# Carmichael Cines



**Rio Americano High Raises Awareness** for Jazz Education **Programs** 

Page 2



**Barbecue and Boogie Fundraiser Presented** for Alzheimer's at St. John's Church

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Volume 31 Issue 39

Serving Carmichael and Sacramento County since 1981

**September 28, 2011** 

# Mercy, Mercy, Mercy Me!



Twelve babies made Sacramento medical history last year. For the first time, Mercy San Juan's NICU tended a quartet of triplets at once. Two of the four triplet families posed at last week's reunion picnic in Carmichael. Terry and Angela Wheeler from Granite Bay (left) celebrated with Mason, Lucas and Zoey (18 months). Cory and Sarah Watson came from Magalia with 19-month-olds, Hannah, Luke and Taylor. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael - Oversized vehicles caused bottlenecks at an annual Neo-natal Intensive Care Unit reunion, held recently in Carmichael

Over 500 facility graduates and families made the party. The 22nd annual event offered face painting,

cake. Honorees ranged from toddlers to teens and young adults. All had smiles for the Mercy San Juan Medical Center and Methodist Hospital staff that helped them through precarious early days. Families came from as far as

Vallejo, Redding and Galt. World-acclaimed, the Mercy San

babies in 1989. Six little beds filled its original facility. Since then, thousands of premature or otherwise fragile newborns have been tended by nurses, doctors and volunteer "baby rockers." Mercy's San Juan unit has now grown to 26 beds.

Some infants spend weeks - others many months - hospitalized. ers to see babies – some born small enough to fit the palm of a hand - now healthy and growing.

Mercy San Juan Medical Center is located at 6501 Coyle Ave, Carmichael. Learn about its NICU achievements at www.mercysan-

# Director Sanford B. Kozlen of Carmichael Water District Retires



Sanford "Sandy" Kozlen. Photo provided by Carmichael Water District.

Carmichael - With 16+ years as a Director with Carmichael Water District (CWD), Sanford "Sandy" Kozlen retired as of September 19, 2011. Sandy was first elected as Director, Division One in 1996. Previously he served as Treasurer and

Assessor/ Collector for the District. During his public service Sandy Kozlen was active through the development and implementation of many ambitious projects that have benefited the customer of the District. Sandy Kozlen contributed to CWD becoming a leader in California's Water Industry by seeking a 100 Year Master Plan, by calling for the successful action on a groundwater contamination plume without litigation, by providing guidance for the award winning modernization and upgrading of the District facilities and operating systems including the District's 22 MGD Membrane Microfiltration Water Treatment Plant.

Director Kozlen has served as a Director for the Sacramento Regional Water Authority and as a Director for the Sacramento Groundwater Authority, where he participated in drafting the Authority's Joint Powers Agreement. He was the District's representative to the Association of California Water Agencies (ACWA) Groundwater Committee and the Groundwater Resources Association (GRA). He also served as the District's representative to the Board of

Directors of the ACWA Joint Powers Insurance Authority and as a member of the Risk Management Committee. He was the District's representative to ACWA's Region Four Board.

Sandy Kozlen and his wife, Phyllis have resided in Carmichael since 1978, have been married for over 50 years and have two children and four grandchildren.

CWD is truly sad to see Sandy Kozlen leave as he has been a vital part of the District for so long. He is a true trailblazer and a devoted public servant. CWD wishes him well in his years of retirement and future endeavors.

Source: Carmichael Water District

# **Sacramento County Faces Many Issues** with Growth Strategy

Sacramento Region - Sacramento County has been updating its growth-management plan for the unincorporated area as part of the General Plan. This Plan, which directs future development, is required by law and should be complete by the end of 2011.

There were many issues involved with arriving at a new growth strategy, and careful attention was paid to balancing the requests of community members, environmentalists and developers. The growth strategy underwent several changes as the building boom ceased and the County had to address state laws that required lower carbon emissions (AB 32) and encouraged mass transit (SB 375). Multiple public meetings were held to fully understand all the interests and arrive at the new strategy that would best meet everyone's needs.

At this time, the new Plan does not call for expanding the urban growth area, which is the area designated for urban development to occur. However, once the General Plan is adopted, landowners may submit applications to expand the area, but only if the proposed new growth meets certain criteria.

Under the proposed Plan, the requirements that projects would have to meet include:

- The property has to be next to existing urban areas.
- Development must be near transit and employment or provide new transit and employment as part of the
- The proposed project must be high quality and contain a mix of housing types, shops and amenities.

Source: Sacramento County Media

# **SMUD Reaps Savings Through Refinancing**

Sacramento Region Sacramento Municipal Utility District (SMUD) took advantage of low interest rates and refinanced a portion of its long-term debt saving the utility and its customerowners millions. The move will save customers \$70 million between 2015 and 2022.

"Rates are at historic lows. And SMUD not only has good credit but improving credit ratings, which made refinancing bonds attractive to investors," said SMUD Treasurer Noreen Roche Carter.

Last month, Fitch Ratings raised its rating of SMUD's credit worthiness from 'A' to 'A+,' a boost that stands out in a volatile market where credit downgrades have been more common.

SMUD recently sold \$325 million worth of bonds at a total interest cost of 3.5 percent, which includes the cost of underwriting fees and other expenses.

SMUD sells bonds periodically to finance capital projects or to reimburse itself for capital expenditures made in previous

As the nation's sixth largest publicly owned utility, SMUD has been providing low-cost, reliable electricity for 65 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD was the first large California utility to receive more than 20 percent of its energy from renewable

For more information, visit smud.org.

#### COMMUNITY COFFEE CALENDAR

Senator Ted Gaines has several Community Coffee" sessions scheduled to give everyone an opportunity to meet with him and discuss individual and community

He is continuing to add them to his calendar every week, so please check his website at

www.senate.ca.gov/GAINES, for up-to-date information as Community Coffee events are scheduled.



# Sacramento Works Unveils a New Identity

Sacramento Region - Sacramento Works has updated its look to reflect a broader scope of services. The first One Stop Career Center was opened in 1999 and now the Career Center system offers assistance to small businesses, hiring and incentive programs to employers and a wealth of employment and training resources to help individuals develop their skills and find a new

SacramentoWorks.org provides a comprehensive overview of the services and programs provided to the small business owner, employers, job seekers and youth. The home page provides a Master Calendar of the workshops that are being held daily at a One Stop Career Center. The home page also provides a career center locator. A customer enters their zip code and the nearest career center pops up with a Google map and directions to the location. Sacramento Works now has a Facebook page so our friends can connect with us.

SacramentoWorks.org includes a strategic mix of job openings, career exploration, employer information, education, and labor

market research information. Job seekers, students, or employers may click on the site whenever they need accurate data to make informed decisions on careers, training, wages, occupation searches, and recruitment resources.

Jobs.sacramentoworks.org is a powerful online tool designed to help employers who are looking for the best job candidates and assist job seekers or students in searching for the right job. With thousands of job listings extracted from nearly every employer in the state, finding job opportunities that

fit an individual's needs and skills are easily accessed with a few mouse clicks. Employers searching for suitable candidates will benefit from the convenience of one website for potential candidate searches and review of job market trends.

Services, resources, workforce development sector strategies, training programs, and services employers are provided Workforce Development Department staff of the Sacramento Employment and Training Agency (SETA), the Employment Development Department and over 40 community workforce development partners. Planning, policy, and oversight for the system is the responsibility of Sacramento Works, Inc., the Workforce Investment Board, a 41-member volunteer board of directors.

Kathy Kossick, Executive Director for SETA and member of Sacramento Works, Inc. says, "I encourage both job seekers and employers to check out what's available through Sacramento Works.org. This new site will continue moving Sacramento Works forward in our vision of Building a Dynamic

Workforce for the Sacramento Region."

Source:

Terri Carpenter, Sacramento Works



Carmichael Times Page 2 **September 28, 2011** 

# **Blow Daddy Blow**



Horning in. Musicians from the Rio Americano High jazz combo (left) shared the stage with seasoned pros from Sacramento's Ron Davis Big Band. The Arden-Carmichael teens were directed by band teacher Josh Murray. Together with their adult counterparts, they entertained at a fundraiser to build awareness for jazz education programs sponsored by the recent Monterey Jazz Festival. The Track Shack hosted the event at its Markston Rd recording studio. Learn about Monterey Jazz Festival programs at www.montereyjazzfestival.org/2011/jazz-education.Photo by Susan Maxwell Skinner.

# Fair Oaks Presbyterian Church **Grief Recovery Workshop**

Grief is real and powerful. It has a devastating impact on our ability to function. Even Jesus wasn't exempt when he lost his friend, Lazarus. "Jesus wept." (John 11:35).

But there is help and hope. If you are ready to move beyond the death of someone you love, this workshop is for you.

Topics include: What Is Normal Grief?, Staying Healthy, Family Dynamics, Being Alone, Returning to the Mainstream, Spiritual Concerns, Church and Community Resources. Class is closed after the first session.

To register, contact Mary Rigney at (916) 967-4784, ext. 876. Website: www.fopc.org

Tuesdays, through October 18, 2011, from 7-9 PM. Free to the public.

Fair Oaks Presbyterian Church Wells Chapel, 11427 Fair Oaks Blvd, Fair Oaks, CA 95628.

### **Weekly Support Meeting for Widowed Men and Women**

#### Ongoing Program - Weekly throughout the year

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00 pm with some going to dinner as a group following the session. Doors open at 2:30 pm. The Widowed

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.

Where: In the meeting room of the WPAC office.

Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18, Enter Suite-18 via the back parking lot.

Widowed Persons Association of California *Office Hours 10:0 am - 3:00 pm* 

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Carmichael Times Page 3 **September 28, 2011** 

# Back to the Fifties



Poodle skirt alert. Carole Elbert (right) hosted Carmichael Chamber of Commerce chums at a recent 1950s-theme party at her Armor Mini Storage facility, 5714 Auburn Blvd. Guests in retro attire competed for costume prizes. Following a catered barbecue, contests and a "storage wars" auction, live music and dancing concluded the Chamber event. Learn about the Carmichael Chamber of Commerce at www.carmichaelchamber.com or call (916) 481-1002. Photo by Susan Maxwell Skinner.



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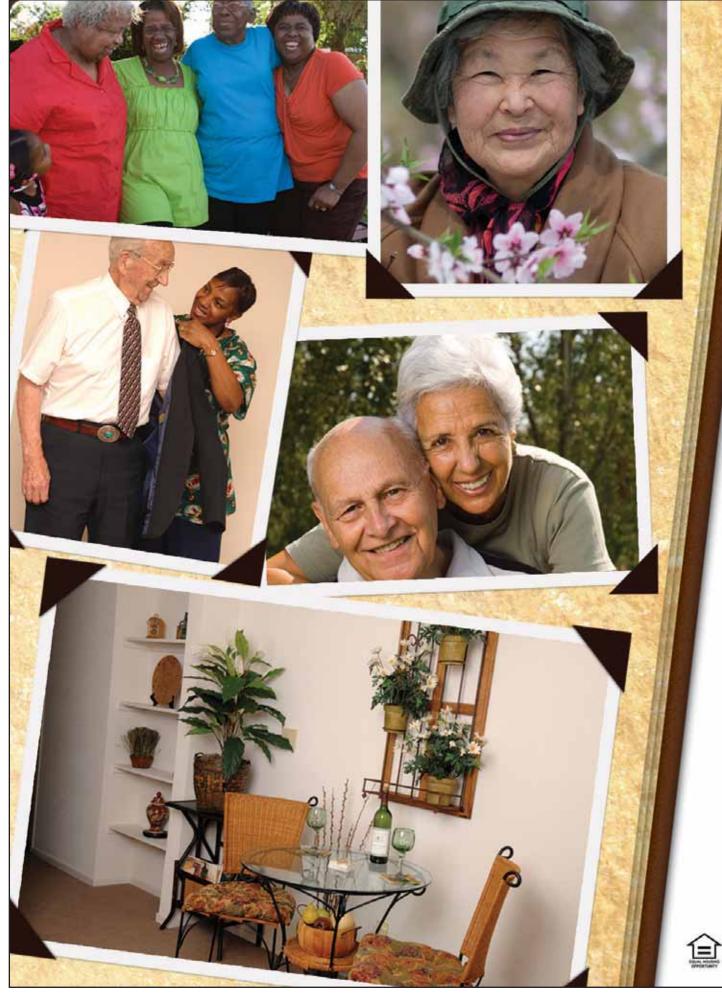
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Carmichael Times Page 4 **September 28, 2011** 

# P of the by Gerry Scholl Is The Silver and Black Attack Back?

It seems those swashbuckling Oakland Raiders must have all put hands in the middle over the Dead Man's Chest and, in the name of Jack Sparrow (or owner Al Davis), vowed to sail the high seas of success in the NFL once again.

Employing a good deal of trickery that would have made Johnny Depp proud, the Raiders surprised the highly-touted New York Jets defense in a 34-24 upset victory Sunday before a packed house at home.

Behind running back Darren McFadden and his 171 yards on 19 carries, the Raiders amassed 234 rushing yards and 383 total yards against a defense generally considered one of the best in the

Oakland is off to a 2-1 start for the first time since 2004 and tied with San Diego atop the AFC West. With the Raiders' prolific offense (92 points, sixth in the league) and leaky defense (82 points, fourth worst) which allowed 439 yards to the Jets, it could become a wild, wild West race between Oakland and the Chargers, led by gunslinger QB Philip Rivers.

The two other teams in the division are weak. Kansas City (0-3) is playing like a dog afraid to get off the porch, outscored by 82 points through three games. The Denver Broncos, 1-2 and 23-20 losers at home to Oakland in week one, don't have the horses in the corral.

The Raiders, who swept their wild West division games last season but missed the playoffs, are looking to stake a claim to a post-season spot led by new sheriff, coach Hue

Jackson has removed the saddle from McFadden and turned him loose. Some analysts are calling him the most dangerous offensive player in the league. The Raiders have rounded up a stable of speedy receivers. They found a good one who looks like he could run in standout rookie Denarius Moore, who scored a touchdown on a 27yard reverse against the Jets.

They have no more Chesters or Festuses at quarterback. Instead it is a suddenly efficient Jason Campbell pulling the trigger. He's no Kenny Stabler or Jim Plunkett, but he's no JaMarcus Russell hooked on purple drank either. Could he become another Rich Gannon? Can he spur a resurgence of the Silver and Black Attack?

Unfortunately, with a 21-3 halftime lead, the Raiders could not survive a 35-point, second-half Buffalo stampede in week two and

lost, 38-35, allowing 34 first downs. With superstar QB Tom Brady leading the ticked off (after a 34-31 loss to Buffalo) and powerful New England Patriots into Oakland this week, the Raiders could be in for another old-fashioned shootout.

To continue the theme, the Raiders travel to Houston the following week to duel the Texans, who are loaded and tied for the AFC South lead. If the Raiders are still standing tall after those two games it could be a sign of great things on

They will have three winnable home games with their bye week mixed in over the next month, and will need to be in a strong position at that point. Five of their final eight games are on the road and the three home games are against possible playoff contenders.

As long as McFadden and Campbell can stay out of Doc Holiday's office and coach Jackson can play winning hands in the NFL coaching poker game, it could all come down to the final week showdown in Oakland against the Chargers.

How would a bunch of plundering pirates fare out west? A sight to see...or maybe a new movie plot?.



Dr. Bob Graykowski



Many individuals have "unsafe" levels of cholesterol – a serious risk factor for heart disease. According to a new study, lifetime risk for coronary heart disease at age 40 is one in two for men and one in three for women. But take heart, at Chiropractic USA we teach our patients about allnatural and effective solutions to correcting poor lipid profiles and preventing heart disease.

#### **Why Cholesterol Matters**

Cholesterol is not inherently bad; it's just a soft, waxy substance that helps form the membranes around cells. It also plays an important role in the structure of some hormones. A healthy body produces enough for these basic functions. Problems emerge when the body has too much cholesterol. The typical modern diet is characterized by an excessive intake of dietary cholesterol - and of substances that incite the body to produce surplus cholesterol. According to the American Heart Association, 51% of adults have cholesterol levels above the "safe" limit of 200mg/dL. And 20% of the adult population has dangerously high levels exceeding 240 mg/dl.

#### The Total Picture

As a holistic health-care provider we teach our patients it essential not to consider any one health measure - such as total cholesterol - in isolation. Although total cholesterol is important, a person's complete lipid profile is even more significant in gauging the risk of cardiovascular disease. Typically, a lipid profile includes levels of the following: total cholesterol, low-density lipoprotein (LDL), high-density lipoprotein (HDL), lipoprotein-a (Lp-a) and triglycerides.

Both high- and low-density lipoproteins carry cholesterol in the blood. Low-density lipoproteins carry chalesteral in the blood I awdensity lipoprotein (LDL) is termed "bad" cholesterol because is brings cholesterol to cells. In contrast, high-

#### Preventing High Cholesterol density lipoprotein (HDL) or "good" cholesterol appears to remove cholesterol. Too much LDL and too little HDL result in excessive blood cholesterol. This surplus has to end

A Drug-Free Plan for

is usually artery walls, where it forms plaques and clogs blood flow. **Beyond Lipid Profiles** 

up someplace – and that someplace

Late-breaking research suggests that another marker of heart disease, the amino acid homocysteine, may be just as significant – or perhaps more significant – than lipid profiles in assessing the risk of cardiovascular disease. The good new is that supplementing with B-complex vitamins and folic acid slashes blood levels of homocysteine.

Good Fat/Bad Fat

So how do we end up with excess cholesterol? Some individuals have a genetic predisposition that spurs their bodies to produce too much cholesterol. However, most people can blame their diets for their poor lipid profile. In addition to cutting back on dietary sources of cholesterol, it's also imperative to limit the intake of polyunsaturated fats, including vegetable oil. Hydrogenated oils, found in margarine and commercial backed goods, are especially treacherous. These lipids contain trans fatty acids (TFAs), substances that raise total blood cholesterol. And, these fats also elevate LDL("bad") cholesterol and lower HDL("good") cholesterol.

On the other hand, olive oil, primarily a monounsaturated fat (MUFA) does not raise cholesterol and appears to prevent heart disease. Nuts are also bursting with MUFAs, and studies prove that a diet rich in nuts averts heart disease. Omega-3 fatty acids are another heart-healthy lipid. Onega-3s are found in flaxseeds and fatty fish like salmon. So, you don't have to cut out fat all together in order to prevent high cholesterol. Just reevaluate the sources of your lipid intake.

#### **ACES of Hearts**

What can you do to ward off high cholesterol? Antioxidant vitamins can help. A plethora of studies support the use of antioxidants in preventing cardiovascular disease. Although vitamins A (and its precursor, beta-carotene), C and E and Selenium (the "ACES") are the most widely acclaimed antioxidants, other substances may be more effective. For example, preliminary research suggests that lesser-known antioxidants like grape-seed extract,

green tea extract and alpha lipoic acid are more powerful that the ACES. Most experts agree that antioxidants should be taken in "cocktail" form, rather than in isolation. Ask your doctor of chiropractic about the right antioxidant combination for you.

#### The B Vitamin **That Beats Drugs**

What fights cholesterol more effectively than many drugs on the market? Vitamin B3 (niacin or nicotinic acid). Niacin has been shown to decrease triglyceride, increase HDL ("good") cholesterol, lower LDL ("bad") cholesterol and decrease Lp-a.

The most threatening side effect of niacin is altered liver function. For this reason, your health-care provider may order periodic blood tests to monitor liver enzymes. Women who are pregnant and people who have ulcers, gout, diabetes, gallbladder disease, liver disease or a recent history of heart attack should avoid niacin.

#### **Sweat It Out**

Daily aerobic exercise ups HDL("good") cholesterol and wards off cardiovascular disease by forcing the heart to work more efficiently. Daily workouts also stave off diabetes, obesity and high blood pressure.

#### Stamp Out Stress

Emotional stress may up a person's odds of high cholesterol. To reduce anxiety, ask your Chiropractor or wellness Doctor to recommend a stress-fighting approach that fits with your daily routine. Techniques to consider include meditation, prayer, biofeedback, yoga and T'ai Chi. Join us for one of our wellness class's at Chiropractic USA to learn the best ways to create more radiant health by living a healthier lifestyle. Learn more about our community office; find us on Facebook-Chiropractic

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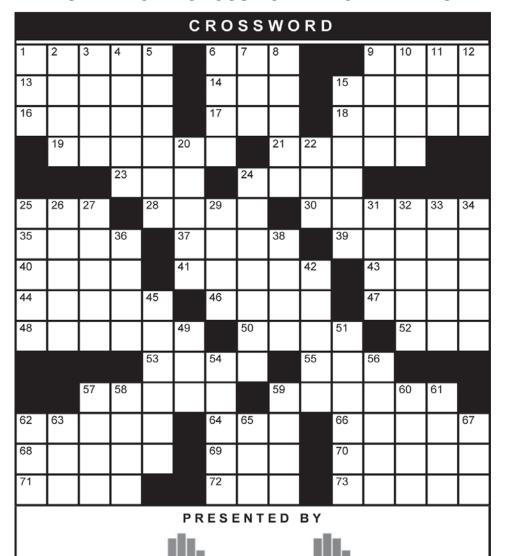
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#### **CLUES**

**ACROSS** 1. Peter in Russian

6. Actress \_\_\_ Thompson 9. UPS competitor

13. Light-weight hat for protection from sun 14. Will Ferrell's 2003

15. Aka Little Mermaid 16. In the least bit 17. One of a pair for biathlon

competitor 18. Nincompoop

Christmas character

19. \*Axis opposition 21. \*Third \_

23. Male or female, e.g. 24. \*FDR's third \_\_\_\_ was

dominated by WWII

25. Popular locale in Ireland 28. Generic dog name

30. Male name of old

Swedish origin 35. "Aid and \_

37. Syrian neighbor

39. PDA pens

\_ contendere 41. Substitute for currency

69. Often hailed 70. Like days gone by

43. Homer's "Iliad," e.g.

44. Dance named after

\_ school

48. \*Infamous war camp

52. She played Laurie

by Soviets after WWII

conference site

62. Undersized

68. Blood vessel

55. Uno \_\_\_ or one more

57. \*FDR/Churchill/Stalin

used by Germans in WWI

64. \*Japan's target, 12/7/41

50. A person, place or thing

Germany, formed

horse's gallop

46. "Wilhelm \_

Partridge

59. \*Big \_

66. \*Rolls

72. Ostrich-like bird

73. Summertime pests

71. Famously extinct bird

1. Parent organization 2. Smidgen

3. October birthstone

it like it is"

4. One who "\_ 5. Type of baseball pitcher

6. More is \_\_\_\_? 7. Mountain animal

8. Aflame

9. Relating to urine 10. Hyperbolic sine

11. Put it to paper? \_\_ and the Family Stone

15. Bad blood

20. Highway departures

22. Energy or work unit

24. Heavy downpour 25. Stabs of pain

26. \*Lusitania's destroyer 27. "Twilight" protagonist

\_ tape 31. Editor's mark for "let it

stand"

32. As opposed to written

33. Lewis Carroll's character

34. \*Capital of unoccupied

36. Saw or awl, e.g. 38. 1,000 grams 42. D'Artagnan's hat

decoration 45. Saffron-flavored rice dish

49. Gangster's pistol

51. Limited in scope

54. Pasta complement

56. Fur shawl 57. Equal to 4th and 1

58. Lowest female singing voice 59. Hindu Mr.

60. Robert Louis Stevenson's

evil character 61. Passed with flying colors

62. Melancholy

63. Bovine sound

65. \*He always seems to be

67. Half the width of an em, pl.

For Solution See Page 7



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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

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# Monthly Military Retiree/Spouse Meeting

Our next meeting, which will be the last one for this year, is scheduled for 11 Oct 2011.

Our speaker will be from TLC Responders who will update us on the latest CPR procedures. Should be very informative so you will not want to miss this

"Myths

particular meeting.

As usual our meetings are held at the Parks and Recreation District on Watt Ave and we start promptly at 1030 hrs. Questions can be directed to our volunteers at 561-7476. See you all on the 11th!





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# Banned Book Week

By Julie Parker

Books are treasure troves of creative ideas, concepts and imaginative musings.

They introduce us to different perspectives, motivate us to selfdiscovery, educate, inspire and

Books can bring awareness to suffering and challenges; addressing the dark side of humanity in ways that make us think and feel.

Some writings are unpopular with small segments of the population who choose to select words out of context, instead of the full meaning, or have an issue with an author's politics. (Brown Bear, Brown Bear, What Do You See? was banned because the author has the same name as an obscure Marxist theorist.) Those individuals or groups attempt to prevent us from reading them through banning of certain books from schools and

Imagine generations not having access to Of Mice and Men, Huckleberry Finn,

Grimm's Fairy Tales, I Know Why the Caged Bird Sings, One Flew Over the Cuckoo's Next, Lord of the Rings, Catch 22 and The Great Gatsby. They have all been banned somewhere in this

Banned Books Week (September 24-October 1, 2011) celebrates the freedom to read, the importance of the First Amendment, and draws attention to the harms of censorship, restrictions and restraints.

"Let children read whatever they want and then talk about it with them. If parents and kids can talk together, we won't have as much censorship because we won't have as much fear.

- Judy Blume

It isn't important that you agree with an author's work. What is important is that the author's words should be available to all. We learn more about ourselves when faced with subjects that makes us uncomfortable, and viewing other camera angles from an author's words promote global diversity.

If you're interested in learning more about Banned Book Week and the banned books that are highlighted this year, visit the American Library Association's website at ala.org or call the Office for Intellectual Freedom at (800) 545-2433, Extension 4220.



#### **ROCK DOC**

By Dr. E. Kirsten Peters

The laws of physical science teach us we can neither create nor destroy energy. But it's also a simple fact that we can surely waste it. And that raises the possibility of saving money by refusing to let energy slip through our fingers.

Typical families in the U.S. spend about \$1,900 each year on home utility bills. That's \$160 per month. Your bills may be higher if your household consumes a lot of energy, if you heat with oil or if you live where the cost of electrical power is high.

Those of us lucky enough to still own a place to live are in the best position to save substantial amounts of energy. Whether you live in a McMansion or a modest house built in 1949 like I do. September is a good time of year to consider how your household uses energy. If it turns out you are in need of adding insulation to the attic, maybe upgrading from the ancient windows in that back bedroom to modern ones, or simply caulking cracks and holes, this is the time of year to get in gear and upgrade your home.

In a typical household, heating and cooling account for 43 percent of utility bills. Your refrigerator and other

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kitchen appliances likely account for around 17 percent of your bill. Hot water and lighting chip in around 12 percent each. Computers, TV and other electronics account for an impressive 9 percent and other miscellaneous uses fill in the rest.

Because heating and cooling account for so much energy use, the largest savings you can make likely are to be found in improving insulation, repairing leaking ducts, or plugging cracks around doors and

Attic insulation can be a do-it-yourself job using one of several options. Even if you hire pros to "blow in" some attic insulation for you, the investment can pay for itself in a year or two. Good insulation in an attic will also help save on your electricity bill if you have air conditioning. Check out www.energysavers.gov for ideas about insulating your attic.

Anything that penetrates an outer wall or ceiling that's below an unheated attic is a place you should check for leaks. For example, electrical outlets and light switches can let air from the interior of your home leak into outer walls – and from there to the outside world. Hardware stores sell pre-cut foam insulation you can simply pop into outlets and switches. (The job is so easy even a Ph.D. like me can do it. But kindly turn off the power to the room you're working on before you unscrew electrical plates.)

For myself, I know I really should check the crawl space at the back of my house. It's an ugly job in the dark and dank, but I want to address it because I can't keep my back room warm in the winter. I wonder if the insulation that's in there has sagged or come entirely unmoored. My plan is to hire someone with better knees than I have and hand him what he needs through the unreasonably tiny door of the crawl space. I did a similar job myself about seven years ago for my previous house, then stupidly moved across town and now must face this unpleasant chore all over again.

But crawl spaces and basements pose moisture issues that can shape what's really a good decision about insulation. Check with pros or home guides for more information.

Then there are the simple things. Programmable thermostats cost as little as \$25-30 and mean you'll never forget to turn down the heat at night again. And when you buy a new appliance, look at its energy efficiency. What you pay to take delivery on a refrigerator, for example, is only a small fraction of the total cost of running it over the years, so buy an efficient model and you'll come out ahead in the long run, sometimes saving hand over fist. Ditto for frontloading clothes washers that can reduce energy bills and water bills at the same time.

We can't win the fight against the first law of thermodynamics. But many of us can seize the day to save energy – and money – at home.

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.



# **Moving Stinks!**

Harold and Betty were sick and tired, but they were afraid to move.

They had been there so long. Almost 30 years now. The kids were long gone, but Harold and Betty were still tired. Tired of pulling weeds, mowing the lawn, tired of the drafty windows and Betty complained that the heater never seemed to keep her warm enough in the winter anymore. Who knows what was going to need to be repaired next?

But they were nervous to move. 30 years is a long time in a home. Who would move all their stuff? Where would they go grocery shopping? What would they do with their home? Most important of all, where would they go?

That's when they contacted The Scott Realty Consultants' Simple Move Program. The Simple Move Program is designed for folks who have been in their homes more than 20 years and separates the moving process into 4 easy steps. We expertly escort them through every step of the process.

First, we consulted with Harold and Betty and helped them choose their next home – be it an over 55 apartment, a retirement community or a condo (they chose an apartment near their grandkids). Second, our Simple Move Experts helped Harold & Betty sort though their possessions – packing what they wanted to keep and marking other items to be sold later. Then we coordinated the best movers to get the job done under our precise supervision.

But what about the house? Isn't this a bad time to sell a home? That's what Harold and Betty thought too. In fact, there is a real demand for homes like theirs right now. The Sacramento real estate market is low on inventory and there is a real need for homes in nice neighborhoods for budding families - just like their family was 30 years ago. The Simple Move Team made a few small repairs to the home and had it sold for top dollar within 17 days to a young family with a new baby! Harold and Betty were happy to see their home go to such a lovely new family.

Imagine yourself without the worry of your home anymore. Wouldn't you feel much more at ease not having to keep up the yard and not worrying about what might need to be repaired next on the home? The Scott Realty Consultants have been selling homes in Carmichael and helping folks move for almost 40 years. In fact, we are so confident in our services that we are the only Real Estate Brokerage in the area to offer a money back guarantee! If you're not satisfied when we sell your home; don't pay us!

We are sure you'll love our service oriented attitude and how easy we make the process! To learn more about the Scott Realty Consultants' Simple Move Program and to get our FREE report, "The 7 Biggest Mistakes You Can Make When Moving & How to Avoid Them" simply call our Consumer Awareness Hotline 1-888-582-2959 extension # 7 and leave your name and address and we'll send it to you right away. License # 01472227







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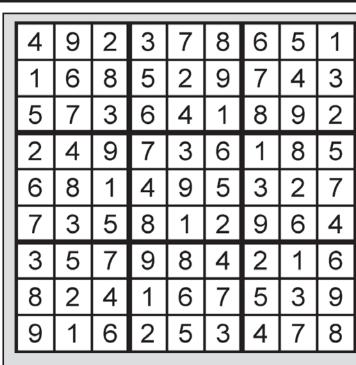
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Sudoku Puzzle on Page 5

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KINGSTON Dated April 4, 2011 WHEREAS I have been satisfied by Statutory Declaration that the duplicate Certificate of Title for ALL THOSE two parcels of land part of ANCHOVY in the Parish of PORTLAND together containing by survey Three Roods and Sixteen Perches be the same more or less of the shapes and dimensions and butting as appear by the Plan thereof hereunto annexed TOGETHER WITH full and free right and liberty for the registered proprietor for the time being and from time to time of the land above-described (hereinafter called "the said land") her and/or their tenants, servants, visitors and licencees in common with all other persons having the like right at all times hereafter on foot or on horseback or in vehicles and with or without animals and/or property of any description to pass or repass along the private property road to Anchovy from the point where it joins the Main Road from Port Antonio to Manchioneal to the said land for all lawful purposes connected with the use and enjoyment of the land and being the land registered at Volume 1078 Folio 72 of the Register Book of Titles in the name of HAROLD TADEMY and BONITA M. TADEMY - HAS BEEN LOST -

I HEREBY GIVE NOTICE that I intend at or after the expiration of fourteen days after the last appearance of this advertisement to cancel the said Certificate of Title and to register a new Certificate in duplicate in place thereof. J. Walker

Senior Deputy Registrar of Titles. To be published once each week in the Daily Gleaner Newspaper for two successive weeks and circulate once overseas in the Carmichael Times Newspaper Publish September 28, 2011. TADEMY 9-28-11 10904

FICTITIOUS BUSINESS NAME STATEMENT #1107072. Tola Sholotan, 5637 Chris Ann Ct., Sacramento, CA 95841 is doing business under the Fictitious Business Name "North East News" at 1124 Del Paso Blvd., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Aug. 16, 2011. September 14, 21, 28, October 5, 2011. 10902 10-5-11 NORTHE

FICTITIOUS BUSINESS NAME STATEMENT #1107211. Christinen Shores-Hague, 5708 Ravenswood Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "You Sew Girl Creations" at 5708 Ravenswood Lane. Carmichael. CA 95608. Filed with the Clerk of Sacramento County on Aug. 22, 2011. Publish September 14, 21, 28, October 5, 2011.

YOUSEW 10902 FICTITIOUS BUSINESS NAME STATEMENT #1106899. Isaias Ortega, 8223 Bruns Way. Sacramento, CA 95828 is doing business under the Fictitious Business Name "Eagle General Home Repair" at 8223 Bruns Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on Aug. 10, 2011. Publish September 14, 21, 28, October 5, 2011.

10902 10-5-11 EAGLEG FICTITIOUS BUSINESS NAME STATEMENT #1107607. Donald W. Thamer, 4317 Tyrone Way, Carmichael, CA 95608 is doing business under the Fictitious "Train Station Business Name Hobbies" at 4317 Tyrone Way, Carmichael, CA 95608, Filed with the Clerk of Sacramento County on September 6, 2011. Publish September 14, 21, 28, October 5, 2011.

TRAINS 10902 FICTITIOUS BUSINESS NAME STATEMENT #1107183 MCS Preschool, Inc., 395 Perry St., CA 95642 is business under the Fictitious Name "Montessori Business Children's School" at 325 Engle Road #170, Carmichael, CA 95608. Filed with the Clerk of Sacramento 19, 2011. on Aug. County September 14, 21, 28, October 5, 2011. 10902 MONTES

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-00110382 WHEREAS, Jennifer Lee Waldon has filed a petition with this court for a decree changing name of Jennifer Lee Waldon to Jennifer Lee Barna. IT IS ORDERED that all

persons interested in the above entitled matter appear before this court at 1:30 p.m. on December 9. 2011 in Dept. 16, located at 720 St., Room 102, Sacramento, CA 95814 and show cause, if

miscellaneous any, why the petition for change and personal property in and on said property. of name should not be granted. IT IS FURTHER ORDERED Dated: April 11, 2011. that a copy of this Order to Signed: Tom Frankhouser

Show Cause be published in the

Carmichael Times, a Newspaper

of General Circulation, printed in

for four consecutive weeks prior

to the date set for hearing on the

petition. Dated: September 7, 2011.

Publish September 14, 21, 28,

10902

SUPERIOR COURT OF

**CALIFORNIA** 

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2011-00110040

has filed a petition with this court

WHEREAS, Dartan Robinson

a decree changing name Dartan Lamont Robinson

Amuray Hotep Ali Bey.

IT IS ORDERED that all

persons interested in the above

entitled matter appear before this

court at 1:30 p.m. on December 2,

2011 in Dept. 16, located at 720

9th St., Room 102, Sacramento,

CA 95814 and show cause, if

any, why the petition for change

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. 31, 2011.

Publish September 14, 21, 28,

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In accordance with California

10-5-11

10902

Judge of the Superior Court

Kevin R. Culhane

BEY

IT IS FURTHER ORDERED

of name should not be granted

Judge of the Superior Court

Kevin R. Culhane

October 5, 2011.

Sacramento County, once a week

Publish September 28, October 5, SILICI 10904

FICTITIOUS BUSINESS NAME STATEMENT #1108127. Marcus B. Bernau and Cynthia E. Smith, both of 7353 Circlet Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Elegant Designer Closets" at 7353 Circlet Way. Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Sept. 22, 2011. Publish September 28, October 5, 12, 19, 2011.

10904 10-19-11 ELEGAN FICTITIOUS BUSINESS NAME STATEMENT #1107851. N&T Realty, Inc., 7917 Fruitridge Rd. #G-2, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Admin Savings" at 7917 Fruitridge Road #G, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on Sept. 14, 2011. Publish September 28, October 5, 12, 19, 2011. 10904 ADMINS 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-00110959

WHEREAS, Dillon Thomas Soper has filed a petition with this court for a decree changing name of Dillan Thomas Soper Dillon Thomas Rossi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 30,

2011 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. 16, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110417

WHEREAS, Mary Ann Bennett-Treadaway has filed a petition with this court for a decree changing name of Mary Ann Bennett-Treadaway to Mary Ann Bennett. IT IS ORDERED that all

persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 16, 2011. in Dept. 16, located at 720 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. 7, 2011. Kevin R. Culhane Judge of the Superior Court

12. 19. 2011. 10904 BENNET SUPERIOR COURT OF CALIFORNIA

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110240

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 9, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento,

Publish September 28, October 5,

10-19-11 COUNTY OF SACRAMENTO

WHEREAS, Van Le Thich has filed a petition with this court for a decree changing name of Van Le Thich to Vanessa Thich.

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. 6, 2011. Kevin R. Culhane

Judge of the Superior Court Publish September 28, October 5, 12. 19. 2011. 10904 THICH

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111017

WHEREAS, Henry Nguyen Huynh has filed a with this court for a decree

changing name of Henry Nguyen Huynh to Henry IT IS ORDERED that all nersons interested in the above

entitled matter appear before this court at 1:30 p.m. on Dec, 30, 2011 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. 19, 2011. Kevin R. Culhane

Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. NGUYEN 10904 10-19-11

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# Arts, Entertainment and Other Fun Things to do!



### St George's Episcopal Church PRESENTS

#### IS CALIFORNIA GOVERNABLE? Thoughts of a Capitol Lobbyist

Carmichael - On Thursday, September 29 at 7:00 p.m. Bill Keye, a California Registered Professional Forester, writer and registered lobbyist, will give a presentation on his thoughts and experiences serving as a California Legislative Advocate.

Bill, a graduate of U.C. Berkeley with degrees in English Literature and Forestry, has held various positions in northeastern California from 1986-1997 and has written articles and opinion pieces regarding issues including spotted owls, fire ecology and environmental ethics. He has published articles in major newspapers including the Sacramento Bee and San Francisco

Chronicle. He has won distinguished awards for his journalistic work and is President/CEO of California Forest Keepers Inc.

With his vast experience in politics, Bill's presentation promises to be most interesting and educational. Mr. Keye's talk will be followed by a Q&A session. WHERE: St. George's Episcopal Church

5600 Winding Way, Carmichael, CA 95608 WHEN: Thursday, September 29, 2011 at 7:00 p.m.

Refreshments will be served. A \$2.00 donation for the homeless may be made at the door.

### Friends of the Library Warehouse Sale

Sacramento Region - The Friends of the Sacramento Public Library are sponsoring a warehouse book sale on October 1 from noon to 4 pm and October 8 from 9 am to 4 pm. A preview for Friends' members only is scheduled for 9 am to noon, October 1. Prospective members may join at the door for \$15 and attend the preview.

The sale will be held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road.Over 70,000 books, videos, books on tape and more will be sold. All proceeds, after expenses, benefit the Sacramento Public Library.

The Book Den store will be open during Warehouse Sale hours. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials. The Book Den is regularly open Thursday through Saturday from 9 am to 2 pm. For more information call (916) 731-8493 or email fspl@att.net.

#### **Genealogical Association of Sacramento's**

October 19, 2011, speaker will be Donald "Brad" **Schall.** Brad is active in several historical associations centering on the American Civil War and is National Officer, Sons of Union Veterans of the Civil War. With twenty-two relatives who served in the Civil War, his

interest and research into the war and its concurrent events have spanned multiple decades. His presentation is entitled, "Grand Army of the Republic". The meeting begins at 1:00 PM at the Belle Cooledge Library, 5600 S. Land Park Blvd. All are welcome.







We will be hosting a pumpkin patch for the month of October.

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October 4-29, 2011

"Go With the Flow", WASH Open Show "Bold Expressions", NCA Open Show

November 1-19, 2011 November 22-December 3, 2011 Annual Photography Show Ars Gratia Artis Holiday Craft Fair

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Carmichael Recreation and Park District is announcing these upcoming events

#### Jensen Garden Plant Sale

October 8, 2011 9am-1pm

Located at the Jensen Botanical Garden. 8520 Fair Oaks Boulevard, Carmichael, CA 95608

The Friends of Jensen Botanical Garden will have a variety of plants available for purchase. All proceeds will benefit the restoration of the Jensen Botanical Garden. For more information call Virginia Sturdevant (916) 488-2006.

#### **Carmichael Community Garden**

The garden, located at Sutter Park off of Sutter Drive, exists to promote a positive environment for community members with a passion for working outdoors. Gardeners share information, gardening techniques, and build camaraderie. The plots are renewed annually for \$55 and are available to families, individuals or community organizations. It is a wonderful way to develop a hobby, give back to the community and practice some outdoor creativity! If you are interested in viewing the garden or having a plot please call 483-7826.

#### KIDS HANG OUT!

at La Sierra Community Center Pick-up at designated schools available!

See our website for more information.





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



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

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DISTRICT OFFICE

Carmichael Times Page 10 **September 28, 2011** 

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### Carmichael Chamber of Commerce

**Community Shred Day** Sat, Oct 1, 2011 from 8:00am - 12:00pm @ La Sierra Community Center Parking Lot

Items to Shred: Account information

- Anything with Social Security Number on it
- ATM Receipts Bank Statements
- Credit Card Applications • Credit Reports and Histories
- Documents Containing Passwords or PINS
- Insurance Data
- Medical & Dental Information
- Outdated Business Records

 Payroll Records, Resumes • Tax Records, Utility Bills

Proceeds Benefit the Carmichael Chamber of Commerce & Carmichael Recreation & Park District

Cost: Grocery Bag - \$5 • Banker's Box - \$10 Payment: Cash, Checks, Visa or MasterCard Payable to: Carmichael Chamber

Contact: Linda Melody Email: linda@carmichaelchamber.com Phone: 916-481-1002

Carmichael Chamber Mixer Wed, Oct 12, 2011 from 5:30pm - 7:30pm @ Fair Oaks Cemetery

Hosted by Fair Oaks Cemetery District & Lind Brothers Funeral Home. Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards. It will be a frightfully fun

Contact: Linda Melody. Email: linda@carmichael chamber.com. Phone: 916-481-1002.



Nearly \$1000 for the Chamber. Photo from we

Contact us for more information on the Carmichael Chamber of Commerce Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com



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September 28, 2011 Carmichael Times Page 11

# Fundraiser Supports Alzheimer's Awareness



**Purple people.** Sporting hues that denote Alzheimer's awareness, volunteers last weekend presented a tri-tip barbecue fundraiser at St John's Catholic Church. Carmichael Oaks Senior Living facility organized the annual dinner-dance, in conjunction with the Kiwanis Club. Entertainment included the Rotary Rooters Band. Learn more about the annual BBQ, Beer & Boogie event at www.carmichaeloaks.com. Photo & text by Susan Maxwell Skinner.

# Strike up the Balloons



**Up, up and away.** Carmichael anniversary celebrations began with a 102 balloon release in Carmichael Park last weekend. Proudly unincorporated for 102 years, the former Sacramento "colony" enjoyed a birthday concert performed by the Sacramento Symphonic Winds. The 60-piece ensemble played patriotic and show tunes under the baton of Dr Les Lehr (center). Photo & text by Susan Maxwell Skinner.

### www.CarmichaelTimes.com



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#### **DIGNITY**

Is dignity the missing link to understanding? Could it be that when humans are treated like they don't matter, they are likely to have more aggression, hatred, and violence be the result? That comes from Dr. Donna Hicks, an associate, Weatherhead Center for International Affairs, Harvard University. Dr. Hicks tells it like she sees it in her book "Dignity" the essential role it plays in resolving conflict. This is the first comprehensive exploration of dignity, its role in human conflict, and its power to improve relationships of all kinds. We shared and looked at the confrontational truths on my POPPOFF Radio

According to Dr. Hicks, the desire for dignity is universal and powerful. It is the motivating force behind human interaction in families, in communities, in the business world, and in relationships at the international level. When dignity is violated, the response is likely to involve aggression, even violence, hatred and vengeance. On the other hand, when people treat one

# POPPOFF!

with Mary Jane Popp

another with dignity, they become more connected and are able to create more meaningful relationships. Yet, surprisingly, most people have little understanding of dignity. So Dr. Hicks examines the reasons why and offers a new set of strategies for becoming aware of dignity's vital role in everyday life.

The good doc then told me there are ten **Essential Elements of dignity.** Here are five:

- 1) **Acceptance:** Approach people as being neither inferior nor superior to yourself.
- 2) **Inclusion:** Make others feel that they belong.
- 3) **Fairness:** Treat people justly and
- you would treat anyone else.
  4) **Benefit of the Doubt:** Treat people as trustworthy.
- 5) **Accountability:** Take responsibility for your own actions.

Then Dr. Hicks went on to list the ten Temptations to Violate Dignity, which include these five:

- 1) **Taking the Bait:** Don't let bad behavior of others determine your own.
- 2) **Saving Face:** Don't lie or deceive yourself. Tell the truth about your actions.
- 3) **Avoiding Conflict:** Don't avoid confrontation when your dignity is violated
- 4) **Blaming Others:** Don't blame or shame others into deflecting your own guilt.

My one negative observation to Dr Hicks exploration about dignity was how to factor in those who do not deserve dignity such as Islamic terrorists, serial killers, and suicide bombers to name just a few. In essence, she means those who have no conscience for their actions. How can they be included? Dr. Hicks agreed that, for this type of person, dignity may not apply. Having interviewed serial killers in prison, and having looked into those vacant eyes as they described the murders to me like you and I tell what we had for dinner, I really don't think they care any more about dignity than they did the lives they took. Maybe, it's because they don't care about themselves either. But, for the rest of us relatively sane and normal folks, perhaps it is prudent to follow some of Dr. Hicks' ideas about dignity, both for ourselves and others.

One last thought from Dr. Hicks. With alternatives to forgiveness, so both sides can repair the relationships without losing their own dignity in the process may be the path to healing. As Dr. Hicks illustrates, if dignity tears us down, dignity can build us back again. Oh, if only that were true for this crazy world to be a saner place.

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

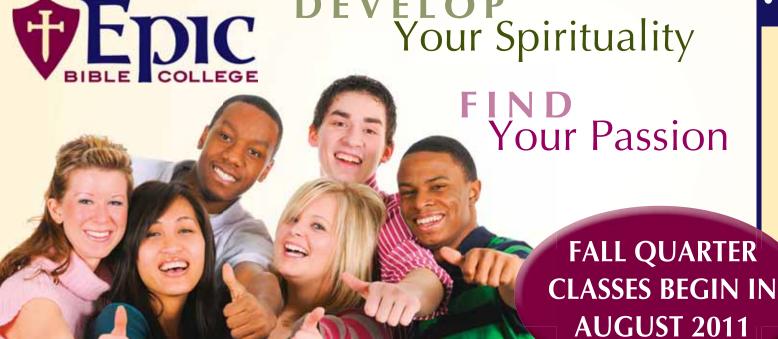




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#### **MONEYBALL** (Rated PG-13)

You don't have to love baseball to enjoy the captivating story, the great dialogue and the well-developed characters in "Moneyball," though it likely

Baseball purists may object to certain liberties taken with factual accounts of

# Riley **Reviews**

PITT AT THE HELM, "MONEYBALL" HITS A FANTASTIC GRAND SLAM

the Oakland Athletics 2002 season. But that's of no concern here.

The film is based on Michael Lewis' nonfiction book "Moneyball: The Art of Winning an Unfair Game," which extolled cash-poor Oakland's ability to compete with rich, big-market teams.

In certain respects, "Moneyball" is a Cinderella story set on a nicely trimmed field of dreams, except that baseball fans know that Oakland hasn't won a World Series since the showdown with the Giants during the 1989 earthquake.

The story of hope is fueled by

Oakland's General Manager Billy Beane (Brad Pitt), a free thinker not constrained by the conventional wisdom of baseball.

After the witnessing the failure of his team to beat the Yankees in a 2001 playoff series, Beane takes it upon himself to develop new strategies.

Prior to the start of the 2002 season, on a trip to visit his counterpart at the Cleveland Indians to discuss trade options, Beane meets nerdy young assistant Peter Brand (Jonah Hill).

Beane is impressed by Brand's mastery of numbers and a method of statistical analysis known as sabermetrics to determine which players are undervalued.

With Oakland's inability to keep star players like Jason Giambi, Johnny Damon and Jason Isringhausen, Beane realizes he must approach the game from a different angle.

Some of the film's most amusing dialogue occurs when Beane introduces Brand to a roomful of grizzled, aging

scouts who only value gut feelings and information about the players' personal lives to judge their baseball potential.

The Yale-educated Brand, with a degree in economics, is dismissed out-of-hand by the old-timers when he suggests that on-base and slugging percentages are determinative of a player's ultimate performance.

The early stages of the baseball season are not very promising, starting with an effort to convert ailing catcher Scott Hatteberg (Chris Pratt) into a first baseman.

Even if you can't root for the

Athletics, the true baseball fan will ache

when the team struggles to get its footing, falling behind in its division. However, you can root for Billy Beane and his young protégé as they cope with the doubters in their own organization, including the grizzled manager Art Howe (a superbly crusty

Philip Seymour Hoffman) who despises the math-driven method of playing ball. For a movie about baseball, most

of the action takes place off the field. Primarily, it's about the brilliant dialogue and attempts for Beane to find redemption.

"Moneyball" is, at its core, focused on Beane's checkered history with the game and his desire to fulfill a dream that eluded him during his playing

Flashbacks to Beane's youth, when he was scouted by the New York Mets, tell a story of a young man's wish to excel at the game even though he was wrongly overvalued as a potential player.

That Beane did not rise to the level of expectations that were held for his career as a player is a motivation for his yearning to manage his way into a contender. Never fear that talk about statistics

and players' skills dulls the story into a dreadful morass that could only entertain the devotees of statistician Bill

Dealing with the intransigence of his team manager Art Howe, Beane is

nonetheless confident in his approach. Part of the fun is watching him maneuver around the game's dinosaurs.

Any sports movie requires the feelgood moments that define the genre. That comes with the incredible gamewinning streak late in the 2002 season, when the Athletics set the AL record for winning 20 straight.

Winning is not the only thing, though. The story also triumphs when Beane finds washed-up or undervalued players who surprise the baseball world by their forgotten talent.

Another terrific aspect to "Money ball" is the pleasing relationship that Beane, a divorced father, has with his young daughter Casey (Kerris Dorsey).

In baseball parlance, "Money-ball" hits a grand slam, the highest score you can obtain in one at-bat. Not just a great baseball movie, this is a winner for story, character and dialogue – all things that should matter.

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