

Carmichael Times



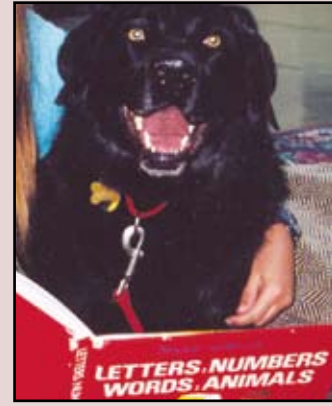
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Serving Carmichael and Sacramento County since 1981

November 18, 2009

Vietnam Fallen Recalled at Carmichael Monument



Carmichael Boy Scouts and Cubs present colors at a memorial to 15 young men who, recruited for Vietnam service fresh from La Sierra High School, never returned home.

By Susan Skinner

A veteran bugler's rendition of Taps was a sober refrain in autumn sunshine. At a little-known Carmichael memorial, a crowd paused hand on breast in remembering 15 young men who died far from home, over 35 years ago. The fallen were all students of

La Sierra High. Hard-hit by the Vietnam conflict, the Engle Ave school created the first known American Vietnam War memorial in 1973. Though the school is now closed, its monument still hosts Veteran's Day observances. Constructed from massive engine parts that evoke a steel-hearted war machine,

its plaque bears the names of the school's fallen heroes. Their memorial shares a pocket wildlife sanctuary administered by Garfield Elementary School and volunteers. The area is named for former La Sierra Science teacher Earl (Ranger Jack) Koobs (88), who taught most of those honored by the memorial. Their names are:

Robert D. Anderson, Ralph Guarienti, Mark W. Burchard, Larry M. Morford, Robert S. Byrnes, Thomas C. Pigg, Jerry Cowser, Randall B. Rainville, Kenneth R. Escott, Kim Richins, Gary R. Field, Jeffrey Tharaldson, Herbert Frenzell, Robert A. Willis and Frank Thornburg.

As each name was called on Veteran's Day, an emotional Koobs struck a bell.

A sister of one of the fallen said: "They were just babies over there. Nothing prepared them for what they experienced. The Sixties was a difficult time in this area. Every time someone was hurt or killed, the whole community felt it." The rusting memorial, she said, "is meaningful and specific to our community. It's part of my roots."

Anyone may visit or attend ceremonies in the nature area. For information, call the school at (916) 575-2349.

Photo by Susan Skinner

Arden Hills Swimmers Accept 2010 College Scholarships



(Left to Right): Swimmers Emily Kane, Nick Johnson, Coach Brian Nabeta, Michael Franz, Emily Rodgers

Photo provided courtesy of John Rodgers

Six high school seniors, all of whom are talented swimmers who train at Arden Hills Resort Club & Spa, gathered for a unique group celebration as they made their individual final decisions to accept and sign "letters of intent" to accept scholarships to various prestigious colleges in 2010.

The student athletes currently attend various local high schools such as Jesuit, Rio Americano,

St. Francis, Country Day, Bella Vista and Davis High School and have been offered coveted scholarships based primarily on their strong swimming abilities. The swimmers signed letters of intent to colleges such as the University of Southern California, Texas Christian University, George Washington University, Bucknell University and UC Davis but could include

others as many of the swimmers received multiple offers.

All of the young swimmers have been trained by Arden Hills USA Swim Team Head Coach and Director of Aquatics Brian Nabeta, who along with their parents, were at the "Scholarship Signing Party" to provide support and encouragement to the student athletes as they made their final decisions.

SJUSD Teachers Receive Grants

Twelve innovative teachers from throughout the San Juan Unified School District have been awarded grants to help fund innovative programs in science, technology and the arts from the San Juan Education Foundation (SJEF). SJEF, an independent, non-profit community organization formed as a link between the community and schools in the San Juan Unified School District, awarded grants totaling \$28,234 to continue its ongoing grant program to support teacher-initiated classroom opportunities that will creatively challenge San Juan students and nurture their desire to learn.

Some of the projects that will benefit from the grants include a student-run radio and television production program that collaborates with local stations, a hands-on exploration of environmental issues and their impact on California's watershed, the use of algae to grow and create food products culminating in a student competition that also

serves the food products at the school's new restaurant facility, student production of videos to teach history, and the use of music and dance to explore cultural awareness and foster community between grade levels, among others. Teachers received individual learning grants up to \$1,000 and Project Based Learning Grants of up to \$5,000. A full list is below.

Schools receiving the grants include Barrett Middle School, Bella Vista High School, Citrus Heights Elementary, Howe Ave Elementary, Earl Legette Elementary, Pershing Elementary, Mesa Verde High School, San Juan High School, Schweitzer Elementary, and Twin Lakes Elementary.

"California's budget problems have seriously impacted the ability of our schools to continue important academic program, and we believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience

and offer support to teachers who want to use their creativity and innovation to challenge their students," said SJEF Board Member Gayle Hensler.

The Foundation's Board is comprised of community, business and education leaders, who bring professional expertise, knowledge of community resources and the creativity necessary for a fresh approach to helping teachers help their students to thrive. For more information about how to apply for grants and about the San Juan Education Foundation, please visit www.sanjuanfoundation.org.

The grant recipients: Barrett: Joni Stein, Bella Vista: Nicole Naditz, Legette: Marilyn Barrett Spiegel, Mesa Verde: David Biesanz, San Juan: Sandi Coulter and Gina Timm, Schweitzer: Linda Ferguson, Del Paso Manor: Kitty Sherman, Howe Avenue: Gayle Whinney, Pershing: Tisha Rugg and Sherry Martin, Twin Lakes: Timmi Elcock

Toys, Train Rides, Santa Sightings & More

At the California State Railroad Museum This Holiday Season

Sacramento — With toys, trains and even good ol' St. Nick, the California State Railroad Museum is sure to capture and spread the spirit of the holidays with visitors of all ages. While coveted tickets to The Polar Express™ Train Ride are completely sold out for 2009, there's plenty more to see and do at North America's most popular train museum, both inside and out. In fact, the California State Railroad Museum will debut a nostalgia-inducing new exhibit on Monday, November 16, titled "Some Assembly Required," showcasing railroad-themed toys from the Museum's collection. Over the three-day Thanksgiving weekend (Friday thru Sunday), the popular "Train Time for Santa" event will take place—complete with festive Santa Steam Train rides—and the 13th Annual Toy Train Holiday Show in the Museum.

Amidst special holiday "Theater of Lights" activities throughout Old Sacramento

that same three-day weekend—November 27 thru 29—visitors to the California State Railroad Museum will enjoy "Train Time for Santa." Ride with Santa aboard his very own steam train! Then explore the 13th Annual Toy Train Holiday Show where hobbyists from around the region will proudly display modular and portable toy and model train layouts set up in the Museum's Roundhouse surrounded by full size locomotives. Tickets for Santa's Steam Train—which include complimentary admission to the Museum—are \$15 for adults, \$7 for youths ages 6-17 and children 5 and under are free. Santa's Steam Train tickets are available on a first come, first served basis and trains depart hourly from 11 a.m. to 4 p.m. from the Central Pacific Railroad Freight Depot at Front and "K" Streets in Old Sacramento.

For Museum admission only (which does NOT include Santa's Steam Train), regular museum prices are \$9 for adults, \$4 for youths ages 6-17, and children 5 and under are free. Opening November 16, the California State Railroad Museum will showcase a special "Some Assembly Required" toy exhibit that is sure to inspire both wonder and delight with a variety of rare, intricate and colorful railroad-themed toys on display. The exhibit, with toys and games from the impressive California State Railroad Museum collection, will be featured through February 20, 2010.

For more information about the "Some Assembly Required" toy exhibit, "Train Time for Santa," the Toy Train Holiday Show or other museum related events, exhibits and activities this holiday season, visit www.aliforniastaterailroadmuseum.org.

For more information about all of the activities throughout Old Sacramento, visit www.oldsacramento.com.

Scrooge Returns for 30th Year



Roger Hoopman (L) and Chris Lamb

Northern California's favorite holiday musical, SCROOGE, will be presented at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. This is the 30th year

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. Admission is \$15 general and \$7 for children age 12 and under. Visit the theatre website at www.cplayhouse.org for ticket information and reservations or call the Chautauqua Playhouse at 916 489-7529. Group rates are available.

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.

For additional information contact the Chautauqua Playhouse at cplayhouse.org or call the theatre at 916 489-7529.

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

Free Winter Holiday Family Programs Slated at Public Library



Musician Catherine Mandella

Music of the World, with musician Catherine Mandella. Catherine will present music from around the world, using unique instruments from many different countries. Among the instruments featured are didgeridoo, bagpipes, flutes, and stringed

and percussion instruments at the Carmichael Public Library: **December 13, Sunday, 2 p.m.: 5605 Marconi Avenue, Carmichael.**

The entire family is invited to celebrate the holiday season at free special Winterfest 2009: A Family Festival of Music programs, presented by the Sacramento Public Library:

Holiday Concert, with the award-winning Sacramento Youth Symphony Premier Orchestra, under the direction of Michael Neumann. The Saltarello Flute Ensemble will be featured at the concert. The audience will enjoy traditional holiday selections and other music performed by the best young musicians in Sacramento. **December 6, Sunday, 1:30 p.m., Tsakopoulos Library Galleria, Central Library, 828 I Street, Sacramento.**

For more information, please call the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

West Coast Ragtime Festival



Pier Hodges

Musical history comes alive November 20, 21, 22 in Sacramento at the 23rd annual West Coast Ragtime Festival! Experience the music of the 100 years ago performed by internationally renowned pianists and groups. Vintage music, dancing by dancers in vintage attire, a grand march, dance lessons, special events including silent movies accompanied by piano, youth performers, and seminars on music of the era are all offered over three full days at the Red Lion Hotel, 1401 Arden Way in Sacramento.



This is a musical trip back in time! For more information please call, toll free, 1-866-724-9273 or go to Festivalinfo@WestCoastRagtime.com or <http://www.westcoastragtime.com/>.

Attention! Calling All Veterans to the Veterans History Project (VHP) and the Retired Senior Volunteer Program (RSVP)



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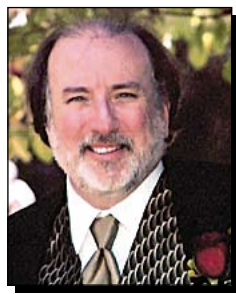
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Carmichael Times

Serving Carmichael and Sacramento County since 1981



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www.effieyeaw.org



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Sacramento SPCA to Hold Annual Fall Book Sale and Thrift Store Holiday Boutique & Sale



Book Sale and Holiday Boutique will be from 10:00 a.m. to 8:00 p.m., Thursday to Saturday, and 11:00 a.m. to 6:00 p.m. Sunday.

The popular semi-annual book sale, one of the largest in Northern California, will feature great bargains on thousands of new and used books in 15 categories including mystery, science fiction, cooking, children and teens, biography, holiday specialty books, large print, romance and more!

In addition to great deals on books, be sure not to miss the fabulous selection of holiday décor and collectibles at the SPCA's Thrift Store Holiday Boutique & Sale. Books and holiday decorations will be available at dog-gone good prices, with all proceeds benefiting the animals at the Sacramento SPCA. For more information, call the SPCA Special Events Office at (916) 383-7387 ext. 9068 or visit the SSPCA website at www.sspca.org.

Sacramento -- Mark your calendars! The Sacramento SPCA will hold its Fall Book Sale Thursday, December 3 through Sunday, December 6 at the Marketplace at Birdcage, located at 6187 Sunrise Boulevard, next to CVS Pharmacy. In addition, the SPCA Thrift Store will hold its Holiday Boutique & Sale at the Marketplace at Birdcage as well as at 6123 Sunrise Boulevard, next to Starbuck's. Hours for both the

Roger Niello's Views on Passage of Comprehensive Water Legislation

Sacramento - Assemblyman Roger Niello (R-Fair Oaks) this morning issued the following statement regarding passage in the Assembly of the comprehensive water package.

"Certainly, California has water challenges and the health of the Sacramento/San Joaquin Delta is at risk. Unfortunately, the package of legislation that was put together was one that I could not support. Water-challenged Southern California can use the assistance from the water-rich areas of Northern California

and that assistance is willing to be provided, but not in a manner that threatens our own water security."

"I also recognize the need for additional water storage facilities to ensure that we have more water available in the dry years. But unfortunately, the bond bill that was put forth won't do this. It only provides for additional water storage to be built after many additional environmental hurdles are cleared, a process that could hold up these projects for years and which could mean many

never get built. In the meantime, it is wrong to ask the voters to approve an \$11 billion bond measure that adds significantly to our overall bonded indebtedness at the same time the state faces a potential \$20 billion deficit."

"Overall, this package of bills represents a bad deal for Northern California and the Sacramento region that in the end will result in residents having to pay more for their water and wastewater treatment, with fewer water rights protections."

Alaska Airlines Brings Maui Service Back to Sacramento

New Flights to the Aloha State Begin March 2010

Sacramento, - Alaska Airlines today announced plans to start nonstop service from Sacramento to Maui on March 26, 2010. The new service fills a void left when Aloha Airlines ceased all operations in March 2008. Since that time, officials at Sacramento International Airport have been working to convince another airline to restart the popular service.

Sacramento County Supervisor Roger Dickinson and Barbara Hayes, Executive Director of the Sacramento Area Commerce and Trade Organization (SACTO), assisted the airport with the pitch to Alaska Airlines. They traveled to Seattle in August 2009 with Director of Airports G. Hardy Acree and Deputy Director of Marketing Cheryl Marcell, to meet with the airline and talk about Sacramento's potential as a market for Maui flights.

"Having nonstop service to popular destinations is important to this region," said Roger Dickinson. "People won't have to drive to other airports to fly to Maui, and it keeps some of their travel dollars here in Sacramento."

"The renewal of this service is a testament to the strength of the Sacramento travel market," said Barbara Hayes. "Sacramentans are clamoring for more destinations, and this flight moves us in the right direction."

The new nonstop flights to Maui start just in time for Spring Break 2010, giving Sacramento travelers a terrific option for their tropical

vacations. The once daily flight times are: Depart Sacramento at 8:15 a.m., Arrive in Maui at 10:50 a.m., Depart Maui at 11:15 a.m., Arrive in Sacramento at 8:00 p.m.

"Alaska Airlines' timing of the new flight is perfect," said G. Hardy Acree, "and it gives Northern Californians one more reason

to choose Sacramento International over other airports in the area."

Sacramento to Maui tickets can be purchased on the Alaska Airlines Web site at www.alaskaair.com <<http://www.alaskaair.com>> starting at 7:00 p.m. on November 10, 2009.

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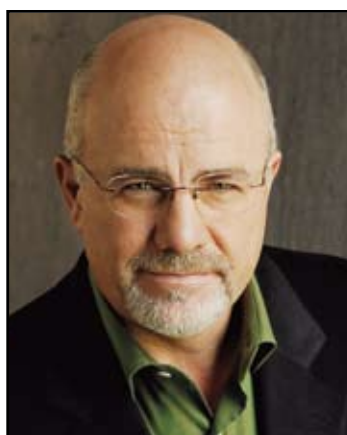
California to Stop Mailing Tax Booklets to Nonresidents

Sacramento - (Business Wire) - The Franchise Tax Board (FTB) today, November 02, 2009, announced that it will no longer mail the 540NR California Nonresident or Part-Year Resident income tax booklet to taxpayers. FTB is discontinuing this service due to the decreased use of this booklet, and its efforts to cut government spending. FTB estimates it will save the state more than \$259,000 by not sending the 540NR booklet directly to nonresident taxpayers. Taxpayers who filed a paper Form 540NR tax return for tax year 2008 will be mailed a letter in January detailing how they may get a 540NR Booklet. Starting

January 1, 2010, taxpayers can get a 540NR Booklet, and any other related tax forms and instructions by: 1) Going to ftb.ca.gov and typing "2009 540NR" in the Search FTB box located in the top right corner of the FTB website. 2) Calling FTB's automated telephone service at 800.338.0505, (or 916.845.6600 if outside the United States), selecting the "personal income tax" option, then "forms and publications," and finally entering code "914." Mailing written requests to: Tax Forms Request Unit, Franchise Tax Board, PO Box 307, Rancho Cordova CA 95741-0307. The fastest way to get tax

forms is online at ftb.ca.gov. Allow 3 to 4 weeks for mail delivery. Persons with hearing or speech impairments may call 800.735.2922 from a voice phone, or 800.822.6268 from a TTY/TDD. Form 540NR is primarily used when taxpayers move into or out of California. Form 540NR is usually not needed the year after the move because the taxpayers will file a resident return or will no longer have a California filing requirement. Taxpayers who live outside California, but have income taxable by the state, are required to file using the Form 540NR. For more information on other taxes and fees in California, visit www.taxes.ca.gov.

Dave Says



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

Balancing Ambition and Contentment

Dear Dave,
How do you balance ambition with contentment?
- Fran
Dear Fran,
This is a really good question! To

be honest, I don't believe they require balance. You thought ambition was the opposite of contentment, didn't you? I don't look at it that way. It's not like a teeter-totter. They don't have to balance out, because they're not on the same spectrum.

I'm content and ambitious. I'm content with what we have and what God has entrusted to us. On the other hand, I'm not content to sit around and do nothing just because we've been blessed. To me, that kind of attitude is not contentment, it's apathy. I do what I do because I'm passionate about helping people. You can have peace and contentment and at the same time be a real go-getter—the kind of person who still moves stuff around and makes things happen. They're not inconsistent concepts. I think problems are created when ambitious people are driven by a lack of contentment.

Let me ask you this: Do you think Jesus was content? Do you think He was ambitious? The answer to both questions is yes! You'd have to be pretty ambitious, I think, to take on the sins of the world. At the same time, do you know of anyone else who had more contentment than He did?

More than anything, I think it has to do with what's driving your ambition. If discontentment or a quest for "stuff" is the motivating factor, then maybe they are on the same spectrum. But I think that's a really bad way to live your life. You can get tons and tons of stuff, but no matter what you get or how much you get, you're still not going to really be happy until you find contentment!
- Dave

Debt Freedom More Important

Than Marriage?

Dear Dave,
When does reaching the point of being debt-free become more important than marriage? We're following your plan and doing the debt snowball, but my husband's been working a second job, and it's really cutting into our togetherness at night and straining our relationship. I'm afraid we're going to end up debt-free, but divorced. When does one outweigh the other?
- Tracy

Dear Tracy,
When does one outweigh the other? Maybe when you stop whining?

Seriously, getting out of debt is never more important than your marriage. But families go through all kinds of stuff, and one of those things is cleaning up messes they've made. It's not always fun, but there's a price to pay if you want to win with your money or anything else.

It sounds to me like your husband has gone gazelle intense about getting out of debt, and in the process may have left you behind a little bit. I don't recommend that! He probably needs to take some time to come back and emotionally re-connect with you. And I'm sure some good, old-fashioned back rubs and words of encouragement from you are in order. Your man could use them if he's been working two jobs!

But there's plenty of time for snuggling and stuff later. Right now, you're trying to do something—something really important—for the good of your family. I know it can be difficult, but it won't last forever. And I can promise you this: Once you're done, you'll be very glad you toughed it out!
- Dave

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Every Day Should be Veterans Day

Oct 29, 2009
Carmichael Times
PO Box 14
Carmichael,
California 95609-0014

Dear Carmichael Times,
Every Day Should be
Veterans Day

As a proud Vietnam veteran who is preparing for Veterans Day, I find it tragic that so many of my fellow Americans view November 11 as just another

day off work. I lost friends in Vietnam, and I made a promise to their families that they would never, ever be forgotten. With wars on two fronts--and the VA workload topping one million claims--it's time for all Americans to remember the true meaning of Veterans Day.

I hope everyone in our area will remember what Veterans Day is all about. Call one of our local VFW Posts to take part in our ceremonies. And as we near the holidays, please keep our

deployed troops and their families in your prayers. Send a care package or donate to a program that supports our troops and veterans, such as VFW Operation Uplink, www.operationuplink.org.

Always remember those who have fought for your freedom!
Sincerely,
Peter King
101st Airborne
8120 Woodlake Hills Dr.
Orangevale, CA 95662
916-723-7879

4125 Temescal Street, Suite A • Fair Oaks, CA 95628

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The Spa at Arden Hills Voted "Best Day Spa" For Five Consecutive Years

Sacramento - (November 9, 2009) - For five straight years -- 2005, 2006, 2007, 2008 and now 2009 -- Sacramento Magazine subscribers have voted The Spa at Arden Hills as the "Best Day Spa" in the region. In addition, this year The Spa at Arden Hills was also voted as the "Best Place for a Manicure/Pedicure" in the magazine's annual competition.

What's the secret to their unwavering success? To start, The Spa is well known for its soothing Serenity Room where guests relax and instantly unwind before treatments surrounded by the sights and sounds of fountains and an amazing waterfall. And, staffed

by a team of trained experts in the latest body and beauty treatments, The Spa offers a full range of services for both men and women that include a variety of facials, body treatments, nail services, waxing and, of course, spa parties that are very popular for bridal parties and other group celebrations. The ambiance at The Spa is designed so guests feel pampered and transported to a peaceful, rejuvenating place that relaxes and soothes the body and mind.

In addition to the specialty treatments -- many of which are made with organic products or natural ingredients -- guests can luxuriate in a thermal whirlpool

and steam room either before or after their treatments as well as enjoy private showers, lockers and other accommodations that add to the indulgent experience.

The Spa at Arden Hills is open Tuesdays thru Thursdays from 11 a.m. to 7 p.m. and from 9 a.m. to 6 p.m. on Fridays thru Sundays (closed Mondays). Great gift ideas, holiday gift cards are available now and can be used for any and all treatments at The Spa. To book an appointment or for more information about The Spa or other events, activities and wellness offerings at Arden Hills Resort Club & Spa, please call 916-482-6111 or visit www.ardenhills.net.



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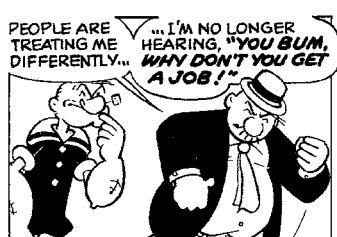
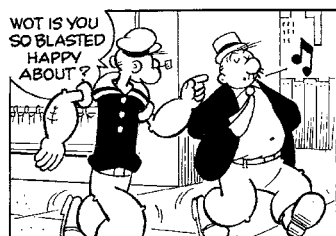
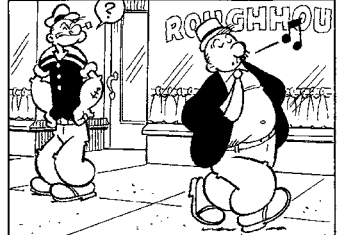
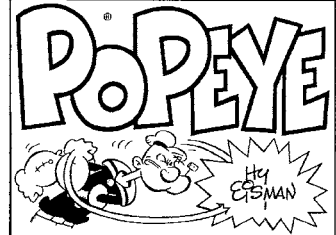
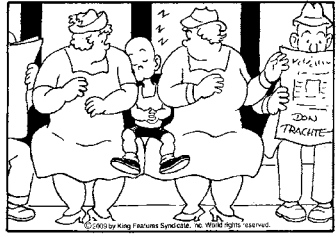
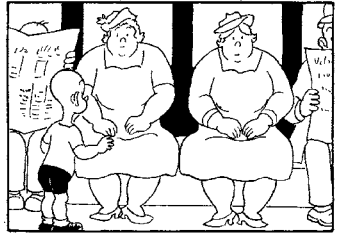
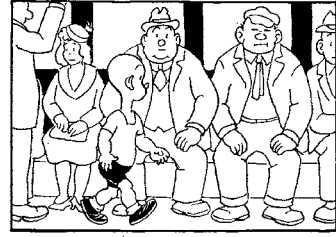
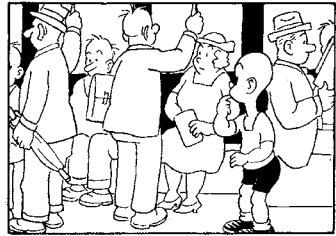
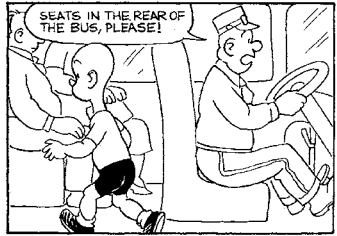
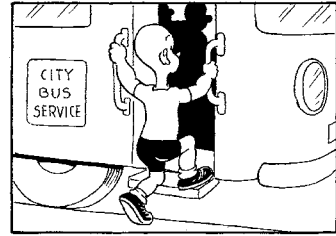
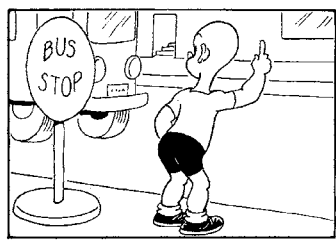
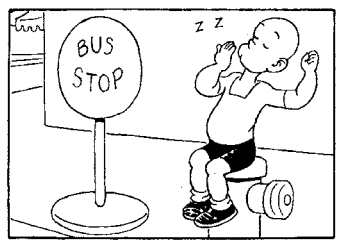
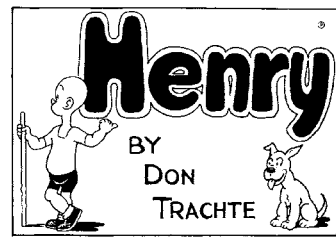


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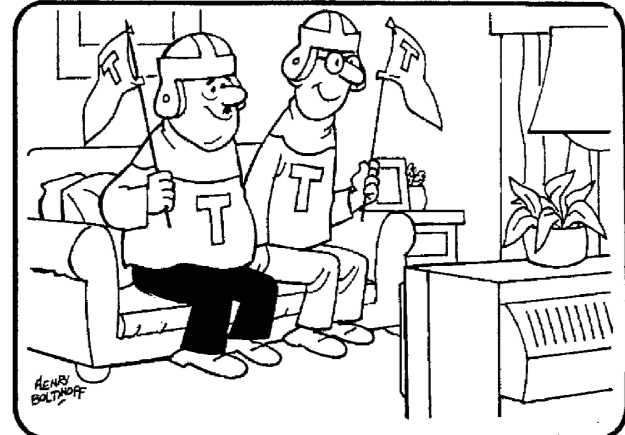
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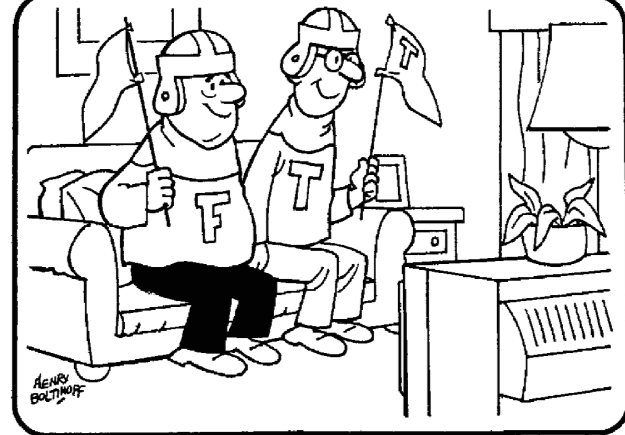
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HOCUS-FOCUS BY HENRY BOLTIHOFF



Find at least six differences in details between panels.



Differences: 1. Letter on flag is missing. 2. Mustache is gone. 3. Vase is missing. 4. Drawer knob has been added. 5. Letter on shirt is different. 6. Plant has fewer leaves.

Trivia test by Fifi Rodriguez

- ANIMAL KINGDOM: What would a group of emus be called?
- LANGUAGE: What is a synonym for jeune?
- MYTHOLOGY: In the mythical Greek tale, what was the name of Jason's ship used in pursuit in the Golden Fleece?
- AD SLOGANS: Which company's ads claim its services are "So easy, a caveman can do it"?
- FAMOUS QUOTATIONS: Who once said, "Our lives begin to end the day we become silent about things that matter"?
- MEDICAL TERMINOLOGY: What is a more common name for the medical condition called cecitis?
- TELEVISION: Who used to sign off his program with the words, "Good night and good luck"?
- LITERATURE: Who was the author of the novel "Zuckerman Unbound"?
- MOVIES: In which film is "The Children's Marching Song" performed?
- GEOGRAPHY: What is the largest bay in the world?

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● CUT —

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

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

- | | | | |
|-----------|---------|--------|-------------|
| Across | Back | Glass | The mustarc |
| And dried | Class | Off | Through |
| And paste | Corners | Out | To the chas |
| And run | Down | Prices | |

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All Answers on Page 8

Contract Bridge

VIRTUE IS ITS OWN REWARD
South dealer.
Neither side vulnerable.
NORTH
♠ K Q 10 2
♥ 8 6 2
♦ 10
♣ Q J 9 8 5
WEST
♠ J 7
♥ K J 9 7 5 4
♦ A 4 3
♣ A 3
EAST
♠ 9 6 4 3
♥ 10
♦ Q 9 7 5 2
♣ K 6 4
SOUTH
♠ A 8 5
♥ A Q 3
♦ K J 8 6
♣ 10 7 2

The bidding:
South West North East
1♦ 2♥ Pass 3NT
2NT Pass 3NT
Opening lead — seven of hearts.

ate-strength two-heart overcall, having spoken their piece, but in the actual case, South bid two notrump, which North correctly raised to three.
However, South made the contract by virtue of excellent play. When East played the ten of hearts at trick one, declarer followed with the three! This remarkable play rendered the defense helpless.
East returned a low diamond, South following low, and whether West took his ace or not, declarer could not be denied nine tricks after forcing out the A-K of clubs.
Now let's suppose South had taken the ten of hearts with the queen, which seems the natural thing to do. In that case, declarer would probably have gone down three with normal play, losing four heart tricks, the A-K of clubs and the ace of diamonds.
South rightly decided that West had at least two side entries for his two-heart bid. He also could feel reasonably sure that West had a six-card suit. This in turn meant that East's ten of hearts was a singleton.
It is true that declarer also had to find East with the queen of diamonds and either the ace or king of clubs, but this kind of assumption is one that is regularly made out of necessity by players who tend to bid their hands to the hilt. That is the kind of life they lead.

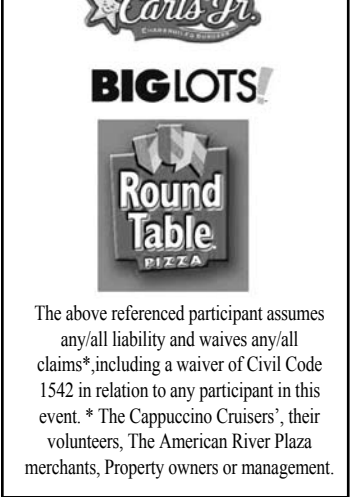
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"Cruisin' for Kids"

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

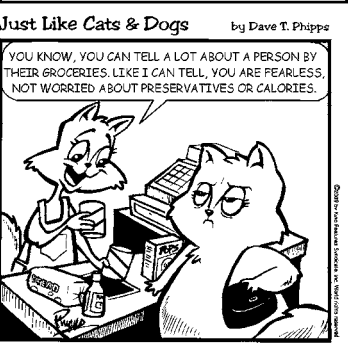


Attend an Alzheimer's Support Group
Get the Emotional Support you Need

Sessions provide families and caregivers guidance and training to assist them in caring for a person with Alzheimer's disease
Facilitator: Susan Seidenzahl
Tues Nov 10th 6pm
Tues Dec 1st 6pm
Tues Jan 5th 6pm
Held at Carmichael Oaks Senior Living 8350 Fair Oaks Blvd
To register please call 944-2323

Sacramento 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.



King Crossword

1	2	3	4	5	6	7	8	9	10	11
12			13						14	
15		16							17	
		18			19	20				
21	22	23			24					
25			26		27	28			29	30
31		32		33	34		35			
36			37		38		39		40	
	41		42		43		44			
45	46				47					
48			49		50			51	52	53
54			55					56		
57			58					59		

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KING Crossword

- | | | | | |
|--------------------------|----------------------------|----------------------|--------------------------|------------------------------------|
| ACROSS | 28 Lascivious | 56 Conventual | their pride | quota |
| 1 Some time — | 31 Right angles | 57 Wife's | 8 Sign up | 32 Urban blight |
| 4 Aesopian story | 33 Poorly lit | address | 9 "Only the self exists" | 34 007's quaff |
| 9 Bribe | 35 Wear out | 58 Lukewarm | theory | 37 "Cheers" |
| 12 Violinist's need | 36 Cut corners | 59 Homer's neighbor | 10 Sandwich cookie | 39 Started a computer |
| 13 Forcefully | 38 Talk and talk and talk | Flanders | 11 Hammerhead part | 42 Danish money |
| 14 Mine output | 40 The Red or the Black | DOWN | 16 Capades locale | 44 — rampage |
| 15 Lawyer, in the U.K. | 41 Dweeby type | 1 Tummy muscles | 20 Lacking slack | 45 Shoulder of a road |
| 17 Confederacy leader | 43 Tenant | 2 Sticky stuff | 21 War god | 46 State with certainty |
| 18 Opposite of "trans-" | 45 Maine city | 3 Pussycat's partner | 22 Swindle | 50 Stander's loss |
| 19 Idea | 47 Heavy weight | 4 Up against | 23 Reliability | 51 Hostel |
| 21 Missing | 48 Previous night | 5 1839 mutiny site | 27 Showbiz job | 52 Regret |
| 24 Hit with an open hand | 49 Card game for recluses? | 6 Slugger's prop | 29 Genealogy chart | 53 This clue's place, aptly enough |
| 25 Brazilian resort | 54 In medias — | 7 They have | 30 Calendar | |
| 26 Joke | 55 Foolish | | | |

POPOFF!

with **Mary Jane Popp**

DO IT FOR LESS PARTIES !!!

She has cooked for the most famous faces in La La Land like Cher, Elizabeth Taylor, Barbara Bush, Prince Charles, Sean Connery, and Suzanne Somers to mention just a few. Suzanne said that **Denise Vivaldo** catered her 55th birthday and made the party a smash success! I know you're saying...but...Suzanne Somers can afford it. Now you can too. With over 20 years experience and thousands of parties to her credit, Denise has come up with a book for the rest of us called **"Do It For Less! Parties"** tricks of the trade from a professional caterer's kitchen. How about hors d'oeuvres in less than 10 minutes? She can make your party a breeze and not bankrupt you either. Each menu comes with two complete shopping lists and even a countdown for your schedule.

Here are her Top 10 Secrets to Stress-Free Entertaining For A Crowd:

- 1) Everything looks better in the candlelight of votives. Stock up at the discount store, and let them twinkle the night away.
- 2) Run out of room in the refrigerator? Chill drinks in the washing machine. When the ice

- 3) Hire senior-level prep help from the local tech school or junior college's culinary arts program.
- 4) Sharpen those knives. No swanky culinary store? Take them to the local taxidermist-he'll know what to do.
- 5) Organize that shopping list by grocery departments. The few minutes you spend categorizing your list will save you hours in the store.
- 6) No time for a 6-layer cake? Create a build-your-own-tart bar. Make shortbread or pie crust cups the week before (or purchase from a local bakery) and freeze until the day of the party. Whip together a bar of cream cheese and a small jar of marshmallow cream for a fluffy sweetness. Arrange bowls with tart cups, the cream cheese mix, and fresh fruits like raspberries, blueberries, and sliced strawberries. Let the guests work their magic. Denise gives you all the ingredients and presentation too.
- 7) Photocopy all your ingredients and tape them to your cabinets. They will stay out of the way of the cooking area and hang right at eye level.
- 8) In lieu of expensive flowers for centerpieces, use artisanal boules of bread with long strips



of rosemary, bowls of citrus fruits (that you can eat the next week) for the summery look and natural gourds, pumpkins for the Autumn feel.

- 9) Don't forget the ice, and buy more than you'd think. Estimate 1 and one-half to 2 pounds per person.
- 10) Have fun. As they say, "If Mama ain't happy, ain't nobody happy."

There's a huge amount of valuable information and recipes and tips...all to make for a great party! With party-time coming fast and furious, it's your help mate to a successful time all year long! And it's for lots less too! You can also check out Denise's website at www.diflparties.com. I'll be expecting an invitation. Just kidding. HAVE A GREAT TIME !!!

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

Laura on Life Once Upon A Time

By *Laura Snyder*

Once upon a time, there was a fairly average, run-of-the-mill maid named Laura. She grew up in a poor section of a city where she played on the sidewalk and wore hand-me-downs from friends that said "That looked better on me than it does on you."

One day, her family moved to the country where Laura was introduced to trees and grass. She became a tomboy because boys had so much more fun than girls. Laura climbed trees, rode mini-bikes and raced the boys in her bare feet. Blue jeans were her clothing of choice and everything she owned was made of denim, even her shoes, should she decide to wear them.

At some point, in middle school, Laura suddenly discovered boys... and chocolate. The boys, however, didn't know Laura existed, so chocolate became her best friend. The boys were still unconscious when she got to high school. Laura began to do things like brush her hair more than once a day. She started to wear shoes and let the boys win a race now and then. She still wore

hand-me-downs but they were from people who didn't know her.

The boys remained comatose.

Laura thought, "What do I have to do?" She thought about hanging a neon sign around her neck that said: This is a Girl! How silly.

Then one day in 11th grade, while working at her first job, a boy - an actual boy - came to talk to her! She wasn't even wearing her neon sign! He put his arm around her and she felt safe and happy... like she didn't need chocolate that day. Amazingly, this boy, who was definitely not unconscious, came to talk to Laura every day. They shared their hopes, their dreams and their chocolate.

Laura was awed by this guy. He didn't seem to care what she wore or whether she went barefoot. He made it clear that he would love her whether she brushed her hair or shaved it all off. He was proud of the fact that she could win a race against him. She just wanted to be the guy she ran with. He told her that the guys at her school were blind and their tastes probably ran towards sheep rather than women. Laura loved him for that.



One year after graduation, Laura married her knight in shining armor. Over the years, she had many bad-hair days and he found out that she doesn't cook so well either, but he still loved her. His armor dimmed just a bit, but she loved him even more. She encouraged his dreams and he made them happen. She was finally able to buy her own clothes.

Babies and mortgages, job losses and setbacks, dirty diapers and mid-life crises, Laura and her man welcomed all of these challenges with the strength that comes from true love, new clothes, and chocolate.

Truly, they lived... happily ever after.

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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DONALD KENDRICK MUSIC DIRECTOR

Home 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.

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

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Carmichael Times

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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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Singles Black and White Ball November 21

Christian Singles Network, will hold its annual Black and White Ball for single adults Saturday, November 21, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is the area's largest interdenominational Christian singles group; and couples are also welcome to attend. The evening features DJ dance music from 8-11:30 by Dale Chessey of Allstar Entertainment and dance lessons in the Waltz

by Janine Wright from 7-8 PM. The music is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances. Dress is semi-formal, formal or party attire, jacket and tie suggested (but not required) for men. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free. Christian Singles Network, Northern California's largest inter-

church singles group founded in 1992, holds weekly events and dances every month. The next dance after this is the Christmas Dance on Dec. 12, at the same location. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

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

To receive more information about activities or directions call the 24 hour event line at (916) 658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties and cruises.

SMUD to Buy Power From Local Biomass Power Plant

Continues leadership in renewable power

The Sacramento Municipal Utility District (SMUD) Board of Directors has approved a 20-year power purchase agreement with Buena Vista Biomass Power, LLC for the purchase of renewable energy from a 16-megawatt power plant that generates electricity from woody biomass. Under the agreement, SMUD receives all the energy, capacity attributes and green attributes from the project for an expected average payment of \$15 million annually. The plant, located in Lone, California, will utilize woody biomass fuel from forest thinnings, agricultural wastes, and urban wood waste and is expected to begin deliveries to

SMUD in the third quarter of 2010. "This regional project is attractive to SMUD as it brings the utility closer to its renewable goal while providing enough electricity to power 14,000 homes," said SMUD Assistant General Manager of Energy Supply Jim Shetler. The plant is expected to produce up to 123-gigawatt hours per year of baseload renewable energy. This energy will account for over 5 percent of SMUD's renewable procurement goals in 2011 in addition to bringing it closer to its overarching goal of having renewable energy account for 33 percent of its power supply by 2020. Currently, renewable energy accounts for approximately 20

percent of SMUD's power supply. As the nation's sixth largest publicly owned utility, SMUD has been providing low-cost, reliable electricity for more than 60 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. The utility is on track to become the first large California utility to receive 20 percent of its energy from renewable resources. For more information, visit smud.org.

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

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- Reducing Your stress while gaining more personal energy
- Countering effects of modern life anxieties and stresses
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Healing Your Home

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.

A perfect workshop for those wanting to create a more loving, healing and graceful living environment within their home. You will learn techniques that will give You the power to manage the energy of Your home or workplace.

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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
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