Carmichael Times



Rosewood **Nursing Facility** Recognized **Nationally**

Page 2



Chiropractic Help for "Extremity" **Adjusting**

Page 4



Riley Review: Epidemic Fear Goes Viral in the Thrilling "Contagion"

Page 5

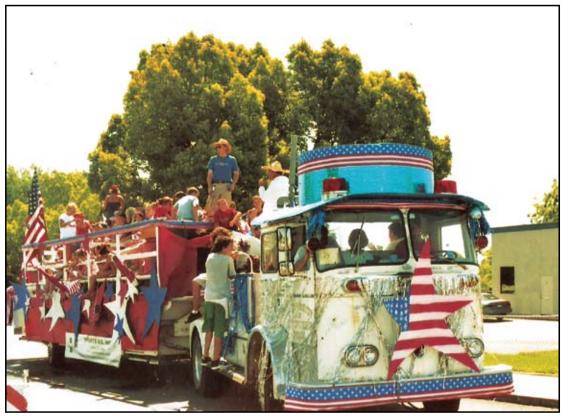
Change Service Requested

Volume 31 Issue 37

Serving Carmichael and Sacramento County since 1981

September 14, 2011

Old Roy: A Carmichael Tradition



Old Roy, a Carmichael favorite, is looking for a new home. Photo provided by Patrick Haley.

By Leslie Carrara

Carmichael - He's very big. He knows the streets of Carmichael pretty well. He's been a fixture in the Carmichael Fourth of July Parade for the last four out of seven years. And he's for sale.

'Old Roy', affectionately named

a 50-foot long white fire truck. His owners, long-time friends Pat Haley, 61 and Bill Horton, 60, both of Carmichael, don't have kids at home anymore to rock and roll on the parade route, and he has brought them both wonderful memories.

"We used it for the El Camino High School Student Government

Parade," Haley Homecoming reminisced.

Horton said it was a fluke how they ran into Old Roy. The University of California at Davis had the truck for sale and Haley's father wanted a float in the parade. The two friends bought it in 2004 and they would like to see it stay right here.

At his peak, decorated Old Roy Pat at (916) 835-0728.

carried 85 kids on the parade route, all the while shooting water canons spraying the crowd in sync with the music and blaring rock, blues and patriotic tunes for all to see and hear. Haley explained that the kids on the truck were theirs, as well as students from Mission Avenue Elementary School, all dressed in red, white and blue. "Our kids are grown and gone." he said. "We want to keep it in the Carmichael parade. We are trying to sell it locally."

Old Roy has been used for fundraisers as well, including for the Eastern Little League.

Built in 1967, this Seagrave truck has scaffolding on it to seat up to 80 people, as well as water canons.

"We see so much potential for it here in the community," Horton said. "It's a real sentimental thing. We don't want to see it rot."

The friends would like to see someone to either buy Old Roy outright and keep him in Carmichael or possibly a benefactor who would provide the cash for upkeep and storage. In return, Haley and Horton would remain on and help as much as possible. The benefactor, of course, could use the truck for parades, school functions, benefits, as a home for a Dalmation or racing to a pretend fire to show off for loved ones. "We are looking for ideas to keep it locally," Horton added. If you are interested in purchasing, being a benefactor or have any ideas about who could use the truck, call

Gasoline 92 Cents Per Gallon Higher Than One Year Ago a drop in wholesale gasoline prices,

Sacramento Region (report for the week of September 12th) - Average retail gasoline prices in Sacramento have risen 1.4 cents per gallon in the past week, averaging \$3.86/g yesterday. This compares with the national average that has fallen 0.1 cents per gallon in the last week to \$3.66/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 92.2 cents per gallon higher than the same day one year ago and are 19.2 cents per gallon higher than a month ago. The national average has increased 5.1 cents per gallon during the last month and stands 93.3 cents per gallon higher than this day one year ago. "Late last week we started to see

and I'd hate to see the market move higher in the days ahead, negating any expected drop in retail prices,' DeHaan adds. Source: GasBuddy.com operates over 200 live gasoline price-tracking

which is the price stations pay. Such

news means the national average may

begin moving lower," said Patrick

DeHaan, GasBuddy.com Senior

Petroleum Analyst. "While I'm

hopeful we'll start to see lower retail

gasoline prices in the days ahead,

we have seen considerable volatility

websites, including SactoGasPrices. com. GasBuddy.com was named one of Time magazine's 50 best websites and to PC World's 100 most useful websites of 2008.

Sac Metro Fire Responds To Multiple Arson Fires



Sacramento Region – (Sept. 10th) At 11:15am Sacramento Metro Fire responded to the report of multiple grass fires along the American River Parkway in the area of River Bend Park. Firefighters arrived and could see three separate fires in the same area quickly growing, all in dense dry brush. Metro fire's helicopter arrived and reported additional fires in the same area all between

Hagan Park and River Bend Park. Additional fire units were dispatched. It took twelve grass fire vehicles, a helicopter and dozer to contain all the fires. The final count of fires was believed to be between seven and nine separate sets. There were no injuries reported, structures damaged or structures threatened. In all, 19 acres were burned. The area burned is a nature area along the American River between the river and the bike trail.

Witnesses reported seeing a male adult in the area. He was reported wearing a grey long sleeve shirt, grey pants and riding a ten speed bike. He is a person of interest in the fires. Witnesses can call 916-859-4300 with any information.

Carmichael Native and Acclaimed Journalist **Lisa Ling Scheduled for Lecture Series**



Lisa Ling, a former Carmichael resident, Del Campo alumni and acclaimed journalist.

Sacramento Region – Lisa Ling, a former Carmichael resident and Del Campo alumni, is just one of the six nationally acclaimed superstars coming to Sacramento. Ling is set to appear in at the Community Center Theater in Sacramento. She will be apart of the Sacramento Speakers Series 2011-2012 season line-up. The series gives Ling the opportunity to lecture about her life experiences in addition to answering questions from the audience during the open forum discussion.

Ling's expertise, honesty, knowledge and personality are just a few of the characteristics that stood out to Attorney Mitchell Ostwald, current owner of the Series. Mr. Ostwald states, "I greatly value Ms. Ling's desire and passion to expose the truth in various communities around the world. The Series greatly welcomes Ms. Ling and the nationally renowned speakers this season." Ling has been nominated for several Emmy awards over the past 11 years. She has been a field correspondent for the Oprah Winfrey Show and will currently is host on "Our America with Lisa Ling" on the Oprah Winfrey Network.

The Sacramento Speakers Series is a community lecture series. The Series promotes free speech and an open forum of important issues. These issues are discussed and debated between the nationally acclaimed speakers and patrons of the Series. "Ostwald describes the Series as "an extraordinary community experience. It gives our patrons an

opportunity to hear about a variety of topics from influential and renowned speakers." The speakers are chosen on the basis of their career achievements, and unique expertise in their particular field of endeavor.

This seventh season of the Sacramento Speakers Series, Mr. Ostwald and Mr. Brothers will welcome six prominent and astounding speakers, including David McCullough, David Gergen, Condoleezza Rice, Richard Roeper, Peter Greenberg, and Lisa Ling. The season will open October 11, 2011 and finish April 3, 2012, with roughly one engagement per month.

For further information, please contact: The Sacramento Speakers Series at (916) 388-1100

Huber to Host Women's Health **Conference**

Sacramento Region - Assemblymember Alyson Huber, in partnership with Hadassah Sacramento, invites residents in the Sacramento region to attend a Women's Health Conference on October 6th. The conference will be focused on healthy eating and living.

The conference will feature expert speakers who will address all aspects of the role good nutrition and healthy eating plays in our overall well-being. Scientific and medical explanations of the impact of food on our bodies will be presented by Dr. Preston Maring, from Kaiser Permanente. Practical information will be presented on how to buy and prepare food to optimize heath, including information from Soil Born Foods on growing your own garden and buying local, organic foods. A yoga session to assist with stress reduction will also be held.

Exhibitors on hand to provide information include health and

community organizations and insurance providers. The Healthy Women Healthy Lives conference is named after Sima Spector, a local health

advocate who worked tirelessly to

educate women about their well being. She spearheaded and directed the Conference under the auspices of the Hadassah organization. She was killed by a drunk driver in 2006.

For more information or to RSVP visit www.asm.ca.gov/huber or call (916) 464-1910. There is no charge to attend and healthy dinner is provided.

Healthy Women, Healthy Lives -Eat Well to Be Well

Thursday, October 6th, 2011 Doors open at 4:30 p.m. Conference Program 5:30 p.m. - 8 p.m. Rancho Cordova City Hall 2729 Prospect Park Drive, Rancho Cordova



link to our online edition!

Broadway Babies Star in Fair Oaks Season



High steppers. The Best of Broadway production showcases talents of scores of singers and dancers. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Fair Oaks - Beginning a 2011 season this month in Fair Oaks Village amphitheater (7991 California Ave), The Best of Broadway's "Musical world" revue will parade sequins, feathers and rhinestones by the bucket load. Opening night is Friday, September 16.

The annual show gives exposure to undiscovered talent of the Sacramento area.

A Sacramento tradition begun 38 years ago by director David L. MacDonald, the series owes its sparkle to over 120 volunteer

dancers and singers. Scores of costumers and technicians augment the formidable labor force. A live band and the attraction of entertainment under the stars make the annual review a must-see for musical theater lovers.

The Fair Oaks Theater Festival is co-producer. Shows are on on Fridays, Saturdays and Sundays until October 2. Tickets are \$20, with discounts for seniors, students and children. For booking information, go to www. bestofbroadway.org. Audience walk-ins are welcome. All shows begin at 7.30 p.m.

www.CarmichaelTimes.com

Carmichael Times Page 2 **September 14, 2011**

Rosewood Nursing Facility Recognized Nationally



By Leslie Carrara

Carmichael - A Carmichael based Skilled Nursing Facility (SNF) was recently recognized nationally, receiving an award for the level of care they provide to patients.

Rosewood Post-Acute Rehab, located at 6041 Fair Oaks Blvd., received the US World and News Best of the Best award for 2011, with a Medicare five-star rating and overall rating in the upper five per cent in Skilled Nursing Facilities nationwide. The facility has been recognized as a five-star facility since it opened four years ago. It was

Sacramento Region - The Friends

of the Sacramento Public Library are

sponsoring a big Warehouse Book

Sale on two consecutive Saturdays,

October 1 and October 8. Public sale

hours will be noon to 4 pm on October

1 and 9 am to 4 pm on October 8. 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 only SNF in Sacramento County to receive this honor.

Assistant Administrator Debi Moroles said that they wanted to commend their staff. "They do such a good job," she said.

The 112-bed facility is primarily a short-term rehabilitation center, with the average patient staying 25 days. They specialize in neurological, orthopedic and complex medical

Administrator Kyle Dahl, 41, said that one of the areas that makes them unique is because three out of four licensed nurses are Registered

Friends of the Library to Host

Fall Warehouse Sale

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 just south of 14th

Avenue. More than 70,000 paperback

and hard-bound books, videos, books

on cassette and more will be sold at

prices ranging from \$.50 to \$2.00.

All proceeds, after expenses, benefit

the Sacramento Public Library.

Senior Homecare By Angels.

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

Nurses. "We have a great group of qualified staff, he said. "We consider ourselves in the hospitality industry," The facility offers LCD televisions and telephones at bedside, as well as offering internet services and Starbucks coffee each morning for

"We are the transition to home," Moroles added.

The SNF has contracts with Sutter Hospitals, UC Davis Medical Center, Veteran's Administration, Mercy Hospitals, Hill's Physicians and holds a custodial contract with Kaiser as well. They accept Medicare and Medi-Cal, as well as most private insurance.

Another unique feature is that they don't downgrade on items to save money. The provide Crest and Colgate toothpastes and offer a nicer quality of towels and sheets than most facilities, according to Dahl.

However, perhaps the most identifying feature of their uniqueness is that they have a "physiatrist" (rehabilitation doctor) who interacts and meets with the social workers, case managers and nursing staff until the patient is discharged, Dahl said.

Dahl, a cancer survivor, comes from a clinical background and has worked in administration for 12 years, 10 years with this company. Also, he is a gerontologist, which is the study of aging.

The Medicare 5-star rating system is based on three criteria, according to the website www.medicare.gov. They include health inspections, staffing and quality measures.

Rosewood also provides hospice services.

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, with most books priced at

\$3 and up. The Book Den is regularly

open Thursday through Saturday from

9 am to 2 pm. Book donations are

welcome. For more information call

916-731-8493 or email fspl@att.net.

Select Your Caregiver.

Up to 24 Hour Care

 Meal Preparation • Errands/Shopping

Hygiene Assistance

Low Hourly Rates

 Medication Reminders Respite Care for Families

Temporary/Long Term

Schedule an appointment now for a FREE

In-Home Assessment

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

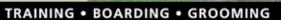
In-home boarding is limited to only three "guest dogs" at a time. Your pet will enjoy plenty of room to play in our shady, safe yard or relaxing inside! All-inclusive rates.

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!





www.becauseofdogs.com Bonded and insured, located in Carmichael

Call Carol at 916-488-7819

Thank A Veteran Today



6th Annual Fair Oaks Chicken Festival

Saturday, Sept. 17th

10am - 6pm Fair Oaks Village

FREE GENERAL ADMISSION

- · Old Fashioned Country **Breakfast 8am-11am**
- · Kid's Park Unlimited Wristband - \$5
- Quality Crafts and
- Microbrew Beer Tasting 11:30am-5:30pm



For more information visit www.fairoakspark.org



Live Entertainment:

Mumbo Gumbo Lightning Hand Band Endangered Souls • Hired Guns

Proudly Sponsored by:







Leonard W. Atkinson & Associates Tax and Bookkeeping Consultants







\$40 Off \$200 off live-in service hourly service Offer applies after first 30 days of service.

www.visitingangels.com/sacramento

Each Visiting Angels agency is independently owned and operated.

Visiting Angels

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).

Graphics & Layout

Paul V. Scholl • Perry Hartline • Marion Solo Ken Pogue • Max H. Peters • Lisa Taylor Banerjee Designs • Stump Removal Graphics

Contributing Writers

Advertising Sales

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

Distribution Assistant Gabriel Scholl

Nicholson & Olsen CPA Accounting Web Master RJ at thesitebarn.com • JWS Promotions • Mikahn Design News Services

Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precis Syndicate • Blue Ridge Press • ARA Content California News Service • Family Features • WorldNetDaily

Photography Amanda Morello • Susan Skinner Member of Carmichael, Citrus Heights, Fair Oaks,

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











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.



Complete Collision Repair

Free Estimates

24 Hour Towing

We Work with All **Insurance Companies**

Meet By Accident"

Instant Rebate

towards your **DEDUCTIBLE**

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires September 30, 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. Cou-pon must be presented upon authorization. Limit 1 coupon per customer. Not valid with any other offer. Expires September 30, 2011.





6801 Fair Oaks Blvd • Carmichael, CA 95608 Phone 916-339-1776 • Fax 916-339-1700

Email: info@aebodyshop.com • www.aebodyshop.com

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



California Institute **Jewelry Training**

Carmichael, California

Jewelry Gallery & School Offering Jewelry Design, Gemology & Appraisal - Open to the Public.

Call about 2011 Classes



916.487.1122 www.jewelrytraining.com



5805 Windmill Way and Manzanita, **Across the street from Windmill Nursery & Kelly Moore**

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.



...a way to give and to receive®

Shopping

Yard Work

Doctor Appointments

Handyman Services

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
 And More!
- Transportation

Call us today.

Like getting a little help from your friends™.

916-372-9640



Visit us at Sacramento's Loehmann's Plaza

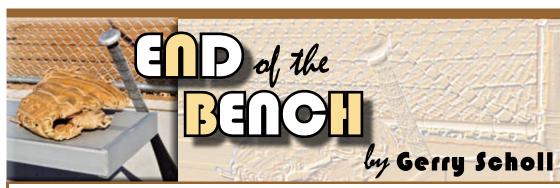
Free Self-Service Solar Pet Wash!

plus: 20% off

your entire purchase of food & supplies



Loehmann's Plaza 2531 Fair Oaks Blvd • (916) 487-9999 Store Hours: Monday-Saturday: 9:30am - 8:30pm Sunday: 10am - 6pm * Good with this ad only at our Sacramento store. **Cannot be combined with our Buy 3 get the 4th Free or any other offer. Limit 1 per family. Expires 10/17/11. cr



Too Much Ain't Enough --- Or Is It?

Football, football and more football. And more and more football. How much can a person take in?

With the college season in its second week and the NFL season openers added to the agenda, the past weekend was the first of many potential "couch potato" sessions. But who can really get away with that anymore? If you can you must be the exception rather than the rule.

Myself, I have to be careful not to use the "I'm workin' here" line too

For real football fanatics too much ain't enough. For many of their mates and other family members — enough is enough!

My mate can't seem to take football at all anymore. She's developed an aversion to the violent nature of the game and a no-tolerance attitude toward the incessant preening, posturing and other assorted extraneous behaviors of the players. I take all that stuff in stride in the names of sport, competition, gamesmanship and entertainment.

But her outlook is sure to make my job here a little more difficult. I'll have to pick my spots — a lot of spots — to keep up on all the grand old games on the sly. I'll have to do a lot of recording and catching up later to keep up with football current events when nobody's around to be bothered. (Sound familiar?).

I've been feeling a little down lately — following the San Francisco Giants late-season splash down from their World Series Champions orbit. Losing way too many times to the likes of the Pirates, Astros, Padres and the despicable Dodgers, while watching the front-running Arizona Diamondbacks win from behind time after time, the hopes of a Giants miracle finish has all but disappeared. They seem to be in that "wait till next year" mode. Just so it isn't "wait fifty-something years."

The start of football season is a welcomed change of direction. Which brings me to the 49ers, who are changing course with new head coach Jim Harbaugh. The Niners got off to a fast start in one sense, when Ted Ginn's change of direction on the first of his two kick returns for touchdowns proved to be the turning point in S.F.'s 33-17 victory at home over the Seattle Seahawks. Had to watch that one, of course.

The 49ers built an early lead behind special teams and strong defense, featuring a revamped secondary (a new foursome compared to last year's opening lineup). When hoping-to-be-born-again quarterback Alex Smith ran for a TD and a 16-0 halftime lead, he received a big bear hug on the sidelines from Harbaugh. I'll bet that's the only hug he's ever gotten in all his years as a 49er. It's a start for Alex.

In perspective, it was a good win over a lousy team. It was just the first step in convincing the fans that the 49ers aren't still one of those lousy

Getting back to the TV schedule, Saturday there were 28 possible choices for viewing in the college listings. It'll be like that every week. That's when the picking and choosing

www.CarmichaelTimes.com

comes in. I usually eliminate games between "directional" schools — like Eastern Illinois vs. Northwestern (the Wildcats beat the Panthers, 42-21; can you tell me which is which?).

I like to focus on the California teams and the Pac-10 ('er Pac-12). My first preference is Cal's Golden Bears. After opening with a decisive win over Fresno State, Cal went to Colorado and won, 36-33, in overtime. Very exciting. I missed the OT because my recording ran out. Damn. Cal hosts Presbyterian next week. I think I'll watch something else...

I caught a little of Fresno at Nebraska and Utah at USC. With the Trojans on probation their games are going to be missing something, so I gave up on that one. Really sorry I didn't tune in on Michigan's 35-31 thrilling win over Notre Dame. Can't catch them all, and I better not try or there could be trouble.

To be honest, the most exciting thing I watched last weekend was the semi-final classic in U.S. Open Tennis, as top-seed Novak Djokovic overcame two match points for the great Roger Federer to win in five

"You're watching tennis?" she

"Yeah. And it's great," I replied. Nowadays with the revenue bonanza that football on television is, there seems to be a game on almost any day, any time. Careful planning is the key.

Let's see. There's a game on between Wossamotta U. and Sorry State. I better skip that one and do

Dr. Bob Graykowski



You may know that chiropractors are specialists at spinal disorders. But did you know that the doctors of chiropractic are expertly trained at addressing conditions affecting the limbs as well?

We at Chiropractic USA, focus on restoring proper alignment to joints particularly those in the spine. Joints in this critical area are referred to as intervertebral joints.

Like the joints of the spine, joints in the limbs (also known ass extremities) can move slightly out of alignment. This is of particular concern for individuals who engage in repetitive movements. For example, people whose work requires repetitive gestures – such as sewing or hammering - frequently suffer from wrist or elbow pain. Individuals whose work requires long hours on their feet – such as restaurant wait staff - often suffer from knee and ankle problems.

At Chiropractic USA, we understand how everyday activity and trauma disrupts the natural balance of extremity joints - and how to restore them to optimal functioning. Treatment consists of specialized maneuvers developed expressly for each joint's unique structure. These maneuvers are known as extremity adjustments. In addition to adjustments, doctors of chiropractic often recommend exercises, nutritional therapy and physiotherapy regiments for patients battling joint discomfort.

Ankle Answers

According to a recent study, adjustments to the ankle encourage speedy healing of sprains. The investigators evaluated 30 patients with subacute and chronic grade I

What is Extremity Adjusting?

and grade II ankle inversion sprains. Half received a placebo treatment (five minutes of ultrasound therapy with the ultrasound turned off). Treatment lasted four weeks and consisted of up to eight visits.

Compared with the placebo group, subjects who underwent adjustments enjoyed more improvement in measures of pain reduction, ankle range of motion and ankle function.

Gnarly Knees

When the knee joint is out of alignment, the kneecap (patella) may be thrown slightly off track during walking and other activities requiring the knee to bend. One study demonstrated that not only can chiropractic adjustments subdue knee pain; they also help restore proper tracking to the kneecap.

Another scientific report reviewed a case of knee pain that afflicted patients for five years. According to the study, chiropractic adjustment of the tibiofibular joint "resulted in immediate and dramatic relief of symptoms."

Elbow Issues

Adjustments appear similarly effective in quelling "tennis elbow" (lateral epicondylitis) researchers report. One scientific case study examined a 45-year-old woman with elbow pain triggered by repetitive work activities. A course of chiropractic adjustments to the elbow joint ended the woman's pain and increased motion to the joint (J Manipulative Physiol Ther 2000)

Shoulder Solutions

Chiropractic care has proven affective for mitigating shoulder pain: even in patients who have had unsuccessful shoulder surgeries. One case study looked at a professional hockey player with pain and instability in his left shoulder. The player had undergone two operations that failed to provide lasting results. In contrast, chiropractic care significantly improved the player's condition. (J Manipulative Physiol Ther 2001)

Wrist Worries

A growing body of research indicates that chiropractic care is a winning solution for wrist pain due to carpal tunnel syndrome (CTS). In one experiment, doctors at North-

western College of Chiropractic in Bloomington, Minnesota, followed 96 individuals with CTS. The patients received either medical or chiropractic intervention. Medical treatment consisted of ibuprofen medication and nighttime wrist supports. Chiropractic care included adjustments to the wrist and spine, ultrasound therapy and nighttime wrist supports.

Findings showed that the drugfree chiropractic approach was as effective as medical treatment, without the potential hazardous side effects of painkillers (J Manipulative Physiol Ther 1998)

It's All Connected

In patients with extremity joint problems, care involves uncovering the underlying causes of the disorder. As holistic care practitioners, doctors of Chiropractic never consider any condition in isolation. Instead, they acknowledge the interconnection of the body's structures and the link between mind, body and spirit.

Because the skeleton works as a unit, problems in limb joins frequently affect the spine and visa versa. That's why chiropractors often examine the spines of patients suffering from extremity disorders for signs of vertebral subluxation.

If you have pain or restricted movement in any extremity, schedule an appointment with your doctor as soon as possible. Ignoring pain or dysfunction is like ignoring your smoke detector. Heed your body's warning system - today - and correct the source of your disorder the natural, drug-free way. 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

Dental Resources at your Finger Tips!



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

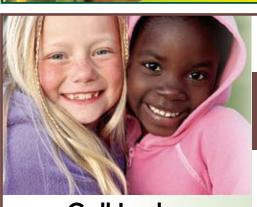
Visit First 5 Sacramento's dental website at:

www.First5SacDental.org

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







Call Lenka (916) 338-7156

Foster Care

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

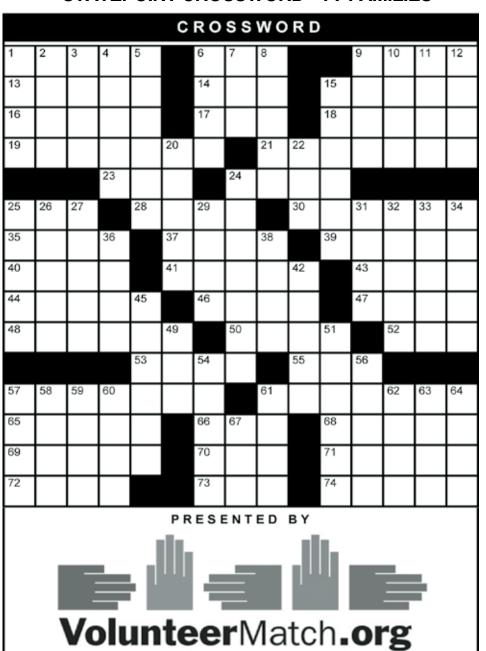
We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.





CALL 773-1111 TO ADVERTISE

STATEPOINT CROSSWORD • TV FAMILIES



© StatePoint Media

ACROSS 1. Divisions of a family or

6. Threat to illegal aliens 9. Greek goddess of youth,

- wife of Hercules 13. Whitman's famous flower
- 14. *Homer Simpson's exclamation
- 15. Craze
- 16. Pleasant odor 17. Spermatozoa
- counterpart
- 18. Tear-jerker 19. Treat cruelly
- 21. *Nora plus 5 kids
- 23. CD-24. Among
- 25. Adam's famous part 28. Often served hot with
- 30. Relating to skin
- 35. *The Formans' son on

9

8

2

3

- "That '70s Show" 37. *The Cunninghams had 39. *Dora the Explorer's
- only one on "Happy Days"

CLUES

Where volunteering begins.

40. Actress Sofer's given 41. "Or else" in music

- 43. Mountain goat terrain 44. Render harmless
- 46. Upper layer of earth's crust
- 47. "The Simpsons" palindrome 48. *Ozzie or Harriet
- 50. *Where Stewie sleeps on
- "Family Guy" 52. Buddhist doctrine
- 53. Done before wash?
- 55. Xanthan
- 57. *Jim Bob and Michelle plus 19 kids
- 61. Make one a sir, e.g.
- 65. Embryo cradles
- 66. Pen 68. Slobber

SUDOKU

PRESENTED BY

VolunteerMatch.org

Where volunteering begins.

4

5

6

2

4

- 69. Frantic 70. Under the weather
- 71. Churchill/Roosevelt/ Stalin meeting site
- 72. Throat-clearing sound

73. Tax helper 74. Sometimes used to describe dragon

- **DOWN**
- 1. Block
- 2. Irish name of Ireland 3. Walk, as through mud
- 4. Less wild 5. *Lynette and Tom plus 6
- 6. America's choice
- 7. Thanksgiving time 8. Medieval oboe 9. Beefcake
- 10. Fourth largest Great Lake
- 11. Uncouth person 12. European sea eagles
- 15. Bowed out, as in cards
- 20. Idealized image 22. Assistance
- 24. Plane discomfort 25. *Thomas family friend on

4

9

6

6

9

8

3

- "What's Happening!!" Holmes' romantic interest?

- 29. Mistletoe tradition
- 31. Puerto 32. *Fred or Ethel
- 33. Popular jewelry stone 34. Enter user name and
- password
- 36. Lightning McQueen movie
- 38. The one with pants on fire
- 42. Done to printer cartridge
- 45. Artwork of many pieces
- 49. Neither here 51. *Al and Peggy plus kids
- 54. Gelatin 56. No such thing as this type
- of victory?
- 57. Russian governmental
- 58. The Beehive State
- 59. DNA segment
- 60. Sinister
- 61. Singer Fitzgerald 62. Western cord necktie
- 63. Lesotho money 64. Distinctive elegance

Adler, Sherlock

For Solution See Page 7



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

6

8

5







CONTAGION (Rated PG-13)

After watching "Contagion," I may never again grab a fistful of nuts from a bowl sitting on a bar counter. It's also not a good idea to shake hands with a butcher.

Many life lessons are to be found in the scientific thriller "Contagion," the story of the fast spread of a deadly global plague. The well-known actors that play

pivotal characters are essentially accessory to the central story, and in some cases they prove expendable to boot. Gwyneth Paltrow's Beth Emhoff,

based in Minneapolis, travels the globe for her business. We spot her in Hong Kong, hobnobbing with executives at a party.

On her return to the States, Beth has a layover in Chicago, which has personal ramifications, but nothing central to the epidemic plot.

It's upon her return home to her husband Mitch (Matt Damon) and young son that Beth's health rapidly declines. She goes from feverish sweating to a brain hemorrhage and quick death in relatively short order.

Though the virus quickly takes the life of Beth and then Mitch's son, it appears that Mitch is somehow immune to the disease and maybe the same holds true for his older daughter.

Meanwhile, reports are coming in from around the world, from major metropolitan cities to provinces in China about a lethal flu-

The Center for Disease Control in Atlanta, supervised by Dr. Ellis Cheever (Laurence Fishburne), is the command center for coordinating emergency response teams

Riley **Reviews**

EPIDEMIC FEAR GOES VIRAL IN THE THRILLING "CONTAGION"

around the country.

Kate Winslet's Dr. Erin Mears is dispatched to Minneapolis to investigate the mysterious death of Beth Emhoff, the apparent first

On the other side of the world, the World Health Organization dispatches Dr. Orantes (Marion Cotillard) to Hong Kong, which is suspected as the point of origin for the fast-spreading toxic disease.

Back in the States, Dr. Cheever is put in the unenviable position of dealing with news media reports which call into question his integrity after it is learned that he advised his wife (Sanaa Lathan) to get out of Chicago before it is quarantined.

Adding to the public turmoil is the involvement of a popular but annoying blogger named Alan Krumwiede (Jude Law) who stokes fear and confusion with his unfounded conspiracy theories.

Is the rabble-rousing Alan serving a public purpose to alert everyone to the immediate dangers or are his motives steeped in opportunity to cash in for a big payday? It figures that he's based in San Francisco.

As panic takes hold, the inevitable chaos and mayhem follows. Looting and vandalism occur in markets and convenience stores. Riots break out when the government runs short on medical supplies. The nightmarish scenario seems all so plausible. Director Steven Soderbergh does

an excellent job of building tension with the lingering sense of trepidation that grips the public and medical community. Matt Damon plays a masterful

role as the persevering, resolute symbol of the common man trying to make sense of the world shattering and crumbling all around him.

As a matter of fact, CDC director Dr. Cheever and his staff are also doing their level best to race to find a cure amidst the usual bureaucratic bickering.

"Contagion" plays out a rather plausible scenario for a global pandemic, even if all of its parts are not entirely convincing. Moreover, it entertains as an unsettling medical thriller.

When somebody starts coughing in a nearby row at the theatre, you may find it sensible to think about moving away to a safe distance. Yes, "Contagion" should engen-

der panic, fear and loathing, and even hypochondria. In recent memory, we have SARS, the swine flu and bird flu to thank for that.

DVD RELEASE UPDATE

Since we are on the topic of thrillers this week, it is an opportune time to note that the actionpacked "Hanna" has been released on DVD and Blu-ray.

Saoirse Ronan stars as Hanna, a 16-year old girl raised in the desolate, icy wilds of Finland by her ex-CIA agent father Erik (Eric Bana) and trained to become the perfect assassin

Every moment of Hanna's childhood and adolescence has been spent building up the strength, stamina and survival instincts she needs to prepare for the day she must strike out on her own.

That day has now come; armed with the skillsher father has imparted to her and the mantra "adapt or die," Hanna must cross Europe and face her family's longtime enemy, lethal intelligence operative Marissa Wiegler (Cate Blanchett).

Both the DVD and Blu-ray feature an alternate ending and deleted scenes, along with commentary from director Joe Wright.

Naturally, the Blu-ray edition has more bonus features, including a look at the Chemical Brothers' creative process of writing and scoring all of the music in the film. In the spirit of Alan Krumwiede,

let me just say there is a conspiracy to put the better bonus features on the Blu-ray editions, so that you'll buy the more expensive product.



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

Windows ▲ Mirror & Screen

▲ Store Front

▲ 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

RESIDENTIAL • COMMERCIAL Togue's ₹ontrol Over 24 Year's A FREE ESTIMATE Experience Ken Pogue, Owner (916) 220-1055 **Licensed • Bonded • Insured**

poguespestcontrol@gmail.com

Defensive Driving Class for Military Retirees/Spouses

Our next defensive driving class will be held on 11 and 12 Oct 2011. Location is the Aerospace Museum of CA, 3200 Freedom Park Drive, McClellan Park. Classes start promptly at 0930 thru 1330 hrs

If you want to sign up, please come to our Office in the VA Clinic

at McClellan Park. We do not accept sign ups by telephone. If you are an AARP member, please bring your membership card with you. The cost is

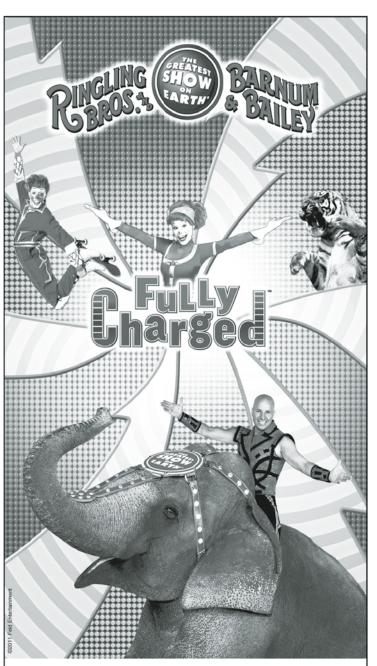
mem-bers pay \$14. Questions can be refer-red to our volunteer staff at 561-7476.



Miss / Teen Citrus Heights Scholarship Pageant **Additional Titles Awarded:** Miss/Teen/Mrs./Ms. & Pre-Teen **Greater Citrus Heights** Rusch Park • September 23rd • 7pm For more info or application call Mary Purvis 721-3824

or pick one up at the City Offices at Rusch Park

Carmichael Times Page 6 September 14, 2011



KIDS' TICKETS \$10! Limit four (4) kids' tickets per one (1) adult ticket purchased. Excludes Circus CelebritySM,

Limit four (4) kids' tickets per one (1) adult ticket purchased. Excludes Circus Celebrity Front Row and VIP seats. No double discounts. Additional fees may apply.

SEPT. 15 - 18

POWER BALANCE

Thu. SEPT. 15 * 7:00 PM

OPENING NIGHT
TICKETS HALF-PRICE!*

Fri. Sat. Sun.

SEPT. 16 SEPT. 17 SEPT. 18

11:00 AM

3:00 PM 1:00 PM

7:00 PM 7:00 PM 5:00 PM

Buy tickets at **Ringling.com**, **ticketmaster**Retail Locations, Power Balance Pavilion Box Office or call **1-800-745-3000**

Regular Ticket Prices:

\$14 • \$17 • \$23 • \$38 VIP • \$60 Front Row • \$90 Circus Celebrity Additional fees may apply. Limited Circus Celebrity, Front Row

and VIP seats available. Call or go online for details.

The Older Women's League (OWL)

and Gray Panthers of Sacramento

will hold a joint meeting September 24th to answer the guestion: "Will Social Security and Medicare be there when you need them?" Included in the meeting will be a representative from the volunteer organization HICAP, to discuss the options and sign-up procedures for Medicare, and a representative from the National Committee to Preserve Social Security and Medicare, who will describe what the group is doing to preserve these programs for upcoming generations and let you know how you can help.

Access Sacramento will film the meeting. The meeting will be at 10:30 AM at the Hart Senior Center, 915 - 27th Street, (between I and J Streets) Sacramento. There is no charge and it is open to the public.

For further information: (916) 921-5008 or margiemetz@hotmail.com.

Sheriff Community Meeting Schedule

Fair Oaks

4th Tuesday, 6:15pm (Sept 27) La Vista School 4501 Bannister Rd, F.O.(North of Winding Wy)

Carmichael (new location)
3rd Tuesday, 6:30pm (Sept 20)
Del Campo High School,
Library

4925 Dewey Drive, Carmichael

Foothill Farms

2nd Wednesday, 6:30pm (Sept 14)Pioneer Elementary School 5816 Pioneer Wy., Sacramento

Antelope

2nd Thursday, 6:30pm (Sept 8) Antelope Library 4235 Antelope Rd., Antelope (West/Walerga Rd)

For more information call (916) 876-5700.

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 though 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.

Thinking of Changing Banks?

√ Check the El Dorado Advantage

- √ SIMPLY FREE Checking
- FREE Senior Checking with Interest
- FREE Direct Payroll Deposit Checking
- √ FREE VISA Check Card
- FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- FREE Telephone Banking
- ✓ Interest Checking
- √ Business Checking
- Investors Money Market Checking
- ✓ Gold Money Market Savings

- ✓ Purchase & Refinance Loans
- ✓ Home Construction Loans
- ✓ Owner-Builder Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- Friendly, Personal Service at No Extra Charge
- √ 35 ATMs at El Dorado Branches
- Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the Safest and Strongest Banks in the U.S. Since 1993
- In 2008, we completed our 20th consecutive year without any foreclosed properties on our books



el dorado savings bank

Serving our local communities for over 50 years

www.eldoradosavingsbank.com

Member FDHC

CARMICHAEL

4701 Manzanita Ave. • 481-0664



A Golden Opportunity for California Businesses!

Presenting the California Statewide Display Ad Network

Reach over three million Californians! Place your business ad in 140 newspapers Pay only \$1,550 for a 2x2 display ad One order, One Payment, One ad

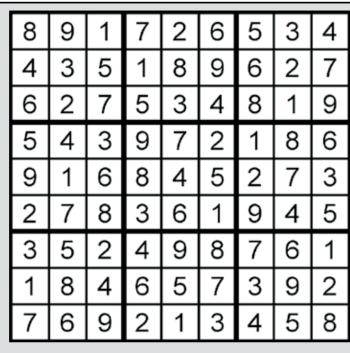
For information call: (916) 288-6010 or (916) 288-6019



Home Delivery

Routes

Available





Enjoy Sudoku Every Week!

Sudoku Puzzle on Page 5

Parah ayay thu

Reach over three million Californians!

\$1,550 places a 2x2 display ad in 140 newspapers statewide in California. 2x4 size available. Your business can discover the

Super value! Super exposure!

power of the California
Statewide Display Ad Network!

For information call: (916) 288-6010 or (916) 288-6019

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

Adult / Elder Care

Elderly Care Home in beautiful Orangevale neighborhood. Long-term care only. Nutritional meals. Call Maria from 8am-9pm. 916-833-8371 (MPG)

Fair Oaks Manor Beautiful assisted living care home. Semi private & private rooms available. Devoted 24/7 staff providing personalized care 50% off first month and no assessment fee. www.fairoaksmanor.biz. Lic# 347004361. Call (916) 967-6400. (MPG)

Newly constructed, modern Care Facilities in Fair Oaks Private/Semi room. ½ off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

Special 50% Off 1st Month Care Private & Semi private rooms. For more info call 916-721-4721 (MPG)

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks - room in comfortable home. Call 916-536-0701 (MPG)

Antiques

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

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 04-20-11)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 04-20-11)

ATTENTION!

Health and Wellness Success Coaches Needed. Able to work from Home.Will train. 888-279-7875, call 24 hrs (MPG)

Auctions

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

Auto Donation

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-600-9846 (MB 08-10-11)

DONATE YOUR CAR! Breast Cancer Research Foundation. Most highly rated breast cancer charity in America! Tax deductible/Fast, Free Pick-up! 888-620-0854 (MB 08-10-11)

DONATE A CAR - HELP CHILD-**REN FIGHTING DIABETES.** Fast, Free Towing. Call 7 days/week Non-runners OK. Tax Deductable. Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

DONATE A CAR To Help Children and Their Families Suffering From Cancer. Free Towing. Tax Deductible. Children's Cancer Fund Of America, Inc. www.ccfoa.org 1-800-469-8593

CARS/TRUCKS WANTED! Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! Toll Free: 1-888-416-2330 (NANI)

A-1 DONATE YOUR CAR! Breast Cancer Research foundation! Most highly rated breast cancer charity in America! Tax Deductible/Fast Free Pick Up. 800-771-9551 www.cardo-

nationsforbreastcancer.org (NANI) DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons. National Animal Welfare Foundation. Support No Kill Shelters, Help Homeless Pets. Free Towing, Tax Deductible, Non-Runners Accepted. (Cal-SCAN)

Call 1-800-252-0615. (Cal-SCAN)

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

Business Opportunities

THINK CHRISTMAS - START NOW! Own a Red Hot - Dollar Dollar Plus, Mailbox or Discount Party Store from \$51.900 worldwide! 100% Turnkey. 1-800-518-3064. www.DRSS25.com

Investors-Safe Haven. If you are not earning 25% to 50% annual ROI, Please call Jeff 817-926-3535. This is guaranteed gas & oilfield equipment leasing. (NANI)

Work From Home Earn \$1,000 to \$3,000 per week Free 14-min-

ute movie that shows you how! www.setfree.com Business

Services

ADVERTISE a display BUSI-NESS CARD sized ad in 140 California newspapers for one low cost of \$1.550. Your display 3.75x2" ad reaches over 3 million+ Californians. Free brochure call Elizabeth (916) 288-6019.

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

Cash for Houses

We pay CASH for houses! Call today! 916-222-7573 (MPG03-09)

Compost for Sale

Compost for your garden or landscaping, new lawn. Three yards for \$50 delivered. (916) 397-2854

Computers

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

Computer Care Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable es – Same-Day Service. Todd 916-529-5954 (MPG)

Construction

KMS Construction Residential & Light Commercial Construction. kmsconstruction.net or call (MPG 02-16-11) 916-813-3732.

Accelerated Construction - New Construction or Repair. Handyman Clean-up. Residential and Commercial. Lic # 675212. Call 916-419-9996 (MPG 06-30)

Affordable Local Repairs-All Construction Phases. Lic #655184. Ph 869-0164. Ask for John. (MPG)

All Types of Construction kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

US CONSTRUCTION TRI Build new homes, additions and remodeling. Over 30 years experience, bonded and in-Phone number 530-330-0185 Lic. # 476884 (MPG)

Counseling

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

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

Day Care

Peña Family Daycare-Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www. penafamilydaycare.com (MPG)

Infant Openings Now First week free Lic # SAC53133 FCCH 916-489-5824 (MPG)

Drywall

Repair, remodel from simple impossible, all textures. Residencial, small commercial. A real pro. 40+ years experi-All work guaranteed 3 years.Affordable prices. Lic # 305736. 916-726-1144 (MPG) 305736.

Elder Care

PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

Electrical Services

RETIRED MASTER ELECTRICIAN Expert troubleshooter, 30 years experience. Old panel repairs/ upgrades. Lic.# 877532 Call 916-595-3052 (MPG 10-27)

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

Electronics

DIRECTV Summer Special! Year FRFF Showtime! 3 months FREE HBO/Starz/Cinemax! NFL Sunday Ticket FREE - Choice
Ultimate/ Premier - Pkgs from \$29.99/mo. Call by 9/30/2011! 1-866-419-5666.

Fencing

Cal State Fence and Construction Since 1986 Quality, Trustworthy,

Affordable, Reliable, Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residential/ Commercial FREE FSTIMATES Lic. #494306 916-966-1103

Roy's Great Fences Quality work at affordable prices. New or repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

Affordable Fencing Redwood Dedicated specialist. service. Lifetime steel Senior discount. Lic. 916-773-1350 (MPG)

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

Financial

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & Increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 888-644-5346 (MB 08-10-11)

Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save you thousands of dollars! Call CREDIT CARD RELIEF for your free consultation 1-888-505-1183 (MB 08-10-11)

FAST IRS TAX RELIEF. Do You Owe \$10,000 or MORE to the IRS? We Help You Settle Your Over-due Taxes for LESS! FREE Consultation! 888-580-1838 (MB 08-10-11)

ACCIDENT VICTIMS. Cash Advances for personal injury cases. CASH NOW - before you settle. No payment until you win. Fast Cash Next Day!www. Cash-NOW-For-Accident-Victims. com1-888-552-8360

For Rent

HOT SUMMER SAVINGS!!! \$299.00 MOVES YOU IN!!! o.a.c. The biggest summer savings deal is going on right NOW! Call now for details Oakwood Aprtments @ 916-481-4042. bedroom \$595 - \$625/Month. 2 bedroom \$750 - \$830/Month. 2 bedroom *Laundry facility *Assigned parking *Gated Community *Pet friend-*On-site Security (MPG 07-13-11)

Office Space For Rent 800 Sq.Ft. Great location for small business office - No retail. El Camino & Walnut, Very quiet -\$600/Mo. 971-1717 (MPG 06-08-11)

55+ Community Now Renting 1bd Micro/frig/stove/patios. \$575 month, free RTA passes. Movie Nights/Wii/Bingo. Ask how to get a FREE months' rent! Hurry offer ends February 11th 2011. 916-921-6819 Phoné. Accessible units available. Equal housopportunity. (MPG 02-02-11)

Foster Care

Foster Care in Your Home: Highest Rates! E-mail newfosterparents@stfhc.org (MPG 12-01)

Furniture

Desk and Chair suitable for computer. \$50, in good shape. Call 530-885-3287 (MPG 06-29-11)

Almost new 36" beveled glass iron table & chairs, Shabby-chic armoire, desks, Vintage table chairs. Close-out-Liquidation 6210 Fair Oaks Blvd Wed Sun 10-5 (MPG 06-22-11)

Garage Sales Online

BeaverJack.com Online Garage Sale Info. Advertise for FREE or Search by zip for FREE. (MPG 09-01)

Gardeners

Full Maintenance, Smith's: Sprinkler, Pruning, Aeration, Cleaning, Hauling. 967-7543 or see WWW. SmithsLandscape.com (MPG)

Handyman

JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG)

Household Helper. You Name It! Hauling, Gutters, Tree Trim, Spot Clean 613-8359 (MPG)

Handy Guys Small Jobs, Senior s Gutter Cleaning-Woodwork 916-519-Discounts Deck's 5135 Free Estimates (MPG)

A-1 Home Maintenance & Repair *Handy Man* California state certified electrician Plumbing repair. Fence repair. Free quotesno job too small. Please leave message. 916-961-8059 (MPG)

Affordable! Decks, Dryrot, Wood Floors, Fans, Fixtures, Plumbing, Electric, Licensed 501-7843 (MPG)

Plumbing Services Specialty Plumbing–Remodels, Repipes, Sewer, Gas Lines, CA License Heaters 918844 (916) 607-6749 (MPG)

Health/Misc.

ATTENTION Diabetics with Medicare Join America's Diabetic Savings Club and receive a FREE diabetic bracelet. Membership is FREE. Qualify for meter upgrades, prescription delivery and free give aways. Call 1-888-621-8031 (MB 08-10-11)

Attention Joint & Muscle Pain Sufferers: Clinically proven all-natural supplement helps reduce pain and enhance mobility. Call 888-577-8681 to try Hydraflexin RISK-

FREE for 90 days (MB 08-10-11) ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent

red skin sores and bacterial infection! Call 888-654-6310 (MB 08-10-11) Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 877-560-8637 for \$25.00 off your first prescrip-

tion and free shipping. (MB 08-10-11) Diabetes/Cholesterol/Weight Loss Natural Product for Cholesterol, Blood Sugar and weight. Physician recommended, backed by Human Clinical Studies with fast acting results within 30 days. Call to hear about our special of-

fer 888-623-7990 (MB 08-10-11) Local STD/HIV Testing Did you know you can have an STD and show no symptoms? Early detection and treatment can pre-vent permanent damage? Highest levels of privacy and discretion. Call 1-888-645-7571 (MB 08-10-11)

LOW COST WEIGHT LOSS With Your Personal Coach, Start Free Call 916-599-1318 (MPG)

Look Younger in Less Than a Day! www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

THE WEIGHT IS OVER Lose up to a pound a day. Fast growing Company. Recession proof product. 916-474-4079 www.eat-choclosewt.com (MPG)

Heating & Air

AC Repair Low Prices 487-4609

Help Animals

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

Help Wanted

Restaurant Crew - Nation's Giant Hamburgers is coming to Citrus Heights. Accepting applications & holding open interviews on Thur. Sept. 15 from 10am - 7pm. Held at Larkspur Landing Hotel at 1931 Taylor Rd in Roseville: (MPG 09-07-11)

POSTAL JOBS! Earn \$12 - \$48 per hour / No Experience Full Benefits / Paid

CLASSIFIED ADVERTISING Ext. 131 NOW HIRING!! (NANIG)

> \$5,000 Sign-On Bonus! Frac Sand Haulers with complete bulk pneumatic rigs only. Relocate to Texas for tons of work. Fuel/Quick Pay Available. 817-926-3535 (NANI)

> \$1500 WEEKLY* AT HOME COMPUTER WORK - LIMITED POSITIONS. Start making money today by simply entering data for our company, No Experience Needed, training provided, www. AtHomeComputerWork.com (NANI)

\$\$\$ GOOD WEEKLY INCOME (up to \$1,000) PAID IN ADVANCE!!! WE NEED HOME WORKERS TO MAIL OUR COMPANY BRO-CHURES. Genuine Opportunity! No Selling! Free Postage! www. HelpMailingBrochures.com (NANI)

\$\$\$ WORK AT HOME \$\$\$***NOW ACCEPTING!!!*** \$250 - \$500 Daily > www.HomeTypingWork. com Get Paid up to \$750 Daily > www.ProcessingEmailsJobs.com Earn 28/Hr > www.American ShopperJobs.com At Home Assembly Work > www.JobsAt HomeConnection.com (NANI)

*HOMEWORKERS NEEDED** MAKE \$500 / \$5,000 MONTHLY-FREE Training & Support!!! www.JobA10.com NO FEE HOME JOBS! Free To Join. www.HomeJobsConnection. com Computer Related Work - \$75* each / \$150*/Hr www. ExtraDollarsOnline.com

in Need of Live-In Caregiver with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG) COMPUTER WORK.

Work from anywhere 24/7. Up to

\$1,500 Part Time to \$7,500/mo.

Adult Residential Facility is

Full Time. Training provided. www. WorkServices4.com (Cal-SCAN) DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL- A

& 3 months recent OTR. 877-258-

8782, www.MeltonTruck.com (MPG)

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

information.(916) 372 9640 (MPG) Urgent F/PT Sale Reps need-Latest telecommunications \$\$\$ Commission, products. Residuals Training Bonuses. available call 916 612-6621 (MPG)

MAKE A DIFFERENCE. Information:

(916) 383-9785 ext. 15 (MPG) Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 PT/ www.REBVision.com (MPG)

CASH PAID for unexpired, sealed DIABETIC TEST STRIPS - up to STRESSED OUT? Work \$17/Box! Most brands. Shipping from home & get paid daily! www.happyandhealthyfam-ily.com 888-211-4268 (MPG) Prepaid. FAST payment. Ask for Emma 1-888-776-7771 www.

Help Wanted -**Drivers**

Apply Now. 12 DRIVERS NEEDED. Top 5% Pay. 2 Months CDL Class A Driving Experience. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

Drivers/CDL Training - CAREER CENTRAL. No MONEY Down. CDL Training. Work for us or let us work for you! Unbeatable Career Opportunities. *Trainee *Company Driver *Lease Operator Earn up to \$51k *Lease Trainers Earn up to \$80k 1-877-369-7126. www.

CentralDrivingJobs.net (Cal-SCAN) Help Wanted -

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

630-8588 for more information. (MPG) Help Wanted -Sales

Would you like to be Mentored by a Millionaire? Proven Perfect timing. 24 Hr Message. Recorded NOW!! 888-279-7875 (MPG)

Home Health Care

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

Housecleaners Bright Housecleaning Quality - Discounts -

(916) 308-0157 (MPG 06-22-11) HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making

Customers Happy?

If You Answered YES! We Want YOU! HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail. com. All applicants must be to undergo background checks and drug testing, (MPG 08-15)

House Painting PAINTING, sheet rock, textur-

ing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG) Land for Sale/

Out of State 20 Acre Ranch FORECLOSURES! Near Booming El Paso, TX. Was \$16,900 Now \$12,900. \$0 Down,

take over payments, \$99/mo.

Beautiful views, owner financing.

FREE map/pictures 800-755-8953

Landscaping

Affordable Landscape Service Makeovers! Clean-ups & Main-tenance starting at \$60/ mo. Dependable family business. Lic. # 887351. 916-338-2001. sacyards.com (MPG 09-08)

Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG) Lawnmower Service Mow & Edge

your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG) Tall Weed Cutting Low Rates

(MPG) Full Yard Maintenance, one time clean-ups & tree trimming.

See our website: www.terrabe

lagarden.com or ctc Randy for info

at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free esti-mate at 916-934-9944 (MPG)

Legal Services

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

Need Attorney? Have legal situation? Looking for extra money? Call Eicka Mitchell 916-617-8069

ArrowSharp Process Services - Civil & Family Law - Lisa Sharp @ 916-342-6714 (MPG 06-15-11)

Massage Massage therapy by CMT. Louise

is a licensed therapist for many years; the cabin is clean, bright and quite; call Louisa 916 729-0103. Open 10 to 8 by appointment. (MPG 04-20-11) **Medical Supplies**

/ Equipment

Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression gar-ments, diabetic care. Excellent service & quality at low prices from AMD MEDICAL SUPPLY. 916-485-

Miscellaneous

SOCIAL SECURITY DISABILITY BENEFITS. You WIN or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited, Call For Your FREE Book & Consultation. 888-630-1757

for less! Packages starting at \$24.99/mo. Local channels included! FREE HD for life! Free BLOCKBUSTER® movies for 3 months, 1-888-582-4023 (MB 08-10-11) Get TV & Internet for UNDER

DISH Network delivers more

\$50/mo. For 6 mos. PLUS Get \$300 Backl-select plans. Limited Time ONLY NOW! 1-866-944-0906 (NANI)

cash4diabeticsupplies.com (NANI) **ACCIDENT VICTIMS.** Need Cash? Get a cash advance for your personal injury case. Pay nothing until you win. Fast Approval. Next Daylwww.Cash-

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

NOW-For-Accident-Cases.

com1-888-544-2154

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

OLD GUITARS WANTED!

Fender, Gibson, Martin, Gretsch, Prairie State, Euphonon, Larson, D'Angelico, Stromberg, Ricken-backer, and Mosrite. Gibson Mandolins/Banjos. 1930's thru 1970's. TOP CASH PAID! 1-800-401-0440 (NANI) AIRLINES ARE HIRING - Train for

highpaying Aviation Maintenance Career. FAA approved program. Financial aid if qualified – Housing available. CALL Aviation Institute of Maintenance (888) 686-1704 (NANI) ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Paralegal, *Accounting, *Criminal Justice. Job placement assistance. Computer available. Financial Aid

www.CenturaOnline.com (NANI) DIRECTV \$0 Start Costs! ALL HBO/Showtime/Starz/ Cinemax 3 Months + NFL Sunday Ticket w/Choice Ultimate + HD/ DVR Upgrade! From \$29.99/month! \$0 Start! (800) 329-6061 (NANI)

if qualified. Call 800-510-0784

GET YOUR DEGREE ONLINE *Medical, *Business, *Paralegal, *Accounting, *Criminal Justice. placement assistance. Computer available. Financial Aid if gualified. Call 800-510-0784 www.CenturaOnline.com (NANI) Reach over 20 million homes na-

tionwide with one easy buy! Only \$2,795 per week! For more information, contact this publication or go to www.naninetwork.com (NANI) **TUPPERWARE**

Please call for a Free Catalog.

Chris Krcmar 916-483-1671 (MPG) Miscellaneous Items for Sale

READERS & MUSIC LOVERS! 100 Greatest Novels (audio books) Only \$99.00 (plus S/H.) Includes MP3 Player & Accessories. Bonus: 50 Classical Music Works & Money Back Guarantee. Call Today! 1-877-360-6916. (Cal-SCAN)

VONAGE Unlimited Calls in U.S.

& 60 Countries! NO ANNUAL

Then ONLY \$25.99/mo. Plus FREEActivation. Call 888-571-3898 (MB 08-10-11)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! T-\$299 F-\$349 Q-\$399K-\$499 ADJUSTABLES \$799. FREE DELIVERY 25 YEAR WARRANTY 90 NIGHT TRIAL 1-800-ATSLEEP1-800-287-5337 WWW.MATTRESSDR.COM (NANI)

Wood Chipper 5HP Yard ma-- runs good, needs minor work \$250 (916) 725-3824 or (916) 769-1698 (MPG)

MIGHTY BITE. The ONLY Proven '5-Sense` Fishing Lure System! Great for Fresh & Saltwater Fishing. Kit Includes over 100 Pieces! Only \$19.95 (plus S&H.) Call 1-888-836-9276 Today! (MB08-10-11)

MANTIS TILLER. Buy DIRECT from Mantis and we'll include Border Edger attachment & kickstand! Lightweight. Powerful! Call for a FREE DVD and Inform-ation Kit 888-615-3556 (MB 08-10-11)

READERS & MUSIC LOVERS. 100 Greatest Novels (audio books) ONLY \$99.00 (plus s h.) Includes MP3 Player & Accessories. BONUS: 50 Classical Music Works & Money Back Guarantee. Call Today! 1-888-841-5761 (MB 08-10-11)

Miscellaneous Want to Buy

WANTED: OLD POSTCARDS 483-0622

Notary

Mobile Notary Services Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (MPG)

Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (MPG)

Notary Services me / Anyplace Call @ 916-712-2661 (MPG) Dan

Painting

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

Personal Mature Lady seeking friendship of a mature gentleman in his seventies. Call Helen 967-6289

(MPG 08-03-11)

Pets **Pet Sitting** Professional loving pet care. Established reputation. Kennel free environment. Lots of

TLC. Call Madeline 916-723-1608

(MPG) Annie's Pet Sitting Services Lisensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952

Piano Lessons **Upholstery** Piano Lessons - All ages 1st lesson free. Rancho Cordova **B&T** Upholstery and Repairs 916/858-1571 (MPG) Specializing in Decco & Modernism Furniture. 916-392-1959 (MPG 02-09)

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

Real Estate

Commercial

3801 Watt Avenue at Edison. Interested in trade with similar property in Orangevale or Rose ville. Or \$350,000, OBO. Could be used as child/adult day care.

Equipped for home business. Steel

fenced area, 7 parking spots. Call 987-6600 anytime. (MPG 07-20-11) Real Estate **Homes For Sale** Your credit is approved!!! Three

Down Possible. Call 1-877-757-1062 ext. 100 or visit! www.hypersellshomes.com (MPG 06-10) Real Estate

houses to choose from - Zero

Out of Area 20ACRELANDFORECLOSURES \$0 Down, Take Over \$99/mo, Was - Now \$12,900!Near Booming El Paso Texas. Beautiful Views, Owner Financing, Money Guarantee.Free Brochure 1-800-843-7537 www SunsetRanches.com

Restore **Old Photos**

Restore Old Photographs Share memories of special places and times with your family. (916) 483-6051 - Laws Studio, Crestview Center (Manzanita at Winding

a lot easier.

your local employment resources into focus.

brochure call Elizabeth (916) 288-6019. (Cal-SCAN) Volunteers

Needed Needed: Domestic Violence Intervention Center needs caring people to as-

For more information call 728-5613

over 6 million+ Californians. Free

or visit our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG)

FAST PAYMENT for sealed, unexpired DIABETIC TEST STRIPS up to \$17/Box! Most brands Shipping Prepaid, Call today & ask for Emma 1-888-776-7771 www.

GET CASH NOW!! We Pay CASH for DIABETIC TEST STRIPS. Help others by selling your unused strips. Call Donna: 916-729-5154

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

NOTICE TO READERS

DISCLAIMER

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers Every Week!

Home Delivery Routes

Your 25 word classified ad reaches LEGALADS FOR SACRAMENTO COUNTYP

We Can Do That!

532-2113 All Legal Ads Published in the Carmichael Times

FUROR DOH AROMA OVA ONION BEDEVILWALKERS R O M A M I D RIBSAKIDERMAL E R I C G I R L D I E G O R E N A O S S I A C R A G U N A R M S I A L O T T O NELSON CRIB ZEN SOAKGUM D U G G A R S E N N O B L E U T E R I P A L D R O O L M A N I C I L L Y A L T A CPA **Crossword Puzzle on Page 5**

finding local 10bs The Community Employment Connection brings

You look to us for your local news, and now you can rely on us for

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

www.CarmichaelTimes.com

HIGH SCHOOL DIPLOMA! Graduate in 4 weeks! FREE Brochure. Call Now! 1-866-562-3650 ext. 60 www. SouthEasternHS.com (Cal-SCAN) Volunteers **ALLIED HEALTH CAREER train** sist victims of domestic violence

Schools /

Instruction

ing - Attend college 100% on-

line. Job placement assistance.

Computer available. Financial Aid if qualified. SCHEV certi-

fied. Call 800-481-9409. www.

ATTEND COLLEGE ONLINE

from Home. *Medical, *Business, *Paralegal, *Criminal Justice. Job

placement assistance. Computer

available Financial Aid if qualified

SCHEV certified, Call 888-210-5162

The Math Resource; math/

916-722-1058

Services Offered

I take you to the doctors.

shopping or misc. errands.

Call for schedule. Serving most

areas. 916-214-8169. (MPG)

Seeking Security Placement

in Fair Oaks or Carmichael.

Licensed Call 916-712-2137 (MPG)

The Clean-Bliss Experience Res-

ponsible, experienced & Reliable.

REAL Hardwood Flooring \$1.69

Square Foot or we install for \$3.99

square foot complete 916-366-

1672. Cont Lic #757522 (MPG)

Steel Buildings. 20 x 20, 30 x 40,

50 x 100, 100 x 100 Up to 50% off

on erected completed projects

www.scg-grp.com Source #ØDL

Timeshares

Ask yourself, what is your TIMESHARE worth? We will

find a buyer/renter for CA\$H NO

GIMMICKS JUST RESULTS! www.BuyATimeshare.comCall

Tow Cars Away

Call to remove abandoned cars for FREE. (916) 457-4000.

Must be present at pick-up. (MPG)

Tutoring

TUTOR - Cred. Teacher & Spec.

Ed. All levels. Reasonable/Results!

Grades 3-9 Reading & Written

Language. Credentialed Teacher.

\$40/Hour. 971-9885. In Carmichael.

TV

AT&T U-Verse for just \$29.99/

mo! SAVE when you bundle Internet+Phone+TV and get up to

\$300 BACK! (Select plans). Limited

Time Call NOW! 1-866-944-0906

/acation

Properties

ADVERTISE Your VACATION

PROPERTY in 240 California news-

papers for one low cost of \$550.

530-885-3396 (MPG 03-16-11)

(MPG)

888-879-8612

916-248-4416 (MPG)

916-863-1374. (MPG)

tutoring; \$40-\$50/

CenturaOnline.com

www.Centura.us.com

statistics

Want to Buy

cash4diabeticsupplies.com (NANI)

Yoga Classes

Louise 916 729-0103, (MPG 04-20-11)

NOTICE TO READERS
California law requires that contractors taking
jobs that total \$500 or more (labor and/or
materials) be licensed by the Contractors
State License Board. State law also requires
that contractors include their license numbers
on all advertising Check your contractor's
status at www.cslb.ca.gov or 800-321-CSLB
(2752). Unlicensed persons taking jobs
that total less than \$500 must state in their
advertisements that they are not licensed
by the Contractors State License Board.

Be wary of out of area companies. Che local Better Business Bureau before yo money for fees or services. Read and any contracts before you sign. Shop arou

773-1111

Available

Call to place your legal advertising

We've made

the most comprehensive job resources in our region. That's why our

Carmichael Times

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

FICTITIOUS BUSINESS NAME Sajadifar, 7817 Olympic Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name Way, Fair Oaks. CA 95628 Filed with the Clerk of Sacramento 11, 2011. County on Aug. Publish August 24, 31, September 7, 14, 2011. GERMAN 10804

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO SUMMONS CASE #34-2011-00099536 NOTICE TO DEFENDANT:

DAVID HAVEL You are being sued.
PLAINTIFF'S NAME IS:

DAVID DOUGLAS You have 30 Calendar Days after this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect vou. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www. courtinfo.ca.gov/selfhelp.org). your county law library, or the

courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without

further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help (www.courtinfo.ca.gov/ selfhelp), or by contacting your local court or county bar association.

The name and address of the court is: Superior Court of California, County of Sacramento, 720 Ninth St., Sacramento, CA 95814. name, address, telephone number of plaintiff's

attorney, or plaintiff without an

4909 Clear Circle, Carmichael,

David Douglas,

HANDYMAN

Right-Way Home

and Yard Repair

and Maintenance

916-220-1728

ADVERTISE

HERE AT LOW

MONTHLY

RATES

CALL

773-1111

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

7960 WINDING WAY

Fair Oaks, CA 95628

decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination the file kept by the court.

95608;

Publish August 24, 31, September

10804

NOTICE OF PETITION TO

ADMINISTER

ESTATE OF

DEBORAH JONELLE BRUNS

ESTATE NO. 34-2011-00108956

creditors, and contingent creditors of

and persons who may be otherwise

interested in the will or estate, or both

of DEBORAH JONELLE BRUNS:

To all heirs, beneficiaries.

Dated: April 18, 2011

7, 14, 2011

DOUGLA

916-481-5599.

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

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on September 22, 2011 at 9 a.m. YOU OBJECT to the

granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. YOU ARE Á CREDITOR or a contingent creditor of the deceased, you must file your claim

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

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

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

The name and address of petitioner or petitioner's attorney is: Scott R. Paul; 1010 Hurley Way #290, Sacramento, 95825; 916-564-4111. Publish August 31, September 7, 14, 2011 FAMADV 10805

FAMILY COURT OF THE STATE OF NEW YORK COUNTY OF ERIE NOTICE OF TERMINATION OF PARENTAL RIGHTS

In the Matter of the Commitment Social Services Law of Ashley Toney, DOB: 11/9/94; a Child Under the Age of Eighteen Years Allegeded to be Permanently Neglected by:

the petition affecting the abovenamed child's legal relationship to their parent has been presented to the Family Court of the State of New York, Érie County, and that a hearing on the petition will be held on October 26, 2011 at 9:00 o'clock in the forenoon of that day in Part 13, at Family Court, 1 Niagara Plaza, Buffalo, New York, at which time you

that your failure to appear shall constitute a denial of your interest in the above-named child, which may result, without further notice, in the transfer or commitment of the child's care, custody, quardianship, or in the child's adoption in the above-named proceeding or any subsequent proceeding in which such care, custody, guardianship, or adoption may be at issue.

you have the right to be represented by a lawyer and if the Court finds that you are unable to pay for a lawyer, you have the right to have a lawyer assigned by the Court. Emil J. Cappelli, Senior Counsel,

Attorney for Petitioner, Erie County Department of Social Services Office of Council, 95 Franklin St. Room 746, Buffalo, NY 14202. Dated: Aug. 30, 2011 Publish September 14, 2011. **ERIECO** 10902

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

CHANGE OF NAME #34-2011-00109693 WHEREAS, Michael Anthony McCormick has filed a petition with this court for a decree changing name of Michael Anthony McCormick to Michael Anthony Cochran. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 1:30 p.m. on November 18, 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.

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. 24, 2011. Kevin R. Culhane

Judge of the Superior Court Publish August 31, September 7, 14. 21, 2011.

10805 9-21-11 COCHRA FICTITIOUS BUSINESS NAME STATEMENT #1107072. Tola Sholotan, 5637 Chris Ann Ct., Sacramento, CA 95841 is doing business under the Fictitious "North Fast Business Name 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. 10902 NORTHE

FICTITIOUS BUSINESS NAME STATEMENT #1107211. Christinen Shores-Hague, 5708 Bayenswood Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "You Sew Girl Creations" at 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 STATEMENT #1106899. Isaias Way, Ortega, 8223 Bruns Sacramento, CA 95828 is doing business under the Fictitious Business Name "Eagle General Home Repair" at 8223 Bruns Sacramento, Filed with the Clerk of Sacramento

Publish September 14, 21, 28,

FICTITIOUS BUSINESS NAME STATEMENT #1107607. Donald W. Thamer, 4317 Tyrone Way Carmichael, CA 95608 is doing business under the Fictitious Business Name 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. Preschool, Inc., 395 Perry St., Jackson, CA 95642 is doing business under the Fictitious 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

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

#34-2011-00110382 WHEREAS, Jennifer Lee Waldon has filed a petition with this court for a decree changing name of Jennifer Lee Waldon to Jennifer Lee Barna. IT IS ORDERED that all

persons interested in the above entitled matter appear before this court at 1:30 p.m. on December 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 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.

10902 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2011-00110040 WHEREAS, Darton Robinson has filed a petition with this court for a decree changing name Darton Lamont Amuray 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 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.

10-5-11

BEY

** 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 sponser 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



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

LEGAL SERVICES

RONES LAW FIRM

Custom Tile Work

The Law Firm provides the following legal services: · Bankruptey · Business and Corporate Matters · Trust and Trust Administration · Estate Planning · Probate and Conservatorship

Family Law P: 916.965.6647

F: 916.965.4218

Gordon G. Bones

gbones@boneslawfirm.com

FENCING

Cal State Fence and Construction

Since 1986

Quality • Trustworthy Affordable • Reliable Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks.

> FREE ESTIMATES! Lic. #494306

(916) 966 -1103

Residential/Commercial

Construction

CONCRETE CONSTRUCTION We specialize in:

www.wgjohnsonconcrete.com Phone: (916) 704-8997

Ask for Wes • 10% senior discounts Tree Services Also Available

W. G. JOHNSON

All Concrete Solutions Commercial Curb & Gutter Wheelchair Ramps & Residential Class: C-8/C61/D49 • License #905277

Fax: (916) 944-0195

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

PLUMBING

Swift Plumbing and

Drain Cleaning Services
Residential Repairs

& Replacements

Faucets, Disposals,

Hot Water Heaters, etc.

(916) 838-1427

PHOTO STUDIO

Licensed /Bonded. License # 318177.

PICTURE TIME

Photo Restoration Passport/ID Photo

(916) 726-8801

7050 Sunrise Blvd. Citrus Heights

(Near Hometown Buffet)

PET SITTING SERVICE

Professional, Loving

PET CARE

Established Reputation

Kennel Free Environment

Lots of TLC

Call Madeline

(916) 723-1608

Contractors lic. #907904

Owner Operator

(916) 267-7649

PAINTING/REPAIR

McDonald Painting

Interior-Exterior

Most Small Repairs **Bonded-Insured** Lic # 632538

30 YEARS EXPERIENCE

C: 216-2080

F: 967-4135

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

PRINTING & SUPPLIES

FUNERAL SERVICE

FUNERALS & CREMATIONS

FD 1404

Tel (916) 9611265 Fax (916) 9612430

Home Remodeling

Complete Home Remodeling and Repairs



Richard Romero

icensed General Contractor

847423

Specializing in Kitchen and Bath Exceeding **Expectations** not your budget

Interior/Exterior Painting **Windows and Doors** Plumbing, Electrical Decks, Fences, Patio Covers

(916) 612-4787 916-391-4706

gchbuilders@gmail.com

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

HANDYMAN

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It! (916) 613-8359

"Handy Man" "Carpenter Dave"

25 Years Experience • All Home Repairs Painting

(916)548-8249

Lic. # 629370

• Dry Rot Doors/Floors Windows • Decks/Tile/ Bathroom

Roof Repairs

★ Electronic Submission · Sheet Rock

916.725.1345

★ Digital Inkless Process

ALTERATIONS

★ Walk-in Service

to DOJ & FBI

ALTERATIONS by Patina

SPECIALIZING IN BRIDAL & FORMAL

(916) 853•1078

The UPS Store 🕟

• Machine Repairs (all makes & models)

• Toner Cartridge Refills (Using Cartridge World?

- Free Cleaning (with our cartridge)
- Service Contracts (monthly or yearly) Lease or Rent

Specializing in Digital Printers, Copiers, Fax & Multifunction **Machines**

specplus@comcast.net (916) 723-8430

A petition has been filed by Michael McGahn in the Superior Court of California, County of DOCKET # B-5384-11 requesting that Sacramento, Michael McGahn be appointed of Guardianship and Custody IT IS FURTHER ORDERED as personal representative to pursuant to Section 384-b of the administer the estate the decedent. The petition requests the

Respondent: Aquarius Toney. TO: John Cameron, P.O. Box 415, Sacramento, CA 95812. PLEASE TAKE NOTICE that

will have an opportunity to be heard. PLEASE TAKE NOTICE

PLEASE TAKE NOTICE that

October 5, 2011 **EAGLEG** 10902 10-5-11

11082 Coloma Rd., Suite 7 Coloma Village Shopping Ctr. • Rancho Cordova

Specialties Plus

PLUS:

★ Copies & Faxing

★ Notary Services

★ UPS Next Day Air®

★ Shredding Services

★ Ship Heavy Freight

Take 10% off their price & try mine)

E-mail:

• High Volume Copying (save wear & tear on your machine)

FINGERPRINTING SERVICES

WWW.ALTERATIONSBYP.THENETMARK.COM

We are Local

Arts, Entertainment and Other Fun Things to do!

Two Family Concerts

Two "Concert in the Park" events will be held in the Foothill Farms area -- Saturday, September 17, at Pioneer Park and Saturday, October 1, at Foothill Community Park. Both outdoor celebrations are open to the public and being cosponsored by Sacramento County Supervisor Susan Peters and the Sunrise Recreation and Park District with corporate support from Mercy San Juan Medical Center, McClellan Business Park, and SMUD.

John Skinner's Fabulous Band will be the featured entertainment at both venues playing a variety of easy listening music oriented for the

The September 17 event will be at Pioneer Park, 5100 Verner Avenue, and is near Pioneer School, in Old Foothill Farms. The fun begins at 3 p.m. with the concert from 4 to 6

The October 1 celebration will be an encore performance of the Skinner Band at Foothill Community Park, 5510 Diablo Drive, in Foothill Farms. The fun that day begins at 1 p.m. with the music playing from 2 to 4 p.m.

"The Foothill Farms area has a strong sense of community and holds a special place in my heart because it is the part of Sacramento County where I was raised, "says Peters. "To assist in maintaining that neighborhood spirit, I am pleased two 'Concert in the Park' events will be held this fall that are oriented for the entire family to enjoy along with activities for all generations.'

"Everyone is welcome and the best way to enjoy the day is to bring a picnic, blanket and lawn chairs for a relaxing time in the late afternoon concluding in the evening's early hours."

Both events will feature children's activities, information booths and refreshments for sale. information can be obtained from the Sunrise Recreation and Park District by calling (916) 725-1585.

Supervisor Susan Peters Sponsors Angel Project: A Nifty Classic Car Show



Carmichael - Bev's Angel Project annual Nifty 50's Classic Car Show is Saturday, Sept. 24, 2011, in the Beverly's Fabrics parking lot at the corner of Marconi & Fair Oaks Blvd., 9:00 a.m. to 3:00 p.m. Entry fee is a new unwrapped toy(s).

They have raffle prizes, baskets raffle, free coffee/donuts/hot dog lunch for participants, people's choice award, and live rock and roll music provided by Todd Morgan and the Emblems from Noon to 2:00 p.m. This is their kickoff to their gift collecting for the holiday season.

Angel Project serves over 2,500 children and families providing them with homemade blankets and quilts, stuffed animals, wrapped toys, gloves, hats, stuffed stockings and more. Mrs. Claus and her helpers visit school classrooms, hospitals, crisis nurseries, Mustard Seed School for the homeless, CPS, Alta Regional Center, Serna Village and so much

If you would like to support our project and donate toys or other items we need, please call 402-7202 or email to toprcdrvr1@comcast.net.

In an earlier event, Jan Strickland shows off one of the many fine classic cars in attendance, a 1947 Ford Coupe, owned by Ron Bella-Via of Roseville. The classic car owners helped to hundreds of toys for local families. Photo by Paul V. Scholl.

ALS Association Continues Its Fight Against Lou Gehrig's Disease

Sacramento - The ALS Association will be hosting the 11th Annual Walk to Defeat ALS on Saturday, October 1, 2011 at Raley Field, West Sacramento. Registration kicks off at 9:00 am, with the Walk officially getting underway at 11:00 am. Face painters, clowns, and vendors will be entertaining the crowd in the morning. This event is free to the community and includes a complimentary continental breakfast.

ALS, Amyotrophic Lateral Sclerosis, also known as, "Lou Gehrig's Disease" is a progressive degenerative disorder of the upper and lower motor neurons. With ALS, the motor neurons degenerate or die, causing the muscles to gradually weaken and atrophy resulting in partial paralysis; however, people

with ALS can still see, hear, smell and feel. ALS is a terminal disease; once diagnosed the average lifespan is 2-5 years.

At this time, there is no cure or effective treatment for ALS, and although the cause is not completely understood, recent research has brought a wealth of new scientific understanding regarding physiology of the disease. The recent findings and identification of a new genetic link involved in the processing of accumulated proteins is offering hope to the 30,000 Americans at the mercy of ALS.

The mission of The Greater Sacramento Chapter is to lead the fight to cure and treat ALS through global cutting-edge research, and to empower people with Lou Gehrig's Disease and their families to live fuller lives by providing them with compassionate care and support.

We implement our mission by focusing on global research, public policy and holistically supporting the needs of patients battling ALS with wrap around care in 24 Northern California counties. The goal of The Walk to Defeat ALS is to raise awareness, funds, provide education and critical resources to its patients, caregivers and the community. We need your help to spread awareness.

Please visit our web site at www. alssac.org for more information on ALS. For more information on the Walk to Defeat ALS visit www. walktodefeatals.org.

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Exhibition Schedule

September 6-October 1, 2011 WASH Open Show October 4-29, 2011

"Go With the Flow", November 1-19, 2011 November 22-December 3, 2011 "Bold Expressions", NCA Open Show December 9-11, 2011

Annual Photography Show Holiday Craft Fair

Sacramento Fine Arts Center presents 15th Annual Ars Gratis Artis

Attention Art Buyers!

The Most Exciting Art Event in Town

Ars Gratia Artis is an opportunity for anyone to purchase a painting they can love for an extremely reasonable price, and support a worthy organization at the same time. This event has been going on in Sacramento more than a dozen years. An element of chance makes this truly an exciting event, and yet satisfying as no other event can be, as every single ticket purchaser walks away with a piece of art! So it truly is a win-win for everyone involved.

The artists get to support the Center that they love, while encouraging brand new art collectors to buy their very first piece of art. Please help get the word out about this amazing event. Help us make money for the Center by packing the room with enthusiastic people who would love to support the Sacramento Fine Arts Center, because they do events like this! See our website for more information.



5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713 Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm. www.sacfinearts.org



Carmichael Recreation and Park District is announcing these upcoming events

Carmichael's Founders Day Celebration

Saturday, September 24 At Carmichael Park, 5750 Grant Avenue Dignitaries, Music, Vendors: 11am-3pm

102 YEARS!

FREE ADMISSION!

A wide range of local vendors: Arts & Crafts• Jewelry • Food • Non-Profits • Handmade Items

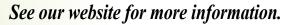
Headlining Band....CUSTOM NEON New This Year: Old-fashioned Country Fair

Competitions in Art, Textiles, Food and more! If you win, you can claim that you are the best in Carmichael!

Join us for the 102nd Carmichael's Founders Day Celebration! There will be plenty of arts/crafts, informational vendors, entertainment, kids' activities and more! This FREE event is co-sponsored by Mission Oaks Recreation & Park District. Want to be a vendor or event sponsor? Call Elizabeth Crisante at 483-7826 for info

KIDS HANG OUT!

at La Sierra Community Center Pick-up at designated schools available!







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.



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.



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





MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm **Registration Hours:** 8:30am-4pm Monday-Friday

www.morpd.com

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

MISSION OAKS COMMUNITY CENTER (916) 972-0336 • Fax (916) 972-7371 4701 Gibbons Dr., Carmichael CA 95608 **SWANSTON COMMUNITY CENTER** (916) 333-6464 • Fax (916) 488-4349

2350 Northrop Ave., Carmichael CA 95825

Carmichael Times Page 10 **September 14, 2011**



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

THE ESKATON EXPERIENCE

in your place or ours

Carmichael **Chamber of Commerce**

Carmichael Chamber Mixer Sat, Sep 17, 2011 from 5:30pm - 8:00pm @ Armor Mini Storage

FREE BBO, drinks, storage wars Chamber fundraiser, networking. Brings plenty of business cards and a guest. We are requiring an RSVP to this mixer. Please RSVP to Linda at 916-481-1002 or 916-203-1681.

Get Plugged In

The Carmichael Chamber is having a orientation coffee on Wednesday, September 21 from 8:30 - 9:30 am at the Chamber office, 6825 Fair Oaks Blvd, Suite 100.

This is a great time for new members to learn more about the Chamber, as well as anyone who just wants to understand the Chamber processes, wants to learn how to get more involved, or wants to know how to utilize the website more effectively for their business. Guests will also be able to talk with Board members. The September Coffee is being sponsored by Bill Schlack and Susan Dakuzaku of

XLeration Services. Seating is limited, so please RSVP to the Chamber office by Friday, September 16.

> Carmichael Chamber Luncheon Tue, Sep 27, 2011 from 11:30am - 1:00pm @ Cypress Avenue Baptist Church

Speaker is Ryan Jack of Reach Local discussing using social media to grow your business.

the Chamber General Meeting & Luncheon. Raffle prizes! Register by Thursday, Sept. 22. \$15 Members; \$20 Guests; Members who don't pre-register will be charged the non-member price of \$20 at the door. Go to website to register.. On-line pre-registration will close on Sunday

Luncheon meeting is held in the Education Building and is

Contact: Linda Melody. Email: linda@carmichaelchamber.com Phone: 481-1002



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

September Spa Savings

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

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

Monday, Tuesday, Wednesday and **Thursdays**



hair face body

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



Good for Carmichael location only

WINDSOR EL CAMINO Care Center

CARMICHAEL, CA

Finest 24-hour Skilled Nursing Care 7 Days a Week

2540 Carmichael Way, Carmichael WindsorCares.com

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





Longevity rules.

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





www.shawarmacafeandgrill.com

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

Carmichael Times Page 11 **September 14, 2011**





JAMES L. STIRTON

DOCTOR OF CHIROPRACTIC

Stirton Mobile Chiropractic PO Box 278282 Sacramento, CA 95827-8282

Office (916) 825-3140



Sacramento's **Premier Mobile Chiropractic Provider**

"As Sacramento's premier mobile chiropractor I bring my highly effective techniques and expertise to you at your home or place of business at your convenience. I utilize diversified, Gonstead, SOT, toggle, and activator techniques to restore both your spine and your extremities to their full function. Relief is a call away."

> OPTIMAL PERFORMANCE FOR LIFE COMMITMENT TO YOUR EDUCATION AND TO THE BEST HEALTH CARE

SERVING SACRAMENTO AND SURROUNDING AREAS Monday to Friday 8AM - 8PM

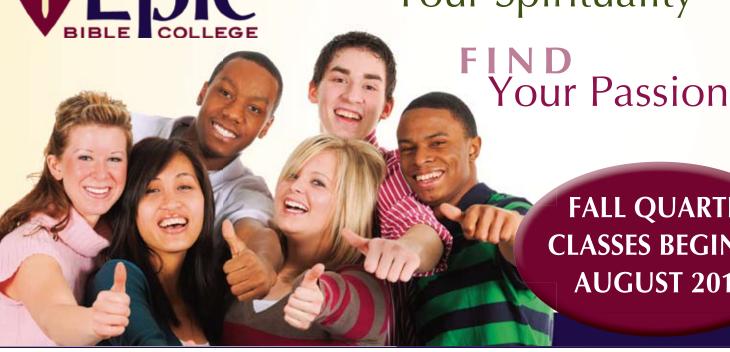
WEEKEND AND EMERGENCY APPOINTMENTS AVAILABLE WHEN MOST CHIROPRACTORS AREN'T

Professional Education and Certifications

- CA State appointed Qualified Medical Evaluator 2003-2010
- Alumnus of Life Chiropractic College West Hayward, CA
- Doctor of Chiropractic degree attained December 2000 magna cum lade

All Roads Lead to An Epic Journey at STIMULATE Your Mind

ELOP Your Spirituality



FALL QUARTER CLASSES BEGIN IN AUGUST 2011

We offer accredited degrees that lead to life-changing careers in • Ministry • Education

• Music • Counseling • and more!

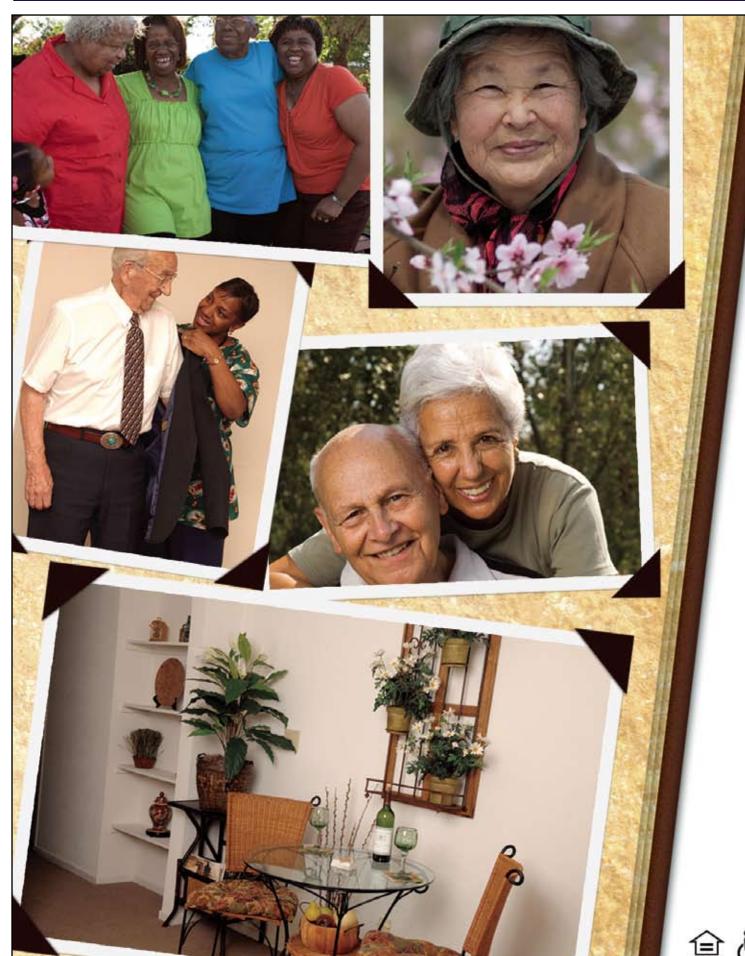
Visit Our New Campus!

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



Providing quality 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



Lic.#347001523

7125 Fair Oaks Blvd., Carmichael

(916) 481-7105

www.chateaucarmichaelpark.com





www.HankFisherProperties.com

Carmichael Times Page 12



Tim Kovar, broker/realtor and author, 916-549-4340 DRE# 01831154

King Set.

Twin Set

Full Set.

Baby Bear

Protect Your Financial Future

Saturday, September 24th 1pm-3pm At the Sylvan Oaks Library Community Room

MEET THE AUTHOR

If you or someone you know can't afford their mortgage, has a default letter coming or is facing foreclosure, act now to empower yourself with knowledge in battling the banks to save your financial future.

THIS EVENT IS FREE

Join Messenger Publishing and Tim Kovar, real estate broker and expert author of Kovar's Corner. the Q&A resource column for families facing foreclosure, as seen in the Carmichael Times, American River Messenger,

Orangevale Sun and the Placer Sentinel. Mr. Kovar will share 'inside' information, negotiating strategy, important financial facts and empower families in their fight to keep their homes, avoid financial disaster and bankruptcy.

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

Fair Oaks Presbyterian Church Wells Chapel,

11427 Fair Oaks Blvd, Fair Oaks, CA 95628.

public.

COFFMAN'S FURNITURE GALLERY Carmichael's Premier Sleep Center

MATTRESS SALE Spring Air Englander Cannon TOWNSEND MEDI PEDIC 1000 CONOVER Pillow Top • 5 Yr Warranty Plush • 5 Yr Warranty Queen Set.....\$299 Queen Set.....\$399 Twin Set.....

Full Set..

Englander **Englander** REPOSE LUX. FIRM 15 Yr Warranty 15 Yr Warranty Queen Set..... .\$529 Twin Set.... .\$599 Full Set..

Chaise Recliner

Microfiber

Fabric

King Set.. **ENHANCE PILLOW TOP** Queen Set.....\$799 .\$699

Pillow Top • 10 Yr Warranty Queen Set.....\$499 Full Set... King Set... **Easy Rest**

PREMIUM MEMORY **FOAM** 10" Supreme \$799 Queen Set..... .\$669 Full Set.

Queen Set... \$599 Twin Set. .\$399 Full Set. King Set... **Bella-Pedic ITALIAN MEMORY FOAM**

Spring Air

DESTINY FIRM

10 Yr Warranty

10" Bellisima \$899 Queen Set..... Full Set .\$799 .\$1099

2 Bed Pillows When You Buy Queen Set

RECLINER SALE





Several Fabrics to Choose From







40 X 22 Bamboo With coupon & 1 Purchase



CATALINA Twin/Twin Bunk Set

Includes 2 Mattress (Cannon) \$399 Set

916-482-9663 6443 Fair Oaks Blvd. @ 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 Entertainment Stage Presents: Mick Martin & The Blues Rockers - 4:30pm Tailgate Party

vs. Omaha Nighthawks Saturday, October 1 Entertainment Stage Presents: Walking Spanish - 1pm Tailgate Party

- 4pm

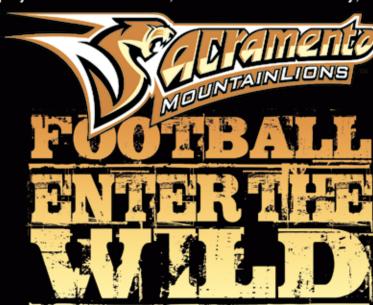
Saturday, October 15 vs. Virginia Destroyers

- 4pm

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 916.383.5466 or visit www.sacmountainlions.com

