

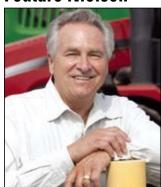
# Carmichael Times

Volume 33 • Issue 31

Serving Carmichael and Sacramento County since 1981

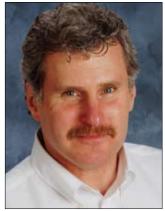
July 31, 2013

#### Sacramento **Republican Women Luncheon to Feature Nielsen**



Page 3

#### Forming Good Habits and Getting Rid of Bad Ones



Page 11

#### **Bera Announces Wounded Warrior Position Available**



Page 9



direct link to our online edition!

CARMICHAEL, CA (MPG)

general loss of belonging, even in how we build new houses without front porches. "And you have garage door openers so nobody has to see anybody," said Jack Harrison,

who recently retired as director of the Carmichael Recreation and Parks District. "People are isolated from each other, and that's led to a loss of community."

Carmichael Park and the La Sierra Community Center have become attractive places for thousands of people who come to relax, meet others and participate in yearround events, Harrison said in a recent interview. Hundreds of residents are personally investing in parks, schools, neighborhoods, businesses by giving time, money, skills and labor to make Carmichael a better place.

In recent months, public agencies and community planners directed the planting of the big palms that now tower over the historic heart of Carmichael at Fair Oaks Boulevard and Marconi, where hitching posts and small stores stood only a few decades ago. Volunteers from the Carmichael Chamber of Commerce and other groups recently spent a weekend morning picking up trash and litter along the Fair Oaks corridor, where a multiyear widening and beautification project is under way. In another outing, Chamber members walked along the corridor to offer advice and other help to new businesses.

Other volunteers visit shutins, tutor children and provide food, financial aid and other relief to the needy people in the community.

"The older builders of the Carmichael community remain active and engaged," County Supervisor Susan Peters said in an e-mail response for this article. "There also appears to be a new generation of community builders through membership

educational organizations." For example, churches and service nonprofits operate food closets, shelters, home care for

in the various service clubs,

neighborhood associations, the

chamber, church groups, and

elderly and disabled residents, and addiction rehabilitation programs. Monthly and weekly newspapers like the Carmichael Times also build community. The Kiwanis Club raises and gives away thousands of dollars to schools, arts

programs, benevolence nonprofits, and provides scholarships for children who can't afford to sign up for teams. Many Kiwanis members fix up schools and parks.

Continued on Page 3

# Heat Wave Babies Spotted

## Some Moms Prefer Home Deliveries



CARMICHAEL, CA (MPG) - Challenged by recent heat waves, dehydration, and predators, black-tailed deer fawns are finding American River Parkway survival particularly tough this year. Many does have instead chosen to deliver babies in residential backyards.

Thus, in recent weeks, unusual numbers of gardeners have reported surprise at what sprouted overnight in their flowerbeds.

predators less common, and bird baths are handy troughs. Sprinklers mean greener grazing than our parched Parkway can

"I looked out my window and a baby fawn tottered toward me," marveled a California Avenue woman. "Her eyes were unfocused and her fur was wet. I guess she had just been born. I was thrilled to

Continued on Page 2

#### **Wal-Mart Settles EEOC Disability Discrimination and Retaliation Suit**

Federal Agency Obtains *\$40,000 for Estate of* Employee with Disability

SACRAMENTO, CA - Giant retailer Wal-Mart Stores, Inc. has agreed to pay \$40,000 and implement preventive measures to settle a lawsuit alleging it fired an employee because of a heart condition and because he had complained about the lack of an accommodation, the U.S. Equal Employment Opportunity Commission (EEOC) announced

According to the EEOC's lawsuit, in 2009, a Tire and Lube Express Bay manager who had worked at the Wal-Mart store in Placerville, Calif., since 2003, was fired on account of his disability (atrial fibrillation, a heart condition that causes shortness of breath and difficulty walking) and because he had complained about discrimination and filed a charge with the EEOC.

The Americans with Disabilities Act (ADA) prohibits treating workers unfavorably because they have a disability and requires employers to make reasonable accommodations to applicants and employees with disabilities. The ADA also prohibits retaliatory actions against employees for re-questing an accommodation or filing a charge with the EEOC. After attempting to resolve the case through pre-litigation conciliation efforts, the EEOC filed the lawsuit (EEOC v. Wal-Mart Stores, Inc., CIV. 11-3327 JAM CKD) in U.S. District Court for the Eastern District of California.

In the year following the filing of the EEOC's lawsuit, the worker suffered a fatal heart attack. However, the EEOC and Wal-Mart were able to resolve the lawsuit following a settlement conference before Magistrate Judge Carolyn K. Delaney. Under the two-year consent decree resolving the lawsuit,

Continued on Page 9

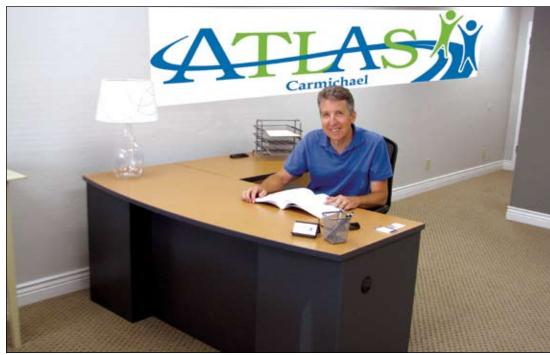
## **Community-Building in** Carmichael: One Person at a Time

By Clark McKinley

- Building a sense of community in a suburb like Carmichael is a formidable challenge. Yet hundreds of volunteers are meeting it – and more help is coming.

The bad news is that there's a

But the good news is that



Scott Young, Director, Atlas of Carmichael, on a mission. Staff Photo

Carmichael Times Page 2 July 31, 2013

# Heat Wave Babies Spotted



Even on the parched American River Parkway (above), siblings find a drink is always drink available when mom is handy. Photo by Susan Maxwell Skinner.

Continued from Page 1

see nature renewed in my own yard. The mother had vanished and the baby started crying. She was running around in distress, but she stayed in my yard. Eventually, the mom came back, suckled her baby, and they wandered off together. I haven't seen them since."

Owner of a large property near Carmichael Creek, Allan Davis headed outdoors for a stroll. "I heard a rustle and a tiny fawn was feet away from me, just staring," said Davis. "He was so cute ... eventually he ran away, but he seemed to stay in the garden."

Later, a doe showed up. Mother and child wandered down the garden path and into the sunset, together.

What Carmichael both residents observed was a rite of passage -- a behavioral norm often mistaken for maternal neglect. After does give birth,

they abjure their little ones to stay put, then disappear. No matter how frightened, the fawns wait in prescribed areas. Moms later retrieve babies already apprised of lesson one: obedience. In following months, fawns are often left beneath thickets, camouflaged by dancing light



Hours old, a fawn holes up in a garden corner (above) to master a childhood lesson in obedience. Photo by Susan Maxwell Skinner.

on dappled coats. Obedience to the stay-put message is a fawn's greatest protection.

Does usually keep newborns hidden for some weeks after birth. With August upon us, new fawns are now becoming more visible on the Parkway, but from all indications, this summer presents special hardships. June/ July heat waves desiccated most grasses and dried creeks early. The staple acorns won't be available till fall.

"That might explain why so many fawns were born in private gardens," ventures Effie Yeaw Nature Center staffer Betty Cooper. "On the Parkway, deer compete with other animals to eat whatever's out there. I guess our gardens are a refuge."

Here's what to do if a lone fawn appears in your yard:

Don't assume it is abandoned

-- mothers almost always return. **Don't** move the youngster -- this may stop mom from finding it. Don't befriend or feed fawns -- their survival depends on wariness

Do fill birdbaths or leave water pans in shade. **Do** restrain Fido until the newcomer departs; even friendly dogs may initiate flight and injury. Canine odor might also scare off the returning doe. **Do** caution neighbors to drive carefully -- the mom might appear suddenly on a street or driveway.

Above all, honor the little newcomer's presence as a brief, precious gift. We are all nature's children. Responsibility to share begins in our own yards.

For advice or assistance with orphaned fawns, visit www. kindredspiritsfawnrescue.org.





Publisher, Paul V. Scholl

## Carmichael Times "Written by the people and for the people"

Serving Carmichael and Sacramento County since 1981

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. The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted.

Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

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

To submit your articles, information, announcements or letters to the editor,

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl Bill Martin • Linda Harper • Anne Smith

Banerjee Designs • Stump Removal Graphics

Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly

David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton Dr. Bob Graykowski • Julie Parker • Leslie Carrara Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer David Graulich • Perry Hartline • Gerry Scholl

Gabriel Scholl

Nicholson & Olsen CPA

RJ at thesitebarn.com • JWS Promotions • Mikahn Design Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire

> North American Precis Syndicate • Blue Ridge Press • ARA Content California News Service • Family Features • WorldNetDaily

Amanda Morello • Susan Skinner

and Orangevale Chambers of Commerce We are proud members of these newspaper associations.

Member of Carmichael, Citrus Heights, Fair Oaks,





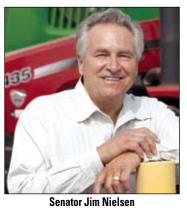
Carmichael Times is a member of **Messenger Publishing Group** 

please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

## Sacramento Republican Women Federated Monthly Luncheon to Feature Nielsen

CA (MPG) - The Sacramento Republican Women Federated will be holding their monthly lunch on September 4th at the Northridge Country Club, 7600 Madison Avenue, Fair Oaks, at 11:30 a.m. Joining SRWF in September is featured speaker Senator Jim Nielsen, representative of the 4th Senatorial District.

Senator Nielsen has developed a reputation of being a strong fiscal conservative, promoting controlled government spending and lower taxes, welfare reform, reduced welfare fraud, toughness on crime, and gun rights for lawabiding citizens. Currently, Senator Nielsen is serving as Senate Republican Whip, Vice-Chairman of the Governmental Organization Committee, and a



member of Senate committees on Budget, Health, Insurance, and Veterans Affairs.

In addition, Senator Nielsen is a strong advocate for protecting and strengthening private property rights in California, which entails efforts to curb government's ability to use eminent domain to seize private property.

ranchers in the Klamath Basin to fight efforts by government to steal their historic water rights, resulting in authoring a law to protect 'area-of-origin' water rights in California. In addition, he is diligently monitoring the proposed delta tunnels project.

Luncheon cost is \$26, and reservations should be made by calling 916-733-1623.

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women on Republican principles, increase the effectiveness of women in the political cause, and are leaders in our community.

## **Community-Building in Carmichael**

Continued from Page 1

Hundreds of neighbors were involved in the three new neighborhood parks that have been built in the last six years, working on the parks and raising money," parks Director Harrison said. "Parks are critical to bring people together. When people get engaged in their local park, that park is their child. They watch it and protect it because they're invested, and they have a sense of community."

So there are investments in places, and investments in people.

For example, Harrison said fundraisers for the Carmichael Park's planned Aquatic Center found that the idea attracts wealthy potential donors because they care about children who have no access to a public swimming pool.

"There are people who say, 'I have a pool. I have a pool down at the club I belong to... but you know what? I recognize that a lot of kids don't have a pool."

On a county level, the 211 telephone and website service refers needy people to hundreds of Sacramento area nonprofits, government agencies and relief and development programs that offer emergency housing, jobs and training, financial aid, and child and health care services.

Closer to home, ATLAS of Carmichael (Attaining Truth, Love and Self-Control), a new nonprofit, offers a communitybased clearinghouse service from an office strip fronting Manzanita Avenue just south of Winding Way. ATLAS staff assess inquirers' resources and may refer them to immediate relief programs. They also arrange for volunteers to regularly contact people who want encouragement in taking steps toward rehabilitation and longterm independence.

"We're looking for more than a quick fix. Instead, we're here to walk alongside people and families as they move on to a better life," said ATLAS Director Scott Young. "This is about building connections with hurting people, also to collaborate



with like-minded organizations in the community to make those connections happen."

Large potential pools of volunteers are in Carmichael's many nonprofit service and community associations and its dozensofchurchesandsynagogues. Gary Fox, the regional executive director of Youth for Christ, said the buy-in of such groups is critical to the success of ventures like ATLAS, based on his experience with the North Area Teen Center in Carmichael. YFC operated the center next to California Family Fitness at Palm and Fair Oaks Boulevard for 10 years as one of several after-school drop-in programs around the county. The Sacramento County Sheriff's Department strongly endorsed the center, and its director was active in the Carmichael Chamber of Commerce, serving one year as president.

But in 2005, the center closed for lack of support.

"There were plenty of kids in the apartments, so the need for volunteers and funds was immense," Fox said in an interview. "But we couldn't sustain it. What killed it more than anything else was the fact that we just didn't have church support. At some point, such a program must be supported by the community."

But for programs that win that support, good things can happen.

For example, an after-school tutoring program is providing a safe place for children in a tough neighborhood of Citrus Heights. The gang-infested area was notorious for its open-air drug markets, shootings and felony assaults when YFC launched the neighborhood outreach 10 years ago. At that time, the three-block, Sayonara Drive accounted for most 911 calls to local police, years.

Fox said. Such calls have declined significantly.

"We've forged an incredible relationship with the elementary schools that feed back to that neighborhood, and they're some of our biggest advocates now. We've got 10 churches that participate with us and some 50 volunteers. They probably don't give a nickel financially, but the time they give is incredibly valuable because it's life-changing for these kids. The volunteers know that they're making a significant impact. If you want involvement from the community, the community's got to feel safe and they've got to feel that there's a purpose."

While private fundraising is always a challenge in the current economy, there's much that Carmichael residents can do on their own to transform their neighborhoods -- one person at a time. Transformation can happen through the one-on-one relationship mentoring program that ATLAS is developing, or through caring neighbors.

"Contributions are not just measured by financial donations," Supervisor Peters said. "Time, energy, and so-called sweat equity volunteerism are important factors that can benefit the community. For example, many seniors living alone can become isolated. The best cure for loneliness is friendship, and a good neighbor can interact with that senior living nearby. Becoming involved in your neighborhood and community is the easiest way to help those in need."

To contact Atlas call Scott Young, Director at 916-997-6542 or by email at scott@ atlascarmichael.org.

Clark McKinley is a retired multi-family housing area on journalist, ATLAS Board member and Carmichael resident for 34

## The Annual CAM Car Cruise is on!

(MPG) Gorgeous cars will cruise on through from Sac State to Fulton Avenue on a regulated route with no stops this Saturday, August 3 for what's known as Sacramento's BEST Car Cruise and Show. Spectators of all ages are welcome to cheer Cruisers along the path from Sac State to Fulton Avenue, then walk freely around Fulton to enjoy some summer fun! Cruise begins at 4:00 pm, ending in a car show at 5:00 pm.

Cruisers, spectators, and car lovers will end their day on Fulton with an all- carenthusiast celebration that includes vendor booths, a huge car show, beer garden, awards ceremony, live music by Todd Morgan and the Emblems, and did we mention car show? This is the BEST way for the entire family to spend the afternoon amongst beautiful cars!

The California Automobile Museum has partnered with the Fulton Avenue Business Association to ensure a steady regulated Cruise along the route, making this cruise the BEST in Sacramento, and quite the spectacle. Led by a sirenhappy vintage fire truck, the cruise is packed full with cars from all eras! The Model T Club has made a fun addition

in the past as the drivers and passengers dressed as gangsters and flappers. This non-stop cruise that happens only once a year in August complements the famed Reno event, "Hot August Nights"!

All proceeds from this event will go to benefit the Museum's mission to preserve, exhibit, and teach the story of the automobile and its influence in our lives. For more information, please contact the Museum directly at (916) 442-6802, pr@calautomuseum.org, or visit calautomuseum.org.

Source: California Automobile

and Monday



Marriott Hotel ~ Rancho Cordova, CA • Highway 50 & Sunrise Blvd.

FRIDAY Pool Side Welcome Party 5 to 7pm SATURDAY Wine Tasting 4 to 6pm • SUNDAY Patrons Lunch 12 to 1:30pm

For Ticket Sales and Information Call 916-822-2210

Or visit Our Website www.HotJazzJubilee.com



We Specialize in Custom Orders!

Visit our web site at www.CarmichaelFurniture.com

Store hours: Tuesday thru Friday 10:00 A.M. - 5:50 P.M., Saturday 11A.M. - 7P.M.





Fax: (916) 331-1195

www.hafezrestaurant.net

5207 Madison Ave # A

(On Madison Ave, near Auburn Blvd.)

Sacramento, CA 95841

Carmichael Times Page 4 July 31, 2013



RIO LINDA, CA (MPG) - At 6:45 pm on Thursday, July 25, Metro Fire units were dispatched for a report of a vacant home on fire in Rio Linda, which was extending to grasslands threatening neighboring properties. Significant smoke production was noted by responding units, and additional

## Vacant Home in Rio Linda Erupts in Fire According to Witnesses

the wildland fire.

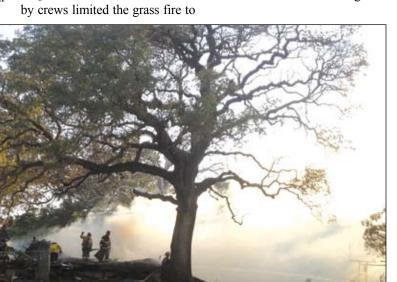
Metro Fire Copter 2 was in the area on return from a prior incident and provided immediate aerial observation for the incident Resources were commander. directed to the growing grass fires as other fire crews began the firefight on the home, which they reported as fully involved in fire on arrival.

Quick and coordinated action

crews were requested to handle less than an acre and protected area homes and properties. The 2-story home was known to be vacant at the time of the fire and was a total loss.

> No civilians, firefighters, or animals were injured at this incident.

> At the time of this release, the Investigations Unit for Metro Fire was processing the scene to determine the cause and origin.



A fire in a vacant home in Rio Linda extended into grasslands and threatened neighboring properties was limited to less than an acre. Photo courtesy of Sacramento Metro Fire.

#### Early Morning Rancho Cordova Apartment Fire Results in Patient Being Taken to UCD

CA (MPG) - At 1:45 am on Saturday, July 27, Metro Fire units were dispatched to an apartment fire at the Chardonnay Court Apartments in the 2700 block of La Verta Court in Rancho Cordova. First crews on the scene reported a working fire that was involving the first-floor unit and rapidly extending to the second floor.

Crews on the scene immediately began assuring all occupants were accounted for and evacuating any residents that were in harm's way, while other personnel began stretching hose lines to suppress the growing fire.

An adult male fire victim had

been removed by neighbors and was suffering from smoke inhalation. Metro Fire paramedics immediately began patient care. The victim was soon transported to UC Davis Medical Center for further treatment.

An aggressive and coordinated fire attack by fire companies resulted in the fire being brought under control within 15 minutes. The majority of the damage was handled by the initial fire units; however, electrical service was compromised due to the fire and affected 8 total apartments, resulting in 12 people being displaced until service could be returned. Citizens were providing for their own accommodations,

although Red Cross was offered. Quick action by Metro Fire companies on the scene limited the spread of the fire and prevented other citizens from suffering injury.

At the time of this release, the Investigations Unit for Metro Fire was processing the scene to determine the fire's cause and origin.

Metro Fire reminds you that smoke alarms save lives! Almost two-thirds of fire-related home deaths are in homes with no working smoke alarms. Protect your family: Test your smoke alarms every month, and change the batteries when you change your clocks.









#### MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm Registration Hours: 8:30am-4pm Monday-Friday

www.morpd.com

DISTRICT OFFICE (916) 488-2810 • Fax (916) 488-4349 3344 Mission Ave., Carmichael, CA 95608 MISSION OAKS COMMUNITY CENTER (916) 972-0336 • Fax (916) 972-7371 4701 Gibbons Dr., Carmichael, CA 95608

Monday, Wednesday, & Friday 9am-noon. Sessions: August 5-23 With parent participation: \$90 \*Without participation: \$120.

> SWANSTON COMMUNITY CENTER (916) 333-6464 • Fax (916) 488-4349 2350 Northrop Ave., Sacramento, CA 95825

## What Home Health Services Does Medicare Cover?

By David Sayen

Medicare covers a variety of heath care services that you can receive in the comfort and privacy of your home. These include intermittent skilled nursing care, physical therapy, speech-language pathology services, and occupational therapy.

Such services used to be available only at a hospital or doctor's office. But they're just as effective, more convenient, and usually less expensive when you get them in your home.

To be eligible for home health benefits, you must be under a doctor's care and receive your services under a plan of care established and reviewed regularly by a physician. He or she also needs to certify that you need one or more home health services.

In addition, you must be homebound and have a doctor's certification to that effect. (Being homebound means leaving your home isn't recommended because of your condition, or your condition keeps you from leaving without using a wheelchair or walker, or getting help from another person.)

Also, you must get your services from a home health agency that's Medicare-approved.

If you meet these criteria, Medicare pays 100 percent for covered home health services for as long as you're eligible and your doctor certifies that you need them.

For durable medical equipment (like a walker, wheelchair, or oxygen equipment), you pay 20 percent of the Medicare-approved amount, after you pay the Part B deductible (\$147 in 2013).

Skilled nursing services are covered when they're given on a



**David Sayen** 

part-time or intermittent basis. In order for Medicare to cover such care, it must be necessary and ordered by your doctor for your specific condition. Medicare does NOT cover full-time nursing care.

Skilled nursing services are given by either a registered nurse or a licensed practical nurse under an RN's supervision. Nurses provide direct care and teach you and your caregivers about your care. Examples of skilled nursing care include: giving IV drugs, shots, or tube feedings; changing dressings; and teaching about prescription drugs or diabetes care.

Any service that could be done safely by a non-medical person (or by yourself) without the supervision of a nurse, isn't skilled nursing

Physical therapy, occupational therapy, and speech-language pathology services have to be specific, safe, and effective treatments for your condition.

Before your home health care begins, the home health agency should tell you how much of your bill Medicare will pay. The agency should also tell you if any items or services they give you aren't covered by Medicare, and how much you'll have to pay for them.

This should be explained by both

talking with you and in writing. The agency should give you a notice called the Home Health Advance Beneficiary Notice before giving you services and supplies that Medicare doesn't cover.

What isn't covered? Some examples:

- 24-hour-a-day care at home
- Meals delivered to your home
- Homemaker services like shopping, cleaning, and laundry (when this is the only care you need, and when these services aren't related to your plan of care)
- Personal care given by home health aides like bathing, dressing, and using the bathroom (when this is the only care you need)

If your doctor decides you need home health care, you can choose from among the Medicare-certified agencies in your area. (However, Medicare Advantage plans may require that you get home health services only from agencies they contract with.)

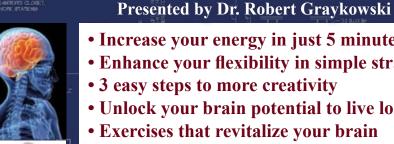
One good way to look for a home health agency is by using Medicare's "Home Health Compare" web tool, at www.medicare.gov/HHCompare. This tool lets you compare home health agencies by the types of services they offer and the quality of care they provide.

For more details on Medicare's home health benefit, please read our booklet, Medicare and Home Health Care. It's online at http:// www.medicare.gov/publications/ pubs/pdf/10969.pdf. David Sayen is Medicare's regional administrator for Arizona, California, Nevada, Hawaii, and the Pacific Territories. You can always get answers to your Medicare questions by calling 800-MEDICARE (1-800-633-4227).





S.M.A.R.T. Learning Experience "There is No Learning Without Remembering".



Increase your energy in just 5 minutes

- Enhance your flexibility in simple strategies
- 3 easy steps to more creativity
- Unlock your brain potential to live longer
- Exercises that revitalize your brain





Leave Smarter and More Confident in a Healthier Future

August 13th 6:00-7:30pm **Tuesday** 

Chiropractic USA Creating Radiant Health Phone 916-973-1661 5909 Stanley Ave • Carmichael, CA 95608 WWW.CHIROPRACTIC-USA.COM

DELIVERY ROUTES AVAILABLE CALL 773-1111





#### By Ronnie McBrayer

For the last several months I have been keeping a regular appointment with an oncologist. I'm not the one receiving care, however. My friend has lung cancer, and I have been accompanying her as she receives weekly doses of chemotherapy.

These cancer treatments are administered in an "infusion laboratory." If you have never been in one, and I hope you never have the occasion, they are all fairly uniform in design and purpose.

The "lab" is a simple room with comfortable, leather lounge chairs lining the walls. Each chair has an infusion pump that pushes what everyone prays is cancer-killing compounds through the body.

Competent, smiling nurses respond to the needs of the patients and the beeping machinery. Doctors float in and out of the room as needed. Faces grimace over the prospects of yet another needle stick; cancer war stories are told and retold; and blankets are handed out with sips of ginger ale and nibbles of saltine crackers to ease the nausea.

There are those tucked into those chairs who look well, and others who are obviously ill. There are those who have been making pilgrimage to the lab for years, and those who are

## Fight On

newbies. Some are alone, and some are with friends or family. Some discretely hide their baldness and emaciation, and others wear the rigors of treatment like a badge of honor.

And when it comes to coping, the differences are manifold as well. Some are in shock over their prognosis. Some are depressed. Some have a stoic, Zen-like acceptance. Some keep smiling no matter what, and some are as mad as hell – at life, God, physicians – at anything or anyone who can be held responsible.

Then some patients have all these feelings simultaneously, jumbled together at once. Don't be fooled: Coping with a major illness is not as orderly as textbooks led us to believe. It is a hot mess of total emotion when facing one's personal mortality, and everyone who stands on that precipice feels everything at one point or another in the process – and sometimes these are all felt

But for all the compare and contrast of these unique individuals, they are all held together by the solidarity of their battle. Through the blood, sweat, and tears they fight; they fight like gladiators in the arena. And gladiators they are, for they are desperately fighting for their lives. More so, they are fighting for what it means to be human.

As a hospital chaplain and pastor, I have visited countless bedsides, cancer wards, and infusion labs; never have I grown accustomed to the brutalizing effects of the disease on both body and spirit. Cancer, like

few other afflictions, does more than "steal, kill, and destroy" the physique. It attempts to deprive a person of his or her dignity. It endeavors to smother the internal flame and erase the spirit of the one who suffers.

So those fighting cancer (and other horrible illnesses) are not just fighting for a few more years. They are fighting for what it means to be a human being. They are marshalling all their grit and resilience (and something that borders on elegance), not just to stay alive physically, but to guard their very souls.

Oddly, this reminds me of legendary pacifist Pastor A.J. Muste. During the Vietnam War he stood in front of the White House night after night with a lit candle, in persistent and peaceful protest. A reporter asked him, "Do you really think that standing here with a candle can change the world?" Paraphrasing, he answered with a smile, "I don't stand here with my candle to change the world. I stand here to keep the world from changing me."

Those in the arena understand that physical life may be taken from them, but by God's grace, no disease will ever rob them of their humanity, their identity, of their innate worth as unique creations of the Almighty. They understand that the fight may not change their prognosis, but the fight prevents the disease from changing them.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

## Sacramento SuburbanWriters Club August Meeting

Club's next meeting will be Monday, August 12, 7-9 pm, at Crossroads Christian Fellowship Church, 5501 Dewey Drive, Fair

The Sacramento Suburban Writers Club, established in 1955, is a non-profit organization dedicated to serving writers in the Sacramento Region.

Sacramento Suburban Writers members are published. New writers are encouraged to join. Our goal is to encourage writers at all levels to achieve their personal and professional writing aspirations. Attendance is free, but membership (\$40/year) provides several benefits, including a link from their website to your own

#### Widowed Persons Association of California, Inc.

Office Hours: 10:00 am-3:00 pm Monday through Friday 916-972-9722

**Sunday Support** 

Any and all widows or widowers are invited Every Sunday from 3:00 pm–5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, bu any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.



## Need help for a few hours daily, weekly, overnight or full-time care?



In Home Care & Assistance

## We can help!

Give us a call if you or a loved one needs assistance with:

- Help after surgery
- Companionship/ Homemaking
- · Physical Assistance/Hygiene
- · Dementia Care/ Alzheimer's Care
- Respite Care
- Hospice Care



Tom & Jennifer Bollum, local owners

Right

Call 916-302-4243

1223 Pleasant Grove Blvd., #120 Roseville, CA 95678 Check us out at www.rah-southplacer.com

## **GOT LOCAL** Call 773-1111 CarmichaelTimes.com



## **Thinking of Changing Banks?** √ Check the El Dorado Advantage

- ✓ FREE VISA Debit Card
- FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- **FREE Internet Banking with** Check Images
- ✓ FREE Online Bill Payment
- **FREE Mobile Banking**
- ✓ FREE Telephone Banking
- **VALUE Checking**
- ✓ Interest Checking

✓ Investors Money Market Checking

- ✓ Business Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- √ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. **Since 1993**



Serving our local communities for over 55 years

www.eldoradosavingsbank.com

**FDIC** 

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Se Habla Espanol • 800-874-9779







## California Institute of Jewelry Training

5805 Windmill Way, Carmichael, California

Beautiful, One of a kind items for your special someone(s). Lovely designer jewelry or special custom designs: Renovating your old and making it new; Gift certificates for future classes. A great gift for someone you love, timeless.

Founded & located in Carmichael in 1979. We have trained thousands of professional jewelers and hobbyists. If you have not stopped by, you are missing a treat. You will see talent, quality and motivation.

Jewelry Making Parties. Teachers, bring your students for a field trip. We have rocks and minerals too.

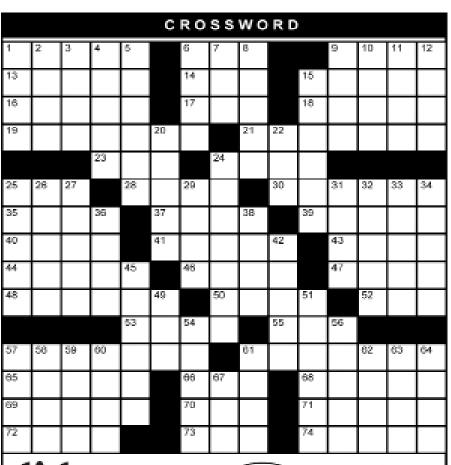
916.487.1122 www.jewelrytraining.com

Call for your personal tour today!

We are your Carmichael neighbor - come visit our "Student Jewelry Gallery" (across the street from Windmill Nursery)

VA Approved • Post 911 Veterans • Student Loans Available - Short or Full Courses

#### STATEPOINT CROSSWORD • SUMMER FUN



dish

Make the Switch to Dish Today and Save Up To 50%

Call Now and Ask How!

1-800-318-5121 Call 7 days a week 8am - 11pm EST Promo Code: MB0113

© StatePoint Media

#### **CLUES**

- **ACROSS** 1. Website visitors
- 6. Had a meal
- 9. You, archaic 13. 1995 thriller starring Brad
- 14. Used in some salons
- 15. Some can be slippery
- 16. Naked protozoa
- 17. \*Picnic crasher
- 18. Cliffside dwelling 19. \*It lights the air
- 21. \*Where many long to be
- in summer
- 23. Prompter's line 24. "The Sun \_\_\_ Rises"
- 25. U.K. broadcaster
- 28. Delhi wrap 30. Large sea ducks
- 35. Place of origin
- 37. \*It's up?
- 39. Red Cross supply 40. Beige
- 41. High fidelity sound
- systems 43. As opposed to stereo

- **DOWN** 46. Poet Ogden \_ 47. Skunk's defense school
- 48. Edible corn part 50. Actress Perlman
- 52. Compass reading
- 53. Sherlock Holmes
- assignment 55. Big time
- 57. \*Summer nap spot 61. \*Auto entertainment
- 65. Self-evident truth 66. \*In high demand when
- heat hits 68. Île de la Cité locale
- 69. Twisted cotton thread
- 70. \*Heat reliever
- 71. Unwelcome computer message
- 72. 90 degrees from norte
- 73. \*Eggs do it on sidewalks 22. Don't waste in summer?
- 74. Dictation taker
- 74. Must-haves

- 1. Colorado Springs military
- 2. Rig or truck and anon"
- 4. Renaissance instrument
- resembling a violin 5. Blunders or bloopers
- 6. Like a game not at home
- 7. \*Many covet this look Glorify
- 9. \_\_\_\_ off or started playing,
- as in golf
- 10. \*Most blockbusters feature
- at least one 11. Assortment
- 12. Singular of #1 Across
- 15. Regional dialect of a language
- 20. Keep on a short
- 24. Price of flight

- 25. \*Most students are on this
- 26. Italian bowling
- in summer
- 27. Core remover

- 29. The Colosseum, e.g. 31. Audition tape
- 32. Eat away

EMILIM MOVIE CHANNELS!

For 3 months.

@WIINE.

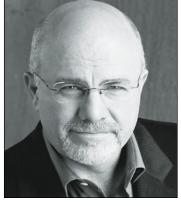
däsh

HBO

"Offer subject to change based on premium channel availability

- 33. Kind of sentence
- 34. \*Roasting treat
- 36. Change direction
- 38. \*Drop a line
- 42. See-through curtain
- 45. Enter or assume a certain
- 49. Lake to Louis XIV
- 51. Rebels
- 54. Small boat
- 56. Deflect 57. Fit
- 58. Around which something rotates
- 59. Atomizer output
- 60. Marlyn Monroe distinction 61. Say you didn't do it
- 62. Dublin's home 63. One who's a secret 64. Adopted son of Claudius
- 67. \*You put its top down in

For Solution See Page 7



Dave Ramsey is America's trusted voice on money and business. He's authored four New York Times bestselling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @ DaveRamsey and on the web at daveramsey.com.

#### Not Enough Down Payment?

Dear Dave,

When is it okay to purchase a house without making a 20 percent down payment?

– Hannah Dear Hannah,

When you're willing to pay

mortgage payment.

private mortgage insurance (PMI). And that's not something you want to do. PMI costs about \$75 a month

per \$100,000 borrowed. So, if you borrow \$200,000 on a home, and you don't put down at least 20 percent on the transaction, you'll have to pay out an extra \$150 a month as part of your

Private mortgage insurance does nothing for you except pay your mortgage company in the event they have to foreclose on you and they lose money. PMI is foreclosure insurance that protects the lender, and you get to pay for it if you don't make a 20 percent down payment. In the scenario I mentioned before, that would be an additional \$1,800 a year on a \$200,000 loan. In a sense, that's an extra 0.9 percent on your interest rate. That's what it feels like.

So you can see that PMI is not a positive thing. Often, a firsttime homebuyer will purchase a house with 10 percent down, then pay the other 10 percent as quickly as possible in order to get rid of the PMI. Stay away

# Dave Says

from it, Hannah. It's nasty stuff! —Dave

#### Loving Your Friend Enough for the Truth

Dear Dave,

I have a close friend whose 17-year-old daughter is going to college to become a high-school band director. Her daughter wants to take out student loans to attend an expensive private school, and tuition alone over four years will cost \$100,000. I feel this is a really bad idea, but I don't know how to talk to her about this.

Dear Natalie,

– Natalie

I'm sure your friend and her family are nice people. But what we've got here is a little teenage girl who has her heart set on something, and no one has told her no in awhile. You're getting ready to help introduce a new word into her vocabulary, because what you've described to me is stupid.

Listen, I love high school band directors. It just doesn't make sense to spend over \$100,000 on a degree to become one. Most of them make about \$30,000 a year, so the return on investment for this kind of thing is terrible. It doesn't matter if you're a band director, English teacher, or a doughnut shop owner; you need to figure out what you're going to make versus what you spend to get there.

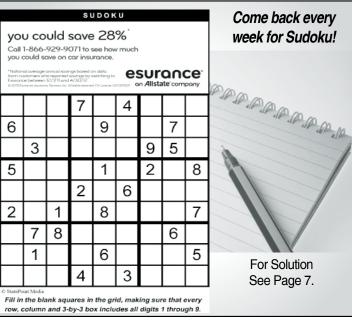
Make sure you talk to your friend directly, not her daughter. If you do that, you'll end up branded as mom's mean friend. Use your relationship and history together to help her see this is a train wreck waiting to happen.

My suggestion would be for her daughter to live at home, work, and attend a community college for a couple of years. Then, when she transfers to a four-year school, make sure it's a state institution and she keeps working.

The trick is to kindly and gently maintain enough influence to guide these two weak people away from a horrible decision. At the same time, you've got to be strong enough to call mom out for not stepping up and providing proper guidance. Mommies who don't try to stop their babies from doing things this dumb are known as bad mommies. People who spend \$100,000 to \$150,000 to make the kind of money that's waiting on her daughter are either young and inexperienced, or they're what are known as fools.

I'm sure you'll find a nice way to say it, but basically, your friend needs to grow a backbone and tell her daughter no. —Dave

\*For more financial help, please visit daveramsey.com.



## **Business & Service Directory**

## Painting Service

#### J & M PAINT SERVICE

A Professional Painting Service of Fair Oaks Since 1992 • State Lic. 937799 • Bonded • Insured

Interior ♦ Exterior ♦ From Residential to Small Commercial We Provide: ✔ Highest Quality Workmanship ✔ Written Warranty on all Workmanship ✔ Great Testemonials ✔ Quality Materials

Rancho Cordova, Roseville and all of Sacramento

916-967-0763 Jake • Office Administration We cover all areas including Orangevale, Fair Oaks, Carmichael, Citrus Heights,

## CONCRETE S&D

#### S & D CONCRETE, INC. Specializing in Homeowner

Mayolo • Field Manager

CONCRETE

Lic #646947 - Since 1978 Foundations, Patios, Walkways Remove & Replace, Stamped, Color

**Concrete Projects** 

STEVE DEVRIEND President 916-988-9659

916-425-6984 Free Estimates s.devriend@comcast.net

Drug and Alcohol Rehabilitation



HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM! 18 YEARS IN BUSINESS!

DETOX (916) 965-3386

**SOBER LIVING (916) 961-2691** 

gbones@boneslawfirm.com

#### LEGAL SERVICES

#### **R**ONES LAW FIRM Gordon G. Bones 11 Chippendale Dr., Suite 307, Sacramento, CA 95841 The Law Firm provides the following legal services:

Bankruptcy • Business and Corporate Matters

· Trust and Trust Administration Estate Planning • Probate and Conservatorshin · Family Law P: 916.965.6647 F: 916.965.4218

#### VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair · Parts · Belts · Bags Your One-Stop Vacuum Repair Shop

BEL AIR SHOPPING CENTER

4005 Manzanita Avenue #26 MONDAY-SATURDAY, 10AM - 6PM ◆ 916-978-0206 (Inside Heirloom Flooring Gallery)

#### CEMETERY SERVICES

#### Respectful, Affordable Burial

**Endowment Care Facility** Beautiful Park like setting Monuments allowed • Cremation Niches Commingle Scattering Garden Quality & Affordable Service

**Fair Oaks Cemetery District** 

7780 Olive St., Fair Oaks, 95628

916-966-1613

#### PET SITTING SERVICE

Professional, Loving **PET CARE Established Reputation** 

**Kennel Free Environment** 

Lots of TLC

**Call Madeline** 

(916) 723-1608

#### Funeral Services



**FUNERALS & CREMATIONS** 

FD 1404

ELECTRICAL SERVICE & CONTRACTING

7960 WINDING WAY

FAIR OAKS, CA 95628

Tel (916) 9611265 Fax (916) 9612430



Residential Commercial Industrial Lic # 837851

• Fans • Lighting • Panel Upgrades • Custom Controls • Remodels

• Pools • Spas • Code Corrections • Machinery Connections • Expert Troubleshooting • Appliance Connections • Safety Inspections

916-967-1922 • www.xelectrix.com

#### LANDSCAPE SERVICES



**Superior Landscape Services** Landscaping and Maintenance

 Sprinkler Repair/Install • Pruning • Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999 Dave Cochran Owner • dave\_SLS@surewest.net

#### Painting Services

## Anni The Painter



916-532-6194

## Funeral Services



and Crematory Since 1964 4221 Manzanita Ave. Carmichael 916-482-8080

Family Owned Funeral Home

#### Printer and Copier Service

## Specialties Plus

 Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)

 Free Cleaning (with our cartridge) · We are Local Service Contracts

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: specplus@comcast.net (916) 723-8430

FIDUCIARY SERVICES

#### PROFESSIONAL FIDUCIARY SERVICES

5150 Fair Oaks Boulevard Ste. 115 • Carmichael, CA 95608

Cell 916-717-4437 • Fax 866-221-9350

www.professionalfiduciaryservices.net

Janet Kay Welborn JD/CLPF/NCG

License #640

Peace of Mind and Heart

jwelborn@professionalfiduciaryservices.net

#### (monthly or yearly) ·Lease or Rent · High Volume Copying ave wear & tear on

#### Adoption

IS ADOPTION RIGHT FOR YOU? the family. LIVING EXPENSES PAID. Abby's One True Gift Adoptions. 24/7. 866-413-6296. Agency #100021542 Void in Illinois/ New Mexico/ Indiana (NANI)

#### Announcements

DID YOU KNOW that Ten Million adults tweeted in the past month, while 164 million read a newspaper in print or online in the past week? ADVERTISE in 240 California newspapers for one low cost. Your 25 word classified ad will reach over 6 million+ Californians. For brochure call Elizabeth (916)288-6019. (Cal-SCAN)

#### **Antiques/Collectibles** Wanted

CASH BUYER, 1970 and Before, Comic Books, Toys, Sports, en tire collections wanted. I travel to you and Buy EVERYTHING YOU have! Call Brian TODAY: 1-800-617-3551 (Cal-SCAN)

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-13)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-13)

#### Automobiles

\$18/Month Auto Insurance Instant Quote - ANY Credit Type Accepted We Find You the BEST Rates In Your Area. Call 1-800-844-8162 now! (NANI)

#### Auto Buy/Sell

Car Buy-Sell Service Contact JR Enterprises, a Brand New Local Car Buy ng & Selling Service tha guarantees to save you TIME & MONEY!

Consultation www.ircarconsultant.com

#### **Auto Donations**

DONATE A CAR - HELP CHILD-REN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Foundation 1-800-578-0408 (NANI)

DONATE YOUR CAR - Fast Free Towing 24 hr. Response - Tax Deduction. UNITED BREAST CANCERFOUNDATION. Providing Free Mammograms & Breast Cancer Info 888-792-1675 (Cal-SCAN)

DONATE YOUR CAR. truck or boat to Heritage for the Blind. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-902-6851. (Cal-SCAN)

#### **Autos Wanted**

CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

GET CASH TODAY for any car/ truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com (NANI)

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFFR. Free Towing/Pickup.Top Dollar. We're Local! 1-800-844-3595 (SWAN)

#### **Business** Services

Many a small thing has been madé large by the of advertising – Mark Twain. ADVERTISE your BUSINESS CARD sized ad in 140 California newspapers for one low cost. Reach over 3 million+ Californians. brochure elizabeth@cnpa. com (916)288-6019. (Cal-SCAN)

business that considers itself immune to advertising, finds itself immune to business REACH CALIFORNIANS WITH A CLASSIFIED IN ALMOST EVERY COUNTY! Over 270 Combo-California Daily and Weekly Networks. Free Brochures. elizabeth@cnpa. com or (916)288-6019. (Cal-SCAN)

#### Cable/Satellite TV

DirecTV - Over 140 channels only \$29.99 a month. Call Now! Triple savings! \$636.00 in Savings Free upgrade to Genie & 2013 NFL Sunday ticket free!! Start saving 1-800-291-0350 (Cal-SCAN)

REDUCE YOUR CABLE BILL! tem installed for FREE and programming starting at \$24.99/ mo. FREE HD/DVR upgrade for new callers. SO CALL NOW! (877)366-4509 (Cal-SCAN)

DISH TV Retailer - Starting at \$19.99/month (for 12 mos.) High Speed Internet startat \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-357-0810 (Cal-SCAN)

Bundle & Save on your CABLE INTERNET PHONE, AND MORE High Speed Internet starting at less than \$20/mo. CALL NOW!

800-291-4159 \*REDUCE YOUR CABLE BILL!\* 4-Room All-Digital Satellite system installed FREE!!! Programming starting at \$19.99/mo. FREE Upgrade new call-

## MPG

**Donate A Boat** 

or Car Today!

Boa #Angel

"2-Night Free Vacation!"

www.boatangel.com

1-866-939-8199

#### Cable/Internet

on Cable TV-Internet-Pho,njnnne-Satellite. Digital You've Got A Choice! Options from ALL major service providers. Call us to learn more! CALL Today. 888-706-4301. (Cal-SCAN)

AT&T U-Verse for just \$29/ mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (Select plans). HURRY, CALL NOW! 800-319-3280 (Cal-SCAN)

## Career Training/

Education AIRLINE CAREERS begin here -Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified – Housing available. Job placement assistance. CALL AIM 877-804-5293 (Cal-SCAN)

AIRLINE CAREERS begin here Get FAA approved Aviation Maintenance Technician training. Job placement and Financial assistance for qualified students. CALL Aviation Institute of Maintenance 888-242-3382 (Cal-SCAN)

#### **Computer Services**

MY COMPUTER WORKS. Computer problems? Viruses, spyware, email, printer issues, bad internet connections-FIX IT NOW! Professional, U.S.-based technicians. \$25 off service. Call for immediate help. 1-888-865-0271 (Cal-SCAN)

#### Credit/Debt Services

GET FREE OF CREDIT CARD **DEBT NOW!** Cut payments by up to half. Stop creditors from calling. 888-416-2691. (Cal-SCAN)

#### **Divorce**

Before you list your home. order Free Special Report that reveals what happens to your matrimonial home before. during, and after a divorce. e recorded message 1-800-213-4205 ID# 1009

#### **Elder Care**

REGISTERED NURSE-Retired will provide care, Dr. appts. Med. Mgt, Hygiene, Light Housekeeping & Cooking, Companion-ship, COPD, CHF, Stroke Recovery Respite & Post-surgical Care. \$25/ HR. Lic: 361773. **916.217.4355** (MPG 05-31-13)

#### Financial Aid

Cut your STUDENT LOAN payments in HALF or more even Late or in Default. Get Relief FAST Much LOWER payments. Call Student Hotline 855-589-8607

#### **Financial Services**

#### Do You Want to Know What Your Home is Worth?

Home Values Have Increased Over 30% in our Area in the Last Year!

Call Now for a FREE Market Analysis of Your Home

#### (916) 992-9922

Dare & Associates License #01228753

\$5000+ Title Loan! Own a vehicle? Apply for \$5k or more! Keep your vehicle. Competitive Rates. Call now! 1-800-354-6612 (NANI)

#### **Foster Parenting**



Aspiranet is seeking loving homes for foster children need. Contact 1-877-380-HERO for info and register for training.

#### Handyman

QUALITY LABOR & MAINTENANCE



You Name It! (916) 613-8359

#### Health & Medical

IF YOU USED THE MIRENA IUD between 2001- present and suffered perforation or embedment in the uterus requiring surgical removal or had a child born with birth defects, you may be entitled to compensation. Call Johnson Law & speak with female staff members: 1-800-535-5727 (SWAN)

**Canada Drug Center** is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75% on all your medication needs. Call today 1-800-356-4170

CLASSIFIED

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-273-0209, for \$10.00 off your first prescription and free (Cal-SCAN)

Canada Drug Center es tu mejor opcion para ordenar medicamentos seguros v economicos. Nuestros servicios de farmacia con licencia Canadiense e Internacional te proveeran con ahorros de hasta el 90 en todas las medicinas que necesites. Llama ahora al 1-800-385-2192 y obten \$10 de descuento con tu primer orden ademas de gratuito.

#### **Heating & Air**

AC Repair Low Prices 487-4609 (MPG)

#### **Help Animals**

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)



Invest in Freedom We need serious & motivated people in growing health ₹ wellness industry. R-HealthyResources.com



**SUMMER WORK** \$14.25 base/appt. Customer Sales/Service PT/FT openings. No Exp. Nec. Scholarship Opportunities. All Ages 17+,

conditions apply Call (916) 382-7871 www.4collegework.com livein ,sitter /Assistance livein sitter ,over 18 up to \$925/month + car ,to work in a christian home 713.538.8635

lm11076@yahoo.com AIRLINES ARE HIRING - Train for hands on Aviation Career, FAA approved program. Financial aid if qualified. Job placement assistance. Call Toll-Free: Aviation Institute of Maintenance 877-205-0503 (SWAN)

MEDICAL CAREERS BEGIN HERE Train ONLINE for Allied Health and Medical Management. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV authorized. Call 888-242-4026 www.CenturaOnline.com (SWAN)

MAKE MONEY MAILING POST-CARDS! Guaranteed Legitimate Opportunity! www.PostcardsTo Wealth.com ZNZ Referral Agents Wanted! \$20-\$84/Per Referral! www.FreeJobPosition.com Big Paychecks Paid Friday! www. LegitCashJobs.com

NATIONAL CERTIFICATIONS: 3-6 months online training: **INFOR-MATION TECHNOLOGY:** A+, Network+ MEDICAL CAREERS: Medical Administrative, Electronic Records, Billing/Coding, Pharmacy Technician www.MedCerts.com 800-734-1175x102 BOOKS/

LAPTOP INCLUDED. (NANI) HELPWANTED!!!-\$575/WEEKLY Potential MAILING BROCHURES ASSEMBLING Products At Home Online DATA ENTRY Positions Available. MYSTERY SHOPPERS \$150/Day.

HiringLocalWorkers.com (NANI) GET PAID TO CHAT. Work From Home. Phone Agents Wanted. Flexible Hours/Great Pay. Weekends, 18+, PC a must. 1-800-403-7772 lipservice.net (SWAN)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required.Call us today for more information. (916) 372 9640 (MPG)

#### **Help Wanted Drivers**

**DRIVERS: Apply now!** 12 drivers needed. Top 5% Pay. Class A CDL Required. Call 877-258-8782. www.ad-drivers.com (Cal-SCAN)

Drivers: Training Class A-CDL. Train and work for us! Professional and focused training for your Class Company Driver, Owner Operators. Lease Operator or Lease Trainer 369-7126 www.centraltruckdrivingjobs.com (Cal-SCAN)

Truck Drivers Drivers Home Nightly Sacramento & Roseville Ópenings. Class-A Flatbed with Mof fet Exp. Estenson Logis Apply: www.goelc.com <sup>2</sup> -866-336-9642

MP**G** 

#### Help Wanted

WANTED: LIFE AGENTS: Earn \$500 a Day: Great Agent benefits: commissions paid daily; liberal underwriting; Leads, Leads, Leads. LIFE INSURANCE, LICENSE REQUIRED. Call 1-888-713-6020

#### **Income Tax**

**Preparations** INCOME TAX PREPA-RATION Individual small business, estate and trust income tax re turns. Enrolled Agent, 16

years experience. (916) 863-1026 skiddootaxes@att.net

#### Inhome Childcare

Smart Nenes Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured,

## (916) 723-3342 collher@sureweet

**Automotive** SAVE \$\$\$ on AUTO INSURANCE from the major names you know and trust. No forms. No hassle No obligation. Call READY FOR MY QUOTE now! CALL

Insurance/

#### **Medical Supplies** /Equipment

APNEA Attention SLEEP SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at No Cost, plus FREE home delivery! Best of all, prevent tion! Call 888-699-7660, (Cal-SCAN)

#### Miscellaneous

ProFlowers-Thrill Mom! Enjoy 50% Off the "All the Frills Bouquet \$19.99". Plus take 20% off your order over \$29! Go to www.Proflowers.com/Popular or call 1-888-346-9648 (SWAN)

Alone? Emergencies Happen! Get Help with One Button Push! \$29.95/month. Free Equipment, Free Set-Up. Protection for You or a Loved One. Call LifeWatch 1-800-426-9109 (SWAN)

#### ROTARY INTERNATIONAL -Rotary builds peace and interna-

tional understanding through education. Find information or locate your local club at www.rotarv.org. Brought to you by your free community paper and PaperChain. (NANI)

Retirement Avoid market risk & get guaranteed income in retirement! CALL for FREE copy of our SAFE MONEY GUIDE Plus Annuity Quotes from A-Rated companies! 800-940-4358 (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid, We Come To You! Any Make/Model, Call For Instant 1-800-864-5960 (NANI)

CASH PAID- UP TO \$28/BOX for unexpired, sealed DIABETIC TEST STRIPSI 1 DAY PAYMENT & PREPAID shipping, BEST PRICES! Cash4DiabeticSupplies.com (NANI)

MEDICAL ALERT for Seniors 24/7 monitoring Free Equipment. Nationwide Service 30 year family business 800-630-0780

\*\*OLD GUITARS WANTED! \*\* Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker. Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/ Banios.1920's thru 1980's. TOP CASH PAID! 1-800-401-0440 (NANI)

DIRECTV. Internet. & Phone From \$69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX®+ FREE GENIE 4 Room Upgrade + NEL SUNDAY TICKET! Limited offer. Call Now 888-248-5961 (NANI)

Meet singles right now! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-877-909-2569 (SWAN)

Meet singles now! No paid operators, just people like you. Browse greetings, exchange messages, connect live. FREE trial. Call 1-877-737-9447 (NANI)

DISH Network. Starting at \$19.99/ month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-877-371-8285 (SWAN)

Highspeed Internet EVERY-WHERE By Satellite! Speeds up to 12mbps! (200x faster than dial-up.)

#### ADVERTISING Starting at \$49.95/mo. CALL NOW & GO FAST!1-888-928-7852 (SWAN)

**DirecTV** Over 140 channels only \$29.99/mo. Call Now! Triple savings! \$636 in Savings! Free upgrade to Genie &2013 NFL unday ticket free!!Start saving 1-800-416-7254 (SWAN)

#### **Music Lessons**

Drum lessons at your home or at ofessional music studio in Loomis. **916-778-9290.** Days or evenings. (MPG 06-30-13)

**Guitar Lessons** – Beginner to Advanced. \$10/half hour. \$20/hour. Freddiebbalbert@yahoo.com 916-335-9741 (MPG 09-30-13)

Piano Lessons - Beginner, Classical, Adults and Children, 23 years. 916-899-8529 (MPG 03-30-12)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, www.anitraalexander.com, or call (916) 725-1054 (MPG)

Music Lessons Piano Beginner and Classical, \$60 (916) 899-8529

#### **Personals**

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Čall now 1-800-945-3392. (Cal-SCAN)

**Pet Sitting** Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608.

#### **DOG RESCUE** Gary (916) 334-2841

Please Adopt or Foster Because so many really great dogs are dying for a good home...  $Shelter {\tt MOU}$ 

@hotmail.com

**SPCA THRIFT SHOP** The Real Non-Profit **Helpless Animals Need Your Donations** 



#### **Real Estate**

#### Hope for Troubled Homeowners

WE PROVIDE SOLUTIONS Call Our Short Sale Hotline for a FREE Consultation

#### (916) 331-3311 Sac Short Sale Pros License #01128753

(MPG 06-30-13)

**Out of State** 20 ACRES FREE! Buy 40 - Get Money Back Guarantee, NO CREDIT CHECKS. Beautifu Views. Roads/Surveyed. El Paso, Texas. 1-800-843-7537

**Real Estate** 

#### www.sunsetranches.com (SWAN)



beach/pool/pier ownership, Sept 15 wk 2013. \$0/mo (916) 849-1812 alicebreen@gmail.com Room for Rent. Male looking for a room in Antelope area. Near

DAY USE

24 hour grocery and drug store. Call 916-723-4430. Ask for John.

**Travel/ Vacations** \$399 Cabo San Lucas All Inclusive Special - Stay 6 Days A Luxury Beachfront Resort With Unlimited Meals And Drinks For \$399! www.luxurycabohotel. 888-481-9660

#### Suduko Puzzle on Page 6

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

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

Go Painlessly with THERA-GESIC. HERA-GES Maximum strength analgesic creme for temporary relief from: Joint and Muscle

> Arthritis · Back aches

or pricers. Training is provided: a four hour weekly commitment is

Veterinary

Services

nary House Calls Veteri-

Limited areas served, hours and services. Home

euthanasia and hospice

care. Call for a complete de-

Please call for details. Resi-

Volunteers

Needed

Bristol Hospice is looking for

volunteers to provide companion-

ship with our hospice patients and

families. We provide the training

and match you with a family in your area. Please call volunteer

services for more information at

(916) 782-5511. (MPG 06-30-13)

Sutter Auburn Faith Hospice

Thrift Store invites volunteers

to work as cashiers, sales floor

assistants, donation processors

requested. Location: 13342 Lincoln

Way, Auburn. Call store coordina-

tor, Kim Chase, 530-887-0561.

Needed:

scription of services.

dential, Free Estimates.

Sheldon's Veteri-

housecalls service.

Dr.

Volunteers Community For Peace, formerly the Domestic Violence Intervention Center, offers ongoing opportunity for volunteers. Call 728-5613 Pets/Animals or visit our office at:6060 Sunrise Vista Dr, Suite 2340, Citrus Heights, CA 95610. (MPG 06-30-13)

#### Want to Buy

CASH WANTED FOR DIABETIC TEST STRIPS. Factory Sealed Unexpired Only. Cash Paid On-The-Spot!!! We Are Local & Will Meet With You. Call Donna: (916) 729-5154 (MPG 09-30-13)

> WANTED JAPANESE MOTOR CYCLE KAWASAKI 1967-1980 Z1-900, KZ900, KZ1000, ZIR KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380. CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com

CA\$H PAID FOR DIABETIC STRIPS!! Don't throw boxes away-Help others! Unopened /Unexpired boxes only. All Brands Considered! Call Anytime! 24hrs/7days (888) 491-1168

#### Office **Furniture**

Starting a new business? Need Office Furniture? Call 916-849-2282 or 916-812-2302 2 Desks - \$60.00 each 2 -Desks w side table \$75.00 each 2-Credenza's \$40.00 each

1-Executive Desk with Credenza File cabinets \$25.00 each Minolta Multi Copier \$100.00 Round Meeting Table \$50.00

Shredder - \$30.00 All in good condition!

#### (MPG 08-31-13 NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor' on an adventising Check your contractors status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

DISCLAIMER

#### Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!

DELIVERY ROUTES
AVAILABLE

CALL 773-1111 MPG



ELWOOD NEEDS TO SEE THE DENTIST BECAUSE HIS SWEET TOOTH DOESN'T LISTEN TO HIS WISDOM TOOTH

#### **Publishing Group** has openings for people who know

how to work. Web Work

We are seeking someone to post articles to our many news sites. This would be a few hours per night, 2-3 nights per week. Flexible schedule. Flat rate per article posted. Must be proficient

Graphic Artist-Layout Support person needed to assist with graphics and layout. Must be proficient in various programs including Adobe CS3-5 Photoshop, InDesign, etc. Newspaper or magazine publishing experience preferred.

#### Editorial

Have you ever wanted to write for your local newspaper? We are looking for people who would love to cover events and issues in your home town. Contracted/ payment per each submitted story. If you have strong writing skills you could earn this extra

Delivery
Home delivery and single copy/
newstand routes available
in Citrus Heights, Fair Oaks, Rancho Cordova, Carmichael, Arden-Arcade. No collecting. Delivery is weekly on Tuesday and Wednesday. Deliver close to home. Must have good running vehicle, current DMV, auto insurance. CA driver's license.

Web Advertising Sales We are seeking an outside sales agent to focus on sales for our many websites. If you have a strong sales background and are "net savvy"-you can work from your home office and make a good steady income helping

#### **Event Ambassadors**

We are seeking people to represent our company as ambas-sadors at fairs, days-in-the-park, local events, etc. Will require set-up, take-down and handing out our products. Must have excellent communication skills. Schedule is flexible, depending per event basis. Professional attire required at some events.

#### **Advertising Sales**

If you can sell advertising, we have a great plan, great products and very competitive compensation. As an independent sales agent you create your own schedule and work from your own home office to manage your own success. Create a solid group of clients and build the work you will love. Serious and dedicated sales agents could earn \$75,000 year.

#### Social Media Support We are looking for a knowledge-

able Social Media professional to contract to manage our Social Media needs for our many websites. Must already know what you are doing! References and a track record a must. We are a growing media company. This could be a long-term deal! To apply for any of these

positions, contact:

Paul V. Scholl, Publisher

Publisher@MPG8.com

Mail: 7405 Greenback Lane

Citrus Heights, CA 95610 916-773-1111 \*

# HELP

#### Messenger **Publishing Group** INDEPENDENT SALES AGENT

MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate. To apply, call 773-1111

and send an email to publisher@mpg8.com

S Ε S О W Ε Е R Τ O D 0 0 S О В В S Α R Ε D Ε S Ε S Ε С R S 0 Ν Ю Μ Ε R В 0 D R Н Ε ΙE R N С S R Ε 0 С D R Ε Ε Ε E С S N 0 Ε R R Ε F R O S Α Ν S Ε Crossword Puzzle on Page 6

## LEGAL ADVERTISING

Adjudicated For and By the County of Sacramento, Adjudication No. 317294–February 7, 1984

Legal Advertising P.O. Box 14 Carmichael, CA 95609

#### FICTITIOUS BUSINESS NAME STATEMENTS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05112. Gerardo Lopez, 5521 Raley Blvd., Sacramento, CA 95838 is doing business under the Fictitious Business Name "Raley Recycling Co." at 5521 Raley Blvd., Sacramento, CA 95838. Filed with the Clerk Sacramento County on June 21, 2013. Publish: July 3, 10, 17, 24, 2013. 130701

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04682. Hunt Motor Sports Concepts, LLC, 8713 McHern Ct., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "HMC Promotions" at 8713 McHem Ct., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on June 7, 2013. Publish: July 3, 10, 17, 24, 2013. 130701

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04833. Amy Hin, 6704 Salvaterra Circle, Elk Grove, CA 95757; and Helen Dang 3517 Delta Queen Ave., Sacramento, CA 95833 are doing business under the Fictitious Business Name "New Gen Health & Beauty Club" at 6880 65th St. #55. Sacramento, CA 95828, Filed with the Clerk of Sacramento County on June 12, 2013. Publish: July 3, 10, 17, 24, 2013.

NEWGEN FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05303. Vadim Vorobey, 5323 Wallaby, North Highlands, CA 95660 is doing business under the Fictitious Business Name "VSparrow On Call Service" at 5323 Wallaby, North Highlands, CA 95660. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 10, 17, 24, 31, 2013.

**VSPARR** 130702 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05331. Gerald R. Jenkins and Bertha N. Jenkins, 6 Minnow Ct, Sacramento, CA 95833 are doing business under the Fictitious Business Name "Jenkorr Consulting" at 6 Minnow Ct, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 10, 17, 24, 31, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05434. Talal Alhakkak, 2251 Watt Avenue, No. 310, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Yellow Cab of Carmichael" at 2251 Watt Avenue. No. 310, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 10, 17, 24, 31, 2013. YELLOW 130702 YELLOW

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05205. La Corev Riddale Cunningham. 2300 Aurburn Blvd., No. 211 Sacramento, CA 95821 is doing business under the Fictitious Business Name "Dumpin Dangerous Productions" at 4250 Pell Dr., Suite 35, Sacramento, CA 95838. Filed with the Clerk of Sacramento County on June 25, 2013. Publish: July 10, 17, 24, 31, 2013. 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05444. Ace of Spades Bail Bonds Inc., 100 American River Canyon Dr., Folsom, CA 95630 is doing business under the Fictitious Business Name "Capital City Bail Bonds" at 100 American River Canyon Dr., Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 10, 17, 24, 31, 2013

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05183. Loval Group, Inc., 1808 Woolley Way, Sacramento, CA 95815 is doing business under the Fictitious Business Names "Dream Motors" at 1808 Woolley Way, Sacramento, CA. Filed with the Clerk of Sacramento County on June 25, 2013. Publish: July 10, 17, 24, 31, 2013. DREAMM 130702

130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05182. Loval Group, Inc, 1808 Woolley Way, Sacramento, CA 95815 is doing business under the Fictitious Business Name "Lovik and Son Auto Center" at 1808 Woolley Way, Sacramento, CA 95815. Filed with the Clerk of Sacramento County on June 25, 2013. Publish: July 10, 17, 24, 31, 2013. 7-31-13 LOVIKA 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05189. Arthur Galovon and Nona Galoyon, 6945 Larchmont Dr., North Highlands, CA 95660 are doing business under the Fictitious Business Name "Fantasy Fruit Arrangements and Party Rentals" at 6945 Larchmont Dr., North Highlands, CA 95660. Filed with the Clerk of Sacramento County on June 26, 2013. Publish: July 10, 17, 24, 31, 2013. **FANTASY** 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05254. Georgina R. Martz, 2373 Carlsbad Ave., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Rocha-Martz Immigration Services" at 2373 Carlsbad Ave., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on June 26, 2013. Publish: July 10, 17, 24, 31, 2013. ROCHAM 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04626. Kate Paliakova and Claudia Bravo, 3200 Truxel Rd., Sacramento, CA 95833 are doing business under the Fictitious Business Name "Royal Capitol Cleaning" at 3200 Truxel Rd., Sacramento, CA 95833. Filed with the Clerk of Sacramento County on June 6, 2013. Publish: July 10, 17, 24, 31, 2013. 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05353. Classique Solutions, LLC., 507 Given St., Folsom, CA 95630 is doing business under the Fictitious Business Name "Classique Tech" at 507 Given St., Folsom, CA 95630. Filed with the Clerk of Sacramento County on July 1, 2013. Publish: July 10, 17, 24, 31, 2013. CLASSI 130702 7-31-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05148. Satindar Khabra, 8831 Wickersham Ct., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Natomas Liquor and Deli" at 3291 Truxel Road, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on June 24, 2013. Publish: July 10, 17, 24, 31, 2013. NATOMA 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05244. Abraham Dermishyan, 4120 Big Meadow Way, Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "EZ Auto Sales & Repair" at 3167 Fitzgerald Rd., Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on June 26, 2013. Publish: July 10, 17, 24, 31, 2013. 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05419. Purwa Garg, 8201 Carriage Oaks Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "Alterations To Go" at 5150 Fair Oaks Blvd., Suite 109, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 2, 2013. Publish: July 10, 17, 24, 31, 2013. **ALTERAT** 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05367. Rosa Hernandez, 6231 Stagecoach Dr., Sacramento, CA 95842 is doing business under the Fictitious Business Name "Orderly Progress Bookkeeping" at 6231 Stagecoach Dr., Sacramento, CA 95842. Filed with the Clerk of Sacramento County on July 1, 2013. Publish: July 10, 17, 24, 31, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05495. Amber R. Kelly, 6265 Longford Dr., No. 2, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Double Down Support Services" at 6265 Longford Dr., No. 2, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on July 8, 2013. Publish: July 10, 17, 24, 31, 2013. 130702

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05239. Stephen P. Larsh, 8701 Algonquin Way, Orangevale, CA 95662-2313 is doing business under the Fictitious Business Name "LarshcoLandscapeConstruction" at 8701 Algonquin Way, Orangevale, CA 95662-2313. Filed with the Clerk of Sacramento County on June 26, 2013. Publish: July 17, 24, 31, August 7, 2013. 130703

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05451. Jose M. Andrade and Angelica Andrade, 8360 Cutler Way, Sacramento, CA 95828 are doing business under the Fictitious Business Name "Star Cleaning Service" at 8360 Cutler Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 3, 2013. Publish: July 17, 24, 31, August 7, 2013. **STARCL** 130703

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05524. Thomas A. Paschal, 8625 Oakbank Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "4 The Birds" at 8625 Oakbank Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 9, 2013. Publish: July 17, 24, 31, August 7, 2013. 130703

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05722. Sno Biz Inc., 9129 Plaza Park Drive, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "7 Stars Sno Biz Inc." at 9129 Plaza Park Drive, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on July 16, 2013. Publish: July 24, 31, August 7, 14, 2013. SNOBIZ 130704

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05616. John Steven Gold River, CA 11779 Beaver Bar Court. 95670 is doing business under the Fictitious Business Name "Staeve Records" and "Staeve Songs" at 11779 Beaver Bar Court, Gold River, CA 95670. Filed with the Clerk of Sacramento County on July 12, 2013. Publish: July 24, 31, August 7, 14, 2013.

STAEVE 130704 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05727. Richard #FBNF2013-05727. Richard A. Gordon, 3124 Marlynn St., Carmichael, CA 95608 is doing business under the Fictitious Business Name "R.A. Gordon Co." at 3124 Marlynn St., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 17, 2013. Publish: July 24, 31, August 7, 14, 2013. RAGORD 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05748. G & H Automotive Inc., 3095 Sunrise Blvd., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Maaco Collision Repair & Auto Painting" at 7215 Watt Ave., N. Highlands, CA 95660. Filed with the Clerk of Sacramento County on July 17, 2013. Publish: July 24, 31, August 7, 14, 2013. MAACOC 130704



FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05322. Shannon Mason, 1019 Dornajo Way, No. 163, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Mason Law Office" at 5650 Marconi Ave., Suite 23, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on June 28, 2013. Publish: July 24, 31, August 7, 14, 2013. MASONL 130704

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05669. Jessica Crowley, 7605 18th Avenue, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Smokin' Pit Chicks BBQ" at 7605 18th Avenue. Sacramento, CA 95820. Filed with the Clerk of Sacramento County on July 15, 2013. Publish: July 24, 31, August 7, 14, 2013. SMOKIN 130704

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05549. Serenity Spa Palladio, Inc., 3984 Douglas Blvd., #150, Roseville, CA 95661 is doing business under the Fictitious Business Name "Serenity Soul Spa Yoga" at 350 Palladio Parkway, No. 1975. Folsom. CA 95630. Filed with the Clerk of Sacramento County on July 10, 2013. Publish: July 24, 31, August 7, 14, 2013. SERENITY 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05312. Sol Strength LLC, 8667 Bloomington Ct., Dublin. CA 94568 is doing business under the Fictitious Business Name "Anytime Fitness" at 10530 Twin Cities Rd., Galt, CA 95632. Filed with the Clerk of Sacramento County on June 28, 2013.
Publish: July 24, 31, August 7, 14, 2013.
ANYTIME 130704 8-14-13

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04688. Gloria R. Howe Nycum, 9505 Mira Del Rio Dr., Sacramento, CA 95827; and Kerry M. Shaw, 3572 Rainsong Circle, Rancho Cordova, CA 95670 are doing business under the Fictitious Business Name "Howe It's Done" at 2500 Franklin Blvd. #B, Sacramento, CA 95818. Filed with the Clerk of Sacramento County on June 7, 2013. Publish: July 24, 31, August 7, 14, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-04833. Amy Hin, 6704 Salvaterra Circle, Elk Grove, CA 95757; and Helen Dang, 3517 Delta Queen Ave., Sacramento, CA 95833 are doing business under the Fictitious Business Name "New Genz Health & Beauty Club" at 6880 65th St. No. 55, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on June 12, 2013. Publish: July 31, August 7, 14, 21, 2013.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05961. Christopher Loftin, 3224 Hurley Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Snap Skull" at 2228 J Street, Sacramento, CA 95816. Filed with the Clerk of Sacramento County on July 24, 2013. Publish: July 31, August 7, 14, 21, 2013. 130705

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-05977. Community Home Capital, Inc., 3511 Del Paso Rd., Ste. 160, Rm. 240, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Woodcrest Homes, 4674 Duckhorn Dr., Sacramento, CA 95834. Filed with the Clerk of Sacramento County on July 25, 2013. Publish: July 31, August 7, 14, 21, 2013. WOODCR 130705 8-21-13

#### ORDER TO SHOW CAUSE CHANGE OF NAME

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00145420

WHEREAS, Gregory Alan Yee and Holly Yuk Har Pang have filed a petition with this court for a decree changing names of Elisa Grace Mok-Yee to Elisa Grace Mok Yee and Ethan Gregory Mok Yee to Ethan Gregory Mok Yee.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 7, 2013 in Department 53, located at 800 Ninth Street, 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: June 19, 2013

Judge of the Superior Court Publish: July 10, 17, 24, 31, 2013. MOKYEE 130702

CALL 773-1111

TO ADVERTISE **IN YOUR** LOCAL HOMETOWN **NEWSPAPER** 



SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00145420

Leonard Theodore Daniel Salazar has filed a petition with this court for a decree changing the name of Leonard Theodore Daniel Salazar to Leonardo Carrasco Jacobs. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on August 20, 2013 in Department 53, located at 800 Ninth Street, 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: June 26, 2013 David I. Brown Judge of the Superior Court

Publish: July 10, 17, 24, 31, 2013. 130602 7-31-13 SALAZAR SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2013-00145780

WHEREAS, Xiaosong Ma and Cai Gao have filed a petition with this court for a decree changing the name of Yang Ma to Ally Yang Gao. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 13, 2013, in Department 54,

located at 800 Ninth Street, 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: June 26, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 17, 24, 31, August 7, 2013. XIAOSO 130703

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

WHEREAS, Morgan Buchner has filed a petition with this court for a decree changing the name of Morgan Buchner to Morgan Dodson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on August 23, 2013, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition

#34-2013-00146228

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: July 3, 2013 Raymond M. Cade

Judge of the Superior Court Publish: July 17, 24, 31, August 7, 2013. BUCHNER 130703

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146507

WHEREAS, Melissa Ann Freixas has filed a petition with this court for a decree changing the name of Melissa Ann Freixas to Issa Bella Freixas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on August 29, 2013, in Department 53, located at 800 Ninth Street, 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: July 10, 2013 David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013.

8-14-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146384

WHEREAS, Leon Brannan Ibus, Jr. has filed a petition with this court for a decree changing the name of Leon Brannan Ibus, Jr. to Joel Charles-David Brannan. Ibus, Jr. to Joel Charles-David Brannan. IT IS ORDERED that all persons interested in Joel Charles-David Brannan.

the above entitled matter appear before this court at 9:00 a.m. on August 26, 2013, in Department 54, located at 800 Ninth Street, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. IBUS 130704

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146962

8-14-13

WHEREAS, Amarjit Sangha and Kamaljit Kaur Sangha have filed a petition with this court for a decree changing the names of Amarjit Sangha to Amarjit Singh Sangha and Indjot Sangha to Indjot Singh Sangha. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on September 5, 2013, in Department 53. located at 800 Ninth Street, 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: July 17, 2013 David I. Brown Judge of the Superior Court Publish: July 24, 31, August 7, 14, 2013. 130704

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146972

WHEREAS, Ahmed Y. Ahmed has filed a petition with this court for a decree changing the name of Ahmed Y. Ahmed to Ahmed Youssef Nemr. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on September 6, 2013, in Department 54, located at 800 Ninth Street, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court

Publish: July 31, August 7, 14, 21, 2013. AHMED 130705 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146413

WHEREAS, Faustina Keta has filed a petition with this court for a decree changing the name of Faustina Keta to Freedom Keta. IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 9:00 a.m. on August 27, 2013, in Department 54, located at 800 Ninth Street, 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: July 10, 2013 Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. FAKETA 130705

8-21-13

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00146692

WHEREAS, Randy James Dittmar has filed a petition with this court for a decree changing the name of Randy James Dittmar to Randi Jamie Dittmar. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at

9:00 a.m. on September 3, 2013, in Department 54,

located at 800 Ninth Street, 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: June 13, 2013

Raymond M. Cadei Judge of the Superior Court Publish: July 31, August 7, 14, 21, 2013. 130705

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2013-00147286

WHEREAS, Barbara Anne Perrine has filed a petition with this court for a decree changing the name of Barbara Anne Perrine to Barbara Anne Randell.

IT IS ORDERED that all persons interested in

the above entitled matter appear before this court at 2:00 p.m. on September 16, 2013, in Department 53, located at 800 Ninth Street, 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: July 24, 2013 David L. Brown Judge of the Superior Court

Publish: July 31, August 7, 14, 21, 2013. PERRINE 130705

> **PUBLIC NOTICE** Advertisement for Sacramento County Board of Education Trustee Post

The Sacramento County Board of Education will make a provisional appointment to fill a vacancy for Trustee Area 5. By statute, unless an election petition is filed under Education Code 5091, the person appointed to fill the vacancy shall hold office until the next regularly scheduled Board election in June 2014. Board will consider applications.

interview candidates, and make a provisional appointment at its meeting on August 20, 2013. The public is encouraged to attend and provide comment and input prior to the selection. Area 5 represents the following communities:

Alder Creek, Bridge House, Folsom, Gold River, Mather, Mills, Natoma, Nimbus, Rancho Cordova, Rancho Murieta, Rosemont, Sloughhouse, Station, and a portion of Vineyard. School districts: small portions of Elk Grove Unified, Sacramento City Unified, and San Juan Unified, and all of Folsom Cordova Unified. Applications for the vacant Trustee Area 5

seat will be accepted during regular business hours from 8:00 a.m. to 4:00 p.m. and must be received - not postmarked - by 4:00 p.m. on Thursday, August 15, 2013. Applications should be submitted to the President of the Sacramento County Board of Education either in person at the David P. Meaney Education Center, 10474 Mather Boulevard, Mather, CA 95655 or by mail to P.O. Box 269003, Sacramento, CA 95826. The application must include a letter of interest

of no more than two pages, a resume and no more than three letters of recommendation Individuals interested in applying for the open Area 5 Trustee position may contact Carla Miller, Executive Assistant to the Superintendent, at (916) 228-2410 for further information.

Classified Advertisina

MPG 773-1111

Gordon G. Bones

Attorney at Law

## ONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

The Law Firm provides the following legal services: • Bankruptcy • Business and Corporate Matters Trust and Trust Administration Family Law

Estate Planning
 Probate and Conservatorship

P: 916.965.6647 F: 916.965.4218

gbones@boneslawfirm.com

## OFFICE SPACE FOR LEASE

**Great Locations Available** 

**Call to Schedule a Tour** 

#### 7144 FAIR OAKS **VACANCIES**

- 1. Suite A-1 is 182 SF.
- 2. Suite A-2 is 109.25 SF.
- 3. Suite A-3 is 109.25 SF.

4. Suite A-4 is 109.25 SF.

5. Suite #1 is 696 SF.

## 3400 **COTTAGE WAY VACANCIES**

(Just off Watt Avenue) Sacramento

- 1. Suite K is 1717 SF.
- 2. Penthouse is 779 SF.
- 3. Suite F is 2342 SF. (Coming Available)

**Contact Ben Tiner** 6833 Fair Oaks Blvd. • Carmichael, CA 95608 916-974-6011

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!



Call to place your legal advertising

483-2299

All Legal Ads Published in the Carmichael Times

## **Wal-Mart Settles EEOC Disability Suit**

in addition to the monetary settlement to be paid to the estate of the deceased employee, Wal-Mart has agreed to conduct ADA at its Placerville store.

EEOC San Francisco Regional Attorney William R. Tamayo said, "Disability and retaliation discrimination continue to exist. Employers should upgrade their training of officials and managers

to ensure compliance with the employers are still making the ADA. The training provided in this decree is critical to good employment practices."

EEOC San Francisco District training of management officials Director Michael Baldonado added, "Retaliation cases represent the largest category of charge filings with the EEOC. In Fiscal Year 2012, retaliation claims were made in more than one-third of all charge filings across the country. This shows that too many

serious mistake of punishing their workers for complaining about unfair treatment. We vigorously enforce retaliation cases to preserve people's access to receiving help from our agency."

The EEOC enforces federal laws prohibiting employment discrimination. Further information about the EEOC is available on its web site at www. eeoc.gov.

#### LAW OFFICE OF RICK MORIN

Representing businesses and individuals in court Affordable representation and personalized service

**Business Litigation • Employment and Labor Law ADA Premises Liability Defense Corporate Formation RICK MORIN** 331 J Street #200, Sacramento, CA 95814

Jenner Inn & Event Center

Storybook Weddings Corporate, Personal & Wellness Retreats

(916) 258-5435 • www.rickmorin.net

800-732-2377

innkeeper@jennerinn.com

10400 Coast Rt. 1. Jenner, CA 95450

www.jennerinn.com

## HOPE for TROUBLED HOMEOWNERS WE PROVIDE SOLUTIONS **Call for a Free Consultation** (916) 331-3311 **Short Sale Hotline**





**Announcements & Events** 

Summer Concerts

Come join us for our **Annual Summer Concerts in the Park!** 

Every other Saturday & every Sunday 6:30-8:30pm at Carmichael Park, 5750 Grant Ave. at the Band Shell John Skinner Band, Dance Band August 4

Sunday Funday for Kids!

Aug 4, 10am-1pm • Vets Hall Lawn at Carmichael Park

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

## SOLAR Now is the Best Time Ever to Own Your SOLAR **Electric, Water Heater, or Pool System!** 34 Years of Passion for Solar Energy! **SERVICE** and **REPAIR** We are an A+ BBB rated company

#### We Specialize in:

"Peak Shaver" Solar Electric systems that Make You Money!

See: www.PV.SMUD.SolarRoofs.com

- ➤ Low Cost, High Performance Solar Pool Heaters.
- ➤ SMUD Financed Solar Water Heaters with \$1,500 Rebate for Electric Heaters

Great Customer Service!

Great Value!

With Federal Tax Credits and State and Utility incentives, now is the time for you to Harness The Sun for your share of FREE solar energy!

Please Call: (916) 481-7200 5840 Gibbons Dr. • Suite H • Carmichael, CA 95608

## Rep. Bera Announces Wounded Warrior Position Available in His Rancho Cordova Office

SACRAMENTO REGION. CA (MPG) - U.S. Rep. Ami Bera, M.D. (CA-7) announced Friday, July 26, that the House of Representatives Wounded Warrior Program is accepting applications for a position in his district office in Rancho Cordova. He urged eligible disabled veterans in Sacramento County to apply.

"I recently had the incredible privilege of meeting with some of our troops in Afghanistan and was able to witness first-hand the bravery and professionalism of our American military," said Bera. "It is an honor to be able to add one of our nation's brave service members to my dedicated staff, and an excellent opportunity for the men and women who served our nation in the Armed Forces to continue their public service and learn about the options available to them as they transition to civilian life."

The available position is a field representative and caseworker who would be responsible for facilitating and coordinating responses to a wide range of requests received from military and veteran constituents. The employee would serve as a liaison between the Congressman's office and various veterans organizations in the district. A full job description can be found



Congressman Ami Bera

here.

The Wounded Warrior Program was established to create fellowships that provide employment opportunities within the House of Representatives. The fellowships will provide veterans with experience and exposure to ultimately broaden their scope of transition opportunities. Positions are available in Congressional district offices nationwide.

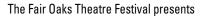
According to the Wounded Warrior Program, applicants must have served on active duty since Sept. 11, 2001, have a 30 percent or greater service-connected disability rating, and have fewer than 20 years of service. In addition to a current resume, applicants must submit a copy of their DD214

and a VA letter confirming they have at least a 30 percent serviceconnected disability rating to housewoundedwarriors@mail. house.gov. They should not send resumes directly to the office of Rep. Bera.

Interested veterans can visit www.cao.house.gov for more information.

Congressman Ami Bera, M.D. represents Sacramento County. Born and raised in California, Bera is a physician and the only Indian American currently serving in Congress. He's fighting to rebuild an economy that works for middle class families and to reduce our country's debt in a responsible

One of Bera's first acts in Congress was to help lead the effort to pass the No Budget No Pay Act, which says if members of Congress don't pass a budget, they don't get paid. As a cochair of No Labels' Problem Solvers, he's working with people from both parties to find bipartisan solutions to our nation's challenges. He and his wife Janine live in Elk Grove with their daughter Sydra. For more updates on Rep. Bera, follow @RepBera on Twitter, like Congressman Bera on Facebook, or visit http://www. bera.house.gov.



## The Drowsy Chaperone

A hilarious, Tony Award-winning parody of 1920s American Musical Comedy By Martin, Lambert & Morrison • Directed by Bob Irvin

> August 9 - Sept. 8 Fri/Sat/Sun 8pm Tickets \$5-\$15 (at the door or online) For More Information:

> (916) 966-3683 FairOaksTheatreFestival.com



#### SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

#### **Current and Upcoming Events**



"Pastels In Light" Pastel Society of the West Coast Members Show July 16 - August 10, 2013

2nd Saturday Reception August 10th, 5:30-8:30 pm Closing Reception Sunday August 11th, 12-2 pm.

Atlantic papers Award, "Beauty In Stages",



Foyer Gallery August

Drawings &

Paintings by



2013 Best of

"Cutting Board" by Leslie DuPratt The Art of Papermaking A Class by Carol Wittich August 17, 2013, 9am-4pm

WASH Inc. No meeting in August. Next meeting is 1pm September 9, 2013 NCA Club No meeting in August. Next meeting is 7pm September 11, 2013

Photo Club meets 4th Thursday 7pm Fiber Arts Group meets 3rd Wednesday 10am

5330 – B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713 Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. www.sacfinearts.org



Complete **Collision Repair Free Estimates** 

24 Hour Towing

We Work with All **Insurance Companies** 

"We Meet By Accident"

**Instant Rebate** towards your **DEDUCTIBLE** 

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires August 31, 2013.

FREE LOANER CAR WITH ANY REPAIR Present this coupon and receive a free loaner car for the duration of your repairs after authorization. Some restrictions apply - call for details. Coupon must be presented upon authorization Limit 1 coupon per customer. Not valid with any other offer. Expires August 31, 2013.





6801 Fair Oaks Blvd • Carmichael, CA 95608 Phone 916-339-1776 • Fax 916-339-1700

Monday - Friday: 8:00 a.m. - 5:00 p.m. Saturday: By appointment • Sunday: Closed

Email: info@aebodyshop.com • www.aebodyshop.com

Carmichael Times Page 10 July 31, 2013



A Film Review by Tim Riley

#### WOLVERINE

(Rated PG-13)

Hugh Jackman returns as the mutant hero, the titular character in "The Wolverine." The movie raises two questions: Why is he in Japan? Why does he still sport mutton chops?

When he's not baring his adamantium claws, Jackman's Wolverine is known as Logan. In what is the sixth film (counting spinoffs) of the franchise, Logan is first spotted looking like a homeless mountain man in the Alaskan wild, or maybe it's the Yukon. Whatever, it's some place cold and uninviting.

Living like a recluse in a cave, Logan communes with nature, even managing a peaceful coexistence with a grizzly bear companion. His solitary existence is disturbed by the appearance of reckless hunters bent on snagging a large, shaggy-haired ursine trophy.

Confronting the repugnant hunters at the town saloon, Logan reverts to his old superpowers to ward off his foes, drawing attention from the enigmatic Yukio (Rila Fukushima), who entices him to Japan. So we have the answer to the first question.

Memories of World War II are fresh in Logan's mind, as he remembers, while interned in a POW camp, saving the life of a young Japanese soldier during the atomic bombing of Nagasaki, and thereby revealing his miraculous self-healing

## Riley Reviews

"WOLVERINE" CLAWS ITS WAY TO TOP OF SUPERHERO ACTION HEAP

Shifting to the present day, Logan has not aged, but the soldier he rescued, Yashida (Haruhiko Yamanouchi), is an elderly, extremely wealthy industrialist, now confined to his deathbed, wistfully hoping for immortality.

Logan's Wolverine, who does not age, possibly holds the key to a life without end, hence the interest by Yashida and assorted shadowy, mysterious figures, obviously connected to the Yakuza, to Logan's secret.

Lured by the curious Yukio to Tokyo, Logan ends up getting a scrubbing and makeover from geisha girls, but he keeps the mutton-chopped sideburns. The answer to the second question remains elusive and unknowable.

Dutifully paying his respects to the dying Yashida, Logan discovers that the industrialist's granddaughter Mariko (Tao Akamoto) stands to inherit his fortune, and as a result, her life is in serious danger.

For one thing, Mariko's father is a ruthless tycoon who is apparently involved with sinister forces that seek to take control, by force if necessary, of the Yashida financial empire.

A spectacular fight sequence with ninja warriors at Yashida's funeral service causes Logan and Mariko to go on the run, even hiding out for a time at a seedy hotel that caters to customers renting rooms by the hour.

Meanwhile, Logan is undergoing an existential crisis, evidenced by the frequent dream sequences in which his former lover, Jean Grey (Famke Janssen), a fellow mutant that he had to kill, reminds him of misfortune and tragedy.

More than troubling dreams are at work. Logan is also consumed with thoughts that his immortality is a curse and a burden that hinder his ability to live a normal life, a thought more pressing now that his romantic feelings for Mariko have taken hold.

Due to other strange things going on, Wolverine finds his physical strength ebbing away, his superpowers gradually dwindling and his immediate ability to heal from all wounds no longer a given.

But before falling into a state of impaired faculties, Wolverine manages a spectacular fight to the death on top of a speeding bullet train with a Yakuza assassin.

With the train hurtling along the tracks and through tunnels at a speed of 300 miles per hour, the rooftop battle is skillfully staged and stunning for its heart-pounding suspense. This could be the film's best action moment

Not so fine is the climactic battle scene inside Yashida's mountainous lair, where Wolverine must fight a giant robot. We've seen enough of this in films like "Pacific Rim." and, well, others I have already forgotten.

'The Wolverine" is filled with plenty of faceless villains, mostly ninja types who are fairly well disguised in their black robes and masks.

The most interesting bad guy is actually a femme fatale (Svetlana Khodchenkova), the blonde nurse who tends to Yashida but has a secret agenda. Though she is attractive, one would be advised not to kiss her.

Though it may not be saying much, "The Wolverine," even when it falters at the end, is one of the better superhero movies of the summer. That's mostly a credit to Hugh Jackman's nuanced performance.

A word to the wise: Be sure to stay for the credits. The future of the franchise hangs in the balance with a breathless teaser.

## Michael Row MR QuickBooks

#### What are your business goals for 2013?

If one of your goals is for your business to be more profitable.

Then your bookkeeping system is a great place to start.

Let MR QuickBooks get you started by showing you the information that gives you the knowledge and wisdom to grow your business.

4 Hour Set Up and Training for Only \$250.00 Reg. \$300.00

We offer a full range of bookkeeping/accounting services:

- QuickBooks Set Up
- QuickBooks Training
- QuickBooks Repair
- Bookkeeping
- Business Consulting Services
- And More...

Information + Knowledge

- = Wisdom
- Better Information
- Better Knowledge
- Better Bookkeeping
- Makes Better Decisions

ıntuıt

Call today to set an appointment. Ask about all our services. michaelrow@aqbexpert.com www.aqbexpert.com • 916-601-7064





## sacramento.pwg.com

## www.CarmichaelTimes.com



## Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there's a retirement community called Carmichael Oaks. This beautiful community offers:

- Social & Activities program
- Scheduled transportation
- Beauty salon & exercise room
- Theatre & computer center
- Weekly housekeeping
- 24 hour emergency staff

Independent & Assisted Living as well as Memory Care.



Save \$1500

or more!

Carmichael Senior Living  $\it Oaks$ 

916-944-2323 office www.carmichaeloaks.com



(no FOTF discounts apply)

## The New Christy Minstrels



This Grammy Award-winning American folk music group will perform two live concerts as fundraisers for the Fair Oaks Theatre Festival and the New Christy Minstrels Foundation.



**Tickets Prices:** 

All Seats

Under the direction of Randy Sparks, the group has sold millions of records and launched the careers of several musicians including Kenny Rogers, Gene Clark, Kim Carnes, and Jerry Yester. Known for hits like "Green, Green," "Saturday Night," and "Today," the group played to a sold-out house last year, so get your tickets early!

> Saturday July 27th & Sunday July 28th

Fair Oaks Community Clubhouse 7997 California Avenue, Fair Oaks, 95628

For Further Information: 916.966.3683

FairOaksTheatreFestival.com www.thenewchristyminstrels.com



August 9, 2013 The POLLER SPEAHER SUMMIT

Summit 1pm – 5pm 💠 Mixex 5pm – 7pm

#### Dante Club

2330 Fair Oaks Blvd, Sacramento, CR 95825

#### Presented by:

- Jordan's Referral Network
- Michael Row Productions
- InfoPrincess.com
- Fast Signs of Sacramento
- North Sac News
- Napoli Culinary Academy

Words are a very powerful tool. The right words can sell, motivate. encourage, educate, paint an image in your mind, tell a story and more. Learn how words can grow your business and set you apart as the expert. Words are not just about books and public speaking. There is so much more!

#### **Scheduled Speakers:**

Proceeds from this event will benefit:









Alicia



Brenda



Janice



#### Vendor and sponsorship information:

www.powsponsors.eventsbot.com For Tickets:

www.powerofwords.eventsbot.com or visit:

www.powerofwordssummit.com

Admission to Summit & Mixer is \$20 or \$10 for Mixer Only





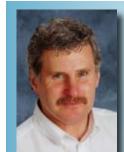
home ALONE I'm safe. I am protected by Alert1

24 hours a day.

One touch of a button sends the help I need in event of a fall, medical emergency, fire or home intrusion.

For a FREE brochure call: 1-888-928-0974





## Dare to Live Without Limits

FORMING GOOD HABITS AND GETTING RID OF BAD ONES



"It is easier to prevent bad habits than to break them."

- Benjamin Franklin

"The best way to break a bad habit is to drop it."

- Leo Aikman

It's easy to form habits. But it seems as if developing bad habits takes less effort than good ones. Before I cover how to form good habits, how do you differentiate between good and bad ones? Bad habits include any behavior patterns that are destructive to you, cause harm to others, or prevent you from achieving your goals.

It doesn't matter which habits other people have. A particular habit may be good for one person but bad for another. John is extremely well organized. He knows how to manage his time so that he gets a lot done. Organization is also important to Robin. However she devotes so much time to it that there is little time left for anything else.

Although both John and Robin are very organized, John is much more productive. Robin is constantly frustrated about not being able to accomplish more. The same habit has different impacts on each of

It's important to know what your habits are and how they impact your life. Don't compare yourself to others. You should only be focused on what you need to do. Consider your current habits. Which would you like to get rid of?

One good way of ending a bad habit is by replacing it with a good one. Eric had a bad habit of being late for work. Rather than trying to not be late, he decided to be early. Now he starts getting ready an hour earlier than he used to. With this approach, Eric can be up to an hour "late" and still get to work on time.

All habits take time to form. It is much easier to eliminate a bad habit before it takes hold. Getting into a good habit takes determination, repetition, patience, and persistence. A major cause for disappointment is expecting to get into a good habit overnight.

A habit isn't formed in one step. It requires a process of successive steps. The first time you attempt a new course of action, it may not take hold. You may revert to your old habits. If you are to succeed, you must push yourself to focus on the new habit.

Sharon wanted to get into better shape. She joined a health club and worked out four times her first week. But she didn't lose weight or look any different. Feeling discouraged, Sharon didn't exercise at all for the next three weeks. She realized nothing positive would happen unless she resumed her exercise program. Shannon kept dragging herself back to the club until she began to see results.

When you are changing your behavior, you may encounter setbacks. If this happens, just get back on track. Janet was a junk food junkie. Her eating habits were impacting her weight. Janet decided to make a change to a more healthy

Janet started off well but had days where she reverted to her old eating habits. Rather than giving up when this happened, she simply got back to her better diet the next day. Even with the setbacks, Janet's improved diet has enabled her to lose weight and feel better.

In order to form a good habit, you must be motivated. If the habit is not appealing or the results are not important to you, you won't be successful. You have to really want the new habit to be part of your life. Good habits bring many rewards, so get started today.

NOW AVAILABLE: Dare to Live Without Limits, the book. Visit www. BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. ©2008 Bryan Golden



Call Lenka (916) 338-7156

## **Foster Care**

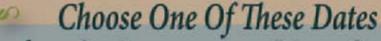
The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.





"The Privilege of Planning" is not a sales seminar; it is a 25-minute presentation which focuses on the importance of getting your family involved in the process of advance funeral planning and all of the options available. Done properly, pre-planning can be a privilege instead of a chore. Information will be presented on Veteran's benefits, cremation and burial choices, as well as key consumer advice. Avoid the burden of both the expected and unexpected by planning ahead, before the need arises. This will bring tremendous peace of mind to you and your loved ones. In addition to a catered meal, each attendee will receive a Starbucks gift card and a FREE Emergency Planning Guide.



Wednesday, June 26 Friday, July 26 Thursday, August 29

Wednesday, June 19 Thursday, August 22 Wednesday, September 18

East Lawn Sierra Hills Memorial Park St. Francis Community Hall, 6700 Verner Avenue, Sacramento, CA 95841 RSVP LisaW@eastlawn.com or (916) 732-2020

Seating is limited to 30 attendees per seminar - RSVP today and reserve your seat.





www.EastLawn.com

Carmichael Times Page 12 July 31, 2013

## Union Gospel Mission Sacramento



Tor more than 50 years, Union Gospel Mission has been serving Sacramento's homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community's support.

We accept donations, clothing and goods, 7 days a week ... and prayer always!

Matthew 25:40 "Caring for the Least"

50+ Years of Service

(916) 447-3268

400 Bannon Street • Sacramento, CA 95811 **Exec. Director, Pastor Tim Lane** P.O. Box 1108, Sacramento, CA 95812

Tune in our Radio Program: KFIA 710 AM, Sun & Mon 3 PM *listen online & visit us at:* www.ugmsac.com Facebook.com/UGMSAC

## Fresh Food and Opportunity at Your Local Farmers Market

Commentary By John Crabtree Center for Rural Affairs

SACRAMENTO REGION, CA – (MPG) This August 4th - 10th is National Farmers Market Week. Farmers Markets are expanding to communities across the nation at an amazing rate. Since 1994, the number of farmers markets in the USDA National Farmers Market Directory has more than quadrupled. Last year the number of farmers markets reached 7,864 and this year that number will most likely top 8,000 by a considerable margin when the results of the annual Directory update are announced this week as a part of the USDA celebration of National Farmers Market Week.

Farmers Markets are

good for rural communities. They bring farmers and consumers together, create a stronger local economy, provide consumers with fresh, nutritious, affordable local food, and create opportunities for family farmers and ranchers - especially beginners - to diversify their operations and sell what they produce.

Make sure you visit your local Farmers Market this week and return often. To find a farmers market near you check out the USDA National Farmers Market Directory (http://search.ams.usda.gov/ farmersmarkets/).

If you don't have a Farmers Market nearby, you can help create one in your community. Get started by calling the Center for Rural Affairs at 402.687.2100 and

asking for the Farm Bill Helpline and then check out USDA's Farmers Market Promotion Program (http:// www.ams.usda.gov/fmpp/), which provides an excellent opportunity for market farmers, market gardeners and rural communities to establish and promote farmers markets and other direct-to-consumer food marketing.

The Center for Rural Affairs was established in 1973 as an unaffiliated nonprofit corporation under IRS code 501(c)3. The Center for Rural Affairs was formed by rural Nebraskans concerned about family farms and rural communities, and we work to strengthen small businesses, family farms and ranches, and rural communities.



## Carmichael Dental Group



2 Implants with 2 Attachments to Upper or Lower Denture

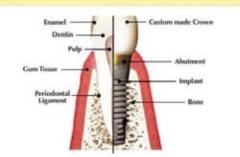
Limited time offer, terms and conditions may apply. Single Implant

with Crown Limited time offer, terms and conditions may apply.

Adult Cosmetic Braces \$**2,800** 

Ages 16 and Up for 6 Months

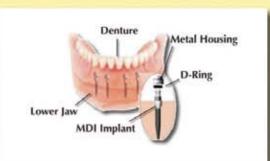
Limited time offer, terms and conditions may apply.



Single Implant



**Multiple Implants** 



Mini Implant



Combination Implants

8329 Fair Oaks Blvd., Ste B • Carmichael, CA 95608

944-7700 w.carmichaelCAdentist.com



CALL 773-1111 TO ADVERTISE www.CarmichaelTimes.com

