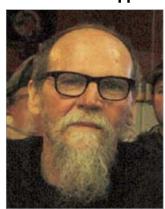
Carmichael Times

Volume 32 • Issue 34

Serving Carmichael and Sacramento County since 1981

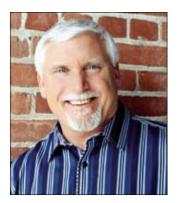
August 22, 2012

Carmichael Resident Hit and Run Victim **Seeks Local Support**



Page 3

Dr Bob Graykowski: The Facts on Fish Oils and **Brain Health**



Page 4

Metro Fire Responds to Local School Fires



Page 5

WE SUPPORT **OUR MILITARY**



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

Families Embrace Students Celebrate National Dog Day with Free Doggy Ice Cream

By Susan Maxwell Skinner

CARMICHAEL - Carmichael recently provided home away from Yokohama for 20 Japanese high schoolers.

The group acclimated to local lifestyle while based at the area's oldest and most iconic institution. Carmichael Presbyterian Church supplied classrooms for daytime language studies in its mission-style compound. A second group studied at Arcade Church. Local families hosted the teens by night. Operated by a non-profit called People Link, the program aims to make students comfortable in conversational English.

Outside class there was also much to learn. The visitors had a tour and lecture at Stanford University and enjoyed San Francisco sightseeing. "They knew all about the Golden Gate Bridge — everybody wanted their picture taken there," said teacher/guide Charles Grix. Shopping malls were a further must-do, with Air Jordon shoes high on bucket lists. Big-sister figure was Fair Oaks teacher/ guide Marissa Stempien, a former English teacher in Japan. "She related well with the girls," said Grix of his fellow teacher/ guide. "She knew what sort of dolls teenagers collect and showed them what makeup was cheaper here than in Japan."

As with all tourists, American food was a great educator. "They



Students from Yokohama's Kanto Gakuin Mastsura School strike a souvenir pose. The teens recently completed a 20-day cultural exchange program based at Carmichael Presbyterian Church. Photo by Susan Maxwell Skinner

came to love hamburgers," observed their host "They also enjoyed how much more tomato sauce we have on pizza here. Ice cream flavors fascinated them they didn't know chocolate could have so many different names." Their visit included seeing the new Disney movie "Brave." Noted Grix: "Cartoons and animation are huge in Japanese youth culture. They loved it."

All students of a private Christian school in Yokohama, the teens worshipped with host families. "That was also a new experience," Grix said. "They went with LDS, Russian, Romanian, Catholic — not just Presbyterian families. Some attended a church dance. They'd never done that before." The group was farewelled by a party at the Spiritual

Life Center in Arcade.

Said Grix: "A few of the girls were homesick at first. But the quality of their new experiences soon got them over that. There were some tears at goodbye. They'd been placed with loving families who'd embraced them as their own."

Learn more about the People Link organization at www.peoplelink.org.



visits on Saturday, August 25. "National Dog Day is a day to honor the dogs in our lives," says Best Friends manager Julia Didway. "So we're inviting all dogs - whether Best Friends clients or not – to stop in between 9 a.m. and 5 p.m. for a free doggy ice cream."

The treats are dog-safe, made of yogurt or soy with dog-preferred flavors like peanut butter and honey. Canine guests must be on leash and accompanied by a human companion.

Founded in 2004, National Dog Day is observed annually on August 26. It honors dogs of all breeds -- from working dogs to family pets -- and encourage pet owners to do something special for their dog.

This is the second year that Best Friends has run the ice cream giveaway. The company is expanding its National Dog Day celebration this year, starting its observance on Friday, August 24 with treats for dogs participating in its doggy day camp program

Best Friends Pet Care is a leading national pet care company and offers boarding, daycare, grooming and training at 42 locations across 18 states. For information, visit www.bestfriendspetcare.com.

Measure N Puts San Juan Students First

The Yes on Measure N campaign filed a ballot argument in favor of this November's Measure N, the San Juan school district's bond initiative to support technology in schools, provide students with modern classrooms and replace deteriorating portables with permanent learning spaces. The \$350 million measure will also allow San Juan schools to be eligible for millions in state and federal matching funds making the community's investment go even further in providing children with the education they deserve.

The bond measure has received strong bipartisan and taxpayer support from throughout the community including endorsements from:

- Sacramento County Sheriff Scott Jones
- Sacramento County Supervisor Susan Peters
- 2011 California State Teacher of the Year Shannan Brown,
- Sacramento County Taxpavers League Former Executive Director Carl Burton, and
- President of the San Juan Alumni Association Dick Cowan.

"Most San Juan Unified schools are more than 50 years old," said San Juan Unified School District Board President Rick Launey. "Measure N will improve classroom technology, create more energy efficient classrooms, support job training skills and protect property values by ensuring our schools remain attractive to families."



San Juan school board President Rick Launey and Yes on Measure N Chairman Larry Miles file the ballot argument in support of Measure N.

A citizens' oversight committee composed entirely of community residents will ensure Measure N proceeds are invested wisely. Measure N prohibits the use of funds for administrators'

salaries, pensions, or operating expenses to guarantee that all money will go directly to benefit every child and school.

For more about Measure N, visit www.yesonmeasuren.org



Accessible Housing Out of Reach for People with Disabilities

Commentary by Liz Pazdral, **Executive Director, State** Independent Living Council

SACRAMENTO REGION — People living with disabilities face a significant problem - the lack of affordable, accessible housing. Approximately 54 million Americans have at least one disability, constituting the largest minority group in the nation. And people with disabilities often spend a disproportionate share of their income to secure housing that is both safe and suitably accessible.

Federal guidelines define housing as "affordable" if total costs, including rent/mortgage, utilities, insurance and taxes, don't exceed 30 percent of a renter's or homeowner's household income. Individuals currently eligible for

Supplemental Security Income (SSI) in California receive \$854.40 per month, while couples receive \$1,444.20. Under the 30 percent housing affordability guidelines, an individual living solely on SSI should pay no more than \$256.32 per month for housing and a couple no more than \$433.26. With this in mind, affordable housing is nearly impossible for people with disabilities to find and thousands and thousands of names are on waiting lists throughout the state.

"The reality is that most all of us will experience a disability within our lifetime, which may prompt the need for affordable, accessible housing," said Bob Hand, Executive Director of Resources for Independence, Central Valley. "However, for people with permanent disabilities,

the need is "now" and affordable in negotiating rents and working Living Council. "By providing housing resources simply aren't available." Affordability is just one problem. Accessibility also is a challenge. Several California communities are trying to address the lack of accessibility by, among other things, adopting the state's Universal Design Model Ordinance. The intent of the ordinance is to increase opportunities for persons with temporary, developing or permanent disabilities to "age in place."

"Trying to decipher the maze of information and resources can be overwhelming," said Hand, "and that's where independent living centers (ILCs) come into play. ILCs provide a number of services to people living with disabilities, including educating them about housing options as well as assisting them

with landlords. But more needs to be done.'

According to experts in the industry, education is the key to making a difference. Individuals need to be made aware of programs and agencies that are working with lenders, housing authorities and service providers in creating innovative housing options, such as "smart-home" technology, within their locale. Experts also believe it's imperative for people with disabilities to talk to elected leaders about their real-life experiences and the need for policies that improve

affordability and accessibility. "We are committed to supporting people living with disabilities in getting their voices heard," said Elsa Quezada, Chair of the California State Independent

people with timely and pertinent information, training and education, we can arm them with the tools they need to live independently and not take "no" for an answer.'

The California State Independent Living Council is an independent state agency which, in cooperation with the California State Department of Rehabilitation, prepares and monitors the State Plan for Independent Living. SILC solicits continual public feedback on the effectiveness of independent living services and coordinates with similar agencies and councils at the state and federal levels to increase communication and help assure that services to people with disabilities are delivered effectively.

Carmichael Water District Responds to Ratepayer Questions

Contact: Chris Nelson, Public Information Officer (916) 483-2452

CARMICHAEL - Recently there has been a campaign within Carmichael that has resulted in the circulation of inaccurate information regarding Carmichael Water District (CWD). This article is to address the allegations regarding CWD.

1. CWD passed an 18% rate increase that was later renamed a "revenue increase".

This statement is inaccurate. In October of 2011 a Proposition 218 notice was sent to CWD customers informing them of the proposed new rates. This notice was titled "Proposed Revenue Increase". Within the notice it was stated:

"The proposed water rate schedule includes an 18% increase in required revenue. This revenue requirement would affect each individual classification differently. Some customers will experience an increase of more than 18% or less than 18% due to the increased revenue requirement."

2. The original Proposition 218 Notice omitted the fact that the District assumed a \$2 million loan to complete previously scheduled and budgeted projects.

This statement is misleading.

In the original, and only, Proposition 218 Notice the following was included regarding CWD debt service obligations:

'Staff has reviewed the current water usage and rate structure and determined that there is a significant revenue shortfall. The District's reserves have been depleted and we do not anticipate receiving enough revenue to cover operating expenses while continuing to meet the legally required debt service obligations for FY 2011-12."

"In order to meet the FY 2011-12 operation and maintenance, debt service, infrastructure replacement requirements and to replenish reserve accounts of the District, the revenue adjustment will be placed on the service charge portion of the bill."

The notice also explained that CWD Refinanced \$28,550,000 in bonds in March 2010, resulting in substantially lower interest rates and interest payments while maintaining the same maturity schedule.

3. The reason for this borrowing was never made clear.

All CWD borrowing is conducted in a public forum with information provided and available to the public. Decisions regarding CWD debt are made at publicly noticed Board Meetings attended by a five (5) member Board of Directors.

On October 19, 2009 the Board of Directors adopted Resolution number 1092009-1 authorizing the execution and delivery of a subordinate installment sale agreement in a principal amount not to exceed \$2,000,000 to finance certain capital improvements to the water system. This resolution was presented to both the Board of Directors and Public at publicly noticed Board Meetings.

4. A single contractor was paid 4-1/2 times its original bid by using change orders and overruns!

Underground pipeline construction can be a challenging process. Often times project conditions change due to unforeseeable circumstances that force an alteration to contract requirements however; in the case of the referenced project the cost was less than the Engineers Estimate.

The Engineers Estimate for the project was \$1,008,532. The cost of the project was \$1,000,350. This put the final cost of the project \$8,182 less than the estimated cost.

5. Who do I contact for more information?

For additional information please contact Public Information Officer Chris Nelson at (916) 483-2452 or chris@carmichaelwd.org

START UP

A \$145 SAVINGS!

30 OFF

ANY ONE TIME SERVICE

SPRING SPECIAL

FREE



"Serving the Needs of Seniors"

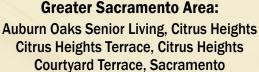
Your one-stop resource for Senior Care www.CiminoCare.com

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

Senior care, or the Cimino family, first began in 1973 when Wilma Cimino served her first In-Home Care Client. Today, Mark Cimno, 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 eamil TODAY to see how they can meet your senior care needs.

Fair Oaks Villas, Fair Oaks

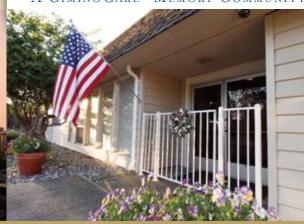


Mark Cimino, CEO & Family

CiminoCare 7501 Sunrise Blvd. Citrus Heights, CA 95610 Phone: 916.729.9200 Email: mark@CiminoCare.com

Facebook.com/CiminoCare Connect with us on





WE RID YOUR HOME OF PESTS!

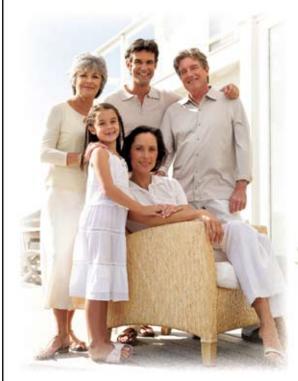


800-322-4170 "GIVE US A RING"

WWW.BELLPEST.COM

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

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 firstfirst 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.

'We've got 'em

in our

Sacramento EMORIAL LAWN

6100 Stockton Boulevard (916) 421-1171

www.smlfh.com

California Certified 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 Come join us for our Farmers Market at beautiful Carmichael Park with **Art/Craft Vendors Welcomed Quarterly** over 40 certified and organic farmers and specialty item vendors. Check our schedule at our website for special events at our weekly Farmers Markets. These might be contests, demos, special Check our website quests, and more! Don't miss anything fun... for delicious Sign up for the newsletter which will remind you recipes from the of fun things going on at the Markets! Market We Have 55+ Farmers/Vendors to ChooseFrom. Marie Hall, Executive Director • (916) 806-3989 BeMoneySmartUSA



Publisher, Paul V. Scholl

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

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. 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

Graphics & Layout Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl Allyse Weaver Banerjee Designs • Stump Removal Graphics

info@bemoneysmartusa.org • www.bemoneysmartusa.org

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

North American Precis Syndicate • Blue Ridge Press • ARA Content

Nicholson & Olsen CPA

Gabriel Scholl

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

> California News Service • Family Features • WorldNetDaily Amanda Morello • Susan Skinner

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









CALL 773-1111 TO ADVERTISE www.CarmichaelTimes.com



Carmichael Times Page 3 August 22, 2012

Haircut and Color Combination



hair face body

\$20.00 Off

Monday, Tuesday and Wednesday

> Offer good on services \$75 and above. Valid thru August 2012. Not valid with any other offer. Must receive both services. Good for Carmichael location only.

Hoshall's 7330 Fair Oaks Blvd. # 1 Carmichael, CA 95608 916.485.4941 SALON & SPA

www.hoshallscarmichael.com

HUNDERBIRDS ...will rock the skies of Sacramento! Buy Your Tickets Today! CALIFORNIA CAPITAL AIRSHOW www.CaliforniaCapitalAirshow.com MATHER AIRPORT . SEPTEMBER 8-9, 2012

Festa Toasts All Things Italiana

Words and pictures by Susan Maxwell Skinner

CARMICHAEL - Based in Carmichael, the Italian Cultural Society stages an annual festival to delight visitors from all over Northern California.

A 27 year tradition, the recent Festa Italiana! splashed red white and green hues throughout Croatian Park on Auburn Blvd. Over 4000 attended this year's two-day extravaganza. Folkloric dancers performed; Italian songs were sung, a festival queen was crowned and a mile of pasta was slurped. To Italian-American bands,

dancers waltzed, polkaed and swung beneath the stars on both nights. A car show featured gleaming Maseratis, Fiats and Alpha Romeos. Veteran bocce exponents taught the Mediterranean ball game. Guests also let their hair down for a favorite festival insanity — the much-vaunted salami toss. This tradition decrees hundreds of potatoes be hurled at unsuspecting salamis. "It's been part of Italian festivals since old days," explained event director



Festival Queen Giulia Arostegui (center), from Carmichael, was honored with her court of princesses.

Bill Cerruti. "For prizes, we award hundreds of salamis."

A festival high point was the performance of a new audience-participation dance created by the society's junior dance group, Bambini. "It's a line dance to compete with the chicken dance, said Cerruti. "Everybody learned it in a minute. We hope it will go viral and spread all over the country."

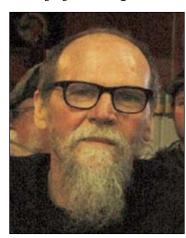
Flown in from New Jersey, tenor Moreno Fruzzetti serenaded crowds with arias and pop songs. Says Cerruti: "Moreno's a huge hit and he just loves our festival. People who go to Italian festivals in other cities all say ours is the

Learn about the Italian Society's cultural events at www.italiancenter.net.

Carmichael Resident Hit and Run Victim Seeks Local Support for Medical Bills

CARMICHAEL - Bill Collins, a Carmichael resident of over 30 years, was in a horrific hit and run accident on March 22, 2012. The accident occurred on Winding Way and Carnegie Way in the Arden-Arcade area. The accident left Bill with major injuries and unfortunately, left Bill's long time friend, Paul Pellandini, fatally injured. The accident has made him unable to work and even do much for himself. He is dependent on others for his needs.

He does not have health insurance making the situation even more difficult. Due to the injuries



Carmichael resident Bill Collins.

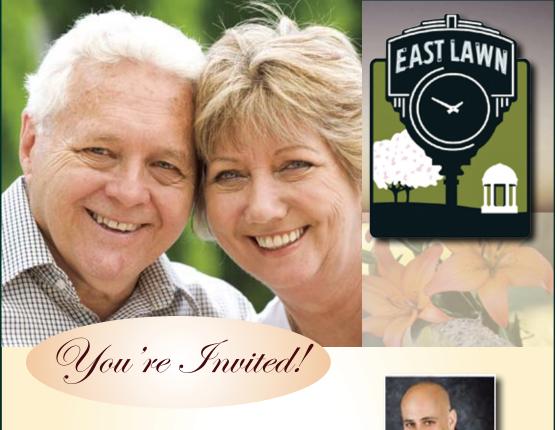
to his pelvis and spine the healing process for him will be long

and extensive. He has to be seen weekly to monitor his recently discovered heart condition as

We have set up a medical donation fund in hopes to help alleviate some of his financial burdens. To donate please visit www.billcollinsfund.com or www.facebook/billcollinsfund.com. Your donations are so greatly appreciated and will help Bill Collins and his wife in their time of need.

Thank you so much, The Collins Family

Photo courtesy of the Collins Family photos and permission granted.



FREE LUNCHEON & DINNER **SEMINARS**

"The Privilege of Planning"

Presenter: Josh Tuttle General Manager EAST LAWN MORTUARY & SIERRA HILLS MEMORIAL PARK

Funeral Director License #3435



Wednesday, August 29 (11:30 a.m. to 12:30 p.m.) Tuesday, September 18 (6:30 p.m. to 7:30 p.m.) Seating is limited to 30 attendees per seminar

St. Francis Community Hall 6700 Verner Avenue, Sacramento, CA 95841 (I-80 @ Greenback)

Please note - this is not a sales seminar. "The Privilege of Planning" will be 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 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.

Reservations Required. RSVP to Lisa West @ (916) 732-2020



"The difference is clearly that you care very deeply about your work and the people you are caring for."

In-home service for SENIORS by Seniors

Our loving, caring, compassionate seniors are there to help. We offer all the services you need to stay in your own home, living independently.

- Companion Care
- Light Housekeeping
- Meal Preparation
- Personal Care
- Shopping
- Transportation
- Overnight stays 24-hour Care
- Doctor Appointments



SENIORS Helping SENIORS®

In the Seniors Helping Seniors® family, everyone wins. Those who give and those who receive learn from each other everyday - and all

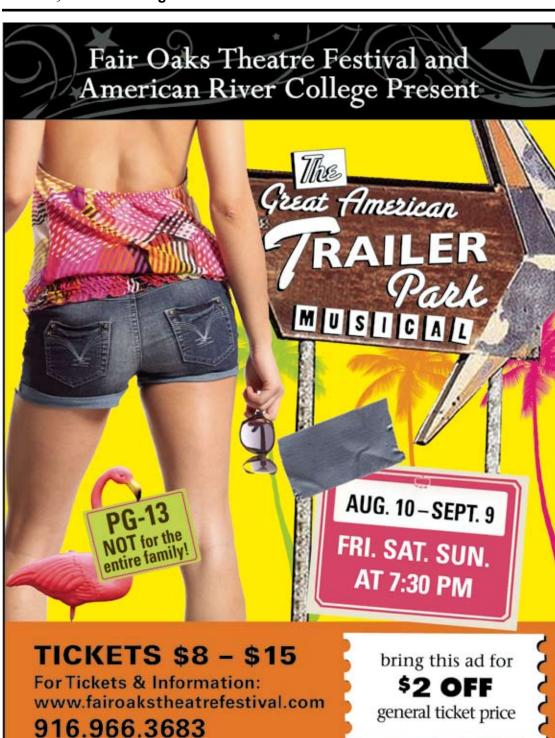
we hear is about how rewarding it is for both of them. For the help you want at a price you can afford®. Seniors

Helping Seniors® in-home services is the place to call.

If you need some help, call for a free assessment.

916-372-9640

Carmichael Times Page 4 August 22, 2012



VETERAN'S MEMORIAL AMPHITHEATRE

7991 California Avenue, Fair Oaks Village

SEE OUR CLASSIFIED MARKETPLACE AT

www.CarmichaelTimes.com





Dr. Bob Graykowski



There's a lot of buzz about fish oil supplements these days. And there's also a lot of conflicting information. What's the deal with omega-3's? Do we truly need to get more of them? If so, what's the best way to obtain them? Should you eat more fish or take fish oil supplements?.

What Are Omega-3's?

Omega-3's are essential fatty acidsthatourbodies can't produce on their own, so we must obtain them from diet. Omega-3's play critical roles, including assisting in neurological development and reducing inflammation.

The three main forms of omega-3's are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA), and alpha-linolenic acid (ALA).

EPA and DHA are long-chain forms of omega-3's found in fish, fish oil supplements, and Krill or algae extract. ALA, the short chain form is found in plant sources like walnuts, flax seek, canola and soybean oil - and, to a lesser degree, in green leafy vegetables.

The body converts the shortchain version to a long-chain version in order to use it – but this conversion doesn't occur rapidly. That's why many health experts believe it's important to take in all three forms of omega-

The strongest scientific evidence to date points to the relationship between omega-3's and heart health.

Omega-3's and Heart Health

A 2009 literature review in the journal Clinical Cardiology set out "to assess whether supplements eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) decrease cardiovascular events across a spectrum of patients." The researchers found that supplements with omega-3 fatty acids significantly reduced the risk of cardiovascular deaths, sudden cardiac death, allcause mortality and nonfatal disease cardiovascular events. "Dietary • who have had heart disease

The Facts on Fish Oils and Brain Health

supplementation with omega-3 • who need to be especially fatty acids should be considered in the secondary prevention of cardiovascular events.'

The researchers concluded that "it appears that omega-3 improves the cardiovascular risk profile of subjects with metabolic syndrome, having effects on weight, blood pressure, lipid profile and markers of inflammation and autoimmunity.

Inflammation Buster

Another just-published study report determined that omega-3's prevent inflammatory disease by bolstering immune response. The study found that "administration of fish oil decreases the length of hospital and intensive care unit stay in surgical patients."

Prevents Allergies

A recent investigation found that mothers who took fish oil supplements during pregnancy and breast feeding were less likely to have children with food allergies or eczema. Scientists found that the prevalence of food allergy and eczema was lower in the omega-3 group.

Makes Babies Smarter

Several recent studies have linked omega-3 with cognitive development. For instance, a 2009 study in the journal Developmental Neuropsychology investigate the relationship between mothers' DHA levels when they gave birth and the attention spans of their babies two years later.

The researchers discovered that "higher maternal DHA status at birth was associated with enhanced attention and focus during the second year. Toddlers whose mothers had high DHA at birth exhibited fewer episodes of inattention during free-play than did toddlers whose mothers had low DHA at birth'

Wards Off Dementia

The cognitive omega-3 benefits aren't just for babies. Recent studies link omega-3's with preservation of cognitive abilities in the aging brain. A 2008 study on the Journal of Nutrition observes that "cognitive function can be diminished with DHA "docosehexaenoic acid".

How to Get Omega-3's

Getting omega-3's through fish is preferable, but fish oil supplements are a good option, especially for those:

- with risk factors for heart

cautious about contaminated fish (such as pregnant women)

Never take any supplement, including fish oil, without first consulting your Doctor. Talk to the doctor about what dose, if any, is right for you. Generally recommended dosage ranges from half a gram to three grams a day. Do not take more than three grams of omega-3's fatty acids from capsules without consulting a doctor. High intakes may cause excessive bleeding in some people.For vegetarians and vegans, look for omega-3 supplements derived from algae (which is where fish get their omega-3's).

A Note on Toxins in Fish

The message to eat more fish has been clouded by warnings of high levels of toxins in seafood. According to the American Heart Association, "some types of fish may contain high levels of mercury, PCB's (polychlorinated biphenyls), dioxins and other environmental contaminants."

Fish with the potential for the highest level of mercury contamination include shark, swordfish, king mackerel and tilefish and Talapia.

Ensure you are eating fish or taking supplements that are as toxin-free as possible. Seek out wild, rather than farm-raised, salmon, and look for highquality supplements that have been purified.

Children, women of childbearing age and pregnant or nursing women need to be especially cautious and avoid eating fish with high mercury levels.

Learn more about our community office; Fan us on Facebook! For weekly health tips go to www.applestozen. blogspot.com.

Creating a Healthy Community Dr. Bob Graykowski Chiropractic-usa.com (916) 973-1661

Monthly Workshops Available

Please call for information and reservation.

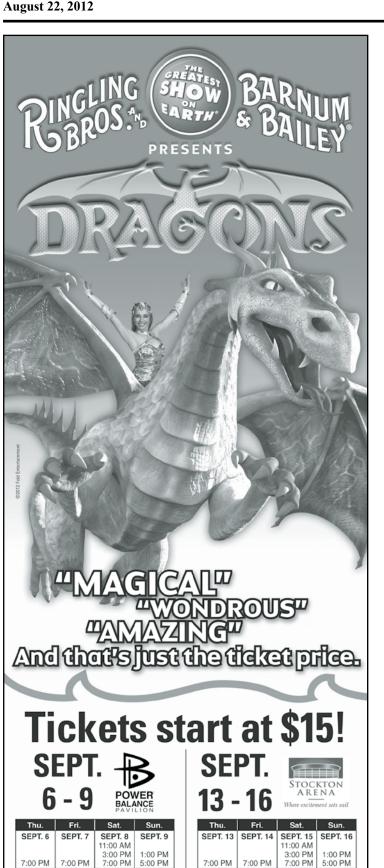
Support is encouraged... Bring a friend or family member! Workshop is at 6:00 – 7:00pm. Advanced Workshops are 6:00 – 7:30.

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





TO ADVERTISE CALL 773-1111



MONTHLY MILITARY RETIREE/ SPOUSE MEETING

Our next monthly meeting is scheduled for 11 Sep 2012. Meeting location is the North Highlands Park and Recreation District, 6040 Watt Ave, North Highlands 95660. Our meeting starts promptly Suzi Vinci, Veterans Service Officer for the Disabled American Veterans organization. Come on out and enjoy a cup of coffee and some great fellowship. Questions can be referred to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

at 1030 hrs. Our speaker is

ROBERTSON

also more properly known as the Federal Aid in Wildlife Restoration Act. In 1932,

firearms and ammunition that went into

had to be passed on to state game agencies for the exclusive use of funding

rograms designed to improve wildlife habitat and improve hunter access. The benefits of this program to game departments, sportsmen, sporting goods

retailers and manufacturers, as well as non-consumptive users who still enjoy and appreciate wildlife and the outdoors

It even indirectly helped anglers erving as the model for the Federal Aid Sport Fish Restoration Act passed in

1950 and designed to attach an excise

tax to various types of fishing equipment to help fund sport fish restoration and

Both acts have been invaluable to all

Larry Whiteley is Host of the award-

For more tips, log onto

have been abundant.

congress authorized an excise tax on

the treasury of the United States. Five years later, those excise taxes

This year marks the 75th anniversary of the landmark Pittman-Robertson Act,



Sac Metro Fire District Special Report

CARMICHAEL - On August 17, 2012 at 11:13pm, Metro Fire responded to a reported structure fire at 2921 Garfield Ave at a Phoenix Preschool, Crews arrived to find a residential structure well-involved in fire. Crews performed vertical ventilation and fire extinguishment. The structure involved was gutted by fire but fire crews contained

the fire to one structure and prevented fire from spreading to neighboring structures. Nobody was injured and the cause of the fire is under investigation.

On August 18, 2012 at 1:19am, Metro Fire responded to a reported structure fire at 5619 Marconi Ave. Crews arrived to find a well-involved modular building at a Montessori Preschool. Crews performed fire extinguishment. The structure involved was gutted by fire but fire crews contained the fire

to one structure and prevented the fire from spreading to neighboring structures. Nobody was injured and the cause of the fire is under investigation.

The cause of both fires are under investigation. However, findings of the preliminary investigations indicate that both fires are suspicious and appear to be intentionally set. Metro Fire encourages anyone with information on either fire to call the Metro Fire arson tip line at 916-

Arson Suspected in Vacant Home Fire in Arden-Arcade Area

Sac Metro Fire District Special Report

ARDEN-ARCADE - On August 16, 2012 at 3:35am Metro Fire responded to a report of smoke in the area of 4201 Whitney Ave. Crews arrived in the area to find a single story residential home located at 4149 Whitney, with a well-involved garage fire and involvement of the interior of the home and attic with flames through the roof. Crews performed a primary search of the structure and found the home vacant.

Crews extinguished the attic fire from the interior of the home and doused the garage fire, containing the fire to the home of origin and preventing fire spread to neighboring homes. The home was considered a total loss. Nobody was occupying the home when fire crews arrived and nobody was injured in the

The cause of the fire is under investigation. However, because the home was reportedly vacant, the cause is considered suspicious. Metro Fire reminds residents to keep an eye on vacant homes in their neighborhood and report any suspicious activity to law enforcement for investigation. Additionally, if anyone has any information regarding the cause of this fire, they are encouraged to call the Metro Fire Arson tip line at (916) 859-3775.

FOX40 to Debut Final Quarter

Popular Friday segment expands to half hour show.

SACRAMENTO REGION – Beginning on Friday, August 17 and running through November 24, FOX40 began to host 30-minutes of fast-paced high school football action, with the Valley's most recognized sports leader, Jim Crandell, at 11pm. FOX40 is proud to announce that Sports Heavyweight Gary Gelfand is joining the team for the expanded show, along with Mark Demsky, Kristina Werner, and Joe Davidson, of the Sacramento Bee.

"High school football is better than ever in this area, with great players and great team., Plus, there's more interest than ever before, so, we figured, let's do the biggest high school football show ever in Sacramento." says Jim Crandell. "This will be a full football, with highlights and scores, live reports from games and insight from the Bee's Joe Davidson every Friday night."

Crandell says, "Our goal is to cover high school football like it's never been covered in Sacramento, with real highlights, live reporters, all the scores and perspective from the Bee's Joe Davidson. High school football has always been part of our newscast, but now we're giving football its own special show. We want high school fans involved, too. They can us send pictures and videos from their games, tweet us, hit us up on Facebook. We want to add one more level of excitement to Friday night for the teams, schools and fans."

to Sacramento viewers, has 30 minutes about high school anchored the Sports Desk at *Modesto*.

a number of broadcast television stations including KMAX, CBS-13, KPIX, and CNN/ Sports Illustrated. Gelfand says, "High School Football in the Sacramento area is huge! To me, there is really nothing like it. The buzz and excitement it brings is amazing. High School football brings communities together, and the best part is, you don't even have to be a sports fan! I'm excited about getting back out there in the middle of it all."

Final Quarter launches Friday, August 17 at 11pm following FOX40 News at 10pm.

KTXL-TV/KTXL-DT, owned and operated by Tribune Broadcasting Company, is the Gary Gelfand, a familiar face FOX affiliated television station serving Sacramento-Stockton-

A-TEK GLASS CENTER

Stockton Regular Ticket Prices:

\$15 • \$18 • \$23 • \$38 VIP • \$60 Front Row

\$90 Circus Celebrity

Your One Stop Local Glass Shop

Sacramento Regular Ticket Prices:

\$15 • \$18 • \$23 • \$40 VIP • \$62 Front Row

\$92 Circus Celebrity

Buy tickets at Ringling.com, ticketmaster Retail Locations,

Arena Box Offices or call 1-800-745-3000

Serving Carmichael Community for 17 Years





- Auto Glass
 - **► ▲** Windshields
 - ▲ Power Windows
 - ▲ Truck Slider
 - ▲ Sunroofs
 - ▲ Single & Dual **Pane Glass**
- **▲** Store Front **Windows**
- ▲ Mirror
 - & Screen
- ▲ Glass Shelves
- ▲ Table tops

Fast, Professional Glass Repair • Direct Approved Insurance Billing

Call 7 Days a Week • 481-9966

Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou

Manufacturer's Recall Just Announced

Are you suffering after being implanted with a

Modular Hip Implant?



Have you experienced failure of your | announced a voluntary USA Recall Stryker Rejuvenate hip implant, result- of certain models of its Rejuvenate ing in pain and other complications and ABG II hip implants, leading to that may have required revision increased concern. surgery? If so, please know that we are investigating these injuries – and | understand your legal options. For a free those caused by other brands - for consultation please call us today at

possible legal action. On July 4, 2012, Stryker Orthopaedics | at www.HipDeviceRecall.com

Weitz & Luxenberg can help you

1-800- LAW-6789 or visit us on the web

WEITZ LUXENBERG P.O. METAL ON METAL HIP REPLACEMENTS 1.800.LAW.6789 | www.weitzlux.com & FOSAMAX FEMUR FRACTURES ATTORNEY ADVERTISING. Prior results do not guarantee a future outcome. We may associate with local firms in states where not maintain an office. No aspect of this advertisement has been approved by the Supreme Court of NJ. If no recovery, no fees are charged, unless prohibited by State law or fulle. Gary R. Klein, Esp.

CALL 773-1111 **TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER** CarmichaelTimes.com

Novartis MS Education Link

Hear Jack Florin, MD

discuss information about multiple sclerosis (MS) and a prescription treatment option.

> **September 5, 2012 • 6:00pm** Black Bear Diner, 2700 El Centro Road Sacramento, CA 95833

Please RSVP by September 4, 2012 by calling 800-973-0362. Light food and beverages served.



Novartis Pharmaceuticals Corporation 2011 Novartis 9/11 T-XMG -1099611



Joint pain

Connect and Soar with Chadron State

A high-quality MBA that won't cost your future



Offered Entirely Online Flexible 8-week courses

Graduate Flat Rate \$262.50/credit hour

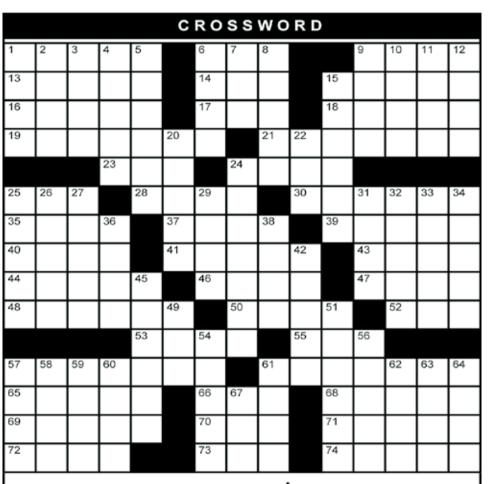
Visit csc.edu, scan the code or call 1-800-CHADRON to learn more. 1000 Main Street, Chadron, NE 69337



SEE OUR CLASSIFIED MARKETPLACE AT

www.CarmichaelTimes.com

STATEPOINT CROSSWORD • THE SIXTIES



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

© StatePoint Media

CLUES

ACROSS 1. Like a tasteless remark

6. Precedes Nov. 9. Wood file

_ Beta Kappa 15. Historic 66

16. One with a healthy appetite is often called a good

17. Even, to a poet 18. Relating to sight 19. *Author of the "The Feminine Mystique"

21. *Woodstock site 23. Mammoth excavation site, e.g.

24. Youngster _ and Dean 28. Opposite of talker? 30. Ultimate goal

course, as in 37. The Colosseum today,

e.g. 39. Dispute

40. Canceled 41. Formed a curve

13. Slow in music

50. Ness, e.g. 52. Like dry humor

> 57. Light quality _ dandy"

69. City in Belgium Can"

car, pl. 72. Lad's counterpart

73. Short for Leonard

DOWN

43. Bone in human forearm 44. Incompetent 46. Southern stew staple

47. Wild swine 48. Type of killer

53. *Suze Rotolo to Bob 55. Accidental happening

61. *First man in space 66. Parishioner's seat

68. Tenth to sophomore __ Which Way You

71. It's often changed in a

32. Like a neon sign at night 1. Beginning of musical staff 33. *Neil Armstrong's landing

2. Back seat 34. *He famously said, "Turn 3. Against, prefix on, tune in, drop out" 4. Often found under a knight 36. South African antelope 38. Infamous Roman tyrant

on Allstate compone

42. Medvedev's country

51. Often done over price

56. Paratroopers, for short

57. *German construction

60. Links to friends on

61. Nell ____, mistress of

63. "Idea" to a Frenchman

King Charles II of England

58. "Si, mi chiamo Mimi" in La

45. Hot red candy

54. Flower part

Boheme, e.g.

59. Golf pegs

Facebook, e.g.

62. Goes with rave

house, e.g.

49. Tote

5. Dirty or sleazy 6. Welcoming sign 7. *a.k.a. Ernesto Guevara 8. Metallic sounding, e.g.

9. Fibrous 10. On its own, prefix 11. Marley classic "_ 12. Bird action

15. Given name sometimes shortened to Ro 20. Ancient Greeks' assembly spot

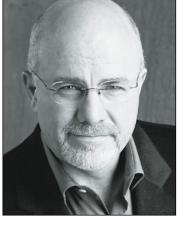
out, as in a victory 24. Drop by drop 25. *She was a major attraction at Woodstock 26. Solitaire player, e.g.

27. *Newly independent West African republic 29. Eurozone money

67. Between NE and E

64. Loch

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.

Are Coupons a Waste of Time?

Dear Dave,

Is it worth the time and effort to use coupons, or are they just a waste of time and a ploy to get you to buy things? - Tammy

Dear Tammy,

Coupons are definitely a ploy to entice you to buy something you may not have purchased otherwise. But that doesn't mean they're bad things. The practical and sensible application of coupons can definitely help you save money.

The main things to watch out for when using coupons are overbuying and spending your money on things you don't really need. Seriously, you don't need to hit Sam's or Costco and walk out with nine gallons of mustard. I've even heard of people buying things they know they don't like just because it was on sale or they had a coupon. I mean, how dumb is that?

I guess there is a time factor involved in collecting coupons, especially if you still like to clip them from the newspapers or flyers that come in the mail. Plenty of folks still do that every week. I think online coupons are a lot easier to search for and save though. There's a company I love called eMeals that will work with you

Dave Says

to plan recipes and also give you information on coupons and sales in your area to make the meals.

I'm definitely not anti-coupon, but at the same time couponing alone won't change your family tree. It's like any other tool. If used in a smart way, it can help you save money. And that's not a bad thing!

- Dave

Birthday Money is a Last Resort

Dear Dave.

What's the best way to save or use money given to a baby as a birthday present?

- Ron

Dear Ron,

I think it depends on your financial situation along with your plans and goals. If you're at a place where you can't afford necessities, then there's absolutely nothing wrong with using birthday money for food, diapers or clothes. That's not a fun answer, but sometimes you have to do whatever it takes to properly care for your family.

If money isn't a big issue though, you're left with figuring out a plan. In our case, we invested lots of it toward their college funds. Then we taught them to save for other things themselves. For instance, we didn't buy any of our kids their first cars.

But we did agree to match whatever they saved when it came to this purchase.

There's also nothing wrong with just setting up a simple savings account and watching it grow. As they get older, you can involve them in the process and begin to teach them about the three uses for money: spending, saving and giving. And if you start something like this when they're really little, chances are they'll already have a nice pile of money already stashed away when they become old enough for those teachable moments.

The point is to have a plan. Once you have a definite idea in mind, it's a lot easier to achieve the goal!

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



Home Delivery Routes Available





Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

every week for Sudoku!

Come back



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

TREE SERVICES

DISCOUNTS Tree Service

Complete Tree Care **Expert Trimming** Safe Removal **Stump Grinding**

Certified Arborist FREE ESTIMATES Fully Insured

License # 696796 530-885-7729 916-201-7462 BrunoFerazzaTreeService.com

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)

DENTAL **S**ERVICES

AGGRESSIVE DENTAL DIAGNOSISPP

Are you a Victim? Know what you're buying!

Ask Second Opinion Dental Exams, X-rays, & Advice -

That's all we do! 916-616-6712 SecondOpinionDental.net

Consultation **ONLY \$20** with this coupon

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

PET SERVICES

DOG TRAINING, DOG WALKING, PET SITTING



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

Funeral Service

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY FAIR OAKS, CA 95628 Tel (916) 9611265 Fax (916) 9612430

ALTERATIONS

ALTERATIONS

SPECIALIZING IN BRIDAL & FORMAL

(916) 853•1078 WWW.ALTERATIONSBYP.THENETMARK.COM

by Patina

11082 Coloma Rd., Suite 7 Coloma Village Shopping Ctr. • Rancho Cordova

Mobile Homes for Rent or Sale

MOBILE HOME ESTATES

A Peaceful Citrus Heights Community

Purchase and Rent-to-own Available!

Stonegate Mobilehome Estates

PRE-SCHOOL

MONTESSORI



5325 Engle Rd., Suite 170 Carmichael, CA 95608

916-481-0100

www.MCSpreschool.com 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

Dog Rescue

DOG RESCUE Gary (916) 334-2841

Please <u>Adopt</u> or <u>Foster</u> Because so many really great dogs are dying for a good home...

ShelterMOU @hotmail.com

We Can Help You Own Your Home!

\$499 Moves You In!

7368 Whyte Ave., Citrus Heights, CA 95621 Ph: 916-728-5511

WWW.STONEGATEMHP.COM

Dental Service

CHILDREN'S SCHOOL

Ages 2-6 • Open 7am-6pm M-F

PET SITTING SERVICE

Professional, Loving **PET CARE**

DENTAL HYGIENE

SERVICE

brenrdhap2010@comcast.net

PO Box 982, CITRUS HEIGHTS, CA 95611

Portable Services for

Homebound & Special

Needs Clients

BRENDA PAQUIN,

RDHAP

(916) 247-1743

Kennel Free Environment **Lots of TLC**

Call Madeline

HANDYMAN

QUALITY LABOR & MAINTENANCE

Hauling, Gutter Clean, Odd Jobs

(916) 613-8359

(916) 723-1608

Yard Work,

You Name It!

Established Reputation

AC Services

Free A/C Service Call, including minor repairs. Lic#97203 Universal Air Quality. Call 916-204-6077. (MPG 08-31-12)

Adoption

PREGNANT? CONSIDERING ADOP-TION? 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)

Antiques

Antiques Wanted: License plates and frames, pre-1969. 707-448 emblems. 8942. Ask for Dave. (MPG 06-15-11)

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) 885-3281 Mon-Fri 7am to 4pm. TDD# (800) 735-2929. This institution is an equal opportunity provider and employer. EQUAL HOUSING employer. EQUAL HOUSING OPPORTUNITY. EQUAL OPPOR-TUNITY ACCESS. (MPG 04-30-12)

Auctions

ADVERTISE YOUR ALICTION in 240 California newspapers for one low cost of \$600. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

Audio Books

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

Auto Donation

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

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 CHILD-**REN 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 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)



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

\$3100 cash. Call Paul in Sacramento at 916-773-7337 or Gabe at 925-872-7204, or email gabescholl@gmail.com (MPG 09-30-12)

Autos Wanted

Get CASH for your Junk, Damaged, or Salvaged Car! FREE car removal + TOP DOLLAR for your unused and unwanted vehicles Call Now!! 800-341-0939 (NANI)

Sell Your Car For CA\$H RIGHT NOW! We pay Top Dollar for your junk and salvaged cars. For and instant quote CALL NOW! 800-419-3454 (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 Services

ADVERTISE a display BUSINESS CARD sized ad in 140 California newspapers for one low cost of \$1.550. Your display 3.75x2" ad reaches over 3 million+ Californians. Free brochure call

Elizabeth (916) 288-6019.(Cal-SCAN)

ADVERTISE Your Truck DRIVER JOBS in 240 California news papers for one low cost of \$550. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

REACH CALIFORNIANS WITH CLASSIFIED IN ALMOST **EVERY COUNTY!** Experience the power of classifieds! Combo-California Daily and Weekly Networks. One order. One payment. Free Brochures. . One payment.

Free Brochures. elizabeth@cnpa. com or (916) 288-6019. (Cal-SCAN)

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)

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 Acceller 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 less than \$20/mo. CALL NOW!

(NANI)

Cable/Internet Services

800-291-4159

Home Internet Promotion! Compare low prices with us. Add phone line for only \$9.99/ month + tax with national calling. Incluye llamadas a países latinos! Fontera: 1-888-816-3557 (SWAN)

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

Cable/ Satellite TV

SAVE OVER \$800 when you switch to DISH. Promotional prices start at \$19.99 a month. Call Today and ask about Next Day Installation. 800-265-8302. (Cal-SCAN)

Career Training/ **Truck Driver**

Get a CAREER! Truck Driver Trainee, Hiring Now! Local Training! Become a truck driver. Employer sponsored training, full time, great pay with benefits. Call 1-800-TRUCKER.

Caregiving Service Care giving. \$15/Hour. Excellent References. 15 Years Experience. Over Nights. Part Time During the Day. Errands & Light House Keeping. Doctor's Appointments. Contact: **Home - 1-530-885-6829**.

Cell -1-530-305-8432 (MPG 06-30-12) Cars for Sale

1994 Toyota Tercel. 4 speed, smogged, has DMV tags, runs excellent, body and tires in good shape. \$2100. Located in Orange-vale. 916-988-8376, or 342-2651

Chimney Sweep CHIMNEY CLEANING SPECIAL FAST • CLEAN • EFFICIENT Friendly Service. No Mess Guaran-

teed 15 Years Running (916) 752-6762 Bus Lic # 103881(MPG 03-31-12)

Computer Services MY COMPUTER WORKS. Computer problems? Viruses, spyware, email, printer issues, bad internet connections - FIX IT NOW! Professional. U.S.-based technicians.

1-888-865-0271 Credit/Debt

\$25 off service. Call for immediate

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

Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save thousands of dollars! Call CREDIT CARD RELIEF for your free consul-

DISH Network

Special DISH Network. Starting at \$19.99/ month PLUS 30 Premium Movie Channels 4023 FREE (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

DRE # 00809220 R Dumon

(MPG 08-30-12) **Electrical Services**

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

Visit & Estimate For Free.

24 Hour, 7 Days. 916-213-7575 (MPGM) **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

Financial Ever Consider a Reverse Mortgage? At least 62 years old? in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call

CREDIT CARD DEBT? LEGALLY HAVE IT REMOVED! Minimum \$7,000 in debt to qualify. Utilize Consumer Protection Attorneys. Call now! 1-888-237-0388 (NANI)

888-698-3165 (Cal-SCAN)

Health & Medical

PELVIC/TRANSVAGINAL MESH? Did you undergo transvaginal placement of mesh for pelvic organ prolapse or stress urinary incontinence between 2005 and present time? If the patch required removal due to complications, you may be entitled to compensation. Call Johnson Law and speak with female staff members 1-800-535-5727 (SWAN)

CLASSIFIED

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 866-723-7089 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Attention Joint & Muscle Pain Sufferers: Clinically proven all-natural supplement helps reduce pain and enhance mobility. Call 877-217-7698 to try Hydraflexin RISK-FREE for 90 days. (Cal-SCAN)

Feeling older? Men lose the ability to produce testosterone as they age. Call 888-904-2372 for a FREE trial of Progene- All Natural Testosterone Supplement. (Cal-SCAN)

Over 30 Million Women Suffer From Hair Loss! Do you? If So Have a Solution! 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 recommend ed, 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 Hydraflexin RISK-FREE for 90 days (MB 12-31-12)

Healthcare

24/7 EMERGENCY RESPONSE \$1/day. Living alone? You could fall! Deaths from falls can be avoided. Help is a button push away.

Lifewatch 1-800-207-4048, (Cal-SCAN)

Heating & Air AC Repair Low Prices 487-4609

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-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. (MPG 08-31-12) Jim Terry.

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid if qualified. Job placement assistance. Call Toll-Free: Aviation Institute Maintenance 877-205-0503

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

ACTORS/MOVIE EXTRAS needed immediately! \$150-\$300/day depending on job. No experience, all looks

needed. 1-800-561-1762 (NANI) Mystery Shoppers Needed. Earn up to \$150 per day. Undercover Shoppers Needed to Judge Retail & Dining Establishments. Experience Not Required. Call Now

888-380-3513.

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 ATTENTION: DRIVERS! Drive 4 Us. Top Pay & CSA Friendly Equip-

Need CDL Class A Driving Experience, 877-258-8782, (Cal-SCAN)

DRIVERS - Choose your hometime: Weekly, 7/ON-7/OFF, 14/ON-7/OFF, Full or Part-time. \$0.01 increase per mile after 6 months. Requires 3 months recent experience. 800-414-9569. www.driveknight.com (Cal-SCAN)

DRIVERS: NO EXPERIENCE? Class A CDL Driver Training. We Train and Employ! Experienced Drivers also Needed! Central Refrigerated. 1-877-369-7126. www. ČentralTruckDrivingJobs.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-Based **Business**

HOME-BASED BUSINESS Looking for serious and motivated people.Operate a Mini-Office outlet from home.Free online training. Flexible hours and great income. www.hetterlife4all.com

Home Health Care In your home health care/

helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25) **Housecleaning**

Need Help? Call Vernie!! House-

cleaning Done Right! Reasonable Rates. Honest! Dependable! Licensed. Call 916-729-0638 (MPG 08-31-12) Household

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

Housekeeping HOUSEKEEPING. 15 Years' Experience. Honest, Reliable. Move in/out. (916) 420-6413 - Helen

Legal Services SOCIAL SECURITY DISABILITY BENEFITS. Win or Pay Nothing! Start your Application In Under 60 Seconds. Call Today! Contact Disability Group, Inc. Licensed & BBB Accredited. Call 877-490-6596. (Cal-SCAN)

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)

Lost and Found

have LOST a yellow cockatiel with orange cheeks. Lost on 7/5/12 in Grass Valley C.A. I also have FOUND a grey and yellow cockatiel with orange cheeks. Found on 7/16/12 in Colfax C.A. Contact Brittany at 530-575-5445 or e-mail at mornyng_ star@vahoo.com (MPG 08-31-12)

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) 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 infec-

tion! Call 888-699-7660. (Cal-SCAN) Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care. Excellent service at low prices from AMD MEDICAL SUPPLY, 916-485-2500. Now accepting MEDICARE.

Miscellaneous CANADA DRUG CENTER Safe and affordable medications. Save up to 90% on your medication Call 1-877-743-0508 (\$25.00 off your first prescription and free shipping.) (NANI)

HOT-TUB/SPA... Deluxe 2012 Model Neckjets, Therapyseat, Never Used, Warranty, Can Deliver, Worth \$5950. Sell \$1950. (800) 960-7727 (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

STRIPS! 1 DAY PAYMENT & PRE-PAID shipping. SE HABLA ESPA-NOL. Emma 1-888-776-7771. www.

Cash4DiabeticSupplies.com (NANI) Meet singles right now! No paid operators, just real people like you. Browse greetings, exchange mes-

sages and connect live. Try it free. Call now 1-877-737-9447 (NANI) CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant

1-800-864-5960 (NANI) **OLD GUITARS WANTED!** Fender, Gibson, Martin, Gretsch, Prairie State, Euphonon, Larson, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjos. 1930's thru

CASH

(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)

1970's. TOP 1-800-401-0440

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 pro-

gram. Financial aid if qualified Job placement assistance.
 Call AIM (866) 854-6156. (NANI) Reach over 20 million homes nationwide with one easy buy! Only \$2,795 per week! For more informa-

tion, contact this publication or go

to www.naninetwork.com (NANI)

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

Miscellaneous Items for Sale

Boat for Sale. Sea Eagle 12ft Inflatable. Plus Acc. \$225. Call (916) 961-7547 (MPG 09-30-12)

MANTIS Deluxe Tiller. NEW! FastStart engine. Ships FREE. One-Year Money-Back Guarantee when you buy DIRECT. Call for the DVD and FREE Good Soil book! 888-815-5176. (Cal-SCAN)

SELL YOUR UNWANTED GOLD JEWELRY and Get Cash! Ranked #1 on NBC's Today Show SellYour Gold. Call to Request a Free Apprai-

sal 1- 888-650-1019. (Cal-SCAN) SAVE 65 Percent & Get 2 FREE GIFTS when you order 100 Percent guaranteed, delivered—to- the-door Omaha Steaks - Family Value ComboNOWONLY\$49.99.ORDER today 1- 888-525-4620 use code 45393JRK or www.OmahaSteaks.

com/father56 (Cal-SCAN)

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 picnic bbqs in

(MPG 06-30-12) Meet singles right now! No paid operators, just real people like you. Browse greetings, exchange mes-

Carmichael. Call Max 530-227-7681

sages and connect live. Try it free. Call now 1-888-866-3166 (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 Westeren Way" Will change your life. Guaranteed! Serving all of Placer County. Ken 530-305-2504. thewesterenway@gmail.com (MPG 08-31-12)

Healthy 10 year old Female Pug Mix - 'Missy' needs home, great companion for a retired person/couple. If interested call/ text **916-761-7554**. (MPG 08-31-12)

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG 12-31-12)

Piano Lessons

ADVERTISING

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)

MONTHLY & ONE time services. Free estimates. contact Don Dyste 768-7790 (MPG 05-31-12)

Weekly Pool Service & Repair. Licensed, Insured, Reliable-\$50 1st Service or Repair. 916-390-8488 (MPG

Puppies for Sale Bichon Frise Puppies, adorable

Six weeks. Parents on site. Pure-Wonderful companions. 530-889-8381 or Leave Message 530-885-9800. (MPG 03-30-12 Real Estate Land for Sale

20 ACRES FREE! 60 acres for 40 acre price. \$0-Down, \$168/mo. Back Guarantee. NO CREDIT CHECKS. West Texas. 1-800-843-7537 www.Sunset Ranches.com (NANI)

Real Estate

Rentals **CHASE SHORT SALES! ATTEN-**TION Home Owners with CHASE Mortgages! Chase is now Paying Borrowers upto \$30,000 to Short Sale Your Property! Visit www. ByeByeChase.com Call 916-801-

1963. (Cal-SCAN) Real Estate

Waterfront 50% OFF OCEANFRONT CON-**DOS!** 2BR/2BA was \$700K now \$399,000. Acquired from BANK. 1 hour Vancouver, 2 hours Seattle 1-888-99-Marin (62746) X 5417

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-

Schools /

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)

DIPLOMA!!!4weekProgram.FREE Brochure & Full Information. Call Now! 1-866-562-3650 ext. 60 www SouthEasternHS.com (Cal-SCAN) Carmichael & surrounding area.

Experienced, Master's degree, all

levels. Reading/Learning tutor-

HIGH SCHOOL PROFICIENCY

consultant: individual \$45/45 min session 303-868-3180 alexanmorgan@gmail.com (MPG 04-30-12)

Senior Housing Mobile Homes for sale/rent, 1 and 2 bedroom Stonegate MHP A 55-yr and over Community in Citrus Heights. 916-728-5511.

stonegatemhp@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 anartments available for seniors

age 55 and up. AEK, elevators,

We are Local

Service Contracts

(monthly or yearly)

Lease or Rent

and swimming pool. Applications will be available and accepted be Violence Intervention Center needs ginning at 10:00 am on Monday, June 18th. Leasing office will not caring people to assist victims of domestic violence. For more information call 728-5613 or visit be open prior to June 18th. Temporary leasing office is lo-cated at 5415 Palm Avenue (off our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG 12-31-12)

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. EHÓ. (MPG 07-31-12)

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 too! 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)

Trees for Sale

Coast Redwood, Scotch Pine,

and Incense Cedar, in 2, 5, 15 gallon containers. The Sale will last as

long the supply holds up. Tuma's

Foothill Trees, 530-889-1991 or

Vacation

Properties

ADVERTISE Your VACATION

PROPERTY in 240 California

newspapers for one low cost

of \$550. Your 25 word classi-

fied ad reaches over 6 million+

Californians. Free brochure call

Flizaheth (916) 288-6019. (Cal-SCAN)

Volunteers

Needed

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 re

quested. Location: 13342 Lincoln

713-5281. (MPG 06-30-12)

Want to Buy

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

Volunteers Needed: The Domestic

LOST DOG

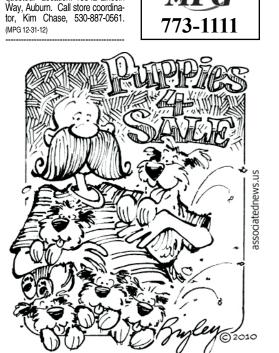
Missing - male German Shepherd, adult, not neutered. \$1500 REWARD. When last seen was wearing collar with Nevada phone #. For photos/more info email BringSimonHome@gmail. COM (MPG 08-31-12)

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

DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

Classified Advertising

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



BLY ONE, GET ONE . . . FLEA. . .

OR TWO OR THREE 3 6 8

Crossword Puzzle on Page 6

Machine Repairs (all makes & models)

Specializing in Digital Printers, Copiers, Fax & Multifunction **Machines**

We've made finding local 10b a lot easier. The Community Employment Connection brings your local employment resources into focus.

You look to us for your local news, and now you can rely on us for the most comprehensive job resources in our region. That's why our website is linked to the Community Employment Connection, provided by Northern California's most-respected career and employment resource, JobJournal.com. With a few clicks, you can

zero in on employment information, upcoming job fairs, career

employment centers. So if you're searching for a new job or career,

resources and job listings from local media, as well as nearby

start by taking a closer look at us.

Carmichael Times www.CarmichaelTimes.com

Specialties Plus

• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine) • Free Cleaning (with our cartridge)

• High Volume Copying (save wear & tear on your machine)

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

R S 0 R 0 U Т Ε Ε Ε R Ε Ε 0 Ρ Т ı С D Ν Ε W О R Ν Α G Ε О D Ε Ν D R R G Ν Ν 0 G 0 С Ε U Ν D Ρ 0 Ν Ε Т О R В Α R S Ε R О С Н W R Н S Α G Ε G G Α R R Ε w D Ε Α Ε G R Α Ε G Ε Α N Ε S ı Ν Α S S Т Ε

Sudoku Puzzle on Page 6

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06152. Kellie Cavaricci, 3996 Deer Cross Way, Sacramento, CA 95823 is Business Names "The Centre: Blue Cove Legal Support Service" at 3510 Stockton Blvd., Sacramento, CA 95820. Filed with the Clerk of SacramentoCountyonJuly23,2012. Publish: August 1, 8, 15, 22, 2012. 120801

FICTITIOUS BUSINESS NAME 06174. Sharise Luer, 9812 Fair Oaks Blvd #710 Fair Oaks CA 95628 is doing business under the Fictitious Business Name "Glass Palace Arts" at 9812 Fair Oaks Blvd. #712. Fair Oaks. CA 95628 Filed with the Clerk of Sacramento Publish: August 1, 8, 15, 22, 2012. GLASSP 120801 8-22-12 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-06177. Pamela G. Qualls, 6330 Cazador, Rancho Murieta, CA 95683 is doing business under the Fictitious Business Name "Elements Next Chapter" at 6330 Cazador. Rancho Murieta, CA 95683. Filed with the Clerk of Sacramento 24, 2012. County on July Publish: August 1, 8, 15, 22, 2012. **ELEMEN** 120801 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-06165

Jonathon Dimitridis. 8428 Fair Oaks Blvd. Carmichael CA 95608 is doing business under the Fictitious Business Name "JD's Appliance, Heating & Air" at 8428 Fair Oaks Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 23, 2012 Publish: August 1, 8, 15, 22, 2012. 8-22-12 120801 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-06180. The Party Concierge, Inc., 601 Dos Rios St., Sacramento, CA 95811 is doing business under the Fictitious Business Name "The Party Concierge" at 601 Dos Rios St., Sacramento, CA 95811. Filed with the Clerk of Sacramento County on July 24. Publish: August 1, 8, 15, 22, 2012. THEPAR 120801

8-22-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06159. Matilde Curnejo Resendiz, 2312 Cottage Way, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Corneio Commercial Cleaning" at 2312 Cottage Way, Sacramento CA 95825. Filed with the Clerk of SacramentoCountyonJuly23,2012.

Publish: August 1, 8, 15, 22, 2012. FICTITIOUS BUSINESS NAME #FBNF2012-06156. Ashley Berlin and Melanie Ferreira, both of 6453 Woodhills Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "There's No Place Like Home Care" at 6453 Woodhills Way, CITRUS HEIGHTS, CA95621.

Filed with the Clerk of Sacramento

County on July 23, 2012

Publish: August 1, 8, 15, 22, 2012.

120801

8-22-12

NOPLAC

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-05778. Ardeshir E. Nikooe and Elie Nikooe,I both of 2926 E Solar, Fresno, CA 93720 are doing business under the Fictitious Business Name "Gold Exchange" at 900 E. Bidwell #A200. Folsom CA 95630. Filed with the Clerk of Sacramento County on July 9, 2012. Publish: August 1, 8, 15, 22, 2012. GOLDEX 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-07178. Armando Morales, 436. Bowman Ave., Sacramento, CA 95833 is doing business under the Fictitious Business Name "Orchid Lawn Care" at 436 Bowman Ave... Sacramento, CA 95833. Filed with the Clerk of Sacramento County on July 17. Publish: August 1, 8, 15, 22, 2012. 120801

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06216. Robert King Fong, 3321 23rd St., Sacramento, CA 95818 is doing business under the Fictitious Business Name "RKF Consulting" at 3321 23rd St., Sacramento CA 95818. Filed with the Clerk of SacramentoCountyonJuly25,2012. Publish: August 1, 8, 15, 22, 2012. RKFCON 120801 8-22-12

STATEMENT #FBNF2012-06121. Wasim Qazi, 6904 Castro Verde Way, Elk Grove, CA 95757 is

FDIC

FICTITIOUS BUSINESS NAME

doing business under the Fictitious Business Name "A&M Cutlery" at 6904 Castro Verde Way, Elk Grove, CA 95757. Filed with the Clerk of SacramentoCountyonJuly20,2012. Publish: August 1, 8, 15, 22, 2012. 120801 8-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06171. Troy Davie, 6850 Kittery Ave., 21 is Business Name "Classic Coatings of Sacramento" at 6850 Kittery Ave., 21. Filed with the Clerk of SacramentoCountyonJuly24,2012. Publish: August 1, 8, 15, 22, 2012. 120801 8-22-12

SUPERIOR COLIRT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127708

WHEREAS, Vo Band and Thao Thi Ngoc Nguyen have filed a petition with this court for a decree changing name of Toan Song Nguyen to Jayden Tran. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 6, 2012 in Department 54, located

at 720 9th St., 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

date set for hearing on the petition. Dated: July 25, 2012 Shelleyanne W.L. Chang Judge of the Superior Cour

four consecutive weeks prior to the

Publish: August 1, 8, 15, 22, 2012. FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06321. Xian Li, 231 Picasso Circle, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Amazon Video" 3320 Marysville Blvd. #A, Sacramento, CA 95838, Filed with the Clerk of Sacramento

on July Publish: August 8, 15, 22, 29, 2012. AMAZON 120802 8-29-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06379. Son Ly, 10481 Hite Circle, Elk Grove, CA 95757 is doing business under the Fictitious Business Name "Luckv Auto Center" at 5201 Franklin Blvd. #A, Sacramento, CA 95820.

Filed with the Clerk of Sacramento County on July 31, 2012. Publish: August 8, 15, 22, 29, 2012. FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06151. Folsom Ranch Dr. #302, Folsom, CA 95630 is doing business under the Fictitious Business Names "Tutoring Rocks; Chris' Tutoring" at 1003 Folsom Banch

Dr. #302, Folsom, CA 95630

Filed with the Clerk of Sacramento

County on July 23, 2012. Publish: August 8, 15, 22, 29, 2012.

120802

TUTORI

8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06432. Steven Ngo, 3408 Grimshaw Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "STN Realty" at 3408 Grimshaw Way, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on August 1, 2012. Publish: August 8, 15, 22, 29, 2012. 8-29-12 STNREA 120802

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06376. Ravi Patel, 5546 Kalispell Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Motelrenovation. com" at 5546 Kalispell Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on July 31, 2012. Publish: August 8, 15, 22, 29, 2012. 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06331. Shawn Zausch, 8863 Bluff Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Lauder Photo Supply" at 8863 Bluff Lane, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on July 30, 2012. Publish: August 8, 15, 22, 29, 2012. LAUDER 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06302. Olga Polednik, 5034 Manzanita

Ave. #7, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Kitchens Baths & Beyond" at 5034 Manzanita Filed with the Clerk of Sacramento County on July 27, 2012. Publish: August 8, 15, 22, 29, 2012. KITCHE 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06226. House of Glory International Ministry, 10190 Systems Parkway, Sacramento, CA 95827 is doing business under the Fictitious Name "New Life Business Preschool & Resource Center at 10190 Systems Parkway, CA 95827. Filed with the Clerk of Sacramento on July 26, 2012. County Publish: August 8, 15, 22, 29, 2012. **NEWLIF** 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06219. Thai Tran, 10291 Parnevik Ct Sacramento, CA 95829 and Chi Tran, 4804 Crown Bench Circle, Elk Grove, CA 95757 are doing business under the Fictitious Business Name "Saigon Bay Express" at 6000 Filed with the Clerk of Sacramento County on July 25, 2012. Publish: August 8, 15, 22, 29, 2012. 120802 SAIGON 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06226. Sergey Kaznacheyev and Lyubov Kaznacheveva, both of 7647 Antelope Hills Dr., Antelope, CA 95843 are doing business under the Fictitious Business Name "KleenExpert" at 7647 Antelope Hills Dr., Antelope, CA 95843. Filed with the Clerk of Sacramento County on July 26, 2012. Publish: August 8, 15, 22, 29, 2012. **KLEENE** 120802

FICTITIOUS BUSINESS NAME Gabriel Garcia, 5450 Jacinto Ave., Sacramento, CA 95823 is doing business under the Fictitious Business Names "Nor-Cal Customz; NorCal Customz" at 6161 Power Inn Rd. #B. Sacramento, CA 95824 Filed with the Clerk of Sacramento on July 31, 2012. Publish: August 8, 15, 22, 29, 2012. **NORCAL** 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06161. Manva Saephan, 2218 Gateway 95833 is doing business under the Fictitious Business Name "Manh's Photography" at 2218 Gateway Oaks Dr. #211, Sacramento, CA 95833. Filed with the Clerk of SacramentoCountyonJuly23,2012. Publish: August 8, 15, 22, 29, 2012. MANHSP 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06115. Heather Cromartie, 4216 Jump Court, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Conscious Diva" at 4216 Jump Court, Sacramento CA 95826. Filed with the Clerk of SacramentoCountyonJuly20,2012. Publish: August 8, 15, 22, 29, 2012. CONSCI 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06078 Lance Mateo, 4368 Anatolia Dr. Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Pride N' Joy Pools" at 4368 Anatolia Dr., Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on 19. 2012. Publish: August 8, 15, 22, 29, 2012. 120802 8-29-12

SUPERIOR COURT OF **CALIFORNIA** COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127886

WHEREAS, Pavel Borisovich Tsyprouch has filed a petition with this court for a decree changing of Pavel Borisovich Tsyprouch to Paul Tspirush.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 14. 2012 in Department 54, located at 720 9th St., 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: August 1, 2012

Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 8, 15, 22, 29, 2012. **TSPIRU** 120802 8-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06179. Reenal Chand, 1267 Longshore Dr., Sacramento, CA 95838 is doing business under the Fictitious Business Name "Howe Ave Dry Cleaners" at 1604 Howe Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on July 24, 2012. Publish: August 15, 22, 29, September 5, 2012. **HOWEAV** 120803

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06464. Xtreme Endeavors, Inc., 2348 Luciana Way, Roseville, CA 95661 is doing business under the Fictitious Business Name Xtreme Halloween" at 5400 Dave Ave., Sacramento, CA 95841. Filed with the Clerk of Sacramento County on August 2, 2012. August 15, 22, 29, September 5, 2012. XTREME 120803 9-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06284. Teresa Diana Singleton, 6224 Samoa Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Gooeys Café" at 4408 San Juan Ave. #4. Fair Oaks. CA 95628. Filed with the Clerk of Sacramento County on July 27, 2012. Publish: August 15, 22, 29, September 5, 2012.

GOOEYS 120803 9-5-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06495. Brigitte E. Peterson, 8233 Coast Oak Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Sacramento's Italian Ice" at 8233 Coast Oak Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 6, 2012. Publish: August 15, 22, 29, September 5, 2012.

120803

9-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06382. Betty A. Bowles, 4789 Manzanita Ave. #23, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Toni Christman" at 4789 Manzanita Ave. #23, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 31, 2012. Publish: August 15, 22, 29, September 5, 2012. 120803

SACITA

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06451. Ellen Springwind-Smith, 1948 Walnut Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Springwind Healing Arts" at 1948 Walnut Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 2, 2012. Publish: August 15, 22, 29, September 5, 2012 120803 9-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06438. Jon Burton Witzelberger, 5431 Kenneth Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name Project Mana 131 Kenneth Management 5431 Carmichael, CA 95608. Filed with the Clerk of Sacramento County on August 2, 2012. August September 5, 2012 120803

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06078. Lance Mateo, 4368 Anatolia Dr., Rancho Cordova, CA 95742 is doing business under the Fictitious Business Name "Pride 'N Joy Pools" at 4368 Anatolia Dr., Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on July 19, 2012. Publish: August 15, 22, 29, September 5, 2012.

JBWPRO

120803 PRIDEN FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06444. Padao V. Lee, Trustee of PDV Trust, 6807 Bowling Drive, Sacramento, CA 95823 is doing business under the Fictitious Business Name "T&D Fish Products" at 6807 Bowlinbg Dr., Sacramento, CA 95823, Filed with the Clerk of Sacramento County on August 2, 2012. Publish: August 15, 22, 29, September 5, 2012. 120803

FICTITIOUS BUSINESS NAME #FBNF2012-STATEMENT 06599. Today's Matchmaker of Sacramento, LLC, 3060 N. Hemlock Circle, Broken Arrow, OK 74012 is doing business under the Fictitious Business Name "California Singles" at 2335 American River Dr. #406, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on August 8, 2012. August ` 15, 22, 29,

September 5, 2012. CALSIN 120803 9-5-12 FICTITIOUS BUSINESS NAME STATEMENT #FRNF2012-06364 Ntional Academic Youth Corps, Inc. 9280 Madison Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "Samoa Silasila" at 2251 Florin Road #126, Sacramento, CA 95822 Filed with the Clerk of Sacramento on Juy 31, 2012. August 15, 22, 29, County September 5, 2012. SAMOAS 120803 9-5-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06481. Rosalee D. Yahva, Abdullah A. Yahya, Emad Yahya, and Sandra Yahya, all of 5832 Pepper Mill Ct. #1. Sacramento, CA 95841 are doing business under the Fictitious Business Name "ARES Properties" at 5832 Pepper Mill Ct. #1. Sacramento, CA 95841 Filed with the Clerk of Sacramento County on August 6, 2012 Publish: August 15, 22, 29, September 5, 2012. ARESPR 120803

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06564 Ashley Piorun, and Michae Piorun, both of 8217 Cripple Oak Ct., Citrus Heights, CA 95610 are doing business under the Fictitious Business Name "3:23 Photography" at 8217 Cripple Oak Ct., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on August 8, 2012 Publish: August 15, 22, 29, September 5, 2012. 3:23PH

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06316. Jared Lungren, 2013 Bailey Circle El Dorado Hills, CA 95762 is doing business under the Fictitious Name Business Mortgage & Realty" at 520 Plaza Dr. #130. Folsom. CA 95630. Filed with the Clerk of Sacramento July 30, Publish: August 15, 22, 29, September 5, 2012. 120803 **BLACKW**

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00128155

WHEREAS, Farid Rezvan Najafabadi has filed a petition with this court for a decree changing name of Farid Rezvani Najafabadi to Farid Rezvani. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 9:00 a.m. on September 21 2012 in Department 54, located at 720 9th St., Sacramento, CA 95814, and show cause, if any why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 16, 2012 Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 15, 22, 29, September 5, 2012. 9-5-12 REZVAN 120803

NOTICE OF PETITION TO **ADMINISTER ESTATE OF** HARRY JOT DAVIS (deceased) ESTATE NO. 34-2012-128125

To all heirs, beneficiaries creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of HARRY JOT DAVIS (deceased)

A petition has been filed by KIM MICHELLE DAVIS in the Superior Court of California, County of Sacramento, requesting that KIM MICHELLE DAVIS be appointed personal representative to administer the estate the decedent The petition requests authority

to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection

with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in

Dept. No. 129, at 3341 Power Inn Boad #214, Sacramento, CA 95826 on September 12, 2012 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before

the hearing. Your appearance may

be in person or by your attorney

YOU ARE Á CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of California Probate Code. The name, address and

telephone number of petitioner or petitioner's attorney is: Amy Heavey Halloran, 3600 American River Dr. 3135. Sacramento, CA 95864 Publish: August 22, 29, September 5, 12, 2012. HALLOR 120804 9-12-12 FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-06182. Kari Hamilton, 2054 Walnut Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Po' Manm'z Gifts and More" at 4787 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 24, 2012. Publish: August 22, 29, September 5, 12, 2012. POMANZ 120804 9-12-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06571. Lawnman II, Inc., 4300 82nd St. #C, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Lawnman" at 4300 82nd St. #C. Sacramento, CA 95826. Filed with the Clerk of Sacramento County on August 8, 2012. Publish: August 22, 29, September 5. 12. 2012. LAWNMA 120804

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06703. Northern California Conference, 401 Taylor Blvd., Pleasant Hills,

CA 94523 is doing business under the Fictitious Business Name "Your Neighbor Community Thrift Store" at 6700 Folsom Blvd., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on August 13, 202. Publish: August 22, 29, September 5, 12, 2012. 120804 YOURNE 9-12-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-06026. Jeff Hull, 2612 Sarda Way, Rancho Cordova, CA 95670 is doing business under the Fictitious "Cal Happy Business Name Vending" at 2612 Sarda Way, Rancho Cordova, Filed with the Clerk of Sacramento County on July 17, 2012. Publish: August 22, 29, September 5, 12, 2012. **CALHAP** 120804

SUPERIOR COURT OF CALIFORNIA

Rohner has filed a petition with this court for a decree changing

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: August 1, 2012

Judge of the Superior Court 5, 12, 2012. **RODRIC** 120804

CHANGE OF NAME #34-2012-00128260 WHEREAS,

name of Mary Ann Bennett to Mary Ann Benneu Callersons
IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 19, 2012 in Department 54, located

at 720 9th St., Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00127867

WHEREAS. Joshua James

name of Joshua James Rohner to Joshua James Rodricks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on September 13. 2012 in Department 54, located

at 720 9th St., Sacramento, CA 95814, and show cause, if any

Shelleyanne W.L. Chang Publish: August 22, 29, September

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

Bennett has filed a petition with this court for a decree changing

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 date set for hearing on the petition. Dated: August 8, 2012

Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 22, 29, September 5, 12, 2012. 120804 IN THE FAMILY COURT OF THE STATE OF DELAWARE IN AND

FOR KENT COUNTY DIVORCE SUMMONS FILE #CK12-01855 CASE #12-14247 Re: The Marriage of: JENNIFER BERRY, Petitioner, CHRISTOPHER L. BERRY,

To: Christopher L. Berry, PO Box 605, Elk Road, Sacramento, Pursuant to the Orderr of the

Respondent.

Chief Judge of the Family Court of the State of Delaware, upon the filing of this divorce or annulment action, each party is prohibited by statute (13 Del.C., Section 1509) from: a) Transferring, encumbering,

concealing, or in any way disposing of any property except in the usual course of business or for the necessities of life, and each required to notify the other of any proposed extraordinary expenditures and to acco8nt to the Court for all exraordinary expenditures after the prelimintary injunction becomes effective b) Molesting or disturbing

c) Removing any natural or adopted child of the parties then residing in Delaware from the jurisdiction of this Court without the prior written consent of the parties or the permission of the court; d) Utilizing credit cards or otherwise incurring any debt for which the other party is or may be liable except in connection with the marital litigation or necessities of life for the benefit of the party

the peace of the other party;

or the parties' minor children. These statutory prohibitions are effective against the petitioner upon the filing of the petition and upon the respondent upon servce of a copy of the petition. Dated: April 12, 2012. Roseanne Stradford Clerk of the Court

Attorney for Petitioner: Melissa A. Hopkins, Esq., 438 South State St., Dover, DE 19901; (302 744-9321, Publish: August 22, 29, September 120804 HOPKIN

> Home Delivery Routes Available Call 773-1111

Gordon G. Bones

Attorney at Law

HONES LAW FIRM 4790 Dewey Drive, Suite C Fair Oaks, CA 95628

The Law Firm provides the following legal services:

 Loan Modification and Home Mortgage Workout
 Bankruptcy • Technology Contracts • 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

OFFICE SPACE FOR RENT

Great Location Available



Call to schedule a tour

3400 Cottage Way (Just off Howe Avenue) Sacramento

3400 Cottage Way Suite K • Sacramento, CA 95825 916-779-0382



Carmichael **Chamber of Commerce**

Hot August Knights Carmichael & Citrus Heights Joint mixer Sat, Aug 25, 2012 from 5:30pm-10:00pm @ Armor Mini Storage

Armor Mini Storage Hot August Knights business mixer event / Storage wars auction. Fabulous Food and Drink, Raffle, Networking, bidding on top items and LIVE MUSIC by Jimmy Rivers. Don't miss this fabulous event! RSVP requested for parking and food. Get a raffle ticket when you do. RSVP to info@ armorministorage.net. Raffles, Auctions, Prizes for the best theme attire (Fifties).

Carmichael Luncheon Tue, Aug 28, 2012 from 11:30am-1:30pm @ Cypress Avenue Baptist Church

Luncheon meeting is held in the Education

for members with reservations, and \$23 for nonmembers and members without reservations. The guest speaker is David Fear, a partnr in the firm of Shepler & Fear General Agency. He will be discussing "What every employer needs to know about the new health care reform law." Go to website to register by Sunday, August 26.

Building and is the Chamber General Meeting & Luncheon. Come enjoy a delicious buffet lunch,

speaker, and plenty of opportunity to network.

Raffle prizes too! Cost for the luncheon is \$18

Carmichael Chamber Board Meeting Tue, Sep 11, 2012 from 12:00pm-1:30pm @ Eskaton Village Carmichael

Board meetings are held at Eskaton Village and require advance notification for a gate pass. Any member wishing to attend needs to contact Linda in advance to have this arranged.

Contact Linda Melody for all further information. Email: linda@carmichaelchamber.com Contact us for more information on the Carmichael Chamber of Commerce

Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com

BAUERFINANCIAL Inc., Coral Gables, Florida EXCEPTIONAL PERFORMANCE AWARD



EL DORADO SAVINGS BANK PLACERVILLE, CALIFORNIA

For continuously earning a five-star SUPERIOR rating for 76 consecutive quarters. This award recognizes the highest level of performance. Congratulations!

Awarded June 2012 Rated five-stars since December 1993



z el dorado savings bank Serving our local communities for over 54 years

www.eldoradosavingsbank.com CARMICHAEL • 4701 Manzanita Ave. • 481-0664





By Karen Anderson

As you sit quietly at home or at the office, all those procrastinating thoughts are running through your head like...

"Why didn't you complete your correspondence?"

"You passed on your exercise today, and once again you had some silly excuse."

"When are you going to start the steps to the vision God gave you?"

"Did you spend time with God today?

NEVER WAIVER

of those other annoying procrastinating thoughts that Satan uses against you to stop you from God's purpose for your life. Before we go on, see what God's Word says about not giving up:

"Take the old prophets as your mentors. They put up with anything, went through everything, and never once quit, all the time honoring God. What a gift life is to those who stay the course! You've heard, of course, of Job's staying power, and you know how God brought it all together for him at the end. That's because God cares, cares right down to the last detail."

When I read over these words, it gives me hope that I can achieve the vision and the kind of life that God has in store for me. Instead of thinking "procrastination", let's hold onto "perseverance" and accomplish what God has for you. I'm sure you can name some Perseverance can be difficult and

that is the truth. It is the road less travelled and there will be challenges, but it is how you deal with them that will make you strong. Do you want to be a wimp or do you want to be a warrior? For me, I want to be a warrior for God and succeed. Remember that through your weakness, He will prove His strength. As you persevere, remember to thank and praise God all the way for His direction. Remember that your vision (dreams) is God's vision for you. " ... Embrace this God's life; and you will receive God's everything." HOLD HIS HAND AS YOU CONTINUE YOUR JOURNEY.

PASSAGE: James 5:11 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, Move Your Mountains. Contact Karen at www.doablesteps.com, or 916-961-4765.

Sacramento County DA Report: A recent case of interest

CASE: Edward Bridgeman (08/16/12) PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit 916.874.4638

District Attorney Jan Scully announced today that the Honorable Judge Allen Sumner sentenced Edward Bridgeman to a determinate 30 years in prison and an indeterminate 225 years to life in prison. Bridgeman was convicted by jury of seven counts of child molest.

Bridgeman molested a young boy over a three month time period in 2008. He had been previously convicted on two counts of lewd and lascivious conduct on a young female relative.

Deputy District Attorney Nancy Cochrane states, "As evidenced by the conviction, the community has spoken that individuals such as Edward Bridgeman will be held accountable for their deviant actions in Sacramento County."



Call Lenka (916) 338-7156

Foster Care

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

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



Complete

Collision Repair

Free Estimates

24 Hour Towing

We Work with All

Insurance Companies





Announcements & Events

AFTER SCHOOL CARE

The Kid's Hang Out After School Program is held at the La Sierra Community Center, Monday through Friday throughout the school year. Kids are in a safe environment where your child can read, do homework, have a nutritional snack, socialize with their friends, and be involved in sports and other activities. Transportation is provided from your child's school to the La Sierra Community Center. Program begins when we pick up your child from school and closes at 6:00pm. The program runs throughout the school year and registration is ongoing. FEES: \$80.00 per wk (4 to 5 days) \$60.00 per wk (any 3 days) The fee includes transportation, supplies, snacks and qualified staff. For more information, please call the La Sierra Recreation Office at (916) 483-7826

JEWELRY CLASSES Taught by Michelle Lueth

Beginning Wirework Linked Beads • Basic Macramé with Hemp Cord and Beads Location: Arts & Crafts Bldg., 7997 California Ave. in Fair Oaks See website for more info.



Please note changes on schedule on website

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



Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires August 31, 2012.

WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of

your repairs after authorization.



Before :

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

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

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



MISSION OAKS COMMUNIT

Collette Vacations Presents... Heart of Cuba **OCT 25 - NOV 2, 2012 \$3999/DOUBLE**

Costa Rica! **\$2,499 PP DOUBLE**



GROUP TRAINING

Tuesdays 9-9:45am \$15/month

JANUARY 19-27, 2013



Autumn in Yosemite September 19-20 • \$298/person

Sea & Savor Marin Tuesday, October 23 • \$91/person **Deadline Oct 1**



SWANSTON COMMUNITY CENTER

Cosmopolitan Cabaret October 4 · \$53 · Deadline Aug 25

Old Sacramento Underground August 30 · \$35

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



Time To Enjoy The Life You Deserve

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

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

Independent & Assisted Living as well as Memory Care.



Save \$1500

or more!



916-944-2323 office www.carmichaeloaks.com

LIC# 347003685

Carmichael Times Page 10 August 22, 2012



7th Annual Fair Oaks Chicken Festival

Saturday, September 15th

10am - 6pm Fair Oaks Village

FREE GENERAL ADMISSION

- Old Fashioned Country **Breakfast 8am-11am**
- Kid's Park Unlimited Wristband - \$5
- · Quality Crafts and **Food Vendors**
- · Microbrew Beer Tasting 11:30am- 5:30pm



For more information visit www.fairoakspark.org



Live Entertainment:

Mumbo Gumbo Hired Guns Papas Garage Todd Morgan & the Emblems

Proudly Sponsored by:

Leonard W. Atkinson & Associates Tax and Bookkeeping Consultants







Sacramento Public Library Locations to Close Sept. 1 Due to Staff Furlough And Sept. 2 and 3 for Labor Day Holiday

Due to funding reductions from both the County and City of Sacramento, Sacramento Public Library will be implementing one furlough day per month as a cost containment measure. Staff will be furloughed without pay and all Sacramento Public Libraries will be closed to the public on Saturday, September 1. Also, all Sacramento Public Library locations will be closed

Monday, September 3 for the Labor Day holiday observance.

Library telephone services will also be unavailable on these dates; however, the library's website (www.saclibrary.org) is available 24/7 to request and renew materials, pay overdue fines, download eBooks, and apply for a library card.

'We apologize in advance for the inconvenience created

this step has been difficult for staff and the Sacramento Public Library Authority Board, but necessary in order to weather the current economic climate," said Rivkah K. Sass, library director.

"We look forward to continuing to engage and connect our communities, and helping them develop a lifelong love of learning," Sass added.



Come for the food, stay for the music!

Great LIVE Louisiana **Zydeco & Blues**

Saturday noon 'til 11pm & Sunday noon 'til 7pm

ADMISSION \$5 / KIDS FREE / FOODS EXTRA / NO OUTSIDE FOOD OR BEVERAGES / NO PETS

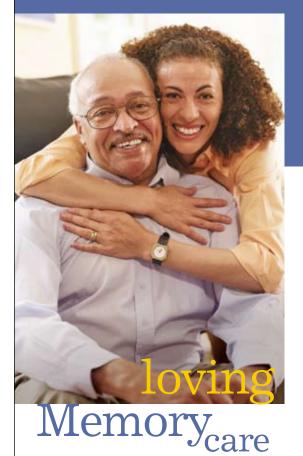
Rio Ramaza Event Park | 916.962.6415 10000 Garden Hwy on the Sacramento River www.louisianasue.com

Sponsored by:









When your loved one has dementia, it changes their world and yours. At the Chateau at Carmichael Park we understand.

- Memory Care Residence
- Memory Day Program
- Respite Care for Short-term Stays

the Chateau at Carmichael Park

7125 Fair Oaks Blvd., Carmichael, CA 95608 (916) 481-7105

www.HankFisherProperties.com



PROPERTIES When it says Hank Fisher Properties, it says Quality

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



Carmichael Times Page 11 August 22, 2012

CLASSIFIED MARKETPLACE

Reach Over 300,000 Readers Each Month



A great way to buy, sell, or jump-start your new business!



Place Your Classified Ad in the MPG Classified MarketPlace and reach over 300,000 people throughout Sacramento County and Placer County for one low price!

What Do You Get?

30 Days in print in 4 local newspapers. 5 lines with a photo. 30 Days online in 12 local news sites. 5 lines with up to 5 photos.

What Does it Cost?

You pay only one low price for the entire 30 Day package!

How does it Work?

Go to MPG8.com.

Click on the banner for the newspaper in your area.

Click on the bright yellow Classified Marketplace banner.

Click on Place an Ad, and follow the instructions.

You are not charged until you create and approve your ad!

It's Easy. It's Fast. It Works.



Messenger Publishing Group



Carmichael Times Messenger American River Sentinel Sacramento Gracle Arden Advocate







Carmichael Times Page 12 August 22, 2012

Carmichael Cactus and Succulent Society

Meeting 9/6 10am Carmichael Park Clubhouse. 5750 Grant Avenue

Carmichael, CA 95608 Bob Hamm presents, "Caudiciform Begonias and Less Common Succulents".

Ouestions: 916-729-3475

Small Business IRS Tax Workshop (Presented in the Russian language)

RANCHO CORDOVA - Owners of small businesses and others interested in starting a new business are invited to attend a workshop offered by the Sacramento Works Business Information Center to learn strategies to grow their business and manage their tax responsibilities.

The workshop is scheduled for: • August 23, 2012

• 9:00 a.m.-1:00 p.m. • Crossroads Diversified Services,

9300 Tech Center Drive, Suite 160, Sacramento, CA 95826

FREE workshop that illustrates in a practical manner how the federal and state tax systems apply to small business ownership. This is recommended for all people currently operating a small business or interested in starting one, including sole proprietorships, partnerships, LLCs, and corporations. Workshop is presented by a California Enrolled Agent with materials from the IRS.

For more information. call (916)248-8626

The Genealogical Association of Sacramento

will have its regular meeting on Wednesday, September 19th, at 12:30 PM in the Belle Coolidge Library located at 5600 South Land Park Drive. We will have our annual Sharing and Show and Tell, "What I Did This Summer". It is open to the public. Any questions, please call Melanie Howard 916-383-1221

DEFENSIVE DRIVING CLASS

Our next Defensive Driving Class will be held on 19 and 20 Sep 2012 from 0930 to 1330 hrs. Class is open only to military retirees/spouses and widows of retirees. Location of the class is the Aerospace Museum of CA on Freedom Park Drive, McClellan Park. Sign up must be accomplished in person in the Retiree Activities Office. For AARP members, cost is \$12. Non-AARP members, cost is \$14. Questions may be directed to our volunteer staff at 916-923-4979, Mon thru Thurs, 9 to 3PM.

All Roads Lead to An Epic Journey at STIMULATE Your Mind

Your Spirituality



FALL CLASSES BEGIN AUGUST 20. REGISTRATION STILL OPEN!

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

CHAPANIAN'S CARMICHAEL FURNITURE

Making Homes Beautiful Since 1940

Visit Our Store for Anniversary Sale Specials!

6649 Fair Oaks Boulevard Carmichael, CA 95608

At the corner of Fair Oaks Blvd. and Angelia Ave.

916-487-7895 Phone

Quality Name Brand Furniture Always at Realistic Prices

www.CarmichaelFurniture.com

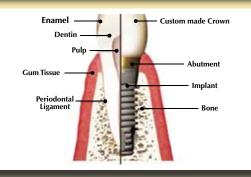
Carmichael Dental Group

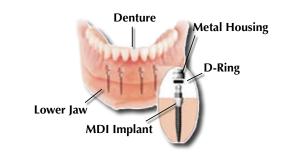


Single Implant with

\$1,999!

Limited time offer. Some restrictions apply.







Single Implant

Multiple Implants

Mini Implant

Combination Implants and Dentures

8329 Fair Oaks Blvd., Ste B • Carmichael, CA 95608 <u>(916) 944-7700</u> www.carmichaelCAdentist.com