

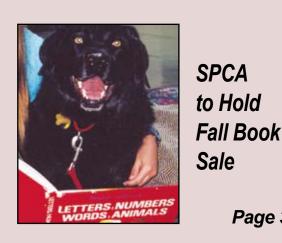


Volume 29 Issue 45

"Scrooge" Returns at the Chautauqua Playhouse



**Free Winter** Holiday **Programs** at the Public Library



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Serving Carmichael and Sacramento County since 1981

## November 18, 2009

Rancho Cordova, CA

# Vietnam Fallen Recalled at Carmichael Monument

# **Arden Hills Swimmers Accept 2010 College Scholarships**



Carmichael Boy Scouts and Cubs present colors at a memorial to 15 young men who, recruited for Vietnam service fresh from la

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 Cowsert, Randall B. Rainville, Kenneth R. Escott, Kim Richins, Gary R. Field, Jeffry 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."



(Left to Right): Swimmers Emily Kane, Nick Johnson, Coach Brian Nabeta, Michael Franz, Emily Rodgers Photo provided courtesy of John Rodgers

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.

Six high school seniors, all of 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

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

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 littleknown 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 AmericanVietnamWarmemorial 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,

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

Photo by Susan Skinner

# **SJUSD Teachers Receive Grants**

serves the food products at the

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 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

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

University, George Washington support and University, Bucknell University and UC Davis but could include

encouragement to the student athletes as they made their final decisions.

# **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<sup>™</sup>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 nostalgia-inducing new а 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 thruSunday), 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 railroadthemed 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

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

Northern California's favorite that SCROOGE will be presented during the holiday season. Scrooge will open with a performance at 8:00pm on Friday, Dec. 4th and will continue to play on Fridays and Saturdays at 8:00pm and

Sundays at 2pm through Dec. 23. Additional performances will be held at 7pm on Sunday Dec. 13 and 20 on Monday, Tuesday and Wednesday, Dec. 21, 22 and 23 at 7 pm. Admission is \$15 general and \$7 for children age 12 and under. Visit the theatre website at www.cplayhouse. for ticket information org and reservations or call the Chautauqua Playhouse at 916489-7529. 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 enthusiastic audiences to 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 the Chautauqua contact Playhouse at cplayhouse.org or call the theatre at 916 489-7529.

# West Coast Ragtime Festival

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Effie Yeaw

# **Free Winter Holiday Family Programs Slated at Public Library**



Musician Catherine Mandella

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

featured are didgeridoo, 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 Public Sacramento 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.

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



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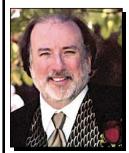
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Serving Carmichael and Sacramento County since 1981



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Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Graphics & Layout		Tandra Banerjee					
Distribution Assistar	nt	Gabriel Scholl					
Advertising Sales	• Laure I	• Laure Rauch • Perry Hartline					
-	• Cathy S	Cathy Schaefer • Marion Solo					
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## Nature Center Visit for November Events

www.effieyeaw.org

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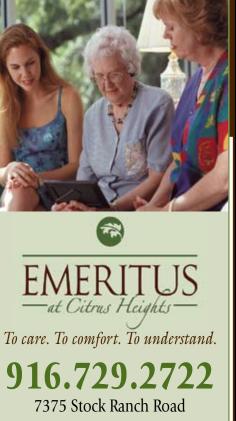
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# **Sacramento SPCA to Hold Annual Fall Book Sale and Thrift Store Holiday Boutique & Sale**



Mark your Sacramento -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,

Pharmacy. next to CVS In addition, the SPCA Thrift Store will hold its Holiday Boutique & Sale at the Marketplace at Birdcage as well at 6123 Sunrise Boulevard, next to Starbuck's. Hours for both the

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 special tybooks, 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.

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# **Roger Niello's Views on Passage** of Comprehensive Water Legislation

Sacramento -Assemblyman Roger Niello (R-Fair Oaks) morning this 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. Waterchallenged Southern California can use the assistance from the waterrich 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

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 Californiatravelersonemore 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/ <http://www.alaskaair.com/> starting at 7:00 p.m. on November 10, 2009.



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# California to Stop Mailing Tax Dave Says **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." written requests Mailing

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, or800.822.6268 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.

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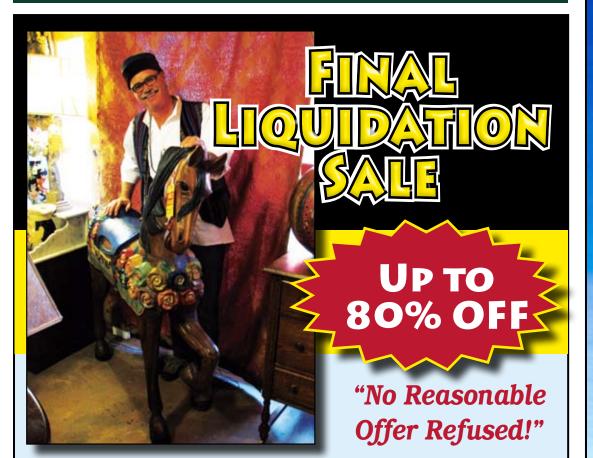
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how to be financially responsible,

so they can acquire enough

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financial advice as host of a

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.

you

**Balancing** Ambition and

do

with

Contentment

Dear Dave,

How

ambition

Dear Fran,

- Fran

syndicated

Ramsey

nationally

offers life-changing

radio

balance

contentment?

money

behonest, 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

This is a really good question! To 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 togethertime 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 somethingsomething 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

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



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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 Always remember those who Veterans Day.

I hope everyone in our area will remember what Veterans Peter King 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.

have fought for your freedom! Sincerely,

101st Airborne 8120 Woodlake Hills Dr. Orangevale, CA 95662 916-723-7879



SACRAMENTO SYMPHONIC WINDS

Dr. Les Lehr, Music Director

presents its 2009-2010 Concert Series

# 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.



With many banks selling and merging, isn't it comforting to do business with a local community bank that has been under local ownership and management for over 50 years?

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Member

# "Command Performance"



Sunday, December 13, 2009 Sunday, March 21, 2010

All Concerts at 3:00 p.m. La Sierra Community Center -- Smith Hall 5325 Engle Road, Carmichael

Tickets at the door; free parking More info: www.sacwinds.org - (916) 489-2576 - mLehr@sbcglobal.net

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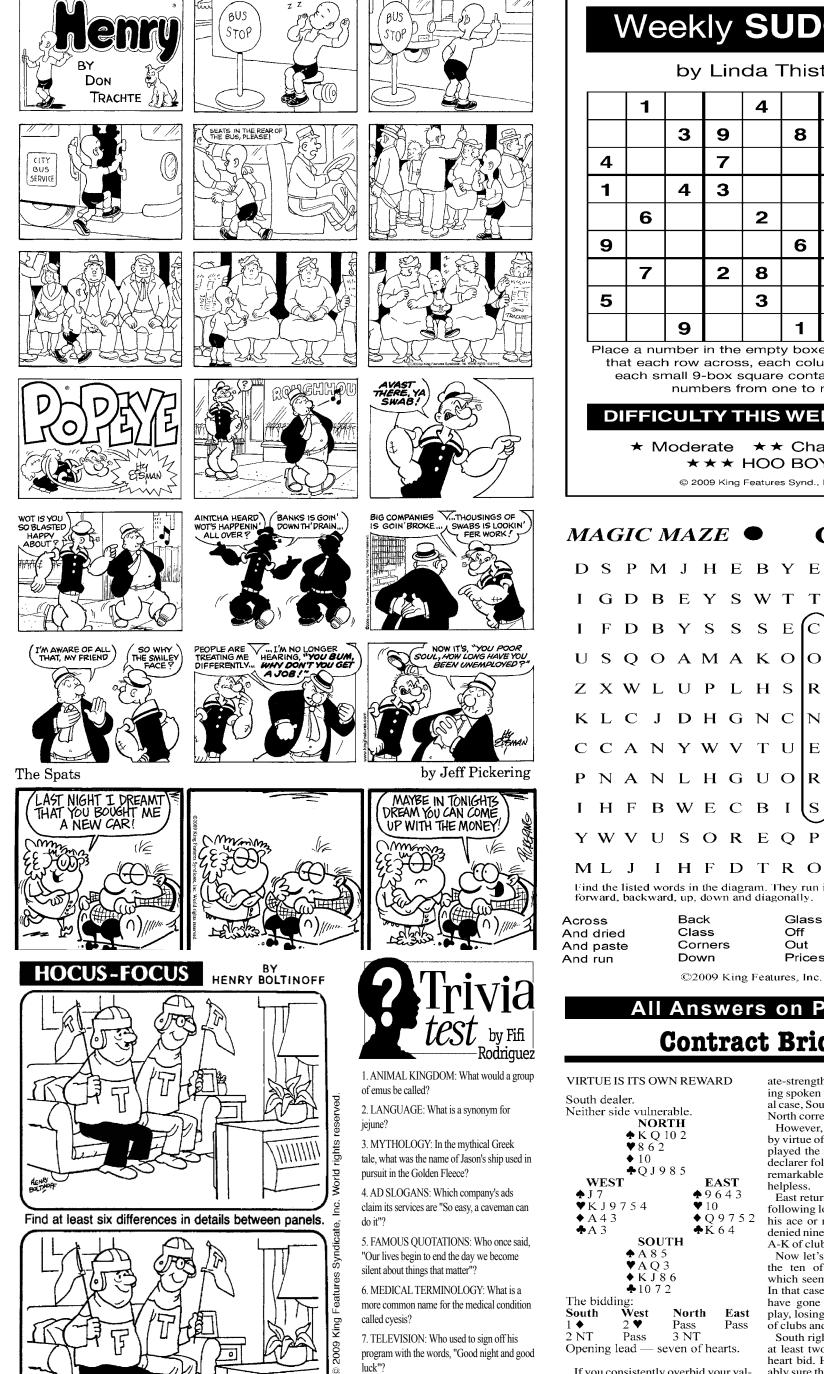


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Carmichael Times Page 6

#### & GAMES FUN

November 18, 2009





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 twoheart 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.

	© Uour li silent a silent a more c bl called progra 0000 movel ' 9. MO March 10. CT
 	10. GE

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

TERATURE: Who was the author of the "Zuckerman Unbound"?

OVIES: In which film is "The Children's hing Song" performed?

10. GEOGRAPHY: What is the largest bay in the world?

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If you consistently overbid your values, it stands to reason you should be a better-than-average declarer, since the combination of overbidding your hands and then underplaying them tends to lead to a rapid diminution of your assets.

Consider this deal where it may be assumed that South was a card-carrying member of the aforementioned party. Most players with the South hand would pass West's intermedi-

## Genealogical Society

To register please call 944-2323

Sacramento

Wednesday December 9, Root Cellar

6pm

6pm

6pm

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 www.rootcellar.org. or

#### Just Like Cats & Dogs by Dave T. Phipp:

YOU KNOW, YOU CAN TELL A LOT ABOUT A PERSON BY HEIR GROCERIES. LIKE I CAN TELL, YOU ARE FEARLES NOT WORRIED ABOUT PRESERVATIVES OR CALORIES



Answers on Page 8

quota

37 "Cheers"

39 Started a

money

44 – rampage

45 Shoulder of

a road

46 State with

50 Stander's

loss

51 Hostel

52 Regret

certainty

42 Danish

32 Urban blight

computer

34 007's quaff

## King Crossword

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#### ACROSS

- Some time 1
- 4 Aesopian story
- 9 Bribe
- 12 Violinist's need
- 13 Forcefully
- 14 Mine output 15 Lawyer, in
- the U.K.
- 17 Confederacy leader
- 18 Opposite of "trans-"
- 19 Idea
- 21 Missing
- 24 Hit with an open hand
- 25 Brazilian resort
- 26 Joke

KING Crossword 56 Conventual 28 Lascivious

and talk

the Black

43 Tenant

47 Heavy

45 Maine city

weight

48 Previous

night

55 Foolish

49 Card game

31 Right angles 57 Wife's 33 Poorly lit address 35 Wear out 58 Lukewarm

36 Cut corners 59 Homer's 38 Talk and talk

neighbor Flanders 40 The Red or

#### DOWN

- 41 Dweeby type 1 Tummy muscles
  - 2 Sticky stuff
  - 3 Pussycat's
    - partner
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Sign up

8

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- 1839 mutiny
- site
- 6 Slugger's
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self exists" theory cookie 11 Hammerhead part

their pride

- 16 Capades locale
- 20 Lacking
- slack
- 21 War god
- 22 Swindle
- 23 Reliability
- 27 Showbiz job
- 29 Genealogy chart
- 30 Calendar
- 53 This clue's place, aptly enough

9 "Only the 10 Sandwich

#### November 18, 2009

#### Legal Advertising Hotline LEGAL ADVERTISING 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 be in person or by your attorney. IF YOU ARE A CREDITOR SUPERIOR COURT OF FICTITIOUS BUSINESS NAME California Courts Online Self-Help Oct. 22, 2009. Publish: November why the petition for change of be published in the Carmichael is doing business under the CALIFORNIA COUNTY OF SACRAMENTO STATEMENT #0900466. Fusion (www.courtinfo.ca.gov Fictitious Business Name "The name should not be granted. IT Times, a Newspaper of General Center 18, 25, December 2, 2009. Yoga Studio, Sacramento, Inc., 2310 Fair Oaks Blvd. #C-2, Cuben Holistic Healing Center" at 7505 Greenback Lane, Circulation, printed in Sacramento County, California, once a week selfhelp), or by contacting your local or a contingent creditor of the HUGH'S 91102 12-2-09 IS FURTHER ORDERED that a ORDER TO SHOW CAUSE copy of this Order to Show Cause deceased, you must file your claim court or county bar association. Sacramento, CA 95825 is doing CHANGE OF NAME SUPERIOR COURT OF The name and address of with the court and mail a copy to the Citrus Heights, CA 95610. Filed be published in the Carmichael for four consecutive weeks prior business under the Fictitious Business Name "Fusion Yoga #222308 WHEREAS, Amanda Cooter the court is: Superior Court of with the Clerk of Sacramento CALIFORNIA Times, a Newspaper of General to the date set for hearing on the personal representative appointed petition. Dated: Nov. 6, 2009.

Studio Sacramento" at 2310 Fair Oaks Blvd. #C-2, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on Oct. 16, 2009. Publish: October 28 4, 11, 91004 18, 2009. 11-18-09 November FUSION

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00060447 WHEREAS, Danielle Marie Riley has filed a petition with this court for a decree changing name

of Danielle Marie Riley to Danielle Marie Riley-Milton. IT ISORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 1, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 15, 2009. Loren E. McMaster Judge of the Superior Court Publish: October 28, November 4, 11, 18, 2009. 91004 11-18-09 MILTON

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00060341 WHEREAS. Jee Ho Lee has filed a petition with this court for a decree changing name of Jee Ho Lee to Alex Jeeho Lee. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 25, 2009 in Dept. 53, located at 800 9th St. Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 14, 2009. Loren E. McMaster Judge of the Superior Court

Publish: October 28. November 4. 11. 18. 2009. 11-18-09 91004

has filed a petition with this court for a decree changing name of Amanda Ann Cooter to Amanda Ann Newkirk. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Dec. 15 2009 in Dept. 134, located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 28, 2009. Publish: October 28, November 4, 11, 18, 2009 91004 11-18-09 SACCHI

CALIFORNIA COUNTY OF SACRAMENTO

You are being sued. PLAINTIFF'S NAME IS: Elizabeth Limon. You have 30 Calendar Days

after this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp. org), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the

on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court There are other legal

call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web side (www.lawhelpcalifornia.org),

California, County of Sacramento, Limited Civil Division, 720 Ninth Sacramento, CA 95814.

\$10.000.000.00.

Special damages

Future contributions: \$\$500,000.00.

John T. Stralen

STRALÉ

creditors.

or training: \$500,000.00.

Attorney for the Plaintiff.

To all heirs,

uneral expenses: \$15,000.00.

Value of personal service, advice,

NOTICE OF PETITION TO

ADMINISTER

ESTATE OF

MANUEL SANCHEZ decedent

ESTATE NO. 34-2009-0000698

and

creditors of and persons who

may be otherwise interested

in the will or estate, or both of

MANUEL SANCHEZ decedent

Joe Sanchez in the Superior Court of California, County of

Joe Sanchez be appointed

as personal representative to

administer the estate the decedent. The petition requests authority

to administer the estate under

the Independent Administration

of Estates Act. This will avoid the

need to obtain court approval for

many actions taken in connection

with the estate. However, before

taking certain actions, the personal

representative will be required to

The petition is set for hearing in

YOU OBJECT to the

Sacramento, requesting

A petition has been filed by

91004 11-18-09

beneficiaries,

contingent

that

916-971-3100

2006

14.

The name, address, and telephone number of plaintiffs attorney, or plaintiff without an is: John T. Stralen, APC attorney 641 Fulton Ave. #120. Sacramento. 95825; CA Dated: Nov. Publish: October 28, November 4, 11 18 2009 STATEMENT OF DAMAGES (Personal Injury or Wrongful Death) CASE # 06AS04847 To: Valentino Jauregui, et al. Defendant. Plaintiff's name is: Elizabeth Limon/ General damages: Loss of society and companionship:

SUPERIOR COURT OF

SUMMONS CASE #06AS04847 NOTICE TO DEFENDANT Valentino Jauregui, Juan Seto Cisneros, Angel Cisneros, Juan Serna Gallego, Jenny Guardado, Anthony Eskridge, Rashida Mitchell; and DOES 1 TO 50.

court clerk for a fee waiver form. If you do not file your Response

give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court requirements. You may want to should not grant the authority.

Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on Nov. 24, 2009 at 10 a.m. granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may

by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the

file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of California Probate Code. The name and address of the petitioner or petitioner's attorney is: David R. Morris, Atty., 5137 Golden Foothill Parkway #110, El Dorado Hills, CA 95762; 916-789-9810. Publish: November 4, 11, 18, 2009 MORRIS 91101 11-18-09

CALIFORNIA REGIONAL

WATER QUALITY CONTROL BOARD **CENTRAL VALLEY REGION** NOTICE OF PROPOSED SETTLEMENT FOR MANDATORY MINIMUM

PENALTIES IN THE MATTER OF GOLDEN STATE WATER COMPANY ARDEN AND CORDOVA WATER SYSTEMS SACRAMENTO COUNTY

The California Regional Water Quality Control Board, Central Region (Central Valley Vallev Water Board) proposes to enter into a settlement with Golden State Water Company for alleged violations of the Federal Clean Water Act. The Golden State Water Company is alleged to have exceeded permitted effluent limits for settleable solids and total suspended solids. The Central Valley Water Board proposes a penalty of \$3,000 for these The public is invited violations. to comment on this settlement by submitting written comments to the below address, attention Spencer Joplin, by 5 pm on 14 December 2009. Full copies of the proposed settlement documents can be found on the Central Valley Water Board's website www.waterboards.ca.gov/ centralvalley/board\_decisions/ tentative\_orders, or can be obtained by contacting Spencer Joplin at (916) 464-4660, sjoplin@ waterboards.ca.gov, or by mail at: California Regional Water Quality Control Board. Valley Region Central 11020 Sun Center Drive, #200 Rancho Cordova, CA 95670-6114 Publish: November 18, 2009 GOLDEN 91103 11-18-09

FICTITIOUS BUSINES NAME STATEMENT #0909707. Anna Louise Mitchell, 7505 Greenback Lane, Citrus Heights, CA 95610

County on Oct. 26, 2009. Publish: November 4, 11, 18, 25, 91101 11-25-09 THECUB SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056306 WHEREAS, Lamar'Q Rushad U-Cal Johnson has filed a petition with this court for a decree changing

name of Lamar'Q Rushad U-Cal Johnson to Lamar'Q Rashad U-Cal Bailey. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 21, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 8, 2009. Loren E. McMaster Judge of the Superior Court

Publish: November 4, 11, 18, 25, 2009. 91101 11-25-09 JOHNSO FICTITIOUS BUSINES NAME STATEMENT #0909602. Galen Grow, 6421 Grant Ave., Carmichael CA 95608 is doing business under the Fictitious Business Name "Hugh's Horse

Ranch" at 6421 Grant Ave., Carmichael, CA 95608. Filed with the Clerk of Sac amento County on

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

WHEREAS, Joshua Jon Torres has filed a petition with this court for a decree changing name of Joshua Jon Torres to Phoenix Torres. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 15, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 3, 2009. Loren E. McMaster Judge of the Superior Court Publish: November 11, 18, 25,

December 2, 2009. TORRES 91102 12-2-09 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2009-00062446 WHEREAS, Belinda Sattler has filed a petition with this court for a decree changing name of Belinda

Louie Sattler to Belinda Louise Rogerson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 11, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any copy of this Order to Show Cause

Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 30, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: November 11, 18, 25, December 2, 2009. 91102 12-2-09 SATTLE

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #225024 WHEREAS, Brianna Tackett, through her counsel, Nickolaus Knight, has filed a petition with this court for a decree changing name of Brianna Tackett to Brianna

Saldana. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8 a.m. on Dec. 23, 2009 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a

Home Delivery Routes Available. **American River** Messenger **MPG** 773-1111 Call to place your legal

Dean L. Petersen

Publish: November

December 2, 9, 2009.

CHILDA

Judge of the Superior Court

91103

18, 25,

12-9-09

advertising here. 532-2113



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#### Carmichael Times Page 8

#### Adult / Elder Care

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AAAA\*\* DONATION Donate Your Car. Boat or Real Estate. IRS Tax Deductible. Free Pick-Up/Tow Any Model/Condition Help Under Privileged Children. Outreach Center. 1-800-928-7566 (NANI)

Donate A Car Today To Help Children And Their Families Suffering From Cancer. Free Towing. Tax Deductible. Children's Cancer Fund of America. Inc. www. ccfoa.org 1-800-469-8593 (NANI)

DONATE A CAR - HELP CHILDREN FIGHTING DIABETES. Fast. Free Towing. Call 7 davs/week. Non-runners OK Tax Deductible. Call Juvenile **Diabetes Research Foundation** 1-800-578-0408 (NANI)

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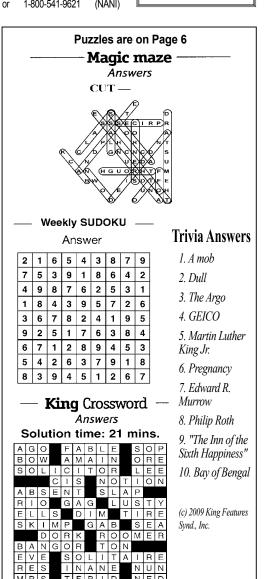
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She has cooked for the most famous faces in La La Land like Cher, Elizabeth Taylor, Barbara Bush, Prince Charles, Sean Connery, and Suzanne Somers to mention just a few. Suzanne said that Denise Vivaldo catered her 55th birthday and made the party 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

melts, just let the water drain.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 KAHI 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.

Atsomepoint, 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. He 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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# **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 Northern California's largest inter-

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,

Little Bo'Tique Opscale Children's Resale fittle Be

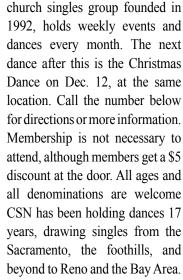
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Pre-sale dance tickets are available on line at www. christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to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



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# **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 20year 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 Ione, 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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