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Carmichael Times

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May 2, 2012

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Seeds of Love in Bloom



Seven months after scattering thousands of wildflower seeds during Jan Park's opening festivities, Barrett Hills Neighborhood children enjoy the results. The Seeds of Love (SOL) project will continue with further flower dispersal this fall. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

As you sow, you reap. The Biblical proverb has lately sprung to life for children in Carmichael's Barrett Hills neighborhood.

Kids, parents and visitors are delighting in a bumper crop of wildflowers at Jan Park. Lining walkways and dotting meadows

with kaleidoscopic hues, volunteer blossoms were last fall augmented by seeds scattered during the reserve's opening day celebrations. Seeds Of Love (SOL) is the ongoing project that encourages children to "own" their own park by contributing to its beautification. "It's wonderful for the park's future to keep children involved," says SOL organizer

Victoria Ralston. "Flowers are like children – fresh, young and always growing – their innocent faces remind us of flowers, turning to the sun."

The Hedgerow Farms of Williams, Ca. donated seeds for the 2011 opening day. Hundreds of packets contained species native to Northern California: clarkia, daisies, clovers and

lupines. Added to the wild rhubarb, blue-eyed grass and purple vetch already established at Jan, a massive wildflower crop responded to April rain and sun. Hundreds of butterflies are a fluttering bonus; birds and honeybees also rejoice in the nectar buffet.

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Wage Reductions, Furloughs and Layoffs More the Rule These Days

SACRAMENTO REGION – The Sacramento Public Library Authority Board voted Thursday, April 26 to unilaterally implement its best offer on library workers represented by International Union of Operating Engineers Local 39. This action follows five months of negotiations in which the Library sought wage concessions and furloughs. Those negotiations reached an impasse on February 28, 2012.

Three furlough days are slated between now and the end of June 2012. Under the Authority Board's April 26 decision, no more than 12 furlough days per year may be imposed in the next two fiscal years. The remaining changes in the Authority's implementation start on July 1, 2012. For example, on a phased-in basis, employees will be required to pay their full contribution to retirement. A second tier retirement benefit was also approved for new employees.

Twelve furlough days per year equates to approximately a four-percent wage reduction. "Wage reductions, furloughs and layoffs are unfortunately more the rule rather than the exception in public employment these days," observed Library Director Rivkah Sass. Most of the members of Local 39 working for the City of Sacramento, for example, were required to take 12 unpaid furlough days over the past two fiscal years.

"We saw furloughs as being far preferable to the alternatives of layoffs and service reductions," Sass said.

The furloughs the Library is implementing will allow the Board to defer or avoid layoffs of 17 staff and the closure of at least three library branches.

"We don't take this decision lightly, but we needed to avoid an action that would have devastating consequences on both the users and the employees of the library," said Sacramento Public Library Authority Board Chair, Sophia Gonzalez-Scherman. Closing library branches, she noted, would also deprive affected communities of vital connections to information, the Internet, resources for children, and free family programming. Starting July 1 of last year, the library's management team accepted more concessions than the Board is asking of Local 39. Library managers have accepted an increased contribution requirement for their retirement; reduced paid time off; and five unpaid furlough days between March 30 and June 30. The furloughs alone amounted to about a 5.5 percent wage reduction.

Sass and Gonzalez-Scherman expressed their gratitude for the hard work of employees during tough times. "The majority of our front-line staff have been incredibly supportive over the last three years as we have dealt with significant revenue reductions and increases in service demand," said Sass. "We are asking their union to work with us, just as Library management and the vast majority of public employees around the city, the county and the state have already accepted furloughs as a means of preventing Draconian service cuts."

"These days shared sacrifices are needed to maintain quality library operations and to abide by our duty to our constituents," Gonzalez-Scherman said. "In charting our course with diminished resources, we have to remember that at the end of the day, we all work for the same people."

Woody Boyd, Guitar Man



Woody Boyd, Master Luthier. His experience and expertise are founded in his musical roots. Photo by Julie Parker.

By Julie Parker

"The guitar is a super-charged, portable piano," says Woody Boyd, Master Luthier. "A piano has 88 keys, but a guitar has 134. Plus, one note on a piano can't be found anywhere else. On a guitar, I could find it 12 more places."

He should know. His experience and expertise are founded in his musical roots. His mother played piano, organ, clarinet; his grandfather played saxophone, and organ, and was a composer for the Cleveland Philharmonic Orchestra. Boyd not only played guitar at a young age, but also

delved into the brass section—French horn, tuba, Sousaphone, trumpet, and flugelhorn. "I got A's in music, and bad grades in everything else."

As a high school freshman, he began teaching guitar at the local music store. That led to his first paying gig at Woodland's first

art gallery, which later segued into a 30+ year career as a luthier (repairs stringed instruments).

"The guitars that stand out for me are the pre-World War II Martin acoustics. They have a sound that, in conjunction with age and playing, is nirvana."

Boyd says the most challenging guitars to repair are those created in the 1920s and 1930s. "There was no reinforcement inside the neck. It was all wood. There's a metal bar now, and in some cases, a torsion bar, so you can make adjustments. Over time, the woods wants to bow, and the neck starts to come forward of about 150 psi. So, we have to remove the neck, re-cut the angle, and put it back on. The last one was valued at close to \$500,000. There was a lot of glue used, so we drilled some microscopic holes, injected steam, and slowly steamed the glue to get it off. It's labor intensive."

Before it was added to the endangered species list, Brazilian rosewood was commonly used for guitars. (Although Gibson Guitars has been raided twice by the federal government for alleged illegal timber harvests, it has not been officially charged.) Today's guitars are typically built with "smart woods," such as cherry, American mahogany, and sapele.

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Seeds of Love in Bloom



A swallowtail butterfly slurps spring nectar from winter vetch at Jan Park. Photo by Susan Maxwell Skinner.

Continued from Page 1

Blending cultivation and wildness, 13-acre Jan Park was developed last year by the Barrett Hills Neighborhood Association and Carmichael Park District. Planners retained much unruly landscape that made the former farm a haven for wildlife and humans escaping suburbia. Oaks abound; walking paths are largely unpaved; only a small picnic and playground area is mowed. The rest remains au naturel.

Children will be encouraged to scatter more wildflower seeds at Jan's one-year-anniversary this September. Anyone may visit the reserve at 4310 Jan Drive or access its paths from Salmaan Avenue. For information on the Barrett Hills Neighborhood group, visit www.barrettthillsneighborhood.org

"Our Children, Our Future"

PTA-Backed School Campaign Wins Sacramento School Board Endorsement
"Our Children Our Future" Win Follows Last Week's San Diego Endorsement



SACRAMENTO—In a unanimous vote on Thursday night, April 19th, "Our Children, Our Future," a statewide school funding measure backed by the California State PTA, received the endorsement of the Sacramento Unified School District.

"Last night, another major school district voted to support the Our Children, Our Future

ballot initiative because educators and parents want to restore funding for programs and services in our schools," said Carol Kocivar, California State PTA President. "It's time to turn our schools around, so California students receive the education and skills to succeed. Our Children, Our Future sends critically needed funds directly to schools and provides local control so that

parents, principals and teachers—who know what is happening at their school site—can make the decisions about how to spend our education dollars."

The endorsement comes on the heels of last week's endorsement of the measure by the San Diego School District and the Pasadena School District two weeks ago.

For 12 years, Our Children, Our Future will raise \$10 billion a year to invest directly in public schools and early education programs. For the first four years, 30% of the new revenue will help California pay down education-bond debt. For the remaining eight years, all the money goes to education: 85% to K-12 schools and 15% to early childhood education.

The initiative raises income tax rates on a sliding scale: from 4/10 of 1% on the lowest earners to 2.2% on multi-millionaires. Most people earning under \$50,000 won't pay any more taxes.



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Assemblymember Alyson Huber Invites Public to Meet & Greet During May

SACRAMENTO – Assemblymember Alyson Huber (D-El Dorado Hills) announces that she will be holding a series Town Hall meetings and Neighborhood Coffee discussions during the month of May. All local residents are encouraged to attend and bring their questions and ideas to discuss with Assemblymember Huber. District Office staff will also be in attendance to take inquiries and assist constituents on state government matters.

For further information, or to RSVP, please call the District Office at (916) 464-1910 (Rancho Cordova) or (209) 333-5330 (Lodi) or visit www.asmdc.org/km



Assemblymember Alyson Huber

Schedule of Events

THURSDAY, 5/17
Town Hall Meeting
 5:00 – 6:00 p.m., Rancho Cordova Police Dept., Canfield Room, 2897 Kilgore Rd, Rancho Cordova, CA

Town Hall Meeting
 7:00 – 8:00 p.m., Consumnes River Elementary School, 13580 Jackson Highway, Sloughhouse, CA

TUESDAY, 5/22
Neighborhood Coffee
 4:00 – 5:00 p.m., Eskaton Lodge Activity Room, 11390 Coloma Rd, Gold River, CA

Town Hall Meeting
 6:00 – 7:00 p.m., James Marshall Elementary School Cafeteria, 9525 Goethe Rd, Sacramento, CA



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Guitar Man

Continued from Page 1

“Most guitars have a spruce or cedar top. The bottom and sides will be either Honduras mahogany or East Indian rosewood. Those are the general Ford and Chevy sedans. Most guys who play electric in loud situations use maple, because it’s very reflective. The back and sides determine volume, sustainability, and projection.”

When choosing your first guitar, Boyd suggests a basic, steel string. “You can get something that’s playable starting at about \$100. You just need something that is comfortable, because if you’re in pain, you’re not going to pursue it. To determine the correct size, the elbow should rest at a natural position, and the hand on the neck should not contort.”

Boyd is available for consultation if you’re not sure whether you’ve bought the correct one. “I can tell what kind of guitar – not necessarily brand – they should be looking at that will bring out the best in their playing. I work with beginners or real advanced.”

Storage is a consideration as well. “We’ve learned that the best place is in the noisiest rooms of your house, where it can vibrate—even with conversation. The more it vibrates, the better the tone will get. That’s what they call ‘opening up.’”

Guitarists often develop carpal tunnel syndrome and tendonitis, which Boyd says can be prevented when playing the instrument in a better way. “The less physical energy you throw at a guitar, the more it will give you back. Watch a You Tube video

of a great guitar player, with the sound off. The less you see, the better they are.” He’ll be offering workshops on playing with both hands. “It’s more efficient, and creates endurance. Using both hands is like adding more RAM to your computer.”

Boyd still performs for private parties (including corporate), small clubs, and may hold concerts in his workshop again. His genre ranges from Woody Guthrie to Korn, to bluegrass, even though some may scoff. “A lot of people pass it off as simple, but it’s simply perfect.”

Guitars, mandolins, violins or ukuleles, Boyd Luthiery & Guitar Co. is tuned in to your needs. Visit, boydguitars.net, or the store at 2100A Del Paso Boulevard, Sacramento; (916) 583-1138.



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Save Money and Space this Spring with SMUD's Fridge and Freezer Recycling Program



Photo courtesy of SMUD.

SACRAMENTO REGION—Spring is the ideal time to dust off your fans, toss out fuzzy leftovers, and clear out that old, energy-hogging refrigerator or freezer in your garage.

SMUD makes it easy to dispose of your old fridge or freezer in an environmentally friendly way. SMUD's appliance recycling partner, JACO Environmental, will come to your home or business and pick it up for free. Plus, SMUD will send you \$35. Just visit smud.org/rebates or call 1-800-299-7573 to schedule a pickup time.

Recycling your old fridge or freezer makes a lot of sense because older models use up to three times more electricity than new models, resulting in as much as \$125 each year in additional energy costs.

"By recycling old refrigerators

and freezers, our customers can save money and energy and help us build a cleaner, healthier environment," said Paula Robertson, SMUD's Program Manager for Refrigerator Recycling. "And with free pickup and a \$35 incentive, it's also an easy way to jump start your spring cleaning."

A maximum of two units for each household can be removed as part of the SMUD program. All units must be in working order and have an inside measurement of 10 and 27 cubic feet—standard sizes for most non-commercial refrigerators and freezers.

Refrigerators and freezers are picked up by national appliance recycler JACO Environmental. JACO de-manufactures refrigerators and freezers at a Hayward plant through a process that returns 95 percent of their

material back into the manufacturing stream. It also safely extracts various toxic components that are found inside refrigerators, including contaminated oils, mercury and CFCs that deplete the ozone layer and accelerate global warming. This prevents the extensive environmental damage caused when refrigerators and freezers are dumped in landfills.

"These old appliances are environmental time bombs. However, by removing them from homes, saving them from landfills, and safely recycling them, we create jobs, save money, and reduce demand for resources and electricity," said Michael Dunham, Director of Energy and Environmental Programs for JACO.

To learn more about SMUD's Refrigerator and Freezer Recycling Program, visit smud.org/rebates or call 1-800-299-7573.

As the nation's sixth largest community-owned electric service provider, SMUD has been providing low-cost, reliable electricity for more than 65 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. SMUD is the first large California utility to receive more than 20 percent of its energy from renewable resources. For more information, visit smud.org.

How Now Another Mad Cow?

Detection of Bovine Spongiform Encephalopathy (BSE) found in California Dairy Cow

From California Department of Public Health

SACRAMENTO - California Department of Public Health (CDPH) Director and Public Health Officer Dr. Ron Chapman issued a statement following the USDA's announcement of a detection of atypical bovine spongiform encephalopathy

(BSE) in a California dairy cow: "There is no public health threat due to the discovery of BSE in a dairy cow. The food supply in California has not been affected by this discovery, and residents do not need to take any specific precautions. The California Department of Food and Agriculture has many procedures in place to keep this

disease from entering the food chain, and the detection found is evidence that the system of safeguards is working. The cow in question was not slaughtered for food and BSE is not transmitted in milk. "CDPH will continue to monitor the situation and will advise Californians of any new information."

Sacramento SPCA Announces Spring Book Sale

SACRAMENTO REGION—The Sacramento SPCA will hold its Annual Spring Book Sale featuring thousands of new and used books at dog-gone great prices!

The sale, one of the largest book sales in Northern California, will include thousands of bargain books in 40 categories, including fine and collectible books, religion, literature, humor, history, military, animals, mystery, romance,

children's, westerns and many more.

All proceeds benefit the Sacramento SPCA, a local, independent non-profit organization caring for more than 13,500 homeless animals annually.

The event will be held Saturday, May 12 – Sunday, May 20, 2012. Event Hours are Monday–Saturday from 10 am–7 pm and Sundays from 11 am – 5 pm.

The sale is at a new location. It will be held at 2310 Watt Avenue, inside the Country Club Plaza Shopping Center, on the southeast corner of Watt and El Camino, near the former Gottschalk's.

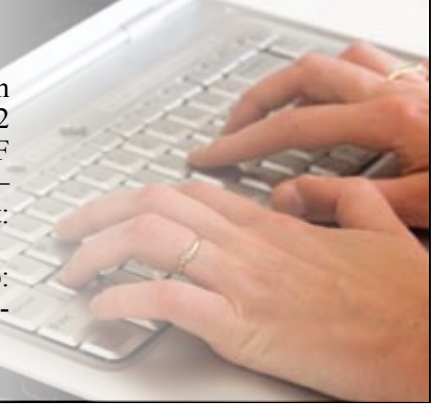
For more information: Call the Sacramento SPCA at (916) 504-2842, or visit www.sspca.org.

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Sacramento County DA Reports

Recent cases of interest

CASE: Santino Deanda (04/27/12)

PROSECUTOR: Deputy District Attorney Shelly McGill

District Attorney Jan Scully announced that Santino Deanda was convicted by jury on multiple counts of child porn and sexual assault charges.

Deanda abused the 10 year-old victim over several months.

Deanda faces a maximum sentence of 98 years to life in prison. Sentencing is scheduled for June 1, 2012 at 10:00 a.m. in Department 19 before the Honorable Judge Marlette.

CASE: Robert Durst (04/27/12)

PROSECUTOR: Deputy District Attorney Rod Norgaard

District Attorney Jan Scully announced that Robert Durst was convicted by jury of arson, burglary, theft of property, and possession of a firearm by a convicted felon.

On July 5, 2010 at approximately 1:30 a.m., Durst took a candle from his home and placed it inside his neighbor's vacant house. He then turned the gas valve in the kitchen on full blast.

Approximately 8 ½ hours later, Sacramento firefighters responded to a call reporting a gas leak. When they opened the structure for ventilation, the oxygen entered the gas laden house, causing the candle to ignite the gas, which resulted in a massive explosion. Three firefighters were significantly burned and another suffered serious injuries.

This investigation was conducted by the Sacramento Police Department in conjunction with Agents with the Bureau of Alcohol, Tobacco, Firearms and Explosives, and Investigators with the Sacramento Fire Department.

Durst is expected to be sentenced on May 24, 2012 at 9:00 a.m. in Department 16 of the Sacramento Superior Court.

CASE: Jason Lee Rush (04/26/12)

PROSECUTOR: Deputy District Attorney Allison Dunham

District Attorney Jan Scully announced today that Jason Lee Rush was convicted by jury of child molestation with use of force against a 12 year-old victim.

Deputy District Attorney Allison Dunham states, "By testifying in this case, the victim overcame her fear of the perpetrator to make sure this would never happen to another child."

Rush faces up to 16 years in prison. Sentencing is set for May 23, 2012 in front of the Honorable Judge Connelly.

District Attorney Jan Scully has announced that she has declined to file charges against 73 of the 77 protestors arrested on March 5. The protestors were part of two permitted rallies - one by the UC Student Association and the other by the Sacramento Center Labor Council.

Of the 77 people arrested, 69 protestors were arrested for staying in the Capitol after hours. Four others were arrested on charges relating to conduct occurring outside the Capitol. The District Attorney's Office declined to file charges against all of these protestors. Three protestors were arrested for resisting arrest after they refused to leave the rotunda area of the Capitol after hours or for attempting to hang an illegal banner. Still photos and video of their conduct will be reviewed before determining whether charges will be filed. Their next court date is on May 8.

The District Attorney has filed charges against one protestor who possessed an illegal switchblade in the Capitol.

District Attorney Jan Scully stated the protestors were all technically guilty of either refusing to leave the Capitol after the building was closed to the public, in violation of Penal Code section 602 (q) or engaging in behavior prohibited on the grounds of the Capitol. However, California Highway Patrol (CHP) reports made it clear that the vast majority of the arrestees were "passive resisters" and cooperative. In this time of limited resources, the arrests and detention of the protestors by CHP should serve as sufficient consequence for their conduct.

DA Scully complimented CHP on their professionalism in how they have handled the numerous protests occurring at the Capitol and how they have kept the protest events from becoming violent. With CHP diffusing the conduct of the protestors, the protests and related arrests were peaceful and nonviolent.

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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.

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

SPACE IS LIMITED - FIRST-COME, FIRST SERVED • You can pre-register on-site the day of the program

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 Niseman 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

SPECIAL EVENT ANNOUNCEMENT
Lewis Kemper - Outdoor Photography
Friday, May 18, 2012 8 6:30 - 8:30 p.m.
\$5 (Space is limited, pre-registration taken)
Lewis Kemper's presentation will be the 5th in ARNHA's "Nature of Things" Distinguished Speaker Series on May 18. Topics will be presented on the 3rd Friday of each month, and space is limited. For more information and to register, please visit our website.

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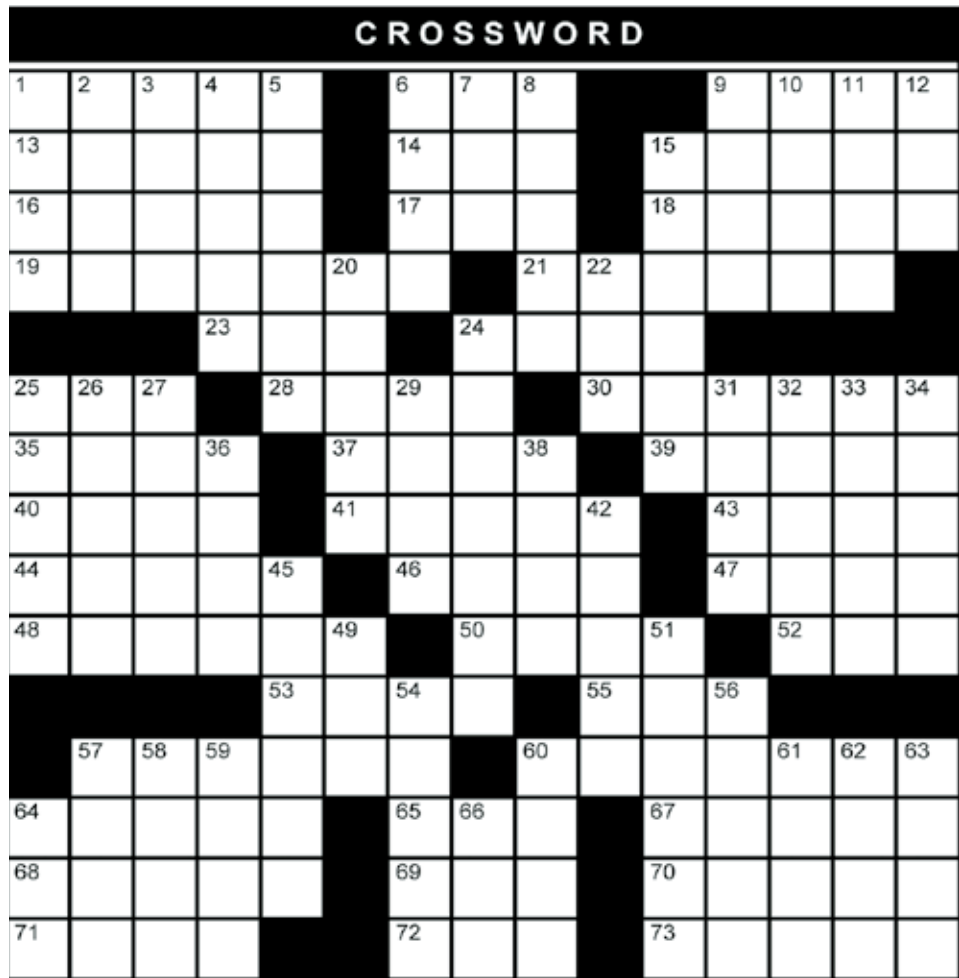
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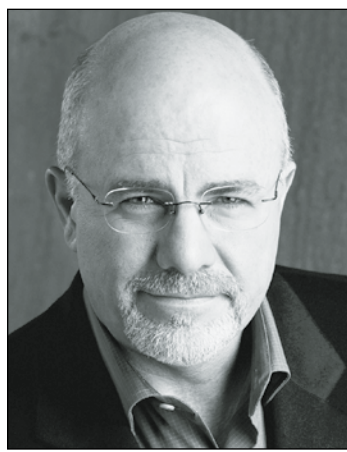
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CLUES

- ACROSS**
- Puppy cries
 - Highest degree
 - Cyrano's prominent feature
 - School in France
 - "___" Jordan
 - "Don't ___ words!"
 - With arms
 - League of its own
 - Like the suspects in "Casablanca"
 - "She went to the cupboard"
 - "Arrangement in Grey and Black: the ___'s Mother"
 - Estimated arrival
 - Drop-down menu option
 - ENT's first concern?
 - Larger-than-life
 - "Kate Hudson's mom"
 - "Son of Hera"
 - Fe
 - "Mothers tend to their children's ___"
 - Capital of Latvia
 - 1/100 of a rial
 - Nadas
 - The Romanovs, e.g.
 - "___ Like it Hot"
 - On a cruise
 - Mylar filling
 - Cheesy sandwich
 - Give it a shot
 - Snoopy
 - Positive or negative particle
 - "Smokey and the ___"
 - "Aka Nadya Suleman"
 - Mythological princess of Colchis
 - Once around
 - "What A Feeling" singer
 - Cara
 - Muscle control problem
 - 2nd or 3rd in New York City
 - Nephew's sister
 - Contribution
 - p in mph
 - Type of community
 - Test form
 - Indira Gandhi's dress
 - Given identity
 - An antiquity
 - "Mothering ___"
 - Mother's Day to a Brit
 - "C'est ___?"
 - Lugging
 - Razor sharpener
 - Water wheel
 - Testing stage of software
 - Burden
 - Do like Ella Fitzgerald
 - Unagi
 - Sheep meat
 - R in REM
 - Fix a game
 - "It's the ___, stupid"
 - "Mother ___"
 - Get up
 - "Like the Queen Mother"
 - Eye color
 - Home or Olin
 - Freethinker
 - A do-nothing

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.

Don't Stay Down!

Dear Dave,
 I just lost my job due to company-wide layoffs. I have an emergency fund, but I'm losing my health insurance. Our state has a program that covers children's healthcare in these kinds of situations. Would it be okay to accept this for my kids until I find another job and things get better?

- Paul

Dear Paul,
 There's absolutely nothing wrong with accepting help when you're down or struggling. On the other hand, to define yourself as being down or struggling is a really bad thing. By this, I mean you should never just sit there, consider yourself helpless, and expect someone else to take care of you. Remember this: everyone falls down. Loser's stay down, but successful people get back up!

If I woke up one morning and realized I had no insurance or couldn't feed my family because I'd lost my job, I'd be out looking for work all day long, every single day. If that didn't work, I'd pack everyone up and go find another place to work and live. At the very least I'd map out a

Dave Says

plan to work and make money somewhere else during the week, then come home weekends.

You sound like a good dad, and I love the fact that you're thinking about your kids. Do what's necessary to take care of them right now, even if it means getting help from the state. Make sure you're out there busting it, and trying to make something happen in the job market, too. You shouldn't still be living this way six months from now!

- Dave

Treat Them the Way You'd Want to be Treated...

Dear Dave,
 I have tenants who have been perfect in paying rent on time for almost a year. Last month, the woman lost her job, and when I went to collect the rent the other day, she said she didn't have any money. I'm pretty sure they used part of it for a car payment and the electric bill, and I know they need these things. Still, I'm torn over how to handle this and how lenient to be.

- Alex

Dear Alex,
 You're right, what they spent the money on were things they needed. At the same time, they probably knew the rent was due

and when it was due. Since you know about their situation, and you're their landlord, it might be a good idea to offer to try and formulate a plan that would help them get through this tough time.

If it were me, I'd sit down with them and make a budget and list of priorities. Food comes first, water and electricity after that, then rent, and finally the car. Get into their business a little, and find out what else is going on in their lives. You have to be fair and firm to be a quality landlord.

I'd be willing to cut them some slack if they're cooperative and honestly have to choose between feeding their kids and paying me. But if they insist on misbehaving with their money or having parties on the weekend, I'd have no problem telling them to find another place to live.

The biggest thing is to treat them the way you would want to be treated if the roles were reversed. I think most people want to do what's right, but you want to feel good about extending mercy when, and if, it's appropriate.

- Dave

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

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

Come back every week for Sudoku!



For Solution See Page 7.

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00119089

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: Dagvadorj Bayarsaihan and Batmadakh Chojin are applying...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-

03274. Todd Perrins, 105 Tuscany Ct., Roseville, CA 95661 and Scott Jepsen, 4630 Rustic Rd., Carmichael, CA 95608...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01596. Consortium of Business Continuity Professionals, Inc., 10 Nellis, Sacramento, CA 95835...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03155. Kimberly Urbano, 5320 Silver Strand Way, Sacramento, CA 95841...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03255. Luminita Angela Polhac, 8747 Blythe Ave., Orangevale, CA 95662...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-033161. Joe Stamp, 700 Fairiste Ct., Galt, CA 95632...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02819. PAP Countrywood, LLC, a California LLC, Pacific American Properties, Inc., Manager, 300 Turney, 2nd Floor, Sausalito, CA 95965...

Place Apartments at 5500 Mack Road, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on March 28, 2012.

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.

SUPERIOR COURT OF CALIFORNIA 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 decree changing name of Amie Nicole McInnis to Amelia Love McInnis.

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 to Andrew Nicholaus Garcia.

Cove Lane #B, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Bling on a String Lingerie" at 6452 Sandy Cove Lane #B, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03288. Robyn S. Penwell, 1804 Beverly Way, Sacramento, CA 95818...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03505. Ellen A. Rabov, 3340 Apollo Circle, Roseville, CA 95661...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02787. Follett Investment Properties, Inc., 11211 Gold Country Blvd. #100, Gold River, CA 95670...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-02637. Gisela Krantz, 7433 Kalamazoo Dr., Citrus Heights, CA 95610...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03726. Venaisi Taukeinkoro, 2510 Fair Oaks Blvd. #127, Sacramento, CA 95825...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03572. Kerry Burton, 5923 Chestnut Ave., Orangevale, CA 95662...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03037. Sterling-Smith Financial Grp., Inc., 6929 Sunrise Blvd. #102-D, Citrus Heights, CA 95610...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03497. Will Cao and Tong Tira, both of 8643 Vilandy Place, Sacramento, CA 95828...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03643. Kyle Edward Greunke, 6231 Patty Pearl Way, Carmichael, CA 95608...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03726. Venaisi Taukeinkoro, 2510 Fair Oaks Blvd. #127, Sacramento, CA 95825...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03760. Alterra Inc., 4800 Westlake Parkway #603, Sacramento, CA 95835...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03932. Robyn Christensen, 6452 Sandy

County on April 26, 2012. Publish: May 2, 9, 16, 23, 2012. ALTERN 120501 5-23-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03572. Kerry Burton, 5923 Chestnut Ave., Orangevale, CA 95662...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03037. Sterling-Smith Financial Grp., Inc., 6929 Sunrise Blvd. #102-D, Citrus Heights, CA 95610...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03497. Will Cao and Tong Tira, both of 8643 Vilandy Place, Sacramento, CA 95828...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03643. Kyle Edward Greunke, 6231 Patty Pearl Way, Carmichael, CA 95608...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03726. Venaisi Taukeinkoro, 2510 Fair Oaks Blvd. #127, Sacramento, CA 95825...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03760. Alterra Inc., 4800 Westlake Parkway #603, Sacramento, CA 95835...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03932. Robyn Christensen, 6452 Sandy

Filed with the Clerk of Sacramento County on April 13, 2012. Publish: May 2, 9, 16, 23, 2012. MOVEPR 120501 5-23-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03668. Nycala Benson, 1001 15th St. #407, Sacramento, CA 95814...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03542. Norflex Modular Leasing and Construction Company, 1675 Larimer St. #740, Denver, CO 80202...

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-03331. Amador Relocation, Inc., 6943 Power Inn Rd. #A, Sacramento, CA 95828...

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #FBNF2010-07564

The following person has abandoned the use of the FICTITIOUS BUSINESS NAME OF Bling Bling Hair, Nails & Permanent Makeup, located at: 6614 Florin Road, Sacramento, CA 95828.

Publish: May 2, 9, 16, 23, 2012. BLINGB 120501 5-23-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00122930

WHEREAS, Yakov Skvortsov has filed a petition with this court for a decree changing name of Yakov V. Skvortsov to Jacob Skvortsov.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 4, 2012, in Department 54, located at 720 9th St., Sacramento, CA 95814...

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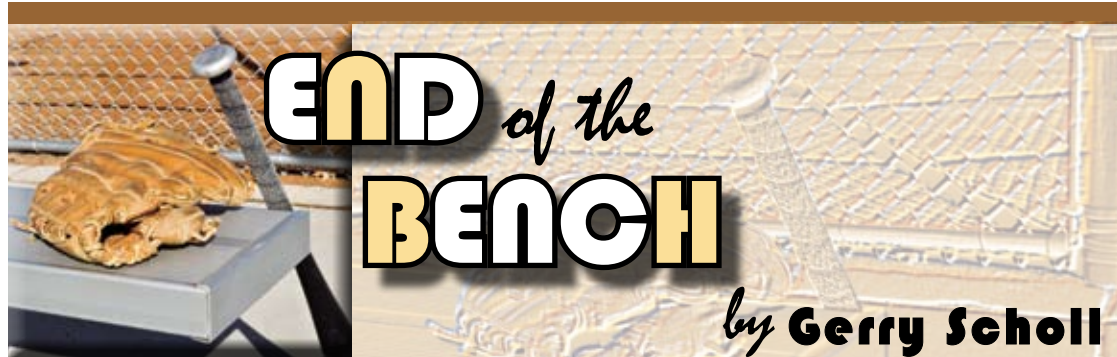
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With their first-round choice in the NFL draft, No. 30 overall, the 49ers selected slim, but speedy, A.J. Jenkins out of the University of Illinois. The honorable-mention All-American, who stands 6-foot and 192, or so, pounds, caught 90 passes for 1,276 yards and eight touchdowns last season. He was on the receiving end of slightly less than half of all the completions for the entire Illini team last year.

None of the so-called experts saw that one coming. I used to spend/waste some time mulling over the predraft, "mock draft" presentations in some of my favorite publications, but, more and more, I'm wondering why the experts are considered experts.

Peter King of Sports Illustrated, in a seven-page spread, had the top four picks correct — everybody had those. Beyond that, he had three of the remaining 28 right. Besides predicting whom the teams would draft, King offered his ideas on whom they should pick. He only had four right, total.

USA Today only had two right beyond the top four. ESPN The Magazine, which involved readers in its mock "people's draft," also only had two beyond the first four. The winner is: The San Francisco Chronicle, which had a total of nine correct selections.

I'm no expert either. I watch plenty of games, but I don't study film. I never did catch any Illinois games on Saturday mornings last season. I never played

football, except in the street and at the playgrounds; never played quarterback, except on Monday mornings; never ran the ball, but dropped it plenty of times; never tackled, except for large plates of food.

I could run and had good hands. If I had played organized football, I probably would have been a receiver with skinny legs. But, I watched my cousin play. He was much bigger and stronger than me. He caught a pass and had his leg snapped on a cheap shot. I decided I would save my skin and bones for my preferred basketball and baseball.

Even with that limited experience, I probably could have predicted as many NFL draft choices as the assorted experts.

Forty Niner brass of the past has not had particularly good results taking wide receivers in the first round. There was one slender guy taken in 1985 who evolved into, possibly, the greatest player of all time, Jerry Rice.

Other than that...not so good: Michael Crabtree ('09), alright, but not yet all that they had hoped for; Rashaun Woods ('04), a total bust; J.J. Stokes ('95), serviceable at best; Elmo Boyd ('77), bust; Terry Beasley ('72), three insignificant years; Dave Parks ('64), No. 1 overall pick, who was a three-time Pro Bowl player. So they hit on two out of seven, so far. They will have to hope Jenkins looks as good on the field as he did in his suit on draft day and proves to be closer to Jerry than Elmo.

Proud owners of a dominating defense, the 49ers' off-season strategy has been to bring the sluggish offense up to speed.

They have added Randy Moss and Mario Manningham to the receiving corps, and Brandon Jacobs to the stable of running backs. With their second-round pick, they took explosive runner LaMichael James, University of Oregon's all-time leading rusher. When it comes to watching college games, I often opt for the Pac-12. I've seen a lot of James over the last three seasons, and I see his selection as an exciting addition.

As 49er coach Jim Harbaugh was quoted as saying, "LaMichael came in and carried the team as a freshman. He did that his whole career."

James finished third in Heisman Trophy voting as a sophomore. He led the nation in rushing yards per game (150.4), while ranking second in total rushing yards (1,805) in 2011. He is one of three backs in Pac-12 history to surpass 5,000 career yards.

With their remaining picks at the NFL meat market, the 49ers chose for depth at a number of positions. But, clearly, with their first two selections, the emphasis was on adding game-breaking capabilities to an offense that had none, with the exception of tight end Vernon Davis.

Jenkins says he was nicknamed "E.T." in high school for his extra-terrestrial-like large hands and long fingers. So, from quarterback Alex Smith's small hands to Jenkins' unusually large ones, the 49ers are hoping for out-of-this-world results.

They don't want Jenkins to phone home, they want him taking it to the house.



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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.

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

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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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Event Schedule

April 24 - May 5, 2012 Friday Morning Figure Group Show

June 5 - 23, 2012 Textiles Show

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

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

Focus on Fibers

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

"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



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!

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Sunday May 6th
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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
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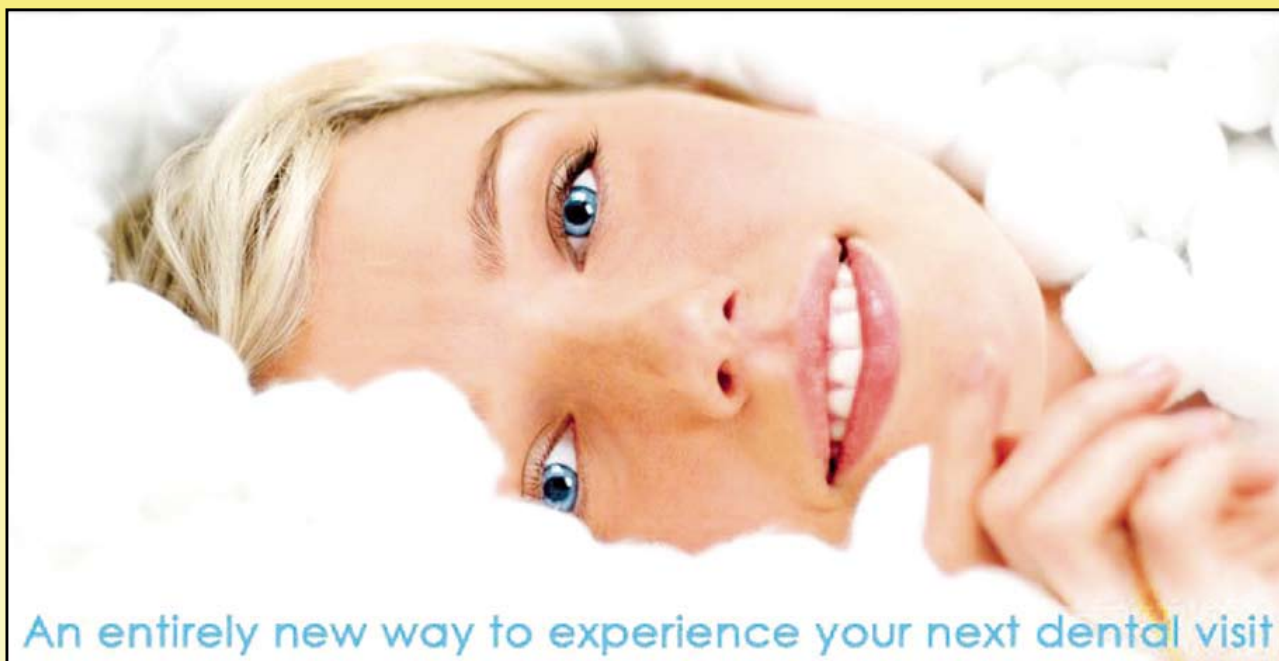
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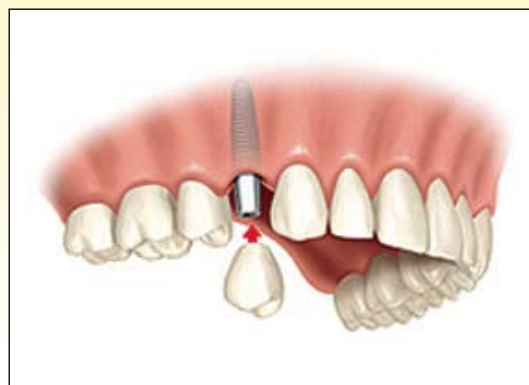
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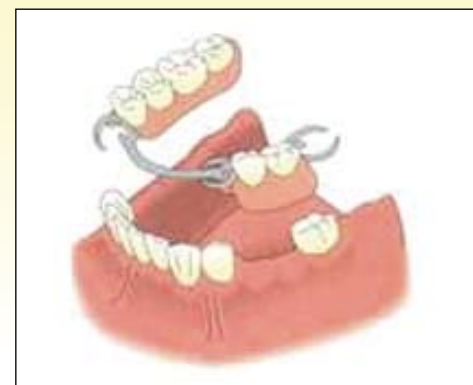
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WHAT IF NOTHING WORKS?



Dare to Live Without Limits
By Bryan Golden

As a reader of this column, you are striving to improve your life. You want to attain your goals and bring your dreams into reality. You

want to break through your self-imposed limitations. So you follow all of the advice in this column.

But you think nothing is working. You are doing all the right things. Your attitude is positive. You are motivated. You have specific goals and a plan to reach them. You are taking action. Yet, still you feel as if you are not making the progress you had hoped for.

Perhaps you are frustrated, discouraged, and disheartened. You see others who are successful and wonder why you can't make things work. You start to doubt yourself and wonder if your goals are unobtainable.

Have faith. Even if you have not yet seen results, you have put things into motion. It's only the timeframe that causes frustration

because it is unknown. Never give up hope. Besides, what is the alternative? To do nothing or give up hope? If you regress to inaction, it's guaranteed that you will not get the results you seek.

Major goals are not realized overnight with one simple step. The distance you have to travel on the road to success is not known. But you will never arrive if you lie down along the side or turn around and go back to where you started. With each step you take you make progress. Your journey is filled with many benefits. On your way to the big goals, you are improving your life in numerous smaller, but no less significant, ways.

You are getting rid of your mental garbage. Clearing out your mind enables you to intensify

your focus. Squeezing the most out of each day becomes easier. Prioritizing how you spend your time increases your productivity.

Your ability to get through tough times improves. Every road to success is filled with obstacles, challenges, and adversity. Only those who become adept at dealing with whatever lies ahead maintain their forward motion. You are learning how to deal with conflict and to manage stress.

Controlling your thoughts becomes more of a habit. It is your thoughts that attract what you want. By keeping your mind on your destination you avoid becoming a magnet for undesirable situations.

You develop immunity to what others say, think, or do. On your journey you will encounter many

who seek to discourage you. Regardless of their motivation, you must ignore the naysayers. You future is in your hands, not theirs.

Rather than being consumed by the past or apprehensive of the future, you are living in the present. The past is over. The action you take today determines your future. Worry is useless.

By increasing the belief in yourself, you are overcoming fear of failure and becoming more self-reliant. Within you lies more potential than you realize. You have a very deep well to tap into when the going gets tough.

Clearly, the journey to success is fueled by your self-development. We experience frustration when we focus on our destination

without appreciating our growth along the way. So when you feel nothing is working, give yourself encouragement by recognizing the progress you are making.

Don't lose faith in your efforts. You don't know how long your quest will take. The reason more people fail than succeed is because so many get frustrated and give up short of attaining their goals. Just keep going and you will succeed

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2006 Bryan Golden

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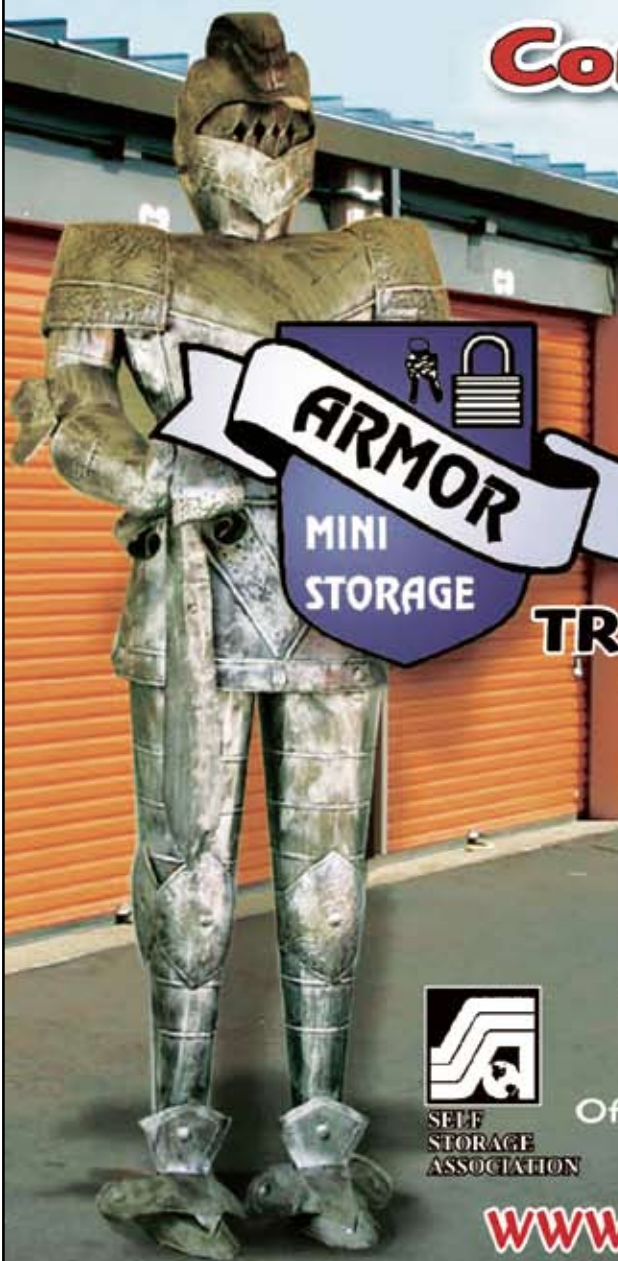
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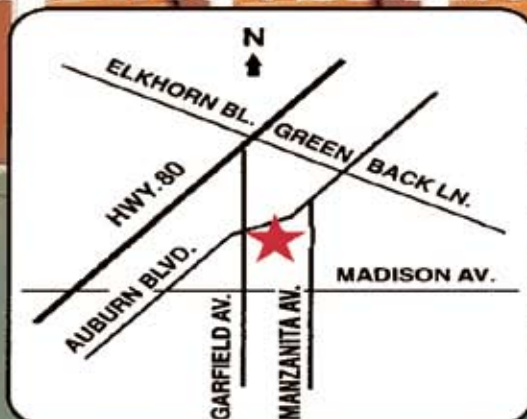


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