

# Carmichael Times

## Merry Christmas!

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Volume 30 Issue 51

Serving Carmichael and Sacramento County since 1981

December 22, 2010

## Santa Checks Carmichael List

## County Plans for Winter Storm Response



Santa Checks His List Twice Before Visiting Carmichael

*Sacramento Region* - The Sacramento County Department of Transportation (SACDOT) is prepared to provide quick response to roadway maintenance incidents that may result from mild to severe weather conditions. Maintenance and Operations Division crews provide year round 24/7 response for weather related incidents, roadway hazards, urgent roadway repairs, pavement maintenance problems, traffic control and detour sign posting. Although, crews are in the field every day, they can still use the assistance of residents, especially during bad weather conditions to report problems affecting roadways.

### Report any of these Roadway Issues

- **Trees or Fallen Branches:** Maintenance crews respond to incidents of fallen trees or branches in the roadway. During severe weather conditions, crews may clear just the material in the roadway and move on to the next incident. Additional cleanup work is performed when crews have handled all incidents that require immediate attention. Trees or branches that fall on private property are the responsibility of the property owner. Property owners should contact a private tree service for tree removal.
- **Flooded Roads:** Maintenance crews respond immediately to flooded road incidents and attempt to clear what is causing the problem right away. If the flooded road cannot be cleared, signage will be placed to close the road and maintenance crews will work to continue to clear the roadway.

### Plugged Storm Drains:

- **Above Ground:** If a storm drain is plugged with leaves or debris above ground, SACDOT maintenance crews will clear the drain.
- **Below Ground:** If the storm drain is plugged below ground, call the Department of Water Resources (874-6851), who will dispatch a crew with hand augers or a vacuum truck to dislodge and remove leaves and/or other debris from the drain.
- **Plugged Culverts:** Culvert maintenance and operations is a SACDOT responsibility. If a culvert is plugged, SACDOT crews will use a vactor-truck to either vacuum out materials or jet-flush the culvert until it's clear.
- **Traffic Signal Out:** Signal and Lighting technicians are dispatched immediately to make repairs to traffic signals that are out or malfunctioning.
- **Downed Street Signs and Stop Signs:** Street signs that are knocked down in heavy weather or by a collision will be replaced as soon as possible. Downed stop signs are a priority and SACDOT's goal is to have them back up within two hours of notification.
- **Street Light Out:** To report street lights that are out contact Customer Service. If possible, when reporting a problem, have the pole number or property address available. The pole number can be found on a sticker approximately 8 feet high, usually on the traffic side of the pole.

To report an incident residents can contact: SACDOT Customer Service: Phone: 916-875-5171 or their website: [www.sacdot.com](http://www.sacdot.com) - Report A Problem.

Enjoy a Safe  
Holiday Season

## DMV Announces New 2011 Motor Laws

### Motorcycle Safety Course Required for Under-21 Instruction Permit Applicants

*Sacramento* - A required motorcycle safety course for under-21 motorcycle permit applicants, new oversight of online traffic violator schools, and extensions of HOV lane stickers are among several new laws of interest to California motorists that will take effect Jan. 2, 2011, the Department of Motor Vehicles announced today.

Following are capsule summaries of the new laws:

**Motorcycle Instruction Permit (AB 1952/Niello)** This new law requires a person under 21 years of age to complete an approved motorcycle safety course before being issued an instruction permit with which to practice operating a motorcycle, and requires the permit to be held for six months before being issued a class M motorcycle driver license. There are currently more

than 6,000 drivers 19 years and younger who are licensed to ride a motorcycle in California.

**Traffic Violator School Program (AB 2499/Portantino)** Prior to this new law which starts January 1, the DMV only licensed and regulated "brick and mortar" classroom traffic violator schools. This new law will bring court-approved courses, such as online and home study traffic schools into the DMV Traffic Violator School licensing program and implements a number of recommendations included in a DMV study of traffic violator school issues. This law will have a 3-year implementation process.

**High-Occupancy Vehicle Lanes (SB 535/Yee)** Prior law that permitted certain fuel-efficient, low-emission vehicles to display stickers allowing them to be operated in HOV



You STILL can't talk on your cellphone!

lanes with a single occupant was to expire on January 1, 2011. The new law extends the "sunset" date for the yellow stickers for hybrid vehicles until July 1, 2011; the white stickers issued to fully-electric and compressed natural gas vehicles until

January 1, 2015; and creates a third sticker, for plug-in hybrid vehicles, to be issued and valid from January 1, 2012 until January 1, 2015.

**New Firefighter Endorsement (AB 1648/Jeffries)** In an effort to simplify the proper licensing of firefighters while continuing to ensure public safety, this law exempts operators of firefighting vehicles from the Commercial Driver License program and creates a new license endorsement process.

**New Laws Starting on July 1 and Beyond**

• **Organ Donation (SB 1395/Alquist)** Starting July 1, the language on the DMV's application for a driver license will include a "no" option relative to an applicant's willingness to register as a prospective organ donor to increase the number of enrollees in the organ

donor program. This change will now require the organ donor registration field of the application to be answered with either a yes or no response.

• **Local Traffic Ordinances (SB 949/Oropeza)** On July 1, in an effort of ensuring that traffic convictions are recorded by the Department of Motor Vehicles, local authorities may not enact or enforce a local ordinance on any matter covered by the California Vehicle Code.

• **Driving Under the Influence (AB 1601/Hill)** Effective in January 1, 2012, this bill authorizes a court to order a 10-year revocation of the driver license of a person convicted of a third or subsequent DUI violation, with possible reinstatement after five years if specified conditions are met.

*Don't Stand In Line, Go Online!*

*Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site ([www.dmv.ca.gov](http://www.dmv.ca.gov)), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions.*

*DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Secretary Dale E. Bonner. The DMV licenses drivers; maintains driving records; registers and tracks official ownership of vehicles and vessels; investigates auto and identity-related fraud; and licenses car dealers, driving schools, and traffic violator schools.*

# “You know, what I’ve never been able to figure out is how I got home without a scratch.”

Louis Lemos to Paul Hunter at a reunion of the 40th Bomb Group (Carol Hunter, “Des Moines Register”, September 2007)



Louis Lemos, an experienced veteran of World War II, had an impressive list of commendations.

By Julie Parker

*Carmichael* – Mr. Lemos, a long-time resident of Carmichael, passed away this past October. Quiet, unassuming and known for his avid gardening, many attending his service were surprised to learn of his war experiences during World War II and his impressive list of commendations – Distinguished Flying Cross, Air Medal with One Oak Leaf Cluster, Presidential Distinguished Unit Citation and Asiatic-Pacific Campaign Medical with seven Bronze Stars.

The tenth child of immigrants from the Azores Islands, Mr. Lemos was the first in his family to be born in this country. During his youth growing up in Modesto, he was stricken with polio, but recovered quickly, resulting in a physical system of strong antibodies. For years, until enlistment with the service, he traveled to San Francisco to donate blood, which was used to assist in the creation of a polio vaccine.

Although he had not attended

college and had limited mechanical skills from working on the family farm, he attended a five month course for aircraft engine engineering at Stanford University. After enlistment, one of his training locations was Pratt Army Field in Pratt, Kansas, where he received mechanical training on the experimental B-29s. “He said the B-29s arrived non-combat ready,” says son Louis Lemos, “requiring 54 modifications to get them combat ready.”

In 1943, he was assigned as a right gunner to the 44th Bomber Squadron, 40th Bomber Group, with whom he accrued 38 combat missions and over 340 flying hours. “The pilot on his B-29 was very strict,” says daughter Mary Bonner. “I always remember Dad saying he did not put up with anything from anybody, because some of those crews can be pretty wild.

“Dad was pretty quiet with a lot of the experiences that he had,” Mary continued. “I think a lot of them he felt were considered top secret. I’m sure some were. Even after all of these

years, when things were declassified, he wouldn’t talk about them.” This included the USAF’s first 1,500 one way bombing mission in June 1944 into Japan, for which he received the Distinguished Flying Cross.

Six months later, the crew’s mission was Rangoon, Burma, where four planes were lost, 17 men killed and 29 imprisoned by the Japanese, all due to unbalanced loading of bombs (combination of 500 and 1,000 pound bombs) and incorrect spinners. The bombs hit each other and detonated. In Mr. Lemos notes about the experience, he stated, “I would like to make a comment about the spinners. They are little propellers on the bomb fuses. I asked a couple of armament men one day why the spinners came off the bomb fuses so close to the airplane allowing the bombs to be ready to explode. They said the fuses were designed for B-17s and the spinners were screwed in 265 turns.”

“Dad, because he was a gunner,” says Mary, “was looking out the window and saw these planes explode and these people being blown up. It was deeply troubling to him.”

He also spoke of the treacherous flying over the “Hump,” a nickname for the Himalayan Mountains. Because of the danger involved, those flights were considered combat missions as well.

Crews were told that if planes ran into trouble, fuel, parts, etc., to go to Blabibostok, Russia. “There were five planes that Dad knew of that landed in Russia,” says Louis, “and Russia kept the planes and told the pilots to get their personal gear out of the planes and to find their own way back. Dad has the serial numbers for those five planes. To the day he died, he was afraid to tell anybody about that, because it was supposed to be classified and he was afraid that the government would come after him. It never really did come out that this took place.”

After the end of the war, he kept in touch with his fellow military personnel. Even in later years, when some passed away, he kept in contact with their wives.

When he finally married, at age 40 in 1957, the family was stunned, certain that he was a confirmed bachelor. “One of my cousins, when Dad got

married, she sent him a letter,” says Mary. “It said, ‘Dear Uncle Louis’ and in the center of the page, it said, ‘I’m speechless.’”

During the Cuban Missile crisis, the military ensured there were always planes in flight, ready at a moment’s notice. Mr. Louis’ assignment was to fly over England and Spain. His wife and children were living at the base in Springfield Massachusetts.

“I remember doing the drill,” says Louis. “Going into the bomb shelter. The kids had to wear olive drab, kind of webbing harnesses that had our names and who our parents were. The wives had to bring food for their families into their assigned bomb shelter in case they had to stay down there for awhile. I can remember stories from my mom saying that some of the wives couldn’t really deal with it. Mom talked about how some of the other wives were trying to help

did I get ripped apart. He sat me down, going on and on that if it weren’t for the military and what we did, and the freedoms in this country, etc. I tell you, I never did that again.”

He was a member of the Gray Eagles, a World War II group, enjoyed visiting the Castle Air Force Base air museum in Atwater, and later the air museum at McClellan. A staunch Republican, whenever he visited his daughter in Southern California, they would spend time at the Reagan Library in Simi Valley.

The 40th Bomb Group met every year at a different location in the country. They provided college scholarships, one of which was awarded to Mr. Lemos’ oldest grandson.

“I attended a couple of their reunions,” says Louis. “That was probably the first time that I really truly appreciated what those people did for us; what they had gone

Meanwhile, at home, Mr. Lemos kept busy building cabinets, furniture and a greenhouse for his wife’s orchids. “He could fix just about anything,” says Louis. “I remember when he finally agreed that his refrigerator needed to be replaced after I think it was 33 years old. He kept rebuilding it. All that was left of the original refrigerator was the shell. He didn’t like to waste money and he didn’t like to throw things away. He figured that if somebody could build it, he could fix it.”

“Mom and Dad always played Scrabble and he would make up words just to tease her,” says Mary. “He was so calm with everything. She’d say, ‘a bomb could drop off next to you, and you wouldn’t even react.’ He would just laugh.”

His wife endured a lengthy illness, requiring constant care, of which Mr. Louis lovingly provided until her death.

He then became interested in computers, and searching the Internet for information on World War II and genealogy. He also enjoyed the propagation options of roses, grafting one to another, resulting in beautiful rose bushes of red, yellow, pink and white.

Each year, Dad would make a point of attending the family reunion. “Everyone in the family, including the current generation, have said that Uncle Louis was their hero,” says Mary. “They were extremely respectful. Everything was always about Uncle Louis. I didn’t realize the depth of it until I started taking over the reunions. This last reunion really set it apart for everyone. They had to have their pictures taken with Dad, group by group of each sibling. They had to have Uncle Louis in their picture.”

“My dad believed in the country that his family immigrated to,” says Louis. “Through all of the danger he faced during his experiences, he put fear behind him and didn’t complain.”

He received a full military service, with six to eight servicemen in attendance, a flag presentation, and a 20 gun salute.



Flight Crew. In 1943, Louis Lemos was assigned as a right gunner to the 44th Bomber Squadron, 40th Bomber Group, with whom he accrued 38 combat missions and over 340 flying hours.

these women, saying, ‘When push comes to shove, we need to take care of our own families, so you need to plan for this.’”

After retirement from active duty, he worked briefly for the Post Office, then as a civilian airplane mechanic at McClellan Air Force Base until retirement at age 62.

“He was extremely patriotic,” says Mary. “I remember the one time in high school I decided I wasn’t going to say the pledge of allegiance. Boy,

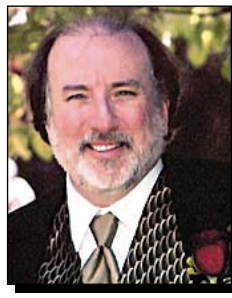
through. They would talk about stuff that we never heard about. They were just expected to do it, and it didn’t matter how tough it was or how scary it was, you just put all that stuff out of your mind. My first impression of these guys was how tough they were. Some people would say that they had it easy, because they weren’t down there in the trenches, but I think that sometimes people don’t really understand what it is these flyboys had gone through.”

## Carmichael Times

“Written by the people and for the people”

Serving Carmichael and Sacramento County since 1981

Publisher—Paul V. Scholl



**Publisher’s Statement:** It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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## Northminster Presbyterian Church INVITES YOU TO JOIN US AND CELEBRATE CHRISTMAS



### Special Advent Music

SUNDAYS, DEC. 5TH – 19TH 9:55 A.M.

Inspiring array of seasonal music by our Chancel Choir, Bell Choirs, Praise Bands, and Orchestra

### Advent Craft Faire

SAT., DEC. 4TH 10 A.M. – 2 P.M.

Make and take no-cost crafts for the family

### Jesus Birthday Party

FRI., DEC. 17TH 7 P.M.

Family fun – Children’s Musical (The Gospel according to children)

### Handbell Concert

SUN., DEC. 19TH 1 P.M.

Bel Tempo Benefit - River City Food Bank

### Christmas Eve Services

5:00 P.M. FAMILY SERVICE

10:00 P.M. CANDLELIGHT SERVICE

Carols, Bell Choir, and Scripture Lesson

3235 POPE AVENUE  
(between Watt and Fulton)

487-5192

www.NorthminsterOnline.org

Worshiping with the  
community since 1955

# Metro Fire Celebrates 10 Years of Service

Sacramento – This month, December, 2010 the Sacramento Metropolitan Fire District celebrates its 10th anniversary of the merger between two local fire agencies, which comprised 16 stand-alone fire districts.

Encompassing 417 square miles in Sacramento and Placer counties with 42 strategically located fire stations (including the cities of Citrus Heights and Rancho Cordova); "Metro Fire" is the region's largest fire district and the state's seventh largest fire agency.

"Consolidation has had its rewards – duplicative functions and positions were eliminated and the core services were improved," said Fire Chief William Sponable, who became Metro Fire's third chief in 2009 after serving as the district's Chief Financial Officer. "Had such a consolidation not occurred when it did, today many of the prior small fire districts would be in very serious financial trouble as so many others are throughout the state."

This is not to say that the downturn in the economy has not presented Metro Fire with challenges. During the past two years, Metro



Fire's management team and Board of Directors, in cooperation with its labor units, has taken actions to reduce the district's operating costs, including closing three fire stations in 2009.

Metro Fire has significantly reduced management and administration costs through staff reductions, including 24 recent layoffs of non-firefighting personnel. To close an \$11 million budget gap last year, cost-reduction initiatives were initiated and district firefighters agreed to forego contracted salary increases in both 2008 and 2009.

Sponable added, "I am proud to say in the face of these challenging economic times, Metro Fire has emerged as a leaner, more efficient organization that provides the best in emergency medical response and fire suppression services that our fiscal resources allow."

The economic reality is that Metro Fire is still under intense fiscal pressure. 80 percent of the district's revenues are from property taxes, which – due to the housing crisis – have been reduced by 12% since 2009.

The population within Metro Fire's geographic footprint has grown by approximately 40,000 residents during the past decade. Since the inception of Metro Fire service calls have increased 25 percent to approximately 75,000 per year.

"Metro Fire is working hard to maintain service levels," said Sponable. "The cost-cutting measures taken in recent years have driven our organization to achieve its greatest levels of efficiency. There is a fixed cost to operating the needed number of fire stations and units around the clock. Such a large investment is difficult to ratchet down every time there is a dip in property tax revenues."

Under the guidance of its Board of Directors, Metro Fire's management team and firefighting personnel look forward to serving the community in the coming decade and meeting the immediate fiscal challenges associated with a weak regional economy.

## SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

January 7-31, 2011 AWS Traveling Watercolor Show  
February 1-19, 2011 Aspiring Artist Debut 2011

February 1-19, 2011

WASH Scholarship Competition for High School  
February 22- March 12, 2011 "Animal House 2011" - It's a ZOO out there!



STEVE WALTERS, NWS - WATER MEDIA PAINTING WORKSHOP  
Intermediate-Advanced • Date: January 14 & 15, 2011  
Time: 9:00am to 4:00pm (with 1 hour lunch break)  
Place: Sacramento Fine Arts Center  
E-Mail: sfac@sacfinearts.org  
Cost: \$120 Members, \$150 Nonmembers  
(Supply list will be sent to your e-mail address after payment)  
Sign up early, spaces may fill quickly

5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713  
Hours: Open 11 AM to 3 PM Wednesday thru Saturday • Tuesdays 11 AM 7 PM.

### Library Friends to Host Warehouse Clearance Sale

The Friends of the Sacramento Public Library are hosting a Warehouse Clearance Sale at the Book Den Warehouse, 8250 Belvedere Avenue, Suite E, on Saturday, January 8, and Sunday, January 9, 10 am to 4 pm. A preview for Friends members only will be held Friday, January 7, 5 to 8 pm. The warehouse is currently

overstocked with a wide variety of books which must be sold so that room is available for incoming new donations. Proceeds will benefit the Sacramento Public Library system.

All books and other materials in the warehouse will be sold for \$6 a bag at the preview and during both sale days. Because of the reduced

prices, the Friends members' usual discount will not be offered at this sale. The Book Den store, which specializes in collectibles and better books and is located at the same site, will be open during the same hours with materials offered at regular prices. For more information, call 916-731-8493 or email fspl@att.net.

# Christmas Eve



## American River Community Church

3300 Walnut Ave. Carmichael

# Carols & Candle Light

Friday Dec. 24<sup>th</sup>

5:00 pm

www.arconline.org

483-3465

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## Are You a Descendant of a Revolutionary War Patriot?

You are invited to join the

# Sons of the American Revolution

This prestigious patriotic organization is dedicated to perpetuating the memory of our patriot ancestors, the history of our country, and the education of its citizens.

For more information, call 916-985-6544, or visit our website at [www.sarsac.org](http://www.sarsac.org). E-mail: [webmaster@sarsac.org](mailto:webmaster@sarsac.org)  
501(c)(3) non-profit EIN # 68-0004288



# WE WISH YOU A MERRY CHRISTMAS

**Aegis**  
From the Staff  
4050 Walnut Ave., Carmichael  
972-1313

**Carmichael Flowers**  
The Original since 1955  
From Ila  
6100 Fair Oaks Blvd., Carmichael  
483-8511  
Weekdays 10am-4:30pm  
Saturdays 10am-12 noon

**Carmichael Recreation & Park District**  
The Staff  
5750 Grant Avenue, Carmichael  
485-5322 Fax 485-0805

**Carmichael Water District**  
From Steve Nugent & Staff  
7837 Fair Oaks Blvd., Carmichael  
483-2452

**Coffman's Furniture Gallery**  
From Dave, Lisa & Staff  
6443 Fair Oaks Blvd., Carmichael  
482-9663 Fax 482-4276  
Mon-Sat 10am-6pm Sun 11am-5pm

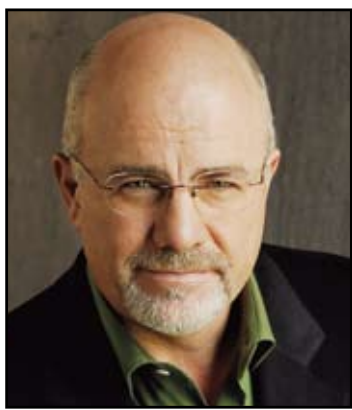
**Hoshall's Salon & Spa**  
From The Team at Hoshall's  
7330 Fair Oaks Blvd., Carmichael  
485-4941  
Now Open Sundays 10am-6pm

**House Cleaners**  
Senior Rates, Very Professional  
[sachousecleaners@hotmail.com](mailto:sachousecleaners@hotmail.com)  
Call Sylvia 955-6089

**Little Bo'tique**  
Alexander Leitaker  
4201 Manzanita Ave., Carmichael  
485-2229  
Upscale Children's Resale

**Marie Callender's**  
Cindy Garcia, Manager & Staff  
3129 Arden Way, Sacramento  
(Between Watt & Morse)  
481-0778  
Closed 6pm Christmas Eve  
Closed all day on Christmas





# Dave Says

do math they wouldn't be drowning in debt in the first place! Debt is not a mathematical problem, it's a behavior problem. I'm convinced that personal finance is 80 percent behavior, and only 20 percent head knowledge.

The reason the debt snowball pays off debt from smallest to largest—even though it may be mathematically incorrect—is that modifying your behavior and inspiring your desire to get out of debt is more important than the math. Your probability of becoming wealthy has more to do with your behavior than your financial sophistication or academic pedigree. And besides, I'm a practical application kind of guy—not a theory guy. That's why my way actually gets people out of debt when lots of other practices fail.

When you pay off a small debt it means you've experienced success, and that gives you hope. Then, you move on the next larger debt. When you pay that one off—and you've wiped out two debts—it really energizes you. At that point you start to believe in yourself and that you're on the road to becoming debt-free!

*- Dave*  
**Repaid the Money, but Relationship Suffering**

Dear Dave,  
I borrowed money from my parents and paid it back over time, but

now the relationship has become very difficult and strained. How can I fix this?

*- Claudia*  
Dear Claudia,  
If you paid them back, especially if it happened slowly or intermittently over time, there's really not a lot you can do if they choose to hold a grudge over the situation. Generally speaking, though, it just takes a little time to heal these kinds of things. My guess is they'll become more and more forgiving as time goes by now that they've been paid back.

I'm sorry you have to go through this, but I hope you've learned a valuable lesson in the process. Someone who lends money to a loved one has their heart—not their head—in the right place. It's okay to give money as a gift sometimes, but loaning money to or borrowing from someone you know will usually lead to broken hearts and broken wallets.

The borrower is always slave to the lender, Claudia. Besides, holiday dinners taste better when friends or relatives don't owe each other money. Eating with your master isn't nearly as much fun as eating with your family!

*- Dave*  
**For more financial help please visit [daveramsey.com](http://daveramsey.com).**

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.

## What's the Reason for Smallest to Largest on the Debt Snowball?

Dear Dave,  
Why do you recommend paying off your debts from smallest to largest when doing the debt snowball?

*- Mike*  
Dear Mike,  
This is a really good question! A lot of people wonder the very same thing when I bring up the subject of the debt snowball.

Many folks think paying off the debt with highest interest rate first is the best approach. This seems to make sense mathematically, but I realized a long time ago if those people could



Pastor Richard Reimer

Finally, our Northern California winter temperatures have arrived. The chill in the air sets the feeling for the holiday season. In the devotional book, SEASONS, by Charles Swindol, he tells of visiting a large Texas home with a dark wooden mantle over a massive fireplace. He noticed that some words were carved into this mantle so he got up from the overstuffed chair he was sitting in to take a closer look. He ran his fingers across the outline of each letter as his lips silently formed the words:

# The Cure for a Cold Heart

**"IF YOUR HEART IS COLD MY FIRE CANNOT WARM IT."**  
"How true" He thought. "Fireplaces don't warm hearts. Neither does fine furniture nor a four car garage nor a full stomach nor a job with a six-figure salary. No, a cold heart can be warmed only by the fire of the living God."

During the Christmas Season, is it the message of the Christian Church to declare the truth that Christmas is about God arriving in the person of Jesus Christ. Jesus, announced Himself as "the light of the world!". The one and only who brings warmth and light to a dark and cold human existence. (Page 382)

The cure for a cold heart is a personal relationship with your creator. You do matter to God and God does want a relationship with you. You have tried all sorts of ways to bridge the distance and coldness

you feel. The good news is that God has come to us. He came as the infant Jesus. Like a small spark he landed in a bed of straw. He first warmed the heart of his own mother, Mary, then the hearts of those outcast shepherds. Luke 2:19-20. The rest is HIS-tory!

Ask Jesus to rekindle His flame in you. Ask Jesus to be the light of your world and bring the warmth of His love and forgiveness into your inner spirit. Next time you build a fire or are around a fireplace talk to someone near you about this quote. Encourage them to find warmth and light in a personal relationship with God through faith in Jesus Christ.

*Merry Christmas!*

Pastor Richard Reimer  
American River Community Church  
3300 Walnut Ave., Carmichael, CA  
916-483-3465  
[www.arconline.org](http://www.arconline.org)



## 'Touch of Health' Weekly Vitality Workshop

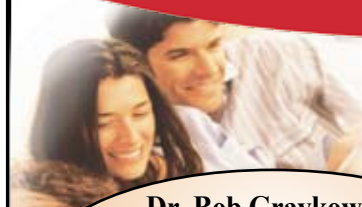


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## PRESENTS Scrooge

Northern California's favorite holiday musical, SCROOGE, will be presented at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. This is the 31st year that SCROOGE will be presented during the holiday season. SCROOGE will open with a performance at 8:00pm on Friday, Dec. 3rd and will continue to play on Fridays and Saturdays at 8:00pm and Sundays at 2pm through Dec. 23.

*Scrooge – (L) Rodger Hoopman, Boots Martin*

**Additional performances will be held at 7pm on Sunday Dec. 12 and 19, Thursday Dec. 16 at 7 pm, on and Monday, Tuesday and Wednesday and Thursday, Dec. 20, 21, 22 and 23 at 7pm. Admission is \$16 general and \$8 for children age 12 and under.**

The musical, based on Charles Dickens' "A Christmas Carol" features Rodger Hoopman in the title role, with a supporting cast led by Warren Harrison, Salina Donek, Boots Martin, Nicholas Maggio and Jon Jackson. This holiday tale of joy and redemption is suitable for all ages.

**The production is directed and staged by Warren Harrison. Costumes are by Salina Donek, with light design by Don Myers.**

**Visit the theatre website at [cplayhouse.org](http://cplayhouse.org) for ticket information and purchase or call the Chautauqua Playhouse at 916 489-7529. Group rates are available.**

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### Babysitting Safety

*Taught by Sheila Evans*  
Ages 12+ years

Babysitting Safety provides basic information for babysitters. Topics include infant and child CPR, choke management, child safety, play, feeding, diapering, emergencies and more. Upon successful course completion, each student will receive a nationally recognized completion card which is valid for 2 years.

**Location: Carmichael Park**  
**Day/Time: Tuesday and Wednesday, 9am-1pm**  
**Dates: 12/28 & 12/29**  
**Fee: \$20/\$20 lab fee paid to instructor at class**

### Carmichael Recreation and Park District is announcing these upcoming events

#### Princess Party

**Saturday, February 12 1-3pm**  
Ages 1-6 years • \$20 per child  
**La Sierra Community Center**  
5325 Engle Road

Here's an opportunity for your special princess to spend an afternoon having fun with other girls just like her! The professionals from Once Upon a Princess will provide us with tiaras, face painting, a tea party and other fun activities specially designed to treat your princess...like a princess!

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**For more information, call Tracy Kerth (916) 485-0805**

### Tiny Tots

*Taught by Kelly Stapp*  
Ages 3-5 years

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. A parent information packet is available at the time of registration. Returning students have priority.

**Location: Carmichael Park Tiny Tots Room**  
**Kindergarten Readiness**  
Day/Time: Mondays, Wednesdays and Fridays, 9am – Noon  
Dates: 1/3 – 2/14 (no class on 1/17), 2/28 – 4/8  
Fee: \$265

**Kindergarten Readiness**  
Day/Time: Tuesdays and Thursdays, 9am – Noon  
Dates: 1/4 – 2/10, 2/29 – 4/7  
Fee: \$180

**If you have any questions, please call Elizabeth Crisante at 483-7826 or email her at [ecrisante@carmichaelpark.com](mailto:ecrisante@carmichaelpark.com).**

**For more information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).**

## Audubon Offers Free Children's Field Trips

**Sacramento Region** – A birding trip to William Pond Park on January 8 will launch a new monthly program of free field trips for children and their families, Sacramento Audubon has announced.

The trips are designed for children 6 to 12 years old, who must be accompanied by a parent or

responsible adult. Binoculars suitable for small hands will be available for children who don't have field glasses of their own.

The goal of the trips is to introduce children to birds and the outdoors and teach them bird-watching skills. The trips will be led by experienced birders who are also good teachers,

Audubon notes.

The January 8 trip, like all the following ones, will start at 8:30 A.M. and end at 11 A.M. Reservations are necessary, and may be made by contacting the program leader, Maureen Geiger, at [mkeiger@sbcglobal.net](mailto:mkeiger@sbcglobal.net) or at (916) 444-0804.

## McClellan Park Chiefs Group Meeting

**Sacramento** –The Chiefs Group meeting is open to all personnel in pay grade E-9, Active Duty, Retired, National Guard, Coast Guard or Reserve and we welcome your attendance. We meet on the 3rd Thursday of every month on the second

floor of the Coast Guard Hangar on McClellan Park. Meeting starts promptly at 0700 hrs. In addition, a Continental Breakfast is available starting at 0630 hrs. Our group is active in many community projects as well as the Thanksgiving and

Christmas Food Basket Program. We also have an active Color Guard unit which participates in Funerals, Community events and school functions. If you have any questions, please contact CMSgt Moses at McClellan Park, 561-7507.



By Marlys Norris, Christian Author

Some people spend a whole lifetime trying to find the missing ingredient in their life. They fill their lives with material things, events, wealth, travel, work, people, socials, sports, drugs, sex, even religion trying to find the ingredient that will make them feel complete. Shouldn't they believe that one of those things would satisfy? Possibly for a short duration of time any one of those things give a sense of euphoria, but it doesn't last. Not one of those things gives them the kind of inner satisfaction,

## What's Missing?

meaning and purpose they are seeking. Depending on their temperament and personality they will jump from one to another, continually trying to fill that void in their life. Others may accept their lot and live in a state of denial but miss the mysterious one simple act that would give their life that special ingredient. And some will recognize their dilemma and diligently seek answers.

Will they find what's missing? The answer is not complicated but often too simple for many. A simple answer can be found yearly in the story as it is replayed in the church and news with the yearly celebration birth of baby Jesus (Christmas) and 33 years later, (Easter) His sacrificial death on the Cross. His Son's shed blood purchased and washed away mankind's acts of sin and reconciled us back to the Father. Jesus was the Father's gift to us and when we accept His Son, we become Jesus gift back to the Father.

When God created man/woman he placed an empty place in each of us for the residence of His Holy Spirit

to help every individual in their journey to "know and love" Him with their heart and soul. A simple willful act and many miss ever discovering it because of their rebellion and negligence. The void or empty place purposely left in each of us by God. This empty unfulfilled place can only be filled when a person accepts Jesus death on the Cross as payment for their wrongful acts (sin) and then, invite God's Son (Jesus) into a their heart and life. God's Words says "You must be born-again not of water but of the spirit to enter the Kingdom of Heaven". Just kneel where you are now and ask Jesus to come into your heart and life and you will be born-again into a brand new life. (John 3) and heaven is Father's gift for accepting His Son, Jesus Christ.

Marlys Johnsen Norris, Author  
 Marlys5934@sbcglobal.net  
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For Solution See Page 7.

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# Riley Reviews

FILMS WORTH THE EFFORT TO SEE; "THE TOURIST" NOT SO MUCH

the country. One of the most disturbing, intense dramas of recent years is Darren Aronofsky's "Black Swan," starring Natalie Portman as you've never seen her before. The film has already generated a fair amount of controversy for being a sexually-charged thriller about the machinations behind the scenes with a New York ballet troupe at the Lincoln Center. Of course, there's the titillation about the encounter between Portman's repressed ballerina Nina and sexy new dancer Lily (Mila Kunis).

Nina may appear to be the innocent, but she's ambitious enough to want to take over the lead role in "Swan Lake," as it is being imagined by choreographer Thomas Leroy (Vincent Cassel), a smooth-talking lothario who is very demanding on his dancers. A very proficient ballerina, Nina perfectly executes the role of the White Swan, but she seems too stilted to create the dark side of her alter ego, the evil Black Swan. This is where the sexually liberated Lily comes into the picture, looming as a rival to Nina's ambition. Meanwhile, Nina suffers from raging paranoia and many hallucinations, and she has to contend with her domineering mother (Barbara Hershey), the stage mother from hell.

In terms of pushing the limits of

psychological thrills to keep the audience on edge, director Aronofsky doesn't hold back in creating a hellish nightmare world for his top dancer Nina, who is driven to the brink of madness. "Black Swan" is lurid and sensational, not surprisingly for an R rated film. Who knew that ballet could so gut-wrenching and emotionally violent? One is likely to look back at "Black Swan" with the curious wonder of what was real and what was an illusion.

One of the best films of the year that may have even less distribution at theaters is "The King's Speech." You'll have to search this one out, and it will be worth the effort. This is based on the true story of the relationship between an Australian speech therapist and Albert, Duke of York, who had to overcome a speech impediment in the years leading up to his unlikely coronation as King George VI. Excellent actors Geoffrey Rush and Colin Firth are cast, respectively, as Lionel Logue, the unorthodox therapist, and the future king, known to friends as Bertie.

The Duke of York is unlikely to succeed his father, King George V (Michael Gambon) because his older brother David (Guy Pearce), an irrepressible playboy, is next in line. This is a good thing because Bertie stammers horribly when placed in a situation of public speaking. When David eventually becomes King Edward VIII, his reign is brief because he would rather abdicate the throne so that he can marry the twice-divorced American socialite Wallis Simpson. On the eve of World War II, the unprepared Bertie is thrust into the unwanted limelight, and it becomes imperative that he

must rally his countrymen to stand united against Hitler and the forces of evil.

As much as anything else, "The King's Speech" is a buddy film, albeit a strange, unorthodox and rocky road to friendship. Before he becomes King, Bertie is pushed by his loving wife Elizabeth (Helena Bonham Carter) - the future Queen Mother - to use the services of the eccentric Lionel Logue. Much of the movie is about the unsteady, twisting relationship between the self-taught commoner and the future monarch. There's plenty of give-and-take between the shy royal, who maintains a quiet dignity, and the brassy therapist. The future king's ability to lead his subjects in rousing speech is trapped inside him, and it's up to Lionel to entice it out of his royal pupil. "The King's Speech" is so good that it won't take much to coax some Oscar nominations for it.

**A Film Review by Tim Riley**  
BLACK SWAN (Rated R) and THE KING'S SPEECH (Rated R)

Judging from trailers alone, one movie that had the look of a must-see event was the pairing of a full-lipped, elegantly dressed Angelina Jolie and a scruffy Johnny Depp. They meet as strangers on a train and take off on one grand adventure to scenic Paris and Venice. "The Tourist" seemed to have it all, but Columbia decided not to have general press screenings, catering instead only to a select few overrated critics like Roger Ebert. Apparently, nobody figured out early enough to save the film that Johnny Depp is too improbable as a math teacher, one from Wisconsin no less. So far, the reviews haven't been too kind to "The Tourist," and though, notwithstanding the bad press, I remain curious about the film, I am willing to wait for the DVD release.

Fortunately, there are better movies available, though some may require a wait for an expansion to a greater number of screens around

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Man Goes "TOAD-AL" at High School Reunion

BEXAR COUNTY - After using Thera-Gesic® on aching joints, Tom W. attended last Friday's reunion where, according to 5 amused and concerned classmates, he went TOAD-AL. He squatted, extended both arms to the ground, arched his back and did his best to hop numerous times while croaking.

When asked to explain his behavior, he painlessly replied, "None of your dang business!"

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# POPPOFF!

with Mary Jane Popp

with any Christmas cookies that have landed in your house. Or treat yourself to something you REALLY like from your local bakery. Chocolate is always good.

6) Create your own seasonal cocktail and spend the greater part of December perfecting it...preferably with a hunky Santa.

7) Read "Over the Holidays" by Sandra Harper.

And perhaps the best way to approach the holidays is with a sense of humor. And Sandra takes it to the max with Vanessa's (one of her main gals in the book) Emergency Bag for surviving the holidays. Have these things handy:

*Extra strength aspirin*

*Coupon for free cheese pizza*

*Magazine article: "How to Create a Meaningful Holiday in Five Easy Steps"*

*Single serving of Chardonnay*

*Tin of Jelly Bellies*

*Lots of Kleenex*

Let's face it, we don't have the staff that Martha Stewart has to create all she does, and who cares. I thought Christmas was a season of love and sharing...even if it's just a cup of cocoa and a cookie. Or you can prepare some of Vanessa's Cinnamon Rolls. The recipe is pretty simple, and according to Sandra, you don't have to be a master bakery chef to

do it. Gotta' have something for the home-baked school potluck anyway. Here goes:

*1 package of refrigerated biscuits*

*Handful of chopped nuts*

*½ cup sugar*

*1 teaspoon cinnamon*

*Loads of melted butter*

Then :

- 1) Grease an 8" round cookie pan with some melted butter. Preheat oven to 375 degrees.
- 2) Separate biscuits and nestle them together in the baking pan.
- 3) Combine sugar and cinnamon
- 4) Brush loads of butter over biscuits and then sprinkle liberally with the sugar mixture and the nuts.
- 5) Bake 20 minutes or until brown.

Serves 6-8, and will satisfy that potluck requirement with not too much fuss.

And of course, you need to test at least one roll with a cup of java and a great book in a comfy chair!

See!!! It's not that hard. A little humor and a good attitude will help you make it through the insanity. Check out Sandra's website at [www.sandraharper.us](http://www.sandraharper.us) for more tips. HAPPY HOLIDAYS!!!

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



A hearty lunch or light dinner during the busy holiday season can be simple to create when you start with a great ham.

(NAPSA) - Preparing a delicious ham for the holiday dinner table can be easier than you think with help from a special holiday ham hotline staffed by experts.

The experts from Kentucky Legend Ham at the first hotline dedicated just to ham are at (866) 343-5058 from 9 a.m. to 7 p.m. Eastern Time, Monday through Friday until January.

"Even people who don't cook

often can wow their family and guests with a great ham dinner," says Diane Morgan, author of more than 14 cookbooks, including several on entertaining. "And the holiday dinner is just the beginning—the leftovers can star at every meal, from a breakfast omelette to economical casseroles for lunch and dinner."

The ham helpers can advise at-home chefs about choosing, preparing and serving ham, and even provide ideas for the tasty and versatile leftovers, including recipes like this one:

### Mediterranean Ham Sandwich

- 4 slices of Kentucky Legend Ham
- 4 slices of wheat bread or 2 croissants
- 1 package (3 oz.) softened cream cheese
- 2 tablespoons sliced, pimiento-stuffed green olives

Tomato slices  
1 small container alfalfa sprouts

If using croissants, cut in half; spread cream cheese evenly on each croissant bottom or two slices of bread. Place all other ingredients on top of cream cheese; replace croissant tops or bread slice and serve.

Kentucky Legend Hams have been made for more than 100 years in Owensboro, Kentucky, where producing great hams is done the traditional way-by hand, from a recipe handed down through generations. The hams are hand stuffed, hand selected and hand trimmed, then slow cooked in their own natural juices and double smoked for the legendary taste that gave them their name.

To learn more about Kentucky Legend Hams and to find recipes, go to [www.specialtyfoodsgroup.com](http://www.specialtyfoodsgroup.com).

## GET OVER THE HOLIDAYS

The holidays are upon us! Oh my gawd!!! The horrors return like your mother-in-law criticizing the centerpiece you spent hours creating or grandma thinking the gravy is too watery and on and on. Can you cope? Sandra Harper thinks you can, if you find some humor in the holidays with her book "Over The Holidays."

Sandra has seven strategies to survive the holidays:

- 1) If your sister or best friend is one of those gals who LOVE Christmas, then let THEM do your shopping and cooking.
- 2) Take a second job that leaves you no time for holiday fussing, and extra cash for the things you'd rather be doing.
- 3) Have dinner out (and margaritas) with your girlfriends with the promise of no gifts and split the bill
- 4) Go to the movies as long as it's not a film ABOUT the holidays.
- 5) Make yourself tea every afternoon (spike, if needed), and enjoy



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**Carmichael Chamber of Commerce**

**Desperately Seeking Susan**  
2011 Person of the Year Banquet & Award Night  
Friday, January 7, 6:30 pm at The Palace, 6309 Fair Oaks Blvd., Carmichael  
Honoring Sacramento County Supervisor Susan Peters for Service to County, Chamber and Community. This fund-raiser event also appoints our 2011 Business Person of the Year; recognizes our new Honorary Mayor and installs the 2011 Board of Chamber Directors.

**Princess Party**  
Saturday, February 12, 1-3pm  
Ages 1-6 years • \$20 per child  
La Sierra Community Center, 5325 Engle Road  
Here's an opportunity for your special princess to spend an afternoon having fun with other girls just like her! The professionals from Once Upon a Princess will provide us with tiaras, face painting, a tea party and other fun activities specially designed to treat your princess...like a princess!

**Carmichael Chamber Luncheon**  
Tuesday, January 25, 2011, 11:30am - 1:00pm  
Education Building  
Cypress Avenue Baptist Church  
5709 Cypress Avenue, Carmichael, 95608  
Guest speaker is Joyce Arredondo of the Juvenile Parole Board. Raffle prizes  
RSVP by Thursday, September 23 to 482-1002 or [linda@carmichaelchamber.com](mailto:linda@carmichaelchamber.com).

**Membership Changes**

Beginning January 1, 2011, the cost for residential members will be \$30 per person. Those who have already paid, will not pay the new price until their next renewal.

Contact us for more information on the Carmichael Chamber of Commerce  
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# Sacramento Public Library Events

### History books discussed at Carmichael Library monthly meetings

Carmichael Library History Book Club mixes fact and fiction for a clearer picture of what has happened in world history. The adult book club meets at 6:30 p.m., on the first Tuesday of each month, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Attendees are encouraged to bring snacks to share with other book club members. For more information on the following book discussions, please telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org).

- January 4: The Things They Carried, by Tim O'Brien
- February 1: The Worst Hard Time, by Timothy Egan
- March 1: In the Valley of the Kings, by Daniel Meyerson
- April 5: The Great Mortality, by John Kelly
- May 3: The Big Burn, by Timothy Egan

### Yu-Gi-Oh Tournament

Teen Program  
December 22, Wednesday, 3:30 p.m. to 4:30 p.m.  
Teen Program  
Join other Yu-Gi-Oh enthusiasts for a card tournament. Bring your own deck or a willingness to learn. Beginners welcome. Prizes.

### Preschool Storytime

December 23, Thursday 10:15 a.m. - 11:45 a.m.  
Preschool Storytime (3-5yrs)  
Join Miss Angela for 30 minutes of stories, fingerplays, music, and more. Lots of fun for kids 3-5!

### Toddler Storytime

December 23, Thursday 11:15 a.m. - 11:45 a.m.  
Toddler Storytime (1.5 - 3yrs)  
Toddle on over to the Carmichael Library for 20 minutes of short stories, easy fingerplays, and songs. The goal is to have fun with stories, words, and each other.

### Carmichael Movie Matinee

December 23, Thursday, 3 p.m. to 6 p.m.  
Teen Program  
Bring your friends and enjoy a movie @ Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles

### Banned Book Club

December 26, Sunday, 10 a.m. to 10 a.m.  
Book Club  
Books have been banned since books have been published. At Carmichael Library we proudly read BANNED BOOKS. Bring a snack to share and help us dissect December's selection: A Separate Peace by, John Knowles.

### Carmichael Family Game Day

December 26, Sunday, 2 p.m. to 4 p.m.  
Family Program  
Drop in and play some board, card or Wii games on the fourth Sunday of the month. All sorts of games for all ages. We supply the games, you supply the fun! You're welcome to bring a snack with you.



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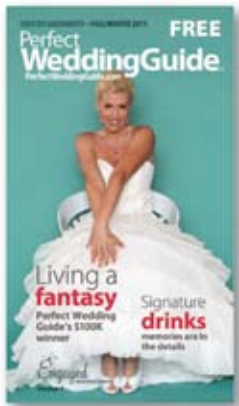


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## Recharging the Battery Made of Water

worth a moment's consideration, because we're just as dependent on water as we are on energy.

First, winter snows at high elevations build up over time. Near the start of the summer, those snows melt. Water enters creeks that flow down into larger streams. That's why a healthy snowpack at high elevations leads to plentiful water in rivers during the summer. With current climate trends in the western U.S., snowpack runoff may happen earlier in the spring and summer—with important consequences for our ability to generate electricity and meet peak irrigation needs later in the warm season.

But there's a second, more invisible, way that precipitation is crucial to our water supply. In several regions of the country, aquifers hold water beneath our feet and supply the water that we all depend on.

Here's the story. As we all can observe, rain and snowmelt soak into the soil. What we can't easily see is that part of the water in the soil continues to move downward. It's a slow process, but over time water trickles into the little cracks and tiny holes that exist in the solid rock that's beneath the soil.

If you drill a well down through the soil of my backyard and into the rock under it, you'd reach the water table. That's the depth beneath which water flows into open holes in the Earth, like wells.

Rock doesn't hold a lot of water. Imagine you could look at some of the rock under my house that's beneath the water table, a cubic piece of solid stone that was one foot on each side. Only a

thimbleful of water would flow from that rock into a well, nowhere near enough to fill my coffeemaker each morning.

But a good well gets the benefit of the water that's stored in huge volumes of rock. And each morning I fill my coffee pot with water exactly like that, what geologists call groundwater from a deep aquifer.

All aquifers have to be recharged. That's what is happening at this time of year. Snow and rain are trickling down into soil. Over time, water will move into the rock underneath the soil, recharging the systems on which so much depends.

It's an unfortunate fact that we are pulling water out of major American aquifers at a faster rate than Mother Nature recharges them. The day will come that we will have to change our way of doing business. It's not that we will abruptly have no water at all to use, but that we'll have to engineer more solutions to meet our needs, deal with new environmental impacts, and end up spending a lot more money for water than we're used to doing.

It's impressive that such a simple substance as water gives us so much we really need to think about. For the New Year let me raise with you a toast of cold, clear water – an often overlooked but precious gift.

*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 Sciences at Washington State University.*

### ROCK DOC

By Dr. E. Kirsten Peters

It's that time of year once again. As a geologist, I'm not thinking of the holiday season when I note this time on the calendar. What's impressed me lately is the clear start of the annual cycle in which we benefit from a recharging of the nation's water supply.

In late November, while I was digging my pickup truck out of 14 inches of snow, I had time to meditate on the importance of this time of year. Not long after my shoveling effort, the Midwest was hit by major snowfalls. Now other parts of our geographically complex nation have had substantial rains.

Both snow and rain are different ways of spelling water, of course. Roughly 10 inches of snow are the same as an inch of rain. I say "roughly" because snow can be dry powder, in which case it doesn't have much water content, or sloppy stuff that weighs a heck of a lot more because it's got more water in each scoop of my shovel.

There are two basic ways that significant parts of the country will depend on this winter's snow and rainfall well down the road. That's

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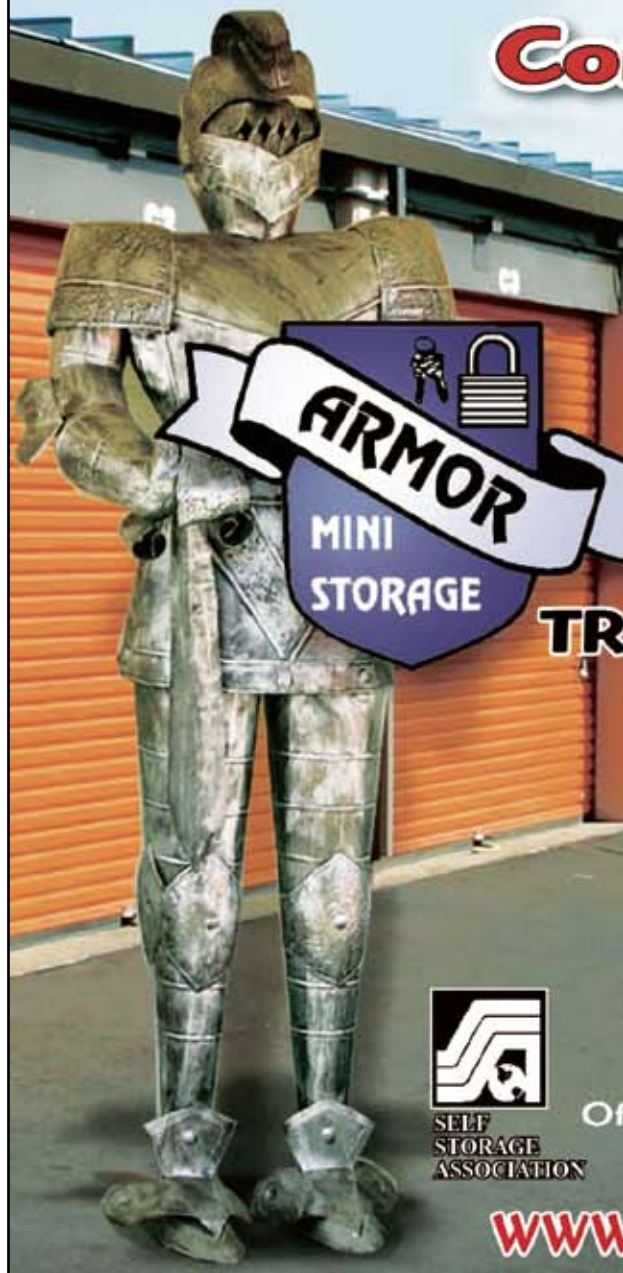
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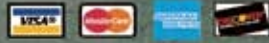


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