

**Donald Trump: "Mitt Romney is ready** to rebuild American success."

Page 4

**PLUS:** Taxes not the answer for California's economy

Page 2



Volume 32 • Issue 8

Serving Carmichael and Sacramento County since 1981 February 22, 2012

Sudden Cardiac Arrest Survivors and Savers Reunite at Mercy San Juan Medical Center



Page 2

#### Capitol Pops Concert Band Receives Grant



Page 3

Sacramento County Airport System Announces New Deputy Director



# Abused Birds Need Your Rescue



# **National Pancake Day Returns**

SACRAMENTO REGION – For the seventh consecutive year, IHOP restaurants nationwide will offer each guest a free short stack of its famous buttermilk pancakes on National Pancake Day in an effort to raise awareness and funds for Children's Miracle Network Hospitals.

For every short stack of buttermilk pancakes served on National Pancake Day, IHOP guests are invited to make a voluntary donation to Children's Miracle Network Hospitals. Donations made at IHOPs in the area will benefit the Children's Miracle Network Hospitals' program at UC Davis Children's Hospital. IHOP hopes to raise \$2.7 million this year, with a goal to bring the total amount of funds raised to more than \$10 million.

IHOP served four million free pancakes on National Pancake Day 2011 and pancake lovers donated more than \$2.5 million to children's charities, exceeding the fundraising goal of \$2.3 million.

All of the free pancakes served on National Pancake Day 2011 would create a stack nearly 16 miles high. National Pancake Day at IHOP is TUESDAY, February 28, 2012, 7 a.m. – 10 p.m. (15 full hours)

Since the inception of National Pancake Day in 2006, IHOP has raised nearly \$8 million and given away more than 14 million pancakes to support charities in the communities in which it operates.

National Pancake Day 2011 was IHOP's largest one-day event in the company's 53-year history.

Jewish Film Festival at Crest



The fundraiser supports Children's Miracle Network.

Pancake Day is a tradition that dates back several centuries to when the English prepped for fasting during Lent. Strict rules prohibited the eating of all dairy products during Lent, so pancakes were made to use up the supply of eggs, milk, butter and other dairy products...hence the name Pancake Tuesday, or Shrove Tuesday. This year, IHOP's National Pancake Day will be celebrated a week later, as the popular annual campaign has evolved into a month-long celebration that takes place during the month of February. It will culminate with the free flapjack giveaway on February 28.

To find a local IHOP or to donate online, visit www.ihop-pancakeday.com.



Page 3



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

Abused or abandoned feathered friends need your help! Photo provided by Mickaboo Companion Bird Rescue.

CARMICHAEL – Mickaboo Companion Bird Rescue (www. mickaboo.org) is a non-profit Northern California animal rescue, focusing on the intake and rehabilitation of unwanted, neglected, and abused companion birds. The term "companion birds. The term "companion bird" means essentially any pet bird in someone's home. Mickaboo has almost 300 birds currently available for adoption, ranging from perky little budgies to large majestic macaws. Birds that come to Mickaboo have often been neglected and otherwise mistreated. Many are ill, with owners unable or unwilling to pay for urgently needed medical care. Monthly veterinary bills run upwards of \$15,000.

Mickaboo provides a spectrum of services to people and birds including: Bird care education, Foster care for surrendered birds, Avian vet care, Outreach to highlight the plight of homeless birds, Adopter recruitment and support and Behavioral consultation.

Mickaboo is hosting a free adoption fair on Sunday, March 18, 2012, 11 am - 4 pm at the Carmichael Public Library, 5605 Marconi Avenue, Carmichael. Take advantage of this chance to meet and greet some of the many birds that are up for adoption. Bird care supplies and a free basic bird care class will be available.

SACRAMENTO REGION The Sacramento Jewish Film Festival continues its tradition of great storytelling through film on March 10-11, 2012 at the Crest Theatre, 1013 K Street in downtown Sacramento. This year's Festival includes four feature films and three shorts one of which was locally made about Bernie Marks who, at the age of 66, celebrated his Bar Mitzvah. Traditionally, the Bar Mitzvah takes place when a boy reaches the age of 13. Advance tickets are on sale at the Crest

Box Office and www.tickets. com. Tickets are \$10.50 general admission, \$9.50 for seniors, students and Friends of the Festival. Festival passes are \$40 general, \$36 for seniors, students and Friends of the Festival. Saturday and Sunday Day passes are \$20, \$18 for seniors, students and Friends of the Festival. For additional information, please go to www.thecrest.com, www. sacjff.org or call 916-442-7378. Admission includes validated parking at the Sacramento City Garage at 10th and L.

### **PEG O' MY HEART**

#### By Julie Parker

CARMICHAEL – Affectionately nicknamed "Snookums" by her mother, Margaret "Peg" Aldrich was born December 14, 1910, in Pearce, Colorado.

She was four years old when her father decided to leave Colorado and his job as a policeman, and follow the old Oregon Trail in a camp wagon, with a cow trailing behind. They had traveled through most of Idaho, when her father commented, "We just passed through the land of milk and honey."

Initially landing in Boise, they moved to Twin Falls, and then the west end of the county onto a sheep farm, where her father worked for a rancher.

"It was a hardship," recalls Peg. "It was a big, big ranch. We had lots of rattlesnakes. It was scary."

Her father used a walking plow, raising carrots and feed for the sheep. "We had thirty-five bum lambs (rejected or abandoned by their mother). We had a donkey they called "the guard." If you had a band of sheep, there was always a donkey with it.

One day, I said, 'You know, I think there's a coyote out there.' 'Why do you say that?' I said, ""Well, the cow is licking this little coyote.' But, she just had a calf."

Her mother belonged to the Ladies Aide, sang hymns, like "Sweet Bye and Bye," and sewed everything by hand, since she didn't have a machine. She had immigrated from Sweden at age 18, but never quite lost her accent. "I didn't notice it too much," says Peg, "but I would hear people say, 'I can't understand Mrs. Rogers.""

Peg started school at age five. "We didn't have kindergarten in those days. It wasn't a big school – four rooms. My brother and I walked two and a-half miles to get there, until we finally rode with a group of young people in a buggy. We thought that was wonderful."

During the summer, the kids swam in the canal, and in the winter they skated on it. Neighbors would get together for cookouts.

Peg's chores included feeding and taking care of the chickens. "I'd get 500 baby chicks in the spring." She also "shocked" the wheat, and made cottage cheese. "The milk sours and clabbers enough to make it kind of quiver. You heat it on the stove, and whey comes out of it.

During the winter, the men would saw big chunks of ice and bury them in the straw to keep things from spoiling too much."

She fell in love with "good looking" Bill Aldrich, who worked on the farm. They enjoyed a simple wedding on March 5, 1930. After moving to Buhl, Idaho, they welcomed daughter Barbara.

Continued on Page 6



Margaret ("Peg") Aldrich sitting next to a lampshade she made, and under her framed costumed jewelry. Photo by Julie Parker.

# Tree People Dig In



Distrct 3 Supervisor Susan Peters (center) and pooch Ernie joined volunteers and sponsors who recently planted 40 new trees in Arden Park. Over the past decade, community activists have replaced 1500 dying specimens, planted in the 1950s. To learn about this program, call (916) 802-9323. Photo by Susan Maxwell Skinner.

### Taxes Not the Answer for California's Economy

#### By Senator Ted Gaines

SACRAMENTO - This month marks Presidents Day, and as we celebrate Lincoln's birthday it's timely that we look at the tax farce troubling his home state of Illinois. Last year, in a move that must have left legislative Democrats dizzy with admiration and envy, the Illinois legislature jacked personal income tax rates up by 67 percent and corporate tax rates up by nearly 50 percent. Despite assurances that were made when the taxes were passed, the legislature still has not closed their budget gap, and they won't until they get the political will to control their spending.

Let Illinois be a lesson to everyone who believes in the magical powers of tax increases. They do not occur in a vacuum. Unless governments have the discipline to rein in spending – which California certainly does not – tax increases just enable more extravagant spending plans and takes money away from the working families who have earned it.

California's problem is not that the people are taxed too little, but that the government spends too much. We have to examine every possible avenue for saving money so that we can keep providing core government services, such as education and public safety, at a price we can afford.

For example, why does California have a full-time legislature? Texas and more than 40 other states do just fine with part-time legislatures that meet far less often than California's and where the legislators make far less than we make every year.

Besides the savings, it's a good idea to get legislators away from the Capitol cocoon more often and out in the real world, living and working under the rules they pass in Sacramento. I own a business and I'm constantly frustrated by the maze of regulations that grows and changes with every legislative session. I know how hard California makes it for businesses to succeed.

In my business I can't just keep spending and spending and then force my clients to pay more and more to cover my spending. When times are tight, I have to cut back, find ways to save money, provide the same services more efficiently. Government should be taking that same approach, when unemployment is eleven percent and state government is running multi-billion dollar deficits. Now is not the time to be growing government.

But, incredibly, Governor Brown's budget plan spends \$6 billion more in 2012-13 than in 2011-12.

And to pay for it, Governor Brown and the Democrats want to pass the bill along to their customers. The Governor is pushing for a five-year, \$35-billion tax increase. Sales taxes and income taxes will go up during those five years, costing families precious dollars that they could use for groceries, vacations, school clothes and thousands of other necessities that are already hard to afford in our high-cost, highly regulated state.

Let's take a private-sector approach before we shake down taxpayers any further. How about putting a stop to the \$100 billion-plus High Speed Rail plan that will soak up billions of dollars a year for decades? How about allowing schools to contract with the private sector to provide services like transportation or food service?

I oppose Governor Brown's call for higher taxes. State tax rates went down last year but state tax revenues are growing and are expected to continue growing for the next several years. This indicates that our economy - slowly and precariously - is moving forward. Let's not kill that momentum by larding on even higher, unnecessary taxes

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, Amador, Calaveras, El Dorado, Lassen, Modoc, Mono, Nevada, Placer, Plumas, Sacramento and Sierra counties.

## Sudden Cardiac Arrest Survivors, Savers **Reunite at Mercy San Juan Medical Center**



Sudden Cardiac Arrest Survivors Reunion at Mercy San Juan Medical Center - (left to right): Jaime Weeks, American Medical Response; Mike Kennedy, American Medical Response; Louis Mahinay, survivor; John Mohamed, saver; Tom Bussey, saver. Photo courtesy of Becky Furtado, Communications Specialist, Mercy San Juan Medical Center.

SACRAMENTO – They are members of a unique club. When someone experiences sudden cardiac arrest outside of a hospital setting, American Heart Association statistics show that only about 8 percent survive. These survivors live to see their family and friends only because they were fortunate enough to have someone nearby who knew exactly what to do.

On Feb. 13, the Mercy Heart & Vascular Institute hosted its first Sudden Cardiac Arrest Survivors Reunion at Mercy San Juan Medical Center. The event gave seven sudden cardiac arrest survivors the opportunity to share time with people who had saved them. Their savers knew either how to perform CPR or had access to an automated external defibrillator (AED) needed to shock their heart back into a rhythm, so the patients had a fighting chance once they reached the hospital. Survivors

were also reunited with the nurses and doctors who cared for them in the hospital.

The American Heart Association was on hand to stress the importance of knowing CPR and to award special framed certificates to the 11 savers in attendance.

Included among the sudden cardiac arrest survivors were area residents:

#### Stanley Hatfield, 71, of Fair Oaks

The day after Thanksgiving in 2009, he suffered sudden cardiac arrest while driving through the parking lot of Northridge Country Club. He drove across the 15th fairway before his car came to a halt. Kerry Gordon came upon him and administered CPR. Northridge General Manager Rink Sanford stepped in and took over CPR. Paramedics arrived and defibrillated him. He went to Mercy San Juan, was put in

hypothermia protocol and eventually received a stent and then quadruple bypass surgery. Now he's back to a full active life.

#### Louis Mahinay, 65, of Citrus Heights

In August 2010, he collapsed after the third inning while playing softball at Sacramento Sports Complex. Umpire Tom Bussey immediately started chest compressions. Luckily, his softball league mandates that every team includes an EMT-trained player. Fellow player John Mohamed (an EMT) helped with mouth-tomouth resuscitation while Bussey continued chest compressions. An AED was used by another player. Paramedics arrived and took him to Mercy San Juan. He received two stents and then received an implantable cardioverter defibrillator. He's back to playing softball 2-3 times per week.

### **Governor Brown Served with Summons in Second Amendment Lawsuit** Motion for Preliminary Injunction to be heard in April

From CaliforniaRightToCarry.org

SACRAMENTO - On Thursday, February 16th Governor Brown was formally served with a Federal Summons requiring him to explain to the Court why California's ban on openly carrying a loaded firearm in public places should not be overturned.

The Governor has 21 days to file his answer with the court, his deadline is March 9th.

The following week, a motion for a preliminary injunction will be filed by the Plaintiff in the lawsuit, Charles Nichols - President of California Right to Carry a Second Amendment Advocacy group.

The hearing on the motion for the preliminary injunction will take place in early April. If the injunction is granted, California's 1967 ban on openly carrying a loaded

firearm can no longer be enforced until the Federal Court judge issues his final decision in the lawsuit.

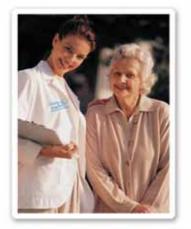
California's recently enacted ban on openly carrying unloaded handguns would also be rendered unenforceable.

If the preliminary injunction is denied, Mr. Nichols will immediately appeal the denial of the injunction to the 9th Circuit Court of Appeals.

## Senior Homecare By A

#### Select Your Caregiver.

Experienced Caregiver Thoroughly Screened. Providing Peace of Mind to thousands across America each and every day!



's Choice in Homecare

Visiting Angels

- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rates
- Temporary/Long Term

Schedule an appointment now for a FREE **In-Home Assessment** 

916-971-9333

#### www.visitingangels.com/sacramento

Each Visiting Angels agency is independently owned and operated.





### **Foreclosure** Defense and **Bankruptcy Kristy Hernandez**

**Managing Attorney • Sacramento Area** 

7777 Greenback Lane, Suite 212 Citrus Heights • 916.728.1500

### SavingCaliforniaHomes.com



Publisher, Paul V. Scholl

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



# Carmichael Times

#### "Written by the people and for the people" Serving Carmichael and Sacramento County since 1981

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Advertising Sales	Paul V. Scholl • Marion Solo
	Allyse Weaver • Harry Sidhu • Ken Pogue • Max H. Peters
Graphics & Layou	at Banerjee Designs • Stump Removal Graphics
Contributing Writ	ers Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton Dr. Bob Graykowski • Julie Parker • Leslie Carrara Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer David Graulich • Perry Hartline • Gerry Scholl
Distribution Assis	tant Gabriel Scholl
Accounting	Nicholson & Olsen CPA
Web Master	RJ at thesitebarn.com • JWS Promotions • Mikahn Design
News Services	Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precis Syndicate • Blue Ridge Press • ARA Content California News Service • Family Features • WorldNetDaily
Photography	Amanda Morello • Susan Skinner
	Member of Carmichael, Citrus Heights, Fair Oaks,

and Orangevale Chambers of Commerce We are proud members of these newspaper associations.





# Would you like to save money on next summer's electricity bills?

#### You may be able to save if you can reduce your electricity use between 4 p.m. and 7 p.m.

SmartPricing Options are being offered to a small group of randomly selected SMUD customers for a limited time. If your home is selected to be part of this pilot, you'll be among the first to take advantage of new pricing and tools that will let you take control of next summer's electricity bills. You'll also reduce the impact of electricity use during peak hours.

To find out if your home was randomly selected to participate in this pilot, visit smud.org/smartpricing or call 1-855-736-7655.



Powering forward. Together.

© SMUD 11/11



## **Capitol Pops Concert Band Receives Grant**

Louise Hess Foundation awards \$1,500 grant to Capitol Pops Concert Band



Capitol Pops Concert Band Director Jerry Lopes.

SACRAMENTO – The Louise Hess Foundation of the Sacramento Region Community Found ation has awarded a \$1,500 grant to the Capitol Pops Concert Band, the Fair Oaks-based community band celebrating its 15th year in 2012.

CPCB Director Jerry Lopes, who has served as the band's director since its first rehearsal on Feb. 6, 1997, announced the awarding of the grant.

The one-time grant will be used

for the band's upcoming concert season, which will feature more than a dozen free-to-the-public performances throughout the greater Sacramento region. The band recently resumed rehearsals in preparation for this year's series of concerts.

The CPCB season will begin with the band's 15th anniversary concert on April 21, 2012, in the gym at Rusch Park in Citrus Heights. Other performances include concerts in Roseville,

Carmichael, Fair Oaks and other Sacramento-area locales.

Under the baton of Lopes, CPCB concerts feature Broadway show tunes, movie themes, marches and patriotic songs, as well as old/new popular standards. Through two decades, the band has performed at venues and events throughout the Sacramento area, including the Sacramento Jazz Jubilee and the annual Fourth of July celebration in Royer Park in Roseville.

About 75 musicians in the self-supporting, nonprofit CPCB span a wide range of ages, from students to nonagenarians. Concerts also feature musician soloists and vocalists. The CPCB scholarship fund provides private music lessons for interested students.

For more information on the band, call (916) 967-1461, visit www.capitolpops.org or visit the band's Facebook page. Venues interested in booking the band should send e-mails to Lopes at glopes@macnexus.org.

Sacramento County Airport System Announces New Deputy Director



**Linda Beech Cutler** 

SACRAMENTO REGION -The Sacramento County Airport System is pleased to announce the appointment of Linda Beech Cutler as the Deputy Director of its Commercial Strategy division.

A well-known member of the Sacramento business community. Cutler brings more than 20 years of



Cutler also served as Chair of the Sacramento Metro Chamber of Commerce Board in 2009. "Linda brings a unique background and attitude that is perfectly suited to help drive the Airport System's commercial growth. She is the kind of leader we need to help us identify and strengthen our regional and strategic partnerships and to keep our commercial development and marketing efforts well focused and moving in the right direction,"

said Ralph Blanchard, Chief Administrative Officer.

As the leader of the Commercial Strategy division, Cutler is responsible for promoting the Airport System to the community, stakeholders and potential business partners with the goal to increase revenue at all four airports in the system. "I am thrilled to be working with an exceptional group of professionals focused on maximizing the potential of the Airport System through enhanced and diversified passenger and cargo service. With the addition of the new Terminal B, the airport is an incredible asset that will play a central role in the economic development initiatives of the region", said Cutler.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information, visit www.sacramento.aero.





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

### **In-home service** for SENIORS by Seniors

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

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



In the **Seniors Helping Seniors**® family, everyone wins. Those who give and those who receive learn from each other everyday - and all we hear is about how rewarding it is for both of them.

For the help you want at a price you can afford<sup>®</sup>. Seniors **Helping Seniors**® in-home services is the place to call.

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





### happen to me" happens.

#### **Stacy Flascher** State Farm Agent

Insurance Lic#: 0H06926 4201 Sunrise Ave., Suite A Fair Oaks, CA 95628 916.967.7764 FLASHINSURANCE.COM

### I'm ready to help.

There's never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal.

### GET TO A BETTER STATE™ CALL ME TODAY.



1101204.1

State Farm, Home Office, Bloomington, IL

### www.CarmichaelTimes.com





Enjoy Independent Senior Living from the name you trust for guality and value.

the Chateau

- Gated grounds in lovely suburban neighborhood
- 24/7 staffing ٠ Generously sized
- one-bedroom apartments

### **TRUMP: NO ONE'S APPRENTICE** Why Mitt Romney? He's ready to rebuild American success



By Donald J. Trump, The Washington Times

As Seen in the Washington Times on Wednesday, February 8th, 2012

The time has come for the Republican Party to close the deal. I believe Mitt Romney is the best choice for the presidency. Let me tell you why.

To begin with, like me, Mitt is a businessman, not a career politician. In other words, he's accomplished far more in his life than collecting campaign cash from special-interest groups and making promises at press conferences with the help of a teleprompter.

Mitt played an instrumental role in starting or managing such jobcreating giants as Domino's Pizza, the Sports Authority, Staples and many other firms. He singlehandedly saved the 2002 Winter Olympic Games from financial ruin and turned it into one of the best competitions in living memory. Amazingly, he governed bluestate Massachusetts as a conservative, balancing its out-of-whack budget while cutting taxes, feats carried out despite a Democraticcontrolled legislature.

Mitt has what it takes to turn the country around. And he has laid out a plan to do just that.

Right now, China is cleaning America's clock. The Chinese are building the world's largest

airports, biggest ports, a powerful military and the best of everything. And we're paying for it all by purchasing their products. We're buying everything they make because they keep their currency artificially low, giving them an annual windfall of some \$250 billion. They are holding the yuan at a level at which it is impossible for us to compete.

Mitt Romney not only understands all this, he has thought through the policies we need to begin to set things right. Unless China changes direction, he has pledged to have the Treasury Department designate China as a currency manipulator on Day One of his administration. We can then impose duties on China's unfairly priced products. The Chinese will get the message faster than an ICBM. As Mitt has said, "We don't want a trade war, but neither can we accept our current trade surrender."

Fixing our trade relations with China is just one part of Mitt's comprehensive plan to get America back in gear. The Obama administration seems to have accepted record high unemployment as the new normal. But it is not acceptable to me, and it is not acceptable to Mitt that nearly 24 million Americans are unemployed, underemployed or no longer even looking for work. Mitt's jobs plan will create millions of jobs over four years, and I will be out there myself doing some of the hiring.

Some people call Mitt's jobs plan conservative. I happen to know something about creating jobs, and I call it common sense. Middle-income Americans deserve far better than the slowgrowth and no-growth policies President Obama has put in place. They need a president who will make it possible for all Americans to get a bigger slice of a growing

pie rather than crumbs handed out by Washington. Mitt understands that government needs to get out of the way if American business is to do what it does best: innovate, make the products that people around the world want to buy, and hire American workers.

Right now, government regulations cost us annually \$1.75 trillion. They constitute a stealth tax that is larger than the amount the Internal Revenue Service collects every year from corporations and individuals combined. In just three years, Mr. Obama has added hugely to the annual regulatory bill. Mitt is going to pare that back and make sure every single regulation has benefits that outweigh costs and that they don't kill U.S. jobs.

Mitt also is going to rein in Mr. Obama's out-of-control spending and bring the federal budget back into balance. He's laid out the government programs that he's going to eliminate and cut. He's determined to trim the bloated federal workforce. That's going to take a lot of hard work and the negotiating skills of a successful businessman. It's precisely why we need someone with Mitt's financial background and business experience to run the country.

True, Mitt Romney does have his shortcomings: He's never built a Mitt Romney Tower in New York City or 12 Mitt Romney championship golf courses. Not everyone can be a Donald Trump. However, over the course of Mitt's distinguished career, he has built other kinds of enduring monuments of accomplishment that have earned my highest regard. Mitt Romney is no one's apprentice; he's fully ready to step into the nation's top job as the next president of the United States.

Donald J. Trump is president and CEO of the Trump Organization.

ChiropracticUSA"	"Creating radiant health in our community since 1985"
	<ul> <li>Spinal correction specialist</li> <li>Custom exercise instruction</li> <li>Family wellness plans</li> <li>Sports injury specialist</li> </ul>



www.CarmichaelTimes.com



### **Thinking of Changing Banks?** ✓ Check the El Dorado Advantage

✓ FREE VISA Debit Card
 ✓ FREE Senior Checking

Gold Money Market Savings



#### MAKE EVERY MAN WANT YOU

Valentine's Day has just passed, but how would you like to be sexy and irresistibly attractive to men all year long? Then forget about playing games. Those things don't work in the long run. That comes from **Marie Forleo**, Fox News online life coach and relationship expert. Marie gave advice to Rachel Ray, ABC's 20/20, even Kelly Ripa says she has the answers to unlock your inner magnet. Now Marie brings us *"Make Every Man Want You."* 

According to Marie, most women have no idea that many of their normal and traditional ways of relating damage their ability to have satisfying relationships with men...and with themselves? She wants you to break free from old conditioning, dissolve habitual behaviors that wreak havoc on relationship bliss, and unleash your authentic irresistibility once and for all.

### **POPPOFF!** with Mary Jane Popp

When I interviewed Marie on my POPPOFF Radio Show, she promised her advice will show you why and what you can do to turn things around right now. If you're stuck in bad relationship patterns and want to stop the insanity, she will set you straight. And, if you're already in a relationship, but can't seem to hold his interest, she will reveal your personal path to keep him wanting more, more, more!!! It's a one-stop shop for women who want to be truly irresistible... inside and out...and experience a life bursting with fun, self-con-

fidence, and well-being. Marie is quite frank in her advice like, "Trying to manipulate yourself, or someone you're with, into a long term relationship using 'rules' or 'techniques' quite frankly, sucks." And, 'Eventually, any woman who's interested in having true love needs to learn how to relate to herself, and others, in an honest, straightforward and compassionate way." "Make Every Man Want You" encourages a spiritual solution that includes recognizing a relationship doesn't fix or complete your life. Here are a few succinct hints at what you need to do.

1) Believing that you need a man to feel complete, secure and fulfilled is a surefire way to remain unhappy and unhitched. 2) Whining, complaining, and worrying are turnoffs, so drop the drama! A positive attitude is sexy.

3) Men are "as is" merchandise. Don't try to "fix" or improve them. EVER!

4) Take charge of your life! Confidence will make you more sexy and appealing.

Marie goes on to say sexual mistakes women make turn men off, and this one might surprise you, why "knowing what you want " in a man can actually prevent you from finding one. She also talks about the deadly effect talking about the past...especially if you don't know the right way to talk about it. She also goes into how to upgrade your personal appearance without spending a ton of money to do it. Bottom line, Marie helps you to overcome the most self-defeating dating mindset. Ladies, she even gets into the biggest mistakes women make in bed that spark a man to stray. She is adamant that women must end the "war." She takes to the battleground in "Make Every Man Want You". You can also check out her website at www.marieforleo.com. Good luck at IRRESISTIBLE!!!

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



- with Interest
- FREE Direct Payroll Deposit Checking
- FREE Internet Banking with Check Images
- **FREE** Online Bill Payment
- ✓ FREE Telephone Banking
- ✓ VALUE Checking
- Interest Checking

FDIC

- Business Checking
- Investors Money Market Checking



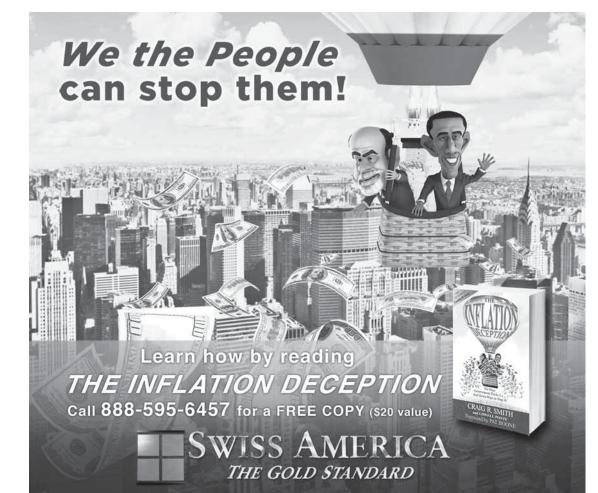
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- 🗸 35 ATMs at El Dorado Branches
- Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993



Serving our local communities for over 54 years

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





Beautiful, One of a kind items for your special someone(s). Lovely designer jewelry or special custom designs; Renovating your old and making it new; Gift certificates for future classes. A great gift for someone you love, timeless.

Founded & located in Carmichael in 1979. We have trained thousands of professional jewelers and hobbyists. If you have not stopped by, you are missing a treat. You will see talent, quality and motivation.

Jewelry Making Parties. Teachers, bring your students for a field trip. We have rocks and minerals too.

### 916.487.1122 www.jewelrytraining.com

Call for your personal tour today!

We are your Carmichael neighbor - come visit our "Student Jewelry Gallery" (across the street from Windmill Nursery) VA Approved • Post 911 Veterans • Student Loans Available - Short or Full Courses



### Carmichael Chamber of Commerce

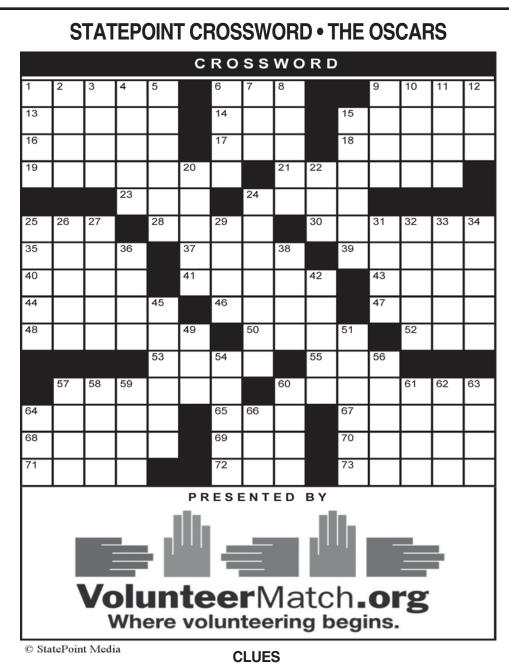
Carmichael Chamber Luncheon Tue, Feb 28, 2012 from 11:30am - 1:00pm @ Cypress Avenue Baptist Church Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Come enjoy a delicious buffet lunch, speaker, and plenty of opportunity to network. Raffle prizes too! Cost for the luncheon is \$15 for members with reservations, and \$20 for non-members and members without reservations.

Carmichael Chamber Board Meeting Tue, Mar 13, 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, Mar 14, 2012 from 5:30pm - 7:30pm (a) Nocito Benefit Insurance Services* Hosted by Nocito Benefit Insurance Services. Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards.

For information about these events contact: Linda Melody Email: linda@carmichaelchamber.com Phone: 481-1002

Contact us for more information on the Carmichael Chamber of Commerce Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com



ACROSS 1. Type of eclipse 6. \*1941's "How Green My Valley" 9. Drink too much 13. Being of service 14. Gilligan's home 15. Chicago's ORD 16. Smelling 17. In the past 18. Type of beam, also an acronym 19. \*Best Picture nominee set in Jackson, MS 21. "Ripley's Believe It or Not" showpiece, e.g. 23. Accused by some of breaking up The Beatles 24. Obama to Harvard Law School, e.g. 25. Bud or chum 28. Cough syrup balsam 30. To mark with spots vera 37. \*Nominated for role in "Moneyball" 39. Like sound of pinched

40. Chess piece that looks DOWN 1. A deadly sin 41. Barges 2. Beehive State 43. Circus venue 3. World's longest river 44. Reason by deduction 4. Even though, arch. 46. "The Iliad," e.g. 5. Wish ill 47. \*Mechanically-inclined film 6. Smack or sock 7. Leo month 48. Seaman or sailor 8. It has no back and no arms 9. Bangkok inhabitant 52. Room in a house 10. Kiln for drying hops 53. Like acne-prone skin 11. The hunted 55. Charlotte's creation 12. "Ever" to a poet 57. Hotel meeting place 15. \*He played Cold War spy 20. Grommets, e.g. 60. \*"The Descendants" 22. Milk , popular at the 64. Wavelike patterned silk movies 65. Make imperfect 24. Coroner's performance 67. Home to BYU 25. \*Place of Woody's mid-68. Curving outward night magic 26. Unaccompanied 69. "\_\_\_ to Joy" 70. Pivoted about a fulcrum 27. Used for washing 71. It usually contains the altar 29. Often spread in the in a church classroom 72. Women's organization 31. Beaten by walkers 73. Rub out 32. Imposter 33. \*Best Actress winner in "Tootsie"

34. "Crocodile Rock" performer 36. Augmented 38. Foolish person 42. Frown with anger 45. \*"The Girl with the Dragon Tattoo" 49. Band event 51. "We the " in the Constitution 54. "30 Rock" character 56. Emerald Ash \_\_ pest 57. "Wolf" in French 58. Great masters' medium, 59. Strong desire 60. \*It works with the cast on films 61. Most luminous star 62. Day before, pl. 63. Yesteryear 64. Earned at Sloan or Wharton About Nothing" 66. "Much

> **For Solution** See Page 7

CALL



#### Continued from page 1

When Pearl Harbor was attacked, "it was really a shock to the neighborhood." Neither Bill or her father had to serve in the war, as farmers were exempt. Sugar was difficult to come by, due to rationing, and nylons weren't available; only Lyle grey stockings, which were made of thin cotton.

Peg was impressed with Lindbergh, but Amelia Earhart not so much. "We were not happy with her. She was a little bit overbearing and kind of imposing."

The movie theater had just one show a week, but she also enjoyed listening to Amos 'n Andy on the radio, tole painting, horseback riding, Bridge, bowling and sewing crafts, such as embroidery, crochet and knitting.

"At one time, Bill and I belonged to a dance club. It was for married couples. Different kinds of dances, like the waltz."

The family enjoyed picnics and spending the night in Hot Springs. Although they tried

Margaret ("Peg") Aldrich at age 16.

camping, Peg didn't care too much for it.

Bill and Peg were very active in the political system, with Bill serving two terms as Mayor of Buhl, and Peg serving on the Election Board for 57 years. "It was interesting. I would keep track of the voters' addresses. I was there when FDR was President. He was a smart guy." Fishing for surgeon on the Snake River, her 78-year-old father's boat capsized as he leaned over the side. Weak from stomach surgery, he floated on his back, letting the current carry him until he could grab onto some reeds. "He always told me not to panic if I got caught in a river. The current will carry you to safety."

Her brother Walt Rogers, also an avid fisherman, went on to invent two fishing lures - the Frisky Fly and the Bingo Bug.

In 2003, Peg left Buhl to live with her daughter in Sacramento. Macular degeneration prevents her from continuing her love of painting and sewing. However, she enjoys the old Lawrence Welk Show on PBS, audio books and old movies on Turner Classic Movies

"The world is such a mess," she opines. "There is too much greed. I don't believe in spending money that you don't have, and we do a lot of that." She advises youth today to work hard, save, be patient and take responsibility. "But, also appreciate the beauty in the world."

### SAFE CU to Award \$10,000 in Local Scholarships

SACRAMENTO REGION -SAFE Credit Union is seeking exceptional teens for scholarship opportunities. As part of SAFE's scholarship program, ten collegebound high school seniors will each be awarded \$1,000 for their outstanding achievements this spring. Recipients will be chosen based

on exceptional grade-point averages, financial need, community involvement, letters of recommendation, and a personal statement. SAFE scholarships are awarded annually to students who live or attend school in Sacramento,

Placer, Yolo, Yuba, Sutter, Amador, Butte, Contra Costa, Nevada, San Joaquin, Solano, or El Dorado counties.

The application package for 2012 is available online at safecu.organd at SAFE branches. Interested students can also call (916) 979-7233 or (800) SEE-SAFE.

Application packets must be postmarked no later than March 12, 2012, and addressed to: SAFE Credit Union ATTN: Marketing PO Box 1057

North Highlands, CA 95660-1057

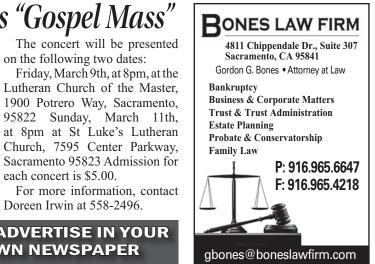
on the following two dates:

each concert is \$5.00.

Doreen Irwin at 558-2496.

SAFE's scholarship program started in 2001 and has since grown to include \$10,000 in additional support for the Sacramento County Office of Education Academic Decathlon.

Established in 1940, SAFE Credit Union maintains assets in excess of \$1.6 billion and serves more than 150,000 members through 21 branches in Greater Sacramento. SAFE is federally insured by the National Credit Union Administration (NCUA), a U.S. Government Agency.



ABRITER

Foster Family

Agency

SCC Music News "Gospel Mass" SACRAMENTO - The Sacra-The concert will be presented

mento City College Choral Department will appear in concert, featuring Robert Ray's "Gospel Mass", along with other Gospel pieces and Spirituals.

As described by Ray, the Gospel Mass, presented entirely in English, "is my desire to combine centuries of old traditions of Mass settings with sounds of the contemporary Black Church. "



like castle

orphan

50. Bus

nominee

773-1111 CALL 773-1111 TO ADVERTISE IN YOUR LOCAL HOMETOWN NEWSPAPER TO ADVERTISE

VolunteerMatch.org Where volunteering begins.								
				3	6			
6		5	1			4		
	4							6
9	7			1			6	
	2		6		8		5	
	6			7			3	9
7							8	
		3			1	5		7
			5	2				

© StatePoint Media

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

### Don't Shop, Adopt!

"I am Lucky Chucky Valentine, a crusader on behalf of all breeding mill puppies.

Read my story! Become a Friend of Lucky Chucky Valentine. Join me in my fight against evil puppy mills.

I hate those guys! -and so does Michael 007."

learn more and/or order through:

luckychuckyvalentine.com

friendsofLCV.com

1-855-4-CHUCKY

Find us on Facebook!

#### 100% of proceeds go to Friends of Lucky Chucky Valentine



IN YOUR LOCAL HOMETOWN **NEWSPAPER** 



\$



#### 1.800.372.6154 WWW.INFINITYDISH.COM

### Have you suffered a thigh bone/femur injury? Attention

Recent studies have indicated that use of the osteoporosis medicine Fosamax® can lead to fractures in the femur - the hip bone. These fractures can occur in low-impact situations, such as when stepping down stairs or even just falling from a standing height or less. This significant risk has been recently added to the Warnings and Precautions section of the label.

HIP fracture after taking Fosamax<sup>®</sup> it is your best interests to investigate your legal rights for possible compensation!

Weitz & Luxenberg can help you understand your legal options. We are one of

#### America's largest trial law and products WEITZ LUXENBERG RC

1880 CENTURY PARK EAST | SUITE 700 | LOS ANGELES, CA 90067 700 BROADWAY | NEW YORK, NY 10003

1.888.411.LAWS | www.weitzlux.com

Prior results do not guarantee a future outcome. We may associate with local firms in states wherein we do not maintain an office. If no recovery, no fees or costs are charged, unless prohibited by State Law or Rule. Weitz & Luxenberg, P.C. is a registered Law Corporation with the Caliform State Bar, cert. PI552



### Foster Care

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

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



#### ATTENTION CALIFORNIA RESIDENTS

#### Are you suffering from a DEFECTIVE METAL ON METAL **HIP REPLACEMENT?** tured by the following two companies:

Have you experienced failure of your hip implant, resulting in pain and disability that may have required revision surgery to replace the failed component? Common symptoms include groin pain, dislocations, instability, and pain associated with loosening of the device and the release of metal particles into the joint.

We are accepting cases for injuries caused by certain products manufac-

• Durom<sup>®</sup> Acetabular Cup

ZIMMER, INC.

#### **DEPUY ORTHOPAEDICS**

- ASR<sup>™</sup> XL Acetabular System
- ASR<sup>™</sup> Hip Resurfacing System
- Pinnacle<sup>®</sup> (Metal on Metal only)

Weitz & Luxenberg can help you understand your legal options. For a free and discrete consultation please call us today at 1-888-411-LAWS (5297), or e-mail us at ClientRelations@weitzlux.com.

WEITZ LUXENBERG ASBESTOS DRUGS/MEDICAL DEV	
1880 CENTURY PARK EAST   SUITE 700   LOS ANGELES, CA 90067 700 BROADWAY   NEW YORK, NY 10003	We are also investigating injuries resulting from • DEFECTIVE KNEE REPLACEMENTS
88.411.LAWS   www.weitzlux.com	<ul> <li>ACTOS™ BLADDER CANCER</li> <li>FOSAMAX<sup>®</sup> FEMUR FRACTURES</li> </ul>
Prior results do not guarantee a future outcome. We may associate with local fü covery, no fees or costs are charged, unless prohibited by State Law or Rule. W the California State Bar, cert.#18529	rms in states wherein we do not maintain an office. If no re- Veitz & Luxenberg, P.C. is a registered Law Corporation with

liability law firms representing injured If you or your loved one has suffered a persons with total verdicts and settlements in excess of \$3 Billion, and are committed to represent your interests aggressively

and professionally.

#### For a free consultation please call us today at 1-888-411-LAWS (5297). LAW OFFICES We are also investigating





#### **Accident Attorney**

Auto Accident Attorney INJU-RED IN AN AUTO ACCIDENT? Call Jacoby & Meyers for a free case evaluation. Never a cost to you. Don't wait, call now, 888-375-9101 (MB 12-31-12)

#### Adoption

PREGNANT? CONSIDERING ADOP-TION? Talk with caring adoption expert. You choose from families nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 (NANI)

#### Antiques

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

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

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

#### Auctions

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

#### Audio Books

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

#### Autos Wanted

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

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

DONATE YOUR CAR to CANCER FUND of AMERICA to help SUPPORT CANCER PATIENTS. Tax Deductible. Next Day Towing. Receive Vacation Voucher.Call 7 Days 1-800-835-9372 (NANI)

Donate Your Car! Civilian Veterans & Soldiers Help Support Our U.S. Military Troops 100% Volunteer Free same Day Towing Tax Deductible. Call and Donate 1-800-471-0538 (NANI) Today!

DONATE YOUR CAR, truck or boat to Heritage for the Blind. Free 3 Day Vacation. Tax Deductible. Free Towing, All Paperwork Taken Care Of. 888-902-6851. (Cal-SCAN)

SELL Your CAR, TRUCK or SUV Today! All 50 states, fast pick-up and payment. Any condition, make or model. Call now 1-877-818-8848. www.MyCarforCash.net (Cal-SCAN)

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

#### **Business** Opportunity

START NOW! Open Red Hot Dollar Plus, Mailbox, Dollar. Discount Party, Discount Clothing, Teen Store, Fitness Center from \$51.900 worldwide! www.DRSS25

#### No Mess Guaranteed 15 Years Running (916) 752-6762

Bus Lic # 103881 (MPG 3-31-12) Computers

YOUR LOCAL PC REPAIRER Comes to your Home/Office. A+ Rating. (916) 443-1813 (MPG 02-29-12)

Call-A-Geek Mobile Service. Software, Spyware, Hardware Repair. Microsoft Certified.

#### 879-3514. (MPG 07-13-11) Counseling

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

problems and issues www. lifeadvisorforeveryone.com Dave (916) 821-5768 (MPG)

#### 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) DISH Network

#### Special DISH Network. Starting at \$19.99/

month PLUS 30 Premium Movie Channels 4023 FREE (MB 12-31-12)

#### **Electrical Services**

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

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

#### Fencing

model trucks! CDL-A, 3 months Cal State Fence and Construction Since 1986 Quality. Trustworthy. recent Affordable, Reliable. Redwood, Top Chain Link, Ornamental Iron, www.driveknight.com Vinyl, Trellis, Decks, Residential/ Commercial FREE ESTIMATES!

#### (MPG 09-15)

#494306 916-966-1103

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

Lic.

We buy structured settlement and annuity payments. Get a \$1,000 cash advance for your payments. Call 877-536-3703 today! (NANI)

#### For Rent

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)

#### Gardening Classes

Veggie Garden Classes in Feb. See wavnesherbs.com for class schedule and info. (MPG 02-28-12)

### Health & Beauty

IF YOU USED YAZ/YAZMIN/ OCELLA BIRTH CONTROL PILLS OR A NuvaRING VAGINAL RING CONTRACEPTIVE between 2001 & present and developed blood clots, suffered a stroke, heart attack or required gall bladder removal you may be entitled to compensation.Call Attorney Charles Johnson 1-800-535-5727 (SWAN) Mystery Shoppers Needed. Earn Laptop Repair up to \$150 per day. Undercover Shoppers Needed to Judge Retail Any laptop repaired just \$79. Macs too. REALLY! FREE & Dining Establishments. Experience Not Required. Call Now Fedex shipping! \$69 extra for (NANI) screen or motherboard replacement. CALL Authorized INTERNATIONAL CULTURAL EX-Repair CHANGE Representative: Earn aptop

888-773-5417 supplemental income placing and supervising high school ex change students. Volunteer host families also needed. Promote SOCIAL SECURITY Disability world peace! 1-866-GO-AFICE Benefits. You Win or Pay Us or www.afice.org (Cal-SCAN) Nothing, Contact Disability Group, Caring Compassionate Seniors WANTED! SENIORS HELPING Inc. Today! BBB Accredited. Call

888-380-3513.

For Your FREE Book & Consultation. 877-490-6596. (Cal-SCAN) SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for SOCIAL SECURITY DISABILITY Providers. Qualified candidate BENEFITS. You WIN or Pay Us Nothing. Contact Disability Group. will have life experience, an interest in making a difference in the lives of other seniors and be Inc. Today! BBB Accredited.Call For Your FREE Book & Consultacomfortable working with senior tion. 888-630-1757 (MB 12-31-12) citizens. Flexible schedules...we'll **Medical Supplies** work around your schedule! Valid driver's license and use of auto / Equipment is required.Call us today for more ATTENTION DIABETICS with information.(916) 372 9640 (MPG) Medicare, Get a FRFF Talking Meter and diabetic testing sup-Help Wanted plies at No Cost, plus FREE home Drivers



Class A Driver Training. We train and employ! New pay increases coming soon. Experienced Drivers red skin sores and bacterial infection! Call 888-699-7660. (Cal-SCAN) also Needed! Central Refrigerated. 1-877-369-7126. www.CentralTruck Wheelchairs, walkers, incontinence, DrivingJobs.net (Cal-SCAN) bath safety, lift chairs, canes, stethos-

DRIVER - \$0 TUITION CDL (A) Training & Job! Top Industr Pay, Quality Training, Stability & Miles. \*Short employment commitment required. 1-800-326-2778. www.JoinCRST.com (Cal-SCAN)

experience

Medical

and Caregivers willing to work

in Placer, Sacramento, and El

Help Wanted

Sales

HouseCleaners

Customers Happy?

If You Answered YES!

We Want YOU!

HouseCleaners is recruiting for

our Sacramento area team.

Please call Sylvia at (916) 955-

6089. or e-mail your resume to:

sachousecleaners@hotmail.

com. All applicants must be

willing to undergo background

Driver

#### - Hometime Choices: Miscellaneous

(MPG 02-28-12)

Weekly, 7/ON-7/OFF, 14/ON-7 Dish Network \$19.99/mo! Free OFF. Daily or Weekly Pay. Late HBO+Showtime+Cinemax+Starz +Blockbuster! Free HD/DVR! Next reauired. Benefits! 800-414-9569 Day Install! Ask About Internet/TV/ Phone Bundles! 800-732-0574 (NANI)



mo. Includes locals, 3 HD receivers free. Restrictions Apply. Call NOW!! (877) 594-2251 (NANI) AT&T U-Verse for just \$29.99/mo!

Dorado counties, with at least two SAVE when you bundle Internet vears experience in caring for the +Phone+TV and get up to \$300 elderly. We offer hourly, overnight, BACK! (select plans). Limited Time and live-in shifts. Please call 916-Call NOW! 877-276-3538 (NANI) 630-8588 for more information. (MPG)

CA\$H PAID-UP TO \$22/BOX for unexpired, sealed DIABETIC TEST STRIPS! 2 DAY PAYMENT & PRE PAID shipping. SE HABLAESPA-AWESOME TRAVEL JOB !!! \$500 NOL. Emma 1-888-776-7771.www. Sign-on Bonus. Unique Sales team Cash4DiabeticSupplies.com (NANI) looking for 10 young minded guys/

gals to travel the US.Cash Daily. DIRECTV \$29.99/mo \$0 Start Shawn 1-800-716-0048. (Cal-SCAN) Costs! Free HBO CINEMAX SHOWTIME STARZ! FREE HD/ Home Health Care DVR! Free Installation! We're "Local" Installers! 800-355-4203 (NANI) In your home health care/

helper. 20 years experience. Fingerprinted, reliable, local. Call Low Testosterone? FREE Jenny at 530-889-1737(MPG 08-25) 30 Day Supply of Progene! All Natural Supplement for More Power & Performance! Pay only S&P 800-908-2214 (NANI) Housecleaners

WORK ON JET ENGINES - Train Do You Love Being Part of a Winning Team? Do You Love for hands on Aviation Maintenance Career. FAA approved proto Clean? Do You Love Making gram. Financial aid if qualified

Job placement assistance. Call AIM (866) 854-6156. (NANI) CASH FOR CARS: All Cars/ Trucks Wanted, Running or Not!

D'Angelico, Stromberg,

Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI) 1st

Miscellaneous Items for Sale (Cal-SCAN)

MEMORY FOAM THERAPEUTIC MATTRESSES F-\$349 Q-\$399 ADJUSTABLES-\$799 DELIVERY LIFETIME WARRANTY 90 NIGHT TRIAL 1-800-ATSI FEP1-800-287-5337 WWW.MATTRESSDR.COM (NANI)

CLASSIFIED ADVERTISING

NASA

T-\$299

K-\$499

FREE

Specialists

(Cal-SCAN)

APNEA

Medicare.

SLEEP

copes, compression garments,

diabetic care. Excellent service

MEDICAL SUPPLY. 916-485-2500.

Now accepting MEDICARE.

quality at low prices from AMD

12-31-12)

(MB

Legal Services

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

100 Percent Guaranteed Omaha Steaks - SAVE 65 percent on the Family Value Collection. NOW ONLY \$49.99 Plus 3 FREE GIFTS & right-to-the-door delivery in a reusable cooler. ORDER TODAY at 1-888-525-4620 or www.OmahaSteaks.com/family16, use code 45069TVH. (Cal-SCAN)

#### Money To Lend

LAWSUIT CASH Auto Accident? All cases qualify! Get CASH before your case settles! Fast Approval Low Fees. (866) 709-1100 www.glofin.com (NANI)

#### **Omaha Steaks**

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

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

A Country gentleman would like to

Mature Guy seeking friendship of a mature lady in the 60's and 70's. Call Jim 530-823-7765. Pets

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

#### Piano Lessons

Piano Lessons - Beginner, Classical. Adults and Children. Mr Parker. 505-9279 (MPG 02-28-12) Piano Lessons - 25 years experience teaching all ages 916-723-8440 www.pianobychris.com

(MPG 09-21-11) Piano Lessons - All ages free. Rancho 1st lesson Cordova 916/858-1571 (MPG)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information. visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

#### Pool Service

H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380, Weekly Pool Service & Repair. Licensed, Insured, Reliable-\$50 Service or Repair.

qualified. SCHEV certified. Call 800-481-9409. www.CenturaOnline.com

Carmichael Times Page 7

Earn 18% of your

initial advertising

gross sales.

Our sales packages

range from \$12,000-

\$60,000 per year.

Generous Commissions

Work Out Of Your Home!

Experience required: Minimum of

3 years in print ad sales. We provide some

warm contacts. You also find your own.

Commission-only jobs available.

We are chain of newspapers based in the

greater Sacramento Area with a ready-to-sell

media kit and lots great internet presence.

We're media savvy - are you?

Must have professional appearance, clean car

in good shape, must be ready to hit the ground

running, be able to close, attend meetings, keep

records well, work on a timely basis. We are

looking for self-motivated people who can sell

refrigerators to Eskimos, close 12 or more

contracts a year, and explain print sales to buyers.

To apply, submit resume and cover

letter to fromgeefour@earthlink.net.

We check references.

Juley © 2012

Home Delivery

Routes

Available

WHEN ELWOOD WAS

YOUNG, HE USED TO GO

"SKINNY DIPPING"

"CHUNKY DUNKING"

NOW HE JUST GOES ...

NOTICE TO READERS

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

HIGH SCHOOL DIPLOMA! Graduate in 4 weeks! FREE Brochure. Call Now! 1-866-562-3650 ext. 60 www.SouthEasternHS.com(Cal-SCAN)

Shari's Berries

SHARI'S BERRIES - Order Mouthwatering Gifts for Valentine's Day! 100 percent satisfaction guaranteed Hand-dipped berries from \$19.99 plus s/h. SAVE 20 percent on qualifying gifts over \$29! Visit www.berries.com/grins or Call 1-888-858-8494 (MB 12-31-12)

> Slashes Heating Bills

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

#### TV

AT&T U-Verse for just \$29.99/ mo! SAVE when you bundle Internet+Phone+TV and get up to \$300 BACK! (Select plans) Time Limited Call NOW! 1-866-944-0906 Upholstery

**Vacation** 

**Properties** 

ADVERTISE Your VACATION

PROPERTY in 240 California

newspapers for one low cost

of \$550. Your 25 word classi-

fied ad reaches over 6 million+

Californians. Free brochure call

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

Video

Video Photo Montages for all

occasions from \$49.95 - On

site video recording from \$99.95

Additional info & pricing www.puti-

tonvideo.com or call Len Edwards

Volunteers

Needed

Sutter Auburn Faith Hospice

Thrift Store invites volunteers

to work as cashiers, sales floor

assistants, donation processors

four hour weekly commitment is re-

quested. Location: 13342 Lincoln

Way, Auburn. Call store coordina-

tor, Kim Chase, 530-887-0561.

Volunteers Needed: The Domestic

Violence Intervention Center needs

caring people to assist victims

of domestic violence. For more

information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG 12-31-12)

Want to Buy

WANTED JAPANEESE MOTOR-

CYCLE KAWASAKI 1967-1980

Z1-900, KZ900, KZ1000, ZIR,

KZ1000MKII, W1-650, H1-500,

Repair

provided; a

or pricers. Training is

(MPG 12-31-12)

(MPG

916-224-7545

Transfer 8mm-VHS to DVD.

#### **B&T Upholstery and Repairs**

Specializing in Decco & Modernism Furniture. 916-392-1959 (MPG 02-09)

Personals

meet a lady to enjoy life together. Call William 530-227-7681. (MPG 11-30-11) Happy and healthy grandma Seeks same in grandpa. "Old" not in my vocabulary. Let's talk. 530-626-8682 (MPG 10-19-11)

(MPG 10-19-11)

com, 1-800-518-3064. (Cal-SCAN)

Good Money! Weekly! Homeworkers needed NOW! Details: Rush Long SASE: NHA, 28 E. Jackson, #F-458, Dept. NANI, Chicago, IL 60604-2263 WWW. EASYBABYCASH.COM (NANI)

Start Earning Now! \$1000's Weekly For Placing Free Online Classifieds Just Like This One. Get Paid Daily! Call 1-800-818-4395 www.987wow.com (NANI)

#### Business Services

ADVERTISE a display BUSI-NESS CARD sized ad in 140 California newspapers for one low cost of \$1,550. Your display 3.75x2" ad reaches over 3 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

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

#### **Cable/ Satellite TV**

**Dish Network lowest nationwide** price \$19.99 a month. FREE HBO/ Cinemax/Starz FREE Blockbuster FREE HD-DVR and install. Next day install 1-800-908-0366. (Cal-SCAN)

#### Cable TV Offer

SAVE on Cable TV - Internet-Digital Phone. Packages start at \$89.99/mo (for 12 months.) Options from ALL major service providers. Call Acceller today to learn more! CALL 1-866-484-1940 (MB 12-31-12)

#### Career Training

WORK ON JET ENGINES-Train for Aviation Maintenance Career FAA approved. Financial aid if qualified - Job placement assistance. CALL Aviation Institute of Maintenance (888) 242-3382 toll free. (Cal-SCAN)

#### Chimney Sweep

CHIMNEY CLEANING SPECIAL FAST • CLEAN • EFFICIENT Friendly Service

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

Canada Drug Center is your choice for safe and afford-able medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 877-560-8637 for \$25.00 off your first prescrip-

tion and free shipping. (MB 12-31-12) Diabetes/Cholesterol/Weight Loss Bergamonte, a Natural Product for Cholesterol, Blood Sugar and weight. Physician recommend-

ed, backed by Human Clinical Studies with amazing results. Call today and save 15 off your first bottle! 877-855-5090 (MB 12-31-12) ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get

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

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

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

#### Heating & Air

AC Repair Low Prices 487-4609 (MPG)

### Help Animals

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

#### Help Wanted

HAWAII BOUND !! Play in Vegas, Hang in LA, Jet to New York! Hiring 18-24 girls/guys.\$400-\$800 wkly. Paid expenses.Are you energetic & fun?Call 877-259-6983 (SWAN)

ACTORS/MOVIE EXTRAS needed immediately! \$150-\$300/day depending on job. No experience. all looks needed. 1-800-561-1762 Ext A-104 (NANI)

checks and drug testing. (MPG 08-15) Housekeeping

Honest and Dependable. Supplies Furnished. I work alone. Sandra. 961-7651. (MPG 01-18-12)

#### 1-800-401-0440 House Painting AIRLINES ARE HIRING - Train

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



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)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG) Tall Weed Cutting Low Rates 916-524-7477 (MPG

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellagarden.com or ctc Randy for info 454-3430 or 802-9897. (MPG) Lawn Service - I can mow and

edge your lawn. Reasonably priced. Call for a free estiat 916-934-9944 (MPG)

mate

able. Call AIM (888) 686-1704 (NANI) DEGREE EARN COLLEGE ONLINE \*Medical. \*Business. Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV 800-510-0784 certified. Call www.CenturaOnline.com (NANI)

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

Bundle & Save on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at less than \$20/mo. CALL NOW! 800-314-9361 (NANI)

Reach over 20 million homes nationwide with one easy buy! Only \$2.795 per week! For more information, contact this publication or go to www.naninetwork.com (NANI)



ALLIED HEALTH CAREER training - Attend college 100% online. Job placement assistance.Computer available. Financial Aid if



**Crossword Puzzle on Page 6** 

		2	1	7	4	3	6	8	9	5
		6	3	5	1	8	9	4	7	2
		8	4	9	7	5	2	3	1	6
		9	7	4	3	1	5	2	6	8
		3	2	1	6	9	8	7	5	4
ł.		5	6	8	2	7	4	1	3	9
		7	5	2	9	4	3	6	8	1
		4	9	3	8	6	1	5	2	7
		1	8	6	5	2	7	9	4	3
	Sudoku Puzzle on Page 6									

### We've made finding local 10bs a lot easier.

The Community Employment Connection brings your local employment resources into focus.

You look to us for your local news, and now you can rely on us for the most comprehensive job resources in our region. That's why our website is linked to the Community Employment Connection, provided by Northern California's most-respected career and employment resource, JobJournal.com. With a few clicks, you can zero in on employment information, upcoming job fairs, career resources and job listings from local media, as well as nearby employment centers. So if you're searching for a new job or career, start by taking a closer look at us.

Carmichael Times

www.CarmichaelTimes.com

#### Carmichael Times Page 8

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00691. Melvin L. Pederson, 9387 Forest Vista Way, Flk Grove, CA 95758 is doing business under the Fictitious Business Name "Laguna Creek Landscaping" at 9387 Forest Vista Weay, Elk Grove, CA 95758. Filed with the Clerk of Sacramento County on Jan. 25, 2012. Publish: February 1, 8, 15, 22, 2012.

LAGUNA 20201 2-22-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00713. Emily Ryan, 859 Holley Court, Folsom, CA 95630 is doing business under the Fictitious Business Name Alchemy Travel" at 859 Holley Court, Folsom, CA 95630. Filed with the Clerk of Sacramento 2012 on Jan. County 25. Publish: February 1, 8, 15, 22, 2012

ALCHEM 20201 2-22-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00638. A Professional Image Limousine LLC, 7913 Baldus Ct., Elk Grove, CA 95758 is doing business under the Fictitious Business Names "California Limousine; Sacramento Sedan Service; Silver Oak Limousine: API Limousine" at 11371 Pvrites Way, Gold River, CA 95670. Filed with the Clerk of Sacramento County on Jan. 24, 2012. Publish: February 1, 8, 15, 22, 2012. CALLIM 20201 2-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00724. Alex Khosroshahl, 7148 La Val Ct. Carmichael CA 95608 is doing business under the Fictitious Business Name "K Vanilla" at 7148 La Val Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 25, 2012. Publish: February 1, 8, 15, 22, 2012 2-22-12 **KVANIL** 20201

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00698. Shareen Golbahar, 309 Manzanita Ave., Roseville, CA 95678 is doing business under the Fictitious Business Name "Ready TV" at 2940 Fulton Ave. #1000, Sacramento, CA 95821. Filed with the Clerk of Sacramento County on Jan. 25. 2012. Publish: February 1, 8, 15, 22, 2012.

READYT 20201 2-22-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00719. Cvnthia Arevalos, 8601 Jaytee Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Hair By Cindy" at 702SutterSt.#G,Folsom,CA95630. Filed with the Clerk of Sacramento County on Jan. 25, 2012. Publish: February 1, 8, 15, 22, 2012. HAIRBY 20201 2-22-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00729. Byron O. Wilson, 5822 Shadow Creek Dr. #4, Sacramento, CA 95841 is doing business under the Fictitious Business Name "B. Redd's New South Cookies & Desserts" at 5822 Shadow Creek Dr. #4, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on Jan. 25, 2012. Publish: February 1, 8, 15, 22, 2012 BREDDS 20201 2-22-12

> SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

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 SacramentoCounty.California.once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 20, 2012. Kevin R. Culhane Judge of the Superior Court Publish: February 1, 8, 15, 22,

2012. WEBBER 20201 2-22-12 NOTICE OF PETITION TO ADMINISTER

ESTATE OF WILLIAM M. HOLDEN

ESTATE NO. 34-2012-00117203 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of WILLIAM M. HOLDEN AKA BILL HOLDEN:

A Petition for Probate has been filed by Kelly A. Holden and Candace S. Thompson-McLain in the Superior Court of California, County of Sacramento, requesting that Kelly A. Holden and Candace S. Thompson-McLain be appointed as personal representatives to

The petition requests authority The petition is set for hearing

in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on February 23, 2012 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may

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

an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code

petitioner or petitioner's attorney is: Jennifer Miller Moss, Moss & Locke, 95825; MOSS 20202

Great Little Book Publishing Co., Inc., 7483 Rush River Dr. #710. Sacramento, CA 95831 is doing business under the Fictitious Business Name "KP Enterprises"

Business Name "Agos Education Advisors" at 1811 Wayside Lane CA 95864. Filed Sacramento, with the Clerk of Sacramento on Jan. 23, 2012. County Publish: February 8, 15, 22, 29, 2012 AGOSED 20202 2-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00982. Charles A.B. Bourassa, 4626 Storrow Way, Sacramento, CA 95842 is doing business under the Fictitious Business Name "A B Air Conditioning and Heating" at 4626 Storrow Way, Sacramento, CA 95842 Filed with the Clerk of

2012 ABAIRC

County

SAFETY

Benjamin

2012.

MIDNIT

County

2012

PRESTI

20202

Fictitious Business Name "Prestige

L MFG" at 24476 Larkspur Lane

#312, Sacramento, CA 95825.

Filed with the Clerk of Sacramento

Publish: February 8, 15, 22, 29,

20202

SUPERIOR COURT OF

CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2011-00114728

Akhramenko has filed a petition

with this court for a decree

Akhramenko to Vicky Nichole Ark.

persons interested in the above

entitled matter appear before this

court at 1:30 p.m. on March 23

2012 in Dept. 16, 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.

a copy of this Order to Show Cause

be published in the Carmichael

Times Newspaper, 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: Nov. 29, 2011.

Publish: February 8, 15, 22, 29,

FICTITIOUS BUSINESS NAME

20202

2-29-12

Judge of the Superior Court

Kevin R. Culhane

2012

AKHRAM

IT IS FURTHER ORDERED that

IT IS ORDERED that all

name

of

WHEREAS.

changing

1, 2012.

2-29-12

Victoria

Victoria

on Feb.

2012.

administer the estate of the decedent.

to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority

be in person or by your attorney. IF YOU ARE A CREDITOR

date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of

The name and address of

800 Howe Ave. #110, Sacramento, 916-569-0667 Publish: February 8, 15, 22, 2012. 2-22-12 FICTITIOUS BUSINESS NAME STATEMENT #EBNE2012-00723

### LEGAL ADVERTISING

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

NOTICE OF PETITION TO ADMINISTER ESTATE OF **RICHARD L. MARKEL** ESTATE NO. 34-2012-00117947 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RICHARD L. MARKEL: A Petition for Probate has been filed by David Aeschliman in the Superior Court of California, County of Sacramento, requesting that David Aeschliman be appointed as personal representative to administer the estate of the decedent. The petition requests the Sacramento County on Feb. 1, 2012. decedent's will and codicils, if any, be Publish: February 8, 15, 22, 29, admitted to probate. The will and any codicils are available for examination 20202 2-29-12 in the file kept by the court. The petition requests authority FICTITIOUS BUSINESS NAME to administer the estate under STATEMENT #EBNE2012-00920 the Independent Administration Heritage Mortgage Corporation. of Estates Act. This will avoid the 9706 Fair Oaks Blvd. #160, Fair need to obtain court approval for Oaks, CA 95628 is doing business many actions taken in connection under the Fictitious Business Name with the estate. However, before 'Safety Capital" at 9706 Fair Oaks taking certain actions, the personal Blvd. #160, Fair Oaks, CA 95628 representative will be required to Filed with the Clerk of Sacramento give notice to interested persons on Jan. 31. 2012. Publish: February 8, 15, 22, 29, unless they have waived notice or have consented to the proposed action. The petition will be granted 20202 2-29-12 unless an interested person files FICTITIOUS BUSINESS NAME an objection to the petition and STATEMENT #FBNF2012-00223. shows good cause why the court Rozenberg, 5116 should not grant the authority. Parque Vista Way, Carmichael, The petition is set for hearing CA 95608 is doing business under in Dept. No. 129. located at 3341 the Fictitious Business Name Power Inn Road, Sacramento, CA "Midnite Events" at 5116 Parque 95826 on March 2, 2012 at 9 a.m. Vista Way, Carmichael, CA 95608. IF YOU OBJECT to the Filed with the Clerk of Sacramento County on Jan. 10. 2012. Publish: February 8, 15, 22, 29,

granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before 2-29-12 the hearing. Your appearance may be in person or by your attorney. FICTITIOUS BUSINESS NAME IF YOU ARE A CREDITOR STATEMENT #FBNF2012-00999. or a contingent creditor of the Alexandra DeLee, 2446 Larkspur deceased, you must file your claim Lane #312. Sacramento, CA with the court and mail a copy to the 95825 is doing business under the

personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the

file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of California Probate Code. the The name and address of petitioner or petitioner's attorney is: Gfordon G. Bones, 4811 Chippendale Dr. #307, Sacramento. 95841; CA Publish: February 15, 22, 29, 2012. BONES 20203 FICTITIOUS BUSINESS NAME STATEMENT 01166. Michael Tucker. 5416 Marmith Ave., Sacramento, CA 95841 is doing business under the Fictitious Business Name "Taurus Mechanical" at 3915 Security Park Rancho Cordova, CA 95670. Filed with the Clerk of Sacramento County on Feb. 8. 2012. Publish: February 15, 22, 29, March 7,2012

TAURUS 20203 3-7-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01035. Cynthia E. Smith. 7353 Circlet Way, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Maid Fresh" at 196th St. #T-100, Kent, WA 98032. Filed with the Clerk of Sacramento County on Jan. 27, 2012. Publish: February 15, 22, 29, March 7.2012 AIRWAY 20203 3-7-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2011-07223 River City Real Water, LLC, 8241 El Verano Ave., Elverta, CA 95826 is doing business under the Fictitious Business Names "Real Water Sacramento/ River City Real Water" at 8241 El Verano Ave., Elverta, CA 95626. Filed with the Clerk of Sacramento County on Aug. 22, 2011. Publish: February 15, 22, 29, March 7, 2012. REALWA 20203 3-7-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00840. Steven R. Wiget, 931 Park Ranch Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Sacramento Art and Frame" at 2404 "X" St. Sacramento, CA 95818. Filed with the Clerk of Sacramento County on Jan. 30, 2012. Publish: February 15, 22, 29, March 7.2012 20203 SACART 3-7-12

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

#34-2012-00118594 WHEREAS, Myrta Myriam Soto Perez has filed a petition with this court for a decree changing name of Myrta Myriam Soto Perez to Myrtha Soto. IT IS ORDERED that all persons interested in the above

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 Newspaper, a newspaper of general circulation, printed in

prior to the date set for hearing on the petition. Dated: Feb. 10, 2012. Shellevanne W.L. Chang Judge of the Superior Court

20203 3-7-12 SOTO

CALIFORNIA COUNTY OF SACRAMENTO

CHANGE OF NAME #34-2012-00118428

Kathryn Emily Worth Havard. located at 720 9th St., Sacramento, 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 Newspaper, 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: Feb. 8, 2012.

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

4, 2012.

ORMOLU

14, 2012.

ACCESS

14, 2012.

HEARTS

Business

14, 2012

CONTIN

01469.

Bester

Way,

14.2012.

NAPEND

14.2012.

SACCIT

STATEMENT

STATEMENT

20204

FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-01311.

Deborah Troha and Rudolph Troha.

both of 1605 Broder Circle, Folsom,

CA 95630 are doing business

under the Fictitious Business

Name "Hearts Embrace" at 1605

Broder Circle, Folsom, CA 95630.

Filed with the Clerk of Sacramento

County on Feb. 10, 2012.

Publish: February 22, 29, March 7,

20204

FICTITIOUS BUSINESS NAME

01335. Consortium of Business

Continuity Professionals, Inc., 10

Nellis, Sacramento, CA 95835 is

doing business under the Fictitious

Names

Nellis. Sacramento. CA 95835.

Filed with the Clerk of Sacramento

Publish: February 22, 29, March 7,

20204

Publish: February 22, 29, March 7,

20204

FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2012-01235

Sergio C. Rodriguez, 3352 Balada

Way, Rancho Cordova, CA is

doing business under the Fictitious

Business Name "Sac-City Roofing

Co." at 3352 Balada Way, Rancho

Cordova, CA. Filed with the Clerk of

Sacramento County on Feb. 9, 2012.

Publish: February 22, 29, March 7,

20204

SUPERIOR COURT OF

Compliance Solutions"

County on Feb.

Way,

#34-2012-0011 WHEREAS, Ram Parkash Rattu and Paramjit Kaur Rattu have filed a petition with this court a decree changing name

of Jackson to Jackson Rattu. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 19 a.m. on March 22, 2012 in Dept. 54. located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times Newspaper, a newspaper of general circulation, printed in . California, Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 9, 2012. Shellevanne W.L. Chang Judge of the Superior Court Publish: February 15, 22, 29, March

7, 2012. 20203 RATTU 3-7-12 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00118624.

WHEREAS, Sourabh has filed a petition with this court for a decree changing name of Sourable to Sourable Bocky Battu IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 19 a.m. on March 23, 2012 in Dept. 54. located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times Newspaper, a newspaper

of general circulation, printed in SacramentoCounty,California,once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 10 2012. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: February 15, 22, 29, March

20203 3-7-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00917. Scott J. Hileman and Lisa M. Hileman, both of 695 Summit Lakes Way, Galt, CA 95632 are doing business under the Fictitious Business Names "Affordable Roof Repair/Roof Repair Experts" at 695 Summit Lakes Way, Galt, CA 95632. Filed with the Clerk of Sacramento County on Jan. 31, 2012. Publish: February 22, 29, March 7,

20204 AFFORD 3-14-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01095. Gerald F. Jensen and Debra H. Jensen, both of 6152 Kenneth Oak Way #D, Fair Oaks, CA 95628 are doing business under the Fictitious Business Names "Ormolu/ormolu Estate Services" at 6152 Kenneth Oak Way #D. Fair Oaks. CA 95628. Filed with the Clerk of Sacramento County on Feb. 6, 2012.

• Machine Repairs (all makes & models)

Carmichael, CA 95609 Publish: February 22, 29, March 7, any, why the petition for change of name should not be granted. IT 20204 3-14-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-01466. Hal M. Franscioni and Sarah M.

3-14-12

3-14-12

#FBNF2012-

"Continuity

at

14, 2012.

#FBNF2012-

3-14-12

3-14-12

3-14-12

Compliance/Continuity

Franscioni, both of 6237 Grant Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Accessible Home Removations" at 6237 Grant Ave. David I. Brown Carmichael, CA 95608. Filed Judge of the Superior Court with the Clerk of Sacramento County on Feb. 16. 2012. 14.2012. Publish: February 22, 29, March 7, SEARLS 20204

Legal Advertising

P.O. Box 14

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00113356 Jaden Giang to Jayden Giang. Dept. 54, located at 720 9th St.

Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 22, 29, March 7, 14.2012.

Mercy Mwangi, 8041 SUPERIOR COURT OF Sacramento, CA CALIFORNIA 95829 is doing business under the Fictitious Business Name "Napenda Safari" at 8041 Bester CAUSE Sacramento, CA 95829. CHANGE OF NAME Filed with the Clerk of Sacramento #34-2011-00113357 County on Feb. 16. 2012.

WHEREAS. Jana Le Giang has filed a petition with this court for a decree changing name of Jana Le Giang to Jayna Le Giang IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 27, 2012 in Dept. 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 SacramentoCounty, California, once

CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2012-00117333 WHEREAS. Noelle Elizabeth

Ryder has filed a petition with this court for a decree changing name of Noelle Elizabeth Ryder to Noelle Elizabeth Ryder Searls. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 21, 2012 in Dept. 54. located at 720h St., Sacramento. Ca 95814 and show cause, if

# **Specialties Plus**

February 22, 2012

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: Feb. 16, 2012. Publish: February 22, 29, March 7, 3-14-12 WHEREAS, Jana Le Giang has filed a petition with this court for a decree changing name of

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 27, 2012 in 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 SacramentoCounty, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 17, 2012.

FICTITIOUS BUSINESS NAME ADMIN 20204 3-14-12

COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW

a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 17, 2012 Shellevanne W.L. Chang Judge of the Superior Court

Publish: February 22, 29, March 7, 14, 2012. 20204 3-14-12 ADMIN Call to place your legal advertising here. 532-2113 MP'G

**Specializing in Digital Printers**, Copiers,

7.2012. 916-965-6647. 2-29-12 #FBNF2012-

David L Brown

CHANGE OF NAME

entitled matter appear before this court at 9 a.m. on March 23, 2012 in Dept. 54. located at 720 Room 102, Sacramento,

SacramentoCounty,California,once a week for four consecutive weeks

Publish: February 15, 22, 29, March

SUPERIOR COURT OF

ORDER TO SHOW CAUSE

WHEREAS, Erin Havard

has filed a petition with this court for a decree changing name of Kathryn Emily Worth Lozoya to IT IS ORDERED that all persons interested in the above entitled

matter appear before this court at 2 p.m. on March 21, 2012 in Dept. 53, CA 95814 and show cause. if any, why the petition for change

7, 2012. RATTU

14.2012



### **Business & Service Directory**



# Singles Nite in Hollywood Dance

Singles Network is hosting a Nite in Hollywood Dance for single adults Saturday, March 3, from 7 PM to 11:30 PM. At Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. The evening features DJ John Maricich playing dance music 8-11:30, and dance teacher Dancing Dave teaching the Merengue 7-8 PM. Dress like a movie, tv, music or sports star, or come as the star that you are! Costume contest with prizes. Usually about 1/2 of the attendees dress with the tme so either way is acceptable.

Christian Singles Network, Northern California's largest inter-church singles group, has

CARMICHAEL – Christian over 7,500 singles on its roster and hosts dances every 3 to 4 weeks. Call the number below for directions or more information. The price also includes appetizers (including dessert) and complimentary non alcohol beverages. The dance music is a mix of rock and roll, ballroom, Latin, and Christian music.

Tickets are \$15 pre-sale or \$20 at the door. Membership is not necessary to attend, and all ages and all denominations are welcome. CSN will be celebrating its 20th anniversary this year, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area. A special ticket price of \$10 at the door is available

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

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



Carmichael Recreation and Park District is announcing these upcoming events

#### **Ukrainian Egg Workshop** Saturday March 10 from 9:30-11:30 am

For Adults Only (18+ Years) • Held at La Sierra Comminity Center, Room 800 Register at La Sierra Community Ctr., 5325 Eangle Rd, Ste 100 Online at www.carmichaelpark.com • Ph: 483-7826

#### Adult Pottery & Pottery Studio

Age: 18 & up • Location: Arts & Crafts Bldg., 7997 California Ave., Fair Oaks Fee: \$71 for Adult Pottery, \$63 for Adult Pottery Studio. See website for dates and times. **Classes taught by Michelle Lueth** 



Beginning Age: 13 & up • Location: Arts & Crafts Bldg., 7997 California Ave., Fair Oaks *Jewelry* Fee: \$25.

Teen Clay Age: 13-17 • Location: Arts & Crafts Bldg., 7997 California Ave., Fair Oaks Camp Fee: \$60.

Classes taught by Michelle Lueth See website for dates and times.

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



Ask about our Mail Order Service! (916) 349-9493 www.sacgermandeli.com

sacgermandeli@sbcglobal.net

California Certified



5750 Grant Ave Shop with us at the Carmichael Park Farmers' Market, every Sunday, 8-1 Serving you every Sunday All Year Round! \*\*WE'RE OPEN RAIN OR SHINE!!\*\* Other Farmers Market Locations include: Sunrise Mall, Citrus Heights Every Saturday, 8:00 am to 1:00 pm



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.

### FRIDAY COMPUTER CLASSES

Swanston Community Center • 9-11am **Unlocking Email & Attachments March 9** Craigslist & Ebay March 16 Facebook & Social Media March 23 **Digital Camera to Computer** March 30 \$15 each or Session combo is \$45/ 4weeks

\$2999/pp double



#### SWANSTON COMMUNITY CENTER

Calaveras Big Trees • March 1 • \$22 Lincoln Trout & Catfish Farm • March 2 • \$32 (includes admission) South Yuba Wildflower Walk • March 29 • \$20

**MISSION OAKS RECREATION** & PARK DISTRICT

Hoshall's

hair face body

SALON & SPA

**DISTRICT OFFICE** (916) 488-2810 • Fax (916) 488-4349 3344 Mission Ave., Carmichael CA 95608

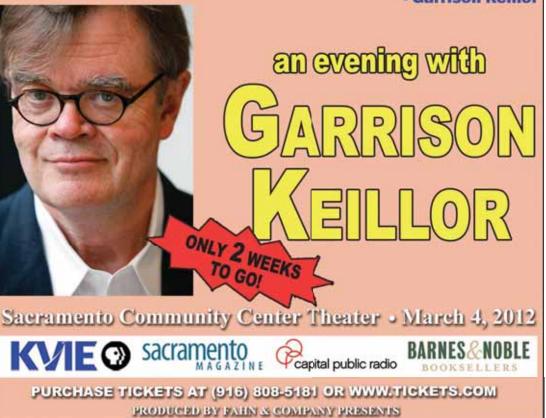
Office Hours: 8 am-5 pm **Registration Hours:** 8:30am-4pm Monday-Friday www.morpd.com

MISSION OAKS COMMUNITY CENTER

(916) 972-0336 • Fax (916) 972-7371 4701 Gibbons Dr., Carmichael CA 95608 SWANSTON COMMUNITY CENTER

(916) 333-6464 • Fax (916) 488-4349 2350 Northrop Ave., Carmichael CA 95825

They say such nice things about people at their funerals that it makes me sad that I'm going to miss mine by just a few days" - Garrison Keillor



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!

We Have 55+ Farmers/Vendors to ChooseFrom.

leMoney5martU5A

Free Teen Financial Education Workshop(s) Introducing The Money Smart: Personal Finance Workshop(s) Sponsored by Bemoneysmartusa

In support of youth financial literacy and entrepreneurship education local teens and youth ages 12-21 will have the opportunity to participate in one of the ten Money Smart: Personal Finance Workshops offered by BeMoneySmartUSA with support from the Sunrise and Carmichael Park Farmers' Markets, Carmichael Chamber of Commerce, Cypress Avenue Church and the Sacramento Bee.

#### February 25, March 17, March 31, April 14, April 21, April 28, May 19, May 26

Locations: Cypress Avenue Church, 5709 Cypress Avenue, Carmichael, CA 95608 Sacramento Bee, 2100 Q Street, Sacramento, CA 95816 BeMoneySmartUSA, 4701 Whitney Avenue, Carmichael, CA 95608 This is a sponsored program so admission is free. But registration is limited to 300 participants. All participants must pre-register at www.bemoneysmartusa.org. For more information, please contact Marie Hall at 916-806-3989 or email info@bemoneysmartusa.org

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

#### **Exhibition Schedule**

February 21- March 10, 2012 Animal House March 13 - 31, 2012 Mira Loma High School

April 3 - 21, 2012 WASH Members Watercolor Show April 24 - May 5, 2012 To Be Announced

#### Special Event: First Annual Art Flea Market, Saturday, February 25, 8AM-1PM

Artists are cleaning out their studious of unwanted and leftover art supplies, books, etc. One artist's junk is another artist's treasure! Are you an artist and wish to sell? Fee: \$25, no commission. Payable to Sacramento Fine Arts Center by Feb. 15, 2012. Sponsored by SFAC Textile Group.



### **Animal House Art Exhibition**

The Sacramento Fine Arts Center is sponsoring a fine art exhibition along with Carmichael Recreation and Park District, Sacramento SPCA, and Sacramento Audubon Society from *February 21 - March 10* at 5330B Gibbons Dr in Carmichael. Gallery hours for Animal House Annual Juried Fine Art Exhibition are Tuesdays from 11 am - 7 pm and Wednesdays through Saturdays from 11 am - 3 pm. Contact the Fine Arts Center for further information.

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



**1-Hour Swedish** Massage **\$59** (reg \$80)

#### FEBRUARY 2012 SPECIAL

Sunday, Monday, Tuesday and Wednesdays

7330 Fair Oaks Boulevard Suite #1 Carmichael, CA 95608 Office 916-485-4941 Fax 916-485-1611 www.hoshallscarmichael.com

#### THE ESKATON EXPERIENCE

in your place or ours



# Friends for life.

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



866-ESKATON | www.eskaton.org



### **Of Rivalries and The Zone**

Two of my favorite things in sports are rivalries and The Zone.

With the limited number of hours in a day to tune into sports, I always prefer to zero in on the classic matchups — the rivalries.

There have been a lot of rivalry games in college basketball lately. I really like the college game, and I don't care what anybody else says. Many on-air personalities make a habit of ripping college hoops and the quality of play. Sure, it's not up to professional standards, but I like following my favorite teams, St .Mary's and Cal, and the rivalry games still make it an attraction for me. And, I'm often rewarded with some classic games.

St. Mary's, back in the days when they were rarely good, it was all about beating USF and Santa Clara. Now, under coach Randy Bennett, the Gaels have been good and that has spawned a great rivalry with Gonzaga. I never felt the Gaels (23-5) were quite as good as their national ranking this year (as high No. 13), but they are in position to break Gonzaga's string of eleven straight WCC titles, holding a one-game lead with two to play. The pair shared the crown last season. With two losses and two key injuries, though, St. Mary's has slipped to No. 23 in the ESPN/ USA TODAY Coaches Poll.

Meanwhile, Cal (22-6, 12-3) leads the undervalued Pac-12 along with Washington and is on the verge of breaking into the rankings for the first time all season. I most closely follow the former Pac-10 because there are so many long-standing relationships among the teams. For Cal there is Stanford, of course, and UCLA and Arizona (all despicable foes), but the one I like is with Oregon. It seems every time I watch the two face off it's a great game, including last Thursday's 86-83 thrilling Cal victory.

I'll scour the weekly listings for the best matchups and, I have to admit, I get a good charge out of the North Carolina/Duke feud. Duke won the last meeting a couple weeks ago, 85-84, with a late comeback and a buzzerbeater shot.

As for our area pros, the Sacramento Kings and Golden State Warriors are two lousy teams lost in the ozone again, but when they play each other it is usually pretty good. Or, take either playing against the L.A. Lakers and it could be good because our loveable losers usually raise their level of play, though they usually lose.

Raising the level is all about that over-used word in sports, focus. Focus is all about trying to get into The Zone. The Zone is tunnel-vision, total focus on the task at hand. Everything is clicking. The basketball is part of your hand and the hoop is as big as the ocean. Teammates are like siblings, you are familiar with their every move. You block out all distractions, but absorb the positive influences and vibes of teammates and fans osmotically.

Jeremy Lin is in The Zone. The New York Knicks' young point guard phenom has it all going (except for a few too many turnovers). Lin has broken through from the fringes of the NBA to create Linsanity throughout the basketball world. On the verge of being cut by a third team this season, he seized an opportunity for playing time and made a sensation out of it. His "game" has been compared to two-time league MVP Steve Nash. Don't get too carried away too soon.

All the well-known rage these days, Lin has led the Knicks back from oblivion and to a 8-1 record since taking over his position, setting a number of records for a beginner along the way. Sunday it was The Kid versus Kidd, Hall of Fame-bound point guard of defending champion Dallas, Jason Kidd. After Lin went for 28 points and 14 assists in a 104-97 comeback victory, Kidd quickly made it over to the new kid on the block to offer a hug of congratulations and encouragement.

Lin, the Palo Alto High and Harvard grad, has gone from sleeping on couches to the tip of everyone's tongue, Saturday Night Live and David Letterman's Top Ten in a couple weeks. In a TV interview he said spending most of last year at the end of the bench for Golden State "brought me to tears." That could do that to anybody. Now he's all smiles on T-shirts everywhere.

It will be most interesting to see if it all continues when injured superstar Carmelo Anthony returns to the Knicks' lineup and infiltrates The Zone — it can be a delicate thing. Regardless of what happens, it was terrific watching Lin light up Kobe Bryant and the Lakers for 38 points during his rise to fame. Linsational!!



9045 Fair Oaks Blvd. Carmichael, Ca 95608



AND AN

Joojeh Kabob

\$7.99



rket: Ma



Juicy chunks of boneless chicken breast marinated in butter and saffron, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.

All Roads Lead to An Epic Journey at

**EEDIC** 

**STIMULATE** Your Mind EVELOP Your Spirituality

> FIND Your Passion

> > SPRING QUARTER CLASSES BEGIN MARCH 2012

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

### Visit Our New Campus!

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

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

www.EPIC.edu

### Flood Board Outlines Process, Timeline for Review, Adoption of New Central Valley Flood Protection Plan

SACRAMENTO - The Central Valley Flood Protection Board today began a five-month process of reviewing the draft Central Valley Flood Protection Plan, with adoption scheduled for June 2012. Officials of the Department of Water Resources made a detailed presentation of the sweeping plan to improve Central Valley flood safety at the Board's morning meeting in Sacramento. Jay S. Punia, Board Executive Officer, then briefly outlined steps in the review process, which welcomes input and comments by stakeholders and members of the public.

(A webcast of the meeting may be accessed through the Flood Board's website at www.cvfpb. ca.gov.

The plan and instructions for submitting comments may be accessed at www.water.ca.gov/ cvfmp)

An important date is Friday, Feb. 24, the next regularly scheduled Flood Board meeting, when the public may make recommendations for key plan areas the Board should focus on in its review. On March 23, the Board agenda will include a review of the plan's environmental documentation. During April, the public will have an opportunity to comment at two public meetings sponsored by the Board, and perhaps at a third.

Dates will be announced shortly and will be posted to the Board website. Likely locations include Sacramento, Marysville and Stockton. Regular Board meetings are scheduled for April 27, May 25 and June 22 with final Board adoption required by June. All the regular Board meetings during this five-month period are scheduled for the Resources Building at 1416 Ninth Street in downtown Sacramento.

### Announcing the First Annual SRSF Boot Camp for Safety Professionals!

#### From SRSF

SACRAMENTO REGION – Sacramento Regional Safety Forum will hold its first annual "SRSF Boot Camp for Safety Professionals" on March 1, 2012 from 9am to 2pm at Safety Center Incorporated, 3909 Bradshaw Road, Sacramento, CA 95827. Attendees will learn how to walk the walk and talk the talk from experienced safety professionals who have been in the trenches and have lived to tell the tale.

We know you care about getting the work done, getting it done efficiently and getting it done safely, but do you know how to communicate that with management and employees? You have gathered binders full of handouts, attended forums and absorbed all the knowledge. Now it is time to apply it!

Some of the topics covered include, how to speak with an inspector, communicating safety across generations and experience levels to create a cohesive safety culture, dealing effectively with difficult people through conflict resolution techniques, effectively managing stress and developing stress management programs at your workplace to decrease occupational injury and illness.

Sacramento Regional Safety Forum is a monthly breakfast meeting for safety professionals that began in 2010. Our mission is to provide safety professionals and collateral duty safety people affordable, consistent access to the best in safety training and safety program management tools. We accomplish this mission by bringing innovative presentations from the best safety professionals in northern California to the Sacramento Regional Area.

### **Meeting Updates & Events**

#### **Organic Gardening**

MARCH 2, 2012 - the Organic Gardening Club of Sacramento County meets at Carmichael Park Administration Building, Room 1, 5750 Grant Avenue, Carmichael, 10 a.m. The program "Edible Spring Gardening" will be presented by speaker Quintyn Young, Fair Oaks Nursery. Call 916-635-6724 for information.

#### California Citizens for Health Freedom

MARCH 8, 2012 - a free lecture on "Lethal and Incompetent -Our Health Care System" presented by Jack Hertel, Organic Farmer. The meeting is at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento, from 7 -9 p.m. Call 916-635-6724 for information.

#### Military Widows

MARCH 3, 2012 - The Society of Military Widows, Sacramento Chapter #5;

meets at Lions Gate, McClellan Park, 11:30 a.m. The luncheon will be followed by entertainment. Please RSVP. Call 916-635-6724 for information.



#### 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 (I-80 @ Greenback)



Presenter: Josh Tuttle General Manager EAST LAWN MORTUARY & SIERRA HILLS MEMORIAL PARK Funeral Director License #3435



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



BUNDLE & SAVE

### **DIGITAL TV**

### **HIGH-SPEED INTERNET**

### **DIGITAL PHONE**

Offers may be available now in your area from Acceller, Inc. for these top service providers: The Warner Cables Authorized Retailer SUNDLES STARTING AS LOW AS **S899/MOP** For first 12 months FIND OUT MORE BY CALLING TOLL-FREE **1-8666-4844-1940** By Acceller, Inc., an authorized retailer

"Geographic and service restrictions apply to all services. Call to see if you qualify.



Join Nicole and John and start saving today!



THE COMPETITION DOESN'T STACK UP BLOCKBUSTER @ HOME included for 3 months	dish	DIRECTY	LARGEST CABLE PROVIDERS	
Get over 100,000 movies, shows and games by mail, plus thousands of titles streamed to your TV or PC	YES	NO	NO	
The most HD channels	YES	NO	NO	
Lowest All-Digital Prices Nationwide	YES	NO	NO	
Award-Winning HD DVR	YES	NO	NO	
FREE Installation in up to 6 rooms	YES	NO	NO	

Call Now and save over <sup>\$750</sup> this year on TV! **1-888-582-4023** 

Call 7 days a week 8am - 11pm EST Promo Code: MB0112



Sacramento Choral Society & Orchestra

Donald Kendrick, Music Director



2011 | 2012 Season

### SACRAMENTO COMMUNITY CENTER THEATER English Grandeur

Saturday, April 14, 2012 at 8:00 PM | Pre-talk at 7:00 PM

### Belshazzar's Feast | William Walton

An epic work of enormous passion, sensitivity and unparalleled drama, vividly recounting the fall of Babylon and Jewish repatriation.

Based on the books of Daniel, Isaiah, Revelations & Psalm 137



Song of Thanksgiving | Vaughan Williams Carrie Hennessey, Soprano Sacramento Children's Chorus, Lynn Stevens, Director

Five Mystical Songs | Vaughan Williams

Let the People Praise Thee, O God (Psalm 67) | William Mathias (Lady Diana's Royal Wedding Anthem)

Community Center Box Office | 916 808-5181 | SCSO office | 916 536-9065 SACRAMENTOCHORAL.COM

# Implant Center in Carmichael!



