

Carmichael Times

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March 18, 2008

Egg Hunt at Carmichael Park March 22nd



Supervisor Susan Peters to Hold "Office Hours"

County Supervisor Susan Peters will be holding her first "Office Hours" for 2008 on Saturday, March 22, at Carmichael Park during the community's annual egg hunt and pancake breakfast.

Peters will set up a table near the egg hunt between 9:30 to 11 a.m. for residents who wish to drop by and discuss with her items of interest. No appointment is necessary but visits will be handled on a first come first served basis.

"Carmichael's annual egg hunt and pancake breakfast is a great community event," says Peters. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure. I'll be available to talk about county matters while people can enjoy a tasty breakfast or watch the children search for eggs."

Last year Peters held "Office Hours" at five community events in Arden Arcade, Carmichael, East Sacramento and Old Foothill Farms. The annual program provides a casual venue for residents to meet with her to talk about issues as opposed to making an appointment downtown at the County Administration Center.

The egg hunt starts at 10 a.m. and the pancake breakfast runs from 7 to 11 a.m. The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information, call the Carmichael Recreation and Park District at 485-5322.

Injured Paramedic Finds New Career in Jewelry Design

David Newton, of Carmichael CA, turns to a new career after becoming injured on the job. Newton was a Paramedic Supervisor in Yolo County until May 3, 2002. In responding to a call Newton was a victim of a "hit and run", leaving him disabled and unable to continue his work as a paramedic.

After spending five years in recovery, including many surgeries, looking for a new job was frustrating. "There wasn't anything that hit me, I couldn't come up with anything I'd enjoy or was physically capable of doing," said Newton.

The California Institute of Jewelry Training (CIJT) was that saving grace, "I was driving by the school and I thought that it seemed interesting so I dropped in."

Now a full time student of CIJT, Newton is learning how to become a jeweler. With a Masters in Business from the University of Phoenix, Newton hopes to one day have his own store and he is already starting to build up clientele.

"My wife and daughters are very excited that I am learning to become a jeweler, so they can wear all the jewelry and my old employees and co-workers have already mentioned they'd give me jewelry to repair."

Newton is married and has five children, his wife also a paramedic. His family is very supportive of his new career path.

"I can be creative and with that creativity I can build that into something I can be proud of and something others can enjoy. It gives me the freedom to stand, sit and walk around."

His goal after finishing the program is to work in a jewelry shop for a year to learn about the business and eventually start his own store.

"Now being able to focus on something fun and getting a career is something I can do for the rest of my life!"

For more information contact Valerie Adams at Valerie@jewelrytraining.com or (916) 487-1122



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DMV Employee Honored



Sara Sepulveda of Department of Motor Vehicles right pictured with Katie Weber of United Way.

Sara Sepulveda of Sacramento was named Department Campaign Chair of the Year for the 2007 California State Employees Charitable Campaign, which raises funds for California nonprofits. The 12-year DMV employee received the award at a campaign celebration sponsored by Accenture, where 200 state employees gathered to honor several individuals and departments for their efforts.

"Sara was a great asset to the campaign and a joy to work with," said Kathleen Morris, senior campaign manager for the California State Employees Charitable Campaign. "She implemented great techniques, created excitement and went above and beyond the call of duty."

The DMV training officer worked with a team to create a video for the campaign and

organized an event where employees could meet 50 local nonprofits. DMV raised more than \$401,000 for the 2007 campaign. Total, more than 51,000 state employees pledged \$8.7 million to local nonprofits through the campaign.

"My most rewarding experience from working on this campaign was hearing the stories that DMV employees shared about the nonprofits that are important to them," Sepulveda said. "I loved getting to know so many of our employees."

Established in 1957, the California State Employees Charitable Campaign is a statewide fundraising effort. The campaign is managed by United Way California Capital Region in Amador, El Dorado, Placer, Sacramento and Yolo counties.

Symphonic Winds Plays to Full House



Photo by Amanda Morello

An enthusiastic full house enjoyed the Sacramento Symphonic Winds' performance of "Visions of America" Sunday afternoon, March 9, at La Sierra Community Center. An atmosphere of mutual admiration seemed to swirl through the hall, as the performers began by expressing their gratitude for the size of the crowd, and the crowd responded throughout the afternoon by expressing their appreciation for the obvious skills of the musicians.

Dr. Les Lehr, Music Director stated "This is our first full-house. We really appreciate the great turn-out." The entire orchestra stood to applaud those in attendance before they played the selection "Yosemite Autumn."

The program focused on music that celebrates the natural beauty of America. Carmichael resident Michael Callahan performed a euphonium solo of "Beautiful Colorado" by Joseph De Luca.

The Sacramento Symphonic Winds is a 65-piece wind orchestra of top local musicians, many of them professional music educators, led by Dr. Les Lehr. They are in their sixth season under the direction of Dr. Lehr. The orchestra is dedicated to bringing classical and modern wind music to a variety of audiences and venues. They are members of the Sacramento Valley Symphonic Band Association.

Special thanks go to San Juan Unified Schools, Sacramento Valley Symphonic Winds Association and Metropolitan Arts Partnership for their sponsorship of this event.

The orchestra performs next on Saturday May 31st and Sunday June 1st at the Carmichael Community Band Festival in Carmichael Park.

For more information and the schedule of future performances go to www.sacwinds.org, or call 916-489-2576.

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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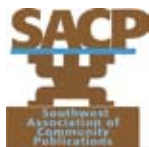
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Dusty Baker International Baseball Academy

The Dusty Baker International Baseball Academy returns this year and celebrates its 25th "Silver" Anniversary. Dave Stewart, Shawn Dunston, Jim Barr are among the twelve former major leaguers and veteran group providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college and profession baseball. This is a fantastic learning experience and training program for young baseball players.

Active outstanding graduates are current major leaguers Geoff Jenkins, Derek Lee, and Darren Oliver and the 2007 Cy Award winner Carsten C.C. Sabathia.



Dusty Baker, Manager Cincinnati Reds

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Caregiver Seminar April 5th

By Bernardine Ford

Afflicting approximately one in every 199 people in the United States, Lewy Body Dementias (LBD) are a collection of related brain disorders. The common ties between these disorders are the presence of "Lewy bodies" (abnormal protein deposits) in the brain and varying combinations of certain cognitive, motor and psychiatric symptoms.

Lewy Body Dementia exists either in pure form, or in conjunction with other brain changes, including those typically seen in Alzheimer's disease and Parkinson's disease. However, the symptoms of Lewy Body Dementias vary from person to person and can change from day to day, making it very difficult to diagnose.

So mark your calendars for April 5th and don't miss "Understanding Dementia and Lewy Body Dementia", an educational seminar. Denise Davis, Program Director for the Alzheimer's Association's Northern California/Northern Nevada-Greater Sacramento Area, said, "I am so excited about collaborating with the Parkinson Association of Northern California (PANC), Lewy Body Dementia Association (LBDA) and the Del Oro Caregiver Resource Center on such an exciting and timely education symposium for family caregivers and individuals with dementia. We are hoping to continue this collaboration with a care recipient and caregiver support group for persons with Lewy Body Dementia--the first in the Greater Sacramento region!"

"Understanding Dementia and Lewy Body Dementia" will be on Saturday, April 5th. Registration begins at 8:30 a.m. and the seminar

starts at 9:00 a.m. at Peace Lutheran Church at 924 San Juan Road in Sacramento. The seminar is free but you must register in advance by contacting PANC.

There will be two excellent speakers. Dr. Shawn Kile, neurologist from the Sutter Neuroscience Medical Group. Dr. Kile has a special interest in treating cognitive disorders and has published articles on traumatic brain injury, encephalopathy, complex partial seizures, neuropsychiatric disorders, and dementia.

Also speaking will be Dr. Vicki Wheelock, movement disorder neurologist, specializing in Parkinson's disease, Huntington's disease, and dystonia, and she has expertise in deep brain stimulation. Dr. Wheelock is an Associate Clinical Professor at UC Davis Medical Center.

In addition to these two wonderful speakers, the collaborators will all be on-site. All four associations are excellent resources and will have lots of resource materials available. If you are interested in respite care for the seminar time period, please contact Del Oro Resource Center (early as this is limited). There are continuing education units available for each of these professions: nurse, CAN, HHA, LCSW, LMFT, RCFE Administrators, and Nursing Home Administrators. Please contact PANC for more information.

The collaborators are reaching out to the Dementia and Lewy Body Dementia community and are planning to form a Lewy Body Support Group. More information about the Lewy Body Support Group, including the opportunity to join, will be available at the seminar.



Commentary by Diane Amantea

In all the years I've been writing this column, I don't believe I've seen this much excitement around a presidential election.

There are many reasons for it, the first being that President Bush, being term-limited, won't be running. That leaves the field wide open on both the Republican and Democratic sides.

Then, of course, there's Barack Obama, that young, fresh, charismatic senator who seems to have taken the county by storm. Next to him, both Senator Clinton and Senator McCain look old and tired and, well, the same old, same old.

However, just what does Barack Obama really bring to the table? What qualifies him to be the leader of the free world, the president of the most powerful nation on earth?

Sure, he's a powerful speaker and has inspired many people to vote. That's certainly a plus. After all, a good leader should inspire people.

However, and this is one area in which I'm in agreement with Hillary Clinton. (OK - don't faint! I know I don't agree with her on just about anything!) Making pretty speeches just isn't enough. Being the president is a very hard job, requiring tough, sometimes unpopular decisions.

I don't believe Obama has that in him. Perhaps with more time and more experience, he will. Now is not the time, though.

Let's take Iraq as an example. On the campaign trail, Obama constantly tells the American people he'll bring the troops home in 60 days, right after he takes office. That, my friends, is so irresponsible, it's beyond words.

Oh, sure. We could do that, but what would be the consequences? Has he even thought to consider them? Does he know what a complete mess that would create in that region? If he does, does he even care?

Both McCain and Clinton know better. And, while Hillary's been pledging also to bring our troops home, you can bet she wouldn't be so reckless and irresponsible as to just yank them out of there without so much as a thought. She would do the right thing, consult the right military and diplomatic people, and then make an adult decision. So would John McCain.

I'll admit that no one in this race has me jumping for joy. When it came time for me to cast my vote in the New York primary, I really had no clue what to do. That I had to vote was clear, but for whom?

Vote I did, though, and now, I'm supporting the person I voted for all the way. That person is John McCain.

Were I a Democrat, I would be backing Hillary Clinton. The cold truth of the matter is this: She would be a much better president than Barack Obama.

Do I want a return to the Clinton years? Not on your life. However, I could live with that, and so could the country. I don't think, though, we could afford an Obama presidency.

In short, when you get past the glitz and glamour of the guy, you get nothing. Bottom line: He would be a disaster in the White House.

Send comments to Diane Amantea via e-mail:

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4-H in Your Area!

By Natasha Elbert



Did you know that you have a local 4-H Club near you? 4-H offers wonderful projects that educate kids through the use of local volunteers. It also teaches leadership and offers opportunity to do active community service.

The American River 4-H Club has many projects for all ages. Currently we have active projects in Horse and Pony, Scrapbook, Bicycle Repair, and Beginning 4-H. Come visit the club meetings located at 6000 Stanley Ave., Carmichael.

We have meetings the second Tuesday of each month at 7pm. You can contact Don at 974-7440 if you have any questions.

4-H is not just about animals. Today volunteers offer education in Computers, Science, Leadership, and much more. Visit www.ca4h.org to learn more.

Butch & Dougie by Alex Howell



The Message of Easter

By Major A. Nilson, D.V.M.

Have you ever stopped to think what Easter really means to you, to your neighbors, and the world? Is it the coming of spring, the blooming of Easter lilies, people in brightly colored clothing, a parade, or festivals of various kinds?

What should Easter mean to Christians? As Christmas is celebrating Jesus' birth, Easter is celebrating Jesus' victory over death and mankind's hope for eternal life. When we celebrate Easter, we join with others who believe in the literal resurrection of the Christ and that His resurrection brought victory over the brave for all mankind.

However, Easter isn't merely concerned with the future. The life of Christ gives is not only in the far beyond. It begins here and now, right in the midst of the noisy, painful, hectic, complex life of today. It is here that Christ comes to touch our lives. To His disciples, He said: "I am with you always." He comes in his Word to banish our guilt, forgive our sins, strengthen us in trial, comfort us in sorrow and give us inner peace.

Christ calls us to follow him. This means to live our lives in service and love toward our fellowmen. In a world full of selfishness, violence and a mad rush to possess material things, Christ calls us to give instead of getting, to help instead of hurting, to forgive instead of seeking revenge and to sacrifice instead of indulging ourselves. This is the eternal life that we can live right now. It will make our lives not only happy, but meaningful as well.

As Christians, if we believe what we say, then it is time that we behave like we believe! It is time that every day becomes an Easter celebration. It is time for us to put our heart and mind, body and tongue, ideas and resources where it counts ... in the service of humanity. Celebrate life! Celebrate your life by finding the true purpose for living, strength to master every day, and the confidence to meet every tomorrow. That is the promise of the first Easter, the gift of eternal life that God gives to each of us through Jesus Christ's resurrection.

Seven "Must-Do" Tax Tips

(NAPSA)-An accurate, money-saving tax return begins with Form W-2, the Wage and Tax Statement. Review your W-2s carefully to save time and money this tax season.

After you complete your tax return, check out tip four below to give yourself an instant raise. The American Payroll Association, the nation's leader in payroll education, offers these tips:

1. Ensure the name and Social Security Number (SSN) match your Social Security card. Ask the payroll department for a corrected W-2 if they don't match.

2. Double-check the W-2 against your final 2007 paystub. Your final paystub can help identify potential W-2 errors. If any figure seems incorrect, contact your payroll department. Things to watch include:

- Box 1 should differ from your final paystub year-to-date gross pay if you participate in a 401(k) or other employer-sponsored savings plan.
- Box 3 total shouldn't exceed \$97,500-the Social Security wage base.

- Boxes 1, 3 and 5 should be less than your final paystub year-to-date gross pay if you use pretax deductions such as medical and dependent care spending accounts.

3. Determine whether you are missing out on any tax credits. Read the back of your W-2 copies B, C

and 2 to determine if you are eligible for any credits.

4. Give yourself an instant raise. Adjust your tax withholding by filling out a new W-4 form after you get married, have a baby or get a big tax refund (more than \$1,000). If you get a big tax refund, it means you are overpaying your taxes and giving the government an interest-free loan.

Making an adjustment could give you more money each payday. The W-4 calculator at www.nation.alpayrollweek.com/W4 can help determine the proper withholding allowances to claim on Form W-4.

5. Verify you've received a W-2 from every company that paid you during the year. Contact the payroll department of any company that has not sent you a W-2 by mid-February. Have your full name, SSN, employee number and address ready.

6. Expect Form 1099-MISC for any freelance work. If you earned more than \$600 in a year for contract work from any company, expect a Form 1099-MISC.

7. Search for lost W-2s before getting replacements. Many companies charge a reissue fee to replace a lost W-2. Request a "reissued statement" from your payroll department to replace a lost W-2 if you can't find it after searching for it.

For tips to help you get even more from your paycheck, visit www.nationalpayrollweek.com.

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Golden Years by Bill Murray

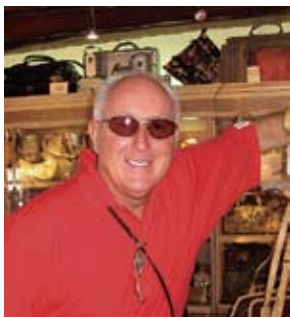


MARVIN THE CALF by Ralph Hagen



On the Road Again!

By Glenn Arnette, III



PARADISE FOUND: FRISCO, COLORADO!

My Colorado travels over the past few weeks have been the "best of everything!" After leaving Denver and the fantastic time there, I finally headed to the "hills." That view as you go west on the outskirts of town is probably one of the most spectacular you will ever find anywhere. My first stop in the Rockies is without question, Georgetown, a quaint little village where you truly can mail a letter to Santa and have your dreams come true. The second stop is Silver Plume where you can find the best homemade bread and sweet rolls in the entire state of Colorado. With loaves of bread in hand, it is back in the car and to my newly discovered favorite place, Frisco, Colorado. Frisco offers everything you can imagine and more than you can dream.

The Hotel Frisco is a special Rocky Mountain lodge with a personable and caring staff. The rooms are small and extremely comfortable and QUIET!

It is the perfect hotel to come home to after a day of activities where you can enjoy the two-story lobby with a river rock fireplace and a delightful outdoor hot tub. The Hotel Frisco is located right in the heart of Main Street, and you have free parking and can walk to everything in town. When you go to ski at Copper Mountain, you hop a free bus just outside your door. For information, call 970-668-0695 or (800-262-1002) or e-mail them info@hotelfrisco.com. You must certainly visit their website at www.hotelfrisco.com. Book a reservation now as they are very popular.

There is something unique about Frisco. That would be Cristi at the Frisco/Copper Information Center. She is a real delight and helped me to really discover the town. When you plan your trip, be sure you contact the nice people at the Center and let them tell you all of the wonderful things to do while there: 970-485-0453.

Visit other travel stories, and remember to e-mail me with your questions and travel thoughts: VGArnette3@aol.com or give me a Google: Glenn Arnette, III.

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Health Net & The Legends Fitness Challenge



clinics, powered by The Legends' Cardte Hicks, a former professional basketball player and motivational speaker are designed to empower youth to take control of their health through nutrition education and physical fitness. The camps are designed for children ages 7-14.

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Health Net is partnering with The Legends Kids First and the Sacramento Kings to sponsor three-day mini-camps for children in Sacramento. These clinics are free. These



Riley Reviews

By Tim Riley

SPORTS COMEDY TAKES A RUN AT BEING MORE THAN "SEMI-PRO"

SEMI-PRO (Rated R)

Funnyman Will Ferrell has developed a comedic persona that elevates him barely above the lazy, irresponsible man-child who is contradictorily both lovable and arrogant. This is an act he has perfected as Ron Burgundy, the TV anchorman with an inflated ego, as well as in a succession of various sports figures. He's done his part to decimate figure skating, soccer, and NASCAR racing. A one man wrecking crew, Ferrell has cultivated a legion of fans who may even cheer his more mediocre work.

Arguably, "Semi-Pro" is not in the major league status of "Talladega Nights," where his race car driver Ricky Bobby was the obnoxiously funny showoff in competition with "Borat's" Sacha Baron Cohen. This time, Ferrell's Jackie Moon is a one-man conglomerate in the last year of the American Basketball Association's existence. He's the owner, coach and power forward for the fictional Flint (Michigan) Tropics, a team defined by its outlaw flair and sensational showmanship. Sporting an afro hairdo and the gaudy clothes of the 1970s, Jackie Moon is coasting on the residuals of his big one-hit song "Love Me Sexy."

The film opens with Jackie Moon crooning his salacious hit song, which serves the purpose of establishing his character as the kind of outrageously brash self-promoter whose unpredictable behavior is certain to keep everyone on edge. As the basketball season gets underway during America's bicentennial year, Jackie soon learns that the ABA is going to be disbanded, and that only four teams will be absorbed into the more profitable and dominant NBA. A woeful team lacking any real talent, the Flint Tropics are not destined to be one of the teams merged into the NBA. But that won't stop Jackie from pulling every stunt in the book.

The Tropics have one star player, the flamboyant Clarence "Downtown" Withers (Andre Benjamin), who changes his name with frequency, finally settling on Coffee Black as his moniker. He may be good, but he can't carry a team full of league rejects. To change his fortunes, Jackie trades the team's washing machine for former NBA benchwarmer Ed Monix (Woody Harrelson), a troubled player with real talent if he can overcome constant knee trouble and an unhealthy attraction to his old flame Lynn (Maura Tierney) who's now with someone else.

Jackie, who seems modeled upon legendary baseball showman Bill Veeck and daredevil Evel Knievel, is constantly thinking of marketing ploys, some of which are manifestly stupid or

dangerous. To get fans in the seats, he offers free comdogs to all ticket holders if the team scores 125 points, and then does his best to sabotage his teammates. Another stunt is offering an oversized \$10,000 check to a spectator who makes a basket at a distance greater than half-court. When a homeless stoner (Jackie Earle Haley) sinks the ball, Jackie cooks up little tricks to avoid the payoff. Unwisely, Jackie also wrestles a bear in another stunt that goes horribly wrong.

"Semi-Pro" is full of caricatures of athletes, but not all of them come across as pure comedic figures. To be sure, Jackie Moon is all over the map as a buffoon, flailing wildly at the impossible task of putting together a championship caliber team. On the other hand, Monix and Coffee Black become the underdog heroes who are destined to succeed in a feel-good sports story, because after all that's what you have to expect from teammates on the verge of reaching the comeback status.

The funniest characters are not even on the basketball court, turning up instead in the broadcast booth. Will Arnett's Lou Redwood, a former player, is the color commentator with a colorful, and often profane, manner. His partner is Dick Pepperfield (Andrew Daly), more mild-mannered but equally adept at tossing sarcastic dialogue. When announcing the game, these two hurl insults at each other, but more often they snipe at the team and its fans. These guys are so funny that you get the sense they could easily be adlibbing their dialogue.

Feeling often like an improvised script, "Semi-Pro" may not be the best Will Ferrell comedic vehicle, but it certainly beats films like "Kicking & Screaming" and "A Night at the Roxbury." Though not consistently shooting three-pointers, Ferrell hits the mark often enough with his silliness to make this film fun for anyone enjoying this type of comedy. Indeed, there are plenty of laughs.

DVD RELEASE UPDATE

Horror films take on a life of their own when going into DVD release. "Automaton Transfusion" is a shockingly grisly zombie horror flick that follows three teens brazen enough to fight back a town full of swarming zombies. Maybe you caught this film at Screampfest 2006, but if not, now's your chance to load up on extremes of gore and bloodshed. "Awake" allows one to experience the pain and terror of "anesthetic awareness," which happens when a man remains conscious but paralyzed throughout an operation and is forced to endure excruciating pain.



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Volunteers Needed: The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA

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NEXT DOOR

County Seeking New Name for Goethe Park

Region's park users and residents asked to weigh-in

The County of Sacramento is renaming C.M. Goethe Park, located along the southern bend of the American River. To gather ideas about possible new names and gauge public reaction to the five names previously suggested, a survey is being launched March 4 through March 30, 2008 at www.sacparks.net.

"It's essential we gather input from a broad spectrum of Sacramento residents and stakeholders," said Director Gary Kukkola. "To find a name that equals the beautiful 444-acre park, we are doing extensive public outreach. We hope to build some consensus before we make our recommendation to the Recreation and Park Commission and Board of Supervisors."

The renaming process began as a response to citizen requests; the Board of Supervisors voted for the name change in January. Though the Park's namesake was a renowned philanthropist and naturalist, the name was no longer

considered appropriate since he was a promoter of a social movement known as eugenics.

"Suggestions from residents are important to us, and we want to hear from everyone," said Dan Gonzales, Recreation and Park Commissioner. Residents wishing to weigh in via telephone, or to receive a survey in the mail, may call 916-875-6961. A self addressed, postage-paid envelope will be included to return their survey.

A naming committee comprised of two American River Parkway Advisory Committee members, one Recreation and Park Commissioner and two County staff members will sort through survey responses. The committee will choose a name to recommend based on several factors including community input and compliance with Parks naming policy. (the policy is available on the Parks website)

The five names previously suggested include:

- 1) Nisek'aw Park - based on words from the Maidu Tribe of Native Americans meaning "our land"
- 2) Leidesdorff Ranch- named after a prominent Californian pioneer in the late 1800's
- 3) River Bend Park - based on a geographical feature of the park, as the river makes a significant U-shaped bend at the location of the Park
- 4) Willow Bar - highlights the Park's gravel bar that hosts variety of willow trees.
- 5) Live Oak Park - inspired by the unique abundance of Live Oak trees

County staff will make recommendations to the American River Parkway Advisory Committee, and the Recreation and Park Commission, both in April. Final recommendations should go before the Board of Supervisors for approval in May.

Brush Up the Boulevard, Saturday, April 5th

Two active neighborhood associations along with the Carmichael Chamber of Commerce will clean up Fair Oaks Boulevard, Saturday, April 5, 9 a.m. - 12 p.m.

Volunteers from Carmichael Creek and Carmichael Colony Neighborhood Associations will join the Chamber in picking up trash, cleaning up weeds, and inventoring the Boulevard from Fair Oaks and Oak north to California (past the split with Manzanita and on to Manzanita and Cypress).

Students seeking community service hours are encouraged to join in the effort and will receive a certificate documenting their hours at the end of the project.

The Brush Up The Boulevard effort will begin at the Carmichael Park, 5750 Grant Ave. (by the tennis courts) at 9 a.m. with coffee, juice, donuts, muffins and instructions. The rain date is April 12. Participants will break up into groups and tackle portions of the boulevard. Orange vests, pick-up sticks and trash bags will be provided. Volunteers are encourage to bring their own gloves. For further information, call the Carmichael Chamber of Commerce at 481-1002.

Timing is Everything: Now is the Time to be a Real Estate Investor



By Delia Fling

Are you still waiting for the real estate market to bottom? Whether you are a first time homebuyer or an aspiring real estate investor now is the time to sit up and take notice. A series of events are developing around us that spell opportunity for those who take action.

Fact: the real estate market has been declining since 2006. The age-old real estate mantra of location, location, location holds true today. As professional realtors remind us it is a regional market. Some areas have declined more precipitously than others. In fact there are areas in Sacramento that are flirting with 1991 valuations!

Fact: Interest rates are at historically low levels. Even though the credit markets have been under excessive pressure a good portion of 2007, 2008 appears to be stabilizing. I am not inferring that everything is peaches and cream. Financing qualifications have become more restrictive. Lenders want to be convinced that borrowers have the means to stay in their



TRANSPAC FINANCIAL

homes. A number of programs still exist to help the first time homebuyer fulfill their dream. And most importantly, lenders are still willing to do business

with an investor who has good assets.

You don't need to believe the economy is going into a recession to understand the dynamics going on in the credit markets. Current interest rates are being pressured down. This environment will not last long. Ultimately interest rates will increase and find their true levels probably sooner than later.

But how lucky are we...bargain priced real estate and bargain rate money to buy it with! A \$450,000 house at the peak of 2005 in many neighborhoods in Sacramento, today is selling for \$360,000 (less in some neighborhoods).

Interest rates have declined dramatically in the last 30 days. A payment for a \$360,000 house last month, will buy you a \$400,000 house today!

Wealth is created by those that recognize opportunity and take action. California is on Sale and giving you great financing terms!

Delia Fling is a Mortgage Planner with TransPac in Fair Oaks. Contact her for questions or comments at 916-284-0066 or deliaf@transpacfl.com.



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FICTITIOUS BUSINESS NAME STATEMENT #0800655. James Senser, 4936 Hollycrest Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Able Distributing Co." at 11622 Fair Oaks Blvd. #111, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Jan. 18, 2008. Publish: Feb. 26, March 4, 11, 18, 2008.

ABLEDI 80204 3-18-08

FICTITIOUS BUSINESS NAME STATEMENT #0801748. OnPoint Underwriting, Inc., 2002 Summit Blvd. #900, Atlanta, GA 30319 is doing business under the Fictitious Business Name "A1 Program Managers" at 2002 Summit Blvd. #900, Atlanta, GA 30319. Filed with the Clerk of Sacramento County on Feb. 14, 2008. Publish: Feb. 26, March 4, 11, 18, 2008.

A1ORIG 80204 3-18-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00002645-CU-PT-GDS

WHEREAS, Hattie Francine Thompson has filed a petition with this court for a decree changing name of Hattie Francine Thompson to Francine Thompson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 21, 2008 in Dept. 54, 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: Feb. 1, 2008.

Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: February 26, March 4, 11, 18, 2008.

THOMPS 80301 3-18-08

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR LANE COUNTY CIVIL SUMMONS CASE #15-08-03511

In the Matter of the Marriage of: BARBARA D. SERATTE, Petitioner and FRANK J. MAYBERRY, Respondent TO: FRANK J. MAYBERRY, Respondent

You are hereby required to appear and defend the Petition filed against you in the above-entitled cause within thirty (30) days from the date of service of this Summons upon you, and in case of your failure to do so, for want thereof, Petitioner will apply to the Court for the relief demanded in the Petition.

NOTICE TO RESPONDENT: READ THESE PAPERS CAREFULLY!

You must "appear" in this case or the other side will win automatically. To "appear" you must file with the Court a legal paper called a "Motion" or "Answer." The "Motion" or "Answer" must be given to the Court Clerk or administrator within 30 days along with the required filing fee. It must be in the proper form and have proof of service on the Petitioner's attorney, whose name and address appear below, or if Petitioner does not have an attorney, proof of service upon Petitioner. If you have any questions, you should see an attorney immediately. If you need help in finding an attorney, you may call the Oregon State Bar's Lawyer Referral Service at (505) 684-3763 or toll-free in Oregon at (800) 452-7636.

ANDREW M. ROSS
 220 E. 11th Ave. #12-B
 Eugene, Oregon 97401
 Phone: (541) 343-7357
 Publish: Feb. 26, March 4, 11, 18, 2008.

ROSS 8020 3-18-08

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern:

Prestige Events LLC is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 6530 Fair Oaks Blvd., Carmichael, CA 95608 with 47 - On-Sale General Eating Place license.

Filed: Feb. 13, 2007
 Publish: March 11, 18, 25, 2008.

PRESTI 8030 3-25-08

FICTITIOUS BUSINESS NAME STATEMENT #0802420. John O'Connor and Vicki O'Connor, both of 7013 Lincoln Oaks Dr., Fair Oaks, CA 95628 are doing business under the Fictitious Business Name "Kitchen In A Pinch" at 5841 Jameson Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 3, 2008. Publish: March 11, 18, 25, April 1, 2008.

KITCHE 80302 4-1-08

FICTITIOUS BUSINESS NAME STATEMENT #0802361. Lance D. Urke, 1511 Mendota Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Urke Plumbing" at 1511 Mendota Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Feb. 29, 2008. Publish: March 11, 18, 25, April 1, 2008.

URKEPL 80302 4-1-08

FICTITIOUS BUSINESS NAME STATEMENT #0802289. OnPoint Underwriting, Inc., 2002 Summit Blvd. #900, Atlanta, GA 30319 is doing business under the Fictitious Business Name "Spectrum Wholesale Insurance Services" at 2002 Summit Blvd. #900, Atlanta, GA 30319. Filed with the Clerk of Sacramento County on Feb. 29, 2008. Publish: March 11, 18, 25, April 1, 2008.

SPECTU 80302 4-1-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00004755-CU-PT-GDS

WHEREAS, Jarrod Elliot Unruh has filed a petition with this court for a decree changing name of Jarrod Elliot Unruh to Jarrod Elliot Hodgson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 18, 2008 in Dept. 54, 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: Feb. 29, 2008.

Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: March 11, 18, 25, April 1, 2008.

UNRUH 80302 4-1-08

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00004554-CU-PG-GDS

WHEREAS, Deric Le Shaun Benedict

Bradley has filed a petition with this court for a decree changing name of Deric Le Shaun Benedict Bradley to Deric Le Shaun Bradley. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 9, 2008 in Dept. 54, 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: Feb. 27, 2008.

Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: March 11, 18, 25, April 1, 2008.

BRADLE 80302 4-1-08

FICTITIOUS BUSINESS NAME STATEMENT #0802408. Billy R. Butler, 2661 Bell St., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Butler Motorsports" at 2661 Bell St., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on March 3, 2008. Publish: March 18, 25, April 1, 8, 2008.

BUTLER 80303 4-8-08

Community Events

There will be a **Town Hall Meeting** held on Wednesday, March 12, at the La Sierra Community Center, 5325 Road, Suite 100, in Carmichael, from 7 to 9 p.m.

The Carmichael Water District invites you to attend this Town hall Meeting for the most current update on the NDMA ground-water contamination and for an opportunity to hear an update on recently completed and upcoming treatment facilities, to ask questions and to voice your concerns.

North American Youth Sports announced today that they will hold their **annual spring youth basketball tournament** in the Sacramento, California area to Center High School on May 16 -18. This tournament will feature ten different brackets. They include 5th, 6th grade boys; 5th - 6th grade girls; 7th grade boys; 7th grade girls, 8th grade boys; 8th grade girls; 9th -10th boys; 9th - 10th grade girls; 11th -12th boys; and 11th - 12th grade girls. All grades are based on the grade in which a student is currently enrolled. The entry fee for this tournament is \$125 and guarantees each team a minimum of two games. There will be awards presented in each bracket.

The entry deadline is April 25. For additional information or an entry form, please call the toll-free NAYS spring tournament hotline at 1-866-352-5915, or tournament director Jeff Wise at 787-8100 x 6051.

Easter will be held at the **Northminster Presbyterian Church**, 3235 Pope Ave. Good Friday's Service will be held on March 21, starting at 7 p.m. Easter Sunday's Service, March 23, will start at 7 a.m. at the East Lawn Mortuary, Sierra Hills Mortuary, 5757 Greenback Lane, with a traditional service, March 23, starting at 9:55 a.m.

For more information, contact 487-5192.

The **Arbor Day Foundation** wants to celebrate the arrival of spring by helping people plant trees. Each person who joins the Arbor Day Foundation in March will receive 10 free white pine trees. The free trees are part of the nonprofit Foundation's **Trees for America** campaign.

"The white pines will add year-round beauty to your home and neighborhood," said John Rosenow, chief executive of the Foundation. "They are fast-growing landscape trees with soft needles and graceful branching. You can use them as specimen trees or as a privacy screen or windbreak ... even as a beautiful sheared hedge." The trees will be shipped postpaid at the right time for planting between March 1 and May 31 with enclosed planting instructions. The six to twelve inch trees are guaranteed to grow or they will be replaced free of charge.

Members also receive a subscription to Arbor Day, the Foundation's bimonthly publication, and The Tree Book with information about tree planting and care.

To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE

WHITE PINE TREES, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, Nebraska 68410, by March 31. Or join online at www.arborday.org.

The **Senior Wheels USA Program** makes available **Power Wheelchairs to Senior Citizens and the Permanently Disabled** at no cost to the recipient, if they qualify.

The Power Wheelchairs are provided to those who can no longer walk safely, nor self-propel a manual wheelchair, and who meet the additional guidelines of the program.

If the patient's need is for use in the home, please call for more information to see if they qualify. Call toll-free at 1-800-246-6010.

Maestro Michael Morgan conducts the **Sacramento Philharmonic** on Saturday, March 29, at the Sacramento Community Center Theater at 8 p.m. Tickets are available at 264-5181 or at www.tickets.com.

The Sacramento Philharmonic presents its fourth Great Works concert "Elgar's Enigma" on Saturday, March 29, at the Sacramento Community Theater at 8 p.m. Philharmonic Music Director Michael Morgan conducts a concert that includes Sir Edward Elgar's best-known composition Enigma Variations.

Up and coming soprano Talise Trevigne will perform Richard Strauss' magnificent and meditative Vier Letzte Lieder (Four Last Songs). The Philharmonic will also honor California composer Miklos Pozsa, by performing excerpts from the motion picture score of Ben Hur. The Sacramento Philharmonic celebrates National Music in the Schools Month with pre-concert performances by the winners of this year's Jammies and students from the orchestra's "String Fever" violin classes. The pre-concert performances get underway at 6:30 p.m.

Tickets are available at the Community Center Box Office at 264-5181 or at www.tickets.com.

For more information, contact www.sacphil.org.

Sudoku Answers

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

Have a Happy Easter

Easter Well-Wishes from Your Local Business Community

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 Denise Evans and Denise Brandt
 8350 Fair Oaks Blvd., Carmichael
 944-2323

Carmichael Recreation & Park District
 March 22nd Pancake Breakfast 7 to 11 am
 Easter Egg Hunt 10 am
 5750 Grant Avenue, Carmichael
 485-5322

Coffman's Furniture Gallery
 Dave and Lisa, Owners
 6413 Fair Oaks Blvd., Carmichael
 482-9663

Crestview Florist
 Keith Cameron, Owner
 4764 Manzanita Avenue, Carmichael
 482-7974

El Dorado Savings Bank
 Nancy Reynolds, Branch Manager & Her Staff
 4701 Manzanita Avenue, Carmichael
 481-0664

Laurence Properties
 Stephanie Paschal, Property Manager
 5740 Windmill Way, Suite 11, Carmichael
 486-0209

Mercy San Juan Medical Center
 Brian Gardener & Staff
www.MercySanJuan.org
 6501 Coyle Avenue, Carmichael
 537-5000

Esaton Village
 Linda & Lucy, Marketing Directors
 3939 Walnut Avenue, Carmichael
 974-2000

Mission Oaks Recreation & Park District
 Debbie Walker, Administrator
 Mark Koller, Director of Recreation Services
 3344 Mission Avenue, Carmichael
 488-2810

Phoenix Schools
 2921 Garfield Avenue, Carmichael
 481-6144

Winding Commons Senior Residence
 Christine Pesola, Administrator
 6017 Winding Way, Carmichael
 485-0100

Safeway Stores, Inc.
 Kim Johnson, Store Manager
 4046 Manzanita Avenue, Carmichael
 481-2005

Wells Fargo Bank
 Doug Britt, Manager & Staff
 7225 Fair Oaks Blvd., Carmichael
 440-4174

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THE CHANNEL SURFER

by Linda Mason

The wait is finally over for "Battlestar Galactica" fans. SCI FI's Emmy and Peabody Award-winning original series returns for its fourth original season on Friday, March 28 at 10p.m., ET/PT with two back-to-back half-hour specials. The first new episode will premiere the following week, Friday, April 4 at 10 p.m., ET/PT.

As season 4 opens, the last remnants of humanity continue their search for a new home. The thin line that separates them from the rapidly evolving Cylons is being redrawn. Galactica's crew, rocked by Starbuck's sudden and mysterious return from the dead - and her claims that she has been to Earth and can lead them there - attempts to make sense of the

inexplicable. Meanwhile, four members of the fleet are still reeling from the revelation that they are Cylons and have been all along.

"Battlestar Galactica" is the gripping saga of humanity's last remnants and their struggle to find a new home while fleeing from their deadly Cylon enemies. Redefining the space opera with its gritty realism, Galactica's intensity, issues-driven topicality, and command performances have garnered it numerous awards. The show was recognized by the American Film Institute (AFI) as one of the most outstanding programs of the year two years running. The outstanding ensemble cast is led by Edward James Olmos, Mary McDonnell, Katee Sackhoff, Jamie Bamber, James Callis, Tricia Helfer and Grace Park.

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SUDOKU

Sudoku requires no arithmetic skills.

The object of the game is to fill all the blank squares with the correct numbers.

- Each row of 9 numbers must include all digits 1 through 9 in any order.
- Each column of 9 numbers must include all digits 1 through 9 in any order.
- Each 3 by 3 subsection of the 9 by 9 square must include all digits 1 through 9.

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

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