



Carmichael Times

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Serving Carmichael and Sacramento County since 1981

January 25, 2012

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BBB's Top 10 Scams of 2011

SACRAMENTO REGION – Better Business Bureau released its list of top 10 scams of 2011 today.

“The internet is a goldmine for scammers,” said Gary Almond, president of BBB serving Northeast California.

The list is compiled using data from Better Business Bureaus across the United States, documented via spikes in complaints and consumer inquiries.

Top Job Scam

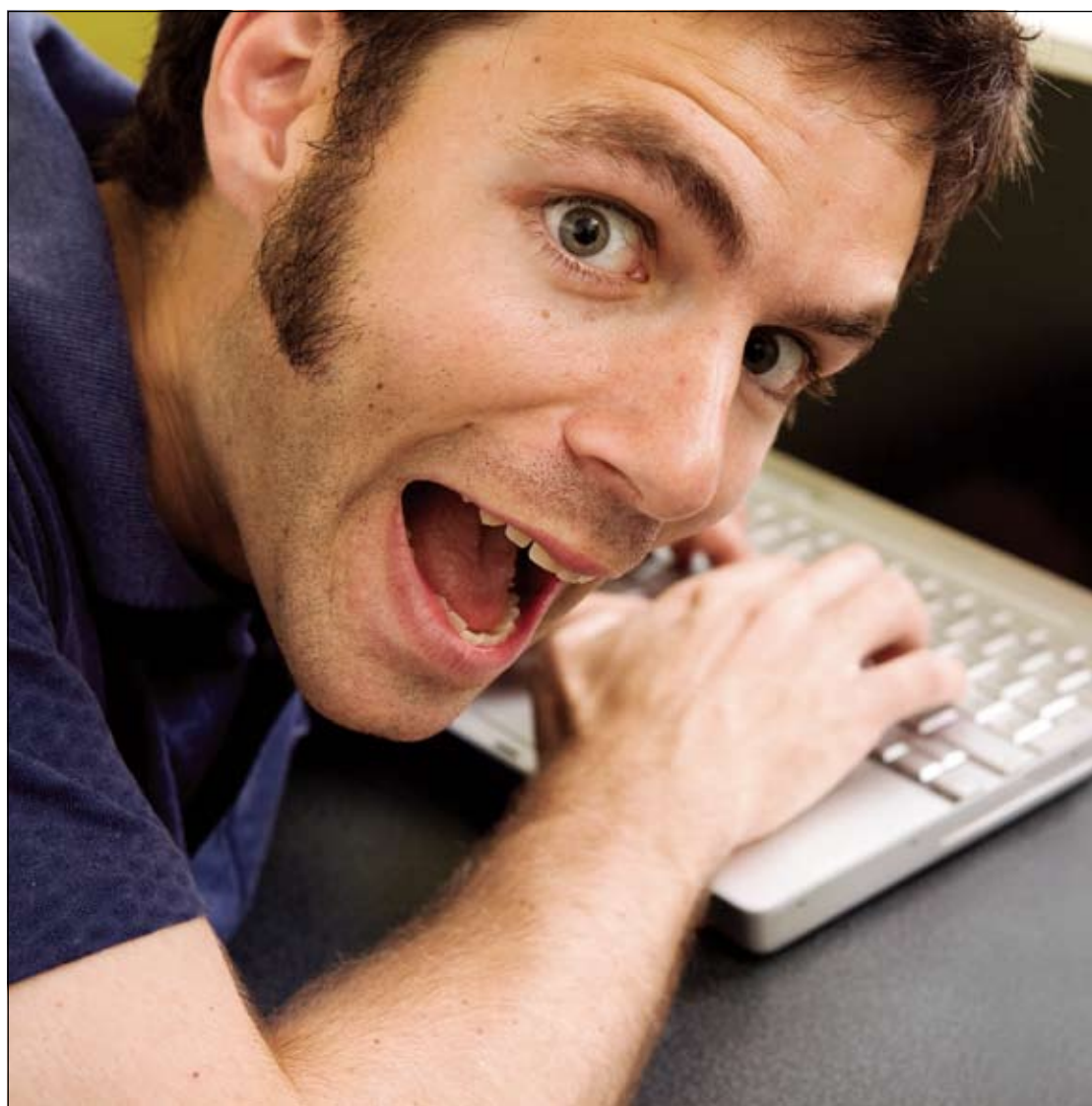
BBB sees many secret shopper schemes, work-from-home scams, and other phony job offers, but this job-related scam can steal identities.

Top Sweepstakes and Lottery Scam

This year’s top sweepstakes scam was an email claiming to be from Facebook founder Mark Zuckerberg announcing the recipient was the winner of \$1 million from the popular social networking site.

Top Social Media Scam

Viral videos claiming to show



This year’s top sweepstakes scam was an email claiming to be from Facebook founder Mark Zuckerberg.

everything from grisly footage of Osama bin Laden’s death to the latest celebrity hijinks have shown up on social media sites, often looking as if they have been shared by a friend.

Top Home Improvement Scam

Always near the top of BBB complaint data are home improvement contractors who leave homes worse than they found them.

with some leftover asphalt who can give a great deal on driveway resealing. Itinerant contractors move around, keeping a step ahead of the law.

Top Check Cashing Scam

They contact a seller via a craigslist.org posting and send the seller a check for more than the amount they owe.

seller is out of the money wired and stuck with whatever her or she was trying to sell.

Top Phishing Scam

“Phishing” is when one receives a suspicious phone call asking for personal information or an email that installs a virus to hunt for personal data.

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Not the Usual Hoopla



Allison Miller (right) instructs some of her 26 students in a weekly “Hoop Girl Workout,” hosted by the Carmichael Park District. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

CARMICHAEL – In a regime both vintage and current, fitness enthusiasts are doing the hula hoop in new earnest.

Spawned from alternative street art and night clubs, “Hoop Girl” classes are among adult courses offered at the La Sierra Community Center (5325 Engle Rd).

Swirling at hundreds of revolutions per minute is reckoned to burn between 300 and 500 calories per hour. “It doesn’t feel like a like gym class, but you work your core muscles,” says one-year student Erin McDonough.

floor. Teacher recommended an imaginary hula hoop and now the shrinking violet is a dancing queen.

An El Camino High graduate with a BA in French, Miller (23) rediscovered the hoop at UC Santa Cruz. “I came home from college with a hula hoop,” she recalls.

A craze of bubble-gum proportion in the 1950s, hooping’s recent revival began a decade ago and was popularized by daringly costumed exponents on late night TV.

Carmichael Park District classes cost \$10 for a drop in or \$40 for six weeks. For information, call (916) 525-7232. Contact Allison Miller at (916) 877-HOOP.

Irish Born Sister Marie O'Connor Touched All with Sense of Humor, Generous Spirit



Sister Marie O'Connor (1935-2012)

Sister Marie O'Connor was a woman of deep faith with a sense of humor and a generous spirit that touched all who met her. According to close friends, she shared those gifts widely.

"She saw humor in everything and her laughter was contagious," said Sister Maria Campos who knew Sister Marie for 30 years. "She was the most generous and kind person towards others. People loved her."

Sister Marie was "Mercy hospitality personified," according to Sister Anne Marie Miller. "When you were with her she lifted your spirit, she affirmed, encouraged, and always was always grateful for any little thing you did for her," Sister Anne said. "I will miss her gentle spirit, her great generosity of self and, of course, her wonderful passionate, full-bodied laugh. She truly was a joy-filled Sister of Mercy."

Sister Marie died Jan. 18 in Auburn, Calif., at the age of 76. She had been a Sister of Mercy for 58 years.

Sister Marie was born April 19, 1935, in Dingle, Co. Kerry Ireland, to John and Mary O'Connor. She graduated from Presentation Secondary School, Dingle in 1953 and entered the Sisters of Mercy on Feb. 5, 1955, in Auburn, Calif. She professed temporary vows on Aug. 18, 1957, and final vows on Aug. 18, 1962.

After completing her Associate in Arts degree at Our Lady of Mercy College, Auburn in 1958, Marie was assigned to the central services department at Mercy General Hospital for four years. In 1962, she returned to her homeland and spent four years in vocation recruitment at Immaculate Heart Convent, (Abbeylands), Ireland. She traveled to various high schools throughout Ireland with a sister companion and met with students interested in religious life. This was how a number of sisters in Auburn were introduced to the Sisters of Mercy in Auburn. This assignment was a great delight to her father, who prayed every day that he would live to see her again. He passed away while she was in Abbeylands.

From 1967-1968, Marie trained as an EKG and EEG technician at Mercy General Hospital in Sacramento. She was assigned to Mercy San Juan Hospital in Carmichael, Calif., where she spent the next 20 years moving throughout the hospital with her mobile unit, doing either an EKG or an EEG for patients in various departments, including surgery and intensive care.

In 1989, Marie took a sabbatical at Milltown Institute in Dublin and on her return to the

United States, she coordinated activities at the Motherhouse in Auburn for three years. From 1994 until her retirement in 2006, she was one of the support staff at Mercy General Hospital in Sacramento. She served at the information desk and was the first face of mercy for patients being admitted, for visitors to the hospital and for employees coming to work.

After formally retiring, Sister Marie served as a volunteer and then in prayer ministry at Mercy Convent in Sacramento. She spent this past year in our Lady of Lourdes Retirement Center.

Sister Marie's "special hobby" was to care for her friend Sister Bridget Mary Flynn, "She was dedicated to helping her every weekend with what ever she needed done," Sister Maria Campos said. "She truly will be missed by all."

Sister Marie is preceded in death by her brothers Jack, Jeremiah and Father Patrick, sisters Bridie Carroll and Kitty Graham. Survivors include her brother Larry (Maura), Michael Joseph (Teresa), many nieces, nephews and her religious community.

Mass of Christian burial will be celebrated on Tuesday, January 24 at 11:00 am. at Our Lady of Mercy Chapel, Auburn. Memorial donations may be sent to Sisters of Mercy retirement fund, 535 Sacramento St., Auburn, CA 95603.

Information provided by Sandy Goetzinger-Comer, Director of Communications, Sisters of Mercy of the Americas West Midwest Community

Garrison Keillor Plans One More Sacramento Appearance

SACRAMENTO – Fahn & Company proudly presents "An Evening With Garrison Keillor" on Sunday, March 4, 2012 at the Sacramento Community Center Theater.

This beloved author, storyteller and humorist has written for The New Yorker, penned a screenplay, written countless newspaper columns and has more than a dozen books to his credit.

But Keillor may be best known for his enormously popular and award winning radio show, now in it's 37th season, "A Prairie Home Companion", heard every week by millions of fans worldwide and locally on Capital Public Radio's KXPR-FM and KXJZ-FM.



Garrison Keillor, beloved author, storyteller and humorist.

As reported by USA Today, ABC News, MSNBC and other major media sources, Mr. Keillor has announced he plans to retire from "A Prairie Home Companion" in the spring of 2013.

This could be his final appearance in Sacramento! Don't miss the chance to see Garrison Keillor at the Sacramento Community Center Theater, Sunday, March 4, 2012 at 7:00 PM. All seats are reserved and are on sale at the Sacramento Convention Center Box Office, 1301 L Street, online at www.tickets.com or charge by phone at (916) 808-5181 or (800) 225-2277.

Honorary Mayors Trading Places



Carmichael Chamber of Commerce members saw a change of the guard when Honorary Mayor Pauline Gilmour (left) welcomed the 2012 election victor. Both displayed medals of office at the Chamber's recent membership luncheon. Esteban Nava (48) works as a compliance specialist for SMUD. Gilmour (59) teaches at Our Lady of Assumption School, Carmichael. Learn about the Carmichael Chamber of Commerce at www.carmichaelchamber.com. Photo and text by Susan Maxwell Skinner.

Free Job Search Programs Offered at Sacramento Public Library

SACRAMENTO REGION – The Sacramento Public Library is presenting free, job search programs to help community members find employment.

The Job Seeker programs are scheduled through June at the Rancho Cordova, Robbie Waters Pocket-Greenhaven, North Highlands-Antelope, North Natomas, and Arcade library

branches. Program listings can be found on the library website at www.saclibrary.org and click-the Job Seeker box.

"With local unemployment nearing 12 percent, the Sacramento Public Library is providing our helpful resources as learning tools to search for jobs, improve interview skills, refine resumes, and more," said

Rivkah K. Sass, library director.

"We care about our community residents, as many are our library card holders and others who frequent our 28 library locations. We are all in these tough economic times together."

For more information, telephone the Sacramento Public Library at (916) 264-2920.

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We are proud members of these newspaper associations.

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



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POPOFF!

with Mary Jane Popp

adjustment. I felt a teeny pressure and then he said I could sit up. I told him go ahead. I was ready when, to my amazement, he told me I was done. No way I said, and yet, I felt much better. Guess what. It's been about five years now that I go in about every eight to twelve weeks. No more twice a month and certainly no surgery. No force is needed. **Dr D** saw my exact misalignment and made the very gentle adjustment to my atlas. The bottom line is so goes the atlas...so goes the spine...and so goes the pain for many parts of the body. What a relief.

Here's what I found magical. It works for a variety of problems from migranes to sciatica, fibromyalgia, stress, and many injuries...any trauma. You can even throw in relief from depression, fatigue and allergies.

Now let's get to keeping that body of yours happy. **Dr Erwin** told me three things to remember...E.N.S.

EXERCISE: Lots of varieties and intensities from yoga to aerobics.

Pick what works for you based on your own goals and limitations. Always check with your own doc to be sure you are healthy enough to begin a program. Variety is key. Include strength training, flexibility training, and aerobic training. Change your routine periodically to keep it fun. Lots of benefits not only looking better, but reducing cholesterol, weight loss, and even less anxiety, better sleep, and stress reduction.

NUTRITION: Lots of options on this one from high protein and low carbs to lots of carbs and low protein. From fats to veggies to even eating for your blood type. Do what makes sense for you. Do you want to lose weight, gain

muscle, or manage diabetes? But experts do agree on a few things like your body needs protein. It's a body building block like meat, beans, dairy, and nuts. Most of your diet should consist of fresh and preferably organic fruits and veggies. These are complex carbs which provide energy and are your primary source of vitamins. Then there are fats. Go for the omega 3 fatty acids to help heart health and overall inflammatory response throughout you body. Sources like fish oil, flax, and chia seeds will do it.

SLEEP: We need a good night's rest. It helps with memory and learning, inflammation in the body is reduced, better athletic enhancement, weight loss, stress and depression reduction to name just a few. Some tips for good sleep include eliminating coffee after 2 PM, a bath or shower before bed, stretching and yoga, and no TV or computer exposure before bed. Don't forget exercise during the day will help you relax and able to sleep.

If you have any questions about some of these tips or if you want to know more about NUCCA, the good doc gave me permission to give you his number to call him personally at (916) 973-0623 to talk about your concerns. We've got enough pains in our lives... especially the two-legged kind, so make a new resolution to make life better in 2012. It's not that complicated. Remember, if at first you don't succeed, try try again! Just do something!

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



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Thanks Pam!
Kim Hellwig



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Sacramento Republican Women Federated Monthly Lunch



Duf Sundheim.

SACRAMENTO REGION – The Sacramento Republican Women Federated will be holding their monthly lunch on February 1, 2012 at the Northridge

Country Club located at 7600 Madison Avenue in Fair Oaks. Our featured speaker will be Duf Sundheim, former Chairman of the California Republican Party. Duf Sundheim has been actively involved in politics for over 40 years. He has held leadership positions in several major reform efforts in California in the last ten years, setting numerous records.

In 2003, Duf played a lead role in the first recall of Governor Davis, the first in the history of California. He also was a senior advisor on the workers' compensation, open primary and redistricting reform initiatives.

Duf also played a key role in the re-election of the Governor in

2006, which set modern records for the percentage of blacks, Latinos and women willing to vote for a Republican.

The cost is \$27 and reservations should be made by January 27, 2012 by calling 916-682-7361 or visiting our website: <http://www.sacramentorwf.org/>

Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women in Republican principles, increase the effectiveness of women in the political cause and are leaders in our community.

Five \$1,000 Wedding Dresses up for Grabs in Wedding Gown Giveaway



limericks, etc.), using humor, and being artistic. Since this contest requires you to include one image, that opens up a whole world of possibilities. You might write a clever mini one act play, and then take a photo of the two of you as the actors. Or you might design your entry as a scrapbook page and take a photo of that. You might even create an entry that you can also use for your save-the-dates, or to display at your wedding, making your creative time serve double duty!"

A bride's wedding gown is of course a very important choice that only she can make, and she won't have to sacrifice that prerogative if she wins. Prior to submitting their entries, contest entrants can visit the five local participating bridal shops to scope out their favorite Sacramento wedding dresses, and then enter to win a gown of up to \$1000 value at the shop where they know their perfect dress is calling. No worries if it turns out that dress costs more than \$1000—the prize can be applied towards a higher value dress. The participating Sacramento bridal shops are Sparkle Bridal Couture, Enchanted Bridal Shoppe, Dreamette Bridal, Bridal Gallery, and A Bride's Dream Come True.

Perfect Wedding Guide is the most comprehensive source for planning Sacramento weddings, with free resources available through their web site (sacramento.pwg.com), magazine (free at local bridal and jewelry stores), and Engaged Wedding Library, their unique wedding planning boutique that offers free use of wedding books and magazines, and a large selection of local vendor portfolios.

For more information on how to enter PWG's Great Gown Giveaway, go to www.EngagedSacramento.com. Entries must be received by March 15, 2012.

SACRAMENTO REGION – Since Christmas and New Year's are the most popular times for couples to get engaged (followed closely by Valentine's Day), there are now thousands of new brides-to-be hot on the trail of the perfect wedding dress. And with the economy still sputtering along, most couples will likely be looking to trim their wedding costs wherever they can. Luckily for all those newly engaged brides-to-be, Sacramento Perfect Wedding Guide's Great Gown Giveaway offers a chance to win the perfect wedding dress!

Not only is PWG's Great Gown Giveaway unique with its large number of first place prizes (5), but it's also a standout in the sea of wedding contests in that it is a true "creative contest", not a sweepstakes or public voting setup. That's important because it greatly increases one's chance of winning.

"Creative contests are typically entered by a much smaller

number of people than a sweepstakes, because there's effort involved", says PWG's publisher, Abby Schneider. "But a little effort can really pay off for that exact reason." Creative contests are rare these days, but were very popular in the 60s and 70s, as Schneider can attest to. Her mother was a contesting fanatic back in the slogan, jingle, and 25-words-or-less heyday. She taught a course on "How to Win Contests", and even appeared on the 70s TV game show "To Tell the Truth" as a contesting expert.

In keeping with the creative style contests of the past, the Great Gown Giveaway rules ask entrants to tell "Why they are the perfect couple" in 100 words or less, and include one photo. To help creative contest newbies get the idea, Schneider offers these suggestions: "Some favored techniques for winning creative contests include writing poems (rhyming, acrostic,

Monthly Military Retiree/Spouse Meeting

Our next monthly meeting will be held on 14 Feb 2012 at the North Highlands Park and Recreation District. Our starting time remains at 1030 hrs. Our guest speaker will be Don

Miller. Don is the TRICARE rep and he is located in the VA Clinic on the 2nd Floor. He will discuss his role in resolving any bills that you may receive as TRICARE and TRICARE FOR

LIFE beneficiaries. This should be very interesting. So come on out and be better informed.

Questions can be directed to our volunteers at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.



Carmichael Chamber of Commerce

Carmichael Chamber Events

The Chamber sponsors several events throughout the year as well as monthly luncheons and mixers. Chamber members have the opportunity to network and promote their businesses to other Chamber members and guests.

Carmichael Chamber Mixer

Wed, Feb 8, 2012 from 5:30pm - 7:30pm

Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards. Location TBD.

Carmichael Chamber Luncheon

Tue, Feb 28, 2012 from 11:30am - 1:00pm

@ Cypress Avenue Baptist Church Luncheon meeting is held in the Education Building and is the Chamber General Meeting & Luncheon. Come enjoy a

delicious buffet lunch, speaker, and plenty of opportunity to network. Raffle prizes too! Cost for the luncheon is \$15 for members with reservations, and \$20 for non-members and members without reservations.

Contact: Linda Melody

Email: linda@carmichaelchamber.com

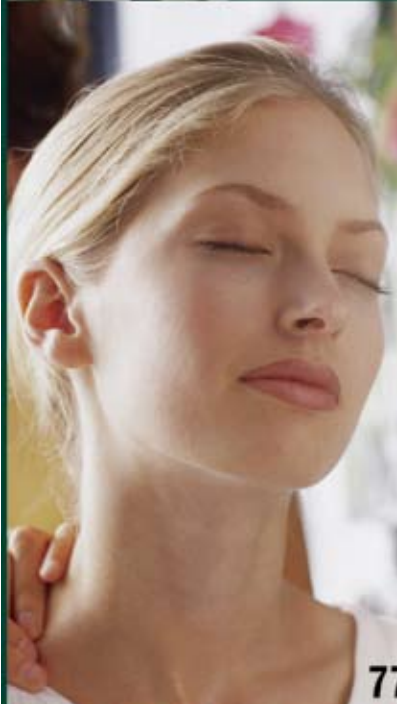
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More Info: http://www.enutshells.net/profiles/Clusters/Carmichael/Chamber/carmichael_chamber_monthly_luncheon_3766.htm

Contact us for more information on the Carmichael Chamber of Commerce
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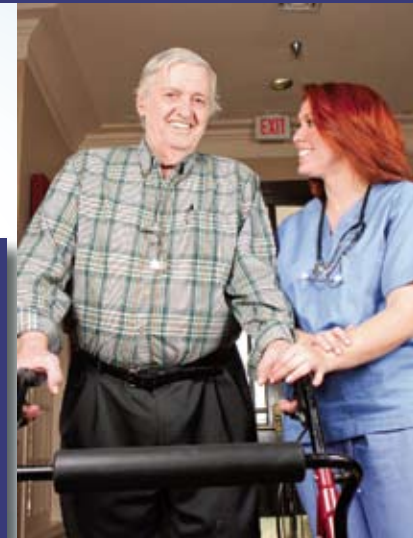
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Del Campo High School Resource Center

From Michele Moore

Del Campo High School is proud to announce a valuable tool for both students and parents, The DC Family Resource Center. This center will be staffed by parent volunteers and will provide the following services:

- Community Resource directory
- Zangle and Naviance access
- Local job leads
- After school tutoring
- Parenting classes

- Community service opportunities
- Extracurricular activity opportunities
- Summer program opportunities
- DC Program explanations (AVID, ROTC, AP, etc)
- DC Parent-Teacher communication ideas
- College pathways information

In order to provide these services on a consistent basis we need volunteers! Volunteers can work regular days and times on a weekly or monthly basis, or random days as needed. Shifts will

run from 7-10am, 10am-1pm, and 1-4pm daily.

Drop-in tutoring is available in the FRC for all students after school Mon-Thurs. We can also make it available before school if there is enough interest – please let us know if that would work better for your child. To contact the center: Del Campo Family Resource Center, Del Campo High School, 4925 Dewey Drive, Room 33, Carmichael, CA 95608 (916) 971-5682 or DCFamilyCenter@SanJuan.edu.

Weekly Support Meeting for Widowed Men and Women

Ongoing Program—Weekly throughout the year

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm – 5:00 pm with some going to dinner as a group following the session. Doors open at 2:30 pm. The Widowed

Persons Association is a non-profit organization whose mission is to be of help to recently widowed men and women, but any and all widows and widowers are welcome. Participants do not need to be members and there is no charge.

Where: In the meeting room of the WPAC office.

Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18, Enter Suite-18 via the back parking lot.

Widowed Persons Association of California

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Freedom Gets a Boost

Commentary by
Jeffrey Tucker
Whiskey & Gunpowder
Auburn, Alabama
Reprinted by Permission

Every once in a while, the Supreme Court takes notice of the Constitution and actually comes to the defense of that thing called freedom. True, it doesn't happen often, and hasn't happened much at all for, oh, 100 years or so. But it can and does happen. This time, the issue concerns the relationship between commerce and religion, and freedom came out on top. We can work with this.

The backdrop is this... A small Lutheran school in Michigan (the Hosanna-Tabor Evangelical Lutheran Church and School) hired Cheryl Perich to teach many subjects, including theology. After a semester, she developed narcolepsy and said she couldn't show up for work for a month after the Christmas break. The kids would just have to wait.

But in this competitive market, failing to deliver educational services could be financially devastating, not to mention very detrimental to the kids. So the school hired someone to take her place. When Perich finally showed up for work, she sensed that she had been replaced and prepared a disability lawsuit. The school tried to give her benefits in exchange for resigning, but she refused. So she was finally fired for insubordination and causing disruption.

It's not a particularly unusual case. Businesses face this sort of thing all the time. The way the law works, businesses are routinely blackmailed by disgruntled employees who demand to be paid, even though they aren't wanted. It's beyond me why a person would want to work at a place where he or she is not wanted, but that's the way it is. And the law, citing their "civil rights" to other people's money, usually comes down on the side of the worker.

The EEOC decided in favor of the Perich, but the school persisted, and the case went to the high court. Here the justices delivered a surprisingly sensible decision on interesting grounds. The Constitution says that the government can't interfere with religion. Perich was teaching religion at a religious institution. For the government to demand her reinstated, it would be a clear imposition on this institution and an obvious violation of the First Amendment.

"Requiring a church to accept or retain an unwanted minister, or punishing a church for failing to do so," said the court, "intrudes upon more than a mere employment decision. Such action interferes with the internal governance of the church, depriving the church of control over the selection of those who will personify its beliefs. By imposing an unwanted

minister, the state infringes the Free Exercise Clause, which protects a religious group's right to shape its own faith and mission through its appointments."

Darn right. But wait! What about her "civil rights"? The court said that whatever the employee's legal rights would be in a normal commercial institution, they can't possibly apply in the case of a commissioned minister of a religious institution. Otherwise, we would have the government effectively deciding who must or must not be a minister, which obviously contradicts the whole point of the First Amendment.

The language of both the majority and concurring opinions makes a series of uncommonly sensible points. The concurring opinion by Samuel Alito and Elena Kagan points out that it is part of Lutheran teaching that disputes be handled within the community and not be taken to secular courts. But this teacher, Perich, totally disregarded this core principle and immediately started threatening the school with a lawsuit.

Your eyes just pop out to read the court wholly endorsing the Lutheran view: "Hosanna-Tabor discharged the respondent because she threatened to file suit against the church in a civil court. This threat contravened the Lutheran doctrine that disputes among Christians should be resolved internally without resort to the civil court system and all the legal wrangling it entails." For courts to interfere "would dangerously undermine the religious autonomy."

Again, darn right. But you know what the problem here is? The court wrapped its defense of freedom here in clerical robes only. In order to enjoy the autonomous right to hire and fire, you have to be a religious institution, and it has to pertain to someone who is teaching, however little, some aspect of doctrine. That's the right decision, but why shouldn't the same principle apply across the board to all commercial institutions and, indeed, to all private institutions? Why should religious institutions be the exclusive beneficiary of a laissez-faire policy?

All businesses, all nonprofits, all private clubs, all neighborhood associations have internal policies and should enjoy the right to manage their own affairs without government intrusion. To impose a government plan on their labor policies is a serious compromise of rights and liberties, which must always include not only the right to associate but to disassociate.

The critics of the case worry that the decision is too broad, so broad that the court didn't even bother to define what a minister is. The critics are completely wrong. This court decision is the right one, but the problem is that it is too narrow: In the name of freedom, all privately

owned groups should be granted the same right to manage themselves.

Interestingly, this case even has implications for the current political war over Mitt Romney's activities at Bain & Co., a private equity firm that specializes in corporate restructuring. Its work can result in either profits or losses, expansions or closings. People are hired, people are fired. Who decides? The owners and managers do — in response to market trends — so it should be always and everywhere in a free society.

Newt Gingrich, apparently, doesn't like this idea. He calls Romney a corporate raider who needlessly puts people out of work — as if Gingrich knows better than the stockholders how to run a company.

A particular issue for Gingrich concerns a steel mill in Kansas that Bain was instrumental in closing, leaving massive job losses behind. Hello? Steel? Its production was once integral to the U.S. economy, but those days ended some 30 years ago when overseas companies demonstrated that they could do the same thing at a fraction of the cost. Is Gingrich really suggesting that every means should be used to keep steel plants open, even if it means looting American businesses and consumers who are forced to pay the highest possible prices for no good reason?

This way of thinking puts Gingrich on the side of Cheryl Perich: against the rights of the property owners. Just as the Supreme Court said, such a system would involve massive coercion against people and intolerable intrusions into the private affairs of others.

Whether it is a tiny religious school or a multinational corporation, up with freedom of association and freedom of disassociation! That's the way liberty works. Its genius is its capacity to adapt the economic environment to a changing world, so that we stay on the path of growth to support rising living standards for humanity. The stasis of a socialist, state-run economy is not an option in today's world, and neither is the economic stagnation that comes with national protectionism and special privileges for workers. You can't have genuine profit and expansion without the possibility of losses and plant closings, and without the owners of institutions having control over who can and cannot get paid for services.

What applies to the Lutheran school should apply to every sector of society that is privately owned, whether or not their workers are called ministers. It is not only religion that needs protection against government interference. Everyone does. Granted, this would be a gigantic step in the right direction.

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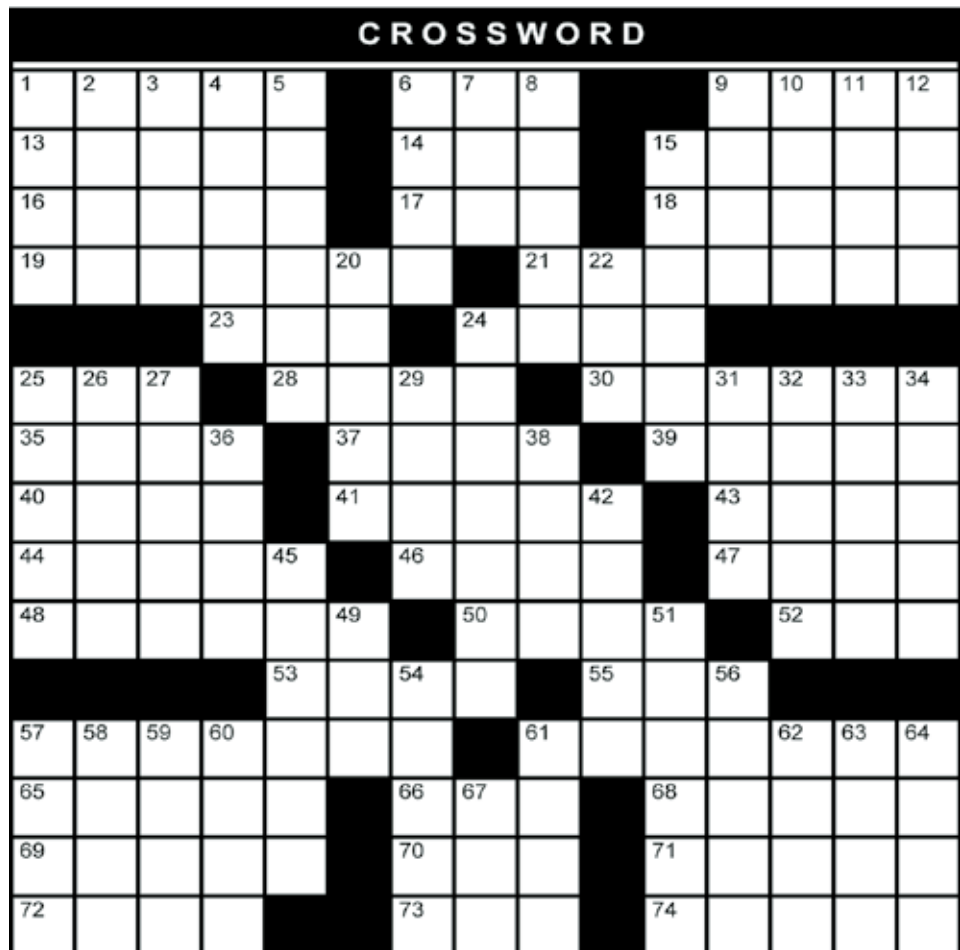
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CLUES

- ACROSS**
- No longer required to lick this
 - "Kick catcher"
 - Manufactured
 - BBQ spot
 - Argonaut's propeller
 - Inside of a jacket
 - Lusitania's destroyer
 - "___ Bowl, 1 week before Super Bowl"
 - ___ peace
 - Type of sale
 - "Last year's winner"
 - International trade organization
 - Screen material
 - Legal group
 - Process of seeping
 - Pass away
 - A graduate
 - Of sound mind
 - Specialty
 - "Can be used to describe a safety"
 - Item in diary
 - To finish with a ceiling
 - Twig of willow tree
 - It includes upward and downward dogs
 - It replaced the ECU
 - Food of the gods?
 - "Where the Wild Things Are" rollick
 - Teacher's favorite
 - "A field goal wide right, e.g."
 - Immeasurable period
 - "She infamously had a wardrobe malfunction"
 - "This year's host"
 - Repent
 - "Defensive ___"
 - Quechuan people
 - Inanimate thing that talks?
 - Electric swimmer
 - Not fashion-minded
 - Volcano action
 - Wade's opponent
 - Austin Powers creator
 - DOWN
 - Basketball star Tim Duncan, e.g.
 - Inhibition resulting from social custom
 - A-bomb particle
 - "Most frequent Super Bowl host"
 - Sometimes mashed
 - Antonym of "yup"
 - ENT's first concern?
 - Figure of speech
 - Not to be worn, according to PETA
 - ___ Hathaway
 - It can be white-tailed or black-tailed
 - He/she "___ on the safe side"
 - Bushy tree growth
 - "Tony Siragusa's nickname"
 - Egyptian cobra
 - Trusted advisors
 - "Last year's MVP"
 - Nonchalantly unconcerned
 - Derived from gold
 - Like a clown
 - "Hall-of-Famer and Super Bowl XXIII MVP"
 - Frost over
 - Frodo Baggins' homeland
 - Feudal lord's property
 - "Team captains do it on the 50 yard line"
 - Consequently
 - Mandarin's headquarters
 - The infamous JonBenet ___ case
 - Site of 2016 Olympics
 - Preacher's platform
 - Show contempt
 - Nincompoop
 - Peach and strawberry preserves, e.g.
 - Summit location
 - Traffic controller
 - "I ___ it!"
 - Not in use
 - Heart pain
 - Hair removal product
 - #22 Down, pl.
 - What's old is new again, prefix

For Solution See Page 7



Dare to Live Without Limits



THE IMPORTANT STUFF by Bryan Golden

Make sure you pay attention to what is really important.

Alice, a high school guidance counselor, was conducting a job and career seminar for seniors. During their four years in high school, she overheard students worrying about their hair, their clothes, who was dating who, what cars people were driving, along with all the other typical teenage angst.

Alice wanted to impress upon the students what's important in life versus the small stuff. As the students sat down in Alice's room, they saw some items on her desk more appropriate for an earth science class. There was a large, empty glass jar, a box of rocks, a tray of small pebbles, and a can of sand. The students looked curiously at the out of place assortment of materials.

Once all of the students were seated, Alice placed the rocks into the jar until there was no more room. She asked her students to raise their hand if they thought the jar was full. Everyone's hand went up.

Next, Alice picked up the box of pebbles and slowly poured some of them into the jar. She then shook the jar and the pebbles fell into the space between the rocks. She repeated this process until the pebbles reached the top of the jar.

Again, Alice asked the students if they thought the jar was

full. As before, they all raised their hands. Then, Alice picked up the can of sand. She gently added the sand to the jar, shaking it as she did so.

The sand found its way into the spaces between the pebbles and the rocks. As her students watched and wondered what the point was, she repeated her question as to whether the jar was full. As before, all of the students agreed it was.

Alice pointed out that although the students thought the jar was full when it contained only the rocks, there was actually room for the pebbles. Then after the pebbles were added, and the jar again appeared full, there was still room for sand.

Alice emptied the jar. She then filled the jar with sand. "Now is there any more room in the jar?" asked Alice. "No," replied the students hesitantly. "This time you are right," replied Alice. "When I put the sand in first, there isn't room for either the rocks or pebbles."

The students were wondering what the point was of Alice's demonstration. Alice's goal was to show her students the importance of identifying the important stuff. The rocks represented the essential elements in life. One's health, family, relationships, and friends are all in this category.

The pebbles represent that which is of secondary importance. Your job, house, and car are some of the items in this category. Everything else that is not of either primary or secondary importance is represented by the sand.

If you fill your life full of sand first, there is no room left for the important stuff. Your life will feel full, but it will lack substance. If you put in the pebbles first, you can add some sand, but no rocks.

Only when you start with the rocks, the important stuff, is there room for the pebbles as well as the sand. If the only thing in your life is the important stuff, it is still meaningful.

Make sure you pay attention to what is really important. If you start there, you can add the rest as you go. Those who fill their life with sand, the small meaningless stuff, find satisfaction and contentment elusive.

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

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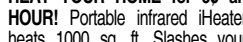
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FICTITIOUS BUSINESS NAME STATEMENT #11-10006. Ed Murray, 6730 Lakeview Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Sunup Supply" at 11370 Trade Center Dr., Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on Nov. 30, 2011. Publish: January 4, 11, 18, 25, 2012.
SUUPS 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #11-10283. Cynidie Hollingsworth, 5416 Ogilby Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Happy tails to you" at 5416 Ogilby Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 9, 2011. Publish: January 4, 11, 18, 25, 2012.
HAPPYT 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #11-10354. Paul T. Lenser, 8371 E. Trinity Lane, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Lenser Financial Group" at 2377 Gold Meadow Way, Gold River, CA 95670. Filed with the Clerk of Sacramento County on Dec. 13, 2011. Publish: January 4, 11, 18, 25, 2012.
LENSER 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #11-09869. Ryan Hankins, 4266 Oak Knoll Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Hank's Baseball and Softball Academy" at 7031-A Roseville Rd., Sacramento, CA 95842. Filed with the Clerk of Sacramento County on Nov. 22, 2011. Publish: January 4, 11, 18, 25, 2012.
HANKSB 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #11-10805. Daniel Gougherty and Joseph R. Gougherty, both of 8904 Roscomare Ct., Elk Grove, CA 95624 are doing business under the Fictitious Business Names www.ElkGroveNews.net; EGN Media at 8904 Roscomare Ct., Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on Dec. 30, 2011. Publish: January 4, 11, 18, 25, 2012.
WWWELK 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #11-10681. Naomi Jean Kennicutt and Randy R. Kennicutt, both of 12455 Woods Road, Wilton, CA 95693 are doing business under the Fictitious Business Name "Sure Shot Ranch and Farm" at 12455 Woods Rd., Wilton, CA 95693. Filed with the Clerk of Sacramento County on Dec. 28, 2011. Publish: January 4, 11, 18, 25, 2012.
SURESH 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #11-10319. Craig Ingui, 1350 Arcade Blvd., Sacramento, CA 95815 is doing business under the Fictitious Business Names "Concours Property Management; CPM" at 1350 Arcade Blvd., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Dec. 12, 2011. Publish: January 4, 11, 18, 25, 2012.
CONCOU 20101 1-25-12

SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00112895 WHEREAS, Andrew Paul Chaffer has filed a petition with this court for a decree changing name of Andrew Paul Chaffer to Andrew Paul Salazar. 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: Nov. 16, 2011. Kevin R. Culhane Judge of the Superior Court Publish: January 4, 11, 18, 25, 2012.
SALAZA 20101 1-25-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00067. SHEL Communications, Inc., 15274 Camino del Parque, Sonora, CA 95370 is doing business under the Fictitious Business Names "Bottld; Bottled" at 2822 "S" St (Back), Sacramento, CA 95816. Filed with the Clerk of Sacramento County on Jan. 4, 2012. Publish: January 11, 18, 25, February 1, 2012.
BOTTLD 20102 2-1-12

SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COUNTY 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 20102 2-1-12

SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00113995 WHEREAS, MayPhuong 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., 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.
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 2-8-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00221. Creynymthia McLucas, 2040 63rd Ave., Sacramento, CA 95822 is doing business under the Fictitious Business Names "McLucas & Associates; Finger Tips, 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 2-8-12

SUPERIOR COURT OF SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2012-00116825 WHEREAS, Monique LaRose Alcausin has filed a petition with this court for a decree changing name of Aidan Aldequeno 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.
ALCAUS 20103 2-8-12

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 LaBaux 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. Kevin R. Culhane Judge of the Superior Court Publish: January 11, 18, 25, February 1, 2012.
VEAL 20102 2-1-12

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 of Ahleyah Louise Gonzales to Ahleyah 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 #FBNF2012-00023. Vera Petrenko, 9454 Palmerson Dr., Antelope, CA 95843, is doing business under the Fictitious Business Name "Vera Petrenko Tax Service" at 9454 Palmerson Dr., Antelope, CA 95843. Filed with the Clerk of Sacramento County on Jan. 10, 2012. Publish: January 25, February 1, 8, 15, 2012.
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 Sacramento County on Jan. 10, 2012. Publish: January 25, February 1, 8, 15, 2012.
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, 15, 2012.
SERRIT 20103 2-15-12

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

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 Sears. 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, 15, 2012.
SEARLS 20103 2-15-12

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00237. Erin Poppleton, 7804 Beaupre 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 County on Dec. 23, 2011. Publish: January 25, February 1, 8, 15, 2012.
RAINOR 20103 2-15-12

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 County on Jan. 18, 2012. Publish: January 25, February 1, 8, 15, 2012.
SARBTR 20103 2-15-12

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

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 Sears. 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, 15, 2012.
SEARLS 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 Sacramento County on Jan. 10, 2012. Publish: January 25, February 1, 8, 15, 2012.
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, 15, 2012.
SERRIT 20103 2-15-12

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

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 Sears. 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, 15, 2012.
SEARLS 20103 2-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00237. Vera Petrenko, 9454 Palmerson Dr., Antelope, CA 95843, is doing business under the Fictitious Business Name "Vera Petrenko Tax Service" at 9454 Palmerson Dr., Antelope, CA 95843. Filed with the Clerk of Sacramento County on Jan. 10, 2012. Publish: January 25, February 1, 8, 15, 2012.
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 Sacramento County on Jan. 10, 2012. Publish: January 25, February 1, 8, 15, 2012.
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, 15, 2012.
SERRIT 20103 2-15-12

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2012-00216. James H. 5436 Alvoa Way, Sacramento, CA 95835 is doing business under the Fictitious Business Name "Ahlone Products" at 5436 Alvoa Way, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on Jan. 9, 2012. Publish: January 25, February 1, 8, 15, 2012.
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The choir is comprised of 140 students from 17 different area schools and they are drawn from several different counties. The singers have gathered together for a series of intense rehearsals to prepare for this special event that is sponsored by the Capitol Section of the California Music Educators Association.

Dr. Cheryl Anderson, Choral

Conductor from Cabrillo College in Aptos, is the guest Conductor for the High School Choir and Peg Hutson, Choral Conductor from Valley Oaks Middle School in Visalia is the guest Conductor for the Middle School Choir.

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The Genealogical Association of Sacramento

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

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



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Age: 5-17 with parent Fee: \$71 parent & child, \$24 each additional family member

Dates/Times:
1/18-2/15 Wednesday, 4:15-5:30pm • 1/18-2/15 Wednesday, 6:15-7:30pm
2/28-3/27 Tuesday, 4:15-5:30pm • 2/28-3/27 Tuesday, 6:15-7:30pm

Mommy & Me Art Discoveries New & imaginative art projects will be discovered each week. Please bring a \$10 materials fee payable to the instructor at the first class. Age: 3-6 with parent Fee: \$38

Day/Time: Friday, 10:30-11:30pm Dates: 1/27-2/10 or 3/9-3/23

Mommy & Me Little Hands Pottery Have some fun & create a memory to treasure. Decorate a plate with your little one's handprint & a personalized design. Please bring a \$10 materials fee payable to the instructor at the first class. Age: 2-6 with parent Fee: \$20 Day/Time: Friday, 10:45-11:30pm Date: 2/17

Family Clay Camp Spend your holiday break playing in the mud! We will create some wonderful works of art with clay & then paint them with underglazes before they are fired in the kiln. Class fee includes parent & child. Please bring a \$15 materials fee payable to the instructor at the first class. Age: 4-17 with parent, Fee: \$60 parent & child, \$20 each additional family member Day/Time: Tuesday-Friday, 11am-12:30pm Date: 2/21-2/24

All classes held at: The Arts & Crafts Bldg, 7997 California Ave., in Fair Oaks

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

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Crocker Art Gallery • February 9 • \$15

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Registration Hours:

8:30am-4pm Monday-Friday

www.morpd.com

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- 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.

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Exhibition Schedule

December 14-January 28, 2012
Winter Holiday All Membership Show

February 1-18, 2012 Aspiring Artist Debut-WASH Scholarship Show
February 21-March 10, 2012 Animal House



Special Art, Poetry and Musical Concert

On March 17, 2012, The Sacramento Fine Arts Center will present a special concert never before performed in the Sacramento region. The Dave Brubeck Institute Jazz Band and the Poet Laureate of Sacramento, Bob Stanley, along with eight other prominent poets, will present works inspired by the art at the Center's annual Animal House show.

The musicians and poets will choose art entered in the Center's fabulous animal themed art classic that inspires their creativity, compose the music and poetry and combine that with the art and artists at the Center's beautiful galleries in Carmichael. The concert, co-sponsored by the Sacramento Poetry Center and the Sacramento Fine Arts Center, will begin at 7 PM. The galleries are located at 5330-B Gibbons Drive, Carmichael. Tickets are \$10 in advance, \$15 at the door. Call 916-971-3713 to reserve tickets. Space is limited to 150 guests.

This event is preceded by "Animal House" Art Exhibit February 21-March 10, 2012 and a 2nd Saturday Animal House Reception, March 10, 2012. There will be great food and drink, live music, and, of course, wonderful art from a wide variety of media. Awards to the artists will be presented. The reception will be co-sponsored by the Sacramento SPCA, the Sacramento Audubon Society, and the Carmichael Recreation and Park District. The SPCA's lovable dogs-up-for-adoption will be there, prominent painters will demonstrate their skills, and the Animal House artists will discuss their work with the guests.

5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713

Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.

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Sacramento County DA Report

Recent case of interest

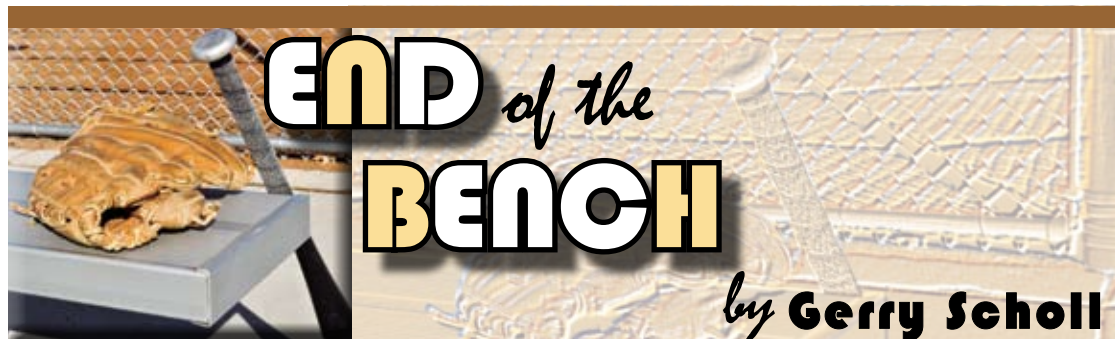
CASE: Donald Fernandes (01/20/12)

PROSECUTOR: Deputy District Attorney Ruanne Dozier

District Attorney Jan Scully announced today that the Honorable David DeAlba sentenced Donald Fernandes to 26 years to life in prison for the first degree murder of Karen Curtin.

Fernandes and the victim were in a dating relationship. In January 2010, Fernandes called a former girlfriend and told her he was at the victim's house and that she was injured. When Fernandes refused to call 911, the former girlfriend called police asking them to check on the victim. When police arrived at the house, they found the victim lying on her bed with a severely crushed skull, a sock shoved in her mouth, and a plastic bag over her head. Fernandes was still at the house and told police that the victim tried to hit him with a hammer when he took it from her and hit her with it.

The victim was transported to UC Davis Medical Center where she died three days later. An autopsy revealed that she suffered 10 separate lacerations to the head, consistent with being hit in the head with a hammer. Her cause of death was from blunt force trauma to the head.



Slip, Slip, Slip Slidin' Away

The grandson spent the night Saturday, lending a great excuse to sleep in a little the next morning. But, once he came to — look out!

Right off he wanted to pick out some music and show off some of his best break dancing moves. The old folks played along. Nothing like a little stretching, exercising and dancing around first thing in the morning. Ouch!

It was a cold, gray, rainy day Sunday, a perfect day to stay indoors, hang loose and watch some sports on TV. There was so much to choose from... PBA Bowling, NHL Hockey with the Penguins facing the Capitals, Women's Basketball with South Carolina vs. Vanderbilt, tennis from Australia, and Futbol de Mexico, Tigres vs. Diablos. Silly me. No time for that. It's the NFL Playoffs!

I settled into my chair with my trusty clipboard as the pregame hosts rattled on. Analyze this. Analyze that. There wasn't much there that I hadn't heard before or didn't already know. But those guys had a lot of time to fill before the conference championship games got underway.

"What are you doing, Pop?"
"Taking a few notes. I write stories."

"About me?"
"Sometimes. Remember when I went to your soccer? I wrote about you. And I write about football, baseball and basketball. And golf. And bowling."

And then he wanted to play some catch with his "squishy ball..."

The little fella went home a while later and I blended in with the furniture for the rest of the AFC title game, which saw the

New England Patriots escape with a 23-20 win over the Baltimore Ravens when Billy Cundiff missed a 32-yard field goal try in the final seconds that would have led to overtime.

Then there were the San Francisco 49ers. Oh my! What a way to go out, 20-17, in overtime to the visiting New York Giants. It will be an all East Coast Super Bowl. No Harbowl II. The brothers Harbaugh were losing coaches Sunday. The 49ers' Jim and the Ravens' John will have to wait for that rematch.

I hadn't been feeling the same good vibes I felt going into last week's playoff win over New Orleans. Things started to turn when I heard former 49er tight end Brent Jones on the radio deriding the Dark Side.

"I hate New York," he said. "We should win by two touchdowns!"

I remember thinking, "Uh, oh. Don't say that!"

And, after all the unseasonably great weather around here it took a turn for the worse. This relatively inexperienced team was in uncharted playoff waters already without having to slop around in a wet mess on the field.

Are you familiar with the Paul Simon song, Slip Slidin' Away? If you are, you may know where I'm going. If you're not, don't look it up. You might have some trouble getting the tune out of your head between now and next preseason. "The nearer your destination the more you're slip slidin' away."

When 49ers TE Vernon Davis did his celebratory dance after his 73-yard TD catch to start the scoring and drew a penalty for the act, I thought, "That's just not

a good thing to do." Bad karma.

The Giants receivers were too slippery for the Niners in the first half and the visitors rallied to tie the game, 7-7. The 49ers coaching staff seemed to pass on a chance for a late scoring drive in the closing minutes of the half, but instead gave the ball back to QB Eli Manning and the Giants, who drove for a go-ahead field goal for 10-7.

SF regained the lead, 14-10, on another Alex Smith to Vernon Davis TD connection, but I was a nervous fan. Following their peak performance against the Saints, the stars just were not aligned this time. The sloppy day was producing sloppy play. And as night fell at Candlestick Park there were no stars at all, only dark, gloomy, wet skies. The Niners' grip on the game was slipping away.

There was another foolish penalty by Davis; DB Tarell Brown got knocked out by his own teammate on a would-have-been interception and his replacement was picked on for a touchdown; there was a fumble recovery that wasn't a fumble; another interception that slipped away; and the Kyle Williams saga. He had a lot of trouble holding on to the squishy ball. Filling in for injured return man Ted Ginn, Jr., Williams turned the ball over twice on punts, once in the fourth quarter and once in OT, leading to two New York scores, including the winning field goal. That was one bad day. He should tweet Cundiff.

"...A bad day is when I lie in bed and think of things that might have been."

There will be a lot of that going on throughout 49er Nation for a long while.

California Department of Water Resources has Launched a New Website

SACRAMENTO REGION – To help keep you informed of weather conditions, impacts and predictions, the California Department of Water Resources has launched a new website with up to date as well as historical

and background information on rain and snowpack measurements, reservoir levels, runoff projections and a wealth of other information.

Visit this site at <http://www.water.ca.gov/waterconditions/>

Check back often. The new Water Conditions web pages will be updated often and the website will be expanded further in the coming days and weeks.

Source: DWR Public Affairs Office

CHP Holds Free Teenage Driving Class "Start Smart"

SACRAMENTO REGION – The leading cause of death for teenagers in America are motor vehicle traffic collisions. In an effort to reduce motor vehicle traffic collisions in California, CHP Valley Division will offer a free Start Smart class during National Teen Driver Safety Week (NTDSW). According to the National Highway Traffic Safety Administration (NHTSA), mile for mile, teenagers are involved in three times as many fatal crashes as all other drivers. The goal of the NTDSW is to raise awareness and seek solutions to unnecessary teen deaths on our Nations roads.

The CHP's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers

between the age of 15 -19 and their parents/guardians.

The Start Smart class will cover collision avoidance techniques, driver responsibility, collision trends, distracted driving laws and alcohol related driving laws. The program also offers an opportunity for new drivers and parents/guardians to ask CHP Officers clarifying questions.

- In 2009 there were 5,623 fatalities in motor vehicle crashes involving 15-20 year-old drivers, including 988 (or 18%) drunk driving fatalities.
- In 2009, 619 (or 16%) of drivers under the age of 20 involved in a fatal crash were reported to have been distracted while driving, including 138 drivers with cell phones.

Parents/guardians interested in signing up the class will need to register for the class by calling Officer Dutton at (916) 338-6710 x 247 (space is limited). It is encouraged that parents/guardians attend the class with their teen driver. Funding for CHP's Start Smart programs are provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Administration.

The next class will be held Thursday, February 16, 2012 from 6:30 P.M. till 8:45 P.M., at CHP North Sacramento Area, 5109 Tyler Street, Sacramento, CA 95841.

Source: Officer Lizz Dutton, Public Information Officer

Top 10 Scams of 2011

Continued from Page 1

It may take the consumer to a fake banking site to "verify" account information or it may download malware.

Top Identity Theft Scam

This scam is so prevalent that many hotels are posting warnings in their lobby. Here's how it works: The guest receives a call via the phone in the room in the middle of the night. It's the front desk clerk, very apologetic, saying their computer has crashed and they need to get the guest's credit card number again, or they must have gotten the number wrong because the transaction won't go through. Scammers are counting on the guest being too sleepy to catch on that the call isn't from the hotel at all. By morning, the credit card has been fraudulently charged.

Top Financial Scam

After the federal government announced or expanded several mortgage relief programs this year, many sound-alike websites popped up attempting to fool consumers

into parting with their money. Some sound like a government agency, or even part of BBB or other nonprofit consumer organization. Most ask for an upfront fee to help deal with the mortgage company or government (services easily done for free), and almost all leave consumers in more debt than when they started.

Top Sales Scam

Sales scams are always popular, but the internet has introduced a whole new way to rip people off. Penny auctions are popular because it seems like one can get something useful—cameras, computers, etc. — for below retail. Consumers actually pay a small fee for each bid and if they do not win, they lose all the bid money. Winners often are not the top bidder, but the last bidder when time runs out. Although not all penny auction sites are scams, BBB recommends treating them the same way one would legal gambling — know exactly how the bidding works, set a limit, and be prepared to walk away before exceeding that limit.

Scam of the Year

The BBB phishing scam — Hundreds of thousands, perhaps millions, of people received emails imitating an official notice from BBB. The subject line says something like "Complaint Against Your Business." The instructions tell the recipient to either click on a link or open an attachment to get the details. If the recipient does either, a malicious virus launches. The virus can steal banking information, passwords and other critical pieces of information needed for cyber-theft. BBB is working with security consultants and federal law enforcement to track down the source of these emails, and has already shut down dozens of hijacked websites. Anyone who has opened an attachment or clicked on a link should run a complete system scan using reputable anti-virus software. If a computer is networked with others, all machines on the network should be scanned.

For more information on these and other scams, go to BBB Scam Source (www.bbb.org/scam).

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Metro Firefighters Respond to Christmas Tree Fire

Several Occupants Displaced From Fire Related Damage

SACRAMENTO – January 21st, 11:30pm – Metro, and Sacramento City Firefighters responded to 2501 Hurley Way to a report of a fire in a second story apartment. Fire Crews arrived and found a single apartment unit on the second story well involved with fire. Fire Crews were able to quickly extinguish the fire, containing it to the original unit. Metro Fire crews determined the cause to be a candle left to close

to a dried out Christmas tree that was still in the apartment. An occupant told firefighters they were home when the fire started, but the fire spread too quickly to control. This fire left six people without a home, the Red Cross arrived to assist them. There were no reported injuries. The fire was extinguished by thirty firefighters in 25 minutes, with an estimated \$65,000 in damage. This is one of many candle

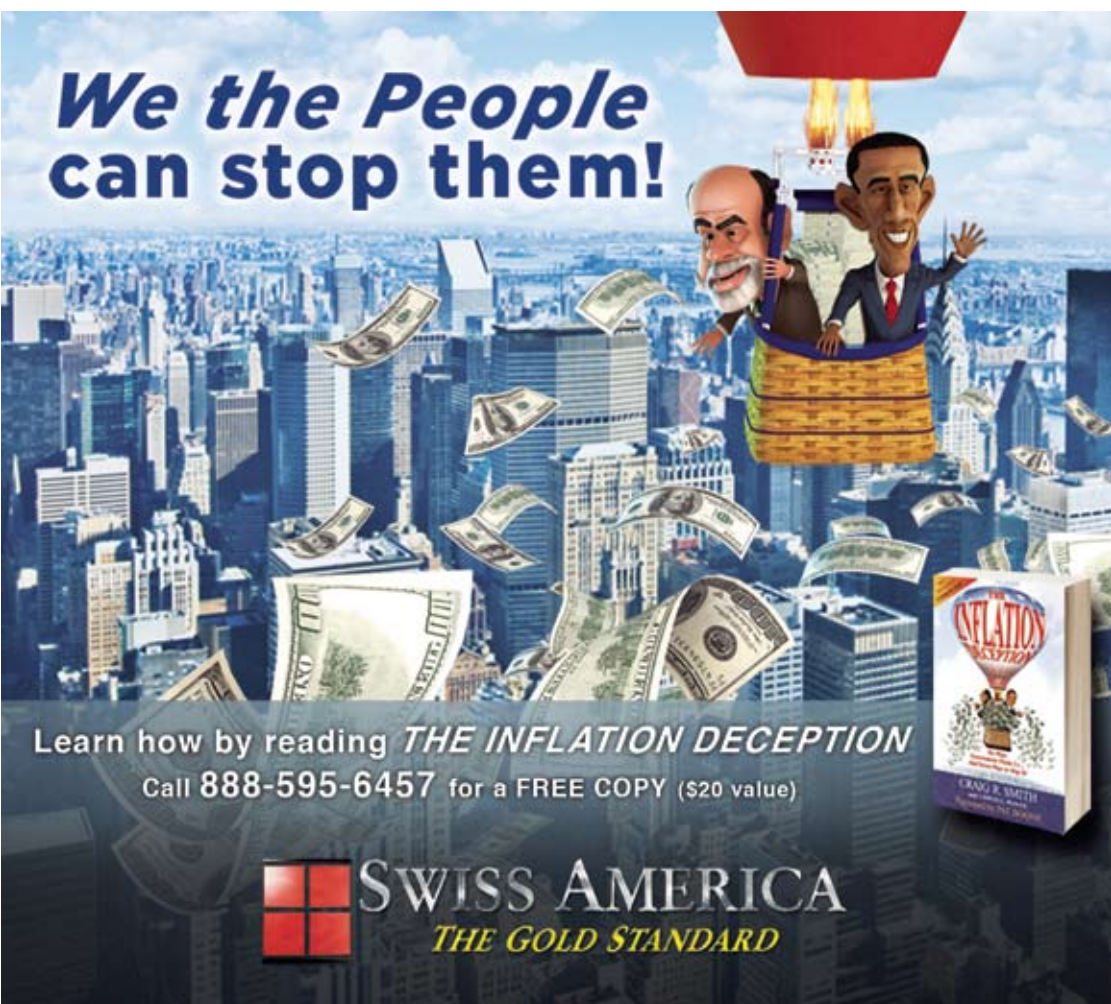
related fires in the last twenty days. Fires in multifamily dwellings in the middle of the night have a potential for significant life loss. Remember to have working smoke detectors for early warning. It is time to remove your Christmas tree from your home and dispose of it properly. Sign up for our safety newsletter at sacmetrofire.ca.gov.

Metro Fire Responds to Duplex Fire in Citrus Heights with A Teenager Burned

CITRUS HEIGHTS – January 20th – Metro Firefighters responded to the report of a garage fire at 6564 Greencreek Way. On arrival firefighters found a garage well involved with fire. Firefighters also located a teenage male with burn injuries in the front of the home. The teenager is reported to have received mostly

first and second degree burns over 60% of his body. Firefighters were able to quick search both sides of the duplex finding no other occupants. Fire Crews contained the fire to one side of the duplex, with smoke damage to the other side. Firefighters estimate the damage to be \$100,000, saving an

additional \$100,000 with the fire-fighting effort to the second unit. Fire crews say it appears one side of the duplex had been without power for several days and that a generator was being used in the garage to power the home. Firefighters believe the fire started when the teenager was refilling the generator with gas.



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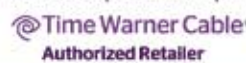
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