

Carmichael Times



Local Recruits Graduate from Military Training

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November 10, 2010

Lt. David Warne Honored



Evans and Betty Warne (center) honor a son who never returned from Operation Desert Shield. At Patriots Park – just blocks from Del Campo High – the school's Junior ROTC color guard salutes a fallen alumnus. Piper is Chuck Jamison. Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Fair Oaks/Carmichael - Another hero has joined the ranks of fallen patriots on a Carmichael Park District monument.

In a recent ceremony, Lt J.G David Warne – considered the first Sacramentan to die in Operation Desert Shield – became the 12th name on the Wall of Honor at Patriots Park. Aged 27, Lt Warne was lost during a 1989 night mission over the Mediterranean Sea.

"He loved to run in this area," said Bill Warne of a brother who attended Del Campo High School and excelled in track and academics. "We still miss him terribly but we know he

served his country with great pride and died doing what he loved. David was a fantastic brother and friend to so many."

The son of Vietnam Silver Star recipient Col Evans Warne, David graduated with an engineering degree from CSUS. After working briefly for Aerojet, he began a naval aviation career and earned his wings in 1989. A gifted leader and tactical expert, he was assigned to pilot an FA-18. The officer was lost at sea while flying from the decks of air craft carrier "America." Though his sacrifice is marked at Arlington National Cemetery, Lt Warne's body was never recovered. No local gravestone was possible for this hero.

Still living in the same house where David grew up, his parents expressed gratitude for their son's commemoration. "It was thoughtful of the Park District to development such a memorial," said the hero's father. "It provides comfort to his mother and I that David's sacrifice is recognized by people who come to this park."

Mom Betty Warne penned a poem called *Shooting Star*. Read aloud at the ceremony, its lines included: "You brightened the sky and the earth below. The dance was short, but oh, what a show! Our heads turned up as we watched your flight."

*A leap of glory; a blaze of light.
...It ended somewhere, between earth and the sky
And left us to wonder –
how high could you fly?
...May you find a new place,
for love and delight,
And we'll wait again for you,
that star in the night.*

The Carmichael Park District is accepting nominations for 2011 Wall of Honor inductions. Conditions of residence and service apply for those who died in service to community or nation.

To nominate a fallen hero, call (916) 485-5322 ext. 23.

Time on Her Paws



Retiring Pest Detection Dog, Tassie, with her handler Jennifer Berger.

Sacramento Region – Despite her big heart and talented nose, Tassie, a 9-year-old Lab mix, has reached the mandatory retirement age for pest detection dogs. She was honored by the Sacramento County Board of Supervisors with a resolution on Tuesday, November 9, 2010 at 10:00 a.m., 700 H Street, Sacramento.

Rescued from an animal shelter in Florida, Tassie began her career working for Customs and Border Protection at the Port of Long Beach sniffing out foreign plant pests. She was then assigned to Plant Protection and Quarantine working domestic cargo detecting destructive wood borers and hitchhiking snails. In early 2009, Tassie was reassigned to the Sacramento County Agricultural Commissioner's office as part of their Pest Exclusion Team.

Alongside her handler Jennifer Berger, Tassie worked throughout the region inspecting over 10,000 unmarked packages containing plant material that may have led to infestations and devastating economic loss to the agricultural industry and untold damage to the environment. Tassie intercepted numerous non-native insect pests from Hawaii, prohibited meat from Nigeria, and helped alert Fish and Game authorities to animal shipments of non-native snakes and fish.

Tassie received special recognition from California Department of Food and Agriculture Secretary A. G. Kawamura for intercepting an illegal shipment of curry leaves and guavas that were infested with Asian citrus psyllid, a tiny exotic pest that is capable of transmitting a devastating disease that could have threatened California's \$1.88 billion citrus industry.

Tassie has a nose that knows and is described by her handler as a workaholic. "It's great to work with an animal that is so excited and ready to do her job," says Berger. "Tassie is always in a good mood and shows up to work wagging her entire body."

As the department and program ambassador, Tassie has attended many outreach functions and showed off her skills with demonstrations to raise public awareness of the threat from invasive pests and disease. Tassie also co-stars in a YouTube video produced by CDFA: <http://www.youtube.com/watch?v=p32hAyVO4XM>

Tassie will live with her new adoptive parents in Pleasant Hill spending time going on walks, chasing tennis balls, and playing with her favorite toy, a pink squeaky hippo.

Tassie's replacement is expected to report for duty in January 2011.

Area Gas Prices Rise Again

Sacramento County – Average retail gasoline prices in Sacramento have risen 0.1 cents per gallon in the past week, averaging \$3.10/g yesterday. This compares with the national average that has increased 5.4 cents per gallon in the last week to \$2.85/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 21.7 cents per gallon higher than the same day one year ago and are 12.2 cents per gallon higher than a month ago. The national average has increased 6.1 cents per gallon during the last month and stands 20.0 cents per gallon higher than this day one year ago.



"Last week we saw oil prices surpass \$87 per barrel after the Federal Reserve announced a \$600 billion injection into the U.S. economy, causing the U.S. dollar to lose value, thereby pressuring oil and gasoline prices higher," says Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. DeHaan says that in addition to the Fed's actions, a Department

of Energy report indicated another drop in U.S. supplies against rising demand. DeHaan also noted that areas of the Midwest were affected by a fire at a Chicago area refinery, sending pump prices in some of those areas above \$3/gallon for the first time in 25 months. "With oil prices breaking out of their well established \$75-\$85/barrel range, I'm quite concerned we could see prices trade in a higher range, perhaps \$85-\$95/barrel for several months, signaling higher gasoline prices in the future," DeHaan adds.

GasBuddy.com operates over 200 live gasoline price-tracking websites, including SactoGasPrices.com.

Veterans Can Show How They Served



The VetSignia group, a small group of retired Veterans, makes 36 special metalized film window stickers and magnetic vehicle plaques that provide a neat, attractive way for all U.S. Veterans to show their service.

They are called VetSignias and feature black print on bright silver metallic with a stars and stripes background. The VetSignia stickers and

plaques honor Veterans from WWII to today's War on Terror.

Veterans of WWII, Korea, Vietnam, Persian Gulf can display the war served and their branch of service. VetSignias for those who served in overseas expeditionary campaigns such as Panama, Bosnia, Somalia, etc., can show branch of service and expeditionary. There are three VetSignias for Veterans of the War on Terror. Non-conflict Veterans can get VetSignias that show Vet and their branch of service.

VetSignias show combinations like; VET/KOREA/U.S. AIR FORCE, VET/VIETNAM/U.S. ARMY, VET/IRAQ/EXPEDITIONARY, or

VET/U.S. NAVY. Everyone who sees one of the bright silver VetSignias will immediately know the bearer did something good for our country.

All VetSignias can be viewed on the internet at <http://www.vetsignia.org>.

The metalized film window stickers (2"X4") are 3/\$12, magnetic vehicle plaques (2.5"X5.75") are 2/\$12 (S&H Incl.). Requests for VetSignias should be sent to: Bob Kline, Box 382, Blue Bell PA 19422. Be sure to include your branch of service; and, war served, expeditionary, or non-conflict. For additional information phone (610)277-1171, or E-mail bobbk.wv2usmc@vetsignia.org.

Voter Saddles Up



In spite of car problems, Carmichael resident Karen Pardee was determined to make it to her polling place at Celebration Church to vote on Election Day. She rode her horse, Bucky. Bucky got the "I Voted" sticker!

Pictured left to right: Pam Wells, Gary Bercot, Chantel Bercot (precinct officers and Karen Pardee (voter) with Bucky (horse). Photo taken by precinct inspector Paula Burris.

40% of Drivers Admit to Sleeping While Driving

Walnut Creek, Calif., November 8, 2010 – A new study from AAA finds a shocking number of drivers admit falling asleep behind the wheel.

The study from the AAA Foundation for Traffic Safety finds that two out of five drivers (41 percent) admit to having fallen asleep at the wheel, while 10 percent admit to having fallen asleep in just the past year. More than a quarter of those surveyed admitted that, in the previous month, they drove despite being so tired that they had difficulty keeping their eyes open.

"There's a huge disconnect between what people know to be safe and what they are actually doing," said AAA Northern California spokesperson Cynthia Harris. "One out of every four drivers, or 27 percent of those surveyed, say they drove despite being so tired they had difficulty keeping their eyes open, but 85 percent said that behavior is unacceptable."

Sleepiness decreases awareness,

slows reaction time and impairs judgment just like drugs or alcohol. A new analysis of the National Highway Traffic Safety Administration crash data finds that nearly 17 percent of fatal crashes, 13 percent of serious injury crashes and seven percent of crashes where a vehicle is towed involve a driver who is drowsy. Younger drivers age 16-24 were nearly twice as likely to be involved in a drowsy driving crash as drivers age 40-59.

AAA is sharing the results of their recent study as part of the National Sleep Foundation's Drowsy Driving Prevention Week, so that drivers will know the contribution drowsy driving has to motor vehicle crashes and take steps to remain alert behind the wheel.

To remain alert and avoid drowsiness, AAA suggests:

- Getting plenty of sleep (at least six hours) the night before a long trip
- Scheduling a break every two hours or 100 miles

· Traveling at times you are normally awake, and staying overnight when possible

· Stopping if you become sleepy

· Drinking a caffeinated beverage

Symptoms of sleepiness include but are not limited to:

· Having trouble keeping your eyes open and focused

· The inability to keep your head up

· Daydreaming or having wandering, disconnected thoughts

· Drifting from your lane or off the road, or tailgating

More information about driving safely is available at www.aaa.com/saferdriving.

AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to nearly 4 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded more than 100 years ago.

Military Graduates - Hometown Heroes

Mark A. Bray

Army Pfc. Mark A. Bray has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Gary and Terri Bray of Whitney Ave., Carmichael, Calif.

Bray is a 2005 graduate of Rio Americano High School, Sacramento, Calif.

Dylan A. Turner

Army Pvt. Dylan A. Turner has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

He is the son of Nicole Miller of Data Drive, Rancho Cordova, Calif.

Turner is a 2010 graduate of Wallnutwood High School, Rancho Cordova.

Stephen M. Bunch

Army Pvt. Stephen M. Bunch has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

He is the son of Steve Donnenwirth of Carmichael, Calif.

Eric R. Haas

Army Pvt. Eric R. Haas has graduated from Basic Combat Training at Fort Leonard Wood, Waynesville, Mo.

During the nine weeks of training, the soldier received instruction in drill and ceremony, weapons, rifle marksmanship qualification, bayonet combat, chemical warfare, field training and tactical exercises, marches, military courtesy, military justice, physical fitness, first aid, and Army history, traditions, and core values.

He is the son of James Haas of Crestview Drive, Carmichael, Calif.

Haas is a 2005 graduate of Del Campo High School, Fair Oaks, Calif.

Erik R. McGehee

Army Pvt. Erik R. McGehee has graduated from One Station Unit Training (OSUT) at the U.S. Army Infantry School, Fort Benning, Columbus, Ga. The training consisted of basic military training and advanced individual training (AIT).

During basic training, the trainee received instruction in drill and ceremonies, military customs and courtesies, map reading, tactics, basic rifle marksmanship, physical fitness, field training, and first aid skills. The recruit developed combat skills and handled various weapons available to the infantry soldier.

During AIT, the soldier received instruction to serve as an infantryman/

mortarman using light and heavy anti-armor weapons, indirect-fire support, and mechanized operations while assigned to a rifle or mortar squad. The training included weapons qualification, tactics, patrolling, navigation, field communications, and combat operations; engagement in infantry combat exercises, battle drills, land mine locating, neutralizing and extracting, and survival operations during a nuclear, biological or chemical attack.

McGehee is the son of Ross and Kimberly McGehee of Altamont Drive, Carmichael, Calif.

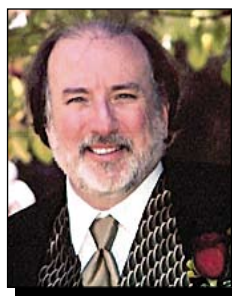
The private is a 2009 graduate of El Camino High School, Sacramento, Cal.

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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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.

'Touch of Health' Weekly Vitality Workshop

Classes begin Tuesday Evenings at 6:00 (Unless otherwise indicated)
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November 11/16 Toxic Foods: The Truth in What You Eat
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What's Next? Buckle Up

Commentary By
Fred A. Kingery

The Republican Party, with the help of the Tea Party, swept the House of Representatives with a massive pickup of at least 60 seats. The Federal Reserve made another historic announcement with its \$600-billion "Quantitative Easing" program (QE2). The October non-farm payroll number came in at a positive 151,000, and the unemployment number remained elevated at 9.6 percent for the month.

All of this transpired in the course of one week. So, what's next? Hold on to your seats. Consider the following:

1. The U.S. dollar is falling on foreign-exchange markets and will continue to fall as the Fed aggressively prints money for the next eight months in order to monetize U.S. federal debt. The cash reserves will pile up in the banking system and eventually be used by the financial system for speculation, resulting in minimal benefit for the real economy.
2. The U.S. banking system is holding a "shadow inventory" of about four million foreclosed residential properties. The inventory of unsold properties will continue to swell to easily double the current level and, at the present rate of liquidation, will be hanging over the housing market for years. Home prices could conservatively fall another 20 percent.
3. U.S. corporations—which economists boast of holding more than one

trillion in cash—never mention that over 40 percent of the cash is held "offshore." The cash will not come home until the U.S. dollar stops falling, which means that it may never come home at all.

4. By mid-December of this year, the "99ers" will appear. All 1,470,000 of them will ride in on the first wave. These are people who have been on unemployment benefits for 99 weeks and will see their benefits expire. The next wave will come by April of next year, perhaps as many as two million more. They will have to get employment (good luck with that) or food stamps, or both.

5. Balancing state budgets in the current fiscal year will be a major issue going forward for the majority of states. States have seen a modest improvement in revenue, mostly from tax increases, but further tax increases will no longer be an option; they will have to start cutting expenditures. State employees will be dumped from the payroll and pension benefits will be closely examined as a means of conserving cash flow.

6. Earlier this year, the federal debt ceiling was raised by \$1.9 trillion to \$14.3 trillion, in order to postpone the issue until after the election. It will have to be raised again early in 2011. That's when the real food-fight starts in Congress. The Republican-controlled House will use the process to strip fat and meat off the bone. There will probably be meaningful across-the-board cuts in discretionary federal spending, no more bailouts

for Wall Street, and very probably no more federal cash transfers to states to plug their budget shortfalls. Someone needs to be sure the new governors of California and New York get the memo.

7. The stock market traders will like the sugar buzz from the Federal Reserve till they don't like everything else; then the market will roll over. No one has a clue when, or from what level, but the market will roll over. The decline will be properly perceived as one more failed attempt by the Fed to manipulate asset prices. In the meantime, gold and silver prices will continue to spike higher. The mining companies could easily become big dividend payers as most gold miners are now clearing almost \$1000 per ounce of free cash flow for every ounce they pull out of the ground. If the price of gold goes up by another \$500 per ounce, which it easily could, the dividends will really flow. Then the whole planet will finally come to realize that the "bubble" is not in the price of the metal but in the volume of fiat currency reserves being dumped into the financial system by the Federal Reserve.

Buckle up, it's going to be a bumpy ride.

Fred A. Kingery is a self-employed, private-equity investor in domestic and international financial markets from New Wilmington, Pa., and a guest commentator for The Center for Vision & Values at Grove City College, PA. www.VisAndVals.org

Supervisor Susan Peters Urges Residents to Plan for Street Closures

Sacramento Region - County Supervisor Susan Peters is urging all residents to plan in advance their morning activities for Sunday, December 5, because of scheduled street closures due to the running of the 28th annual California International Marathon.

The 26-mile grueling trek begins 7 a.m. in Folsom and concludes at the State Capitol. Because Fair

Oaks Boulevard is part of the route, Carmichael and Arden Arcade residents south of that roadway may find themselves "land-locked" while the race is in progress due to street closures. East Sacramento neighbors also will experience blockage along both sides of J Street.

"Thousands of marathon runners are expected to be racing through our

neighborhoods in the Third District on Sunday, December 5," says Peters. "As a result, the scheduled street closures may cause some inconvenience so please be cognizant of that when planning your morning activities."

Residents can view specific street closures by clicking "More Info" on the marathon's webpage runcim.org.

Seniors Invited to a Holiday Meal Preparation Demonstration

Carmichael - Local seniors are invited to join residents for a demonstration and seminar by Chef Harris Taylor about holiday meal preparation on Wednesday, November 17th at 6:30 p.m. at the Chateau at Carmichael Park, a Hank Fisher Properties' senior community.

Chef Taylor will present suggestions for cooking holiday meals for one to four people.

The community is located at 7125 Fair Oaks Boulevard between Grant Avenue and Engle Road in Carmichael. It offers some of the best-priced senior living and care,

including independent and assisted living, the Garden Memory Care, The Club Carmichael Park memory day care, and short-term respite stays.

For more information or to reserve space at the presentation, contact the community at 916-481-7105.

BloodSource High School Appreciation Events A Big Hit With Students

BloodSource hosted high school appreciation events this fall in Sacramento, Merced, Redding and Chico to honor students, advisors and schools for blood drive results in 2009-2010. The events included numerous awards recognition, education regarding young blood donors and blood drive logistics, personal thanks from blood recipients, fun team challenges and more.

Meredith Spencer, Director of Recruitment, states, "High school students make a tremendous difference in helping provide for a

safe and plentiful blood supply. We couldn't do it without them and appreciate their great support and enthusiasm throughout the year."

In Sacramento, students and advisors responsible for 161 blood drives enjoyed the event along with a 3-D movie at the Esquire IMAX Theatre. Presenter Steven Lee thanked donors while sharing his story of needing blood during recent leukemia treatment and a marrow transplant. New blood drives were acknowledged at Antelope, Cache Creek, Kinney, Natomas Charter,

Sacramento New Technology, Vacaville and Vista Del Lago High Schools

In the small schools category, awards were presented to Colfax, Health Professions Academy, and Sacramento Adventist Academy. Awards for medium school category will be on display at Casa Roble, Christian Brothers, and Whitney High Schools. Laguna Creek, Franklin and Elk Grove High Schools received awards in the large-sized school category.

Together, we do save lives.

RT to Operate Limited Express Trips on Veterans Day

Sacramento Region - The Sacramento Regional Transit District (RT) will operate limited express bus service on Veterans Day, observed on Thursday, November 11, 2010. Trips marked with an "H"

will not operate.

RT's administrative offices at 1400 29th Street, and Customer Service and Sales Center at 1225 R Street will be open during regular business hours. RT's Call Center will

be open from 6:30 a.m. to 6:30 p.m. for assistance with route and schedule information.

For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.



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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!

SACRAMENTO FINE ARTS CENTER, INC.
Contributing to the cultural life of the Sacramento community



November 2-20 Annual Photography Show
Nov 30 - Dec 18 Members Holiday Art Exhibit
December 11-18 Holiday Craft Fair

16th Annual Craft Fair, December 11 through December 18, 2010. This Craft Fair is unique in that it is a BOUTIQUE STYLE FAIR and does not require daily participation on the seller's part. This event will run for eight days and coincide with a Holiday Art Show for members of the Sacramento Fine Arts Center (SFAC) at 5330-B Gibbons Drive, Carmichael, CA 95608, 916-971-3713. The Second Saturday Reception will bring in guests for both the Craft Fair and the Holiday Art Show increasing the visibility and sales. Download entry form at <http://www.sacfinearts.org/pdf/craftfair10entry.pdf>

Photography Exhibit Best of Show, Gail Parris, "Celebrating the Full Moon at Callanish Stones"

Open Photography Exhibit, "2010 Moments In Time" November 2-20, 2010. Judged by Louis Kemper. Artist's Reception: 2nd Saturday, November 13th, Refreshments

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

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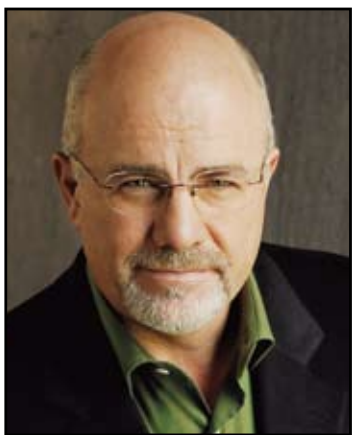
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Dave Says

someone else take the hit in depreciation. My advice is to buy used, anyway. Wealthy people don't become wealthy by investing in things that go the wrong way.

If you're talking about clothing, and you're broke or trying to get out of debt, there's absolutely nothing wrong with shopping consignment stores—especially for kids. They wear things three times, and then they've outgrown them. Plus, they still look practically brand new. "Experienced" clothing is a great buy for adults, too.

Of course there are other things, but here's the deal. As your money situation improves, you'll be able to buy more new things. The price of "new" will become a smaller and smaller percentage of your financial world. But when you're broke, deep in debt, or don't have a big income, any money you spend on anything is a big percentage. At times like this, a \$50 washer or dryer on Craigslist can be the best deal on the planet!

- Dave

You're Being Hoodwinked

Dear Dave,

The company I work for just told me I have to get a personal credit card for business travel. What's your advice on how to respond?

- Jason

Dear Jason,

If it were me, I'd sit down with my boss and let him know this is deal breaker. If the company you work for wants to send you out on the road to do business in their name, then they should man up and pay for it.

I think corporate America has really pulled a big joke on lots of folks. In some cases, you've got these multi-billion dollar companies borrowing money from their employees, and then paying it back—most of the time. Think about it. What happens if they decide, for whatever reason, not to honor an item on your expense report? You own it, dude. You're stuck with the bill!

I wouldn't do this, Jason. But if you decide to stick with it, get a debit card and set it up on a separate account only for corporate expenses for which you can be reimbursed. You'll have to prime the pump, and put a little money in there to get it started, and I'd ask the company for an advance against travel to help fund that account.

But the truth is they should just pay the bill when they send you out on the road!

- Dave

For more financial help please visit daveramsey.com.

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

Buying Used Or New?

Dear Dave,

What things do you advise buying used versus buying brand new?

- Amy

Dear Amy,

This is a great question. But I'm afraid there's not one good, across the board answer, because it all depends on where you are in your financial plan.

When it comes to cars, you should always buy good, used vehicles, unless you have a million dollars in the bank. New automobiles drop in value like a rock, so buy smart and let

Two Million Labor Hours Invested to Date for Sacramento International Airport's Big Build

Sacramento – The Big Build, the largest capital improvement program in Sacramento County history, has surpassed two million labor hours invested in the program from June 2008 September 2010. To date, the hours have resulted in wages of over \$75 million in paid wages.

"We would be unable to celebrate an on schedule and within budget status for the Big Build without the contributions of the talented team of contractors, subcontractors and the many men and women working on this project," said Hardy Acree, Director of Airports. "We appreciate their contributions to a state-of-the-art facility that will serve this region for years to come."

The Big Build is progressing quickly and safely. In March,

prime contractor Austin-Walsh received the Cal/OSHA Safety and Health Achievement Recognition Program (SHARP). The Big Build has the lowest rate of incidents (3.1) and Days Away, Restricted or Transferred from Work (2.3). Industry-wide, the rate is normally 5.4 for incidents and 3.3 for Days Away, Restricted or Transferred from Work.

"This historic project is an economic boon to Sacramento County today and in the future," said Roger Dickinson, Chair of the Sacramento County Board of Supervisors. "Jobs created by the Big Build and the airport's future growth are welcome, especially during this period of economic challenges."

Over the course of the Big Build, 2400 jobs will be created and

the construction program will produce \$2 billion in economic impact for Sacramento County. By 2020, the new terminal is anticipated to have an annual impact of \$2.6 billion and 16,500 jobs. The new terminal complex at Sacramento International Airport will open to the public in late 2011.

Sacramento International Airport was the 43rd busiest North American Airport in 2009 with approximately 8.9 million passengers. The Sacramento County Airport System is responsible for planning, developing, operating, and maintaining four of Sacramento County's airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information on the County Airport System, visit www.sacairports.org.



by David Dickstein

Family Films

It's Kind of a Funny Story
Opens Oct. 8, rated PG-13
focusfeatures.com/its_kind_of_a_funny_story



Stressed out by his teenage life and the very real world around him, Craig (Keir Gilchrist) checks himself into a mental health clinic. The youth ward is being renovated, so he's forced to hang out in the adult wing, where he meets Bobby (Zach Galifianakis), an estranged family man who will become Craig's mentor and protégé. When he meets fellow 16-year-old Noelle (Emma Roberts), Craig begins to come to grips with what's been troubling his heart and head.

Life As We Know It
Opens Oct. 8, rated PG-13
lifeaswewknowitmovie.com

A couple that dated once and with disastrous results become caregivers of their orphaned baby goddaughter when mutual best friends die in an accident. With that drama out of the way, the movie settles into a diaper-driven romantic comedy that tests the comic chops of stars Katherine Heigl and Josh Duhamel. Will the pair with a shared dislike being the only thing they have in common rise to the occasion, a la Heigl's character in the non-family film "Knocked Up," or will little Sophie be given up for adoption to strangers? Like we have to ask.

Secretariat
Opens Oct. 8, rated PG
disney.go.com/disneypictures/secretariat

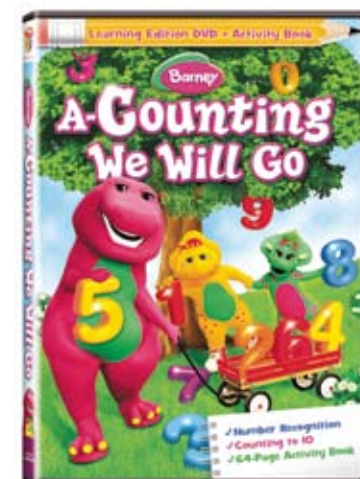
Following in the hoofsteps of such inspirational horse-racing movies as "National Velvet," "The Black Stallion," "Seabiscuit" and "Dreamer," the latest of the equine genre stars Diane Lane, who plays a housewife who agrees to assume her ailing dad's Virginia-based stable despite being a

novice to the sport. With help of a veteran trainer (John Malkovich), she produces perhaps the greatest racehorse of all time. This family drama is based on the real-life Triple Crown winner, so get ready to cry, cheer and cry again.



Family DVDs

Barney: A-Counting We Will Go (ages 3-5, now available, not rated): Small fry will be edutained recognizing numbers through songs, rhyme, dance and Barney-style humor. DVD comes with a 64-page coloring and activity book. Grade: A-



C is for Cookie Monster (ages 3-5, Oct. 19, not rated): Better have some Chips Ahoy, Oreos or homemade cookies around when giving this "Sesame Street" title a spin on the DVD player. Everyone's favorite crumb-making monster tells stories, sings songs and answers fan mail. In between bites of his favorite snack, Cookie Monster learns a thing or two about nutrition and the benefits of eating healthful foods. Grade: A

Fred: The Movie (ages 8-13, Oct. 5, not rated): Internet sensation Fred Figglehorn, the fictional kid whose silly videos made his YouTube channel the first to reach 1 million subscribers, had his film debut last month when Nickelodeon aired this made-for-TV movie starring the dude who has played him since 2006, now-17-year-old actor Lucas

Cruikshank. When his love, Judy (Pixie Lott), moves away, Fred sets out on a hike to see the girl he has described as "so mean, yet so attractive." When he finds her hosting a party to which he wasn't invited, pettiness ensues. Being a solo adventure, it's a wise move aging the character from a perpetual 6-years-old to 15 for the movie. Cute stuff, but knowing the "Fred" backstory is critical for full enjoyment. Grade: A-



The Karate Kid (ages 7-14, Oct. 5, PG): Better-than-expected remake of the inspirational 1980s film series with Will Smith's son, Jaden, replacing Ralph Macchio as a good guy who must look deep into his soul to take down a bully. Playing the mentor this go-around is Jackie Chan, a retired kung fu master who just happens to be the super for the Chinese apartment building where our eventual hero and his mom have moved to from America. Grade: B

Shaun the Sheep: Party Animals (ages 3 and up, now available, not rated): Flying cue balls and pillow fights are just two examples of the mayhem caused by Shaun and friends on the farm. Seven episodes are included, and each truly is made for the entire family with its British-style humor conceived by the same blokes who gave us the Oscar-winning "Wallace and Gromit." Grade: A

Thomas & Friends Misty Island Rescue - The Movie (ages 3-6, now available, not rated): The useful tank engine's Blu-ray disc debut is set mostly on a mysterious island, where Thomas gets lost and needs to be rescued by his friends after Sir Topham Hatt sends out a search party. Don't have Blu-ray? No problem; a DVD also is provided. Grade: A-

Sacramento Symphonic Winds

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!

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Concert Title: Scenes, Sketches and Portraits

Date/Time:

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

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Contact ph. 916-489-2576

www.sacwinds.org

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Water Shortages Endanger Energy Security

Commentary by Erica Gies

Water and energy form two vital pillars that hold up our economy and our lives. Unfortunately, they are inextricably intertwined: Destabilize one and you could threaten the other.

That's because we use about 41 percent of our freshwater to produce energy, and about 13 percent of our electric consumption to treat and distribute water.

The problem with this level of interdependence became clear this summer in the Southeast when the Browns Ferry nuclear plant in Athens, Alabama, was forced to cut power for five weeks during a heat wave. Coal, gas, and nuclear power plants (also called thermoelectric plants) require a lot of water for cooling, and water stress has forced at least 12 plants to temporarily reduce output or shut down since 2004.

A process called once-through cooling – used by 43 percent of thermoelectric power plants – is a huge water hog. A typical 500-megawatt plant takes in almost 19 million gallons an hour, says the U.S. Department of Energy.

Though that water, once used, is returned to nature, it is often polluted and up to 17 degrees hotter, which can kill fish. Fortunately, these hazards have led to tighter regulation and a transition to newer, less water-intensive technologies.

One such approach is wet cooling, which chills a plant via evaporation and uses only about 3 percent of the water as once-through cooling. About 56 percent of U.S. thermoelectric generating capacity is now wet-cooled. A newer process, dry cooling, uses no water at all but instead uses fans to push waste heat into the atmosphere.

California is currently phasing out once-through cooling, and has adopted a policy that discourages

the use of freshwater for cooling. In response, energy developers there now plan projects using reclaimed water for wet cooling or dry cooling. Other states and the federal government should follow California's lead.

Still, without urgent action nationwide, our electricity supply will grow increasingly unstable as water gets scarcer. Most of the West and Midwest could get significantly drier by the 2030s, according to a study just released by the National Center for Atmospheric Research, with conditions worsening through 2100. Extended droughts and growing populations will mean even less water available for energy production.

Fossil fuel and nuclear plants aren't the only heavy water users. Some cleaner energy technologies also consume vast amounts of water. Hydropower, for example, loses millions of gallons to evaporation from the lake impounded behind the dam.

Lake Mead, formed by Hoover Dam, is the main source of water for Las Vegas. But if current drought conditions continue for another six years, Las Vegas will be without water. Prolonged drought in this century could shut down Hoover Dam and other major U.S. hydropower generating stations.

Another alternative energy source, growing corn for ethanol – which currently displaces 10 percent of our gasoline – can also suck up hundreds of gallons of water for every gallon of ethanol produced, according to the U.S. Government Accounting Office. Solar and wind generating projects require much less water.

As we develop alternative energy projects, we will need to look closely at how much water they consume and seriously consider projected regional water shortages.

There is some good news around the water-energy nexus. In the past,

energy and water were managed separately. But with 36 states expecting major water shortages by 2013, managers are rethinking water-energy systems, seeking ways to operate them jointly, saving money and water and reducing air pollution and carbon emissions.

A key to having enough energy in the future is to not waste water now, and there are many ways to conserve. For example, thirty percent of residential water demand nationwide goes to outdoor use, climbing to 80 percent in the arid West. So reducing or eliminating lawns could make a big difference. Choosing native plants over lawns requires far less water and has the added benefit of reducing chemical use and reconnecting property owners with their area's natural heritage and local wildlife.

On the federal level, the U.S. Interior Department launched its WaterSMART initiative this year to map water and measure how much of it various types of energy consume. Last year, the House of Representatives passed the Energy and Water Research Integration Act to improve data collection and technology. The bill is awaiting action in the Senate.

These efforts show that policy makers are starting to think about the water-energy connection. But they're research heavy and action light. We already know enough to start saving water and energy today. Procrastination is just making us environmentally and economically poorer.

Erica Gies is a freelance reporter who has been published by The New York Times, The International Herald Tribune, Wired News, Grist, and E/The Environmental Magazine. To comment on this column go to www.blueridgepress.com or Facebook © BRP 2010.



Marlys Norris, Christian author

By Marlys Norris

Any person who at one time, accepted Jesus Christ as their personal Savior has a capacity to love that excels other people? He never leaves that person no matter what they might do or not do in their lives. Have you been a recipient of God's Love through a person as this? Then, you must recognize the love you have enjoyed in abundance is a supernatural love. This love has been graciously given to you— from the very heart of God. God pours out His love and blessings to others through those who have made this decision.

Wow you say! Who wouldn't

Do You Want A Blessed Life?

want their life to be blessed? Doesn't everyone have a desire for their life to have meaning and purpose? The only drawback for experiencing and enjoying a blessed life is— ones reluctance, rejection or resistance to obedience to the instructions God has provided in the Holy Word of God. The Bible is progressive revelation and Jesus is the fulfillment of the Old Testament prophecies. (see Isaiah 53).

The question for today is: Can and will you yield yourself into the will of God? It costs you absolutely nothing to obey and do the will of God. Well now, seems like you just might have an important decision to make. Are you going to listen and follow the words of Scripture or are you going to run from it? Obedience to God's call, will "always bring blessings". *Obedience is the only key to God's will and instruction book that unlock the doors to God's blessings and favor.* Listen to Paul's call to you. "I ask you therefore, brethren, by the mercies of God, that you

present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world: but be transformed by the renewing of your mind, that you may prove what is that good, and acceptable, and perfect will of God". (Romans 12:1-1) "And you will know the truth and the truth shall make you free". (John 8:32)

Jesus said, "Verily, verily I say unto thee Except a man be born again, he cannot see the kingdom of God". (John 3:3). "Except a man be born of water and of the Spirit, he cannot enter into the kingdom of God". (John 3:5) That which is born of the flesh is flesh; and that which is born of the Spirit is spirit". (John 3:6)

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

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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.

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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A Film Review by Tim Riley

DUE DATE (Rated R)

As far as churning out raunchy, laugh-out-loud comedies on a steady basis goes, Judd Apatow is not the only game in town. Todd Phillips, who directed the wildly funny and popular "The Hangover" as well as "Old School," is finely tuned to the contemporary comedic barometer of questionable taste, and he appears to be working his way quite successfully towards his own cottage industry of aggressive goofball comedy. This aptitude serves him very well for the mismatched buddy/road trip comedy that is "Due Date," which could easily be confused with any number of films in the Judd Apatow orbit. However, this particular effort bears a lot more resemblance to "Planes, Trains and Automobiles," with Steve Martin having been replaced by Robert Downey, Jr.

As anyone who has seen the film's trailer would easily know, "Due Date" operates on a very

Riley Reviews

WACKY, RAUCOUS FUN ARRIVES WITH "DUE DATE" COMEDY

simple premise: throw two unlikely companions together on a road trip that turns out to be totally outrageous. Downey's Peter Highman is a tightly-wound architect, probably because he's an expectant first-time father whose wife (Michelle Monaghan) is due for C-section only days away. As he hurries to catch a flight home to Los Angeles from Atlanta in time for the birth, his best intentions are completely derailed after a chance encounter with aspiring actor and disaster-magnet Ethan Tremblay (Zach Galifianakis). An accidental switch of baggage and a mishap after boarding cause both Peter and Ethan to be tossed off the plane. To make matters worse, Peter is placed on the no-fly list, while his luggage, wallet and ID take off without him.

With no alternatives in sight, Peter is forced to hitch a ride in a rental car with Ethan and his canine traveling companion on a cross-country road trip that is inevitably filled with many pitfalls and calamities. The uptight Peter soon realizes that he's just joined forces with a guy who can casually ruin his life in more ways than he could ever imagine. The first clue of impending disaster should have

been evident from how they first met at the airport. Nevertheless, while Peter wants to make the best of a really bad situation, the incompatible travelers barely get out of Atlanta before Ethan insists on visiting a flaky dope dealer (Juliette Lewis) so that he can get his so-called medical marijuana. Meanwhile, this side trip involves an incident of child abuse that is unusually funny and so inappropriate such that it will cause a nervous reaction.

"Due Date" works off the very strange chemistry of the apprehensive, easily irritated Peter and the laid-back Ethan, an annoying, self-obsessed man-child oblivious to just about everything going on around him. The comedic clash of these personalities is reminiscent of Steve Martin and John Candy, only here the conflict and tension are amped up even more. Of course, there are running gags about the sexually aroused pet dog and the ashes of Ethan's deceased father in a coffee can (the best joke already revealed in every film trailer). For good measure, a stunning car crash is tossed into the mix, along with an unfortunate misunderstanding at a border crossing. Then, there's the hostile confrontation with the hillbilly clerk at the Western Union office. Misfortune and disaster never seem to end in this hilarious movie. If you enjoyed "The Hangover" and the countless Apatow comedies, then "Due Date" is just about right.

Genealogical Association of Sacramento

The Genealogical Association of Sacramento will hold its regular monthly meeting Wednesday, November 17, 2010 at 1:00 P.M., at the Belle Cooleedge Library, 5600 S. Land Park Drive. James Rader will provide up-to-date information on DNA testing and its application to genealogy. All are welcome. There will be no meeting in December.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-0008972

WHEREAS, Jerry C.C. Brinson has filed a petition with this court for a decree changing name of Jerry C.C. Brinson to Jerry Clever Turner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 30, 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. 19, 2010. Kevin R. Culhane Judge of the Superior Court Publish: October 27, Nov. 3, 10, 17, 2010. TURNER 01004 11-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00089635

WHEREAS, Shing Chung Anzai has filed a petition with this court for a decree changing name of Shing Chung Anzai to Shing Chen Chung. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 30, 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: Oct. 18, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 27, Nov. 3, 10, 17, 2010. CHUNG 01004 11-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00090467

WHEREAS, Manuel James Gill has filed a petition with this court for a decree changing name of Manuel James Gill to Manuel James Pascal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 9, 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: Oct. 28, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October Nov. 3, 10, 17, 24, 2010. GILL 01004 11-24-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #09FL08347 NOTICE TO RESPONDENT: MEDO BUDDY SHUKRY

You are being sued. PETITIONER'S NAME IS: LINH QUE TRAN

You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local County Bar Association. The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Rd., Sacramento, CA 95826. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: Linh Que Tran, petitioner in pro per, 1861 Dawnelle Way, Sacramento, CA 95835; 916-

928-0646. Dated: Dec. 3, 2009. Publish: October Nov. 3, 10, 17, 24, 2010. SUPCAL 01101 11-24-10

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

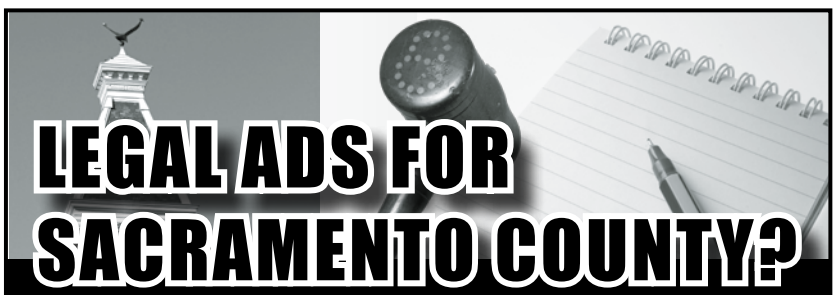
SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00090626

WHEREAS, Connie Jeanine Gove has filed a petition with this court for a decree changing name of Conni Jeanine Gove to Connie Jeanine Van Sickle. 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, Donna Lee Kaaihue has filed a petition with this court for a decree changing name of Donna Lee Kaaihue to Kone Lee Kaaihue. 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



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Free Holiday Indoor Concert

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

All ages welcome... come as you are!

MISSION OAKS COMMUNITY CENTER

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

- *Spirit of Christmas Musical Celebration starring Merrill Osmond*
Dec 7-8, 2010 • \$175 pp double
- *Rose Parade/Queen Mary/Catalina Island*
Dec 30, 2010 - Jan 3, 2011 • \$1,525 pp double
Reserved parade seating plus lots of extras!
- *The Price is Right/Let's make a Deal*
Trip to Hollywood with extras!
January 11-14, 2011 • \$699 pp double



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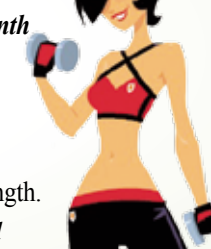
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2350 Northrop Ave., Carmichael CA 95825



Sacramento Public Library Events

History books discussed at Carmichael Library monthly meetings

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

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

- December 7: The Bridges at Toko-ri, by James Michener
- January 4: The Things They Carried, by Tim O'Brien
- February 1: The Worst Hard Time, by Timothy Egan
- March 1: In the Valley of the Kings, by Daniel Meyerson
- April 5: The Great Mortality, by John Kelly
- May 3: The Big Burn, by Timothy Egan

Yu-Gi-Oh Tournament

November 10, Wednesday, 3:30 p.m. to 4:30 p.m.
Teen Program
Join other Yu-Gi-Oh enthusiasts for a card tournament. Bring your own deck or a willingness to learn. Beginners welcome. Prizes.

After School Book Club

November 12, Friday, 3:30 p.m. to 4:30 p.m.
School-Age Program
Join us on the first Tuesday of every month to talk about the book, play trivia games, and have fun! This month we will be reading "Hatching Magic," by Ann Downer. Pick up your copy at the front desk!

Thanksgiving with ArtWorks!


November 13, Saturday, 2 p.m. to 3 p.m.
School-Age Program
Come to the library to celebrate American Indian Heritage month! ArtWorks presents the story of the Native American Corn Princess and her sisters, Bean and Squash. Then, recreate traditional Thanksgiving crafts and treats – popcorn necklaces with dried macaroni, beads, and dried fruits and a cornhusk doll.

Read to Rover

November 16, Tuesday, 3:30 p.m. to 4:30 p.m.
School-Age Program
Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old. Earn stickers for the time spent reading and earn a book too! Read to Rover will be on vacation November 18 thru January 1.

Preschool Storytime

November 18, Thursday 10:15-12 noon
Preschool Storytime (3-5yrs)
Join Miss Angela for 30 minutes of stories, fingerplays, music, and more. Lots of fun for kids 3-5!

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.

Dog Park Master Plan

The Carmichael Recreation and Park District has scheduled three workshops to help create a Master Plan for the Carmichael Dog Park. The plan will identify needs and create ideas that will chart a course of action for the District to follow. Ideas and suggestions are welcome. The meetings will be held at the Carmichael Park Clubhouse, 5750 Grant Avenue on Tuesday, October 12, or Tuesday, November 16 from 6 - 8 pm. For further information, contact Lee Ann Yarber at 916-485-5322, ext. 24 or LeeAnn@carmichaelpark.com.

Carmichael Chamber Mixer

S.T.E.P.
Food, drinks and plenty of networking
Bring a raffle prize and plenty of business cards
For more info, contact Linda Melody at 916-481-1002

When: Wed Nov 10 5:30pm – 7:30pm
Where: Strategies to Empower People (S.T.E.P.)
5945 Palm Dr, Carmichael 95608 (map)

Carmichael Chamber Luncheon

Chamber General Meeting & Luncheon
Guest speaker is Carl Simpson, Chief Code Enforcement Officer for Sacramento County discussing zoning issues and the homeless in Carmichael

\$15 members/\$20 non-members
Call 481-1002 or linda@carmichaelchamber.com for reservations by Nov. 11

When: Tue Nov 16 11:30am – 1pm
Where: Cypress Avenue Baptist Church Education Building, 5709 Cypress Avenue, Carmichael, 95608

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

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



15th SEASON

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Donald Kendrick, Music Director

2010 | 2011 Season

SACRAMENTO STAINED GLASS CONCERT
Cathedral Vespers

Cathedral of the Blessed Sacrament
Saturday, October 30 at 8:00 PM

Mozart | *Vesperae Solennes de Confessore*
Allegri | *Miserere Mei Deus*
Rachmaninoff | *All Night Vigil* (excerpts)
Stanford | *Magnificat in C Major*
Guest Chorus: Sacramento State University Chorus
Stephen Janzen, Organist

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Pre-concert talk 7:15 PM
Fr. Steven Avella, dynamic Professor of History at Marquette University, author of *The Diocese of Sacramento: A Journey of Faith and Sacramento: Indomitable City*

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Saturday, Dec 11 at 8:00 pm
Sunday, Dec 12 at 2:00 pm

Verdi Requiem
Saturday, March 19 at 8:00 pm
Karen Slack, Soprano
Julie Simson, Mezzo
Bjorn Arvidsson, Tenor
Clayton Brainerd, Bass

Easy To Love
Saturday, April 30 at 8:00 pm
Christi Amonson, Soprano
Kristin Dauphinais, Mezzo
Tevye Ditter, Tenor
Ian Greenlaw, Baritone

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Citrus Heights Scholarship Pageant

- ❖ Miss entrants must be at least 16 to the age of 27.
- ❖ Teen entrants must be at least 13 to the age of 16.
- ❖ Entrants must be single; never been married nor a parent.
- ❖ Entrants must be of good physical health and good moral character.
- ❖ Mrs. / Ms. Entrants must be at least 18 years of age.



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November 12th
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Director: Mary Purvis, 721-3824

Carmichael Times



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ROCK DOC

By Dr. E. Kirsten Peters

My favorite epoch in Earth history is the Ice Age, the time in which saber tooth tigers and giant mastodons roamed the world. The Ice Age ended 10,000 years ago when – quite abruptly – the bitter temperatures of the time gave way to our present, balmy epoch.

Natural history museums often have the skeletal remains of Ice Age mammals. They are enough to inspire awe in part because many of the species alive during that time were much bigger than modern animals. The Ice Age was a time of giant deer and moose, with a species of beaver as large as a modern black bear.

In short, it was a time not long ago with a climate and ecology so different it intrigues both geologists and school children.

Imagine my pleasure, then, when I recently got to hold a sample of 16,000 year old woolly mammoth poop from the Ice Age. Talk about an intimate connection with the past!

Ancient poop is known to geologists as coprolite material. It can be truly fossilized as solid rock, or just preserved in glacial ice, permafrost or dry caves. One geology department softball team I knew proudly named itself the “Coprolites.” Such is geologic humor.

Ancient mammoths and other prehistoric animals were well defined by the phrase, “you are what you eat.” And by studying what ancient animals ate – through their intestinal remains or their poop – we can learn about their diets and nutrition.

Bruce Davitt of the Dept. of Natural Resource Sciences at Washington State University has the habit of studying

Ancient Poop Yields Clues

ancient and modern poop – and deducing from it important clues to animal habits and environments. In one case he looked at caribou dung found in a permanent snow patch in southern Yukon, outside of Whitehorse. Caribou haven't been present in the area since the 1800s, so obviously the dung was at least that old. But using radioactive-dating techniques, researchers found the dung was about 2400 years old.

Enter Davitt and his special talents at examining poop.

“We looked at the material under the microscope and compared plant fragments in the fecal pellets to the plants of that environment,” he said. “We determined the dung reflected caribou's spring or summer diet.”

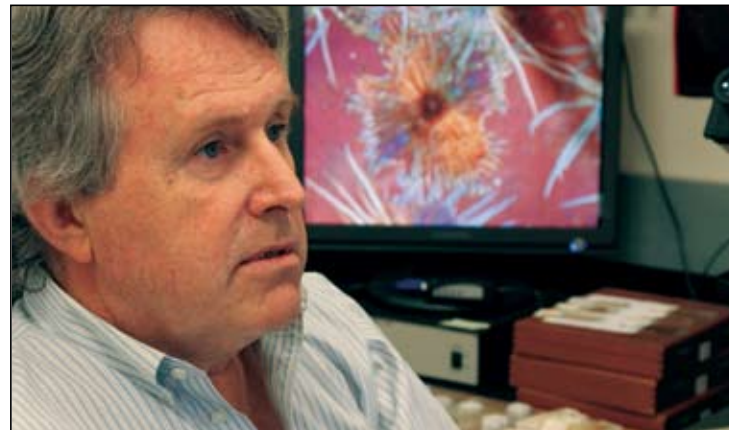
to their life-threatening illness.

“The vet there at first thought it might be that the monkeys were eating rope that was in the exhibit,” Davitt said. “But monkeys have a strong sense of social order. The higher-ups on the scene got to eat the monkey food the zoo provided while lower-downs waited nervously on the side.”

That led the less fortunate monkeys to eat fronds of a plant called *Pandanus utilis* that was in the exhibit.

“We found the plant in the fecal material. There were microscopic crystals on the plant fibers, and those crystals were rubbing on the monkey's intestines,” Davitt said.

That insight helped save the lives of the monkeys after the plant was



Bruce Davitt finds some “interesting” results.

It's possible the caribou sought out the cool temperatures of the permanent ice patch in the warmth of the Arctic summer, either for the temperature change alone or to get away from the bugs that are thicker than pea soup in that part of the world.

The permanent snowfield also yielded part of an arrow shaft which was dated as about 4400 years old, making it a rare example of hunting technology from that era found in Canada.

Davitt has also worked on much more recent fecal material and deduced something crucial to the health of some langur monkeys in the Bronx Zoo.

As Davitt explains it, several monkeys in the Bronx had mysterious developed cases of peritonitis. The zoo sent Davitt samples of the animals' intestinal products to check for what could be contributing

removed from their environment.

“We're just a small part of much bigger teams, helping researchers elsewhere engaged in their studies of wildlife,” Davitt said.

One simple piece of equipment in Davitt's lab is a kitchen blender. It's used to pulverize samples into a thin soup from which slides can be made for examination under the microscope.

“We call the product in the blender a crappé frappé,” Davitt quipped.

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

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