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Heroic Teacher Gets Community Awards A mother of three, Johnson has taught at the Hackberry Lane



Teacher Elaine Johnson (front, third left) and fellow rescuers accepted community and County awards for saving children from a recent car fire. Supervisor Susan Peters, plus Carmichael Chamber of Commerce members and firefighters joined Johnson and school staffers at the Effie Yeaw Nature Center. Photo by Susan Maxwell Skinner

By Susan Maxwell Skinner

CARMICHAEL – A Carmichael elementary teacher was last week honored for quick action and courage that helped save two children from a car fire.

When near-disaster struck at Cameron Ranch Elementary last month, teacher Elaine Johnson's role jumped from educator to heroine. Supervising afternoon dismissal, Johnson (37) saw a

parent's vehicle in flames. Ignited by hitting a speed bump, the SUV spewed fire from beneath.

"It was like a movie," the second grade teacher said on national television. "I expected the car to explode any second. I acted in the moment, as anyone would have." Without thought for her safety, Johnson reached the vehicle and tore open the door. The driver was struggling with his seat belt;

behind him, two small children were harnessed into booster seats and helpless. The teacher unbelted and removed a boy toddler. Kenneth Hattin – parent of another Cameron Ranch pupil – grabbed a little girl. School staff raised the alarm and brought fire extinguishers. Before firemen reached the scene, flames were doused; all car occupants were safe

has taught at the Hackberry Lane school for seven years. Principal Theresa Altieri said the incident underscored her staff's belief that students come first. "I don' think Elaine feels heroic," said Altieri. "She feels what she did was just part of being a teacher." Agreed Johnson: "Teachers

Agreed Johnson: "Teachers wear many hats. That day, my hat was fire rescue."

Add a mom's hat to the mix — "My heart has a passion for kids," she nods. "I couldn't see them suffer." An active congregant of Christ Community Church, she also thanks divine provenance. "It was God's timing to put me in the right place that day."

A month after the nationally reported drama, life is back to normal for teacher and school. But Johnson still reports many extra hugs and "an outpouring of love" from the youngsters she teaches. Her own grown up children particularly approve one media raconteur's description of mom as "all Chuck Norris."

Rescuers Johnson and Hattin — plus custodians John Horn and Larry Clark and library clerk Sheelah Eulberg — all received awards for their life-saving actions. Recognitions were made at the Effie Yeaw Nature Center. "The courage Elaine and the other rescuers displayed," said County Supervisor Susan Peters, "reflects the strong values that are so evident in Carmichael."

Board Selects Thompson as New Superintendent



Glynn Thompson selected San Juan Unified Superintendent of Schools. Photo courtesy of SJUSD.

SJUSD – After conducting an extensive search, the San Juan Unified School District Board of Education has selected Glynn Thompson as the District's Superintendent of Schools with a unanimous vote. Thompson had been in the role on an interim basis while the search was being conducted and will assume his duties permanently effective May 1. His contract will run through June 2015 with an annual salary of \$225,000.

"Throughout the search process we heard students, teachers, parents, principals and community members tell us that the number one priority in selecting a superintendent was to ensure that the work of our community-developed strategic plan continued," said Board President Richard Launey. "Mr. Thompson has been a leader in implementing our strategic plan and we need his strong voice to provide leadership as we build upon the work underway in our schools to close achievement gaps and educate and inspire each student to contribute to our radically evolving world."

Thompson was previously named the District's interim superintendent of schools in June of 2011 while a search was conducted to find a permanent candidate for the position. He became San Juan Unified's first chief academic officer in July 2009 building up on his more than 30 years of experience in New Haven and Los Angeles Unified school districts. He has previously served as a teacher, principal, professional development advisor, coordinator of special education and director of instruction.

"We cannot do more with less, we must do differently," said Thompson. "As state budget cuts continue to take resources away from our schools and classrooms, we must work collaboratively as a community to rethink how we deliver services and educate students to produce 21st century learners and leaders. San Juan Unified has a long and proud history of success which we will continue together."

A graduate of Texas Christian University with a bachelor's degree in elementary education, Thompson also holds a master's in educational psychology from the University of Houston and has completed post graduate studies at the University of California Los Angeles and Pepperdine University. His full bio can be found at www.san-juan.edu/superintendent.

Source: SJUSD

Dr. Pan Recognizes Arden-Arcade Resident Liz Igra at Holocaust Memorial

SACRAMENTO – As a young child, Liz Igra escaped Nazi persecution by fleeing with her mother from their home in a Polish ghetto. Today, Igra was recognized by Dr. Richard Pan (D-Sacramento) on the floor of the California State Assembly for helping to educate new generations about the horrors of the Holocaust.

"Liz continues to give voice to a generation that saw how intolerance and totalitarianism tear society apart," Dr. Pan said. "The Assembly's Holocaust Memorial recognizes this dark chapter in



At 90, Igra Recalls Her Story of Escape from Nazi Germany to Inform Work on Holocaust

our shared past, but it also honors the dedication of Liz and others to help us understand these critical lessons from history, which will always be important to any free society."

To disguise their Jewish origin, Igra and her mother assumed false identities and crossed the border on foot over Czechoslovakia to Hungary, where they were kept hidden. After migrating to America, Igra became an educator in the Elk Grove Unified School District, and moved to Arden-Arcade, where she resides with her husband. She is now president

and founder of the Central Valley Holocaust Educators' Network, which is a nonprofit dedicated to supporting teachers in effectively implementing a Holocaust and genocide curriculum through workshops, trainings, support, consulting and other resources.

consulting and other resources.

Dr. Richard Pan is a father,
pediatrician, educator, small
business owner and first-term
Assemblymember who lives in
Sacramento. He also represents the
Cities of Citrus Heights and Folsom
and surrounding areas. Website
of Assemblymember Richard Pan:
www.asmdc.org/pan.

California Supreme Court Ruling on State Meal Period Law is 'Half A Loaf' for Trucking

SAN FRANCISCO – April 13th's long-awaited decision of the California Supreme Court in Brinker v. Superior Court, No. S166350, almost certainly means that, without relief from federal courts or the California Legislature, California Truck drivers will still have to take 30-minute meal period within the first five hours without regard to traffic conditions or the availability of locations to legally pull off the road.

"For California highly-skilled truck drivers, these rules create daily challenges from a highway safety standpoint," said Michael Shaw, Vice President, External Affairs, of the California Trucking Association (CTA). "Responsible trucking companies already know the value of ensuring drivers are properly rested and allowed time to eat. Trucking companies already comply with strict federal laws

that were recently amended to increase time to rest. The California rules at issue in the Brinker case only make highway safety harder to achieve," Shaw added.

The Court in the Brinker decision did reject the plaintiffs' view that employers must "ensure" that employees do no work during a required meal break. Specifically, the Court declared (p. 36) that, "The employer satisfies this [Meal Break] obligation if it relieves its employees of all duty, relinquishes control over their activities and permits them a reasonable opportunity to take an uninterrupted 30-minute break, and does not impede or discourage them from doing so."

Shaw said, "It's helpful to trucking that the Court concluded that, "What will suffice may vary from industry to industry..." But Shaw added that "the Court's decision means that trucking

companies will still have to 'provide' drivers with off-duty meal breaks at set times. This will strait-jacket truckers and jeopardize highway safety by requiring them to pull off the road to take off-duty 30-minute meal breaks at rigid times set by the meal and rest break rules, regardless of traffic and other road conditions."

The decision, which covers non-exempt employees in all industries who perform work in California, interpreted the State's meal and rest period rules to require employers must provide an opportunity for a 30-minute meal period within the first 5 hours of work each day and, if the employee works another 5 hours that day, a second such break within the second 5 hours.

The decision also held that the employer must provide 10-minute rest breaks generally every four hours, but need not ensure

that a rest break precede a meal break.

Shaw said, "Today's Brinker

Shaw said, "Today's Brinker decision makes clear that the California meal and rest period rules have an impermissible effect on motor carriers' prices, routes, and services and are clearly preempted by the Federal Aviation Administration Authorization Act (FAAAA)." More than one California Federal Court has already declared the rules to be preempted by the FAAAA, including Dilts v. Penske Logistics, NO. 08-CV-318 JLS (S.D. Cal. Oct. 19, 2011).

The California Trucking Association promotes leadership in the California motor carrier industry, advocates sound transportation policies to all levels of government, and works to maintain a safe, environmentally responsible and efficient California transportation goods movement system.

www.CarmichaelTimes.com

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Yellow Ribbon Day at Effie Yeaw



Carmichael Chamber of Commerce members last week joined Effie Yeaw staff and supporters to celebrate the Nature Center's Chamber membership. Kestrel Rocky (elevated) got a bird's eye view of scissors welded by Supervisor Susan Peters and American River Natural History Association president David Wade, Raptor Rocky is among rescued animal educators at the Carmichael facility. Ribbon holders were Chamber president Chris Meyer (left) and director Gary Andersen. Event refreshments were provided by Papa Murphy's Pizza.. Photo by



Recycling **Conserves Natural** Resources and Saves **Energy**

Recycling bins for the Effie Yeaw Nature Center are a gift from the American Chemistry Council, newly teamed with the American River Natural History Association. Underscoring recycling as a growing universal need, 700 similar units have been installed all over California. ACC manager Sherri McCarthy joined Assemblywoman Alyson Huber's representative Tim Reardon (left) and Effie Yeaw executive Paul Tebbel in admiring the stout plastic receptacles. Photo by Susan Maxwell Skinner.

Sacramento Suburban Kiwanis Club Invites Public to Town and Country Art Fiesta

SACRAMENTO REGION The Sacramento Suburban Kiwanis Club warmly invites you to this year's Town and Country Art Fiesta. The 54th Annual Art Fiesta will be held Sat., June 2 and Sun., June 3 at the Town & Country Village. The family friendly event takes place from 10 a.m. to 5 p.m. both days at the corner of Fulton and Marconi Avenues in Sacramento.

More than 150 artisans will be on hand at one of the largest charity outdoor shows of its kind west of the Mississippi. In addition, for the first time, Art Fiesta will

feature a spacious indoor venue full of artists exhibiting fine artwork, paintings, pottery, photography, metal, glass, jewelry and more. While you walk around the Village enjoying the beautiful art work, inside and out, you can talk with the artisans who craft it.

There is no cost to attend and there is plenty of free parking. Proceeds from artist booth sales benefit children's charities in the greater Sacramento area.

Some of the organizations benefitting from the thousands of dollars raised each year include: Kiwanis Family House, helping families with children undergoing treatment at UC Davis Medical Center; Just For Kids, helping children who have a family member with cancer; Sacramento Crisis Nursery Program; Wellspring Women's Center; and high school Key Clubs, teaching teenagers the value of community service.

Art Fiesta is dedicated to the memory of Harold M. Anderson of Anderson Bros. Pharmacy. For more information visit www. townandcountryartfiesta.org or call the Art Fiesta hotline at (916) 972-7337.

Comparison of Short Sale

Frequently Asked Questions About Surrendering Your Home Through Short Sale, Foreclosure and Bankruptcy

By Attorney Kristy A. Hernandez

Due to job loss and the poor real estate market, many of my clients are electing to get out of real estate. Most clients that I consult with are families that have always paid their bills on time and, prior to the economic decline, never would have considered bankruptcy or foreclosure as a viable option. However, making smart choices now may mean that a family can bounce back from financial hardship faster and get back into real estate again one day.

I spend a lot of my time in appointments helping families decide what makes more sense for them: foreclosure, short sale, or bankruptcy. The following are some of the most common questions I receive about getting out of real estate, and how I answer them.

How much will my credit be affected?

Short sale: Credit impact depends on how many months of mortgage payments you miss before the short sale is complete. If you never missed a payment, plan for your credit to drop 85 to 160 points. If you are missing payments, add additional point reductions depending on the number of days late. For 30 days late, plan for an additional drop of 40 to 110 points, for 90 days late or more plan 70 to 135 points.

Foreclosure: 200 to 300 points depending on how good your credit was to begin with.

Bankruptcy: 130 to 240 points depending on how good your credit was to begin with.

How long will it take before I can buy a house again?

The answers provided are based on current lending guidelines if, at the time of applying for a new mortgage, you have saved enough money for a down payment and your credit has improved.

Short sale: 2 years minimum Foreclosure: 5 to 7 years

Bankruptcy: 2 years for FHA loans; 4 years for most other lenders

Will the lender be able to come after me for any money?

Short sale: No. If a lender approves a short sale, California Senate Bills 931 and 458 provide that the lender cannot seek a deficiency after a short sale.

Foreclosure: Possibly. This depends on whether the loan was a purchase money mortgage or not. It is wise to consult with an attorney to help determine your liability.

Bankruptcy: Generally no. If you surrender real estate and do not reaffirm the debt in your bankruptcy case, then it will be discharged in your bankruptcy.

Can I receive money to assist me in moving out?

Short sale, Foreclosure and Bankruptcy: You may be paid "cash for keys" by agreeing to a

specific move-out date with the lender and leaving the property in good condition. The amount of cash upon move-out is negotiable and varies depending on the lender.

Other Important Considerations

Short sale: The lender has to approve you to do a short sale. You must show your home to prospective buyers and usually need to hire a real estate agent to list and market the property. Plan for this process to take between 4-8 months.

Foreclosure: Many clients have difficulty tracking the foreclosure timeline and find the move-out date unpredictable. Failure to move out on time could result in an eviction being filed against you.

Bankruptcy: You must meet income eligibility in order to qualify for bankruptcy relief. If you have a foreclosure date set, bankruptcy can give you additional time to move out of the property by stopping the sale date for a period of time. Also, bankruptcy may help get rid of other debts you have accumulated.

Bear in mind that the responses above are general. Your specific income or property may not apply. If you are interested in learning which way to get out of real estate is right for you, my office offers a free consultation. To set an appointment, call 916-728-1500 or visit us online at www.hlawinc.com.

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DA Holds Appreciation Breakfast



12th Annual Public Safety & Community Appreciation Breakfast. Photo courtesy of Office of the District Attorney

SACRAMENTO REGION -District Attorney Jan Scully will join state and local law enforcement agencies in observing National Police Week with the 13th Annual Public Safety & Community Appreciation Breakfast.

This annual breakfast has become a Sacramento tradition, where members of law enforcement, fire fighters, public officials, business and community leaders, and individual citizens come together to show

appreciation for the dedication and sacrifices of all those who work to make our region safe. With ongoing budget cuts and limited resources, the breakfast continues to serve an important role in rejuvenating spirits, strengthening partnerships, and renewing commitments to work together toward the common goal of protecting our communities.

This year's theme, "T.E.A.M. - Together, Everyone & Anyone Matters," will inspire

community wide collaboration and cooperation, the foundation of a prosperous and thriving Sacramento region.

The public is encouraged to join host District Attorney Jan Scully and partners Sacramento Sheriff Scott Jones, Sacramento Police Chief Rick Braziel, the Law Enforcement Chaplaincy and a host of other public safety and fire protection colleagues at this year's breakfast event:

May 9, 2012 7:00 a.m. to 9:00 a.m. **Doubletree Hotel, Sacramento** 2001 Point West Way

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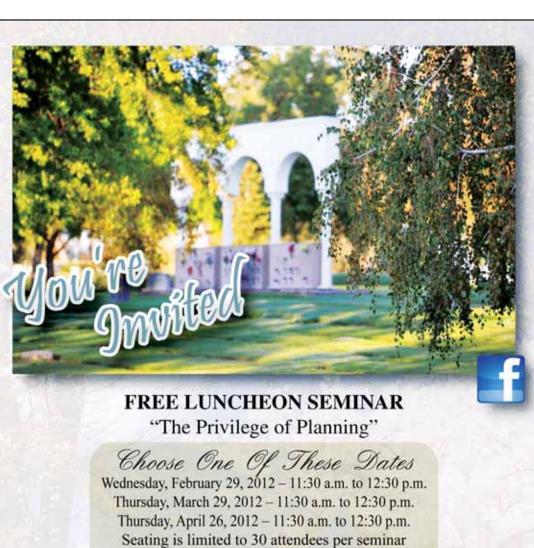
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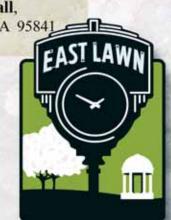
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Carmichael Times Page 4 **April 18, 2012**

Bloom and Beautify - The Time is Ripe

Words and pictures by Susan Maxwell Skinner



Upcoming weeks offer many opportunities to enjoy spring blooms and participate in local beautification. Susan Maxwell Skinner previews a bunch of blooming and brush-up dates.

Beautification volunteers challenge trashy habits for the Sunday, April 22nd "Brush up the Boulevard" project. Sponsored by Carmichael Creek and Colony Neighborhood Associations, the quarterly street cleanup seeks more rubbish baggers. Participating students earn community service credit. For information, visit the Carmichael Creek Neighborhood Association at www. carmichaelcreek.org





Spring vegetable planting is encouraged among green-thumbed customers who visit the Farmers Market in Carmichael Park. Organically raised plants and produce are offered from 8 a.m. at the Fair Oaks Blvd and Grant Ave corner. Market day is every Sunday. Information: (916) 484-9000.

The Carmichael Geranium Club will burst into bloom with its 2012 festival and sale on Saturday, May 5. Carmichael Park Clubhouse (5750 Grant Ave) will offer hundreds of flowering specimens from 10 a.m. Vendors at this fundraiser show also offer garden related merchandise. Admission is free. Information: (916) 483-7826.

California State Youth Pageant 11 Categories: Baby Darling to Mrs./Ms Northern California Rep. Scholarships: \$1000.00 - Miss • \$500.00 - Teen

All contestants receive free training in ramp walking, public speaking, skin and hair care.

Tickets at the door:

Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant

We will be collecting the food and school supplies for needy families in our area. June 10, 2012 10:00am • Holiday Inn Express & Suites Cal Expo, Sacramento Director, Mary Purvis • 721-3824

South of the Border Dance for Singles

CARMICHAEL - Christian Singles Network is hosting a South of the Border Dance for single adults Saturday, April 21, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. The evening features DJ John Maricich playing dance music 8-11:30 PM, and dance teacher Dancing Dave teaches the Salsa 7-8 PM. Dress is nicer casual, tropical or south of the border. An average of 150 people attend, and all ages are welcome.

Christian Singles Network, Northern California's largest inter-church singles group, has over 7,600 singles on its roster

and hosts dances every 3 to 4 weeks. Call the number below for directions or more information. The price also includes appetizers (including dessert) and complimentary non-alcohol beverages. The dance music is a mix of rock and roll, ballroom, Latin, and Christian music.

Tickets are \$15 pre-sale or \$20 at the door. Membership is not necessary to attend, and all ages and all denominations are welcome. CSN will be celebrating its 20th anniversary this year, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay

Pre-sale tickets are available at Berean Christian Bookstore, Sacramento and on line at www. christiansinglesnet.com, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, www. christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars and







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Sacramento County DA Reports

Recent cases of interest

CASE: Arondrei Abel-Bey (04/13/12)

PROSECUTOR: Deputy District Attorney Chris Ore

District Attorney Jan Scully announced today that the Honorable Helena Gweon sentenced 34 year old Arondrei Abel-Bey to 26 years to life in prison. Last month, Abel-Bey was convicted by jury of first degree murder for the killing of his 83 year-old grandfather Isaac Williams.

Abel-Bey testified that he was high on methamphetamine when he strangled and used a floor creeper and a flat head screwdriver to kill Williams. He had originally reported that an unknown burglar had committed the killing.

CASE: Cornelius Taylor (04/13/12)

PROSECUTOR: Deputy District Attorney Kimberly Macy

District Attorney Jan Scully announced today that the Honorable Richard Sueyoshi sentenced Cornelius Taylor to 7 years, 8 months in prison. In February, Taylor was convicted by jury on eight counts of sexual assault against a minor.

Taylor is a local pastor who met the victim at church. The victim had a very troubled life with no family support, which led her to spend a lot of time with Taylor at the church. Taylor and his wife offered to let the victim live with them, and she eventually moved in with them at age 16. Taylor went into her bedroom and sexually assaulted her several times a week, and continued the assaults even after the victim turned 18 years old.

CASE: Richard Miller (04/12/12)

PROSECUTOR: Deputy District Attorney Aaron Miller, Vehicle Theft Unit

District Attorney Jan Scully announced that 28 year-old Richard Miller was convicted by jury of carjacking, robbery, assault with a firearm, theft of a firearm, and being a felon in unlawful possession of a firearm. The jury also found true the personal use of a firearm allegation.

In December 2008, the victim had just gotten off work as an armored car transport employee when he drove to his girlfriend's Elk Grove apartment. After parking his car in the apartment complex parking lot, he was approached by Miller and two of his friends. The two friends distracted the victim while Miller jumped into the victim's car. When the victim realized what was happening, Miller grabbed the victim's duty handgun that was sitting on the passenger seat and the two men struggled for possession of the gun. The struggle spilled into nearby bushes, where Miller and his friends kicked the victim repeatedly in the head and back. They then took the victim's wallet and drove off with his car, leaving the victim injured in

After parking the victim's car nearby in the complex, Miller and his friends fled in an SUV. The men led officers on a high speed chase, which ended with the SUV crashing into a tree in front of a residence. The victim's wallet and gun were located at the crash scene.

Sentencing is set for May 17, 2012 at 1:30 p.m. in Department 63 of the Sacramento Superior Court.

CASE: Arthur Carnes (04/11/12)

PROSECUTOR: Deputy District Attorney Kevin Greene

District Attorney Jan Scully announced today that the Honorable Lloyd G. Connelly sentenced 40 yearold Arthur Carnes to 50 years to life in prison.

Last month, Carnes was convicted by jury of first degree murder with use of a firearm in the November 2007 killing of 41 year-old Matthew Seybert.

CASE: California Highway Patrol Officer Tony Yao (04/10/12)

PROSECUTOR: Deputy District Attorney Dale Kitching, Insurance Fraud Unit

District Attorney Jan Scully announced today the filing of charges against California Highway Patrol (CHP) Officer Tony Yao for felony workers' compensation insurance fraud.

As outlined in the arrest warrant affidavit, Officer Yao filed a workers' compensation insurance claim on August 11, 2011, stating that he had injured his back during firearms training at the CHP Academy on May 13, 2011. At the time of the alleged injury, Yao was assigned to an administrative position. For the next several months, Yao told his treating physicians that the back injury was so severe he was unable to perform even limited duties, including office work. Based on his complaints of pain and physical limitations, Yao's doctors recommended that he undergo back surgery.

The CHP Office of Internal Affairs Workers' Compensation Fraud Investigation Unit conducted an investigation into Yao's claims. The investigation included several days of videotaped surveillance, where Yao is seen engaging in various physical activities, in direct conflict with the limitations he described to his physicians. The investigation also revealed that on the date Yao claimed to have been injured, he had not used the training equipment for which he blamed the injury. He also failed to disclose back injuries he had previously received in a non-work related motor vehicle accident.

Yao has been placed on administrative leave pending completion of the investigation.

HARP 2.0 Programs Just Released!

The HARP 2.0 program is the most ambitious federal mortgage program to date, aimed at helping millions of underwater homeowners. The program just became available March 17, 2012. HARP 2 has removed many of the harsh stipulations that caused the original HARP to be ineffective, and the ease of the new HARP 2.0 program should appeal to all homeowners.



I have been in this business for over twenty years and am so pleased to see a program that is truly helping out people during these difficult economic times. My greatest satisfaction is when I am able to help people save money on their mortgage with this HARP 2.0

program, and, in some

cases, actually help

them save their home.

This program has several key points you should know about:

- HARP 2.0 is for homeowners who have outstanding mortgages in excess of 125% of the current resale value of their home. Under this new 2.0 version of HARP, there is no upper limit on permissible loan-to-value ratios. Your current mortgage can be twice the current market value of the home, and you may still qualify for a refinancing at today's low
- Homeowners are not required to contact the original lender of their current mortgage;
- They can call any mortgage broker or agent they desire saving them time and confusion. • This latest version of HARP also comes with streamline underwriting with no requirement for physical appraisals in many cases! This is one of the most anticipated new revisions! • Only Fannie Mae or Freddie Mac Joans are eligible. I can look up this information for you
- Your loan must have been purchased or refinanced prior to May 31, 2009.
- You must be current on your loan with no 30-day late payments during the last six months, and no more than one late payment in the last 12 months.
- This program includes second homes and Investment properties.
- Borrowers have grown frustrated as they hear repeated announcements of relief programs that do little to help them. HARP 2.0 has the potential to succeed

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Sunday the 15th at 1:30 PM

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Saturday the 21st at 10:30AM

Caring For Wildlife

Join Doug Forbes from the Wildlife Care Association and learn about how this volunteer organization helps injured and orphaned wildlife. Meet animal ambassadors Ivory, the white crow, and Peanut, the yellowbilled magpie. All ages welcome. Sunday the 22nd at 1:30 PM

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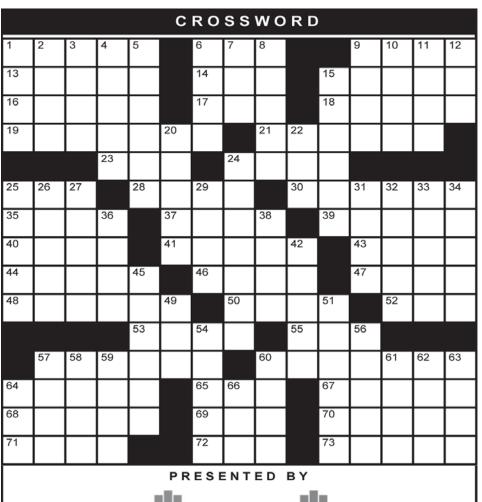
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DOWN

1. Junk e-mail

ACROSS 1. Landing road 6. *The _ _ cage protects the

- heart and lungs 9. Slang for heroin 13. Billy Joel's "
- Organization 15. Formed by running water
- 16. Imitating
- 17. Santa's helper 18. King's domain
- 19. *Ca or K, e.g.
- 21. Nightmare character 23. He played Opie on "The
- Andy Griffith Show 24. Disdainful, pouting grimace
- 25. *When exercising, you
- 28. Between mini and maxi
- 30. Metamorphic rock 35. Makes a mistake
- 37. Bart Simpson's sister
- 39. Saint in Mexico
- 40. Miners' passage
- 41. Swamp plant
- 43. Yelled to shoo a cat
- 47. *A focal point in workouts 48. Type of coat __, Australian 50. Dame 14. International Labor celeb 52. Christian Chi-___ symbol 53. The upper one is used

by Nirvana

for ruling 55. Coffee pot 57. Allegiance

44. Puzzle in pictures

46. "Smells Like_

- 60. *E or D, e.g. 64. Former French currency
- 65. Ring of flowers 67. Singer Cara
- 68. *Some need more of this than others 69. Be in debt
- 70. What a jazz singer does
- 71. Bear lairs
- 73. Commotions
- 72. Not pre-owned
- 24. Improper act 25. *Ventricular beater
- 31. *Where green tea tradition comes from

- 33. Cache of money, e.g. 34. Official language of 2. Cone-shaped quarters Lesotho
- 3. Often asked to "go away, 36. Nonlethal gun come again another day 38. Wine and cheese 4. Like a special circle descriptor
- 5. Organized persecution of 42. Tedium 45. Carry, as in heavy bag
- ethnic group 6. Cambodian money 49. Ladies' Easter accessory 7. *Not well 51. 2012 Oscar-winner "The
- 8. Very successful 9. What victim did in court 10. Armor
- 11. USSR to USA during WWII
- 12. *Usually busy after the holidays
- 15. *Leafy edibles
- 20. Indigo dye-yielding shrubs 22. Where bugs are snug?
- 26. Superior's command 27. Cherokee or Hopi, e.g. 29. *Regimented eating
- 32. Bring upon oneself
- keeps one on you
- 58. Like never-losing Steven 59. Greek god of war 60. "The _" talk and entertainment show

54. Stocking fiber

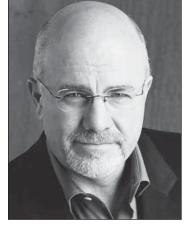
relating to narcotics

57. *Your doctor usually

56. Those in organized crime

- 61. Known for notebooks 62. Keen on 63. Loch
- 64. Psychedelic drug 66. Female sheep

For Solution See Page 7



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Downsizing House to Get Out of Debt?

Dear Dave,

Is it ever a good idea to sell your home and buy a smaller, less expensive one in order to get out of debt more quickly?

- Autumn

Dear Autumn,

It's a good idea in some situations. If you don't really like the house, or maybe you were thinking about selling it anyway, then I'd say go for it. It would also be a smart move if you simply have too much house and the payments are eating you alive.

I usually recommend that your monthly mortgage payment or rent be no more than 25 percent of your take-home pay. If your house payments are taking 40 to 50 percent of this figure, then it's time to unload the house.

But selling your home can be a tough thing emotionally. I'd never advise someone to sell the place they love and move down in house if their payment is reasonable. In these situations there are usually other areas where you can cut back, keep your home, and still get out of debt in a reasonable amount of time.



Dave Says

Boundaries ...

Dear Dave,

I'm getting married to a wonderful man, but his 19-year old daughter from a previous marriage is very irresponsible. She doesn't want to make her own car payments and doesn't want to work. Lots of days, she sleeps until noon and just lies around the house. He agrees that he's been too lenient and that she needs to grow up, but doesn't want to pull the rug out from under her. What do you think? - Kelly

Dear Kelly,

There are two problems here. One is financial in nature, and the other is a lack of boundaries. You're walking face-first into both of them.

Marriage counselors will tell you if you can agree on four things - religion, money, children and in-laws – then you've got a good chance of having a successful marriage. You've got two of these yanking your chain right now-money and childrenand they're both wrapped up in one spoiled little girl. If you and dad really want to show her that you love her, you'll make sure she starts learning some character and discipline.

I'd strongly suggest that you and your fiancé go through premarital counseling to make sure

you're on the same page when it comes to handling this and other issues. You might also want to read the book Boundaries by Dr. Henry Cloud, together. Then, the two of you will have some tools to sit down and create a reasonable timeline for her re-education. Her dad, not you, needs to present this to her and explain that he's made some mistakes by not requiring her to grow up and learn self-sufficiency. Then, he can lay out the ground rules and a monthly timetable.

It wouldn't be cruel to require her to get a job during the first month, along with getting out of bed by 8 a.m. every day. During the second month, you could also require her to do some work around the house to help out. During month three she could be required to pay rent. This way, you're stepping up the expectations gradually to the fifth or sixth month, when she's moving out and taking care of her own responsibilities.

It's all about love, Kelly. But it's also about boundaries and expectations that will prepare children to function in the real world.

- Dave

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Sudoku! For Solution See Page 7.

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LEGAL ADVERTISING

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FICTITIOUS BUSINESS NAME 02152. Ronald C. Ogg, 7712 McMullen Way, Sacramento, CA 95828; Joseph M. Freitas, 6221 La Cienega Dr., North Highlands, CA 95660; Barbara L. Ogg, 7712 McMullen Way, Sacramento, CA 95828; and Myrtle J. Freitas, 6221 La Cienega Dr., North Highlands, CA 95660 are doing business under the Fictitious Business Name "Cake Castle Bakery" at 5601 66th Ave., Sacramento, CA 95823. Filed with the Clerk of Sacramento County on March 9, 2012. Publish: March 28, April 4, 11, 18,

CAKECA FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01850. Jorge Martin Aluy, 3116 Dr., Modesto, 95355 is doing business under the Fictitious Business Name "Green Solutions" at 2516 San Jose Way, Sacramento, CA 95817. Filed with the Clerk of Sacramento on Feb. 29, County Publish: March 28, April 4, 11, 18,

120304 **GREENS** 4-18-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02196. Prosthetics, Inc., Professional 2844 Barbarell Way, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Professional Prosthetics, at 2844 Barbarell Sacramento, CA 95821, Filed with the Clerk of Sacramento County on March 12, 2012. Publish: March 28, April 4, 11, 18, PROPRO 120304 4-18-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02466. Central Seventh-Sacramento day Adventist Church, 6045 Camellia Ave., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Your Neighbor Community Thrift Store" at 6200 Folsom Blvd Sacramento, CA 95819, Filed with the Clerk of Sacramento on March 19, 2012. Publish: March 28, April 4, 11, 18, YOURNE 120304 4-18-12

SUPERIOR COURT OF COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00120664 WHEREAS. Mi Mai has

filed a petition with this court

for a decree changing name of True Mai to Michelle Mai. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 27, 2012 in Dept. 54, located at 720 9th St., Room 101, 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: March 16, 2012. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: March 28, April 4, 11, 18, 120304

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00121114

WHEREAS, Sharon Carmel Moore has filed a petition with this court for a decree changing name of Sharon Carmel Moore

Sharon Carmel McIntyre. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 4, 2012 in Dept. 54, located at 720 9th St., Room Sacramento, CA 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 he petition. Dated: March 23, 2012. Shelleyanne W.L. Chang

Judge of the Superior Court Publish: March 28, April 4, 11, 18, 120304

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02641. Joseph L. Breton and Julie A. Breton, both of 7004 Bravton Ave., Citrus Heights, CA 95621 are doing business under the Fictitious Business Names "Renovation Renovation Solutions: at 7004 Brayton Ave., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on March 23, 2012. Publish: April 4, 11, 18, 25, 2012. RENOVA 120401 4-25-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02598. Alexander Ray and Nicole Ray, both of 6731 Steele Oak Lane, Carmichael, CA 95608 are doing business under the Fictitious Name "North Area Business Therapy and Aquatic Physical Therapy" at 476376 El Camino Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 22, 2012. Publish: April 4, 11, 18, 25, 2012. NORTHYA 120401 4-25-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02623. Marc Valdivia, 4301 Pasadena Ave. #5, Sacramento, CA 95821 is doing business under the Fictitious Business Name "Universal Air Quality" at 4301 Pasadena Ave. #5, Sacramento, CA 95821. Filed the Clerk of Sacramento County on March 23, 2012. Publish: April 4, 11, 18, 25, 2012. 120401

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02844. Meditel, LLC, 230 Sunset Blvd., Rocklin, CA 95765 is doing business under the Fictitious Business Name "A to Z Wireless Kevin Nafai" at 2721 Del Paso Rd. #130 Sacramento CA 95838 Filed with the Clerk of Sacramento County on March 29, 2012. Publish: April 11, 18, 25, May 2, 2012. **ATOZWI** 120402

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03081. Paul V. Scholl, 983 Vallejo Way, Sacramento, CA 95818 is doing business under the Fictitious "Messenger Business Names Group; Carmichael Times; American River Messenger; Citrus Heights Messenger: Placer Sentinel; Örangevale Sun; Arden Advocate; Natomas Messenger; Sacramento Oracle; Placer Mercury; Auburn Sentinel; Joyful Living; Single Again Magazine" at 7144 Fair Oaks Blvd. #5. Carmichael. CA 95608. Filed with the Clerk of Sacramento County on April 6, 2012. Publish: April 11, 18, 25, May 2, MESSEN 5-2-12

120402 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2012-00119089 WHEREAS, Cecilia Laura Webb has filed a petition with this court for a decree changing name of Cecilia Laura Webb to Cecilia Laura Portala.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on May 16, 2012 in Dept. 53, 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 a newspaper of general circulation printed in County, California, Sacramento once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 4, 2012.

David I. Brown Judge of the Superior Court Publish: April 11, 18, 25, May 2,

120402 NOTICE OF APPLICATION TO SELL ALCOHOLIC

BEVERAGES To Whom It May Concern: Dagvadorj Bayarsaihan and Batmadakh Choijin are applying the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 4128 El Camino Ave. #2, Sacramento, CA 95821-6676 with 41 - On-Sale Beer and Wine-Eating Place license.

Filed: April 9, 2012. Publish: April 18, 25, May 2, 2012. BAYARS 120403 5-2-12

FICTITIOUS BUSINESS NAME **STATEMENT** #FBNF2012-03274. Todd Perrins, 105 Tuscany Roseville, CA 95661

Scott Jepsen, 4630 Rustic Rd., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Blackbird Creek" at 6939 Sunrise Blvd. #120, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 11, 2012. Publish: April 18, 25, May 2, 9,

BLACKB 120403 5-9-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01596. Consortium of Business Continuity Professionals, Inc., 10 Nellis, Sacramento, CA 95835 Continuity; Continuity Planning for

is doing business under the Fictitious Business Names "Tech TechNuity; TecNuity; Continuity World; Continuity & Compliance Consulting" at 10 Nellis, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on Feb. 21. 2012. Publish: April 18, 25, May 2, 9,

120403 5-9-12 **TECHCO** FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03155. Kimberly Urbano, 5320 Silver Strand Way, Sacramento, CA 95841 is doing business under the Fictitious Business Name "Advantage Lawn Care and Landscaping" at 5320 Silver Strand Way, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on April 9, 2012. Publish: April 18, 25, May 2, 9,

ADVANT 120403 5-9-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03255. Luminita Angela Polhac, 8747 Blythe Ave., Orangevale, CA 95662 is doing business under the Fictitious Business Name "SIA Care And Cleaning" at 8747 Blythe Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 11, 2012. Publish: April 18, 25, May 2, 9,

SIACAR 120403 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-033161. Joe Stamp, 700 Fairsite Ct., Galt, CA 95632 is doing business under the Fictitious Business Name "Superior Window Coverings" at 700 Fairsite Ct., Galt, CA 95632. Filed with the Clerk of Sacramento County April on Publish: April 18, 25, May 2, 9, 2012.

SUPERI 120403 5-9-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02819. PAP Countrywood, LLC, a California LLC, Pacific American Properties Inc., Manager, 300 Turney, 2nd Floor, Sausalito, CA 95965; Community Resident Services, Inc., 1380 Lead Hill Blvd. #106, Roseville, CA 95661; and AMTAX Fund XIV SLP, Inc., a Texas Corp., 515 South Capital of Texas Hwy. #103, Austin, TX 78746 are doing business under the Fictitious Name "Providence Business Place Apartments at 5500 Mack Road Sacramento CA 95828 Filed with the Clerk of Sacramento County on March 28, 2012. Publish: April 18, 25, May 2, 9,

120403 5-9-12 SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME AND GENDER

#34-2012-00122345 WHEREAS Katie Nicole Sadler has filed a petition with this court for a decree changing name of Katie Nicole Sadler to Jesse Derek Sadler.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 25, 2012 in Department 54, located at 720 9th St., Room 102, 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: April 13, 2012. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: April 18, 25, May 2, 9, 120403 SADLER 5-9-12

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

#34-2012-00121695 WHEREAS, Amie Nicole McInnis has filed a petition with this court for a changing name of Amie Nicole McInnis to Ameilia Love McInnis.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 16, 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: April 4, Shelleyanne W.L. Chang Judge of the Superior Court Publish: April 18, 25, May 2, 9,

120403 **MCINNI** 5-9-12 SUPERIOR COURT OF **CALIFORNIA**

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00122094 WHEREAS, Andrew Nicholaus

Thomsen has filed a petition with this court for a decree changing name of Andrew Nicholaus Thomsen Andrew Nicholaus Garcia. IT IS ORDERED that all persons interested in the above entitled matter

appear before this court at 2 p.m. on May 22, 2012 in Department 53, 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: April 10, 2012 David I. Brown Judge of the Superior Court

Publish: April 18, 25, May 2, 9, 120403

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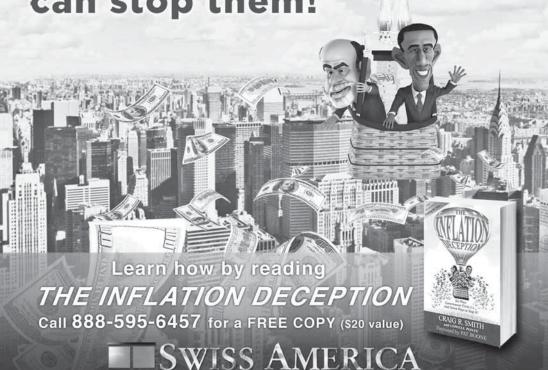
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THE GOLD STANDARD



Carmichael **Chamber of Commerce**

Carmichael Chamber Luncheon Tue, April 24, 2012 from 11:30am -1:30pm @ Cypress Avenue Baptist Church **Education Building**

Guest speaker is Brian Ivie, President of Mercy San Juan Medical Center discussing updates in health care. Come enjoy a delicious buffet lunch, speaker, and plenty of opportunity to network. Raffle prizes too! Cost for the luncheon is \$18 for members and \$23 for non-members. Please go to website to register.

Carmichael Chamber Board Meeting Tue, May 8, 2012 from 12:00pm - 1:30pm (a) 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.

Carmichael Chamber Mixer Wed, May 9, 2012 from 5:30pm - 7:30pm Hosted by Jesuit High School. Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards. Location: Jesuit High School

For information about these events contact: Linda Melody 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

Carmichael Times Page 9 **April 18, 2012**



17 DAY DIET

Okay, how many chocolate bunnies did you really eat over the Easter weekend? And then you wonder why you put on a few extra pounds. Do you want to take them off, and perhaps a few more? Dr. Mike Moreno claims he has the key to weight loss success. When he was on my POPPOFF Radio program, my main concern was keeping the pounds off. You know what I mean, right? All diets can take off the pounds. Keeping them off is the key. He claims his diet will keep them off. Dr. Moreno told me "The 17 Day Diet" is helping millions of people lose weight quickly in a safe, healthy, nutritionally sound, and lasting way. He has been featured on "Good Morning America," "The Doctors," and in USA Today, Woman's World, and lots more. So, I sat back and was willing to listen.

Naturally, my first question is why 17 days and not 20 or 30? He told me that it's the timeframe in which alterations in dietary habits can affect our bodies both inside and out. After 17 days, our bodies require change, yet a habit has

POPPOFF!

with Mary Jane Popp

not been formed. Studies show that it takes 21 days to form a habit. 17 days prevents plateaus and boredom, two problems that plague dieters on most weight-

My next question had to do with his four cycles in his plan. Each cycle plays a specific role in achieving the ultimate goal. That goal is not only weight loss, but better overall health and the improved lifestyle that goes with it. Briefly, here are the cycles.

1) ACCELERATE. Its purpose is to cleanse the body through the removal of sugars and carbohydrates and to stimulate the fat burning process.

2) ACTIVATE. This focuses on the concept of "metabolic confusion." By alternating between high calorie and low calorie intake, you create a process that further encourages fat burning and leads to further weight loss while avoiding plateaus.

3) ACHIEVE. This cycle reintroduces many common foods that are rich in carbs. The goal here is to resume normal habits after cleansing and manipulating your body's metabolism. You'll be able to process, metabolize and enjoy these foods without having a negative effect on your health.

4) ARRIVE. You are not able to enjoy nearly anything...in moderation...that just 51 days ago would have negatively impacted your life. This cycle is an accumulation of metabolic health, will power, discipline and proper mindset.

Next question. How much weight can the average person expect to lose? This one was kind of surprising. On average, a person can expect to lose between 10-12 pounds in one cycle. But, because individual metabolisms differ, individual results may differ as well. People who have more excess weight would probably be on the higher end of this range.

Finally, since this promises quick weight loss, isn't there a risk that we can put it right back again? Dr. Moreno said that "The 17 Day Diet" will teach you that the antiquated concept of "slow and steady" may not apply to weight loss. Current studies indicate that rapid results, when done in a healthy way, are not only beneficial but more likely to succeed long-term.

And yes, there is exercise as a key component. You have to get moving. You have to start somewhere and work your way up.

The good doc also provides complete menu plans for each cycle, a total of 51 daily menus. The meals are low in fat, high in fiber, packed with nutrition, and designed to trigger rapid weight loss. And yes, I asked that question too. Do they taste good? I got his guarantee. If you want more info, go to www.17daydiet.com. See you on the other side...svelte and healthy. GOOD LUCK !!!

Join Mary Jane for the KAHI Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.



ROCK DOC

By Dr. E. Kirsten Peters

About 10,000 years ago Earth's climate lurched from bitter Ice Age conditions to the much balmier time in which we live today. We don't fully understand what caused that great climate shift, but we know it was near the time of that great temperature transition that people started to farm. And one of the crops people in some parts of the world learned to tend was

In the Western world, our love affair with wheat is as intense as it is old. Peasants have lived on bread and not much else, and even those of us with a grocery store full of options at our disposal are likely to have at least some wheat-products each day.

Unfortunately, about 2 percent of Americans suffer from celiac disease, a malady triggered by gluten proteins such as those found in wheat. It's a serious condition that erodes necessary structures in the intestines called microvilli. Symptoms of celiac disorder range from things like diarrhea to long-term malnutrition because nutrients are not absorbed and transferred to the bloodstream as they should be.

The only treatment for celiac disease is to avoid eating gluten. That's a tall order because

Staff of Life

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wheat and wheat by-products are in a wide variety of foods. To avoid eating any wheat requires constant vigilance and a lot of home-cooking. That's why it would be ideal if new wheat strains could be developed that didn't contain the proteins that cause the malady in the first

Enter Professor Diter von Wettstein of Washington State University. Von Wettstein came to this country from Denmark in 1996 when regulations there forced him to retire owing to age. Here in the land of the free, von Wettstein can pursue research into wheat strains and celiac disease.

"Retirement should mean you get to do what you think is fun," he said to me recently. "I think research is fun."

At age 82 von Wettstein shows no sign of slowing down. In addition to running a research laboratory of seven, he returns to Europe from time to time to see his family – and ski in Austria.

"I had to give up downhill skiing," he said with regret. "Too many surgeries on my hip. But I still do cross-country."

Like many serious research groups in this country, von Wettstein's research lab is highly international. The team includes men and women from China, Chile and Ghana. The group is hard at work on changing wheat so that it won't cause celiac disease.

Wheat is full of a mixture of proteins, a number of which can cause problems in people with celiac. Six proteins are needed for giving bread its baking properties, but about 150 proteins are not needed. Using advanced genetic techniques, von Wettstein and his team are shaping wheat strains to have fewer and fewer of the problematic proteins.

At the moment there's winter wheat growing on an experimental farm not far from where I work that has 60 to 70 percent of the proteins that attack the microvilli "silenced." Von Wettstein is confident that in time that proportion will reach 100 percent.

"I wouldn't work on this problem if I didn't think we could solve it," he said.

There are some other potential avenues of research being explored that could help celiac sufferers. One is to find an enzyme that would break down the problematic proteins while food was still in the stomach. Von Wettstein's group is looking for enzymes that could be added to bread before it's baked. If the enzymes withstood the temperature of baking in an oven, then they could go to work in the stomach where celiac patients don't have problems, sparing the crucial intestines.

We've had a long and wondrous love-affair with wheat. For myself, it's tough to imagine what celiac sufferers live with each day. Here's hoping that with some further scientific research all of us will be able to enjoy a good slice of bread, some noodle soup, or a piece of cake.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.



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 Sunset Magazine Celebration Weekend Saturday, June 2 • \$86/person • Deadline: May 16

• Ride the Ducks & AT&T Park Tour Wednesday, Aug 8 • \$120/person • Deadline: July 13

Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com.





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Office Hours: 8 am-5 pm **Registration Hours:** 8:30am-4pm Monday-Friday www.morpd.com

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Local Meetings of Interest

Organic Gardening

MAY 4, 2012-the Organic Gardening Club of Sacramento County meets at Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, 10 a.m. The speakers, Kate Waldo and Michelle Himed, Co-Owners Worm Fancy, will speak on Vermicomposting 101. Call 916-635-6724 for information.

California Citizens for Health Freedom

MAY 10, 2012-a free lecture on "Massage and Myofascial Release: What's the Difference?" presented by Steve Metzger, RN-CMT. The meeting is at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento, from 7-9 p.m. Call 916-635-6724 for information.

Military Widows

MAY 5, 2012-The Society of Military Widows, Sacramento Chapter #5; meets at Lions Gate, McClellan Park, 11:30 a.m. Joint luncheon meeting with Fairfield Society of Military Widows followed by entertainment. Call 916-635-6724 for information.



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The Simply Zumba Fitness Studio is now open! See April schedule at our website.

Come check out our newest vendor K Vanilla, selling delicious homemade vanilla extract... perfect for all your bakery treats!

It's not too late to sign up for our FREE Money Smart: Teen Personal Finance workshops! Youth ages 12-21

can reserve their space today. April 21, April 28, May 19, May 26.

Please See Website For More Information.

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

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Carmichael Recreation and Park District is announcing these upcoming events

See Community Events at our website for Complete list of Summer Events!

POTERY CLASSES FOR ADULTS **Taught by Michelle Lueth**

Held at the Arts & Crafts Bldg.,7997 California Ave. in Fair Oaks Come have fun playing in the mud! Experience one of the most ancient & relaxing art forms while learning different techniques to create your own individual works of art. Hand building as well as wheel throwing will be offered. The emphasis is on fun while exploring your creative side. A \$25 materials fee is due to the instructor at the first class. Day/Time: 4/24-5/15,

Tuesday, 1:30-3:30pm 4/25-5/16 • Wednesday, 1:30-3:30pm 4/25-5/16 Wednesday, 4-6pm 6/6-6/27 • Wednesday, 1:30-3:30pm 7/3-7/24 Tuesday, 1:30-3:30pm 7/18-8/8 • Wednesday, 1:30-3:30pm Fee: \$71

SUMMER CONCERTS IN THE PARK See website for more information

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

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May 8 - 26, 2012. Painting Where the Wild Things Are

Annual Members Show April 3-21, 2012 2nd Saturday Reception April 14th. Food, Refreshments, Music, Watercolor.

Preview the show at our website.

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Call to Artists -"Painting Where the Wild Things Are" April 27-28, 2012

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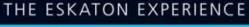
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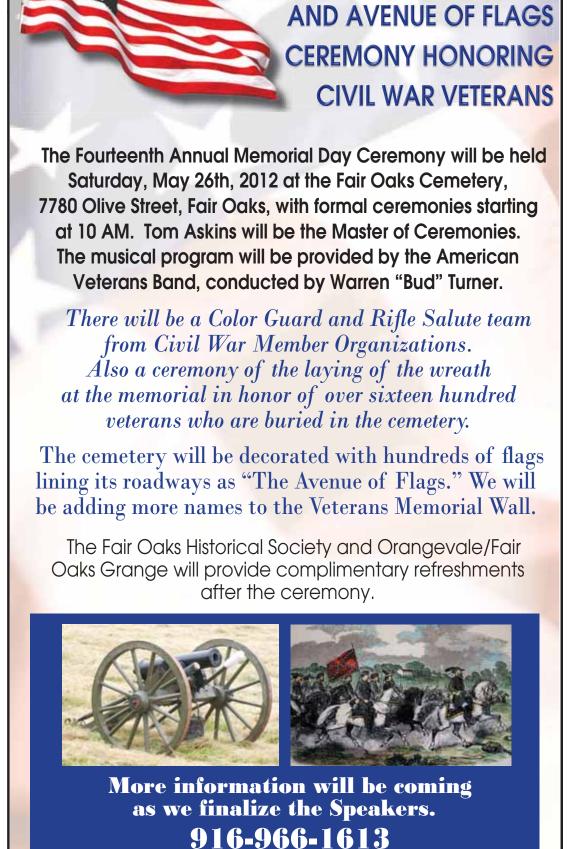


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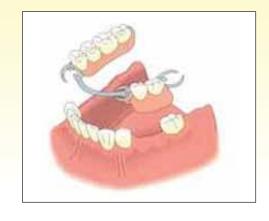
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How Medicare Covers Hospice Care

Commentary by David Sayen Regional Administrator U.S. Centers for Medicare & Medicaid Services

Coping with terminal illness can be very difficult, both for the patient and his or her loved ones.

That's why I wanted to tell you about Medicare's coverage for hospice care and how it works. Hospice is a program of care and support for people who are terminally ill. The focus is on comfort, not on curing an illness. Hospice is intended to help people who are terminally ill live comfortably. If you qualify for Medicare's hospice benefit, you'll have a specially trained team and support staff available to help you and your family deal with your illness. You and your family members are the most important part of



the team. Your team may also include doctors, nurses, counselors, social workers, physical and occupational therapists, speech-language pathologists, hospice aides, and homemakers. The hospice team provides care for the whole person. That includes his or her physical, emotional, and social needs. Hospice services are generally provided in the home and

may include physical care, counseling, drugs, and medical equipment and supplies for the terminal illness, plus any related conditions.

Your regular doctor or a nurse practitioner can also be part of your team, to supervise your care. Who's eligible for Medicare-covered hospice services? You have to meet several conditions. For one, you must be eligible for Medicare Part A, which is hospital insurance. Also, your doctor and the hospice medical director must certify that you're terminally ill and have six months or less to live, if your illness runs its normal course.

You have to sign a statement choosing hospice care instead of other Medicare-covered benefits to treat your terminal illness. (Medicare will still pay for covered benefits for any health problems that aren't related to your terminal illness.) And you must get care from a Medicare-approved hospice program. If you qualify, your doctor and the hospice team will work with you and your family to set up a plan of care that meets your needs. A hospice doctor and nurse will be on call 24 hours a day, seven days a week to give you and your family support and care when you need it. Medicare's hospice benefit allows you and your family to stay together in the comfort of your home unless you need care in an inpatient facility. Keep in mind that you have the right to stop hospice care at any time. Medicare will pay for a one-time-only consultation with a hospice medical director or hospice doctor to discuss your care options and how to manage

your pain and symptoms. After that, Medicare covers doctor and nurse services; equipment such as wheelchairs or walkers; supplies such as bandages and catheters; drugs to control pain or other symptoms; hospice aide and homemaker services; physical and occupational therapy; and social worker services. Medicare also covers dietary counseling; grief and loss counseling for you and your family; short-term inpatient care for pain and symptom management; and short-term respite care. Respite care is designed to help the caregiver for a terminally person. Often a spouse or other family member becomes the caregiver, and at some point they may need a rest. You can get inpatient respite care in a Medicare-approved facility (such as a hospice inpatient facility, hospital, or nursing

home) if your caregiver needs a rest. You can stay up to five days each time. You can get respite care more than once, but it can only be provided on an occasional basis. How much do you pay for hospice under Medicare? There's no deductible. You'll pay no more than \$5 for each prescription drug and similar products for pain relief and symptom control.

If you get inpatient respite care, you pay five percent of the Medicare-approved amount. For example, if Medicare pays \$100 per day for inpatient respite care, you'll pay \$5 per day. David Sayen is Medicare's regional administrator for California, Arizona, Nevada, Hawaii, and the Pacific Trust Territories. You can get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227)







