# Carmichael Times

Volume 32 • Issue 6

Serving Carmichael and Sacramento County since 1981

February 8, 2012

#### **Carmichael Water** Wise Art Contest **Winners Recognized**



Page 2

#### Love is in the Air at Carmichael Oaks



Page 2

#### The Screwtape Letters: C. S. Lewis' Smash Hit **Comes to Sacramento!**



Page 12



direct link to our online edition!

# Science Center Lands Partner

Powerhouse Science Center in Sacramento announced February 2nd that Keller Group Office Environments has joined the campaign to build the premier science learning center serving Northern California.

As a founding partner, they join other regional leaders and organizations in a cooperative effort to support the development of this vital new community asset.

Located on the scenic banks of the Sacramento River, the Powerhouse Science Center will function as a model for 21st-century experiential STEM education (science, math, technology, engineering, space) and environmental stewardship. The design will be an exemplary "green" building that serves as an environmental teaching lab.

"We are honored to be a partner on such an incredible project benefitting not only Sacramento but the greater state and national communities, said Dianne Keller, President of Keller Group Office Environments.

The Powerhouse Science Center will play a key role in inspiring young people to become the future engineers and scientists that California and our nation desperately need. It is part of the regional effort to create a home for a high-tech, hands-on science museum for the Greater Sacramento region that will immerse children in science, technology, engineering, and

"We are extremely pleased to welcome aboard Keller Group Office Environments as one of our founding partners," said Michele Wong, Interim Executive Director for the Powerhouse Science Center. "The Keller Group shares our



Supporters of the Powerhouse Science Center include business and civic leaders, clubs and organizations, individuals, and the City of Sacramento.

goal of transforming a historic Sacramento landmark into a cutting edge educational center, featuring a museum, planetarium, restaurant, and conference center. The Powerhouse Science Center is a tremendous collaborative effort between many dedicated groups and individuals that are all playing a significant role in making this vision of a premier science education center become a reality."

Supporters of the Powerhouse Science Center include business and civic leaders, clubs and organizations, individuals, and the City of Sacramento. Sacramento Mayor Kevin Johnson recognizes

this project as a top priority for Sacramento's future. The facility will serve as a public forum, showcasing the latest scientific discoveries in a venue accessible to the entire family. The Center will highlight the scientific achievements of the Sacramento region, the latest developments in medical science and technology, and the fundamentals of resource conservation. It will also be a field trip destination for pre-kindergarten to 12th grade students from throughout the region.

estimated \$50 million, has nearly completed its pre-construction

phase. The 60-year old Discovery Museum Science & Space Center on Auburn Boulevard is scheduled to move from its current location and become the Powerhouse Science Center www.powerhousesciencecenter. org) in 2014.

For more information on Powerhouse the Science Center, including how to become a Founding Partner, visit www.powerhousesciencecenter.org, email info@ PowerhouseScienceCenter.org, or contact Beth Callahan The Center, which will cost an Director of Marketing and Community 916-853-0343.

### Adopt-A-Family Hits All-Time High

SACRAMENTO REGION - The Volunteer Center of Sacramento (VCS) would like to thank its sponsors and volunteers for helping make its 2011 Adopt-A-Family a record success.

Through the generosity of the Sacramento area, VCS was able to find adopters for 412 struggling families in our community, which includes a whopping 1,246 children. This amounted to about \$176,100 in clothing, food and toy donations distributed throughout the Sacramento community.

VCS more than exceeded its goal of helping 300 families, and almost doubled last year's program, which adopted 222 families for a total of 567

"Words cannot convey how truly humbled we are by the generosity of the Sacramento area," says Frank Kennedy, executive director of The Volunteer Center of Sacramento. "This program would not be possible without the amazing support of our sponsors and volunteers. It just goes to show Sacramento may be a city, but we are a tight-knit community that truly cares about each other."

The 2011 Adopt-A-Family program provided food and gifts for local, low-income families during the holiday season. Without this program, these families may go without holiday dinner and gifts for their children.

For more information about the Adopt-A-Family program and to get on the list to help out in 2012, email info@volunteersac.org, call 916-567-3100, or visit www.volunteersac.org/ adopt-a-family.

Founded in 1962, The Volunteer Center of Sacramento works to strengthen the Sacramento community by connecting volunteers with opportunities to serve. The Center acts as a central location for all volunteers to learn about new volunteer opportunities. For a full list of volunteer opportunities in the Sacramento area, visit www.volunteersac.org.

### **Arcade Creek RPD Receives U.S. Soccer Foundation Grant**

From Steve Fraher, ACRPD

SACRAMENTO U.S. Soccer Foundation has awarded a grant to Arcade Creek Recreation and Park District to support the Oakdale Park Athletic Field improvement

On February 3, 2012 the U.S. Soccer Foundation, the Major Charitable Arm of Soccer in the United States, awarded sixty grants totaling \$2.4 million to non-profit organizations serving youth in urban, underserved areas in twenty states across the nation. Since being established in 1994, the U.S. Soccer Foundation has awarded more than \$55 million to non-profit organizations in all 50 states.

Through the U.S. Soccer Foundation's 2012 Annual

Grants program, the Foundation strives to continue its mission of enhancing and growing the sport of soccer as well as improving the well-being of children in underserved areas. Grant awards support the programming and equipment needs of non-profit organizations that provide children with the opportunity to play soccer and live a healthy lifestyle.

In addition to providing grants to support soccer programs, the U.S. Soccer Foundation awarded eighteen Synthetic Field Building grants to develop new FieldTurf soccer fields around the country. Supported by adidas, FieldTurf and MLS W.O.R.K.S., Major League Soccer's community outreach program, the Synthetic Building program provides safe places for children to play in at-risk communities.

District Administrator, Steve Fraher states that the U.S. Soccer Federation Grant extended to the Oakdale Park project; "allows us to move closer to beginning the work on the project. It is hoped that Oakdale Park will become one of the top soccer field sites in the Sacramento County area by having two lighted fields funded in part by this award with a new natural turf playing surface that will be irrigated with the remainder of the award. These funds from Musco Lighting and Hunter Industries will be paired with a grant received from the California State Parks to meet the needs of the Oakdale Park neighborhood."

"The U.S. Soccer Foundation is honored to support initiatives that give children in underserved

urban communities access to soccer programs that encourage positive physical and social development," said Ed Foster-Simeon, President & CEO of the U.S. Soccer Foundation. "All children should have the opportunity to be involved with programs that promote active, healthy lifestyles and that provide an alternative to the many negative influences children face today.'

Support for the U.S. Soccer Foundation's Annual Grants program is provided by the Foundation's Corporate Partners' Council, a cohort of soccer industry leaders including Eurosport, FieldTurf, Hunter Industries, Musco Sports Lighting, PEVO Sports and Sport Court.





Page 3

### KFBK Celebrates 90 Years of Broadcasting

- On Thursday, Feb. 2, FM NewsTalk 92.5 and AM 1530 KFBK celebrated 90 years of delivering live and local news and talk coverage to the Sacramento region. As part of Thursday's celebration, KFBK unveiled an online museum at kfbk.com that showcases and honors the station's rich and storied history. The museum includes audio clips, photos and videos that will transport listeners back in time to relive KFBK's evolution.

Festivities throughout the day included Rush Limbaugh joining KFBK Morning News anchors Amy Lewis and Ed Crane to reminisce about KFBK. The event concluded with Tom Sullivan joining Kitty O'Neal during the KFBK Afternoon News to commemorate the occasion.

"Having the privilege of working with the people that keep KFBK a significant and relevant voice in the community is a daily occurrence that has been happening for every General Manager of the station over the years," said Jeff Holden, Vice President and Market Manager of Clear Channel Sacramento. "The celebration today is recognition and confirmation that the commitment of the employees, past, present and future, is exactly what Sacramentans, at each point in time over the past 90 years, have so welcomingly accepted into their lives. I couldn't' be more proud to be part of such an illustrious and valuable asset to the region and a part of the team

that is making history."

KFBK's anniversary celebration began last year on Dec. 1, when the station began simulcasting on 92.5 FM. On Jan. 27, the Sacramento Metro Chamber of Commerce honored KFBK by inducting the station into the Chamber's Business Hall of

"I'm proud and humbled to help lead one of the most enduring brands in media," said Alan Eisenson, KFBK Operations Manager. "KFBK's amazing

legacy of entertainment, information and service to the community, as well as the station's rich history of helping grow local businesses and create jobs through the myriad of marketing opportunities KFBK provides, can't be equaled."

In addition to broadcasting on 92.5 FM and 1530 AM, KFBK can be streamed live at kfbk. com, iheart.com and on the iHeartRadio app.

Carmichael Times Page 2 **February 8, 2012** 

### Love is in the Air at Carmichael Oaks



Al and Doris Grund, an example that true love knows no bounds nor the boundary of time.

CARMICHAEL – Valentine's Day is a fondly anticipated holiday and a wonderful time to share some of life's greatest love stories by those who have loved the longest. And where better to find true love than at a local senior living community. At Carmichael Oaks Senior Living love is in the air during this romantic time of year with an example that true love knows no bounds nor the boundary of time.

"For decades many of our couples have experienced all that life has to give- the ups and downs but through it all they are sharing life together," says Virginia Stone, marketing director for Carmichael. "And each of these couples have stories that warm the heart, and make you believe in the power of love."

One such couple that believes in love knows know age limit are Al and Doris Grund. The couple had known each other for five vears as friends at Carmichael Oaks. Doris a widow for six years knew Al and his wife together. Then after a couple of years, Al lost his wife.

Prompted by another resident, Al started hinting about going out with Doris. Their first date was on Doris's birthday the day was May 24, 2011. Al took her to the finest restaurant in town, Ruth's Chris to impress her.

Neither one wanted anything serious, but wanted friendship and companionship.

They had been dating for about six weeks when they were sitting in Doris's apartment together. Al had his arm around Doris. Doris looked upset, and Al asked what was wrong. Doris said she had a big problem; she had not been able to sleep for several nights. Al was very concerned and asked what he could do to help. Doris said "I think I am falling in love with you" and now I have changed our relationship (and

worried he didn't feel the same).

Al responded with "Join the

crowd, I am in love with you".

Still dating Al had looked into moving apartments to a ground floor, and really liked Doris's apartment. Doris suggested Al move in with her. That night Al spent a sleepless night. He never thought he would marry again. The next day he told Doris he couldn't move in with because he was an old fashioned guv. old school and he was raised "you do not touch a woman before you get married". So he asked her to marry him. They were married September 24, 2011 - four months after their first date!

"Finding love can happen at any age, we see it time and again here at our community," added Virginia.

For more information about Carmichael Oaks call (916) 944-2323 or visit www.carmichaeloaks.com.

## **Carmichael Water Wise Art Contest Winners Recognized**

CARMICHAEL - Fourteen Barrett Middle School students have been selected as winners of the sixth annual Carmichael Water Wise Art Contest. These students were among over 200 others who submitted artwork for the competition, which promotes the arts, encourages creative expression, and the responsible use of water.

The art contest was created with the support of Carmichael Water District and the Kiwanis Club of Carmichael. The goal of the contest is to engage the students of Barrett Middle School in educating their community about the importance of using water wisely in Carmichael and California as a whole. The student's artwork has since been turned into a calendar that the school will sell to benefit their art program. The resulting calendar conveys a youthful view of the value of safeguarding this great natural resource.

On January 30, 2012 an awards ceremony was held at Carmichael Water District to celebrate the contest winners and their creativity. Representatives from the Kiwanis Club of Carmichael, Barrett Middle School, and Carmichael Water District presented the winning students with gift certificates and poster sized copies of their artwork.

#### **Contest Winners:**

Laura Ionescu Grand Prize Winner

Kali Slavich **Mary Gomes** Camara McMillan Eliana Kim **Finley Ursino** Breanna Locke **Courtney Warner** Aubryn Kraft **Maison Bray** Sarah Freese Maverick Golden **Emily Shtefanitsa Dennis Kindruk** 

Photos courtesy of Carmichael Water District



Sandy Kozlen from the Kiwanis Club of Carmichael, Cathryn Snow President of the Kiwanis Club of Carmichael, Lisa Herstrom-Smith Principal Barrett Middle School, Chris Nelson Public Information Officer Carmichael Water District with the winning students.



Contest winners (left to right) Laura Ionescu, Courtney Warner, Sarah Freese, Aubryn Kraft, and Kali Slavich.



Grand Prize Winner Laura Ionescu with Barrett Middle School Principal Lisa Herstrom-Smith.

### Bring a Book and Make a Romantic Match at Sacramento Central Library! Speed-dating Program on February 12th

The Sacramento Public Library is preparing for its third annual Speed-Dating for Book Lovers event where adult singles can discuss their favorite book and perhaps meet a potential romantic companion. The pre-Valentine's Day get-together will be Sunday, February 12, at 2 p.m., at the Central Library, 828 I Street,

Each participant should bring a book to have something to talk about as an ice-breaker. "We already have 25 single ladies signed up for the speed-dating program, but we have many seats still available for men, ages 18 and older," said librarian Michelle Rosenthal, speed-dating event coordinator.

"There definitely have been some matches since we began the speed-dating program two years ago. But beyond that, it's a nice way to make friends and talk with people you wouldn't ordinarily strike up a conversation with,"

librarian Jessica Zaker stated.

What kinds of books has she seen at past speed-dating soirees? "Philosophy, art, sometimes childhood favorites like Charlotte's Web. It depends on their interest," Zaker added.

Registration is required for this event. Single men are encouraged to sign-up online at http://tinyurl. com/76rhbkx. For more details, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.

### **Senior Homecare By Angels** Select Your Caregiver

Experienced Caregiver Thoroughly Screened.

Providing Peace of Mind to thousands across America each and every day!



siting 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.



HERNANDEZ LAW GROUP, INC

**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

"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, Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Banerjee Designs • Stump Removal Graphics 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

Allyse Weaver • Harry Sidhu • Ken Pogue • Max H. Peters

Gabriel Scholl

Nicholson & Olsen CPA

Amanda Morello • Susan Skinner

Paul V. Scholl • Marion Solo

RJ at thesitebarn.com • JWS Promotions • Mikahn Design Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precis Syndicate • Blue Ridge Press • ARA Content California News Service • Family Features • WorldNetDaily

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







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



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.

### **Free Self Defense Clinic for Singles**



Come meet other single men and women during this 90-minute free self-defense clinic taking place at selected Robinson's Taekwondo locations across the Sacramento region.

Come get yours for FREE!

Come alone, come together, bring a group of singles-but come learn how to defend yourself. Invest time in keeping love alive by joining the Black Belt instructors at Robinson's Taekwondo to share self-defense tips, learn

Your biologic clock never stops ticking.

Don't let it run down alone!

Meet someone who can

wind you up!

simple escapes from assault and raise your awareness of danger.

raise your awareness of danger.

This free clinic takes place

Saturday, February 25, 2012 at 1 p.m. Meet new people, share with friends and learn quick, easy escapes, self-defense tips and raise awareness of the dangers around us.

Space is limited and registration suggested. We'll save a place at a location near you. Register for this free 90 minute clinic by visiting http://www.robininsonstkd.com

and clicking on Contact Us. For more information call 916-

783-3191. Robinson's is the first name in

family martial arts with locations across the region.

Our gift to you for this month of Valentine's is peace of mind knowing you're prepared to meet the uncertainty of life. Come see what the world's most taught martial art may have to offer you, meet other single people and have fun with a serious subject.

# We Wish You a Happy Valentine's Day!

#### Hoshall's Salon & Spa

From The Team at Hoshall's 7330 Fair Oaks Blvd., Carmichael 485-4941

Now Open Sundays 10am-4pm

#### Little Bo'tique

From Alexandra & Staff Upscale Children's Resale 4201 Manzanita Ave., Carmichael 485-2229

#### Marie Callender's

Cindy Garcia, Manager & Staff 3129 Arden Way, Sacramento (between Watt & Morse) 481-0778

#### **The Orient Express Chinese Cuisine**

Ling & Staff
Open 11am-9pm
4005 Manzanita Ave., Carmichael
489-1895 or 489-8817

#### **Thrift Town (Thrift Store)**

Steve, Mgr. & Staff 6328 Fair Oaks Blvd., Carmichael (Corner of Marconi & Fair Oaks) 480-0312

Open M-F 9am-8pm Sat 10am-7pm Sun 10am-6pm



Messenger Publishing Group

### www.CarmichaelTimes.com



"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 stays24-hour Care
- Doctor Appointments



SENIORS Helping SENIORS®
...a way to give and to receive®

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

For the help you want at a price you can afford. Seniors Helping Seniors. in-home services is the place to call.

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

916-372-9640

## Do You Have the Courage to be You?

From Amber Pryor

SACRAMENTO REGION -Courage to Be You, Inc. (C2BU), a locally operated and faith-based non-profit was founded on the principle that each and every life not only has value, but a unique purpose and destiny. C2BU is presenting the message that "you were created on purpose for a purpose<sup>TM</sup>" at a one-of-a-kind Courage Conference, for men, women, and teens, at Adventure Christian Church in Roseville, California. This two-day, one-night conference event will occur on Friday, February 3, 2012 from 7 pm to 9:30 pm, and will continue from 9 am to 3:30 pm on Saturday, February 4, 2012. Adventure Christian Church is located at 6401 Stanford Ranch Road, Roseville, Calif. 95677. For more information and to purchase tickets visit www.C2BU.org.

"It starts like a small flame inside of you and becomes an inferno, an inferno to make a difference to do something before you leave this planet," said Jenny Williamson, founder and CEO of Courage to Be You, Inc. (C2BU), an international 501c3 non-profit organization that helps people find their purpose and builds homes for children rescued from the modern day form of slavery called sex trafficking. "That is what a Courage Conference is all about, a weekend where you can discover who you are and what you are supposed to be doing. But what I found is you can never discover your destiny until you uncover your identity."

The Courage Conference encourages and equips individuals for this journey of purpose in a variety of ways, such as inspirational music, thought provoking drama, moving dance performances, and Biblebased inspirational messages from passionate speakers who have been empowered to live their lives with purpose.

"It was really cool to attend a Courage Conference with my parents, and I so enjoyed hearing message after message of ordinary people doing extraordinary things," said Jordyn Jones, a sixteen-year-old resident of Loomis. "I realized I don't have to wait until I am older to find my purpose. I am now able to live out the dreams in my heart and step out of my comfort zone—so far out of my comfort zone that I am going to Africa this month with my father to serve the girls at Courage House Tanzania."

Courage Conference Speaker and life-coach, Jenny Williamson, has been awarded the 2010 Director's Community Leadership Award from the FBI, the Community Spirit Award for 2011 from the Sacramento County District Attorney's Office, and she was

recognized by Congressman Dan Lungren for her tireless and inspiring efforts to help victims of human trafficking. In addition to these awards, Jenny has been invited to serve on several state and national task force and working groups as an expert on serving victims of sex trafficking. Driven by the desire to see all people equipped, encouraged and empowered to live out the purpose for their lives, Jenny's contagious passion shows through her speaking and leadership.

"Jenny challenges us to recognize that we are each created for a unique reason and if we don't do what we were put here to do...then it's not going to get done," said Genny Heikka, Volunteer Communications Director at C2BU and Courage Conference attendee. "It is amazing what happens when you start to live your life from that perspective; when you set out on that journey of purpose you realize you are called to be part of something so much bigger than yourself and it changes your life; I know it truly changed mine."

Local small business owners. Loomis residents, and C2BU volunteers, Mark and Danielle Jones, have also experienced a great deal of change in their lives since attending a Courage Conference. 'We had a 70% decline in our business over the last three years and were struggling financially," said Danielle Jones. "It was after attending a Courage Conference that our prayers to use our business to further God's Kingdom were answered as we surrendered our lives and business towards this greater good. As a family we are living out our purpose – to be a family to girls' rescued from sex trafficking and use our business as a platform to be voice for these children. Through all this, our family and our business had been blessed more than we could have ever imagined."

This year's Courage Conference will also feature the following guest speakers:

-Aquanetta Gordon, motivational speaker and mother of Benjamin Underwood, the young man from Elk Grove who inspired the world with his ability to soar above adversity during his short life. Diagnosed with a rare eye cancer resulting in both his eyes being removed to save his life, Ben grew up known all over the globe as the boy who could see with echolocation. Ben's cancer returned in 2007 and he passed in January 2009. Aquanetta and Ben's story, while heartbreaking, is full of inspiration and has been featured in local media, as well as on CNN and The Oprah Winfrey Show.

-Clayton Butler, the Director of U.S. Prevention with locally based Agape International Missions (AIM), spent three years working in Cambodia with AIM as Director

of Svay Pak Ministries. As an abolitionist and leader in his community, Butler has a passion to see the same transformation he helped to bring about in the darkest corners of Cambodia come to every city, town, and country where slavery and child abuse exists.

abuse exists.

-Barbara Wilson is the founder of Freedom Bound Communications, a ministry that brings healing and hope to those with a sexual past; she is the author of several books and the former director of the Sexual Health Education for faith-based Alternatives Pregnancy Center in Sacramento, California. Barbara speaks internationally on radio and television, as well as the annual United Nations Status of Women Conference, with her message of sexual bonding and healing.

The Courage Conference also includes music from local recording artist, The Reel. This Alternative/Rock/Pop band has gained international recognition, performing their song, "What if You Believe," at the Country Music Awards. In addition, their new song, "Made For You," recently won Grand Prize for the West Coast Songwriters International Song Competition.

Additional musical guests include Stephanie Midthun, Creative Director for C2BU, whose song Believe in Me, depicts the life of a young girl sold for sex in the United States and is the title song for the first C2BU album (video can be viewed on the C2BU website). And with a message that touches the heart and a singing voice that inspires, songwriter and singer Chaya reaches all ages with her personal story and music. She is living proof there is hope and triumph in the midst of tremendous heartbreak.

Courage Conferences are also used as a vehicle to bring awareness to the plight of children being sexually exploited around the world and in our area. All profits from Courage Conferences go directly to C2BU overhead and operating expenses for Courage Houses.

Tickets can be purchased at www. C2BU.org and are priced at \$25 for students, \$45 for single tickets, \$75 for couples, and \$100 for couples plus two teens. Each ticket includes all conference materials but does not include lodging or meals. This conference is recommended for individuals thirteen years of age and older.

As Williamson has said, "Men and women of all ages, singles, married couples, and teens...YOU are never too old or too young to begin a journey of purpose. Do you have the courage to be YOU?"

Courage to Be You, Inc. is a 501(c)(3) nonprofit public charity, granted November 17, 2005. C2BU's federal tax I.D. number is 20-3126288



Proceeds to benefit

**Mission Avenue Elementary School** 

Saturday, February 11th, 10am to 4pm

Mission Avenue Elementary School

2925 Mission Ave., Carmichael, CA 95608 Mission & Marconi Ave.



Computers - Monitors - Televisions - Cell Phones MP3 Players - Ink & Toner Cartridges - Printers Microwaves - Cables & Wires - Laptops - All Electronics







Carmichael Times Page 4 **February 8, 2012** 

# Birds of a Feather



Effie Yeaw Nature Center's new avian ambassador is a great horned owl. Found near LakeTahoe, Echo was judged unable to survive unaided. Now with her own habitat, she will help learning programs. Pictured, Effie Yeaw staff and supporters admire the recued raptor. Learn about the facility at www.sacnaturecenter.net Photo and text by Susan Maxwell Skinner.



debate over the Stop Online Piracy Act (SOPA) has played out on an international Internet stage, one local voice in the conversation seeking more public input has been Congressman Dan Lungren, (R-Gold River). The SOPA Act purports to stop the online piracy of intellectual property such as movies, music and many other modes of artistic expression. But as the bill meandered through the vetting process of Congressional committees with few if any challenges, the man who represents California's Third Congressional District had to, in effect, call a time-out before there was a "rush to judgment."

Lungren, who serves on the House Judiciary Committee and who chairs the House Subcommittee on Cybersecurity, recognized early on that legislative remedy prescribed to thwart the piracy was also potent enough to censor or kill free speech on some Internet sites where piracy allegations

As Internet sites and services as diverse as Google, Wikipedia and Firefox displayed visible signs of protests on their pages Wednesday (Jan. 18), the phones at Congressional offices such as Lungren's were

buzzing with questions and commentary. So much so, Lungren issued the following statement to constituents: "If you tried to e-mail me yesterday, you probably encountered difficulties with my Website. It was not that my office was part of the Internet blackout to protest the Stop Online Piracy Act (SOPA) - but the extra traffic and e-mails from people writing me about SOPA did temporarily bring down our contact form," he said. "Listening to many constituents on SOPA yesterday is exactly what this process has lacked from its beginning: hearing from all sides about the bill and its effect not just on intellectual property rights but on the free dissemination of speech online. "I was disappointed and greatly concerned when SOPA rolled through the Judiciary Committee without expert witness testimony on the DNSSEC (Domain Name System security extensions) provisions. In a rush to move SOPA through Committee so quickly, major cybersecurity concerns were overlooked, leading me to ask - as Chairman of the House Subcommittee on Cybersecurity - what else was being overlooked in this rush to judgment."

He said the theft of intellectual property rights from those who create our music and film entertainment is a serious problem that should be addressed in a thorough and intellectually honest way. Up and coming artists all too often find themselves robbed of the fruits of their labor – but a right desire to protect their work should not lead us to rush a

bill through Congress. "We cannot afford to get this wrong. However, the legislation still raises a serious issue about government censorship of the internet and whether some remedies in the current SOPA legislation are overly broad," he said.

"While I am pleased that our efforts resulted in the removal of the DNS blocking provisions from the bill, the seriousness of this issue warrants further scrutiny. As the DNSSEC issue revealed, the Judiciary Committee lacks sufficient knowledge to continue consideration of SOPA at this time. The process should be opened up and we should hear from a diverse field of witnesses before acting. Those opposed to the remaining provisions of the bill should be heard. Only then will we have a basis for determining whether further action on this legislation is warranted."



Your resource for all things dog-related!

Because of Dogs recognizes each dog is an individual! I specialize in

### Body Healing Center Massage for Men and Women Valentines Day Special Foot Massage 1499 **Deep Tissue Body Massage** \$2499 Facial \$2599 Special offer good through February 2nd-15th We also welcome couples! Open 10am -10pm \* Seven Days New Ownership 916-944-8777 7735 Fair Oaks Blvd. Carmichael, CA 95608 Appointments or Walk-ins Welcome (Near Lido Cafe)









TRAINING • BOARDING • GROOMING

www.becauseofdogs.com Call 916-488-7819 Bonded and insured, located in Carmichael Member of Association of Pet Dog Trainers and other related organizations



Providing superior people delivering highly sophisticated skilled nursing and rehabilitation care in the best possible environment.

Tel: (916) 482-0465

WindsorCares.com

◆ Social Services for Resident & Family

**♦** Personal Touch Services

**♦** Restaurant Style Dining

**◆** Health Services Available

### Thinking of Changing Banks?

√ Check the El Dorado Advantage

- ✓ FREE VISA Debit Card
- ✓ FREE Senior Checking with Interest
- FREE Direct Payroll **Deposit Checking**
- √ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- √ FREE Telephone Banking
- ✓ VALUE Checking
- ✓ Interest Checking
- ✓ Business Checking
- √ Investors Money Market
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- √ 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**



### el dorado savings bank

Serving our local communities for over 54 years

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



### Help people in need.

Donate your car, boat or RV

Free Towing • Tax Deductible

**FREE** 3 day vacation to over 80 destinations

Call Toll-Free

**FDIC** 

888-600-9846





# ACCIDENT VICTIM?

**Free Case-Evaluation No Cost Until You Win** 

Speak to a licensed Personal Injury **Attorney** today.

Don't wait, call now! 888.375.9101

Helping accident victims since 1972





### **Sacramento County DA Reports**

Recent case of interest

CASE: Darnell Pruitt (02/03/12)

PROSECUTOR: Deputy District Attorney Aaron Miller

District Attorney Jan Scully announced today that Darnell Pruitt pled no contest to carjacking a taxicab driver. Based on the plea agreement and prior strike history, Pruitt was immediately sentenced to 30 years in prison by the Honorable Jack Sapunor.

On the morning of September 19, 2010, on-duty taxicab driver Gurdev Chahal picked Pruitt up at the Sheraton Hotel in downtown Sacramento. Pruitt told Chahal he needed a ride to South Sacramento. Pruitt then directed him to drive to the end of an alley off Riverside Boulevard, where he violently grabbed Chahal by the face and demanded his money. Chahal gave Pruitt his money, fled the taxicab, and ran to a nearby residence to call 911. Pruitt drove away in the taxicab, but swift response by the Sacramento Police Department resulted in his arrest only minutes later.

Deputy District Attorney Aaron Miller states, "Taxicab drivers are among our community's more vulnerable citizens. Pruitt's lengthy sentence should serve notice that crimes committed against those who provide valuable services in our community will be aggressively prosecuted."

### Governor Brown Announces Appointments

Edgar, 72, of Sacramento, has been appointed to the Central Valley Flood Protection Board. He has been the co-owner of Edgar and Associates, an accounting services firm, since 1999. Edgar was contract executive director for the Sutter-Butte Flood Control Agency from 2007 to

SACRAMENTO – Kathryn Radtkey-Gaither, 55, of Carmichael, has been appointed chief deputy director at the Department of Mental Health. She has been acting chief deputy at the Department of Mental Health since 2011. Radtkey-Gaither was undersecretary at the

SACRAMENTO - William January 2012. He was interim city manager for the City of Sacramento in 2011. Edgar was a member of the California Reclamation Board from 2001 to 2005. He also served as a special advisor to the law firm of McDonough Holland and Allen from 2001 to 2005. Edgar was city manager for the City of Sacramento

Governor's Office of Education from 2009 to 2011, chief of staff and associate director at the California State University Office of the Chancellor from 2005 to 2009 and chief deputy director at the Department of Child Support Services from 2004 to 2005. She worked at the Department of

from 1993 to 1999 and assistant city manager from 1977 to 1992. He served concurrently as the first executive director of the Sacramento Area Flood Control Agency from 1988 until 1992. This position requires Senate confirmation and the compensation is \$40,669. Edgar is a Democrat.

Finance from 1984 to 2003 in multiple positions, including deputy director. This position requires Senate confirmation and the compensation is \$147,660. Radtkey-Gaither is a Democrat.

### California Gasoline Consumption Down, Diesel Up

### Gasoline Use Continued Downward Trend as High Gas Prices Rose 23%

consumption in California declined 1.8 percent in October 2011 while diesel fuel consumption increased 4.8 percent according to a report released today by California State Board of Equalization (BOE) Second District Member Senator George Runner.

In California, the average price of gasoline rose 74 cents to \$3.89 per gallon in October 2011, a 23 percent increase compared to \$ 3.15 per gallon in October 2010. Nationally, the average price of fuel jumped 66 cents to

SACRAMENTO – Gasoline \$3.51 in October 2011, a 23 percent increase over the October 2010 price per gallon of \$2.85. Runner said, "I'm concerned high fuel prices are hurting consumer spending and dampening California's economic recovery. Rather than fantasize about bullet trains, I wish our leaders would do more to bring about lower fuel prices for the benefit of all Californians." Diesel fuel consumption in California increased 10.3 million gallons in October to a total of 226 million gallons, which is a 4.8 percent increase compared to the previous year

when 216 million gallons were consumed. The average price of diesel in California rose 85 cents to \$4.06 per gallon in October 2011 compared to \$3.21 per gallon in October 2010. Nationally, the average price of diesel rose 75 cents to \$3.80 per gallon which is a 25 percent increase compared to \$3.05 per gallon in October 2010.

BOE updates the reports at the end of each month. Fuel Statistics and Reports www.boe. ca.gov/sptaxprog/spftrpts.htm

Source: BOE Newsroom

# A-TEK GLASS CENTER

Your One Stop Local Glass Shop

**Serving Carmichael** \_ Community for 17 Years

#### AUTO - HOME -**BUSINESS**

Free Windshield Chip Repair with Insurance Coverage

▲ Auto Glass

▲ Windshields

**▲ Power Windows** 

▲ Truck Slider

**▲** Sunroofs

▲ Single & Dual **Pane Glass** 

▲ Mirror

& Screen

▲ Store Front

**Windows** 

▲ Glass Shelves

▲ Table tops

Fast, Professional Glass Repair • Direct Approved Insurance Billing

Call 7 Days a Week • 481-9966 Located at the corner of Fair Oaks Blvd. & Sutter, next to La Bou



Save 65% on the Family Value Combo

#### 45069ZEJ

2 (5 oz.) Filet Mignons

2 (5 oz.) Top Sirloins

Save \$9401 4 (4 oz.) Omaha Steaks Burgers

4 (3 oz.) Gourmet Franks

4 (4 oz. approx.) Boneless Chicken Breasts

4 Stuffed Baked Potatoes

Reg. \$144<sup>00</sup> | Now Only \$49<sup>99</sup>

#### 3 Free Gifts to every shipping address.

4 FREE Omaha Steaks Burgers, a FREE 6-piece Cutlery Set, and a FREE Cutting Board.

> Limit of 2 Packages. Standard S&H will be added per address. Free gifts will ship per address and must ship with an order of The Family Value Combo or purchase of \$49 or more. Not valid

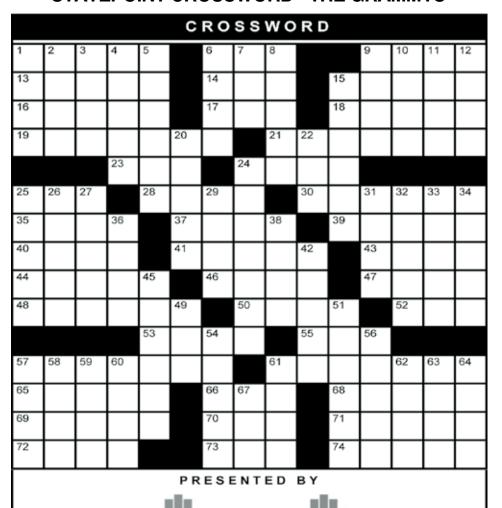
with any other offer. Expires 4/30/12.

To order: www.OmahaSteaks.com/mb27 or call 888-859-5502

©2012 OCG OmahaSteaks.com, Inc.

13883-M4

#### STATEPOINT CROSSWORD • THE GRAMMYS



VolunteerMatch.org Where volunteering begins.

**CLUES** 

© StatePoint Media

**ACROSS** 1. Desert survivors

- 6. Orlando Bloom in "Lord of the Rings' 9. Type of ski lift
- 13. German destroyer 14. "To Kill a Mockingbird"
- recluse 15. Bob and 16. Civil rights marches
- started here 17. Clingy plant
- 18. Galactic path 19. \*Grammy Awards venue sponsor
- 21. \*Bruno Mars' hit 23. Between "ready" and
- 24. Marie Antoinette's
- hairstyle 25. "Time," e.g.
- 28. Surrender 30. Total bore, Yiddish
- 35. One on a list
- 40. Head of hair

- 39. "Queen of Mean"

6

4

5

© StatePoint Media

Come back every week for Sudoku!

8

6

5

37. Less than average tide

- 41. Old European coin 43. Panache
- 44. Homer's classic 46. Causes a pucker
- 47. Pluribus 48. Treating place
- 50. Fan reaction
- 52. Indicates maiden name 53. Don't do it when
- someone's down 55. \*AC/DC won their first
- Grammy for "\_ \_\_ Machine" 57. \*Nominated comedian 61. \*2012 Grammy Awards
- host 65. Binary digits code 66. Ryder Cup team
- 68. Icy hut
- 69. Heard by Horton
- 70. Cow chew 71. Dissociative state
- 72. Evil side of Dr. Jekyll
- 73. Author of "The Star-

SUDOKU

PRESENTED BY

VolunteerMatch.org

Where volunteering begins.

3

4

2

3

6

Spangled Banner 74. "The Second Coming"

- 1. Spew profanities 2. Aid and
- 4. Home to Buccaneers 5. Right-leaning characters

3. Jolt, e.g.

- 6. Goes with flows \_ Rawls, Grammy-
- winning soul singer 8. Forfeit
- 9. Type of seabird 10. Bottle to a baby?
- 11. Like a devoted fan 12. Network of nerves
- 15. Full of grief 20. Make corrections
- \_-D.M.C. 24. NBC's logo
- 25. Will Ferrell as G. W. Bush, costs" 27. Mozart and Einstein, e.g.
- ex machina 31. Often precedes "necessary" 32. Baseball Hall of Famer

8

9

For Solution See Page 7.

FREE

HBO CINEMAX

**MONTIME Statz** 

9

33. Foolish

- 34. \*Recipient of most 2012 Grammy nominations
- 36. \*Taylor Swift's hit 38. \*MusiCares Person of
- the Year
- 42. Type of fishing net
- 45. Tiny antelope 49. Formerly OSS
- 51. Assuage or conciliate 54. Hen's call
- 56. Scallywag 57. Done in loads
- 58. \*Grammy of sports
- 59. Froze, as in kicker
- 60. Basmati, e.g. 61. \*Stefani Joanne Angelina
- Germanotta's title 62. Soviet gymnast Korbut
- 63. Oaf 64. They're average?
- 67. Famous T-Rex

For Solution See Page 7

### California Citizens for **Health Freedom**

February 9, 2012 - a film "The War on Cancer – the Disease is only half the Battle", will be shown that illuminates the grim truth about America's so-called War on Cancer.

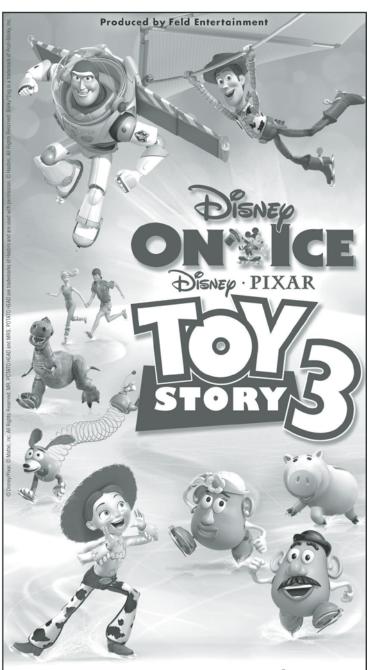
The meeting is at the SMUD Auditorium (the old SMUD Building), 6201 S Street, Sacramento, from 7-9 p.m. Call 916-635-6724 for information.

Inquiries regarding any of the above meeting notices, please contact Elsie Player at (916) 635-6724.

### Second 2012 **Snow Survey Shows Continuing Dry Conditions**



SACRAMENTO - Snow surveyors today confirmed that water content in California's mountain snowpack is far below normal for this time of year. Manual and electronic readings record the snowpack's statewide water content at only 37 percent of normal for the date. That is just 23 percent of the average April 1 reading, when the snowpack normally is at its peak before the spring melt. "So far, we just haven't received a decent number of winter storms," said DWR Director Mark Cowin. "We have good reservoir storage thanks to wet conditions last year, but we also need more rain and snow this winter.'



**Tickets Start At \$14!** 

**FEB. 9 - 12** OPENING NIGHT | FEB. 10 FEB. 11 FEB. 12

Buy One Ticket, Get One FREE!\* **FEB. 15 - 20** 

Wed. FEB. 15 ★ 7:00 PM | Thu. | Fri. | Sat. | Sun. | Mon. 
 FEB. 16
 FEB. 17
 FEB. 18
 FEB. 19
 FEB. 20

 11:00 AM
 11:00 AM
 11:00 AM
 11:00 AM
 12:00 AM

 7:00 PM
 7:00 PM
 7:00 PM
 7:00 PM
 12:00 PM

 7:00 PM
 7:00 PM
 7:00 PM
 4:00 PM
 OPENING NIGHT FEB. 16 Buy One Ticket, Get One FREE!\*

Buy tickets at www.disneyonice.com, ticketmaster Retail Locations, Arena Box Offices or call 1-800-745-3000

Regular Ticket Prices: \$14 • \$17 • \$23 • \$40 VIP • \$65 Front Row

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





(916) 338-7156

Foster Care The need is great for loving,

safe homes for foster children ages 0-18 & pregnant/parenting teens. We offer free training,

fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Don't Shop, Adopt!



### WE BUY CARS

Old or new...any condition **CARS, TRUCKS & SUVs** www.MvCarforCash.net

**FAST PAYMENT FREE QUOTES FREE TOWING** 

Have you suffered a thigh bone/femur injury? Attention

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® 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



persons with total verdicts and settlements in excess of \$3 Billion, and are committed to represent your interests aggressively and professionally.

today at 1-888-411-LAWS (5297).

WEITZ LUXENBERG R.C.

1880 CENTURY PARK EAST | SUITE 700 | Los ANGELES, CA 90067 700 Broadway | New York, NY 10003 1.888.411.LAWS | www.weitzlux.com

We are also investigating **ACTOS**™ **BLADDER CANCER INJURIES** Prior results do not guarantee a future outcome. We may associate with local firms in states wherein we do not maintain an off recovery, no fees or costs are charged, unless prohibited by State Law or Rule. Weitz & Luxenberg, P.C. is a registered Law Colwith the California State Bar, cert.#18529

If you or your loved one has suffered a For a free consultation please call us

The Life & Legend of

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."

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

learn more and/or order through: luckychuckyvalentine.com

friendsofLCV.com

1-855-4-CHUCKY Find us on Facebook! Lucky Chucky Valentine

100% of proceeds go to Friends of Lucky Chucky Valentine



### 2 Room HD DVR Upgrade 1.800.295.3431 www.infinitydish.com

5

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.

FREE

FREE

## www.CarmichaelTimes.com

#### **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. Military 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 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, Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We'reLocal! 1-800-844-3595 (SWAN)

A-1 DONATE YOUR CAR! Breast Cancer Research foundation! Most highly rated breast cancer charity in merica! Tax Deductible/Fast Free Pick Up. 800-771-9551 www.cardonationsforbreastcancer.org (NANI)

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 Vacation Voucher.Call Receive 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 Today! 1-800-471-0538 (NANI)

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

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 Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-600-9846 (MB 12-31-12)

#### **Business** Opportunity Good Money! Weekly! Home-

workers needed NOW! Details: Rush Long SASE: NHA, 28 E. Jackson, #F-458, Dept. NANI, Chicago, IL 60604-2263 WWW. EASYBABYCASH.COM

**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.

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. (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 1-800-336-7043. (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

No Mess Guaranteed 15 Years Running (916) 752-6762 Bus Lic # 103881

(MPG 3-31-12)

#### Computers

Call-A-Geek Mobile Service. Software, Spyware, Hardware Microsoft Certified. 879-3514. (MPG 07-13-11)

#### Counseling

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

solutions to your Real 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 Cal State Fence and Construction

Since 1986 Quality, Trustworthy Affordable, Reliable, Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residentia Commercial FREE ESTIMATES! #494306 916-966-1103

#### **Financial**

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 waynesherbs.com for class schedule and info. (MPG 02-28-12)

#### Health

THINK AND FEEL LIKE YOU'RE 20 AGAIN! Revolutionary Supplement Improves Mood, Memory and Cognition. Exercise Endu-rance. Energy and Sexual Function. Physician Developed. 1-800-747-1359 or www.thebrainvitamin.com (Cal-SCAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 877-560-8637 for \$25.00 off your first prescription and free shipping. (MB 12-31-12)

Diabetes/Cholesterol/Weight Loss Bergamonte, a Natural Product for Cholesterol, Blood Sugar and weight. Physician recommendbacked by Human Clinical Studies with amazing results, Call today and save 15 off your first bottle! 877-855-5090 (MB 12-31-12)

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

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

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

#### 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

ABLE TO TRAVEL \*\* Hiring 10 people, Work - travel all states areas. No experience Paid training/Transportation pro-18+ 1-888-853-8411 vided. www.protekchemical.com

Mystery Shoppers Needed. Earn up to \$150 per day. Undercover Shoppers Needed to Judge Retail & Dining Establishments. Experience Not Required. Call Now 888-380-3513. (NANI)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information.(916) 372 9640 (MPG)

#### **Help Wanted**

CLASSIFIED

Seniors Need Ride to St. Mel's in Fair Oaks, 4:30 mass Saturdays, This is a paid position. 988-7391. Call between 9am-7pm (MPG 02-28-12)

DRIVERS: NO EXPERIENCE? Class A Driver Training. We train and employ! New pay increases coming soon. Experienced Drivers also Needed! Central Refrigerated. 1-877-369-7126. www.CentralTruck DrivingJobs.net (Cal-SCAN)

DRIVER - NEW CAREER For The New Year! No Experience Needed! No credit check! Top industry pay & quality training. 100% Paid CDL Training. 1-800-326-2778. www.JoinCRST.com (Cal-SCAN

Driver - Hometime Choices: 7/ON-7/OFF. OFF. Daily or Weekly Pay, Late model trucks! CDL-A, 3 months recent experience required. Top Benefits! 800-414-9569. www. driveknight.com (Cal-SCAN)

#### Help Wanted Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight. and live-in shifts. Please call 916-630-8588 for more information. (MPG

#### **Help Wanted** Sales

HAWAII BOUND!! Play in Vegas, Hang in LA. Jet to New York! Hiring 18-24 gals/guys, \$400-\$800 wkly Paid expenses. Call 877-259-6983.

NATIONAL NUTRITION COMPANY seeking local reps for placement of Immune Health Newspapers in high traffic locations. Excellent income potential with residuals. Call today (800) 808-5767. (Cal-SCAN)

#### Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737(MPG 08-25)

#### Housecleaners

HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making 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 checks and drug testing. (MPG 08-15)

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

Housekeeping

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

### Landscaping

Affordable Landscape Service Makeovers! Clean-ups 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

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellagarden.com or ctc Randy for info

at 454-3430 or 802-9897. (MPG) Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free esti-

#### mate at 916-934-9944 (MPG) Laptop Repair

Any laptop repaired just \$79. Macs too. REALLY! FREE Fedex shipping! \$69 extra for screen or motherboard re-placement. CALL Authorized Repair Specialists Laptop 888-773-5417

#### **Legal Services**

Auto Accident Attorney. INJURED IN AN AUTO ACCIDENT? Call Jacoby & Meyers for a free case evaluation. Never a cost to you. Don't wait, call now, 888-685-5721.

SOCIAL SECURITY Disability Benefits. You Win or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 877-490-6596. (Cal-SCAN)

#### SOCIAL SECURITY DISABILITY **BENEFITS.** You WIN or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited.Call

For Your FREE Book & Consultation. 888-630-1757 (MB 12-31-12)

#### **Medical Supplies** / Equipment

ATTENTION DIABETICS with Medicare. Get a FRFF Talking Meter and diabetic testing supplies at No Cost, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-781-9376.

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 888-699-7660. (Cal-SCAN)

Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care. Excellent service & quality at low prices from AMD MEDICÁL SUPPLY. 916-485-2500. Now accepting MEDICARE. (MPG 02-28-12)

#### Miscellaneous

Dish Network \$19.99/mo! Free HBO+Showtime+Cinemax+Starz +Blockbuster! Free HD/DVR! Next Day Install! Ask About Internet/TV/ Phone Bundles! 800-732-0574 (NANI)

Authorized Retailer Offers, FREE HD for Life, Packages from \$19.99/ mo. Includes locals, 3 HD receivers free. Restrictions Apply. Call (877) 594-2251 (NANI) AT&T U-Verse for just \$29.99/mo!

SAVE when you bundle Internet

EnjoyBetterTV DISH Network

Phone+TV and get up to \$300 BACK! (select plans), Limited Time Call NOW! 877-276-3538 (NANI) CA\$H PAID-UP TO \$22/BOX for unexpired, sealed DIABETIC TEST STRIPS! 2 DAY PAYMENT & PRE

PAID shipping. SE HABLAESPA-NOL. Emma 1-888-776-7771.www. Cash4DiabeticSupplies.com (NANI) DIRECTV \$29.99/mo \$0 Start Costs! Free HBO CINEMAX SHOWTIME STARZ! FREE HD/ DVR!FreeInstallation!We're"Local"

Installers! 800-355-4203 (NANI)

WORK ON JET ENGINES - Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified Job placement assistance.
 Call AIM (866) 854-6156. (NANI)

CASH FOR CARS: All Cars/ Trucks Wanted, Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant 1-800-864-5960 (NANI)

\*\*OLD GUITARS WANTED!\*\*
Fender, Gibson, Martin, Gretsch, Prairie State, Euphonon, Larson, D'Angelico, Stromberg, Ricken-backer, and Mosrite. Gibson Mandolins/Banjos. 1930's thru 1970's. TOP CASH PAID! **1970's.** TOP 1-800-401-0440 CASH (NANI)

AIRLINES ARE HIRING - Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified – Housing available Call AIM (888) 686-1704 www.fixjets.com (NANI) COLLEGE EARN DEGREE

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

\*Medical,

\*Business.

ONLINE

\*Paralegal, \*Accounting, \*Criminal Justice. Job placement assistance. Computer available, Financial Aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI) **Bundle & Save** on your CABLE, INTERNET PHONE, AND MORE.

than \$20/mo. CALL NOW! 800-314-9361 Reach over 20 million homes nationwide with one easy buy! Only \$2,795 per week! For more information, contact this publication or go

High Speed Internet starting at less

#### to www.naninetwork.com (NANI) Miscellaneous Items for Sale

MEMORY FOAM THERAPEUTIC NASA MATTRESSES F-\$349 Q-\$399 T-\$299 ADJUSTABLES-\$799 FREE DELIVERY LIFETIME WARRANTY 90 NIGHT TRIAL WWW.MATTRESSDR.COM (NANI)

HEAT YOUR HOME for 5¢ an HOUR! Portable infrared iHeater heats 1000 sq. ft. Slashes your heating bills by 50%. FREE Shipping too! WAS \$499 NOW \$279 Call 1-888-807-5741. (Cal-SCAN)

#### Money To Lend

LAWSUIT CASH Auto Accident? All cases qualify! Get CASH before your case settles! Fast Approval.

ADVERTISING

#### **Omaha Steaks**

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

#### **Painting** All Pro Painting Res/Com.

Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG) **Personals** 

A Country gentleman would like to

meet a lady to enjoy life together. Call

#### William 530-227-7681. (MPG 11-30-11) Happy and healthy grand-Seeks same in "Old" not in my vocabulary. Let's talk. 530-626-8682 (MPG 10-19-11)

Mature Guy seeking friendship of a mature lady in 60's and 70's. Call Jim 530-823-7765. (MPG 10-19-11)

#### Pets

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

#### 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

lesson Rancho Cordova 916/858-1571 (MPG) Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. more information, visit

www.anitraalexander.com, or call

#### Pool Service

(916) 725-1054 (MPG)

Weekly Pool Service & Repair. Licensed, Insured, Reliable-\$50 Service or Repair. 916-390-8488 (MPG 3-31-12)

#### **Real Estate** for Sale **Real Estate Auction**

**Nominal Opening Bids** Start at \$10,000 42254 Daniel St., **Knights Landing** 3BR 1BA 1.080sf+/-

7419 Kalamazoo Drive,

Citrus Heights

3BR 2BA 1,375sf+/-All properties sell: 1:45PM Tue., Feb. 14 at 7419 Kalamazoo Drive, Citrus Heights williamsauction.com

800-801-8003 Many properties now available for online bidding! A Buyer's Premium (Buyer's Fee in WI) may apply

Williams & Williams CA Broker: KEN SWITZER. Auctioneer: Williams & Williams Auc Lic Auc Bond No. 6830812

#### **Real Estate** Commercial

BUY HOUSES "QUICK" CASH No Equity No Problem. Need Repair OK. 916-715-4751. (MPG 11-30-11)

#### Real Estate **Out of State**

North Texas Land Bargains!!! Gorgeous lakefront, lake view and access acreages in premier Texas location. All at bargain prices. Call 877-888-1636, x1569. (Cal-SCAN)

TEXAS LAKE BARGAIN! 4 AC -

iust \$49.900. Come see how much your money can buy in the North Texas Hill Country! Spectacular 4 acre lake access homesite w/ incredible Hill Country views and covered in trees. Enjoy 18,000+ acres of crystal clear waters -boat. ski, scuba! Prime location near Dallas/Ft Worth, Low taxes, booming economy, affordable living! Ask about our FREE OVERNIGHT STAY! Excellent financing. Call now 1.877.888.1636, x1563 www.pklakefront.com (Cal-SCAN)

#### Reverse Mortgage Ever Consider a Reverse Mort-

gage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 866-982-4692 (MB 12-31-12)

#### Schools / **Education**

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid if qualified - Job placement assistance. CALL Aviation Institute of Maintenance 888-889-1346 toll free

**ALLIED HEALTH CAREER train**ing - Attend college 100% online. Job placement assistance.Computer available. Financial Aid if qualified. SCHEV certified. Call 800-481-9409. www.CenturaOnline.com (Cal-SCAN)

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

#### **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 you 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) **Limited Time** 1-866-944-0906 Call NOW! **Upholstery** 

#### **B&T** Upholstery and Repairs Specializing in Decco & Modernism Furniture. 916-392-1959 (MPG 02-09) Vacation

**Properties** ADVERTISE Your VACATION PROPERTY in 240 California newspapers for one low cost of \$550. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

#### Video Video Photo Montages for all

occasions from \$49.95 site video recording from \$99.95 - Transfer 8mm-VHS to DVD. Additional info & pricing www.putitonvideo.com or call Len Edwards 916-224-7545 (MPG 10-26-11) Volunteers

### Needed

Sutter Auburn Faith Hospice Thrift Store invites volunteers to work as cashiers, sales floor assistants, donation processors or pricers. Training is provided: a four hour weekly commitment is requested. Location: 13342 Lincoln Way, Auburn. Call store coordinator, Kim Chase, 530-887-0561

(MPG 12-31-12) 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, H2-750, S1-250, S2-350, S3-400 Suzuki GS400, GT380 CB750 (69.70) CASH PAID. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com

WANTED DIABETIC TEST STRIPS. ANY KIND/BRAND. UP TO \$22.00/ Box.SHIPPINGPAID.HABLAMO ESPANOL. 1-800-266-0702 www.SellDiabeticstrips.com (NANI)

GET CASH NOW!! We Pay

STRIPS. Help others by selling

for DIABETIC TEST

#### your unused strips. Call Donna: 916-729-5154 (MPG 12-31-12) Wood Floor

Repair

Patch or repair wood floor? Available-3/8 x 2in oak strip floor c1958, ~300sf. Matl only 916-764-7735. (MPG 12-31-11)

Work from Home

Work At Home and Profit With

REAL GOLD & SILVER! EZ Start

Up! FREE INFO! Local Team 916-

742-0908 www.VotedTopBiz.com

(MPG 02-28-12)

#### Yoga Classes

Hatha yoga: this easy does it yoga class is designed to meet needs of people 40 & more. We meet at the cabin; Thursday nights 7-8:30. Want to feel more ve, rid your body of pain, Yoga is the way; apply a beneficial pres-

NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their

DISCLAIMER Theck with th

### 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.



SOME PEOPLE HAVE PHOTOGRAPHIC MEMORY... UNFORTUNATELY ELWOOD DIDN'T HAVE ANY FILM

**Classified Advertising** 

Sell Your Stuff! 773-1111 Reach 1000's of Readers MP**G** Every Week! T|B|A|R

воо WEAVE U B O A T ORBIT BUR SELMA STAPLES GRENADE A I M P O U F A G C E D E N U D N I K TEMNEAPLEONA M A N E D U C A T E L A N I L I A D S O U R M A N Y MANE CLINICCLAPNEE KICKWAR WEIRDAL LLCOOLJ U S A I G L O O C U D F U G U E ASCII SPECK HYDE YEATS K|E|Y Crossword Puzzle on Page 6

We've made finding local JObs 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

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

Sudoku Puzzle on Page 6

sure on organs, glands, muscles and tissue. Call for more info; Louise 916 729-0103. (MPG 12-31-12)

### LEGAL ADVERTISING

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

15, 2012.

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

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00067. SHEL Communications, 15274 Camino del Parque, Sonora. CA 95370 is doing business under "Bottld: Bottled" at 2822 "S" St (Back), Sacramento, CA 95816. Filed with the Clerk of Sacramento Publish: January 11, 18, 25, February 1, 2012. 20102

SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00114241

WHEREAS, Patricia Ann Valadez has filed a petition with this court for a decree changing name of Patricia Ann Valadez to Ann Sheridan... IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 9, 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

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 15, 2011. Kevin R Culhane Judge of the Superior Court Publish: January 11, 18, 25,

February 1, 2012. SHERID 20 20102 SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2011-00112918 WHEREAS, Camille Devon Veal has filed a petition with this court for a decree changing name of Camille Devon Veal to Isis Devon LaBauex Veal. IT IS ORDERED that all

persons interested in the above entitled matter appear before this court at 1:30 p.m. on February 10, 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. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 25, 2011.

Judge of the Superior Court Publish: January 11, 18, 25, February 1, 2012. VEAL 20102

Kevin R. Culhane

SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00112528

WHEREAS, Jennifer Gonzales and Christopher Palomares have filed a petition with this court for a decree changing name Ahleyah Louise Gonzales Louise Palomares. IT IS ORDERED that all persons interested in the above

entitled matter appear before this court at 1:30 p.m. on February 3, 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. IT IS FURTHER ORDERED

that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: October 18, 2011. Kevin R. Culhane

Judge of the Superior Court Publish: January 11, 18, 25, February 1, 2012. **PALOMA** 20102 2-1-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00013. Alan J. Pedersen, 8524 Erinbrook Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Forensics Lab Supply" at 8524 Erinbrook Way, Sacramento, CA 95826. Filed with the Clerk of Sacramento County on Jan. 3, 2012. Publish: January 18, 25, February 1, 8, 2012 **FORENS** 20103

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00221. Crecynmthia McLucas, 2040 63rd Ave., Sacramento, CA 95822 is doing business under the Fictitious Business Names "McLucas & Associates; FingerTips, Etc." at 2040 63rd Ave., Sacramento, CA 95822. Filed with the Clerk of Sacramento County on Jan. 10, 2012. Publish: January 18, 25, February 1, 8, 2012. **MCLUCA** 20103

> SUPERIOR COURT OF SUPERIOR COURT OF **CALIFORNIA**

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE #34-2012-00116825

WHEREAS. Monique LaRose Alcausin has filed a petition with this court for a decree changing name of Aidan Aldegundo Netzahual-Parshall to Aidan Parshall Alcausin. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 1:30 p.m. on February 24, 2012 in Dept. 14, located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to

Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 10, 2012. Kevin R. Culhane

Judge of the Superior Court Publish: January 18, 25, February 1.8.2012

20103 2-8-12 **ALCAUS** 

SUPERIOR COURT OF SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00113995

MayPhuong WHEREAS. Terrell has filed a petition with this court for a decree changing name of MayPhuong Terrell to MayPhuong Saeliew.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 2, 2012 in Dept. 16, located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 15, 2011. Kevin R. Culhane

Judge of the Superior Court Publish: January 18, 25, February

1. 8. 2012. 20103 SAELIE

2-8-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00189. Charles R. Dommel, 2528 Landwood Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Una Qoo Limited" at 2528 Landwood Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 9, 2012. Publish: January 25, February 1, 8, 15, 2012. 20103 2-15-12 **UNAQOO** 

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00237. Vera Petrenko, 9454 Palmerson Dr., Antelope, CA 95843, is doing business under the Fictitious Rusiness Name "Vera Petrenko Tax Service" at 9454 Palmerson Dr., Antelope, CA 95843. Filed with the Clerk of Sacramento 10. 2012. County on Jan. Publish: January 25, February 1, 8,

**VERAPE** 20103 2-15-12 FICTITIOUS BUSINESS NAME **STATEMENT** #FBNF2012-00230. Wendall A. Portman, 1939 Claremont Rd., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Stay Green Synthetic Turf Products" at 1939 Claremont Rd., Carmichael, CA 95608. Filed with the Clerk of SacramentoCountyonJan. 10.2012. Publish: January 25, February 1, 8,

15, 2012

**SERRIT** 

**STAYGR** 20103 2-15-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00263. Robert Andrew Contreras and Bonnie Jean Prophet, both of 9161 Cecile Way, Sacramento, CA 95826 are doing business under the Fictitious Business Name "Serritelli's Italian Food & Pizza" at 6346 Fair Oaks Blvd., Carmichael, CA 95608 Filed with the Clerk of Sacramento County on Jan. 11, 2012. Publish: January 25, February 1, 8,

20103

2-15-12

Way, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Rain or Shine Photography" at 7804 Beaupre Way, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento Publish: January 25, February 1, 8, 15, 2012.

20103

FICTITIOUS BUSINESS NAME

STATEMENT #FBNF2011-10642.

Erin Poppleton, 7804 Beaupre

FICTITIOUS BUSINESS NAME **STATEMENT** #FBNF2012-00496. Sarbjit Singh, 3478 Nut Plains Dr., Sacramento, CA 95827 is doing business under the Fictitious Business Name "Sarb Trucking" at 3478 Nut Plains Dr., Sacramento, CA 95827. Filed with the Clerk of Sacramento on Jan. 18, 2012. Publish: January 25, February 1, 8, 15. 2012. SARBTR 2-15-12

20103 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00216. James Ho, 5436 Alvoca Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Ahlone Products" at 5436 Alvoca Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on Jan. 9, 2012. Publish: January 25, February 1, 8, AHLONE 20103 2-15-12

STATEMENT OF **ABANDONMENT** OF FICTITIOUS BUSINESS

FILE #FBNF2009-03668 The following person has abandoned the use of FICTITIOUS BUSINESS NAME Stone located at 5150 Arden Way, 95608. CA Carmichael. Yan Hong Wang, 5112 Ramona

Vista Way, Carmichael, CA 95608 business conducted by: an individual. The Fictitious Business Name Statement was filed on April 15. 2009 in the County of Sacramento. Filed with the Clerk of Sacramento

County on January 11, 2012. Publish: January 25, February 1, 8, 15, 2012. 20103

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO 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 Searls, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. in Dept. 54 on March 1, 2012 located at 720 9th St., Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: January 19, 2012. Kevin R. Culhane Judge of the Superior Court Publish: January 25, February 1, 8,

20103 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00691. Melvin L. Pederson, 9387 Forest Vista Way, Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Laguna Creek Landscaping" at 9387 Forest Vista Weav. 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 County on Jan. 25, 2012 Publish: February 1, 8, 15, 22, **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 Pyrites Way, Gold River, CA 95670. Filed with the Clerk of Sacramento on Jan. 24. 2012 Publish: February 1, 8, 15, 22, 2012. CALLIM 20201

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 on Jan. 25, 2012 County Publish: February 1, 8, 15, 22, 2012 KVANII 20201 2-22-12

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,

**READYT** 20201 2-22-12 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00719. Cynthia Arevalos, 8601 Jaytee Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Hair By Cindy" at 702 Sutter St. #G. Folsom, CA 95630. Filed with the Clerk of Sacramento on Jan. 25, 2012 Publish: February 1, 8, 15, 22,

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 #4, Sacramento, CA 95841 Filed with the Clerk of Sacramento County on Jan. 25, 2012. Publish: February 1, 8, 15, 22,

BREDDS 20201 2-22-12 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00117428 WHEREAS, Jodi Webber has

filed a petition with this court for a decree changing name of Serenity Jean Knighton to Serenity Michelle Rose Walker. IT IS ORDERED that all persons interested in the above matter appear before this court at 2 p.m. on March 2, 2012 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, Ca 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 20, 2012. Kevin R. Culhane

Judge of the Superior Court Publish: February 1, 8, 15, 22, 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 administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted

should not grant the 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.

unless an interested person files

an objection to the petition and

shows good cause why the court

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY FXAMINE 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 the California Probate Code

The name and address of petitioner or petitioner's attorney is: Jennifer Miller Moss, Moss & Locke, 800 Howe Ave. #110, Sacramento 916-569-0667 95825; Publish: February 8, 15, 22, 2012. 20202 MOSS

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00723. Great Little Book Publishing Co. Inc., 7483 Rush River Dr. #710. Sacramento, CA 95831 is doing business under the Fictitious Business Name "KP Enterprises" at 4311 Attawa Ave., Sacramento, CA 95822. Filed with the Clerk of SacramentoCountyonJan.25,2012. Publish: February 8, 15, 22, 29, **KPEENT** 20202 2-29-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00597 Andreas Agos, 1811 Wayside Lane, Sacramento, CA 95864 is doing business under the Fictitious Advisors" at 1811 Wayside Lane Sacramento, CA 95864, Filed

with the Clerk of Sacramento on Jan. 23, 2012 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 Sacramento County on Feb. 1, 2012. Publish: February 8, 15, 22, 29, 20202 FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00920. Heritage Mortgage Corporation, 9706 Fair Oaks Blvd. #160, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Safety Capital" at 9706 Fair Oaks Blvd. #160. Fair Oaks. CA 95628. Filed with the Clerk of Sacramento

on Jan. 31, 2012.

2-29-12

Publish: February 8, 15, 22, 29,

20202

County

SAFETY

2012.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00223. Rozenberg, Benjamin Parque Vista Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Midnite Events" at 5116 Parque Vista Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 10, 2012.

Publish: February 8, 15, 22, 29, **MIDNIT** FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00999. Alexandra DeLee, 2446 Larkspur Lane #312. Sacramento, CA

95825 is doing business under the Fictitious Business Name "Prestige L MFG" at 24476 Larkspur Lane #312, Sacramento, CA 95825 Filed with the Clerk of Sacramento on Feb.

Publish: February 8, 15, 22, 29 2012. PRESTI 20202 2-29-12

20202

2-29-12

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

CHANGE OF NAME #34-2011-00114728 WHEREAS, Victoria Akhramenko has filed a petition with this court for a decree changing Victoria

Akhramenko to Vicky Nichole Ark. IT IS ORDERED that all 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.

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: Nov. 29, 2011. Kevin R. Culhane Judge of the Superior Court

Publish: February 8, 15, 22, 29, 20202

Home **Delivery** Routes Available

Call 773-1111



### Business & Service Directory

2012.

MEDICAL SUPPLY AND EQUIPMENT



**Now Accepting MEDICARE** 

Tel/Fax: (916) 485-2500 www.amdmedsupply.com 3108 Arden Way, Sacramento, CA 95825

#### HOME IMPROVEMENTS

· Hardwood Floors · Tiles Door & Window Installation

· Kitchen & Bath Renovations, etc. Victor D. Chauppette Phone: (916) 862-7459

· Crown Moldings · Trimmings · Paintings

E-mail: v chauppette@yahoo.com

No jobs over \$500 accepted.

PHOTO RESTORATION

### Restore

Share memories of special places and times with your family.

**Old Photographs** 

(916) 483-6051

Laws Studio, Crestview Center Manzanita at Winding Way in Carmichael

#### HANDYMAN

#### QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs



You Name It! (916) 613-8359

Funeral Service

**FUNERALS & CREMATIONS** 

FD 1404

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

#### LEGAL SERVICES

**R**ONES LAW FIRM

The Law Firm provides the following legal services: Bankruptcy • Business and Corporate Matters

 Trust and Trust Administration Estate Planning • Probate and Conservatorship Family Law P: 916.965.6647

> F: 916.965.4218 gbones@boneslawfirm.com

Gordon G. Bones

PSYCHIC READINGS

#### TAROT CARDS ( PSYCHIC READINGS

Past Present & Future

Love, Marriage & Business Palm Readings

Past Life Readings



40 Years Experience • Available for Events and Parties FOR APPTS. CALL 916-962-3822

FINGERPRINTING SERVICES

#### PLUS: ★ Walk-in Service

★ Digital Inkless Process ★ Electronic Submission

to DOJ & FBI

916.725.1345

- ★ Copies & Faxing ★ Notary Services
- ★ UPS Next Day Air®
- ★ Shredding Services \* Ship Heavy Freight
- 7405 GREENBACK LIN. CITRUS HEIGHTS, CA 95610 The UPS Store DE

**ALTERATIONS** 

### **ALTERATIONS** by Patina

SPECIALIZING IN BRIDAL & FORMAL 11082 Coloma Rd., Suite 7

Coloma Village Shopping Ctr. • Rancho Cordova

PRE-SCHOOL

#### **MONTESSORI** CHILDREN'S SCHOOL



Suite 170 Carmichael, CA 95608

5325 Engle Rd.,

Ages 2-6 • Open 7am-6pm M-F 916-481-0100

www.MCSpreschool.com

**CEMETERY SERVICES** 

#### Respectful, Affordable Burial

**Endowment Care Facility** Beautiful Park like setting Monuments allowed • Cremation Niches Commingle Scattering Garden Quality & Affordable Service

**Fair Oaks Cemetery District** 7780 Olive St., Fair Oaks, 95628 916-966-1613

PET SITTING SERVICE

Professional, Loving

PET CARE **Established Reputation Kennel Free Environment** 

Call Madeline (916) 723-1608

Licensed /Bonded. License # 318177.

Lots of TLC

SPECIALTY CANDIES

CandyStrike 🤌 Emporium 🔦 398 "Historic" Main St.

530-295-1007 SO much FUN...

Placerville, CA 95667

CandyStrike.com Online coupon at

CarmichaelTimes.com

### WINDOW/GUTTER CLEANING

#### **Grahams Window** Cleaning

Starting at 139.00 Up to 20 Windows

**Gutter Cleaning Service** Starting at only \$89 LOCALLY OWNED & OPERATED

Licensed and Insured • Call Today 916-604-2389

www.grahamswindowcleaning.com

#### HELP ANIMALS

SPCA THRIFT SHOP The Real Non-Profit

**Helpless Animals Need Your Donations** 

Will Pick Up Call 916-442-8118 1517 E Street

> for donations 10-4pm

Construction

### **Western Construction Company**

Serving Northern California since 1976 All Home Repairs & Home Inspections

> Remodels, Roofing, Drywall, Painting, Tile Concrete, Fencing, Electrical, Landscaping

(916) 817-0225 (916) 838-1427

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

# Arts, Entertainment and Other Fun Things to do!

# **Fun Events Easier to Find** with New Corps Parks Calendar

SACRAMENTO - Finding fun, family-friendly events at the U.S. Army Corps of Engineers Sacramento District's 10 parks in California is easier now with a new events calendar on our website. The calendar announces all upcoming events that are open to the public.

"With several events happening at the start of 2012, we felt that this was a good way to start off the new year and introduce the calendar to the public," said Jon Friedman, senior district

park ranger. "There's always something going on at our parks. We've got everything from Civil War reenactments to salmon festivals to movie nights under the stars in our open-air amphitheaters happening any given weekend. We hope the calendar makes these affordable events that much easier to find.'

The parks offer sites rich in California history, with outdoor recreation ranging from camping to fishing, boating, hiking and much more

The Corps of Engineers is the nation's largest provider of outdoor recreation, hosting more than 370 million visits per year at 421 lakes and river parks. For more information on Corps recreation opportunities visit www. CorpsLakes.us.

The calendar and much more information about the parks, including helpful water safety tools at: http://www.spk.usace. army.mil/organizations/cespkco/lakes/index.html

### **Upcoming Root Cellar Events**

Genealogy Program

March 14, the Root Cellar Sacramento Genealogical Society hosts Lorenzo Cuesta who will talk about Using Facebook and Twitter for Genealogy. Free, visitors welcome. 7pm-8:30pm, Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Contact Sandi Benward 916-412-3511 or www. rootcellar.org.

Genealogy Seminar

Learn how to find who is in your family tree from internationally-known genealogical author, lecturer and podcaster George G. Morgan, the featured speaker on 31 March 2012 at an all-day seminar hosted by Root Cellar Sacramento Genealogical Society.

His topics include: Bring Them Back to Life: Developing an Ancestor Profile; Push and

Pull: The Reasons for Migration; Sidestep Genealogy; and The Genealogist as CSI. Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd., Fair Oaks, CA from 9:00 am - 3:45 pm, doors open 8:30 am. Advance registration required: \$25, members; \$30 non-members; \$35 after March 12. Registration form at www. rootcellar.org. Contact Diane Maltase at rootcellarsgs@gmail.

- Garrison Keillor

#### The Genealogical Association of Sacramento

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"

will hold its regular monthly meeting Wednesday, February 15, 2012 at 1:00 P.M., at the Belle Cooledge Library, 5600 S. Land Park Drive.

Guest speaker will be Pamela Dallas, speaking on "Remember the Ladies: Finding Your Female Ancestors". All are welcome.

an evening with

Carmichael RECREATION AND PARK DISTRICT

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 time Classes taught by Michelle Lueth

Jewelry

Beginning Age: 13 & up • Location: Arts & Crafts Bldg., 7997 California Ave., Fair Oaks

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

Camp

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.

California Certified



Come join us for our Farmers Market at beautiful Carmichael Park with over 40 certified and organic farmers and specialty item vendors.

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



#### 5750 Grant Ave

Shop with us at the Carmichael Park Farmers' Market, every Sunday, 8-1

Serving you every Sunday All Year Round! Other Farmers Market Locations include:

Sunrise Mall, Citrus Heights Every Saturday, 8:00 am to 1:00 pm

#### Specialty Items:

- Trinidad Farms Fresh Squeezed Orange Juice Gold Rush Kettle Corn • El Dorado Coffee Company • The Pasta Queen • The Cultured Kitchen
- The Basket Guy Four Seasons Sauces and Jams Gourmet Veggie Chips • The Crazy Gringo Taco Wagon • California Pistachios • Z-Pies Gourmet Pot Pies • Chacewater Extra Virgin Olive Oils • Mother Earth
- homemade food cart Upper Crust Baking Company Knife Sharpening Services • Skylake Ranch Pomegranite Sauces, Juice and Marinade • All things lavender from the Lavender Farm • Davis Breads and Deserts

#### New Arrivals:

• Azolla Organic Farms • Capay Organic Farms • Sunshine Organic Farms • Nicasio Cheese • Penrod/Howze Honey • Butte Family Farms Organic Eggs & Produce • Ge Lao Fresh Cut Flowers • Dragon Gourmet Mushrooms • Leatherbys Ice Cream • Green Frog Soaps and Scents • Unique Salsa from Live Food Academy • Venezuelan Arepas from KAS Foods • Gourmet Goat Cheese by Jollity Farms • Fresh Baked breads by Sacramento Baking Company • Healthy Homemade Dog food by Vibra Pet • The best pastries in town by BeckyJoPies • Organic Vegetables and fruits from Fasue Farms, Rio de Parras Farms and Loving Nature Farms.

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

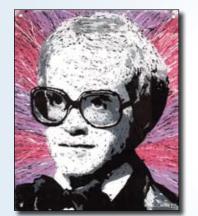
### SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

#### **Exhibition Schedule**

February 1-18, 2012 Aspiring Artist Debut - WASH Scholarship Show

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



NCA Aspiring Artist Debut & **WASH High School Watercolor Scholarship Show** 

January 31-February 18, 2012 2nd Saturday Reception February 11, 5:30-8:30pm

Best of Show, Aspiring Artist Debut, "Elton", acrylic, by Paul Oester

#### **Steve Memering Acrylic Workshop** February 18-19, 2012

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





#### **MISSION OAKS COMMUNITY CENTER**

Travel the World!

Canadian Rockies & Glacier National Park July 28 - August 4, 2012 \$2999/pp double

Russian River Cruise September 3 - 12, 2012 \$3999/pp double

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



#### SWANSTON COMMUNITY CENTER

Crocker Art Gallery • February 9 • \$15 UC Davis Arboretum & Farmers Market • Feb 22 • \$20 Calaveras Big Trees • March 1 • \$22

Lincoln Trout & Catfish Farm • March 2 • \$32 (includes admission)

#### MISSION OAKS RECREATION & PARK DISTRICT

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

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

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

SWANSTON COMMUNITY CENTER (916) 333-6464 • Fax (916) 488-4349 2350 Northrop Ave., Carmichael CA 95825 Carmichael Times Page 10 **February 8, 2012** 



#### **I DESERVE CHOCOLATE**

It's Valentine's Day, and you're looking for that gorgeous red box of chocolates to go with the flowers. After all, it is dark chocolate and healthy for you, right? Well, listen up, because you might want to have second thoughts about yummy stuff at the holidays...don't forget Easter is fast approaching too! Do we become mindless overeaters during these special times? Do we lose weight, and then eventually regain the weight we lost and even more? Pervasive insistent thoughts such as "I deserve this!" or "I'm buying these chips for the kids not for me" keep many of us in the habit of unhealthy eating. That comes from Dr Susan Albers, psychologist at the Cleveland Clinic Family Health Center who specializes in eating disorders, and is author of "But I Deserve This Chocolate!" She tackles the fifty most common self-sabotaging thoughts and habits that put on the pounds. Each of the fifty chapters explains the mentality behind a particular excuse for unhealthy eating and offers mindfulness exercises for

# POPPOFF!

with Mary Jane Popp

rerouting those thoughts into healthier attitudes.

So, if you want to lose weight or you have to maintain restricted diets due to allergies, diabetes, or other health issues or if you just want eat healthier, then you might just want to tackle some of these issues. Dr Albers shared a few of her tips on my POPPOFF Radio show to get rid of those rogue thoughts.

1) I'll start after the holidays because dieting during the holidays will ruin my fun. Unfortunately feeling overstuffed and uncomfortable in your clothes is what really puts a damper on the festivities. So keep track of how much you eat. Research shows that we underestimate how much we eat by 40%. Your best tool is right in your purse. Snap a picture with your phone. This will help you remember exactly how much you're nibbling on. A picture is worth a thousand calories.

2) I need chocolate. I'm stressed. Any holiday gives me a headache with the hustle and bustle. Believe it or not. Chocolate and sweets actually increases your stress not decreases it. A recent study shows that chocolate only provides comfort for three minutes and then fades. Chocolate also creates a spike and sudden drop in your blood sugar. When stressed, eat a handful of pistachios. According to the "pistachio effect" you can save 80-100 calories by taking them out of the shell yourself. This snack will regulate your blood sugar which will make you feel less irritable. They also

out your frustrations.

3) Food is so tempting during a holiday. Don't fall for your impulses. Take along a pocket full of sugar-free peppermint candy. Agree to delay acting on your desire for second helpings until the piece of candy completely dissolves. Waiting five minutes can significantly decrease your desire for more. Peppermint is also known to reduce your appetite.

4) We celebrate with food. Don't get rid of your favorites! Just revamp them. Use the principal of "just noticeable difference." Change just enough so that you can't perceive the difference. For example, take out one-third of the brown sugar and butter in a sweet potato casserole. If you skip them, you are sure to notice and miss them. This adjustment is barely noticeable and can help your waistline during any holiday or special occasion.

There are forty-six more tips to help you cope with the goodies and your waistline. Dr **Albers** has written several books on the subject. She also writes for magazines like Prevention, Family Circle, O, and Vanity Fair. You can also blog her at the Huffington Post and PsychologyToday.com. Even Dr Oz listened to what the good Doctor had to say. You can also get more info on her book and more at www.eatingmindfully. com. Happy Valentine's Day and go easy on the chocolate!!!

Join Mary Jane for the KAHI Noon News Monday-Friday and then again for



### Aw, Shucks. New York Wins.

Try, try, try as I might, I just couldn't get very worked up about Super Bowl XLVI Sunday.

After joining in the building excitement of the San Francisco Forty Niners' season of renewal over the past few months, I just wasn't into getting fired up to watch two teams from three thousand miles away battling it out for the ultimate prize.

The crescendo had been reached in the Niners' playoff win over New Orleans. But when quarterback Alex Smith couldn't match that performance against the New York Giants in the NFC Championship game and Kyle Williams mishandled two punts to help the Giants advance to the Super Bowl, the bubble burst and the football excitement was deflated.

I could only handle a minimal amount of pre-game hype over the two weeks leading up to the big event and watched zero on game day. I arrived at the annual party just in time for the Anthem and the start of the food line.

The party mood was rather reserved, as well, and not a lot changed through the course of the Giants' 21-17 come-from-behind victory over the New England Patriots.

No one was too intent on the action through the first half, opting for conversation, food and beverage over attentiveness to the big screen. There were a few folks sporting their 49er gear, but it was clear the fanata good party.

Not that it wasn't a good game. It was. But the overriding disappointment of the 49ers' absence rendered this Super Bowl to not much more than any old football game.

The image of the domed stadium atmosphere in Indianapolis left a lot to be desired. There were no grass divots or mud flying about and no dirty uniforms. The elements should be part of the deal in football.

The sub-par halftime show with a lip-syncing Madonna and an odd collection of performers, along with a lot of less-than-super commercials, did little to rev up the partygoers.

The headliner quarterbacks both played well, for the most part. The 'Aw, Shucks" guy, Eli Manning, won out over the GQ personality with the supermodel wife, Tom Brady. Manning, going 30-for-40 and 296 yards passing, won the MVP trophy and a nice new car, just in case he didn't have or couldn't afford one.

True to form this season, Manning had the fourth-quarter killer instinct once again, marching the Giants 88 yards for the winning touchdown with just 57 seconds left in the game. The drive featured the play of the game, a 38-yard strike to Mario Manningham, who deftly touched both feet down in bounds to set the clinching march in motion.

The late-game heroics and the last minute futile efforts by Brady and the Pats finally livened up the living room. The post-game discus-

the in-game viewing. Of course, the debates largely centered on the quarterback comparisons. Manning and Brady are and were both very, very good, but it was pretty much agreed upon that there were no likenesses to 49ers great Joe Montana on the field this time. Your legend is still safe with us, Joe.

There were several elements subjected to much scrutiny leading up to the game that did hold true. Both QB's are excellent, New England's defense is not that good, Manning can be deadly in the fourth quarter, and the Giants have the Patriots' number, having won two of the last five Super Bowls at the Pats' expense, as well as beating them during the regular season.

It also remains true that the lucky bounce of the ball can decide so much. The Giants were extremely fortunate to recover two of their own fumbles, while a third, recovered by New England, was negated by a crucial Patriots' penalty. Finally, when Brady's last-second "Hail Mary" pass into the end zone was deflected, it bounced away from two Patriots' receivers and the victory was New York's.

All in all it was a good game, but an unsatisfying Super Bowl experience.

I guess the party poopers this time were two guys in 49er jerseys named Kyle and Alex, and they weren't even there.

There's always next year...





STIMULATE Your Mind



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

www.CarmichaelTimes.com

### No Whooping Cough Deaths in California During 2011

SACRAMENTO REGION -California recorded no deaths from pertussis (whooping cough) during 2011, a first since 1991, announced Dr. Ron Chapman, director of the California Department of Public Health (CDPH) and the state public health officer. "Greater awareness of the disease, more rapid diagnosis and treatment, and increased vaccination rates contributed to saving the lives of infants," said Chapman. "I thank our public health and medical communities for working together and being especially vigilant following the 2010 epidemic."

In 2010, 9,000 Californians were diagnosed with pertussis and ten infants died from the disease. In response, CDPH partnered with local health departments and health care providers across the state implementing disease control strategies and informational alerts. The state also offered free vaccines

to hospitals, allowing convenient vaccination for new parents to prevent transmission of the disease to newborns. Last fall, a new state law required students in 7th -12th grades for the first time to get a Tdap booster shot. The new school law will apply to all students entering 7th grade in 2012 and beyond. While whooping cough remained high at more than 3,000 cases in 2011, there have been no deaths since October 13th, 2010.

The last time California had 3,000 cases of whooping cough was 2005. That year, eight infants died. In 1991, there were only 249 reported pertussis cases in California. Young infants are the most vulnerable to serious whooping cough complications. Of 575 whooping cough cases among infants 3 months of age or younger reported during 2011, 244 (42 percent) were hospitalized. That's a significant drop since 2010 when

59 percent of infected infants in that age group were hospitalized.

Immunity gained from pertussis vaccine wanes over time, so a booster shot is needed. The new school immunization law is intended to further protect communities by ensuring that adolescents, who may no longer be immune to whooping cough, are vaccinated. CDPH produced public service announcements in English and Spanish and partnered with the California Broadcasters Association to encourage media outlets to air the ads aimed at raising awareness about pertussis and the new California law. Adults, especially those who live or work with infants, are also strongly encouraged to get a Tdap shot.

To learn more about whooping cough in California, visit www. CDPH.ca.gov. To learn more about California's school immunization law, visitwww. Shotsfor School.org.



# Time To Enjoy The Life You Deserve

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

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

Independent & Assisted Living as well as Memory Care.



Save \$1500

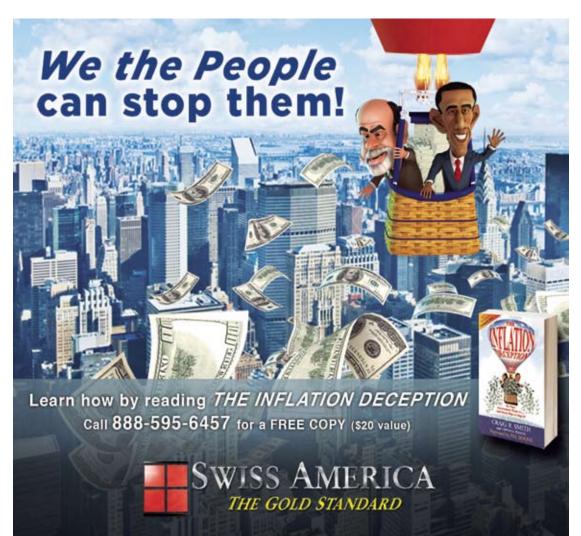
or more.

Carmichael Times Page 11



916-944-2323 office www.carmichaeloaks.com

LIC# 347003685





**DIGITAL TV** 

**HIGH-SPEED INTERNET** 

**DIGITAL PHONE** 

Offers may be available now in your area from Acceller, Inc. for these top service providers:







Time Warner Cable **Authorized Retailer** 

**BUNDLES STARTING AS LOW AS** 

For first 12 months

FIND OUT MORE BY CALLING TOLL-FREE

866-484-1940

By Acceller, Inc., an authorized retailer.

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

## C. S. Lewis' Smash Hit Comes to Sacramento!





SACRAMENTO SCREWTAPE LETTERS, the smart, provocative and wickedly funny theatrical adaptation of the C.S. Lewis novel about spiritual warfare from a demon's point of view, will be presented for two performances only at the Sacramento Community Center Theater, 1301 L Street in Sacramento, Saturday, March 3 at 4 p.m. and 8 p.m.

The National Tour of THE **SCREWTAPE** LETTERS kicked off after a hit nine-month run at the Westside Theatre in New York where it played 309 performances. Prior to that, the Chicago Tribune described THE SCREWTAPE LETTERS as the "most successful show in the history of Chicago's

production "Devilishly funny!" the devil is referred to as "Our Father below."

The play follows His Abysmal Sublimity Screwtape, Satan's

don including the cover of Time Magazine.

The idea for Screwtape first came to Lewis after listening to Hitler's Reichstag Speech on July 19, 1940, while it was simultaneously translated on BBC Radio. Lewis wrote "I don't know if I'm weaker than other people, but it is a positive revelation to me how while the speech lasts it is impossible not to waver just a little... Statements which I know to be untrue all but convince me...if only the man says them unflinchingly."

Lewis dedicated it to his close friend J. R. R. Tolkien who had expressed to Lewis that delving too deeply into the craft of evil would have consequences. Lewis admitted as much when he wrote "Though I had never written anything more easily, I never wrote with less enjoyment

. . . though it was easy to twist Design by John Gromada. one's mind into the diabolical attitude, it was not fun, or not for long. The work into which I had to project myself while I spoke through Screwtape was all dust, grit, thirst, and itch. Every trace of beauty, freshness, and geniality had to be excluded."

**SCREWTAPE** THE LETTERS is produced by New York City based Fellowship for the Performing Arts. Max McLean serves as Artistic Director. Executive Producer and General Manager is Ken Denison of Aruba Productions. Scenic Design is by Cameron Anderson, Costumes by Michael Bevins, Lighting Design by Jesse Klug, and Original Music and Sound

The performance schedule for THE SCREWTAPE LETTERS is Saturday, March 3 at 4 p.m. and 8 p.m. Tickets range from \$29-\$59. There are a limited number of premium seats available for \$89. For groups of 10 or more (including student groups) call 866.476.8707.

To purchase tickets, visit www. ScrewtapeonStage.com, 916.808.5181 during regular business hours or 800.225.2277 after hours, or visit the Community Center Theater Box Office, 1301 L Street, Monday through Saturday 10am-6pm, and 60 minutes prior to performance start time.

■ FIREvents 3050 Fite Circle, Suite 100 Secremento, CA 95827



### **SAVE UP TO 50% OFF YOUR NEXT HEATING BILL**

Advanced Portable Infrared iHeater® **Saves Money NOW...Saves Money LATER!** 

- ✓ Heats up to 1000 sq. ft. evenly for about \$1 a day
- Safe around kids and pets
- Cannot start a fire
- ✓ FREE shipping
- ✓ Full factory warranty
- ✓ NEW low price!



Call

1-888-306-5657

Phone lines open 7am - 11 pm EST

7 days a week Media Code: 6177

Strict limit of 2 iHeaters per household

IH1000 Model

IH1500 Model

also available

(heats 1500 sq. ft.)



Join Nicole and John and start saving today!









#### NO ONE CAN COMPARE TO DISH Network! THE COMPETITION DOESN'T STACK UP dish PROVIDERS BLOCKBUSTER @ HOME included for 3 months YES NO NO The most HD channels NO NO YES NO Lowest All-Digital Prices Nationwide NO Award-Winning HD DVR NO NO FREE Installation in up to 6 rooms NO

Call Now and save over \$750 this year on TV!

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



