

# Our Lady of the Assumption School

2141 Walnut Avenue, Carmichael, CA 95608 (916) 489-8958

November 3, 2009



*With Hands to Serve and Hearts to Love*



## **Congratulations Cougars**

Congratulations to all of our fall sports teams: volleyball, cross country, and flag football. It was a great season, and our student athletes represented OLA proudly. Thanks to all of our coaches for supporting our students and making their seasons memorable.

This Sunday at 2:00 P.M. at Jesuit our flag football team plays against Sacred Heart in the P.A.L. championship game. Come out and support our boys as they defend their title. Go Cougars!

## **H1N1 Update and Vaccination Locations**

We have had a spike in absences this week due to flu and illness. As we head into the heart of flu season, we would like to remind families to please make sure that students who show signs of the flu, especially students with fever, not be sent to school. Children who are sick should remain at home until at least 24 hours after they no longer have a fever or signs of a fever without the use of fever-reducing medicine. Fever-reducing medications are medicines that contain acetaminophen (such as Tylenol) or ibuprofen (such as Motrin). Students with lingering flu symptoms should stay at home until the symptoms have cleared.

As a staff, we are continuing to practice and model good hand hygiene and provide time for our students to wash their hands as often as necessary. We are cleaning surfaces and items that are more likely to have frequent hand contact such as desks, doorknobs, and keyboards with cleaning agents.

Attached to this bulletin are the locations and dates for H1N1 vaccinations in Sacramento County. For more information about H1N1 vaccinations, please go to:

[http://www.cdc.gov/h1n1flu/vaccination/public/vaccination\\_ga\\_pub.htm](http://www.cdc.gov/h1n1flu/vaccination/public/vaccination_ga_pub.htm)

Here is what the CDC recommends regarding who should receive vaccinations:

CDC's Advisory Committee on Immunization Practices (ACIP) has recommended that certain groups of the population receive the 2009 H1N1 vaccine when it first becomes available. These target groups include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people ages of 25 through 64 years of age who are at higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems. The CDC is recommending that families take the vaccine.

## ***Differences Between Cold & Swine Flu & Seasonal Flu Symptoms***

### **FEVER**

Fever is rare with a cold.

Fever is usually present with H1N1 in up to 80% of all flu cases. A temperature of 101°

Fever is common with the seasonal flu.

### **COUGHING**

A hacking, productive (mucus-producing) cough is often present with a cold.

A non-productive (non-mucus producing) cough is usually present with H1N1 (sometimes referred to as dry cough).

A dry and hacking cough is often present with the seasonal flu.

### **ACHES**

Slight body aches and pains can be part of a cold.

Severe aches and pains are common with H1N1.

Moderate body aches are common with the seasonal flu.

### **STUFFY NOSE**

Stuffy nose is commonly present with a cold and typically resolves spontaneously within a week.

Stuffy nose is not commonly present with H1N1.

A runny nose is commonly present with the seasonal flu.

### **CHILLS**

Chills are uncommon with a cold.

60% of people who have H1N1 experience chills.

Chills are mild to moderate with the seasonal flu.

### **TIREDNESS**

Tiredness is fairly mild with a cold.

Tiredness is moderate to severe with H1N1.

Tiredness is moderate and more likely referred to as a lack of energy with the seasonal flu.

### **Halloween Thanks**

Thank you to all of the parents who helped our teachers with our Halloween parties last week. Also a big thanks to Ms. Theroux, the Extension staff, and the parents who helped organize the fun Extension Halloween party after school on Friday. Halloween at OLA is always very fun for our students!

### **Office Closed for Lunch**

The school office will be closed from 12:00 to 12:30 every day so that the office staff can have lunch.

Students will not be manning the phones, as they cannot be in the office unsupervised. If your children need to be picked up between 12:00 and 12:30, please let Mrs. Albers know in advanced.

The Extension building is open at that time, so if you need to contact the school for an emergency, call or stop by Extension, and they will contact the school for you.

### **Homework Pick-up**

If your child has left homework in their classroom, please do not go to the classroom to retrieve it without an OLA faculty or staff member (teacher, aide, Extension employee or administrator) present.

The office closes at 4:30, and that will be the latest that homework can be picked up.

God bless!

*Robert Love*

## This Week at OLA

### School Liturgy

Tuesday, **November 3**, at 9:30 A.M. Prepared by Grade 3.

### SCRIP

SCRIP orders due by 8:00 A.M. on Wednesday, **November 4**.

### Field Trips

Gr. 3—Wednesday, **November 4**, Indian Grinding Rock

### Minimum Day

Friday, **November 6**, is a minimum day due to a faculty meeting.

### Fall Golf

Fall golf will begin this Friday, **November 6**, and continue each Friday through December 11th.

Location: Ancil Hoffman Park

Time: 3:30 P.M. to 4:30 P.M.

Cost: \$3 per player per week to cover the cost of range balls.

### Harvest Feast Bratwurst Brouhaha

OLA will be celebrating a harvest feast in the Parish Hall (gym) on Saturday, **November 7**, at 6:30 P.M. A wonderful (and FREE) dinner of Bratwurst, German potato salad, sauerkraut and drinks will be served. Please see the attached flyer for details. OK to RSVP to the school office or by e-mail (albers@olaparish.net). Any questions, please call Brenda or Leo Winternitz at 489-7906.

## Next Week at OLA

### Food Locker Week

Grade 8—November 9th through 13th

### Thanksgiving Food Drive

Monday, **November 9**, kicks off the annual Thanksgiving Food Drive. Please be as generous as you can with your donations. Donations will be collected from each classroom.

### Book Fair

OLA's Semi-Annual Scholastic Book Fair is coming to the library from **November 9** through **November 13** (closed on Wednesday, 11/11, due to the holiday). Earn service hours by helping set up on November 9 from 8:00 A.M. to 9:30 A.M. or tear down on November 13 at 1:15 P.M.

### Holiday!

There is no school on Wednesday, **November 11**, in honor of Veteran's Day.

### PTG Meeting

Thursday, **November 12**, at 1:00 P.M. in the Meeting Room.

## Bits and Pieces

### **SPORTS NEWS:**

#### **Flag Football**

OLA's flag football team played St. Mel's last Friday with a final score in our favor of 16 to 12. Sunday was a playoff game against St. John the Evangelist. Offense and defense played very well. Kick off team recovered two kick offs that turned into OLA touchdowns. Final score was 36 to 12. OLA meets Sacred Heart in the PAL finals next Sunday, **November 8**, at Jesuit High School, at 2:00 P.M. Good luck!

#### **Cross Country**

OLA's first cross country team finished its season Sunday by competing in the PAL Championship Meet. Michaela Mark finished first for the JV girls. She blew past her competitor to set a new school cross country record. Allison Lourim also competed in the JV girls' race finishing with a very impressive sixth place. The boys JV team was also impressive. Nicholas Stroud, Brendan Fretz, Harrison Moore and Jordan Harrison all ran hard and competed well against the other schools. Jonathan Phenix ran varsity and also did an outstanding job. The entire team should be extremely proud of their effort this season.

### **BASKETBALL NEWS AND UPDATES**

#### **Varsity Boys Tryouts:**

Any 7th or 8th grade boy interested in playing for the comp basketball team is welcome to attend the Varsity comp tryouts on Monday and Tuesday Nov. 9th and 10th. The tryouts will begin at 7:00pm and conclude at 8:30 pm. An informational flyer is attached to this bulletin or can be picked up in the front office. If you have any more questions, please feel free to email Philip Tateishi at [ptateishi@olaparish.net](mailto:ptateishi@olaparish.net). Good luck, and let's get ready for a fun and exciting basketball season.

#### **6th Grade Girls:**

We currently do not have a coach for the 6th grade girl's basketball team. If you are interested or know someone who is interested in coaching this team, please email Philip Tateishi at [ptateishi@aolparish.net](mailto:ptateishi@aolparish.net). Thanks for your support.

#### **Calling All Basketball Players and Coaches!**

The basketball season will soon be here, and the sign-up sheets and emergency cards are now available in the front office. So, if your child would like to play basketball this season, make sure that you sign up as soon as possible. Please return the cards to the front office. We are also looking for volunteer coaches to get the season started. If you or any friends you know may be interested in coaching basketball at OLA, please contact Philip Tateishi, the OLA Athletic Director ([ptateishi@olaparish.net](mailto:ptateishi@olaparish.net)). Thanks, and let's get ready for a fun and exciting basketball season! There will be a mandatory basketball parent meeting on Tuesday, **November 17**, at 6:00 P.M.

#### **Diocesan Census**

A count of attending parishioners will be taken at each Mass on the weekend of November 7 and again on November 14. It is important that all families attend Mass to be counted. Thank you.

#### **Donut Sunday**

OLA PTG is in charge of serving donuts after the **November 15th** Masses. We need four volunteers to help make coffee and serve donuts from 9:00 A.M. to 12:30 P.M. Service hours will be earned. If you can help for an hour or two, please contact Noreen Novotny at 916-804-5934.

### **Save the Date!**

OLA Skating Party will be on Friday, **December 4**, from 1:00 P.M. to 3:00 P.M. at Foothill Skate. The charge is \$5 per skater. More details to follow.

### **Missoula Children's Theatre**

Missoula Children's Theatre is coming to OLA the week of **March 15, 2010**. Our children will be performing in *Snow White & the Seven Dwarfs*. This is an exciting experience for our children, as participants and audience members. We are looking for a home for one of the directors from March 14 through March 21. If you have a guest room or guest quarters and would like to open your home to a director, please contact Lynn Paine at 549-4226 or at [nettles@surewest.net](mailto:nettles@surewest.net).

### **Boy Scouts E-Waste Collection Fundraiser**

Local scouts are conducting an Electronic-waste collection service. Drop-off is Saturday, **November 14** from 9:00 A.M. to 1:00 P.M. at St. Mel's Catholic Church, 4745 Pennsylvania Avenue, Fair Oaks (just off the corner of Sunset Avenue & Sunrise Boulevard). **We can only accept:** monitors, TV's, PC's, VCR's, stereo equipment, speakers, keyboards, mice, PDA's, digital cameras, zip drive, telephones, cell phones, printers, copiers, scanners, and fax machines. All proceeds derived from the recycling of these items will benefit Fair Oaks BSA Troop 217 and National Jamboree Troop 640. Clean out your garage, be "green", and support Scouting all at the same time! Call Don Jones with any questions at 606-1659.

### **St. Francis High Presents: *The Taming of the Shrew***

*The Taming of the Shrew* is set in its original timeframe but with a decidedly exciting twist. This production is deconstructing Shakespeare, adding modern applications in music and gesture. Show dates are November 6, 7, 12, 13, and 14 at 7:30 P.M. and a matinee on November 14th at 1:30 P.M. Tickets are available at [www.ticketguys.com/stfrancis](http://www.ticketguys.com/stfrancis) or at the box office window 45 minutes before each performance. Five dollars for students under 19 and \$10.00 for adults. For more information, please call Elizabeth Danielson at 916-452-3461, extension 200.

Please click on the following link to read the current edition of the *Home and School Connection* newsletter:

[http://www.olaparish.net/school/parent\\_info/Home%20and%20School%20Connection/0912.pdf](http://www.olaparish.net/school/parent_info/Home%20and%20School%20Connection/0912.pdf)



Sacramento County Department of Health and Human Services

# H1N1 Flu Vaccination Clinic Schedule

www.SCPH.com Follow us at www.Twitter.com/SacPublicHealth October 27, 2009

## Sacramento County H1N1 Flu Vaccination Clinic Schedule

Sacramento County Public Health will offer FREE H1N1 Flu vaccination clinics at the following locations. Please check [www.SCPH.com](http://www.SCPH.com) and click on the H1N1 (Swine) Flu graphic for the latest information on our clinics.

### **Hiram Johnson High School**

6879 14th Avenue  
Sacramento, CA 95820  
November 16<sup>th</sup>  
Monday  
3:30 p.m. - 7:30 p.m.

### **Rio Linda High School**

6309 Dry Creek Road  
Rio Linda, CA 95673  
November 17<sup>th</sup>  
Tuesday  
3:00 p.m. - 7:00 p.m.

### **Sacramento County Administration Center**

700 H Street  
Sacramento, CA 95814  
November 18<sup>th</sup>  
Wednesday  
10:00 a.m. - 2:00 p.m.

### **Casa Roble High School**

9151 Oak Avenue  
Orangevale, CA 95662  
November 19<sup>th</sup>  
Thursday  
3:00 p.m. - 7:00 p.m.

### **Samuel Pannell Community Center**

2450 Meadowview Road  
Sacramento, CA 95832  
November 20<sup>th</sup>  
Friday  
10:00 a.m. - 2:00 p.m.

### **Town & Country Lutheran Church**

4049 Marconi Avenue  
Sacramento, CA 95821  
November 21<sup>st</sup>  
Saturday  
10:00 a.m.- 2:00 p.m.

### **First Covenant Church**

10933 Progress Court  
Rancho Cordova, CA 95670  
November 23<sup>rd</sup>  
Monday  
3:00 p.m. - 7:00 p.m.

### **La Sierra Community Center**

5325 Engle Road  
Carmichael, CA 95608  
November 24<sup>th</sup>  
Tuesday  
10:00 a.m. - 2:00 p.m.

### **Scottish Rite Masonic Center**

6151 H Street  
Sacramento, CA 95819  
November 30<sup>th</sup>  
Monday  
3:00 p.m. - 7:00 p.m.

### **North Highlands Community Center**

6040 Watt Avenue  
North Highlands, CA 95660  
December 1<sup>st</sup>  
Tuesday  
3:00 p.m. - 7:00 p.m.

### **Isleton Elementary School**

412 Union Street  
Isleton, CA 95641  
December 2<sup>nd</sup>  
Wednesday  
4:00 p.m. - 8:00 p.m.

### **South Natomas Community Center**

2921 Truxel Road  
Sacramento, CA 95833  
December 3<sup>rd</sup>  
Thursday  
10:00 a.m.- 2:00 p.m.

### **Antelope High School**

4635 Elverta Road  
Antelope, CA 95843  
December 4<sup>th</sup>  
Friday  
3:00 p.m. - 7:00 p.m.

### **American River College**

4700 College Oak Drive  
Sacramento, CA 95841  
December 5<sup>th</sup>  
Saturday  
10:00 a.m. - 2:00 p.m.

### **Chabolla Center**

610 Chabolla Avenue  
Galt, CA 95632  
December 8<sup>th</sup>  
Tuesday  
10:00 a.m. - 2:00 p.m.

### **Burbank High School**

3500 Florin Road  
Sacramento, CA 95823  
December 9<sup>th</sup>  
Wednesday  
3:30 p.m. - 7:30 p.m.

### **Citrus Heights City Hall**

6237 Fountain Square Drive  
Citrus Heights, CA 95621  
December 10<sup>th</sup>  
Thursday  
10:00 a.m. - 2:00 p.m.

### **Florin High School**

7956 Cottonwood Lane  
Sacramento, CA 95828  
December 11<sup>th</sup>  
Friday  
3:00 p.m. - 7:00 p.m.

### **Mesa Verde High School**

7501 Carriage Drive  
Citrus Heights, CA 95621  
December 14<sup>th</sup>  
Monday  
3:00 p.m. - 7:00 p.m.

### **Franklin High School**

6400 Whitelock Parkway  
Elk Grove, CA 95757  
December 12<sup>th</sup>  
Saturday  
10:00 a.m.- 2:00 p.m.

### **Folsom High School**

1655 Iron Point Road  
Folsom, CA 95630  
December 15<sup>th</sup>  
Tuesday  
3:00 p.m. - 7:00 p.m.

**St. Rose Parish**

5961 Franklin Blvd.  
Sacramento, CA 95824  
December 16<sup>th</sup>  
Wednesday

10:00 a.m. - 2:00 p.m.

**Sacramento High School**

2315 34<sup>th</sup> Street  
Sacramento, CA 95817  
December 17<sup>th</sup>

Thursday

3:30 p.m. - 7:30 p.m.

**Encina High School**

1400 Bell Avenue  
Sacramento, CA 95825  
December 18<sup>th</sup>

Friday

3:30 p.m. - 7:30 p.m.

**Sheldon High School**

8333 Kingsbridge Drive  
Sacramento, CA 95829  
December 19<sup>th</sup>

Saturday

10:00 a.m. - 2:00 p.m.

**Rosemont High School**

9594 Kiefer Blvd.  
Sacramento, CA 95827  
December 21<sup>st</sup>

Monday

3:30 p.m. - 7:30 p.m.

**Robertson Community Center**

3525 Norwood Avenue  
Sacramento, CA 95838  
December 28<sup>th</sup>

Monday

10:00 a.m. - 2:00 p.m.

**Sears - Florin Mall "Drive-Thru"**

7000 65<sup>th</sup> Street  
Sacramento, CA 95823  
December 29<sup>th</sup>

Tuesday

10:00 a.m. - 2:00 p.m.

(no walk-ins please)

**St. Anthony's Church**

14012 2<sup>nd</sup> Avenue  
Walnut Grove, CA 95690  
December 30<sup>th</sup>

Wednesday

10:00 a.m. - 2:00 p.m.

**First Baptist Church**

4401 San Juan Avenue  
Fair Oaks, CA 95628  
January 4<sup>th</sup>

Monday

10:00 a.m. - 2:00 p.m.

**Elk Grove High School**

9800 Elk Grove-Florin Road  
Elk Grove, CA 95624

January 5<sup>th</sup>

Tuesday

3:30 p.m. - 7:30 p.m.

**Grant Union High School**

1400 Grand Avenue  
Sacramento, CA 95838  
January 6<sup>th</sup>

Wednesday

3:00 p.m. - 7:00 p.m.

**Sunrise Mall "Drive-Thru"**

6041 Sunrise (behind Sears)  
Citrus Heights, CA 95610

January 7<sup>th</sup>

Thursday

10:00 a.m. - 2:00 p.m.

(no walk-ins please)

**Valley High School**

6300 Ehrhardt Avenue  
Sacramento, CA 95823  
January 11<sup>th</sup>

Monday

3:00 p.m. - 7:00 p.m.

**Christ Community Church**

5025 Manzanita Avenue  
Carmichael, CA 95608  
January 13<sup>th</sup>

Wednesday

10:00 a.m. - 2:00 p.m.

**Sacramento City Public Safety Center**

5770 Freeport Blvd.  
Sacramento, CA 95822  
January 14<sup>th</sup>

Thursday

10:00 a.m.- 2:00 p.m.

**Inderkum High School**

2500 New Market Drive  
Sacramento, CA 95835  
TBD

**Natomas High School**

3301 Fong Ranch Road  
Sacramento, CA 95834  
TBD

**Sacramento Japanese Methodist Church**

6929 Franklin Blvd.  
Sacramento, CA 95823  
TBD

Varsity Boys Memo:

**\*CHANGE\***

Tryouts for the varsity boys comp team will be held **MONDAY** and **TUESDAY** November 9 and 10. The tryouts will begin at 7:00 and conclude at 8:30 each night.

All participants must have their emergency forms submitted before or at the tryout, or they will not be allowed to participate. However, any student who wishes to play varsity basketball but does not want to tryout for the comp team is welcome to submit his emergency form anytime before the cut-off date, Nov. 19.

Mr. Tateishi and another third party unrelated to the players will be present at the tryouts and will be selecting the teams. The head coach for the Varsity team is Jim Schutz and can be contacted at [jschutz@oculusis.com](mailto:jschutz@oculusis.com) if you have any questions regarding the tryout.

Players are expected to wear a **WHITE SHIRT**. This shirt will be marked with a pen during the tryout, so make sure it is not valuable or sentimentally important.

The players will be notified after the tryout on Tuesday night.

Thank you and good luck.

Philip Tateishi

Our Lady of the Assumption

# Harvest Feast

## Bratwurst Brouhaha

Please join us,  
for a delicious meal of  
**Bratwurst** with sauerkraut,  
**German potato salad**, drinks and  
**dessert**. Hot Dogs and Tofu Dogs also available

**Day: Saturday, Nov. 7**  
**Time: 6:30 p.m.**  
**Place: Parish Hall**  
(School Gym)

To ensure there is enough food, please RSVP by November 1st. Complete below and place in basket in back of the church or the parish or school office. Donations accepted and appreciated.

-----**Tear Here**-----

**Name** \_\_\_\_\_

**Number of Guests**      **Adults** \_\_\_\_\_      **Vegetarian** \_\_\_\_\_  
**Children** \_\_\_\_\_



## Support Our Lady Of The Assumption by registering at [escrip.com](http://escrip.com)

### How do I register credit/Safeway cards @ [escrip.com](http://escrip.com)?

Go to [www.escrip.com](http://www.escrip.com) and click on "Sign Up" on the right-hand side of the home page then search by Group ID and enter **OLA ID# 137889477**. You should then see our school name appear—click on it and then follow the easy instructions to enter your information and each of your card numbers.

**You DO NOT include expiration dates...It is safe and secure!**  
**If you have questions call Kelly Pantis for assistance**  
**616.7471.**

Register today from the comfort of your own home

#### eSCRIP.com online retailers

1-800-FLOWERS  
Amazon.com  
Apple Store  
BabiesRus.com  
Barnes&Noble.com  
BestBuy.com  
Borders.com  
Dell Home  
Ebay.com  
FrontGate  
FTD  
Hammacher Schlemmer  
HarryandDavid.com  
Landsend.com  
Nordstroms.com  
Petsmart.com  
PETCO.com  
Sonystyle.com  
Things Remembered  
ToysRus.com  
Walmart.com

#### eSCRIP.com local retailers

American Airlines  
Big O Tires  
Chefferys Bistro  
Claimjumper  
Club Cruise (and most cruise lines)  
[escrip.DriversEd.com](http://escrip.DriversEd.com)  
Food 4 Less  
Liberty Tax Service  
Macys  
Orvis  
Outdoor Kids - Davis  
Pak N Save  
Round Table Pizza  
Reward Network Restaurants (dozens in our area!!)  
Sacramento Natural Foods Co-op  
Safeway  
San Francisco Chronicle  
The Sacramento Bee  
Vic's Markets  
[Webtrafficschool.com](http://Webtrafficschool.com) and more – see list online  
*Plus many Santa Rosa & San Francisco area stores*

Go to [www.escrin.com](http://www.escrin.com) for complete list of both online mall retailers and local retailers in

# Our Lady of the Assumption School

SCRIP PROGRAM 2009-2010

FAMILY NAME (PLEASE PRINT) \_\_\_\_\_

PHONE \_\_\_\_\_ DATE \_\_\_\_\_

## ORDER DATES

Order form and payment are due in no later than 8:15 a.m. on the following order days.

August 26 <sup>th</sup> (Delivery 9/3)	September 9 <sup>th</sup> (Delivery 9/17)	September 23 <sup>rd</sup> (Delivery 10/1)	October 7 <sup>th</sup> (Delivery 10/15)	October 21 <sup>st</sup> (Delivery 10/29)
November 4 <sup>th</sup> (Delivery 11/12)	November 11 <sup>th</sup> (Delivery 11/19)	December 2 <sup>nd</sup> (Delivery 12/10)	December 9 <sup>th</sup> (Delivery 12/17)	January 6 <sup>th</sup> (January 14 <sup>th</sup> )

## DELIVERY LOCATION (Please choose 1 of 4 locations)

\*\*If your order is not picked up it will be kept in the office

Office \_\_\_\_\_ Cottage Lot \_\_\_\_\_  
Extension \_\_\_\_\_ Classroom \_\_\_\_\_ (Childs Name & grade \_\_\_\_\_)

**Your Signature** \_\_\_\_\_

*Once delivered to your child, OLA is not responsible for lost or stolen scrip.*

## PAYMENT

Payment must accompany the order form. Please attach cash, check or credit card receipt. The credit card machine is available for your use in the school office during office hours. No American Express ~ No Gas/Wal-Mart/Toys-R-Us/Walgreens only charges!

**QUESTIONS?** Call Scrip Chair Donna Washburn at 397-3605 ([washburn@surewest.net](mailto:washburn@surewest.net))

- Scrip is available for purchase in the school office during office hours. Scrip may also be purchased on Thursdays after school at the Cottage Gate, and after 5:30 & 9:30 masses.
- **ALL SALES FINAL. THERE IS NO REFUND OR EXCHANGE OF PURCHASED SCRIP**

8/12/09

STORE		#	??
<b>Grocery/Restaurant</b>			
<b>Applebees 8%</b>	<b>\$25/\$50</b>		
Arbys 8%	\$10		
Baja Fresh 7%	\$25		
<b>Baskin Robbins 9%</b>	<b>\$2</b>		
Boston Market 12%	\$10		
Buca di Beppo 8%	\$25		
<b>Burger King 4%</b>	<b>\$10</b>		
California Pizza Kitchen 4%	\$10		
Carl's Jr. 9%	\$10		
Cheesecake Factory 5%	\$25		
<b>Chevy's 8%</b>	<b>\$25</b>		
<b>Chilis/Mac Grill/Border 11%</b>	<b>\$25</b>		
<b>Chipotle 10%</b>	<b>\$10</b>		
Chuck E. Cheese 8%	\$10		
Claim Jumper 8%	\$25		
<b>Cold Stone Creamery 8%</b>	<b>\$10</b>		
Del Taco 4%	\$10		
Denny's 7%	\$10		
El Pollo Loco 6%	\$10		
El Torito 9%	\$25		
<b>Hagen's Orange Frz (8%)</b>	<b>\$20</b>		
Hard Rock Café 10%	\$25		
<b>Honeybaked Ham 12%</b>	<b>\$10</b>		
Jack in the Box 4%	\$10		
<b>Jamba Juice 7%</b>	<b>\$10</b>		
KFC 9%	\$5		
<b>La Bou 5%</b>	<b>\$10</b>		
<b>Leatherby's 10%</b>	<b>\$5</b>		
Little Caesar's Pizza 9%	\$20		
Logans Roadhouse 8%	\$25		
Marie Callenders 18%	\$25		
<b>Mimi's Café 8%</b>	<b>\$25</b>		
Outback Steakhouse 4%	\$25		
<b>Panera Bread 9%</b>	<b>\$10</b>		
Papa Johns 8%	\$10		
<b>Peet's Coffee &amp; Tea 8%</b>	<b>\$20</b>		
PF Chang's 7%	\$25		
Qdoba 7%	\$25		
<b>Raley's Card</b>	<b>FREE</b>		
<b>Red Lobster/Olive Gard 9%</b>	<b>\$25</b>		
Red Robin 9%	\$25		
<b>Ruths Chris 10%</b>	<b>\$50</b>		
<b>Safeway 4%</b>	<b>\$25</b>		
Save Mart 2%	\$25		
<b>See's Candy 1 lb. 25%</b>	<b>\$15.00</b>		
<b>Smart &amp; Final 3%</b>	<b>\$25/\$50/\$100</b>		
<b>Starbuck's 7%</b>	<b>\$10 / \$25</b>		
<b>Subway 3%</b>	<b>\$10/\$50</b>		
TGI Friday's 8%	\$25		
Wendy's 4%	\$10		
<b>Woody's 15%</b>	<b>\$10</b>		

STORE		#	??
<b>Clothing/Dept. Store/Sporting</b>			
<b>Amer Eagle Outfitters 9%</b>	<b>\$25</b>		
Bass Pro Shop 9%	\$25/\$100		
<b>Big 5 8%</b>	<b>\$25</b>		
Brooks Brothers 16%	\$25		
Cabela's 11%	\$25/\$100		
Dress Barn 8%	\$25		
Eddie Bauer 9%	\$25		
Foot Locker 9%	\$25		
<b>Gap/Old Navy/Ban Rep 9%</b>	<b>\$25</b>		
Gymboree 13%	\$25		
<b>J. Crew 13%</b>	<b>\$25</b>		
J. Jill 8%	\$25		
JCPenney 5%	\$25 / \$100		
Kohl's 4%	\$25 / \$100		
Lands End 17%	\$25 / \$100		
LL Bean 15%	\$25 / \$100		
<b>Macy's 10%</b>	<b>\$25 / \$100</b>		
<b>Marshalls/TJ Maxx 7%</b>	<b>\$25 / \$100</b>		
Men's Wearhouse 8%	\$25		
Mimi Maternity 6%	\$25		
Motherhood Maternity 6%	\$25		
Orvis 17%	\$25		
Overstock.com 8%	\$25		
Payless Shoes 13%	\$20		
REI 8%	\$25		
Ross Dress for Less 8%	\$25		
Sears/OSH 4%	\$25/\$100/250		
<b>Sports Authority 8%</b>	<b>\$25</b>		
Talbots 11%	\$25		
The Children's Place 12%	\$25		
<b>BOOKS &amp; VIDEO</b>			
Amazon.com 4%	\$25/\$100		
<b>Barnes &amp; Noble 9%</b>	<b>\$10 /\$25/\$100</b>		
<b>Blockbuster Video 7%</b>	<b>\$10</b>		
<b>Borders 9%</b>	<b>\$10 / \$25</b>		
<b>iTunes 4%</b>	<b>\$15</b>		
<b>HARDWARE/HOME</b>			
Best Buy 2%	\$25/\$100/250		
Coffman's Furniture 3%	\$100/\$250		
Crate & Barrel 8%	\$25 / \$100		
<b>Emigh Hardware 5%</b>	<b>\$10 / 15 / 25</b>		
<b>Home Depot 4%</b>	<b>\$25/\$100/500</b>		
K Mart 4%	\$25 / \$50		
Lowe's 4%	\$25/\$100/500		
Radio Shack 4%	\$25		
Restoration Hardware 12%	\$25 / \$100		
<b>Wal-Mart/Sam's Club 2%</b>	<b>\$25/100/250</b>		

STORE		#	??
<b>SPECIALTY</b>			
<b>Bath &amp; Body Works 13%</b>	<b>\$10 / \$25</b>		
Bed, Bath & Beyond 7%	\$25		
Build-A-Bear 8%	\$25		
Cabela's 14%	\$25/\$100		
<b>Century Theaters 4%</b>	<b>\$25</b>		
<b>Claire's 9%</b>	<b>\$10</b>		
GNC 8%	\$25		
Hallmark 4%	\$25		
JoAnn Fabrics 6%	\$20		
<b>GameStop 3%</b>	<b>\$25</b>		
KB Toys 4%	\$20		
<b>Kragen Auto 8%</b>	<b>\$25</b>		
Longs 5%	\$25 / \$100		
Michaels 4%	\$25		
<b>Office Depot 4%</b>	<b>\$25/100</b>		
Office Max 5%	\$25		
Pep Boys 4%	\$20		
Pier One 9%	\$25		
<b>Pottery Barn/W.Sonoma 8%</b>	<b>\$25 / \$100</b>		
Return to Secret Garden 8%	\$25/\$50/\$100		
Rite Aid 4%	\$25		
Shutterfly 9%	\$25		
Staples 5%	\$25 / \$100		
Sunglass Hut 12%	\$25		
Toys/Babies R Us 1.5%	\$20		
<b>UA/Regal Cinemas 15%/8%</b>	<b>\$9/\$25</b>		
ULTA Salon 4%	\$25		
Visa	\$ 25/50/100		
<b>Walgreens 2%</b>	<b>\$25 / \$100</b>		
<b>Gas/Auto/Travel</b>			
American Airlines 8%	\$100/\$250		
<b>Arco 2%/3%</b>	<b>\$50/100/250</b>		
Bedandbreakfast.com 10%	\$50		
Best Western 12%	\$25 / \$100		
<b>Chevron 1.5%/2%</b>	<b>\$50/\$100/250</b>		
Disney 2%	\$25/100/1000		
Hyatt Hotels 9%	\$25/\$100		
Marriott Hotels 12%	\$50/\$100/500		
Shell 1.5%	\$25 / 50/ 100		
Tesoro 2%	\$25		
<b>OTHER</b>			
<b>Cascading Wallet 25%</b>	<b>\$2.99</b>		
<b>Gift Card Wrapper 20%</b>	<b>\$3.35</b>		
<b>Scrip Wallet 15%</b>	<b>\$1</b>		
<b>TOTAL \$ AMOUNT ORDERED</b>	_____		

**Items in bold are available in the box!**

**When:** Saturday, Nov. 14, 2009  
9 a.m. to 1 p.m.

**Where:** St. Mel's Catholic Church,  
4745 Pennsylvania Ave., Fair Oaks  
*(near corner of Sunrise Blvd.  
& Sunset Ave.)*

**We can take:** TVs (including flat screens) ... laptops  
monitors ... VCRs ... stereos ... disk drives  
PDAs ... Zip drives ... computer mice  
printers & copiers ... scanners & faxes  
telephones, video game consoles  
small appliances (such as blenders ... mixers  
toasters ... vacuum and carpet cleaners)  
*CEAR shreds all computer disk and  
hard drives to protect your privacy!*

**We CAN'T take:** Large appliances (such as washers & dryers  
& refrigerators) ... microwaves ... furniture  
batteries ... paints ...oil & grease ... and other  
hazardous waste.

Questions? Want to arrange a pick-up (if you've got big items or you're a business)?  
Contact: [ponyexpress@surewest.net](mailto:ponyexpress@surewest.net)

Bring us your old computers,  
TVs and other e-waste ...  
the Boy Scouts and California  
Electronic Asset Recovery  
(*CEAR*) will recycle it safely.  
It's free!

Recycling proceeds help Scouts attending National Jamboree,  
Pony Express Friends of Scouting  
(helping all Scouts in our District), and Troop 217.



# MERCY EDUCATION RESOURCE CENTER



## STUDY SKILLS WORKSHOPS

# STUDY SMART

Learn strategies for:

Organization

Time Management

Note-Taking

Study Methods

Test Taking Tips

Workshop #1- 5<sup>th</sup> and 6<sup>th</sup> grade students

Workshop #2- 7<sup>th</sup> and 8<sup>th</sup> grade students

These workshops have a maximum of 12 students

When: Saturday, November 14, 2009

9:00am-12:00

Cost: \$75.00 for class and materials

Where: Mercy Education Resource Center

6007 Folsom Blvd. #200 Sacramento, Ca 95819

How: Call (916) 737-6026 to begin the registration process.

**Call Now!!!!!!**