

Carmichael Times



**"Fairy Nice"
Reunion for
Carmichael
Preschoolers**

Page 2



**A Look at
California's Water
Conservation Plan**

Page 5



**Seeking
Answers from
"Wise Guise"
at Arden
Playhouse**

Page 12

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Volume 31 Issue 43

Serving Carmichael and Sacramento County since 1981

October 26, 2011

A Wild Success for Effie Yeaw



Corky Quirk (left) reveals the wing structure of one of her live charges. Founder of the Nor Cal Bats organization; the Davis-based naturalist uses rescued and handicapped bats to improve understanding of these maligned mammals. Learn about her work at www.norcalbats.org. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – Two wild cats helped to achieve record attendance for last weekend's Nature Fest at the Effie Yeaw facility. In what is likely to be an annual event, the outreach brought over 1300 visitors to the Ancil Hoffman Park facility. Formerly supported by Sacra-

mento County, the center, its preserve and educational programs lost all public funding in 2009. It has since been administered by the American River Natural History Association (ARNHA) and now depends on grants and fundraisers.

Reported Effie Yeaw Director Paul Tebbel: "More people came to our Nature Fest than to than any

event we've had here. We wanted families and that's what we got. Many had never visited the us before. We measure our success by 500 E-mail addresses we collected; from people who want to hear about the center in future." Tebbel credited the imported wild cats for the extraordinary public response. "People were overawed by their beauty," he

said. "But many stayed three hours or more. There was so much else to do."

Outdoor programs included crafts and interactive displays. "Bat lady" Corky Quirk brought a stable of educator bats from Davis and was immediately engulfed for close encounters of the megachiropteran kind. Informal lectures on raptors, reptiles, bees and lady bugs continued the educational theme; a display of historical photographs provided views of early Carmichael life. Guided nature walks were hosted by avian experts.

For the "wild cat adventure" – two showings of mountain lioness Shoshone and her Canada lynx cousin Tiquanna – the indoor auditorium was packed. Hosts were Barbara and Rob Dicely. The couple's 22-acre Occidental ranch is home for 19 endangered felines. Gasps orchestrated the elegant arrival of their eight-year old lioness. Exhibiting the muscularity of fabled leaping prowess, Shoshone mounted the display table and paced its length. Meaty tidbits enticed cooperation as the Dicelys discussed misconceptions about such species. A smaller, fluffier lynx was an equal crowd pleaser. Both muzzled their owners like tame kitties. "How come they're acting so nice?" asked a little girl.

Continued on Page 2

Carmichael Elks to Assist Supporters of U.S. Troops At Home and Abroad



Elks Tom Ingle (left) and Dale Weisst (right), lead the way in support of our troops. Photo by Paul V. Scholl.

From Carmichael Elks Lodge

Carmichael – In honor of all active US Troops serving at home and abroad, Carmichael Elks Lodge #2103 is launching its banner giveaway to help up to 20,000 Americans show their support for the US armed forces. With this donation assistance, Carmichael Elks Lodge will assist with ordering the free banners and post cards from one of our cooperating suppliers. Freight charges are the only cost to the families and supporters. We will assist in providing military families all over the country with one free personalized banner or one free personalized jumbo postcard for their homecoming and holiday celebrations while encouraging businesses to create banners that show their support of our troops.

Carmichael Elks Lodge and its sponsoring manufacturers are also giving away jumbo holiday cards to families whose service members won't be home in time for the holidays. These families can send personalized jumbo holiday cards to loved ones overseas for less than the cost of shipping a banner. Both free banners and free jumbo cards are available to everyone by contacting the Veterans Committee - Carmichael Elks Lodge #2103: Phone: 916 489-2103 or email: CarmElks@comcast.net. We will assist in coordinating your order with our cooperating manufacturer to personalize your banner or jumbo postcard.

Local florist and Carmichael Elks Lodge #2103 member Dawn Conyers of Bella Fiore Florist and Event Specialist is offering a 30% discount

on floral services to military families who order the free banners and jumbo postcards mentioned above. She can be reached by phone; (916) 962-3800 or visit the website; www.bellafioredesigns.com

"We received such an amazing response from our original banner giveaway in July that we had to find a way to re-launch the campaign. Now, after making some capital improvements to our production process, we're ready to give away twice as many banners as before. We're also giving away jumbo holiday cards that families can more easily ship to their loved ones overseas". - Andy Knopp, Sr. Operations Manager at our cooperating manufacturer's office.

All products offered are 100% customizable. Users can simply choose from one of the 12 designs. If you do not have internet service available, one of our veterans committee members will assist with ordering on line.

Through the landing page, military families and friends can also enjoy heavy discounts on many or cooperating manufacturer's popular holiday gift products like magnetic bumper stickers, custom parking signs and personalized license plates. The offer is limited to one free product per order and does not include the cost of shipping. This donation cannot be combined with any Carmichael Elks, or our cooperating manufacturer's other promotional offers and will end when all 20,000 banners have been given away. Carmichael Elks Lodge #2103 is proud to help the community support our troops.

This campaign is projected to run through July, 2012.

County Faces Pot Dispensaries Dilemma

By Nora Heston-Boo

Sacramento County - Sacramento County is making plans to regulate medical marijuana dispensaries that have been popping up all over the county for years, according to county officials.

It is not a matter of targeting some shops and not others, said Chris Andis, Communication and Media Officer, but rather about ensuring businesses are complying with current regulations and enforcing regulations for those that are not.

"We feel it's important to enforce the current zoning and building and licensing laws, plain and simple, and it's only fair to all those businesses who comply with regulations and pay their fees that we enforce the laws for everyone," Andis said.

Andis said Sacramento County hopes to address all of the shops that they know are open and are not utilizing proper building codes.

Two shops have already been

closed after the county put injunctions on them, Andis said.

"We are working our way through the process that involves inspections, notifying them, legal wait periods and re-inspections," Andis said.

The county is moving forward with other injunctions as well.

While the county attempts to close down dispensaries that are in violation of current zoning and building licensing laws, they are considering allowing some shops to stay open, despite the fact that all marijuana dispensaries are currently illegal, and therefore, unpermitted.

"Allowing a specified number of dispensaries is the route other jurisdictions have taken and is one of the options we will consider," Andis said. "We want the communities to weigh in on this subject so that we can craft a regulation that works."

According to Andis, one of the plans that could be used to achieve this would be considering a certain

number of dispensaries per capita to avoid clustering a large number of dispensaries in one neighborhood.

Perhaps Surprisingly, Amir Daliri, Director of Government Relations at the California Cannabis Association, or CCA, agrees that there are too many dispensaries in Sacramento County, and he blames the county's supervisors for failing to do their job as public servants and not regulating the dispensaries already.

However, Daliri also said the association believes dispensaries are the right way to provide safe access to marijuana.

"With regards to Sacramento County, I think dispensaries play a vital role in safe access and curb illicit markets, not to mention most dispensaries provide safe tested medications and this ensures over all patient well-being," Daliri said.

When asked how the county's efforts to monitor, shut down and seek legal action against some

dispensaries affected the CCA and the shops in Sacramento County, Daliri responded that it only made them stronger.

"We are all about working with law enforcement, the State Board of Equalization, locals and the state lawmakers to create a reasonable, transparent regulatory framework," Daliri said. "We won't back down."

George Mull, president of the California Cannabis Association, suggested a plan that involved overseeing dispensaries by charging a permit fee as well as a six-month reprieve to be given to dispensaries while the county decides how to handle the issue.

While Andis said charging a permit fee is one of the issues on the table, as well as a conditional use permit structure, as far as the reprieve is concerned, the county must enforce current laws and regulations.

Continued on Page 6

Final Adoption of the Fair Oaks Boulevard Corridor Plan

By Nora Heston-Boo

Carmichael – Final adoption of the Fair Oaks Boulevard Corridor Plan, or FOBCP, could take place on Wednesday when the Sacramento County Board of Supervisors meet, said county officials.

A board meeting is scheduled for Wednesday, October 26, said Howard Schmidt, Chief of Staff to County Supervisor Susan Peters.

"This meeting is intended for final adoption of the Fair Oaks Boulevard Corridor Plan, the Main Street District SPA and amendments to the Zoning Ordinance regarding the non-Main Street portions of the [FOBCP] area," said Tricia Stevens, Principal Planner of the Community Planning and Development

Department's Planning Division.

The planning commission matters are a follow-up to the September 14 board meeting in which Plan B was presented to and tentatively approved by the Sacramento County Board of Supervisors.

The proposed plan underwent multiple changes requested by the board and the final version, which will be presented to the board on Wednesday, was made available on the county website on Friday, according to Stevens. Addendum 8 outlines the revisions that have been made to the plan based on board direction.

Stevens referred to the revisions as "minor."

If the board adopts the final version of the FOBCP plan there will be

no further decisions made regarding the plan, Stevens said. However, the board could opt to ask for additional changes to be made in which case a final vote would not take place at Wednesday's meeting.

Prior to the meeting, the Final Environmental Impact Report was certified as adequate and complete and the General Plan Amendment and the Findings of Fact and Statement of Overriding Consideration were adopted.

The only new information that will be given at the meeting is the minor clarifications that were made, Stevens said. "If people want to speak to add new comments, the board will need to decide whether to open up the discussion."

"There is some disappointment

on the part of some community members that the board did not go with the original plan," Stevens said. However, business owners have provided a generally positive response to the board's tentative action and approval of Plan B.

Other items on the agenda include announcing vacancies in several councils and commissions including the Fair Oaks Community Planning Advisory Council, with three spots currently open due to expired terms.

According to the agenda, available online, the General Plan Amendment, Community Plan Amendment and Rezone and Zoning Ordinance Amendment are on the schedule for 11:30 a.m. at 700 H St. in room 1450. The meeting is open to the public.



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Fairy Nice Reunion for Carmichael Preschoolers



On loan from fairyland, Faerie Clementine (left) reads to current and past pupils of Carmichael Presbyterian Preschool. Silver anniversary celebrations were recently staged at the church on Marconi Ave. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – After 25 years and 1500 graduates, the Carmichael Presbyterian Preschool recently threw itself a birthday party.

Crafts and plenty of cookies guaranteed a high-energy reunion for students, teachers and alumni. Icing on the cake was a green-winged woodland fairy called Clementine, who enchanted while twisting balloons into flowers. Youngest attendees were the four to six year olds of the current 53-pupil enrolment. The oldest alumni towered above the tots; 22-year-old Alex Foote, son of school director Diana West, graduated the preschool 16 years ago. West entered the

landmark adobe building as his mom. She has directed the school for the past 10 years.

“The biggest perk of the job is that it keeps you young,” she beamed. “I don’t watch Saturday morning television so children keep me up to date. Their heroes change. Twenty five years ago, it was all Pokémon and Sesame Street characters. Now, anything to do with pirates is huge.”

Reunion fun included showing previous directors the recent campus upgrades. Artificial turf and a concrete bike path now enable kids to gambol outside after rain; decks and sand boxes have been rebuilt. “We’ve managed many improvements though our fundraising,” West reported.

Three classrooms at the landmark church now offer lessons for up to 72 children per year. Staff includes three teachers and three aids. “Many of our children are the second or third of their family to attend,” said director West. “We receive many compliments from area teachers for the wonderful job we do preparing our students for elementary school.”

Historical note: older parishioners recall church preschool classes in the 1950s. Under the direction of an earlier pastor’s wife Jesse Glasse, annual enrolment was about 30 children. This facility later disbanded. The contemporary school opened in 1986.

Learn more about daily classes at www.carmichaelpresbyterianpreschool.com

“Wild” Success for Effie Yeaw

By Susan Maxwell Skinner
Continued from Page 1

“It’s not being nice,” explained a patient Rob Dicely. “They don’t love us; they’re out of their territory and they’re using us for security. They’re wild animals. They’re not obeying commands to sit or stay. They enjoy meat snacks, so they sit on the table. They prefer to return to their carriers; that’s familiar territory.”

Among the Dicely’s animals, lioness Shoshone pleases wherever the couple’s 100 or more educational programs per year take them. “She has such a presence, people are in awe of her,” says Dicely. “No one gets to see mountain lions, yet they share our territory. When she jumps up and looks at you with those beautiful eyes, I think people realize how lucky we are to have such magnificent creatures around us. We hope that seeing them first hand makes people want to help save them from moving towards extinction.”

Learn about Effie Yeaw Nature Center programs at www.sacnature-center.net.

Visit the Wild cat Education and Conservation Fund at www.wildcat-fund.org.



Fly away home. Learning about the life and habits of insects, visiting children imitated volunteer Julie Serences’s lady bug wing span. Photo by Susan Maxwell Skinner.



Free craft opportunities were included at the Nature Center open day. While making prints from piscine forms, young artists studied American River salmon. Photo by Susan Maxwell Skinner.

Help Support Effie Yeaw



Wild Cat Education and Conservation Fund owners Barbara and Rob Dicely exhibit “ambassador” Shoshone, a mountain lion and Canada Lynx Tiquanna. Both felines were star attractions at last weekend’s “Nature Fest” at the Effie Yeaw Nature Center. Photos by Susan Maxwell Skinner.





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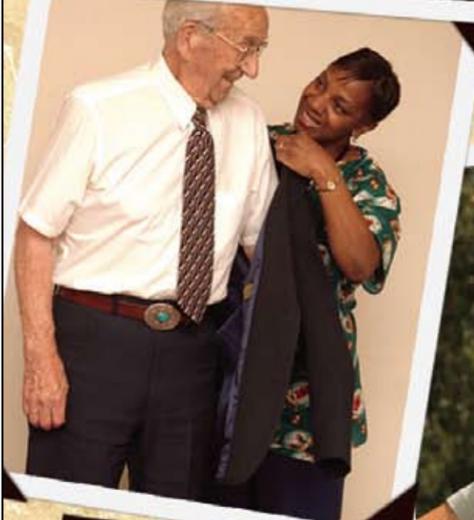
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Fall into Fitness: How Chiropractic Boosts Athletic Performance

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Symptoms May Be the Last Sign

Keep in mind that symptoms, such as pain, are often the final (not the first) signal of a hidden spinal dysfunction. According to sports researchers, "pain symptoms may frequently arise only when there is functional overloading."

The Nervous System Connection

At Chiropractic USA, we teach patients that chiropractic care has a positive effect on the nervous system - data that was recently reinforced in a study published on the Journal of Manipulative and Physiological Therapeutics. The article focused on 96 doctors of chiropractic and 960 patients (10 patients per doctor). Researchers measured heart rate variability (HRV) levels, an indicator of parasympathetic nervous system activity, before and after the patients underwent chiropractic adjustments. The results showed that chiropractic adjustments appeared to positively alter HRV readings, thus improving parasympathetic nervous system activity to vital organs.

What does this have to do with sports? The parasympathetic nervous system automatically regulates routine bodily functions like heartbeat, digestion and sleep. It allows the body to function at optimal capacity by addressing the nervous system first. Doctors of Chiropractic focus

More on NSAIDs

Another way Chiropractic enhances athletic ability is by helping patients steer clear of common pain-killers, such as nonsteroidal anti-inflammatory drugs (NSAIDs). Instead of relying on drugs to temporarily manage pain symptoms, doctors of chiropractic address the root causes of the problem.

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Run Faster and Safer

A recently published research case study illuminates how chiropractic care can help boost a runner's performance - and restore spinal health. After three weeks of chiropractic care, the patient reported no pain in his back or hip. The clicking in his hip had also disappeared. He was, as the saying goes, off and running again (J Manipulative Physiol Ther 2005;28:1-7).

Eat Healthy

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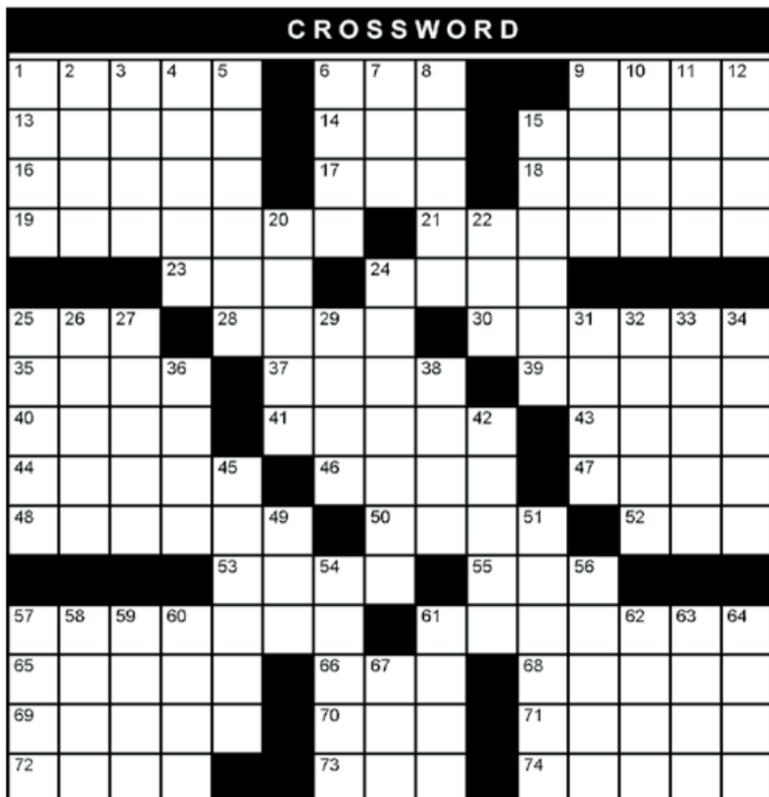
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CLUES

- ACROSS**
- 1. Poles and Serbs, e.g.
 - 6. Popular '60s drug
 - 9. Chunk
 - 13. One who was owned by feudal lord
 - 14. "I Like ___" campaign slogan
 - 15. Single-cell protozoan
 - 16. Broadcasting sign
 - 17. Zip or zilch
 - 18. Brother of a certain secret order
 - 19. "Male witch"
 - 21. "Full of ghosts, adj."
 - 23. Sitcom classic "___ in the Family"
 - 24. "What Freddy and Jason do, e.g."
 - 25. "Famous macabre poet"
 - 28. Seductive woman
 - 30. Make numb
 - 35. Invitation request
 - 37. "They trail behind trick-or-treaters"
 - 39. On bottom of ledger?
 - 40. On the sea
 - 41. Angry outburst
 - 43. "Will be," according to Doris Day
 - 44. Famous Beethoven symphony
 - 46. Wooer
 - 47. ___ Cartman, "South Park"
 - 48. Buckwheat dish, pl.
 - 50. Please do not delay
 - 52. Signature substance
 - 53. Judicial document
 - 55. "___ the season"
 - 57. "Carved for effect"
 - 61. "It allows you to be incognito"
 - 65. Habituate
 - 66. "The trick-or-treaters ___ the candy"
 - 68. Drank too much
 - 69. More odd
 - 70. Clinton ___ Rodham
 - 71. Egg-shaped object
 - 72. Unwelcome quality in neighbor
 - 73. European Nuclear Society
 - 74. Squiggly's pal on TV
- DOWN**
- 1. It must go on!
 - 2. River in Siberia
 - 3. Axillary
 - 4. There you are!
 - 5. It is often leisurely
 - 6. Clickable connection
 - 7. Type of resort
 - 8. New ____, India
 - 9. FBI agent
 - 10. "___ we forget"
 - 11. Bassoon cousin
 - 12. Paul McCartney's "___ on the Run"
 - 15. "Protection against evil?"
 - 20. Cluster
 - 22. Priestly vestment
 - 24. Looks like a tiny orange
 - 25. Joke or trick
 - 26. "Or else" in music
 - 27. Not odds
 - 29. Fictional Lane
 - 31. "Witch masks often have a big one"
 - 32. Wombs
 - 33. San Francisco's neighboring county
 - 34. "Popular Halloween color"
 - 36. "Off the beaten ___"
 - 38. Files suit
 - 42. Muse of love poetry
 - 45. One who hawks
 - 49. ___ Lanka
 - 51. As opposed to revolver
 - 54. Mindless
 - 56. A Ben Franklin invention
 - 57. Pi-meson
 - 58. Backward arrow command
 - 59. Clays or mucks
 - 60. "Freddie's victims, e.g."
 - 61. Center for Energy and Environmental Studies, acr.
 - 62. Second word in many fairytales
 - 63. Chow ___
 - 64. Whirlpool
 - 67. "Number of 'Halloween' movies"

For Solution See Page 7

California's Water Conservation Plan



By Chris Nelson
Public Information Officer
Carmichael Water District

In 2008 former Governor Arnold Schwarzenegger wrote in regard to water management "Conservation is one of the key ways to provide water for Californians and protect and improve the Delta eco system." On November 10, 2009 Schwarzenegger approved Senate Bill

X7-7 mandating water conservation targets and efficiency improvements for urban and agricultural water suppliers. This bill requires the State to achieve a 20% reduction in per capita water use by the year 2020. This requirement is commonly known as the 20x2020 Plan. With the implementation of the 20x2020 Plan, Carmichael Water District is faced with several challenges in order to comply with the state and legislative water use reductions. Some of the Districts struggles are:

- Plan, organize and execute additional comprehensive water saving incentives.
- Educate customers of Carmichael Water District on the Senate Bill X7-7 requirements.
- Apply and enforce restrictions on outdoor water use.
- Deal with an increase in operational cost due to state imposed reductions.

What does this mean to customer of Carmichael Water District?

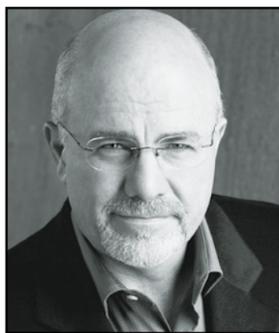
- The District is asking its customers

to participate in voluntary conservation programs such as water audits and irrigation check-ups.

- Customers will need to comply with the District's water conservation program.
- The District may be forced to implement reductions on outdoor water use.
- In order to finance the Governor's plan, customers may be faced with an increase in the consumptive charge on water use, fines for water waste and or surcharges.

Water shortages and periods of drought have long been a part of California's history. Residents of Carmichael need to be aware of State administrative and legislative actions that will affect the way we use this precious natural resource.

For further information or to learn about water conservation incentive programs please visit our website at www.carmichaelwd.org or call us at (916) 483-2452.



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

Dave Says

working out the details, and keeping an eye on the crew to make sure they're doing things right. Besides, you can't just walk up to a house, buy it, and expect to get a great deal. Professionals who flip houses for a living often look at 100 or more properties to buy just one. It's not an easy way to make money, and it's definitely not something to consider doing from a distance. Just keep on working the budget and save as much as you can. You might even consider getting a part-time job for a while to bring in some extra cash. But waiting and saving up is a lot smarter plan than fixing and flipping houses 900 miles away!

the happiness and for everything to be perfect. As soon as they deliver a little girl, lots of mothers start planning their daughters' wedding. They've had several years to dream and form an opinion on this, and your fiancé's mom has probably been doing it, too. Since this is such an emotional event, I think you two need to have some reasonable boundaries. But you also should keep in mind that your parents are just as excited – if not more – than you guys are. When you come to a disagreement tell them firmly, but gently, that you love them, but you're going to do things your way. If they're footing part of the bill they'd have the right to decide not to pay for something, but unless there's some moral issue involved they probably won't act badly.

Not a Good Idea ...

Dear Dave,
I live in New York, and even though I follow your advice and live on a budget, it's really hard to save up for a down payment on a house. My family in South Carolina advised me to buy cheaper property down there, fix it up and flip it to get the money I need. Does this sound like a good plan to you?

It's Your Wedding!

Dear Dave,
My girlfriend and I recently got engaged, and our parents are contributing financially to the wedding. We've noticed that both sets of parents are pressing their ideas of what they'd like the wedding to be like, who to invite and who to include in the wedding party. I know in the end it's our call, but traditionally do parents have some kind of say if they contribute money to help pay for the wedding?

- Adrian
I wouldn't do it. Fixing and flipping properties is a very hands-on business, and trying to do it from another state could be a nightmare – especially with the weirdness in today's economy. When you take on this kind of work you need to oversee what's happening every step of the way. You're also

- Chris
Dear Chris,
No. Traditionally, they take a say. And traditionally they're a pain in the behind! But they only interfere because they're so excited and love you so much. They want to be part of

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College Application Essay Workshop: Wednesday, October 26 at 6 p.m. Carmichael Library, 5605 Marconi Avenue, Carmichael. Students and parents will learn what college admissions officers want to see in an essay. The workshop will examine the types of topics students will encounter, cover the four steps to writing a winning essay, and critique a sample admissions essay.

Paying For College 101: Wednesday, November 9 at 6 p.m. Carmichael Library, 5605 Marconi Avenue, Carmichael. Attendees will learn the basics of applying for financial aid, important dates and terminology, how financial need is determined, and the difference between various award types.

College Scholarships: Wednesday, November 9 at 6:30 p.m. Arden-Dimick Library, 891 Watt Avenue, Sacramento. Learn tips on finding and applying for college scholarships.

Pot Shop Dilemma

Continued from Page 1

The permits would require an up-front fee to recover costs and must be vetted through Community Planning Advisory Board Committees, comprised of community members, as well as brought to the Sacramento County Board of Supervisors for approval, according to Andis.

Concerns regarding closing dispensaries impact on the economy have also been raised.

Dispensaries provide jobs and are also great sources of state and local tax dollars, Daliri said.

But Andis said it is too hard to speculate on the impact of the economy at this time, especially without proper employee documentation, though they have plans in place to recover costs of enforcing regulations.

"Currently, we are assessing administrative penalties that should recover the cost of enforcing the regulations. These are progressive penalties and could add up to \$1,500 per day," Andis said. "These would be assessed to the property owner, and if unpaid, could be liened against the property owner."

The CCA confirmed that the situation in Sacramento County is not an isolated one.

"The situation in Sacramento County is happening all over the state, and it's as simple as this; the incumbents are not forward thinking and don't care enough to make their communities safe by regulating dispensaries and the bottom line is that they have to step up their game and act as true leaders, what they were elected to do, and understand that the people of the state of California have spoken and passed prop 215 over a decade ago," Daliri said.

Daliri also said he believes there is a compromise that can be reached between Sacramento County and the dispensaries and the CCA is there to make it happen.

"The medical cannabis providers are eager to work with the county," Daliri said. "The CCA have offered our helping hand and will continue to do so."

And while the Sacramento County Board of Supervisors is moving forward with their plans to close dispensaries in the county, they are still in an information-gathering stage.

"We are in the midst of three stakeholder meetings that will discuss location requirements, density, neighborhood concerns and cultivation among other things. Once we gather and assess the information from the stakeholders, which includes collective representatives, community members, medical marijuana users, attorneys and others, we will bring options to the Board of Supervisors for their direction," Andis said.

The United States' attorneys for California have indicated that they are going to pursue closing down illegal dispensaries, as well. However, these plans don't currently change Sacramento County's plans.

The county is regulating from a land use policy and targeting dispensaries that are not permitted by the county, said Howard Schmidt, Chief of Staff to County Supervisor Susan Peters.

"The county is proceeding with its enforcement action," Schmidt said.

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Persons Association is a non-profit organization whose mission is to be of help to recently widowed men and women, but any and all widows and widowers are welcome. Participants do not need to be members and there is no charge.

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Crossword Puzzle on Page 5

Sudoku Puzzle on Page 5

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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.





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- *Winter Wonderettes*
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2011-12

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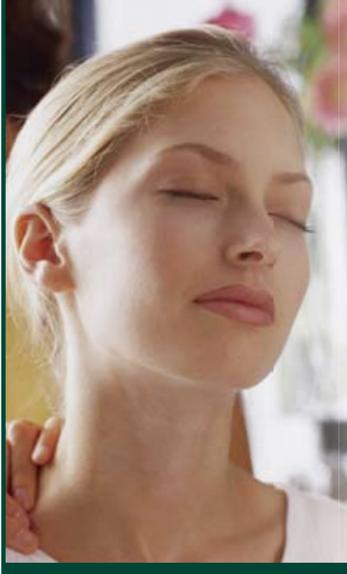
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Carmichael Chamber of Commerce

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

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 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
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ROCK DOC

By Dr. E. Kirsten Peters

Between the debt-ceiling kerfuffle and Hurricane Irene, you may have missed two bits of summertime news that will be important for what we drive in the coming years.

First, President Barack Obama announced that the administration and automakers had reached a deal to double the fuel economy of our national fleet of cars starting in model year 2017 and reaching the goal by 2025. Right now, cars and light trucks – light trucks include what I call my “little old lady SUV” – get an average of 27 mpg. By 2025 those same vehicles are to average an impressive 54.5 mpg.

The second bit of news came a little later but was equally interesting. For the first time, companies that build “big rig” trucks, work vehicles like garbage trucks, and buses will also have to conform to efficiency standards. In model years 2014-2018, big rigs are to become 23 percent more efficient and work trucks and buses will be 9 percent more miserly.

In some ways, big rigs and buses are already quite efficient. It’s true you see them belch black emissions when they accelerate, but because they haul large payloads as they tootle down the road they pack in a lot of work per gallon

Doing More With Less on the Road

of fuel consumed. My 4-cylinder SUV gets pretty good gas mileage – in the upper 20s in terms of mpg – but when the only thing in it is me, it’s just not efficient in terms of pounds of payload. Still, truck and bus engineers will now be tasked with the challenge of making thebehemoths of the streets and highways even more efficient than they currently are.

Most of us don’t make decisions about which big rig to purchase or what model of bus our city transit system should buy. But when it comes to personal vehicles, we have more and more options that both speak to the goal of efficiency and also to diversifying the type of energy we rely on for transportation.

Here’s just a sampler of what vehicle type you could purchase when next you’re on the market for a new car:

Traditional hybrid cars like the standard Prius – these vehicles are powered by gasoline. You don’t plug them in for a charge, you just fill them up with gasoline (like your father’s Oldsmobile). The hybrids get much better mileage than many cars, but they are still 100 percent gasoline dependent.

Newer hybrids like the Chevy Volt – this car runs for short distances on electricity alone. You plug it in while you sleep and it’s charged for you in the morning. Driving across town in the Volt is like owning an all-electric car. For many commuters, this has the appeal of economy because electricity is cheap compared to gasoline. If you want to go long distances, the vehicle starts automatically using gasoline for energy – so you can drive across a state or two by filling up.

All-electric cars like the Nissan Leaf – this car is all electric, all the time. You “pour” energy into it by plugging it in for a charge, likely while you sleep. It has no tailpipe, which is pretty cool – although the power-plant that made the electricity the car runs on creates emissions if it’s powered by fossil fuels.

Natural gas vehicles like one type of the Honda Civic – this ever-popular car can be purchased with a motor that runs on natural gas. Natural gas burns quite cleanly. You can recharge the vehicle with compressed natural gas at your home. If that sounds exotic, you may have already been in a natural gas vehicle – some airport shuttle buses and urban taxis are powered in this fashion.

In short, diverse types of vehicles are now coming into their own. For those of us who love motors and engines, it’s a great time to be alive. And although I hope to drive my plain-vanilla 4-cylinder SUV for another ten years, I also allow myself to daydream of some new vehicle, much more efficient than what I grew up with and perhaps powered by natural gas or electricity.

I’m thinking of bright yellow, maybe with red flames painted on the sides.

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



KITCHEN REMEDIES: PART II

Here we go! Let’s head back to the kitchen for rejuvenation foods with holistic healthy living expert and wellness consultant **Dr Susan Smith-Jones**. She has dedicated her life to your health authoring some 27 books including her latest “Walking on Air.” Get ready to use that kitchen for more than a snack or two. She shared some very practical ideas with me on my radio show POPPOFF.

7) **Team up with cinnamon for balance:** Most people love the taste of cinnamon. Its fragrance conjures up thoughts of the holidays and special treats for the taste buds. An ancient spice obtained from the dried bark of two Asian evergreens, cinnamon is a highly versatile flavoring as well as a carminative that relieves bloating and gas.

Adding cinnamon to food, especially to sugary ones, helps normalize blood sugar by making insulin more sensitive. Cinnamon’s most active ingredient is methylhydroxy chalcone polymer (MHCP), which increases the processing of blood sugar by 2000 %, or 20-fold. So using cinnamon in tiny amounts—even sprinkled in deserts—makes insulin more efficient. Cloves, turmeric, and bay leaves also work, but they’re weaker. This is great news! Avoiding high circulating levels of blood sugar and insulin may help ward off diabetes and obesity. Steady lower insulin levels are a sign of slower aging and greater longevity.

Here are some ways to use it. Sprinkle cinnamon in your morning coffee, toast, or porridge. Double the amount you use in baked food

POPPOFF!

with Mary Jane Popp

recipes, sprinkle it on baked sweet potatoes, add it to chiles and curries for authentic flavor, create a zero carb flavorful refreshing drink by adding a cinnamon stick to your glass or bottled water. One stick lasts two days. You can transfer it from glass to glass, and then use a new stick.

8) **A healing agent since Biblical times:** It is said that Hippocrates, the Greek “father of medicine”, relied on apple cider vinegar as a standard remedy. The current scientific literature and users of apple cider vinegar, which is rich in enzymes and potassium, have corroborated its ability to relieve high blood pressure, obesity, diabetes, acid reflux, achy joints, allergies, vaginitis/yeast infections, sore throats, and other conditions. There’s a difference between the raw, organic, unfiltered and undistilled apple cider vinegar sold primarily in health food stores and the distilled, clear vinegar that turns up on the supermarket shelves. The latter lacks the “mother of vinegar”. That’s the cloudy sediments that proponents say contains most of the health-promoting enzymes, acetic acid, bacteria, minerals, and other nutrients from the apple, but which lacks eye-appeal to the general public.

If you’re interested in trying apple cider vinegar as a tonic and cleansing drink, here’s what Dr. J recommends in her private practice. Stir 1-2 tablespoons per 8 ounces of water and sip it slowly-not chugged. Some people add honey or other sweeteners for taste. Undiluted apple cider vinegar, being highly acidic, can damage tooth enamel as well as throat and mouth tissue if residues are allowed to remain in the mouth. This effect can be overcome by rinsing out the mouth with water after drinking or consuming apple cider vinegar.

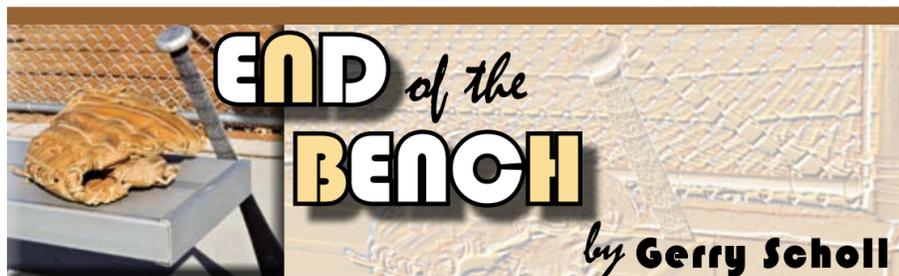
9) **Fight father time with this humble dried fruit:** With a new name and new image, the dried plum—you may know it as a prune—is now proven to fight the diseases of aging, including Alzheimer’s and

Parkinson’s diseases, arthritis, osteoporosis, cancer, and yes, constipation. Tufts University researchers have discovered this wrinkled wonder to contain more than twice as many antioxidants as the next highest food—the raisin. Oklahoma State scientists found in a study that this fruit actually helps restore bone density after losses occurred. Plus, it has the same cancer-fighting component as apples, grapefruit and oranges. Eat them out of hand, cut them up and add to grain dishes, muffins and breads. Dr. J often re-hydrates prunes and purees them in a blender to add to smoothies (as a thickener and taste-enhancer) and baked goods (to help keep them moist).

10) **Sprout your way to vitality:** Do you want more energy and look younger quickly? Then add home-made sprouts to your diet. These remarkable gifts of nature are pure, fresh, nutrient-rich, and alive with vital force intact. Sprouts have been the cornerstone of Dr. J’s wellness program for 40 years. Start with a small, dry hard seed. Add warm air and a little water, and watch as new life emerges as if by magic from the dormant seed. Vibrant with life and bursting with energy, its tiny size belies the extraordinary activity and the increase in nutritional value that takes place while growing. In mere hours, and for only pennies, its delicate shoot provides the most vital food imaginable. And it only takes a few minutes a week to grow all kinds of sprouts. Kids love to help. Check out Dr. J’s website for more detailed info on sprouting at www.susansmithjones.com. For over a decade, she has purchased her organic seeds and sprouting supplies from HandyPantry.com, the premier sprouting company in the country. Oh, and she does not get kickback for this recommendation.

Now go raid the kitchen to keep you strong and healthy, and even looking good!

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



A World Series to Remember

“What’s the matter with ya? Dontcha wanna watch the World Series?”

Randle McMurphy may have been “cuckoo” when he said that, but he sure had the right idea.

Remember when the World Series was really something?

There were times when, if a World Series was being played out, the action would be a hot topic of conversation wherever you went. If a game was in progress, you could hear it on radios or see it on television sets around town as you went about your day.

Now the popularity of the Fall Classic has been diluted by the flood of sports available for viewing. Football has surpassed baseball in the eyes of the public, as the overall TV ratings prove.

Baseball is not bred into our culture as it was in the past. Back in the day there were always pickup games to be found at playgrounds around town. You don’t see that now.

We’ve been overcome by technology. You can just pretend to play a sport in the comfort of your den and watch that on your video screen. Why bother going outside and actually doing it. Weee! Or, Wii!

It’s all about the video, and to most sports fans football is more appealing. The violent action catches the eyes of casual fans more than the subtleties of baseball. I find myself watching baseball alone most of the time. I try to explain that if you grasp the pitcher vs. hitter confrontation you’ll appreciate the game much more. Doesn’t work.

My earliest recollection of the

World Series was 1962, the first for the San Francisco Giants. Willie Mays, Willie McCovey, Orlando Cepeda, Jimmy Davenport, Juan Marichal, Jack Sanford faced the great New York Yankees of Mickey Mantle, Roger Maris, Elston Howard, Bobby Richardson, Whitey Ford and lost in heart-stopping fashion in seven games.

My favorite piece of memorabilia in my collection is the Giants 1963 Yearbook, highlighting the ‘62 season. All the pictures are in black and white. The player profiles have pencil drawings instead of mug shots. The whole thing is only 48 pages and has an “artist’s” rendering of a very simple cable car on the cover and cost...fifty cents. Unfortunately it is not in great shape, because I was so young and stupid.

I remember rooting for the St. Louis Cardinals in ‘64, because they were in the National League, when they beat the Yanks in seven games. I listened to day games on my transistor radio during recess.

I liked the Detroit Tigers in the American League before the Athletics moved to Oakland in ‘68. So in ‘68 I wanted the Tigers over the Cards in one of the greatest Series ever, and they won. Even high school teachers had respect then for the World Series. They let us watch Denny McLain, Mickey Lolich, Al Kaline, Willie Horton go at it on TV during study hall.

Then the A’s rose to the top to win three Series in a row, 1972-’74. Who can forget Reggie Jackson, Joe Rudi, Gene Tenace, Catfish Hunter, Rollie Fingers?

There was the Bay Area baseball fan’s dream series in 1989, the Giants facing the A’s, which so sadly turned into a forgettable nightmare, and regrettably became known as the Earthquake Series, unceremoniously won in four games by the A’s.

Then came ‘94, when the World Series was cancelled due to a players’ strike. That really dulled the glow of the Classic, and helped to fragment the audience.

There was a bit of a revival in 2004 when the Boston Red Sox broke the 86-year old Curse of the Bambino to finally win a Series over St. Louis.

And, of course, for yours truly last year was the best ever when the misfit Giants won their first in my lifetime.

Will 2011 be a Series to remember? If you are a Cardinals or Texas Rangers fan, maybe. It’ll be remembered for Albert Pujols’ three-homer game, at least. As for me, not so much. I don’t care a lot about either team.

And I join those who don’t care much for the TV announcing team of Joe Buck and Tim McCarver (Cardinals at heart). I don’t think their approach is doing much for the popularity of the game.

I understand they turned down roles in the movie, Dinner for Schmucks, because they were too busy memorizing a bunch of really old, worn out clichés and working on ways to talk down to the audience. In the spirit of the season, Boo!

In any case, consider the philosophy of R.P. McMurphy (Jack Nicholson in “One Flew Over the Cuckoo’s Nest”): Be a good American and watch the World Series.

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Seeking Answers from a Wise Man can be Good, Unless the Wise Man is a Wise ...!



Tiffany (Kathryn Busch, left) and Angela (Amy Williams, right) struggle with Jeff (Andy Anthony) to see who gets the gun first to shoot Fred (Scott Plotkin, far right), the wiseman of the mountain, in the Arden Playhouse production of WISE GUISE. Photo courtesy of Michael Messmer (Arden Playhouse).

Arden Playhouse is pleased to present *Wise Guise*, another play by Michael Messmer, Sacramento's most prolific comedy playwright. Messmer has written over thirty comedies, many of which have been produced at Arden Playhouse. *Wise Guise* is being directed by Dean Shellenberger, who has been acting and directing, throughout the greater Sacramento region for over 20 years.

Some of his more recent directorial credits include *On Golden Pond* for Main Street Theater Works, *12 Angry Women* and *Dearly Departed* for Chautauqua Playhouse, *Crimes of the Heart* for Civic Theatre West and *Wait Until Dark* for Woodland Opera House. Dean also received an Elly nomination for direction of Woodland Opera Houses production of *Death of a Salesman*.

Having performed for both Stagedoor Comedy Playhouse as well as Arden Playhouse, Dean is delighted to once again be back working with his Arden Playhouse friends!

In *Wise Guise*, Jeff is a financial analyst whose wealth brings him no satisfaction. In fact, the closer he gets to marrying into a wealthy family, the more unhappy he becomes. His

fiancée (Tiffany) dumps him with the warning that he'd better get his head straight. He's come to see the wise man of the mountain (Fred) in hope of finding, if not the meaning of life, at least a clue as to why he's on this quest. The wise man is nothing like anyone's idea of a guru. He's sarcastic, likes the good things in life, has his own stock portfolio and has some very weird ways of looking at the world. His new protégé (Angela) seems to find Jeff a soulmate, which leads to a passionate encounter. Just then, Tiffany shows up to save Jeff from joining what she thinks might be a cult, which only adds to the humorous circumstances.

Aided (and frequently, challenged) by his new protégé (who is also a popular psychologist) Fred puts Jeff through an ordeal that leads Jeff to finally understand what is really important in his life. Major philosophical systems are assaulted as frequently as the characters assault each other in this unusual comedy.

Wise Guise opens on Friday, November 4th with performances on Friday and Saturday nights at 8pm through December 17th, with the exceptions of December 2nd and 3rd. Sunday matinees are at 2pm on November 13th and 27th.

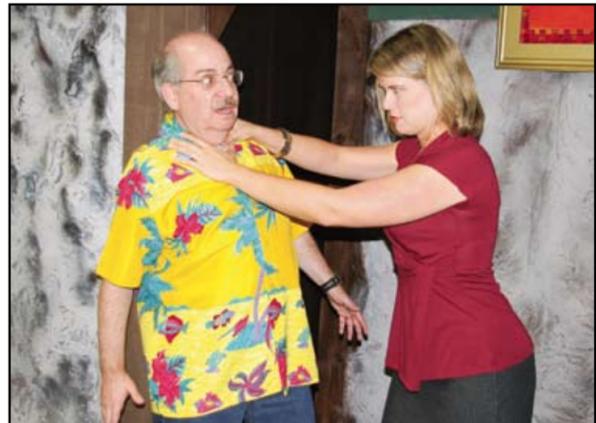
All tickets are \$18 general admission. Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.



Although Jeff's (Andy Anthony) quest to find the meaning of life has caused her to call off their wedding, Tiffany (Kathryn Busch) wants him to know she still loves him in the Arden Playhouse production of the comedy WISE GUISE. Photo courtesy of Michael Messmer (Arden Playhouse).



Fred (Scott Plotkin), the wiseman of the mountain, is a little surprised at how angry Angela (Amy Williams) is simply because he ridiculed her idea about fate in the wild comedy WISE GUISE at Arden Playhouse. Photo courtesy of Michael Messmer (Arden Playhouse).

ATTENTION READERS: SPECIAL OFFER FROM ARDEN PLAYHOUSE!
Arden Playhouse is offering a "2 for 1 price" to any of our readers who make advanced reservations and present a copy of this article for *Wise Guise* cut from Carmichael Times, when they come to the theater. (The article must be on newsprint; not an online copy, and the each article will be good for one 2 for 1 deal.)

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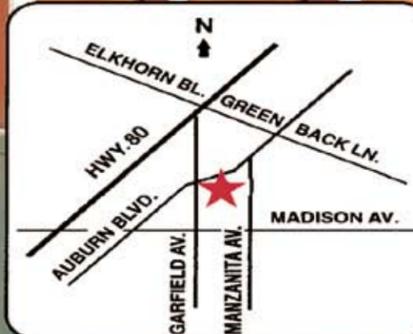
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