

Carmichael Times



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Volume 30 Issue 42

Serving Carmichael and Sacramento County since 1981

October 20, 2010

Civil War Treasures

“Before the war, it was always the United States are. After the war, it was the United States is. It made us an is.” - Shelby Foote



Grand Army of the Republic Memorial in Sacramento City Cemetery. Photo by Julie Parker.

By Julie Parker

Sacramento Region – The year 2011 marks the 150th anniversary of the start of the Civil War. While many of the obvious states will memorialize the event, many would be surprised that California played a part in the war as well.

Gold from California helped keep the Union solvent during the Civil War. California had more volunteers per capita in the Union Army than any other state. Nearly 17,000 Californians enlisted to fight. By war's end, California volunteers in the West occupied more territory than did the Union Army in the east. The efforts of California men were not only critical in keeping California

part of the Union and in keeping the flow of gold to Washington uninterrupted, but also in keeping the Far West federal territory.

Sacramento organized a voluntary military defense force due to the possibility of invasion by forces stationed in Confederate Texas. In Sacramento's July 4, 1861 parade,

Major J.P. Gillis proudly waved his version of the Confederate flag, which was promptly “captured” by J.W. Biderman. (The flag is on display at the California State Capitol Museum and is referred to as the “Biderman flag.” I'm curious as to why it isn't named after the man who actually created it.)

After war's end, many Civil War veterans remained in California, including the Sacramento area. In



The J. P. Gillis Flag, California Museum.

1897, a Civil War Memorial Grove was planted in Capitol Park (10th and L Streets) with saplings from 40 famous Civil War battlefields, including Manassas, Harpers Ferry, Savannah, Five Forks, Yellow Tavern and Vicksburg. At the center stood a “tree of peace,” transplanted from Appomattox, where the Confederate

Army surrendered. In the Sacramento City Cemetery, you'll find the Grand Army of the Republic Memorial, allegedly the first Civil War memorial in California. To this day, the Sons of Union Veterans of the Civil War (SUV) continue the efforts of the Grand Army of the Republic.

Deceased Civil War veterans often only received a wooden plaque with their name written or carved into it or a headstone without information indicating their military service. SUV, therefore, locates and identifies Civil War soldiers, the units and companies in which they served, infantry, artillery, etc., and what state they were from. SUV then ensures they receive a proper military headstone, and present rededication ceremonies, replicating how it would have would have looked during that time period, with attendees in full Union blue uniforms and sometimes a 21-gun salute, with muzzle loaders similar to those used in the Civil War.

Army vet Jim Montéon, age 67, is an active member of SUV. “One of the graves they just located was in a cemetery in Ione. It was a flat marker on the ground and it had been covered

over with weeds. When they cleared it away, it was discovered that the deceased was not only a Civil War vet, but he was a medal of honor recipient.”

“In Lockeford, we had a rededication ceremony for a Confederate soldier. About 50 people from Lockeford showed up. Didn't even know him, but they just thought it was an interesting thing to do to see this re-dedication. All of the women in the historical society came out in full dress, with big hoop skirts, like they just stepped out of the 1860's, and us in our uniforms. It's living history, and it's a good feeling.”

Sometimes, inaccuracies will be discovered and corrected, such as the recent case in Vallejo. A Civil War cannon had been stolen from the cemetery, and when a member of SUV visited the scene, a gravestone was pointed out to him by the groundskeeper, who believed there was an error. “This guy here, they got him marked as a Confederate soldier, but I don't think he was,” said the groundskeeper. “I think he was a Union soldier.” The veteran had enlisted at a certain point in the war when the Union troops had moved all the way down into Georgia. So, he enlisted in Georgia. That's why they thought he was Confederate and placed it on his gravestone, but he wasn't, so SUV corrected the records, and discovered he had over 300 descendants living in the Bay Area. One hundred and fifty of them attended the rededication ceremony.

“The oldest person there was his 77-year-old granddaughter” says Montéon. “It was very emotional. We had Union soldiers from all over the Bay Area, including here from Sacramento. We had a pretty good detachment, almost enough to start a war. We were all turned out in our blue uniforms, the weather cooperated; not one of those scorching days when those uniforms are really hot. We had about 7 or 10 guns when we fired them all in the air and it was impressive and the full color guard came in.”

Grave sites of Civil War veterans can be found throughout Sacramento County, including the suburbs of Citrus Heights and Fair Oaks.

“The cemetery in Fair Oaks, I think there's four Union Civil War vets, and one Confederate,” says Montéon. “When we had the ceremony there for Memorial Day, you could follow your eye along the edge of the cemetery and see all of the American flags, one after another, and all of a sudden, there's one flag that sticks out. It's got a red top, a white center and a red bottom and blue field with 13 stars. That is the flag of the Confederacy.” (Interesting side note: Civil War General Charles Henry Howard, one of the original Fair Oaks landowners, named Howard Street after himself.)

If you believe you have an ancestor who served in the Civil War, SUV is a national organization who can be contacted at their web site www.suvcw.org. (Perhaps you're an “S.O.B.”—son of both sides).

Local Teens Host Public Speaking Awards Banquet

Carmichael – The public is invited to see eleven exceptional high school and junior high students show off their public speaking skills learned in a Toastmasters Youth Leadership Program. At the banquet on October 22, several participants will present informative speeches. Others will participate in other capacities in the meeting.

During the program, students learned how to give a speech, how to become a better listener, how to become more comfortable in front of an audience, how to evaluate a speech, and how to speak with limited preparation. In the words of participant Madeline Kendall, “Toastmasters has helped me be more confident speaking in public!”

Jennifer Harris, a member of Carmichael Toastmasters Club #2213, coordinated the Youth Leadership Program. Carmichael Toastmasters sponsored this program that is offered free nationwide.

The program was led primarily by the students, who served as President, Vice President, Secretary, and Sergeant at Arms. Mrs. Harris, the Coordinator, guided participants as they learned how to conduct a meeting and how to improve their speaking.

The showcase will be held at Sacramento Public Library, Arcade

Branch, 2443 Marconi Avenue, on October 22, from 12:30pm to 2pm. Toastmasters requires that no charge be made for Youth Leadership Programs. They are provided as a service to the community.

The banquet will begin with a meal, then transition into a typical Youth Leadership Program meeting. Several participants will give speeches or participate in Table Topics, an impromptu-speaking exercise. The audience is invited to participate in Table Topics! Alternatively, attendees may simply sit back and watch the talented teens speak.

Toastmasters Youth Leadership Program is a program of Toastmasters International, a group that helps people “become more competent and comfortable in front of an audience,” according to the Toastmasters website www.toastmasters.org.

Youth Leadership helps young people build their communication and leadership skills so they may become tomorrow's leaders in business, industry and the community. The program's unique eight-session, workshop-style design enables participants to develop this potential through practical experience.

For more information, contact Sarah Gregory, club secretary, at 916-216-5039.

Ben Ali Shriners Hold Screening Clinic for Children



Sacramento – Ben Ali Shriners have scheduled a Screening Clinic for children on Saturday, October 23, 2010 from 9 a.m. to 1 p.m. at the Shriners Hospital for Children, 2425 Stockton Blvd., Sacramento.

During a free clinic, physicians will examine children under the age of 18 to decide their eligibility for free treatment and service at our Sacramento's Northern California Shriners Hospital for Children. Shrine Hospitals specialize in orthopaedic problems such as scoliosis, curvature of the spine, limb deficiencies, growth problems, club feet, etc.

They also handle burn related problems and spinal cord injuries, as well as plastic surgery.

Participants in the clinics include physicians and nurses from the local area. Members of local Shrine Clubs will assist at the Clinic. Entertainment for the children will be provided by the Ben Ali Shrine Clowns and the Keystone Cops.

If you are unsure about whether you can participate in the clinic, feel free to contact them in advance.

For further information, phone 925-766-9960.

Raising Funds for Effie Yeaw Nature Center



Photo by Susan Skinner.

Famed author Mark Twain is remembered for that old expression that the reports of his death were "greatly exaggerated," while the same thing could be said about the Effie Yeaw Nature Center (EYNC), which is still active and expanding its' activities, particularly for the senior citizens.

Admittedly, EYNC's existence was in jeopardy, when earlier this year the County of Sacramento, facing a financial crisis, cut off all funding for the nature center. Fortunately, the American River Natural History Association (ARNHA), an all volunteer organization, in order to prevent the center from closing, accepted the full responsibility for financing and operating the facility in Ancil Hoffman Park.

Another old expression: "It's Easier Said Than Done," would also be appropriate now, in as much as ARNHA will need to raise \$300,000 a year to continue the center's operation, compared to the \$30,000 a year it has been contributing for EYNC's support.

However, even with assuming the responsibility of the full operation and financing of the nature center, ARNHA is moving ahead with plans to expand the center's programs for

senior citizens. At the same time, there will be no slowdown of the programs for school children, which is the nature centers' best known activity.

The EYNC's senior activity is known as the "Young At Heart" program, and includes two difference situations. One is "onsite" at the nature center and is designed to accommodate up to 15 persons, and costs \$150. Those participating in this event will be able to choose the length of their nature hike, anywhere from 10 to 40 minutes. Then it will be back at the Nature Center, where they will be exposed to the variety of life in the American River Parkway. This will include viewing biofacts such as skulls or pelts and being stared at by live owls.

Now the other "Young At Heart" program takes place away from the center at various senior living facilities, and can accommodate up to 40 persons and costs \$175. While in these cases there will be no hiking trips; participants will instead be exposed to what nature has created along the American River. A variety of live creatures will be shown including owls, falcons, and tiger salamanders, to name a few.

Persons interested in these programs or others at the nature center, should contact Denise Booth, (916) 489-4918, ext. 234.

Larry Washington, the president of ARNHA declared: "ARNHA, with nearly 900 members, is now running the Effie Yeaw Nature Center. There is absolutely no County support. Our success is totally dependent on our ability to ask for help. We have been fortunate to date and good people have stepped up in volunteering and donating, but we have barely scratched the surface. Our mission is strong and our mission is great."

Organizations and individuals who are interested in obtaining information concerning donations to ARNHA to be used for the operation of EYNC, please contact at Betty Cooper, 489-4918, ext. 237

Fatal Late Night Crash Kills Driver



Photo Credit: Ricardo Douglas

By Ricardo Douglas

Carmichael - On October 18th at approximately 9:15pm, a man driving a late model Ford 4wd pick-up north-bound on Fair Oaks Blvd. crashed at the corner of Kenneth and Fair Oaks, killing the driver.

According to witnesses, the driver ran the red light at El Camino Avenue then drove up onto the sidewalk near El Camino Avenue. The driver then

swerved back out into the street in front of a small grocery store nearly missing a man walking north. A couple walking together yelled to the man warning him to get out of the way, the man jumped just in time.

At a later meeting the man thanked the couple for saving him from certain injury. The driver then continued north until making a hard right turn into the parking lot of a Mexican restaurant striking a tree, flipping the

vehicle and tearing the cab from the frame. The collision left gouges over six feet up in the tree that the vehicle had struck.

The bed of the truck had been full of personal possessions, the items were strewn from around the grocery store all the way to the accident scene. The driver was found by rescuers still hanging in from his safety belts, deceased.

Sales of Small California Business Dropped in September as Entrepreneurs Awaited SBA Legislation

Sacramento County - The count of 888 small businesses sold in California last month represents a decline from the total of 951 transactions recorded in September 2009, and from the 1,047 deals completed in August 2010.

"We talked to a number of buyers and also sellers who were holding off making decisions, hoping the Federal government would reinstate the policies that have boosted lending for

small business transactions," said Peter Siegel, MBA, Founder and CEO of BizBen.com, which has been reporting on small business sales in the state since 1996.

"In fact the Small Business Jobs and Credit Act of 2010 was signed into law last week. It includes incentives in SBA loan programs that were used part of the time over the past couple of years. During those periods when Congress approved funds

to support SBA lending we saw more money available for business sales, leading to an increase in completed transactions in California."

Siegel explained that the incentives include waiving loan fees for borrowers, and encouraging lenders to do business by providing SBA guarantees covering up to 90% of loan amounts.

Sales declined in most of the state's large counties last month compared

to the same month last year. The few populous counties with improved totals of small business sales include Riverside (up 52% from 23 to 35), San Diego (up 16% to 89 from 77) and Sacramento (up about 16% from 32 to 37).

"Signs of improvement in sales volume are a bit spotty at this point. That's pretty much what's going on throughout the economy. Some sectors are seeing growth while others are lagging behind," according to Siegel.

September totals from the BizBen Index report by local counties are as follows: El Dorado: 5, Placer: 16, Sacramento: 37, San Joaquin: 8, Solano: 3, Sonoma: 17, Sutter: 3, Yolo: 1, Yuba: 2

Carmichael Times

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



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

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Be sure to place in the subject field "Attention to Publisher".
If you do not have email access, please call us at 773-1111.

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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

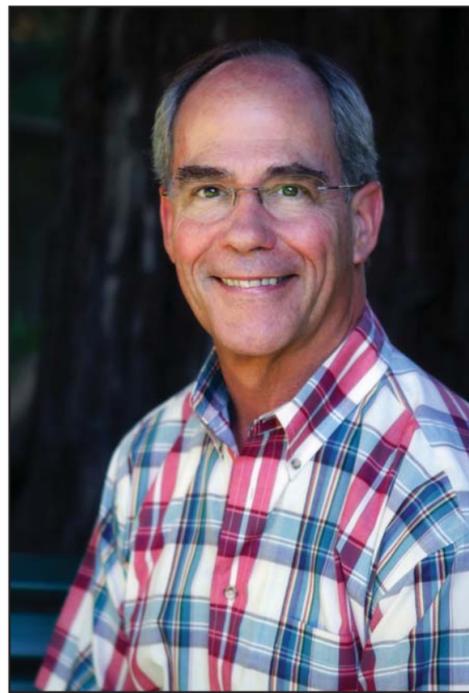
Any and all widows or widowers are invited

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.

STATE SENATE
ROGER NIELLO
ROGERNIELLO.COM



I've been honored to represent Carmichael in the State Assembly and I'd like to continue that representation in the State Senate.

I'd appreciate your vote on November 2nd.

Women's Heart Health

Sacramento—SacramentoAAUW presents Dr. Maxine Barrish-Wreden on Saturday, October 30, 2010 at 10 a.m. at Arden Dimick Library, 891 Watt Ave. Dr. Barrish-Wreden is Co-Medical Director of the Women's Heart Health Program for the Sutter Heart and Vascular Institute. Dr. Barrish-Wreden will discuss

the risks, symptoms and prevention of heart disease. She has spent her professional life teaching an integrative medical approach to heart health, particularly Mind-Body-Spirit Medicine. She says the human body has the capacity to heal the psyche and the spirit given the appropriate environment.

The doctor writes a bi-weekly column for the Sacramento Bee on Sundays and is the co-author of THE COMPLETE IDIOT'S GUIDE TO SECRETS OF LONGEVITY.

If you plan to attend contact Shirley Wheeler at fewsad@aol.com or 916-972-7298. The public is invited.

Times and eVoter Offer Election Information

Carmichael – The Carmichael Times and eVoter (www.evoter.com) are offering a partnership that connects local area voters to polling place locations, election information, candidate profiles and endorsements prior to Election Day on November 2nd.

eVoter is a non-partisan website that allows voters to directly interact with candidates and access accurate, up-to-

date information to make informed decisions on Election Day. From statewide races to local county and municipal races, eVoter provides voters with a list of every candidate on their ballot.

eVoter allows voters to locate their polling place, generate and print a customized sample ballot, after reviewing candidate profiles and organizational endorsements. In order to reach these

motivated voters who are actively looking for information, candidates can purchase a customizable profile at a low cost and organizations can publicize their endorsements for free.

Candidates or organizations that are interested in creating a profile should visit CarmichaelTimes.com and click on "Visit eVoter.com" in the eVoter search box or call (866) 976-0555.

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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.

Boulevard Brush Up

Join the Carmichael Chamber on Sunday, October 24 to help clean up Fair Oaks Blvd. Participants should meet at 9 am at Carmichael Park by the tennis courts off Grant Avenue. Coffee and donuts will be provided. Remember to wear a hat and bring a pair of gloves. Other event sponsors include Carmichael Creek Neighborhood Association, Carmichael Colony Neighborhood Association, and the County of Sacramento. For more information or to sign up to help, contact Anne Berner at 916-944-1042.

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 Luncheon

Chamber General Meeting & Luncheon. Guest speaker is Robbie Guggenheim of the Downtown Grid. Raffle prizes RSVP by Thursday, October 21 to 482-1002 or linda@carmichaelchamber.com

When: Tue October 26 11:30am - 1pm
Where: TBA

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

Honorary Mayor

The Carmichael Chamber will be holding Board elections at their Tuesday, November 16th Business Meeting and Luncheon. If you are interested in running for the Board or want to nominate someone, please contact Linda Melody at the Chamber office at 916-481-1002 by Thursday, September 30th.

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: TBA



Dr Bob Graykowski



Millions struggle daily with arthritis pain, which can range from moderate to debilitating. Worse yet, the drugs used to combat this chronic condition spark a host of unwanted side effects, including ulcers and other gastrointestinal disorders.

Luckily, there are ways to prevent the disease, and to find drug-free relief when it does strike. We want patients to know that preserving joint health is key in avoiding or managing arthritis and that chiropractic care can help.

When spinal bones (vertebrae) are misaligned or restricted the result is a common condition known as **vertebral subluxation**. This condition affects the health and function of the nervous system often leading to joint pain. Keeping the spine in alignment has immediate and long term benefits.

Osteoarthritis

Vertebral subluxations stress the body's joints, causing them to move out of alignment. In response, the joints form bone spurs - jagged bits

Chiropractic Care and Arthritis

of deposited calcium - that scrape and irritate surrounding muscles, tendons and tissue. The result? Osteoarthritis.

Osteoarthritis (OA) commonly affects hips, knees, hands and backs. Symptoms include pain, stiffness, muscle weakness, swelling and joint deformation. Maintaining proper spinal alignment, however, encourages circulation - keeping joints well-nourished with a steady supply of blood - and reduces likelihood of injury. Prevention is critical because researchers note that prior joint injury significantly increased the risk for later-life. In cases where OA is already present, chiropractic care provides safe and effective pain relief.

Researchers randomly assigned patients moist hot packs plus chiropractic care or moist heat alone. The study, which included 20 therapeutic treatments over a period of several weeks, showed that those receiving hot packs plus chiropractic care "reported 90% greater results and more rapid pain reduction and increased ROM (range of movement) with sustained relief than improvement of just the moist heat group."

Fibromyalgia

Although it doesn't lead to the joint deformity traditionally associated with arthritis - nor cause the associated inflammation or damage to joints or muscles - this soft-tissue, rheumatic condition produces similar symptoms. Alignment of the upper cervical

spine(neck) has been shown to be a factor to reduce pain associated with fibromyalgia.

Exercise

Exercise helps to alleviate joint stress by strengthening the surrounding muscles. Strong thigh muscles, for example, can dramatically reduce the stress load placed on knees. According to the American Chiropractic Association, "Exercise is critical in successful arthritis management. It helps maintain healthy and strong muscles, joint mobility, flexibility, endurance, and helps control weight." Even "light" exercises, done while seated in a chair, can benefit those with arthritis. As with any exercise endeavor, however, talk with your doctor first.

A Pain-Free Future

At Chiropractic USA we specialize in reducing stress on the spine and nervous system to allow the body the opportunity heal properly to regain normal function. Regular chiropractic care can help you achieve a pain-free future: particularly when it comes to arthritis. To find out more information or set up an appointment please call (916) 973-1661. You are welcome to join us at our informative workshops or schedule a complimentary consultation.

Creating a healthy community
Dr Bob Graykowski

SACRAMENTO SYMPHONIC WINDS

Save the dates!
La Sierra Series

- Sunday, October 24, 2010 at 3pm
- 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

'Touch of Health' Weekly Vitality Workshop

Classes begin Tuesday Evenings at 6:00
(Unless otherwise indicated)
Open to Public at No Charge

October 10/25 Mon The Joy of Life - Women's Transformation into Vitality
November 9 PM Simple Steps to a Sugar Free Fam
November 9 AM Essential Steps to a Vital Nervous System (AM Workshop)
November 9 PM Simple Steps to a Sugar Free Family
November 11/16 Toxic Foods: The Truth in What You Eat

Gift of Life Wellness Check-up
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CHAUTAUQUA playhouse

HAS OPENED
The Vampyre on October 8

Chautauqua Playhouse opened the thriller "The Vampyre" by Tim Kelly on October 8, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through November 14. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, seniors, children and SARTA members.

Appearing in "The Vampyre":
(L) Ruby Brungess, David Garrison, Kathryn Busch

Before there was Count Dracula there was Lord Ruthven, a charming but vicious vampyre with 'dead grey eyes', a very pale complexion and a haughty demeanor. He gains the confidence of Aubrey, a weak willed young man and through him, gains entrance to the stately home of Aubrey's aunt where his seductive skills tempt the most virtuous of young women there. "The Vampyre" transformed the vampire myth from the monster of folklore to the dark, sexual, and predatory creature still popular today!

The show is directed by Harry Rodgers, featuring a cast that includes David Garrison, Nicholas Massa, Julie Bock-Betschart, Jon Jackson, Walter Thompson and many others. Set design is by Rodger Hoopman and costumes are by Eileen Beaver.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.org.

CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD
CARMICHAEL, CA 95608 • (916) 489-7529

A Non-Profit Organization

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.

Also includes:
City Ambassador Pageant

This pageant entry fee is 25 non-perishable food items and or school supplies for needing families in our communities.
Children 2 - 12 years • Girls / women 13 - up

November 12th
to be held at Rusch Park • Citrus Heights
Director: Mary Purvis, 721-3824

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Girl Scouts Move to East Sacramento

Sacramento—Girl Scouts Heart of Central California (GSHCC), home to nearly 30,000 members, has moved its Program Center!

Our new Program Center—the headquarters for our staff and home to our membership support services, volunteer training, outreach activities, Girl Scout shop, and history display—can now be found at 6601 Elvas Avenue in Sacramento. We are conveniently and centrally located near public transportation and the crossroads of highways 50 and 99, making us more accessible to more of our members.

Over the past five years our membership has grown by 13%, and our newly remodeled 25,000 square-foot building will help us meet our goal of reaching every girl who wants to be a Girl Scout. In past years, we had to limit the number of participants in our girl programs such as our day camps and in volunteer training or

seek off-site accommodations.

“For the past five years we have been researching the area and preparing for this move. The 65th street corridor was specifically chosen for the new location because of its up-and-coming potential,” said CEO of Girl Scout Heart of Central California (GSHCC) Pam Saltenberger. “It’s important that we use our resources to keep girls interested and motivated because as we grow the community around us will thrive.”

“The council’s new building is located in an area that the city of Sacramento has placed on a priority list because it is viewed as an area with economic opportunity,” said Sr. Project Manager for the Economic Development Department for the City of Sacramento Dean Peckham. “The city is putting a lot of staff time and resources toward improving circulation in this area to increase foot traffic and support financial

investment.”

We are excited to be a part of the city’s efforts to revitalize this sector of East Sacramento.

Girl Scouts Heart of Central California offers leadership opportunities for girls and it is important that we are able to reach as many girls as possible. The more girls we build with “Courage, Confidence and Character,” the more of a positive impact they will have on our community.

To offset the costs of the new building and maintain funding for all our programs we have kicked-off a capital campaign, currently in the friends and family stage.

“We’re confident we can fund the majority of the building with the capital campaign and the support of our community,” said GSHCC board chair Catherine Cardoza Conner.

Singles Costume Dance October 30

Sacramento – Christian Singles Network, will hold a Costume Dance for single adults 30-70 Saturday, October 30, at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is Sacramento area’s oldest and largest interdenominational Christian singles group. All ages are welcome to attend.

The evening features an early dance lesson in basic ballroom dance moves by Declan Cordova at 6 PM (an extra \$5 for this class.. A dance lesson in the Hustle by Richard Kowaleski will be taught from 7-8 PM. included in the ticket price. DJ dance music from 8-11:30 by John Maricich. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress is costume or casual, and

there will be a costume contest with prizes. The ticket price of \$15 pre-sale or \$20 at the door includes hors d’oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free—please call 530-878-8606 to volunteer.

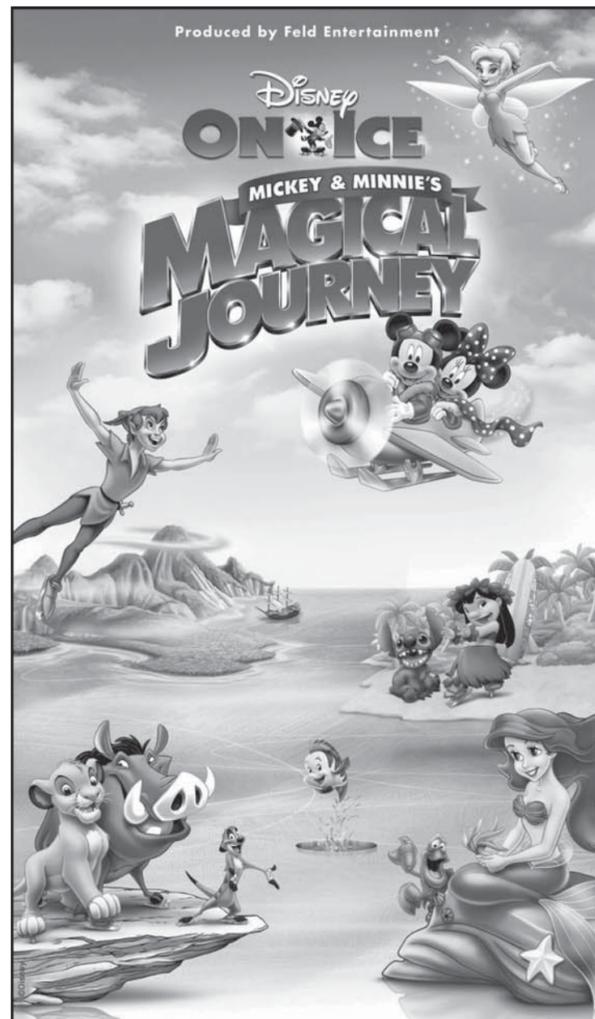
Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh’s Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606.

Christian Singles Network, celebrates its 18th Anniversary this year, and is Sacramento’s largest Christian Singles group, holding weekly events, with dances every month. The next dance after this is a special

Dance which takes place November 6 at Roseville Veteran’s Hall featuring live Christian music by LouAnn Lee, Aaron Gayden, as well as DJ music by Gene Lane. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

To receive more information about activities, or directions call the 530-878-8606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties and cruises.

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Carmichael Library to Present Nutrition and Cooking Class

Carmichael – Researchers have been investigating how food choices can help prevent cancer. The National Cancer Institute research shows that as much as 50 percent of cancer risk may be related to diet. Learn more about diet and cancer at a free program at 1 p.m., Saturday, October 23, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Emily Webber, Food for Life instructor with the Cancer Project, will discuss right food choices that may help to reduce the risk of developing cancer. The program will include nutrition information on the power of proper foods in a cancer-fighting diet, demonstration of healthy recipes, and food samples.

Please register for the program at Carmichael Library, online at saclibrary.org, or by telephone at (916) 264-2920.



St George's Episcopal Church PRESENTS

St. George's Episcopal Church, Carmichael, is hosting a FREE CARNIVAL!

All are welcome to come and enjoy face painting, salsa dancing, mask making, games and prizes for the kids, hot dogs, chips and salsa, and lots more!

At the carnival, there will also be an opportunity to sign up for one of the many activities that members of St. George's have planned throughout the year including cooking classes, waterfall hikes, dance classes, flower arranging, a skating party and more (these activities are “pay-in advance,” so bring your checkbook!)

Drop by for a short while or come for the whole carnival – no matter what, you're sure to have a great time.

Don't miss the piñata at 4:30!
When: **Sunday, Oct. 24, 3:00 -5:30 p.m.**
Where: **St. George's Episcopal Church**
5600 Winding Way, Carmichael



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Riley Reviews

FUN TO BE HAD WITH BOLD, ACTION-PACKED HEROICS OF "RED"

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

Not being a member of the coveted youth demographic, I am particularly thrilled by recent action films that give geriatric action heroes the mental vitality and physical vigor to be unstoppable forces in action-packed thrillers. "The Expendables" showcased Sylvester Stallone as an aging commando who should be cashing Social Security checks instead of running an aggressive rescue mission. Now along comes "Red," another platform for card-carrying members of AARP who happen to love gunplay and combat far better than playing gin rummy in rest homes. An absurdist action comedy, "Red," loosely adapted from the DC Comics graphic novels by Warren Ellis and Cully Hamner, makes a strong argument for the ability of an old gang of veteran actors to kick up a storm of mayhem and violence.

Reluctant ringleader for retired secret agents, Bruce Willis' Frank Moses, a former black ops agent, is living a boring, quiet life in a Cleveland suburb. Seemingly, his

only social interaction is with Sarah (Mary-Louise Parker), a sweet-natured clerk who processes his pension checks from a government office in Kansas City. One night, his suburban home is invaded by a ruthless army of commandos who are not looking to take him prisoner. Suspecting that the object of his long-distance affection is also a target, Frank heads to Kansas City, where he must kidnap the skeptical Sarah, who obviously has no idea why her life is in danger.

Since trigger-happy CIA officer Cooper (Karl Urban) is in hot pursuit, Frank, the retired CIA agent with Sarah in tow, starts bouncing around the country so that he can recruit other retired colleagues for a daring mission to break into headquarters at Langley to find out why he's been targeted for elimination. The oldest member of the group is Joe Matheson (Morgan Freeman), and though he is dying of cancer in a retirement home, he yearns for a return to the game. John Malkovich's Marvin Boggs fills in nicely as the reclusive, paranoid assassin who once endured too much drug experimentation. Though Malkovich's nervously eccentric character steals the show, he gets stiff competition from Helen Mirren's elegant, silk-gloved killer Victoria.

As a former MI6 agent living an apparently sedate life in the States, Victoria is truly deceptive. Though she may appear stylish and graceful while baking and arranging flowers, Victoria is unable to hide her passion for the indiscriminate use of heavy weapons. That she's a fine addition to the team is also reinforced by her ability to attract help from old Cold War adversary Ivan Simanov (Brian Cox), who seems to know more the inner secrets about the CIA than its former agents. The plot becomes increasingly convoluted as the gang of old pros finds that the involvement of a weapons dealer (Richard Dreyfuss) has something to do with the cover-up of a long-forgotten Guatemala mission along with connections high up in the current administration.

"Red," a title derived from the acronym for "Retired - Extremely Dangerous," nonetheless has a lighthearted, whimsical tone for a spy caper steeped in plenty of violence, including a terrific subterranean shootout. The light touch is evident from the wisecracking banter sprinkled throughout even the most unsettling moments. "Red" proves the old-timers have the goods in delivering action, suspense and deft humor. Aided by an abundance of fights and gun battles, the excellent cast of Hollywood veterans offers great excitement to action junkies by keeping the fast moving, energetic pace afloat. Often zany and wild, "Red" is pure fun and pleasurable entertainment that comes from the skillful mix of witty banter, comical situations and hardcore adrenaline-pumping action.

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Carmichael - The junior class of Victory Christian school will be holding an e-waste event on Saturday, October 23 from 9 a.m. to 1 p.m. This will take place at the corner of Garfield and Robertson. refrigerators and stoves. Bring your electronics to Victory Christian School on Saturday, October 23. Contact Peggy Marriott at 488-5601 extension 304.

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Mission Oaks Genealogy Club will meet on Thursday, October 21, from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael.

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Info.: Call Robert Noyes at (916) 332-5753 or visit their Web site at <http://missionoaksgenealogyclub.org>

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Health/Misc.

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Friendly Part-time Building Monitor Wanted Weekends and/or evenings - 10-25 hrs/wk - \$9-\$11/hr. Required: Clean CA drivers license; pre-employment physical, drug test, and background check. Call La Sierra Community Center 483-7826 for application. (MPG 08-22)

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF facility, good

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Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372-9640 (MPG)

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Help Wanted - Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

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SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2010-00087949

WHEREAS, Anna Mogil has filed a petition with this court for a decree changing name of Anna Mobil to Anna Kobrya. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 3, 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: September 22, 2010. Kevin R. Culhane
 Judge of the Superior Court
 Publish: September 29, October 6, 13, 20, 2010.
 KOBRYA 00905 10-20-10

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2010-00087952

WHEREAS, Yulia Ivanovna Mogil has filed a petition with this court for a decree changing name of Yulia Ivanovna Mogil to Yulia Katiuzhinsky. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 3, 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: Sept. 22, 2010. Kevin R. Culhane
 Judge of the Superior Court

Publish: September 29, October 6, 13, 20, 2010.
 KATIUZHINSKY 00905 10-20-10

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #230316

WHEREAS, Ashley Sampson, through her counsel, Robin McIver, has filed a petition with this court for a decree changing name of Ashley Christina Sampson to Ashley Christina Newcomb. IT IS ORDERED that all persons interested in the above entitled matter appear at 8:30 a.m. on Oct. 27, 2010 in the Family Relations Courthouse, Dept. 135, located at 3341 Power Inn Rd., Sacramento, CA 95826 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: Sept. 13, 2010. Dean L. Peterson
 Judge of the Superior Court
 Publish: September 29, October 6, 13, 20, 2010.
 SACCHI 00905 10-20-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF RUBELYN DE LA CRUZ ESTATE NO. 34-2010-00080140

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RUBELYN DE LA CRUZ:
 A petition has been filed by TREVOR DE LA CRUZ in the Superior Court of California, County of Sacramento, requesting that TREVOR DE LA CRUZ be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for

many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on November 3, 2010 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory

and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.

The name and address of petitioner or petitioner's attorney is: Joedy P. DeFrank #105102, 9521 Folsom Blvd., #R, Sacramento, CA 95827; 916-362-6200.
 Publish: October 6, 13, 20, 2010.
 DEFRA 01001 10-20-10

FICTITIOUS BUSINESS NAME STATEMENT #1008284. Kenney Hanson, 5009 Hillridge Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "FO Media Group" at 5009 Hillridge Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Sept. 16, 2010. Publish: October 6, 13, 20, 2010.
 FOMEDI 01001 10-27-10

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2010-00089068

WHEREAS, Jana Montoya Risley has filed a petition with this court for a decree changing name of Jana Montoya Risley to Jana Christine Wolf. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 19, 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. 8, 2010. Kevin R. Culhane
 Judge of the Superior Court
 Publish: October 13, 20, 27, Nov. 3, 2010.
 KJKLAW 01002 11-3-10

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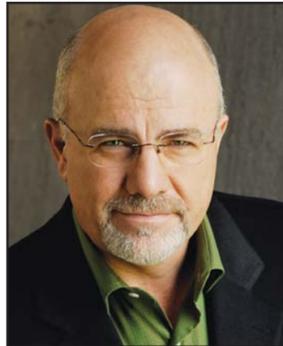
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Dave Says



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.

Counseling Before Marriage A Good Idea?

Dear Dave,
 I just got engaged, and already people are telling us that pre-marital counseling is a good idea. What is your opinion?
 - Bradley

Dear Bradley,

It doesn't necessarily mean that someone thinks you aren't right for each other when they suggest you think about pre-marital counseling. In fact, I think it's a great thing, a smart thing, and something every couple should do prior to marriage.

There are four areas in which you and your fiancé should be in agreement before you walk down the aisle. These are religion, children, parents, and money. Studies show that couples who agree on these issues prior to marriage have a much better chance of experiencing a successful marriage and spending long, happy lives together.

Unity creates romance, whether you're talking about holding hands or handling money. And it's not just about coming to an agreement, either. It's about sharing your innermost thoughts, goals, and dreams, and mapping out a life together that will make you both happy!

- Dave

Car Insurance and the Great FICO

Dear Dave,
 How will it affect my auto insurance if I'm debt-free, and have a zero, or low, FICO score?

- Anonymous

Dear Anonymous,
 There's good news and bad news. The bad news is that it will probably go up. The good news is that it won't go up nearly as much as the interest you'd have to pay to some bank to maintain your credit score!

My personal insurance is higher, because I don't have a credit score. That's because I don't borrow money anymore, and haven't borrowed for several years. But the FICO score has way too much control over our lives these days. It's just not an accurate measure of how well you handle your money. You can easily have a really high FICO score and still be losing financially.

Think about this. If I handed you a million dollars you're FICO score wouldn't change one point. The only thing a FICO score really does is measure your interaction with debt. That's why I call it the "I love debt score." It's really a pretty bad idea for other reasons, too. It doesn't take into account the fact that you may have been smart with your money and accumulated some wealth along the way!

- Dave

For more financial help please visit daveramsey.com.




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.

- November 2: The Skystone, by Jack Whyte
- 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

Free SAT practice test offered for college-bound students at Carmichael Library

High school students can prepare for college admission by practicing with the real SAT test given under real test conditions, for free, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Kaplan Test Prep staff will administer the SAT practice test at 12 noon, Saturday, October 30. There will be a follow-up session at 6 p.m.

Wednesday, November 3, for SAT test results and valuable test-taking tips.

Registration is required at the library branch, online at saclibrary.org, or by calling (916) 264-2920.

The programs are sponsored by Kaplan Test Prep and Admissions.

After School Book Club

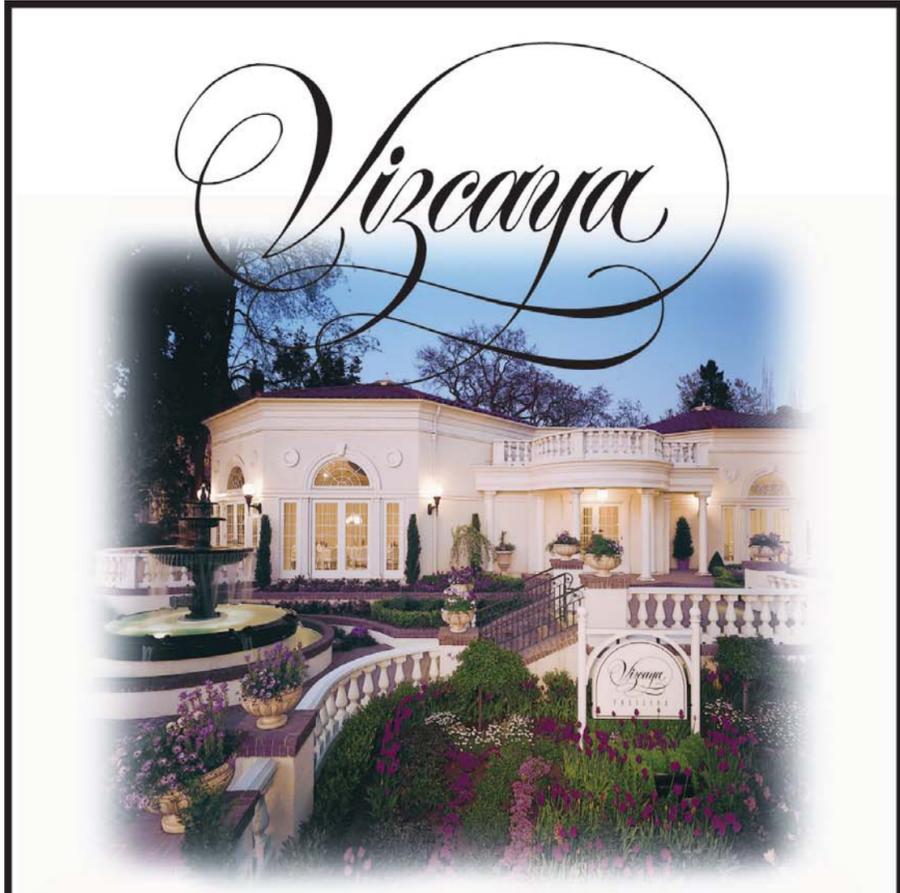
Tue, Nov 2 5:00-6:00
 School-Age Program
 Join us on the first Tuesday of every month to talk about the book, play trivia games, and have fun! This month we will be reading "Gregor the Overlander," by Suzanne Collins. Pick up your copy at the front desk!

Preschool Storytime

Thu, Nov 4 10:15-11:00
 Preschool Storytime (3-5yrs)
 Join Miss Angela for 30 minutes of stories, fingerplays, music, and more. Lots of fun for kids 3-5!

Toddler Storytime

Thu, Nov 4 11:15-11:45
 Toddler Storytime (1.5-3yrs)
 Toodle on over to the Carmichael Library for 20 minutes of short stories, easy fingerplays, and songs. The goal is to have fun with stories, words, and each other.



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A Ballet of Beautiful Athletic Style



Roseville's Jennifer Reasner performs at the 2010 Nationals.

Sacramento Region – Say What? Poomsae is what it is. Think of it as a ‘ballistic ballet’ as martial artists showcase the ‘perfect’ form. Poomsae (pom- say) is the Korean name for this new direction in artistic athletics and martial arts.

Not a sparring competition but a ballet of beautiful athletic style. Individuals from across Northern California compete to perform their lessons in an absolutely correct form. Developed in Korea, ‘poomsae’ is just beginning to be appreciated as an art form by Americans. Brought to you by Robinson’s Tae Kwon Do, www.robinsonstk.com, the Mather Sports Complex will rock with power and grace as martial artists of all ages compete to

be the very best in performance of their individual style.

The 2nd Technical ‘Poomsae’ Championships will take place Saturday, October 23rd, competition beginning at 9:00 a.m. at 3755 Schriever Ave. Mather, CA.

Tickets are \$10.00 and available at the door.

Competitions include all ages, color belts and black belts vying to demonstrate their techniques in the very best form and fluid motion.

The Mather Sports Complex is located off Hiway 50 at Mather Field Road. Regional Transit Lite Rail and Bus Service are also available.

Call 916-481-6815 for more information.

Who will Speak for You?

Advance Directive is Important for All Ages

Carmichael – For anyone age 18 and over, if you were to suddenly experience a serious health crisis and were unable to speak, who would speak for you?

An Advance Healthcare Directive allows you to provide direction about your care in the hospital even if you cannot speak for yourself at the time. It also allows you to state your wishes regarding the withholding of life-sustaining treatment and pain control, and allows you to appoint someone of your choice to direct this care, if you wish. All information is helpful to your doctor, the nursing professionals caring for you and the family or friends who may be called

upon if and when you cannot speak for yourself.

“Many people avoid talking about their wishes for care because they are young or healthy—or would rather put the discussion off until tomorrow,” says Compassionate Care Alliance co-chair Kathy Glasmire. “Yet we never know when we might be in an accident or face a serious illness. The holidays are approaching and families will gather. What better time to discuss these issues with our loved ones?”

Free seminar at Mercy San Juan

Join Mercy San Juan Medical Center at a free seminar to learn

important information about preparing your Advance Healthcare Directive. The program also includes information on POLST – Physician Orders for Life-Sustaining Treatment, a packet for advance healthcare planning and time for questions and answers.

Advance Healthcare Directives

Tuesday, Oct. 26, 6 to 7:30 p.m.
Mercy Physicians Plaza,
Luken’s Auditorium (Suite 150)
6555 Coyle Avenue, Carmichael
Light refreshments
Free

Call 916.864.5678 to register

A Weapon of Mass Destruction



By Pastor Cary Duckett

One of the most powerful weapons in the world is words. A few years ago people were limited in their ability to hurt others with words (face-to-face encounters, writing a note/letter, spreading gossip person to person, etc.). As damaging as these behaviors were...at least they were limited in their scope. Today, Facebook, Twitter, mass email, and media have made it possible for toxic words to engulf whole communities and grasp major network headlines. I recently heard of an 8th grader who was being interviewed on TV because she had attempted to commit suicide. She was the victim of an online rumor spreading that she

had slept with several members of the freshman football team—it was lie. She lives in a small town in Illinois... I live in California. Imagine—a 13yr. old girl living with a tainted reputation and working through the regret of attempting suicide.....all on national television.

The Bible isn't joking when it says, “A word out of your mouth may seem of no account, but it can accomplish nearly anything—or destroy it...By our speech we can ruin the world, turn harmony to chaos, throw mud on a reputation, send the whole world up in smoke and go up in smoke with it, smoke right from the pit of hell.” (James 3:5-6, The Message)

Fortunately, words can also do much good; but they must be seasoned with truth, integrity, wisdom, and humility. The famed basketball coach John Wooden provides us with a good example of this. He was being pressed in an interview to be critical of former Indiana University coach Bobby Knight, Wooden would only say, “I

think Bob Knight is an outstanding teacher of the game of basketball... There is so much bad in the best of us and so much good in the worst of us, it hardly behooves me to talk about the rest of us.”

Speaking words that build people up—or at the least do not tear them down—is a skill that cannot be learned from a textbook or from a seminar. Jesus said, “A good person produces good things from the treasury of a good heart, and an evil person produces evil things from the treasury of an evil heart. What you say flows from what is in your heart” (Luke 6:45, NLT). Don't let your mouth be a weapon of mass destruction. Instead, let Jesus invest in the treasury of your heart so that the dividends might come out your mouth.

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.

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Carmichael, California



Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she's using her torch for soldering.

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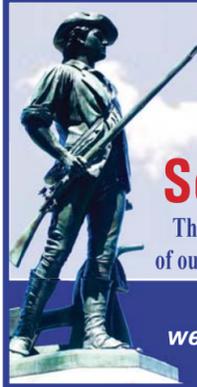
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Carmichael Recreation and Park District is announcing upcoming events

Sacramento Symphonic Winds Concert

Sun 10/24 3-4:30pm \$7/person
Kids under 12 FREE. La Sierra CC
5325 Engle Road, Carmichael, CA 95608
5750 Grant Ave, Carmichael
For more information, call 485-5322

Halloween Carnival



Children 8 and under join us for some spook-tacular fun on Halloween! Participants will enjoy “creepy” carnival games with prized, trick o’ treats, and scary stories in a safe and fun environment.

Ages 8 and under—\$1 per participant
Sunday, October 31, 1 – 4 pm
La Sierra Community Center, Smith Hall
5325 Engle Rd, Carmichael
For more information, call 483-7826

Wall of Honor at Patriot's Park Honoring our Heroes

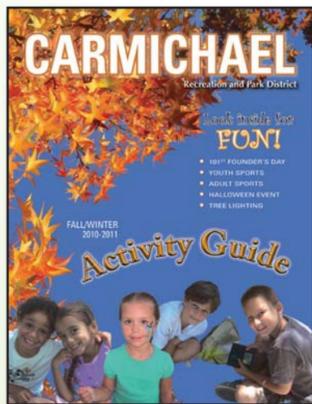


The Carmichael Recreation and Park District is very proud to have this annual memorial Wall of Honor located within Patriots Park on Palm Avenue off of Dewey Drive.

Download and view the Wall of Honor application and guidelines for consideration of Naming for the Wall of Honor.

The purpose of the Wall of Honor is to provide a lasting monument to residents of the Carmichael Recreation and Park District who gave their life for their Country or Community.

Saturday, November 6, 2010 - 10am
Patriots Park, 6825 Palm Avenue,
Fair Oaks, CA 95628



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.

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Bath Towel \$19.99
 6 Pc Set - 2 Bath, 2 Hand, 2 Wash, 10 colors

RUGS

Ralph Lauren Rug \$7.99
 24"x 84" \$16.99

2' x 8'
Hall Runner Rug \$13.99

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Bath Rug Set \$14.99

BEDDING

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Sheets \$3.99
 Full \$4.99, Queen \$6.99, King \$8.99

Flannel • 100% Cotton
Sheet Sets \$16.99
 Full \$19.99, Queen \$24.99, King \$26.99

400 Thread Count
Sheet Sets \$39.99
 100% Egyptian Cotton

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Attend a Metropolitan Transportation Plan 2035 (MTP2035) workshop in your community to help inform how money is spent on public transit, bicycle, pedestrian, and road improvements. MTP2035 is a 24-year plan for transportation throughout the six-county Sacramento region.

The workshops are FREE and food will be provided.

For more information or to register visit www.sacog.org/update or call (916) 321-9000.

UPCOMING WORKSHOP

SACRAMENTO COUNTY - NORTH

Thursday, October 24 • 6-9 p.m.

Citrus Heights Community Center

6300 Fountain Square Drive, Citrus Heights, 95621



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at www.ChateauCarmichaelPark.com/About-Senior-Living

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Alzheimer's Aid Society OF NORTHERN CALIFORNIA

28th Annual

Alzheimer's Aid Society Caregiver's Conference
Saturday, November 6, 2010
Jesuit High School, Carmichael, CA
8:AM-3:00PM

Keynote speaker: David Troxel, M.P.H., is known worldwide for his writings in the field of Alzheimer's and long-term care. Along with Virginia Bell and others, he established a statewide network of support groups and services in Kentucky for patients and caregivers.

Break-out sessions include:

- A session in Spanish with Lilia Mendoza, Founder of Alzheimer's of Mexico.
- Legal issues
- Hospice care
- Planning your final arrangements
- How to speak Alzheimer's
- Dining for dementia

Cost is \$30 in advance, \$35 at door. We are offering CEU units through the Gerontology Department at American River College.

For more information, please go to our website for complete details and to register as well.

www.alzheimersaidsociety.org

2641 Cottage Way #4, Sacramento, CA 95825

(916) 483-2002 • E-mail: info@alzheimersaidsociety.org



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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

General Seating | Purchase tickets online | SACRAMENTOCHORAL.COM
 Or call SCSCO office | 916.536-9065



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*

MONDAVI CENTER CONCERTS, UC DAVIS

Home for the Holidays

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

Since the opening of the Mondavi Center, the SCSCO has brought innovative and entertaining concerts to large and enthusiastic audiences. This season continues that tradition of excellence with a sparkling new Christmas concert with audience sing-along, the dramatic and sublime *Verdi Requiem*, and a new Pops concert saluting some of the greatest songs from the lights of Broadway. We look forward to welcoming you to our 15th Season.

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- ✓ "I am so grateful for all the help you and your providers did for Bob & I. We sincerely appreciated it." – W.L.
- ✓ "We're delighted we found Seniors Helping Seniors. Both the owners and the help they have provided have been exceedingly kind, attentive, and helpful. My wife had 13 hours of surgery to correct a back problem, then had to go back for more surgery when the original incision became infected. We could not have gotten along without Seniors Helping Seniors." – P.H.
- ✓ Thank you for the recent care provided to my dad. Doris seemed to please my dad and all was well on my return. Again, thank you for the very nice assistance you provide to me and my father." – D.V.



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