

Carmichael Times

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January 13, 2009

Sacramento County to Residents: Be Storm Ready!

Building America's Future



L-R: John Meyers, VPNLC, Rick Lindley, Sam's Club Manager, store employee, Mike O'Docharty, SVPNLC, Joe Fraccola, PAO, Zoe Ann Murray, Director, Malcolm Tucker, President NLC.

from Lisa Park, Sacramento County

December and January are historically the months with the highest amount of rainfall and with rain forecasted to begin as early as this weekend, Sacramento County's Department of Water Resources is encouraging residents to prepare ahead of time.

In the months of December '07 and January '08 our call center received nearly 2,000 flood related reports. Most of the calls were regarding localized flooding caused from leaves and other debris blocking the neighborhood's storm drain system. "Flooding can be unpredictable and even during drought years, it is still a threat in Sacramento," said Mike Peterson,

principal engineer with the Sacramento County Department of Water Resources. "With Fall leaves still on the ground one of the best things you can do to prevent flooding is to rake up and dispose of leaves properly."

We encourage you to prepare ahead of time and make sure you have all the necessary supplies to protect your property and your loved ones.

· Rake your leaves to prevent flooding in your neighborhood. To report flooding in your neighborhood please call 875-RAIN.

· Have the materials to put together sandbags and plastic sheeting. All items can be purchased at your local home improvement store.

· Know the safest route from your home or business to high, safe ground.

· Place insurance policies and lists of personal property in a safe place, such as a safe deposit box.

· Prepare a family disaster supply kit complete with a flashlight, battery operated radio, extra batteries, first aid kit, emergency food and water, non-electric can opener, essential medications, cash and credit cards, sturdy shoes, warm clothing and blankets. Be sure to check expiration dates on all emergency supplies.

The Sacramento County Department of Water Resources is responsible for 2,000 miles of pipe and 61,000 drain inlets within the unincorporated County and the Cities of Citrus Heights and Rancho Cordova. Over time, yard clippings and debris build up in the storm drains, making them less efficient, and can sometimes result in street flooding.

For more tips on how you and your family can be storm ready and to get the latest rainfall and creek level data, logon to our website www.stormready.org.

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Sam's Club, El Camino & Watt Ave, Rick Lindley, Club Manager & Patty Frank, Membership Manager recently presented a Grant check for \$1500 to Navy League Sacramento Council Vice President Military Affairs, John Meyers in support of the Council's Monthly Award Programs. John Meyers, on behalf of the Navy League Sacramento Council presented a Certificate of Appreciation to Sam's Club Manager Rick Lindley for their generous grant. This ceremony took place during Sam's Club open house to all non members Veterans in the community.

This Grant will be used in our community to help the Navy League build America's future through successful youth programs like the Naval Sea Cadet Corps and the Navy League Foundation Scholarship Program. The Sacramento Council, chartered in 1956, is involved in supporting and promoting youth-oriented organizations and activities in Sacramento such as the Sea Cadets, the Young Marines, and the Navy JROTC program at Luther Burbank, and the Marine Corps JROTC program at J.F. Kennedy High Schools. The grant will also be used to purchase equipment, awards, administrative supplies, maintenance and repair of equipments as needed.

For more information call Joe Fraccola, Public Affairs Officer, 916-638-8720.

Poppoff!
- Pg 10

Ewaste Recycling Drive

AT DEL CAMPO

WHEN: Saturday, January 17, 2009

TIME: 9:00 a.m. to 3:00 p.m.

WHERE: Del Campo High School – 4925 Dewey Drive, Fair Oaks, CA 95628

Do you have an old computer lying around? Cell phone? Stereo? TV? VCR/DVD player? Printer? Phone? Fax machine?

Del Campo PTA and Advanced Computer Recycling are organizing an e-waste recycling drive at Del Campo. Please bring any office equipment that you no longer use and drop it off for FREE and help Del Campo earn money. We will accept all electronic equipment except for kitchen appliances.

Please mark your calendars for this great program. You can check the website for a list of acceptable items <http://www.acrinc.biz/> Contact: Rose Melavic at dcnewsflash@yahoo.com

AT DEWEY

WHEN: Saturday, January 24, 2009

TIME: 10:00 a.m. – 5:00 p.m.

WHERE: Dewey School

Do you have an old computer lying around? Cell phone? Stereo? TV? VCR/DVD player?

Printer? Phone? Fax machine?

DON'T THROW THEM AWAY! Please bring any office equipment that you no longer use and drop it off for FREE and help Dewey earn money. Dewey earned \$3,800 last year from this fundraiser. We will accept almost all electronic equipment except for kitchen appliances.

Please mark your calendars for this great program. More details to follow in future Tiger Tales or you can call Heidi Ursino at (916) 505-6554. Organized by Dewey PFO and Advanced Computer Recycling.

Sacramento Air Quality News

Air District Reaches Settlement with CSUS for \$27,960

SACRAMENTO METROPOLITAN



AIR QUALITY MANAGEMENT DISTRICT

California State University Sacramento has paid \$27,960 in penalties to the Sacramento Metropolitan Air Quality Management District for several air quality violations documented in 2006.

The Air District cited several violations including operating standby generators in excess of permit limits, failure to conduct

and pass a performance and revivification test for a gasoline dispensing facility and failure to maintain proper records of the operation of a considerable number of standby generators at the campus.

The Notices of Violation were issued for District Rule 201, General Permit Requirements and Rule 449, Transfer of Gasoline into Vehicle Fuel Tanks.

The penalty was reached through the AQMD's Mutual Settlement Program, a voluntary program designed to resolve violations without the time and expense of litigation. Settlement funds are used to help support the District's mission of improving air quality in the Sacramento region.

Sacramento Air Quality District Reaches Settlement with California State Prison Sacramento for \$14,400

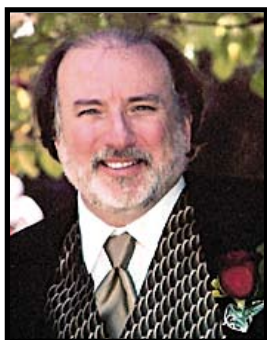
California State Prison Sacramento has paid \$14,400 in penalties to the Sacramento Metropolitan Air Quality Management District for an air quality violation documented in 2007 at Folsom Prison.

Folsom Prison was cited for operating a diesel-fueled standby generator in excess of the daily limit established by their District

permit.

The penalty was reached through AQMD's Mutual Settlement Program, a voluntary program designed to resolve violations without the time and expense of litigation. Settlement funds are used to help support the District's mission of improving air quality in the Sacramento region.

Carmichael Times



Publisher - Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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IRS Begins 2009 Filing Season with Help to Financially Distressed Taxpayers

The Internal Revenue Service today kicked off the 2009 tax filing season by announcing a number of new steps to help financially distressed taxpayers struggling to meet their tax obligations.

"With so many people facing financial difficulties, we are creating new protections to help people trying to meet their tax obligations," IRS Commissioner Doug Shulman said. "The IRS will do everything it can to help during these tough times."

Here are several new ways the IRS can help:

Added Flexibility for Missed Payments: The IRS is allowing more flexibility for individuals with existing Installment Agreements who have difficulty making payments because of a job loss or other financial hardship. Depending on the situation, the IRS may allow a skipped payment or a reduced monthly payment amount. Taxpayers in this situation should contact the IRS.

Additional Review for Offers in Compromise on Home Values: An Offer in Compromise (OIC), an agreement between a taxpayer and the IRS that settles the taxpayer's tax debt for less than full amount owed, may be a viable option for taxpayers experiencing economic difficulties. However, the equity taxpayers have in real property can be a barrier to an OIC being accepted. With the uncertainty in the housing market, the IRS recognizes that the real-estate valuations used to assess ability to pay are not necessarily accurate. So, in instances where the accuracy of local real-estate valuations is in question or other unusual hardships exist,

the IRS is creating a new, second review of the information to determine if accepting an offer is appropriate.

Prevention of Offer in Compromise Defaults: Taxpayers who are unable to meet the periodic payment terms of an accepted OIC will be able to contact the IRS office handling the offer for available options to help them avoid default.

Postponement of Collection Actions: IRS employees will have greater authority to suspend collection actions in hardship cases where taxpayers are unable to pay. If an individual has recently encountered a job loss or other financial problem, IRS assistants may be able to suspend collection in some situations without documentation to minimize burden on the taxpayer.

Expedited Levy Releases: The IRS will speed the delivery of levy releases by easing requirements on taxpayers who request expedited levy releases for hardship reasons. Taxpayers seeking expedited releases of levies to an employer or bank should contact the IRS number shown on the notice of levy to discuss available options. When calling, taxpayers requesting a levy release due to hardship should be prepared to provide the IRS with the fax number of the bank or employer processing the levy.

If you are behind on tax payments there could be additional help available if you are facing an unusual hardship situation. For assistance with your back taxes contact the phone numbers listed on your IRS correspondence. More information is available on the IRS web site at IRS.gov.

(NewsUSA) - As tax season swings into full force, it's common to let your tax documents pile up while you sit back and wonder where to start.

If you are one of the millions of taxpayers who puts doing your taxes on the back burner, the first rule is to not panic. Your next steps should be to locate all of your tax documents and gathering them in a secure location. You should also consider preparing your tax return with software. Tax software, on-line or installed on your home computer, does more than calculate the financial data you enter.

According to Leigh Aragon, spokeswoman for 2nd Story Software, Inc., makers of the popular TaxACT tax-preparation software and Web-based services, "One of the most important benefits that tax software provides is that it is current on all of the tax law changes. With our thorough interview format and tools for maximizing deductions, software like TaxACT reduces the likelihood for errors to occur, and expedites the preparation process."

Every year, there are changes in tax law that may affect your tax liability. Here are some important tax changes that took effect in 2008.

- Economic stimulus payment: Any economic stimulus payment you received is not taxable but reduces your recovery rebate credit.

- Recovery rebate credit. If you did not receive the full economic stimulus payment, you may be able to claim the recovery rebate credit.

- First-time homebuyer credit. If you bought your main home after April 8, 2008, and are a first-time homebuyer, you may be able to claim this credit.

- Standard mileage rates increased. For 2008, the standard mileage rate for the cost of operating your car for business use is 50.5 cents per mile (58.5 cents per mile after June 30, 2008).

- Capital gains rate reduced: the 5 percent capital gain tax rate is reduced to zero.

- Limits on itemized deductions. Some of your itemized deductions may be limited if your adjusted gross income is more than \$159,950 (\$79,975 if you are married filing separately).

- Alternative minimum tax (AMT) exemption amount increased. The AMT exemption amount is increased to \$46,200 (\$69,950 if married filing jointly or a qualifying widow[er]; \$34,975 if married filing separately).

- IRA deduction increased. You and your spouse, if filing jointly, each may be able to deduct an IRA contribution of up to \$5,000 (\$6,000 if age 50 or older at the end of 2008).

- Tax relief for Kansas and Midwestern disaster areas. Temporary tax relief was enacted as a result of storms, tornadoes and flooding in affected areas.

- Earned income credit (EIC). The maximum amount of income you can earn and still get EIC increased. The amount depends on your filing status and number of children. The maximum amount of investment income you can have and still be eligible for the credit increased to \$2,950.



Need specific tax tips and advice?
Visit www.irs.gov/newsroom to review the latest changes and tax tips available. More information regarding TaxACT can be found by visiting www.TaxACT.com.



Presented by the Rotary Club of Arden-Arcade

Where: William B. Pond Recreation Area

When: Saturday, January 24, 2009

Time: Register at www.ardenarcaderun.com or

Pre Registration: 7:00 am - 8:30 am

Race Start: 9:00 am

Course

Run: 7 Mile loop from William B. Pond (start) to Watt Avenue (10 mile marker) and back

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Support Group For Caregivers

Support Group For Families Caring For Seniors With Memory Loss To Be Held At The Chateau At Carmichael Park Senior Living Community

Deborah Poff, founder of Intuitive Solutions, a consulting firm for the memory impaired and their families, will facilitate a family caregiver support group from 5:30 p.m. to 7:30 p.m. at the Chateau at Carmichael Park, a Hank Fisher Properties senior living community, on the third Wednesday of each month beginning Wednesday, January 21. The community is located on 7125 Fair Oaks Boulevard between Grant Avenue and Engle Road.

Retired Nurse and Author Ms. Poff is a behavior specialist with over 30 years experience focusing on memory impairment. Sixteen of those years were spent as a clinical research specialist in neurology. Her consulting firm helps bridge the gap between professional and family care providers with guidance on such concerns as treatment, education and caregiving.

Those interested in attending the support group should contact the Chateau at Carmichael Park at (916) 481-7105. The community offers remarkably affordable, high quality independent living and memory care, including memory day care.

CRIME REPORTS

| | Time | Crime | Address | Location Type | |
|-------------------|------------|-------|-----------------------|------------------------------|----------------------|
| Carmichael | | | | | |
| | 2008-12-30 | 12:30 | Burglary From Vehicle | 6500 block of Coyle Ave | Vehicle |
| | 2008-12-30 | 19:00 | Vandalism | 6100 block of Oakgreen Cir | Vehicle |
| | 2008-12-30 | 21:00 | Burglary From Vehicle | 4200 block of Lingrove Way | Vehicle |
| | 2008-12-31 | 02:30 | Simple Assault | 3500 block of Grant Park Dr | Residence/home |
| | 2008-12-31 | 09:00 | Burglary Residential | 4600 block of Jan Dr | Residence/home |
| | 2008-12-31 | 22:35 | Burglary From Vehicle | El Camino Ave / Garfield Ave | Parking lot/garage |
| | 2009-01-01 | 00:15 | Robbery | 5100 block of El Camino Ave | Gas/service station |
| | 2009-01-02 | 16:30 | Narcotics | Rampart Dr / Ranger Way | Highway/road/alley |
| | 2009-01-03 | 21:40 | Narcotics | Engle Rd / Fair Oaks Blvd | Parking lot/garage |
| | 2009-01-04 | 00:15 | Robbery | 5900 block of Madison Ave | Restaurant/fast food |
| | 2009-01-04 | 20:47 | Larceny/Theft | 4700 block of Manzanita Ave | Construction site |
| | 2009-01-05 | 19:45 | Simple Assault | 4900 block of Douvan Ct | Residence/home |

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Singles Winter Dance January 17

Christian Singles Network will hold a Winter Dance for single adults Saturday, January 17, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael. The evening features DJ dance music of all types from 8-11:30 by Ed Murray, and dance lessons in the Salsa and the Samba Line Dance from 7-8 PM by Janine Wright. Dress is casual. The ticket price of \$15 presale or \$20 at the door includes a light buffet, desserts and the dance lessons.

CSN dances are non alcohol. Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, has over 7,500 singles on its roster and holds dances every 3 to 4 weeks. Call the number below for directions or more information. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome Most attendees fall between the ages of 35 to 65 but all ages are welcome. CSN has been holding dances 16 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

CSN is also announcing its annual Valentines Dance to be held February 7, also at Carmichael Presbyterian Church, and a Valentines Dinner and Concert featuring recording artists LouAnn Lee

and Aaron Gayden Saturday, February 14. For more information on these parties please call the office at 530-878-8606.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Wayside Bookstores in Auburn and Rocklin, Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

16th Annual Kiwanis Crab Feed

January 17, 2009 is the date of the upcoming Carmichael Kiwanis 16th Annual Crab Feed. The event will be at the La Sierra Community Center, 5325 Engle Road, Carmichael, CA beginning at 6PM. Tickets are \$35, and for availability or more information call Hal Snow at 788-4434. No tickets will be sold at the door, and proceeds benefit Kiwanis projects for area children.

Elks Charity February Bridge Party

CHARAAUW Educational Foundation Bridge Luncheon: February 7, 2009 @ 10 AM, Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael, CA 95608. Open to the public, the bridge luncheon will raise funds to support university scholarships for women. For reservations and additional information, contact 967-5934.

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Silence can be deadly: tell adult about cutter's secret

by Lauren Forcella

Dear Straight Talk: My friend, "Max", has huge family problems and is cutting his wrists. The cuts aren't deep, but his arm is infected because his parents lock the medicine cabinet and he isn't cleaning it properly. Max showed me and some other girls the infection and told us not to tell our parents. But some girls did tell and now, behind his back, their parents are planning a first-aid package and intervention in his family problems. One parent said Max might be suicidal. I'm worried Max will be furious that we told and will more likely commit suicide when he realizes he can't trust anyone. Am I way off about this? — Please help, I'm so scared

Farren, 21, Redding CA: Showing his arms was a huge cry for help. Please tell your parents, please send him first-aid supplies, please inform his school counselor. Maybe he will be mad, but isn't that better than losing him to suicide and always wishing you had told someone? It's hard being responsible for such large issues at a young age, but when it comes to my friends, call me a whistle-blower, I don't care. I sleep at night.

Chris, 20, San Pedro CA: A girl in high school would cut herself with scissors during class, sprawling her sliced arms over desks for all to see. She didn't ask verbally, but this was her call for help. Fortunately, it was reported to the dean and she received medical attention. Another friend in college developed a drug problem. He lost weight, became droopy and pale, and missed classes. When confronted, he'd say, "I'm cool. I can stop anytime." We knew he'd be angry if we told the college, but something had to be done. He was expelled and sent to rehab, but really, for his own good. Whether it's cutting, excessive drug use, black-out drinking, or any issue regarding health and welfare, it must be confronted before someone is killed, disabled, or catches a sexually transmitted disease. In deciding which adult

to tell, assess whether or not that adult will improve or worsen the situation.

Emily, 16, Sacramento CA: The one time when tattling is the right thing to do is when someone is in danger. Your friends acted correctly.

Mariah, 16, Collinsville OK: Lots of friends, in secret, tell my sister and me that they cut their wrists. You need to tell an adult who can help. They will hate you at first, but eventually will thank you.

Katie, 15, Auburn CA: Since the cuts weren't deep, telling parents was a dumb move because broken trust is hard to handle for someone depressed with unstable moods. A friend broke my trust and I've never forgiven her. You should have cared for his arm privately and got him to a counselor, but kept quiet with parental figures unless the cutting progressed. I finally told my parents and am just now getting help for cutting, but only because I went to ER and they required it. Don't let Max go that far.

Graham, 15, Fair Oaks CA: You made a promise and shouldn't have told.

Elise, 17, Fair Oaks CA: One of my friends cut and I kept my mouth shut. Finally her dad noticed and sent her to an out-of-state program. Later, she told me she'd tried to kill herself a couple of times before being sent away. I feel guilty for not speaking up — and relieved that nothing happened.

Dear Scared: These last three comments reveal that many teens (like you) don't comprehend the risk of holding dangerous secrets. If someone is cutting themselves — or exhibiting other destructive behavior (drug or alcohol abuse, anorexia, bulimia, recklessness, withdrawal, etc.), TELL A TEACHER OR COUNSELOR! THEY KNOW WHAT TO DO! Silence can be deadly. Don't let someone's suicide or disability haunt you forever because you didn't speak up.

Write to Straight Talk at
www.StraightTalkForTeens.com or
 PO Box 963, Fair Oaks CA 95628

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Sacramento Invitational Tournament Kicks New Year into Gear!

Taekwondo masters and students are coming to Sacramento this January 31st to showcase the world's most popular martial art. The Sacramento Invitational Championship Tournament will feature Olympic-style matches and top competitors from across the Western States.

Top competitors from across the western states have been invited to compete including AAU National Champion Taren Ogata. Sacramento's own USAT National Champion's and Robinson's Taekwondo students Andre Mota and sister, Michell Mota will compete. The Mota's are currently training to compete for the United States in the next Olympic Games in London. The fast fluid styles of Taekwondo are now taught to students in 180 countries worldwide.

See how Olympic matches for men and women are scored, enjoy top level competitive matches and be amazed at the demonstration of Taekwondo techniques that defy gravity as these world class martial artists perform at American River College, Saturday, January 31st beginning at 10 a.m.

Admission is \$10.00 for adults, \$5.00 for kids and kids under 5 are free. Parking is free.

Unlike the 'old school' 70's motion picture staging of stand up karate street sparring, the masters of Taekwondo rarely stand still, moving fast and displaying fluid motion through powerful full body kicks and punch combinations. Few other martial arts offer the same dynamic sports action and competitive give and take of Olympic-style Taekwondo competitions. Visit www.robinsonstk.com to learn more.

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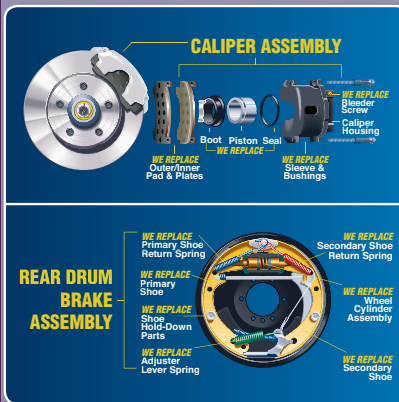
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| \$250.01 - \$500.00 | \$50.00 |
| \$500.01 - \$1,500.00 | \$75.00 |
| \$1,500.01 - \$2,500.00 | \$150.00 |
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THIS PROMOTION ENDS ON JANUARY 31, 2009

Pet of the Week: Emerald



Emerald, or Emme for short, can steal your heart with her emerald green eyes. It almost seems like she can speak to you through her eyes; with one subtle glance and a meow she can get you to pet her or a long enchanted stare might get you to feed her a treat. She came to the shelter with her brother, but once her brother was adopted and she was left behind she retracted and became scared. She became stiff as a board when she was held and wouldn't stop shaking until she was set down. After weeks with the LAPCATS adoption center, a non-profit support group of the County shelter, she finally started to feel reassured that she would be okay. The volunteers at LAPCATS praise her, tell her how beautiful she is, speak gently to her and she responds graciously. Now she plays in the adoption center and craves being held and cuddled.

She is truly a gem of a cat and needs someone who will love her. Emerald is up to date on her shots, has tested negative for FELV/FIV, has been spayed, treated for fleas and worms, and has been micro-chipped. Her adoption includes a free office visit at a participating veterinarian and a 4-pound bag of science diet food. For more information about Emerald or to see her in person, send an e-mail to lapcatsrescue@comcast.net or call 916-247-(CATS) 2287.

To see other adoptable animals visit:
 Sacramento County Animal Shelter
 4290 Bradshaw Rd Sacramento, Ca 95827
 Open Tuesday – Saturday, and the first Sunday of every month.
www.saccountyshelter.net
 (916) 368-7387 (PETS)

Carmichael Cactus and Succulent Society Meeting

Wednesday Feb 4
 Carmichael Park Clubhouse, 5750 Grant Ave., Carmichael, CA 95608
 10 am - 4 pm
Free
 "Visitors are welcome!"
Members Annual Recycling Trade Fair
 For more information call 916-729-3475

No

Kids
 Debt
 Drugs
 Spouse
 Smoking
 Baggage

Looking for similar over 45
 for Select Straight Singles Group
 Send inquiries to: NKDSB@att.net

King Crossword

Answers

Solution time: 25 mins.

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

Weekly SUDOKU

by Linda Thistle

Answers on page 11

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

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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Joni Hilton



A Chip Off the Old Block

I might interject, this tells you what's really on these guys' minds. So he said, "Oh, no, we're not allowed to have sex," and the entire assembly, teachers included, burst into laughter. Nicole, needless to say, was mortified and dying of embarrassment.

One might think it couldn't get worse, but the monk then continued, wagging his finger and elaborating on why there would be "none of that," until Nicole was forced to shout, "I said PETS!" Everyone was still in stitches, as the monk just calmly went on to say there were a few cows wandering about, and maybe a dog or two. But it was too late to salvage the moment, and the entire school was red-faced and giggly. Ninety five per cent of them hadn't even seen "the film" yet.

And so Nicole is living my same life. Who would have thought such things could be passed on genetically, but there you go. Proof positive. There is an embarrassing moments gene, and it is alive and well in my descendants.

Joni Hilton is an award-winning playwright, the author of 16 books, holds a Master of Fine Arts degree in Professional Writing from USC, and is frequently published in major magazines. A former TV talk show host in Los Angeles, she is also a TV spokeswoman across the U.S. for various corporations, and highly in demand as a public speaker. She is Founder of Holy Cow, an organic line of cleaning products (holycowproducts.com), the winner of dozens of cooking contests, and a former model and Miss California. She is married to Bob Hilton, and they are the parents of four children. For book reviews, recipes, purchasing information about her books, and more, simply type Joni Hilton into Google or Yahoo.

Listen to "The Joni Hilton Show" streaming live, weekdays 3-4 pm on www.KAHL.com or 950 AM

Okay, quick—who knows what January 14th is famous for? Did Betsy Ross finish the flag then? No. Is it the date the Eiffel Tower was completed? No. Is it when the North Pole was reached? No. It is the date when we got positive, conclusive proof that my daughter, Nicole is living my life all over again, with embarrassing moments and misunderstandings dogging her life as they have mine.

She was in fourth grade at the time, and seven Buddhist monks had come over from Tibet to proselyte in the schools. How they got a grant to do this is anybody's guess (it probably involved Richard Gere, like all strange stories), but there they were, bald as billiard balls, wearing sandals and robes, and telling assembled fourth graders that if they came back to Tibet with them, they'd receive food, housing, and calm spirits. They would also get to play a musical instrument that, according to Nicole, sounded like a vacuum cleaner. You don't see other religions making similar presentations, but that's your tax money at work, keeping things politically correct and filling our children's heads with marvelous new options and possibilities.

And now came question-and-answer time. Various students raised their hands to ask the monks about their studies, their clothing, their favorite foods. Now Nicole, at that time quite the animal fanatic, raised her hand and asked, "Are you allowed to have pets?"

Only the monk didn't hear her exactly right. He only got the short e vowel sound, and thought she said something else. And,

Raley's Hosts Commercial Contest – \$5,000 Shopping Spree Goes to Winner

Customers Say Why They Love Raley's Private Brands

Raley's is hosting a call for commercials among customers with a huge prize up for grabs. Customers simply create a homemade commercial about Raley's private brands (or why they love them, how they use them) and the grand prizewinner will get a \$5,000 shopping spree to Raley's!

To enter, follow three simple steps:

1. Create an original 30-second commercial using Raley's Fine or Fresh brands or Nob Hill Trading Co. products and come up with a clever name for the submission.

2. Post the commercial to a publicly accessible video share website (like YouTube, for example), or save the entry on a readable digital format, like a CD or DVD, and mail it in to the address provided on the entry form.

3. Fill out the entry form on raleys.com, with directions on where to find your submission (either provide the link to your

video or print the form and mail it with your entry).

Entries are accepted now through Jan. 31, 2009. The grand prize will be awarded in Raley's gift cards, so customers can redeem the prize on groceries, fuel, household needs and more at their local store. Gift cards are accepted at Raley's, Bel Air Markets and Nob Hill Foods stores.

Subscribers to Raley's weekly e-newsletter – TableTalk – will choose the winning video from the top three contenders, so if you haven't registered your e-mail address on raleys.com with TableTalk for weekly e-coupons, now's the time! Make sure you too can cast your vote – sign up for TableTalk on raleys.com.

To read official rules and find more information about the contest, visit raleys.com.

Raley's is a privately-owned supermarket chain with headquarters in West Sacramento, CA. The company is comprised of four chains — Raley's, Bel Air Markets, Nob Hill Foods and Food Source — located in Northern California and Nevada.



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7pm Tuesday Nights
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Also:

Use Your Brain for Success - Jan 24
And Male-Female Differences in Thinking. 11:00am & 3:00pm – Brain expert Arlene Taylor, PhD

carmsda.org

Carmichael Seventh-day Adventist Church
 4600 Winding Way – Sacramento, CA 95841
 Corner of Winding Way and Pasadena

POPPOFF!

with **Mary Jane Popp**
FINE IN 2009

Can you believe it's that time again when we look forward to the new year in wild anticipation. But what will the new year hold? I checked in with Psychic/Numerologist Esther Bear. She's got our numbers. We started a new cycle last year that controls money, power, big business, government etc. This cycle runs through 2016. Every year tells what the important influences are so life will be easier. Last year we started with new goals and ambitions. So, in 2009, plant the seeds of your future and watch them grow in the next few years. If you planted those ideas last year, they could culminate this year. Now you can let the opportunities come to you. This year, unlike last year, you do not have to be aggressive. Let partnerships come to you. Just be patient. Things can go slow at times. Hang in there. If they do not come to fruition this year, look out next year!

Here's the 2009 plan:

JANUARY: Remind everyone what your goals are. Time to express yourself. Take up a creative endeavor.

FEBRUARY: No changes. Keep that nose to the grindstone. Make plans for next month's changes.

MARCH: If you planned well last month, now you can make those changes. Make those calls and contacts that benefit you. Take a mini vacation.

Will do you good.

APRIL: If your goals have something to do with community service, now is the time to make contacts to help you... parties, social gatherings etc.

MAY: Slow down month. Body and brain not connected. Take up studies to help achievements. Quiet time and reflection.

JUNE: Offers of money and work can come. Get the offers in writing. Offers can be elusive. Don't trust verbal contracts.

JULY: Study what you have done so far. Throw out everything not useful.

AUGUST: Do what you did last year. Be more aggressive and let everyone know what you want to achieve.

SEPTEMBER: Kick back and wait for things to come to you. Watch for accidents because of lack of concentration.

OCTOBER: Repeat January. Keep calling contacts and talking about your dreams. But get things in writing.

NOVEMBER: Same as February. Let things just happen. You may be error prone. No major changes or decisions. Make plans.

DECEMBER: Same as March. Make changes. Replace what's not working. Take another mini vacation to clear your head and refresh ideas.

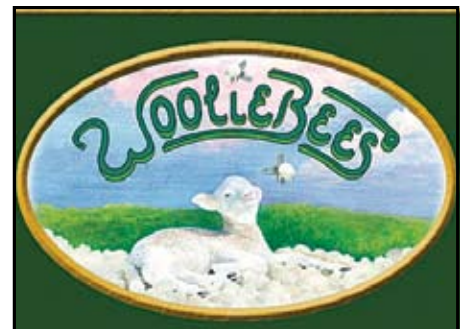
Finally, next year...2010...is the highlight of last year and this year. Next year is a time of expansion and self-



awareness. Anything you did not get this year, you should get next year if you planned and executed properly. Sooooo, keep your head on straight. Do not believe everything you hear unless you check it out. Get things in writing and avoid that spacey feeling that can surely cause accidents. 2009 is your cross-over year to an enjoyable and fun next year.

So there you have it. Follow the plan and feel fine in 2009! A HAPPY AND BLESSED NEW YEAR TO YOU AND YOURS!!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAH1 10 AM - Noon for provocative fast-paced informational and entertaining radio listening!



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New Chamber Board Sworn In



The incoming Board of Directors stand with Supervisor Susan Peters (center). The new Board includes (L-R) Fred Revas, Gary Anderson, Burnie Lenau, Donna Deterding, Tami Beaulieu, Chris Schoonveld and Ross Davidson. Not pictured is Peter Tateishi.

The incoming 2009 Board of Directors for the Carmichael Chamber of Commerce were welcomed by dinner attendees to the "Banquet with Burnie" event, held Friday evening at The Palace in Carmichael. The new board was sworn into service by Supervisor Susan Peters.

Carmichael is planning its 100th birthday this year, and the Chamber of Commerce will be taking the lead for creating an unforgettable event for the entire community. You can contact the Chamber at 481-1002 to find out more. If you would like to participate in the event, or volunteer your help to make it a great day for your neighbors and the community, call Kris Kingdon at the Chamber office.

Weekly SUDOKU

Answer

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

King Crossword

Answers on page 8

ACROSS

- 1 Unescorted
- 5 Weekend abbr.
- 8 Convince
- 12 Henry VIII's sixth wife
- 13 — Beta Kappa
- 14 Employ
- 15 Out of the storm
- 16 Operated
- 17 Omar of "House"
- 18 Shrimp recipe
- 20 Harvard rival
- 22 Sunrise
- 26 Unembellished
- 29 Have a bug
- 30 Have a balance

| | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|--|----|----|----|----|
| 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 | | |

- 31 Describe
- 32 Muppets creator
- 33 Fervent following
- 34 Scepter topper
- 35 Take a chair
- 36 Rwandan people
- 37 See 36-Down
- 40 Cameo stone
- 41 Balloon fill
- 45 Diamond corner
- 47 Altar affirmative

- 49 Highly rated
- 50 Satan's forte
- 51 Greek consonants
- 52 Use a teaspoon
- 53 Transaction
- 54 Understand
- 55 Fill till full
- 6 "I thought so"
- 7 Cratchit kid
- 8 Ledge
- 9 Obliterated
- 10 Dadaist Jean
- 11 "Absolutely"
- 19 Brooch
- 21 "You've got mail" biz
- 23 Part of Hispaniola
- 24 Puncturing tools
- 25 Bigfoot's cousin
- 26 Trudge (on)
- 27 Old Italian coin
- 28 Food of the
- gods
- 32 Putting a whammy on
- 33 Pirate's weapon
- 35 Firmament
- 36 With 37-Across, Batman
- 38 Final bell?
- 39 Spirit
- 42 Tittle
- 43 Monad
- 44 No more than
- 45 Foundation
- 46 Rd.
- 48 Payable

DOWN

- 1 Resorts international?
- 2 Post-bath application
- 3 Vicinity
- 4 Glitch-causing gnome
- 5 Piece of

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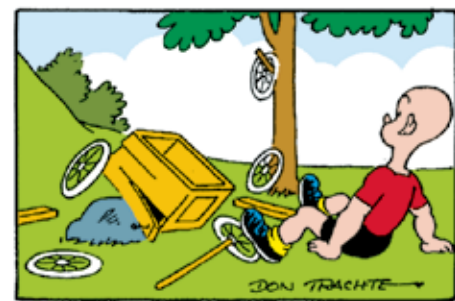
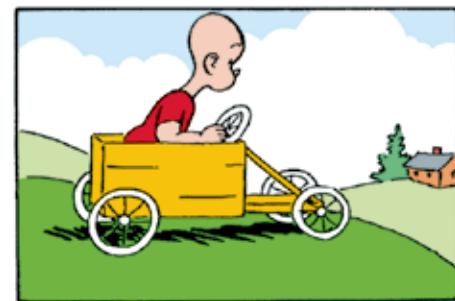
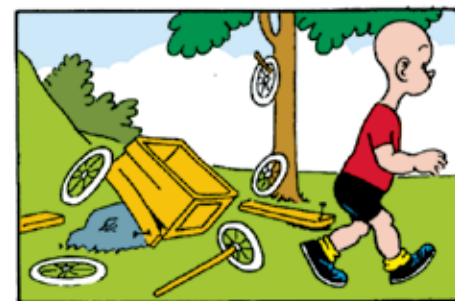
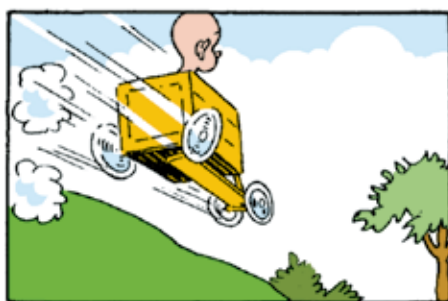
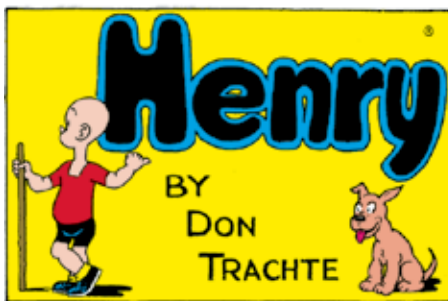
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