



**Dr Bob Graykowski:**  
*Dangers of Antidepressant Medication for Children and Adolescents*

Page 4

**PLUS:**  
*"Thou Pollest Too much, Methinks"*

Page 9

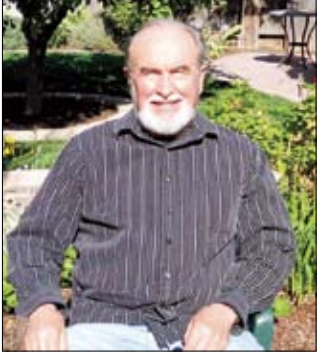
# Carmichael Times

Volume 32 • Issue 46

*Serving Carmichael and Sacramento County since 1981*

November 14, 2012

**Lester E. Lehr: Music as a Way of Life**



Page 2

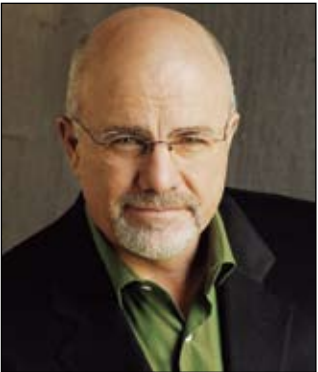
**Action Thrills of James Bond Thrive and Survive "Skyfall"**



Page 5

*"Can I Self-insure Longterm?" and other questions.*

**Sound Financial Advice from Dave Ramsey**



Page 6

**WE SUPPORT OUR MILITARY**



Scan our QR Code for a direct link to our online edition!

PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA  
Change Service Requested

## Recalling Carmichael's Fallen Sons



Veterans of more than 70 years of wars honor La Sierra High School students who died in Vietnam. Cub, Boy and Girl Scouts swelled the ranks. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL, CA – (MPG) Veterans of 70 years of wars gathered to honor seventeen Vietnam heroes on Remembrance Day in Carmichael last week. The fallen were students of La Sierra High School.

In 1973, students created the first known California memorial to the 1960s war that culled some of the school's finest alumni. La Sierra is now closed. A towering steel monument in an adjacent nature preserve oversees community veteran ceremonies in May and November.

Last week's observance saw ever-dwindling ranks of WW 2 veterans bolstered by those who served in Korea, Vietnam and Middle East wars. Supporters brought the event attendance to about 150. Earl ("Ranger Jack") Koobs taught most of the Vietnam fallen during his

long career at La Sierra. The 92-year-old struck a solemn chime as each of their names was announced.

"We should never forget them," said the WW 2 Navy veteran. "They were wonderful boys. I loved them all."

## Birthday Buggy Treat for Centenarians

By Susan Maxwell Skinner

CARMICHAEL, CA – (MPG) It's a slim chance that centenarians at the same address might celebrate birthdays on the same date. Antonelle Decetis and Larry Poundstone beat those odds.

The Atria El Camino Gardens residents were feted by two sets of adoring families, two cakes and two spins around the facility via transport familiar to their youth. Both recalled days when horse-drawn vehicles were common on California streets.

Grandson of a Sutter Creek miner who struck gold in 1852, Larry Poundstone grew up on a Lodi dairy farm. WW 2 saw him serving the European Theater and, as a career US Air Force officer, he later raised his own son during postings in Japan, Virginia and Argentina. He retired as a full colonel and settled in Fair Oaks.

The veteran still drives a car daily to deliver newspapers to a family friend. Noting the first

sprinkles of a birthday rainstorm, Larry last week declared that turning 100 was no different from turning 99 last year – "except it's raining this time."

With two years on her neighbor, Antonelle Decetis is currently the oldest Atria El Camino resident. Born in Idaho, she joined her family's California migration at the age of 11. The Sacramento High School graduate worked as a typist and bookkeeper during her long employment by the State. Antonelle's great retirement triumph came via a lottery ticket that included her in a "Big Spin." The Carmichael winner donated \$50,000 in prize money to the Mercy Foundation.

After nine years in her Atria home, the 102-year-old's arithmetical prowess still astonishes staff and fellow residents. "She loves math and riddle Bingo," says a facility staffer. "She's as sharp as a tack and solves problems in seconds. Antonelle beats any one of us."



Antonelle Decetis (center) recently turned 102. Fellow Atria El Camino Gardens resident Larry Lee (left) reached his 100th birthday the same day. The two were treated to carriage rides with Carmichael equestrian John Walker and mini horse Rocket. Photo by Susan Maxwell Skinner.

## River City Quilters' Guild 2012 Quilt Show

*Rhapsody in Bloom*

SACRAMENTO, CA – (MPG) The River City Quilters' Guild is hosting their annual quilt show at the Scottish Rite Temple, 6151 H Street, Sacramento on November 16 through November 18. Times are Friday from 10 am to 5 pm, Saturday from 10 am to 5 pm and Sunday from 10 am to 4 pm. Admission is \$7 per day. Children under the age of 12 are free if accompanied by an adult. The annual show offers quilters the opportunity to display their work to the public and gives the community a chance to see the new and exciting directions quilt making is taking, as new techniques, fabric and materials become available in the marketplace and are used in quilts.

The show will feature hundreds of beautiful quilts, including traditional, contemporary, and art quilts and wearable art made by textile artists. Judging is conducted by the Elimination Method, with awards given in each category at the sole discretion of the judges who may select 1st, 2nd, 3rd and Honorable Mentions. Show attendees cast their votes in choosing the Viewer's Choice (Harriett Merriam Award). Other activities include vendors, country store with handcrafted gifts, prizes, demonstrations, silent auction and a longarm exhibit. Featured artist this year is Teri Moore, a long time member of River City Quilters' Guild who helped establish the guild's community service efforts. A highlight of the show is the annual Opportunity Quilt which is a fundraiser for the Guild. This year's quilt is adapted from a pattern, used with permission, from CrabApple Hill designs. The quilt was made by Traci LaDue, Sandy Ross, Teri Moore, Jacques Tucker, Dee Irwin, Arleeta Krolkowski, Ruth Schindler, Lina Santin, Debra Cribbins and quilted by Michelle Lingo of Shining Star Quilts. Parking for the show is free and lunch is available on site by Ambrosia Café & Catering.

Proceeds from this event will support the activities of the Guild which include promoting quilting and the use of textiles, within the Guild itself and with the community at large. The Guild contributes to the knowledge of quilting techniques, patterns, history, and quilt making by providing educational meetings, fun, and fellowship. Community service activities include the making of hundreds of quilts for pediatric patients in area hospitals, flannel "lovies" for Sacramento County Sheriff Chaplaincy, drawstring travel bags for children at the Children's Receiving Home, providing a scholarship at CSU Sacramento for an aspiring quilter and participating in other charitable quilt auctions.

For more information about River City Quilters' Guild and the 2012 quilt show visit the Guild website at [www.rivercityquilters.org](http://www.rivercityquilters.org).

## Northern California Developer and Restaurateur Pleads to Felony Grand Theft

### Businessman Owed State More than \$7 Million in Sales and Employment Taxes

SACRAMENTO REGION, CA – (MPG) Abolghassem (Abe) Alizadeh, 54, of Granite Bay, pleaded no contest to one felony grand theft and two related misdemeanor counts for misappropriation of sales tax and nonpayment of unemployment

insurance contributions, the California State Board of Equalization (BOE) announced November 9th.

The franchisee and developer owned and operated 71 northern California Jack in the Box restaurants and Kobra Properties.

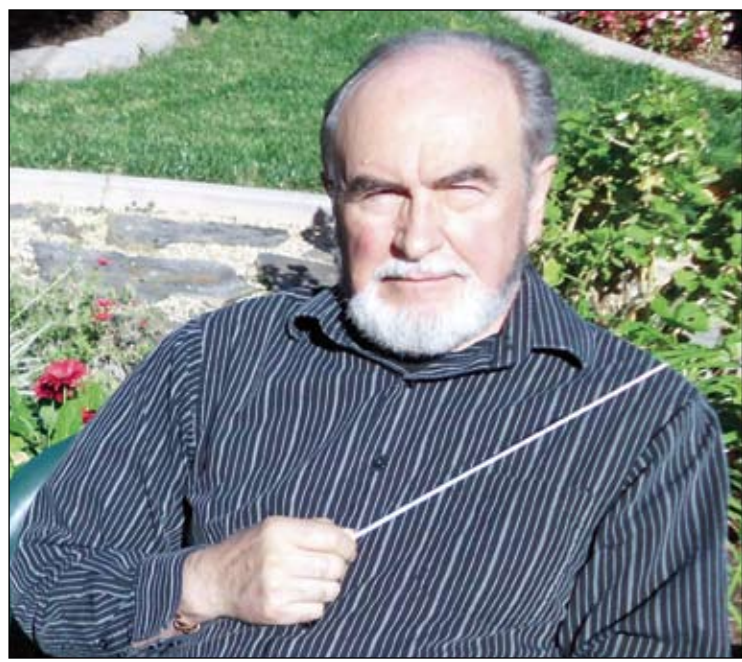
Alizadeh signed the plea agreement at the Bill Santucci Justice Center in Roseville on November 5, 2012. Senior Assistant Attorney General Ronald Smetana prosecuted the case.

The investigation of Alizadeh began in April 2010, when the

BOE, Attorney General's Office, Employment Development Department (EDD), and other state partners became suspicious that he was diverting sales and employee payroll tax dollars from the state for his business and personal interests.

Alizadeh failed to remit more than \$5.4 million in sales tax to BOE, and nearly \$1.8 million to EDD, not including penalties and interest.

*Continued on Page 10*



Lester E. Lehr, D.M.A. Photo by Julie Parker.

By Julie Parker

CARMICHAEL, CA – (MPG) “I have one kid who was a student at Del Campo High School, wanting to major in engineering,” says Lester E. Lehr, D.M.A.. “He said, ‘But, I really like music.’ He wanted to write band arrangements. I explained to him that none of the Russian composers highlighted in the Academic Decathlon were professional composers. They were a chemist, a naval officer, etc.. They wrote great music, because they loved it.”

Lehr’s love of music is evident.

He has played with the Sacramento Symphony (sixteen years), Sacramento Municipal Band (fifteen years), the California State Fair and Exposition Orchestra, Music Circus, Barnum and Bailey Circus, and has performed internationally in Canada, Belgium, New Zealand, Austria, and Europe.

He has also enjoyed a musical teaching career.

The first nine years of Lehr’s life were spent in South Dakota, where his mother worked for the telephone company, and his father owned an automobile dealership.

His great-great-grandfather fled

# Les Lehr: *Music as a Way of Life*

the Prussian Army, traveled to the United States on steamship, and settled in South Dakota, where the land was free.

“I have pictures in the hall of my mother in Indian garb. Her family lived in a thatch mud house. It’s incredible what they went through – super storms almost every winter.

“I walked about a mile to school in the snow. I had a Darth Vader raincoat, made of rubberized fabric. Snow wouldn’t stick to it, and it was rain-proof.”

Summers were spent fishing with his father and brother on the Missouri River. “I just dropped my line over the side of the boat, waited ten seconds, and I’d have a fish, just using worms. My dad said, ‘You’ve got to stop catching them, because I haven’t had a chance to fish yet.’”

His brother played the trombone, and his mother played piano. “She played a lot of religious tunes.” Lehr learned to play the baritone horn in fifth grade.

The family relocated to Sacramento when Lehr was nine.

Lehr’s first job, at age sixteen, was cleaning the Hotel Senator; his second a gardening gig at Haggin Oaks. “A guy put me out in the sun eight hours a day, moving rocks from one place to another. I felt like I was in

prison.” He then began a nine-year stint working in the mailroom at the state fairgrounds.

The Lehr family lived near the old fairgrounds on Stockton Boulevard. “There was Governor’s Hall, and the high schools’ sororities and fraternities used to have big dances there – 700 or 800 kids.

“I learned to play the trombone when I was playing the euphonium. The euphonium and baritone horn are sort of the same instrument, but built differently. I played with three or four bands, with gigs at San Francisco, and Lake Tahoe, where we stayed in tent cabins.” Around the same time, Lehr started playing with the symphony.

Scholastically, after receiving a B.A. from Sacramento State, Lehr attended Eastman School of Music of the University of Rochester, where he earned a Masters Degree in Music Literature.

In the 1960s, he played with the Music Circus, and remembers some famous entertainers.

“Nat King Cole was an absolutely phenomenal experience. He had this amazing magnetism.

“In rehearsal with Jimmy Durante, I played a wrong note. He says, ‘There was a wrong note back there.’ He heard it. He’s another one that

had amazing magnetism.

“One of the Andrew Sisters said she had a cold, and asked if we could transpose it down. There was no time to write it out, but we had to read it.

“Peter Lawford would bring along his group of girls to scream and yell when he came on stage.

“When I walked into one rehearsal, there was a cleaning woman sitting on the side, with a bucket. Norm said, ‘Okay, Helen, we’re ready for you.’ This cleaning lady got up, walks over, and takes off her glasses, like bottoms of coke bottles. It was Helen Reddy.”

“Bob Hope was a class act. No foul language, no dirty jokes. A nice guy.”

“In rehearsal, Marlene Dietrich was rail thin, in a one-piece jumpsuit, and what looked like an engineer’s cap – a very stylish engineer. In the show, she was a curvaceous creature in a beautiful gown. The shape was built-in, as a number of people in show business. Her conductor was a phenomenal pianist; jazz, classical; had his own radio show in New York City. He’d been on the road with her seventeen years, and changed the show once, putting one new tune in it. She got so nervous about it. She needed routine. ‘Don’t you get tired

of that?’ I asked. ‘Yes, but she really says well.’

Lehr’s first marriage ended after 24 years, but produced two children. “Good boys.”

He met wife Marjorie at an after-concert party. They have been married twenty-six years.

Music changed in the late 1950s. “Band arrangements got really complicated with Stan Kenton, and some of the other guys of his ilk. He used to come around offering clinics.”

Lehr has played with the Sierra Nevada Winds, and the California Wind Orchestra.

In 2001, he founded the Sacramento Symphonic Winds – an all-volunteer, 60-piece “wind orchestra” that offers eclectic selections ranging from rock, and jazz, to show tunes.

“We just performed a concert, which went very well. One guy said, ‘I’ve got a complaint. You guys don’t play enough. I could listen to this all day.’

You can listen to the Sacramento Symphonic Winds perform “Pops Popourri” on December 9, 2012 at 2:30 p.m. at the La Sierra Community Center, 5325 Engle Road in Carmichael. For ticket information, visit [sacwinds.org](http://sacwinds.org).

## Chapanian's Carmichael Furniture

Serving Carmichael since 1940

A Full Line of Quality Brand Name Furniture

Free delivery on any purchase of \$999 or more. Within 15 miles of the store.



Spruce up Your Home for the Holiday Season!

6649 Fair Oaks Blvd. Carmichael, California 95608 (Corner of Fair Oaks Blvd. & Angelina Ave)

916-487-7895

Store hours: Tuesday thru Saturday 10:00 A.M. - 5:30 P.M.

Closed Sunday and Monday

We Specialize in Custom Orders!

Visit our web site at [www.CarmichaelFurniture.com](http://www.CarmichaelFurniture.com)

Treating you like the first family we've ever served is what makes our service second to none.



It never escapes us that each family is unique. That's why we care for each family we serve as if it were our first—first to experience our understanding, our caring and most of all our personalized service. It's the least we can do to show you that in our eyes your family's care is second to none.

Sacramento MEMORIAL LAWN  
6100 Stockton Boulevard  
(916) 421-1171  
[www.smlfh.com](http://www.smlfh.com)



"Serving the Needs of Seniors"

Your one-stop resource for Senior Care  
[www.CiminoCare.com](http://www.CiminoCare.com)

Call Today

to start gathering answers. A knowledgeable counselor is standing by to help at no cost to you.

(916)729-9200

Assisted Living  
Independent Living  
Memory Care  
& Other Resources



Our Communities in the Greater Sacramento Area:

Auburn Oaks Senior Living, Citrus Heights  
Citrus Heights Terrace, Citrus Heights  
Courtyard Terrace, Sacramento  
Fair Oaks Villas, Fair Oaks

Senior care, or the Cimino family, first began in 1973 when Wilma Cimino served her first In-Home Care Client. Today, Mark Cimino, CEO & son of Wilma continue to serve the needs of seniors across Northern California and have broadened their support for seniors in a variety of ways. Call or email TODAY to see how they can meet your senior care needs.

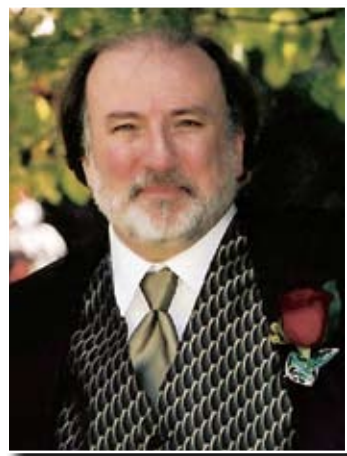


Mark Cimino, CEO & Family

CiminoCare  
7501 Sunrise Blvd.  
Citrus Heights, CA 95610  
Phone: 916.729.9200  
Email: [mark@CiminoCare.com](mailto:mark@CiminoCare.com)  
Facebook.com/CiminoCare

Connect with us on

Courtyard Terrace  
A CIMINOCARE® MEMORY COMMUNITY



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, please email a Microsoft Word file to: [Publisher@CarmichaelTimes.com](mailto: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.

Advertising Sales

Paul V. Scholl  
Allyse Weaver

Graphics & Layout

Banerjee Designs • Stump Removal Graphics

Contributing Writers

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

Distribution Assistant

Gabriel Scholl

Accounting

Nicholson & Olsen CPA

Web Master

RJ at [thesitebarn.com](http://thesitebarn.com) • JWS Promotions • Mikahn Design

News Services

Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire  
North American Precis Syndicate • Blue Ridge Press • ARA Content  
California News Service • Family Features • WorldNetDaily

Photography

Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.



Carmichael Times is a member of Messenger Publishing Group



# 'About Memory' Workshop at Eskaton Village Carmichael

CARMICHAEL, CA - (MPG) Mark your calendar, literally, to attend this December 1 educational presentation on memory and the aging brain by renowned UC Davis Health System's Michael McCloud, M.D. Sponsored by Eskaton, "About Memory, Dementia and

Alzheimer's" is free to the public and will be held Saturday, December 1 from 9:30 a.m.-11:30 a.m. in the Community Auditorium at Eskaton Village Carmichael, 3939 Walnut Avenue, Carmichael. Dr. McCloud, a geriatrician and clinical professor of

medicine, will share expertise on the normal aging brain, age-associated cognitive impairment, dementia syndrome, depression and related subject matter. Contact Rebecca Spanos at Eskaton Village Carmichael, 916-974-2200 to RSVP or for more information.

# Drowsy Driving Puts Everyone at Risk

CHP Special Release

SACRAMENTO REGION, CA - (MPG) A tired driver is a dangerous and potentially deadly driver. The California Highway Patrol (CHP) joins the National Sleep Foundation in a weeklong campaign to educate motorists during "Drowsy Driving Prevention Week," November 12-18, 2012.

"Fatigued drivers are a safety risk on our roadways," said CHP Commissioner Joe Farrow. "If you are tired, reaction time and judgment can become impaired. Tired drivers behave similarly to those who are intoxicated."

According to statistics from the CHP's Statewide Integrated

Traffic Records System, in 2010, the most recent year in which finalized figures are available, there were more than 3,600 collisions in California involving drowsy drivers. As a result of those collisions 32 people died and more than 2,000 others were injured.

Drowsiness can reduce reaction time, impair judgment and vision, and impact a driver's attention.

The CHP and the National Sleep Foundation offer the following tips to drivers to reduce their risk of falling asleep behind the wheel:

- Get enough sleep, at least 7-9 hours, to help maintain alertness.

- On long road trips, schedule breaks every couple of hours or every 100 miles.
- When possible, travel with a companion who can take a turn behind the wheel or help keep the driver awake.
- Avoid driving at times when you would normally be asleep.
- Avoid alcohol or medications that cause drowsiness.
- Consume caffeine as it increases alertness.
- When tiredness sets in, exit the highway and find a safe location to park and rest.
- "With a few simple precautions drivers can help prevent future tragedies from occurring," added Commissioner Farrow.

**Frohe Weihnachten**

**The German Deli**  
German Meats • Imported Beer & Wine • Catering

Our Traditional "German Christmas Goodies" Have Arrived!!

**HOLIDAY HOURS:**  
SUN 11-4 • MON 11-5 • TUES-FRI 10-6  
SAT 10-4

Ask about our Mail Order Service! (916) 349-9493

5859 Auburn Boulevard Sacramento, CA 95841  
www.sacgermandeli.com  
sacgermandeli@sbcglobal.net

**Ask Mister Fit**

**A Better Quality of Life through Movement, Exertion and Willpower**

Jonathan Peschke

You may know my face but not my name. As a long time resident and business owner in Carmichael you may have seen me play baseball, coach basketball or been a friend from the swim team, but most will know me as the Black Belt Master Instructor at Robinson's Taekwondo Carmichael. As a fifth degree Black Belt I have been sharing the secrets of martial arts and personal fitness for many years. Often people ask, what's the best way to get fit? Obviously I have a strong belief that the Korean-based martial art Taekwondo is the best choice for my family and I would recommend it to yours, but individuals are all unique and one size definitely

doesn't fit all! As a life-long athlete with experience in a wide range of personal and team sports, you may wonder what's right for you. You may have questions about a combination of physical activities, appropriate training levels, how individual health factors into finding the right fitness activity to keep you alive longer.

It's why you will find I am introducing myself to people who may already know me, as we join forces to provide health information, answer fitness questions and share the real need to get physical for better health, greater confidence, longer life and lower healthcare costs.

You may think you can't do martial arts, become an Iron athlete or build muscles like our former Governor, but I'm here to help you learn that you can! Anyone can become healthier, build endurance and

find a better quality of life thru movement, exertion and willpower. While Taekwondo also provides the lifesaving skills of self-defense, any exercise is beneficial. Knowing what may work best for you is often trial and error. Together we can help short circuit much of that 'try it on for size' effort in finding a fitness routine, save you money, make you healthier and give Carmichael the fits!

Email your questions to AskMisterFit@robinsonstkd.com and look for your answer online, or in the pages of this newspaper.

**Groomed and Gorgeous for the Holidays**

Won't it be nice to have a dapper dog when holiday guests arrive at your home?

Make sure your dogs are fresh for the festivities!  
Now booking grooming appointments for November and December

Specializing in Working, Herding and Sporting Breeds

At Because of Dogs, bath time is a pleasant experience in our quiet, custom grooming studio — one client at a time, no cage drying. Owners are welcome to stay and observe the grooming process.

Your Resource for All Things Canine  
Certified Canine Good Citizen Evaluator • References available

Please call to reserve your appointment!

TRAINING • BOARDING • GROOMING

www.becauseofdogs.com  
Located in Carmichael  
Call Carol at 916-488-7819

**WE RID YOUR HOME OF PESTS!**

**BELL PEST CONTROL**

GUARANTEED Since 1978

916-512-3722  
"GIVE US A RING"  
WWW.BELLPEST.COM

"We've got 'em in our crosshairs"

**\$35 START UP A \$145 SAVINGS!**

**\$30 OFF ANY ONE TIME SERVICE**

**CALL NOW FOR OUR WINTER SPECIAL**

✓ ANTS ✓ BLACK WIDOWS ✓ ROACHES ✓ MICE ✓ EARWIGS ✓ RATS ✓ FLEAS ✓ AND MORE

**Carmichael Oaks Dental Care**

- General and Cosmetic Dentistry
- Digital X-Ray and Intraoral Camera
- Crowns, Veneers, Bridges and Dentures
- Free Consultation for Braces & Invisalign
- Cerec crowns completed in as little as one appointment
- Senior Discounts

Call Today for an Appointment!  
**(916) 944-1120**

**USE YOUR DENTAL INSURANCE BEFORE IT EXPIRES**

8329 Fair Oaks Blvd. Suite D, Carmichael, CA 95608  
(between Manzanita Ave and San Juan Ave)  
**www.CarmichaelSmile.com**

All services provided by General Dentists, Members of American Dental Association, California Dental Association, Sacramento District Dental Society and International Association for Orthodontics.

**Participating Provider for Delta Premier, Delta PPO, Metlife, Premier Access and Many More Insurance Plans.**

**\$40 EXAM AND X-RAYS (\$150 VALUE)**  
and **30% OFF ANY NECESSARY DENTAL TREATMENT**

Valid for new patients only. Includes comprehensive oral exam, necessary x-rays and a consultation. Only valid for non-insured patients. Restrictions apply. Not valid with any other offers. With coupon. Expires 12-31-12.

**\$79.99 ONE HOUR IN-OFFICE ZOOM WHITENING**

Valid for new patients with PPO dental insurance policy only. Restrictions apply. Not valid with any other offers. With coupon. Expires 12-31-12.

**\$500 OFF COMPREHENSIVE ORTHODONTICS TREATMENT**

Valid only for new patients with PPO Insurance Policy. Low down payments, monthly payments as low as \$100, in office financing based on treatment contract.

# CDPH Warns Not to Eat Certain Bolthouse Farms Carrot Chips

SACRAMENTO, CA - Department of Agriculture and Consumer Services. The recalled Carrot Chips contain the following coding information on the front right corner of the bags: 04T XXXX BF212J11 or 04T XXXX BF212J12, where the four X's are any series of numbers that indicate the time of packaging. The carrots were available for purchase throughout the United States and Canada at retail markets and grocery stores. The Carrot Chips were sold in 16 ounce clear plastic bags. Click on Bolthouse Farms product photographs to see the product. Consumers in possession of this recalled product should discard it or return it to the store of

purchase for a refund. Symptoms of Salmonella infection include fever, abdominal cramps, and diarrhea which may be bloody. Most infected people recover within a week. Some may develop complications that require hospitalization. Infants, the elderly, and people with weakened immune systems are at highest risk for more severe illness. CDPH recommends consumers experiencing any ill effects after consuming these products should consult their health care provider. Consumers that observe the product being offered for sale are encouraged to report the activity to the CDPH toll free complaint line at (800) 495-3232.



Dr. Bob Graykowski



Currently an alarming number of children and adolescents are diagnosed with depression and prescribed antidepressant medication. In the US alone, each year doctors write more than 10 million antidepressant prescriptions for children, and reports show this trend is growing at a rapid rate in countries throughout the world.

As a non-drug wellness Doctor, I am distressed about the shocking rates of misdiagnosis of pediatric depression and over-prescription even with the known side effects of these drugs.

### What Are SSRI's?

Selective serotonin re-uptake inhibitors, or SSRI's, are a popular class of antidepressants that work by allowing more serotonin to remain in the brain. Serotonin is a natural brain chemical involved in the transmission of messages between nerve cells.

Some well-known SSRI's include Lexapro®, Prozac®, Zoloft®, Luvox® and Celexa®.

### Causing More Harm Than Good?

A recent study at Harvard Medical School's Clinical and Research Program in Pediatric Psychopharmacology focused on the adverse side effects of SSRI's. The patients were an average age of 12 years.

The scientists found that 22 percent of the youngsters had a "psychiatric adverse event" (PAE), a severe mood disturbance or shift. When the patients discontinued that SSRI's, the PAE's disappeared.

With such serious side effects, why are these drugs still being so widely prescribed to children? And why do we hear so little about these dangerous side effects. Read on to find out what the drug companies and physicians are, and are not, doing about this problem.

### Are Doctors Aware of the Risks?

Are all doctors on the cutting edge of health information? Not necessarily.

For example, in one study, 596 pediatricians and 557 family

# Dangers of Antidepressant Medication for Children and Adolescents

physicians received a four-page questionnaire focused on SSRI prescriptions for children and adolescents. The survey also asked about other issues, such as managing pediatric depression, practice characteristics and training for pediatric depression. Only 11 percent of the pediatricians and 22 percent of the family physicians felt comfortable treating childhood depression. Worse yet, only a handful reported receiving adequate training for childhood depression.

However, SSRI prescriptions by both pediatric doctors were commonplace. Doctors who prescribed SSRI's were less likely to refer a child for counseling to manage the depression. The pediatricians and physicians also reported prescribing SSRI's for other childhood and adolescent health problems. Other than depression, attention deficit/hyperactivity disorder was the most frequent reason for a prescription, followed by obsessive-compulsive disorder, aggression, eating disorders and uncontrolled urination.

### Drug Manufacturers Issue Warnings

Recently GlaxoSmithKline, the maker of Paroxetine (Seroxat®, Paxil®), distributed a statement to British practitioners, completely discouraging prescriptions for children and adolescents with depression. The statement explained that clinical trials in youths linked with drug to life-threatening side effects, such as self harm, hostility, agitation and suicide.

### Are the Drug Companies Hiding Information?

Parents cannot rely on pharmaceutical companies to be entirely forthright about side effects, according to a recent report in the British Medical Journal.

An anonymous source recently sent the prestigious medical journal documents linking the drug Prozac® (fluoxetine) to suicide and violence. The documents suggest that the manufacturer, Eli Lilly, has been aware of and sought to downplay side effects, such as "behavior disturbances," since the 1980's. The documents had suspiciously disappeared in 1994, when the company was being sued by relatives of victims whose murderer was taking Prozac®.

Dr. Richard Kapit, the FDA clinical reviewer who originally

approved Prozac®, commented that if he had been given access to the Lilly documents, he would not have approved Prozac®.

"If we have good evidence that we were misled and data were withheld then I would change my mind (about the safety of Prozac®). I do agree now that these stimulatory side effects, especially in regards to suicidal ideation and homicidal ideation, are worse than I thought at the time that I reviewed the drug," stated Dr. Kapit.

### Pass the Word Along

Since not all parents, or even their children's doctors, may be aware of antidepressant risks and side effects, we encourage you to share this information with anyone who will benefit.

**Warning:** Never discontinue a child's prescribed antidepressant without first consulting the prescribing physician. Stopping or changing any antidepressant medication suddenly may result in withdrawal effects and increase the risk of depression relapse. With any treatment regimen, natural or otherwise, watch your child closely for worsening signs of depression, and consult a physician right away if your child attempts or indicates a desire to inflict any type of self-harm or aggressiveness toward others.

It is my opinion that the escalating use of medication to treat depression will have possible irreversible effects on future generations. Seek to find answers to depression rather than drugging the children should ALWAYS be the first course of treatment.

For more wellness tips visit our website at [Chiropractic-usa.com](http://Chiropractic-usa.com). Learn more about our community office; Fan us on Facebook! For weekly health tips go to [www.applestozen.blogspot.com](http://www.applestozen.blogspot.com).

Creating a Healthy Community  
Dr. Bob Graykowski  
[Chiropractic-usa.com](http://Chiropractic-usa.com)  
(916) 973-1661

### Monthly Workshops Available

Please call for information and reservation.

Support is encouraged...  
Bring a friend or family member!  
Workshop is at 6:00 - 7:00pm.  
Advanced Workshops are 6:00 - 7:30.

Reservations can be phoned at  
**916-973-1661**  
or faxed to **916-973-8273**

Discover exceptional service and value and a fulfilling lifestyle at the Chateau at Carmichael Park

Enjoy spacious apartments, outstanding dining and high quality care tucked away within serene, gated grounds. Fitness classes, book clubs and many other activities allow you to stay as busy as you'd like.

Call (916) 481-7105 for a tour!

Independent Living • Assisted Living  
Memory Care Residence & Memory Day Program  
Respite Care for short-term stays

*the Chateau*  
at Carmichael Park

7125 Fair Oaks Blvd., Carmichael, CA 95608  
[www.HankFisherProperties.com](http://www.HankFisherProperties.com)

When it says Hank Fisher Properties, it says Quality

Lic. #347001523

## THANK A VETERAN TODAY

**Sacramento CHORAL SOCIETY & Orchestra**

Donald Kendrick  
Music Director

17<sup>th</sup> Concert Season 2012-2013

**WELLS FARGO  
HOMIE FOR THE HOLIDAYS**

A Sacramento tradition that ushers in the holiday spirit

Radiant music for Christmas—A candlelit procession, audience singalong, new and familiar choral orchestral holiday songs. Merriment guaranteed!

Works by:  
Bass, Bradford, Anderson, Berlin, Leavitt

Guest Chorus:  
Sacramento Children's Chorus  
Lynn Stevens, Director

**Saturday, Dec 8, 2012  
at 8:00 PM**

**Sacramento Memorial Auditorium**  
1515 J Street, Sacramento

PREMIERE of new work commissioned for the Sacramento Children's Chorus (SCC) and the SCSO by Randol Alan Bass celebrating the SCC's 20th anniversary

TICKETS | \$45 Main Floor | \$35 1st Balcony | Students 50% discount  
Community Center Box Office **916.808.5181** | [TICKETS.com](http://TICKETS.com)

**ChiropracticUSA™**

"Creating radiant health in our community since 1985"

Spinal correction specialist  
Custom exercise instruction  
Family wellness plans  
Sports injury specialist  
Carmichael chamber business person of the year 1995.

**Gift of Life Wellness Check-up**

Consultation, Complete Spinal Examination and X-rays (if needed)

This \$250 value is yours for only \$40 if you mention this ad  
Each additional family member only \$20  
Offer Expires Friday

Dr. Bob Graykowski • 5909 Stanley Avenue, Suite A  
Carmichael, CA 95608 • (916) 973-1661  
[Chiropractic-usa.com](http://Chiropractic-usa.com)  
Join our Facebook Fan Page - Chiropractic USA

## 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.

Call Lenka  
**(916) 338-7156**



A Film Review by Tim Riley

# Riley Reviews

**ACTION THRILLS OF JAMES BOND THRIVE AND SURVIVE "SKYFALL"**



style, wits and brawn for Ian Fleming's creation, has solidified his standing as the heir apparent and nearly, if not yet completely, equal in stature to Connery.

Is "Skyfall" the best of all Bond films, as some proclaim? "Goldfinger" and "From Russia With Love" are arguably the gold standard. As a straight-up spy film, "Skyfall" certainly measures up with the very best.

True to the franchise tradition, the film starts with a taut, thrilling motorcycle chase through Istanbul's Grand Bazaar and across rooftops, culminating in a breathtaking fight on top of a speeding train, which doesn't end particularly well for Bond.

Sam Mendes, a director known for more serious work, is equally adept at the

escapist fare, though in the early going you'd think he was just brushing off the instruction manual from the "Bourne" films.

After the dazzling title sequence, which includes singer Adele belting out the theme song, Bond ends up at a coastal town in the south of Turkey to recuperate and contemplate his next move.

A terrorist attack on the MI6 headquarters in London jolts Bond. His loyalty to his boss, M (Judi Dench), demands his return to action, even if he's forced to undergo physical and mental training to qualify for duty.

It matters little to Bond that he's not completely in shape. He needs to help M, whose authority and position is being challenged by officious government bureaucrats eager to move beyond the ossified spy business.

Enter Gareth Mallory (Ralph Fiennes), new chairman of the Intelligence and Security Committee. He's going to poke around in the dark corners. Meanwhile, Bond is the only ally that M can trust.

As part of the new regime, Q (Ben Whishaw) is a youthful, mop-haired computer geek who disdains the usual gadgets. He tells Bond that the agency doesn't issue "exploding pens" anymore.

Bond's assignment is to resume the chase of the killer who made off with a list of MI6 agents working undercover in terrorist groups around the globe.

The chase takes Bond to an exotic high-rise in Shanghai and then to a casino in Macau where Komodo dragons prove to be more dangerous than Siegfried and Roy's white tigers.

Bond's image as the ladies man is rekindled when he hooks up with the exotically beautiful Severine (Berenice Marlohe), who proves indispensable to locating the chief villain.

Not surprisingly, the bad guy is somewhat exotic himself. The oddly blond-haired Silva (Javier Bardem), a supercilious fop with exaggerated mannerisms, is motivated by a twisted sense of revenge to kill MI6 agents.

Though Silva is captured on his island hideaway, it's not a spoiler to reveal that, much like Hannibal Lecter, he not only plays mind games but is not easily confined in what should be an airtight cell.

Because all hell is breaking loose in the British intelligence world, M is forced back out into the field and teams with Bond as the only option for getting the malevolent Silva to emerge from the shadows.

The preening, arrogant Silva, backed up by a platoon of nameless thugs, eagerly takes the bait. M and Bond set up

shop at an old family estate in Scotland, setting the trap.

To the delight of 007 fans, Bond retrieves the revered Aston Martin DB5 out of mothballs. The car has a limited purpose, not even using its ejector seat. Still, it's a nice reminder of the glory days.

An interesting element to this Bond story is that M plays a greater role than usual. On the run together, Bond and M have more room to explore their special relationship that is based on mutual respect.

For another thing, we also get much more insight into Bond's background and events from his childhood. "Skyfall" reveals Bond's inner life in a way that the movie audience has never seen before.

Notwithstanding some of the psychological and emotional elements, "Skyfall," above all, has plenty of high stakes action to keep the thrill level in overdrive.

I should not forget to mention the presence of Bond's fellow field agent Eve (Naomie Harris), who's not only beautiful and talented, but is revealed to have a special connection at the film's conclusion.

"Skyfall" is a superior film, allowing one to take

solace from the fact that the inferior "Quantum of Solace" was merely an aberration in the recent Bond pantheon.

Director Sam Mendes has set the bar high for the next Bond film. One can hope that he's willing to do a sequel. Meanwhile, "Skyfall" is the must-see picture.

**DVD RELEASE UPDATE**

"Perry Mason," the popular TV series that inspired a genre of courtroom dramas, recently returned to DVD release with "The Seventh Season - Volume Two."

At the end of November, keep an eye out for "Perry Mason: The Eighth Season - Volume One," which will offer 773 minutes of running time.

Raymond Burr ignited the screen as brilliant attorney Perry Mason, who will stop at nothing to crack the most impossible cases.

To uncover the truth, Mason had help from his secretary Della Street (Barbara Hale) and investigator Paul Drake (William Hopper).

It always fun to watch Perry Mason use detective skills to trick and trap witnesses into unwittingly admitting their guilt in the case.

## WIDOWED PERSONS ASSOCIATION COPING WITH THE HOLIDAYS WORKSHOPS

#1 Wednesday, November 14th, 2012 from 2-4 PM. The workshop is held at our office meeting room at 2628 El Camino Avenue, Suite D-18, enter by the back parking lot, near the intersection of El Camino and Fulton Avenue. Free to all widowed persons.

#2 Monday, December 3, 2012 from 7-9 PM. The workshop is held at our office meeting room at 2628 El Camino Avenue, Suite D-18, enter by the back parking lot, near the intersection of El Camino and Fulton Avenue. Free to all widowed persons.

The workshops present information and ideas and provide opportunities for widowed person to share one-on-one with fellow participants in a safe, supportive, environment.

Topics include: Why are holidays and special days like an anniversary so difficult for widowed people? How can I cope with my family members? Should I decorate my home?

Please join our volunteer facilitators for these informative workshops.

### We know Medicare.

If you're interested in having an insurance company with Medicare expertise and a passion for customer service, give us a call.

Toll-free 1-888-497-1245 TTY 711



Underwritten by Sterling Life Insurance Company  
SCB.211.12

ADVERTISEMENT

## ATTENTION

**Has Your Mortgage Lender Forced You to Pay For Excessive Amounts of Flood or Hazard Insurance on Your Home?**

Certain Lenders, including Wells Fargo and Citibank may have been forcing borrowers to pay for excessive insurance on Condos or Homes. If this has happened to you, you may be entitled to monetary compensation.

Call NOW for information concerning your legal rights.

Call 408-287-7712  
**Sheri L. Kelly**

Law Office of Sheri L. Kelly  
31 East Julian St., Ste. 23 | San Jose, CA 95112

**Outdoor World**

**BINOCULARS**  
Most of us see a big buck after it has seen us and is running away. The trick is to see that buck before it sees you. A good set of binoculars can be your best piece of hunting equipment.

Glassing with binoculars helps you see not just game but game trails and beds. They can also help you judge antlers and identify movement.

8x42 and 7x35 are your best choice for all-around use. For open country though, 10x42 is best. Compact, inexpensive, and bulky or heavy binoculars should be avoided.

As you glass, look nearby as well as far away. Look for a patch of white hair or antler, look for a horizon line out of place in a vertical woods, etc.

Search intensively with your eyes and binoculars and you'll be able to spot more deer before they spot you.

Jerry Martin is a member of the RedHead® Pro Hunting Team

For more tips, go to [basspro.com](http://basspro.com) and click on the OutdoorSite® Library

## Sacramento SPCA FALL BOOK SALE!

NOVEMBER 14-18

AT COUNTRY CLUB PLAZA - 2310 WATT AVENUE

(near former Gottschalk's)

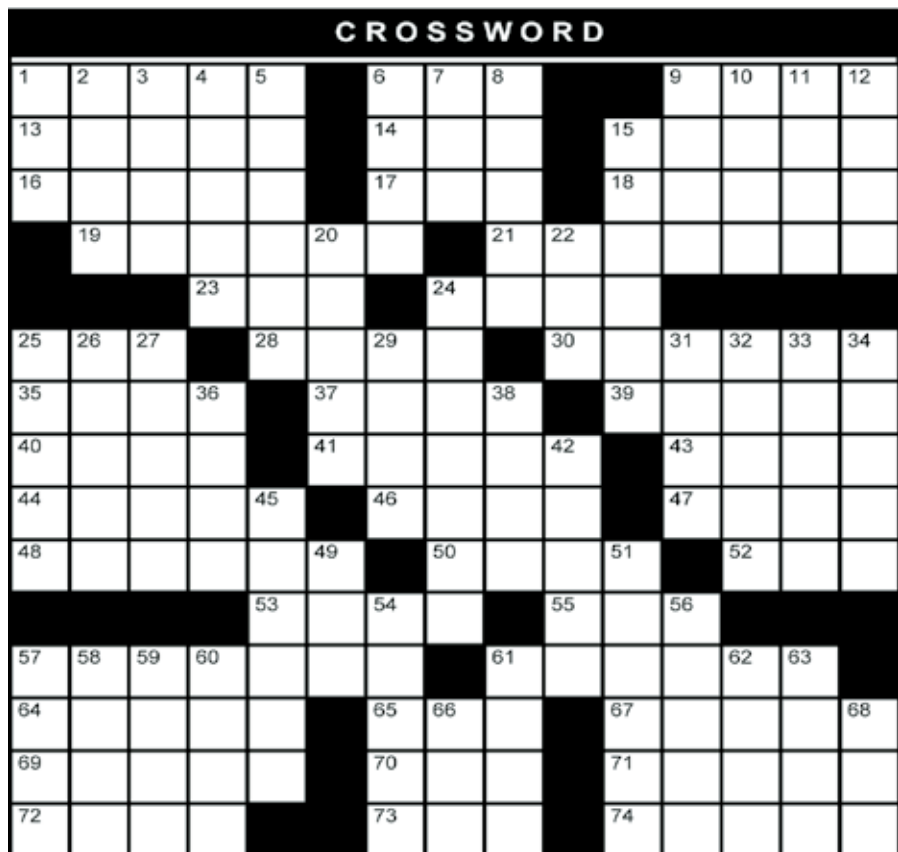


More information at (916) 504-2842 or [sspca.org](http://sspca.org)

Visit [YourNews.com](http://YourNews.com)



# STATEPOINT CROSSWORD • THANKSGIVING



**if you could save \$522 ... why wouldn't you?\***

Call 1-866-929-9071 to get your fast, free car insurance quote.

\*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/31/10.



© StatePoint Media

### CLUES

#### ACROSS

1. Necklace feature
6. He moved Thanksgiving Day to extend holiday shopping season
9. Hurries or moves fast
13. Swahili, Zulu and other languages
14. Bard's "before"
15. X-ray generator
16. The dish ran away with this
17. Swedish shag rug
18. Second most-populous country
19. \*Presidential offering to a turkey
21. \*He designated last Thursday of November as Thanksgiving Day
23. Creme de cassis plus wine
24. Every which way
25. Water tester
28. Relative of a gull
30. Sans clothes, as a social practice
35. Humming noises
37. Gives a helping hand
39. Lecterns
40. Left behind by a mosquito
41. Found under a bowl or dish

#### DOWN

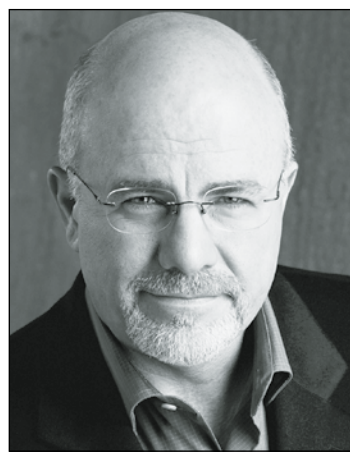
43. Done to an iPod
44. It's good, according to Gordon Gekko
46. \*Most put this up around Thanksgiving time
47. Kill, as in dragon
48. Paid close attention
50. Possesses
52. Fleur-de-\_\_\_\_\_
53. Any time now
55. Gymnast's goal
57. \*Seafood at first Thanksgiving
61. \*It also celebrates Thanksgiving, but on different day than U.S.
64. Plural of #58 Down
65. Dance-around-the-pole month
67. Game outcome
69. Active or lively
70. Proof of age, pl.
71. Bay window
72. Egg yellow
73. Army bed
74. Kidney-related

#### DOWN

1. \*It airs Thanksgiving Day football and 60 Minutes
2. Nomadic people of northern Scandinavia
3. Dwarf buffalo
4. Baby carrier?
5. Presidential debate analyst, e.g.
6. Little girl in "Charlotte's Web"
7. Sometimes used to describe humor
8. Camelot to King Arthur, e.g.
9. Zn
10. \_\_\_\_\_European language
11. Jack and Jill went to fetch this
12. Diagnostic test
15. Make a connection
20. Companion of Artemis
22. Charge carrier
24. Metal support for logs in fireplace
25. \*Good place to check turkey temperature
26. Grossly unconventional
27. Roast host
29. Heavy Metal band Quiet

31. Sleep in a convenient place
32. Tennyson's poem, e.g.
33. Red Sea peninsula
34. \*Thanksgiving Parade host
36. Lose one's coat
38. Multitude
42. Woman who talks too much, Yiddish
45. "Cease and \_\_\_\_\_"
49. They said their "I \_\_\_\_\_"
51. Metal detector, e.g.
54. Relating to ohms
56. Mother-of-pearl
57. All-in-One Printer button
58. Three-layer cookie
59. Game show "Let's Make a \_\_\_\_\_"
60. \*Turkey is cut with a carving knife and \_\_\_\_\_
61. Benign lump
62. Knock off or get rid of
63. Domain or field
66. Commotion or fuss
68. Architectural add-on

For Solution See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The *Dave Ramsey Show* is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

### Not Ready to Combine Finances

Dear Dave,  
I recently got engaged. Is it okay for us to go ahead and combine finances and start working on a budget before we get married?

- Adam

Dear Adam,

No, it is not okay to combine finances with anyone to whom you're not married. And by "okay," I mean wise. I'm happy that you've found love, but all kinds of things can happen before the rings are slipped onto your fingers.

I'm not wishing bad things on you, but what if you spend time paying off her debt, or vice versa, and then the relationship doesn't work out? Bringing finances into that kind of situation is just asking for trouble. You do not want to go there!

Now, all this doesn't mean that you can't begin working together on budgets for the future and goals for your lives. We're talking about full disclosure to make this happen. She knows all about your income and debts, and you know about hers too. You guys need to have some serious discussions about saving, spending and debt, and get on the same page with your finances before the big day.

But no, my advice is that you each pay your own bills until after you're married. Once that happens, there's no "yours" and "mine" anymore. It all becomes "ours."

- Dave

# Dave Says

### Can I Self-insure Long Term?

Dear Dave,  
I just turned 57 and have been researching long-term care policies. Is there a point where you can self-insure for long-term care needs without a policy?

- Peter

Dear Peter,

Mathematically, I'd say you could safely self-insure if you have the resources available to support your care in a nursing home or other facility for 25 years. Of course, if you're married you have to think about your spouse and make sure she has enough to live on comfortably at the same time. That's a lot of money. In my mind, it's a large enough bill that it makes sense to transfer the risk to a long-term care insurance policy.

The simple truth is most people won't have enough money to self-insure for that kind of thing when the time comes. If you have \$20 million liquid sitting around, then you could easily set aside \$2 to \$3 million for long-term care and still be in great shape. But I advise virtually everyone to have good, long-term care coverage in place by age 60. For many folks, it can make the difference between living with dignity and having to depend on the government. And that's not something I ever want to do for anything—especially not my healthcare!

- Dave

### Should I stay or go?

Dear Dave,  
I graduated from college in May with \$20,000 in student loans and have been working an hourly job on my dad's farm until something opens up in my area. My sister is getting married soon in Mexico, and it would cost me about \$2,000 to attend. Do you think I should go?

- Phil

Dear Phil,

I understand about family, and I think you should be at your sister's wedding. But on the other hand, it's a little ridiculous to expect an hourly wage farm worker to travel to Mexico for a destination wedding.

The first thing I'd do is shop around for lower airfare. Financially speaking, that's going to be a big chunk of this, and I'm pretty sure you can find cheaper prices. It wouldn't hurt to ask mom and dad for a little help, either. They may even be willing to foot the bill. You've got a bunch of debt and not a lot of income right now. On top of it all, you've had this trip dropped in your lap.

But start out by telling your dad that you're willing to try and pay for this, and ask him, too, if there's any way you can make some extra money at your job. A family should be together to celebrate an occasion like this, and I bet he'll be willing to help you out!

- Dave

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

**BUDDHU**  
DISH NETWORK  
Starting at \$19.99  
SAVE! Ask About SAME DAY Installation!  
PLUS 30 Premium Movie Channels FREE for 3 Months!  
CALL 1-888-903-6814 A dish

**Come back every week for Sudoku!**

For Solution See Page 7.

## Business & Service Directory

### MEDICAL SUPPLY AND EQUIPMENT

#### AMD Medical Supply

Sales • Rental • Installation • Delivery



Now Accepting MEDICARE

Tel/Fax: (916) 485-2500 www.amdmedsupply.com  
3108 Arden Way, Sacramento, CA 95825

### PET LOSS

#### EAST LAWN PET LOSS CENTER

Pet Burials • Cremation  
• Home Euthanasia



Located at  
Sierra Hills Pet Cemetery  
(I-80 @ Greenback)

www.EastLawnPets.com  
(916) 732-2037

### MOBILE HOMES FOR RENT OR SALE

#### MOBILE HOME ESTATES

A PEACEFUL CITRUS HEIGHTS COMMUNITY  
We Can Help You Own Your Home!

Purchase and Rent-to-own Available!  
\$499 Moves You In!

Stonegate Mobilehome Estates  
7368 Whyte Ave., Citrus Heights, CA 95621 Ph: 916-728-5511  
WWW.STONEGATEMHP.COM

### TREE SERVICES

ESTABLISHED IN 1981 **BRUNO Ferazza** SENIOR DISCOUNTS  
Tree Service

Complete Tree Care Certified Arborist  
Expert Trimming Safe Removal Stump Grinding  
FREE ESTIMATES Fully Insured License # 696796

530-885-7729 916-201-7462  
BrunoFerazzaTreeService.com

### PET SERVICES

#### DOG TRAINING, DOG WALKING, PET SITTING



The Pet Agency  
Off-Leash E-Collar Training (Reward-Based)  
Off-Leash Exercise Adventures  
In-Home Pet Sitting  
A+ rated by BBB  
10 years experience

ThePetAgency.com • 916-968-3111

### PRE-SCHOOL

#### MONTESSORI CHILDREN'S SCHOOL

5325 Engle Rd., Suite 170  
Carmichael, CA 95608  
Ages 2-6 • Open 7am-6pm M-F  
916-481-0100  
www.MCSpreschool.com

### DENTAL SERVICE

#### DENTAL HYGIENE SERVICE

Portable Services for Homebound & Special Needs Clients  
BRENDA PAQUIN, RDHAP  
(916) 247-1743  
brenrdhap2010@comcast.net  
PO Box 982, CITRUS HEIGHTS, CA 95611

### 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)

### FUNERAL SERVICE

#### RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY  
FAIR OAKS, CA 95628

Tel (916) 9611265  
Fax (916) 9612430

### 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

### LEGAL SERVICES

**BONES LAW FIRM** Gordon G. Bones Attorney at Law  
4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

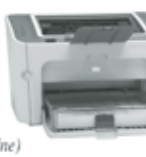
The Law Firm provides the following legal services:  
• Bankruptcy • Business and Corporate Matters  
• Trust and Trust Administration  
• Estate Planning • Probate and Conservatorship  
• Family Law

P: 916.965.6647  
F: 916.965.4218  
gbones@boneslawfirm.com

### PRINTER AND COPIER SERVICE

#### Specialties Plus

• Machine Repairs (all makes & models)  
• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)  
• Free Cleaning (with our cartridge)  
• We are Local  
• Service Contracts (monthly or yearly)  
• Lease or Rent  
• High Volume Copying (save wear & tear on your machine)



Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

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

### DOG RESCUE

#### DOG RESCUE Gary

(916) 334-2841  
Please Adopt or Foster  
Because so many really great dogs are dying for a good home...  
ShelterMOU@hotmail.com

### HANDYMAN

#### QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs  
You Name It!  
(916) 613-8359

AC Services

Free AC Service Call, including all minor repairs. Lic#972031 Universal Air Quality. Call 916-204-6077.

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. You choose from families nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Florida Agency #100021542 (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

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

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

Apartments For Rent

NOW ACCEPTING APPLICATIONS Snowcap View Apartments, 3840 Snowcap View Circle, Auburn, CA 95602; 1, 2, & 3 bedroom apts and also apts with special design features for individuals with a disability. Inquire as to the availability of subsidy. Call (530) 885-3261, Mon-Fri 7am to 4pm. TDD# (800) 735-2929. This institution is an equal opportunity provider and employer. EQUAL HOUSING OPPORTUNITY. EQUAL OPPORTUNITY ACCESS. (MPG 04-30-12)

Audio Books

READERS & MUSIC LOVERS. 100 Greatest Novels (audio books) ONLY \$99.00 (plus s h.) Includes MP3 Player & Accessories. ONUS: 50 Classical Music Works & Money Back Guarantee. Call Today! 1-888-841-5761 (MB 12-31-12)

Auto Donation

A-1 DONATE YOUR CAR! Breast Cancer Research Foundation! Most highly rated breast cancer charity in America! Tax Deductible! Fast Free Pick Up. 1-800-771-9551 www.carsforbreastcancer.org (NANI)

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

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)

DONATE YOUR CAR, TRUCK OR BOAT to HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing. All Paperwork Taken Care Of. 888-600-9846 (MB 12-31-12)

Auto for Sale



1990 Acura Integra LS 4 Door Great starter car or for commute to college. Only 130,000 Miles. Gets 23-25 City and 28-30 Hwy mileage consistently. Has CD player/radio, non-smoking vehicle, A/C, Power windows/locks, Automatic seatbelts, 5-speed transmission. Recent new tires. Current registration. Needs very little TLC. Recent mechanic's invoices available. New Radiator, Spark plugs, 7/6/11 New Front Engine Mount 11/17/11 New Axle Assemblies 11/22/11 New Brake Pads 1/06/12 New Rear Brake Rotors 1/06/12 \$2,800 cash. Call Paul in Sacramento at 916-773-7337 or Gabbe at 925-672-7204, or email gabbescholl@gmail.com (MPG 09-30-12)

1970 Chevrolet Chevelle SS 396/350HP, \$7400, bounces34@msn.com / 209-676-5961.

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)

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

Business Opportunities

Want a change? Need more money? Take 3 minutes to look at: http://www.dog-gone-truth.com/2ndtomom/DGT.aspx (MPG 09-30-12)

Business Services

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

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

Cable TV Offer

SAVE on Cable TV - Internet-Digital Phone. Packages start at

\$89.99/mo (for 12 months.) Options from ALL major service providers. Call Acceiler today to learn more! CALL 1-866-484-1940 (MB 12-31-12)

Bundle & Save on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at 90 percent on all your medication needs. Call Today 877-560-8637 for \$25.00 off your first prescription and free shipping. (MB 12-31-12)

Cable/Internet Services

SAVE on Cable TV - Internet-Digital Phone. Packages start at \$89.99/mo (for 12 months.) Options from ALL major service providers. Call Acceiler today to learn more! CALL 1-888-897-7650 (Cal-SCAN)

DIRECTV Ultimate BUNDLE! TV plus Hi-Speed Internet plus Phone all for \$29.99/month. LOCK in savings for 2 years on best packages! Call TODAY for details 1-888-716-9210. (Cal-SCAN)

Highspeed Internet EVERYWHERE By Satellite! Speeds up to 12Mbps! (200x faster than dial-up.) Starting at \$49.95/mo. CALL NOW & GO FAST! 1-888-718-6268. (Cal-SCAN)

Cable/Satellite TV

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)

DIRECTV for \$29.99/mo for 24 months. Over 140 channels. FREE HD-DVR Upgrade! FREE NFL Sunday Ticket w/CHOICE Package! Call TODAY for details 1-888-721-2794. (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 Aviation Institute of Maintenance (888) 242-3382. (Cal-SCAN)

ATTEND COLLEGE ONLINE from Home. \*Medical, \*Business, \*Criminal Justice, \*Hospitality. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 888-210-5162 www.CenturaOnline.com (Cal-SCAN)

MEDICAL BILLING TRAINEES NEEDED! Train to become a Medical Office Assistant! NO EXPERIENCE NEEDED! Online training gets you Job ready ASAP! HS Diploma/GED & PC/Internet needed! 1-888-407-7063. (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)

DISH Network Special

DISH Network. Starting at \$19.99/month PLUS 30 Premium Movie Channels 4023 Channels (MB 12-31-12)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message 1-800-213-4205 ID# 1009 DRE # 0080220 R Dumont (MPG 08-30-12)

Electrical Services

RETIRED MASTER ELECTRICIAN Expert troubleshooter, 30 years experience. Old panel repairs/upgrades. Lic.# 877532 Call 916-595-3052 (MPG 07-31-12)

Visit & Estimate For Free. 24 Hour, 7 Days. 916-213-7575 (MPGMB)

Electronics

\*LOWER THAT CABLE BILL! Get Satellite TV today! FREE System, installation and HD/DVR upgrade. Programming starting at \$19.99. Call NOW 1-800-935-8195 (NANI)

Fencing

Cal State Fence and Construction Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks, Residential/Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

Financial

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 888-698-3165 (Cal-SCAN)

Health & Medical

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 866-723-7089 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Do you know your Testosterone Levels? Call 888-904-2372 and ask about our test kits and get a FREE Trial of Progrene All-Natural Testosterone Supplement. (Cal-SCAN)

Over 30 Million Women Suffer From Hair Loss! Do you? If So We Have a Solution! CALL

KERANIQUE TO FIND OUT MORE 888-690-0395. (Cal-SCAN)

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 877-560-8637 for \$25.00 off your first prescription and free shipping. (MB 12-31-12)

Diabetes/Cholesterol/Weight Loss Bergamonte, a Natural Product for Cholesterol, Blood Sugar and weight. Physician recommended, backed by Human Clinical Studies with amazing results. Call today and save 15 off your first bottle! 877-855-5090 (MB 12-31-12)

ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-654-6310 (MB 12-31-12)

ATTENTION DIABETICS with Medicare. Get a FREE talking meter and diabetic testing supplies at NO COST, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-816-7716 (MB 12-31-12)

Attention Joint & Muscle Pain Sufferers: Clinically proven all-natural supplement helps reduce pain and enhance mobility. Call 888-577-8681 to try Hydraxin RISK-FREE for 90 days (MB 12-31-12)

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)

Help Wanted

NEWSPAPER SUBSCRIPTION SALES No experience needed. Must be neat, well-groomed and dependable. Call (916) 420-2885. Pacific Coast Marketing, Jim Terry. (MPG 08-31-12)

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)

NOW ACCEPTING!!! - UP TO \$1000 WEEKLY PAID IN ADVANCE!!! MAILING BROCHURES or TYPING ADS ONLINE for our company. FREE Supplies! Genuine Opportunity, PT/FT. No Experience Needed! www.HelpMailingBrochures.com (NANI)

Live like a popstar. Now hiring 10 spontaneous individuals. Travel full time. Must be 18+. Transportation and hotel provided. Call Loraine 877-777-2091 (NANI)

Earn up to \$75000! Interviewing for FT/PT Positions Now. Training provided. Pharmacy/Dental/Vision Discount Plans. Call Now for Special Bonus! 1-877-308-7959 X-231 (NANI)

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: NO EXPERIENCE? Class A CDL Driver Training. We Train and Employ! Experienced Drivers also Needed! Central Refrigerated. 1-877-369-7126. www.CentralTruckDrivingJobs.com (Cal-SCAN)

TOP PAY for Limited Experience! 34 cpm for 1 mos. OTR exp. Plus Benefits. New Equip & 401K 877-258-8782 www.ad-drivers.com (Cal-SCAN)

Driver - \$0.03 enhanced quarterly bonus. Get paid for any portion you qualify for: safety, production. MPG. CDL-A, 3 months current OTR exp. 800-414-9669 www.driveknight.com (Cal-SCAN)

Help Wanted Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two

years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25)

Household Services

Iron Lady - Ironing Service. Fast, Efficient, Reasonable. 916-743-8449 (MPG 09-30-12)

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Jobs



Financial Services.rep Local office, looking for career minded candidate. Keep your f/t job, start p/t at Primerica, paid training & Lic. We'll show you how to make extra \$\$ & build your own business. Call 9163632270 www.primerica.com

Resell Women & Children Items! Make incredible \$ on items your family doesn't need anymore & earn 60-80% of your sales! Check out www.brandnewtoy.com

Legal Services

SOCIAL SECURITY DISABILITY BENEFITS. YOU WIN or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 888-630-1757 (MB 12-31-12)

Medical Supplies / Equipment

ATTENTION DIABETICS with Medicare. Get a FREE Talking Meter and diabetic testing supplies at No Cost, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-781-9376. (Cal-SCAN)

ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-699-7660. (Cal-SCAN)

Medical Alert for Seniors - 24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/Month CALL Medical Guardian Today 866-944-5935. (Cal-SCAN)

Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care. Excellent service & quality at low prices from AMD MEDICAL SUPPLY. 916-485-2500. Now accepting MEDICARE. (MPG 02-28-12)

Miscellaneous

Music Lessons for All Ages! Find a music teacher! Take Lessons of yours affordable, safe, guaranteed music lessons with teachers in your area. Our prescreened teachers specialize in singing, guitar, piano, drums, violin and more. Call 1-888-706-0263 (NANI)

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

MEDICAL CAREERS begin here - Online training for Allied Health and Medical Management. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 800-510-0784 www.CenturaOnline.com (NANI)

CASH PAID-UP TO \$27/BOX for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PRE-PAID shipping. SEE HABLE ESPANOL. Emma 1-888-776-7771. www.Cash4DiabeticSupplies.com (NANI)

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

\*\*OLD GUITARS WANTED! \*\* Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg, and Gibson Mandolins/Banjios. 1920's thru 1980's. TOP CASH PAID! 1-800-401-0440 (NANI) AIRLINE CAREERS begin here - Become an Aviation Maintenance Tech. FAA approved training. Financial aid if qualified - Housing available. Job placement assistance. Call AIM (888) 686-1704 (NANI)

ATTEND COLLEGE ONLINE from Home. \*Medical, \*Business, \*Paralegal, \*Accounting, \*Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

WORK ON JET ENGINES - Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Job placement assistance. Call AIM (866) 854-6156. (NANI)

Reach over 17 million homes nationwide with one easy buy! Only \$1,995 per week for a 20 word classified! For more information go to www.naninetwork.com (NANI)

Miscellaneous Items for Sale

\$90 Laptops, \$30 TV's, \$8.50 Smart Phones, \$4.50 Jeans, \$1 DVD's. Brand Name Electronics, Apparel, Furniture, Toys, Cosmetics from over 200 leading liquidators. Visit CloseoutsOnline.com (NANI)

Omaha Steaks

100 Percent Guaranteed Omaha Steaks - SAVE 65 percent on the Family Value Collection. NOW ONLY \$49.99 Plus 3 FREE GIFTS & right-to-the-door delivery in a reusable cooler. ORDER TODAY at 1-888-859-5502 or www.OmahaSteaks.com/mb27, use code 45069ZEJ. (MB 12-31-12)

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG)

Personals

Lonesome lad needs a lonesome lady to enjoy picnics bbqs in Carmichael. Call Max 530-227-7681 (MPG 06-30-12)

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

A Country gentleman would like to meet a lady to enjoy life together. Call William 530-227-7681. (MPG 11-30-11)

Mature Guy seeking friendship of a mature lady in the 60's and 70's. Call Jim 530-823-7765. (MPG 10-19-11)

Pets/Animals

Dog training "The Westerner Way" Will change your life. Guaranteed! Serving all of Placer County. Ken 530-305-2504. thewesternerway@gmail.com (MPG 08-31-12)

Piano Lessons

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, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Plumbing

"Sewer Camera" Locating & Clearing. Call 530-613-0688 or 916-749-8562 CSL # 739713 (MPG 09-30-12)

Pool & Spa Service

DYSTES POOL & SPA SERVICE Monthly service. Call DON 916-768-7790. Free estimates (MPG 09-30-12)

Real Estate/ Out of State

Texas Hill Country Land Bargain! 8.4 Acres - just \$99,900 Huge live oak trees, 30 mile views, in heart of Texas Wine Country. Close to medical. Low taxes (ag exempt). Utilities included. Buy now - build later. Lowest financing in history! Call now 1-800-511-2430, x 440. (Cal-SCAN)

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

Crossword Puzzle on Page 6

OFFICE SPACE FOR RENT
Great Location Available
Call to schedule a tour
3400 Cottage Way (Just off Howe Avenue) Sacramento
Contact Cora Allison
3400 Cottage Way Suite K • Sacramento, CA 95825
916-779-0382

20-ACRES FREE! Buy 40-acres-Get 60-acres.\$0 down, \$168/mo. Money-Back Guarantee, NO CREDIT CHECKS. Beautiful Views, Roads/Surveyed. Near El Paso, Texas. 1-800-843-7537 www.sunsettranches.com (SWAN)

Real Estate/ Waterfront

LUXURY OCEANFRONT CONDOS 2BR/2BA was \$850k now \$399,900 Resort Spa Restaurant Golf Marina www.MarinSemiahmoo.com 1-888-996-2746 x5464. (Cal-SCAN)

Reverse Mortgage

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 866-982-4692 (MB 12-31-12)

Senior Housing

Mobile Homes for sale/rent, 1 and 2 bedroom Stonegate RHP A 55+ yr and over Community in Citrus Heights. 916-728-5511. stonegaterhp@live.com (MPG 10-31-12)

\$355 to \$669 - Foothill Farms, a newly built affordable senior apartment community in Sacramento has 1 and 2 bedroom apartments available for seniors age 55 and up. AEK, elevators, and swimming pool. Applications will be available and accepted beginning at 10:00 am on Monday, June 18th. Leasing office will not be open prior to June 18th. Temporary leasing office is located at 5415 Palm Avenue (off of Auburn Blvd). Income, age and other restrictions apply. Section 8 is welcome. Applications will be processed on a first qualified, first offered basis. For 24 hour application information, please call 916.484.4007. EHO. (MPG 07-31-12)

Services

4.5% TOTAL COMMISSION Free Value Estimate & Award Winning Service! (916) 334-3437 HeidiChallenger@gmail.com Miller Realty Network DRE#01915022

Slashes Heating Bills

HEAT YOUR HOME FOR 5¢ an Hour! Portable infrared iHeater heats 1000 sq. ft. Slashes your heating bills by 50 percent. FREE shipping! Use claim code 6239. WAS \$499 NOW \$279 Call 1-888-306-5657 (MB 12-31-12)

Taxi Service

COMPASS CAB Convenient, Local 24/7 Taxi Service. Shopping, Doctor's Office, Clubs, Airport. 24-hr Special Dispatch Service. Low Rates. 15% Discount for the Military. 916-807-0091. (MPG 08-31-12)

Volunteers Needed

Bristol Hospice is looking for volunteers to provide companionship 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 11-30-12)

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided; a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase,

Legal Advertising Hotline  
916-532-2113  
Legal Advertising Fax  
916-773-2999

# 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 STATEMENT #FBNF2012-08438. Mykola Bychuk, 4504 Jenness Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "Mykola Bychuk On Call Service" at 4504 Jenness Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 24, 31, November 7, 14, 2012.  
MYKOLA 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08437. Taras Khoma, 7484 Holworthy Way, North Highlands, ca 95842 is doing business under the Fictitious Business Name "Taras K On Line Service" at 7484 Holworthy Way, North Highlands, ca 95842. Filed with the Clerk of Sacramento County on Oct. 16, 2012. Publish: October 24, 31, November 7, 14, 2012.  
TARASK 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08439. Dennis Litvinenko, 6316 Mariposa Ave. #42, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Dennis Litvinenko On Call Service" at 6316 Mariposa Ave. #42, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 24, 31, November 7, 14, 2012.  
DENISL 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08435. Petro Lushchik, 8417 Villaview Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Petro Lushchik On Call Service" at 8417 Villaview Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 24, 31, November 7, 14, 2012.  
PETROL 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08534. Gerald M. Hickman Jr., 417 20th St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "Leo" at 417 20th St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on October 19, 2012. Publish: October 24, 31, November 7, 14, 2012.  
LEO 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08507. Sukh Bhullar, 1545 Manasco Circle, Folsom, CA 95630 is doing business under the Fictitious Business Names "Coast Hospitality Advisors: Coast Financial; Coast Realty; Coast Mortgage" at 1545 Manasco Circle, Folsom, CA 95630. Filed with the Clerk of Sacramento County on October 18, 2012. Publish: October 24, 31, November 7, 14, 2012.  
COASTH 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08359. Justin Orden, 8589 Jaylee Way, Fair Oaks, CA 95628; and Zachary Greenfield, 7629 32nd St., Antelope, CA 95843 are doing business under the Fictitious Business Name "JZ's Cafe" at 3399 Arden Way, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on October 12, 2012. Publish: October 24, 31, November 7, 14, 2012.  
JZSCAF 121004 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08480. Hamilton Enterprises LLC, 6515 Mi Court, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Miles Manor" at 4301 Watkins Dr., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 24, 31, November 7, 14, 2012.  
MILESM 121004 11-14-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00131015 WHEREAS, Jasinder Kaur has filed a petition with this court for a decree changing names of Jasinder Kaur to Balmit Kaur; Shivaj Kailly to Arduin Kailly; and Balraj Kailly to Amiraj Kailly. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on November 30, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento,

CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 17, 2012  
David I. Brown  
Judge of the Superior Court  
Publish: October 24, 31, November 7, 14, 2012.  
KAUR 121004 11-14-12

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: LIDO BAR & GRILL INC. is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 7907 #A&B / 7909 #A Fair Oaks Blvd., Carmichael, CA 95608-2497 with 47 - On-Sale General Eating Place license. Filed: October 24, 2012. Publish: October 31, November 7, 14, 2012.  
LIDOBAA 121005 11-14-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08593. Julie Mai Thu Nguyen, 5104 Homeland Court, Antelope, CA 95843 is doing business under the Fictitious Business Name "Salon Maxx" at 7821 Lichen Dr., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Oct. 22, 2102. Publish: October 31, November 7, 14, 21, 2012.  
SALONM 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08506. Phai Thilai Engressia, 2525 Walnut Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Maily Therapy Massage" at 2525 Walnut Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 18, 2012. Publish: October 31, November 7, 14, 21, 2012.  
MAILYT 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08547. New American Auto Care Inc., 2140 Marconi Ave., Sacramento, CA 95821 is doing business under the Fictitious Business Name "Quality Auto Sales" at 2140 Marconi Ave., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on October 19, 2012. Publish: October 31, November 7, 14, 21, 2012.  
QUALIT 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08456. Amarjeet Kaur Sidhu, 835 Fieldstone Court, Folsom, CA 95630 and Manjinder Singh Grewal, 570 Summer Garden Way, Sacramento, CA 95833 are doing business under the Fictitious Business Name "In & Go Market" at 12417 Fair Oaks Blvd. #100, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: October 31, November 7, 14, 21, 2012.  
IN&GOM 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08461. Alexis Grey, 8035 Arcade Lake Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Indico Properties" at 8033 Arcade Lake Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.  
INDICO 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08481. Ronald Johnson, 59 Jarvis Circle, Sacramento, CA 95834 is doing business under the Fictitious Business Name "Ron's Carpet Cleaning" at 59 Jarvis Circle, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.  
RONNSCA 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08487. Stephen Katen, 4716 Firebird Lane, Sacramento, CA 95841; Shawn Callahan, 1279 Berry Creek Road, West Sacramento, CA 95691; and Michael Lamb, 8204 Montville Court, Antelope, CA 95843 are doing business under the Fictitious Business Name

"Mailsquadron" at 4716 Firebird Lane, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: October 31, November 7, 14, 21, 2012.  
MAILSQ 121005 11-21-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08182. Andrea Silva, 10612 Fair Oaks Blvd., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Cloverfield Photography" at 8030 Sacramento St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Oct. 5, 2012. Publish: November 7, 14, 21, 28, 2012.  
CLOVER 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08865. Karan Venture LTD, 8719 White House Road, Elk Grove, CA 95758 is doing business under the Fictitious Business Names "1st Choice Pizza & Curry; 1st Choice Pizza" at 9308 Elk Grove Blvd. #100, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 1, 2012. Publish: November 7, 14, 21, 28, 2012.  
1STCHO 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08834. Darlene D. Hollins, 3832 Elm St., Sacramento, CA 95838 is doing business under the Fictitious Business Name "Blessed Enterprises" at 382 Elm St., Sacramento, CA 95838. Filed with the Clerk of Sacramento County on October 31, 2012. Publish: November 7, 14, 21, 28, 2012.  
BLESSE 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08478. AGA Auto Dismantling LLC, 625 Old Country Road #25, Belmont, CA 94002 is doing business under the Fictitious Business Name "AGA" at 3806 Recycle Road, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: November 7, 14, 21, 28, 2012.  
WESTCO 121101 11-28-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00132015 WHEREAS, Crystal Marie Collins has filed a petition with this court for a decree changing name of Crystal Marie Collins to Christopher Loki Collins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 13, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 31, 2012  
David I. Brown  
Judge of the Superior Court  
Publish: November 7, 14, 21, 28, 2012.  
COLLIN 121101 11-28-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00132045 WHEREAS, Nefertiti Gloria Marie Shabazz has filed a petition with this court for a decree changing name of Nefertiti Gloria Marie Shabazz to Gloria Marie Elizabeth Flowers. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 14, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 31, 2012  
David I. Brown  
Judge of the Superior Court  
Publish: November 7, 14, 21, 28, 2012.  
FLOWER 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08579. Michael David Burnett, 9638 Hawk Bay Way, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Premier International Salon" at 1309-D Florin Road, Sacramento, CA 95831. Filed with the Clerk of Sacramento County on October 22, 2012. Publish: November 7, 14, 21, 28, 2012.  
PREMIE 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08815. Karl's RV, Inc., a California corporation, 1470 Vinci Ave., Sacramento, CA 95838, is doing business under the Fictitious Business Name "Wholesale Trailer Supply" at 1470 Vinci Ave., Sacramento, CA 95838. Filed with the Clerk of Sacramento County on October 30, 2012. Publish: November 7, 14, 21, 28, 2012.  
WHOLAS 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08739. Richard James Kimbrough II, 1550 Iron Point Road #2913, Folsom, CA 95630 is doing business under the Fictitious Business Name "Reliable Lawn Care & Handy Services" at 1550 Iron Point Road #2913, Folsom, CA 95630. Filed

with the Clerk of Sacramento County on October 26, 2012. Publish: November 7, 14, 21, 28, 2012.  
RELIAB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08783. Adrienne L. Monarrez, 4920 Minnesota Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Whole Body Wellness" at 4920 Minnesota Ave., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 29, 2012. Publish: November 7, 14, 21, 28, 2012.  
WHOLEB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08451. Whtaker's West Coast Transmission Inc., 2656 Montgomery Ave., Concord, CA 94519 is doing business under the Fictitious Business Name "West Coast Transmissions" at 5630 Roseville Road #A, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: November 7, 14, 21, 28, 2012.  
WESTCO 121101 11-28-12

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2012-07277 The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of West Coast Transmission Inc., located at 5630 Roseville Road #A, Sacramento, CA 95842. Whittaker's West Coast Transmission Inc., 2656 Montgomery Ave., Concord, CA 94519. This business was conducted by: a Corporation. The Fictitious Business Name Statement was filed on September 5, 2012 in the County of Sacramento. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: November 7, 14, 21, 28, 2012.  
WESTCO 121101 11-28-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00132015 WHEREAS, Crystal Marie Collins has filed a petition with this court for a decree changing name of Crystal Marie Collins to Christopher Loki Collins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 13, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 31, 2012  
David I. Brown  
Judge of the Superior Court  
Publish: November 7, 14, 21, 28, 2012.  
COLLIN 121101 11-28-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00132045 WHEREAS, Nefertiti Gloria Marie Shabazz has filed a petition with this court for a decree changing name of Nefertiti Gloria Marie Shabazz to Gloria Marie Elizabeth Flowers. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on December 14, 2012 in Department 53, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 31, 2012  
David I. Brown  
Judge of the Superior Court  
Publish: November 7, 14, 21, 28, 2012.  
FLOWER 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08739. Richard James Kimbrough II, 1550 Iron Point Road #2913, Folsom, CA 95630 is doing business under the Fictitious Business Name "Reliable Lawn Care & Handy Services" at 1550 Iron Point Road #2913, Folsom, CA 95630. Filed

with the Clerk of Sacramento County on October 26, 2012. Publish: November 7, 14, 21, 28, 2012.  
RELIAB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08783. Adrienne L. Monarrez, 4920 Minnesota Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Whole Body Wellness" at 4920 Minnesota Ave., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on October 29, 2012. Publish: November 7, 14, 21, 28, 2012.  
WHOLEB 121101 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08451. Whtaker's West Coast Transmission Inc., 2656 Montgomery Ave., Concord, CA 94519 is doing business under the Fictitious Business Name "West Coast Transmissions" at 5630 Roseville Road #A, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on October 16, 2012. Publish: November 7, 14, 21, 28, 2012.  
WESTCO 121101 11-28-12

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES My Friend William Incorporated is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 3402 Broadway, Sacramento, CA 95817-2823 with 47 - On-Sale General Eating Place license. Filed: November 6, 2012. Publish: November 14, 21, 28, 2012.  
MYFRIE 121102 11-28-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08701. Lynn Tran, 6516 Springridge Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "LT Tax & Accounting" at 6171 Stockton Blvd. #190, Sacramento, CA 95824. Filed with the Clerk of Sacramento County on October 25, 2012. Publish: November 14, 21, 28, December 5, 2012.  
LTTAX& 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-009028. Ping Qiu, 8462 Ceonothus Ct., Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Hunting Eagle Media" at 8462 Ceonothus Ct., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 8, 2012. Publish: November 14, 21, 28, December 5, 2012.  
HUNTIN 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08525. Mai Anh Ha, 9647 Foremast Ct, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Maiyasake" at 9647 Foremast Ct., Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on October 18, 2012. Publish: November 14, 21, 28, December 5, 2012.  
MAIYAS 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08644. Nancy Stenroos, 3510 Grant Park Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Nancy's Glass Wind Chimes" at 3510 Grant Park Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 23, 2012. Publish: November 14, 21, 28, December 5, 2012.  
NANCYS 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08278. Christopher G. Chandler, 5441 Waterville Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "NU Concepts Audio" at 4604 Auburn Blvd., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on October 10, 2012. Publish: November 14, 21, 28, December 5, 2012.  
NUCONC 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08482. Muhammad Akhtar, 1972 Hackett Dr., Woodland, CA 95776 and Israr Ahmad, 1016 Leake Circle, Woodland, CA 95776 are doing business under the Fictitious Business Name "Carmichael Tire and Auto Repair" at 7500 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 17, 2012. Publish: November 14, 21, 28, December 5, 2012.  
CARTIR 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08978. Lisa M. Spurney, 210 Ashwood Ct., Lincoln, CA 95648 is doing business under the Fictitious Business Name "Paws and the Palette" at 1014 24th St., Sacramento, CA 95816. Filed with the Clerk of Sacramento County on November 7, 2012. Publish: November 14, 21, 28, December 5, 2012.  
PAWSAN 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08914. Mary Fassler, 9529 Sheldon Road, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Unique Designs in Polymer Clay" at 9529 Sheldon Road, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on November 2, 2012. Publish: November 14, 21, 28, December 5, 2012.  
UNIQUE 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-09004. Coyota Tap House, Inc., 801 14th St., Sacramento, CA 95814 is doing business under the Fictitious Business Name "Tap House" at 801

14th St., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on November 7, 2012. Publish: November 14, 21, 28, December 5, 2012.  
TAPHOU 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08760. John L. Hansen, 4228 Barrett Road, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Hansen Consulting Architects" at 4228 Barrett Road, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on October 29, 2012. Publish: November 14, 21, 28, December 5, 2012.  
HANSEN 121102 12-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-08790. Jaime N. Rubio, 3020 Valkyrie Way, Sacramento, CA 95821 is doing business under the Fictitious Business Names "Dreaming Casually Publications; Dreaming Casually by Jaime Rubio" at 8880 Cal Center Dr. #400, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on October 29, 2012. Publish: November 14, 21, 28, December 5, 2012.  
DREAMI 121102 12-5-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00132387 WHEREAS, Brandon Mark Robes has filed a petition with this court for a decree changing name of Brandon Mark Robes to Brandon Lukas Foss.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 28, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ROWAN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 28, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ROWAN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December 27, 2012 in Department 54, located at 800 9th St., Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: November 7, 2012  
Shelleyanne W.L. Chang  
Judge of the Superior Court  
Publish: November 14, 21, 28, December 5, 2012.  
ADMIN 121102 12-5-12

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on December



# Thou Pollest Too Much, Methinks

By Rev. James L. Snyder

Now that we have gotten past the recent elections, we can get back to life as normal. Of course, I am not sure what "normal" really means. One man's "normal" is another man's "over the cliff."

I am not quite sure I am normal and I fear bringing this query to the Gracious Mistress of the Parsonage. My fear is that she will tell me the truth. You know what we Americans think about the truth.

There was a time when truth was a pretty stable thing. There were certain things that were absolute truth and no if's, and's or but's about it. Those were the good old days.

Nowadays truth is not as clear as it once was. What was true in "the day," is now altogether a different matter. Being the simpleminded man that I am, it is very hard for me to keep up with

all of this nonsense. I mean, after all, how do you know what is true if it changes all the time? I think if it is true, it is always true. That only beguiles my age.

If truth is as slippery as some people are indicating, how do I know what is true today? It does not matter what was true yesterday. That was yesterday. Today is a new day and henceforth, what was true yesterday is not true today. To make matters even more confusing, what is true today will not be true tomorrow.

I believe the reason I am getting bald on the top is that I am scratching my head too much lately. I cannot seem to make heads or tails out of all the nonsense transpiring today as truth. How do people keep up and know what is really true?

If I plan to live quite a few more years, I am going to have to get a handle on this very thing. I am not quite sure where to go. Something has to be done so that

I can figure out day by day what is really true.

I shared my dilemma with my better half and as is usually the situation, she came up with a brilliant answer. Please, do not let her know I said that. She might get a big head and we cannot afford to buy a whole new set of hats.

She simply said, "Why don't you do what the politicians do?"

I did not quite know what she was getting at, so I inquired further.

"Silly," her pet name for Yours Truly, "the politicians always take a poll before they decide on anything."

It dawned on me like a morning in June. Of course. Whenever a politician wants to know what truth is flying on any given day, he reverts to taking a poll. Out of that poll, he can know what the truth is for that day. Amazing.

I need to learn some lessons from today's politician.

The first thing I need to understand from a politician's point of view is, "What I am saying at the time is not necessarily what I mean."

This is convenient and frees me up to say things I normally might put a check on. The check's in the mail and I now am free to say whatever is on my mind at the moment. The first thing I need to do is find out what is on the mind of the people I am talking to. Whatever is on their mind is exactly what is on my mind.

This has such a freeing aspect to it.

Another thing from a politician's viewpoint is, "What I said yesterday doesn't count today." This also is from the polling machine. The amazing thing about most people is they do not remember what was said yesterday. A very poor politician reminds people of what they said yesterday. A politician needs to

tell them what he is saying today. Because today's truth is today's truth. No need to worry about tomorrow. Tomorrow will be reflected by tomorrow's polling.

This is very important because it reduces the necessity to use any sort of memory whatsoever. Because what I said yesterday does not really matter today. I do not have to remember what I said yesterday. If I want to know what I said yesterday, I need only take another poll today and that settles the matter.

Perhaps the most important view from a politician is, "Tomorrow may never come." I do not have to worry that what I am saying today will catch up with me tomorrow, for the simple reason tomorrow may never come. If it does come, so what. I will take a poll tomorrow to find out what I need to say tomorrow.

I think there is something to this polling mechanism. I do

not have to worry about anything; all I need to do is just take another poll. I know it may get a little confusing, but I clear up that confusion by taking another poll. It is always the last poll that really counts.

Thankfully, when it comes to God, truth does not change from one day to the next. What is true today was true yesterday and will be true tomorrow. You can count on that.

"Jesus Christ the same yesterday, and to day, and for ever" (Hebrews 13:8 KJV).

I can always count on God being true to His Word because God never changes.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.

**SACRAMENTO FINE ARTS CENTER, INC.**  
Contributing to the cultural life of the Sacramento community

**Current and Upcoming Events**

**"Visions"**

**Annual Photography Open Show**  
Bound Catalog of the Show's Entries Available at Center, \$25.00  
Oct. 30 - Nov. 17, 2012



Best of Show, "Close to Home" by Rob Stone  
Best of Show - Youth, "Waiting" by Suzanne Swanson

See website for Photo Show Judging Results, Award Winners and NCA Bold Expressions Award winners.

**Gallery 3 November 2012 "Body of Work"**  
Mendy Bates, Marie Dixon, Sheila Jacobs, Paula Lloyd  
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

**Ars Gratia Artis**  
Nov. 20 - Dec. 2  
Reception December 2, 1-3 pm. Drawing at 3 pm  
Our Annual Art Lottery  
Tickets \$65. Everyone Wins!

Artists in Residence Present  
**Open Studio, Open Mike and Open Movement Evening**  
Thursday Nov. 15th 5pm-9pm.  
Open Poetry Mic, Dancers, Live Model for Artists.  
Food and refreshments.

**Annual Holiday Arts & Craft Show**  
December 7, 8, 9, 2012  
11am-5 pm  
2nd Sat. Dec. 9th 5-8:30 PM  
Crafters: Space Still Available!

**Carmichael RECREATION AND PARK DISTRICT**



**Announcements & Events**

**Boys Elementary Basketball & Girls Elementary Basketball**

**Sign Ups Now!**

Does your 3rd-6th grader love basketball or maybe you're looking for an active sport that gets your young one moving around? Well, this is the league for you!  
Girls and boys leagues are separate.

**For more information visit us online or call 483-7826.**

For registration & other information call the District at (916) 483-7826 or visit our web page at www.carmichaelpark.com.

**Mission Oaks Recreation & Park District**

**FREE TRAVEL SHOW**

Wednesday, November 28, 2012  
10am

Join Us! Exciting New Tours!

**MISSION OAKS COMMUNITY CENTER**

**Extended Tours**

- Spain's Costa Del Sol & Portuguese Riviera March 14-26, 2013 • \$3599 pp double
- Heritage of America April 26-May 5, 2013 • \$2,749 pp double
- Mackinac Island May 3-11, 2013 • \$2,899 pp double

**Motorcoach Fun**

**San Francisco Flower & Garden Show**  
March 21, 2013 • \$74/person

**SWANSTON TURKEY DAY CAMP**  
November 19-21, 8am-5pm  
Boys and Girls Ages 4-11  
Swanston Community Center  
2350 Northrop Ave • Call 333-6464 to register

**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

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

**AMERICAN EAGLE BODY SHOP**

**"We Meet By Accident"**

Complete Collision Repair  
Free Estimates  
24 Hour Towing  
We Work with All Insurance Companies

up to **\$500<sup>00</sup>** Instant Rebate towards your DEDUCTIBLE

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires November 30, 2012.

**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 November 30, 2012.

**6801 Fair Oaks Blvd • Carmichael, CA 95608**  
Phone 916-339-1776 • Fax 916-339-1700  
Email: info@aebodysshop.com • www.aebodysshop.com

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

California Certified

**FARMERS MARKET**

5750 Grant Ave  
Shop with us at the Carmichael Park Farmers' Market, every Sunday  
Please be aware of Carmichael Park's new market hours: 9AM-2PM\*  
Serving you every Sunday All Year Round!  
\*\*WE'RE OPEN RAIN OR SHINE!\*\*

Other Farmers Market Locations include:  
Sunrise Mall, Citrus Heights Every Saturday, 8:00 am to 1:00 pm

**Art/Craft Vendors Welcomed Quarterly**

Check our schedule at our website for special events at our weekly Farmers Markets. These might be contests, demos, special guests, and more! Don't miss anything fun... Sign up for the newsletter which will remind you of fun things going on at the Markets!

Come join us for our Farmers Market at beautiful Carmichael Park with over 40 certified and organic farmers and specialty item vendors.

Check our website for delicious recipes from the Market

We Have 55+ Farmers/Vendors to Choose From.

**BeMoneySmartUSA**  
Personal Finance & Business Education

Marie Hall, Executive Director • (916) 806-3989  
info@bemoneysmartusa.org • www.bemoneysmartusa.org

# Soon-to-be Laid Off Man Claims MEGA Millions® Prize Worth More Than \$250,000

SACRAMENTO REGION, CA – (MPG) Michael Rule doesn't necessarily think of himself as lucky. In fact, up until now, all he had ever won was a bike when he was a kid. That is until October 30th when his MEGA Millions ticket netted him a \$251,639 prize.

This prize couldn't have come at a better time as Rule, a Campbell's Soup machinist, recently found out the Sacramento-based plant will be closing this summer and he'll be losing his longtime job. Rule only buys Lottery tickets once a week, but he buys them for both MEGA Millions and SuperLotto Plus® draws, so when he went in to buy the next batch of tickets, the clerk asked him, "Have you checked your tickets from last week yet?"

He hadn't, and didn't think

much of it, but the clerk was adamant, so he went to his car and got the other batch of tickets. In that batch was the ticket that matched five numbers and was the big winner. He was elated! "I went home and checked the numbers one more time, and then I told my wife and daughter, but they thought I had only matched four numbers," he explained. "I had to point out it was five and worth \$250,000, and then all H-E-double L broke loose."

Considering he'll lose his job this summer, Rule plans to pay off some bills and invest the rest of his prize. Rule bought his ticket at A-1 Mart, which is located at 2550 West El Camino #1 in Sacramento. His ticket successfully matched the numbers 29, 5, 12, 56 and 18, missing only the Mega number of 38. His combination of numbers

was his own, made up of family birthdates and ages.

MEGA Millions is a multistate game, played in California and 43 other jurisdictions (41 states plus the District of Columbia and the U.S. Virgin Islands). Players pick five numbers from 1 to 56 plus a Mega number from 1 to 46. Draw times are Tuesdays and Fridays at 8:00 p.m. PST. Tickets are \$1 and can be purchased from any of the more than 21,000 California Lottery retailers.

Please visit the California Lottery's MEGA Millions site for more information. And remember, checking the daily draw results is easier than ever. All past and current Lottery draw results can be obtained for FREE by dialing 1-800-LOTTERY and selecting option 2, or via our website at [www.calottery.com](http://www.calottery.com). Source: California Lottery

# IRS Warns Consumers of Possible Scams Relating to Hurricane Sandy Relief

SACRAMENTO REGION, CA – (MPG) The Internal Revenue Service issued a consumer alert November 9th about possible scams taking place in the wake of Hurricane Sandy.

Following major disasters, it's common for scam artists to impersonate charities to get money or private information from well-intentioned taxpayers. Such fraudulent schemes may involve contact by telephone, social media, email or in-person solicitations.

The IRS cautions both hurricane victims and people wishing to make disaster-related charitable donations to avoid scam artists by following these tips:

- To help disaster victims, donate to recognized charities.
- Be wary of charities with names that are similar to familiar or nationally known organizations. Some phony charities use names or websites that sound or look like those of respected, legitimate organizations. The IRS website at [IRS.gov](http://IRS.gov) has a search feature, Exempt Organizations Select Check, which allows people to find legitimate, qualified

charities to which donations may be tax-deductible. Legitimate charities may also be found on the Federal Emergency Management Agency (FEMA) Web site at [fema.gov](http://fema.gov).

• Don't give out personal financial information — such as Social Security numbers or credit card and bank account numbers and passwords — to anyone who solicits a contribution from you. Scam artists may use this information to steal your identity and money.

• Don't give or send cash. For security and tax record purposes, contribute by check or credit card or another way that provides documentation of the gift.

• Call the IRS toll-free disaster assistance telephone number, 1-866-562-5227, if you are a hurricane victim with specific questions about tax relief or disaster related tax issues.

Scam artists can use a variety of tactics. Some scammers operating bogus charities may contact people by telephone to solicit money or financial information. They may even directly contact disaster victims and claim

to be working for or on behalf of the IRS to help the victims file casualty loss claims and get tax refunds. They may attempt to get personal financial information or Social Security numbers that can be used to steal the victims' identities or financial resources.

Bogus websites may solicit funds for disaster victims. Such fraudulent sites frequently mimic the sites of, or use names similar to, legitimate charities, or claim to be affiliated with legitimate charities, in order to persuade members of the public to send money or provide personal financial information that can be used to steal identities or financial resources. Additionally, scammers often send e-mail that steers the recipient to bogus websites that sound as though they are affiliated with legitimate charitable causes.

Taxpayers suspecting disaster-related frauds should visit [IRS.gov](http://IRS.gov) and search for the keywords "Report Phishing."

More information about tax scams and schemes may be found at [IRS.gov](http://IRS.gov) using the keywords "scams and schemes."

# Northern California Developer and Restaurateur Pleads to Felony Grand Theft

Continued from Page 1

Alizadeh's sentencing will be continued for four years to allow him to make restitution for the money he owes BOE and EDD. The plea agreement will require him to pay \$1.7 million in criminal tax restitution during the next four years, with 79.9 percent of the payments going to BOE and 20.1 percent to EDD.

To date, the BOE has received \$532,110 in payments ordered by the Jack in the Box and Kobra

Properties bankruptcy proceedings. During the next four years, Alizadeh must pay \$300,000 annually to satisfy the court-ordered restitution which will be applied toward his \$5.4 million civil liability. If he makes the required payments on time, he will be sentenced to three years probation in Placer County.

If Alizadeh fails to make timely or adequate payments during the coming four years, he may be sentenced to up to

four years and four months in state prison. Alizadeh's plea agreement also states that he may not file or receive any licenses or seller's permits with the BOE or any other state taxing or tax collection agency until he makes full restitution and completes his probation.

Source: BOE Newsroom  
For more information visit [www.taxes.ca.gov](http://www.taxes.ca.gov).

## THE FUTURE OF MONEY Preparing for a Global Currency Collapse

By PAT BOONE

After writing four important books accurately forecasting the future of Gold, Oil, the Dollar and Inflation, this new CD presents Craig R. Smith's vision to prepare Americans for a global crisis never before seen in history.

Call Swiss America today for your FREE copy of our "THE FUTURE OF MONEY" CD and, as a bonus, Mr. Smith's latest 40-page White Paper, "RE-MAKING MONEY: Ways to Restore America's Optimistic Golden Age"

Call 888-595-6457



**MPG** CALL 773-1111 TO ADVERTISE **MPG**  
CarmichaelTimes.com

## STEP INTO PERSIA

Enjoy Authentic Cuisine, Music, Decor and Culture

Beef Filet Mignon, Lamb Chop, Chicken Breast, and Ground Sirloin Kabobs like you've never had before...hmmmm:

Marinated to perfection in Forouzan's famous sauce. Next MJ delicately cooks them over an open flame. Served with aromatic long grain Basmati Saffron Rice, and grilled just right Tomatoes

**Meet Majid**  
The "Bird Man of Gold River",  
July 2011 Community Newspaper

**Persian Grocery Store**

**TAKFoodMarket.com**  
916-944-3188  
9045 Fair Oaks Blvd.  
Carmichael, Ca 95608

## \$15 OFF HAIRCOLOR

MONDAY THROUGH THURSDAY

**Hoshall's**  
SALON & SPA  
hair face body

7330 Fair Oaks Boulevard Suite #1  
Carmichael, CA 95608  
(916) 485-4941  
[www.hoshallscarmichael.com](http://www.hoshallscarmichael.com)

OFFER VALID THROUGH NOVEMBER 2012. ON COLOR SERVICES \$49 AND ABOVE. NOT VALID WITH ANY OTHER OFFER.

## YOU'RE INVITED TO A FREE LUNCHEON SEMINAR

### "THE PRIVILEGE OF PLANNING"

CHOOSE ONE OF THESE DATES  
Seating is limited to 30 attendees per seminar

Wednesday, Sept 12, 2012 - 11:30 a.m to 12:30 p.m.  
Friday, Oct 19, 2012 - 11:30 a.m to 12:30 p.m.  
**LOCATION: East Lawn Elk Grove Memorial Park**  
9189 E. Stockton Blvd., Elk Grove, CA 95624 (I-99 @ Laguna)  
RSVP to MEL OSBORNE @ (916) 732-2031

Wednesday, Sept 12, 2012 - 11:30 a.m to 12:30 p.m.  
Friday, Oct 19, 2012 - 11:30 a.m to 12:30 p.m.  
Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.  
**LOCATION: St. Francis Community Hall**  
6700 Verner Ave., Sacramento, CA 95841 (I-80 @ Greenback)  
RSVP to LISA WEST @ (916) 732-2020

**PRESENTER: Mel Osborne**

**PRESENTER: Josh Tuttle**

Please note — this is not a sales seminar. "The Privilege of Planning" is a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance funeral planning and all of the options available. Done properly — at the right time and in the right way — pre-planning can become a privilege instead of a chore. Get valuable information on Veteran's benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.

[WWW.EASTLAWN.COM](http://WWW.EASTLAWN.COM)

## THE ESKATON EXPERIENCE

*in your place or ours*

Eskaton Village Carmichael

# Longevity *rules.*

Welcome to the new aging experience. The independence you want and the support you need. Eskaton offers you a complete and affordable range of premier community living and home-based services to help you grow older in good health, safety and comfort. Welcome home ... to Eskaton.

**ESKATON**<sup>®</sup>  
Transforming the Aging Experience

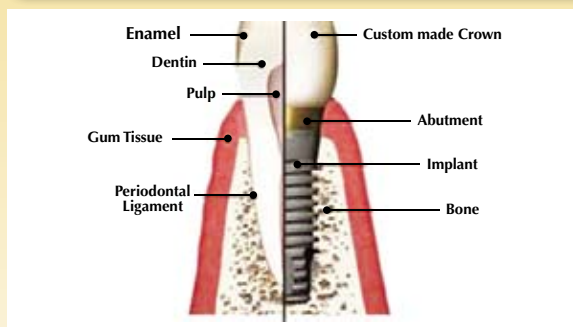
# Carmichael Dental Group



## Implant Center in Carmichael!

**Single Implant with Crown**  
**\$2,500!**

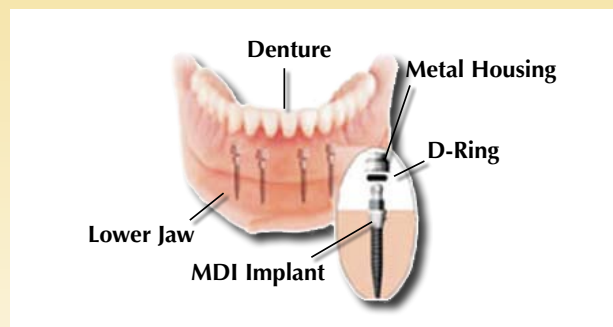
\*Limited time offer.  
 Terms and conditions may apply.\*



Single Implant



Multiple Implants



Mini Implant

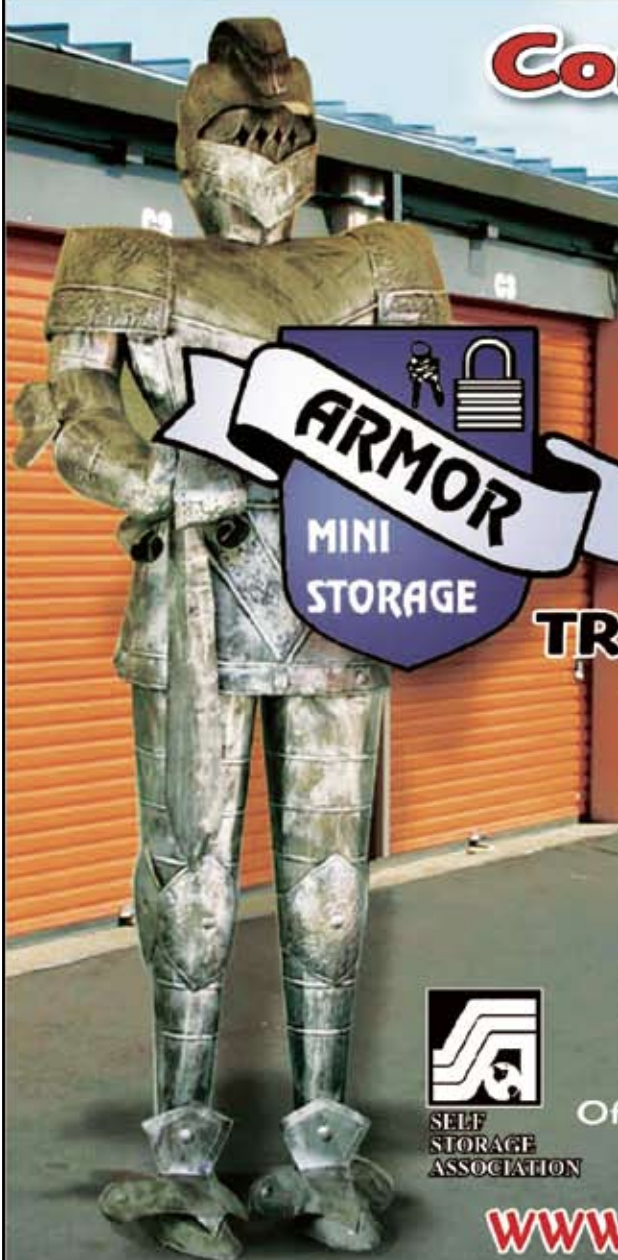


Combination Implants and Dentures

**8329 Fair Oaks Blvd., Ste B • Carmichael, CA 95608**  
**(916) 944-7700**  
[www.carmichaelCAdentist.com](http://www.carmichaelCAdentist.com)

**Conveniently Located on Auburn Blvd.**  
**Between Manzanita & Garfield**

## NEED STORAGE?

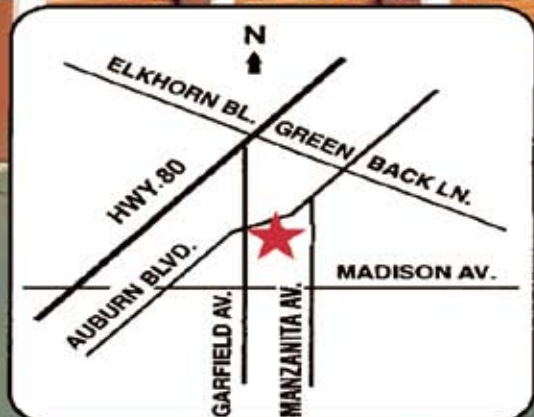


**ARMOR**  
 MINI STORAGE

e-BAY  
 TRADING ASSISTANT

**ARMOR**  
 MINI STORAGE

Since 1980



Office Hours: Mon-Sat 9-6 · Sun 9-4



**Computer Gate Access**  
 6am-9pm **365 Days A Year**

- Quality Customer Service
- Recorded Video Surveillance
- Competitive Rates
- Daily / Monthly / Annual Rentals
- Easy Drive-Up Access
- Professional Resident Managers

**916-332-6455**

5714 Auburn Blvd., Sac 95841



[www.armorministorage.net](http://www.armorministorage.net)

All Roads Lead  
 to An Epic Journey at



STIMULATE  
 Your Mind

DEVELOP  
 Your Spirituality

FIND  
 Your Passion



**WINTER QUARTER  
 CLASSES BEGIN  
 NOVEMBER 2012**

We offer accredited degrees that  
 lead to life-changing careers in  
 • Ministry • Education  
 • Music • Counseling • and more!

**Visit Our  
 New Campus!**

- Expanded and Flexible Schedules
- Financial Aid
- One-On-One Academic Advising
- Associate and Bachelor Degree Programs

4330 Auburn Blvd.  
 Sacramento, CA 95841  
 (916) 348-4689

[www.EPIC.edu](http://www.EPIC.edu)



**GOT LOCAL NEWS?**

Call **773-1111**

Visit us at [CarmichaelTimes.com](http://CarmichaelTimes.com)

