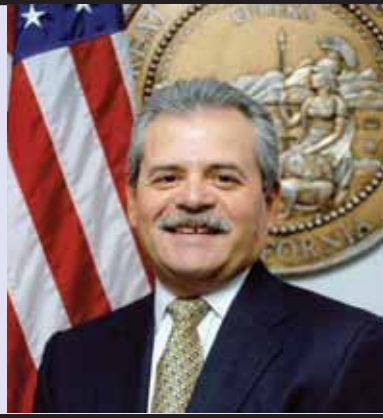


# Carmichael Times



Rio Americano teens' hot date fashion show raises \$15,000

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Ask "George"

Expert Answers to Your DMV Questions

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Volume 31 Issue 23

Serving Carmichael and Sacramento County since 1981

June 8, 2011

## Taxable Sales Up 8.5%

Report shows state ended 10-quarter slide in the first quarter of 2010



Latest taxable numbers are good news for California. Some people are starting to buy again.

### BOE Newsroom

New Board of Equalization data indicate a pronounced recovery in taxable sales. BOE staff has developed an estimate of statewide taxable sales for the first quarter of 2011, based on cash receipts. Taxable sales are estimated to have risen 8.5 percent in the first quarter of 2011 over the same period a year earlier, the best showing since the 3rd quarter of 2005 (when taxable sales rose 10.1 percent). The estimated level of statewide taxable sales for the first quarter of 2011 is \$117.8 billion.

"These latest numbers are good news for California, but I wish they

were even better," said Senator George Runner, Second District Member of the California State Board of Equalization. "More than two million Californians need a job, yet our state's hostile business climate continues to repel job creators we so desperately need."

The BOE also released taxable sales numbers showing that California ended a 10-quarter slide in the first quarter of 2010. California taxable sales totaled \$108.6 billion in the first quarter of 2010, up \$1.4 billion (or 1.3 percent) from the first quarter of 2009. The last quarter of positive growth in year-over-year taxable sales was the

second quarter of 2007, when such sales rose 0.9 percent.

First quarter 2010 taxable sales in the greater Sacramento area rose 0.9 percent, slightly lower than the statewide increase of 1.3 percent. The Second Equalization District's largest cities continued to post declines, with the city of Sacramento declining 2.3 percent, and the city of Fresno down 1.8 percent.

Gasoline station sales in first quarter of 2010 increased over 30 percent, the largest gain of any major category. Taxable sales made by gasoline stations were \$10.3 billion. The average price of gasoline at the pump increased 40

percent during the first quarter of 2010, which lifted total taxable sales made by service stations. Gallons of gasoline purchased in the first quarter of 2010 actually decreased slightly, dropping 1.0 percent from the first quarter of 2009.

Clothing and clothing accessory stores had the next largest increase, 7.9 percent in the first quarter of 2010, followed by general merchandise stores (which rose 4.5 percent). Taxable sales at general merchandise stores represent the largest nondurable retail category, and totaled \$10.2 billion in the first quarter of 2010.

First quarter 2010 taxable sales by

## Effie Yeaw Nature Center Hires New Director

Carmichael - Effie Yeaw Nature Center (EYNC) and the American River Natural History Association (ARNHA) are pleased to announce the hiring of Paul Tebbel as Executive Director to take over on June 1st from Marilee Flannery who is retiring after 18 years at the Center. EYNC is a community service of ARNHA.

Paul has more than 15 years of experience running nature centers, including 12 years as director of Rowe Sanctuary and Audubon Center on the Platte River in Nebraska. He also managed a wildlife care hospital in New Mexico, which provided him with valuable experience to oversee the care of the display birds and animals at the Nature Center.

Just prior to coming to the Nature Center, Paul was the executive director of Friends of the River, the statewide river conservation organization located in Sacramento. He originally moved to northern California from New Mexico to be nearer his parents who now live at Carlton Plaza in Sacramento.

"Now that ARNHA is responsible for raising the money needed to operate, we needed someone who could help us be financially successful while maintaining the high quality nature experience people enjoy at the Nature Center." Said Larry Washington, President of ARNHA which operates EYNC. "Paul's skills matched our needs since he has considerable fundraising experience and has managed two non-profit nature centers."

EYNC was part of the Sacramento County Regional Parks system until July 2010 when it was leased to the non-profit American River Natural History Association (ARNHA).

A favorite location for teachers throughout the greater Sacramento area, EYNC provides nature education programs to kids from kindergarten through 6th grade and takes care of the 77-acre nature preserve located in Ancil Hoffman Park near Fair Oaks Blvd. in Carmichael.

Built in the 1970's, the Nature Center honors the work done by Effie Yeaw (1900-1970) who brought connected thousands of children with nature at the location now protected as a nature preserve.

Each year nearly 100,000 residents, including many families with young children, walk the nature center trails and enjoy the quiet natural area which extends from the oak woodland to the Lower American River.

The natural area is open daily from dawn until dusk and the nature center visitor center is open from 9-5 Wednesday through Sunday. There is no fee to enjoy the nature preserve but a county parking pass or membership in ARNHA is required to enter the county park.

Nature Center Location, 2830 San Lorenzo Way, Carmichael. Tel: (916) 489-4918. [www.sacnaturecenter.net](http://www.sacnaturecenter.net). Support the Effie Yeaw Nature Center and the American River Natural History Association. Donate at [www.arnha.org](http://www.arnha.org).

motor vehicle and parts dealers were essentially flat, rising 0.7 percent. Within this category, taxable sales of used car dealers rose 10.4 percent, while those of new car dealers were much more muted, rising only 0.4 percent in the first quarter of 2010.

First quarter 2010 taxable sales made by building materials dealers and gardeners slipped 0.1 percent, while those of furniture and home furnishing stores declined by 0.5

percent. Electronics and appliance stores saw taxable sales in the first quarter of 2010 decline by 5.5 percent. Sales from "all other outlets" (comprised primarily of manufacturing and wholesale businesses) in the first quarter of 2010 were down 4.8 percent, to \$33.6 billion. To view all taxable sales in California, visit: [www.boe.ca.gov/news/salescont.htm](http://www.boe.ca.gov/news/salescont.htm).

## Carmichael Dog Park Holds Fundraiser



Members are beginning a series of fundraisers and appealing to Carmichael residents and businesses to help reach a goal of \$125,000.

Carmichael - There's a Master Plan in the works! Carmichael Recreation and Park District (CRPD) and the Carmichael Dog Park Society (CDPS), also called the Carmichael Canine Corral (CCC), have collaborated on a Master Plan for a practical, comfortable, and esthetically pleasing upgrade to the existing dog park facility, Canine Corral, at Carmichael Park. During a series of public meetings held in spring 2010, the CRPD took note of the public's needs and desires for improved facilities for both dogs and the humans who must accompany them to the safely fenced-in off-leash area where dogs can be dogs, run and play, socialize with each other and humans, thus becoming better canine citizens.

An architect's rendering of the resulting Master Plan is available at [www.carmichaeldogpark.com](http://www.carmichaeldogpark.com). The new dog park provides beauty, protection from the blazing heat,

secure fencing and night time lighting, and a healthy environment for humans and dogs, along with a hefty price tag. CRPD asked that the Board of Directors of the CPDS commit to raising half the proposed price of improvements, a whopping \$125,000.

What? How much you say? What's the big to-do about renovating a dog run? Why do dogs need their own park anyhow? Why is it going to cost so much? Isn't Carmichael Park a public park? Why is there a Board of Directors involved in a dog park? Get these questions -- and any others you may have -- answered at the Potluck sponsored by the Board of Directors and members of the Carmichael Canine Corral June 11th -- from 10 a.m. to 3 p.m. at the Clubhouse, Carmichael Park, 5750 Grant Avenue. A \$5 donation will provide you with admission, a plate of food, music from 2 different bands, a dog-training exhibition.

Even more fun is provided with a magic show for \$3, and you may be a lucky winner of a prize for a mere \$1 raffle ticket. Vendors will be selling human and dog items, with a portion of their profits donated to the dog park. For more information, call Bonnie Smith, President at (916) 873-2326 or Bobbie Reagan, Director of Fundraising at (916) 600-0332.



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

# Rio Teens' Hot Date Raises \$15,000

By Susan Maxwell Skinner

Sacramento — An annual fundraiser, the recent Rio Americano High fashion event doubled its 2010 bottom line. A record \$15,000 profit will help provide classroom and lab needs for over 1600 Rio Americano students.

Ending her six-year stint as show chair and producer, volunteer Beth Ruyak handed the whip-cracker role to fellow Rio mom, Tracie Reed. Settled in Fair Oaks after a national career in sports and news broadcasting, Ruyak has sent two children to Rio. Her 2011 graduate, Sami Swanson (18), now plans science studies at San Francisco State.

The confetti and streamer finale was bittersweet for cast and producer. While 370 graduates farewelled their school days, Beth Ruyak closed a chapter of her own. "Gosh, I will miss the kids, the energy and crescendo," she said. "But with Sami graduating, I'm excited to find something new to create. Tracie Reed, with Lisa Schwan choreographing, will guide the (2012) event beautifully. It's exciting for the whole school community -- to be giving back this way."

Titled "Forever Young," the 2011 presentation showcased 140 models from the graduating class. Over 300 garments — ranging from vacation casuals to prom formals — were loaned by local stores.



In bespoke short pants, Kevin Barlow is beguiled by Bryce D'Arelli. Every show vignette involved dance routines. Choreographer Lisa Schwan designed every step.



Country chic. Teaming cowboy boots, guitar and ruffled satin, Katie Asaro celebrates all things "Young and Beautiful." Sacramento stores loaned more than 300 outfits for teenage models.



Between performances of her sixth Rio fashion event, Beth Ruyak (center back) congratulates some of her models. The 2011 "Forever Young" show put graduating seniors, including Ruyak's daughter, on the catwalk. Photos by Susna Maxwell Skinner

# Ten Tips to Keep Your Business Open and Operating

By Liz Anthony

Sacramento Region — We independent owners provide jobs for more than 50% of working American. We develop nerves of steel. We drive a major part of the economy. It's important, then, on a lot of levels, that we keep doing what we're doing.

So here's to you, business owners, for your perseverance, your contributions, and all the jobs you've created.

Here's my contribution to you: A list that will help keep you operating:

- 1) Think in multiples. Why do a sales presentation to one or two people, when you can give a speech and get in front of hundreds?
- 2) Learn when and how to say no. It's politically correct to say yes to everything, but that doesn't pay the mortgage. The earlier you learn to say no nicely, the more time and money you'll save.
- 3) Too many owners invoice late, too seldom, or not at all. Clean up your billing cycle, even splitting the alphabet in half and billing your A-L clients the first of the month and the M-Z clients on the 15th. One of the

ways I improve small company's bottom lines is by cleaning up the billing, and it always works to create an influx of cash.

4) Learn to fire clients. Stop living for hope. People who show signs of stifling you, being unable to pay the tab, arguing too much, asking for too many extras, or skating in any number of other ways are always more trouble than they're worth.

5) Have at least three levels of products or services for your customers to buy, with at least three prices, and make it easy for people to buy from you three ways, not just one.

6) The reason people pay more is for perceived added value. Figure out the market's perception, and you'll add handsomely to your bottom line. Adding hours alone will never get you to your goal.

7) Develop a brand (not just an image or logo,) and carry it forward consistently with matching themes, colors, fonts, etc., until people recognize your brand and buy or refer when they see it.

8) Learn the difference between shortcuts that truly save money and time, and shortcuts that cost more than they're worth.



9) Learn to delegate instead of doing everything yourself.

10) Get, and keep, referrals from everyone. Get their permission, and use them in writing.

Liz's track record in increasing her client's income ranges from 8% in 45 days, to a record of 700% in 8 months. If you're a decision-maker and want to increase your income, call Liz at (916) 899-8285 or go to MizLizOnBiz.com.

www.CarmichaelTimes.com

## Be "In the Know" on July 9

What are the early signs of Alzheimer's disease? Is Alzheimer's fatal? How likely am I to inherit this disease?

On July 9, 2011, an Alzheimer's Awareness event will be held at East Lawn Memorial Park (43rd Street & Folsom Blvd.), in East Sacramento. Titled the "Un-Run for Understanding," it will be a day of information, guest speakers, updates on the latest research, resources for caregivers needing respite care, and the unveiling of the "Wall of Honor."

The "Wall of Honor" will be a permanent memorial for those who have lost a loved one to Alzheimer's disease or who want to honor someone who is suffering from it. Family and friends can have a name inscribed on

the "Wall," which has the inscription, "Never Alone, Never Forgotten." The Wall will feature a grandmother holding the hand of a grandson.

Why the name, "Un-Run for Understanding?" Glad you asked! This event will serve as a springboard for next year's inaugural Fab 40's 5K Run/Walk, which will benefit local Alzheimer's agencies. It's important to note that the proceeds from this Run/Walk will not only help those afflicted with Alzheimer's disease, but will also go to fund respite care for the caregiver. As many families know, time off from caregiving

duties is welcome and necessary to "recharge the batteries," but caregivers often do not have the necessary support or financial resources to take a break.

Please take a moment to visit our web site, Fab40s5k.org, for more details. On July 9, bring your entire family...and your neighbors, friends and, more importantly, anyone who can benefit from the information we'll have available. A free barbeque will be provided.

Please put this "Un-Run for Understanding" on your calendar—you'll be glad you did.



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## Fab 40's "Un-Run for Understanding"

An Alzheimer's Awareness Day



**Saturday, July 9, 2011**  
**Location: East Lawn Memorial Park,**  
**43rd St. and Folsom Boulevard**  
**Time: 9:00 AM - Noon**

### Calendar of Events:

9 AM - Welcome, and a light breakfast.

9:30 AM - Panel discussion featuring Hospice Care, a Neurologist, family members who have cared for a person with Alzheimer's disease and family members who are dealing currently with Alzheimer's disease, and an Elder Law Attorney.

10:30 AM - Unveiling of the "Wall of Honor." A place where people can create an inscription in honor of or in memory of a family member who has suffered from Alzheimer's disease.

10:45 AM - Untimed one-mile walk within East Lawn.

11:30 AM - Free luncheon.

There will be a variety of children's activities and a photo booth for your family's memories.

We will be having a kid's race as well!

There will be many vendors at the event to answer any questions you may have.

Visit our website at: www.fab40s5k.org for details



**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.

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qualify for the auto discount, you must attend both days. Sign-ups are conducted in the Retiree Activities Office, which is in the VA Clinic on McClellan Park. For AARP members cost is \$12; non-AARP members cost is

\$14. Make checks payable to the RAO. THIS CLASS IS ONLY FOR RETIRED MILITARY/SPOUSES. Questions can be directed to our volunteer staff at 561-7476, Mon-Thurs, 0900 to 1500 hrs.



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The deadline to enter is July 8, 2011.

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## SACRAMENTO Capitals 2011 Schedule

DATE	OPPONENT	THEME
July 8 <sup>th</sup>	New York Sportimes	Caps Come Home featuring Martina Hingis
July 9 <sup>th</sup>	Washington Kastles	Drop Shot Diva Day featuring Serena Williams
July 10 <sup>th</sup>	Newport Beach Breakers	Play Tennis Sacramento
July 12 <sup>th</sup>	Kansas City Explorers	Family Night featuring the Bryan Brothers
July 15 <sup>th</sup>	Newport Beach Breakers	Catch the Wave featuring Mardy Fish
July 20 <sup>th</sup>	Boston Lobsters	Caps Go Green
July 21 <sup>st</sup>	Springfield Lasers	Fan Appreciation Night

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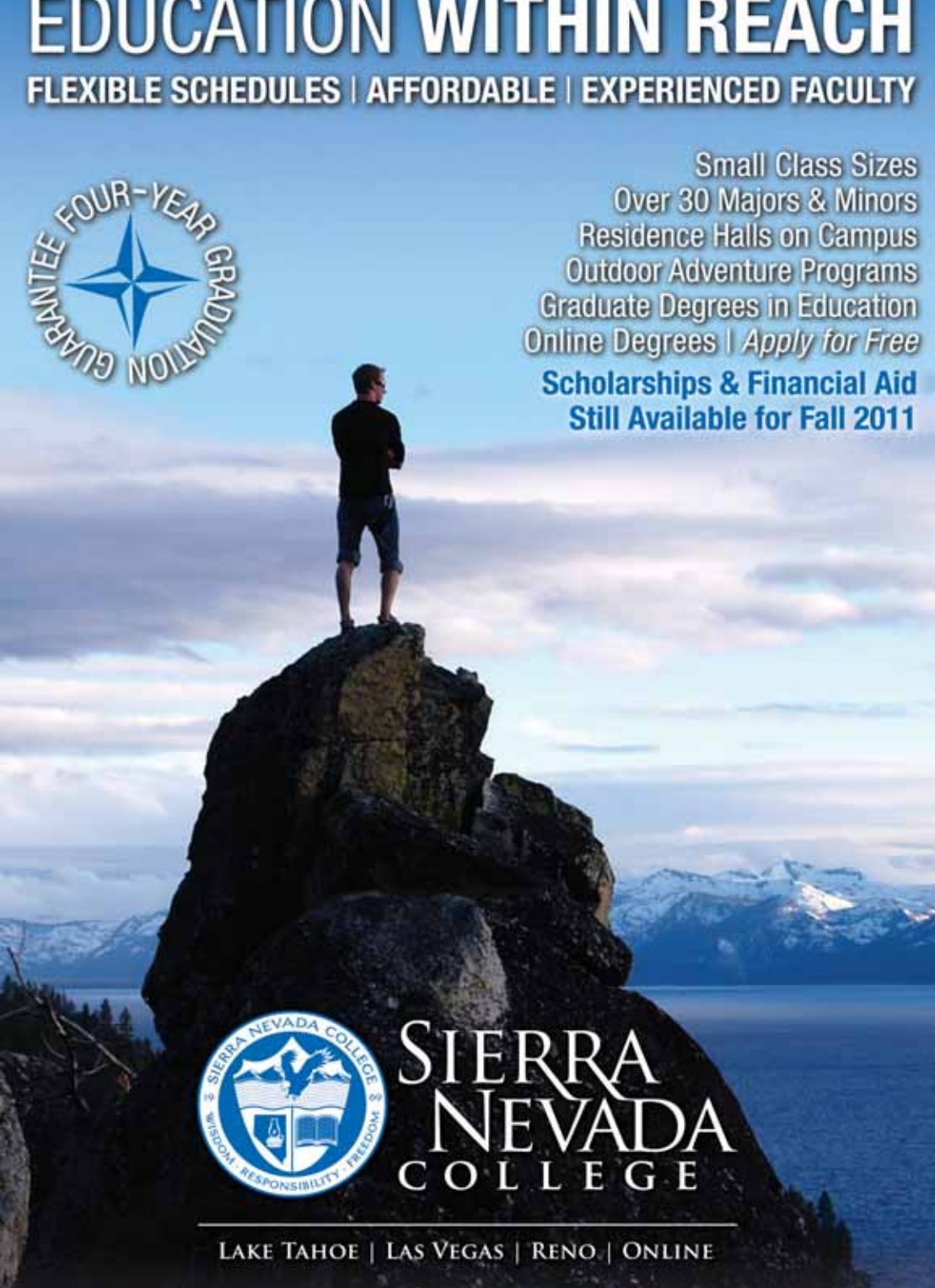

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**Carmichael RECREATION AND PARK DISTRICT**

### Carmichael Recreation and Park District is announcing these upcoming events

**Comedy Under the Stars**  
July 29th/ October 7th from 8pm- 10pm @ the Veterans Memorial Amphitheatre

Join the Fair Oaks Recreation and Park District and Sacramento's "Laughs Unlimited" for a night full of laughs! For more information or to purchase your tickets please visit us online @ www.fairoakspark.org or call our district office @ (916) 966-1036. No tickets will be sold at the door.  
• Tickets are \$15 per person or \$42 group pack (all three shows).

### FREE SUMMER CONCERTS AT CARMICHAEL PARK

**The Carmichael Recreation and Park District**

is offering the Summer Concert in the Park Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue!  
*Concerts start at 6:30pm unless noted.*  
Want to sponsor a concert? You can have your name on the flyer and on a banner; both of which will be seen by thousands of people! Call Elizabeth Crisante at 483-7826 x25.



Date	Band/Event
Sunday, June 12	Capitol City Concert Band 50-60 piece Concert Band
Sunday, June 19	SwingMasters-Big Band/Swing
Sunday, June 26	Xstadic-Classic Rock/Country/Blues Cover Songs
Sunday, July 3	Break
Sunday, July 10	Todd Morgan & the Emblems-50's Rock n' Roll/30's Jazz
Saturday, July 16	Departure-A Journey Tribute Band*-Journey Songs
Sunday, July 17	Carmichael Kiwanis Band-Swing Dance Band
Sunday, July 24	Gold Rush Brigade-Dixieland Jazz Band
Saturday, July 30	Because-A Beatles Tribute Band* - Beatles Songs
Sunday, July 31	The Newz Makers-Classic Rock/R&B
Sunday, August 7	John Skinner Band-Dance Band
Saturday, August 13	Q-Balls*-Classic Rock-60s to 80's
Sunday, August 14	Metro Swing-Dance Band
Sunday, August 21	Capitol Pops Concert Band-50 piece Concert Band
Saturday, August 27	Mick Martin & the Blues Rockers*-Rock n' Roll/Blues
Sunday, August 28	River City Concert Band-50 piece Concert Band

\* Denotes Saturday concerts



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A Film Review by Tim Riley

# Riley Reviews

THE FIRST CLASS  
PREQUEL OF "X-MEN"  
SUPERBLY ENTERTAINS

some of the dolts walking among us may come to think that nuclear Armageddon was averted solely due to the manipulations of the mutants with superpowers.

For those who know history, you may have figured that the setting of "X-Men: First Class" is circa 1962, when tensions between the United States and the Soviet Union are at a fever pitch.

A brief prelude set during World War II introduces a young Erik Lensherr as a concentration camp internee subjected to brutal treatment by the Nazi camp doctor (Kevin Bacon).

Meanwhile, a young Charles Xavier befriends a young Raven when she breaks into his suburban New York mansion in search of food. The lonely Charles adopts her as the sibling he's never had.

Moving forward to the Sixties, Xavier (James McAvoy), the future Professor X, is completing his doctorate at Oxford and uses his brilliant academic observations and telepathic powers to court the ladies.

When not tweaking her brother Charles, Raven (Jennifer Lawrence), struggles to find her place in the world, as her shape-shifting tendency to turn into blue-skinned mutant Mystique is off-putting to mankind.

Bent on revenge, the adult Erik (Michael Fassbender) hunts down old Nazis in Argentina. An explosive scene at a pub frequented by ex-pat Germans demonstrates the extent of Erik's pent-up rage, whose power to bend metal puts him on track to become Magneto.

The former Nazi doctor turns up as villainous mogul Sebastian Shaw, whose partner in crime is the

sexy Emma Frost (January Jones, who looks really hot in white lace underwear and garters).

Like one of those larger-than-life James Bond villains in search of world domination, Shaw's evil scheme is to start World War III as the result of a showdown in the Caribbean seas.

Plucky CIA agent Moira MacTaggart (Rose Byrne), after going undercover in her lingerie at a Vegas strip club, argues with her oblivious superiors that it is necessary to recruit Xavier and other mutants.

Working with another offbeat CIA agent (Oliver Platt), Moira brings Erik and Xavier together in a concerted effort to pursue the malevolent Sebastian Shaw.

A remote CIA facility becomes a training camp for all kinds of mutants, including a sonic screamer, a fire breather, a storm-tosser, an adaptive chameleon and a human fly.

The CIA-trained mutants get the chance to put their full talents on display, but unfortunately learn that they must fight a group of bad mutants who have been seduced by Shaw's spiel of a dominant race soon to take world power.

"X-Men: First Class" is at its best for the formative character development of Xavier and Erik leading up to the adversarial relationship that is inevitable to come between Professor X and Magneto.

Insofar as this prequel has much to do with conjuring the psychological underpinnings of the mutants' developing awareness, there is still an extremely effective focus on the sheer energy of their nifty physical talents.

On an emotional and effects-laden basis, the ultimate showdown during the Cuban Missile Crisis is undeniably thrilling. The resultant mayhem is well orchestrated by director Matthew Vaughn.

"X-Men: First Class," a really great blockbuster thriller, has a terrific overall cast, made all the better by Kevin Bacon's deliciously twisted arch-villain.

# Del Campo High School to Hold Their 25-Year Class Reunion

Sacramento – Del Campo High School's Class of 1986 will hold its 25-year class reunion this summer. The event, which will take place on Friday, August 12, 2011, will take place at the Radisson Hotel Sacramento. The doors will open at 7:00pm.

The theme for the reunion, "Ready to Have Fun Again", sets the tone for the much-anticipated event that is expected to reunite the class of more than 500 students. The 1986 graduates of this high school, which is located in the Fair Oaks suburb of North Sacramento, are encouraged to attend the reunion and catch up with classmates from 25 years ago, to revisit old friendships and create new ones. All alumni and their guests are invited to attend the reunion. The Reunion Planning Committee has established affordable registration fees for the convenience of classmates.

During the reunion, guests will enjoy a delicious assortment of hors d'oeuvres, while mingling throughout the venue, which will include a scenic outdoor terrace. For out-of-town alumni, guest rooms will be available on site at a discounted rate. A disc jockey will also be on hand to play an assortment of music, including the music of the 1980's.

Registration for the 25-year reunion is available via PayPal. Payments may be made by using MasterCard, Visa, American Express, Discover Card and bank debit cards. To register online, please go to [www.dccougars1986.com](http://www.dccougars1986.com). This website has been created exclusively for the Del Campo 1986 alumni. Registration may also be made via check. To register using this option, please contact staff@dccougars1986.com for details.

A Facebook page for the Del Campo reunion has been set up to

aid classmates in getting in touch with one another. On this Facebook page, Del Campo High School Class of '86: 25-Year Class Reunion, important information is often posted. Classmates are encouraged to join this Facebook page to receive updates on the reunion and to converse with fellow classmates. The Committee seeks help in locating classmates. For information, please contact staff@dccougars1986.com.

**Del Campo High School Class of 1986: 25-Year Reunion:**  
**Date: Friday, August 12, 2011**  
**Time: 7:00pm – 1:00am**  
**Locale: Radisson Hotel Sacramento**  
**500 Leisure Lane Sacramento, (916) 922-2020**

For additional information about the Del Campo reunion, please contact the Reunion Planning Committee at [staff@dccougars1986.com](mailto:staff@dccougars1986.com).

## X-MEN: FIRST CLASS

(Rated PG-13)  
That the original "Star Wars," released in 1977, was one of the best action adventure movies of all time is nearly indisputable. The prequels that came later, well not so much.

"The Phantom Menace" and "Attack of the Clones" are, to be charitable, forgettable. Few would even likely recall the name of the actor who played Anakin Skywalker before he became Darth Vader.

Why do I bring this up, you ask? Simply to illustrate that prequels are often inferior to the real thing. Yet, "X-Men: First Class" stands, on its merits, as a forceful argument to the contrary.

Without any doubt, "X-Men: First Class" is so far superior as a prequel to the "X-Men" franchise that I would only consider viewing the sequels once again out of a vague sense of curiosity.

For a comic book series that had become increasingly tedious, "X-Men: First Class" is a refreshing boost of adrenaline, injecting much needed vitality into a bland exercise of superpower heroics.

I only fear that the brilliance of this newest "X-Men" may be wasted on a younger generation largely ignorant of Cold War history and the frightening relevance of the Cuban Missile Crisis.

It's possible to imagine that

# Community Announcements

## Grief Support for Widowed People

will hold a meeting on June 10, 1:00PM for anyone interested in helping other widowed people work through the grief process and find redirection in their lives.

This organization has trained volunteers who help widowed people understand the trauma of losing a spouse. It has been in the South Placer area since 1986 and is funded by local community organizations. For location of this meeting or other information call 530-885-8298.

## The Fair Oaks Friends of the Library

will host its Summer 2011 Book Sale, Sat. June 11, 10-4pm. On Mon. June 13, 1-5pm is a Clearance of unsold books. A pre-sale for members is held on Fri. June 9, 3:30-4:30pm. Non-members may join at the door.

All sales are in the Community Room of the FAIR OAKS Community Library, 11601 Fair Oaks Blvd., Fair Oaks, CA 95628. (916) 264-2700.

## The Mission Oaks Computer Club

will meet on Thursday, June 9, 2011 from 1:00 PM to 3:00 PM at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael.

The meeting topic will be "Online Safety from Financial Scams" presented by Michael Lee of Golden 1 Credit Union.

A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome.

For additional information call (916) 366-1687 or visit our website at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org)

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Crossword Puzzle on Page 6

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# George Runner Responds to Governor's Revised Budget

Sacramento – Board of Equalization Member Senator George Runner today (May 16<sup>th</sup>) issued the following statement in response to Governor Jerry Brown's May revision of his budget proposal:

"Overtaxed Californians will find little to cheer in the Governor's revised budget proposal. "Despite the Governor's concession

to postpone higher income taxes for a year, he continues to push for legislative approval of higher sales taxes and car taxes this year. "And although the Governor dropped his effort to abolish enterprise zones—and the jobs they create—he continues to miss the big picture: Californians need jobs, not higher taxes. "Our best hope for new revenues

isn't higher taxes, but new jobs fueled by a recovering economy. Unfortunately, the Governor has yet to truly lift a finger in the fight for California jobs." Elected in November 2010, Senator George Runner represents more than nine million Californians as a member of the Board of Equalization. For more information, visit [www.boe.ca.gov/Runner](http://www.boe.ca.gov/Runner).



Governor Jerry Brown

# Governor Proposes to Eliminate Appeals Board

The Unemployment Insurance Appeals Board (Appeals Board) is a quasi-judicial agency created to hold hearings on disputed unemployment and disability determinations and tax-liability assessments made by the Employment Development Department.

There are seven members on the Appeals Board: five appointed by the Governor and one each from the Senate Rules Committee and Speaker of the Assembly. The annual salary of board members is \$128,109 and the chair receives \$132,179 per year. The Appeals Board met 14 times in 2010 and is scheduled to meet 16 times in 2011.

The Governor's proposal, which will be included in the May Revision of the budget, calls for the Appeals Board to be eliminated by June 30, 2012 and will save up to \$1.2 million in salary and travel costs.

Given the state's fiscal challenges, Governor Brown will continue to closely examine the structure of state

government and the utility of state boards and commissions. Earlier this week, the Governor announced a long overdue plan to merge the state's two personnel agencies – the State Personnel Board (SPB) and the Department of Personnel Administration (DPA) – into a single California Department of Human Resources (CalHR). When implemented, this plan will save at least \$5.8 million.

Since taking office, Governor Brown has slashed spending in own office by more than 25 percent and ordered state agencies and departments to:

- Halt all non-essential state employee travel;
- Recover millions of dollars in uncollected salary and travel advances;
- Stop spending taxpayer dollars on free giveaway and gift items;
- Cut state cell phones and the passenger vehicle fleet in half; and
- Freeze hiring across state government.

# NFIB/CA Releases Statement in Response to Governor Brown's Budget

Sacramento – The National Federation of Independent Business/California, America's leading small business association, released the following statement today in response to Governor Brown's May Revision.

"Governor Brown's May Revision is one that has good and bad news for California's small employers", said John Kabateck, NFIB/CA executive director. "The good news includes state sales tax exclusions for business equipment purchases

beginning in 2012, which would be especially helpful for new start-up businesses, and expanding the small business new hire tax credit to employers with up to 50 employees would encourage more small employers to hire."

"We also appreciate Governor Brown shrinking the size of government by eliminating 43 state boards and commissions."

"Having said that, the bad news is that the Governor still proposes

extending taxes for five years - now it will be an "increase" which will add up to a \$55-60 billion dollar tax increase over five years. Small employers simply cannot continue to absorb more costs from Sacramento", Kabateck said. "Our recession reduced our state's revenue base by 30%, so it will take a lot of work to make up for the losses. The only way to fix this is to enable businesses to put people back to work so that they are expanding the tax base."

# Free Summer Cribbage Lessons

Carmichael – Whether you have never played before or would like to sharpen your cribbage skills, this could be the place for you!

The River City Peggers will be conducting free cribbage lessons on Tuesday afternoons this summer.

The eight classes will be each Tuesday from 4:30 to 5:30pm from June 7th through July 26th at the Mission Oaks Community Center 4701 Gibbons Drive, Carmichael.

There is no charge to attend. The River City Peggers are a chartered

club of the American Cribbage Congress, a national organization devoted to promoting one of the greatest card games ever invented.

For more info call (916) 962-3130 or 294annett@gmail.com.

# River City Chorale's Free Concert

Fair Oaks – Music-lovers in the greater Sacramento area are invited to a FREE concert on Friday, June 24, 7:30 pm at the Faith Lutheran Church, 4000 San Juan Ave., Fair Oaks.

The Tour Choir of the River City Chorale will represent the greater Sacramento area on an international tour of France this coming July. The public is invited to attend the Tour Concert's pre-tour concert to enjoy the repertoire of choral music to be performed in France – and to wish the choir a Bon Voyage!

The River City Chorale presents nine concerts in and around Sacramento each year. The Chorale's Tour Choir upcoming tour in France follows eight prior international concert tours, including tours to the British Isles, Eastern Canada, northern, eastern and southern Europe, and Brazil.

Richard Morrissey, the Artistic Director of the Chorale since 2001, has been a member of the Chorale since 1996. He has composed and arranged over 75 works for choir and orchestra, eleven of which

have been published. Prior to his present directorship, he served as musical director of the Yuba-Sutter Oratorio Society Chorus and Yuba-Sutter Symphony Orchestra for 25 years. He taught band, orchestra, and theatre arts at Yuba City High School, and was the District Supervisor of Performing Arts in Yuba City Unified School District for 36 years. He also is a featured jazz player in "Hot Lynx," the brass ensemble often featured at the spring cabaret performances.

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### CLUES

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| ACROSS   | DOWN   | 32. Beauty parlor  |
| 1. Pivotal   | 1. "King Kong" (1933) actress                    | 33. Last letter of Greek alphabet                        |
| 6. Cul de ____                                     | 2. S-shaped molding                              | 34. *This President made Father's Day a national holiday |
| 9. Kitty ____, famous for flight                   | 3. Sweet-talk into something                     | 36. The feminine of raja                                 |
| 13. Ancient Greeks' assembly spot                  | 4. Cupid's ammo                                  | 38. Position of leadership                               |
| 14. ____ Wednesday                                 | 5. *He played Laura Ingalls' Pa                  | 42. End of the road?                                     |
| 15. Home of Darfur                                 | 6. Mouth off                                     | 45. Counterbalance                                       |
| 16. Pine or long                                   | 7. ____ not what your country can do for you..." | 49. ____ Rida, rapper for a bull                         |
| 17. Snowmobile runner                              | 8. This shop is not a place for a bull           | 51. Dirty or sleazy                                      |
| 18. Cast ____                                      | 9. Corn cob cover                                | 54. Author Chekhov                                       |
| 19. Departure from Egypt, e.g.                     | 10. Miners' passage                              | 56. Red-skinned cheese                                   |
| 21. *Popular dad gift                              | 11. Dry riverbed                                 | 57. Speed of an object divided by speed of sound         |
| 23. *Malia and Sasha's dad did it in 2008 election | 12. On one of these when popping big question?   | 58. '70s hairdo  |
| 24. Party  | 15. Chief Massasoit, aka Great ____              | 59. Point of entry                                       |
| 25. *Father/child divide                           | 20. To take away, as in gun                      | 60. Iraq neighbor  |
| 28. *George W.'s famous dad had the same first one | 22. Sixth sense                                  | 61. *Popular DIY dad gift                                |
| 30. *Dad, e.g.                                     | 24. In the interval                              | 62. Pauper's permanent state                             |
| 35. Showing age, especially having gray hair       | 25. *Hamlet's father                             | 63. Feeling happy  |
| 37. *Portnoy's Complaint" author                   | 27. Indianapolis ball player                     | 66. Tropical American cuckoo                             |
| 39. Dolphin home                                   | 74. *Maggie Simpson's first word                 | 68. Stallone   |

For Solution See Page 5

## Monthly Military Retirees/Spouses Monthly Meeting

Our next scheduled monthly meeting will be held on 14 Jun 2011 at the North Highlands Park and Recreation District, at 6040 Watt Ave, N. Highlands. Meeting time is 1030 hrs.

Our speaker is Dr (PHD) Barbara Gillogly who will be speaking about loss of memory as we grow older. Excellent speaker and should be very informative.

Come on out and enjoy a cup of coffee and meet someone new. Questions can be referred to our volunteers at 561-7476.

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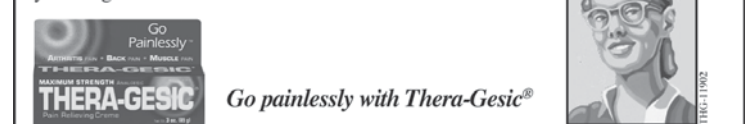
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**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME**

FILE #1008195  
The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Veranda, located at 5916 Palm Dr., Carmichael, CA 95608. Susan Powers, 6315 Landis Ave., Carmichael, CA 95608; and Lora Redman, 4000 Las Ninias Ct., Sacramento, CA 95821. The business was conducted by co-partners. The Fictitious Business Name Statement was filed on Sept. 14 2010 in the County of Sacramento. Filed with the Clerk of Sacramento County on May 5, 2011. Publish May 18, 25, June 1, 8, 2011.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00102933

WHEREAS, Paula Sue Braxton has filed a petition with this court for a decree changing name of Paula Sue Braxton to Paula Sue Braden. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 17, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 4, 2011. Kevin R. Culhane Judge of the Superior Court Publish May 18, 25, June 1, 8, 2011.

BRAXTO 10503 6-8-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00102934

WHEREAS, Candy Lynn Wood has filed a petition with this court for a decree changing name of Candy Lynn Wood to Candy Lynn Braden. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 17, 2011 in Dept. 16, located at 720

9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 4, 2011. Kevin R. Culhane Judge of the Superior Court Publish May 18, 25, June 1, 8, 2011.

BRAYDE 10503 6-8-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLOTTE SUTTON (deceased)

ESTATE NO. 34-2010-0007-3822  
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLOTTE SUTTON (deceased): A petition has been filed by VICTORIA BISHOP in the Superior Court of California, County of Sacramento, requesting that VICTORIA BISHOP be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted 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, Room 214, Sacramento, CA 95826 on June 9, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy 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 of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Victoria Bishop, 4870 Watsaka Way, Sacramento, CA 95835; 916-367-2533. Publish May 25, June 1, 8, 2011. BISHOP 10504 6-8-11

NOTICE OF PETITION TO ADMINISTER ESTATE OF AIDAN THOMAS SQUIRES (deceased)

ESTATE NO. 34-2011-00103315  
To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of AIDAN THOMAS SQUIRES aka Aidan Squires, aka Aidan T. Squires (deceased): A petition has been filed by JACOB SQUIRES and KIMBERLY SQUIRES in the Superior Court of California, County of Sacramento, requesting that JACOB SQUIRES be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted 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 June 23, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy 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 of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Llewellyn & Spann, Attorneys at Law, 5530 Birdcage St. #210, Citrus Heights, CA 95610; 916-966-9036. Publish May 25, June 1, 8, 2011. LLEWEL 10504 6-8-11

FICTITIOUS BUSINESS NAME STATEMENT #1104376. James P. Crawford, 4324 Vista de Lago Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Crawford Construction Services" at 4324 Vista de Lago Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 13, 2011. Publish May 25, June 1, 8, 15, 2011. CRAWFO 10504 6-15-11

FICTITIOUS BUSINESS NAME STATEMENT #1104439. Claveau Construction Corporation, 4811 Cypress Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Claveau Construction Corporation" at 4811 Cypress Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 16, 2011. Publish May 25, June 1, 8, 15, 2011. CLAVEA 10504 6-15-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103466

WHEREAS, Gaing Gae Joe has filed a petition with this court for a decree changing name of Gaing Gae Joe to Cheryl Gae Joe. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the

JASON 10504 6-15-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103597

WHEREAS, Shannon Dee Brooks has filed a petition with this court for a decree changing name of Shannon Dee Brooks to Shannon Dee Jensen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior

to the date set for hearing on the petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court Publish May 25, June 1, 8, 15, 2011. JENSEN 10504 6-15-11

FICTITIOUS BUSINESS NAME STATEMENT #1104725. Ali Azar, 1501 Secret Ravine #1917, Roseville, CA 95661 is doing business under the Fictitious Business Name "American Eagle Body Shop," at 6801 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 24, 2011. Publish June 1, 8, 15, 22, 2011. AMEAGL 10601 6-22-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00104056

WHEREAS, Tien Quynh Truong has filed a petition with this court for a decree changing name of Tien Quynh Truong to Kelly O. Truong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish May 25, June 1, 8, 15, 2011. JASON 10504 6-15-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103597

WHEREAS, Nina Rachele Mills has filed a petition with this court for a decree changing name of Nina Rachele Mills to Nina Rachele Mills-Rodriguez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 1, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior

to the date set for hearing on the petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court Publish May 25, June 1, 8, 15, 2011. JENSEN 10504 6-15-11

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 8, 15, 22, 29, 2011. ACKERET 10602 6-29-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103570

WHEREAS, Brock D. Hickey Jr. has filed a petition with this court for a decree changing name of Brock D. Hickey Jr. to Brock Daniel Wegner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 17, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 1, 8, 15, 22, 2011. WEGNER 10601 6-22-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103696

WHEREAS, Pablita Marie Romero has filed a petition with this court for a decree changing name of Pablita Marie Romero to Paula Marie Ackeret. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 8, 15, 22, 29, 2011. CARTER 10602 6-29-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00104280

WHEREAS, Kimberly Ann Schneider has filed a petition with this court for a decree changing name of Kimberly Ann Schneider to Kimberly Ann Lombardi. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 29, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 1, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 8, 15, 22, 29, 2011. LOMBARD 10602 6-29-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00103696

WHEREAS, Rose Mary Nonette has filed a petition with this court for a decree changing name of Rose Mary Nonette to Rose Mary Carter. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on July 8, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 8, 15, 22, 29, 2011. CARTER 10602 6-29-11

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 19, 2011. Kevin R. Culhane Judge of the Superior Court Publish June 8, 15, 22, 29, 2011. CARTER 10602 6-29-11

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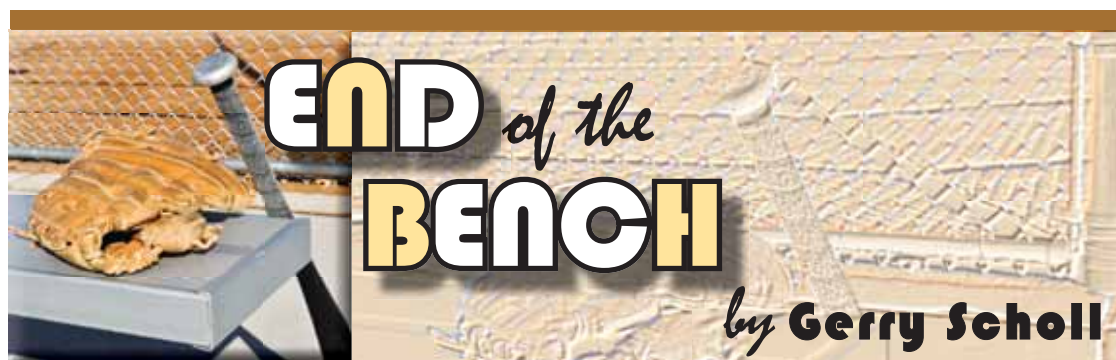
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## Why is Everybody Always Picking on Me?

Why is everybody hating on LeBron James? One false move and the guy has gone from the most revered star in the game to basketball public enemy No. 1.

His half-hour national TV show to announce "The Decision" to go to the Miami Heat as a free agent and the introduction of the Three Amigos – James, Dwyane Wade and Chris Bosh – with the dry ice and hydraulics, etc., turned millions of adoring fans against him.

I really don't get that. Too big of an ego? Too much hype? The NBA is all about ego and hype. The NBA hypes its individual star players like crazy, more so than its teams. James' high school games were put on television; he's not going to have an ego? Have you watched any games lately? Ego mania runs rampant. Just ask Kobe Bryant.

I doubt that all the LeBron pomp and circumstance was all James' idea. Perhaps if he had it to do over again he might tone it down a bit. But the advertising proceeds from the special were targeted for the Boys and Girls Clubs of America to build basketball courts, so maybe it was a worthy cause. NBA commissioner David Stern had negative remarks about the

overproduction of the events around James and the Heat. Maybe he should review the videos of the league's All-Star weekend festivities and see it for the circus that it was. All the LeBron stuff has brought a lot of attention to the NBA. I'm sure Stern loves all the publicity and the high TV ratings for this season's playoffs.

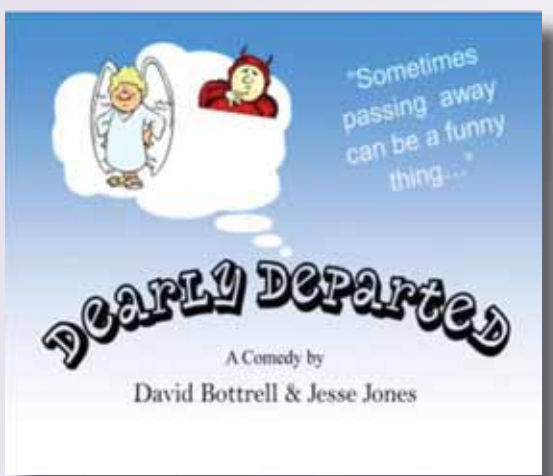
And besides, who wouldn't want to leave Cleveland? Some people say LeBron quit on his Cavaliers in last year's playoff loss to the Boston Celtics. Perhaps James was a bit disheartened when he recognized the truth – the Cavs were greatly overmatched – and distracted by the inevitable – his team was going to lose. Under those circumstances it would be easy to lose focus and intensity and not play up to par. The Cavs' brass clearly gave LeBron a lousy supporting cast, as evidenced by Cleveland's 26-game losing skid this year.

A top draft pick by his home state team as an 18-year-old right out of high school, James was praised early on as being "mature beyond his years." After carrying the franchise on his back for seven years, he decided to put himself "in position to

compete for a championship." While feeling empathy for all the jilted-lover losers in little old Cleveland, who can blame LeBron? It's not like top players haven't left small markets to go to big markets to win before? Hello, Boston. Hello, L.A.

On the court I've seen James as an unselfish player. He can do just about anything and is sometimes too unselfish for the sake of keeping his teammates involved. In the playoffs against the Bulls he clamped down defensively on Chicago star Derrick Rose as the Heat closed out the series. He did the same to Dallas' sharpshooter Jason Terry, holding him to 38 percent shooting through the first three games. He dealt nine assists in the crucial game three win, including one on the game-winning basket, while deferring the scoring load to Wade, who clearly had the hot hand.

The playoffs may all be history by the time this is read. Whatever the result, I wonder about the effects the outcome will bear on LeBron's popularity. Will winning prove to be the ultimate "deodorant," as they say? Losing will, most likely, perpetuate the unfortunate loathing of LeBron James, The Villain.



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Image: Bronze by Jay Bishop

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October 4-29, 2011	"Bold Expressions", NCA Open Show
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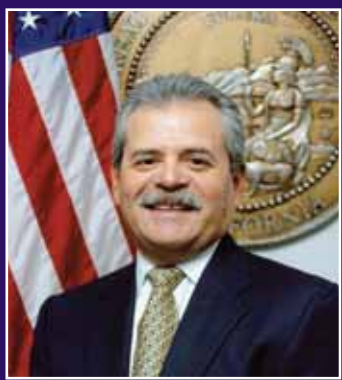


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§ If you drive in a snowy area, carry the correct number of chains in your vehicle and be sure they fit your drive wheels. Learn how to put them on your tires in the event that you'll need to use them.

Pay particular attention when driving through areas where there are trees or buildings. The shade cast from trees and buildings on cold, wet days causes the roads in these areas to freeze first and thaw out last. Also, bridges and overpasses tend to freeze before the rest of the road does, so use extra caution when approaching these areas. For more information, please visit [www.dmv.ca.gov](http://www.dmv.ca.gov). Save time. Go online!

*Q: Do I have to slow down on roads around a school at all times or only when children are present?*

A: According to the California Driver Handbook, you must follow a speed limit of 25 mph unless otherwise posted when driving within 500 feet of a school if children are outside. Also, if you're driving past a school where children are playing and there is no fence around the playground, you must adhere to the 25 mph speed limit as well. Although technically you do not have to follow the 25 mph speed limit when children are not present, it is highly recommended that you slow down, use caution and pay extra close attention for any children or pedestrians that might be present on or around school grounds. It's always better to play it safe. For more information, please visit [www.dmv.ca.gov](http://www.dmv.ca.gov). Save time. Go online!

*Q: I always get frustrated on the freeway when I'm adjacent to or behind a big rig truck because the drivers nearly hit me every time when merging or changing lanes! Additionally, I am afraid to pass trucks because I'm worried when I move over, they might try to move over too and hit me. Can you offer any advice to make driving around trucks easier and safer?*

A: The presence of trucks on the road is challenging for many drivers. Be mindful, however, that they have major blind spots that make driving challenging for them, too. The most important thing to remember is that if you can't see truckers' mirrors, they

most likely can't see you! With this in mind, you may begin to understand why trucks might merge too closely, etc. It's very important that you leave plenty of room between your vehicle and the truck, and before merging or passing, make sure you are visible to the driver. When passing a truck, speed up and try to get around them quickly (but safely and within the speed limit). Do not linger, because it prohibits trucks from having room to move in the event they approach an obstacle in the road. For more information, please visit [www.dmv.ca.gov](http://www.dmv.ca.gov). Save time. Go online!

*Q: It seems as though the DMV makes frequent updates to laws, rules of the road, and many other things. How can I be sure I am aware of the latest updates to DMV regulations and information?*

A: Great question! We do frequently update information on our Web site, and the best way to stay up-to-date on the most current information is to sign up for a DMV email alert. Once you sign up, the DMV will notify you via email when changes occur in a publication or we update information on our Web site. To sign up, go to [www.dmv.ca.gov](http://www.dmv.ca.gov) and click on the "DMV Info" tab, then click on the bullet point that says "Subscribe to Information Services Program Email Alerts." Simply enter your email address, and you'll receive alerts when something important changes! Save time. Go online!

*The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Secretary Dale E. Bonner. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit [www.dmv.ca.gov](http://www.dmv.ca.gov).*



# POPOFF!

with Mary Jane Popp

pressure, and facial hair are just a few of the symptoms.

2) *Ovary Type:* Weight gain in hips, thighs, and buttocks, with a lower stomach bulging. Ovarian cysts, cyclic fatigue, brain fog, pain in the lower back or hips, pain in the knee, lack of libido, acne, night sweats, along with hot flashes and on and on.

3) *Thyroid Type:* Weakness, high cholesterol, sagging skin under arms, chin, or midsection. Need for afternoon naps. Craving bread, pasta, chocolate, and sweets. Loss of libido, voice deeper, There's more too.

4) *The Liver Type:* Potbelly, poor joints, brown spots on backs of hands and body, constipation, hemorrhoids, cravings for fried and sour foods, headaches, arthritis, high blood pressure, spider veins, and on and on.

Dr. Berg also said we can be combos of these types, and there are so many more symptoms that I did not have the space to name them all, but they are all in his book. But I did want to get in the 7 Principles of Fat Burning:

1) There are the four types of body shapes. Each influenced by hormones.

2) Calories are insignificant compared to fat-burning hormones.

3) You have to be healthy before you can lose weight.

4) Environmental hormones and chemicals mimic your hormones.

5) You have to heal your glands and hormones to KEEP the weight off.

6) Fat-burning and fat-storing hormones have their own triggers.

7) Incorrect exercise prevents fat burning.

Finally, here are the Fat-Burning Hormones:

- 1) Growth Hormone (GH)
- 2) Insulin-like Growth Factor (IGF)
- 3) Glucagon
- 4) Adrenaline
- 5) Thyroid Hormones (T3 and T4)
- 6) Testosterone

And now the Fat-Storing hormones:

- 1) Insulin
- 2) Estrogen
- 3) Cortisol

In "The 7 Principles of Burning Fat" Dr. Berg has the information for you to find your own body-type or combo-type, and then deal with what has to be done. You can also check out his website at [www.bergdiets.com](http://www.bergdiets.com).

The good doctor also said that stress can cause the body to store fat, so remember to kick back and relax once in awhile. Gotta' smell the roses and enjoy life along the way!

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

## TURN BACK THAT FAT

Summer is just around the corner. Can't hide those rolls anymore. 66% of American adults are overweight. Can your unbalanced hormones be a culprit? You bet says **Dr. Eric Berg**. We count calories to the micro-ounce. We exercise til we drop. Yet, we still can't shed those pounds. Dr. Berg has specialized in weight loss for some years, and published several books including "The 7 Principles of Fat Burning" in which he states we can activate our fat-burning hormones with a tailor-made eating and exercise plan for our body type.

I guess we need to figure out what body type we look at in the mirror each day:

1) *Adrenal Type:* Pendulous abdomen. Midsection weight. Fat pad at the upper back and lower neck area. Thinner legs and arms. Fatigue, weakness, lethargy, depression, sleepiness, insomnia, nervousness, atrophy of breasts, high blood

**Exclusive Extras!!**

**Cruise with Radio/TV Host Mary Jane Popp**  
**March 3-10, 2012**  
**7-Night Western Caribbean Cruise**  
**from New Orleans to**  
**Cozumel-Cayman Islands-Jamaica**

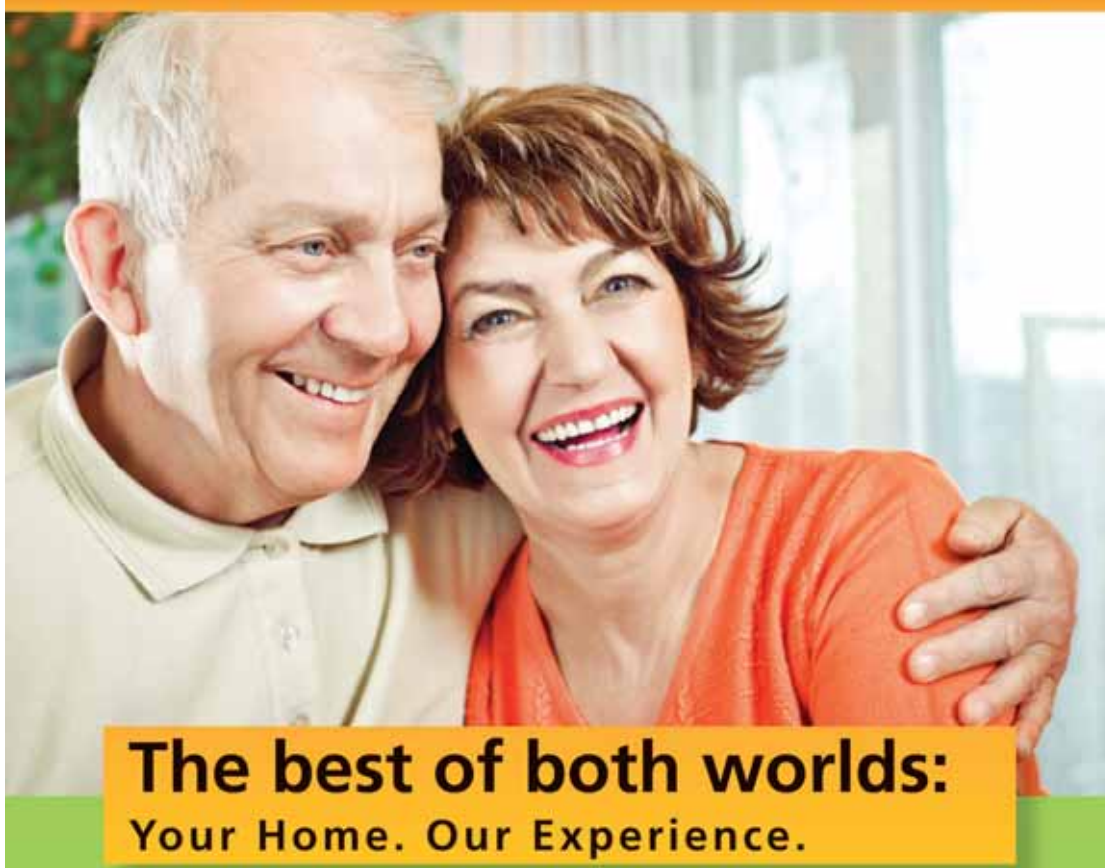
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- Your own healthful living plan and wellness coach
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- Home safety assessments and optional maintenance
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## Have YOU Taken Your Tour?



Take a self-guided tour of the 2 acre Antelope Garden for ideas on how to create your own water efficient landscape.

**2011 Schedule**  
**May 2 to October 31**  
**Monday-Friday and**  
**Second Saturdays**  
**9:00 am to 3:00 pm**



**Don't Miss This!**

Color photos and details of over 200 water-wise plants and trees are at [sswd.org](http://sswd.org) under "Water Education/Water-Wise Plant List."

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# Punch, Kick and Yell for Father's Day!

Bring your kids to Robinson's Taekwondo on Friday night June 24 at 7 P.M. for a night of bonding, board breaking and being real loud. It's free when you donate an old business suit or accessories to help out of work Dad's look good in a job interview. (It also gives Mom a break!)

Too often we don't get a chance to really let it out, but as martial artists we know that a good yell, or kiyah, is a great way to focus our personal power, develop concentration and build bigger lungs!

While yelling, punching and kicking aren't appropriate behavior at home

or school, it's okay in the gym. Get Dad to come along and yell together as our Black Belt instructors share Bully Busting tactics, help you learn to 'kiyah' and break a board in this hour of loud fun.

Robinson's, the first family name in martial arts knows quality time with kids is priceless. Come share real quality time with your kids in our Family Class.

Getting a suit for that all important job interview is often financially impossible when you have to choose between food and shelter for your family and clothes for yourself. Help

homeless & out of work Dads find a new opportunity by donating your old business suit.

Can't make the free clinic? Don't worry everyone who donates will be eligible for a 5-Day VIP Pass as thanks!

Visit [www.robinsonstktd.com](http://www.robinsonstktd.com) <<http://www.robinsonstktd.com>> for a drop off location near you, or call 916-481-6815.

We'll make sure the clothes get to fathers who need them.

Donations benefit Sacramento Food Bank Clothes Closet, The SETA Hillsdale Career Center and Sacramento Job Corps.

# Singles Safari Dance at Carmichael Presbyterian Church

Carmichael - Christian Singles Network will its annual Safari Dance for single adults Saturday, June 11 at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. All ages are welcome to attend.

The evening features refreshments, a dance lesson in the Merengue by Dancing Dave from 7-8 PM. included in the ticket price and DJ dance music of all types from 8-11:30 by DJ Dale from Allstar Entertainment. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress is casual, tropical. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non-alcohol beverages and the dance lesson. Volunteers attend free. Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, 95722.

Christian Singles Network celebrates its 18th Anniversary this year, and is Sacramento's oldest and largest Christian Singles group, holding weekly events, with dances every

month. Membership is not necessary to attend, although members get a \$5 discount at the door.

All ages and all denominations are welcome. CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

To receive more information about activities or directions call the (530) 878-8606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties and cruises.



**All I really need to know, I learned from baseball.**

**#4** Don't let obstacles get in the way.

**JUNE 9-12** vs TACOMA RAINIERS  
AFFILIATE OF SEATTLE MARINERS

**JUNE 17-20** vs FRESNO GRIZZLIES  
AFFILIATE OF SAN FRANCISCO GIANTS

# Father's Day Package

**Sunday, June 19**  
1:05 p.m. game time

**Celebrate Dad's Day with Baseball & BBQ!**  
COST: Adult - \$36 Child - \$30 (10 & under) \*ticket included

For the complete game schedule and promotions visit [rivercats.com](http://rivercats.com). Tickets available at the Raley Field Ticket Office or [ticketmaster.com](http://ticketmaster.com). Call 916.371.HITS (4487) for information on season tickets, suites, and hospitality areas.



## Time To Enjoy The Life You Deserve

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