her choirs was very prestigious," says Eric Rosander. "It was an audition process. There was such a high pressure of staying there. It was a growing up experience for a lot of people. One time, back when I was playing bass, I didn't have my stuff down when it was time for rehearsal. I got called up on it; a lecture in front of everybody. What I didn't do affected the entire group; affected everything she had planned for that day. I learned to be disciplined, to work as a team; learned about musicality and performance. It's not just notes and text; the text actually has a story or an emotion that you're trying to convey. She drove you to meet a challenge of high standards." Rosander now sings in R.S.V.P.

"The first word that comes to mind is passionate; passionate about music, teaching," recalls Julie Adams. "She was demanding, but in a way that made you want to be better. You knew she wanted the best for you, and cared about you, and that's why she was expecting so much out of you. We stood a little taller, felt better about ourselves and expected more out of ourselves. I think I was on her first European tour. I sat next to her on the plane and she taught me the entire flight. I remember learning things about the Philippines, the language. She's always sharing ideas, concepts and knowledge. The quality of the music she prepared was always high quality, so we were so proud to perform with her." Following Perla's lead, Adams also became a music teacher, and conductor of R.S.V.P. and the Sacramento Children's Chorus.

"She was very warm; made everybody feel welcome," says John Lofgren. "She never accepted less than excellence. She was focused and energetic. She didn't just give you notes; she'd shape the music. She was very, very creative. She was very inclusive with a lot of her students as far as discussing things other than music; what she learned from her life. I got to know her family very well. I saw the interaction between her and her husband with their children; the trust they had in each other. We have that with our daughter. Part of that comes from Perla." Lofgren has sung with the Sacramento Master Singers for over 20 years.

In the past three decades, Perla has conducted all-state honor choirs in local, state and national arenas, managed choral workshops at several universities and music conferences throughout the United States and the Philippines.

"One of my students said there are times when they're in the class that it's so intense they feel like they need to scream and run away, but they don't. They are so willing to fail. 'But, you, Mrs. Warren, are so unwilling for us to fail.' It is one of the most beautiful compliments I received. I'll never forget that."

For more information visit

www.mastersingers.org/pages/enjoy/peace_peace/

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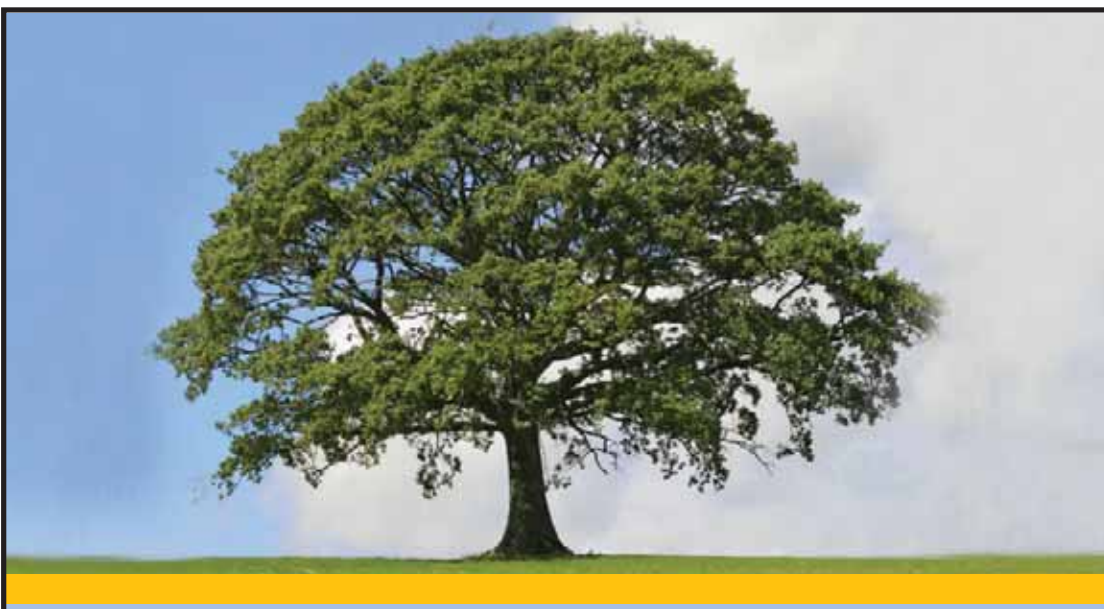
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Celts Sound off in Carmichael Park



Well plaid. Members of The Stout Rebellion regaled Carmichael Park with Celtic drinking tunes. Piper Chuck Jamison (right) is a St Andrews Society executive. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

With a founder of Scottish blood (an international organization run by Daniel Carmichael's distant kin is based in Carmichael, Scotland) our town seems a bonnie site for a Celtic blow out.

Hoots and begorrah! So delighted with the location are participants — the St Andrew's Society, the Shamrock Club, Daughters of Scotia and the Caledonia Club — these kilted cousins will make Carmichael Park home for ongoing annual ceilidhs (parties). After being rained out in October 2010, all was forgiven when fine weather blessed their recent festival. Beneath kilts, kneecaps were cosy; fall sunshine even sauteed some freckled faces.

Three Celtic bands entertained.

Fifty dancers did flings and jigs. Fiddlers, penny-whistlers, bagpipers and bodran drummers serenaded. Outreach was not just musical: Caledonian and St Andrews group members advised visitors on how to research Gaelic roots. "Just because your name doesn't start with a Mc or an O' doesn't mean you're not Scottish or Irish," advised St Andrews Society executive Chuck Jamison. "If you look hard enough at most fair-skinned Americans, you can usually find some Celtic blood." Jamison — who entertained in the Stout Rebellion pub band — rates his own case as classic. As a young man, he was enchanted by Scottish parade music. He learned to play bagpipes for the US Army and was piping for over 300 events per year

before he discovered ancestors who hailed from the Shetland Islands — an Arctic outpost annexed to the Scottish crown in the 14th century.

"Carmichael is perfect for a ceilidh," enthused Jamison. "Our dancers love to share the history of their dances. Musicians like to get people singing and feeling good. Our societies aim to help people discover their roots. Some of our audience came because they'd heard about the festival; some were just walking the dog and stayed to enjoy the music. That was great, too. We'll share Celtic arts and philosophy with all comers."

Learn more about the St Andrews Society and Celtic events at www.2jamisons.com



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Pharmacy Choice & Access Now (PCAN) Opposes Obama Administration Decision

Sacramento – Pharmacy Choice & Access Now (PCAN) expressed disappointment in the Obama Administration and the Centers for Medicare & Medicaid Services (CMS) for the decision to approve California's recent proposal to cut Medi-Cal provider reimbursements. The cuts, in conjunction with California's March 2011 budget, will result in a significant reduction in health care access for millions of Californians. "We are frustrated with the Obama Administration's recent actions to approve reimbursement cuts that would threaten health care access for Californians on Medi-Cal," said Becky Warren, spokesperson for the Pharmacy Choice & Access Now (PCAN) coalition in California. "It is disappointing and baffling that the administration would introduce key provisions to expand healthcare access through the Affordable Care Act and approve Medi-Cal cuts, which completely

call into question their commitment to California's citizens." According to a recent poll conducted by Fairbank, Maslin, Maullin, Metz & Associates, 36 percent of Medi-Cal enrollees indicate that they have been denied medical care because Medi-Cal coverage was not accepted. With cuts to Medi-Cal provider reimbursements, that percentage is likely to rise as costs increase for the many pharmacists, physicians, nursing home attendants, dentists, optometrists and others currently providing vital care and services for millions of Californians. "We need to repeal these cuts so that Californians who depend on Medi-Cal are able to have the same access to medical care as those covered with private insurance," continued Warren. "Our number one priority is the health of all Californians and when patients are already facing difficulties in finding physicians and securing appointments, we believe

any cuts to health care coverage are a step in the wrong direction." PCAN plans on supporting all efforts to prevent these cuts from being implemented and will work with organizations committed to improving access to health care in California. Pharmacy Choice and Access Now (PCAN) is a coalition of consumers, local business and pharmacists across the nation committed to preserving quality and affordable health care and pharmacy services for patients. We are committed to providing the most cost-effective solutions in the areas of health care and pharmacy services to enable states around the country to help solve their budget woes, while maintaining quality care for children, families and other Medicaid-served populations. For more information on Pharmacy Choice and Access Now (PCAN), visit www.rxchoiceandaccess.com.

California's Proposed Delta Plan

By Steve Nugent
General Manager
Carmichael Water District

Across California, you can find stunning examples of how important water and water management have always been in our state. Water drove the Gold Rush that led to California's statehood and worldwide prominence. Water management helped turn arid desert into fertile farms, silicon wafers into computer chips, and dry lots into lush home sites for millions of families.

But now, California's demand for water is outstripping supplies. The health of our state's economy and environment is threatened. Making the most of water resources requires a re-balance and a refocus as to how they are utilized. This is no simple task. To do it, a hard look at California's many natural climates, as well as an assessment of the environmental and economic costs/benefits of moving water across the state is needed. At that point a decision as to how to best and fairly allocate responsibilities can be made.

Northern California and the Sacramento region have some of the state's most abundant water resources, which are already allocated to meeting needs throughout the state. The region serves itself and supplies water to San Joaquin Valley farms and Southern California cities through the Delta.

But the Delta is overworked. Its fish populations have crashed. Foreign species threaten native species. The amount of water being pumped from the Delta to dry areas of California is reduced as a result.

In 2009, the Legislature called for a new Delta Plan to balance the state's water supply reliability with a healthy Delta ecosystem. Northern Californians are ready to participate in a responsible Delta solution but the Delta Plan under development needs to make clear environmental gains and avoid serious restrictions on water supplies in Northern California.

The Sacramento region has adopted innovative solutions to balance the local economic demands for water supplies and the environmental needs of our rivers and wetlands. As one example, on the American River, water suppliers, governments, environmentalists, businesses and civic groups signed the Water Forum Agreement in 2000. Through this agreement and other innovations, our region is making investments to store surplus water for future use, reduce demand, and use alternative water sources. These efforts improve local environment and directly benefit areas downstream by improving conditions for fish like salmon that migrate through the Delta.

The currently proposed Delta Plan could undermine Northern California's good work, restricting

the ability to use local supplies and reducing environmental sustainability. To top it off, the draft Delta Plan proposes to force water customers to pay higher rates and fees to fund the very bureaucracy that seeks to reduce control of local water sources that our region has worked hard to manage responsibly.

California needs a responsible Delta solution. More efficient water use, additional storage, recycling, and a host of other measures are all important components. Northern California which is currently the water source for much of the state should not be subjected to a plan that would threaten our region's economy by unfairly limiting the ability to use local water.

Decades ago, Northern California agreed to share water with drier regions to improve California as a whole. Part of the agreement was that Northern California would always be able to use its local water to meet local demands. Proposed Delta solutions could undermine these basic principles upon which our local economy and quality of life have been built.

Our region will do its part in a water solution for our state. However, that solution needs to honestly acknowledge the real impacts and the true beneficiaries.

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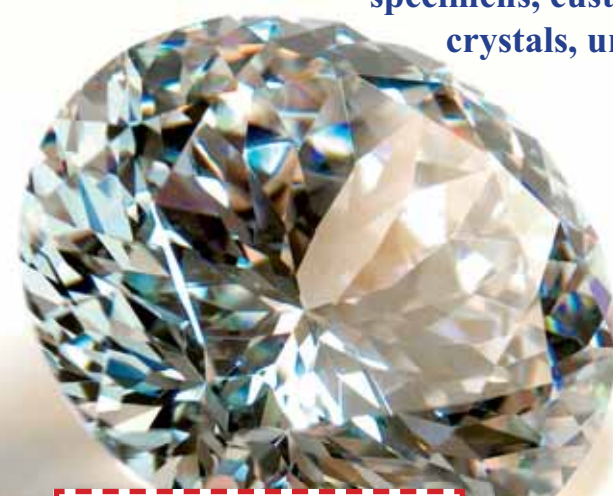


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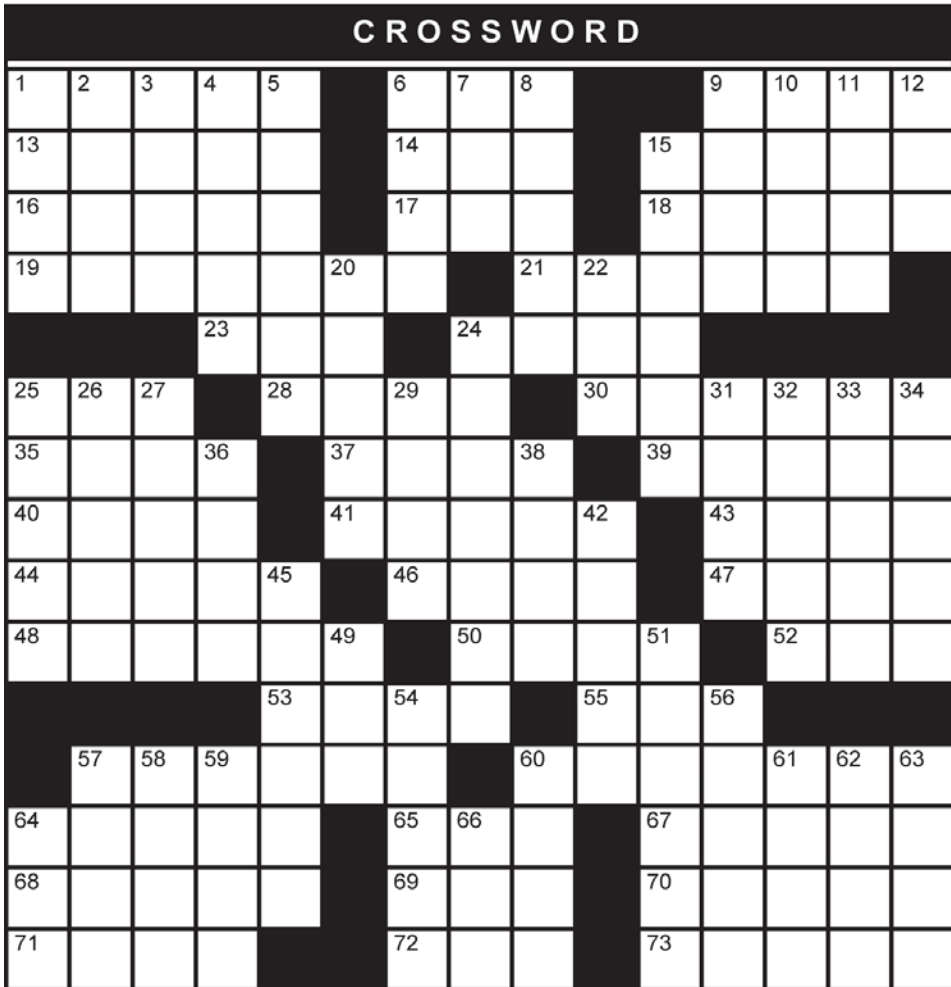
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CLUES

- ACROSS**
1. Widest key on keyboard
 2. Sold at the pump
 9. Roman public space, pl.
 13. A Hawkeye
 14. Female reproductive cells
 15. Los ____, CA
 16. Fork tooth
 17. In king and queen sizes
 18. "It kept the corral closed?"
 19. "Gateway to the West"
 21. "Calamity Jane's partner"
 23. Old age, archaic
 24. EU money
 25. French lake
 28. Show off, as in muscles
 30. Moral principals
 35. "-steven"
 37. "Chuckwagon 101: "No one ____ until Cookie calls"
 39. Symbol of a clan, especially American Indians
 40. ____ receiver
 41. What dryer does
 43. East of Java
 44. Offered by Abraham
- DOWN**
1. Small drinks
 2. Rotterdam or Singapore, e.g.
 3. Absent soldier
 4. "Water carrier"
 5. Completely cover
 6. Loads
 7. "____ Maria"
 8. Hindu holy man
 9. "Don't give me any ____!"
 10. Bismarck or Hahn, e.g.
 11. "Big ____ Candy Mountain"
 12. Left after fire
 15. Novelist Louisa May
 20. Moved lazily
 22. Wrath
 24. Gone the way of the dodo
 25. "Meriwether"
 26. An advice or dispatch boat
 27. Mothball substitute
 29. Van Gogh started with two of these
 31. Gremilins
 32. Mediterranean boot
 33. Similar to Cecilia
 34. "Trailblazer Jedediah ____"
 36. "How cowboys preferred whiskey?"
 38. Singe, as in ahi tuna
 42. Phlegms
 45. "One is harder to find to these days"
 49. Flight boss
 51. Caustic remark
 54. Rick Riordan's "The Lightning ____"
 56. Derive
 57. Walking helper
 58. Among
 59. Several of these in a tennis match
 60. Frown
 61. Irritate
 62. Defender of skies
 63. New Jersey's NBA team
 64. Mutt
 66. Greek "t"

For Solution See Page 7

Carmichael Bank Robbed By Lone Wig-Wearing Man



Official FBI Photo.

FBI News Release
U.S. Department of Justice

Carmichael – Wells Fargo at 7225 Fair Oaks Boulevard in Carmichael was robbed at approximately 9:30 p.m. on Monday, October 31, 2011 by a lone subject who presented a note to the teller. The individual fled on foot after making his demand. The subject is described as a black male standing approximately 5'11"- 6' tall with dark hair, a goatee and long, curly wig and aviator sunglasses. At the time of the robbery, the subject was wearing a black sweat shirt and faded or light wash jeans. A photo of the suspect is provided here.

The Sacramento Violent Crimes Task Force, comprised of FBI agents and Sacramento County Sheriff's Department robbery detectives, are seeking information on this unidentified male bank robber.

Anyone with information regarding this robbery is asked to contact the FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

FBI Tip Line (916) 481-9110

Brown Hails \$1.8 Billion Bond Sale

Sacramento – Governor Edmund G. Brown Jr. said on October 20th, 2011 that the sale of \$1.8 billion in general obligation bonds will help create tens of thousands of jobs and bolster economic recovery efforts by funding major infrastructure projects throughout California.

"When we invest in infrastructure, we provide a homegrown economic stimulus to create jobs and ensure our state is prepared for the challenges of the future," said Governor Brown. "Investor confidence in California's fundamental strengths, combined with an on-time, balanced budget, means that we can make important investments to boost the state's economic recovery and put Californians back to work. I want to congratulate Treasurer Bill Lockyer and his team for negotiating a successful sale for California."

When Governor Brown came into office, state agencies and departments had more than \$13 billion dollars of bond proceeds that had accumulated. He directed agencies and departments to prioritize and expedite the expenditure of those funds. As a result, he was able to cancel last spring's bond sale and reduce the amount of bonds sold this fall, avoiding hundreds of millions in higher debt payments each year.

State agencies and departments report that all of the proceeds from today's bond sale will be expended by June of 2012. In addition, agencies and departments are continuing to implement the Governor's directive to commit unspent bond proceeds to infrastructure projects throughout the state. This means unspent bond proceeds will have been reduced from \$13.4 billion in January of 2011 to \$3 billion in June of 2012.

The following is a summary of how proceeds from yesterday's bond sale, as well as existing bond balances, are being put to work:

CALTRANS

Caltrans will be able to start 26 new projects, with a total (multi-year) construction cost of \$1.2 billion, with this additional \$450 million in bond proceeds. These projects are designed to increase traffic flow by adding lanes, widening roadways, and installing traffic management systems. These 26 projects are expected to create an additional 30,000 jobs.

These new Caltrans projects described above are expected to



Governor Edmund G. Brown Jr.

leverage an additional \$2 billion in non-state funds.

The existing balance of bond funds will fund 320 ongoing projects through June 2012, with 20 of these projects started in August by using existing bond funds more efficiently. These projects have a total (multi-year) construction cost of \$6.6 billion.

These existing projects will leverage approximately \$9 billion in other non-state funds.

Local Streets and Roads

A total of approximately \$38 million in bond proceeds will be used to start roughly 70 local street and road projects. The majority of these projects are general maintenance projects on local roads, such as sealing and resurfacing, but many cities and counties have combined these funds with other local or federal funds to complete larger road projects.

K-12 School Construction

Existing funding for K-12 school construction will be fully expended by December 2011. The additional \$1 billion provided in the fall 2011 bond sale will fund the start of approximately 450 new projects, which is anticipated to consist of approximately 250 modernization projects, 130 new construction projects and 70 other projects. Exact projects will be identified by the State Allocation Board.

California Community Colleges

Community Colleges will be able to start five new construction and modernization projects with the \$24 million in additional bond proceeds.

California Institute for Regenerative Medicine (CIRM)

CIRM's approximately \$190 million in existing proceeds, plus the additional \$50 million, will be

used to fund the following program activities:

The first Food and Drug Administration-approved clinical trial for a human embryonic stem cell therapy (for spinal cord injury). CIRM's \$25 million commitment to this project has been matched by a \$29 million commitment of private funds.

14 Disease Research Teams that are proceeding towards clinical trials of therapies to treat diseases ranging from HIV/AIDS to dry macular degeneration (a common cause of blindness) to neurological diseases such as ALS. One of these awards is a \$20 million loan which has generated approximately \$20 million in additional funds by the company receiving the CIRM award. Training and internship awards to fund the training of almost 900 promising new scientists and technical staff at the University of California, California State University, California Community Colleges and other institutions in California.

CIRM-funded research and related matching funds are expected to create or retain approximately 5,000 jobs per year and more than \$60 million in new state and local tax revenues.

The current portfolio of stem cell research at CIRM, including the grant programs scheduled through June 2012, have resulted in over 100 scientists and 1,000 other highly-trained researchers being recruited to the state. The Stanford Stem Cell Institute estimates that each of these researchers will bring an average of \$1.5 million in research funding to California, for a total of \$150 million of additional research funding and associated jobs.

Natural Resource Agency

The current balance of approximately \$4.2 billion is being used by the Resources Agency, including the Department of Water Resources, to fund 7,696 ongoing projects, including over 3,000 parks and trails construction projects, over 1,000 restoration projects, over 600 flood projects and 600 water projects.

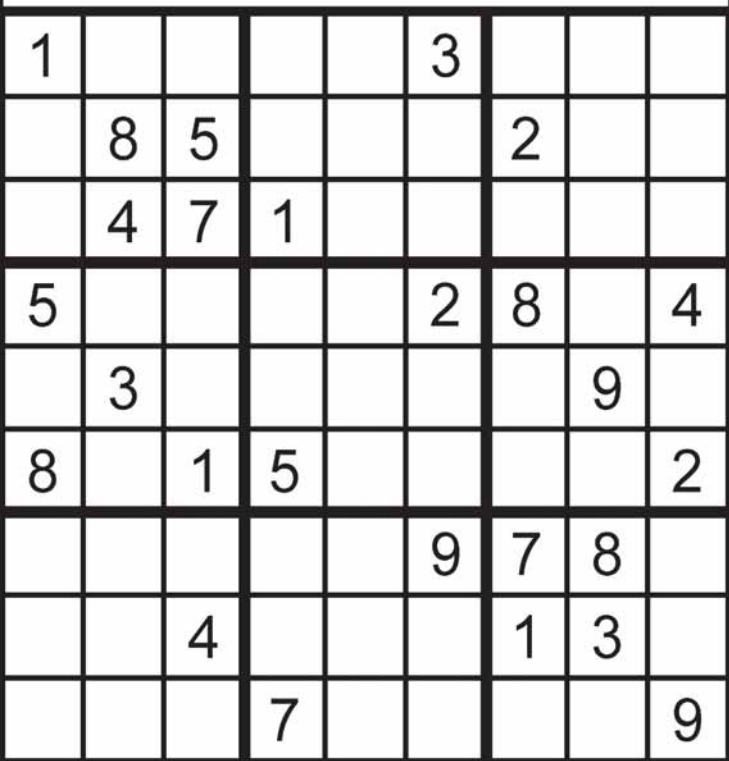
These projects have also leveraged approximately \$3.5 billion in non-state funds.

Departments are using these funds to start an average of 125 new projects per month and this rate is expected to continue for the foreseeable future.

Source: Governor's Press Office

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For Solution See Page 7.

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Arrest Made In Fatal Motorcycle Crash On Capital City Freeway

From Officer Lizz Dutton, Public Information Officer, The California Highway Patrol

On October 24, 2011 at approximately 8:50 p.m., Robert Wilson, a 64 year old from North Highlands was riding a blue 2003 Suzuki GZ 250 motorcycle northbound on SR-51 north of El Camino Avenue. Wilson was traveling in the #3 lane at approximately 65 mph. A white Volkswagen Beetle was traveling northbound on SR-51 north of El Camino Avenue, in an unknown lane, negotiating through traffic and approaching the motorcyclist. The left front of Volkswagen struck the right side of the motorcycle causing Wilson to be ejected into the #2 lane. Shortly thereafter, a red 1998 Mitsubishi Eclipse traveling in the #2 lane was approaching the collision scene. The driver was unable to take evasive movement and struck Wilson. Wilson sustained



Sequoia Jones, 22, of Sacramento. CHPD Photo.

fatal injuries at the scene.

The driver of the Mitsubishi stopped at the collision scene. The driver of the Volkswagen initially stopped at the scene but moments later, fled the scene in their vehicle. The Volkswagen was located a short time later, unoccupied, on eastbound

I-80 east of Madison Avenue. The California Highway Patrol is currently investigating the identity and location of the driver of the Volkswagen.

On October 26, 2011, at approximately 11:30 a.m., Sequoia Jones, a 22 year old from Sacramento met with investigators for an interview regarding the above collision, however, she invoked her rights and refused to give a statement. Jones was arrested and booked into the Sacramento County Jail on the following charges: 20001(a) VC- felony hit and run and 192 (c) VC- vehicular manslaughter with gross negligence. Her bail was set at \$500,000.

Any additional information about this release should contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916)338-6710, Monday through Friday 8:00 to 5:00 p.m.

Taking Care After Breast Cancer



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

There are more than 2.5 million breast cancer survivors living in the US. Thanks to advances in the early detection and treatment of cancer, most women diagnosed with breast cancer in the US will live for many years. But once the cancer is gone, they often face a new set of physical, emotional, and financial challenges. Establishing a plan for follow-up care and maintaining open and ongoing communication with a

doctor can help cancer survivors stay healthy and cancer-free.

Cancer survivors are at greater risk for cancer recurrence and developing new cancers due to the effects of treatment, unhealthy lifestyle behaviors, underlying genetics, or risk factors that contributed to their first occurrence of cancer. The majority of breast cancer recurrence happens in the first five years after cancer treatment ends.

After beating cancer with a marathon of tests and treatments, the last thing on most survivors' minds is more medical care. But regular doctor's visits can help improve quality of life after cancer and provide an opportunity to ask questions and get a doctor's advice. Additionally, early detection of any new cancers increase the chance of survival and reassurance on the absence of cancer strengthens peace of mind.

Once you have completed cancer treatment, your follow-up plan of care should include a schedule of recommended follow-up visits, screenings, and medical tests and should specify which doctor in your medical team will be responsible for each. The frequency of follow-up visits should be adjusted according to

your individual needs. The American Society of Clinical Oncology recommends that examinations be performed every three to six months for the first three years, every six to 12 months for years four and five, and annually thereafter. Mammography should be performed on an annual basis after treatment for breast cancer ends.

If you have undergone breast-conserving surgery, a post-treatment mammogram should be obtained at least six months after completion of radiation therapy. Then, unless otherwise indicated, yearly mammograms should be performed.

In addition to continued care, you should consume a healthy diet, exercise, not smoke, and drink alcohol, moderately, if at all.

Discuss any concerns about health care costs with your doctor. Cancer can create heavy economic burdens on women and their families. Resources are available for women who need financial assistance to cover health care costs.

For more information, visit the National Cancer Institute's "Coping with Cancer" webpage at cancer.gov/cancertopics/coping.

Local Levee Improvements Set to Begin

Sacramento – The U.S. Army Corps of Engineers Sacramento District, in cooperation with the California Central Valley Flood Protection Board, will be repairing two levee erosion sites along the south bank of the American River between Watt Ave. and the Mayhew Drain, weather permitting, between November 2011 and July 2012.

Be on the lookout for approximately 25 trucks making up to 150 trips per day, entering, exiting and operating on top of the levee during construction periods. Flag-personnel will guide equipment along the narrow levee road during construction. Detour signs, maps, temporary fencing and points of contact for more information will

also be posted along levee access points and detour routes, redirecting pedestrian and recreational traffic safely around closed levee portions and occasionally onto adjacent streets.

"We are communicating directly with local residents, neighborhood and school leaders," said Corps project manager Dave Cook. "Construction will be intermittent but ongoing for quite a while, so we want to make sure they are aware of what's going on and provide communication avenues for updates during the project."

As part of the Sacramento River Bank Protection project, the Corps began annual erosion surveys of the Sacramento River System in 1997.

The surveys identify and inventory dozens of erosion sites along the Sacramento River and its tributaries. More than 100 sites have been repaired and repairs on the highest ranking sites continue each year. This year, the Corps will also begin repairs on sites along the Feather and Sacramento rivers.

The U.S. Army Corps of Engineers Sacramento District provides flood risk management, navigation, watershed planning and ecosystem services in parts of eight western states, including California, Nevada, Utah, Arizona, Colorado, Idaho, Oregon and Wyoming.

Source: U.S. Army Corps Of Engineers

Republican Women to Hear Retired U.S. Attorney

American River Republican Women Federated will host Guest Speaker, Kristin Door, Forfeiture Attorney and retired U.S. Attorney, at their luncheon meeting on November 12, 2011. Kristin Door has over ten years experience prosecuting both civil and criminal cases as a forfeiture attorney for the U.S. Attorney's Office, Eastern District of California, in Sacramento.

She also advised federal prosecutors on criminal forfeiture law and procedures, during her years with the U.S. Attorney's Office.

Kristin has opened her criminal defense law office in Sacramento, specializing in forfeiture cases. As Guest Speaker, she will be talking about the conflict between the Federal Government and the State of California on the Marijuana laws.

The Luncheon will be held at Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630. Republican Women and men are welcome. Membership is open to all Republican Women and Men. Sign in at 11:30 A.M. Luncheon at 12 Noon. Cost is \$27. RSVP to 916-698-1288 by November 9, 2011.

Go to www.americanriverrwf.org for more information.

Alternative Gift Market

Looking for some unique gifts in your holiday shopping? Make your holiday gifts count double by benefiting impoverished women around the world as well as your family members and friends! Northminster will be hosting an Alternative Gift Market featuring Fair Trade Items from around the

world. Items will include Fair Trade Columbian coffees and organic chocolates from Equal Exchange. Serve International and Partners in Just Trade will provide handmade articles featuring woven baskets, necklaces, scarves, and ceramic figurines from Vietnam, Guatemala, Africa, Bangladesh, Nepal, and

India. Join us in finding that special holiday present.

Northminster Presbyterian Church Sunday, November 13, 11:00am – 1pm 3235 Pope Avenue

For more information call (916) 487-5192.

Audubon Meeting to Feature Mongolia's Gobi Desert Nature Reserve

Mark Jorgensen, retired superintendent of Anza-Borrego Desert State Park, will recount his experiences in Anza-Borrego's sister park in the Gobi Desert of Mongolia at the November 17 meeting of the Sacramento Audubon Society.

The public is invited to the 7 p.m. meeting at Effie Yeaw Nature Center in Ancil Hoffman Park. There will be no charge for the program or parking, and no park-entry fee.

Jorgensen, who spent many years in the park in San Diego County as a naturalist and ultimately park superintendent, has made six trips to Ikh Nart Nature Reserve to share his park and resource management experience with the rangers of the Mongolian Steppes.

In his visits he helped organize and outfit a corps of six nomad rangers, whose presence has curtailed poaching of native wildlife, helped

stop illegal mining, and protected grave mounds, petroglyphs, and other archaeological sites.

An excellent photographer, Jorgensen will share his photos of the Mongolian landscape, archaeological treasures, and such rare wildlife as the Argali sheep, Siberian ibex, cinereous vulture, and demoiselle crane.

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HOT SUMMER SAVINGS!!! \$299.00 MOVES YOU IN!!! o.a.c. The biggest summer savings deal is going on right NOW!! Call now for details Oakland Apartments @ 916-481-4042. 1 bedroom \$595 - \$625/Month. 2 bedroom \$750 - \$830/Month. 2 bedroom Townhouse \$950/Month. *Pool *Laundry facility *Assigned parking *Gated Community *Pet friendly *On-site Security (MPG 07-13-11)

Health/Misc.

DID YOU USE THE OSTEOPOROSIS Drug FOSAMAX (Alendronate)? If you experienced femur fracture (upper leg), you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727. (Cal-SCAN)

DIABETIC TEST STRIPS WANTED: Cash for unopened, unexpired boxes of Diabetic Test Strips. All Brands Considered. Prepaid U.S. Mailing label provided. Trustworthy buyer. God Bless. Call Caleb 1-800-869-1795 or 574-286-6181 (NANI)

If you used the antibiotic drug LEVAQUIN and suffered a TENDON RUPTURE, you may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727 (SWAN)

ATTENTION Diabetics with Medicare Join America's Diabetic Savings Club and receive a FREE diabetic bracelet. Membership is FREE. Quality for meter upgrades, prescription delivery and free give aways. Call 1-888-621-8031 (MB 08-10-11)

Attention Joint & Muscle Pain Sufferers: Clinically proven all-natural supplement helps reduce pain and enhance mobility. Call 888-577-8681 to try Hydraxin RISK-FREE for 90 days (MB 08-10-11)

ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-654-6310 (MB 08-10-11)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 877-660-8637 for \$25.00 off your first prescription and free shipping. (MB 08-10-11)

Diabetes/Cholesterol/Weight Loss Natural Product for Cholesterol, Blood Sugar and weight. Physician recommended, backed by Human Clinical Studies with fast acting results within 30 days. Call to hear about our special offer 888-623-7990 (MB 08-10-11)

Local STD/HIV Testing Did you know you can have an STD and show no symptoms? Early detection and treatment can prevent permanent damage? Highest levels of privacy and discretion. Call 1-888-645-7571 (MB 08-10-11)

LOW COST WEIGHT LOSS

With Your Personal Coach. Start Free Call 916-599-1318 (MPG)

Look Younger in Less Than a Day! www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

THE WEIGHT IS OVER Lose up to a pound a day. Fast growing Company. Recession proof product. 916-474-4079 www.eat-choosewell.com (MPG)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

TRUCK DRIVERS: Will provide CDL training. Part-time driving job with full-time benefits. Get paid to train in the California Army National Guard. www.NationalGuard.com/Truck or 1-800-Go-Guard. (Cal-SCAN)

CUSTOMER SERVICE REPRESENTATIVE!! Must be Notary. Live Scan Certified Optional. Part-Time to Full-Time. POS Experience Helpful. Will Train. Must be available Weekdays and Weekends. Email resume to store2503@theups.com. Pick up application at front desk. (MPG 09-28-11)

Restaurant Crew - Nation's Giant Hamburgers is coming to Citrus Heights. Accepting applications & holding open interviews on Thur. Sept. 15 from 10am - 7pm. Held at Larkspur Landing Hotel at 1931 Taylor Rd in Roseville. (MPG 09-07-11)

FEDERAL POSTAL JOBS!! Earn \$12 - \$48 per hour / No Experience Full Benefits / Paid Training 1-866-477-4953, Ext. 131 NOW HIRING!! (NANI)

Process mail! Pay weekly! Free supplies! Bonuses! Genuine opportunity! Start immediately! Helping Homeworkers since 1992. 1-888-302-1516. www.howtoworkfromhome.com (NANI)

Excellent weekly income processing our mail! Free supplies! Bonuses! Helping Homeworkers since 1992. Genuine opportunity! Start immediately! 1-888-302-1523. www.howtoworkfromhome.com (NANI)

\$384 DAILY* AT HOME COMPUTER WORK - LIMITED POSITIONS. Start making money today by simply entering data for our company. No Experience Needed, training provided. www.AtHomeComputerWork.com (NANI)

\$1,000 WEEKLY* PAID IN ADVANCE! MAILING OUR BROCHURES From Home. 100% Legit Income is guaranteed! No Selling! Free Postage! No Experience Needed! Full guidance & Support. www.MailingBrochuresIncome.com (NANI)

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL-A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (MPG)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

Urgent F/PT Sale Reps needed Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15 (MPG)

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 PTF/FT www.REBVision.com (MPG)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

Help Wanted - Drivers

A Better Career With Melton. Great Equipment & Benefits. 2 Months CDL Class A Driving Experience. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

Drivers/CDL Training - CAREER CENTRAL. No MONEY Down. CDL Training. Work for us or let us work for you! Unbeatable Career Opportunities. "Trainee" Company Driver "Lease Operator" Earn up to \$51k "Lease Trainers" Earn up to \$80k 1-877-369-7126. www.CentralDrivingJobs.net (Cal-SCAN)

DRIVER - No Experience - No Problem. 100% Paid CDL Training. Immediate Benefits. 2010 program. Trainers earn up to 49c per mile! CRST VAN EXPEDITED. 1-800-326-2778. www.JoinCRST.com (Cal-SCAN)

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted - Medical

DISH Network delivers more for less! Packages starting at \$24.99/mo. Local channels included! FREE HD for free 3 months. 1-888-582-4023 (MB 08-10-11)

Get TV & Internet for UNDER \$30/Mo. For 6 mos. PLUS Get \$300 Back! - select plans. Limited Time ONLY Call NOW! 866-944-0916 (NANI)

DIRECTV \$0 Start Costs! 285+ Channels! Starts \$29.99/mo FREE HBO/Showtime/Starz/Cinemas 3 Months + FREE HD Channels + FREE HD/DVR Upgrade! FREE Installation! \$0 Start! (800) 329-6061 (NANI)

Help Wanted - Sales

ABLE TO TRAVEL. Hiring 10 people. Work and travel all states, resort areas. No experience necessary. Paid training & Transportation. Over 18. Start ASAP. 1-888-853-8411. (Cal-SCAN)

GUYS & GALS 18+. Travel the country while selling our Orange peel product. Training, Hotel & Transportation provided. Daily cash draws. Apply today leave tomorrow. 1-888-872-7577. (Cal-SCAN)

Would you like to be Mentored by a Millionaire? Proven System, Perfect timing. 24 Hr Recorded Message. CALL NOW!! 888-279-7875 (MPG)

Home for Lease

Home For Lease. Three Bedroom Two Bath home in Rollingwood. River City Real Estate. 916.549.6673 (MPG 10-26-11)

Home Health Care

In your home health care/helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25)

Housecleaners

Bright Housecleaning - Quality - Discounts - (916) 308-0157 (MPG 06-22-11)

Housecleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making Customers Happy? If You Answered YES! We Want YOU!

Housecleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail.com. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Landscaping

Affordable Landscape Service Clean-ups & Makeovers! Main-tenance starting at \$60/mo. Dependable family business. Lic. # 887351. 916-338-2001. sacyards.com (MPG 09-08)

Law and Garden Service Bi-weekly or monthly call for FREE estimates 965-8224 (MPG)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Tall Weed Cutting Low Rates 916-524-7477 (MPG)

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabelagarden.com or c/c Randy for info at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Legal Services

SOCIAL SECURITY Disability Benefits. You Win or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 877-490-6596. (Cal-SCAN)

Need Attorney? Have legal situation? Looking for extra money? Call Eicka Mitchell 916-617-8069 (MPG 07-20-11)

ArrowSharp Process Services - Civil & Family Law - Lisa Sharp @ 916-342-6714 (MPG 06-15-11)

Massage

Massage therapy by CMT. Louise is a licensed therapist for many years; the cabin is clean, bright and quiet; call Louisa 916 729-0103. Open 10 to 8 by appointment. (MPG 04-20-11)

Medical Supplies / Equipment

ATTENTION DIABETICS with Medicare. Get a FREE Talking Meter and diabetic testing supplies at No Cost, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 877-792-3424. (Cal-SCAN)

Attention SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at No Cost, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-379-7871. (Cal-SCAN)

Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care. Excellent service & quality at low prices from AMD MEDICAL SUPPLY. 916-485-2500. (MPG 03-30-11)

Miscellaneous

SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 888-630-1757 (MB 08-10-11)

DISH Network delivers more for less! Packages starting at \$24.99/mo. Local channels included! FREE HD for free 3 months. 1-888-582-4023 (MB 08-10-11)

Get TV & Internet for UNDER \$30/Mo. For 6 mos. PLUS Get \$300 Back! - select plans. Limited Time ONLY Call NOW! 866-944-0916 (NANI)

DIRECTV \$0 Start Costs! 285+ Channels! Starts \$29.99/mo FREE HBO/Showtime/Starz/Cinemas 3 Months + FREE HD Channels + FREE HD/DVR Upgrade! FREE Installation! \$0 Start! (800) 329-6061 (NANI)

Piano Lessons

Piano Lessons - 25 years experience teaching all ages 916-723-8440 www.piano-by-chris.com (MPG 09-21-11)

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916/858-1571 (MPG)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitalexander.com, or call (916) 725-1054 (MPG)

Real Estate Commercial

3801 Watt Avenue at Edison. Interested in trade with similar property in Orangevale or Roseville. Or \$350,000. OBO. Could be used as child/adult day care. Equipped for home business. Steel fenced area, 7 parking spots. Call 987-6600 anytime. (MPG 07-20-11)

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS - up to \$17/Box! Most brands. Shipping Prepaid. FAST payment. Ask for Emma 1-888-776-7771 www.cash4diabeticssupplies.com (NANI)

WORK ON JET ENGINES - Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call AIM (866) 854-6156 (NANI)

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

AUTHENTIC NEW TEMPUR-PEDIC MATTRESS CLEARANCE! 20-30% OFF FACTORY RETAIL PRICING - FREE SHIPPING - NO TAX. CALL 813-889-9020 FOR DETAILS - LIMITED SUPPLY CALL NOW! (NANI)

"OLD GUITARS WANTED!!" Fender, Gibson, Martin, Gretsch, Prairie State, Euphonia, Larson, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjos. 1930's thru 1970's. TOP CASH PAID! 1-800-401-0440 (NANI)

AIRLINES ARE HIRING - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available. CALL Aviation Institute of Maintenance (888) 686-1704 (NANI)

ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Paralegal, *Accounting, *Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 800-481-9409. www.CenturaOnline.com (Cal-SCAN)

ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Paralegal, *Accounting, *Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

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Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENT #1108485. Liddell Enterprises Inc., 925 National Dr. #101, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Classic Promotions" at 925 National Dr. #101, Sacramento, CA 95834.

Barbara K. Saia, deceased on or about September 12, 2011, you are here notified that S. Reno Saia is the executor/trustee of Barbara K. Saia's estate. At this time no probate administration is contemplated regarding the above referred decedent estate.

1713 Daphne Ave., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on Oct. 12, 2011. Publish October 19, 26, November 2, 9, 2011. 16SQUA 11003 11-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111998 WHEREAS, Shu Chuan Wu has filed a petition with this court for a decree changing name of Annie Lin to Annie Elana Lin.

NOTICE OF TRUSTEE'S SALE APN No: 012-0073-012 Ref: Desmond David Reynoso YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED DECEMBER 24, 2008, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE.

Notice is hereby given that Ron Doster, as duly appointed trustee pursuant to the Deed of Trust executed by DESMOND D. REYNOSO, DATED December 24, 2008 and recorded March 26, 2009, as Instrument No. 0005807543, in book 200990326 page 1160 official records in the office of the County Recorder of Sacramento County, State of California, will sell on November 16, 2011 at 10:00 AM, at the Main entrance to Sacramento County Courthouse, 720 9th Street, Sacramento County, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title and interest in an undivided one-half interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above-referenced Deed of Trust.

Notice is hereby given that Ron Doster, as duly appointed trustee pursuant to the Deed of Trust executed by DESMOND D. REYNOSO, DATED December 24, 2008 and recorded March 26, 2009, as Instrument No. 0005807543, in book 200990326 page 1160 official records in the office of the County Recorder of Sacramento County, State of California, will sell on November 16, 2011 at 10:00 AM, at the Main entrance to Sacramento County Courthouse, 720 9th Street, Sacramento County, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title and interest in an undivided one-half interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above-referenced Deed of Trust.

interest in the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$62,731.18. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, or a state or federal credit union, or a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in California. Said sale will be made, in an "AS IS" condition, but without covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances there under, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

Notice is hereby given that Ron Doster, as duly appointed trustee pursuant to the Deed of Trust executed by DESMOND D. REYNOSO, DATED December 24, 2008 and recorded March 26, 2009, as Instrument No. 0005807543, in book 200990326 page 1160 official records in the office of the County Recorder of Sacramento County, State of California, will sell on November 16, 2011 at 10:00 AM, at the Main entrance to Sacramento County Courthouse, 720 9th Street, Sacramento County, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title and interest in an undivided one-half interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above-referenced Deed of Trust.

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code, the Property listed below, believed to be abandoned by Mildred D. Burch, whose last known address was 6740 Sutter Ave., Carmichael, CA 95608, will be sold at public auction at 6740 Sutter Ave., Carmichael, CA 95608, on Monday, Nov. 14, 2011 at 12:00 o'clock P.M. DESCRIPTION OF PROPERTY: Household Personal Property consisting of but not limited to Entertainment cabinet, end tables, Craftsman riding mower and trailer, electronics, barbecue, plastic chairs, books, bookcase, framed art, dishes, glassware, sofa, dresser, oak rocker, bedroom sets and all other items in and on said property. Dated October 27, 2011 Tom Frankhouser Appraiser-Auctioneer Publish Nov. 2, 9, 2011. SILICO 11001 11-9-11

Notice is hereby given that Ron Doster, as duly appointed trustee pursuant to the Deed of Trust executed by DESMOND D. REYNOSO, DATED December 24, 2008 and recorded March 26, 2009, as Instrument No. 0005807543, in book 200990326 page 1160 official records in the office of the County Recorder of Sacramento County, State of California, will sell on November 16, 2011 at 10:00 AM, at the Main entrance to Sacramento County Courthouse, 720 9th Street, Sacramento County, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title and interest in an undivided one-half interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above-referenced Deed of Trust.

Notice is hereby given that Ron Doster, as duly appointed trustee pursuant to the Deed of Trust executed by DESMOND D. REYNOSO, DATED December 24, 2008 and recorded March 26, 2009, as Instrument No. 0005807543, in book 200990326 page 1160 official records in the office of the County Recorder of Sacramento County, State of California, will sell on November 16, 2011 at 10:00 AM, at the Main entrance to Sacramento County Courthouse, 720 9th Street, Sacramento County, California at public auction, to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title and interest in an undivided one-half interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above-referenced Deed of Trust.

Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Oct. 17, 2011. Publish October 26, November 2, 9, 16, 2011. EVERLA 11004 11-16-11

FICTITIOUS BUSINESS NAME STATEMENT #1107974. Kathy Doigle, 5232 Adelaide Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Pearls & Proverbs" at 5232 Adelaide Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Sept. 19, 2011. Publish October 26, November 2, 9, 16, 2011. PEARLS 11004 11-16-11

FICTITIOUS BUSINESS NAME STATEMENT #1109082. RioMobile Solutions, LLC, 4175 Los Coches Way, Sacramento, CA 95864 is doing business under the Fictitious Business Names "Rio Mobile Solutions; Rio" at 4175 Los Coches Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on Oct. 26, 2011. Publish November 2, 9, 16, 23, 2011. RIOMOB 11001 11-23-11

FICTITIOUS BUSINESS NAME STATEMENT #1109016. Ray Robert Renardson, 5035 Sparrow Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Professional Drywall Service" at 5035 Sparrow Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Oct. 25, 2011. Publish November 2, 9, 16, 23, 2011. PRODRY 11001 11-23-11

FICTITIOUS BUSINESS NAME STATEMENT #1109047. Beverly M. Mills, 4824 Old Kent Lane, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Mills Real Estate and Investments" at 641 Fulton Ave. #200, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on Oct. 25, 2011. Publish November 2, 9, 16, 23, 2011. MILLSR 11001 11-23-11

FICTITIOUS BUSINESS NAME STATEMENT #1108441. Kim Hoai Nguyen, 8573 Allisa Way, Elk Grove, CA 95624 and Van Nguyen Tran, 7767 Black Sand Way, Antelope, CA 95843 are doing business under the Fictitious Business Name "Divine Salon" at 6913 Greenback Lane, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Oct. 5, 2011. Publish November 2, 9, 16, 23, 2011. DIVINE 11001 11-23-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00113089 WHEREAS, David Travis and Amelia Martin have filed a petition with this court for a decree changing name of Cameron Alee Moana Padama-Travis to Cameron Alec Moana Travis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Feb. 17, 2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento,

CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 12, 2011. Kevin R. Culhane Judge of the Superior Court Publish November 2, 9, 16, 23, 2011. MULLIN 11101 11-23-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00112149 WHEREAS, Ryan Duane Mullins has filed a petition with this court for a decree changing name of Ryan Duane Mullins to Emma Ryan Mullins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Jan. 27, 2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 12, 2011. Kevin R. Culhane Judge of the Superior Court Publish November 2, 9, 16, 23, 2011. MULLIN 11101 11-23-11

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Jan. 13, 2012 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 30, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 12, 19, 26, November 2, 2011. BLAYNE 11002 11-2-11

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 2, 2011 in Dept. 13, located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 30, 2011. Kevin R. Culhane Judge of the Superior Court Publish October 12, 19, 26, November 2, 2011. ACEVED 11002 11-2-11

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 12, 2011. Kevin R. Culhane Judge of the Superior Court Publish November 2, 9, 16, 23, 2011. MULLIN 11101 11-23-11

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Arts, Entertainment and Other Fun Things to do!

Tree Pruning Clinic at Carmichael and Arden-Dimick Libraries



Carmichael - Extend the life and beauty of trees and learn how to gain maximum benefit for years to come at two free Sacramento Public Library branch programs.

Luanne Leineke of the Sacramento Tree Foundation will discuss pruning 2- to 8-year-old trees to develop good structure and form on Saturday, December 3 at:

10:30 a.m.: Carmichael Library, 5605 Marconi Avenue, Carmichael.

2 p.m.: Arden-Dimick Library, 891 Watt Avenue, Sacramento.

Leineke will show a variety of pruning tools and conduct a walkabout on each of the library grounds to look at tree structure.

The tree clinic is offered by the Sacramento Tree Foundation in partnership with SMUD.

For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

See's Candy Holiday Fundraiser for Kiwanis Family House

Sacramento Region - The See's Candy Store is holding a fundraiser, located at 2820 Marconi Ave., Ste 2, Sacramento from Saturday, November 19 through Saturday December 31. The fundraiser is for Kiwanis Family House, which

provides temporary housing and support to families with seriously ill or injured children and adults being treated at the UC Davis Medical Foundation and Shriners Hospital in Sacramento. Sponsoring organization: Kiwanis

Family House, Free admission, no reservations, open to the public, Contact Phone: 916-215-1460. For more information, visit www.kiwanisfamilyhouse.org.

SCC Music News Pops Concert

Sacramento Region - The Sacramento City College Choral Department, under the direction of Doreen Irwin, will present its Fall "Pops Concert", featuring student soloists presenting popular vocal tunes. The concerts will be presented

on the following dates:
 Thursday, November 3 at 12:10 pm. Admission for this concert is free.
 Friday, November 4 at 8:00 pm. Admission for this concert is \$5.00.
 Both concerts will be located in Room A27 of the Auditorium

Building, on the Sacramento City College campus. The Sacramento City College campus is located at 3835 Freeport Blvd., Sacramento 95822. For more information, contact Doreen Irwin at 558-2496.

SACRAMENTO FINE ARTS CENTER, INC.

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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

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- Leatherbys Ice Cream • Green Frog Soaps and Scents • Unique Salsa from Live Food Academy • Venezuelan Arepas from KAS Foods • Gourmet Goat Cheese by Jollity Farms • Fresh Baked breads by Sacramento Baking Company • Healthy Homemade Dog food by Vibra Pet • The best pastries in town by BeckyJoPies • Organic Vegetables and fruits from Fasue Farms, Rio de Parras Farms and Loving Nature Farms.

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Carmichael Recreation and Park District is announcing these upcoming events



Patriots Park Wall of Honor

Saturday, November 5, 10am

Join us in honoring our local heroes at Patriots Park, 6825 Palm Avenue, Fair Oaks, CA 95628. All members will be recognized. The District is always looking for nominations for the Wall of Honor. Please call (916) 485-5322 x23 for more information!

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.

Holiday Craft Faire

SATURDAY NOVEMBER 5, 2011
 9AM-3PM
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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.

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
- *2021 Rose Parade*
December 30, 2011 - January 3, 2012
• \$1450pp/double

FREE Travel Program

WEDNESDAY, NOVEMBER 9
 Extended Vacations Travel Show at 10 am
 PackingLight Demo by Jon Holloway at 11 am

NEW FRIDAY COMPUTER CLASSES
 Swanston Community Center • 9-10am

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 Nov 11: *Facebook & Social Media*
 Nov 18: *Digital Camera to Computer*

\$10 per class/\$25 for three • For more info 333-6464 or www.morpd.com

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm
 Registration Hours:
 8:30am-4pm Monday-Friday
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

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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" Kools 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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Veterans Day Event in Carmichael



Veteran's Memorial at Earl J. Koobs Nature Area. Photo courtesy of Earl J. Koobs Nature Area Committee.

By Linda E. Jones, Chairperson
Earl J. Koobs
Nature Area Committee

Carmichael – The Earl J. Koobs Nature Area all started with a teacher's off-hand suggestion and high school students' endearing perseverance to purchase about 4 1/2 acres in Carmichael as a nature and environmental studies area in 1971. Even Governor Reagan and President Nixon donated to the students' cause. A California ecology grant helped pay the balance. The area was later named for Mr. Koobs, the biology teacher who planted seeds of an idea. Note: He is now called "Ranger Jack", but is still very involved. You may find our Vietnam Memorial especially intriguing. In 1973, while many were still in disbelief of America's losses, the nature area's symbol became

a memorial to 14 students from La Sierra High School who died for our country. This is the first known Vietnam Memorial in California, was made in metal shop by students remembering their own classmates.

There is not much more history available until the 80's. In 1988, the nature area was almost sold for lack of use and interest. The community of Garfield Elementary, as "Save Our Soil" rallied and again saved this precious resource by establishing an educational trust; it will always be here for future generational sharing, learning about nature...and so much more!

There was a very special re-dedication Nov 10, 1988 of the La Sierra High School Memorial that included featured speaker B.T. Collins. Just mentioning his name in this community brings

forth willing of respect. Families of boys lost still speak with tear-filled eyes of gratitude for their own not forgotten by a great man.

Subsequent Days of Remembrance were mostly limited to Garfield Elementary classes visiting the memorial. Teaching can go both ways as students bring up family members, friends, those known in the community. The Nature Area Committee realized the need to reach out further and was fortunate to find seven out of fourteen families and many former students for our "Day to Honor and Remember". Those found met more when they attended, along with a variety of veterans, families, and friends with stories to share. This interaction and expressed community interest encouraged the Nature Area Committee to continue. The observance has become tradition now, with this being our 10th consecutive year honoring veterans on the eleventh month, eleventh day and eleventh hour. We also now observe Memorial Day as a time to remember those who gave the ultimate sacrifice for our country.

Planning, preparations, and ceremony are by the Nature Area Committee, La Sierra graduates, CalCadet Corps and other local veterans, Kiwanis Club of Carmichael, teachers, students, scouts, families and friends. Color Guard will be by local Boy Scouts, Girl Scouts and Venture Crew.

We welcome you to join us as gates to the area will be open from 10:00am to 2:00pm and color guard ceremony will be at 11:00am.

Federal Injunction To Be Filed Against California Open Carry Ban

Federal Civil Rights Lawsuit to be filed on Anniversary of Second Amendment

Commentary from
californiarighttocarry.org

On December 15, 1791, Virginia became the 10th of 14 states to approve 10 of the 12 proposed amendments to the United States Constitution; giving the Bill of Rights the two-thirds majority of state ratification necessary to go into effect.

On December 15, 2011 a Federal Civil Rights Lawsuit will be filed seeking an injunction against a California law that was passed in 1967 which makes it a crime to openly carry a loaded firearm.

Ironically, the law recently passed by the California Legislature and signed into law by Governor Jerry Brown (AB 144) making it a crime to openly carry even an unloaded handgun has greatly simplified the lawsuit. Under a 9th Circuit Court of Appeals decision in May of 2011 it would have been necessary to show that the California law which requires openly carried firearms to be unloaded until one was in grave, immediate danger was a "substantial burden."

With the passage of AB 144, this will no longer be necessary. The

California Legislature has created a mirror image of the landmark decision by the United States Supreme Court. The decision, issued in 2008, held that the individual has the right to openly carry a loaded firearm for the purpose of self-defense; except in certain "sensitive" places such as schools and government buildings. The High Court held that a law banning handguns, even though it exempted long guns (rifles and shotguns) was unconstitutional.

Two Federal lawsuits which had been brought in California to obtain permits to carry handguns concealed failed, in part, because the Federal judges cited the exception to California law for openly carrying a loaded handgun when one was in grave, immediate danger. With the passage of AB 144, that exception no longer exists. The Chief Federal Judge for the Southern District of California said she was unable to rule on whether or not the section of the California Penal Code making it a crime to openly carry a loaded handgun before one was in danger was constitutional, because neither party challenged the constitutionality of

the law (Penal Code section 12031). The attorney for the defendant in that case, the Sheriff of San Diego County argued that the Heller decision did not apply outside of the home. The attorney also argued that the Second Amendment should not apply to the County of San Diego because it was located near the Mexican border. The Federal judge in the case did not buy either of those arguments.

The lawsuit seeking an injunction to California Penal Code section 12031, to the extent it makes it a crime to openly carry a loaded firearm for the purpose of self-defense will be brought in the Federal Central District of California.

California Right To Carry is a California nonprofit registered with the California Secretary of State. It does not solicit or accept public donations for its organization. Operating expenses are provided entirely by its membership. 100% of the donations to the legal fund will be used for the Federal lawsuit. None of the money goes to the organization – California Right To Carry. Donations are not tax deductible.

SJUSD Seeks Principals for a Day

Community leaders offered a chance to be a Principal for a Day in San Juan Unified

San Juan Unified schools will offer community leaders and volunteers a unique look inside learning by inviting them to be a Principal for a Day on Nov. 8. Guest principals will join school principals to conduct learning walks to see classroom instruction first hand, greet students, take part in campus events and even help with supervision and yard duty.

The day will begin at the start of school and go through noon when participants will gather at the Citrus Heights Community Center for a luncheon and celebration of achievements.

Any and all interested community members are invited to participate by signing-up at <http://www.sanjuan.edu/pfad>. Requests for specific schools will be accepted but final assignments will be based on availability.

WHAT: SJUSD's first Principal for a Day event welcomes community leaders and volunteers to each of the District's 70+ schools to see instruction first hand and take part in administration of the school for a morning. Participants will then gather for a celebratory lunch and state of the district address by Interim

Superintendent Glynn Thompson.

WHEN: Tuesday, Nov. 8
On campuses from the start of school (~7:30 a.m.) to 11:45 a.m.
Luncheon from noon – 1:30 p.m.

WHERE: Each of SJUSD's 70+ school sites; Luncheon hosted at the Citrus Heights Community Center

WHO: Open to all interested members of the community; Space limited as only one guest principal will be assigned to each school.

More Info / Sign-up:
<http://www.sanjuan.edu/pfad>

Lungren Votes to Repeal Burdensome Tax Provision

Washington, D.C. – Congressman Dan Lungren (R-Gold River-CA) issued the following statement on 10/28/11 after Congress voted – in a bipartisan manner – for H.R. 674. This bill would prevent a three percent withholding tax that would have been yet another burden on our economy.

Under this withholding, federal, state and many local governments will be required to withhold three

percent of all government payments made to contractors and suppliers. "I am continuing to support legislation that helps create an environment that will assist businesses to hire more people. Americans are struggling to find work and it is paramount that Congress takes the necessary steps to restore certainty and place the country on a path to economic growth. "As of now our House Republican Plan for

America's Job Creators has sent the Senate over 10 pro growth jobs bills. H.R. 674, which is supported by the President, now heads to the Senate. I hope they will quickly act- as we have- and pass this bill. We owe it to the American people."

Congressman Dan Lungren serves as the Chairman of the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees.

Check Before You Burn

Sacramento County – Check Before You Burn Starts November 1 in Sacramento County and its Cities The fifth season of the Sacramento Metropolitan Air Quality Management District's Check Before You Burn program starts November 1 and runs through February 29, 2012. Residential wood burning will be restricted or prohibited on days when fine particle pollution is forecast to be high. The law is in effect in Sacramento County and its cities of Citrus Heights, Elk Grove, Folsom, Galt, Isleton, Rancho Cordova and Sacramento. Residents are required to Check Before You Burn.

The District will restrict or prohibit the use of indoor and outdoor fireplaces and wood stoves, and fire pits and chimneys that burn wood, pellets, manufactured logs or any other solid fuel to keep fine particle pollution down. A voluntary request to discourage burning will be issued when air pollution levels are on the rise.

Check Before You Burn Categories:
Stage 2 – All Burning Prohibited.

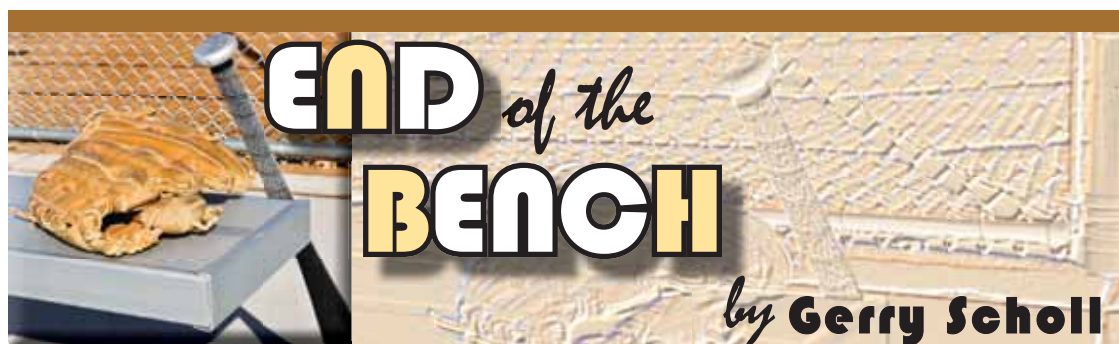
All burning is prohibited in any device when fine particle pollution is forecast to exceed 35 micrograms per cubic meter. It is illegal to burn any solid fuel, including wood, manufactured logs and pellets.

Stage 1 – No Burn – Unless Exempt. It is illegal to burn when fine particle pollution is forecast to be 32-35 micrograms per cubic meter unless EPA certified fireplace inserts or stoves, or pellet stoves are used. Burning Discouraged – Voluntary Burning is discouraged when fine particle pollution is forecast to be 26-31 micrograms per cubic meter. The AQMD asks you to voluntarily choose not to burn. Legal to Burn When the forecast is 25 micrograms per cubic meter or lower then it is legal to burn and the use of manufactured fire logs is acceptable at this level.

If you choose to burn please follow clean burning techniques in order to burn as cleanly as possible. Exemptions: The following exemptions apply to both Stage 1 and Stage 2 categories: Homes where

wood burning is the sole source of heat. Financial hardship waiver approved by the Air Pollution Control Officer – must be renewed each burn season; Devices that operate exclusively with natural gas or propane Cooking devices; Ceremonial fires related to specific religious activities.

Enforcement: Enforcement will be through complaints (800-880-9025) and sightings of visible smoke by Air District enforcement staff. First time violations will result in a \$50 fine or a requirement to complete and pass a wood smoke awareness course. Fines for subsequent violations are higher. Check Before You Burn: 1-877-NO-BURN-5 (1-877-662-8765). Visit www.AirQuality.org



Luck Has a Lot To Do With It

It's better to be lucky than good. Unless you are really, really good, and don't need much luck to be a winner.

If you have a lot of good players, good coaches, a quarterback named Luck to lead you, and some luck, then you are going to win.

The Stanford Cardinal had all of that going on Saturday night as they rallied from a 20-10, second-half deficit in Los Angeles to defeat USC, 56-48, in triple-overtime.

The visitors (8-0, 6-0 in the Pac-12) were lucky they didn't face a much larger hole early. An obvious Stanford pass interference and a USC dropped pass, both in the end zone, kept the Trojans from scoring two touchdowns in the first half.

The Cardinal were lucky regulation time ran out before USC (6-2, 3-2) could kick a winning field goal. In the end, they were lucky to recover a fumble in the end zone on the game's final play.

Through it all, though, QB Andrew Luck, a Heisman Trophy favorite, led four late scoring drives, including a 76-yarder that tied the game with 38 seconds left in the fourth quarter, sending it to overtime.

The Stanford star is sure to be the No. 1 selection in the next NFL draft and several teams are in contention for that choice. Your team could be absolutely no good at all, and get lucky, and get Luck.

The top three college teams in the BCS rankings, LSU, Alabama

and Oklahoma State, are all very, very good. Stanford, now No. 4, will need both "lucks" if it is to fulfill its national title ambitions.

Sunday, the San Francisco 49ers were very glad that running back Frank Gore is just so, so good. Gore carried for more than 125 yards (134) for the fourth straight game as the hosts methodically whipped Cleveland, 20-10, to advance to 6-1.

Just lucky, I guess, were the Oakland Raiders that this was their bye week, because they haven't been good since QB Jason Campbell went down to injury. The break will give new QB Carson Palmer a chance to learn his teammates' names.

Speaking of new quarterbacks, Tim Tebow is lucky to be getting a chance to play for the woeful Denver Broncos, but is showing that he is just not that good.

As luck would have it, the St. Louis Cardinals (way too much cardinal red for my liking this week) completed their magic carpet ride to their 11th World Series title, defeating the Texas Rangers, 6-2, in Game 7 Friday night. Leading, 3-2, a decisive two-run rally in the fifth inning featured no hits, three walks and two hit-batsmen. Classic?

It was a remarkably classic Game 6, however, won by St. Louis, 10-9, on a walk-off homer by Series MVP David Freese in the 11th inning. Twice the unlucky and under-performing Rangers were within one strike of winning their

first World Series.

There was plenty of drama, but overall it was not a particularly well-played Series. The Cards were pretty lucky that the Rangers' defense was very poor and their pitchers served up so many fat pitches to hit at critical times. Except for Chris Carpenter, the St. Louis pitching wasn't much better. There weren't any Roy Hallidays, Cliff Lees, or, regrettably, any Tim Lincecums, Matt Cains or Brian Wilsons on the mounds in this one.

The Cards were lucky that the Brewers' Prince Fielder hit a home run in the All Star Game to give the National League home field advantage for the Series. That clearly played a role in the momentum of the final two games in St. Louis.

It was manager Tony LaRussa's third title, second with St. Louis. He announced his retirement Monday. Leaving with the third most wins all time, he should consider himself lucky that his team came back after being down three games to two. His sure-to-be Hall of Fame legacy might have been tarnished by the Game 5 loss in Texas.

His well-documented communications issues over the phones with his bull pen crew, that may have cost St. Louis that game, prompted a lot of unflattering talk and ink post game.

Upon retirement, his great career is well deserving of a gold watch... a golden parachute... some gold stars... and a gold phone.

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Smart oral health practices are just one step in preparing a child to begin school on the right track. Photo courtesy of First 5 Sacramento.

Oral health begins even before children start teething. Are you establishing positive dental habits early to ensure your child's teeth are healthy? Paying attention to your child's oral health early can prevent problems down the road such as chronic pain, impaired chewing and speech development, as well as reduced concentration and self-confidence.

Dental Resources at your Finger Tips!

Looking for a children's dentist? Questions about fluoride? Visit First 5 Sacramento's NEW dental website at: www.first5sacental.org. The website features children and parent dental care and resources in English, Spanish, Russian and Hmong including videos highlighting local dental programs; tip sheets; local dental

resources; and a section dedicated to dentists that focus on training modules for children's dentistry.

The latest Sacramento County fluoridation map is also on site so you will know if you live in an area with fluoridated water. Fluoride plays an important role in the healthy tooth development in children and helps prevent the early stages of tooth decay.

New! First 5 Sacramento's Children's Dental Clinics

Two new dental clinics JUST for children!

Downtown: Sacramento Native American Health Clinic: 916-341-0575

Oak Park: The Effort: 916-233-4925

Designed for families on Medi-Cal and Healthy Families.

See a Dentist by your Child's 1st Tooth or 1st Birthday

Your child's teeth and gums are important – even his or her baby teeth. A child's first set of teeth is crucial for chewing, speaking and speech development, jaw development, self-esteem and are placeholders for permanent teeth. Smart oral health practices are just one step in preparing a child to begin school on the right track.

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.

Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$16 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298.



'A Season of Hope' to Usher in Holiday Season

with Salute to Military, Spirituals and Sacred Music



Congregants of The Church of Jesus Christ of Latter-day Saints in Carmichael, Fair Oaks, Orangevale and Citrus Heights will perform a choir concert titled "A Season of Hope" on Nov. 4 and 5. Photo courtesy of The Carmichael Stake of The Church of Jesus Christ of Latter-day Saints.

Carmichael/Fair Oaks - The Carmichael Stake of The Church of Jesus Christ of Latter-day Saints will perform a musical concert titled "A Season of Hope," featuring patriotic numbers, sacred music and spirituals, at 7 p.m. both Friday, Nov. 4, and Saturday, Nov. 5, inside the chapel located at 8267 Deseret Ave., Fair Oaks. "A Season of Hope," which is free and open to the public, features an 80-voice choir, soloists and instrumentalists from congregations in Carmichael, Fair Oaks, Orangevale

and Citrus Heights.

"The theme of 'A Season of Hope' has been carried over each year with the purpose of ushering in the holiday season with music of hope and inspiration," said Scott Seamons, co-director of the concert and choir.

The program this year includes patriotic selections, including "America the Beautiful," "Heal Our Land" and "An Armed Forces Salute"; religious and sacred music, such as "Count Your Blessings,"

"Miracles," "Amazing Grace" and "Did You Think to Pray?"; American Heritage spirituals, including "Joyful, Joyful" and "Ain't Got Time to Die"; and favorite selections from years past – "The Battle Hymn of the Republic," "You Raise Me Up" and "When the Saints Go Marching In." "A Season of Hope" will be a joyful experience for those who attend," said co-director Beverly Tracy. "The music will move you as we sing in gratitude for our blessings and for those who make sacrifices to protect our freedom."

In addition to the concerts on Friday and Saturday, a dress rehearsal will be performed at 7 p.m. Thursday, Nov. 3. Admission is free for each concert, including the dress rehearsal, and all seating is first-come, first-served. The event is most appropriate for adults and children 8 years and up, and Sunday dress is encouraged but not mandatory.

For more information, please email seasonofhopecarm@gmail.com.

The Carmichael Stake of The Church of Jesus Christ of Latter-day Saints consists of eight congregations in eastern Sacramento County, including one specifically for single adults in their 20s and another for the deaf community throughout the greater Sacramento region.

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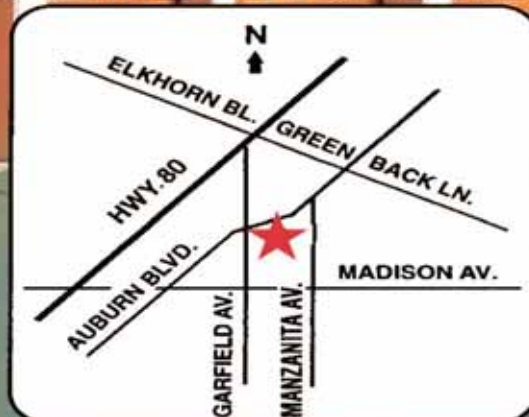
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