

Carmichael Times



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Volume 30 Issue 46

Serving Carmichael and Sacramento County since 1981

November 17, 2010

Owl be Feeding You



Ravenous raptor. Resident in an Effie Yeaw Nature Center habitat, Barn Owl Luna eats three mice per day. Carmichael Kiwanis have sponsored a food drive to fund the diets of Luna and other animals cared for by the cash-strapped facility. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael - Visitors at the Effie Yeaw Nature Center have long enjoyed seeing wild animals up close and personal. These include birds and reptiles. The creatures are disabled in various ways and would not survive in the wild. Adding wisdom to educational programs at the facility, feathered ambassadors like Kestrel Rocky and Luna the Barn Owl still lead useful lives.

Their diet in captivity reflects what they gobble in the wild. But what is free on the Parkway adds up in the shopping basket; the required mice, quail, crickets and worms (all frozen on delivery) total about \$250 per month. No longer funded by the County, the center and its 15 animal inhabitants depend on public generosity to keep food on the table.

Carmichael Kiwanis have launched a Holiday Food Drive to help. "It's different from other food drives," explains Effie Yeaw program developer Betty Cooper. "It's no use donating cans of beans to help these animals. Their food must mimic wild fare as closely as possible. Cash donations for their diet are tax deductible and will be acknowledged."

Effie Yeaw animals have unique survival stories. Luna fell from her nest as a baby and imprinted so strongly on her rescuers that she believes herself human. A tiny Saw Whet Owl called Sophia travelled hundreds of miles trapped in a truck engine grille. She can no longer fly. A Great Horned Owl called Virginia lost a wing after a 1984 car accident. Though life expectancy in her species is 12 years, she has lived 26 years at

the Nature Center. "We don't know her age when she arrived," admits Cooper. "Moms bring kids here and recognize Virginia from when they visited 20 years ago. They can't believe it's the same bird."

Since the facility's defunding, care for such accidental misfits is largely provided by volunteers. But substitutes don't hit the spot for a three-mouse-a-day raptor. Animal loving Carmichael Kiwanis have challenged other groups and individuals to help satisfy animal appetites. Donation checks should be made to the American River Natural History Association (ARNHA) with "Food Drive" noted in the memo. These can be mailed to ARNHA Animal Food Drive, PO Box 579, Carmichael, CA 95609.

Information: call (916) 481-0196.

A New Sheriff in Town

By Susan Maxwell Skinner

Sacramento County - Sacramento's new Sheriff Scott Jones might be justified in feeling robbed. "I missed my hour of glory," he grins. "I never had a victory speech, confetti or champagne. By the time my election was confirmed, public attention had moved on."

After a campaign that bristled at times with nastiness, Jones endured the least comfortable spell of his life. "It was pure torture," he summarized. Election night saw Jones slightly ahead of rival Captain Jim Cooper. Heavy postal balloting and a log-jammed counting process resulted in the long-awaited confirmation. His lead rose and ebbed during this time but, after each sleepless night, Jones was still ahead of his opponent. Doing the math, victory often seemed a done deal. But champagne corks stayed in a silent bottleneck. With the personal telephone call from Captain Cooper conceding the race on Monday night, the celebration can begin.

Six days after the election, the sheriff-in-waiting was sanguine about buying his wife a new car. "Intellectually, I knew I had a raise coming," he explained. "But my cautious side still did not want to jinx my chances. I needed confirmation to punctuate the end of what seemed like a very long sentence. I went to back work as a captain - I still commanded the Sheriff's Investigation Division - and tried to focus. But it was uncomfortable. People didn't know whether to congratulate me. The department wanted finality. I needed to meet executive staff to lay out my ambitions. Instead, we all had to wait. It was worse than any part of the campaign. The verdict was there; we just couldn't see it. (Sheriff) John McGinness checked on me every day. Friday after the election, he told me to go home and take my kids to a movie. It was good advice. My kids and the film distracted me from the stress."

A personal ground hog week was apt after Jones' electoral dramas. Sheriff John McGinness and predecessor Lou Blanas had clashed swords by backing rival candidates. Scurrilous allegations circulated about each Captain. For Jones, the



Present arms. Campaigning in Foothill Farms, Captain Scott Jones was a target for California Aerostaff Academy cadets. After a dramatic campaign, the 43-year-old was elected Sacramento Sheriff. Delays in counting postal ballots meant Jones' victory was not confirmed until this week when fellow candidate Jim Cooper conceded the race. Photo by Susan Maxwell Skinner.

departmental tempest was a political introduction by fire - and mud. Campaigning was a further education: "Going from cop to politician was a unique experience," he reflected. "The cop in you wants to push people out of your personal space; the politician tells you to embrace everybody. A cop sees a familiar face and figures he might have arrested him. I had some retraining to do. Suddenly, a familiar face might be someone who'd donated to my campaign. I'd never engaged in politics. I learned some lessons the hard way."

The foot-sore captain earned votes attending up to four public events per day. Days before November 2, I encountered him in shirt sleeves at a Foothill Farms concert. He soon galloped off to address a ladies' club. "The hardest part about campaigning was the time away from my family and the ferocity of the pace," he told me. "I reach every event exhausted. I leave energized." He and Mrs Jones bit the bullet together. "She was disappointed I had to face a run-off election but I always knew we'd be campaigning for the long haul," he summarized. "It was tough for my kids to leave their home and friends in Colfax and move to Antelope. But we discussed all my plans together. My older daughters visited churches and temples with me. We shared unexpected civics lessons,

walking the precincts."

Joked the Sheriff-elect: "For me, knocking on doors was a change from knocking them in."

Carmichael folk opened doors for their future Sheriff. Election headquarters was an office loaned by Fair Oaks Blvd businessman John Deterding. "I learned about the Carmichael/Arden area and I loved it," said the campaigner. "Neighborhoods here have strength and soul. But they have challenges." Jones aims to tackle accelerated local crime with attention from a roving team of deputies that will focus on troubled spots in rotation. This plan is enabled by an October funding windfall that brought 50 furloughed deputies back to the Sheriff's Department. "Arden/Carmichael's not alone in its problems," said the new boss. "But with this new manpower, I feel we can make a difference."

Candidate Jones was befriended by area politicians: "Supervisor Don Nottoli and I discussed the race - its quandaries and how sometimes having strong ethics can be a disadvantage - he encouraged me to stay true to myself. I did. No matter how the election ended, I knew I would have no regrets...I just wish it had ended a little sooner."

The public may contact Sheriff Scott Jones at sheriff@acsacsheriff.com.

FBI Seeks Public's Assistance in Manhunt for Fugitive Couple

FBI Special Release

Sacramento Region - Charlene Thornton, Special Agent-in-Charge of the Honolulu Office of the Federal Bureau of Investigation (FBI), is seeking the public's help in providing information leading to the location and arrest of fugitive husband and wife, PERRY & RACHELLE GRIGGS. It is believed that they may be currently residing in the Sacramento area.

On October 28, 2010, PERRY & RACHELLE GRIGGS were indicted by a Federal Grand Jury in Honolulu on 13 counts of Wire and Mail Fraud relating to an alleged Ponzi Scheme they operated from 2005 through 2009 primarily targeting Hawaii residents.

According to the indictment, PERRY & RACHELLE GRIGGS operated Aloha Trading, a company



Perry & Rachelle Griggs



purporting to be in the business of commodities trading on behalf of clients. The indictment alleges that the Aloha Trading investment program was actually a Ponzi Scheme in

which investors' returns were derived from their own principal investments and money from later investors.

At the time the alleged scheme was active, RACHELLE GRIGGS

resided in Las Vegas, Nevada. Meanwhile, PERRY GRIGGS was incarcerated in federal prisons in Nevada, Texas, and California. While incarcerated in Nevada, PERRY GRIGGS was housed with a large number of inmates from Hawaii. The indictment alleges that PERRY & RACHELLE GRIGGS marketed the Aloha Trading investment program to inmates and their families.

According to the indictment, investors obtained mortgage loans or liquidated their retirement and personal savings to invest in the Aloha Trading program. Between September 2005 and June 2009, Aloha Trading allegedly received approximately \$3 million from twelve separate investors, nine of whom resided in Hawaii.

In September 2008, PERRY GRIGGS was released from federal prison, and he resided in Las Vegas with RACHELLE GRIGGS until they both disappeared in January 2010. The FBI considers this to be a national fugitive manhunt with a primary focus on the states of Nevada, Washington, and California.

PERRY JAY GRIGGS is 49 years old, 5'10" tall, 180 pounds, with grey hair and blue eyes. He is known to have expensive tastes in sports cars, high-end clothing, cigars and golf.

RACHELLE LOUISE GRIGGS, also known as RACHELLE RUTLEDGE, is 42 years old, 5'4" tall, 150 pounds with blonde hair and green eyes.

Anyone recognizing PERRY & RACHELLE GRIGGS or

having information as to their current location is asked to call the Honolulu FBI at 808-566-4300.

This investigation was conducted under the collaborative investigative model set forth by U.S. President Barack Obama's Financial Fraud Enforcement Task Force. In this case, participating agencies included the FBI, the Commodity Futures Trading Commission and the State of Hawaii Department of Commerce and Consumer Affairs (DCCA) Securities Enforcement Branch.

The public is reminded that an indictment is not evidence of guilt and that all defendants in a criminal case are presumed innocent unless and until proven guilty in a court of law.

WWI Watch Clocks in Veterans' Day Observances



Moment of silence. Three generations of veterans honor the fallen at the Vietnam War Memorial in Earl J. Koobs Nature Area, Carmichael. It is considered the first Vietnam War memorial to be erected in the United States. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

As the 11th hour of the 11th day approached last week, Fair Oaks WW 2 veteran Jack Koobs counted off the seconds on a watch his father carried into the trenches of WW 1 France. Like his father had 93 years before, Koobs cradled the gold time-piece and awaited the sacred hour of remembrance.

In 1917, allies and enemy had two days' notice of the minute hostilities would officially cease. With what seems as needless butchery to Koobs, many commanders kept their men fighting until the final second. "Some of the heaviest shelling of WW 1 was in the last minutes before Armistice," said Koobs. "Dad told me he counted down the seconds on his watch till the peace at 11 a.m. Then, there was absolute

silence." His father recalled soldiers emerging from trenches to embrace those who were their mortal enemies minutes before.

Iowa volunteer Infantryman Herman Koobs had lied about his age to enlist at 17. His unit battled in French trenches and he was twice wounded. Eight years after Armistice, he died from lung damage caused by mustard gas. His heavy gold watch passed to his young son. Carrying it during WW 2 US Navy service, Jack Koobs would have preferred a wrist watch. "But the old time-piece kept my father close to me," he explained. "Every time I wound it up, I thought of him." The antique annually synchronizes observances at the Vietnam War Memorial in Carmichael. Koobs has it cleaned every November and keeps it tucked

away for the rest of the year. Says the 90-year-old: "I want to keep it safe for my son and his son."

Held in the Earl J. Koobs Nature Area behind Garfield Elementary School, Carmichael Veterans' Day observances honor 15 young men who died in the Vietnam War. They all attended La Sierra High School in the 1950s and 60s. A retired La Sierra science teacher, Jack Koobs remembers each of the fallen soldiers. "When they died, I felt the same way I felt about the terrible killing I'd seen in the Pacific; just as my father felt as he watched those needless deaths in the last minutes of WW 1. Maybe young guys enlisted in the belief that war would be a marvelous adventure. Well, it's never like that. Humanity has to find a better way..."

Molly's Revenge to Headline Celtic Christmas Celebration



The local event will also raise funds for medical research charity.

Carmichael – Popular Bay Area Celtic music band Molly's Revenge will be returning to the Sacramento area in December for a Christmas concert that is guaranteed to entertain and delight fans of Scottish and Irish music.

The group's classic combination of bagpipes, whistle, fiddle, and song — set against a backdrop of guitar, bouzouki, and mandola accompaniment — perfectly captures the spirit of a traditional Celtic Christmas.

This holiday celebration will also feature special guest Moira Smiley, an acclaimed vocalist and musician based in Los Angeles, as well as the Turco Irish Dancers. Part of the proceeds from this event will be donated to the ALS Foundation.

Tickets are on sale on the band's website and at St. Michael's Episcopal Church, (916) 557-0151. Please visit the Molly's Revenge website, <http://www.mollysrevenge.com/>, for additional information.

What: Celtic Christmas Celebration with Molly's Revenge

When: Saturday, December 11 7 pm (doors open at 6:15 pm)

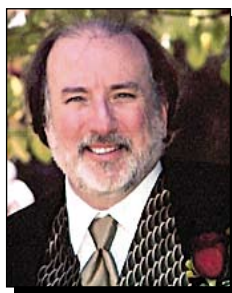
Where: St. Michael's Episcopal Church Johnstone Hall 2140 Mission Avenue Carmichael, CA 95608

Cost: \$18 in advance or \$20 at the door



Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981
Publisher—Paul V. Scholl



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Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County.

The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo
Graphics & Layout: Rich Design, Banerjee Designs
Distribution Assistant: Gabriel Scholl
Contributing Writers: Tim Reilly, David Dickstein, Dr. Bob Graykowski, Mary Jane Popp, Dr. E. Kirsten Peters, Dave Ramsey, Marlys Johnsen Norris, Susan Skinner
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North American Precip Syndicate • Blue Ridge Press
ARA Content • Family Features • WorldNetDaily
Photography: Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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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.



Foster Care

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"Scenes, Sketches, and Portraits"

Carmichael – Bring the entire family to this extraordinary concert entitled "Scenes, Sketches, and Portraits," the second concert in our "A Music Gallery" season, Sunday, December 12, 3 p.m. at the La Sierra Community Center in Carmichael. The Sacramento Symphonic Winds is a 60-piece adult community band conducted by Dr. Les Lehr. The concert will include Scenes from "The

Louvre" by Norman Dello Joio, Paris Sketches by Martin Ellerby, Heartland Sketches by Mark Camphouse, and will feature a photography exhibit by Richard Ashby, vocal soloist Sue Geddes, holiday music, and more!

Visit our web site at www.sacwinds.org <<http://www.sacwinds.org>>.

Concert: Sacramento Symphonic Winds, a 60-piece concert band

Concert Title: Scenes, Sketches and Portraits

Date/Time:

Sunday, December 12, 3 p.m.

Location: La Sierra Community Center, 5325 Engle Rd., Carmichael

Tickets at the door:

Children under 12 free; Student/Senior (65+) \$5; General \$10

Contact ph. 916-489-2576

www.sacwinds.org

Carmichael Oaks Announces New Foodservice Director



Keith Wallace has recently been named as the Foodservice Director for the community of Carmichael Oaks Senior Living

Carmichael – Carmichael Oaks Senior Living is pleased to announce Keith Wallace has recently been named as the Foodservice Director for the community. Keith will be instrumental in presenting Carmichael Oaks's award winning Dining by Design program, which provides residents with one of the best culinary programs in the country.

The staff at Carmichael Oaks understands that social interaction, better nutrition and overall well-being are enhanced by a dining experience that is filled with good food, good conversation and an inviting

atmosphere. With this in mind the residents at residents are enjoying every aspect of the new Dining by Design program that suits each of them individually. From anytime dining, to signature dishes, to upgraded printed materials and customer service, dining has is nothing short of restaurant quality.

Before joining Carmichael Oaks, Keith was a Lead Night Time Chef for Red Lion Inn of Sacramento. Earlier he worked in several positions at Nordstrom Café beginning as a Line Cook and finishing as Chef for a Nordstrom Café in Sacramento.

Keith's Famous White chocolate banana bread pudding

1 loaf or so white bread cut into cubes

6 large eggs

1 qt half & half

½ c vanilla

½ c banana liquor

4 bananas-sliced

2 c sugar

3 c white chocolate chips

Preheat oven to 375 degrees.

Grease 13X9-baking dish. In a mixing bowl, beat eggs, sugar, half & half, vanilla, and liquor.

Spread bread evenly in bottom of baking dish to cover whole bottom of pan. Pour egg mixture over bread. Add sliced bananas and white chocolate. With your hands, press down to make sure egg mixture covers the bread. Make sure bananas and chocolate are distributed evenly so you get a taste of bananas and chocolate in every delicious bite.

Bake at 375 for 1 hour.

About Carmichael Oaks

The Carmichael Oaks Senior Living provides the finest in senior living with three lifestyle options: independent living, assisted living and memory care. Located in Carmichael, California the expert trained staff provides residents with the highest standards of senior care services. It is operated by Integral Senior Living, which manages independent, assisted living and memory care properties. ISL is founded on a care philosophy that fosters dignity and respect for residents and promotes their independence and individuality. For more information about Carmichael Oaks call (916) 944-2323 or visit www.carmichaeloaks.com.

SACRAMENTO SYMPHONIC WINDS

Save the dates! {

- 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

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.

Carmichael Recreation and Park District is announcing upcoming events

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.

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

Help us win a \$50,000 grant and save a beautiful natural space in the heart of Carmichael.

From November 1st-30th Go to <http://refresheverything.com/savejanpark> AND text 103947 to PEPSI (73774). Vote both ways everyday to make sure Jan Park stays!

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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!

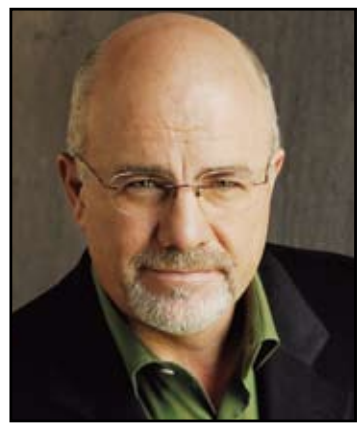
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Dave Says

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.

Prepping Kids for Healthy Habits

Dear Dave,
We have two kids, ages eight and 11. When they get some money we have them take out 10 percent for tithes or giving, and 10 percent for saving. It's difficult with the younger one sometimes, because all he wants to do is spend money. And really, what's the point if he gets ten dollars of putting away just a dollar? How do you convince a child this age that it's good to save?

- Allen
Dear Allen,
First, I think you've got a nice plan in place working with them on saving

and giving. With a kid who's eight, you start out by explaining it the best you can on his level. Then, if he still doesn't want to do it, you make him do it anyway. Sometimes, as a parent, you have to pull rank when it comes to doing what's best for the kid.

Now, here's the point of saving, even if it's only a dollar. You want to make sure you teach them a pattern of habits that will help them win in life. When your kids have homework you make them sit down and do it. Then, you help them when they need help, right? The point is you want them to learn good study habits, so that when they get into high school and beyond they can succeed. That one dollar won't make him rich right now, but getting into the habit of saving – because his mean, old dad made him do it when he was a kid – will make him wealthy one day!

You might try setting goals for him, too. Lots of younger kids have trouble with the concept of saving. But if you set some goals, and let him save up a little bit of money and pay for something himself, it will be a real lesson for him. It will show him that delaying pleasure really pays off.

Make sure you start out small, with a few easily attainable goals. Then, you'll be paving the way for bigger things, like saving for a car and maybe even college!

- Dave

Landlord Wants Protection

Dear Dave,
I'm a new landlord, and I have a question. In the event of a lawsuit, what is the best way to protect my personal assets?

- Carrie

Dear Carrie,
I'd go with a liability umbrella policy of about two million dollars. This picks up where your liability leaves off on your car, homeowner's and rental property fire and extended coverage policies. It's not very expensive, either.

If you start to build a substantial portfolio of investment real estate, such as houses, you might want to begin putting every four or five properties you buy into a separate corporate entity. I'd advise an LLC, which is a kind of cross between a sole-proprietorship and a corporation. Plus, it has some of the best characteristics of both business types.

Each LLC is a separate company with its own checking account. If you do all the paperwork properly, and an LLC entity owns a property where someone falls and sues you, then they can only sue for the assets of that company.

- Dave

For more financial help please visit daveramsey.com.



Dr. Ken Hajek Second Opinion Dental

Carmichael – Second Opinion Dental is proud to announce its arrival to Carmichael, in the Sacramento area. This innovative, new type of practice is designed to cut costs by giving financial power back to the consumer. Dr. Ken Hajek, founder and owner of Second Opinion Dental, contends: "If everyone were to use our services, national dental expenditures could be cut in half."

Dr. Hajek points out that consumers shop widely for products, but not for dentistry. Yet variation in dental diagnoses and services is comparable. He maintains that consumers can take control and get better value for their money if they "shop" dentistry too. "Second Opinion Dental is the logical place to go for a first or second opinion because we do no repair work," says Hajek. "Recommendations are based solely on the needs of the patient, and unlike other offices we have no financial interest in the

National Dental Expenditures Can be Cut in Half

What Every Person Should Know Before Visiting the Dentist

outcome of the exam."

Dr. Hajek is also a proponent of small-business, dentist / owner delivery of dental care. "Within that owner is a balance of business interest, professional ethics, and concern for patients. In contrast, corporate chains that deliver care use employee-dentists and control resides in remote, non-dentist managers. The desirable balance is lost. Business concerns then dominate. The corporate need for dollar volume from "sales" and "production" can creep into diagnoses and inflate costs," he says. "The solution is an informed patient. Insurance corporations, dental-office corporations, and government are not solutions because each serves their own interests over those of the patient. They think in terms of groups rather than individuals. The patient's interests are best served when the patient is informed and thus in control. Second Opinion Dental provides the necessary information."

Second Opinion Dental also serves the consumer with a prevention program. As Dr. Hajek describes it, "This program involves investigation of the origin of cavities

for each individual, and instruction in their prevention. We identify and impart critical knowledge for a lifetime of benefit and savings."

Second Opinion Dental is located at 3501 Walnut Ave in Carmichael, CA. For an appointment please call 916-616-6712 or visit online at SecondOpinionDental.NET.

About Owner and Creator, Dr. Hajek: A 1972 graduate of UC Davis (Biology) and a 1977 graduate of the University of California School of Dentistry, Dr. Hajek moved from the Bay Area to the Central Valley to practice. He owned and operated a private practice in Lodi for a seven years, but sold it in 1985. He subsequently had a dual career, working as a dentist-employee to allow time for a concurrent career in agriculture. Over the past 25 years Dr. Hajek has worked in over 20 different offices in Northern California -- large and small, corporate and private -- accumulating first-hand experience with insurance and practice trends in the industry.

- Paid Advertisement-



by David Dickstein

Family Viewing at the Cinema

Harry Potter and the Deathly Hallows: Part 1
Opens Nov. 19, rated PG-13
harrypotter.warnerbros.com/harrypotterandthedeathlyhallows



Harry Potter fans found out 16 months ago how J.K. Rowling ended her wildly successful book series, and now the movie based on the grand finale novel is stretching things out over 8 months. In July 2012 we'll see the ultimate battle between Harry and Lord Voldemort, but what leads up to that long-awaited moment will be unveiled this month, at least cinematically. Here, Harry, Ron and Hermione go on a Horcrux hunt to prevent the Dark Lord from achieving immortality. Good news for those of you living under a rock: No spoilers here.

Megamind
Opens Nov. 5, rated PG
megamind.com



What does a supervillain do after he kills off his superhero rival? This unfathomable concept is entertained in Will Ferrell's first stab at 3-D animation. In a phone interview with Messenger Publishing Group, Ferrell said what made voicing Megamind so appealing is the good vs. evil struggle of his character. "He starts out as this bad guy and in the absence of his nemesis he realizes that he misses him so much that he actually starts to turn good, so it's been nice to kind of get to do both with this," he said.

Films and DVDs for the Whole Family

Tangled
Opens Nov. 12 (limited), Nov. 24 (wide), rated G
disney.go.com/disneypictures/tangled

Rapunzel lets down her hair and goes from victim to perpetrator when she takes traps the kingdom's most wanted – and most charming – bandit in a tower where she's been held captive for years. Mandy Moore voices the damsel with the locked away locks, all 70 feet of them, in this updated retelling of the classic fairy tale. For added bounce, Disney has added 3-D conditioning to this hairy computer-animated family flick.

Family Viewing at Home

Angelina Ballerina: The Nutcracker Sweet (ages 2-5, now available, not rated): Overloading on Mom's famous fruitcake and candy canes gives Angelina a tummy ache, which puts in jeopardy her Dance of the Sugar Plum Fairy. Five episodes and two bonus features might not satisfy the sweet tooth of young viewers, but it will entertain them for a solid hour. Grade: B+

Families of the World (ages 5-11, Nov. 2, not rated): The latest titles in the fabulous "Families of the World" DVD series focus on Kenya and Afghanistan. As with the other installments, viewers are introduced to two children from an urban and rural household. Seeing how each goes through daily routines and family activities, youngsters will see the similarities and differences that exist between the stars of these documentaries. Grade: A

Peanuts Holiday Collection (ages 3 and up, now available, not rated): The three gems among all Peanuts TV specials, plus a holiday



bonus of extra episodes, make up this Blu-ray+DVD combo pack. "A Charlie Brown Thanksgiving," available on Blu-ray for the first time, is packaged with "A Charlie Brown Christmas" and "It's the Great Pumpkin, Charlie Brown." The Peanuts gang looks and sounds better than ever as they learn the true meaning of three festive holidays. Grade: A

Shalom Sesame (ages 3-6, now available, not rated): The initial titles of a new 12-episode DVD series from the folks on Sesame Street are out, starting with "Welcome to Israel" and "Chanukah: The Missing Menorah." The next batch of titles will be released in January, all celebrating Jewish traditions, culture and holidays. Joining the Sesame Street gang are Debra Messing, Jake Gyllenhaal, Christina Applegate, Greg Kinnear and a whole shmeer of stars. Grade: A

Toy Story 3 (ages 4 and up, Nov. 2, G): Not spot-on perfect like its predecessors, but definitely something special from Pixar. The only disappointment here is a lack of ingenuity in the main plot; with so many years passed since "TS2" (11!), you'd think the sharp minds involved could conceive a story without going back to the old "toys get lost and look for home" chestnut. Still, many magical and hilarious moments are found in this toy box, and any adult not a soggy mess during the final scene has sadly lost his inner child. Grade: A

The Sorcerer's Apprentice (ages 6-16, Nov. 30, PG): Eyes are dazzled, but the mind isn't in this special effects-driven live-action expansion of a classic segment from Disney's "Fantasia" (1940). Nicolas Cage is miscast as a wizard who has been looking for a chosen one to carry on a centuries-old battle against an evil sorceress. A squeaky-clean script and tidy 90-minute running time make this an adventure better suited for youngsters than the entire family. Grade: C

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Send a "Touch of Home"

"Holiday Mail for Heroes" to Deliver Greetings to U.S. Military Members and Veterans

Sacramento Region – For a fourth year, the American Red Cross and Pitney Bowes Inc. are teaming up to deliver holiday cards to service members, their families and veterans, many of whom will be far from home this holiday season. The Holiday Mail for Heroes program provides Americans with the opportunity to send holiday greetings and a note of thanks to our men and women of the U.S. Armed Forces.

Through December 10th the public is invited to send a "touch of home" through holiday cards that contain messages of cheer and appreciation. The Red Cross and Pitney Bowes will then screen cards for hazardous materials, sort and package the cards, and deliver them to military bases and hospitals, veteran's hospitals and other locations during the holidays. Pitney Bowes is providing all screening, packaging and shipping at no charge. The Red Cross will utilize hundreds of volunteers to sort and box cards for delivery to service men and women,

veterans and family members in November and December.

"Sending a greeting card is a small effort that makes a big impact for our American heroes during the holiday season," said Trisha Johnson, emergency services director at the Capital Region Chapter. "The American Red Cross serves and supports members of the military, veterans, and their families by providing emergency communications, comfort and assistance each day. The Holiday Mail for Heroes program continues the Red Cross tradition of service to the armed forces."

The American Red Cross will be hosting a local card-signing event on Sunday, December 5 from 1:00 to 4:00 pm at the Sacramento office, located at 1565 Exposition Boulevard. The public is invited to join in the event, signing cards to be delivered to military members near and far.

"Few can truly understand the tremendous sacrifice that our military

personnel and their families make every single day on the nation's behalf," said Vicki O'Meara, senior vice president and president of Pitney Bowes Management Services and government & regulatory affairs. "Now more than ever, it is important for all Americans to seize the opportunity to say 'thank you.' We are thrilled to join with the American Red Cross to help make that happen."

Holiday cards should be addressed and sent to:

**Holiday Mail for Heroes
P.O. Box 5456
Capitol Heights, MD 20791-5456**

Please be sure to affix adequate postage. Cards must be received no later than December 10. Cards received after this date will be returned to senders. For reasons of processing and safety, participants are asked to refrain from sending "care packages," monetary gifts, using glitter or including any inserts with the cards.



Marlys Norris, Christian author

By Marlys Norris

My heart concurs with these words "A MOMENT IN HIS PRESENCE IS THE BEST PRESENT YOU CAN GIVE YOURSELF" that I read on the back cover of a devotional prayer book published by Bethany House. It has been in His presence I have experienced a peace that surpasses understanding anything on this earth. I look forward to the weeks ahead when I can enjoy the words of another author who has caught the vision of a closer intimate

A Gift to Yourself

journey with God.

Scripture says "Seek the Lord and Seek His presence continually." (Psalms 105:4) In Psalms 119:50 "Your promise revives me; it comforts me in all my troubles". Another place it says, "I wait for the Lord, my soul waits and in His Word I hope". (Psalms 130:5) Yes, it is quietly waiting on the Lord one experiences His presence. Once you have experienced His presence in your life, you will desire it more and more. In His presence you will enjoy a peace beyond measure to carry you through any kind of difficulty or problem as assurance God is journeying with you, speaks to your inner nature. His presence calms and comforts you like nothing else on this earth. Plus you just might hear His voice. If you do, you will not question it because it is a positive message for you.

So, one needs to no longer hunt in department stores for a gift to make them feel better, but seek the face of

God and His presence in their life. Jesus is the Heavenly Father's gift to all mankind and accepting Him as the Savior of your soul and Lord of one's life transforms that life when it is surrendered and committed, "knowing Him and following His words in daily obedience". You say-- you are not worthy of a blessed gift like this! None of us are worthy-- that is why the Son of God had to come and die. He paid the penalty for all sin to be washed by His blood from us and by accepting Him, we are acceptable to receive His gift of eternal life. Only those who have received Jesus have a wonderful opportunity to experience His presence in their life. Consider Him, He loves YOU!

Marlys Johnsen Norris, Author

Marlys5934@sbc global.net

"Intimacy Begins Going God's Way"

"God Moves Mountains, It was a Miracle"

Thanksgiving and Christmas Food Baskets

Once again, the McClellan Chief's Group will be out in front of the Commissary on 20 Nov and 18 Dec collecting non-perishable food items and cash donations to support the Food Baskets Program to active

duty personnel who need assistance at this time of the year. In addition, we provide a \$75 Certificate for personnel to shop in the Commissary. In past years, the Commissary shoppers have been so generous in their

donations and we are grateful for your continued support.

If you have any questions, please contact CMSgt George Moses at 916-561-7507.

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Arcade Creek Recreation and Park District Board Vacancy Recruitment

The Board of Directors of the Arcade Creek Recreation and Park District are asking for interested residents or property owners, of the district, to apply for a vacant

position on the Board of Directors. The successful candidate will begin their term on December 6, 2010 and serve for four years. The deadline to submit applications is November 12,

2010 at 5:00 p.m. Applications may be obtained on the district's website at: www.arcadecreekrecreation.com.

Call the park district at 482-8377 for additional information.

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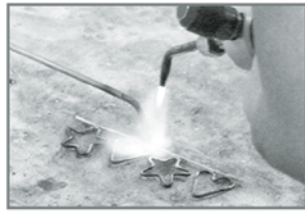
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A Film Review by Tim Riley
UNSTOPPABLE
(Rated PG-13)

Putting together a runaway thrill ride action picture is not altogether an insurmountable challenge for director Tony Scott. You might say he was just warming up to the task with "The Taking of Pelham 1 2 3," which starred Denzel Washington in a heroic, demanding role of a beleaguered subway operations manager trying to save the lives of passengers held for ransom on a hijacked subway. "Unstoppable," which again coincidentally stars the prolific Denzel Washington, involves a wayward train of a different sort, but the action is no less suspenseful or thrilling. Had it not been for a previous film called "Runaway Train," there is the distinct possibility "Unstoppable" could have appropriately assumed that title as its very own.

Fortunately for action junkies, director Scott likes to lay it all out on the table, and "Unstoppable" is a relentless, inevitable and inescapable thrill ride that is in no way constrained by anything other than its running time of 98 minutes. Very loosely inspired by events that transpired in Ohio in 2001, "Unstoppable" involves the impending disaster of a massive, unmanned locomotive pulling a big load of toxic cargo through the Pennsylvania countryside. On what begins as a routine day at a train yard, a careless railroad employee (Ethan Suplee) accidentally lets a cargo train get loose. Instead of the train being a "coaster" that someone could catch up to, the unmanned train defaults to full throttle, quickly gathering speed and careening out of control.

Meanwhile, Denzel Washington's Frank Barnes is a veteran engineer who's facing involuntary early retirement, and he's not too happy about it. On this particular day, he's teamed up with rookie conductor Will Colson (Chris Pine) for a routine trip on another cargo train. Barnes is not too pleased to be saddled with an unqualified trainee who has apparently been

Riley Reviews

SUSPENSEFUL ACTION AND RUNAWAY THRILLS ARE "UNSTOPPABLE"

given the job because of his connections. The inevitable clashes between these two blue collar workers plays out for awhile as they go through the motions of habitual practice on the job. Back at the station yard, fast-talking dispatcher Connie Hooper (Rosario Dawson) is feverishly trying to bring the runaway train under control without any luck. Matters only get worse when a corporate executive (Kevin Dunn) shows more concern about the cost of losing a train as opposed to the calamity that awaits as the train hurls itself toward the heavily populated city of Scranton.

The corporate brain trust figures that the way to stop the wayward train is to derail it in a more remote rural area where collateral damage could be held to a minimum. As the scheme is being hatched, Barnes and Colson are on a collision course with the runaway train and they have few options to avoid a direct hit. But the wily veteran Barnes has a few ideas up his sleeve, none of which involve posing the great risk of a deliberately staged explosion and derailment. What he decides to do should be left as a surprise. The important thing is that Barnes and Colson have the opportunity to be just "regular" guys who happen to perform valiantly without turning into implausible superheroes.

As if it is not enough that the runaway locomotive is described by one person as a "missile the size of the Chrysler Building," the filmmakers lob some dependable and predictable storylines into the mix. For added tension, a group of school kids on a field trip ends up in harm's way aboard another train. The widowed Barnes frets over his two college-aged daughters, while Colson has to deal with his estranged wife's pursuit of a temporary restraining order. Of course, there's the ongoing discord between some company bureaucrats and the railroad technicians on the front lines. In the end, all that matters is that "Unstoppable" is a rousing, relentless stream of continuous suspense and thrills. It's terrific edge-of-your-seat entertainment.

DVD RELEASE UPDATE

Hollywood legends Lee Marvin and Jack Palance were perfect fits for a gripping saga about the final days of the Old West in "Monte Walsh." Forty years after its original theatrical debut, this classic Western is being released on DVD. Marvin's Monte Walsh is an aging cowboy facing the ending days of the Wild West era; he's joined by Palance as a fellow cowpoke. As barbed wire and railways steadily eliminate the need for the cowboy, Monte and his friends are left with fewer and fewer options. New work opportunities are available to them, but the freedom of the open prairie is what they long for. Eventually, the cowboys must say goodbye to the lives they knew, but not before drawing their pistols for one last showdown. "Monte Walsh" celebrates the unbridled spirit of the American frontier.

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Innovative SCOE Program Wins Golden Bell Award

LINKS Program Recognized for Impact on High Risk Youth

Sacramento Region – A pioneering Sacramento County Office of Education (SCOE) program that motivates high risk and at risk youth to succeed in school and reach their educational and life goals is receiving high honors. SCOE's LINKS Academy Program will be honored in the 31st Annual Golden Bell Awards program of the California School Boards Association (CSBA).

"The Golden Bell Award signifies excellence in education and we are elated our LINKS Academy Program is receiving this distinguished recognition," said David W. Gordon, Sacramento County Superintendent of Schools. "This incredible honor is an acknowledgment of how SCOE is making a significant difference in the lives of our students."

"This is a prestigious honor and a wonderful acknowledgement of the tremendous efforts by our hard working teachers and staff to provide our students with opportunities to become productive and contributing members of society," said Board of Education President Harold Fong. "Our LINKS program is engaging students and helping them take ownership and control of their lives through education and job training."

LINKS is a groundbreaking SCOE career technical education program in which services are tailored to individual students based

on their specific needs instead of through traditional, scripted education. It is a program, and a philosophy, that helps students find a new direction, build a better future and take control of their lives. The program—for youth ages 14 to 18—is a bridge between academics and real job readiness with service learning in the community and opportunities to earn money.

"Consider LINKS more than an educational program. It is a belief system that encompasses a program which involves individual learning plans, extra support, role models, career development, job skills training, and much more," said Martin J. Cavanaugh, Deputy Superintendent of Schools, and architect of the LINKS program. "Our ultimate goal is to actively engage every student and help open their eyes to all of life's great possibilities."

LINKS stands for: Leadership in everyday life—Ingenuity in thought and practice—Navigating choices—Keeping the promise—and Sufficiency in preparation. Admission to LINKS is not automatic. Students must earn a spot on the team. The program is part of the curriculum at every SCOE campus. Enrollment is based on availability and referral from home district schools.

The highly respected Golden Bell Awards will be presented at a

special ceremony during CSBA's Awards Luncheon at the Marriott Hotel in San Francisco, on Saturday, December 4, 2010 from 12:15 to 2:15 p.m. The event is held in conjunction with the California School Boards Association's Annual Education Conference.

The CSBA Golden Bell Awards program promotes excellence in education by recognizing outstanding programs in school districts and county offices of education throughout California. The Golden Bell Awards reflect the depth and breadth of the education programs necessary to address students' changing needs. The goal of this awards program is to contribute to the development and evaluation of curriculum, instruction and support services.

The Sacramento County Office of Education is no stranger to the Golden Bell. In 2008, SCOE's ROP Manufacturing Technology-Welding program, at the now-closed Carson Creek Jr. / Sr. High School within the Sacramento County Boys Ranch, received the prestigious honor. In 1999, the Outreach Construction Technology Program also was recognized by the California School Boards Association with a Golden Bell.

(For other recent SCOE news stories or to subscribe to our RSS feed, please visit www.scoe.net.)



Carmichael Chamber of Commerce

Carmichael Chamber Monthly Luncheon

On the 4th Tuesday of each month, the Carmichael Chamber holds a luncheon where members can network, hear from a guest speaker and learn what's happening in the Carmichael Chamber and the community in general.

Carmichael Chamber Monthly Mixer

Usually on the 2nd Wednesday of each month, a member of the Carmichael Chamber holds an evening mixer where members can network, learn more about other Chamber members and find out what's happening in the Carmichael Chamber and the community in general. The location changes each month so check the Chamber website to confirm the date and location each month.

Carmichael Chamber Mixer

Christmas mixer hosted by the Carmichael Chamber. Cookie exchange, FREE food and drink. Bring a raffle prize and plenty of business cards. For more info, contact Linda Melody at 916-481-1002

When: Wed, December 8, 5:30pm – 7:30pm
Where: TBA

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

Desperately Seeking Susan

Gala dinner event honoring Sacramento County Supervisor Susan Peters for her commitment to Carmichael; installation of new Chamber Board members; introduction of Carmichael's new Honorary Mayor; award for Carmichael's Business Person of the Year. Cost is \$30 per person. Contact Linda at the Chamber office at 916-481-1002 to reserve your place. Raffle will be held as well. Don't miss meeting elected representatives & civic leaders, as you mix, mingle & promote your business!

When: Fri, January 7, 2011, 6:30pm – 9:00pm
Where: The Palace, 6309 Fair Oaks Blvd., 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 Weekly Gas Price Update

Sacramento Region, November 15 - Average retail gasoline prices in Sacramento have risen 3.2 cents per gallon in the past week, averaging \$3.12/g yesterday. This compares with the national average that has increased 3.1 cents per gallon in the last week to \$2.88/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 26.9 cents per

gallon higher than the same day one year ago and are 4.0 cents per gallon higher than a month ago. The national average has increased 5.6 cents per gallon during the last month and stands 25.3 cents per gallon higher than this day one year ago.

About SactoGasPrices.com

GasBuddy operates GasBuddy.com, SactoGasPrices.com, and over 225 other local gasoline pricetracking

websites that follow prices at over 125,000 gasoline stations in the United States and Canada. GasBuddy also uses Facebook (facebook.com/gasbuddy) Twitter (twitter.com/gasbuddy), and phone apps to keep motorists ahead of changing gasoline prices. GasBuddy.com was named one of Time magazine's 50 best websites and to PC World's 100 most useful websites of 2008.



Free Holiday Indoor Concert

7pm, Wednesday, December 8
Music by American River Orchestra

All ages welcome... come as you are!

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Extended Tours

- *South Pacific Wonders*
February 14-28, 2011 • \$4,699 pp double
- *The Heart of Texas*
March 13-21, 2011 • \$2,249 pp double
- *Mackinac Island*
May 6-14, 2011 • \$2,699 pp double

Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com.

Luxury Motorcoach

- *Rose Parade/Queen Mary/Catalina Island*
Dec 30, 2010 - Jan 3, 2011 • \$1,525 pp double
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- *The Price is Right/Let's make a Deal*
Trip to Hollywood with extras!
January 11-14, 2011 • \$699 pp double
- *Amtrak - the Snowy Sierra*
February 23-25, 2011 • \$285pp double
Tickets to the Buddy Holly Show



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Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person

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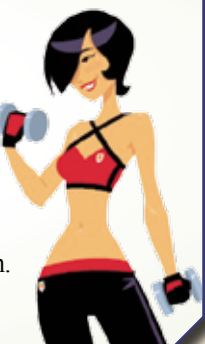
Instructor: Becky Foley

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Registration Hours:
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POPOFF!

with Mary Jane Popp

lobbies, government entities, and opportunistic scientists.

Early in his career as a researcher at MIT and Virginia Tech, Dr. Campbell worked to promote better health by eating more meat, milk, and eggs...high quality animal protein. After all, he was raised on a farm and was happy to promote the American way of life. Later, as a researcher in the Philippines working with malnourished children, the project became an investigation as to why so many Filipino children were diagnosed with liver cancer. He uncovered a dark secret. Children who ate the highest protein diets were the ones most likely to get liver cancer.

The research project culminated in a 20-year partnership of Cornell University, Oxford University, and the Chinese Academy of Preventive Medicine, and thus the China Study. The findings? People who ate the most animal-based foods got the most chronic disease. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease.

Dr. Campbell came up with the Eating Right Eight Principles of Food and Health: 1) Nutrition represents the combined activities of countless food substances. The whole is greater than the sum of its parts.

- 2) Vitamin supplements are not a panacea for good health.
- 3) There are virtually no nutrients in animal-based foods that are not better provided by plants.
- 4) Genes do not determine disease on their own. Genes function only by being activated, or expressed, and nutrition plays a critical role in determining which genes, good and bad, are expressed.
- 5) Nutrition can substantially control the adverse effects of noxious chemicals.
- 6) The same nutrition that prevents disease in its early stages (before diagnosis) can also halt or reverse disease in its later stages (after diagnosis).
- 7) Nutrition that is truly beneficial for one chronic disease will support health across the board.
- 8) Good nutrition creates health in all areas of our existence. All parts are interconnected.

Lots to ponder and lots to digest in "The China Study" with Dr. T. Colin Campbell. If you need more info, just go to www.thechinastudy.com. Want to keep all of you guys around reading my column for a long time!

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

A Hobby Created in College



Alissa Chasten

Sacramento Region – It all started out when the founder, Alissa Chasten was in college. Having a great love for plants and aquariums she had twenty-two plants in her college dorm accompanied by two fish tanks. Every year starting from freshmen year all the way to senior year she would always buy more and more fish and plants, until by her senior year she had accrued so many that

she began to make small plant and fish pieces and began to give them away as presents to friends and to those who had never had a pet before.

As she put it "They're put together really easy so that they could really survive on their own. You would have to be on a focused mission in order to kill it". With that being said Alissa continued to give these gifts away without realizing that she could create a company based off of her two favorite interests.

As Alissa continued to expand her clientele she hopes to do her part at erasing her carbon footprint by collecting unused glass vases and other open containers to use in her new expanding business. "By collecting the vases, jars, bowls, and other unique glass products that are often thrown to the side this can help to build up a supply closet for me so I won't have to run back and forth to certain suppliers all of the time" stated Alissa.

As of now Alissa cannot redeem any glass products that you donate



for cash however she can offer discount coupons of %15 to %30 off of whatever product you purchase from her. If you have any glass vases or materials such as pebbles, rocks, floral accents, marbles, etc. that you would like to donate please contact me at (916) 200 -9486, or email: a.sensations@gmail.com.

THE CHINA STUDY

First you read that it's good for you to eat. Then you read the same thing is detrimental to your health! So who do you believe anymore? We get so confused, we just want to throw our hands up and give up! But **Dr. T. Colin Campbell**, respected nutrition and health expert researcher, claims to have the truth revealed in his book "The China Study" when he tears into special interest groups who have taken us down what he calls a deadly path with startling implications for diet, weight loss, and long term health.

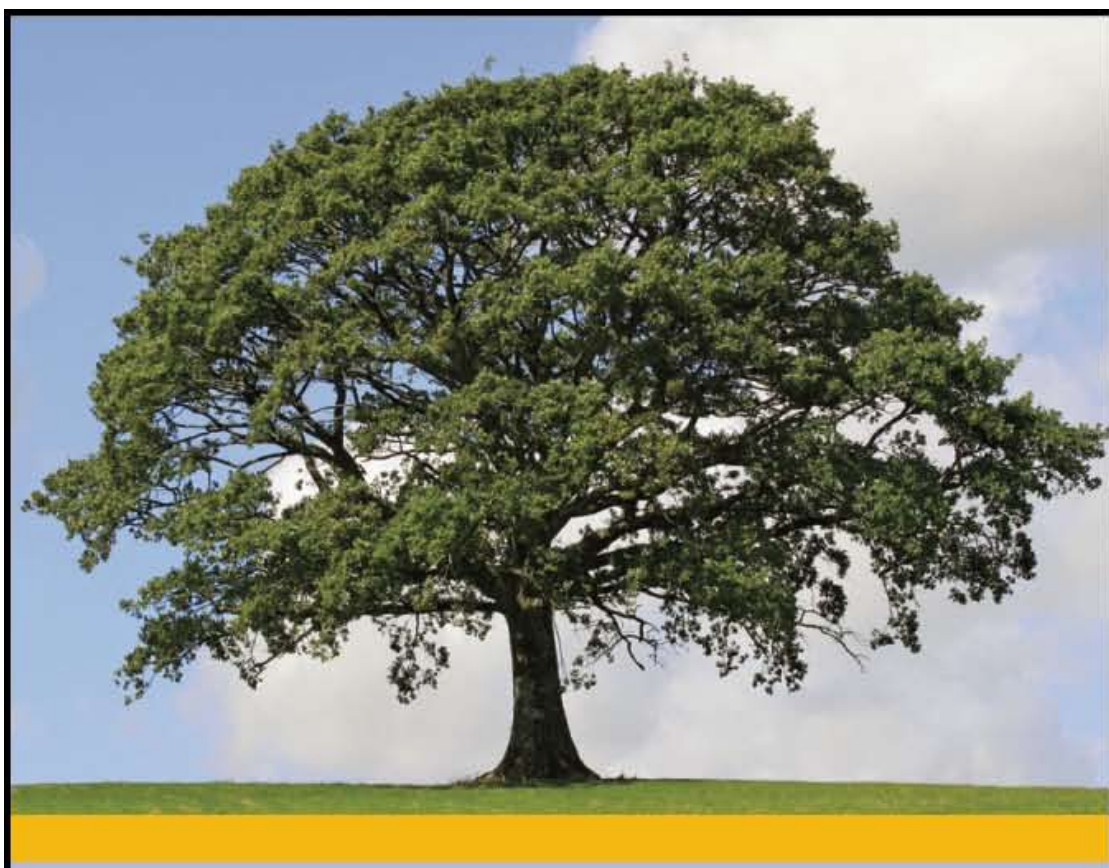
We are still a nation of obese adults and children with kids being diagnosed with Type II diabetes, typically an adult disease, at an alarming rate. In "The China Study" Dr. Campbell details the connection between nutrition and heart disease, diabetes, and cancer. His report also examines the source of nutritional confusion produced by powerful

Friends of the Library 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.



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By Pastor Cary Duckett

In 1948, Josephina Guerrero was awarded the Medal of Freedom due to her courageous actions during World War II in the Philippines. Before the war, Joey, as she was called by most, was the young vibrant mother of a 2 year old. She was married to a wealthy medical student at Santo Tomas University. When Japan invaded her country Joey became a spy for the Allied forces in Manila.

During the war, she provided hand drawn maps to the U.S. military. Daily she would walk the streets and beaches drawing pictures and gathering information. Her detailed drawings allowed U.S. planes to knock out strongholds accurately and

Unlikely Heroes

efficiently. Quickly, she became a reliably spy to the U.S. military.

For three years Joey spied, drew maps and was never caught. On several occasions, as she lingered through Japanese defensive positions, she was stopped and questioned by suspicious soldiers, but she was never searched or captured. How did she get away with it?

In 1941, just before the invasion, Joey was diagnosed with leprosy. Due to the war treatment was not available. Joey became a successful spy because no soldier would stop her and question her—beneath her thin blouse and loose bandages was the lesions of leprosy. As a leper she became an outcast—and a hero. The very characteristic that caused the Japanese to despise her was being used by another force to undermine them.

God works much the same way in our world today. He embraces those who have been wounded, ignored, abused, and counted as useless. He gathers each one as they turn to Him and then He empowers

them and brings victory to them and through them. The Apostle Paul said it this way, "Isn't it obvious that God deliberately chose men and women that the culture overlooks...these 'nobodies' to expose the hollow pretensions of the 'somebodies'?" That makes is quite clear that none of you can get by blowing your own horn before God. Everything that we have—right thinking and right living, a clean slate and fresh start—comes from God by way of Jesus Christ. That's why we have the saying, 'If you're going to blow a horn, blow a trumpet for God.'" (1 Corinthians 1:27-31, Msg)

A defect, a weakness, a failure—these things in our hands are devastating. However, in the hand of God they become a tool for victory.

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.

River City Quilters' Guild Presents Quilt Show – "Beautiful & Bold"

Sacramento – The River City Quilters' Guild is hosting their annual quilt show at the Scottish Rite Temple, 6151 H Street, Sacramento on November 19 through November 21. Times are Friday from 10 am to 8 pm, Saturday from 10 am to 6 pm and Sunday from 10 am to 4 pm. Admission is \$7 per day or \$12 for a two day pass. Children under the age of 12 are free if accompanied by an adult. The annual show offers quilters the opportunity to display their work to the public and gives the community a chance to see the new and exciting directions quilt making is taking, as new techniques, fabric and materials become available in the marketplace and are used in quilts.

The show will feature hundreds of beautiful quilts, including traditional, contemporary, and art quilts

and wearable art made by textile artists. Judging is conducted by the Elimination Method, with awards given in each category at the sole discretion of the judges who may select 1st, 2nd, 3rd and Honorable Mentions. Show attendees cast their votes in choosing the Viewer's Choice (Harriett Merriam Award). Other activities include vendors, country store, prizes, demonstrations, silent auction. Featured artist this year is Rami Kim, who specializes in wearable art and home décor. A highlight of the show is the annual Opportunity Quilt which is a fundraiser for the Guild. This year's Opportunity Quilt was made by the 2010 quilt show co-chairs using a block technique developed by Sylvia H. Einstein. Parking for the show is free and lunch is available on site by Ambrosia Café

& Catering. Proceeds from this event will support the activities of the Guild which include promoting quilting and the use of textiles, within the Guild itself and with the community at large. The Guild contributes to the knowledge of quilting techniques, patterns, history, and quilt making by providing educational meetings, fun, and fellowship. Community service activities include making postcards for active military, making hundreds of quilts for pediatric patients in area hospitals and participating in other charitable quilt auctions.

For more information about River City Quilters' Guild and the 2010 quilt show visit the Guild website at www.rivercityquilters.org.

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