

Carmichael Times



A Tasteful Way of Making the Most of the Holidays

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Volume 30 Issue 48

Serving Carmichael and Sacramento County since 1981

December 1, 2010

Getting Ready for the Most Wonderful Time of Year



Carrier Pickup allows customers to make online requests to have prepaid packages collected for free by their carrier the next delivery day.

Sacramento Region - Neither rain nor snow nor heat nor gloom of night will keep the Postal Service from doing what it does best — delivering the holidays. Between now and Christmas Eve, the Postal Service will deliver 15.8 billion cards, letters and packages across the country and around the world.

"The holiday season isn't just the busiest time of the year for the Postal Service — it's our best time of year," said Steve Forte, senior vice president, Operations. "We're the holiday mailing and shipping experts."

The Postal Service expects to deliver nearly 3 billion cards and letters over the holidays and there are more than 3 billion holiday stamps available to handle the volume.

This year, a snowman and the words "Happy Holidays" will appear in the upper right-hand corner of greeting cards and letters mailed during the month of December.

During this holiday season, the Postal Service also expects: 97 million customers to visit a Post Office; 30 million pounds of mail to be delivered to overseas military installations, including Iraq and war zones in Afghanistan; 4.7 million shipping labels to be printed using Click-N-Ship.

The busiest mailing day is set for Monday, Dec. 20. More than 800 million cards, letters and packages are expected to be mailed on that day alone, compared to 559 million on a typical day. Wednesday, Dec. 22, will

be the busiest delivery day. Staff at the National Operations Center work 24/7 to help navigate mail movement around the world.

"We've been delivering the holidays for the past 235 years, and we're proud to deliver excellent service to our customers, especially during this busy time of year," added Forte.

More than 47 million customers will skip the trip to the Post Office this holiday season and take advantage of the Postal Service's convenient online shipping at usps.com. Customers can print shipping labels, pay for postage and request free package pickup while staying warm and comfortable in their homes or offices. The Postal Service will deliver free shipping supplies, including the popular Priority

Mail Flat Rate Boxes, and also pick up packages for free when customers ship online using the Postal Service's website.

The Postal Service receives no tax dollars for operating expenses, and relies on the sale of postage, products and services to fund its operations.

Visit the Postal Service's holiday press room at usps.com/holidaynewsroom.

A self-supporting government enterprise, the U.S. Postal Service is the only delivery service that reaches every address in the nation, 150 million residences, businesses and Post Office Boxes. The Postal Service receives no tax dollars for operating expenses, and relies on the sale of postage, products and services to fund its operations.

Fire Safety Project on the American River Kicks Off

Sacramento Region—On November 29th, a timely fire protection project kicked off on the American River Parkway. The work, which is to be funded by grant money, will take place on Regional Parks property adjacent to homes and subdivisions.

The Sacramento Regional Conservation Corps received the grant for reducing fuel loads along the American River Parkway and its urban/suburban borders. These include many areas that have been identified by the Metropolitan Fire District as high fire risk for homes and property bordering the Parkway. Until now, there have not been adequate resources to improve the level of fire protection in these areas. High priority fuel reduction areas include the bluffs along Ancil Hoffman Park, Sacramento Bar, and Sailor Bar, as well as in the ravines behind the homes of the Natomas Heights and Rollingwood subdivisions.

The project goal will be to improve fire safety along the Parkway borders while maintaining its natural character. No healthy trees are expected to be removed. The primary objective will

be to reduce the risk of fire burning up into the tree tops—canopy fires are more destructive, faster moving, and difficult to control than ground fires. Lower tree branches will be limbed-up to 10 feet, ladder fuels, such as vines will be cut, and dead wood will be removed from the fire break area. As time allows the Corps crews will also be in other Parkway areas, removing invasive, nonnative plants, planting fire-resistant native sedge plants, and installing barriers at unauthorized trails and camp sites. All work will be completed under the guidance of Sacramento County Regional Parks and Metropolitan Fire District personnel.

Over the next year, when Conservation Corps crews are in the area, park users and nearby homeowners may see and hear crews using hand-tools, including chainsaws, and a wood chipper. Signs will be posted and homeowners will be notified in advance of firebreak work.

If you have any questions, please contact Regional Parks at 916-875-6672 or visit www.sacparks.net.

Bel Tempo Handbell Christmas Concert

Sacramento—Celebrate the Christmas season and support the River City Food Bank as Bel Tempo Handbell Choir presents "Ring We Now of Christmas" on Sunday, December 19, at 1 p.m. at Northminster Presbyterian Church (3235 Pope Avenue). Bel Tempo is a community handbell choir sponsored by Northminster and directed by Mary Balkow. The concert will include sacred and secular Christmas melodies arranged for handbells and will feature

the violin, oboe, and clarinet on some songs. The audience will also have an opportunity to ring along.

This performance is a benefit concert for the River City Food Bank to help in its rebuilding after it was tragically burned a few weeks ago. Proceeds from a freewill offering at the concert will go directly to the River City Food Bank. Attendees to the concert are asked also to bring a canned food donation. For more information, call 487-5192.

Holiday Recipes Available at CarmichaelTimes.com

Carmichael Times is making dozens of recipes available to our readers just in time for the holiday season. You can find recipes from salads to entrees to desserts on our website under the recipe section on the homepage.

Our website includes hundreds of

additional articles not found in the printed copy of the newspaper. They include articles on finance, family, travel, care car, beauty, consumer news, food, fashion and more.

We bring you a complete "Sunday" newspaper product online every week. Check it out at CarmichaelTimes.com.



Virginia, Effie Yeaw Nature Center's Great-horned Owl, Dies at 35

Carmichael - Virginia, Effie Yeaw Nature Center's great-horned owl, died November 18 at an astounding 35 years of age.

Virginia became one of the star attractions of the Nature Center since moving there in 1987. Many awe-struck visitors could sense the wildness she retained. In fact, she would stand her ground and hiss when her caretakers needed to work with her.

The great-horned owl's scientific name is *Bubo virginianus*. So Virginia, who would stand so proud

and look you right in the eye (if she was awake) received her name from her biology. Stately and stoic-looking, Virginia offered countless city kids — indeed, amazing nearly 1 million visitors — a chance to make eye contact with nature.

Virginia's life story began in tragedy. In the summer of 1984, wildlife rescuers found her on the side of I-5 just north of Woodland, after being hit by a vehicle. Virginia's left wing was permanently damaged and eventually had to be removed, making her unable to fly and hunt

for food. At the Effie Yeaw Nature Center, she lived in relative comfort, subsisting on a rich, balanced diet of mice, rats and quail purchased from USDA-approved vendors. At night, she sometimes made the deep, distinctive "Who? Who?" call to the theater of the empty nature center.

Virginia's grace and wildness stayed with her until the end. She will be deeply missed by all whose lives she touched.

For more information about the center visit www.sacnaturecenter.org

Virginia (pictured on the left), Effie Yeaw Nature Center's great-horned owl, was one of the star attractions of the Nature Center since moving there in 1987. Photograph by Betty Cooper.

Blue Lights at Christmas

Sacramento Region - —The holidays and decorating homes with lights inside and outside is just around the corner. Around the country some communities encourage residents to feature one window of their home or a part of their outdoor display using only BLUE LIGHTS as a salute to all our Law Enforcement Officers. In recent years, in Sacramento County and surrounding Counties we have lost too many officers responding to their duties and it ended with injury and sometimes death. These BLUE LIGHTS during the holidays would be a public way to remember and thank all these men and women in law enforcement who help protect us 24/7.

I hope you will consider doing this. It is really a small thing to do for the men and women who put their lives on the line for us every working day and night.



By Pastor Cary Duckett

When the Pilgrims celebrated the first Thanksgiving, things had not gone as planned for them. They came to America so they could have freedom to worship Jesus Christ. But on the trip over and after they got here everything went wrong. About half the people died in the settlement. It was an incredibly harsh winter. The Indians were hostile. The crops they had planted wouldn't grow. They suffered one disappointment after another. They had every reason in the world to be resentful towards God. Yet in the midst of all the things that were going wrong in their lives what did they do? They had a Thanksgiving Service.

How can you be grateful in the middle of a recession and when things don't go right for you? A famous English Bible scholar named Matthew Henry was once attacked by

There's Always Something to be Thankful For

thieves and robbed of his purse. He wrote these words in his diary: "Let me be thankful. First, I was never robbed before. Second, although they took my purse, they didn't take my life. Third, although they took my all, it was not much. Fourth, let me be thankful because it was I who was robbed and not I who did the robbing."

The Pilgrims and Matthew Henry in the story above were able to rise above their problems with thankfulness in the hearts because of their perspective. Our problem is the way we looking at things. The Bible says, "Celebrate God all day, every day...I'd say you'll do this best by **filling your minds and meditating on things true, noble, reputable, authentic, compelling, the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse.**" Philippians 4:4,8 (Msg). What you choose to focus on has a greater influence on your life than anything else.

The attitude of gratitude gets your eyes off the problem and puts them on the positive things in your life. John Henry Jowett, a British preacher of an earlier generation, said this about

gratitude: "*Gratitude is a vaccine, an antitoxin, and an antiseptic.*" What did he mean? He meant that gratitude, like a vaccine, can prevent and heal a discouraged spirit. Like an antitoxin, gratitude can prevent the affects of the poisons of cynicism, criticalness, and grumbling. Like an antiseptic, a spirit of gratitude can heal a depressed spirit.

Develop the attitude of gratitude today by counting your blessings. Thank God for all the good things in your life. Make a list of 50 things you can be grateful for; it's a great antiseptic to discouragement!

One day Jesus healed ten people with leprosy. The Bible says after they were healed that only one person came back to Jesus to thank Him. Jesus asked, "Didn't I heal ten men? Where are the other nine?" Luke 17:17 Have you expressed your gratefulness to God lately? There's always something to be grateful for.

You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.

An Economical Yet Tasteful Way to Make the Most of the Holidays



For a taste of tradition, serve or give an elegant Christmas Pudding during the holidays. It could make your get-togethers more fun than the Fezziwig's ball.

(NAPSA) - The state of the economy doesn't have to leave you feeling like Ebenezer Scrooge this holiday season. Instead, you can celebrate with the warm and delicious tradition of giving gifts of great food to friends, family and guests.

For example, consider a Christmas pudding Mrs. Cratchet would have been proud to serve. It's been not only a highlight of holiday meals for centuries, but it can also be very economical. The pudding is generally prepared using breadcrumbs, raisins and other fruits and spices available around the house.

Given the investment many holiday bakers make in ingredients, such as nuts and dried fruits, it's usually wise to invest in fresh ingredients to help your holiday treat turn out as intended.

April Osburn, Culinary Classroom Manager for Clabber Girl, stresses that using outdated or near-date ingredients in your recipe can dramatically affect the finished product. "The holiday season is a time when you are baking to impress, and time, as well as money, is at a premium. The last thing you want to do is let an expired ingredient cause your recipe to fail. Using old baking powder can make your baked item flop. Not only is the rise of the product affected, but using old ingredients can compromise taste and the integrity of your baked goods."

It's important to be sure all your ingredients are fresh, especially baking soda, baking powder, cornstarch, flour and spices. Replace any that are a year old or more. If in doubt,

start anew and date each item to be sure you'll know each time you bake.

This holiday season, impress everyone with the Christmas pudding that can make a great addition to a neighborhood cookie exchange, a visit with family or as dessert for your own holiday dinner.

Christmas Pudding

- 2 1/2 cups all-purpose flour, sifted
- 1 teaspoon Clabber Girl Baking Powder
- 1 1/2 teaspoons baking soda
- 1/4 teaspoon salt
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1 cup milk
- 1/4 teaspoon nutmeg
- 1 1/2 cups raisins
- 1/2 cup currants
- 1/3 cup chopped citron
- 1 cup packed brown sugar
- 3/4 cup margarine, softened
- 2 eggs

Mix and sift dry ingredients. Add fruits and stir until they are well coated. In a separate bowl, cream butter and brown sugar until fluffy. Beat in eggs and add flour/fruit mixture alternately with milk. Mix well. Turn into greased 11 1/2 quart mold. Cover and steam 2 hours. (To steam, set mold on a rack in large kettle/saucepan. Keep boiling water to half the depth of the mold, adding water during steaming process when necessary.)

Makes 8 servings.

Learn More

You can find more recipes and food ideas at www.clabbergirl.com.

Free Holiday Concert

Sacramento - The Sacramento Concert Band, under the direction of Grant Parker, will be presenting a holiday concert at 7:30 PM on Monday, December 6, 2010, at Christ Community Church in Carmichael.

This is the 41st season for the fifty-five member Sacramento Concert Band, an outstanding wind ensemble

comprised of talented volunteer musicians from Sacramento and the surrounding areas.

The concert is free. Christ Community Church is located at 5025 Manzanita Avenue between Winding Way and Madison Avenue. Directions: Take the Madison Avenue east exit from Interstate 80.

Turn south on Manzanita Avenue. The church is on the right about 0.3 miles past the Madison/Manzanita intersection. More information is available by calling (916) 691-7632.

The Sacramento Concert Band is a non-profit organization sponsored by the Sacramento Valley Symphonic Band Association.

We are Looking for Veterans to Join Our Post VFW POST 2324 Carmichael.

Are you a veteran from WW2, Korean War, Vietnam War, Desert Storm, Iraq, Afghanistan War? If you been honorably discharged and have a current DD214, Please Contact The Post Commander Edward B. Holm. PH (916) 722-9603 or Post Quartermaster Steven H. Rambo PH (916) 847-5496.

On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to 12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!

THANK A VETERAN TODAY

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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We are proud members of these newspaper associations.

Widowed Persons Association of California, Inc.

Office Hours
10:00 am- 3:00 pm
Monday through Friday
916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from 3:00 pm-5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

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-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

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. E-mail: webmaster@sarsac.org 501(c)(3) non-profit EIN # 68-0004288

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Call Lenka (916) 338-7156

SACRAMENTO SYMPHONIC WINDS

}

Save the dates!

La Sierra Series

- Sunday, December 12, 2010 at 3pm
- Sunday, March 20, 2011 at 3pm

All performances are at La Sierra Community Center 5325 Engle Road, Carmichael 916-489-2576 • www.sacwinds.org

Sacramento County 4-H Horse Project is Having a Tack/Swap Craft Fair

The Sacramento County 4-H horse project is having a tack/swap craft fair December 12th, 2010 at the Sacramento Horseman's Association and the address is 3200 Longview

Drive at the club house. It starts at 10am to 3pm. If you want to reserve a booth its only \$40.00, a table is only \$20.00. All proceeds from the booth rental fee goes toward supporting the

County 4-H Horse Project. Set up time will be 8-10am. For more information please contact Alan Edwards at 916-997-2740, or Tina Jacobson at 209-327-3395.

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

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- Handyman Services
- And More!

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916-372-9640



Carmichael Recreation and Park District is announcing upcoming events

St. John's Holiday Craft Faire

"A Holiday Show of Hands"

Saturday, December 4, 9am-7pm

Sunday, December 5, 9am-3pm

Free Admission!

St. John the Evangelist School
5701 Locust Avenue in Carmichael
(916) 481-8845

Enjoy this arts and crafts Christmas sale featuring custom work by over 150 artists. Special features include the Fashion Pavilion and antiques and collectibles in the Antique Cottage. New this year – the Green Room!

7th Annual Holiday Tree Lighting

Free and fun for all ages

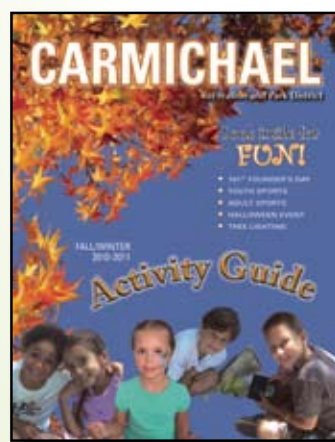
Thursday, December 9, 6pm

Carmichael Park, 5750 Grant Avenue

(in front of park)

Sponsored by the Carmichael and Mission Oaks Recreation and Park Districts and the Carmichael Kiwanis Club.

For more information call 485-5322.



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

Sacramento Symphonic Winds Concert

Sunday, 3-4:30pm • December 12

La Sierra Community Center, 5325 Engle Road
\$7/person, seniors \$5, kids under 12 free
Plenty of FREE Parking!

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!



If you have any questions, please call Elizabeth Crisante at 483-7826 or email her at ecrisante@carmichaelpark.com.

Regional Forum: Rural-Urban Connections Strategy



Join us Friday, December 10 at 7:30 a.m. at the Sacramento Convention Center

- Keynote address from USDA Rural Development Deputy Under Secretary Victor Vasquez
- Highlight the role of agriculture in the region
- Explore agricultural conditions and challenges with representatives of agriculture from around the Sacramento region
- Identify market opportunities for expanding regional agricultural activity
- Share innovations from the project to help shape our region's economic and environmental health

Register today, for this FREE event, space is limited.
www.sacog.org
(916) 321-9000



Celebrate the Holidays with the Crocker Art Museum

Sacramento – 'Tis the season for the Crocker Art Museum to get decked out for the holidays and welcome visitors for a free family festival, one-of-a-kind-gift shopping, and much more. Beginning Tuesday, November 23rd, visitors have been enjoying a festively dressed, 18-foot tall holiday tree on display in the Museum's Historic Ballroom.

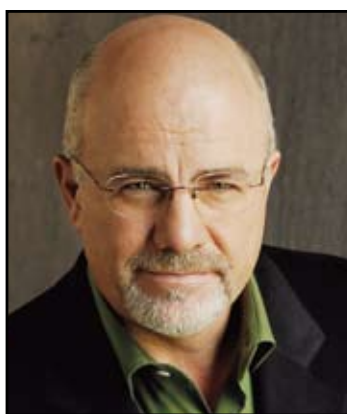
Nearly 100 regional artists and craftspeople will offer their unique creations during the Crocker Art Museum's Holiday Art & Craft Festival over Thanksgiving weekend. This year's offerings will include jewelry, ceramics, paintings, gourmet food, and unique holiday items. Attendees will also enjoy delicious treats by Ambrosia Catering. For those who would like to capture the holiday spirit, there will be a Victorian Santa Claus available for a memorable photo opportunity.

The three-day Festival is held at the Scottish Rite Center, located across from the main entrance of California State University, Sacramento, at 6151 H Street. Festival hours are Friday, Nov. 26, from 1 to 7 p.m., Saturday, Nov. 27, from 10 a.m. to 5 p.m., and Sunday, Nov. 28, from 10 a.m. to 4 p.m. Admission is \$6 for adults, \$3 for seniors, students and children, and free for members of the Crocker Art Museum and Creative Arts League of Sacramento. Parking is free of charge.

The Museum Store offers unique gift items for everyone on your holiday gift list. In addition to holiday cards featuring works of art from the Crocker's permanent collection, the store stocks a selection of books to inform and fuel creativity, as well as hand-crafted jewelry, ceramics, and glassware by talented artisans. Gift memberships to the Museum are also

available and include free Museum admission for one year, as well as discounts on programs, events, memberships, the Museum Store and the Crocker Cafe.

The Crocker Art Museum was established in 1885 and is one of the leading art institutions in Northern California. The Museum offers a diverse spectrum of special exhibitions, events and programs to augment its collections of Californian, European, Asian, African and Oceanic artworks. The Crocker is located at 216 O Street in Downtown Sacramento. Museum hours are 10 a.m.-7 p.m., Tuesday-Wednesday; 10 a.m.-9 p.m., Thursdays; 10 a.m.-5 p.m., Friday-Sunday. Every Third Sunday of the month is "Pay What You Wish Sunday" sponsored by Bank of America. For more information, call (916) 808-7000 or visit crockerartmuseum.org.



Dave Says

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.

College Kids Don't Need New Cars

Dear Dave,

I'm 24, and I'm finishing up college. I've been driving an old, used car for a while now, and I'm thinking about getting a new one. I've managed to save up about \$30,000 from my jobs, but every time I go to a car dealer they want me to finance a new car instead of paying cash for one. What do you think I should do?

- Devon

Dear Devon,

Who gives a crap what the car dealers want? This is *your* purchase,

not theirs. Besides, the only reason they want you to finance is so they'll make a lot more money off the deal.

Dude, you're a 24-year-old college student who has been smart enough and industrious enough to scrape up \$30,000 over the last few years. You don't need to throw a huge chunk of that into something that's going to go down in value like a rock. New cars lose 60 percent of their value in the first four years. A \$28,000 car would be worth around \$11,000 after that period of time. That's not what I call a smart investment.

You don't need a brand-new car, Devon. Once you've got a million dollars in the bank, *then* you can go out and buy a new car. For now, you need to stick with good, used, low-mileage vehicles that are about three or four years old.

If I were in your shoes and had your budget, I'd shop around and pay cash for a cool little \$10,000 car. You can get a great automobile for that kind of money, plus you'll still have the majority of your savings sitting there!

- Dave

No, No, No!

Dear Dave,

Should I take \$20,000 out of my thrift savings account to use as a down payment on an investment

property? My payment would be \$1,200 a month, and I could lease it for \$1,500 a month. It will also give me a better return than if I left it in my savings account, even with all the penalties. What do you think?

- Cecilia

Dear Cecilia,

So, you want to cash out retirement, and take a penalty, to buy an investment property. And on top of that you're going to take on debt, too? This is like combining two dumb things into one big mess. I don't think so!

I understand the allure of real estate. I love real estate. But it's pretty obvious you've never been a landlord. Bringing in \$1,500 and paying out \$1,200 sounds good to you, but there's also a lot of risk involved, and that's something you haven't figured into the equation. Sometimes you have places that just sit there empty. Other times you have renters who don't pay, things that need fixing, or people who just tear stuff up.

The idea that you're going to make a bunch of money off this situation is pure fantasy. Don't go there!

- Dave

For more financial help please visit daveramsey.com.

CHAUTAUQUA playhouse

PRESENTS

Scrooge AND Kancelled Krismas Karol

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.

The Chautauqua Children's Theatre will present the return of "KANCELLED KRISMAS KAROL" at the Playhouse on Saturdays, opening on December 4 and playing through December 18. Showtimes are at noon and 2 pm (Saturdays only). This delightful tale tells the story of Santa's reindeer on vacation and their encounter with the villainous Christopher Crum. The play is written and directed by Marie Raymond. All seats for the children's shows are \$7.

Visit the theatre website at cplayhouse.org for ticket information and purchase or call the Chautauqua Playhouse at 916 489-7529. Group rates are available.

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Get some more customers. Then we'll talk.

Thanks,
A Guy Walking By

Monthly Military Retiree/Spouse Meeting

Our first meeting in 2011 is scheduled for 11 Jan. Our meeting will be held in the North Highlands Community Center at 6040 Watt Ave. Starting time is 1030 hrs and the subject will be Social Security. This area is important to all of us so you don't want to miss this one. Come on out and enjoy a cup of coffee and some great fellowship. Questions can be referred to our staff of volunteers, Mon thru Thurs, 0900 to 1500 hrs at 916-561-7476.



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Military Veterans' Benefits Discussed at Free Sacramento Central Library Program

Sacramento – The Sacramento Public Library and the California Department of Consumer Affairs (DCA) will present free monthly programs on a range of financial, health-related, and legal topics. Take Charge California! @ Your Library presentations will be at 12

noon, on the first Wednesday of each month, in the West Meeting Room, at the Central Library, 828 I Street, Sacramento.

Reservations are not required, and light refreshments will be served.

The next Take Charge California!

@ Your Library program scheduled at the Central Library is Have a Safe and Scam-free Holiday, at 12 noon, Wednesday, December 1.

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



Marlys Norris, Christian author
By Marlys Norris

Regardless of what befalls your life YOU CAN rise above every adversity and get through it! YOU CAN, because God is always in you and with you wherever you go. He will show you the way and He will take you through it. There is nothing that touches your life that has not first passed through His personal love just for you. He has allowed it to touch your life, not always to hurt, but to teach someone else a valuable lesson and cause them to look to Him about their own life.

If someone has attacked you with angry unkind words, YOU CAN forgive them — even if they never say they are sorry or give you an

You Can !

apology. YOU CAN do it because your personal relationship with the God of the Bible instructs you to forgive that person Seventy times Seven (70x7 times — Read: Matthew 18:22) YOU CAN AND WILL DO IT because your relationship with God is supremely important to you. To please Him in every area of your life is ultimate. Our reactions and reactions either honor or dishonor him before others. "Let no corrupt communications proceed out of your mouth, but that which is good to use of edifying, that it may minister grace unto the hearers". (Ephesians 4:29) When we do this, we have learned from the Holy Word valuable lessons that honor God and bring Him the Glory He alone deserves.

Every unfortunate experience we have in our lives teaches us specific lessons we need to learn. They also teach us how far we have come in experiencing a sincere and genuine walk with God. It awakens our inner-spirit to find areas in our lives where we need more discipline and control and where we do not exemplify the love of God or a Christ-like Spirit. When we fail we are aware we need some more pruning our sinful fleshly natures and that we have been very

lax to examined ourselves as the Scripture commands: Psalms 26:2 & 3 "Examine me, O Lord and prove me; try my reins and my heart. For thy loving kindness is before mine eyes; and I have walked in thy truth. 2 Cor. 13:5 Examine yourselves, whether you be in the faith; prove your own selves. Know you not your own selves, how that Jesus Christ is in you, except ye be reprobates". When we honor these words and take them seriously we will follow in obedience and be blessed with the favor of God. And 1 Cor. 11:28 "But let a man examine himself and so let him eat of that bread and drink of that cup". (Speaking of taking the communion cup.) We are not to take communion in vain and dishonor God but be reconciled to all men/women.

"Leave there thy gift before the altar, and go thy way: first be reconciled to thy brother/sister, and then come and offer thy gift". (Matthew 5:24) YES, YOU CAN !!

Marlys Johnsen Norris, Author
Marlys5934@sbc global.net
"Intimacy Begins Going God's Way"
"God Moves Mountains, It was a Miracle"

Holiday Art Sale

ACAI Gallery to Host Annual Fundraiser

Fair Oaks – ACAI Gallery is hosting MartixArts annual fundraiser The Gift of Art. The show features over 20 artists, artisans and jewelers. The sale is every Friday, Saturday, and Sunday November 12th through December 19th from 10 AM to 4 PM. The Gallery is located at 7425 Winding Way, Fair Oaks CA 95628 (966-2453). In addition to the sale, you'll have materials to make a

variety of ornaments for your tree or holiday gift cards. We'll also demonstrate some techniques in clay and painting you might not have thought about. Bring your family and friends and enjoy the wonderful variety of art and crafts available. Help support local artists and art organizations.

The sale features works of over 20 local and regional artists, artisans and jewelers including: Lawrence

Fox, Aiyanna Person, Elen Huls, Lisa Johnson, Ken Kelso, Joy Gee, Erika Byrd Foley, Daphne Burgess, Sister Sheba, Dave Wilkerson, Deborah Smith, Patris Miller, Michael Smith, Tod Winebarger and a dozen others.

Additional information about ACAI Studios & Gallery is available at www.acaistudios.com or by calling 966-2453. We are located at 7425 Winding Way Fair Oaks, CA 95628.

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on Dec. 18 and 19. For tickets, visit www.phcb.org.

Pamela Hayes Classical Ballet is a nonprofit ballet dedicated to the preservation of classical ballets. With studios in Sacramento and El Dorado Hills, the company has been performing and training dancers for more than 20 years. Among many ballet disciplines, Pamela Hayes

Classical Ballet bases its training in the Royal Academy of Dance, the largest teaching organization in the world. Pamela Hayes' "The Nutcracker" has been recognized for its unique entertainment approach and costuming.

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A Film Review by Tim Riley

FASTER (Rated R)

The fearsome, muscled former wrestler-turned-movie star Dwayne Johnson, after starring in ill-advised kiddie films such as "The Tooth Fairy" and "The Game Plan," has reclaimed his roots. Though he is not using his moniker "The Rock" for his return to hardcore action, he should proudly wear the mantle of the tough guy action hero. After all, people like Bruce Willis, Sylvester Stallone and Arnold Schwarzenegger are getting a bit long in the tooth for credible machismo, even though Stallone acquitted himself quite well in "The Expendables" for his true grit. "The Rock" can and should dominate the action arena, finding his competition from the likes of Jason Statham and Vinnie Jones.

The premise of "Faster" is so simple that it easily recalls the revenge-minded action flicks of the Seventies. Dwayne "The Rock" Johnson's character is known only as Driver. After 10 years in prison, Driver's singular focus is to avenge the double-cross murder of his brother during the botched bank robbery that led to his imprisonment. When the warden gives a pep talk upon his release, all that Driver can ask is: "Where's the exit?" This is not a question that action aficionados will be asking anytime during "Faster." Driver holds our attention from the minute he pulls out his "to do list," which consists of the names of his targets for retribution.

Driving his hot-rod vintage Chevelle SS, Driver attracts attention as soon as he crosses the first name off his list. Billy Bob Thornton's Cop, bedeviled by marital problems and a drug addiction, is only days away from retirement, but can't resist throwing himself into the case, even though he's reluctantly paired up with female officer Cicero (Carla Gugino). Meanwhile, another player is the young, egocentric Killer (Oliver Jackson-Cohen), a hired assassin with a flair for the art of killing. Oddly enough, Killer enjoys this line of work only because he's bored after making it big in the Internet business and it also seems to excite his gorgeous blonde girlfriend (Maggie Grace).

It does not seem particularly clear why Killer has been hired to rub out Driver, but then it doesn't really

Riley Reviews

INTENSE "FASTER" LIVES UP TO ITS NAME MOST OF THE TIME

matter. However, the story itself might have been smoother and more sensible if Driver was being hunted only by Cop and his partner. Killer's involvement is, at best, superfluous. Besides, Killer, claiming that he is working his last job, is a bit of a whiner. On the other hand, Cop, for all his flaws, is determined to nab Driver before he has to retire. He's not satisfied with the idea of running out the clock on his job as if he were a winning quarterback taking a knee near the end of the fourth quarter.

As previously noted, "Faster" operates on the elementary principle that Driver is methodically working through his list of targets, and in so doing there will be plenty of violence and bloodshed to quench his thirst for revenge. The rote process of revenge killing is so mechanical as to be somewhat off-putting. On the other hand, Dwayne Johnson is so charismatic that it would be hard to root against him or even question his motives. Driver has a few redeeming qualities, which emerge before the final reel. In the end, "Faster" is pretty much predictable with its twists and turns, but no less enjoyable for action fans seeking intense thrills. The cleverest thing in this film just might be that the biggest car chase scene is done mostly in reverse.

Dwayne Johnson should consider calling himself "The Rock" once more, stepping lively into the breach as the action hero he is meant to be, flexing his biceps, arching his eyebrow, toting big guns and driving fast cars. Many years from now, if he so chooses, "The Rock" could pay homage to an action star of the past by doing a sequel to "Kindergarten Cop," or team up with Pee Wee Herman for a remake of "Twins." Meanwhile, "Faster" is "The Rock's" return to his action roots, and action junkies fervently hope that this is just the start of a new beginning.

TRAVEL UPDATE

This part of the column takes a detour this week. As the result of a recent trip to New Orleans, I was totally enamored with the National World War II Museum, which tells the story of the American experience in the war that changed the world - why it was fought, how it was won, and what it means today. As the museum was originally dedicated in 2000 as The National D-Day Museum, there is understandably a heavy emphasis on D-Day, both in the Pacific and European theaters of World War II. The museum is a great educational experience, and even a few hours were not enough time to absorb it all. On top of that, I didn't have time to see the 4-D cinematic experience of "Beyond All Boundaries," a production that features Tom Hanks at its narrator. Apparently, the 4-D experience uses a technique that engages all the audience's senses with digital effects, life-sized props, animation, and atmospherics as well as film and sound. Seeing this movie will be a must on my next trip to the Big Easy.

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SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00090524

WHEREAS, Jane Powe has filed a petition with this court for a decree changing name of Aja Noelle Nickerson to Aja Noelle Powe. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 10, 2010, in Dept. 53, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 29, 2010 Kevin R. Culhane Judge of the Superior Court Publish: October Nov. 10, 17, 24, Dec. 1, 2010. POWE 01102 12-1-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00090626

WHEREAS, Connie Jeanine Gove has filed a petition with this court for a decree changing name of Connie Jeanine Gove to Connie Jeanine VanSickle. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 14, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 1, 2010. Shelleyanne W.L. Chang

Judge of the Superior Court
Publish: October Nov. 10, 17, 24, Dec. 1, 2010.
VANSIC 01102 12-1-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
AMENDED ORDER TO SHOW CAUSE
CHANGE OF NAME AND GENDER
#34-2010-00084157

WHEREAS, DonnaLeeKaahue has filed a petition with this court for a decree changing name of Donna Lee Kaahue to Kone Lee Kaahue. Petitioner has also filed a petition for a decree changing petitioner's gender from female to male. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 14, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 3, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October Nov. 10, 17, 24, Dec. 1, 2010. KAAIHU 01102 12-1-10

FICTITIOUS BUSINESS NAME STATEMENT #1009244. Lasquete & Associates LLC, 8508 Arbor Creek Lane, McKinney, TX 75070 is doing business under the Fictitious Business Name "Lasquete & Associates" at 5349 Castle St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Oct. 20, 2010. Publish: Nov. 17, 24, Dec. 1, 8, 2010. LASQUE 01103 12-8-10

FICTITIOUS BUSINESS NAME STATEMENT #1009783. CUC Men's Group, LLC, 3120 Swallows Nest Dr., Sacramento, CA 95833 is doing business under the Fictitious Business Name "Authentic Men's

Community" at 3120 Swallows Nest Dr., Sacramento, CA 95833. Filed with the Clerk of Sacramento County on Nov. 8, 2010. Publish: Nov. 17, 24, Dec. 1, 8, 2010. AUTHEN 01103 12-8-10

FICTITIOUS BUSINESS NAME STATEMENT #1009257. Catherine Fagiolo, 4910 Shamrock Dr., Fair Oaks, CA 95628 is doing business under the Fictitious Business Names "Presentations Plus; Choral Studio" at 4910 Shamrock Dr., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Oct. 20, 2010. Publish: Nov. 17, 24, Dec. 1, 8, 2010. PRESEN 01103 12-8-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00091263

WHEREAS, Martha Susan Ash has filed a petition with this court for a decree changing name of Martha Susan Ash to Martha Susan Wilderman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 21, 2010 in Dept. 53, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 21, 2010. Kevin R. Culhane Judge of the Superior Court Publish: Nov. 17, 24, Dec. 1, 8, 2010. WILDER 01103 12-8-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00091401

WHEREAS, RaVette Menefee

has filed a petition with this court for a decree changing name of Omari Amin Richards to Omari Amanuel Beyene. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 22, 2010 in Dept. 53, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 10, 2010. Kevin R. Culhane Judge of the Superior Court Publish: Nov. 24, Dec. 1, 8, 15, 2010. MENEFE 01104 12-15-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00091759

WHEREAS, Cynthia Ann Lozoya has filed a petition with this court for a decree changing name of Cynthia Ann Lozoya to Cymnthia Ann Lozoya-Goodrich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 29, 2010 in Dept. 54, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 17, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Nov. 24, Dec. 1, 8, 15, 2010. LOZOYA 01104 12-15-10

FICTITIOUS BUSINESS NAME STATEMENT #1010147. Maita Enterprises, Inc., 2500 Auburn Blvd., Sacramento, CA 95821 is doing business under the Fictitious Business Names "dba: Maita's Toyota of Sacramento; dba: Maita's Scion of Sacramento," at 2500 Auburn Blvd., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on Nov. 19, 2010. Publish: Dec. 1, 8, 15, 22, 2010. MAITAS 01104 12-22-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00092090

WHEREAS, Anita Bravard Sewell filed a petition with this court for a decree changing name of Anita Bravard Sewell aka Anita Gay Bravard to Anita Bravard. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Jan. 4, 2011 in Dept. 53, located at 800 9th St., Third Floor, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 22, 2010. Kevin R. Culhane Judge of the Superior Court Publish: Dec. 1, 8, 15, 22, 2010. SEWELL 01104 12-22-10

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO
SUMMONS
CASE #34-2010-00085145

NOTICE TO DEFENDANT: MICHAEL E. FERNANDES, NICHOLAS R. VANBNOY, BRIAN E. RINEHART. You are being sued. PLAINTIFF'S NAME IS: MARISA G. CARREON. You have 30 Calendar Days after this Summons and legal papers are

served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp.org), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response

on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-

Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Luis A. Cespedes, Atty. At Law, 701 'E' St. #C, Sacramento, CA 95814; 916-443-8465. Dated: Aug. 113, 2010. Publish: Dec. 1, 8, 15, 22, 2010. CESPED 01104 12-22-10

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Singles Christmas Dance Dec. 4

Carmichael - Christian Singles Network, will hold its annual Christmas Dance for single adults of all ages Saturday, December 4 at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. All ages are welcome to attend.

The evening features a dance lesson in the Night Club Two Step by Richard Kowaleski, from 7-8 PM. included in the ticket price. DJ dance

music from 8-11:30 by DJ John Maricich. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress is party attire. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lesson. Volunteers attend free - please call 530-878-8606 to volunteer.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606.

The Well - A Contemporary Worship Service

The Well, a contemporary worship service, can be found at Saint Francis Episcopal Church, 11430 Fair Oaks Boulevard in Fair Oaks at 7:30 P.M. the last Saturday of each month.

The Well is a non-denominational, non-formal presentation that consists of 12

or more contemplative songs, original and existing prose and poetry, and scripture readings all based on a central topic. The mission of The Well is to provide an opportunity to experience the Divine through music, community, and meditation.

The next Well presentation

will be Saturday, November 27, at 7:30 P.M.

For more information and worship team auditions, please contact Worship Leader David Coffey at coffeyworshldr@gmail.com

Holiday Hints

Photo Book Tips and Tricks



Photo books are a great way to make personalized holiday gifts.

(NAPSA) - This holiday season, photo books are expected to be more popular than ever as families seek to bridge the miles and share special moments and memories with their loved ones. Today, with photo book technology more customizable than ever before, bookmakers have a

nearly unlimited creative license.

Whether you are building a book about a recent wedding, your family dog, an exotic trip or a vacation with your kids, some basic tips from photo book experts can help you create your own personal masterpiece:

- Take the time up front to choose a subject and cohesive theme for your photo book. It helps you choose which photos to include and helps your book tell a story. Remember, these photo books can be your autobiography.
- When taking photos, take time to think about what photos you will want when making a photo book. For example, if you are making a wedding photo book, take photos of the location, centerpieces and landscapes-they may look great as full-bleed backgrounds of your pages.
- Variety is the spice of life-use free

creative elements such as stickers and backgrounds to give your photo book a feel that is personalized to you and your story.

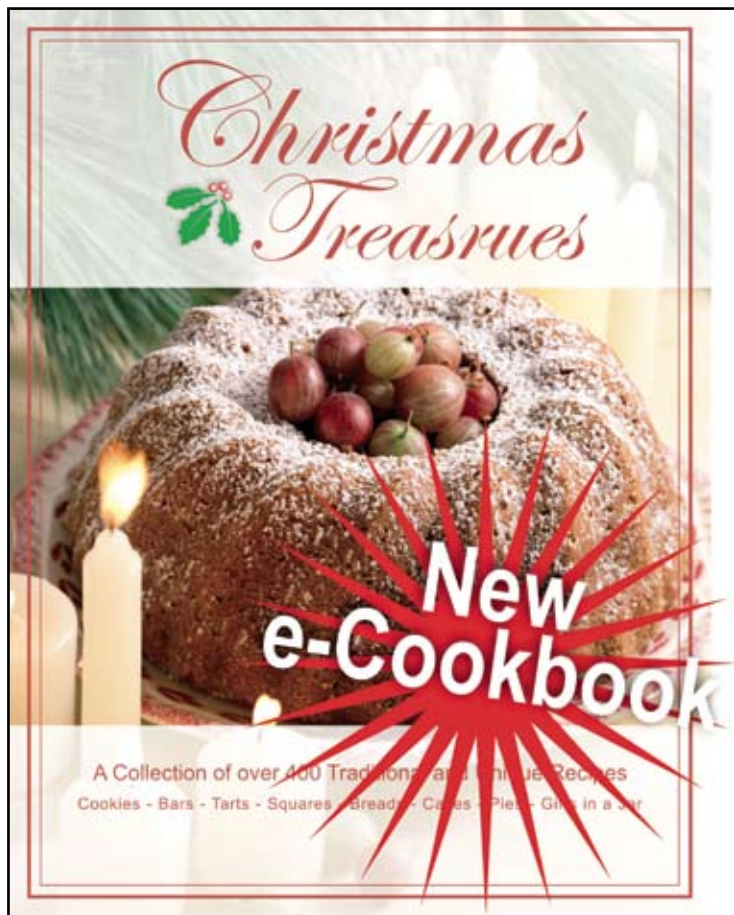
- Scan in items from your year such as ticket stubs, maps, brochures or programs and use them as stickers or backgrounds in your book.

- For a truly unique photo book, find a service such as Mixbook that gives you unlimited freedom to create your own layouts using your photos, stickers and stories.

In addition, remember that photo books can be even more fun when people work on them together. Collaborate with your family and friends and create books that speak to your relationship and special times together from each of your perspectives.

You can learn more from www.mixbook.com.

Christmas Treasures Brings Joy to Military Children



Decadent triple chocolate cookies, luscious low-carb brownies, delicious double chocolate fudge - these

are just a few of the 400 plus recipes in this new e-Cookbook, Christmas Treasures, released just in time for the

Christmas Holiday baking season.

Christmas Treasures, a new fund raising e-Cookbook is stuffed full of recipes for your favorite sweet treats-cookies, bars, tarts, squares, pies, cakes, sweet breads and much more - all your traditional favorites plus new recipes that will keep them coming back for more.

In honor of our military, Christmas Treasures is being sold to raise needed funds for Toys for the Troops' Kids (TFTTK), a non-profit that gives Christmas toys to children of military personnel who are deployed during the Christmas Season. Find out more about TFTTK at their website, www.ToysfortheTroopsKids.org.

Christmas Treasures can be purchased for \$9.99 online at www.CookBooksforProfit.com. \$5.00 from each purchase goes directly to TFTTK. Purchase Christmas Treasures today and bring joy to the children of those who sacrifice so much to keep America safe and free.

To find out more about how to use our e-Cookbooks for your next fund raiser or how to use them to promote your business, please visit www.cookbooksforprofit.com. Also sign up to receive regular alerts as new e-Cookbooks become available in 2011.

Sacramento Theatre Company announces: A Christmas Carol By Charles Dickens

Sacramento Region - This Christmas, share the joy, the magic, the wonder of A Christmas Carol with your family and friends. Since 1987, Sacramento Theatre Company (STC) has been entertaining Sacramento audiences with this spectacular musical. Adapted by Richard Hellesten with original music created for STC by David de Berry, this show was last produced in 2007 when this musical extravaganza celebrated its 20th anniversary. Come share in this heart-warming treat from December 1 through December 26, 2010 on STC's Main Stage.

For three years, Sacramento has been waiting for STC to bring this colorful story back to center stage with its rich costumes and lively music. Many of the costumes, originally constructed 15 years ago, will be used again to tell this age old story of holiday tradition and redemption. Michael Laun, Producing Director,

brings together the talents of a huge 40 member cast, lead by Matt K. Miller, Artistic Director, as Ebenezer Scrooge and Gillen Morrison as Bob Cratchit, both consummate actors who bring this story to life with their gripping characterizations. Don't miss this lavish, musical stage production of A Christmas Carol at STC. Appropriate for ages 4 and up.

STC's Main Stage is located at 1419 H Street in downtown Sacramento. Previews begin Wednesday, December 1, 2010. Opening night is Saturday, December 4th. The show closes Sunday, December 26th. Show times are as follows:

Days	Show Times
Opening Night, Saturday December 4	7:00 p.m.
Wednesdays	7:00 p.m.
Thursdays	12:30 & 7:00 p.m.
Fridays	7:00 p.m.
Saturdays	2:00 & 7:00 p.m.
Sundays	2 p.m.

Special "added" matinee performance on Christmas Eve at 12:30 p.m.

Regular Ticket Prices: \$40 (discounts for children (ages 4-12) students, seniors, and groups available)

Rush Tickets: ½ price tickets 30 minutes prior to each performance, subject to availability.

For more information on STC's 2010-2011 Season "A Return to the Classics" visit the website www.sactheatre.org. To order tickets, call the Wells Fargo Pavilion Box Office at 916.443.6722 or toll free 888.4.STC. TIX (888.478.2849) or visit 1419 H Street, Sacramento, CA 95814

Founded in 1942, the Sacramento Theatre Company (STC) officially organized in 1945 and is one of the region's oldest and largest professional theatre companies.

December Mixer Change
Please note that the host of the Carmichael Chamber Christmas Mixer has been changed. **Studio Hair Design** at 4048 Manzanita Avenue, Carmichael, in the Safeway shopping center, will be hosting the Christmas mixer on Wednesday, December 8 from 5:30-7:30 p.m. Take a break from your hectic holiday plans and join us for great food, drink, networking, and raffle. Be sure to bring plenty of business cards and a raffle prize. For more info, call 916-481-1002.

Carmichael Chamber Luncheon
Chamber General Meeting & Luncheon. This is a Business to Business Luncheon. Chamber businesses have a free table at the luncheon and an opportunity at the mic to share about their business. \$15 members/\$20 non-members. Make your reservations by Dec. 16 to 481-1002 or linda@carmichaelchamber.com.
When: Tue, December 21, 11:30am - 1:00pm
Where: Cypress Avenue Baptist Church Education Building, 5709 Cypress Avenue, Carmichael, 95608

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

Sacramento Choral Society and Orchestra

Donald Kendrick, Music Director

2010 | 2011 Season

15th SEASON

GET YOUR TICKETS EARLY!

Home for the Holidays

Saturday, December 11 at 8:00 PM
Sunday, December 12 at 2:00 PM
Mondavi Center, UC Davis

Enjoy radiant music for the Christmas season with candlelit processions, audience sing-alongs, new and familiar holiday songs and good cheer.

Favorites include: O Holy Night, John Rutter-Angel's Carol, A Child's Christmas in Wales, Sussex Carol, White Christmas, Hallelujah Chorus.

Tickets | \$30-\$50 | Students 50% discount | Groups (10+) \$5 discount
Mondavi Box Office: 1-866-754-2787 or SacramentoChoral.com



POPOFF!

with Mary Jane Popp

You might now find yourself in relationships where you fear intimacy, rejection.

Abandonment: Many of us get stuck when we fell alone or have a sense that we have been abandoned by friends, partners, and family. When we feel abandoned, we shut everyone else out and isolate.

Anger and Resentment: Whenever we feel anger or resentment towards someone else, we actually tie ourselves energetically to that person or situation and continue to draw to us similar negative experiences.

How We Define Ourselves: Rather than defining ourselves as connected to everyone else, we perceive ourselves to be isolated and disconnected except through externally imposed social groups.

Lack of Self Love: Isn't it funny that many of us feel guilty whenever we do something nurturing for ourselves and we feel like we are doing something wrong? Why?

Inadequacy and Powerlessness: Some of the tests we face in life create crisis such as a loved one dying, divorce, being fired from a job, a career has lost its reward, a driving dream was not realized, financial problems, children in crisis. When something like this happens, we beat ourselves up feeling as if we have

failed. **Heartache:** Depending on the intensity of the event, we heal from acute pain in time, but we learned to guard our heart so we are not left so vulnerable again.

The Unknown: One of the greatest fears is the fear of the unknown. Many people get stuck in their circumstances for fear of taking a different path.

Stress: We often get caught up in the fast pace of our daily lives that we no longer feel refreshed or alert or have the clarity to observe where we are in our lives and that we have created for ourselves.

Habit: We create something every day. It can be more of the bad stuff or we can start the habit of creating good.

Self-Discipline: With all the world's negativity, how do we keep it from seeping into our lives? We need regular routines that keep us balanced in body, mind, and spirit.

Check out her website at www.12keystoshift.com. Now go out there and be positive! It's the holidays! Be kind to yourself! You deserve it!!!

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

SHIFT YOUR LIFE

Why can't I do anything right? Why can't I get the job I want? Why can't I find true love? Why do bad things happen to me? Why? Why? Why? Are you tired of all the whys and want to get the why not? Dr. Tracy Latz, practicing Integrative Psychologist, wants to help with "Shift" 12 keys to shift your life.

Dr. Latz says "when we don't know any better, we create our own obstacles in our lives. Once you understand these concepts, you will realize how important it is to identify and cull out negative thoughts and transform feelings of anger, resentment, fear, and anxiety that limit ability to create joy and peace. Which one are you?"

Feeling Unloved: When we feel this way, it appears nothing will go right for us.

Guilt and Shame: If your parents divorced by the time you were a teenager, you may have developed a distrust of lasting relationships.

Friends of the Library to Host Winter Warehouse Sale

Carmichael - The Friends of the Sacramento Public Library are sponsoring a big Winter Warehouse Sale on two consecutive Saturdays, December 4 and December 11. Public sale hours will be noon to 4 pm on December 4, and 9 am to 4 pm on December 11. A preview for Friends' members only is scheduled for 9 am to noon, December 4. 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 just south of 14th Avenue. Over 75,000 paperback and hard-bound books, videos, books on cassette and more will be sold at prices ranging from \$.50 to \$2.00. All proceeds, after expenses, benefit the Sacramento Public Library.

The Book Den store will be open during the Warehouse Sale and Preview, too. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials, with most books priced at \$3 and up. 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.

Free Holiday Indoor Concert

7pm, Wednesday, December 8
Music by American River Orchestra
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- Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com.

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January 6, 2011 • \$85 per person
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Holiday Lunch Party

Wednesday, December 15 • \$5 per person/advance purchase
Meal by Sundance Catering • Door Prizes/Entertainment

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Holiday Parties That "Pop"



Seafood and assorted dips can be hard to beat on any holiday buffet.

(NAPSA) - One key to making a holiday menu manageable is to tweak some classic favorites to make them new and unique. Take, for example, seafood; it can make any seasonal get-together seem more special. It's easy to keep on hand for an impressive appetizer or buffet. Start with a reliable brand, such as SeaPak Shrimp Company, to feel sure about quality and flavor. Then, simply arrange a platter full of butterfly shrimp, popcorn fish, tempura shrimp and crab cakes.

Serve the seafood on top of a bed of lettuce for color and with wedges of lemon for additional flavor.

This year, add a twist to the seafood spread by serving a variety of dipping sauces for guests to "customize" their party plate. Spicy Lemon Pepper Dip or Chipotle Sauce should please the adults in the crowd. The youngest

Popcorn Fish Dippers

Prep Time: 5 minutes
Cook Time: 15 minutes
Makes: 25 appetizer servings

- 1 (22-oz) package SeaPak® Popcorn Fish, frozen
- Honey mustard dip
- Spicy lemon pepper dip
- Chipotle sauce

Cook Popcorn Fish according to package instructions. Serve with prepared dips.

Honey Mustard Dip

- 1/2 cup honey
- 1/4 cup mustard of choice
- 2 tablespoons steak sauce

Stir ingredients together in a small bowl. Refrigerate until ready to serve.

Spicy Lemon Pepper Dipping Sauce

- 1/4 cup mayonnaise
- 1/4 cup sour cream
- 1 tablespoon hot sauce (optional)
- 2 teaspoons lemon pepper seasoning
- 1 teaspoon lemon juice

Stir ingredients together in a small bowl. Refrigerate until ready to serve.

Chipotle Dipping Sauce

- 1/2 cup mayonnaise
- 1-2 chipotle peppers in adobo sauce, finally diced
- 2 teaspoons minced garlic

Stir ingredients together in a small bowl. Refrigerate until ready to serve.

For more seasonal seafood recipes, visit www.SeaPak.com or find SeaPak on Facebook.



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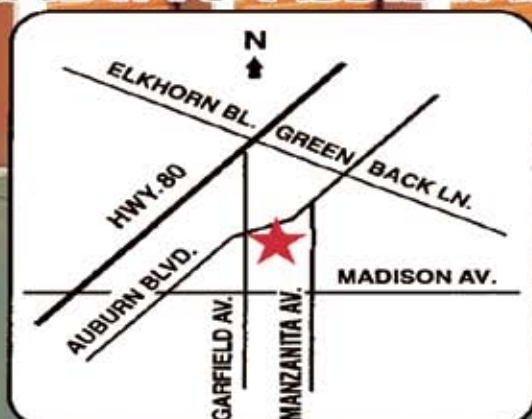
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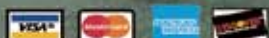
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