

Carmichael Times



Rio Americano High Raises Awareness for Jazz Education Programs

Page 2



Barbecue and Boogie Fundraiser Presented for Alzheimer's at St. John's Church

Page 11

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

Volume 31 Issue 39

Serving Carmichael and Sacramento County since 1981

September 28, 2011

Mercy, Mercy, Mercy Me!



Twelve babies made Sacramento medical history last year. For the first time, Mercy San Juan's NICU tended a quartet of triplets at once. Two of the four triplet families posed at last week's reunion picnic in Carmichael. Terry and Angela Wheeler from Granite Bay (left) celebrated with Mason, Lucas and Zoey (18 months). Cory and Sarah Watson came from Magalia with 19-month-olds, Hannah, Luke and Taylor. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – Oversized vehicles caused bottlenecks at an annual Neo-natal Intensive Care Unit reunion, held recently in Carmichael Park.

Over 500 facility graduates and families made the party. The 22nd annual event offered face painting,

balloon art, music and birthday cake. Honorees ranged from toddlers to teens and young adults. All had smiles for the Mercy San Juan Medical Center and Methodist Hospital staff that helped them through precarious early days. Families came from as far as Vallejo, Redding and Galt.

World-acclaimed, the Mercy San

Juan NICU began treating at-risk babies in 1989. Six little beds filled its original facility. Since then, thousands of premature or otherwise fragile newborns have been tended by nurses, doctors and volunteer “baby rockers.” Mercy’s San Juan unit has now grown to 26 beds.

Some infants spend weeks - others many months - hospitalized.

The annual reunion allows caregivers to see babies – some born small enough to fit the palm of a hand - now healthy and growing.

Mercy San Juan Medical Center is located at 6501 Coyle Ave, Carmichael. Learn about its NICU achievements at www.mercysanjuan.org.

Sacramento County Faces Many Issues with Growth Strategy

Sacramento Region – Sacramento County has been updating its growth-management plan for the unincorporated area as part of the General Plan. This Plan, which directs future development, is required by law and should be complete by the end of 2011.

There were many issues involved with arriving at a new growth strategy, and careful attention was paid to balancing the requests of community members, environmentalists and developers. The growth strategy underwent several changes as the building boom ceased and the County had to address state laws that required lower carbon emissions (AB 32) and encouraged mass transit (SB 375). Multiple public meetings were held to fully understand all the interests and arrive at the new strategy that would best meet everyone's needs.

At this time, the new Plan does not call for expanding the urban growth area, which is the area designated for urban development to occur. However, once the General Plan is adopted, landowners may submit applications to expand the area, but only if the proposed new growth meets certain criteria.

Under the proposed Plan, the requirements that projects would have to meet include:

- The property has to be next to existing urban areas.
- Development must be near transit and employment or provide new transit and employment as part of the plan.
- The proposed project must be high quality and contain a mix of housing types, shops and amenities.

Source: Sacramento County Media

SMUD Reaps Savings Through Refinancing

Sacramento Region – The Sacramento Municipal Utility District (SMUD) took advantage of low interest rates and refinanced a portion of its long-term debt saving the utility and its customer-owners millions. The move will save customers \$70 million between 2015 and 2022.

“Rates are at historic lows. And SMUD not only has good credit but improving credit ratings, which made refinancing bonds attractive to investors,” said SMUD Treasurer Noreen Roche Carter.

Last month, Fitch Ratings raised its rating of SMUD's credit worthiness from ‘A’ to ‘A+,’ a boost that stands out in a volatile market where credit downgrades have been more common.

SMUD recently sold \$325 million worth of bonds at a total interest cost of 3.5 percent, which includes the cost of underwriting

fees and other expenses.

SMUD sells bonds periodically to finance capital projects or to reimburse itself for capital expenditures made in previous years.

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

For more information, visit smud.org.

Director Sanford B. Kozlen of Carmichael Water District Retires



Sanford "Sandy" Kozlen.
Photo provided by Carmichael Water District.

Carmichael - With 16+ years as a Director with Carmichael Water District (CWD), Sanford “Sandy” Kozlen retired as of September 19, 2011. Sandy was first elected as Director, Division One in 1996. Previously he served as Treasurer and Assessor/Collector for the District.

During his public service Sandy Kozlen was active through the development and implementation of many ambitious projects that have benefited the customer of the District. Sandy Kozlen contributed to CWD becoming a leader in California's Water Industry by seeking a 100 Year Master Plan, by calling for the successful action on a groundwater contamination plume without

litigation, by providing guidance for the award winning modernization and upgrading of the District facilities and operating systems including the District's 22 MGD Membrane Microfiltration Water Treatment Plant.

Director Kozlen has served as a Director for the Sacramento Regional Water Authority and as a Director for the Sacramento Groundwater Authority, where he participated in drafting the Authority's Joint Powers Agreement. He was the District's representative to the Association of California Water Agencies (ACWA) Groundwater Committee and the Groundwater Resources Association (GRA). He also served as the District's representative to the Board of

Directors of the ACWA Joint Powers Insurance Authority and as a member of the Risk Management Committee. He was the District's representative to ACWA's Region Four Board.

Sandy Kozlen and his wife, Phyllis have resided in Carmichael since 1978, have been married for over 50 years and have two children and four grandchildren.

CWD is truly sad to see Sandy Kozlen leave as he has been a vital part of the District for so long. He is a true trailblazer and a devoted public servant. CWD wishes him well in his years of retirement and future endeavors.

Source: Carmichael Water District

Sacramento Works Unveils a New Identity

Sacramento Region - Sacramento Works has updated its look to reflect a broader scope of services. The first One Stop Career Center was opened in 1999 and now the Career Center system offers assistance to small businesses, hiring and incentive programs to employers and a wealth of employment and training resources to help individuals develop their skills and find a new career.

SacramentoWorks.org provides a comprehensive overview of the services and programs provided to the small business owner,

employers, job seekers and youth. The home page provides a Master Calendar of the workshops that are being held daily at a One Stop Career Center. The home page also provides a career center locator. A customer enters their zip code and the nearest career center pops up with a Google map and directions to the location. Sacramento Works now has a Facebook page so our friends can connect with us.

SacramentoWorks.org includes a strategic mix of job openings, career exploration, employer information, education, and labor

market research information. Job seekers, students, or employers may click on the site whenever they need accurate data to make informed decisions on careers, training, wages, occupation searches, and recruitment resources.

Jobs.sacramentoworks.org is a powerful online tool designed to help employers who are looking for the best job candidates and assist job seekers or students in searching for the right job. With thousands of job listings extracted from nearly every employer in the state, finding job opportunities that

fit an individual's needs and skills are easily accessed with a few mouse clicks. Employers searching for suitable candidates will benefit from the convenience of one website for potential candidate searches and review of job market trends.

Services, resources, workforce development sector strategies, training programs, and services to employers are provided by Workforce Development Department staff of the Sacramento Employment and Training Agency (SETA), the Employment Development Department and

over 40 community workforce development partners. Planning, policy, and oversight for the system is the responsibility of Sacramento Works, Inc., the Workforce Investment Board, a 41-member volunteer board of directors.

Kathy Kossick, Executive Director for SETA and member of Sacramento Works, Inc. says, “I encourage both job seekers and employers to check out what's available through SacramentoWorks.org. This new site will continue moving Sacramento Works forward in our vision of Building a Dynamic

Workforce for the Sacramento Region.”

Source:
Terri Carpenter, Sacramento Works



Scan our QR Code for a direct link to our online edition!

Blow Daddy Blow



Horning in. Musicians from the Rio Americano High jazz combo (left) shared the stage with seasoned pros from Sacramento's Ron Davis Big Band. The Arden-Carmichael teens were directed by band teacher Josh Murray. Together with their adult counterparts, they entertained at a fundraiser to build awareness for jazz education programs sponsored by the recent Monterey Jazz Festival. The Track Shack hosted the event at its Markston Rd recording studio. Learn about Monterey Jazz Festival programs at www.montereyjazzfestival.org/2011/jazz-education. Photo by Susan Maxwell Skinner.

Fair Oaks Presbyterian Church Grief Recovery Workshop

Grief is real and powerful. It has a devastating impact on our ability to function. Even Jesus wasn't exempt when he lost his friend, Lazarus. "Jesus wept." (John 11:35). But there is help and hope. If you are ready to move beyond the death of someone you love, this workshop is for you.

Topics include: *What Is Normal Grief?*, *Staying Healthy*, *Family Dynamics*, *Being Alone*, *Returning to the Mainstream*, *Spiritual Concerns*, *Church and Community Resources*. Class is closed after the first session. To register, contact Mary Rigney at (916) 967-4784, ext.

876. Website: www.fopc.org
Tuesdays, through October 18, 2011, from 7-9 PM. Free to the public.
Fair Oaks Presbyterian Church Wells Chapel, 11427 Fair Oaks Blvd, Fair Oaks, CA 95628.

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
Office Hours 10:0 am - 3:00 pm Monday through Friday 916-972-9722

CALL 773-1111 TO ADVERTISE

Your Resource for All Things Canine!

At Because of Dogs ...

Bath time is a pleasant experience in our quiet, custom grooming studio — one client at a time, no cage drying. Owners are welcome to stay and observe the grooming process.

In-home boarding is limited to only three "guest dogs" at a time. Your pet will enjoy plenty of room to play in our shady, safe yard or relaxing inside! All-inclusive rates.

Small group training classes or **private sessions** are available in your home or at the park.

*More than 14 years experience • Bonded and insured
Certified Canine Good Citizen Evaluator • References available*

Please call ahead to visit or reserve your appointment!

TRAINING • BOARDING • GROOMING

www.becauseofdogs.com
Bonded and insured, located in Carmichael
Call Carol at 916-488-7819

Senior Homecare By Angels®

Select Your Caregiver.

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

- 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

\$40 Off
hourly service

\$200 off
live-in service

Offer applies after first 30 days of service.

916-971-9333

www.visitingangels.com/sacramento

Each Visiting Angels agency is independently owned and operated.

Donald Kendrick, Music Director

16th Season 2011-2012

Sacramento Stained Glass Concert I

Canticles of Praise

Leonard Bernstein | *Chichester Psalms*
Joseph Jongen | *Mass, Opus 130*

Cathedral of the Blessed Sacrament
1017 11th Street, Sacramento

Saturday, October 29, 2011 at 8:00 PM
Sunday, October 30, 2011 at 3:00 PM

Purchase tickets (reserved seating avail.)
online: SACRAMENTOCHORAL.COM
or by phone: SCSO office | 916.536.9065

English Grandeur

Ralph Vaughan Williams
Song of Thanksgiving
Five Mystical Songs

William Walton | *Belshazzar's Feast*

Clayton Brainerd, Bass Baritone
Special Guests: Sacramento Children's Chorus

Sacramento Community Center Theater
1301 L Street, Sacramento

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

Community Center Box Office | 916.808.5181
Purchase tickets: online | TICKETS.COM

Home for the Holidays

The SCSO celebrates the Christmas season

UC Davis Mondavi Center
One Shields Ave, Davis

Saturday, Dec 10, 2011 at 8:00 PM
Sunday, Dec 11, 2011 at 2:00 PM

Mondavi Box Office | 1 866.754.2787
Purchase tickets: online | MONDAVIARTS.ORG

Sacramento Stained Glass Concert II

European Traditions

Fremont Presbyterian Church
5770 Carlson Drive, Sacramento

Saturday, June 2, 2012 at 8:00 PM

Purchase tickets:
online: SACRAMENTOCHORAL.COM
or by phone: SCSO office | 916.536.9065

SacramentoChoral.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, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl • Perry Hartline • Marion Solo
Ken Pogue • Max H. Peters • Lisa Taylor
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 • Andrew DeFazio • Eric Marks
Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer
David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson
Gabriel Scholl
Nicholson & Olsen CPA

RJ at thesitebarn.com • JWS Promotions • Mikahm Design
Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press • ARA Content
California News Service • Family Features • WorldNetDaily
Amanda Morello • Susan Skinner

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

We are proud members of these newspaper associations.

Back to the Fifties



Poodle skirt alert. Carole Elbert (right) hosted Carmichael Chamber of Commerce chums at a recent 1950s-theme party at her Armor Mini Storage facility, 5714 Auburn Blvd. Guests in retro attire competed for costume prizes. Following a catered barbecue, contests and a "storage wars" auction, live music and dancing concluded the Chamber event. Learn about the Carmichael Chamber of Commerce at www.carmichaelchamber.com or call (916) 481-1002. Photo by Susan Maxwell Skinner.

**AMERICAN EAGLE
BODY SHOP**

Complete
Collision Repair
Free Estimates
24 Hour Towing
We Work with All
Insurance Companies

"We Meet By Accident"

up to **\$500⁰⁰**
Instant Rebate
towards your
DEDUCTIBLE
Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires October 31, 2011.

FREE LOANER CAR WITH ANY REPAIR
Present this coupon and receive a free loaner car for the duration of your repairs after authorization. Some restrictions apply - call for details. Coupon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires October 31, 2011.

Before **After**

6801 Fair Oaks Blvd • Carmichael, CA 95608
Phone 916-339-1776 • Fax 916-339-1700
Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed

GIVE THE GIFT OF

IN HOME CARE

TO YOUR LOVED ONES

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior.

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

CALL US FOR FREE ASSESSMENT

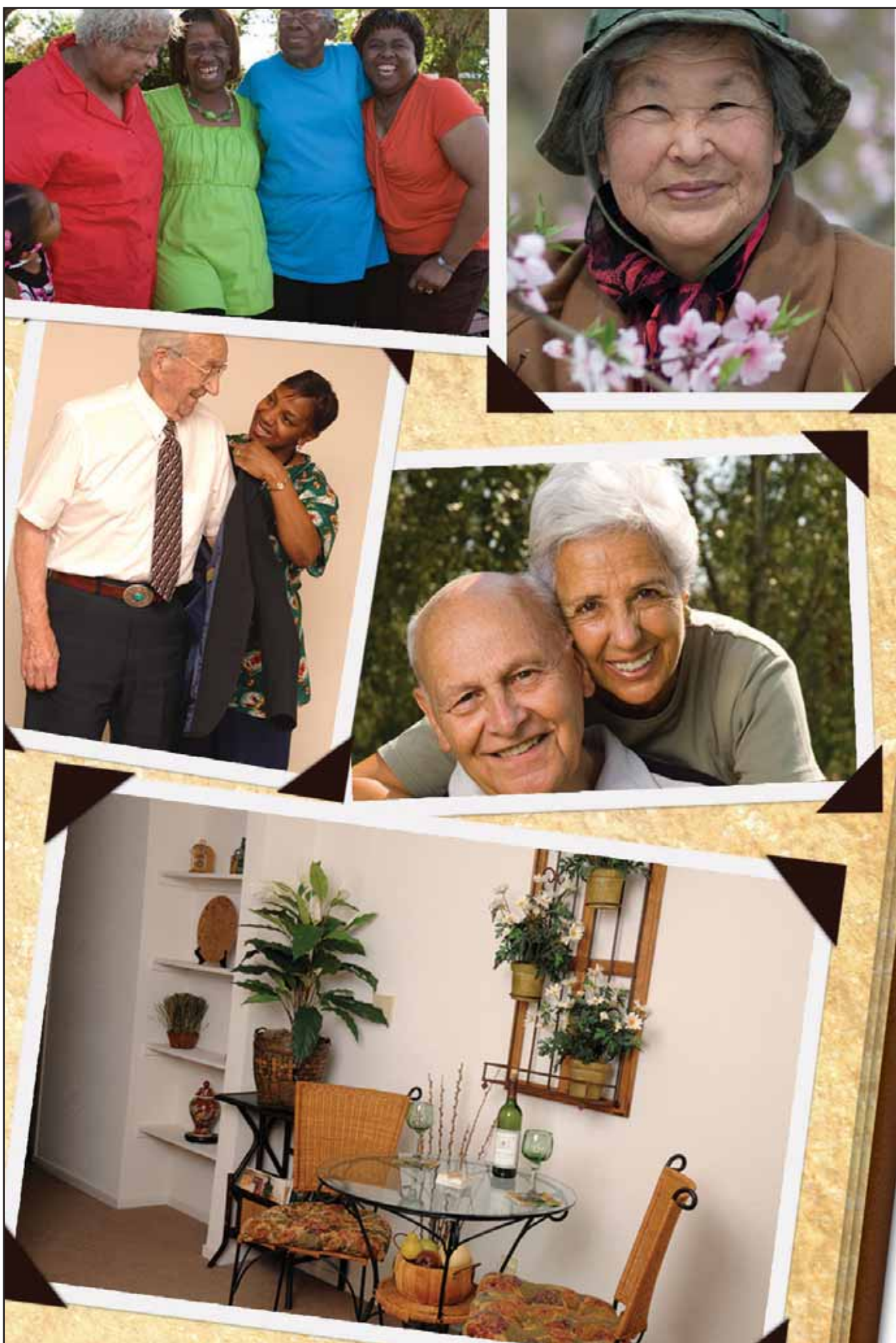
Our loving, caring, compassionate seniors are there to help. We offer all the services you need to stay in your own home, living independently.

- Companion Care
- Housekeeping Services
- Meal Preparation/Cooking
- Personal Care
- Overnight and 24-hour Care
- Transportation

- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services
- And More!

Call us today.
Like getting a little help from your friends™.

916-372-9640



Providing quality affordable senior living!

Offering a Range of Care:

- Independent Living
- Licensed Assisted Living
- Memory Care Apartments — *The Garden*
- Memory Day Care — *The Club*
- Respite Suites for Short-Term Stays

Financial Assistance Programs Accepted:

- SHRA
- Medi-Cal ALW
- VA Benefits

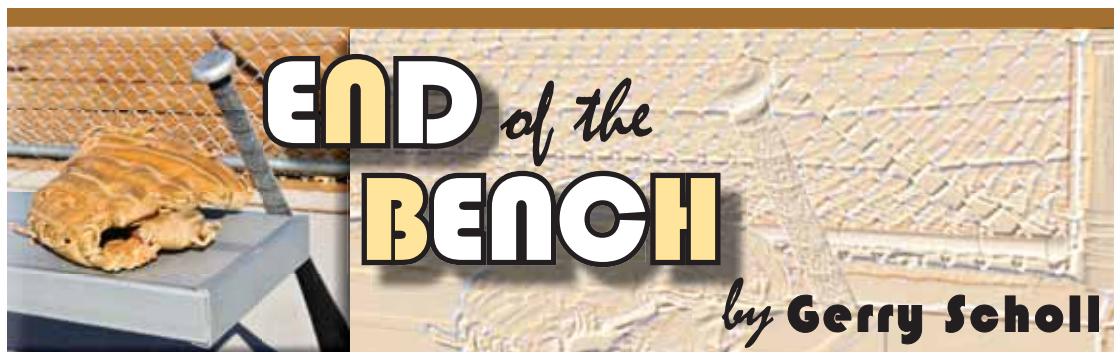
the Chateau

at Carmichael Park

Lic.#347001523

7125 Fair Oaks Blvd., Carmichael
(916) 481-7105
www.chateaucarmichaelpark.com

www.HankFisherProperties.com



by **Gerry Scholl**

Is The Silver and Black Attack Back?

It seems those swashbuckling Oakland Raiders must have all put hands in the middle over the Dead Man's Chest and, in the name of Jack Sparrow (or owner Al Davis), vowed to sail the high seas of success in the NFL once again.

Employing a good deal of trickery that would have made Johnny Depp proud, the Raiders surprised the highly-touted New York Jets defense in a 34-24 upset victory Sunday before a packed house at home.

Behind running back Darren McFadden and his 171 yards on 19 carries, the Raiders amassed 234 rushing yards and 383 total yards against a defense generally considered one of the best in the league.

Oakland is off to a 2-1 start for the first time since 2004 and tied with San Diego atop the AFC West. With the Raiders' prolific offense (92 points, sixth in the league) and leaky defense (82 points, fourth worst) which allowed 439 yards to the Jets, it could become a wild, wild West race between Oakland and the Chargers, led by gunslinger QB Philip Rivers.

The two other teams in the division are weak. Kansas City (0-3) is playing like a dog afraid to get off the porch, outscored by 82 points

through three games. The Denver Broncos, 1-2 and 23-20 losers at home to Oakland in week one, don't have the horses in the corral.

The Raiders, who swept their wild West division games last season but missed the playoffs, are looking to stake a claim to a post-season spot led by new sheriff, coach Hue Jackson.

Jackson has removed the saddle from McFadden and turned him loose. Some analysts are calling him the most dangerous offensive player in the league. The Raiders have rounded up a stable of speedy receivers. They found a good one who looks like he could run in standout rookie Denarius Moore, who scored a touchdown on a 27-yard reverse against the Jets.

They have no more Chesters or Festuses at quarterback. Instead it is a suddenly efficient Jason Campbell pulling the trigger. He's no Kenny Stabler or Jim Plunkett, but he's no JaMarcus Russell hooked on purple drank either. Could he become another Rich Gannon? Can he spur a resurgence of the Silver and Black Attack?

Unfortunately, with a 21-3 halftime lead, the Raiders could not survive a 35-point, second-half Buffalo stampede in week two and

lost, 38-35, allowing 34 first downs. With superstar QB Tom Brady leading the ticked off (after a 34-31 loss to Buffalo) and powerful New England Patriots into Oakland this week, the Raiders could be in for another old-fashioned shootout.

To continue the theme, the Raiders travel to Houston the following week to duel the Texans, who are loaded and tied for the AFC South lead. If the Raiders are still standing tall after those two games it could be a sign of great things on the horizon.

They will have three winnable home games with their bye week mixed in over the next month, and will need to be in a strong position at that point. Five of their final eight games are on the road and the three home games are against possible playoff contenders.

As long as McFadden and Campbell can stay out of Doc Holiday's office and coach Jackson can play winning hands in the NFL coaching poker game, it could all come down to the final week showdown in Oakland against the Chargers.

How would a bunch of plundering pirates fare out west? A sight to see...or maybe a new movie plot?.



Dr. Bob Graykowski



Many individuals have "unsafe" levels of cholesterol – a serious risk factor for heart disease. According to a new study, lifetime risk for coronary heart disease at age 40 is one in two for men and one in three for women. But take heart, at Chiropractic USA we teach our patients about all-natural and effective solutions to correcting poor lipid profiles and preventing heart disease.

Why Cholesterol Matters

Cholesterol is not inherently bad; it's just a soft, waxy substance that helps form the membranes around cells. It also plays an important role in the structure of some hormones. A healthy body produces enough for these basic functions. Problems emerge when the body has too much cholesterol. The typical modern diet is characterized by an excessive intake of dietary cholesterol – and of substances that incite the body to produce surplus cholesterol. According to the American Heart Association, 51% of adults have cholesterol levels above the "safe" limit of 200mg/dL. And 20% of the adult population has dangerously high levels exceeding 240 mg/dL.

The Total Picture

As a holistic health-care provider we teach our patients it essential not to consider any one health measure – such as total cholesterol – in isolation. Although total cholesterol is important, a person's complete lipid profile is even more significant in gauging the risk of cardiovascular disease. Typically, a lipid profile includes levels of the following: total cholesterol, low-density lipoprotein (LDL), high-density lipoprotein (HDL), lipoprotein-a (Lp-a) and triglycerides.

Both high- and low-density lipoproteins carry cholesterol in the blood. Low-density lipoproteins carry cholesterol in the blood. Low-density lipoprotein (LDL) is termed "bad" cholesterol because it brings cholesterol to cells. In contrast, high-

A Drug-Free Plan for Preventing High Cholesterol

density lipoprotein (HDL) or "good" cholesterol appears to remove cholesterol. Too much LDL and too little HDL result in excessive blood cholesterol. This surplus has to end up someplace – and that someplace is usually artery walls, where it forms plaques and clogs blood flow.

green tea extract and alpha lipoic acid are more powerful than the ACES. Most experts agree that antioxidants should be taken in "cocktail" form, rather than in isolation. Ask your doctor of chiropractic about the right antioxidant combination for you.

Beyond Lipid Profiles

Late-breaking research suggests that another marker of heart disease, the amino acid homocysteine, may be just as significant – or perhaps more significant – than lipid profiles in assessing the risk of cardiovascular disease. The good news is that supplementing with B-complex vitamins and folic acid slashes blood levels of homocysteine.

Good Fat/Bad Fat

So how do we end up with excess cholesterol? Some individuals have a genetic predisposition that spurs their bodies to produce too much cholesterol. However, most people can blame their diets for their poor lipid profile. In addition to cutting back on dietary sources of cholesterol, it's also imperative to limit the intake of polyunsaturated fats, including vegetable oil. Hydrogenated oils, found in margarine and commercial backed goods, are especially treacherous. These lipids contain trans fatty acids (TFAs), substances that raise total blood cholesterol. And, these fats also elevate LDL ("bad") cholesterol and lower HDL ("good") cholesterol.

On the other hand, olive oil, primarily a monounsaturated fat (MUFA) does not raise cholesterol and appears to prevent heart disease. Nuts are also bursting with MUFAs, and studies prove that a diet rich in nuts averts heart disease. Omega-3 fatty acids are another heart-healthy lipid. Omega-3s are found in flaxseeds and fatty fish like salmon. So, you don't have to cut out fat all together in order to prevent high cholesterol. Just reevaluate the sources of your lipid intake.

ACES of Hearts

What can you do to ward off high cholesterol? Antioxidant vitamins can help. A plethora of studies support the use of antioxidants in preventing cardiovascular disease. Although vitamins A (and its precursor, beta-carotene), C and E and Selenium (the "ACES") are the most widely acclaimed antioxidants, other substances may be more effective. For example, preliminary research suggests that lesser-known antioxidants like grape-seed extract,

The B Vitamin That Beats Drugs

What fights cholesterol more effectively than many drugs on the market? Vitamin B3 (niacin or nicotinic acid). Niacin has been shown to decrease triglyceride, increase HDL ("good") cholesterol, lower LDL ("bad") cholesterol and decrease Lp-a.

The most threatening side effect of niacin is altered liver function. For this reason, your health-care provider may order periodic blood tests to monitor liver enzymes. Women who are pregnant and people who have ulcers, gout, diabetes, gallbladder disease, liver disease or a recent history of heart attack should avoid niacin.

Sweat It Out

Daily aerobic exercise ups HDL ("good") cholesterol and wards off cardiovascular disease by forcing the heart to work more efficiently. Daily workouts also stave off diabetes, obesity and high blood pressure.

Stamp Out Stress

Emotional stress may up a person's odds of high cholesterol. To reduce anxiety, ask your Chiropractor or wellness Doctor to recommend a stress-fighting approach that fits with your daily routine. Techniques to consider include meditation, prayer, biofeedback, yoga and T'ai Chi. Join us for one of our wellness class's at Chiropractic USA to learn the best ways to create more radiant health by living a healthier lifestyle. Learn more about our community office; find us on Facebook-Chiropractic USA.

Creating a Healthy Community
Dr. Bob Graykowski
Chiropractic-usa.com
(916) 973-1661

Monthly Workshops Available

Please call for information and reservation.

Support is encouraged... Bring a friend or family member!

Workshop is at 6:00 – 7:00pm. Advanced Workshops are 6:00 – 7:30.

Reservations can be phoned at 916-973-1661 or faxed to 916-973-8273

The German Deli

German Meats • Imported Beer & Wine • Catering

Ask about our Mail Order Service!

(916) 349-9493

5859 Auburn Boulevard
Sacramento, CA 95841

www.sacgermandeli.com
sacgermandeli@sbcglobal.net

Dental Resources at your Finger Tips!



Looking for a children's dentist?
Questions about fluoride?

Visit First 5 Sacramento's dental website at:
www.First5SacDental.org

Featuring children and parent dental resources, videos and great oral health tips.



"Creating radiant health in our community since 1985"

- Spinal correction specialist
- Custom exercise instruction
- Family wellness plans
- Sports injury specialist
- Carmichael chamber business person of the year 1995.

Gift of Life Wellness Check-up
Consultation, Complete Spinal Examination and X-rays (if needed)

This \$250 value is yours for only \$40 if you mention this ad
Each additional family member only \$20
Offer Expires Friday

Dr. Bob Graykowski • 5909 Stanley Avenue, Suite A
Carmichael, CA 95608 • (916) 973-1661
Chiropractic-usa.com
Join our Facebook Fan Page - Chiropractic USA



Foster Care

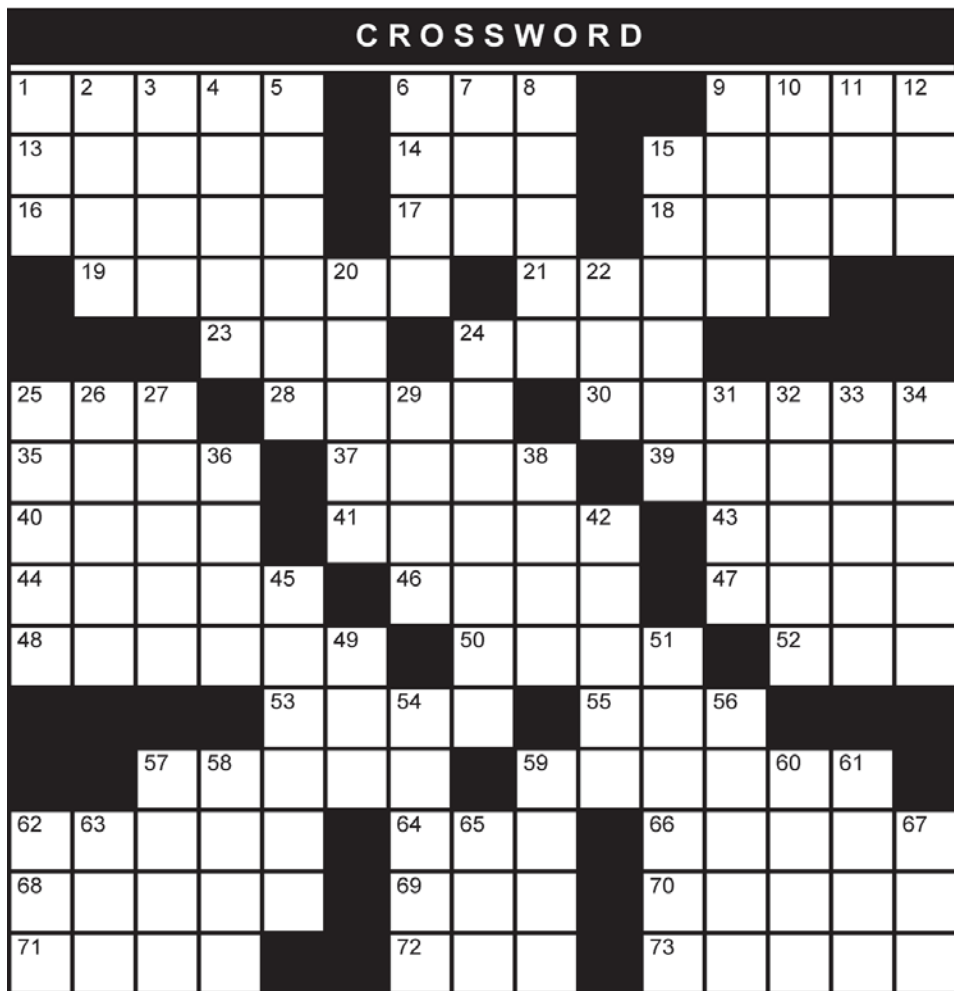
The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

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



Call Lenka
(916) 338-7156

STATEPOINT CROSSWORD • WORLD WARS



PRESENTED BY



© StatePoint Media

CLUES

- ACROSS**
- 1. Peter in Russian
 - 6. Actress ___ Thompson
 - 9. UPS competitor
 - 13. Light-weight hat for protection from sun
 - 14. Will Ferrell's 2003 Christmas character
 - 15. Aka Little Mermaid
 - 16. In the least bit
 - 17. One of a pair for biathlon competitor
 - 18. Nincompoop
 - 19. *Axis opposition
 - 21. *Third _____
 - 23. Male or female, e.g.
 - 24. *FDR's third _____ was dominated by WWII
 - 25. Popular locale in Ireland
 - 28. Generic dog name
 - 30. Male name of old Swedish origin
 - 35. *Aid and _____
 - 37. Syrian neighbor
 - 39. PDA pens
 - 40. _____ contendere
 - 41. Substitute for currency
 - 43. Homer's "Iliad," e.g.
 - 44. Dance named after horse's gallop
 - 46. "Wilhelm _____"
 - 47. _____ school
 - 48. *Infamous war camp
 - 50. A person, place or thing
 - 52. She played Laurie Partridge
 - 53. *_____ Germany, formed by Soviets after WWII
 - 55. Uno _____ or one more
 - 57. *FDR/Churchill/Stalin conference site
 - 59. *Big _____, howitzer used by Germans in WWI
 - 62. Undersized
 - 64. *Japan's target, 12/7/41
 - 66. *Rolls _____ armored car
 - 68. Blood vessel
 - 69. Often hailed
 - 70. Like days gone by
 - 71. Famously extinct bird
 - 72. Ostrich-like bird
 - 73. Summertime pests
- DOWN**
- 1. Parent organization
 - 2. Smidgen
 - 3. October birthstone
 - 4. One who "_____ it like it is"
 - 5. Type of baseball pitcher
 - 6. More is _____?
 - 7. Mountain animal
 - 8. Aflame
 - 9. Relating to urine
 - 10. Hyperbolic sine
 - 11. Put it to paper?
 - 12. _____ and the Family Stone
 - 15. Bad blood
 - 20. Highway departures
 - 22. Energy or work unit
 - 24. Heavy downpour
 - 25. Stabs of pain
 - 26. *Lusitania's destroyer
 - 27. *"Twilight" protagonist
 - 29. _____ tape
 - 31. Editor's mark for "let it stand"
 - 32. As opposed to written
 - 33. Lewis Carroll's character
 - 34. *Capital of unoccupied France
 - 36. Saw or awl, e.g.
 - 38. 1,000 grams
 - 42. D'Artagnan's hat decoration
 - 45. Saffron-flavored rice dish
 - 49. Gangster's pistol
 - 51. Limited in scope
 - 54. Pasta complement
 - 56. Fur shawl
 - 57. Equal to 4th and 1
 - 58. Lowest female singing voice
 - 59. Hindu Mr.
 - 60. Robert Louis Stevenson's evil character
 - 61. Passed with flying colors
 - 62. Melancholy
 - 63. Bovine sound
 - 65. *He always seems to be pointing
 - 67. Half the width of an em, pl.

For Solution See Page 7

Monthly Military Retiree/Spouse Meeting

Our next meeting, which will be the last one for this year, is scheduled for 11 Oct 2011. Our speaker will be from TLC Responders who will update us on the latest CPR procedures. Should be very informative so you will not want to miss this particular meeting. As usual our meetings are held at the Parks and Recreation District on Watt Ave and we start promptly at 1030 hrs. Questions can be directed to our volunteers at 561-7476. See you all on the 11th!

DELIVERY ROUTES AVAILABLE
CALL 773-1111



SACRAMENTO SYMPHONIC WINDS

Dr. Les Lehr, Music Director

LA SIERRA CONCERT SERIES 2011-2012

"Myths & Legends"

Wildest Imaginations!

- ◆ Legend of Alcobaça
- ◆ Sorcerer's Apprentice
- ◆ Ticheli's Wild Nights!
- ◆ Clarinet soloist Jennifer Urias

Sunday, October 23
2:00 pm
La Sierra Community Center
Carmichael

GENERAL ADMISSION \$10 • TICKETS AT THE DOOR
STUDENT, SENIOR (65+) \$5 • CHILDREN UNDER 8 FREE • FREE PARKING
www.sacwinds.org for map • (916) 489-2576

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
- ▲ Store Front Windows
- ▲ Mirror & Screen
- ▲ 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

SUDOKU

PRESENTED BY



© StatePoint Media

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

Come back every week for Sudoku!

For Solution See Page 6.

LEGAL ADS FOR SACRAMENTO COUNTY?

We Can Do That!

Call to place your legal advertising



532-2113

All Legal Ads Published in the Carmichael Times

perfect wedding guide

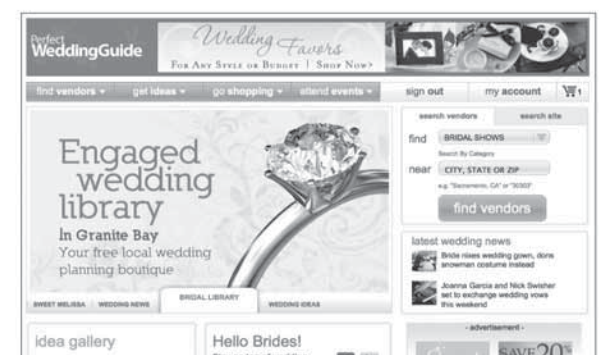
Sacramento's Best Wedding Planning Resource

in print

Pick up your FREE copy at bridal and jewelry stores.

online

Find all your local wedding vendors, plus FREE planning tools, and your own wedding web site.
http://sacramento.pwg.com



facebook.com/SacramentoPWG

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

888-600-9846



Pogue's Pest Control

RESIDENTIAL • COMMERCIAL

Ken Pogue, Owner
Licensed • Bonded • Insured

Over 24 Year's Experience



CALL FOR A FREE ESTIMATE

(916) 220-1055

poguespestcontrol@gmail.com

Banned Book Week

By Julie Parker

Books are treasure troves of creative ideas, concepts and imaginative musings.

They introduce us to different perspectives, motivate us to self-discovery, educate, inspire and enlighten.

Books can bring awareness to suffering and challenges; addressing the dark side of humanity in ways that make us think and feel.

Some writings are unpopular with small segments of the population who choose to select words out of context, instead of the full meaning, or have an issue with an author's politics. (Brown Bear, Brown Bear, What Do You See? was banned because the author has the same name as an obscure Marxist theorist.) Those individuals

or groups attempt to prevent us from reading them through banning of certain books from schools and libraries.

Imagine generations not having access to Of Mice and Men, Huckleberry Finn, Grimm's Fairy Tales, I Know Why the Caged Bird Sings, One Flew Over the Cuckoo's Nest, Lord of the Rings, Catch 22 and The Great Gatsby. They have all been banned somewhere in this country.

Banned Books Week (September 24-October 1, 2011) celebrates the freedom to read, the importance of the First Amendment, and draws attention to the harms of censorship, restrictions and restraints.

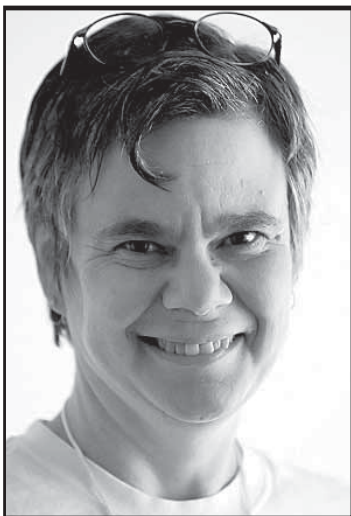
"Let children read whatever they want and then talk about it with

them. If parents and kids can talk together, we won't have as much censorship because we won't have as much fear."

- Judy Blume

It isn't important that you agree with an author's work. What is important is that the author's words should be available to all. We learn more about ourselves when faced with subjects that makes us uncomfortable, and viewing other camera angles from an author's words promote global diversity.

If you're interested in learning more about Banned Book Week and the banned books that are highlighted this year, visit the American Library Association's website at ala.org or call the Office for Intellectual Freedom at (800) 545-2433, Extension 4220.



ROCK DOC

By Dr. E. Kirsten Peters

The laws of physical science teach us we can neither create nor destroy energy. But it's also a simple fact that we can surely waste it. And that raises the possibility of saving money by refusing to let energy slip through our fingers.

Typical families in the U.S. spend about \$1,900 each year on home utility bills. That's \$160 per month. Your bills may be higher if your household consumes a lot of energy, if you heat with oil or if you live where the cost of electrical power is high.

Those of us lucky enough to still own a place to live are in the best position to save substantial amounts of energy. Whether you live in a McMansion or a modest house built in 1949 like I do, September is a good time of year to consider how your household uses energy. If it turns out you are in need of adding insulation to the attic, maybe upgrading from the ancient windows in that back bedroom to modern ones, or simply caulking cracks and holes, this is the time of year to get in gear and upgrade your home.

In a typical household, heating and cooling account for 43 percent of utility bills. Your refrigerator and other

Fighting the Law and Saving Money

kitchen appliances likely account for around 17 percent of your bill. Hot water and lighting chip in around 12 percent each. Computers, TV and other electronics account for an impressive 9 percent and other miscellaneous uses fill in the rest.

Because heating and cooling account for so much energy use, the largest savings you can make likely are to be found in improving insulation, repairing leaking ducts, or plugging cracks around doors and windows.

Attic insulation can be a do-it-yourself job using one of several options. Even if you hire pros to "blow in" some attic insulation for you, the investment can pay for itself in a year or two. Good insulation in an attic will also help save on your electricity bill if you have air conditioning. Check out www.energysavers.gov for ideas about insulating your attic.

Anything that penetrates an outer wall or ceiling that's below an unheated attic is a place you should check for leaks. For example, electrical outlets and light switches can let air from the interior of your home leak into outer walls - and from there to the outside world. Hardware stores sell pre-cut foam insulation you can simply pop into outlets and switches. (The job is so easy even a Ph.D. like me can do it. But kindly turn off the power to the room you're working on before you unscrew electrical plates.)

For myself, I know I really should check the crawl space at the back of my house. It's an ugly job in the dark and dank, but I want to address it because I can't keep my back room warm in the winter. I wonder if the

insulation that's in there has sagged or come entirely unmoored. My plan is to hire someone with better knees than I have and hand him what he needs through the unreasonably tiny door of the crawl space. I did a similar job myself about seven years ago for my previous house, then stupidly moved across town and now must face this unpleasant chore all over again.

But crawl spaces and basements pose moisture issues that can shape what's really a good decision about insulation. Check with pros or home guides for more information.

Then there are the simple things. Programmable thermostats cost as little as \$25-30 and mean you'll never forget to turn down the heat at night again. And when you buy a new appliance, look at its energy efficiency. What you pay to take delivery on a refrigerator, for example, is only a small fraction of the total cost of running it over the years, so buy an efficient model and you'll come out ahead in the long run, sometimes saving hand over fist. Ditto for front-loading clothes washers that can reduce energy bills and water bills at the same time.

We can't win the fight against the first law of thermodynamics. But many of us can seize the day to save energy - and money - at home.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

Moving Stinks!

Harold and Betty were sick and tired, but they were afraid to move.

They had been there so long. Almost 30 years now. The kids were long gone, but Harold and Betty were still tired. Tired of pulling weeds, mowing the lawn, tired of the drafty windows and Betty complained that the heater never seemed to keep her warm enough in the winter anymore. Who knows what was going to need to be repaired next?

But they were nervous to move. 30 years is a long time in a home. Who would move all their stuff? Where would they go grocery shopping? What would they do with their home? Most important of all, where would they go?

That's when they contacted The Scott Realty Consultants' Simple Move Program. The Simple Move Program is designed for folks who have been in their homes more than 20 years and separates the moving process into 4 easy steps. We expertly escort them through every step of the process.

First, we consulted with Harold and Betty and helped them choose their next home - be it an over 55 apartment, a retirement community or a condo (they chose an apartment near their grandkids). Second, our Simple Move Experts helped Harold & Betty sort through their possessions - packing what they wanted to keep and marking other items to be sold later. Then we coordinated the best movers to get the job done under our precise supervision.

But what about the house? Isn't this a bad time to sell a home? That's what Harold and Betty thought too. In fact, there is a real demand for homes like theirs right now. The Sacramento real estate market is low on inventory and there is a real need for homes in nice neighborhoods for budding families - just like their family was 30 years ago. The Simple Move Team made a few small repairs to the home and had it sold for top dollar within 17 days to a young family with a new baby! Harold and Betty were happy to see their home go to such a lovely new family.

Imagine yourself without the worry of your home anymore. Wouldn't you feel much more at ease not having to keep up the yard and not worrying about what might need to be repaired next on the home? The Scott Realty Consultants have been selling homes in Carmichael and helping folks move for almost 40 years. In fact, we are so confident in our services that we are the only Real Estate Brokerage in the area to offer a money back guarantee! If you're not satisfied when we sell your home; don't pay us!

We are sure you'll love our service oriented attitude and how easy we make the process! To learn more about the Scott Realty Consultants' Simple Move Program and to get our FREE report, "The 7 Biggest Mistakes You Can Make When Moving & How to Avoid Them" simply call our Consumer Awareness Hotline 1-888-582-2959 extension # 7 and leave your name and address and we'll send it to you right away.

License # 01472227



Bella Vista High School Arts & Crafts Fair

A Fair Oaks tradition since 1983!

8301 Madison Ave, Fair Oaks
Saturday, October 1, 2011
8:30am - 4:00 pm

The craft fair is the PTSA's only fundraiser and will feature up to 200 vendors selling beautiful, homemade jewelry, candles, wood and leather crafts and so much more!

There is a \$2 parking fee but admission to the fair is free.

Absolute! Commercial Auction

CARRIAGE BARN ANTIQUES

SATURDAY, OCTOBER 8 AT 11 A.M. PST
 Open House: Saturday, September 24 from 10:00 a.m. to Noon

- 1± acres on corner lot
- Highway visibility
- 4 structures
- Fruit trees
- Landmark windmill
- 5 rolling chain-link gates

On Interstate-10 with major off-ramp

888-650-6444 | CaliforniaAbsoluteAuction.com

DELIVERY ROUTES AVAILABLE

CALL 773-1111

FDIC AUCTION

ARIZONA CALIFORNIA & NEVADA

90+ PROPERTIES

Phoenix, ARIZONA

October 11, 2011
 10:00 A.M. PDT/MST
 Sale Site: Hilton Suites Phoenix
 10 East Thomas Road
 Phoenix, AZ 85012

Las Vegas, NEVADA

October 12, 2011
 4:00 P.M. PDT
 Sale Site: Spring Hill Suites
 Las Vegas Convention Center
 2989 Paradise Road,
 Las Vegas, NV 89109

Residential Homes
Townhouses
Lots & Land

Comm., Ind. & Land
Comm. & Ind. Bldgs
Bank Branches, Carwash
Small & Large AC Tracts

No Buyer's Premium!
 Broker Compensation Available!

Live & Online Bidding

Many Properties Selling ABSOLUTE

800.479.1763
JohnDixon.com

If you, or a loved one, has developed BLADDER CANCER

After taking the Type 2 Diabetes medication ACTOS™

Then you may be eligible to file a lawsuit against the drug's manufacturer. On June 15, 2011, the U.S. Food and Drug Administration warned the public that use of the diabetes drug Actos (pioglitazone) for more than a year may be associated with an increased risk of bladder cancer.

Contact us immediately if you have been afflicted in this way, as there are time limits regarding your ability to file a claim.

Weitz & Luxenberg can help you understand your legal options. We are one of America's largest trial law and products liability law firms representing injured persons with billions of dollars in total verdicts and settlements, and are committed to represent your interests aggressively and professionally. Our leadership experience in such national litigations as asbestos injuries, defective medical products and medicines, environmental toxic torts and others has given thousands of clients the confidence to entrust us with their most serious legal issues.

For a free consultation please call us today at **1-888-411-LAWS (5297)**.

WEITZ & LUXENBERG P.C.
 ASBESTOS • DRUGS/MEDICAL DEVICES • ENVIRONMENTAL • NEGLIGENCE

700 BROADWAY • NEW YORK, NY 10003
 1880 Century Park East • Suite 700 • Los Angeles, CA 90067
1.888.411.LAWS • www.weitzlux.com

ATTORNEY ADVERTISING: Prior results do not guarantee a similar outcome. We may associate with legal firms in states where we do not maintain an office.

Gary R. Klein, Esq.

We are also investigating FOSAMAX FEMUR INJURIES

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

Sudoku Puzzle on Page 5

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

LEGAL ADVERTISING

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

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

UNDER THE REGISTRATION OF TITLES LAW, OFFICE OF TITLES

P.O. BOX 494 KINGSTON Dated April 4, 2011 WHEREAS I have been satisfied by Statutory Declaration that the duplicate Certificate of Title for ALL THOSE two parcels of land part of ANCHOVY in the Parish of PORTLAND together containing by survey Three Roods and Sixteen Perches be the same more or less of the shapes and dimensions and butting as appear by the Plan thereof hereunto annexed TOGETHER WITH full and free right and liberty for the registered proprietor for the time being and from time to time of the land above-described (hereinafter called "the said land") her and/or their tenants, servants, visitors and licensees in common with all other persons having the like right at all times hereafter on foot or on horseback or in vehicles and with or without animals and/or property of any description to pass or repass along the private property road to Anchovy from the point where it joins the Main Road from Port Antonio to Manchioneal to the said land for all lawful purposes connected with the use and enjoyment of the land and being the land registered at Volume 1078 Folio 72 of the Register Book of Titles in the name of HAROLD L. TADEMY and BONITA M. TADEMY - HAS BEEN LOST -

FICTITIOUS BUSINESS NAME STATEMENT #1107211. Christin Shores-Hague, 5708 Ravenswood Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 22, 2011. Publish September 14, 21, 28, October 5, 2011. YOUSEW 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1106899. Isaias Ortega, 8223 Bruns Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Eagle General Home Repair" at 8223 Bruns Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on Aug. 10, 2011. Publish September 14, 21, 28, October 5, 2011. EAGLEG 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1107807. Donald W. Thamer, 4317 Tyrone Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Train Station Hobbies" at 4317 Tyrone Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on September 6, 2011. Publish September 14, 21, 28, October 5, 2011. TRAINS 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1107183. MCS Preschool, Inc., 395 Perry St., Jackson, CA 95642 is doing business under the Fictitious Business Name "Montessori Children's School" at 325 Engle Road #170, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 19, 2011. Publish September 14, 21, 28, October 5, 2011. MONTES 10902 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1107072. Tola Sholotan, 5637 Chris Ann Ct., Sacramento, CA 95841 is doing business under the Fictitious Business Name "North East News" at 1124 Del Paso Blvd., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Aug. 16, 2011. Publish September 14, 21, 28, October 5, 2011. NORTHE 10902 10-5-11

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: September 7, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 14, 21, 28, October 5, 2011. BARNA 10902 10-5-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110040 WHEREAS, Dartan Robinson has filed a petition with this court for a decree changing name of Dartan Lamont Robinson to Amurray Hotep Ali Bey. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on December 2, 2011 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: Aug. 31, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 14, 21, 28, October 5, 2011. BEY 10902 10-5-11

NOTICE OF SALE OF UNCLAIMED PERSONAL PROPERTY In accordance with California Civil Code Section 1988(b), personal property left by Brandon Goodwin, whose former address was 6605 Buckhorn Dr., Sacramento, CA 95842, 196 Haley Glen Dr., Roseville, CA 95678, 7034 Hazel Ave., Orangevale, CA 95662, to the possession of Wachovia Bank, will be sold at public auction Monday, October 10, 2011 at 6605 Buckhorn Dr., Sacramento, CA 95842 at 12:00 PM to the highest bidder for cash. Property to be auctioned includes, but is not limited to, Hot Tub, Barbecue, Umbrella, 3 Folding Chairs, 2 Ladders, Weed Eater, plus all other listed items

and miscellaneous personal property in and on said property. Dated: April 11, 2011. Signed: Tom Frankhouser Publish September 28, October 5, 2011. SILICI 10904 10-5-11

FICTITIOUS BUSINESS NAME STATEMENT #1108127. Marcus B. Bernau and Cynthia E. Smith, both of 7353 Circle Way, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Elegant Designer Closets" at 7353 Circle Way, Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Sept. 22, 2011. Publish September 28, October 5, 12, 19, 2011. ELEGAN 10904 10-19-11

FICTITIOUS BUSINESS NAME STATEMENT #1107851. N&T Realty, Inc., 7917 Fruitridge Rd. #G-2, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Admin Savings" at 7917 Fruitridge Road #G, Sacramento, CA 95820. Filed with the Clerk of Sacramento County on Sept. 14, 2011. Publish September 28, October 5, 12, 19, 2011. ADMIN 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110959 WHEREAS, Dillon Thomas Soper has filed a petition with this court for a decree changing name of Dillon Thomas Soper to Dillon Thomas Rossi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 30, 2011 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: Sept. 16, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. ROSSI 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110417 WHEREAS, Mary Ann Bennett-Treadaway has filed a petition with this court for a decree changing name of Mary Ann Bennett-Treadaway to Mary Ann Bennett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 16, 2011, 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: Sept. 7, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. BENNET 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00110240 WHEREAS, Van Le Thich has filed a petition with this court for a decree changing name of Van Le Thich to Vanessa Thich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 9, 2011 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: Sept. 16, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. ROSSI 10904 10-19-11

any, why the petition for change of name should not be granted. IT IS 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: Sept. 6, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. THICH 10904 10-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00111017 WHEREAS, Henry Nguyen Huynh has filed a petition with this court for a decree

changing name of Henry Nguyen Huynh to Henry Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on Dec. 30, 2011 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: Sept. 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. NGUYEN 10904 10-19-11

any, why the petition for change of name should not be granted.

IT IS 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: Sept. 6, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. THICH 10904 10-19-11

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: Sept. 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. NGUYEN 10904 10-19-11

IT IS 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: Sept. 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. NGUYEN 10904 10-19-11

IT IS 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: Sept. 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. NGUYEN 10904 10-19-11

IT IS 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: Sept. 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish September 28, October 5, 12, 19, 2011. NGUYEN 10904 10-19-11

R Thrift Shop We sell pre-owned furniture, large appliances, toys, linens, collectible items, sporting goods, housewares and clothing for men, women and children. We have anything you need and if we don't we will find it for you. R Thrift Shop offers seniors a fifteen percent discount every day, and a portion of the store's proceeds is dedicated to the Carmichael Park and Recreation District. Once a month we sponsor a child in a sport of their choice by paying for enrollment fees and uniform costs. Donations to the store can be made daily and pick-up service is available by request. 6634 Fair Oaks Blvd • Carmichael, CA 95608 Store: 916-973-8081 • Cell 916-915-7166 Store Hours: 9am-7pm Daily

Business & Service Directory

MEDICAL SUPPLY AND EQUIPMENT Medical Supply Sales • Rental • Installation • Delivery Tel/Fax: (916) 485-2500 www.amdmedsupply.com 3108 Arden Way, Sacramento, CA 95825

LEGAL SERVICES BONES LAW FIRM Gordon G. Bones Attorney at Law 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841 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

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 Licensed/Bonded, License # 318177.

HOME REMODELING Complete Home Remodeling and Repairs NO JOB TOO SMALL!! WE DO IT ALL!! Specializing in Kitchen and Bath Exceeding Expectations not your budget Custom Tile Work Interior/Exterior Painting Windows and Doors Plumbing, Electrical Decks, Fences, Patio Covers Richard Romero (916) 612-4787 Licensed General Contractor # 847423 916-391-4706 gchbuilders@gmail.com

PHOTO STUDIO PICTURE TIME Photo Restoration Passport/ID Photo (916) 726-8801 7050 Sunrise Blvd. Citrus Heights (Near Hometown Buffet)

FENCING Cal State Fence and Construction Since 1986 Quality • Trustworthy Affordable • Reliable Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residential/Commercial FREE ESTIMATES! Lic. #494306 (916) 966 -1103

JOIN THIS ORGANIZATION Are You a Descendant of a Revolutionary War Patriot? You are invited to join the Sons of the American Revolution This prestigious patriotic organization is dedicated to perpetuating the memory of our patriot ancestors, the history of our country, and the education of its citizens. For more information, call 916-985-6544, or visit our website at www.sarsac.org. E-mail: webmaster@sarsac.org 501(c)(3) non-profit EIN # 68-0004288

PLUMBING Swift Plumbing and Drain Cleaning Services Residential Repairs & Replacements Faucets, Disposables, Hot Water Heaters, etc. Owner Operator Contractors lic. #907904 (916) 267-7649

HELP FOR STRESS Worried? Stressed Out? Depressed? There are answers in this book. Buy and Read DIANETICS The Modern Science of Mental Health By L. RON HUBBARD May you never be the same again Contact Valerie Beardon (916) 448-5891 • E-mail: Dianetics.Sac@gmail.com

CONSTRUCTION W. G. JOHNSON CONCRETE CONSTRUCTION We specialize in: All Concrete Solutions Commercial Curb & Gutter Wheelchair Ramps & Residential Class: C-8/C61/D49 • License #905277 www.wgjohnsonconcrete.com Phone: (916) 704-8997 Fax: (916) 944-0195 Ask for Wes • 10% senior discounts Tree Services Also Available

PET SITTING SERVICE Professional, Loving PET CARE Established Reputation Kennel Free Environment Lots of TLC Call Madeline (916) 723-1608

PAINTING/REPAIR McDonald Painting Interior-Exterior Most Small Repairs Bonded-Insured Lic # 632538 30 YEARS EXPERIENCE C: 216-2080 F: 967-4135

PHOTO RESTORATION Restore Old Photographs Share memories of special places and times with your family. (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

ADVERTISE HERE AT LOW MONTHLY RATES CALL 773-1111

FINGERPRINTING SERVICES LIVESCAN FINGERPRINTING Walk-in Service Digital Inkless Process Electronic Submission to DOJ & FBI 916.725.1345 7405 GREENBACK LN. • CITRUS HEIGHTS, CA 95610 The UPS Store

DOG RESCUE DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com

FUNERAL SERVICE RUSS MONROE'S FUNERALS & CREMATIONS FD 1404 7960 WINDING WAY FAIR OAKS, CA 95628 Tel (916) 9611265 Fax (916) 9612430

ALTERATIONS ALTERATIONS by Patina SPECIALIZING IN BRIDAL & FORMAL 11082 Coloma Rd., Suite 7 Coloma Village Shopping Ctr. • Rancho Cordova (916) 853-1078 WWW.ALTERATIONSBYP.THENETMARK.COM

PRINTING & SUPPLIES Specialties Plus Machine Repairs (all makes & models) Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine) Free Cleaning (with our cartridge) We are Local Service Contracts (monthly or yearly) Lease or Rent High Volume Copying (save wear & tear on your machine)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines E-mail: specplus@comcast.net (916) 723-8430

Arts, Entertainment and Other Fun Things to do!



St George's Episcopal Church

PRESENTS

IS CALIFORNIA GOVERNABLE? *Thoughts of a Capitol Lobbyist*

Carmichael - On Thursday, September 29 at 7:00 p.m. Bill Keye, a California Registered Professional Forester, writer and registered lobbyist, will give a presentation on his thoughts and experiences serving as a California Legislative Advocate.

Bill, a graduate of U.C. Berkeley with degrees in English Literature and Forestry, has held various positions in northeastern California from 1986-1997 and has written articles and opinion pieces regarding issues including spotted owls, fire ecology and environmental ethics. He has published articles in major newspapers including the Sacramento Bee and San Francisco

Chronicle. He has won distinguished awards for his journalistic work and is President/CEO of California Forest Keepers Inc.

With his vast experience in politics, Bill's presentation promises to be most interesting and educational. Mr. Keye's talk will be followed by a Q&A session.

WHERE: St. George's Episcopal Church
5600 Winding Way, Carmichael, CA 95608

WHEN: Thursday, September 29, 2011 at 7:00 p.m.

Refreshments will be served. A \$2.00 donation for the homeless may be made at the door.

Friends of the Library Warehouse Sale

Sacramento Region - The Friends of the Sacramento Public Library are sponsoring a warehouse book sale on October 1 from noon to 4 pm and October 8 from 9 am to 4 pm. A preview for Friends' members only is scheduled for 9 am to noon, October 1. Prospective members may join at the door for \$15 and attend the preview.

The sale will be held in the Friends' warehouse, at the rear of their Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road. Over 70,000 books, videos, books on tape and more will be sold. All proceeds, after expenses, benefit the Sacramento Public Library.

The Book Den store will be open during Warehouse Sale hours. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials. The Book Den is regularly open Thursday through Saturday from 9 am to 2 pm. For more information call (916) 731-8493 or email fspl@att.net.

Genealogical Association of Sacramento's

October 19, 2011, speaker will be Donald "Brad" Schall. Brad is active in several historical associations centering on the American Civil War and is National Officer, Sons of Union Veterans of the Civil War. With twenty-two relatives who served in the Civil War, his

interest and research into the war and its concurrent events have spanned multiple decades. His presentation is entitled, "Grand Army of the Republic". The meeting begins at 1:00 PM at the Belle Cooledge Library, 5600 S. Land Park Blvd. All are welcome.

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Exhibition Schedule

September 6-October 1, 2011	"Go With the Flow", WASH Open Show	November 1-19, 2011	Annual Photography Show
October 4-29, 2011	"Bold Expressions", NCA Open Show	November 22-December 3, 2011	Ars Gratia Artis
		December 9-11, 2011	Holiday Craft Fair

Ars Gratia Artis

The Most Exciting Art Event in Town



Just in Time for the Holidays
Gallery Viewing November 22 - December 3, 2011
Reception December 4, 2011 at 1-3 pm,
Drawing at 3pm.

WASH "Go With The Flow" September 6 - October 1, 2011

An Open Watercolor Exhibit Featuring the Regions Finest Watercolor



Award of Merit, "Moon Cafe Locke" by Ken Potter

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

California Certified

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

NEW Arrivals & Specialty Items

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 Pomegranate 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

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

Carmichael Recreation and Park District is announcing these upcoming events

Jensen Garden Plant Sale
October 8, 2011 9am-1pm
Located at the Jensen Botanical Garden,
8520 Fair Oaks Boulevard, Carmichael, CA 95608
The Friends of Jensen Botanical Garden will have a variety of plants available for purchase. All proceeds will benefit the restoration of the Jensen Botanical Garden. For more information call Virginia Sturdevant (916) 488-2006.

Carmichael Community Garden
The garden, located at Sutter Park off of Sutter Drive, exists to promote a positive environment for community members with a passion for working outdoors. Gardeners share information, gardening techniques, and build camaraderie. The plots are renewed annually for \$55 and are available to families, individuals or community organizations. It is a wonderful way to develop a hobby, give back to the community and practice some outdoor creativity! If you are interested in viewing the garden or having a plot please call 483-7826.

KIDS HANG OUT!
at La Sierra Community Center
Pick-up at designated schools available!
See our website for more information.

Every Sunday at Carmichael Park
8AM-1PM
5750 Grant Avenue,
Carmichael, CA 95608
Entrance on Grant Avenue off Fair Oaks Blvd.

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

Family Magic Show
Saturday, October 8
Doors open 6:30 • Show starts 7pm
\$5.00/person • Children 5yrs & under free!

MISSION OAKS COMMUNITY CENTER

Extended Tours

- *Netherlands, Belgium, and Paris*
May 7-17, 2012 • \$4,249 pp double
- *Canadian Rockies, Glacier National Park*
July 28-August 4, 2012 • \$2,999 pp double
- *Washington, D.C.*
Oct 10-16, 2012 • \$2,329 pp double
Book a Trip Early and save \$100!

Monthly newsletter available online and at the community center for additional classes and events.

BALLROOM DANCE TO LIVE BANDS
Tuesdays & Fridays
1:15 - 3:45 pm
\$5/person

For more information call (916) 972-0336 or go to www.morpd.com.

Afternoon Preschool 2011-12
Register Online@morpd.com
For more info call 916-972-0336

JOIN THE FUN! NEW FALL CLASSES STARTING:

- Zumba Gold**
Thursdays 9-10am, \$20/ month
- Kick Boxing (Beg)**
Tuesdays 6-6:45pm, \$25/month
- Adult Tap (Beg)** Thursdays, 4-5pm, \$18/month
- Creative Dance for Kids**
Tuesday, 4- 4:45pm (ages 5-7), \$30/month
4:45-5:30pm (ages 8+), \$30 month

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

W WINDSOR EL CAMINO
Care Center
CARMICHAEL, CA

Finest 24-hour Skilled Nursing Care 7 Days a Week

Tel: (916) 482-0465

2540 Carmichael Way, Carmichael
WindsorCares.com

- ◆ Comprehensive Rehabilitation Services
- ◆ Personal Touch Services
- ◆ Restaurant Style Dining
- ◆ Social Services for Resident & Family
- ◆ Health Services Available



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

Shawarma
CAFE & GRILL



NOW OPEN!

15% off on wednesdays for senior citizens, military, police, fire fighters, and ambulance employees.

6047 Unit B Madison Ave
Carmichael, CA 95608

Phone: (916) 331-6200 • Fax: (916) 331-6400

Monday - Thursday 10am-10pm
Friday-Saturday 10am-11 pm and Sunday 10am-8pm.

www.shawarmacafeandgrill.com



Carmichael
Chamber of Commerce

Community Shred Day
Sat, Oct 1, 2011 from 8:00am - 12:00pm @
La Sierra Community Center Parking Lot

Items to Shred:

- Account information
 - Anything with Social Security Number on it
 - ATM Receipts, Bank Statements
 - Credit Card Applications
 - Credit Reports and Histories
 - Documents Containing Passwords or PINS
 - Insurance Data
 - Medical & Dental Information
 - Outdated Business Records
 - Payroll Records, Resumes
 - Tax Records, Utility Bills
- Proceeds Benefit the Carmichael Chamber of Commerce & Carmichael Recreation & Park District
Cost: Grocery Bag - \$5 • Banker's Box - \$10
Payment: Cash, Checks, Visa or MasterCard
Payable to: Carmichael Chamber
Contact: Linda Melody
Email: linda@carmichaelchamber.com
Phone: 916-481-1002

Carmichael Chamber Mixer
Wed, Oct 12, 2011 from 5:30pm - 7:30pm @
Fair Oaks Cemetery

Hosted by Fair Oaks Cemetery District & Lind Brothers Funeral Home. Free food and drink and great networking opportunities. Bring a raffle prize and plenty of business cards. It will be a frightfully fun time!
Contact: Linda Melody. Email: linda@carmichaelchamber.com. Phone: 916-481-1002.



September Armor Mini Storage Mixer and Auction raised Nearly \$1000 for the Chamber. Photo from website.

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

October Spa Savings

One Hour
Swedish Massage
\$59 (reg. \$80)

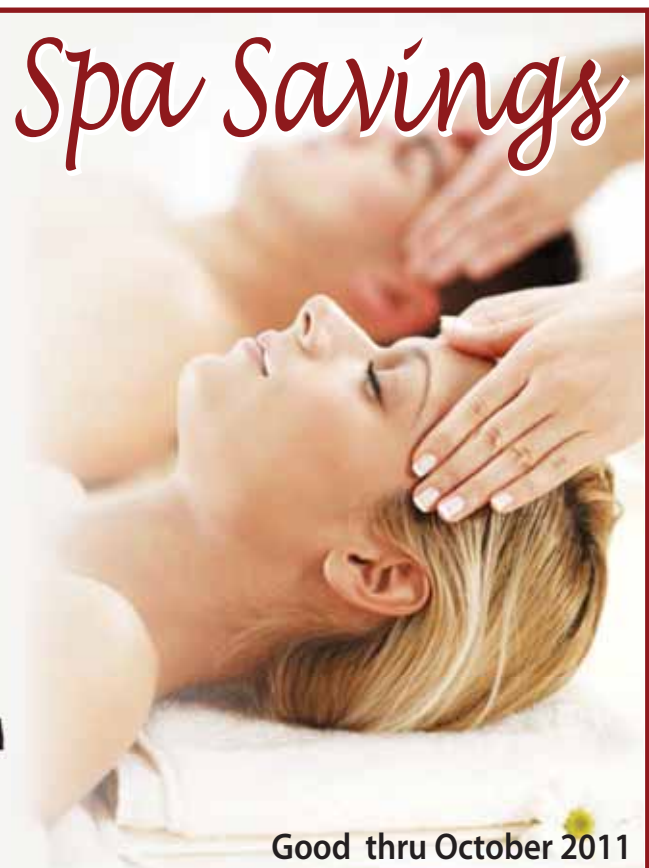
Exclusive Facial
\$69 (reg. \$95)

**Monday, Tuesday,
Wednesday and
Thursdays**

Hoshall's
SALON & SPA
hair face body

(916) 485-4941
7330 Fair Oaks Blvd., Suite 1
Carmichael, C 95608

Good thru October 2011
Not valid with any other offer
Good for Carmichael location only



law office of
KRISTY HERNANDEZ

*Experiencing a hardship?
Afraid of losing your home?*

We offer assistance to clients as part of our Homeowner Retention Program! Find out how we can help save your home from foreclosure through Bankruptcy, Loan Modification or Debt Settlement.

We have a 78% success rate on all loan modifications. We have an A rating with the BBB for our loan modification services. We can bring properties closer to value by removing 2nd mortgages off of property. We can stop foreclosure sales by negotiating with bank or by bankruptcy.

Don't short sale your property or foreclose without learning if loan modification is an option for you! We offer our clients a **One Hour Consultation FREE!** We track our success rate! Come into our office and see the list of modifications we have successfully obtained with your particular lender.



Kristy Hernandez
Managing Attorney
Sacramento and Bay Area
www.khlawoffices.com

- Loan Modification
- Bankruptcy
- Tax Settlement
- Debt Settlement
- Uncontested Divorce
- Credit Repair

7777 Greenback Lane,
Suite 212
Citrus Heights, CA 95610
Phone: 916.728.1500

37600 Central Court,
Suite 201
Newark, CA 94560
Phone: 510.456.7400

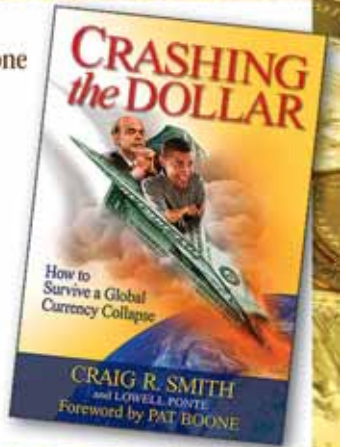
www.khlawoffices.com

Special Free Book Offer! —Pat Boone

Crashing the Dollar: How to Survive a Global Currency Collapse by Craig R. Smith was written to help save American families from the economic death spiral of a falling U.S. dollar and rising inflation.

To help prepare Americans for the dollar's demise now, I have been authorized to offer a **FREE** copy of **Crashing Special Free Book Offer!** —Pat Boone

Call 1-888-595-6457 today!



TAK Food Market

9045 Fair Oaks Blvd.

(Corner of San Juan & Fair Oaks)

Call and Order Ahead of Time for Faster Service

944-3188



**Kosher
Hot Dog Kabob
On Skewer**

**100% High Quality
Premium Beef
Cooked on Charcoal**



Includes A can of Coke, 7-up,
or Bottled Water.

\$2.99*

* Limited Time

Served with Lettuce,
Tomato, Ketchup, Mustard,
Pickle and Onion on
a Toasted Bun



Fundraiser Supports Alzheimer's Awareness



Purple people. Sporting hues that denote Alzheimer's awareness, volunteers last weekend presented a tri-tip barbecue fundraiser at St John's Catholic Church. Carmichael Oaks Senior Living facility organized the annual dinner-dance, in conjunction with the Kiwanis Club. Entertainment included the Rotary Rooters Band. Learn more about the annual BBQ, Beer & Boogie event at www.carmichaeloaks.com. Photo & text by Susan Maxwell Skinner.

Strike up the Balloons



Up, up and away. Carmichael anniversary celebrations began with a 102 balloon release in Carmichael Park last weekend. Proudly unincorporated for 102 years, the former Sacramento "colony" enjoyed a birthday concert performed by the Sacramento Symphonic Winds. The 60-piece ensemble played patriotic and show tunes under the baton of Dr Les Lehr (center). Photo & text by Susan Maxwell Skinner.



POPOFF!

with Mary Jane Popp

another with dignity, they become more connected and are able to create more meaningful relationships. Yet, surprisingly, most people have little understanding of dignity. So Dr. Hicks examines the reasons why and offers a new set of strategies for becoming aware of dignity's vital role in everyday life.

My one negative observation to Dr Hicks exploration about dignity was how to factor in those who do not deserve dignity such as Islamic terrorists, serial killers, and suicide bombers to name just a few. In essence, she means those who have no conscience for their actions. How can they be included? Dr. Hicks agreed that, for this type of person, dignity may not apply. Having interviewed serial killers in prison, and having looked into those vacant eyes as they described the murders to me like you and I tell what we had for dinner, I really don't think they care any more about dignity than they did the lives they took. Maybe, it's because they don't care about themselves either. But, for the rest of us relatively sane and normal folks, perhaps it is prudent to follow some of Dr. Hicks' ideas about dignity, both for ourselves and others.

DIGNITY

Is dignity the missing link to understanding? Could it be that when humans are treated like they don't matter, they are likely to have more aggression, hatred, and violence be the result? That comes from **Dr. Donna Hicks**, an associate, Weatherhead Center for International Affairs, Harvard University. Dr. Hicks tells it like she sees it in her book "Dignity" the essential role it plays in resolving conflict. This is the first comprehensive exploration of dignity, its role in human conflict, and its power to improve relationships of all kinds. We shared and looked at the confrontational truths on my POPPOFF Radio Show.

The good doc then told me there are ten **Essential Elements of dignity**. Here are five:

- 1) **Acceptance:** Approach people as being neither inferior nor superior to yourself.
- 2) **Inclusion:** Make others feel that they belong.
- 3) **Fairness:** Treat people justly and you would treat anyone else.
- 4) **Benefit of the Doubt:** Treat people as trustworthy.
- 5) **Accountability:** Take responsibility for your own actions.

Then Dr. Hicks went on to list the ten Temptations to Violate Dignity, which include these five:

- 1) **Taking the Bait:** Don't let bad behavior of others determine your own.
- 2) **Saving Face:** Don't lie or deceive yourself. Tell the truth about your actions.
- 3) **Avoiding Conflict:** Don't avoid confrontation when your dignity is violated
- 4) **Blaming Others:** Don't blame or shame others into deflecting your own guilt.

According to Dr. Hicks, the desire for dignity is universal and powerful. It is the motivating force behind human interaction in families, in communities, in the business world, and in relationships at the international level. When dignity is violated, the response is likely to involve aggression, even violence, hatred and vengeance. On the other hand, when people treat one

One last thought from Dr. Hicks. With alternatives to forgiveness, so both sides can repair the relationships without losing their own dignity in the process may be the path to healing. As Dr. Hicks illustrates, if dignity tears us down, dignity can build us back again. Oh, if only that were true for this crazy world to be a saner place.

Join Mary Jane for the KAHN Noon News Monday-Friday and then again for POPPOFF 10 PM-Midnight.

Exclusive Extras!!

CRUISES ETCETERA

Royal Caribbean INTERNATIONAL

Cruise with Radio/TV Host Mary Jane Popp
March 3-10, 2012

7-Night Western Caribbean Cruise
from New Orleans to
Cozumel - Cayman Islands - Jamaica

From \$599*
 pp/dbl *cruise only
 Add \$76 tax

cst 2004879-10

Call CRUISES ETCETERA 916-721-9202
 6921 Greenback Lane, Citrus Heights, CA

Limited Space!!
Call Today!!

www.CarmichaelTimes.com



JAMES L. STIRTON
DOCTOR OF CHIROPRACTIC

Sacramento's Premier Mobile Chiropractic Provider

STIRTON MOBILE CHIROPRACTIC

OPTIMAL PERFORMANCE FOR LIFE
 COMMITMENT TO YOUR EDUCATION AND TO THE BEST HEALTH CARE
 SERVING SACRAMENTO AND SURROUNDING AREAS
 MONDAY TO FRIDAY 8AM - 8PM
 WEEKEND AND EMERGENCY APPOINTMENTS
 AVAILABLE WHEN MOST CHIROPRACTORS AREN'T

Stirton Mobile Chiropractic PO Box 278282
 Sacramento, CA 95827-8282 • Office (916) 825-3140

Body Healing Center

Massage for Men and Women

Grand Opening Special!

Foot Massage Therapy	\$20.00/Hr.
Foot & Back Massage Therapy	\$30.00/Hr.
Deep Tissue Body Massage Therapy	\$45.00/Hr.

916-944-8777

7735 Fair Oaks Blvd.
Carmichael, CA 95608

Appointments or Walk-ins Welcome (Near Lido Cafe)

All Roads Lead to An Epic Journey at



STIMULATE Your Mind

DEVELOP Your Spirituality

FIND Your Passion



FALL QUARTER CLASSES BEGIN IN AUGUST 2011

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



Riley Reviews

PITT AT THE HELM, "MONEYBALL" HITS A FANTASTIC GRAND SLAM

the Oakland Athletics 2002 season. But that's of no concern here.

The film is based on Michael Lewis' nonfiction book "Moneyball: The Art of Winning an Unfair Game," which extolled cash-poor Oakland's ability to compete with rich, big-market teams.

In certain respects, "Moneyball" is a Cinderella story set on a nicely trimmed field of dreams, except that baseball fans know that Oakland hasn't won a World Series since the showdown with the Giants during the 1989 earthquake.

The story of hope is fueled by

Oakland's General Manager Billy Beane (Brad Pitt), a free thinker not constrained by the conventional wisdom of baseball.

After the witnessing the failure of his team to beat the Yankees in a 2001 playoff series, Beane takes it upon himself to develop new strategies.

Prior to the start of the 2002 season, on a trip to visit his counterpart at the Cleveland Indians to discuss trade options, Beane meets nerdy young assistant Peter Brand (Jonah Hill).

Beane is impressed by Brand's mastery of numbers and a method of statistical analysis known as sabermetrics to determine which players are undervalued.

With Oakland's inability to keep star players like Jason Giambi, Johnny Damon and Jason Istringhausen, Beane realizes he must approach the game from a different angle.

Some of the film's most amusing dialogue occurs when Beane introduces Brand to a roomful of grizzled, aging

scouts who only value gut feelings and information about the players' personal lives to judge their baseball potential.

The Yale-educated Brand, with a degree in economics, is dismissed out-of-hand by the old-timers when he suggests that on-base and slugging percentages are determinative of a player's ultimate performance.

The early stages of the baseball season are not very promising, starting with an effort to convert ailing catcher Scott Hatteberg (Chris Pratt) into a first baseman.

Even if you can't root for the Athletics, the true baseball fan will ache when the team struggles to get its footing, falling behind in its division.

However, you can root for Billy Beane and his young protégé as they cope with the doubters in their own organization, including the grizzled manager Art Howe (a superbly crusty Philip Seymour Hoffman) who despises the math-driven method of playing ball.

For a movie about baseball, most

of the action takes place off the field. Primarily, it's about the brilliant dialogue and attempts for Beane to find redemption.

"Moneyball" is, at its core, focused on Beane's checkered history with the game and his desire to fulfill a dream that eluded him during his playing career.

Flashbacks to Beane's youth, when he was scouted by the New York Mets, tell a story of a young man's wish to excel at the game even though he was wrongly overvalued as a potential player.

That Beane did not rise to the level of expectations that were held for his career as a player is a motivation for his yearning to manage his way into a contender.

Never fear that talk about statistics and players' skills dulls the story into a dreadful morass that could only entertain the devotees of statistician Bill James.

Dealing with the intransigence of his team manager Art Howe, Beane is

nonetheless confident in his approach. Part of the fun is watching him maneuver around the game's dinosaurs.

Any sports movie requires the feel-good moments that define the genre. That comes with the incredible game-winning streak late in the 2002 season, when the Athletics set the AL record for winning 20 straight.

Winning is not the only thing, though. The story also triumphs when Beane finds washed-up or undervalued players who surprise the baseball world by their forgotten talent.

Another terrific aspect to "Moneyball" is the pleasing relationship that Beane, a divorced father, has with his young daughter Casey (Kerris Dorsey).

In baseball parlance, "Moneyball" hits a grand slam, the highest score you can obtain in one at-bat. Not just a great baseball movie, this is a winner for story, character and dialogue — all things that should matter.

COFFMAN'S FURNITURE GALLERY

Carmichael's Premier Sleep Center

MATTRESS SALE

Cannon MEDI PEDIC 1000 Pillow Top • 5 Yr Warranty Queen Set.....\$299 Twin Set.....\$219 Full Set.....\$269 King Set.....\$499	Spring Air CONOVER Plush • 5 Yr Warranty Queen Set.....\$399 Twin Set.....\$279 Full Set.....\$339 King Set.....\$559	Englander TOWNSEND Pillow Top • 10 Yr Warranty Queen Set.....\$499 Twin Set.....\$389 Full Set.....\$439 King Set.....\$699	Spring Air DESTINY FIRM 10 Yr Warranty Queen Set.....\$599 Twin Set.....\$399 Full Set.....\$499 King Set.....\$899
Englander REPOSE LUX. FIRM 15 Yr Warranty Queen Set.....\$699 Twin Set.....\$529 Full Set.....\$599 King Set.....\$969	Englander ENHANCE PILLOW TOP 15 Yr Warranty Queen Set.....\$799 Twin Set.....\$619 Full Set.....\$699 King Set.....\$1069	Easy Rest PREMIUM MEMORY FOAM 10" Supreme Queen Set.....\$799 Full Set.....\$669 King Set.....\$999	Bella-Pedic ITALIAN MEMORY FOAM 10" Bellisima Queen Set.....\$899 Full Set.....\$799 King Set.....\$1099

FREE 2 Bed Pillows
When You Buy Queen Set

RECLINER SALE

Baby Bear Chaise Recliner Microfiber Fabric \$229	Mama Bear Chaise Recliner Microfiber Fabric \$279	Papa Bear Chaise Recliner Padded Microfiber Fabric \$399
--	--	---

Several Fabrics to Choose From

SOFA SALE

Dallas Sofa & Loveseat USA Mfg. Local Your Choice of 17 Colors \$599	Sierra Sofa & Loveseat USA Mfg. Local Your Choice of 7 Colors \$599
---	--

FREE Rug
40 X 22 Bamboo
With coupon & 1 Purchase

CATALINA
Twin/Twin Bunk Set
Includes 2 Mattress (Cannon)
\$399 Set

6443 Fair Oaks Blvd. 916-482-9663
@ Marconi • Carmichael Hours: Mon-Sat 10am-6pm • Sun 11am-5pm

Sale items limited to stock on hand. Images used for representation purposes only, actual products may vary. We reserve the right to correct printed errors. Sale prices do not apply to previous purchases.

Get Mountain Lions Single Game Seats for \$15 or Season Tickets for as low as \$45



Saturday, September 17 vs. Las Vegas Locomotives - 7:30pm

Coastal Light Entertainment Stage Presents: Mick Martin & The Blues Rockers - 4:30pm Tailgate Party

Saturday, October 1 vs. Omaha Nighthawks - 4pm

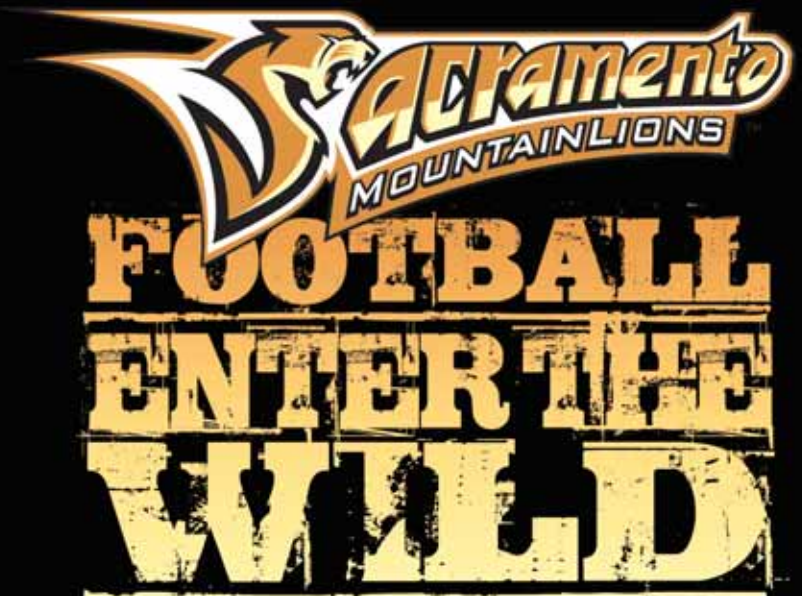
Coastal Light Entertainment Stage Presents: Walking Spanish - 1pm Tailgate Party

Saturday, October 15 vs. Virginia Destroyers - 4pm

Coastal Light Entertainment Stage Presents: J. Gib & Simps Da 45 - 1pm Tailgate Party

Tailgate Party starts 3 hours prior to kickoff! An amazing Fan Fest before each game to enhance the tailgating atmosphere, live music, bounce houses, fire dancers, mascots, and so much more!

Games played at Hornet Stadium, California State University, Sacramento

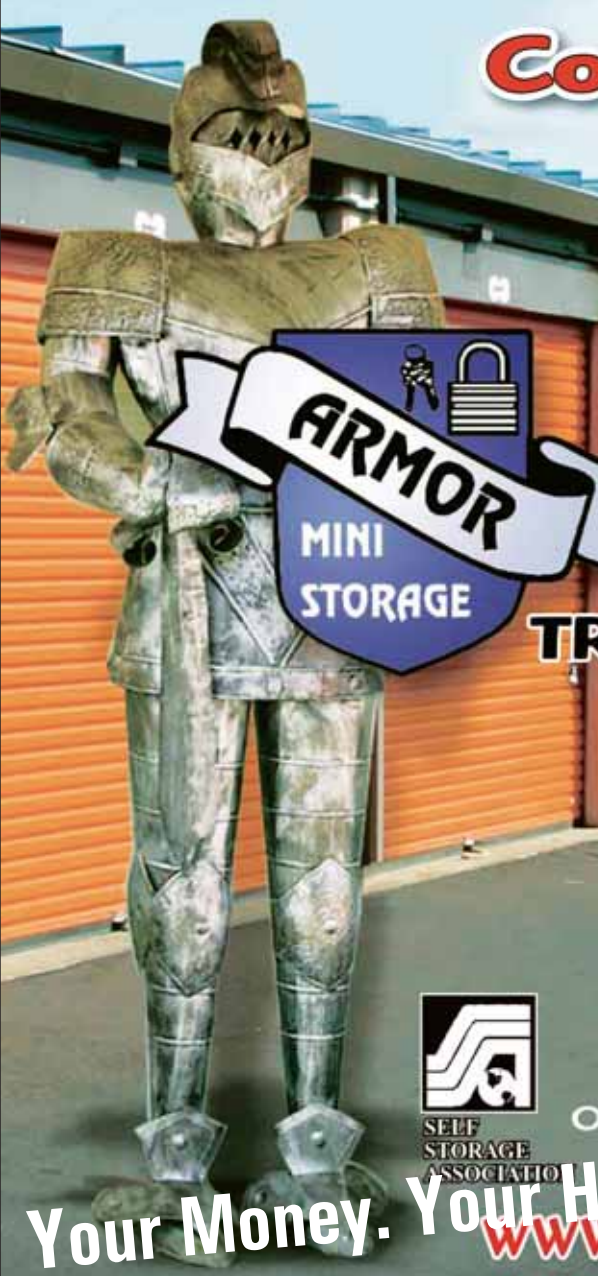


GET YOUR TICKETS TODAY
Call 916.383.5466 or visit
www.sacmountainlions.com



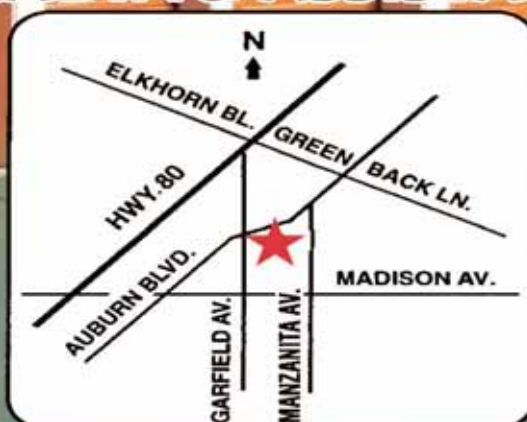
Conveniently Located on Auburn Blvd. Between Manzanita & Garfield

NEED STORAGE?



ARMOR
MINI STORAGE

e-BAY TRADING ASSISTANT



Office Hours: Mon-Sat 9-6 • Sun 9-4

ARMOR
MINI STORAGE

Since 1980

Computer Gate Access
6am-9pm 365 Days A Year

Quality Customer Service
Recorded Video Surveillance
Competitive Rates
Daily / Monthly / Annual Rentals
Easy Drive-Up Access
Professional Resident Managers



916-332-6455

5714 Auburn Blvd., Sac 95841

Your Money. Your Home. Your Life.
www.armorministorage.net

