

Carmichael Times



500
Turkeys
Presented
to Needy
Families

Page 3



Laura on
Life:
"Dear
Santa..."

Page 9



Sacramento
County Sheriff
Revisits his
Neighborhood

Page 10

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Volume 29 Issue 49

Serving Carmichael and Sacramento County since 1981

December 16, 2009

Christmas Comes to Carmichael



Soprano Brett Ruona

Photo by Susan Skinner

Carmichael - Soprano Brett Ruona was a show-stopping guest at the Sacramento Symphonic Winds' annual Christmas concert in Carmichael. The 60-piece ensemble performed a program of symphonies and Holiday music to celebrate the festive season at the La Sierra Community Center. For her second performance with the Carmichael-based Winds, Bay Area Diva Ruona performed Andrew Lloyd Webber's Pie Jesu and other seasonal favorites.

Sacramento County Animal Care Looking for Donations to Pet Pantry

Numbers of Pet Owners in Need is Especially High this Year

Sacramento County - In an effort to keep pets in their homes, the Sacramento County Animal Care Department is soliciting donations of unopened canned and dry pet food from the public for the newly-launched Pet Pantry Program. The goal of this program is to provide pet food to families who may need some extra assistance in caring for their animals. The program is open to any family in need in the Sacramento area. "We are seeing more animals turned into shelters because owners simply do not have the

money to care for them," said Pat Claerbout, Animal Care Facility Director. "It would be wonderful if we can keep a pet out of the shelter and in a loving home by simply helping out with some food." Donations to the pet pantry can be made at any time during shelter hours. Pet food is distributed to those in need on Thursdays and Sundays from 2-4 p.m. People participating in the program will be asked to fill out a short questionnaire to help track program results. The new pet pantry is part of the Animal Shelter's "Home for

the Holidays" events. Through December, residents can adopt a adult cat (one year or older) for free, get their pets photo taken with Santa on Dec. 19 and 20, and drop off gently used coats for the Coats for Kids promotional event with News 10. The new animal care facility, located at 3839 Bradshaw Road, is now open at 11 a.m. Wednesday through Sunday. (Now open BOTH weekend days!) To learn more about the pet pantry or the "Home for the Holidays" events, visit www.saccountyshelter.net.

Pothole Sweeps Underway

Sacramento - The Sacramento County Department of Transportation (SACDOT) has started up Fall 2009 "Pothole Sweeps Week", which is an intensified effort to identify and repair potholes. This project is part of continuous efforts to improve preventative maintenance activities for unincorporated area roadways. Pothole sweeps are performed twice each year: in Fall to ready road surfaces for the storm season and in late Spring to repair potholes caused by inclement weather. This County-wide effort began in the Arden Arcade community -- which is the center of the service area. Work crews began inspecting streets November 30th and marked potholes with white paint. Residents are encouraged to call SACDOT Customer Service at 875-5171, or visit www.sacdot.com/tools/

eservices to report additional potholes not identified by crews. Beginning December 14th, for two to three weeks, maintenance crews and equipment will sweep through streets and repair all identified potholes. These dates may change due to weather conditions. According to Mike Penrose, Director of the Department of Transportation, "The "Potholes Sweep Week" program is a win-win kind of effort for the County and residents. It provides an opportunity for SACDOT to prepare roadway surfaces for the storm season, and also helps establish a better connection with our customers so they can learn more about our services and how they can assist us in serving them." There are over 5,200 lane miles of paved roadways in the County unincorporated area and it's

inevitable that somewhere in this large area of streets there will be potholes. SACDOT's policy is to: "Repair all potholes as soon as possible." The Pothole Sweeps Week program enhances ongoing pavement maintenance activities, which include SACDOT crews who are sent into the field Monday through Friday each week to specifically repair potholes. Some facts about potholes in Sacramento County:

- Potholes Reported To Customer Service Annually = 700.
- Potholes Repaired Annually = 33,000.
- Potholes Repaired Per Month = 2,750.
- Annual Cost for Pothole Repair = \$1,827,000 (average).
- Repair Cost Per Pothole = \$55.36 (average).
- Reported potholes are typically repaired within 72 hours.

California Suffering Civic Recession

Report Finds Downturn Affecting Volunteerism and Trust

Sacramento - (BUSINESS WIRE) A new report, released recently by the National Conference on Citizenship (NCoC) and California Forward, shows that just under three in four Californians have cut back on the time they spent volunteering, participating in groups, and doing the other civic activities. As the recession lingers, Californians have joined a broad national trend by turning inward and cutting back on civic engagement. Of California respondents, 61 percent said people in their community are reacting to the economic downturn by looking out for themselves, compared to only 18 percent who said people around them are responding to the recession by helping each other more. The 2009 California Civic Health Index report not only showed dramatic cutbacks in civic engagement, but also declines in trust in public institutions, especially state government. Californians regard their state government with greater suspicion

than most Americans. Of all respondents, only 22 percent say they had a great deal of confidence in their state government. "This Civic Health Index is yet another wake-up call for Sacramento. It's time to make restoring the confidence of Californians a top priority, starting with practical, common-sense reform," said Robert M. Hertzberg, Co-Chair of California Forward. Even with difficult economic times complicating Californians' efforts to stay engaged with the state's civic life, and confidence in government and non-government institutions alike shrinking, Californians are still holding firmly to their sense of self. Many respondents said they feel the same attachment to the state that they do with people in their own neighborhood. Just under 40 percent of respondents say they have a moderate or very strong personal connection to the people on their block. Roughly the same number said they feel the same way about people in the state as a whole, as well.

"It's this citizenship and patriotism in California that makes it unique, and it says a lot about the civic health in the Golden State," said NCoC Executive Director David B. Smith. "The purpose of the index is to promote public deliberation about the nation's (and California's) civic health and to examine new ways of improving it." "The depth of the economic downturn, and the unprecedented depth and breadth of cuts to state and local services, has raised the stakes for everyone involved," said Thomas V. McKernan, Co-Chair of California Forward and CEO of the Auto Club of Southern California. "This civic index report mirrors what we've seen across the state; namely, that Californians love this state and want it to lead again." You can read the California 2009 Civic Health Index: "Hunkering Down: Volunteering and Civic Engagement During Turbulent Economic Times" at <http://ncoc.net/CaliforniaCHI>.

Carmichael Presbyterian Stages Live Nativity Scene



Photo by Susan Skinner

Central to the Carmichael Presbyterian Church live Biblical tableau, congregants Katherine Sawyer and Rodney Dahlberg took the role of Mary and Joseph. Though rain moved the nativity to beneath a courtyard awning, adverse weather did not deter a steady stream of visitors to share the weekend-long Christmas tribute at Carmichael's oldest church.

www.CarmichaelTimes.com

County Continues Development Fees and Standards Review

Sacramento County - Sacramento County is reviewing all development fees, costs, standards and policies to explore options/ways of reducing the fee and cost burden to developers and increase project feasibility throughout the County. Today, (Dec. 8th) the Board of Supervisors provided direction to move ahead with certain temporary as well as permanent measures that will result in a nearly twenty percent reduction in development impact fees for the North Vineyard Station Specific Plan area. This direction will also set the stage for reduced fees in future development areas such as the Florin Vineyard Gap area. Today's decision was the result of ten months of rigorous review and collaboration between the County, the Building Industry Association, local developers and stakeholders. The review committee found that Sacramento County's fees were already lower than neighboring jurisdictions and the standards appear

to be relatively fair and accurate. Though the recommended reductions were smaller than some had originally hoped, the County will continue to work with the BIA and others to further explore fee reductions. County staff prepared a Score Card that summarizes the reductions or potential modifications in fees, costs and standards. The score card shows that fees for development in the North Vineyard Station Specific Plan area could be reduced by almost 20%. Staff is working with Lennar on an Agreement that will allow their 1st phase development to pay the reduced plan area fees based on the reductions that have been found in the fee review process. Lennar hopes that based upon this approach, they will be able to develop at least 200 lots over the next two years and already have submitted permit applications for model homes. Other fees under review include the Swainson's Hawk Mitigation

Fee and the Affordable Housing In Lieu Fee, which can be reduced based on lower land values. The Board also provided direction today on the Sawtooth Roadway Frontage Policy. The Sawtooth condition relates to when there are fully improved roads in front of developing properties, with abrupt transition to small two lane roads fronting non-developing properties. To reduce the impact of this Sawtooth condition, the County Policy requires development in special planning area to construct frontage in logical segments including a portion of adjacent non-developing properties County staff worked with the Development Team and mobility and pedestrian advocates to modify the policy that reduces the cost by 42% while still providing for a good solution to the problem. Under this solution, a full roadway section and bike lane and separate asphalt walkway will be provided for long segments of at least a quarter mile.

Driver Runs Over Woman, Twice

Sacramento - On December 10, 2009, at approximately 3:08 p.m., Sarah Hepworth, a 21 year old from Sacramento was driving a silver 1997 Ford Taurus on northbound Watt Avenue just north of Kings Way in the #2 lane at an unknown speed. Bianca Carranza, a 19 year old from Sacramento, was driving a blue 1999 Ford Contour on northbound Watt Avenue directly behind the Taurus. For unknown reasons, the front of Carranza's vehicle struck the rear of the Taurus. After the collision, Hepworth got out of her vehicle to make contact with Carranza. At some point during that attempted contact,

Carranza backed up her vehicle, turned to the right and began to accelerate in attempt to flee the scene. Carranza's vehicle struck Hepworth causing her to be knocked to the ground. She then backed her vehicle up and drove forward again, striking Hepworth a second time. Hepworth was thrown to the ground and her body came to rest in the #3 lane of northbound Watt Avenue. Carranza fled the scene in her vehicle and ultimately was located on El Camino Avenue just east of Eastern Avenue. It was also determined that Carranza struck a light pole a short distance from where Officers located her. Hepworth was transported to

Mercy San Juan Medical Hospital with major head injuries and listed in critical condition. Carranza was arrested for 23153(A)(B) VC- Felony DUI with injuries, 23140 VC- DUI under 21, 20001 VC- Felony hit and run, 20002 VC- Misdemeanor hit and run and 245 VC- Assault with a deadly vehicle. This collision is still under investigation. If you witnessed or have any information regarding this collision, please contact the North Sacramento CHP Special Investigations Unit or Officer Moss at (916)338-6710. If after hours, please contact the CHP Sacramento Communications Center at (916) 861-1300.

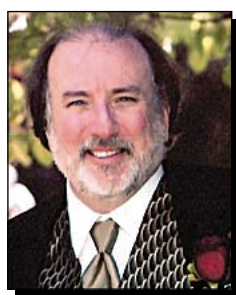
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from the Carmichael Chamber Of Commerce

Carmichael Times

Serving Carmichael and Sacramento County since 1981



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500 Turkeys Presented to Needy Families



From left to right: Robert Spiegel of Senator Cox's Office, Chris Garcia, Bob Heilman of California American Water, and Tom Holm of the Roseville Conference of St. Vincent de Paul.

Through a partnership with Senator Dave Cox and the California American Water company, trucks from five local nonprofits were loaded with 500 frozen turkeys and given to families in need in the greater Sacramento area in time for Thanksgiving. "This partnership is a great example of the community coming together

to help those less fortunate," stated Senator Dave Cox. Jennifer Taylor of the Roseville Conference of the Society of St. Vincent de Paul expressed her appreciation. "It is a wonderful blessing to help our local community and New Beginnings Shelter Program for homeless families. Thank you to Sen. Cox and the California

American Water company for their support of our organization."

Through the generous donation of the California American Water company, the 500 turkeys were divided among the Roseville Conference of the Society of St. Vincent de Paul, the Food Bank of El Dorado County, the Elk Grove Food Bank Services Food Closet, and the Interfaith Food Bank of Amador County.

Natalie Lyda of the Food Bank of El Dorado County added, "it is through these generous donations that help us provide food to feed our neighbors in need. Without the support of Senator Cox and the California American Water company, we couldn't do what we do."

"Operation Gobble is an opportunity for us to give back to our customers, our neighbors and our families," said California American Water Northern Division General Manager Andy Soule.

Carmichael Fire Joins Festivities



Photo by Susan Skinner

Chief Chris Reed donned a snug red toque and shared more customary firefighter helmets with children. Popular as hot cider and cookies, the Carmichael Fire Station engine was a must-see during Christmas festivities. Visit the illuminations at the Fair Oaks and Grant Ave corner of Carmichael Park.

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A Time to Honor Seniors

Older adults are often the best storytellers in the family. Their many traditions and talents are just waiting to be shared. As we approach this holiday season, many older citizens won't be near their families. Travel can become difficult if loved one lives far away.

What better way to honor seniors in your family and community than by undertaking a project together this holiday season. There are a wide range of projects that individuals, families, and social service groups can participate in with older adults. In fact, it is a great opportunity for organizations such as school groups or scout troops to get involved with our senior population. These activities bring generations together, nurture friendships, encourage volunteerism, and broaden understanding and support in a community.

The older we get the more the holiday season becomes about spending time with family and friends and not about gifts and parties. Giving of your time is the best gift you could possibly give. Share a holiday dinner and movie favorite such as Miracle on 34th Street. This classic touches every generation.

The holiday season is a busy time for all. For most of us this means additional stress as we try to squeeze into our schedule, time for sending cards, buying and wrapping gifts, decorating the house, and cooking holiday meals. So during this time we must remember that many older folks have special needs during the holidays as well. The holiday blues can affect us all. Often thought of as the happiest time of year for many can sometimes mean sadness and depression for others. Being

surrounded by family can often ease these feelings that are not uncommon in our senior population.

Holiday visits provide a good opportunity for adult children to gauge well-being and health of their elderly parents and family members. Discreetly taking notice during holiday visits of whether their family member has had a change in health, memory, living conditions or finances. Be aware of changing conditions and spend time with these family members to better understand what they may be going through.

Older adults are a vibrant, contributing part of our communities. They have a great deal of wisdom and insight to share, they deserve to be honored at this the holiday season as well as all year long. I know my life is enriched everyday by spending time with my senior friends.

CHP "Start Smart" Traffic Safety Presentation

Did you know? Teen drivers are found at fault in 66% of all fatal collisions that they are involved in, although they only represent 4% of the state's licensed drivers.

Did you know? The leading cause of death for americans 15 - 20 years old is motor vehicle collisions.

The California Highway Patrol's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 - 19

and their parents/guardians. The California Highway Patrol has taken a proactive approach in educating new drivers and their families on the responsibilities and dangers of operating a motor vehicle.

The Start Smart presentations cover accident avoidance techniques, driver's responsibility, accident trends, seatbelt safety and zero tolerance laws. The program also offers an opportunity for new drivers and parents to ask CHP Officers and Allied Agency Officers

clarifying questions regarding traffic issues. The classes are held at the Rancho Cordova CHP Area office, 11336 Trade Center Drive, Rancho Cordova. Reservations are required to attend the class. For additional information contact the Rancho Cordova CHP Area office.

Any questions or additional information or questions regarding the classes may be directed to Public Information Officer Jim Young, at (916) 464-1458. *Safety, Service, and Security*

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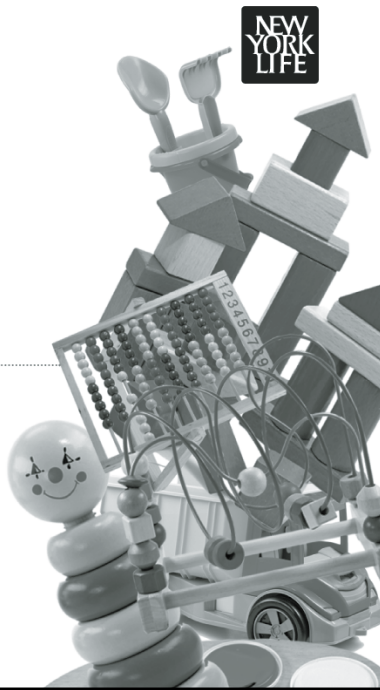
"While travelers should pack their patience for their trips this busy time of year, we plan months in advance to ensure that we do everything we can to provide a positive customer experience," said Hardy Acree, Sacramento County Airport System's Director of Airports. Parking at the airport is pop-

ular during the holidays. SMF will broadcast current parking conditions that can be heard within 5 miles of the airport on 530 AM. To accommodate increased traffic, the curbside lanes at Terminal A will be divided into arriving and departing traffic to maintain traffic flow. Drivers should be alert and watch for cones and personnel. At Terminal B, the Big Build tug tunnel and overhead work has been completed in time to open all four lanes approaching

Terminal B to traffic next week. Drivers should wait until their guests have retrieved their luggage from the baggage carousel before proceeding to the terminal to avoid circling or accidentally waiting at the curb. SMF has live entertainment on tap every Friday through Sunday until December 21 in Terminal A baggage claim. With an eclectic mix of genres and award-winning musicians, the schedule has something for everyone.

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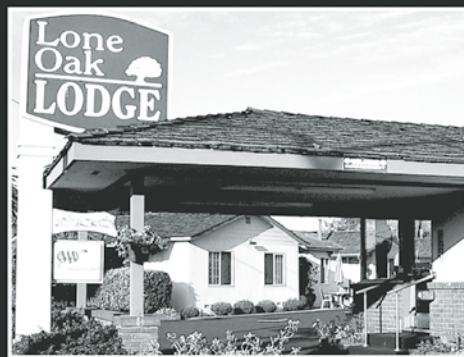
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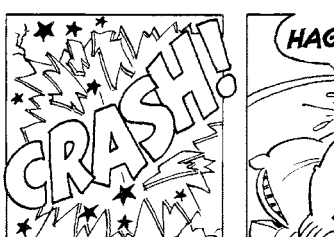
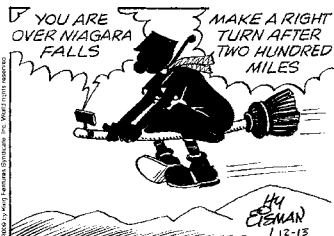
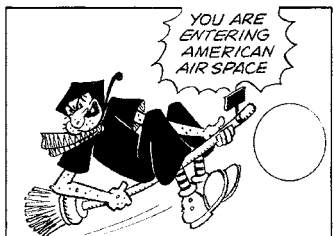
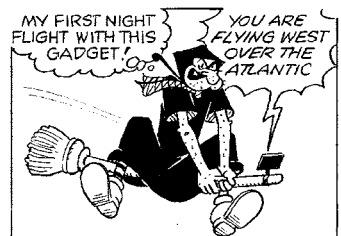
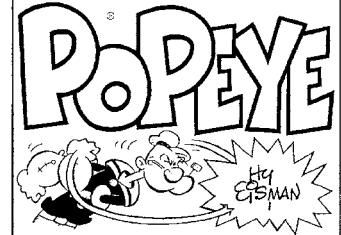
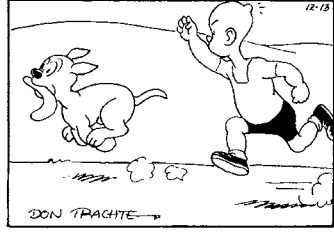
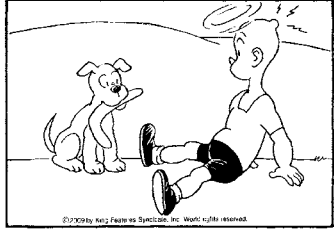
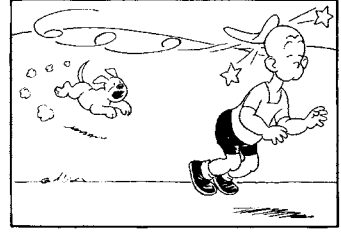
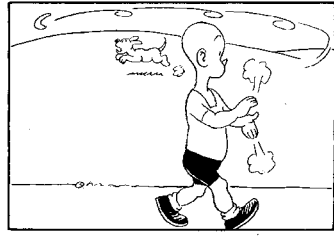
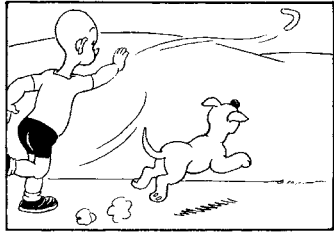
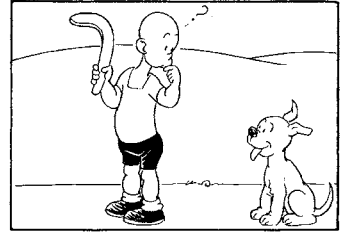
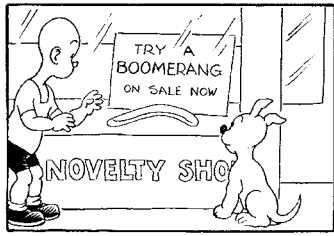
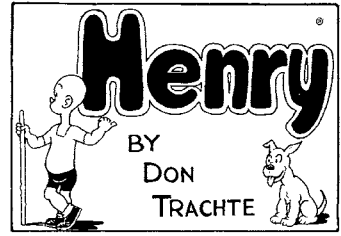
KTKZ AM 1380 INTELLIGENT CONSERVATIVE TALK

Sacramento's new home for the RAIDER NATION

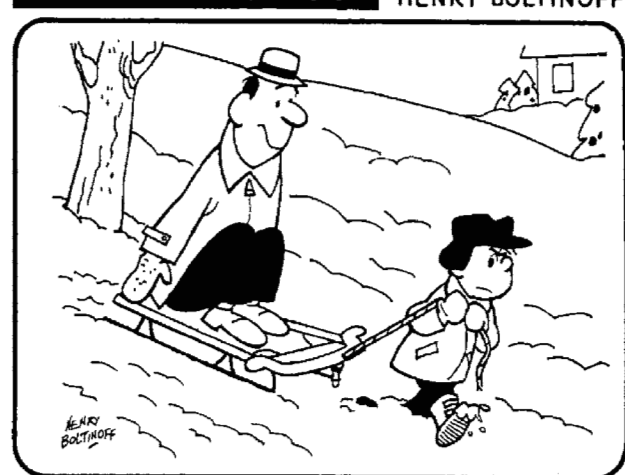
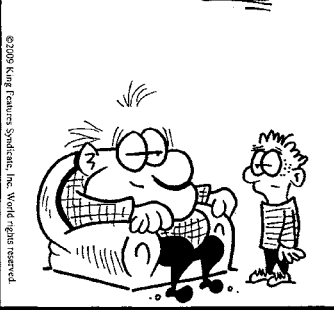


RADIO

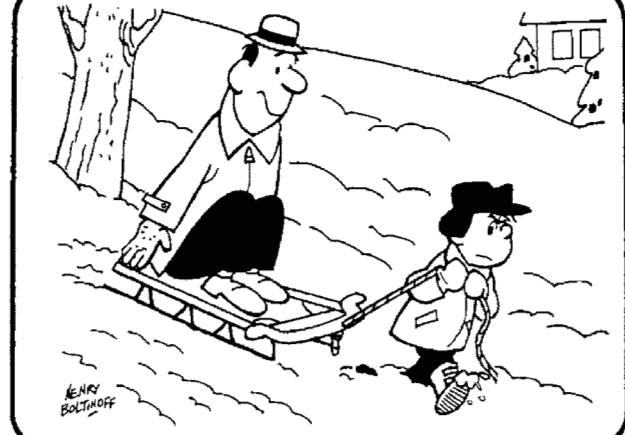
NETWORK



The Spats by Jeff Pickering



Find at least six differences in details between panels.



Differences: 1. House has second window. 2. Man's mitten changed to glove. 3. Rope is longer. 4. Sled runner is different. 5. Tree near house is missing. 6. Tree trunk is wider.

Trivia test by Fifi Rodriguez

- GEOGRAPHY:** In what country is Stonehenge located?
- BIBLE:** What is the fifth book of the Pentateuch in the Old Testament?
- ART:** The artist Gustave Courbet was associated with which art movement in the 19th century?
- ANATOMY:** What causes a hiccup?
- POLITICS:** Plaid Cymru is the name of what group?
- LITERATURE:** Who wrote the novel "The Russia House"?
- MUSIC:** What rock group had a 1978 hit with the tune "Please Come Home for Christmas"?
- MOVIES:** What animated movie was promoted as "the greatest fairy tale never told"?
- GENERAL KNOWLEDGE:** When was the Lincoln Memorial dedicated?
- SCIENCE:** What is an astronomical unit?

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Weekly SUDOKU

by Linda Thistle

		7	4					5
	9			2		7	6	
8					3			2
9					6			7
		3		9		1		
	4	2	5				8	
6			7		9			1
	7			1			4	
		8		5		3		

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● PULL UP A CHAIR

S D A X U R P M J G D A X V S
K N Q N Y K I F D A X V T Q O
M C I S N I A T P A C G J H F
L C A A R A Y W U R P N E N L
J E H B W O F R O C K I N G D
B O V E R S T U F F E D O Z X
V T H I R E T C Q O M L R K I
H F D C W C D A E B H O H Z K
Y W V T A S R D O R G F T C Q
O N L M R E B R A B I K E I H
F D P C M A B Z X L H D W V U

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|-------------|------------|-------------|-------------|
| Arm | Camp | Easy | Overstuffed |
| Barber | Captain's | Folding | Rocking |
| Beach | Deck | High | Swivel |
| Boatswain's | Director's | Ladder-back | |

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All Answers on Page 8 Contract Bridge

AN EXTRA CHANCE
South dealer.
Both sides vulnerable.

NORTH
♠ Q 10 7 6
♥ A J 8 4
♦ 8 5 2
♣ A Q

WEST
♠ 8 3
♥ 6 3
♦ Q J 9 4
♣ 10 8 7 5 2

EAST
♠ K J 9 4
♥ K
♦ A 10 6 3
♣ 9 6 4 3

SOUTH
♠ A 5 2
♥ Q 10 9 7 5 2
♦ K 7
♣ K J

The bidding:
South West North East
1♥ Pass 3♥ Pass

Opening lead — queen of diamonds.

down one. East won the opening diamond lead with the ace and returned a diamond to South's king.

Declarer promptly led the queen of hearts and let it ride, percentage-wise the correct play missing the K-x-x of the suit. East won with the king and returned a third diamond, ruffed by South.

Declarer drew the missing trump and cashed his club winners before leading the ace and another spade. When East turned up with both the king and jack, the contract was kaput.

South expressed his dismay at having lost to the singleton king of hearts and later finding the K-J of spades badly placed. Nevertheless, he should have made his game. The critical play came early, when he erred by taking the heart finesse. Before doing so, he should have taken the necessary steps to protect against the possibility that East might have the singleton king.

After taking the second trick, declarer should play the K-A of clubs and then ruff dummy's remaining diamond. The advantage of this sequence of plays can be seen when South next tries the heart finesse, losing to the singleton king.

After winning the trick, East must return a club or a diamond, yielding a ruff-and-discard, or else return a spade. Either way, declarer can't lose more than one spade trick, and the contract is assured.

© 2009 King Features Synd., Inc. by Steve Becker

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.

Carmichael Cactus and Succulent Society

Carmichael Cactus and Succulent Society Meeting

Thursday January 7,
10:00 am

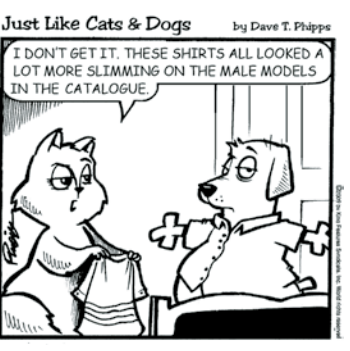
"What's Your Style?"

Group Exchange of Plant Favorites

Carmichael Park
Clubhouse
5750 Grant Avenue
Carmichael, CA 95608

Cost: Free!
Visitors are Welcome!

Ph: 916-729-3475



King Crossword

1	2	3	4	5	6	7	8	9	10	11
12			13					14		
15			16					17		
		18					19			
20	21				22	23				
24				25				26	27	28
29			30					31		
32			33					34		
		35					36			
37	38	39				40				
41				42	43				44	45
46				47					48	
49				50					51	

- ACROSS**
- Use a ray gun
 - Impale
 - Puppy's attacks
 - Lemieux milieu
 - Harvard rival
 - Redact
 - Mrs. Odysseus
 - Gauche's weapon
 - Bugle call
 - Big man on campus?
 - Ire
 - Old phone feature
 - Swine

- 1930 Harold Arlen song
- Equi-
- Automaton
- Historic time
- It merged with Tanganyika in 1964
- Winter forecast
- Hideaway
- Abacus bits
- Yuletide refrain
- Aim
- Booty
- Aquatic birds
- Jealousy
- Type of race

- Menagerie
- Lawyers' salaries
- Bohemian
- Recede
- Energy
- Expert
- Big brass container?
- Graceful girl
- New Mexico art colony
- Matterhorn, for one
- Spell-down
- Outer-space cloud

- "American —"
- Dosage, maybe
- Go nowhere
- Diner sign
- Thai money
- Genius
- Parks or Bonheur
- Exclude
- "Believe — not"
- Asian desert
- Fine, maybe
- Cattleman's tool
- Goes off course

- 100 dinars
- Polish silver?
- Junior of the NFL
- Marshlike
- Staff leader
- Top-rated
- Wander
- Summertime pest
- Handheld organizer
- Blunder
- San Francisco's — Hill
- Weep loudly

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KING Crossword

Answers on Page 8

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FICTITIOUS BUSINESS NAME STATEMENT #0910158. Michael L. Sagie, 62167 Antares Way, Orangevale, CA 95662 is doing business under the Fictitious Business Name "MLS Consulting" at 6217 Antares Way, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on Nov. 12, 2009. Publish: November 25, December 2, 9, 16, 2009. MLCSON 91104 12-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0910323. Sandra M. Baker and Jeff A. Baker, both of 6800 Westmore Way, Carmichael, CA 95608 are doing business under the Fictitious Business Names "Keepsakes Bridal; Enchanted Bridal" at 5337 Sunrise Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Nov. 17, 2009. Publish: November 25, December 2, 9, 16, 2009. KEEPSA 91104 12-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #225024

WHEREAS, Brianna Tackett, through her counsel, Nicholas Knight, has filed a petition with this court for a decree changing name of Brianna Tackett to Brianna Saldana. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8 a.m. on Dec. 23, 2009 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, 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. 6, 2009. Dean L. Petersen Judge of the Superior Court Publish: November 25, December 2, 9, 16, 2009. SACCHI 91104 12-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00058140

WHEREAS, Dan Hua and Loan Kim Pham have filed a petition with this court for a decree changing name of Michael Khanh Hua to Thong Minh Hua; and Cindy Hua to Hanh Duc Hua. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 29, 2009 in Dept. 53, located at 800 9th St.,

Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 17, 2009. Loren E. McMaster Judge of the Superior Court Publish: November 25, December 2, 9, 16, 2009. HUA 91104 12-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0910526. Trench & Traffic Supply Inc., 6400 Stanley Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Traffic Control Plan" at 2175 Acoma St., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Nov. 23, 2009. Publish: December 2, 9, 16, 23, 2009. TRAFFI 91201 12-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0910570. Matthew S. Baker and Thomas S. Baker, both of 3912 Bryan Way, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Baker Fabrication" at 3912 Bryan Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Nov. 24, 2009. Publish: December 2, 9, 16, 23, 2009. BAKERF 91201 12-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #222536

WHEREAS, Amber Huttleston has filed a petition with this court for a decree changing name of Amber Huttleston to Katie Huttleston. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 6, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, 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. 23, 2009. Dean L. Petersen Judge of the Superior Court Publish: December 2, 9, 16, 23, 2009. SACCHI 91201 12-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #217643

WHEREAS, Claudia Robertson, through her attorney, Nikolaus Knight, has filed a petition with this court for a decree changing name of Claudia Calista Anne Robertson to Claudia Anne Kennedy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 8, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, 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. 23, 2009. Dean L. Petersen Judge of the Superior Court Publish: December 2, 9, 16, 23, 2009. SACCHI 91201 12-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0910656. Sasken Inc., 1700 Alma Dr. #350, Plano, TX 75075 is doing business under the Fictitious Business Name "Ingient Technologies" at 1700 Alma Dr. #350, Plano, TX 75075. Filed with the Clerk of Sacramento County on Nov. 30, 2009. Publish: December 9, 16, 23, 30, 2009. CORP20 91202 12-30-09

FICTITIOUS BUSINESS NAME STATEMENT #0910488. Misty Marie Young, 7362 Huntington Square Lane #178, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "1in24.org" at 8037 Fair Oaks Blvd. #108, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Nov. 20, 2009. Publish: December 9, 16, 23, 30, 2009. 1IN240 91202 12-30-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00065943

WHEREAS, Michelle Allison Jean-Germaine French filed a petition with this court for a decree changing name of Michelle Allison Jean-Germaine French to Allison Grace French. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Jan. 15, 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: Dec. 4, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: December 9, 16, 23, 30, 2009. FRENCH 91202 12-30-09

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: Alex Andrew Toderean is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 6530 Fair Oaks Blvd., Carmichael, CA 95608 with 41 - On-Sale Beer and Wine - Eating Place license. Filed: Dec. 8, 2009. Publish: December 16, 23, 30, 2009. January 6, 2010. VILLAT 91203 1-6-10

FICTITIOUS BUSINESS NAME STATEMENT #0910810. Wayne D. Powell, 5820 Fair Oaks Blvd. #229, Carmichael, CA 95608 is doing business under the Fictitious Business Name "American River Smog Test Only" at 5851 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 7, 2009. Publish: December 16, 23, 30, 2009. January 6, 2010. AMRIVE 91203 1-6-10

FICTITIOUS BUSINESS NAME STATEMENT #0910965. Funtax Inc., 5839 Manzanita Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Roni Deutch Tax Center" at 5839 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 11, 2009. Publish: December 16, 23, 30, 2009. January 6, 2010. RONIDE 91203 1-6-10

FICTITIOUS BUSINESS NAME STATEMENT #0910338. Alex A. Toderean, 7592 Orange Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Names "Villa Toscana; Giardino di Caffè" at 6530 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Nov. 17, 2009. Publish: December 16, 23, 30, 2009. January 6, 2010. VILLAT 91203 1-6-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #217643.

WHEREAS, Claudia Robertson through her attorney, Nikolaus Knight, has filed a petition with this court for a decree changing

name of Claudia Calista Anne Robertson to Claudia Anne Kennedy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 8, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, 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. 23, 2009. Dean L. Petersen Judge of the Superior Court Publish: December 16, 23, 30, 2009. January 6, 2010. SACCHI 91203 1-6-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #222536

WHEREAS, Amber Huttleston through her counsel, Nikolaus Knight has filed a petition with this court for a decree changing name of Amber Huttleston to Katie Huttleston. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 6, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, 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. 23, 2009. Dean L. Petersen Judge of the Superior Court Publish: December 16, 23, 30, 2009, January 6, 2010. SACCHI 91203 1-6-10

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Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

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POPOFF!

with Mary Jane Popp

KITCHEN AND COOKING SECRETS

From Oprah to the Discovery Channel, **Dr. Myles Bader** tells with 25,001 Food Facts and Chef's Secrets in **"The Encyclopedia of kitchen and Cooking Secrets"** with science behind every secret. This is not a cookbook. Once you start using this book, you will not be able to put it down. The information is timeless and can be incorporated into your everyday lifestyle. You can amaze your friends and family with your newfound wealth of practical information like **Supermarket Savvy**. The loss of nutrients before we get products home is a real problem. Most of us believe that when we purchase a product from the market it will be fresh and have its full content of nutrients...NOT SO!!!

Milk: When milk is purchased in clear plastic containers and allowed to sit under the light for four hours, you will have a 44% loss of vitamin A in low-fat and non-fat milks. The reduction in fat content, which protects vitamin A is for the most part, absent. Supermarkets in some areas of the country are now packaging

milk in yellow containers to shield a percentage of the light, other markets have installed "light shields" or are storing the milk under the counters to protect them and save the nutrients.

Juices: Juices have a similar problem to milk in that light might affect their nutrients, especially vitamin C. Juice containers should not be clear.

Fruits and Vegetables: Some veggies will last for weeks in the market, under the lights, exposed to the air, and washed and re-washed continually. This reduces the nutrient content and recent studies have shown that frozen fruits and veggies have more nutrients than fresh in many instances.

The latest fad is buying veggies in bags already to open and eat. Studies were conducted, and to everyone's surprise, the nutrient content was excellent, even to the point of surpassing fresh in most cases.

Pasta: Pasta packages in thin see-through plastic bags is affected by light and reduces nutrient content. Buy packages from the bottom of the stack in boxes without windows.

Oils: When oil is processed, the breakdown process is started and rancidity occurs at a slow pace, however, it can increase at



a faster pace if the oil is left under the light in a clear container. It is best to purchase oil in dark containers or tins and store in the refrigerator if the oil will not be used within 30 days. Cold-pressed extra-virgin oil does not need refrigeration for 60 days.

Cooking Temperatures: Cooking temperatures are important to kill bacteria, but remember, the more you cook the meat the easier it is to digest and utilize the nutrients. Might upset some folks since most prefer meats medium or medium-rare. Medium-well is cooked sufficiently, however, but rare meat may give you digestive upsets as well as making the body work harder to break it down.

You can go to www.thewizardoffood.com for bunches more. Solving problems is our game. **HAPPY HOLIDAYS!!!**

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

Laura on Life

Dear Santa...



By Laura Snyder

Dear Santa,

You probably don't get very many letters from people my age, but Mom and Dad always said that Santa only brings gifts to people who believe in him, so even though I'm almost sixteen and haven't believed in you for years, I'm going to believe in you today.

I'm a little older now and I don't really need any toys for Christmas, so I thought I'd help you out by giving you a list of things I could really use.

First of all, I'm getting kind of tired of my PlayStation, so would you please put an Xbox under the tree this year? I think we can agree that I've been good enough for that.

There is something else I've always wanted: A pet ferret. I promise I won't let it climb on the drapes or do its business in your bed... I mean my mom's bed. So... there shouldn't be a problem with that, right?

Also, I'm going to be getting my driver's license soon, as you know, so I think it's only right that, for all the times I cleaned my room and remembered to take the garbage out, I should get a Ferrari. A red one, please.

Don't know if you can do this, but I need to gain about 30 pounds and some biceps. How is a skinny guy supposed to impress the girls without any biceps? Of course, I know there's a bit of an issue with wrapping a set of biceps, so if you want, you can simply use your magic snowball and make me wake up with them on Christmas morning.

Oh, and one more thing. I need cash. Lots of cash. Twenties will be fine.

You told me...I mean...my mom told me to write down what I wanted for Christmas. Well, these are the things I really want. If I don't see them under the tree on Christmas morning, well, then, another piece of my innocence

will have been cruelly stolen from me by my heartless parents.

- A Hopeful Teenager

Dear Fledgling Con Artist:

How could you doubt my existence? If you are reading this note, I know that you will have found the large X-box I placed under your tree. That is, by far, the strangest gift anyone has ever asked for. I cannot, for the life of me, figure out why you'd want a box with X's all over it. Perhaps it's simply a place to keep all of the other gifts you've asked for. X is a pretty cool letter, after all.

In your X-box you will find a Ferrari... a red one. It is quite small, I know. You probably could not seat a Lilliputian in it comfortably, but you can drive it by remote control! I knew you could not possibly mean a full-sized Ferrari as that would be cruel and unusual punishment even for a son... I mean, teenager... as self-centered... I mean inventive... as you are. You see, a man needs to learn how to discipline himself before he can be trusted behind the wheel of a car that is not meant to go the speed limit. Even if I could fit a full-sized Ferrari in my bag - and I'm not saying I can't - it's magic, you know - I would be gifting you with a very short lifespan filled with speeding tickets. I couldn't do that to you.

By the way: Lilliputians? You can read about them in the book you will find in your X-box called "Gulliver's Travels." Gulliver went many places and had tons of adventures and he did it all without a Ferrari.

Your X-box also contains your new pet. My elves don't make a ferret, but this cute little puppy does not need to be fed. It doesn't climb drapes, dig holes in the yard or take a dump in anyone's bed. He also doesn't cause allergy symptoms for your older brother, which is something to which I

know you are very sympathetic. A stuffed, no-maintenance pet! You can thank me next year. His name is Dweeble.

Santa has also brought 30 pounds for you in the form of a set of dumbbells. Simply take them out of your X-box and put them back in, 50 times every day, and you will "magically" have those biceps in no time at all. If you keep eating the way you are, you'll gain lots of weight even after you decide you don't want it anymore. A tip from the North Pole: A girl whose requirements for friendship include biceps is probably not the kind of girl you'd actually want to hang out with anyway.

Last, but not least: Cash. No matter how much money I give you, it will never be enough to last your lifetime. What does last a lifetime is the skill to make money, a good work ethic to acquire that skill, and the discipline for money management. I can't give you those, but I can give you the means to start on that journey. If you look in your X-box, you will find the "Help Wanted" section of the newspaper. Call any telephone number on that piece of paper and do exactly what they tell you to do, to the best of your ability, and you will be well on your way to earning that Ferrari... and anything else you want.

Merry Christmas, Son, and Happy New Year!

-Santa

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.

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Carols & Candle Light

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We Wish You A Merry Christmas

Revisiting His Neighborhood



Photo by Susan Skinner

Sacramento County Sheriff John McGinness begins his final year in office by revisiting his neighborhood. The Carmichael Chamber of Commerce will honor this homegrown celebrity at a board installation on Friday, January 7. Pictured, the sheriff salutes fallen officers at the Sheriff's Memorial Rose Garden. The installation event is open to the public. To make reservations, call (916) 481 1002.

Stay Safe and Save Energy While Stringing Holiday Lights

As people begin to decorate homes and trees this holiday season, Pacific Gas and Electric Company (PG&E) encourages customers to keep safety and energy efficiency in mind. Holiday lights bring joy to the season, but they can also bring hazards and added costs to your energy bill. PG&E offers the following holiday lighting tips for customers:

Holiday Lighting

Energy Efficiency Tips

- Purchase energy-efficient LED (light-emitting diode) holiday lights. LED lights can reduce energy consumption by as much as 90% when compared to traditional holiday lights and can shine brightly for up to 20 holiday seasons.
- A string of 300 LED holiday lights can cost less than \$0.50 to operate, compared to as much as \$70.00 for the same-sized string of large incandescent holiday lights.
- LED holiday light strings are available at many retailers in northern and central California. For more savings, look for the blue

and gold PG&E rebate sticker. The rebate amount is included in the price, so you receive instant savings at the time of purchase. For more information on participating stores, visit <http://www.pge.com/myhome/saveenergymoney/savingstips/seasonaltips/winter/led/index.shtml>.

Holiday Lighting Safety Tips

- In addition to being shatterproof and shock resistant, LED lights produce almost no heat, making them safe to touch and greatly reducing the risk of fire.
- Look up and live! Before stringing outdoor lights, check for overhead power lines. Never place yourself or any object in a position where you or it may come in contact with a power line—the result can be fatal. Look up before raising ladders or other objects. Keep at least 10 feet away from overhead lines.
- Before stringing lights on outdoor trees, make sure tree limbs haven't grown into or near power lines. Branches, entire trees and even the ground adjacent to a tree can become

energized when trees contact power lines.

- Make sure lights used to decorate the outside of the house are approved for outdoor use. Never use indoor lights outdoors.
- Follow the manufacturer's limits for the number of light strings that can safely be connected together.
- Check all light strands for cracked or broken plugs, frayed insulation, or bare wires. Worn cords can cause fires. Discard damaged sets of lights.
- Route cords inside your home so they won't trip anyone. Don't place them under rugs, furniture, or other appliances. If covered, cords can overheat or become frayed, increasing the risk of fire.
- Always turn off decorative lights—indoors and outdoors—when leaving the house and before going to bed.
- Do not place your tree near a heat source such as a fireplace or heat vent. The heat will dry out the tree, making it more susceptible to fires caused by heat, flame or sparks.

Frohe Weihnachten

FROM The German Deli



Mike Smith, Allyson Smith with son JT

BEST WISHES FOR A HAPPY HOLIDAY SEASON AND A HAPPY NEW YEAR!



From the Staff of

CARMICHAEL WATER DISTRICT

CHAUTAUQUA PLAYHOUSE

Scrooge - 30th Year



Roger Hoopman (L) and Chris Lamb

Northern California's favorite holiday musical, SCROOGE, will be presented at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. This is the 30th year that SCROOGE will be presented during the holiday season. Scrooge opened with a performance at 8:00pm on Friday, Dec. 4th and will continue to play on Fridays and Saturdays at 8:00pm and Sundays at 2pm through Dec. 23. Additional performances will be held at 7pm on Sunday Dec. 13 and 20 on Monday, Tuesday and Wednesday, Dec. 21, 22 and 23 at 7 pm.

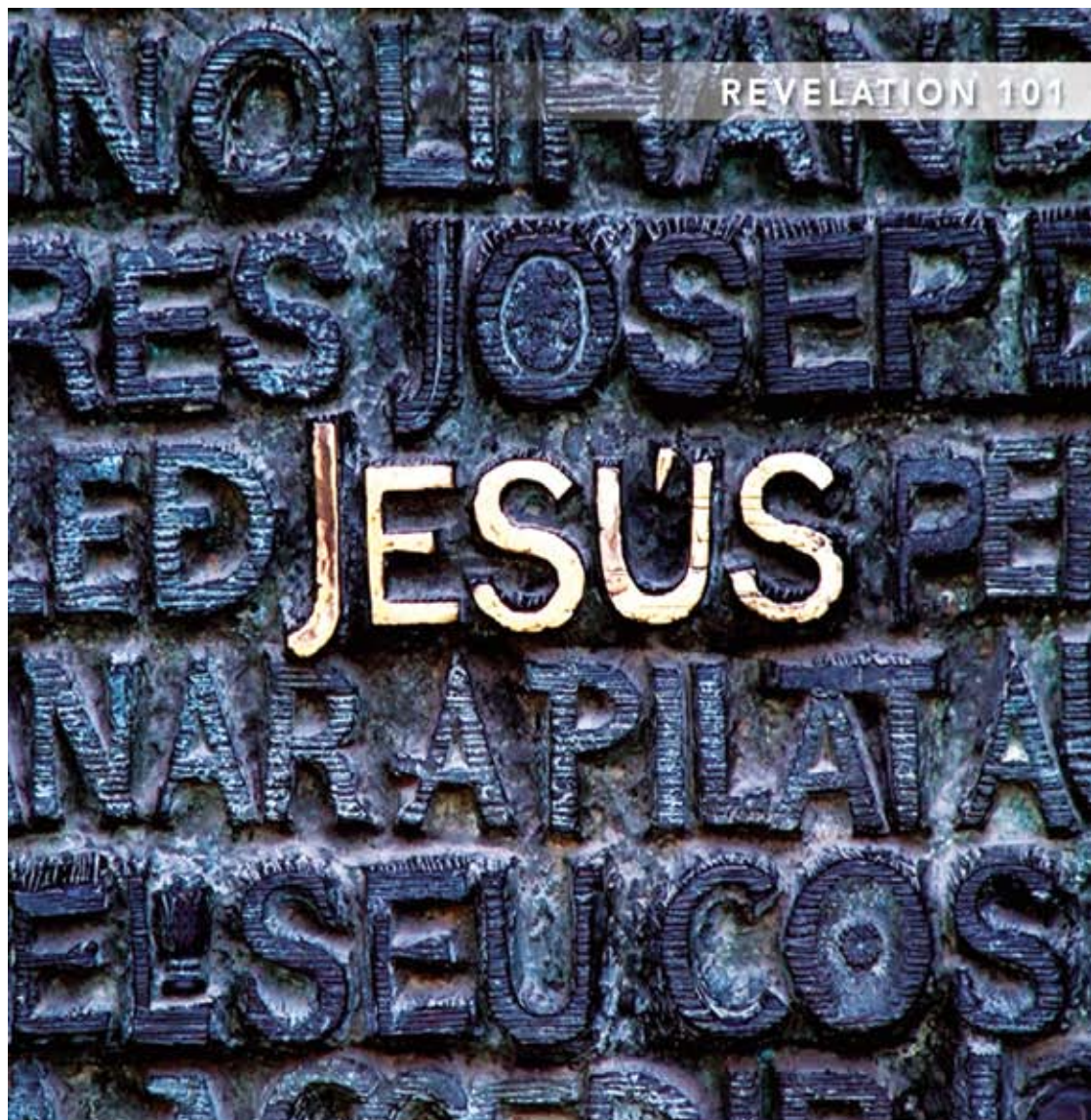
The original production of SCROOGE opened in 1978 in Cal Expo's Golden Bear Playhouse, directed by Gary McFadyen and featuring Rodger Hoopman as Scrooge. Since then, SCROOGE has played each holiday season to enthusiastic audiences throughout Northern California.

The current production of SCROOGE, directed by Warren Harrison, will feature a company of local favorites including Chris Lamb, Warren Harrison, Boots Martin and many other local actors, with Rodger Hoopman in the title role for his 30th year. The production includes an original musical score by Hoopman and Rob Knable.

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. Group rates are available.

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“My God, It’s Full of Stars!”

David Bowman, 2010



NASA Image

Keeping Perspective

The Christmas season is both one of great joy and great despair for many people. It symbolizes the end of another year of hard work, a cycle of relationships, a benchmark for how we've done. Often the joy of living gets lost in the failures of life.

Gratitude is misplaced, and is difficult to find. But find it we must. Gratitude for the life we do have, the love around us, and gratitude for our current station in life.

We get caught up in the shopping, the parking, the driving to and from the next retail outlet to get something we absolutely must have as that special present for someone. We get caught up in approval before love.

One of my own “You might want to get a little perspective about this one” thoughts is “And what do those in our military have to do?” When I think of their sacrifices, their separation from family, their duty to our country, their honor, it re-aligns my understanding in the moment. All of us forget we maintain our freedom through them, not the politicians in Washington DC.

The first Christmas season without a loved one is always difficult. Through a Loved one's passing, we are often amazed at what our family will do to comfort us, to support us, and respect our grieving. My family amazes me.

“Fear not, for I am always with you” Jesus Christ

There is great joy in Christmas. That joy multiplies as we share it with others. It multiplies when we smile at and wish others “Merry Christmas” along our way.

When we carry that joy with us throughout the year we attract more joy to us. We find new

relationships, new friendships, new trust, new joyful love. We learn to develop our joyful love and we grow as human beings. We grow as spirit. We grow into an ever-widening circle of love and understanding that encompasses our own daily universe. Our love relationships deepen, and deepen, and deepen as we surrender to joy.

The depth of joy and the depth of strife around the world is of human creation. Wars over egos more than need, needless destruction by gangs in our cities because that's all they know, and the destruction of ourselves over lack of understanding. We can change all this. Change Christmas into Compassion. Compassion for families who suffer from the destruction of others. Even if it is only with our prayers of compassion when we hear of someone else's loss through an incomplete news report.

With the world in a financial struggle, a meltdown of the like we haven't seen in many years, families are faced with paying the electric bill, buying food, or buying that new electronic toy that won't work anyway if the power is not on. Parents have to explain what is really happening financially to their children for the first time. Grandparents, working a lifetime to save and enjoy their later years, see it stolen by poor government leadership and another's greed.

Strength is needed. By all of us. Christmas is the symbol of our coming back together as family and surviving together. We must resurrect our righteousness, trying in all things to do what is right. We must search out our beliefs, our knowingness of the love for God and of humankind. We must find our faith and sustain it.

Each of us is a star in at least one other person's universe. As long as we are here, shining is what we do best. With all that happens on this earth and in our daily lives, if we just shine to better that one person's life, then we may very well be living out our purpose. Stars shine, and in their shining, they survive.

Ultimately, you do what you must do to survive. You shine because you can. You love because you can.

You support your children from that innate parental duty and wanting for them a better world and a better shot at life. You buy and give gifts from love and a willingness for the expression of your love. You enjoy the joy on another's face when they feel that love from you. A single gift can give perspective.

“We've no less days to sing God's praise then when we first begun” John Newton

What “is” is so immense we miss it. We look deeply into the mirror and see the reflection of one universe. If we would just look upon the stars we would see the reflection of another.

I don't know where I'd be without my faith. In the same place, or close to it, perhaps. But with the faith that carries me I know I can still carry at least one other for this day, God willing.

For all of us, keeping the holiday season in perspective can be as simple as going out in the middle of the cold, clear night alone, taking a look upward as you weigh your own faith in creation and this wonderful, magnificent universe and say to yourself “My God, It's Full of Stars!”

**With Love and Compassion,
Merry Christmas,
Rev. Paul V. Scholl**

Meditation for Your Heart, Mind and Soul

January 14th, Thursday 6:30 to 9:00 pm

Learn Simple Meditation & Stress Reduction Techniques; how to regain your lost energy; balance overwhelming stresses and find new clarity in your life.

Workshop includes:

- Reducing Your stress while gaining more personal energy
- Countering effects of modern life anxieties and stresses
- Learn simple techniques to use anytime, anywhere
- How to re-energize Your Daily Life

Spirit to Spirit Communication

January 21st, Thursday 6:30 to 9:00 pm

Learn how to improve your communication with loved ones, fellow employees, family members and anyone else in your daily world. These techniques can be used to enhance your communication skills or to help break down communication barriers with people with whom you wish to have a better relationship. This is a great workshop for couples, close friends or family members. Participation is required.



Seminar is offered by Rev. Paul V. Scholl

Rev. Paul has been teaching stress reduction and meditation workshops since 1995 at many continuing education and spiritual centers. He is an ordained Interfaith Christian minister, spiritual and grief counselor. He has served as a hospice chaplain and hospice volunteer trainer. He has also served in the fast-paced publishing industry for more than twenty-five years.



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To register email Rev Paul at go2dlyt@aol.com, or call 916-773-1111.

Each workshop is \$20.