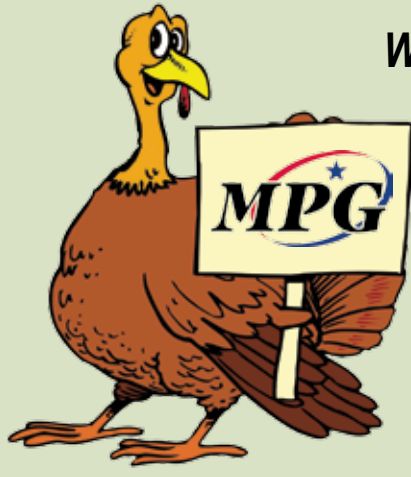


Carmichael Times



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Volume 29 Issue 46

Serving Carmichael and Sacramento County since 1981

November 25, 2009

Victory for Parental Rights and Children's Safety

Grocery Shopping Helps Support Nature Center!

Carmichael - As part of the effort to keep the Effie Yeaw Nature Center's exciting nature programs running, the Center's non-profit partner American River Natural History Association (ARNHA) was selected to participate in the Raley's Quality of Life program. Each time a participant shops at Raley's, Bel Air, Nob Hill or Food Source stores, a portion of the purchase will be donated to ARNHA. There is no additional cost to the shopper to participate in the program.

Raley's Quality of Life fundraising program helps raise funds for youth and education-focused non-profit groups. ARNHA was chosen because of the organization's long-term commitment and dedication to environmental stewardship. Funds raised through this program will go to keeping the Center doors open and feeding the resident animals, including long-time residents Virginia, the Great Horned Owl and Bandit the rattlesnake.

"Because of budget cuts, we are depending on the support of ARNHA to help keep us going for children and families," said Betty Cooper, Interpretive Specialist at the Nature Center. "We have built this program over the last 30 years and schools depend on us to help fulfill their state curriculum requirements."

Quality of Life Cards are available at the Effie Yeaw Nature Center, or by calling 916-489-4918, or by e-mailing Jamie Washington at washingtonj@saccounty.net or Betty Cooper at cooperbe@saccounty.net. Anyone can participate and there is no cost to join. Learn more at <http://www.effieyeaw.org/>.

"There are many groups throughout the community that have benefited from this Raley's partnership, and we hope that we can raise enough funds to continue introducing children to the wonderful animals and programs at our Center for years to come," said Cooper.



MPG Staff Photo

CRI and other community leaders spearheaded a crucial victory for families last Tuesday night.

CRI Report

Carmichael - At a packed school board meeting, the San Juan Unified School District reversed course and voted 3-2 to protect children by not hiding information from parents about student absences for so-called "confidential medical services," such as abortions.

"We are thrilled that we were able to change the minds of the school board members and influence the 3-2 vote in favor of families," said Karen England, Executive Director of CRI. "It's gratifying that our hard work paid off for San Juan

families. This is another example of how CRI is taking the lead in California to ensure that family-friendly values are defended at all levels of government, and that our children are protected."

California law allows school districts to decide individually whether or not parental consent should be required when a student leaves school during class hours for matters such as suicide, drug, or mental health counseling; STD testing; contraceptives; pregnancy testing; and surgical or medical abortions, among others. Many districts require parental consent, and Capitol Resource Institute has

been successful in encouraging districts like Modesto and Fairfield to enact parent-friendly policies regarding children's release from school for medical reasons.

The San Juan Unified School District's decisions will help set a precedent for other school districts that must deal with this issue. CRI is committed to working within each school district to preserve parental rights in this matter, and will continue to attend school board meetings across the state to advocate for families.

Thank you to all the originations and community leaders involved in ensuring parental rights

were protected at SJUSD. Special thanks go to Craig DeLuz, Brad Dacus and Kris Kingdon for all their hard work.

Publisher's note: Larry Masouka, Greg Paulo and Lucinda Lutgen voted against the policy change. Larry Miles and Richard Launey voted for the policy change. There were in excess of 350 people from the community who attended the school board meeting. The school board continues to address many tough topics in the upcoming weeks. Community involvement was appreciated, and invited for these upcoming meetings.

Operation Gobble

500 Free Turkeys Delivered to Needy Families

California State Senator Dave Cox and California American Water provided 500 turkeys to local non-profits throughout Sacramento on Nov. 24, 2009 as part of the 19th annual "Operation Gobble" program.

"I am a strong believer in working with local communities to help those in need," said State Senator Dave Cox. "Today we are teaming up with our local non-profit partners to help us provide 500 Sacramento families with a Thanksgiving meal."

Operation Gobble is a joint charitable venture between California water companies and

local state legislators and is set to deliver an estimated 30,000 turkeys to under-privileged families throughout the state this Thanksgiving holiday. First begun in 1990, the unique program pairs the local knowledge of state legislators with the resources of the private sector to benefit those in need.

"California American Water has more than 80 employees who live and work here in the Sacramento area," said California American Water Northern Division General Manager Andy Soule. "This program is an opportunity for us to give back to our customers, our neighbors and our families."



New Postmaster Connie Common

Connie Common Sworn in as Carmichael Postmaster

Carmichael - Connie Common will follow a proud tradition dating back to 1950 when the first Post Office was dedicated in Carmichael and the first Postmaster, Martha Manhart, was installed. On Friday, October 16, 2009, 1 p.m., Common raised her right hand to take the official oath of office at the Carmichael Post Office, 6929 Fair Oaks Blvd.

Common, 59, started her postal career in 1986 as a city letter

carrier in Del Paso Heights. In 1993, she became a supervisor of customer services at Metro Station in downtown Sacramento. She held a number of supervisory positions at stations throughout the city of Sacramento, and was Postmaster of North Highlands and Orangevale Post Offices, where she was Postmaster until her selection as Carmichael Postmaster on August 29, 2009.

"I am proud to have been selected as the Postmaster of

Carmichael," said Common. "I am here to ensure that the customers of Carmichael receive the best service they deserve while making the work environment for my employees safe and efficient."

Common has two daughters, Dawn, 39 and Angela, 37, and four grandchildren, Kayla, Michael, Dylan and Hunter. She resides in Sacramento.

Common believes in community involvement and

volunteers her time with the Goodwill Industries.

As Carmichael Postmaster, Common oversees 102 employees who process and deliver a daily mail volume of 100,000 pieces to 28, 378 delivery points (addresses) within 53 city routes, and 2,562 Post Office boxes.

Theresa Hartenstein, Manager Post Office Operations, administered the oath of office.

4-Wheel Drive Owners Invited to Toy Run



Toy Run Benefits Local Children's Charities

Orangevale - Four-wheel drive owners from throughout the region are invited by the Orangevale-based Hi-Landers four-wheel drive club to join them for their 22nd annual 4X4 Gold Country Toy Run on Saturday, Dec. 5, beginning at 8:30 a.m. at Lake Natoma Park near Folsom. According to Deann MacDougall, this year's toy run chairperson, the annual event benefits local children's charities. "This event grows bigger and better every year," said MacDougall, "and the less-fortunate children in the Sacramento region will have a much happier Christmas because of the generosity of our

volunteers and our participants." There is no cost to participate in the parade-like toy run; however, each participant is asked to bring a new unwrapped toy with a minimum value of \$5. Last year, the toy run drew 218 participants who donated 646 gifts and toys and 214 sleeping bags to needy children identified by a local non-profit organization. Registration begins at 8:30 a.m. and the parade will start at 10 a.m. (rain or shine). The 4X4 Gold Country Toy Run will take participants from Lake Natoma, north on Hazel Ave. to Douglas Blvd. The group will then turn right on Auburn-Folsom Rd., continue over the historic

Rainbow Bridge, through the town of Folsom to Hwy 50 and return to the park staging area. At approximately 11 a.m., the judging will begin for the best-decorated vehicles followed by a prize drawing at noon. Coffee and hot chocolate will be available at the beginning of the toy run and food and drinks will be on sale at the conclusion of the trip. In addition, Santa Claus is scheduled to arrive at the park at approximately 11 a.m. to listen to requests from all the children. MacDougall said that anyone wishing to simply drop off a gift is encouraged to visit the Lake Natoma staging area between 8:30 a.m. and noon.

"Our annual toy run is truly a joyous experience for everyone involved," said MacDougall. "Children often ask nothing for themselves, but will ask Santa to bring new shoes for little sister or a new coat for their mom." For more information on the 22nd annual 4X4 Gold Country Toy Run, contact Deann MacDougall at 916/985-2250 or email dnnmacdougall@yahoo.com

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Serving Carmichael and Sacramento County since 1981

Publisher - Paul V. Scholl

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Seniors Helping Seniors® Serve Sacramento County Seniors

Carmichael – To help seniors who want to remain in their own homes and stay as self-sufficient as possible, West Sacramento residents Priya Bansal and her husband, Vipul Bansal have joined Seniors Helping Seniors® in-home services. The Bansal's territory provides services to Sacramento County, California seniors.

Seniors Helping Seniors in-home services is the only national caregiver and companionship organization that matches seniors who need in-home care services with seniors who provide them.

The mission is to provide seniors with the ability to choose an independent lifestyle in their own homes, for as long as possible, with the dignity and respect they deserve by finding caring seniors to help each other. In-home services include companionship, transportation, light house-keeping, meal preparation, yard work, pet care and more.

"We had been looking for opportunities to start a business that would be fulfilling and purpose-driven. After exploring many different options, we were not finding anything that resonated in our hearts. That is, until we learned about Seniors Helping Seniors in-home services. We were so impressed by Kiran Yocom's mission and knew this was the opportunity we were searching for," said Vipul Bansal, Franchise Owner.

He continued, "Our goal is to become the premier organization in Sacramento and surrounding areas to provide loving, caring, compassionate services for seniors

by seniors. Our service will be an important resource, as Sacramento County is projected to have almost 75,000 seniors by 2040. We need to have services in place to allow seniors to be where they want to be, in their own homes, with the loving, caring, compassionate services required to maintain their independence."

Vipul and Priya Bansal have two children; their daughter Ayushi is seven and their son, Krishh is two years old. They enjoy spending time with their children, listening to music and meditating. Priya's career began as a scientist in Central Scientific Instrument Organization, a premiere national laboratory dedicated to research, design and development of scientific and industrial instruments. Vipul began his career with Insweb, as a software engineer. Currently, Vipul is the Vice President of Software Development and is responsible for all of the corporate software development processes and major system implementations.

Active members of their community, the Bansals volunteer for All World Gayatri Parivaar (AWGP), a non-profit organization engaged in activities of social reconstruction with a view to usher in a bright future for mankind. Participating in many community events, they enjoy the opportunity to tell seniors and their family members about Seniors Helping Seniors in-home services. Most recently, they sponsored a Grandparents' Day Tea on September 20 and participated in the 2009 Memory Walk to benefit the Alzheimer's

Association on October 3. Priya and Vipul look forward to continuing to share Seniors Helping Seniors services with Sacramento County.

Priya said, "We have already successfully provided a number of services in our community. Our Provider, Jim, has developmental disabilities and was recommended to us by Progressive Employment Concepts. He provided yard work for Frances and Fernando, both over 85 years old. Frances and Fernando were impressed by Jim's hard work and are looking forward to scheduling additional services with him."

Seniors Helping Seniors franchise organization has ten regional owners and over eighty franchise partners in Arizona, Alabama, Arkansas, California, Connecticut, Colorado, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Massachusetts, Michigan, Minnesota, Missouri, North Carolina, New Jersey, New York, Ohio, Pennsylvania, South Carolina, Tennessee, Texas, Virginia and Washington.

Philip Yocom, who manages the national Seniors Helping Seniors franchise organization, said he is pleased to welcome Priya and Vipul Bansal as franchise partners. "They come to our Seniors Helping Seniors community with a passion to help others. Priya and Vipul make an excellent addition to our franchise family."

Philip Yocom, and his wife, Kiran Yocom, co-founded Seniors Helping Seniors in-home services, which began as a non-profit organization serving Berks County, Pennsylvania over ten years ago. The original Seniors Helping Seniors center continues that tradition, providing over 1,000 hours of service every month.

Philip Yocom said, "What began as a heartfelt mission to fill a need that was not being served by our local community is now being recognized as a prime business opportunity being fueled by the fastest growing demographic in our society."

He said, "We want the existing Seniors Helping Seniors organization and our franchisees to be the first place that seniors in need of non-medical services and those seeking extra income call."

"We support all of our franchisees with the expertise we have gained in running Seniors Helping Seniors in-home services in Berks County. We also provide marketing, sales, management, and technology support to our franchise owners."

He added, "We believe we have found a practical, cost-effective way to help seniors remain independent and to continue contributing. As we grow nationwide, we remain committed to providing our brand of loving, giving, caring, compassionate service."

For more information, contact Priya and Vipul Bansal at (916) 372-9640 or e-mail Priya@servingsacseniors.com

Visit their website at www.seniorshelpingseniors.com/Sacramento CA.



Karen Anderson

Ride on Eagle's Wings

God's Word is your tool in those times when there seems to be no answer. I was a woman so weak, I could not even walk across the room without growing faint and I was unable to even hold a glass without feeling like I was going to drop it. This verse gave me the hope that when I kept my eyes on Him, I could take that next painful step. Believe me, it was painful!

This experience, led me to write a book, called Not On Your Life. It is a book of motivation to never give up and let God guide you through your obstacles. In closing, I encourage you to use this statement...**NOTHING IS TOO BIG FOR GOD!** Now, if I can do it, you can do it! Look for upcoming motivational stories and the empowerment to "...embrace this God's life, and you'll receive God's everything. God's help and Karen's determination helped her turn her life around. She regained

the use of her hands, and became pain free. Her faith and passion has helped others as she mentors, teaches, and encourages others to reach for their goals and dreams and to not be trapped in fear.

Karen Anderson is an accomplished speaker and is working towards her Ph.D along with other goals. She has been involved, for many years, with a non-profit learning institute for speakers and has achieved many awards, won competitions, and spoken at conferences. Her TV show "Move YOUR Mountains" empowers and encourages others to succeed.

Contact Karen Anderson at www.do-ablesteps.com to receive this motivating book, "Not On Your Life: Classical Pianist Turns Tragedy Into Triumph" that can change your life. Contact Karen Anderson at 916-961-4765 or email her at karen@do-ablesteps.com.

Skinner Band Performs at Christmas Tree Lighting



John Skinner and his 14-piece big band will play for the lighting of the downtown Christmas Tree. The band will play from 4:15pm to 6:15pm on November 27th (Friday) at 7th and K Streets near the Hard Rock Cafe.

Susan Skinner will be featured on vocals. This is a free event. For more information call 916-481-0334.

The John Skinner Band is one of the most popular bands of the region. Come out and enjoy the beautiful event and the fantastic music!

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Dave Says

Breaking Down the Legacy Drawer

Dear Dave,

I've heard you talk about something you call The Legacy Drawer. What exactly is this, and what goes into it?

- Lisa

Dear Lisa,

One of the best ways I know to tell your family how much you love them is by having your financial act together and organized in a central location. The Legacy Drawer is a collection of your essential financial documents in a safe place where they can find them when you die, or if you're sick or disabled.

All of the pieces of your financial life should be in this drawer. I'm talking about your will, living will, estate plan, investment statements, insurance policies, and property deeds. You should also include stuff like power of attorney statements, access information to lock boxes, and other instructions to family and loved ones.

Make sure it's really well-organized, too. It should be laid out simply enough that anyone who can read could open it up and find exactly what's needed in just a few minutes. The stress of having a loved one die or become seriously ill is bad enough. You don't want to make it any harder on them by leaving your finances in a mess!

- Dave

How Much Income Do I Put Toward Buying Land?

Dear Dave,

My wife and I make about \$85,000 a year. We're debt-free, and we have no kids. We'd like to start saving money to buy some land in the near future. What percentage of our savings should we put toward this?

- Dennis

Dear Dennis,

I don't know if there's necessarily a specific percentage for this kind of thing. Since you guys are already debt-free you need to make sure that you've got a fully-funded emergency fund of three to six months of expenses in place, along with retirement funding. In your case, anything else you have sitting around after that is simply wealth.

If you've got \$50,000 sitting in a savings account in addition to these things, and you'd rather have \$50,000 worth of dirt instead of a bank account, I'm cool with that. It's really more a matter of ratios than percentages. Now, all this might change if you make \$15,000 a year instead of \$85,000 a year. I'm not going to put retirement on hold for 10 years to save up to buy dirt, either.

There needs to be a sensible balance, and you've got to make sure you have the important things covered first!

- Dave

*Please visit www.davesays.org for more financial advice.

Laura on Life Re-Birthday

By Laura Snyder

My birthday is near again. Do you remember when birthdays used to be fun? As a child, your birthday meant cake, ice cream and a gift or two. It meant you got to pick what the family would have for dinner that evening. If at any time during the day there was a dispute about, say, the last cookie, you automatically won because, well, it was your birthday. No other explanation was needed.

Your birthday was a special day to be celebrated. Your parents celebrated because you were one year closer to buying your own food and paying for your own dental bills. Your siblings celebrated because they, too, got to eat cake and ice cream. And you celebrated because despite the fact that you were a pain in your parents' behind, they let you live another year.

When we're middle-aged, birthdays tend to be less fun. You eat cake and ice cream in spite of the fact that your doctor says you are a hair's breath away from diabetes and heart disease. What is the point in living another year if you can't have cake and ice cream, I ask you? You get winded just trying to blow out the candles, which are so numerous, the cake is in danger of spontaneous combustion. As you are wheezing through the last three candles, your

kids are mentally dividing your estate. It's actually kind of sad.

Your birthday should be more like finally making it to "GO" on a hotel-infested Monopoly board. You made it! It should be celebrated by collecting \$200 and buying a wardrobe that fits your ever-ballooning hips. Instead we look at the future and see Park Place with two hotels looming.

I forget how old I'll be this year. No, it's not the early stages of Alzheimer's. I forget on purpose, if that is possible. What does it matter what my age is? Age is only used for two things: To determine how long you've been living and to estimate how long you have left. Since nobody knows when we're going to kick the bucket, focusing on your age is like counting down to an unseen inevitable. It is an unknown variable.

Age is a number. Numbers are used for math equations. This is an equation that cannot be solved. So, if we cannot use our age to determine how long we will live, why use a number at all? We should express our age the way the Chinese express years: The Year of the Dragon, the Year of the Lion, the Year of the Rat. For our age, we should get to choose what this year will be for us.

For example, I have decided that this year will be my Year of the



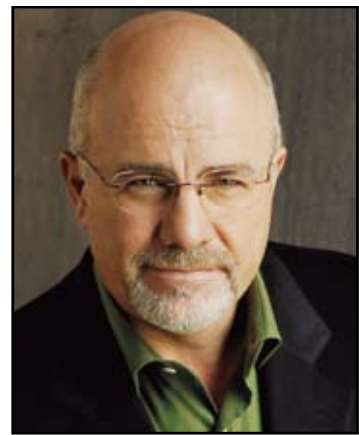
Eagle. I will be a great mother to my children. I will make sure my mate knows this is for life. I will strive to see the small things a little clearer. I will fly higher than I ever have before and, as an after-thought, I will not be afraid of heights.

My birthday will not be simply a number. It will be a kind of Re-Birthday.

We have the chance to reinvent ourselves every year. Instead of counting down the years until the Grim Reaper calls, why not choose to hope and dream and make goals? You'll have an eternity to think about judgment day after it happens. For now, you are alive, you have choices, and that's worth celebrating!

So bring on that sugar-free cake and low-fat ice cream, thank you. I've got things to do! This is my Eagle Year and I'm not going to waste it.

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.



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. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

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Hiding the Past in Plain Sight

ROCK DOC

By Dr. E. Kirsten Peters

The other day the forecast near my home included winds up to 50 mph. That's a strong wind, to be sure, but not something I'd write home about. One forecaster I heard, however, presented the news in a shrill voice, as if we might have to stay in the basement all day. I considered calling his station and explaining that, when I was a small child, we walked to school in winds of 50 mph (and back) without a second thought.

But I suppose every profession must be forgiven certain types of errors. Geologists have ours, I know. So a bit of hype from weather folks is better than their being so relaxed we don't get the message when a hurricane is arriving.

But the greatest windstorms sweeping over the U.S. in our era are nothing compared to those that created the landscapes some of us live on. For wind in times past did not just move through the air, it shaped the solid Earth as well.

When I look out of my windows, I see dramatic evidence of Ice Age windstorms. That's because I live and work in a veritable sea of dune-shaped hills made of windblown silt. Storms and weather catastrophes, with great shifts of regional and global temperatures, are the threads woven together and draped over

the landscape that grace my home. Driving through my part of the world is a bit like a sea-going journey. The road goes up and down over the hills, as dune-like mounds are popping up and then falling away behind the car all around. Think of driving through a sea of sand dunes and you'll have part of the picture. Replace the sand grains themselves with finer silt, and you've got it nailed. Even geologists are in awe of just how much silt was in the air when the hills formed – doubtlessly gagging every animal around.

The soils are of the most fertile types in the world, and create regions known as "breadbaskets" for their production of cereal grains. The conundrum shows how nature works – old problems like choking windstorms can lead an epoch later to abundant blessings of plant growth even in areas not known for gentle winters or mild summers.

Silt is a prime ingredient in this soil type known as loess (a word with German origins, which Americans can get away with pronouncing as if it rhymes with "dose"). Loess covers a good bit of the inland Northwest, where I live, but also the Great Plains and the upper Midwest. It forms a blanket of soil in eastern Europe and Russia, and also inland China. In all those locations – except my own – the blanket of loess makes flat plains, not undulating hills. We don't know for sure, but the hills around my house may have meant the wind direction here in the inland Northwest varied a lot, while in those other

places it was more constant. One thing is sure: thick blankets of loess are indirect geologic evidence of the Ice Age, that geologically recent epoch when global climate was so very different. The reason for that is that great windstorms create loess, and major expanses of ice on Earth help shape weather systems that generate such windstorms.

Here's one way to think about it: Greenland or Antarctica shape the weather around them because, especially in the summer, the seas near them are relatively warm (relatively!) but ice and snow – of necessity – are always below 32. Winds, as you may recall from some Earth Science lecture, are often the result of differences in temperature. So it makes sense that winds near the glaciers that once covered Canada in the Ice Age were fierce indeed, just as gales near Greenland and Antarctica are always in danger of springing up today.

Just a couple of centuries ago people had no inkling that the Ice Age and its dramatic effects on the world were all around to be seen. Today, if the forecast near you doesn't call for much in particular, it's a good day to get out and look at the evidence of past climates all around us.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@wsu.edu. This column is a service of the College of Sciences at Washington State University.

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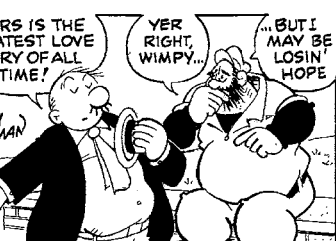
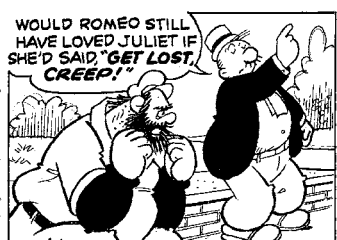
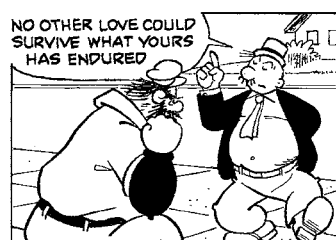
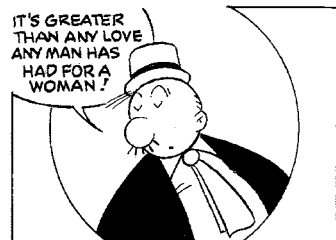
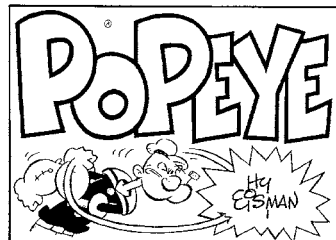
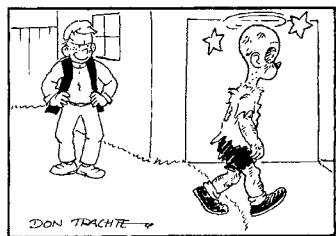
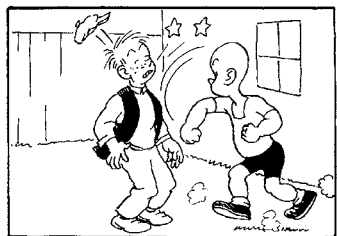
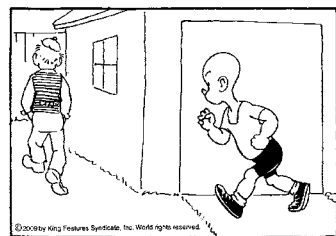
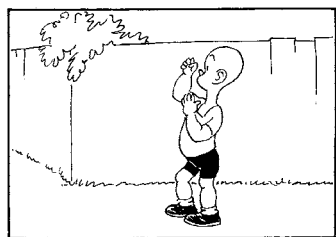
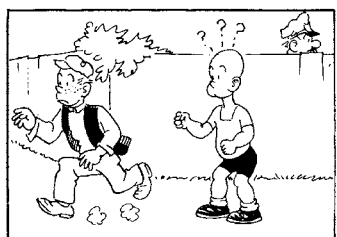
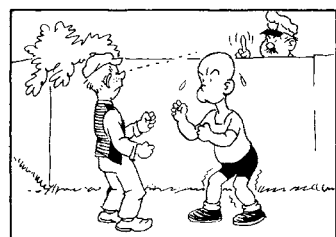
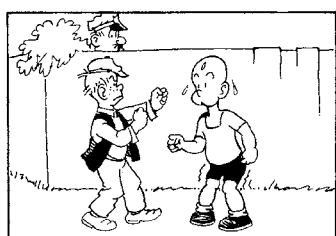
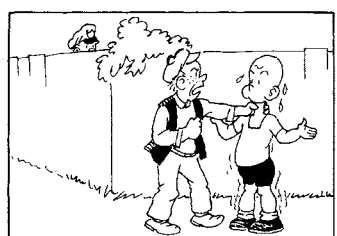
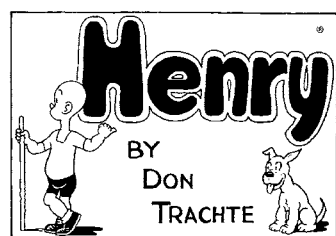
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Find at least six differences in details between panels.



Differences: 1. "Danger" sign is bigger. 2. Jersey numbers are different. 3. Stars are black. 4. Fewer people in crowd. 5. Hockey stick is missing. 6. Arena wall is taller.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Where is the Kenai Peninsula?
2. MEDICINE: What human organ is affected by Bright's Disease?
3. FAMOUS QUOTATIONS: Who once said, "Man is by nature a political animal"?
4. MOVIES: What famous 1960s movie featured the character Benjamin Braddock?
5. COLLEGE TEAMS: What is the nickname for the University of Minnesota sports teams?
6. TELEVISION: What kind of pets did Bert own on the children's show "Sesame Street"?
7. FOOD & DRINK: What kind of vegetables are known as capsicums?
8. GENERAL KNOWLEDGE: Who was the founder of the Salvation Army?
9. AD SLOGANS: What brand of detergent touted its effectiveness against "ring around the collar"?
10. ANIMAL KINGDOM: How many quills does an adult porcupine have?

Weekly SUDOKU

by Linda Thistle

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

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

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

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

- | | | | |
|---------|---------|-----------|--------|
| Beam | Company | Meter | Show |
| Beer | Duty | Pollution | Weight |
| Bulb | Fixture | Rail | Year |
| Colonel | Headed | Sensitive | |

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All Answers on Page 8

Contract Bridge

TRUMP CONTROL
 South dealer.
 Both sides vulnerable.
NORTH
 ♠ 7 4 2
 ♥ K 10 6 2
 ♦ K J 8
 ♣ J 9 3
WEST
 ♠ —
 ♥ Q J 9 7
 ♦ 9 7 6 3 2
 ♣ 10 8 7 2
EAST
 ♠ A 8 6 3
 ♥ A 8 5 4
 ♦ 10 5
 ♣ A 5 4
SOUTH
 ♠ K Q J 10 9 5
 ♥ 3
 ♦ A Q 4
 ♣ K Q 6
 The bidding:
 South 1♣ West Pass North 1NT East Pass
 4♠
 Opening lead — queen of hearts.

heart, forcing declarer to ruff again and reducing his trump holding to the Q-J-10 while East still had the 8-6-3.
 Declarer drew East's trumps and led a low club to dummy's jack, but had to go down one when East took the ace and returned his last heart to West's jack for the defenders' fourth trick. South scored the rest of the tricks with his high diamonds and clubs.
 Declarer would have made the contract, however, had he been a bit more careful. West's queen-of-hearts lead marked him with the jack, so South should have played low from dummy instead of covering the queen with the king.
 This play would have stymied the defense. After the queen held the trick, West could not continue the suit without establishing a heart trick in dummy, whether he led the jack (covered by the king) or a low heart (covered by the ten).
 Declarer would ruff in either case, but with a heart winner now established in dummy, he would not have to ruff the next heart lead by East. Having thus defused the trump-shortening effort by the defenders, South would then have lost only a spade, a heart and a club.
 Declarer had a countermeasure available to withstand the assault on his trumps. All he had to do was make use of it.

The most common form of defense against a suit contract is to keep leading a suit that forces declarer to ruff in the hope that he will eventually run out of trumps and lose control of the play.
 Take this case where South went down one as a result of East-West's forcing tactics. West led the queen of hearts, covered by dummy's king and East's ace. South ruffed East's heart return and led the king of trumps, won by East with the ace. East led another

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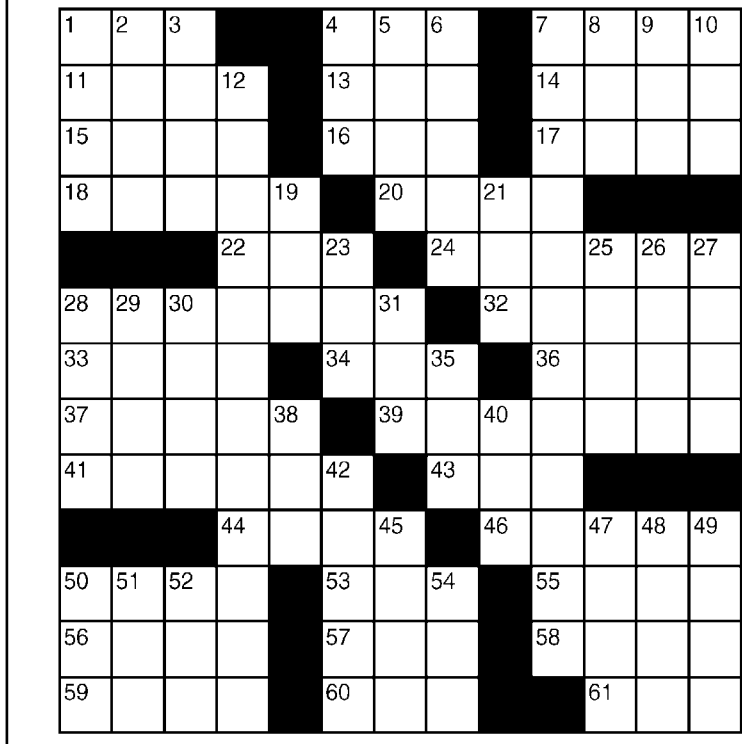
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 Visitors welcome. Contact Sammie Hudgens (916) 481-4830 or www.rootcellar.org.

Just Like Cats & Dogs by Dave T. Philippe
 NOW THERE IS SOMEBODY WHO REALLY CAN'T WAIT FOR CHRISTMAS TO GET HERE.

King Crossword



- ACROSS**
- 1 History chapter
 - 4 Recede
 - 7 Note to self, e.g.
 - 11 Co-ed quarters
 - 13 Stout cousin?
 - 14 Verve
 - 15 Concept
 - 16 Dress (in)
 - 17 Otherwise
 - 18 Tropical timber trees
 - 20 Coated with gold
 - 22 Daw goddess
 - 24 Acceptable

KING Crossword

- DOWN**
- 1 Tend texts
 - 2 Took the bus
 - 3 Vicinity
 - 4 Have breakfast
 - 5 Online journal
 - 6 Start
 - 7 Tim Russert's longtime
 - 8 Right angle
 - 9 More, to
 - 10 Indivisible
 - 12 Just stay within your budget
 - 19 "Mayday!"
 - 21 — Angeles
 - 23 Norm (Abbr.)
 - 25 False idol
 - 26 Church section
 - 27 Antelope's playmate
 - 28 Fail to hit
 - 29 Rue the run
 - 30 Rivers or Collins
 - 31 "Of course"
 - 35 Ashen
 - 38 Second person
 - 40 Swab the deck
 - 42 Batman's partner
 - 45 Protuberance
 - 47 Teensy bit
 - 48 Get by somehow
 - 49 Nobel chemist Otto
 - 50 Venomous snake
 - 51 Bill and —
 - 52 ife's address
 - 54 "Roscoe"

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FICTITIOUS BUSINESS NAME STATEMENT #0909707. Anna Louise Mitchell, 7505 Greenback Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Cuban Holistic Healing Center" at 7505 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on Oct. 26, 2009. Publish: November 4, 11, 18, 25, 2009. TORRES 91101 11-25-09

name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 3, 2009. Loren E. McMaster Judge of the Superior Court Publish: November 11, 18, 25, December 2, 2009. TORRES 91102 12-2-09

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 18, 25, December 2, 9, 2009. CHILDA 91103 12-9-09

95814, is hereby fixed as the time and place at which the purchase of said property will be consummated. Publish: November 25, December 2, 9, 2009. MORPD 91104 12-9-09

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. MLSCON 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

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FICTITIOUS BUSINESS NAME STATEMENT #0909602. Galen Grow, 6421 Grant Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Hugh's Horse Ranch" at 6421 Grant Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Oct. 22, 2009. Publish: November 11, 18, 25, December 2, 2009. HUGHS 91102 12-2-09

FICTITIOUS BUSINESS NAME STATEMENT #0909955. Michael Worthington, 6817 Thunderhead Circle, Orangevale, CA 95662 is doing business under the Fictitious Business Names "MW Services; WitServices" at 6817 Thunderhead Circle, Orangevale, CA 95662. Filed with the Clerk of Sacramento County on Nov. 4, 2009. Publish: November 18, 25, December 2, 9, 2009. MWRSRV 91103 12-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00062879

WHEREAS, Joshua Jon Torres has filed a petition with this court for a decree changing name of Joshua Jon Torres to Phoenix Torres. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 15, 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

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,

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Be a Hero and Join Annual News10's Coats for Kids



Your donation can help warm a little heart over the holidays.

Sacramento - Time to clean out those closets and join News10 in our 19th year of collecting "Coats For Kids".

In a time when giving is more important than ever, News10 wants to remind everyone that you don't have to spend any money to donate to News10's Coats for Kids...you can help by simply cleaning out your closets! New or gently used coats of all sizes can be donated at our partner locations Swansons Cleaners, Tri Counties Bank locations, and at the News10 studios November 1st through December 18th.

Coats will be cleaned as needed free of charge by Swansons Cleaners in the Sacramento Area and various cleaners in the Stockton/Modesto area. For a

complete list of drop-off sites, visit news10.net to find many businesses & schools that have signed up to be a drop-off point, plus see all the amazing deals area businesses are offering for the donation of a coat.

If you can't make it to one of the drop-off sites, there is a special fund for money donations: The Salvation Army, PO Box 340699, Sacramento, Ca, 95834 and checks can be made payable to: "Coats For Kids". You can also make a monetary donation at any Tri Counties Bank location. 100% of the proceeds will go towards News10 Coats for Kids.

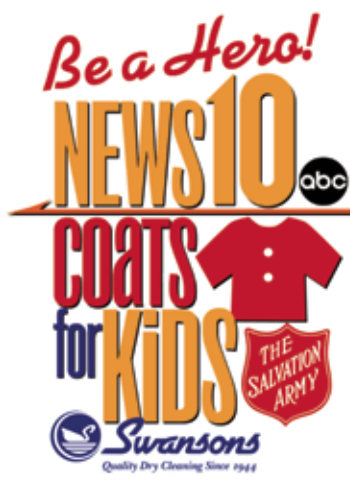
The Salvation Army will sort and distribute coats at 8 different locations on Wednesday, December 30th, 2009. In

Sacramento, distribution will take place at Cal Expo, and in Antioch, Fairfield, Modesto, Lodi, Roseville, Yuba City and Stockton, coats will be distributed at The Salvation Army locations. Volunteers and interpreters are needed to help with distribution.

With the support of Swansons Cleaners, Tri Counties, The Salvation Army, Olsen Fielding/Mayflower, PODS, Entercom Radio, Citadel Radio, Radio Disney and Cal Expo, News10 has collected and distributed more than 440,000 coats to children and families in need in the Central Valley over the past 18.

For any other information, call our coat hotline at (916) 321-3362.

Join News10 and our partners, be a hero, and keep every child warm this winter.



Ship Holiday Gifts on a Budget



Use proper packing materials, like bubble wrap, when preparing gifts for shipping.

(NewsUSA) - Economic woes don't have to ruin your spirits this holiday season. While costly airline tickets and gas prices may keep you at home, you can still shower your loved ones with gifts.

Until Santa's magical elves start a courier service, shipping holiday gifts is the most budget-friendly way to get presents from A to B. Shipping a gift, however, can bring its own

worries -: will the gift arrive on time? Will it arrive in one piece?

The professionals at Pak Mail (www.pakmail.com), a full-service packing and shipping service with centers worldwide, offer the following tips for efficient, budget-friendly shipping:

- Ship early. Don't bust your budget on overnight shipping fees.

Shop and ship early, and you'll save yourself a hassle. Pak Mail suggests shipping items to the military no later than November 13, mailing parcels to destinations within the United States by the second week of December and sending Priority Mail by the third week of December. Express Mail should be sent by December 22.

- If you're traveling, ship your gifts ahead of you. With airlines acting extra Scrooge-like over the number of checked bags and weight limits, you will save money if you ship your gifts to your holiday destination. Plus, spending less time in airport security may prove to be a gift in and of itself.

Consolidate your gifts. If you're sending gifts to several people in the same home, pack their gifts into one box. Sending one 20-pound box costs less than sending two 10-pound boxes. But pay attention to weight limits. While Pak Mail does not enforce size or weight limits, UPS, FedExGround, DHL and the U.S. Post Office do.

- Pack your gifts properly. Use packing materials like bubble wrap and peanuts to protect the items you are shipping. Enclose an extra label inside the package containing the sender's address and the recipient's address, in case one of the labels on the outside of the package becomes damaged. Consider hiring professionals to pack and crate strangely shaped or fragile gifts, which may require custom packaging.

- Comparison shop. Different carriers offer different rates, so get a few quotes before choosing a company. Some companies, like Pak Mail, will let you ship through your choice of carriers, ensuring that you get the best deal.

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Angel Project Needs "Angels"



Angel Project Volunteers show off two of this year's quilts

Bev's Angel Project is a local organization spearheaded by Jan Strickland that provides items for needy families during the Christmas season. Angel Project volunteers are showing off some of the many beautiful quilts that are hand made during the entire year by Margaret Martin and the other

generous volunteers who donate hours of their time and all of the blankets and quilts to the project. Angel Project's recent car show was a huge success bringing in hundreds of unwrapped toys for children. Volunteers during November and December will label and wrap these

gifts to prepare for their busy season. Last year Starbucks and Denny's came on board with their customers donating gifts throughout December.

Angel Project's incredible group of volunteers also collect stuffed animals, gloves, warm hats, tons of baby items and so much more to meet all of the needs in the community. Organizations that benefit each year are: ALTA Regional, Alternative Pregnancy, Crisis Nursery, CPS, Mustard Seed School, WEAVE, YMCA, local hospitals, many elementary schools in the Sacramento area, and Starr King/Ralph Richardson preschools.

Many children receive a stuffed animal, blanket, age appropriate toy and a stuffed stocking, all lovingly prepared by this group of "angels" and delivered by Mrs. Claus and her helpers.

If you would like to donate new unwrapped toys, baby products, or anything listed above, please take the items to Beverly's Crafts & Fabrics, Carmichael Oaks Shopping Center, 6456 Fair Oaks Blvd. at Marconi Avenue, in Carmichael.

Grilling Your Turkey with Smoking Woods Adds a Unique Twist to Holiday Traditions



Make the holidays extra special this year with a smoked turkey.

(NAPSA) - With the holidays quickly approaching, many Americans are looking for new ways to impress their guests. One surefire way to succeed is to turn off the oven and fire up the charcoal grill.

"Early in our American history, the one and only way to cook a turkey for the holidays was over a smoky fire," says Chef Jamie Purviance, author of "Weber's Way to Grill," a "New York Times" best seller. "An oven-roasted turkey really pales in comparison to the woody flavors you can create with a smoked turkey on a charcoal grill."

Chef Purviance offers his top tips to create a grilled turkey with a unique, smoky taste: 1. Season the turkey the day before cooking with a dry brine of kosher salt and pepper. As the turkey sits in the refrigerator for 12 hours, the seasonings will seep deep into the meat and help develop a crispy skin.

2. On the day of cooking, remove the turkey from the refrigerator and allow it to reach room temperature

for 1 hour. Brush the legs, breasts and wings with butter.

3. About 20 minutes before you're ready to grill, fill a chimney starter with charcoal and burn the briquettes until they are lightly covered with ash. When they are good and hot, pour the charcoal carefully onto one side of the charcoal grate, in the shape of a half circle, and place a disposable foil pan in the center of the grate.

4. Carefully add a few cups of water to the foil pan. The water will help to maintain a steady cooking temperature and add some humidity inside the grill. Replace the grilling grate, close the lid and let the water heat up while the coals burn down to the point when the grill temperature is between 350°F and 400°F. If your grill does not have a thermometer, stick a probe oven thermometer in the lid's top vent.

5. To infuse that unique smoky taste, drop a couple of handfuls of presoaked and drained oak or hickory wood chips directly onto the coals. Don't add too much! Four

handfuls over the course of the first two hours should be plenty.

6. Next, put chopped onions, carrots and celery in a separate heavy-duty, disposable foil pan and add 2 cups of chicken broth. Place the turkey, breast side down, on top of the vegetables and inside the foil pan. The pan will protect the breast meat from cooking too quickly, and the vegetables will flavor the broth that you can turn into gravy later.

7. When the wood smolders, set the turkey in the pan on the grate above the water pan. Face the turkey legs toward the coals so the dark meat cooks at a higher temperature than the light meat.

8. After 1 hour of cooking, flip the turkey so that the breast is facing up and add the second batch of wood chips. To maintain the grill temperature between 350°F and 400°F, you'll probably need to add more coals.

9. After cooking for 1 1/2 hours, if any parts of the turkey are getting too dark, wrap them with foil. The turkey is done when a thermometer registers 170°F in the thickest part of the thigh. While the turkey rests at room temperature for 20 to 30 minutes, the internal temperature will rise to the ideal doneness for a smoked and succulent turkey.

For more turkey tips and recipes, visit www.weber.com.

(c) 2008 Weber-Stephen Products Co. Recipe from "Weber's Way to Grill(tm)," by Jamie Purviance. Used with permission.

Editor's Note: For more grill and grilling news, go to www.thewebernewsroom.com.

Chautauqua Playhouse - Holiday production of Reindeer In Wonderland opens on December 5th

Chautauqua Children's Theatre presents *Reindeer in Wonderland*, an original script written and directed by Marie Raymond. *Reindeer in Wonderland* is the delightful musical holiday tale. It's almost Christmas and a poor reindeer finds himself surrounded

by a White Rabbit, a Cheshire Cat, a talking Rose, a Bread and Butterfly, and even Humpty Dumpty! Can he get home before Santa takes off?

Reindeer in Wonderland begins December 5th, and plays every Saturday until December 19. Performances are

at 1pm and 3pm. Tickets are \$7 for adults and children.

Chautauqua Playhouse is located at 5325 Engle Road #110 in Carmichael.

Tickets may be ordered by phone: 916.489.7529 or on the web: www.cplayhouse.org.

CHAUTAUQUA PLAYHOUSE

Scrooge - 30th Year

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 will open 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.



Roger Hoopman (L) and Chris Lamb

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.com Group rates are available.

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Sacramento Choral Society's Inaugural Stained Glass Performance Shines Forth



Photos by Paul V. Scholl, Messenger Publishing Group

"If a more beautiful song were heard, it was by angels and the Almighty."

James Lajoie
Special to the American River Messenger

The word is out: The SCSO has launched its 2009-2010 season with a new series of concerts in fine style!

On Saturday, November 7 at 8 PM, the Sacramento Choral

Society and Conductor Donald Kendrick inaugurated their 14th season with a new concert series entitled Sacramento Stained Glass: A Tribute to the English Cathedral Tradition. The concert also celebrated the beginning of Donald Kendrick's 25th year on the music and education scene in the Sacramento region.

While the SCSO enjoys the warmth and intimacy of the UC Davis Mondavi Center for their choral orchestral concerts, they chose to launch their new Stained Glass series back in Sacramento at the recently renovated Cathedral of the Blessed Sacrament. This decision turned out to be an

artistic marriage made in heaven.

Under Bishop Weigand's leadership, the Diocese of Sacramento invested \$34,000,000 to restore this 120 year old historical Sacramento landmark. The Cathedral is once again a place of beauty and a center for culture and art with its rich acoustics, recently re-opened dome, and inspirational stained glass windows and art work.

The Choral Society played to a capacity audience of 1150 attendees at their November 7th inaugural concert. SCSO Conductor Donald Kendrick's thoughtful programming of great English works took advantage of the Cathedral's rich resonance. Works by composers such as Stanford, Britten, Parry, Knight, Byrd and Martin filled the Cathedral, creating a true

sense of celebration and nuance at the same time. Organist Stephen Janzen accompanied the Chorus in a masterful way and added great drama and beauty to the performance.

One of the focal points of the evening was a Requiem by English Composer Malcolm Archer. Written in 1994, Archer's Requiem embraced a combination of styles reflecting the music of John Rutter, Morten Lauridsen and Maurice Durufle. Alison Reid's rich and warm soprano voice reflected the musical hope and yearning musically created by Archer. Daniel Yoder's powerful baritone voice soared in such a rich Cathedral setting during the Requiem. His warm delivery transported the audience to another place in a tender and eloquent manner.

The SCSO will launch their Mondavi choral orchestra series with performances of their standing room only Home for the Holidays concerts on Saturday, December 12 at 2 PM and 8 PM. Call the Mondavi Box Office for tickets: 1-866-754-2787.

Concert Two of the SCSO's Sacramento Stained Glass series will be on Saturday, June 5, 2010 at 8 PM at the Cathedral of the Blessed Sacrament. For more information, visit sacramentochoral.com.



(L-R) Jim McCormick, President; Alison Reid, Soprano; Donald Kendrick, Conductor/Artistic Director; Daniel Yoder, Baritone

Meditation for Your Heart, Mind and Soul

December 10th, Thursday evening 6:30 to 9 pm

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

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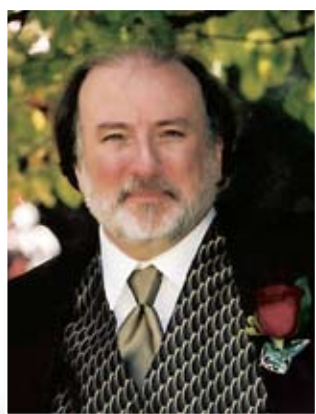
December 15th, Tuesday evening 6:30 to 9:00 pm

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