

Serving Carmichael and Sacramento County since 1981 Volume 29 Issue 46

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 Natural River 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 educationfocused 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 washintonj@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.

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 socalled "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 familyfriendly 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 ensuring parental rights in

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 Luttgen 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.

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.

Operation Gobble

"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 Office Operations, Post 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 lessfortunate children the in Sacramento region will have

a much happier Christmas

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

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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 bestdecorated 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 22ndannual4X4GoldCountryToy

Run, contact Deann MacDougall at 916/985-2250 or email dnnmacdougall@yahoo.com





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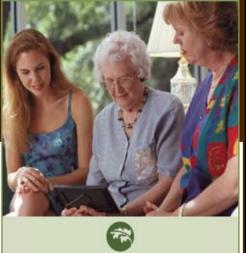
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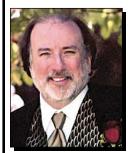
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Publisher - Paul V. Scholl

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Nature Center Visit for November Events www.effieyeaw.org



The Nature Center is located in Ancil Hoffman County Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 TDD/TTV

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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 inhome 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 purposedriven. 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 Association on October 3. Priya and important resource, as Sacramento County is projected to have almost 75,000 seniors by 2040. We need to haveservices 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 development of scientific and 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

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 andarelookingforwardtoscheduling 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, Carolina, South 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, Yocom, co-founded Kiran Seniors Helping Seniors in-home services, which began as a nonprofit 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 franchises to be the first place that seniors in need of non-medical services and those seeking extra income call."

"We support all of our franchises 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."



Your life may be gripped in an uncontrollable fear that has put the brakes on everything you try and do. The forward movement in your life doesn't exist. What to do and who to turn to for help? My life was changed forever because of a major car accident which should have taken my life but God reached down and protected me. My feet should have been crushed, but God put His arms around me and I knew I was blessed to be alive. Doctors said "incurable" severe nerve damage had robbed me of the use of my hands. The headaches were so severe that I sometimes didn't know if someone was talking to me. I was angry, because I thought God had left me. I was on a downward spiral with no possibility of improvement.

I was going under the knife for the pain in my neck but they didn't expect great results. They told me there was a 50+% chance I would either lose my voice, die, or be paralyzed the rest of my life. The "life gripping" fear of being paralyzed made me hesitate. The other problems were bad enough but this took me from fear in to TERROR!

What to do? During the height of my terror, God was there and gave me a vision of an eagle coming underneath with his wings to carry me through my fear. I knew, without hesitation that He was never going to leave me and no matter what happened He would always be a part of my life. The eagle is a powerful symbol of strength and freedom...could I really experience this freedom? Before this, I truly thought that God had forgotten me But, God's Word says, "...but those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint." Isaiah 40:31 (NIV)

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 empowers and Mountains" 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 karen@do-ablesteps.com. at



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!

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

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

Could His words truly give me the strength to take that next step? I believed it and moved to the freedom from the fear within. God is the answer to any of the fears or obstacles in your life. The message of this verse is "hope and determination".

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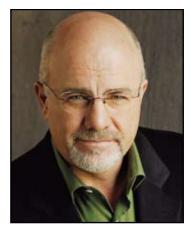
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Dave Ramsey is a personal management expert, money popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace *Revisited and More Than Enough.* In them, Ramsey exemplifies his life's 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. 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 wellorganized, 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,

Idon'tknow 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 got balance, you've and 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.



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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

Hiding the Past in Plain Sight

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 going a good way toward 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 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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At the *Carmichael Times*, we know how hard our communities are struggling to survive one of the most difficult economic periods in our history. So to help out, we have begun providing enhanced employment content from the most-respected career and employment resource in Northern California: *JobJournal.com*

We're partnering with the Job Journal's award-winning website to bring you comprehensive information on employment opportunities, job-search strategies, career planning, upcoming job fairs, and workplace issues for Northern California jobseekers. Click on the help you need to find rewarding work and fulfilling careers, keep up to date with the latest employment trends, and follow news items that reveal the hidden job market.





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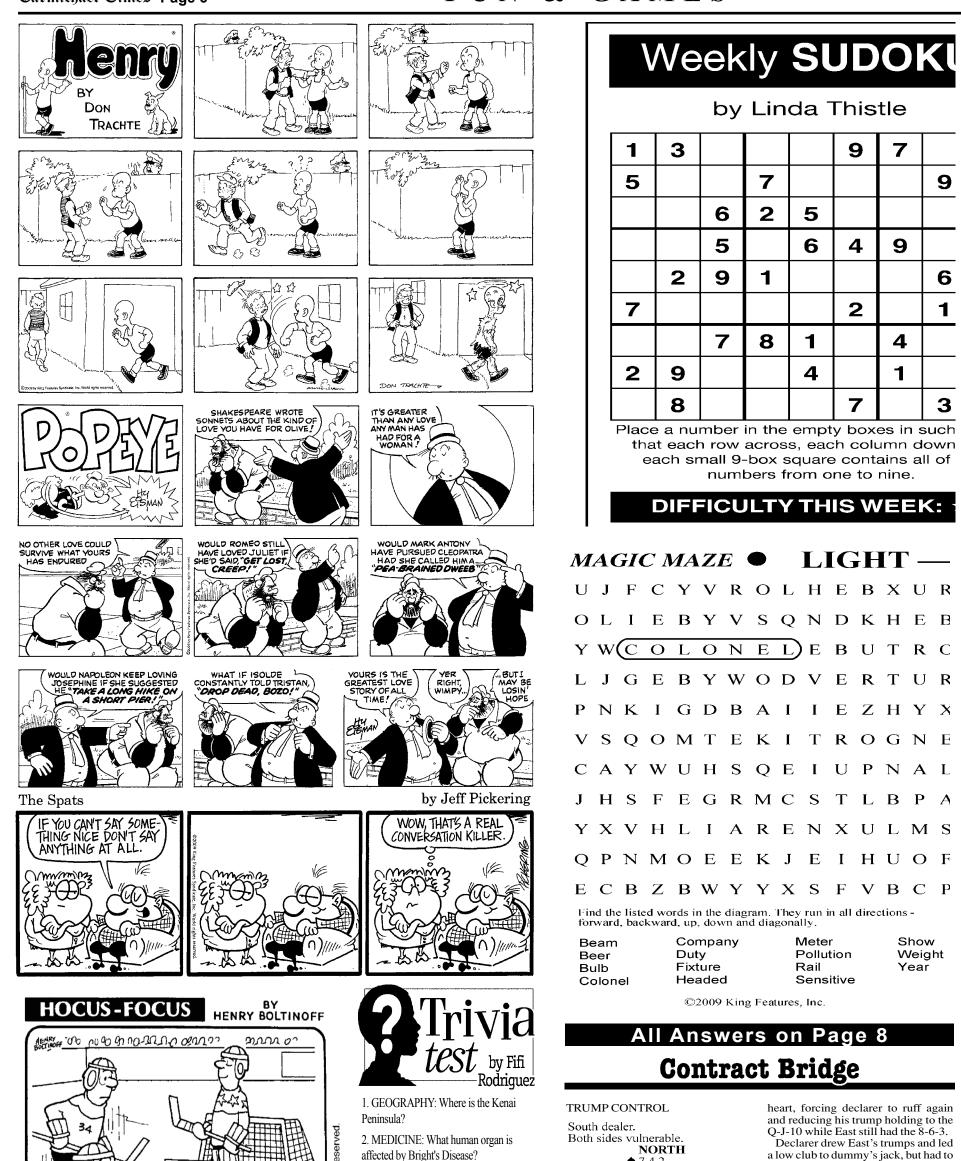
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FUN & GAMES

Carmichael Times Page 6



by Linda Thistle

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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.

DIFFICULTY THIS WEEK:

$MAGIC MAZE \bullet$ LIGHT -UJFCYVROLHEBXUR OLIEBYVSQNDKHEB ONEL)EBUTRC JGEBYWODVERTUR NKIGDBAIIEZHYX O O M T E K I T R O G N E CAYWUHSQE IUPNAL SFEGRMCSTLBPA 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 ECBZBWYYXSFVBCP Find the listed words in the diagram. They run in all directions -

forward, backward, up, down and diagonally Show

Company	Meter	Show
Duty	Pollution	Weight
Fixture	Rail	Year
Headed	Sensitive	

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All Answers on Page 8 **Contract Bridge**

NORTH

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

"Cruisin' for Kids" Christmas Toy Run An Annual Event Hosted By: The Cappuccino Cruisers & American River Plaza Center (9500 Greenback In. - Near the intersection of Greenback In. & Madison Ave.) Sunday December 6th 9 a.m. - 2 p.m. Entry Fee 1 New

November 25, 2009

Unwrapped Toy or \$10.00 Hop In Your Pre 1974 Hot Rod, Street Rod, Custom, Muscle Car, Classic or Truck & cruise on over for a day of fun

Christmas Cruisin' Music Raffles & Awards Proceeds will benefit the Stanford Home & Folsom PD's Christmas Toy Programs

> For information call Ray or Chris @ (916) 988-6376 Rain Date December 13th

> > **Event Supporters**







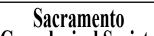
The above referenced participant assumes any/all liability and waives any/all claims*, including a waiver of Civil Code 1542 in relation to any participant in this event. * The Cappuccino Cruisers', their volunteers, The American River Plaza merchants, Property owners or management

Attend an **Alzheimer's Support Group** Get the Emotional Support you Need

Sessions provide families and caregivers guidance and training to assist them in caring for a person with Alzheimer's disease

Facilitator: Susan	Seidenzahl
Tues Dec 1st	6pm
Tues Jan 5th	6pm

Held at **Carmichael Oaks** Senior Living 8350 Fair Oaks Blvd To register please call 944-2323





Find at least six differences in details between panels.



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

3. FAMOUS QUOTATIONS: Who once said, "Man is by nature a political animal"?

4. MOVIES: What famous 1960s movie featured the character Benjamin Braddock?

World rights

2009

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?

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Opening lead — queen of hearts.

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

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

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8

9

Answers on Page 8

35 Ashen

38 Second

31 "Of course"

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40 Swab the

42 Batman's

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47 Teensy bit

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ACROSS

- 1 History
- chapter
- Recede 4
- 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

28 Splendor 32 Form 33 PC picture 34 Morning

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- moisture 36 Facility
- 37 Disreputable
- 39 It may say "Home
- Sweet Home"
- 41 Motion
- detector, e.g.
- 43 Neither mate 44 Unstable
- particle
- 46 Brandy flavor
- 50 Pinnacle
- 53 Cranberry
- territory 55 Old portico
- 56 Angry

57 Greek mountain 58 Former frosh 59 Put in the

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- mail
- 60 Profit
- 61 Chaps

DOWN

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- 2 Took the bus
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- 27 Antelope's
- playmate
- 28 Fail to hit
- 29 Rue the run
- 30 Rivers or Collins
 - 54 "Roscoe"

Genealogical Society

Wednesday December 9, Root Cellar Sacramento Genealogical Society General Membership meeting 7pm - 8:30pm at Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Program to be

determined plus holiday festivities.

Visitors welcome. Contact Sammie Hudgens (916) 481-4830 or www.rootcellar.org. Just Like Cats & Dogs by Dave T. Phipp NOW THERE IS SOMEBODY WHO REALLY CAN'T WAIT FOR CHRISTMAS TO GET HERE.



November 25, 2009

2009

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25.2009

JOHNSO

HUGH'S

Carmichael Times Page 7 LEGAL ADVERTISING Legal Advertising Hotline Legal Advertising 916-532-2113 P.O. Box 14 Legal Advertising Fax Carmichael, CA 95609 Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984 916-773-2999 FICTITIOUS BUSINES NAME 95814, is hereby fixed as the time petition with this court for a decree name should not be granted. IT and show cause. if any, why STATEMENT #0909707. Anna IS FURTHER ORDERED that a the petition for change of name and place at which the purchase of changing name of Michael Khanh **BONES LAW FIRM** Gordon G. Bones should not be granted. IT IS Hua to Louise Mitchell, 7505 Greenback copy of this Order to Show Cause said property will be consummated. Thong Minh Hua; and Attorney at Law be published in the Carmichael FURTHER ORDERED that a Lane, Citrus Heights, CA 95610 Publish: November 25, December Cindy Hua to Hanh Duc Hua. IT 4790 Dewey Drive, Suite C Fair Oaks, CA 95628 2, 9, 2009. is doing business under the Times, a Newspaper of General copy of this Order to Show Cause IS ORDERED that all persons 91104 12-9-09 Fictitious Business Name "The Circulation, printed in Sacramento be published in the Carmichael MORPD interested in the above entitled Cuben Holistic Healing Center" County, California, once a week Times, a Newspaper of General matter appear before this court The Law Firm provides the following legal services: FICTITIOUS BUSINES NAME STATEMENT #0910158. for four consecutive weeks prior at 7505 Greenback Lane, Circulation, printed in Sacramento at 2 p.m. on Dec. 29, 2009 in · Bankruptcy · Business and Corporate Matters to the date set for hearing on the Citrus Heights, CA 95610. Filed Dept. 53, located at 800 9th St., County. California. once a week with the Clerk of Sacramento petition. Dated: Nov. 3, 2009. Michael L. Sagie, 62167 Antares for four consecutive weeks prior · Trust and Trust Administration Third Floor. Sacramento. CA County on Oct. 26, 2009. Publish: November 4, 11, 18, 25, to the date set for hearing on the Way, Orangevale, CA 95662 I oren F McMaster 95814 and show cause, if any, Estate Planning Probate and Conservatorship Judge of the Superior Court petition. Dated: Nov. 6. 2009. is doing business under the why the petition for change of Publish: November 11, 18, 25, Fictitious Business Name "MLS · Family Law Dean I Petersen name should not be granted. IT 91101 11-25-09 December 2, 2009. Consulting" at 6217 Antares Way, Judge of the Superior Court IS FURTHER ORDERED that a 91102 12-2-09 *P:* 916.965.6647 Publish: November 18, 25, TORRES Orangevale, CA 95662. Filed copy of this Order to Show Cause SUPERIOR COURT OF December 2, 9, 2009. with the Clerk of Sacramento be published in the Carmichael CALIFORNIA SUPERIOR COURT OF County on Nov. 12, 2009. 12-9-09 CHILDA 91103 Times, a Newspaper of General F: 916.965.4218 COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CAI IFORNIA Publish: November 25, December Circulation, printed in Sacramento COUNTY OF SACRAMENTO NOTICE OF PUBLIC HEARING 2, 9, 16, 2009. County, California, once a week ORDER TO SHOW CAUSE gbones@boneslawfirm.com CHANGE OF NAME MLSCON 91104 12-16-09 NOTICE IS HEREBY GIVEN for four consecutive weeks prior #34-2009-00056306 CHANGE OF NAME that on December 15, 2009 the to the date set for hearing on the WHEREAS. Lamar'Q Rushad #34-2009-00062446 Advisory Board for Mission Oaks FICTITIOUS BUSINES NAME petition. Dated: Nov. 17, 2009. U-Cal Johnson has filed a petition WHEREAS, Belinda Sattlerhas Recreation and Park District, a Call to place your legal advertising here. STATEMENT #0910323. Sandra Loren E. McMaster with this court for a decree changing filed a petition with this court for a park district existing under the M. Baker and Jeff A. Baker, both of Judge of the Superior Court name of Lamar'Q Rushad U-Cal decree changing name of Belinda authority of Public Resources Code 6800 Westmore Way, Carmichael, Publish: November 25, December Louie Sattler to Belinda Louise Rogerson. IT IS ORDERED that Johnson to Lamar'Q Rashad 5780 et seq., will recommend the CA 95608 are doing business 532-2113 2, 9, 16, 2009. U-Cal Bailey. IT IS ORDERED that purchase of real property for Four under the Fictitious Business 12-16-09 HUA 91104 all persons interested in the above all persons interested in the above Hundred Eighty Thousand Dollars (\$480,000) to the County Board "Keepsakes Names Bridal: entitled matter appear before this entitled matter appear before this Enchanted Bridal" at 5337 Sunrise court at 9 a.m. on Dec. 11, 2009 court at 2 p.m. on Dec. 21, 2009 of Supervisors, acting as the ex-Blvd., Fair Oaks, CA 95628. Filed in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA in Dept. 53, located at 800 9th officio Board of Directors for the with the Clerk of Sacramento Buried St., Third Floor, Sacramento, CA Mission Oaks Recreation and Park County on Nov. 17, 2009. 95814 and show cause, if any, 95814 and show cause, if any, District. The subject property, APN Publish: November 25, December why the petition for change of why the petition for change of 289-0032-017, is located at 1616 2, 9, 16, 2009. name should not be granted. IT name should not be granted. IT 91104 12-16-09 Mission Avenue, Carmichael, CA KEEPSA IS FURTHER ORDERED that a IS FURTHER ORDERED that a and is located near Arden Way copy of this Order to Show Cause be published in the Carmichael copy of this Order to Show Cause SUPERIOR COURT OF The property consists of a 0.45 be published in the Carmichael acre parcel and is improved with a CALIFORNIA Times, a Newspaper of General Times, a Newspaper of General structure previously used as a fire COUNTY OF SACRAMENTO **Credit Card Debt?** Circulation, printed in Sacramento County, California, once a week Circulation, printed in Sacramento station. The Seller of the property is ORDER TO SHOW CAUSE County, California, once a week the Sacramento Metropolitan Fire CHANGE OF NAME for four consecutive weeks prior for four consecutive weeks prior District and the legal description #225024 to the date set for hearing on the to the date set for hearing on the of the parcel is set forth below. WHEREAS, Brianna Tackett, petition. Dated: Oct. 8, 2009. Loren E. McMaster petition. Dated: Oct. 30, 2009. LEGAL DESCRIPTION through her counsel, Nicholaus Shelleyanne W.L. Chang All that real property situated in Over \$10,000 in credit card bills? Knight, has filed a petition with this Judge of the Superior Court Judge of the Superior Court the County of Sacramento, State court for a decree changing name Publish: November 4, 11, 18, Publish: November 11, 18, 25, of California, described as follows: of Brianna Tackett to Brianna December 2, 2009. Only making the minimum payments? A portion of lot 19, as shown Saldana. IT IS ORDERED that all 12-2-09 91101 11-25-09 SATTLE 91102 on that certain plan entitled, "Plat persons interested in the above of Citrus Heights Addition No. 16" entitled matter appear before this FICTITIOUS BUSINES NAME FICTITIOUS BUSINES NAME filed in the office of the Recorder, court at 8 a.m. on Dec. 23, 2009 STATEMENT #0909955. Michael STATEMENT #0909602 County of Sacramento, Book 14 of Maps, at Page 6, more in Dept. 135, located at 3341 We can get you out of debt in months Galen Grow, 6421 Grant Ave., Worthington, 6817 Thunderhead Power Inn Road, Sacramento, Carmichael, CA 95608 is doing Circle, Orangevale, CA 95662 ios particularly described as follows: CA 95826; William R. Ridgeway doing business under the Fictitious instead of years business under the Fictitious Commencing at a point on the Family Relations Courthouse, Business Names "MW Services; Business Name "Hugh's Horse west line of said lot, from which and show cause, if any, why Ranch" at 6421 Grant Ave., WitServices" at 6817 Thunderhead the northwest corner of said lot We can save you thousands the petition for change of name Carmichael, CA 95608. Filed Circle, Orangevale, CA 95662. bears North 396 feet, said west should not be granted. IT IS FURTHER ORDERED that a with the Clerk of Sacramento Filed with the Clerk of Sacramento line also being the centerline of a of dollars County on Oct. 22, 2009. County on Nov. 4, 2009. 60 foot county road (Mission Ave.), copy of this Order to Show Cause Publish: November 18, 25, Publish: November 11, 18, 25, said point being the True Point of be published in the Carmichael December 2, 9, 2009. MWSERV 91103 December 2, 2009. We can help you avoid bankruptcy Beginning; thence, parallel with Times, a Newspaper of General 12-2-09 12-9-09 91102 the north line of said lot, east 330 Circulation, printed in Sacramento feet to the west line of the east SUPERIOR COURT OF County, California, once a week SUPERIOR COURT OF one half (1/2) of said lot; thence, for four consecutive weeks prior CALIFORNIA CAI IFORNIA along said line, parallel with the COUNTY OF SACRAMENTO to the date set for hearing on the COUNTY OF SACRAMENTO Not a high-priced consolidation loan or one of west line of said lot, south 132 petition. Dated: Nov. 6, 2009. ORDER TO SHOW CAUSE ORDER TO SHOW CAUSE feet to the north line of the south Dean L. Petersen CHANGE OF NAME CHANGE OF NAME those consumer credit counseling programs 132 feet of said lot; thence, Judge of the Superior Court #225024 #34-2009-00062879 along said line, west 330 feet to Publish: November 25, December WHEREAS, Brianna Tackett, WHEREAS, Joshua Jon the west line of said lot; thence, 2, 9, 16, 2009. through her counsel, Nickolaus Knight, has filed a petition with this Torres has filed a petition with this Call along said line, north 132 feet to 91104 12-16-09 SACCHI court for a decree changing name of Joshua Jon Torres to Phoenix the said true point of beginning. court for a decree changing name **CREDIT CARD RELIEF** for your FREE consultation SUPERIOR COURT OF Excepting there from the of Brianna Tackett to Brianna Torres. IT IS ORDERED that all east 150 feet of the previously CALIFORNIA persons interested in the above Saldana, IT IS ORDERED that all described parcel of land. Hearing Location: On the 15th COUNTY OF SACRAMENTO persons interested in the above entitled matter appear before this AMENDED ORDER TO SHOW court at 2 p.m. on Dec. 15, 2009

entitled matter appear before this day of December, 2009, at 9:30 court at 8 a.m. on Dec. 23, 2009 A.M. in the Chambers of the Board in Dept. 135, located at 3341 of Supervisors. Suite 1450 of the Power Inn Road, Sacramento, County Administration Building, 700 "H" Street, Sacramento, CA CA 95826; William R. Ridgeway Family Relations Courthouse

Household Help

Bathroom Remodeling

CAUSE CHANGE OF NAME

#34-2009-00058140

Loan Kim Pham have filed a

WHEREAS, Dan Hua and

Business & Service Directory

Landscaping

800-383-2050

Technology

Not available

in all states

Handyman

in Dept. 53, located at 800 9th

St., Third Floor, Sacramento, CA

95814 and show cause, if any,

why the petition for change of



Carmichael Times Page 8

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Public Auction 10 AM Friday Nov 6th, 3900 Florin Perkins Rd, Machinery, Equipment, Trucks Lawn Equip, Collec-Tractors. tables. Glassware. Office & Res Furniture, New Jewelry, Costume Jewelry, Boats, Motorcycles, Cushman Traffic Scooters Dump Tirs, Electcs, Conveyor Sys, Dr casings, Units of trim, Office supplies. Flatbed. Dump & Equip Trailer, Forklift Safety cage, Toyota Forklift, Caterpilla 245 Kidsteer. Elec Scissor lift. Hand & Power tools, Mec Tools.

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Discounts

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THANKSGIVING NOVENA TO ST. JUDE O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to

come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen

Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail.

I have had my request granted and will fill to publish my thanksgiving. J.F.P. (MPG)

Wanta go to heaven without dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG)

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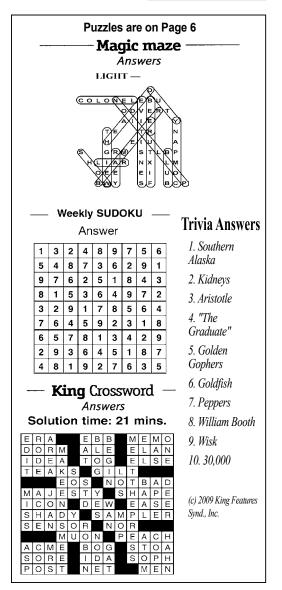
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Be a Hero and Join Annual News10's Coats for Kids



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.

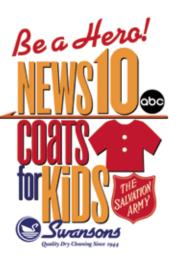
The Salvation Army will sort and distribute coats at 8 different locations on Wednesday, December 30th, 2009. In

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 hascollected 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.





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 budgetfriendly 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 fullservice packing and shipping service with centers worldwide, offer the following tips for efficient, budget-friendlyshipping:

- 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 and November 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 throughout December. gifts 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.

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 until Decevery Saturday ember 19. Performances are at 1pm and 3pm. Tickets are for adults and children. \$7 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.

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



Make the holidavs extra special this vear with a smoked turkey.

(NAPSA) - With the holidays quickly approaching, manv 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 turkev really pales in comparison to the woodsy 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? 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.



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

You deserve a treat.

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



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

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



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

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 richacoustics, 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

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

sense of celebration and nuance

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 s a c r a m e n t o c h o r a l. c o m.

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

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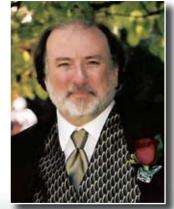
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How to re-energize Your Daily Life

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

Learn How to Create a more loving and healing environment for the holidays. Clear & Set the Energy of Your Home using specific Meditation Techniques.

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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.



Christ the King Retreat Center, 6520 Van Maren Lane, Citrus Heights, 95621 To register email Rev Paul at go2dlyt@aol.com, or call 916-773-1111. *Each workshop is \$20*.

Lome for the Holidays



Guest Artist: Hannah Penn, Soprano

Two performances of this favorite holiday concert, Saturday matinee and evening Saturday, December 12 2 P.M. and 8 P.M. Mondavi Center, UC Davis

Recapture the magic as the SCSO spreads the spirit of the Christmas season with candlelit processions, audience singalongs, new and familiar holiday songs and good cheer.

Get your tickets early !

TICKETS: Mondavi Box Office 1-866-754-2787 or online at SacramentoChoral.com