

Carmichael Times

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Serving Carmichael and Sacramento County since 1981

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Opportunities to Enjoy Spring Blooms



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Arden Playhouse Presents the Hilarious, Finely Written Comedy "Legends"



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Farewell to a "Gentle Giant"

By Susan Maxwell Skinner

Businessman and community servant Barry Smith's life was commemorated last week at Fair Oaks Presbyterian Church. Smith died after a long illness on March 28. He was 79.

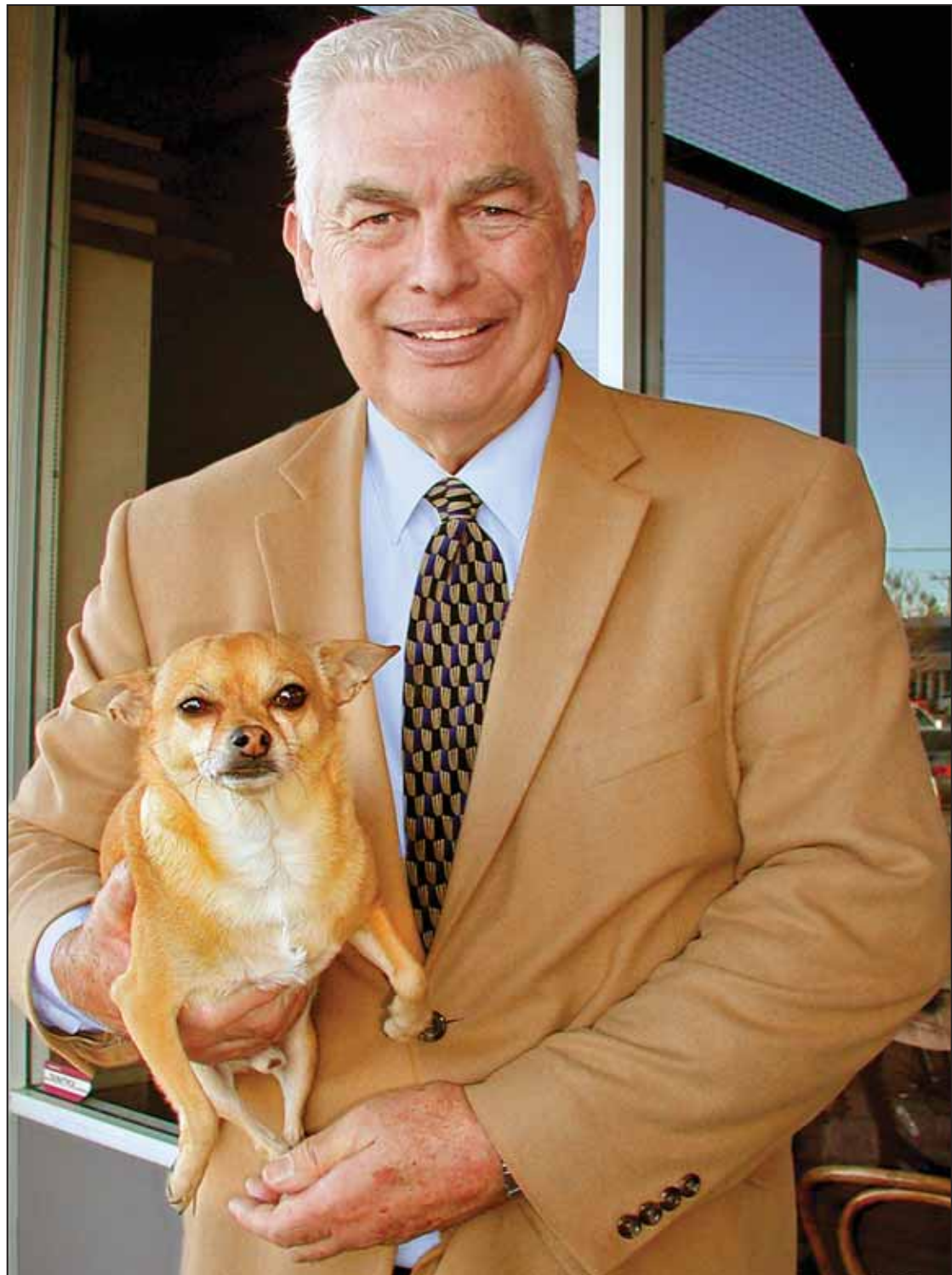
At 6' 6", the former football star was hard to miss around Carmichael, Fair Oaks and Citrus Heights townships. A real estate professional, he enjoyed decades of popularity at local chambers of commerce. Both Cypress Ave Baptist and Fair Oaks Presbyterian congregations boasted his fellowship.

In contrast with his size, Smith was also identified by the tiny dog that invariably accompanied his outings. Chihuahua Poncho and Smith were inseparable. During his terminal illness, the pooch visited his hospital and hospice bedside.

For Inglewood-born Smith, civic duty began in the Boy Scouts. Eventually an Eagle Scout, he excelled at sport and achieved school athletic records. At Stanford University, the defensive tackle pounced on a fumble and scored the winning goal in a Rose Bowl game. After graduation, he volunteered to serve in Korea. Here he commanded battery artillery and was credited with saving a brother soldier from a flash flood.

Returning from war, he married Phyllis Ritchie and fathered two sons. A flair for real estate enabled the 1970 establishment of Barrett Smith Realty - serving Carmichael, Citrus Heights, Fair Oaks and Sacramento. Quiet, plain spoken, he was a committed community volunteer. "Big Barry" sat tall on the Carmichael Chamber's board of directors and led the organization as its president and honorary mayor. He offered a strong arm for Founder's Day chores and a solid presence for July 4 crowd control.

Barry Smith's surviving



Pals till the end - Barry Smith and Poncho. Photo by Susan Maxwell Skinner.

family defined him as hard-working, generous, fair and a good father. He loved family, God and his dog, Poncho.

A memorial service speaker

noted Smith as "one of an American generation that justified its privilege in sharing a wonderful community by continually serving it."

Footnote: Ageing Chihuahua Poncho is now lives in the care of Barry Smith's friends.

A Reminder to Protect Your Pets from Heat

SACRAMENTO REGION - The warm weather is here and though pleasant, can kill a pet if the pet is left inside a vehicle, has inadequate shelter, or is over-exercised. The County Animal Shelter reminds pet owners of taking precautions to ensure their animals stay safe and cool during the upcoming hot summer months. "Just a few ordinary precautions can make a pet comfortable and safe as our weather heats up," said Dave Dickinson, Animal Shelter Director. "Even mild temperatures in the 80's can quickly heat the car's interior to dangerous levels that can cause heat stroke for a pet left in the car."

Tips on how to help your pet get ready for summer:

- Never leave your dog or any animal in an unattended motor vehicle or parked car under conditions that endanger the health or well being of the animal due to heat, cold, lack of adequate ventilation or lack of food and water, or other circumstances that could reasonably be expected to cause suffering, disability, or death to the animal: It is against California law 597.7(a) and is punishable by fine, or felony prosecution. Cracking a window or leaving a bowl of water won't protect your pets. A car can reach 120 degrees in just minutes. A dog's normal temperature is 101.5 degrees; at 107 degrees brain damage occurs and at 120 degrees your pet can easily succumb to heat exhaustion and die.

- Avoid extreme heat: When temperatures get above 90 degrees, bring your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish and adequate shade and shelter for them to cool down.
- Use sunscreen: Pets get sunburned just like people, and if your pet has light skin and/or a mostly white coat, they can be particularly susceptible to a painful burn and skin cancer. Use sunscreen on sensitive areas, such as ears and nose to make sure your pets are protected.
- Don't run your dog or over-exert your pet: Exercise in warm temperatures can be harmful. Animals, like people, are susceptible to life-threatening activity-related heat stroke.

If your pet has been exposed to high temperatures:

- Be alert for signs of heat stress, including heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering gait, vomiting, or a deep red or purple tongue.
- Move your pet immediately to the shade to help lower their temperature immediately. Apply cool (not cold) water to the pet. Apply ice packs and cool towels to your pet's head, neck, and chest.
- Take your pet to a veterinarian immediately. It could save their life.

More protection recommendations and tips on what to do if your animal becomes overheated are available online at www.SacCountyShelter.net. If you see animals in danger and potential neglect or abuse cases, please contact the Animal Shelter to report the issue at 916-368-7387.

Work Begins on Main Street Makeover



Community and County officials last week broke ground for the long awaited Fair Oaks Blvd Improvement Project. Digging in were: Transportation Director Mike Penrose (left), Carmichael Chamber of Commerce President Chris Meyer, County Planner Tricia Stevens, Supervisor Susan Peters, SMUD director Bill Slaton and honorary Mayor Esteban Nava. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL - In a week of unveilings and groundbreakings, Carmichael received a new boundary sign (see page 2) and kicked off

improvements to its maligned main artery.

Once dubbed "Sacramento's ugliest street," Fair Oaks Blvd is the focus of a \$5 million-plus improvement project that has involved more

than a decade of public meetings and residential input. Initial phases of the corridor plan envision a "main street" feel for the mile of boulevard that stretches between Kenneth Ave and Engle Rd. Later upgrades will continue where Fair Oaks dog-legs towards Sunrise Ave. The first phase of this makeover broke ground last week. In a ceremony staged in the Walgreen's parking lot, County and civic leaders took up golden shovels to begin a Marconi/Fair Oaks intersection revamp. Work will include:

- Curb, sidewalk and bike lane improvements.
- New trees; ornamental "street scaping."
- Signal modifications for the disabled.
- Better lighting.
- Upgraded safety features.

Phase One upgrades should be complete by November. The \$950,000 bill will be met by Measure A sales tax funds and Developer Fees.

Central to intersection beautification will be two nine-foot high "gateway monuments." Formed from sedimentary rock and granite, these obelisks will include an oak leaf engraving. Through the extended corridor, similar monuments will be

raised with emblems representing other facets of local natural history.

Phase Two of the Fair Oaks Boulevard Corridor Plan is scheduled for 2014. This will continue the main street concept from Landis Ave to Engle Rd and incorporate more trees, streetscaping, improved sidewalks, bike lanes and traffic signal modifications. A Sacramento Council of Government (SACOG) community design grant will pay \$4 million of the projected cost. Other "main street" development phases will be executed as further funding becomes available.

Speaking at the ground breaking ceremony, Supervisor Susan Peters considered a pedestrian-oriented town center would emphasize the identity of the once rural Sacramento satellite. "Fair Oaks Boulevard is an ideal location for creating a main street for the community," she said.

Though wryly noting that these long-awaited improvements to the century-old town seemed 100 years in the making, Peters predicted: "This is just the start of things to come for Carmichael."

See artist's views of the completed Marconi/Fair Oaks project on page 2.



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Fair Oaks and Marconi: An Artist's View

Report by Susan Maxwell Skinner, from Page 1



An artist's vision of the Fair Oaks and Marconi corner shows improvements detailed in the Fair Oaks Blvd Improvement Project's first phase. Landscaping will echo 90-year palms planted by pioneer Mary Deterding on the riverward extension of Marconi (Palm Drive). This phase should be complete by November 2012. Phase Two - tackling the stretch between Landis Ave and Engle Rd -- will begin in 2014. Pictures courtesy of Carmichael County Transportation Department.

Featuring sedimentary stone and sculpted leaves to symbolize of Carmichael's native oaks, two nine-foot gateway monuments will stand on either side of the Fair Oaks and Marconi intersection. Similar obelisks built from varying materials will mark other intersections between Kenneth and Cypress Aves.

Mission Accomplished



Supervisor Susan Peters (right) recently joined County staff, civic leaders and a church congregation to unveil a new Carmichael roadside marker. The landmark defines a Mission Ave boundary between the unincorporated County areas of Arden Arcade and century-old Carmichael. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Incorporating river stones, concrete and local iconry (oak leaf and stylized river symbols) the sign was erected by the Sacramento County Department of Transportation. Measure A Sales Tax funding met the \$9,500 bill. Completion was the final touch for the Arden Way Improvement Project, which tackled traffic and pedestrian issues between Eastern Ave and Fair Oaks Blvd.

Nearby Gethsemane Lutheran Church added its faithful to unveling ceremonies. The church lobbied and petitioned for years to have traffic lights installed on the busy Mission/Arden corner. Celebrating the milestone event, Supervisor Peters helped Gethsemane's retired Pastor Kay Doyle dish dessert in the church hall. Frosting on two large sheet cakes pictured the new traffic lights. Dessert plates were red, green and orange.

A Time to Bloom

Text and photos by Susan Maxwell Skinner



The 42-year-old Carmichael cactus and Succulent Society celebrates spring with a weekend festival: May 19 and 20. Plant sales and exhibitions begin at the Carmichael Park Clubhouse at 9 a.m. Saturday; 10 a.m. Sunday. To learn about this group, call (916) 366-1842.



Master gardeners regularly share skills at the Fair Oaks Horticulture Center (11549 Fair Oaks Blvd). Lectures cover the seasonal challenges of home gardening. Beginning at 8:30 a.m., a May 19 class deals with pest prevention, composting and the care of perennials and shrubs. Donations are welcomed. Information: (916) 875-6913.

Glamour Girl Party

Friday, May 11 from 6:30-8:30pm
Ages 9-12 years, \$25 per person
Carmichael Park Clubhouse,
5750 Grant Avenue

CARMICHAEL - Show off the new rock star attitude by doing a red carpet runway walk complete with music, choreography and new found glamour! Registration closes on May 4 and space is limited so call Carmichael Recreation and Park District at 485-5322 to sign up today.

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670 Volunteers Participate in Parkway Clean Up



Volunteers collect trash gathered along riverbanks. Photo Credit: Russ Andris, ARPF volunteer.

SACRAMENTO - In honor of Earth Day and for the seventh consecutive year, the American River Parkway Foundation (ARPF) held its Spring Clean Up from 9 a.m. to noon this past Saturday, thanks to the help of 670 volunteers working at seven sites along the American River:

Discovery Park, Northgate at Highway 160, Howe Avenue, Watt Avenue, Ancil Hoffman Park, William Pond Recreation Area and Sunrise Boulevard. Up from 535 volunteers in 2010, this year's volunteer numbers of 670 set a new record for the annual ARPF Spring Clean Up.

"We had a great turnout and are so thrilled with the level of community involvement," said Dianna Dal Poggetto, executive director of the ARPF. "With the county budget situation being what it is, we are prepared to step up and make sure the parkway doesn't suffer. The onus falls on the volunteers and donors, who share our passion for this beautiful stretch of land."

For more information about the event, please go to <http://www.arpf.org/clean.shtml>.

The American River Parkway Foundation exists to "foster environmental stewardship, facilitate volunteer opportunities and fund projects and programs" along the 23-mile section of the American River that begins at the confluence of the Sacramento River and extends east to the Nimbus Fish Hatchery.

Source : ARPF

15th Annual Used Book Sale in Carmichael

CARMICHAEL - Thousands of used books along with videos, DVDs, audios, CDs, and children's games will be sold at incredibly low prices at Our Lady of the Assumption Church's Annual Used Book Sale on May 5 and 6 from 9 a.m. to 3 p.m. on Saturday, and 9 a.m. to 2 p.m. on Sunday. The church is located on the corner of Cottage and Walnut in Carmichael, 2141 Walnut Avenue, 95608.

Photo courtesy of Ruth Holewinski



Stock Up on Books for Summer Thousands to Choose From at Library Sale

SACRAMENTO REGION - Summer Reading Opportunity! The Friends of Arden-Dimick Library is planning an all day book sale to raise funds for local library programs on Saturday, May 5. The sale will be held from 10 a.m. to 3 p.m. in the Community Room at the Arden-Dimick Library, 891

Watt Avenue.

Library volunteers have gathered book donations for months and will offer more than 3,000 books at super-low prices; from 25¢ up to a dollar. This will be an excellent, affordable opportunity for adults and children to stock up on summer reading materials.

The Friends of the Arden-Dimick Library is a volunteer community-based organization. Its dual mission is to advocate for the Library and to provide funding for books, materials, programs and library activities primarily through selling donated books.



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Wells Fargo Answers Sac Philharmonic Appeal

Wells Fargo Donated \$10,000 in Response to Sacramento Philharmonic Request for Help



Photo courtesy of Jasmin Iolani Hakes.

SACRAMENTO REGION – On April 12, the Sacramento Philharmonic launched a major campaign to bridge its funding shortfall. Board President and CEO David Nystrom announced that the Sacramento Philharmonic Orchestra, which completed its 15th concert season on Sunday, April 1, may be forced to close its doors at the end of the fiscal year, June 30, 2012.

If \$150,000 can't be raised by May 1, the Board may take action to dissolve the corporation. An additional \$150,000 would be needed by June 30 in commitments for the 2012-13 Season.

Response from the community included an immediate contribution by Wells Fargo on April 18 to support "See the Music, Hear the Art," a program for children in transitional housing, shelters

and hospitals that enables them to create art work inspired by listening to great works of music, both recorded and live.

Professional musicians from the Sacramento Philharmonic Orchestra perform at each site and interact with children and their families. In addition to introducing children to the beauty of live orchestral music, these musicians provide role models who can demonstrate the results of persistence and dedication.

Musicians encourage children to pursue their dreams and goals, especially education. The program has expanded over a three-year period and will culminate in an exhibit of the children's art at the Crocker Museum in the summer of 2012.

Board President Nystrom expressed the Philharmonic's

gratitude. "Wells Fargo has been a long-time supporter. We hope other businesses will follow their lead." In the first three days since the announcement of its funding woes, contributions of more than \$50,000 have poured in. Donors have mailed checks, contributed on line and telephoned to make contributions.

Media coverage in addition to public announcement have fueled interest in the future of the 15-year-old orchestra. Board Fundraising Chair Sandy Smoley smiled broadly, "We're so gratified and excited at the community response.

With such support continuing, we have strong hopes of reaching our goals." Keep This Valuable Resource in Sacramento Contributions can be sent to the Sacramento Philharmonic, 2617 K Street, Suite 200, Sacramento, CA 95816 and are tax-deductible as provided by law.

The Philharmonic is a Nonprofit Public Benefit 501 (c)3 organization. The Sacramento Philharmonic Orchestra Association, Inc. is the professional symphonic orchestra for the Sacramento region and receives support from a variety of regional and national sources, including the Sacramento Philharmonic Foundation, the James Irvine Foundation, Sacramento Metropolitan Arts Commission, the National Endowment for the Arts, Raley's, Wells Fargo Foundation, Target and numerous individuals, businesses and foundations.



Dr. Bob Graykowski



High fructose corn syrup (HFCS) is a hidden source of sugar in a plethora of foods. Opponents of HFCS uphold that wide spread use of the product is to blame for the rocketing rates of diabetes and obesity. European countries have even banned widespread production of HFCS due to health concerns. But HFCS is big business in other countries, including US and Canada. When consumers began questioning the use of this product, manufacturers became up in arms. One response is an aggressive marketing campaign launched by the Corn Refiners Association, which centers on television commercials positioning HFCS as a "natural" product that is health in moderation.

Is it Safe?

HFCS opponents argue that because HFCS is "hidden" in so many foods, many of which are marketed to children, it is difficult to limit its intake. What's more, they maintain that HFCS is not "natural," but instead a science experiment gone awry: one with deadly consequences.

Money over Health?

The beverage industry uses the most HFCS, followed by the manufacturers of processed food, cereal and bakery products. Even the dairy industry uses the sweetener.

HFCS's rise in popularity has more to do with economics than taste. First of all, it's cheaper to convert cornstarch into HFCS than it is to use cane or beet sugar. Second, it's easier to transport. And third, it has a longer shelf life. If HFCS was taken off the market in the US, it would throw the soft-drink industry into a tailspin, along with virtually every other food manufacturer.

Is it "Natural"?

Our office is wellness based and is concerned about the indiscriminate use of the term "natural." The HFCS marketing campaigns focus on promoting the product as "natural" because it is derived from corn. However, HFCS is synthesized by scientific technology called enzymatic processing. The product made its debut in the late 1960's when scientists developed a process that transformed dextrose

High Fructose Corn Syrup: Harmful or Not?

(glucose) from corn meal into a mixture of fructose and glucose. This process is not natural, rather it is one developed in the laboratory that involves multiple chemical processes. The Food and Drug administration does not regulate the use of the term "natural," so products labeled as such may still contain HFCS.

Does the Body Process HFCS Differently?

Complex sugars and carbohydrates are broken down in the digestive tract, transported to the liver and released into the bloodstream as glucose. In order for the body to convert glucose into energy, the pancreas needs to produce a corresponding amount of insulin. When the production of insulin consistently falls behind the ingestion of glucose, diabetes ensues. Those who are skeptical of HFCS argue that fructose and HFCS, on the other hand, are predominantly metabolized in the liver. Unlike glucose, they do not require insulin to be used by the body. This alternate route – straight to the liver – discourages fat cells' production of leptin, the chemical substance that lets your brain know you're full. Because fructose does not stimulate insulin secretion or enhance leptin production – both of which regulate food intake and body weight – "this suggests that dietary fructose may contribute to increased energy intake and weight gain."

"These findings are telling us that the liver is a key issue in mediating weight gain induced by excess carbohydrates."

Does the Brain Process HFCS Differently?

Critics of HFCS are also concerned that the brain may process it differently than other sugars, in a way that triggers overeating and obesity. For a recent study, scientists genetically altered mice to make them "sweet-blind," lacking a key component of taste receptor cells that enabled them to detect the sweet taste.

Bottom line: When the rats ate sugar, their brains registered the "reward" and told their bodies they were full. But this communication between brain and body did not function properly with the chemically altered HFCS. This study alone will further galvanize the scientific community to understand how higher cognitive centers in the brain control food intake and body weight regulation

Diabetes Link

Excessive HFCS consumption has been shown to induce insulin resistance and impaired glucose tolerance in animal models: both of which are linked to type 2 diabetes.

Obesity Link

What would happen if someone drank four, 10-ounce glasses of a HFCS-sweetened soft drink for three weeks? That's exactly what researchers hoped to determine when they asked 30 men and 30 women to do just that. Not surprisingly, both male and female volunteers showed significant increase in their caloric intake and a 2-10 % increase in body weight in only 3 weeks.

Added Source of Sugar

Even if researchers determine that HFCS is no more harmful to the body than table sugar, the fact remains that it is a significant source of "hidden" sugar in a vast array of foods. As a result, it's likely that allowing HFCS in our foods increases overall sugar consumption. And there is no argument that a high-sugar diet is associated with obesity, diabetes and other chronic diseases. There are currently no guidelines as to how much sugar – including HFCS – is too much of a sweet thing. The National Academy of Sciences' Institute of Medicine has found, however, that diets with more than 25 percent of caloric intake from added sugars (excluding those in fruits and vegetables) are associated with significantly depressed levels of the following essential nutrients: calcium, magnesium and zinc.

Learn More

If you or someone in your family has a weight issue or has a history of Diabetes we urge you to talk with your doctor about making the necessary dietary changes NOW. Based on the results, you can judge for yourself whether HFCS is guilty or innocent. I invite you to attend one of our Community wellness workshops to learn more about creating a healthy wellness lifestyle for more vitality. Call us today to schedule a consultation or join us at one of our life changing classes. To find out more information or set up an appointment please call (916) 973-1661. Learn more about our community office; find us on Facebook-Chiropractic-USA.

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Carmichael Cactus and Succulent Society

Meeting May 3rd at 10am

Carmichael Park Clubhouse, 5750 Grant Avenue, Carmichael
 Program: slide presentation by Norman Klein
 and a visit to his gardens

Questions 916-729-3475

Sacramento County DA Reports

Recent cases of interest

CASE: Douglas Elmore (04/20/12)

PROSECUTOR: Deputy District Attorney Charles Gonzalez

District Attorney Jan Scully announced today that Douglas Elmore was convicted by jury of first degree murder for the 2009 shooting deaths of Shawn Cope and Tammy Robbins. The jury also found true the multiple murder enhancement, and the personal use of a firearm allegation.

Elmore was sharing a home with his mother, both victims, and one of the victim's mother. On October 11, 2009, Elmore woke up early, walked into the living room, and shot both victims in the head as they slept on the living room floor. Elmore then meticulously covered up the evidence of the crime, and placed the victims' bodies in trash cans in the backyard, where they remained undiscovered for 12 days.

Elmore's mother saw Elmore leave the bedroom early that morning, heard gunshots shortly thereafter, and then found the victims lying dead with her son holding a pistol. His mother did not tell anyone what she had witnessed until after the bodies were discovered, when she then told sheriff's detectives.

Elmore faces a sentence of life in prison without the possibility of parole. Sentencing is scheduled for May 18, 2012 in Department 12 before the Honorable Judge Maryanne Gilliard.

CASE: Dena Marks (04/19/12)

PROSECUTOR: Deputy District Attorney Matt Chisholm

District Attorney Jan Scully announced today that Dena Marks was convicted by jury of attempted voluntary manslaughter, aggravated mayhem, and assault with a deadly weapon.

In December 2010, Marks and the victim were socializing at a friend's apartment when they began insulting each other. Marks left the room, returned with a knife, and started attacking the victim. Marks sliced the victim across the neck and face, creating a wound that required approximately 30 stitches and 10 staples to close. The victim's external jugular vein was also cut, leaving him disfigured.

Marks fled to her nearby apartment, where she tried to change her appearance by changing her clothes and removing her prosthetic leg. The victim and his brothers ran to a nearby convenient store and called 911. Quick response by Sacramento County sheriff's deputies led to the swift apprehension of Marks. Marks faces a sentence of life in prison. Sentencing is scheduled for May 11, 2012 in Department 24 before the Honorable Raoul Thorbourne.

CASE: Ryan Coma & Vietmy Nguyen (04/18/12)

PROSECUTOR: Supervising Deputy District Attorney Steve Secrest, Prison Crimes Unit

District Attorney Jan Scully announced today the felony conviction and sentencing of former Folsom State Prison Correctional Officer Ryan Coma and co-defendant Vietmy Nguyen for possession of marijuana for sale.

On August 22, 2011, Folsom State Prison investigators were following 30 year-old Officer Ryan Coma due to rumors of him smuggling drugs, tobacco, and cell phones into the prison. Coma was seen entering a vehicle belonging to Vietmy Nguyen, whose brother was an inmate at Folsom Prison. The investigators approached the vehicle, smelled marijuana, and ordered Coma and Nguyen out of the vehicle. Nguyen gave consent to search her vehicle, which was found to contain 2.7 lbs. of marijuana, 5 lbs. of tobacco, 2 oz. of heroin, 2 oz. of methamphetamines, 13 cell phones, uncashed money orders, and \$5,980 in cash.

Each defendant received 150 days in county jail, plus 5 years formal probation. In addition, they must register as a drug offender, and be subject to search and seizure night or day without probable cause. If either defendant violates probation, they could be sentenced to up to 3 years county jail prison under the new Criminal Justice Realignment Law. Coma had been a correctional officer for less than 5 years and has since been terminated by the California Department of Corrections & Rehabilitation.

CASE: CVS Pharmacy, Inc. (04/18/12)

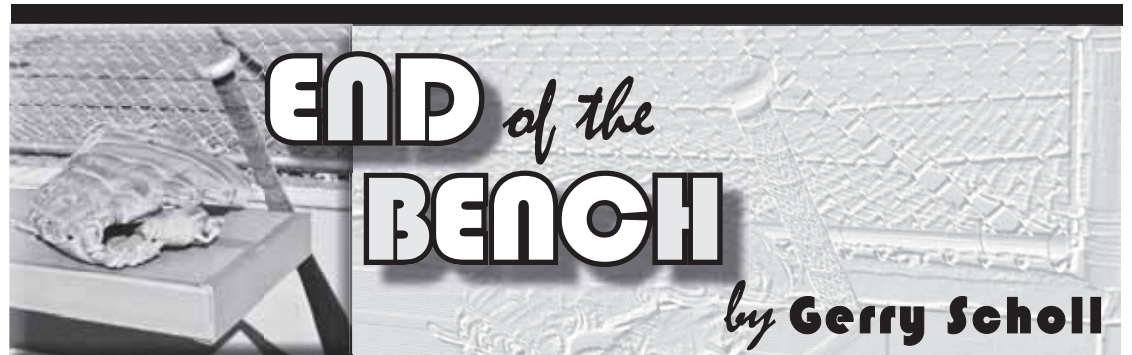
PROSECUTOR: Deputy District Attorney Doug Whaley, Consumer Environmental Protection Unit

Sacramento County District Attorney Jan Scully joins Ventura County District Attorney Gregory Totten and 42 other California district attorneys along with the city attorneys in San Diego and Los Angeles in announcing that a California judge has ordered CVS Pharmacy, Inc. to pay \$13.75 million as part of a civil environmental prosecution settlement.

The judgment is the culmination of a civil enforcement lawsuit filed in Ventura County against CVS for violating California laws pertaining to storage, pharmaceutical and pharmacy waste, photo waste containing silver, hazardous waste generated from spills, and customer returns of hazardous products. The alleged violations occurred over a seven-year period at hundreds of California CVS stores, pharmacies and distribution stores, including Long's Drug Stores that CVS acquired and converted to its brand. An investigation into a Connecticut CVS store brought the case to the attention of California regulators.

Ventura County began inspections of CVS stores, which led to inspections by regulators throughout California. CVS worked cooperatively with regulation agencies and district attorney offices throughout California to address the statewide law violations at CVS stores. As a result of the investigation and prosecution, CVS has taken proactive measures to ensure they properly store, handle and transport, and dispose of waste at proper facilities with appropriate records documenting compliance with lawful procedures.

The \$13.75 million settlement agreement includes penalties, costs, attorney fees, and supplemental environmental projects. The Sacramento County District Attorney's Office will receive \$62,500 in penalties and costs. The Sacramento County Environmental Management Department will receive \$290,000 in penalties and costs.



Stop Giving Me The Business

Over the past few weeks, personalities throughout the sports landscape have repeatedly made the point, "Sports is a business."

The idea has been bordering on becoming an incessant theme. Money talk seems to, eventually, infiltrate just about every story involving professional sports (not to mention collegiate and amateur sports).

Professional sports is a Jerry Maguire, "Show me the money," scene. It's a business, it's a business, it's a business...

Enough, already! Stop reminding me! I'm well aware of the facts. Stop grabbing me by the collar and slapping me around. I'm a regular guy, a lifelong fan, and I just don't know how much more of this I can take! Can't I just listen to the radio and watch on television without being beaten over the head with dollar signs? No?

I can't watch a Sacramento Kings basketball game without seeing the owners, the Maloofs, at courtside (give it up for the first guy who recognized that Maloof spelled backward is Foolam). That, of course, conjures up all the new-arena, off-again, on-again, off-again business. Calling the deal off over a three-million-dollar infrastructure contribution, or whatever... Sounds like some kind of nonsense, and certainly, some kind of noncommittal to the city. Couldn't one of the players pull that sort of spare change out of a pocket in his warm ups to cover that?

Catching a Kings game live at old Power Balance Pavilion is a pricey enough deal. What would it be like at a new arena? Right now, for a decent seat, parking and gas, a hot dog and a beer, it would be

somewhere around \$250 for a party of two. If I check the sales and bring my coupons, I could buy a whole lot of groceries for that.

There was a story in the San Francisco Chronicle about the plight of some ultra-long-time Forty Niner season ticket holders, who are getting squeezed out by the skyrocketing costs of remaining Faithful when the team's new stadium in Santa Clara opens. I really feel for them.

For many, many years I held onto the sports fan's dream of living in The City, being independently wealthy, and holding season tickets to the Giants and 49ers, and, even, the Warriors, Raiders and A's. Now, thoughts of attending any professional sporting event have been reduced to passing fancies.

Checking into the actual costs is so discouraging. I never take the initiative anymore. That last few times I've gone to any game, it has been when someone else approached me with an available ticket — free, great...or face value, okay and I don't have to pay to take someone else (sorry).

The best 9,000 tickets for the new 49ers will range from \$325 to \$375. But you will have to invest twenty to eighty thousand dollars in a "Stadium Builders License" first, for the "right" to pay the new high prices. I wonder if the Niners would accept a right arm or first-born child as a substitute? When so many old Faithful are reduced to watching their team on TV, they will become the new Resentful.

Maybe they will become hockey fans. To see the poor San Jose Sharks, unceremoniously ousted from the playoffs in the first round, a mid-range, regular-season ticket, parking and gas, and

amenities would only run around \$300 for two puck nuts.

Baseball, I guess, may still be the best bargain, depending on the team and where you are willing to sit. To see the recently more successful Giants, with their newer jewel of a stadium, AT&T Park, and oh-so "dynamic pricing," it would probably cost a little more than twice what it would take to see the A's in their football stadium.

I don't care to get too involved in following the money trails in the huge, multimillion-dollar contracts owners throw at the players these days, but it is annoying to hear talk-show folks say, "It's not my money." Was it just coincidence that my AT&T U-verse prices went up just as the contract negotiations for Matt Cain and Madison Bumgarner approached their peaks? I've never even had a Patxi's pizza, but I can't help but feeling like some of my hard-earned dollars are going straight into Cain's retirement fund.

So, I was watching some of the A's' 5-1 home win over Cleveland, Sunday. It was a beautiful day at the yard with a great crowd (24,049) for a change — looked like fun, and relatively cheap. I could have bought two good tickets in the \$25-35 range, parked in the East Bay and hopped on Bart with a sandwich. What a deal!

But the cameras spoiled the notion when they panned the stadium and showed Mount Davis blocking out the sun and all that foul territory stretching out for miles. And the team has little hope of competing. I should have gone to their season opener, when hopes are the very highest, but I couldn't afford a plane ticket to Japan.

Taekwondo Black Belts Go 'Green'

SACRAMENTO REGION – That's **Girl Scout green**, as **Black Belt instructors from Robinson's Taekwondo share the celebration of 100 years of positive values, healthy fitness and community service** shared by generations of American girls.

This Saturday, April 28, 2012 Girl Scouts from across the state will come to share their excitement at the **100th Anniversary of the Girls Scouts in America**.

Black Belt instructors from Robinson's Taekwondo will join them at **Cal Expo Saturday, 10am-4pm** as Scouts join together to have fun, share projects, find adventure and be inspired!

Thousands of young women will learn more about personal safety, self-defense and the healthy benefits of the worlds most taught martial art, Taekwondo. Black Belt instructors will perform safety



awareness drills and share simple self-defense techniques every woman should know on stage throughout the daylong event.

A wide range of events is expected:

- **Amaze:** Girls will delight in a variety of local entertainment including music, dancing, and performance art.
- **A World of Girls:** Girls will connect with different cultures and Girl Scouts from around the world.
- **Between Earth & Sky:** Girls will explore agriculture, the environment and environmental issues.

- **Get Moving:** Girls will discover energy and its relationship with the environment, nature, and ourselves.
- **Girltopia:** Girls will navigate the future and technology.
- **Media:** Girls will interact with different types of Media such as art, internet, photography, theater, TV, etc.
- **A World of Older Girls:** Girls thirteen and older will relax, enjoy and explore a world designed just for them.

Sponsored by Girl Scouts Heart of Central California, up to ten thousand parents and Girl Scouts are expected to share the "Girl Scouts 100th: Celebrating Green Forever" Centennial Anniversary in Sacramento.

For more information on Girl Scouts visit call 916-452-9181. For more on Robinson's the first family name in martial arts, visit www.robsonstkd.com.

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 interest rates.
- 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 loans are eligible. I can look up this information for you in a matter of minutes.
- 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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MAY 2012 ACTIVITIES

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Sun Seekers

Enjoy a guided hike into the Effie Yeaw Nature Area to see if any reptiles are basking in the spring sunshine and learn basic safety guidelines when observing snakes and lizards. Meet one of the Nature Center's resident snakes up close. All ages welcome.

Saturday the 5th at 10:30AM

The Lost Ladybug Project

Citizen Science for Kids and Adults - Did you know that all ladybugs are NOT the same? Learn about common ladybugs in our area and become part of the monitoring team that helps scientists across the US. Join "Bee-ologist" Julie Serences for a 15-20 minute talk about Ladybugs (beetles!) and, depending on conditions, go searching for them in the Nature Area. Fun and educational for all ages. No equipment needed.

Sunday the 6th at 1:30 PM

Abalone Necklace Making

Join us in the replica Nisengan Maidu village to polish your own abalone shell piece for a necklace.

All ages are welcome; children will need assistance from an adult.

Saturday the 12th at 10:30AM

Mother Nature Stroll

Celebrate the beauty of spring with a delightful guided walk through the Nature Preserve on Mother's Day. You may want to bring your binoculars (or borrow some from us). All ages welcome.

Sunday the 13th at 1:30 PM

Binoculars for Beginners

Learn from the Experts! What do all those numbers mean? Which type is best for you? Why do some cost more? What about spotting scopes? Jim and Marilyn Rose of Discount Binoculars (Mendocino, CA) will share their 30+ years experience and dozens of models for you to try out and choose which is best for you. Scopes and binoculars available for testing from 10 am – 5 pm.

Saturday the 19th

The Best of the New Optics - for Birdwatchers by Birdwatchers

Jim and Marilyn Rose will present on new binocular models

and answer your questions at 11:30am. Presentation is free and suitable for all levels of birdwatchers and binocular users. Dozens of models will be available to field test in the preserve from 10 am - 3 pm. The best way to test optics for birding is to GO BIRDING!

Sunday the 20th

Wet and Wild Pond Animals

Splashing, skimming, swishing, and swimming—what are all those creatures in the water? Meet an aquatic garter snake and learn about the other aquatic critters found near ponds and rivers. All ages welcome.

Saturday the 26th at 10:30AM

Under the Oaks

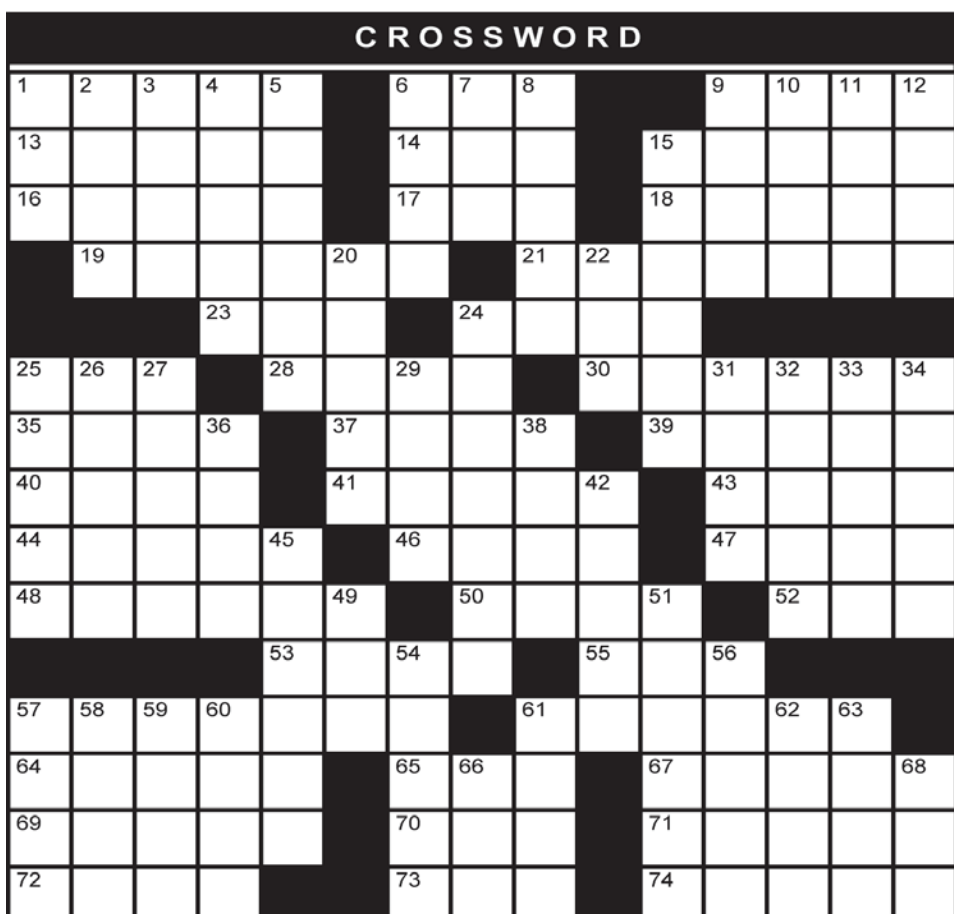
Our mighty oak trees provide food and shelter for many animals and insects. Learn how to identify the three species of oak trees found in the Nature Preserve, and who may be living in them. All ages welcome.

Sunday the 27th at 1:30 PM



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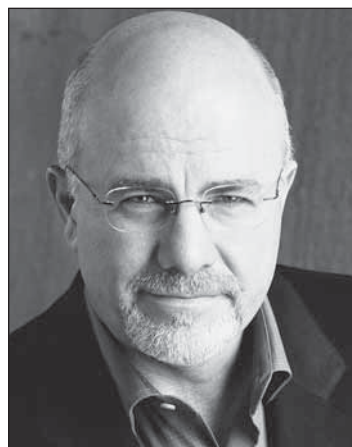


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CLUES

- ACROSS**
- 1. Gain access to, 2 words
 - 6. "1965's "Get ___ My Cloud"
 - 9. Benedict XVI, e.g.
 - 13. African antelope
 - 14. Equal to 10 liters
 - 15. Was furious
 - 16. "Happy Endings" actor Adam
 - 17. CSI evidence
 - 18. Stand on end
 - 19. Chews out
 - 21. "Famous for her "Umbrella"
 - 23. Likewise
 - 24. "...partridge in a ___ tree..."
 - 25. "Madonna's controversial garment
 - 28. Viking writing symbol
 - 30. Interstellar cloud
 - 35. "A River ___ Through It"
 - 37. Cause of Titanic's demise
 - 39. Like a mad dog
 - 40. "Do ___ others as you would do..."
 - 41. Tennessee footballer
 - 43. "Aguilera and Carey can hit a high one
 - 44. Yuletides
 - 46. Winter Olympic event
 - 47. "Charlie and the Chocolate Factory" author
 - 48. Army's offensive, pl.
 - 50. Remote Automated Weather Station
 - 52. Used at start of new hole
 - 53. Unstressed-stressed pattern in poetry
 - 55. Pig's home
 - 57. "If she "were a boy..."
 - 61. Road less traveled
 - 64. In the midst
 - 65. ___ and feather
 - 67. EU money, pl.
 - 69. American poet James Whitcomb ___
 - 70. Geological period
 - 71. Narrow mountain ridge
 - 72. Benevolent and Protective Order of ___
 - 73. "The ___ Hot Chili Peppers
 - 74. "She wakes up "in the morning feeling like P. Diddy"
- DOWN**
- 1. As opposed to Gross Domestic Product
 - 2. Unfledged hawk
 - 3. Bath powder
 - 4. Administer
 - 5. "'You belong with" her?"
 - 6. Betting probability
 - 7. "Belleiber, e.g.
 - 8. Bell-bottoms bottom
 - 9. Between larva and adult
 - 10. Sign of something to come
 - 11. Philadelphia's Ivy League member
 - 12. Cocoyan, e.g.
 - 15. Hitler, e.g.
 - 20. "No ___ about it"
 - 22. 007 creator
 - 24. Throw out of kilter for ya"
 - 25. "He'd "catch a grenade for ya"
 - 26. A sentence that goes too long
 - 27. Poker stakes
 - 29. First man on the moon
 - 31. "E Street ___
 - 32. Lusitania's destroyer
 - 33. Gracefully slender
 - 34. "She "could have had it all rolling in the deep"
 - 36. Worn from walking
 - 38. "She "was born this way"
 - 42. Gossipy
 - 45. Scrooge-like
 - 49. Cul de ___
 - 51. Mean characteristic
 - 54. Approximately 1.094 yards
 - 56. "James Blunt: " ___ Beautiful"
 - 57. " ___naked Ladies, band
 - 58. Short for Emilia
 - 59. Nutrition of an embryo
 - 60. Dollar bills
 - 61. Half of Brangelina
 - 62. Greek god of war
 - 63. Shakespearean "does"
 - 66. "We ___ Marshall"
 - 68. "Under the boardwalk, down by the ___"

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 best-sellers – *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.

Unity is the key in money and marriage

Dear Dave,
Does it matter whether it's the husband or the wife who keeps the checkbook and pays the bills? Lots of people say that kind of thing is the man's job, but I was curious about what you think.

- Daniel

Dear Daniel,
I don't think it matters one bit, and here's why.

In each family there's a nerd and a free spirit. The nerd is good at keeping track of things and putting everything in its place. The free spirit is just the opposite. They are not detail-oriented. Now, this doesn't make them irresponsible or mean that they don't care. It's just that they aren't blessed with a gift for administration. They want things to be good and right just as much as the nerd, but they don't necessarily get a rush when the checkbook balances out.

Just because the nerd keeps the checkbook doesn't mean he or she gets to make all the financial decisions, either. In a marriage, those decisions should be made together with input from both the husband and wife. Remember, God didn't unite some kind of joint business venture. He made you as one – together. When you

Dave Says

do a budget each month, you should both sit down and come to a mature, reasonable and respectful agreement on where the money's going.

So, when it comes down to the act of keeping the checkbook, I think whoever is the more organized of the two should handle this duty. But if you include these other principles, you'll experience more unity in your daily lives together and have better communication in your marriage!

- Dave

Mixing friends and business

Dear Dave,
I just began a business with a friend as an LLC partnership. I know he's honest and a hard worker, but I'm still a little scared that everything will fall apart and we'll walk away mad at each other. We used a CPA to get a tax ID number and help us set up the company. Do you think we should pay a lawyer to help us map out the partnership agreement in writing?

- Mike

Dear Mike,
Drawing up a written partnership agreement may be the only shot you'd have at walking away from this venture with your friendship still intact. But I don't think you need to hand

some lawyer a bunch of money to make it happen.

Chances are, your new business doesn't need that level of detail. All you need is someone to help you draw up a template that answers all the "what if" questions. This template can be as simple as a list of all the things that could go wrong and the answers to those scenarios. These would be things like death, disability, moral failure, bankruptcy, etc., and what happens if any of these occur.

You know, there are hardly ever problems in a business venture when everyone's happy and making piles of money. But it can get rough if you begin to disagree over the direction the company is taking. Or, what if personal issues make you decide you don't want to be in business with the other person anymore?

It's easy to go all pie-in-the-sky over these things, but you have to make plans for any and all of the worst outcomes, too.

- Dave

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



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

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For Solution See Page 7.

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ADVERTISE Your Truck DRIVER JOBS in 240 California newspapers 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 A 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. www.cncpa.com or (916) 288-6019. (Cal-SCAN)

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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)

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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)

Cars for Sale

Get Century Link High Speed Internet! ONLY \$14.95/mo. 12 mos. SAVE & Bundle your home Phone. Limited Time CALL NOW! 800-257-1431 (NANI)

Computers

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

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CHIMNEY CLEANING SPECIAL FAST * CLEAN * EFFICIENT Friendly Service No Mess Guaranteed 15 Years Running (916) 752-6762 Bus Lic # 103881 (MPG 03-31-12)

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

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Wanted

FOREMAN AND TECHNICIANS to lead Utility Field Crews. Outdoor physical work, many positions, paid training. Foreman \$17,000-23,099/hr and Technicians \$16,727/hr., weekly performance bonuses after promotion, company truck and benefits. Must have strong leadership skills, good driving history and able to travel in California and nearby States. Email resume to Recruiter1@osmose.com or apply online at www.OsmoseUtilities.com. EOE MF/DV. (Cal-SCAN)

Counseling

Affordable sliding scale counseling. Licensed staff. Cash only. Children, couples, families. (530) 888-7958 (MPG 06-01-11)

Credit Card Relief

Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save you thousands of dollars! Call CREDIT CARD RELIEF for your free consultation 1-888-505-1183 (MB 12-31-12)

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Financial

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

For Rent

4 Bed 2Bath home for rent at 2380 Coolidge Way Rancho Cordova. Rent is \$1300. \$1400 deposit. Call 530-306-7005. (MPG 04-30-12)

Gardening Classes

Room for rent in Antelope area. Use of kitchen, laundry, BBQ, patio. Close to Winco. Walgreens. Call Fran 916-410-1949. (MPG 02-08-12)

Health & Beauty

Veggie Garden Classes in Feb. See waymesherbs.com for class schedule and info. (MPG 02-08-12)

Home Sales

2600 Coolidge Way Rancho Cordova. Rent is \$1300. \$1400 deposit. Call 530-306-7005. (MPG 04-30-12)

Home Services

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HOUSEKEEPING. 15 Years' Experience. Honest, Reliable. Move in/out. (916) 420-6413 - Helen (MPG 05-31-12)

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PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Landscaping

Affordable Landscape Service Clean-ups & Makeovers! Main-tenance starting at \$60/mo. Dependable family business. Lic. # 887351. 916-338-2001. sacyards.com (MPG 09-08)

Legal Services

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Medical Supplies / Equipment

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellgardengard.com or c/o Randy for info at 454-3430 or 802-9897 (MPG)

Medical Services

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Miscellaneous

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Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02641. Joseph L. Breton and Julie A. Breton, both of 7004 Brayton Ave., Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Renovation Realty Solutions; Renovation Realty" 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

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 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, 2012. David I. Brown Judge of the Superior Court Publish: April 11, 18, 25, May 2, 2012. PORTAL 120402 5-2-12

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, 2012. 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 "SJA Care And Cleaning" at 8747 Blythe Ave., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 11, 2012. Publish: April 18, 25, May 2, 9, 2012. SIACAR 120403 5-9-12

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 Business Name "North Area Physical Therapy and Aquatic Therapy" at 476376 El Camino Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 22, 2012. Publish: April 4, 11, 18, 25, 2012. NORTHVA 120401 4-25-12

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: Dagvadgorj Bayarsaihan and Batmadakh Chojin are applying to 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 #FBNF2012-033161. 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 on April 9, 2012. 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 Business Name "Providence 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, 2012. PROVID 120403 5-9-12

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 5-2-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03274. Todd Perrins, 105 Tuscan Ct., Roseville, CA 95661 and 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, 2012. BLACKB 120403 5-9-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01596. Consortium of Business Continuity Professionals, Inc., 10 Nellis, Sacramento, CA 95835 is doing business under the Fictitious Business Names "Tech Continuity; Continuity Planning for Business; TechNuity; TechNuity; 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, 2012. TECHCO 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 10, 2012. David I. Brown Judge of the Superior Court Publish: April 18, 25, May 2, 9, 2012. GARCIA 120403 5-9-12



Carmichael Chamber of Commerce

Carmichael Chamber Board Meeting Tue, May 8, 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. 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

Carmichael Chamber Luncheon Tue, May 22, 2012 from 11:30am - 1:00pm @ Cypress Avenue Baptist Church Luncheon meeting is held in the Education 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 for members with reservations, and \$23 for non-members and members without reservations. Please go to website to register by Sunday, May 20.

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

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Lungren Supports Bill to Help Small Businesses Expand

WASHINGTON DC – On April 19th, Congressman Dan Lungren (R-Gold River, CA) voted to help small business expand and hire more workers. The Small Business Tax Cut – H.R. 9 – passed the house by a vote of 235-173. After the vote Congressman Lungren gave the following statement: "In this economy, we need to do everything we can to help owners of small business.

The vote adds to a long list of pro-growth jobs bills that I have supported to help move our economy forward. One of the best ways to improve our fiscal situation is to get people working and provide an environment that instills confidence in employers to the point that they make new hires.

The non-partisan Joint Tax Committee estimated that this

bill will benefit over 22 million small businesses across America. According to the Small Business Administration, office of advocacy, California has 691,479 small businesses with between 1-500 employees. That is roughly 6.5 million people. I will continue to vote for legislation that supports this important engine of growth in our state and across the country."



A Film Review by Tim Riley

Riley Reviews

A SHOT TO THE HEART FOR ROMANTIC DRAMA "THE LUCKY ONE"

Logan spots a photograph sticking out of the rubble during a fierce battle scene. Stooping down to pick it up saves his life from a nearby explosion.

The unidentified photograph of a pretty blonde becomes his talisman, a good luck charm that Logan carries everywhere, even back home to Colorado.

Determined to locate the mysterious woman, Logan sets out on foot with his dog and ends up in Hamden, Louisiana in search of the woman who identified by locals as Beth (Schilling). You may wonder, as did I, why he just didn't take the Greyhound bus.

Beth, along with her sassy grandmother Ellie (Blythe Danner), runs a family-owned kennel. Showing up at her door, Logan meets Beth, but is unable to tell her about the photo and instead takes a menial job at the kennel.

Now you may wonder, as did I, why he just didn't announce the true purpose of his unexpected arrival. Of course, she would have gracefully accepted his gratitude and maybe shared a few stories. The movie could have been over in less than a half-hour.

Because Logan fails to explain himself, Beth instinctively distrusts the mysterious stranger. Moreover, her life is complicated by divorce from local deputy sheriff Keith (Jay R. Ferguson) and a struggle over custody of their young son Ben (Riley Thomas Stewart).

There are no surprises in "The Lucky One," and thus over a period of time Beth warms to Logan, seeing how he is good with animals and especially with her son. Of course, grandma Ellie drops occasional words of encouragement or wisdom. That's why Blythe Danner is in this film.

Still, there's the lingering problem of Logan holding back the secret of the true reason he ended up in Louisiana. As the romantic

connection between Beth and Logan inevitably unfolds, the unrevealed confidence remains the nagging impediment.

Unavoidably, "The Lucky One" will pursue some important questions. Will brutish sheriff Keith get drunk and threaten someone? Will Beth get mad when she finds out about the photo? Will your popcorn go stale before the end credits roll?

The question you may want to ask yourself is whether this is the right movie for you. In the end, it won't matter what grumpy critics think. A Nicolas Sparks-inspired film has its ready audience.

TCM CLASSIC FILM FESTIVAL

What is the golden age of Hollywood? The answer is subjective, depending on the taste of a varied audience clamoring to see great films on the big screen.

The recent TCM Classic Film Festival provided a lot of opportunities for film buffs. Thankfully, there will be a fourth annual festival around this time next year.

One of the biggest highlights was "How the West Was Won" being screened in the wide-screen Cinerama format. Fan favorites like "Casablanca" and "Singin' in the Rain" got the star treatment at the fabled Grauman's Chinese Theater.

One treat was getting to see the still beautiful Kim Novak introducing the classic Alfred Hitchcock "Vertigo." Mind you, Novak made this great film in 1958.

I particularly enjoyed seeing Mel Brooks introduce "Young Frankenstein." He told the story of how Gene Wilder was a last minute replacement in "Blazing Saddles" and that during the filming the two of them came up with the story for "Young Frankenstein."

The festival also featured some great film noir, including "Cry Danger," with an appearance by star Rhonda Fleming, and "Gun Crazy," with co-star Peggy Cummins.

British actress Cummins left Hollywood in 1950, and the TCM festival marked her visit in 62 years. It was great to hear her tell stories about a bygone era.

Film buffs should make every effort to attend next year's TCM Classic Film Festival, which keeps getting better.

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FREE LUNCHEON SEMINAR
 "The Privilege of Planning"

Choose One Of These Dates
 Wednesday, February 29, 2012 – 11:30 a.m. to 12:30 p.m.
 Thursday, March 29, 2012 – 11:30 a.m. to 12:30 p.m.
 Thursday, April 26, 2012 – 11:30 a.m. to 12:30 p.m.
 Seating is limited to 30 attendees per seminar

St. Francis Community Hall,
 6700 Verner Avenue, Sacramento, CA 95841
 (1-80 @ Greenback)

Presenter: Josh Tuttle
 General Manager
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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

HEALTH FAIRE

April 27, 2012 • Friday, 8-11am
 ❖ 50+ Vendors ❖ Health Screenings
 ❖ Door Prizes
972-0336

MISSION OAKS COMMUNITY CENTER

Extended Tours
 • Canadian Rockies, Glacier National Park July 28-August 4, 2012 • \$2,999 pp double
 • Russian River Cruise September 3-12, 2012 • \$4,099 pp double
 • Washington DC October 10-16, 2012 • \$2,329 pp double

Luxury Motorcoach
 • Feather Falls Casino Monday, May 7 • \$15 /person, \$12 cash back/ \$3 food coupon
 • 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.

FREE TRAVEL SHOW

NEW TOURS FOR 2012-2013
 Wednesday, May 25, 10am
972-0336

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SWANSTON COMMUNITY CENTER

Lincoln Coffee Factory • May 4 • \$20
 Cal-NeV • May 10 • \$22
 River Cats • May 15 • \$35
 Amador Wineries • May 24 • \$20
 Lodi Senior Faire • May 31 • \$22

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 Registration Hours:
 8:30am–4pm Monday-Friday
www.morpd.com

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 4701 Gibbons Dr., Carmichael CA 95608
SWANSTON COMMUNITY CENTER
 (916) 333-6464 • Fax (916) 488-4349
 2350 Northrop Ave., Carmichael CA 95825

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.

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.

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.



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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.

California Certified



Come join us for our Farmers Market at beautiful Carmichael Park with 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 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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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!

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

Art/Craft Vendors Welcomed Quarterly

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 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!

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

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Event Schedule

April 24 - May 5, 2012 Friday Morning Figure Group Show
May 8 - 26, 2012, Painting Where the Wild Things Are

June 5 - 23, 2012 Textiles Show
June 26 - July 14, 2012 NCA Membership Show, "Inner Views"

"Celebrating the Figure"

Featuring drawings, paintings and sculpture by the Friday Morning Figure Drawing Group
April 26-May 5, 2012

"Open Studio, Open Mic and Open Movement Evening"

Saturday, May 19, 5:30 pm to 8:30 pm.
Open Poetry Mic, Dancers, Live Model for Artists.
Food and refreshments.
(\$5.00 donation fee for drawing or painting to help pay the model/dancers.)
Image: Mendy Bates



Focus on Fibers

Sacramento Fine Arts Center Mustard Seed School Benefit
June 16, 2012 • Saturday 11:00 AM - 5:00 PM

Be a part of a group to support the needs of children of the homeless.
For Admittance, Bring one or more of the following:
Pack of Paper Towels, Shoes (boys & girls ages 3 - 15), Children's Socks (size s, m), Chapstick, Mouthwash, Deodorant, Sunscreen, Sturdy Backpack, Bicycle Helmet, Bottle Water, Art Supplies - white shirts (all sizes), beads, finger paints.
Receive a ticket to Win a piece of art. Drawing at 4:30 PM. You do not have to be present to win. Spend the afternoon viewing artwork by children from the school. Have an opportunity to buy some cards made by the children and enjoy some refreshments & the Fiber Arts Show!

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

THE 63RD ANNUAL 2012 Fair Oaks Fiesta Days

MAY 5 - 6

In Fair Oaks Village

10224 Fair Oaks Blvd. (Off Sunrise & Winding Way)
Information www.fairoakschamber.com (916) 967-2903

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Theme:
Cinco de Mayo

May 5th & 6th
Children's Park
Food Vendors • Children's Games
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Toilet Bowl Race

Saturday May 5th
10:00 a.m. **Parade**
FREE Parking & Shuttle
Sunrise & Winding Way

Sunday May 6th
Classic Car Show
9:00 a.m. - 3:00 p.m.

Sunday May 6th
Sun Run
Registration at 7:00 a.m.
Race begins at 8:05 a.m.



Sponsored By The Fair Oaks Chamber Of Commerce and the Fair Oaks Recreation & Park District

If you or your organization is interested in participating, applications are available at the Fair Oaks Chamber Office, 10014 Fair Oaks Blvd, or by calling 967-2903.

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**FAIR OAKS CEMETERY
MEMORIAL DAY
AND AVENUE OF FLAGS
CEREMONY HONORING
CIVIL WAR VETERANS**

The Fourteenth Annual Memorial Day Ceremony will be held Saturday, May 26th, 2012 at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Tom Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren "Bud" Turner.

There will be a Color Guard and Rifle Salute team from Civil War Member Organizations.

Also a ceremony of the laying of the wreath at the memorial in honor of over sixteen hundred veterans who are buried in the cemetery.

The cemetery will be decorated with hundreds of flags lining its roadways as "The Avenue of Flags." We will be adding more names to the Veterans Memorial Wall.

The Fair Oaks Historical Society and Orangevale/Fair Oaks Grange will provide complimentary refreshments after the ceremony.



**More information will be coming
as we finalize the Speakers.
916-966-1613**

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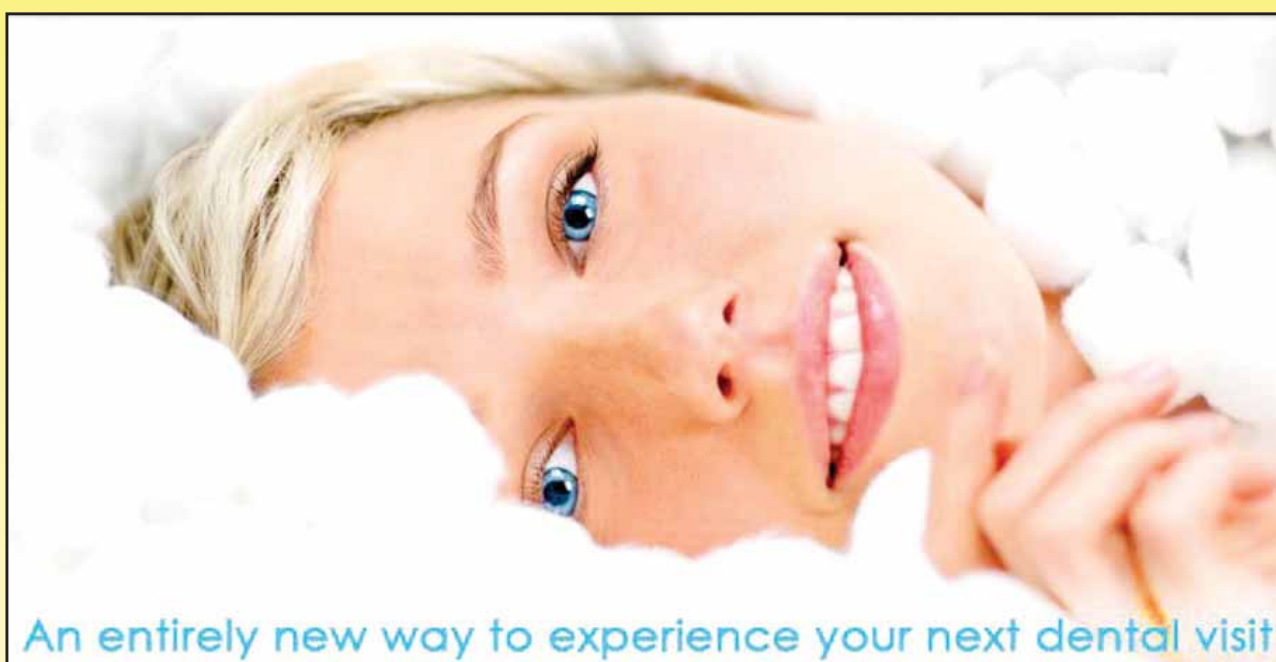
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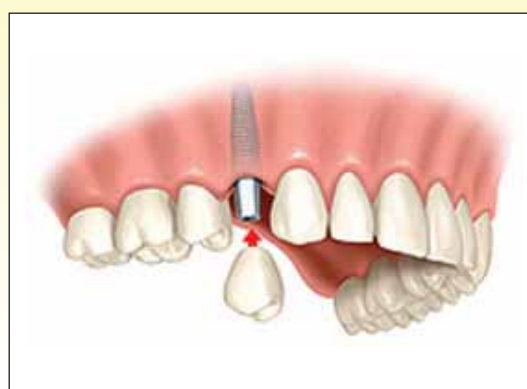
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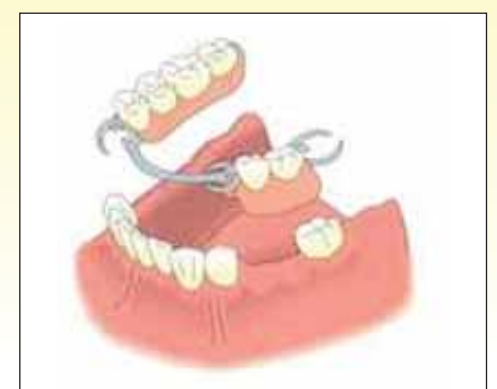
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ARDEN PLAYHOUSE

Who do You Cast in Star Wars: The Play? A Pair of Feuding Hollywood ...Legends!

By James Kirkwood • Produced by special arrangement with Samuel French, Inc.



As the police officer (Gene Haslett) tries to figure out who is responsible for all the damage to the apartment, former movie stars and lifetime enemies Leatrice Monsee (Patty Thiel, left) and Sylvia Glenn (Barbara Messmer, right) are about to go at each other again, oblivious to the effect some strange brownies are having on producer Martin Klemmer as the maid, Aretha Thomas (Betty Cummings) realizes what is about to happen in the Arden Playhouse production of LEGENDS! Photos by Michael Messmer.

See what happens when two aging movie stars, who hate each other with a vengeance, are forced to work together in a new Broadway play. Sacramento community theater veterans Barbara Messmer and Patty Thiel make the wigs fly in this hilarious play. Joining them are Betty Cummings, Scott Plotkin, Gene Haslett, and Keith Goings in this finely written comedy by James Kirkwood, the author

of *P.S. Your Cat Is Dead* and *A Chorus Line*. *Legends!* is a story about bitter rivals. They have stolen roles, Oscars, and husbands from each other over their long association. Now, due to personal circumstances, they are brought together to cooperate on a Broadway project offered to them by a seedy producer whose only show of note is an off-Broadway hit called *Craps!* Eager beaver

producer Martin Klemmer, a wheeler-dealer if ever there was one, has uncovered a terrific commercial script – *Star Wars: The Play*. Since he has produced only one Off-Broadway project, Martin's phone calls are not being returned by the powerful Broadway magnates capable of getting this play to the Great White Way. Martin needs names, names like film legends Sylvia Glenn and Leatrice Monsee,

for the leads. If Martin can sign them, he can get the money. Unfortunately, they hate each other. Will Martin be able to resolve this titanic dilemma? Will *'Star Wars: The Play'* hit the big time? And, if Sylvia and Leatrice do agree to appear together, will Paul Newman sign on, too?

Legends! is directed by Blake Flores. Blake has been acting, directing and producing in local community theater for over thirty years. He began his directorial endeavors in 1987 with the Volcano Theatre Company's production of Fred Carmichael's *Done To Death*. He has since directed over 30 local productions, including Jack Sharkey's *Who's On First?* at Big Idea Theatre, which he co-founded in 2003. Most recently, he has directed *Oatmeal and Kisses* at Arden Playhouse.

Legends! opens on Friday, May 4, 2012 with performances on Friday and Saturday nights at 8pm through June 16. Sunday matinees are at 2pm on Mother's Day, May 13 and May 27, 2012.

All tickets are \$15 with a reservation and \$18.00 at the door. (Cash or check only.)

Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

DWR Increases State Water Project Allocation to 60 percent

SACRAMENTO – The Department of Water Resources (DWR) today estimated it will be able to deliver 60 percent of requested State Water Project (SWP) water this year. This is up from the 50 percent delivery estimate – or allocation – announced on February 22.

Originally, DWR projected in November that it would be able to supply 60 percent of the slightly more than 4 million acre-feet of SWP water requested, but a dry December, January and February dropped that figure to 50 percent. The increase is due to an unusually wet March and higher-than-average reservoir storage carried over from last winter. "This is good news for our water supply as we approach summer's peak-demand period," said DWR Director Mark Cowin. "But we must remember that we still had a dry winter despite a partial recovery in March, and we need to be prepared for a potentially second consecutive dry year in 2013, when reservoir storage would be reduced." A 60 percent allocation is not unusually low.

Wet conditions last year allowed the SWP to deliver 80 percent of the slightly more than 4 million acre-feet requested by the 29 public agencies that supply more than 25 million Californians and nearly a million acres of irrigated farmland. An acre-foot is 325,851 gallons of water, enough to cover one acre to a depth of one foot. The final allocation was 50 percent in 2010, 40 percent in 2009, 35 percent in 2008, and 60 percent in 2007.

DWR's precipitation gages covering this area recorded an impressive 130 percent of average rainfall in October, but only 43 percent in November, four percent of average in December, 84 percent of average in January, and 38 percent of normal in February. March, however, came in at 228 percent of normal.

Water content in the statewide snowpack is only 68 percent of normal for the date, whereas the reading in the northern ranges is 101 percent of normal. Reservoir storage remains high, largely due to carryover from last winter.

Better Your Business Skills

FAIR OAKS – Fair Oaks Chamber of Commerce announces monthly "Better Business Skills" meetings, beginning Monday, May 14th, at The Village Bistro. 8:30 – 10:00am. Meetings will take place on the 2nd Monday of every month. So mark your calendar!

Cost (including delicious coffee, juice and pastries) is \$20.00.

Each meeting will focus on one specific topic, hosted by Pete

Schroeder, Chamber Program Director and Certified Business Coach. The topic of May's meeting is "5 Keys That Will Make A Difference In Your Business."

The format of the meetings will be interactive.

Future topics will be determined by the participants. No registration necessary – just stop by and grab a chair! Limited seating, however! The Village Bistro can accommodate 36.

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