# Carmichael Times



Celebrating Special Mothers on this Mother's Day

Page 2



Farmers Market
Comes to
Carmichael Park
Every Sunday

Page 10



Spring Fever Brings Annual "Outbreak" of Garden Events

Page 12

PRESORIEU SID.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Volume 31 Issue 18

Serving Carmichael and Sacramento County since 1981

May 4, 2011

# Crime and Homelessness Forum Packs Carmichael's La Sierra Center



County agency panelists spoke before 120 citizens who attended a Crime and Homelessness forum at the La Sierra Community Center last week. Representing agencies were: Carmichael Park District Chief Jack Harrison (left), District Attorney's representative Karen Maxwell, Bruce Wagstaff (County-Wide Services), Sheriff Scott Jones, Supervisor Susan Peters and Kevin Shriver from Sacramento County Code Enforcement. Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner

Carmichael – Pan handling, graffiti, illegal camping and theft were hot topics at a recent community forum hosted by the Carmichael Chamber of Commerce.

A crowd of 120 filled the La Sierra Community Center to hear Sheriff Scott Jones and a panel of agency representatives discussed crime, homelessness and accompanying problems in the Carmichael area. County Supervisor Susan Peters moderated the two-hour meeting.

"Is Carmichael safe?" posed Sheriff Jones. "Overall, I would say yes."

But he acknowledged that quality of life issues came hand in hand with the recession. The same economic downturn has impacted his department's effectiveness. Carmichael lost a critical Sheriff's Service Center due to 2010 budget cuts. In consequence, Problem Oriented Policing teams were removed from local duties. Jones said he hoped to have POP officers back on the beat by later this year and welcomed volunteers to help them.

Assistant deputy district attorney Karen Maxwell lauded the effectiveness of Neighborhood Watch volunteers. She stressed that residents should report all suspicious activities and crime.

Together with non-profit groups, per cent. "It looks like ou churches and law enforcement, the working," Wagstaff said.

Countywide Services Agency aimed to get homeless people into programs that helped them, said agency administrator, Bruce Wagstaff. He quoted recent statistics showing that chronic homelessness was down by over 25 per cent. "It looks like our approach is

A follow up meeting will convene at 7 p.m. on May 3, at the Christian Science Church in Carmichael. The facility is located at 4949 Kenneth Ave. For further information, call the Chamber of Commerce at (916) 481-ch is 1002.



County-Wide Services representative Bruce Wagstaff held the speakers' attention as he discussed problems experienced and caused by Carmichael's homeless population. Supervisor Susan Peters (left) chaired the panel. Photograph by Susan Maxwell Skinner.

# CHP Reminds Drivers and Riders to Share the Road

From Officer Lizz Dutton,
Public Information Officer

CHP Release - Sharing is a concept that a person learns at an early age; it's a concept that can be applied not only to life, but on the highway. May is Motorcycle Safety Awareness Month, and the California Highway Patrol (CHP) along with its traffic safety partners are reminding all motorists to safely share the road; it may save a life.

Following several years of increases, in 2009, the most recent year for which finalized data from the Statewide Integrated Traffic Records System (SWITRS) is available, the number of people killed and injured in motorcycle-involved collisions dropped. That year in California, 467 people died and 11,488 were injured as a result of a crash involving a motorcycle.

"The drop in overall number of collisions is encouraging, but there is more work to be done," said CHP Commissioner Joe Farrow. "All motorists are reminded to be extra alert when on the road to help keep everyone safe."

One of the main reasons motor-cyclists are killed in crashes is because the motorcycle itself provides virtually no protection in a crash. According to the National Highway Traffic Safety Administration, approximately 80 percent of reported motorcycle crashes result in injury or death; a comparable figure for automobiles is about 20 percent.

"Motorcyclists are much more vulnerable than passenger vehicle drivers," said Robert Gladden, Vice President of the Motorcycle Safety Foundation. "In addition to wearing the proper safety gear, especially a helmet that is certified by its manufacturer to meet

DOT specifications, riders are encouraged to enroll in a training course."

The CHP strongly encourages all riders to sign up for the California Motorcyclist Safety Program (CMSP) before beginning to ride. CMSP offers the Basic RiderCourse for beginning motorcyclists and Basic RiderCourses 2 for riders who are interested in improving their skills. CMSP expects to train 65,000 motorcyclists per year and operates more than 120 training sites throughout California. To find a location nearest you, go to http://www.ca-msp.

Committed to developing and promoting traffic safety campaigns that help save lives, the CHP uses educational campaigns as an avenue to reach the public with its motorcycle safety message. These campaigns are made possible by grants from the California Office of Traffic Safety (OTS).

"Increased awareness by everyone on the road will result in greater safety," said OTS Director Christopher J. Murphy. "Through the continued efforts of law enforcement, traffic safety organizations on every level and the public, we can extend this downward trend in collisions statewide."

Helping the CHP spread the word about motorcycle safety awareness to the motoring public is the California Department of Transportation (Caltrans). During May, Caltrans is set to display an important message, statewide on their Changeable Message Signs: Share the Road, Look Twice for Motorcyclists.

"Exercising common sense and courtesy on the road will go a long way in this traffic safety endeavor," said Commissioner Farrow.

### **Taste of Carmichael Brings Food & Fun**



Sister Swing, an Andrews Sisters 40's-era performance group, will once again offer entertainment. Photograph courtsey of the Carmichael Kiwanis.

Carmichael – Come out and enjoy the great food, wines, beers, music and laughs with your neighbors of Carmichael at this annual fundraising event! Featured again this year will be many samplings of food from local restaurants and tasting of locally brewed beer and wines from regional wineries.

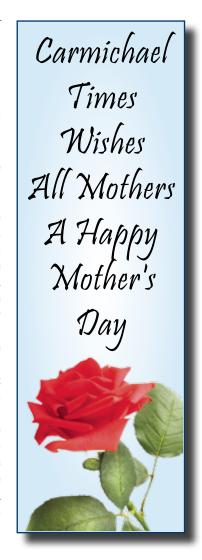
The 'Taste' of food, wine, brew, music and art in previous years has drawn over four hundred people from the surrounding community. Proceeds go to Kiwanis Foundation's contributions to charitable organizations serving the children, the youth, and the disabled. A partial list of beneficiaries of this fundraiser include: Carmichael Park & Recreation District programs, Kiwanis Family House, SJUSD High School Jazz program, local food closets, American Red Cross, Salvation Army, Special

Olympic Events, Boy Scout &

Cub Scout programs, SJUSD Elementary Special Projects, Children's Receiving Home, Toys for Tots, Heifer Project, Eye Glasses, North Area Teen Center, and many more.

Planned for the event will be over forty booths filled with food and beverage vendors and businesses from the community. The event will be held at La Sierra Community Center, 5325 Engle Road, Carmichael on Saturday of May 14th from 4:30-8 PM. Tickets can be purchased at the door for \$35 per person.

Taste of Carmichael Event is organized by many fellow-Kiwanians. They have created this fun-filled evening to help raise the needed funding for local organizations. To find out more about the Kiwanis Club of Carmichael, write to P.O. Box 680, Carmichael, CA 95609, or visit www.carmichael-kiwanis.com



Carmichael Times Page 2 May 4, 2011

## Celebrating Three Special Mothers

Story and photos by Julie Parker



**Amelia Crotty** 

Born in Italy, Amelia Crotty was six years old when she, her mother and older sister joined her father in the United States in 1930. "I'd never known my dad until we came here," says Amelia, "because he left to work and have money enough to bring us over. We ended up in Minnesota. Dad worked in the paper mill at International Falls, which is the coldest spot in the country," Amelia smiles, glancing around her sunlit Carmichael Oaks apartment.

"Every day of the week, I could tell what day it was by what my mother was cooking. Chicken was on Sunday." Her parents stressed education, up to a point. "Mom said, 'Not for you. You learn all of the things women do.' We learned how to sew and clean, clean, clean. The problem for me was that my sister was prettier and petite, had black, curly hair, and I had straight brown hair. We didn't have a boy so I ended up being the boy. I shoveled the sidewalks, brought in the wood and coal. I didn't mind. I'd rather be outside.

I was the disciplinarian in my family, but my mother was not. She'd say, "I'm going to tell Dad." But, she never did. I don't think she ever raised a hand to us, where I did, I have to admit."

When Amelia was in the 7th grade, she was fascinated when the new public library opened, unlike her mother. "She'd say, 'Don't waste time with books. That is for the intelligentsia – doctors, lawyers and priests.' I enjoyed reading, so I would hide under the bed to read." Her mother eventually learned to read English. "We'd be reading the funnies, she'd hear us laughing and wanted to know what we were laughing at. So, we'd start reading to her, she started looking, and that's how she learned to read-from

Amelia met her husband in high school, and married when she was 22. "The first baby came right away, and they just kept coming. I had 10 kids in 14 years. Those were good days. I loved the kids, and being in charge. When they get older, you don't know where they are, or what's going on. We lived payday to payday. A pound of hamburger can go a long way and you use a lot of pasta and rice. We didn't know what leftovers were.

We sent all of the children to parochial schools, because we believed that was the best place for them. They all went to college. I'm just so proud of them all.

"It took me a long time to figure out that one system doesn't work for every child. Each child is an individual, so I tried to treat them as such. God gives you these kids, because he thinks you are the best mom for these children. I always felt I had a responsibility to give them back to God in as good a condition as I got them."



Illojean Peifer

Jean's mother died of uremic poisoning after giving birth to her, so she was raised by her father and maternal grandparents. "My grandmother was real strict. You better mind her. But, she was really good to me. She was afraid my father was going to get married and take me away from her, because she raised me from a baby." They moved from the house she was born in, in East Nicholas, to Chico.

Ninety-year-old Jean sits at the edge of her bed in her apartment at The Chateau at Carmichael Park, remembering her childhood. "We had a chicken ranch, so I was raised with chickens, ducks, turkeys and rabbits. We worked on farms picking prunes for 7 cents a box, cutting apricots, and hauling almonds for 2 cents a pound. I could buy an ice cream cone for 5 cents a cone or go to the movies for 10 cents." She also worked jumping on and off milk trucks, dropping off quarts of milk to houses. "I got 25 cents a night."

Her grandmother took her and her girlfriends to dances. "She'd sit on the sideline while we danced

from 9:00 'till 2:00 a.m., and then she'd bring us home." After graduation, she continued dancing, and at the end of one evening of ballroom dancing at the local Air Force Base, a young man arrived during the last song, and asked her to dance. When he returned after the war in 1944, they married.

Jean's grandmother (a midwife) stayed with Jean to assist when she delivered her first baby. "They used to say, 'Oh, I can tell you're going to have a girl by the way you carry it.' 'I just hope it's a boy to show you can't.' I got a boy." Eight years later, a daughter also arrived.

"My kids didn't give me too much trouble. I worried a lot about them, like when they started with the marijuana and all that, and the narcotics. When we lived in Washington, the kids were using switchblade knives. Well, that worried me. I'm a worry wart."

After retiring from the service, her husband became a letter carrier and they returned to dancing. "We didn't dance after we had the kids, because you couldn't take your kids with you. He said, 'I can't dance and carry the mail, so I'm going to quit working,' and he did." They traveled around the country dancing at polka festivals. "We danced from noon to midnight. You'd get charley horses in your legs, sweat running down in your eyes. It was fun and we met a lot of people. We danced up till he was 84."

"It's kind of hard for moms now, because they have to work. But, stay home and raise your children, if you can. I hope this world changes so we don't have all of these drugs, and that my kids and their families are all okay. So far, they are. They're very good kids."



Illojean Peifer

"I don't really remember too much about my mom," says 92-yearold Marion Solo. "In my high school years, she became an asthmatic. I was an only child, so I sort of took over running the house. My grandmother showed me how to cook and sew. This was just before the Depression. You counted your pennies all of the time'

Marion grew up and spent most of her life in Fresno. "I had a girlfriend who lived around the corner from me and we played with our dolls. Did a lot of roller skating; skated and kicked the can down the street; not much traffic. That was lots of fun, and I belonged to Jobs Daughters."

The family would spend their vacations in Santa Cruz, but didn't travel much. "Cars weren't all closed in, like they are now. You had to get out and put the side curtains on all around so the wind wouldn't blow through the car."

In 1942, while Marion was working for Metropolitan Life as administrative support, the Navy began recruiting for WAVES. "'We're starting a new phase in the war-women in the Navy." She and her girlfriend signed up. "I was in the first group ever. I did training in Stillwater, Oklahoma, then, they stationed me in San Francisco. I was with the Sub Forces Commander of the South Pacific, stationed in the federal building. I was a pivotal person. When ships needed damage repair, our job was to find parts, and see that they got there the fastest way that we could to get the ships back in commission. That was very interesting. I did that for three years, until the war

Meanwhile, a cousin introduced Marion to her future husband. "He was a year ahead of me in high school. I knew who he was, but didn't know him. He was a real good dancer. We liked to dance. The college had dances all of the time. At one time, we belonged to a dance club - ballroom dancing."

They had two children – a daughter and a son. "My folks and my husband's family all helped with my babies. They taught me to feed them when they should be fed, laugh with them when they should be laughed with, attend sports activities with them, and all that."

They spent their vacations in Santa Cruz. "One year, we went to Disneyland right after they opened, then over to Catalina Island. In Santa Cruz, we usually stayed in motels, but, eventually we had a cabin when the kids were a little older and spent our whole summer there. "

Widowed in 1973, Marion continued working for a credit union until her retirement. In approximately 1998, she moved to Carmichael to live with her son.

"I think I did a pretty good job with my children. They have good manners, respect everybody, show attention to their elders. You have kids and you never let them go. They're still your kids always."

Have 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 Saturday of each month 9:00 am to 3:00 pm



**Don't Miss This!** 

Color photos and details of over 200 waterwise plants and trees are at sswd.org under "Water Education/Water-Wise Plant List."

> **FREE Admission!** 7800 Antelope North Road, Antelope



### El Papagayo

Restaurant and Catering

The most authentic Mexican food you can find

Cinco De Mayo 2011

**Handmade Tortillas** 

**New Menu** 

\$2 Draft Modelo





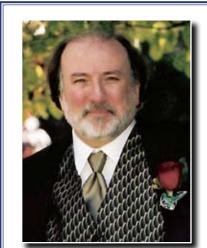
5804 Marconi Ave., Carmichael, CA 95608 (Marconi & Fair Oaks Blvd.)

916-487-7742 Call ahead to place your order!



### Go to www.CarmichaelTimes.com Read More! Your Home, Your Money, Your Car...

Everything You Used to Get From Your Sunday Paper



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).

Advertising Sales

Paul V. Scholl • Perry Hartline • Marion Solo • A J Bachman Ken Pogue • Max H. Peters • Lisa Taylor

Graphics & Layout Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

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 Pastor Rich Reimer • Pastor Carv Duckett • Ronnie McBraver David Graulich • Perry Hartline • Gerry Scholl • Trish Tatterson

Gabriel Scholl

Nicholson & Olsen CPA

Tandra Banerjee

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

Amanda Morello • Susan Skinner

Photography 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.

### Mother's Free Safety Clinic and May Veggie Drive

Moms have a lot to say in making us the adults we become and each May we celebrate them on Mother's Day. At Robinson's Taekwondo (www.robinsonstkd.com) we honor Mom by taking her advice to heart... every day!

As Black Belts we don't run with scissors, we study, keep our rooms clean, eat our vegetables and we exercise! We also help in our community. Join us to help Mothers struggling to provide a healthy meal, learn great safety awareness and cool self defense moves every Mom should know during the Annual Mother's May Safety Clinic and Veggie Drive. (Onsite childcare provided during the clinic at selected locations!)

Mom's can come learn basic selfdefense at our free one-hour clinic celebrating Mother's on May 20th.



women learn basic escapes, discuss criminal assaults, locales and share empowering strategies to avoid conflict and attacks.

In many assaults, criminals take advantage of unaware victims and have no real plan. These are crimes of opportunity and knowing how to avoid danger is often the best

Join Robinson's Family Food

Drive by donating four cans of vegetables to any of the 19 area locations. The food will help local families struggling to make ends meet. Donations go directly to local hunger programs through California **Emergency Foodlink.** 

#### **MOTHER'S SAFETY CLINIC** AND VEGGIE DRIVE

Friday, May 20, 2011 At 6:30 P.M. Register online at www.robinsonstkd.com or call 916-783-3191

Food donations can be dropped off anytime at all 19 regional Robinson's Taekwondo locations during the month of May. Can't attend the Mother's Safety Clinic? That's okay. Drop off your canned

vegetable donation anytime in May and receive a VIP 5 Day Free Pass including personal lessons with our Black Belt instructors.



Dr Bob Graykowski



Irritability, excessive crying or screaming, particularly at night, parents with frazzled nerves and an entire family with bags under their eyes – these are the signs of infantile

#### **Diagnosis**

Colic is a diagnosis of exclusion that should only be made after a thorough physical examination to rule out other ailments. This evaluation should include checking the infant for misalignment of spinal bones (vertebrae) – a condition that has been linked with colic.

Spinal misalignments in infants are sparked by the twists, turns and pressure placed on the head, neck and spine during the delivery process. In fact, an average of 40-70 pounds of force is exerted on a newborn's head and neck during birth. This strains the spinal joints in the upper neck – called upper cervical joints – especially the joint between the baby's head and neck. Caesarean sections and assisted deliveries may produce additional torque to the infant's head and neck, possibly setting these babies up for even greater risk.

At Chiropractic USA we use specially tailored, extremely gentle adjusting techniques for children, which were developed by pediatric researchers. Extremely light pressure is applied during infant adjustments. Often the force is less than that produced by lightly tapping one fingertip against your arm, the child experiences no discomfort or "cracking" sounds. Instead, the procedure generates a calming effect that can, in some cases, quiet colic in a single visit.

That's exactly what happened to 317 colicky infants involved in a study

### Quell Colic

Chiropractic May

including 73 doctors of chiropractic. Researchers provided the infants' mothers with a diary to track their babies' symptoms, intensity and length of crying, as well as how comfortable the infant appeared. Within 14 days of chiropractic care (an average of three visits), 94 percent of the children - including the 80 whose colic was quelled on the first day – "showed a satisfactory response. After four weeks, the improvements were maintained."

Interestingly, 51 percent of these children had already undergone unsuccessful drug-therapy treatment. Chiropractic not only worked: It worked when drugs failed.

#### Better Than Drugs

"Medications available... have not been proven effective in the treatment of colic," note researchers from the University of Louisville School of Medicine in Louisville, Kentucky (Am Fam Physician 2004;70:735-

Chiropractic care focuses on addressing the root cause of disease and illness - not covering up symptoms with drugs and exposing patients (particularly children) to potentially dangerous side effects.

#### Additional Colic Contributors Cow's Milk

Proteins in cow's milk "appear to be associated with the prevalence of infantile colic in a significant number of cases," according to researchers from the University of Calgary.

If breastfeeding is not possible, opt for formulas that exclude cow's milk. Also, natural flow bottles are recommended. In one study of 36 colicky babies, some of the infants were fed with standard bottles and some with Dr. Brown's Natural Flow Baby Bottles. Those sucking from placebo bottles spent "significantly more time crying and fussing on average than infants using Dr. Brown's. Because these bottles decreased the time the infants spent crying and fussing, use of these bottles may be recommended to colicky infants who receive any bottle feedings."

#### Other Feeding Problems

Feeding posture may also play a role. Babies should be held in an upright posture during feeding, to

prevent excessive intake of air, and burped following feeding.

In addition, research indicates that mothers nursing colicky infants should steer clear of caffeinated beverages, garlic, gas-producing vegetables, spicy foods and dairy products.

#### Smoke

Women who smoke are twice as likely to have babies with colic, compared with nonsmoking moms.

#### Over-Stimulation

Over-Stimulation may also trigger colic. Studies suggest that reducing activity and exposure to stimuli such as music, television and light especially prior to bedtime, can keep infants colic free.

On the other hand, calming activities, such as massaging your infant, may ward off colic by promoting quality sleep. This improves sleep quality by triggering natural sleep-awake cycles called circadian rhythms.

"The current findings highlight the importance of mother-infant interactions and environmental cues for the development of the infant."

#### Wellness approach

At Chiropractic USA our focus is lifetime family wellness care. One of the most important times to get a spinal check up is after the birth process. Stress on the upper neck affects the vagus nerve and is one of the main reasons for colic. If you have a colicky baby or know someone that has a distressed infant call us for a spinal checkup. You may be only one adjustment away from a good nights sleep. 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** May 10: Family Fitness Made Fun

Please call for a 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

### California Institute Jewelry Training

Carmichael, California

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

#### 2011 Classes:

- Jewelry Arts
- Gemology
- Workshops **PMC** Enameling Silversmithing





**Tuesday Evening** classes 6:30

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

> Call 916.487.1122 www.jewelrytraining.com

### Welcome



The Morgan Stanley Smith Barney office of Folsom is pleased to welcome Financial Advisor Joel Awabdeh to their branch located at:

2380 East Bidwell Street Folsom, CA 95630 916-984-3308

Please call or visit us today.

MorganStanley SmithBarney

A Morgan Stanley Company

NY CS 6524022 BC012 01/11 GP10-02584P-N12/10





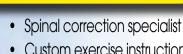
This \$250 value is yours

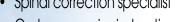
for only \$40 if you mention this ad

Each additional family member

only \$20

Offer Expires Friday





"Creating radiant

health in our

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

#### Gift of Life Wellness Check-up

Consultation, Complete Spinal Examination and X-rays (if needed)

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



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.



www.CarmichaelTimes.com

Carmichael Times Page 4 May 4, 2011



### KOVAR'S CORNER

on Real Estate





#### By Way of Introduction! By Tim Kovar, Realtor/Broker

You may know my name from the successful martial arts schools my brother Dave operates in the area. You may not know me, but I'm the 'business brother.' I'm the Black Belt with a degree in Economics, years of experience running a business and a licensed real estate broker who can help you understand the terms, navigate the rules and utilize the regulation of real estate sales to help you find the most successful outcome in very difficult times.

Look for your mortgage, property or real estate answers by sending in a question. Each week we will build a foundation of knowledge to help your family to either find a new home or in any struggle to keep your existing home, or let it go with grace and dignity. Questions can be emailed to tim. kovar@gmail.com or get immediate assistance by calling 916-549-4340.

We are all in the same situation as our family's biggest investment, our homes, rides the roller coaster of changing property value and economic uncertainty. We've all shared scary thoughts of possible layoffs, the unknowns of short sales and potential financial losses. What impacts will this have on our family and way of life? How can I educate myself to overcome the unknowns of selling a home in the current market? What is at risk?

Share your questions with me, by working together we will build expertise, define unknowns and help families educate themselves in the struggle to save our homes, or preserve our family assets. This is what we will accomplish together. As a Realtor, for many years I have been working with friends and neighbors to share the best solutions and strategies to preserve our community, despite the economic recession, footdragging by financial institutions or mortgage debt relief scams. No one wants to lose a home, be saddled with debt or declare bankruptcy. I will answer your questions and if I am unsure of an answer I will seek the best advice available to me. Email questions to me directly or call 916-549-4340.

### **KOVAR FAMILY REAL ESTATE**

Discover the facts before you sign anything! We close 95% of our short sales, some in only weeks. Don't wait to empower yourself in defense of your family home!

Kovar Family Real Estate is a specialist working with families to mitigate the damage to their credit and reduce financial losses.

You have more options than bank foreclosure and personal bankruptcy. Cut years from your financial recovery. Let us share our expertise at no cost to homeowners.





finding hidden potential just around the corner.

A NEW KUMON CENTER OPENS IN FAIR OAKS. Now your child can go as far as her potential will take her without going far at all

That's because Kumon Math and Reading uses a proven ewarding, so she gains the skills and confidence to achieve

Let us help unlock your child's full potential — so she can be

#### KUMON OF FAIR OAKS 916-966-3338

At Fair Oaks Point 8505 Madison Ave., Ste. 140, Fair Oaks, CA 95628 (next to Starbucks)

### Happy Mother's Day!

#### **Carmichael Oaks Senior Living**

& Memory Care Denise Brandt & Virginia Stone Marketing & Staff 8350 Fair Oaks Blvd., Carmichael

944-2323 Fax 944-2325

Mother's Day Brunch 11:30 am-1:30pm

**Carmichael Recreation** & Park District

Easter Pancake Breakfast 7am-11pm Easter Egg Hunt for 8 years & under 10am

> 5850 Grant Avenue, Carmichael 485-5322 Fax 485-0805

**Carmichael Water District** 

Steve Nugent, General Manager & Staff

7837 Fair Oaks Blvd., Carmichael 483-2452 Fax 483-5509

**Coffman's Furniture Gallery** From Dave, Lisa Owners & Staff 6443 Fair Oaks Blvd., Carmichael

482-9663 Fax 482-4276

Hoshall's Salon & Spa From The Team at Hoshall's 7330 Fair Oaks Blvd., Carmichael Open Sundays 10am-4pm 485-4941

> Little Bo'tique **Upscale Children's Resale**

Alexander Leitaker 4201 Manzanita Ave., Carmichael 485-2229

#### Marie Callender's

Cindy Garcia, Manager & Staff 3129 Arden Way, Sacramento (between Watt & Morse) Easter Day Special - Ham Dinner Mother's Day Brunch 7am-9:30am 481-0778



Messenger **Publishing** Group





Ask about our Mail Order Service!

5859 Auburn Boulevard Sacramento, CA 95841

(916) 349-9493 www.sacgermandeli.com sacgermandeli@sbcglobal.net Carmichael RECREATION AND PARK DISTRICT

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



#### "OPEN Farm HOUSE"

Saturday, May 7 from 10am - 12 noon Meet your neighbors & friends at the Capra Park Site, 6000 Kenneth Avenue (corner of Kenneth & Arboreta Ct.) *Open to the Public & FREE.* 916-485-5322. Bring the kids & grandkids! Enjoy various activities!

#### **Day of Peace Event**

Saturday, May 14 from 10-5pm, all ages welcome Carmichael Park, 5750 Grant Avenue in Carmichael Sponsored by Carmichael Recreation & Park District and Saha Wellness Center of Carmichael

Make every day a day of peace with a Health Body, Quiet Mind and Peaceful Heart - learn more about the benefits of inspired medicine while enjoying the

Yoga Classes on the Hour/Labyrinth/Vendors/ Speakers/Food/Music/Art/Soles4Souls Fundraiser Want to be a vendor or sponsor? Call Saha Wellness at 916-484-7175. For information visit them online at www.inspiredmedicine.info.

#### JFK & PT 109 -A Historical Eyewitness Account

Presented by Ted Robinson, LCDR USNR Retired Saturday, May 14 from 1-3pm Carmichael Park Vets Hall, 5750 Grant Avenue. FREE for Everyone

Join us for an insightful and riveting recollection of how retired LCDR Ted Robinson rescued John F. Kennedy from a near fatal PT-109 incident during WWII. The author of Water In My Veins recounts a story of gunfire, struggle and triumph that will keep listeners on the edge of their seat.

Call 485-5322 for more information or visit us online at www.carmichaelpark.com

#### **Spring & Summer Activity Guide 2011**





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

### **Senior Dental Care**



#### We Offer a Variety of Procedures!

- Dentures
- Laser Dentistry
- Conscious Sedation
- Implants
- Whitening
- Crowns

15% OFF **Senior Discount** 

### **Call for FREE** consultation today!

Carmichael Group

8329 Fair Oaks Blvd., Suite B Carmichael, CA 95608

916-944-7700

www.carmichaelCAdentist.com

### **Pothole Sweeps Week** Starts up in Arden Arcade

County Department of Transportation (SACDOT) has started up Spring 2011 "Pothole Sweeps Week", which is an intensified effort to identify and repair potholes. This project is part of continuous efforts to improve preventative maintenance activities for unincorporated area roadways. Pothole sweeps are performed twice each year: in Fall to ready road surfaces for the storm season and in late Spring to repair potholes caused by inclement weather. This County-wide effort startup-up in the Arden Arcade community -- which is the center of our service area -- as follows:

• **Inspection:** During the week of April 25, work crews started inspecting streets and marking potholes with white paint in the Arden Arcade area

Sacramento – The Sacramento with continuing efforts in unincorporated areas North and South of the American River. Beginning May 9, residents are encouraged to call SACDOT Customer Service at 875-5171, or visit www.sacdot.com/tools/ eservices, to report unrepaired potholes that are not marked with white

> • **Repair:** Starting May 2 -- for a 2 to 3 week period after inspection -maintenance crews and equipment will sweep through streets and repair all identified potholes.

*Note:* These dates may change due to weather conditions.

There are over 5,200 lane miles of paved roadways in the County unincorporated area and it's inevitable that somewhere in this large area of streets there will be potholes.

SACDOT's policy is to: "Repair all potholes as soon as possible." The Pothole Sweeps Week program enhances ongoing pavement maintenance activities, which include SACDOT crews who are sent into the field Monday through Friday each week to specifically repair potholes.

Some facts about potholes in Sacramento County: Potholes Reported To Customer Service Annually (700), Potholes Repaired Annually (35,400), Potholes Repaired Per Month (2,950), Annual Cost for Pothole Repairs is \$1,900,000 (average), 118,000 square feet of potholes repaired annually (average), Repair Cost Per Square Foot is \$16 (average), Repair cost per pothole is \$53 (average). Reported potholes are typically repaired within 72 hours.

### Free Electronic-Waste Collection Fundraiser

Proceeds to Benefit Rio Americano High School Wrestling Program Saturday, May 7th, 2011, 9am - 1pm Rio Americano High School

**Overflow Parking Lot** (Please use entrance by baseball

DRIVE THROUGH - DROP OFF Participants won't even have to get out of their car. Pop the trunk or open the door and we will unload for you.

We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo Equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, Telephones, cell phones, printers, copiers, laser and multifunction scanners and Fax machines.

We cannot accept: Household Appliances (i.e. refrigerators, washers, dryers, etc.) Furniture, Hazardous Household Waste including batteries. car batteries, paint, pesticides, used oil, cleaning supplies, fluorescent

For optimal security, CEAR INC shreds all computer hard drives. The secure Facility is monitored 24/7 by surveillance cameras. www.cearinc.com

Sponsored by CEAR INC, a California state approved electronic waste collector and recycler. CEAR is part of the Basel Action Network's Questions? Contact Coach Lanthier lanthier@surewest.net

#### Carmichael Cactus & Succulent Society 35th Annual Show and Sale

Sat - May 21 from 9am to 4pm • Sun - May 22 from 10am to 2:30pm Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael.

There will be displays of plants as well as plant and pottery sales. Free plants for the first 100 visitors on both days, one per family.

Ouestions: 916-729-3475

#### **CORRECTION TO** SUPERVISOR SUSAN PETERS INTERVIEW

Howard Schmidt, Chief of Staff

The interview with Supervisor Susan Peters published by the Carmichael Times on April 27, 2011 incorrectly quoted her saying unions were demanding more money when the issue involved wage concessions in lieu of layoffs for union members. SEIU was mistakenly

identified as the specific union instead of Stationary Engineers Local 39. Peters expressed concerns that employees had contacted her expressing interest in concessions rather than layoffs and pressed for answers regarding what efforts had been made by the Union to seek membership approval for its positions.

#### **Moving Sale**

Carmichael, Shelfield neighborhood. Fri-Sat, 8-4pm, May 6-7. Furniture, glassware, tools, art, women's clothes (sz 8-10), collectibles, household items, unused motorized chair, everything must go. 1905 Rolls Way, 95608

**Delivery Routes Available** Call 773-1111

Carmichael Geranium Society Monthly Meeting



May 13th, 10am Carmichael Park Community Clubhouse, 5750 Grant Ave., Carmichael.

Program: "Bees in Your Own Backyard" by a Beekeeper.

*Call with questions* **- 916-971-3575** 

### Monthly Military Retiree/Spouses Meeting

place on May 10, 2011, at the North Highlands Park and Recreation District, 6040 Watt Ave, don't want to miss this informative meeting. North Highlands, CA 95660.

Our speaker will be Billy Nunn, Education 561-7476, Mon-Thurs, 0900 to 1500 hrs.

Our next scheduled monthly meeting will take Representative for Northern CA, who will address the subject of TRiCARE FOR LIFE. You

Questions can be referred to our volunteers at

### Thinking of **Changing Banks?**

√ Check the El Dorado Advantage

- FREE Value 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
- ✓ 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 2010, we completed our 22nd consecutive year without any foreclosed properties on our books



### . Dorado savings bank

Serving our local communities for over 53 years

www.eldoradosavingsbank.com

Member **FDIC** 

CARMICHAEL 4701 Manzanita Ave. • 481-0664



#### Sacramento County's supervisorial district lines are redrawn every 10 years after the U.S.

Your input is important!

**Sacramento County Redistricting** 

Census to adjust for population changes. This is your opportunity to help shape the new

supervisorial districts by sharing your ideas

and opinions at a redistricting workshop. Find workshop dates and times at www.elections.saccounty.net/redistricting/

or call (916) 875-5827



### Donate. Shop. Give back.

**WEAVE Thrift operations have consolidated** and expanded at the WEAVE Thrift Arden location. Now open 7 days a week!

**WEAVE Thrift Arden:** 2401 Arden Way Sacramento, CA 95825 Phone: 916.643.4606

Fax: **916.643.4647** 



**Hours of Operation:** Monday - Saturday: 10 am to 6 pm Sunday: Noon to 5 pm

Present coupon and receive

50% Discount

on highest priced item in your purchase Some Exclusions Apply

See You Soon!

#### STATEPOINT CROSSWORD • THEME: WEDDING BELLS

#### CROSSWORD 12 13 14 17 15 16 18 20 21 22 23 25 28 34 35 36 38 39 40 42 43 46 47 64 66 67 68 69 70 72

PRESENTED BY



#### VolunteerMatch.org Where volunteering begins.

© StatePoint Media

#### **CLUES**

1. Fare ride

3. Garlic mavo

4. Thin laver

5. River islet

confusion

Computer

Dixie Cups

6. "Shock and

7. State of complete

10. Boundary line

8. Ahmadinejad's home

9. Reduced Instruction Set

\_ we there yet?"

12. \*Common-\_\_\_ marriage 14. \*"\_\_\_\_\_ of Love" by The

19. Popular type of beef

21. Mischievous little rascal

23. Reiuvenate or reconstruct

Stooge

2. Sitka, aka the Fourth

**ACROSS** 

1. Bluish green 5. Possesses

8. Shirley MacLaine's 1963 character

12. Child-eating queen of Greek mythology 13. As opposed to rent

or public 14. Town announcer

15. Accepted as truth

16. Actress Thompson

. or as fast 17. Post-

as possible 18. \*2011 royal groom

20. \*Groom-to-be

22. Overnight lodging 23. Hindquarters

24. Learning disorder

27. Malaria symptom 29. Examine

34. Home to students

39. Equal to pi times square

of the radius

36. The Beatles' "Back in

38. \*Spot for a boutonniere

40. \*Popular fabric choice

for a gown

42. They turn a bathtub into a hot tub 43. Sacred song

45. Many focuses 46. Against

47. Dental plaque 49. Rock opera version of "La Boheme"

51. Buck's mate 52. Toothy tool

54. Likewise 56. Buttocks' muscles

59. \*Tie 63. Native of Oman

64. U Rah 66. Sir Michael, Oscar-

winning actor

67. A river 68. The poem "\_\_\_ to

Spring" 69. Sleep disorder

70. Of the present month

of this, pl.

71. \*Promise

72. Apple is a popular flavor

26. Gloomy and drab

24. Accommodate

28. Defender of skies

30. Prince of India

For Solution See Page 8

31. Stand on end 32. Vigorous fight

25. Back of the body, pl.

55. Giraffe-like African animal 56. FBI agent 57. Lad's counterpart

33. Famous cow

symphony

twice

fame

troupe

35. As opposed to a shake

37. \*Thrown in celebration

41. Famous Beethoven

44. \*"Father of the Bride"

48. Charlotte of "Facts of Life"

50. Front-of-shoe protector

53. Famous Russian ballet

58. A standard of

measurement

59. Muscle or strength

60. \*Zsa Zsa Gabor was married this many times

61. Dollar bills 62. Actress Leoni

-Wan Kenobi 65. "Much About

Nothina'

### CALL 773-1111



### **Towels, Toiletries, Luggage Needed For Foster Youth**

### United Way's Women in Philanthropy to Hold Annual Spring Collection on May 4

Women in Philanthropy is seeking luggage, toiletries and towel sets to donate to more than 300 foster youth through Sacramento County's Emancipation Basket program. The group is collecting the items for its annual Women in Philanthropy Spring Event on May 4, 5:30-7 p.m. at United Way, 10389 Old Placerville Road, Sacramento. The event is open to the community and the towels, luggage and toiletries collected will be added to baskets filled with household supplies for foster youth aging out of the system.

"These are items we all take for granted, but they can make a huge difference in quality of life for foster youth who are getting ready to leave the system and live on their own," said Lisa Watts, Women in Philanthropy chair.

To view the United Way Women in Philanthropy wish list at CafeGive, visit www.yourlocalunitedway.org. Items can be ordered and shipped directly to United Way. Community members may also bring items to the Women in Philanthropy Spring Event.

**DELIVERY** ROUTES AVAILABLE



Sacramento – United Way's Last year, Women in Philanthropy collected 350 towel sets, hundreds of toiletry items and more than 40 luggage sets.

> United Way's Women in Philanthropy brings women together to foster the future, preparing foster youth for a successful adulthood. A dynamic group of businesswomen, homemakers and community leaders, Women in Philanthropy members raise funds, hold drives and provide trainings focused on helping foster youth rise to their dreams. For more information, visit www.yourlo-

United Way California Capital Region is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation

calunitedway.org/wip.

rates, household financial stability and obesity. Working with other nonprofits, businesses, donors and volunteers, United Way provides positive, measurable results on vital health and human services issues. Through new and traditional fundraising and mobilization programs, community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www. yourlocalunitedway.org.

From Kristin Thébaud Communications



PRESENTED BY





**TEN DAY TOUR** 

prices with 70 departure dates.

For details, visit Caravan.com,

or call 1-800-CARAVAN

915 W. Camelback Rd. Phoenix, AZ 85013

for a free 28 page brochure.

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.

AND PRINCE EDWARD ISLAND. PRICED \$995 TO \$1195

This #1 selling 10 day guided vacation features: complete

sightseeing, great hotels, a superb itinerary, and affordable

Urgent news for people who took

Use of the osteoporosis drug Fosamax, may lead to femur

(thigh bone) fractures. If you suffered a femur fracture after taking Fosamax, call us now at 1-800-THE-EAGLE

about monetary compensation. There are no fees or costs

until your case settles. We practice law only in Arizona,

GOLDBERG & OSBORNE 1-800-THE-EAGLE (1-800-843-3245) www.1800theeagle.com

GET CASH NO

1*-*866*-*FUND-108

Get cash for your structured settlement or annuity payments.

High payouts. Rated A+ by the Better Business Bureau.

but associate with lawyers throughout the U.S.

Dear Traveler, 2011 is your year to see Nova Scotia.

For Solution See Page 7

Since 1952

com

### State Farm

What do you want from your career? How about recognition?

New challenges and success? You'll find it all with a career at State Farm. With agents all across California you can find it

close to home! LEARN MORE BECOME THE NEXT STATE FARM AGENT www.MyAgencyCareer.com

#### Fall Northeast Passage Cruise and Tour

14 Days from \$1399\*

Departs October 7 & 9 in 2011 Discover the history, culture and color of the Northeast! Board MSC's Poesia in New York then explore the New England coastline in white glove service. Visit Halifax, Sydney, Charlottetown, and Prince Edward Island. You'll cruise the St. Lawrence River before disembarking in Quebec City. Enjoy Montreal, then gaze at the colors of fall as you travel to Boston. Discover Cape Cod, Plymouth, and Newport before returning to New York. Includes all accommodations, meals onboard ship, sightseeing and more! Explore the Northeast with YMT Vacations.



Do You have

Call for details! 1-888-817-0471

**Macular Degeneration?** Find out if telescopic glasses, microscopic glasses or prismatic

Call for a **FREE** phone consultation with Dr. Shuldiner.

Richard J. Shuldiner, OD, FAAO

glasses can help you see better.

#### Toll Free: 888-610-2020

practicing low vision optometry for over 30 years

www.LowVisionCare.com

#### Is your IRA or CD paying you 15%? If not, call us! (800)757-4168



 Secured with 1st trust deed • Up to 12 months deposit

Interest paid monthly

First Capital Group, Inc. 580 California Street, 16th Floor San Francisco, CA 94104 FirstCapitalGroup@usa.com

### ATTENTION ALL RECIPIENTS OF DE PUY

Don't rely on the company who gave you a potentially defective hip implant to advise you on your legal rights!

DePuy Orthopaedics, a division of Johnson & Johnson, has issued a worldwide recall of it's ASR™ Acetabular System for Total Hip Replacement, after determining that these hip implants may fail at an alarming rate. The "metal-on-metal" composition of these implants can release particles into the patient, potentially causing serious and painful reactions - some-

times requiring complete revision surgery. Reportedly, Johnson & Johnson has manufacturer or its representative without been seeking medical releases from proper legal representation recipients so that their claims adjustors ing counsel present - an unwise action already have problems with the implant about for any recipient to do.



If you have a DePuy ASR™ product. can speak with you directly and possibly please call us immediately, as there are take down statements without your hav- time limits for filing a claim. You might

which you are unaware, so please contact us

#### clearly demands having your own lawyer. You without talking to us WEITZ LUXENBERG $_{ t R}$

Having a defective hip implant in your body — and certainly do not forfeit your legal rights

700 BROADWAY • NEW YORK, NY 10003  $1.888.411. LAWS \cdot www.weitzlux.com$ 

We are also investigating ZIMMER NEXGEN HIGH FLEX KNEE INJURIES

real estate auctions

### 70+ California Home Auctions Begin Apr 15th



■ La Ken Switzer, Broker. Lic.# 261559

CA W&W AUC LIC 15248201. BUYERS PREMIUM MAY APPLY.

\*\*TOTAL CONTROL OF THE PROPERTY OF THE PROPER

For Details & To BidNow!

Please visit williamsauction.com/april for details

> WILLIAMS & WILLIAMS 800.801.8003

#### HOME AUCTIONS MAY 16TH TO 19TH 100+ CA BANK-OWNED HOMES

Get your next home at the price you set with NO STARTING BIDS. Today's housing market and low interest rates make this an ideal time for you to buy low!

BidNowCalifornia.com Or call 866-539-1088

### G.Wentworthwww.jgwentworth.com

#### Sir Figalot Wins Again! BEXAR COUNTY - Ricky Taylor, after using Thera-Gesic® on his sore

shoulder due to a tip from local resident Tom W., was able to win his 4th Fig Eating Contest in a row. He ate 3.9 lbs. of figs in 10 minutes to secure the Blue Ribbon and retain his



title of "Sir Figalot."

Go Painlessly. BUY, SAVE, WIN with THERA-GESIC°



#### **Adult / Elder Care**

Live-In Companion for Elderly Experienced, Kind, Caring & Compassionate. Will provide meal preparation, light housekeeping. Errands & Appointments. Compensation Negotiable. (MPG 12-22))

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

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.

Newly constructed, modern Care Facilities in Fair Oaks Private/Semi room. 1/2 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**

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 24hrs (MPG)

ATTN: Internet health and wellness company expanding. Seeking top sales Pro's. Will train right per-

#### son. CALL 888-279-7875 24hrs. (MPG) **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. 888-902-6851. (Cal-SCAN)

**DONATE YOUR CAR: Children's** Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package Fast. Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners.

(Cal-SCAN)

#### **Autos Wanted**

1-866-912-GIVE.

WANTED / CASH PAID!!! Antique Classic Sports Cars. Porsche 356, 911, Mercedes SL's, Jaguar XK/XKE, Austin Healey. Any Condition!!! Call Bob 714-390-2425. (Cal-SCAN)

#### **Business Opportunities**

ALL CASH CANDY Vending Route! Be Your Own Boss! Investment as low as \$9995. Vend3, 880 Grand Blvd., Deer Park, NY 1-877-915-8222. Major CC accepted!

Work From Home Earn \$1,000 to \$3,000 per week Free 14-minute that shows you how! www.setfree.com

#### **Business** Services

ADVERTISING - BEST KEPT SECRET. A business sized display ad 140 California community newspapers. Reach million+ Californians, Cost \$1,550.\$1.33 cost per thousand. Free brochure (916) 288-6019; www.Cal-SDAN.com (Cal-SCAN)

**CLASSIFIED ADVERTISING. 240** California community newspapers reaching over 6 million Californians. 25-words \$550 works out to 18 cents cost per thousand! FRFF email. brochure. Call (916) 288-6019. www.Cal-SCAN.com

#### Cash for Houses

We pay CASH for houses! Call today! 916-222-7573 (MPG 03-09)

#### **College Bound**

Free Advice! We'll Help You Choose A Program Or Degree To Get Your Career & Life On Track, Call Collegebound Network! 1-888-378-9801 (MB 12-31)

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 Microsoft Certified **879-3514.** (MPG 02-02-11)

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

#### Computer Funding

Computer Funding Like a Brand New Computer & Improve Your Credit? Bad Credit, No Credit Doesn't Matter. A New Computer Starting at \$29.99/Week. Call Computer Funding! 1-888-897-5572 (MB 12-31)

#### Construction

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

Accelerated Construction - New Construction or Repair. Handy man 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

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

#### Counseling

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 free Lic # SAC53133 week 916-489-5824 (MPG)

#### **Debt Help**

BURIED IN DEBT! Over \$10,000 In Credit Cards? We CAN SAVE You Thousands! Call DEBT HELP EXPERTS. FREE Consultation: 1-866-801-9087 12-31

#### DirecTV

DirecTV DIRECTV FREE BEST PACKAGE for 5 months NFL SUNDAY TICKET! NO Start Costs + FREE HD/ DVR upgrade! New Customers Qual. Pkgs. DirectStarTV

#### **Dish Network**

(MB

FREE HD FOR LIFE! Only on DISH NETWORK. Lowest Price in America! \$24.99/mo for OVER 120 Channels! PLUS-\$500 Bonus! Call Today, 1-866-893-1666 (MB 12-31)

#### **Donate Your Car**

1-877-852-4203

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Deductible, Free Towing, Paperwork Taken Care 1-888-688-9795 (MB 12-31)

#### Drywall

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

#### 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

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

#### Fencing

916 - 595-3052 (MPG 10-27)

Cal State Fence and Construction

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

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 specialist. Dedicated on time service. Lifetime steel Senior discount. Lic.

742683 916-773-1350 (MPG) Sierra Pacific Fence, Fences decks. Retaining Walls 100% neighborhood discounts XLNT Free estimates 483-

#### . 1883 License 606100 (MPG) Financial Services/ Money to Loan

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income front page 1040 deductions BK/CR 916-868-1041 (MPG)

Real People helping Good Real find Solutions! Linda Findley 916-300-0611 lafindley@ team72goodcredit.com

STOP YOUR DEBT INSANITY service solution nightmares. Mortgage credit Arbitration. Credit Repair. Debt 916-300-0611 (MPG)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

#### **Firewood**

Mixed wood, Firewood? split, \$70 per truckload. FREE delivery in Sacramento 481-7315 (MPG 1-05-11)

#### For Rent

Office Space For Rent 800 Sq.Ft. No Retail. El Camino & Walnut. 971-1717. \$800/Mo (MPG 03-02-11)

Community Now Renting 1bd Micro/frig/stove/patios. \$575 a 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 Phone. Accessible units available. Equal housing

opportunity. (MPG 02-02-11) Auburn - 2B/1B Apt, 800 sq ft. Sterling Ridge, 203 Electric St, 530-885-8082 (MPG 12-22)

BUSINESS/COMMERCIAL Old Town Fair Oaks. Prime location for RENT. Asking \$1500.00 a month with lease. Property includes: • 4 (four) oversized mechanical

 Secure/gated parking Built-in cabinets • Deep sink to wash up in Plenty of overhead lighting Alarm system

110/220 single phase hook ups

2 (two) working/well maintained

bays, all with roll up doors

hydraulic lifts

 Swamp cooler Located near a major intersection. Any questions or to view the property please contact:
M. W. 916-638-7439 (MPG 08-25)

COMMERCIAL Office/Warehouse space, 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Aubum Blvd/College Oak). Call Lisa West @ (916) 331-0840. (MPG)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/ Drver. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

#### Foster Care

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

#### Free **Hearing Test**

Miracle-Ear FREE Hearing Courtesy of Miracle Ear. CALL For Appt. with a LOCAL Specialist. Rediscover the Life You've Been Missing! Call Today—1-877-339-3002 (MB 12-31)

#### **Garage Sales** Online BeaverJack.com

Online Garage Sale Info. Advertise for FREE or Search by zip for FREE.

#### Smith's: Full Maintenance.

Pruning, Aeration, Sprinkler. Cleaning, 967-7543 or see www. SmithsLandscape.com

Gardeners

#### Golf Equipment for Sale

2 Bags Good Condition, 1 Golf Titelest Clubs, Diamond Caddy, Browning 440, Topflite, Cleveland, Titelest, Zebra, Mac-Silver, Gravity Gregor Cobra, Stan Thonson, Callaway Silverhead. Bucket of balls (used) er for All. 613-8359 Offer Best

#### Groomer

Pinkiepoo, in home grooming 18 yrs. exp. \$5.00 service. discount, 1st visit. References.

### Call Victoria (916) 256-0487. (MPG)

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

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

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

A-1 Home Maintenance & Repair \*Handy Man\* California state certified electrician Plumbing repair. Fence repair. Free quotes no iob too small. Please leave 916-961-8059 (MPG) message.

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

Plumbing Services Specialty Plumbing-Remodels, Repipes, Water, Sewer, Gas Lines, Heaters CA License

#### 918844 (916) 607-6749 (MPG) Health/Misc.

ATTENTION Joint & Muscle Pain Sufferers: Clinically proven allnatural supplement helps reduce pain and enhance mobility. Call 888-589-0439 to try Hydraflexin

RISK-FREE for 90 days. (Cal-SCAN)

Diabetes/Cholesterol/Weight Loss. Natural Product for Cholesterol, Blood Sugar and Weight. Physician recommended, backed by Human Clinical Studies with amazing results. Call to find out how to get a free bottle of Bergamonte!

888-615-9598. (Cal-SCAN) LOW COST WEIGHT LOSS With Your Personal Coach. Start Free Call 916-599-1318 (MPG)

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

THE WEIGHT IS OVER Lose up to a pound a day. Fast growing product. 916-474-4079 www.eatchoc-losewt.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

ATTN: COMPUTER WORK. Work from anywhere 24/7. Up to \$1,500 Part Time to \$7.500/mo. Full Time. Training provided. www.KTPGlobal. comorcal 1-888-304-2847. (Cal-SCAN)

RN's, LVN's, and CNA's needed for CA corrections statewide! Hours/ Shifts vary, 1YR current Experience Required. Flexibility a must. Call @ Work Medical Services today! 866-454-4867. (Cal-SCAN)

TIME FOR SOMETHING NEW?! Travel The USA! Motivated Guys/ Gals Needed Now! Cash Daily. Training, Transportation Provided.

**Ashley: 877-503-5330** (SWAN) Adult Residential Facility is in Need of Live-In Caregiver (MPG 11-17) with experience in an ARF good DMV record, and hardworking. Please call Orlando

or Hermie at 916-487-4482. (MPG) DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL- A & 3 months recent OTR, 877-258-

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)

8782, www.MeltonTruck.com (MPG)

Caring Compassionate Seniors

AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a nonprofit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frfchildren.org (MPG)

anatomic & clinical inpatient/ outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation. 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

Pathologist Perform general

Urgent F/PT Sale Reps needed telecommunications \$\$\$ Commission. products. Residuals Training Bonuses. available call 916 612-6621 (MPG)

Health Care Marketing. We are successful business entrepreneurs looking for people passionate about health & business. Go to www. myprotandimbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG

SALES, Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual Income, Commission, Fax Resume 916.910.2002 (MPG)

are seeking dynamic customer service oriented individuals with great communications and typing needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. at danelperez1980@

yahoo.com if interested (MPG) 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/FT www.REBVision.com (MPG)

OUT?

from home & get paid daily! www.happyandhealthyfamily.

STRESSED

888-211-4268 Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Excel and PowerPoint Must be professional friendly

#### resume to 866-418-9913 (MPG) **Help Wanted -Drivers**

team player. Fax

CALL NOW. Top 5% Pay! Excellent Benefits. 300 New T660's. Need 2 months CDL-A driving experience. 1-877-258-8782. www. MeltonTruck.com

DRIVERS - TEAMS or SOLOS Looking to Team. \$2,000 sign on bonus for OTR teams, pet program, 1,500+ Avg. Length of Haul, and much more! 1-866-232-7399. www.

SoCalDrivers.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) DRIVERS - REEFER SOLO LESSEE. Average \$1.12/mile (+ fuel surcharge). Paid CDL Training Available & Benefits! Call Prime Today! 1-800-277-0212. www. PrimeInc.com

Drivers: Home after each shift! Great Pay/Benefits/Safety Bonuses. CDL-A (Hazmat/Tanker/Doubles) Fuel Exp. Preferred. Clean MVR. Alan: 801-397-8326. (MPG 11-10)

#### Help Wanted -Medical

**Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two vears 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**

GUYS & GALS 18+. Travel the country while selling our Orange peel product. Training, Hotel & Transportation provided. Daily cash draws. Apply today leave tomorrow. (Cal-SCAN)

Loan Officers -TIRED of WORKING For A BROKER -Work with a Mortgage Banker FHA, VA. Jumbo. Reverse - excellent Ray-800-429commissions-

CLASSIFIED ADVERTISING 5000 visit www.OakTreeFunding. com click Virtual LO (Cal-SCAN)

> Christian Yellow Pages hiring Commission Sales Professionals. Energetic, creative, organized people. Experienced advertising sales desirable. 916-655-1447

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

#### **High School** Degree

21 + lacking high school degree? Fully accredited online school. Some credit earned for experience. Work weekly own pace until completed. \$985. 888-375-3665 (MB 12-31)

#### your home health care/ **helper.** 20 years experience. Fingerprinted, reliable, local. Call

Home Health Care

Jenny at 530-889-1737(MPG 08-25) **House Cleaners** HouseCleaners

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

Please call Svlvia at (916) 955-

Sacramento area team.

Do You Love Being Part of

6089, or e-mail your resume to: sachousecleaners@hotmail. com. All applicants must be willing to undergo background checks drug testing. (MPG 08-15) **House Painting** 

PAINTING, sheet rock, texturing,

#### book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help **HOUSEKEEPING** DeAna's Immaculate Honest. Dependable, I care about what I

QUALITY WINDOW CLEANING PLEASE CALL MARK AT 612-8949. (MPG)

do. Call me, 916-549-4915 (MPG)

#### Homesitters on Wheels, Office needs two RV'ers with RV's for Petsitting 916-483-5146 (MPG)

Identity Theft \*\*FREE Document Shredder with New Annual Enrollment. LifeLock **Identity Theft** Protection- Help Protect Yourself Today! Call Now! **DIRECTV** is the Best TV! Now get Use Promo Code: SHREDDER Call 1-877-467-5506 (MB 12-31)

#### Land for Sale/

**Out of State** Land Investments Adirondacks & Upstate NY 5 acres starting at \$12,995. 5 acres of land w/cabin for \$29,995. Large tracts on gorgeous flowing. canoe-able rivers -\$39,995. Tired of the break even CD's & risky markets? Retirement accounts dropping? We have over 100 inexpensive, quality properties including timberland, lakes & ponds, farmland, and beautiful clear rivers all fully guaranteed, approved. surveyed. insured. and buildable. Beautiful country side, one of a kind year round, recreational paradise. See a large selection at www.LandandCamps. com. Let us help you by calling 1-800-229-7843. Ask about buying

land in your IRA!! (Cal-SCAN) SACRIFICE SALE - Nevada's 3rd Largest Lake 1.5 hours South of Tahoe on California border, 1 acre Bold Lake View/Access \$24,900 (was \$49,900). 1 acre Bold Lake Front \$89,800 (was \$149,900). Very rare gorgeous homesites, central water, paved roads. Awe

inspiring views. Owner says sell! 1-888-705-3808. (Cal-SCAN) **LAND LIQUIDATION** 20-acres, \$0 down, \$99/mo. **ONLY \$12,900**. Near Growing El Paso, Texas (2nd safest U.S. City) Owner Financing, NO CREDIT CHECKS! Money Back Guarantee. FREE

#### Brochure: 800-755-8953 www.sunsetranches.com (SWAN)

Landscaping Affordable Landscape Service Clean-ups & Makeovers! Mainstarting at \$60/mo. Dependable family business. Lic. # 887351. 916-338-2001. sacyards.com (MPG

Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG) your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Tall Weed Cutting Low Rates 916-524-7477 (MPG)

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrahella com or ctc Randy for info at 454-3430 or **802-9897**. (MPG)

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

#### Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@ prepaidlegal.com (MPG)

BANKRUPTCY LAWYERS: Credit Card Debt. Foreclosure. Repo. Wipe Out Bills. Free Consultation 971-8880 (MPG)

#### **Lose Weight**

LOSE 3-5 LBS PER WEEK! I have lost 34 lbs in 7 weeks and you can too! Call Rick at 916-952-2866 (MPG 12-08)

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) IVY MASSAGE Full Body & Foot Massage. Women's Summer Special \$35 Per Hour. • Swedish Deep Tissue • Shiatsu • Foot Massage • Accu-Pressure. Open 7 Days: 9am-10pm Tel: (916) 987-8688. 8820 Greenback Lane #D. Near Annie's Restaurant. Green-

#### back & Beech, Walk-Ins Welcome, Gift Certificates Available, (MPG 09-01) **Medical Alert**

Medical Alert for Seniors 24/7. FREE -Monitoring Shipping, FREE Equipment, Set-up. ONLY \$29.95/ CALL Medical Guardian mo. Today! 1-888-694-4976 (MB 12-31)

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

Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscompression garments, diabetic care. Excellent service & quality at low prices from AMD MEDICAL SUPPLY. 916-485-2500. (MPG 03-30-11)

#### Miscellaneous

FREE Installation, FREE Showtime & Starz for 3 months, and FREE HD/DVR upgrade for only \$29/mo. Call today 888-451-9395 (SWAN) Richmond's Hunting Club Come hunt with us-20K acres. Doves,

Quails. Pheasants. Ducks and

Geese. For information: Dennis

Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

**TUPPERWARE** 

#### Please call for a Free Catalog Chris Krcmar 916-483-1671 (MPG) Miscellaneous

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

#### Miscellaneous Want to Buv

#### WANTED: OLD POSTCARDS **Notary** Notary Services Mobile

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)

24/7 Notary Services Anytime

Certified Loan Signer Paralega

#### Anyplace Call Dan @ 916-712-2661

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

Pet Sitting Professional loving

pet care. Established reputation.

environment.

free

Kennel

Lots of TLC.

916-723-1608.

Home Sitters on Wheels office needs two RV'ers with RV's for pet sitting. Call 916-483-5146

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

#### (MPG) Piano Lessons

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916/858-1571 (MPG)

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)

#### **Prescription**

99DollarMeds STRUGGLING To Pay For Your PRESCRIPTIONS? You May Qualify to Get All Your nd Name Prescriptions as Little as \$69/month. Brand Call 1-888-531-4725 (MB 12-31)

#### **Real Estate** WINE COUNTRY ESTATES only

\$6000 / Acre. Own your own vineyard or just enjoy the prestige of living in wine country. Call NOW Eagle Realty 1-800-448-6568.(Cal-SCAN)

#### **Real Estate** Homes For Sale

100+ Bank - Owned Homes Selling by Auction from May 16th - May 19th. Don't miss this sale! Get all the details at www. BidNowCalifornia.com or call 866-539-1088. (Cal-SCAN)

Your credit is approved!!! Three houses to choose from - Zero Down Possible. Call 1-877-757-1062 ext. 100 or visit! www. hypersellshomes.com (MPG 06-10)

#### **Granite Bay Listings** View at www.lizyoakum.com Call 390-5634 (MPG)

**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

Way in Carmichael) (MPG)

Restore

earn 6 figures in the next 12-24 months. This is not a job. CALL

NOW!!! 1-888-219-7757 (MPG)

Schools / Instruction HIGH SCHOOL DIPLOMA!

hs.com (Cal-SCAN) 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/ statistics tutoring;

ADT-Security Choice FREE ADT-Monitored Home Security System & a \$100 VISA Gift Card from Security Choice, Find Out How! Call

#### Keypad. Call Now 1-888-237-3822

PROFLOWERS.

#### on organs, glands, muscles and tissue. Call for more info; Louise 916 729-0103. (MPG 04-20-11) 9 6 4 5 2 7 6

# We've made a lot easier.

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

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

### www.CarmichaelTimes.com

Go to www.proflowers.com/ves to more information. (MPG) receive an extra 20% off your order or Call 1-888-695-5008 (MB 12-31) Services Offered

Anniversary, Birthday, Just Because. Starting at just \$19.99.

I take you to the doctors, shopping or misc. errands. Call for schedule. Serving most

areas. 916-214-8169. (MPG) Security Placement in Fair Oaks or Carmichael.

Licensed Call 916-712-2137 (MPG) The Clean-Bliss Experience Res-

ponsible, experienced & Reliable. Arlene 916-863-1374. (MPG) **REAL** Hardwood Flooring \$1.69

#### square foot complete 916-366-1672. Cont Lic #757522 (MPG) Steel Buildings

Square Foot or we install for \$3.99

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 Phone: 916-248-4416 (MPG)

#### Tax Relief

Fast IRS Tax Relief FAST IRS TAX RELIEF. Do You Owe \$10,000 or MORE to the IRS? We Help You Settle Your Overdue Taxes for LESS! FREE Consultation!

#### 1-888-698-0221 (MB 12-31) Timeshares/ Resorts

SELL/RENT Your TIMESHARE For CASH!! Our Guaranteed Services will Sell/ Rent Your Unused Timeshare for CASH! Over \$78 Million Dollars offered in 2009! www.SellaTimeshare.com (877) 554-2098 (Cal-SCAN)

#### **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!

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

Grades 3-9 Reading & Written Language. Credentialed Teacher. \$40/Hour. 971-9885. In Carmichael.

#### Countries - ONLY \$14.99/mo (for 6 months) PLUS FREE 30-Money Back Guarantee!

**Upholstery** 

**B&T** Upholstery and Repairs

Specializing in Decco & Modernism

Furniture. 916-392-1959 (MPG 02-09)

1-888-460-5160 (MB 12-31)

**Unlimited Calls** 

**VONAGE Unlimited Calls Around** 

the World! Call The U.S. & 60+

Volunteers Needed Volunteers Needed: Domestic Violence Intervention Center needs caring people to

assist victims of domestic violence.

For more information call 728-5613

or visit our office at 7250 Auburn

Blvd., Citrus Heights, CA (MPG)

#### Want to Buy GET CASH NOW!! We Pay CASH

for DIABETIC TEST STRIPS. Help others by selling your unused

strips. Call Donna: 916-729-5154

Yoga Classes 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

#### 4 9 8 3 2 5 1 6 4 9 8 3 8 5 9 2 4 3 6 5 6 3 8 2 9 4 2 9 4 3 5 1 8 6 9 5 6 4 3 8 2 5 3 8 1 6 9 2 4 3 2 5 6 9 Sudoku Puzzle on Page 6

The Community Employment Connection brings your local employment resources into focus.

Sales Self-Made Millionaire, looking for 10 people who want to

Graduate in 4 weeks! FREE Brochure. Call Now! 1-866-562-3650 ext. 60 www.southeastern

www.Centura.us.com (Cal-SCAN)

916-722-1058 **Security System** 

#### Today. 1-877-332-6541 (MB 12-31) Protect Your Family! Get Your Home Security System FREE. Main Doors Protection, Motion Detectors, Police, Fire & Medical

Send Flowers ProFlowers Send Flowers for Every Occasion!

3 5 8

finding local

Carmichael Times

Legal Advertising Fax

916-773-2999

### LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENT #1103121. Central Valley Property Network Inc., 9245 Lagun Springs Dr., Elk Grove, CA 95758 is doing business under the Fictitious Business Name "Desi Real Estate Network" at 2213-B Del Paso Blvd., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on April 6, 2011. Publish April 13, 20, 27, May 4,

DESIRE 10402 5-4-11 FICTITIOUS BUSINESS NAME STATEMENT #1103170. Rod E. Tallman, 1229 Greenhills Road, Sacramento, CA 95864 is doing business under the Business Name "In & Out Telecom" at 1229 Greenhills Rd., Sacramento, CA 95864. Filed with the Clerk of Sacramento County on April 7, 2011. Publish April 13, 20, 27, May 4, **IN&OUT** 10402

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100527 WHEREAS, Surjit Singio Dhillon

and Harjit Kaur Dhillon have filed a petition with this court for a decree changing name of Sameer Singh Dhillon to Samer Singh Dhillon.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 20

2011 in Dept. 16, located at 720 9th St., Room 101, 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

Judge of the Superior Court Publish April 13, 20, 27, May 4, 2011. DHILLO 10402 5-4-11

the petition. Dated: April 4, 2011.

Kevin R. Culhane

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100077 WHEREAS, Sarah Olerohas filed

> HANDYMAN **Right-Way Home**

> and Yard Repair

and Maintenance

916-220-1728

**ADVERTISE** 

**HERE AT LOW** 

MONTHLY

RATES

CALL

773-1111

Painting/Repair

**McDonald** 

**Painting** 

**Interior - Exterior** 

**Most Small Repairs** 

**Bonded - Insured** 

Lic # 632538

30 YEARS EXPERIENCE

C: 216-2080

F: 967-4135

a petition with this court for a decree changing name of Sarah Melanie Olero to Sarah Melanie Aleiandro. ORDERED that all

persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 6, 2011 in Dept. 16, located at 720 St., Room 101, 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: March 25, 2011. Kevin R. Culhane Judge of the Superior Court

Publish April 13, 20, 27, May 4, 2011.

**ALEJAN** FICTITIOUS BUSINESS NAME #1103246. **STATEMENT** Joseph Wayne Scherffius, 7525 Community Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "JWS Promotions" at 7525 Community Dr., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 11, 2011. Publish April 20, 27, May 4, 11,

**JWSPRO** 10403 5-11-11 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00101079 WHEREAS, Donald Dean

Chamberlin, Jr. has filed a petition with this court for a decree changing name of Donald Dean Chamberlin, Jr. to Diana Nicole Chamberlin. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 1:30 p.m. on May 27, 2011 in Dept. 16, located at 720 9th St. Sacramento. CA 95814 and show cause, if any, why the petition for change

of name should not be granted.
IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the

petition. Dated: April 12, 2011. Kevin R. Culhane Judge of the Superior Court Publish April 20, 27, May 4, 11, 10403 5-11-11 KUNZ

SUPERIOR COURT OF **CALIFORNIA COUNTY OF SACRAMENTO** ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00100905

WHEREAS, Mathew Lawson Wilson has filed a petition with this court for a decree changing name of Mathew Lawson Wilson to Mathew Lawson Jenkins.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on May 20, 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 ORDERFD

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: April 8, 2011. Kevin R. Culhane

Judge of the Superior Court Publish April 20, 27, May 4, 11, 2011. 10403

IN THE DISTRICT COURT OF THE FIRST JUDICIAL DISTRICT OF THE STATE OF IDAHO, IN AND FOR THE

COUNTY OF SHOSHONE SUMMONS CASE #CV-2010-131 In The Matter of: Dakota Kirk, Kalli Kirk, and Alexis Kirk, Children Under the Age of Eighteen (18) Years THE STATE OF IDAHO SENDS

**GREETINGS TO:** William Gary Kirk III, Citrus YOU ARE HEREBY NOTIFIED

THAT: A Petition for Termination of Parent-Child Relationship has been filed in the above-entitled matter in the Magistrates Division of the District Court of Shoshone County, Idaho, by the prosecuting attorney alleging that the above-nmed children comes within the jurisdiction

of the Child Protective Act, and

You, William Gary Kirk, III, the

person who has the custody or control of said children, are hereby directed to appear personally before this court for the Hearing For Termination of Parent-Child Relationship at the Shoshone County Courthouse, 700 Bank St., Wallace, Idaho, on the 1st

day of June, 2011, at 1:30 p.m. You are hereby notified that service off the Summons upon you, as the parent or custodi9an of these children, does confer the personal iurisdiction of the court upon you and does subject you to the provisions the Child Protective Act.

You are notified that you, or any person served with a summons shall fail to appear without reasonable cause, the court may proceed in such person's absence, or such person may be proceede4d against for contempt of court. If the court proceeds without your presence, you may forfeit all of your rights. You are notified that you may be

financially reliable for the support and/o treatment of the children. A copy of the Petition and Notice of Hearing can be obtained by contacting either the Clerk of the C or the Prosecuting Attorney

ARE NOTIFIED that you have the right to be represented by an attorney of your choosing, or if financially unable to pay, have the right to have an attorney appointed by the court to represent you at county expense. If you request to have an attorney appointed at county expense, you must appear before the court at the address given above, at which time the court shall consider appointment of an attorney to you. DATED: April 12, 2011.

Gail Elliott Deputy Clerk of the District Court Publish April 27, May 4, 11, 2011. SIEGEL 10404 5-11-

> STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS FILE #1010408

following The persons have abandoned the use of **FICTITIOUS BUSINESS** NAME Rhea's of Janitorial, located at 5916 Maleville Way, Carmichael, CA 95608. Frederick Rhea and Donna Donna Rhea, both of 5916 Maleville Wavu. Carmichael. CA 95608. The business was conducted by: a husband and wife. The Fictitious Business Name Statement was filed on December 2, 2010 in the County of Sacramento. Filedwith the Clerk of Sacramento on April Publish April 27, May 4, 11, 18, RHEASJ 10404 5-18-11

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

CHANGE OF NAME #34-2011-0009-5971 WHEREAS, Isiah Davila has filed a petition with this court for a decree

to Isaiah Joshua Rivera

changing name of Isiah Repheal

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 2, 2011, in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, once a week for four consecutive weeks prior to the date set for hearing on the

petition. Dated: March 25, 2011. Kevin R. Culhane Judge of the Superior Court Publish April 27, May 4, 11, 18, **DAVILA** 10404 5-18-11

> NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern Armen Sargsyan is applying

to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 6047 Madison Ave. #B, Carmichael, CA 95608 with 41 - On-Sale Beer And Wine-Eating Place license Filed: April 25, 2011. Publish: May 4, 11, 18, 2011.

SHAWAR 10501 FICTITIOUS BUSINESS NAME STATEMENT #1103740. Jagdev Singh Bhandal, 200 Battlecreek Circle, Sacramento, CA 95835 doing business under the Fictitious Business Name "Punj Daria" at 200 Battlecreek Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on April 22, 2011. Publish May 4, 11, 18, 25, 2011.

**PUNJDA** 10501

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00102022

WHEREAS, Mark Douglas Slagel has filed a petition with this court for a decree changing name of Mark Douglas Slagel to Markee Slagel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 3, 2011 in Dept. 16, located at 720 9th St., Room 102, Sacramento, CA 95814 and show cause, if

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: April 25, 2011. Publish May 4, 11, 18, 25, 2011 SLAGEL 10501

any, why the petition for change

of name should not be granted.

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00099685

WHEREAS, Thanh The Nguyen has filed a petition with this court for a decree changing name of Thanh The Nguyen to Kevin The Nguyen.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 10 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: April 29, 2011. Kevin R. Culhane

Judge of the Superior Court Publish May 4, 11, 18, 25, 2011 NGUYEN 10501 5-25

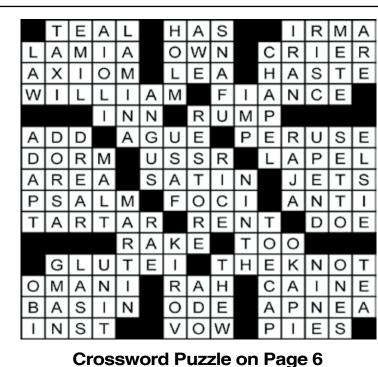
SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00102019

WHEREAS, Courtland Edwin Morgan has filed a petition with this court for a decree changing name of Courtland Edwin Morgan to Corey

Ed Fogal. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on June 3, 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

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: April 25, 2011. Kevin R. Culhane

Judge of the Superior Court Publish May 4, 11, 18, 25, 2011 OGAL 10501 5-25-1 **FOGAL** 



### **Business & Service Directory**

#### MEDICAL SUPPLY AND EQUIPMENT

### Medical Supply Sales • Rental • Installation • Delivery

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

#### LEGAL SERVICES

RONES LAW FIRM



· Bankruptcy · Business and Corporate Matters · Trust and Trust Administration

 Estate Planning • Probate and Conservatorship P: 916.965.6647

F: 916.965.4218

**FENCING** 

gbones@boneslawfirm.com

**Cal State Fence** and Construction

> Since 1986 Quality • Trustworthy

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

> Residential/Commercial FREE ESTIMATES! Lic. #494306

916) 966 -1103

POOL SERVICE

#### **Greg the Pool Guy**



Service • Repair • Sales

Prompt and Reliable

### **PLUMBING**

#### Swift Plumbing and **Drain Cleaning Services** Residential Repairs

& Replacements Faucets, Disposals,

Hot Water Heaters, etc. **Owner Operator** 

Contractors lic. #907904 (916) 267-7649

#### PHOTO STUDIO

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** 

**Call Madeline** (916) 723-1608

**Lots of TLC** 

#### Dog Rescue

#### DOG RESCUE Gary (916) 334-2841

Construction

W. G. JOHNSON

**CONCRETE CONSTRUCTION** 

We specialize in:

All Concrete Solutions

Commercial Curb & Gutter Wheelchair Ramps & Residential

Class: C-8/C61/D49 • License #905277

www.wgjohnsonconcrete.com

Phone: (916) 704-8997

Fax: (916) 944-0195

Ask for Wes • 10% senior discounts

Tree Services Also Available

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

Please Adopt or Foster Because so many really great dogs are dying

for a good home... **ShelterMOU** 

#### HELP ANIMALS

@hotmail.com

#### **SPCA THRIFT SHOP**

#### The Real Non-Profit **Helpless Animals**

#### **Need Your Donations** Will Pick Up



Call 916-442-8118 1517 E Street for donations 10-4pm

PRINTING & SUPPLIES

Have experience working with developmentally disabled adults

and/or challenging behaviors?

SPECIALIZING IN BRIDAL & FORMAL

Coloma Village Shopping Ctr. • Rancho Cordova

### **ALTERATIONS**

### **ALTERATIONS** by Patina

11082 Coloma Rd., Suite 7

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

### **Specialties Plus**

#### Toner Cartridge Refills (Using Cartridge World?

- Take 10% off their price & try mine)
- Free Cleaning (with our cartridge) • We are Local

**MAKE A DIFFERENCE!** 

For More Information:

(916) 383-9785 ext. 15

 Service Contracts (monthly or yearly) Lease or Rent

• High Volume Copying

(save wear & tear on your machine)

#### Printers, Copiers, **Fax & Multifunction Machines** E-mail:

**Specializing in Digital** 

specplus@comcast.net (916) 723-8430

### • Machine Repairs (all makes & models)

#### 7960 WINDING WAY FAIR OAKS, CA 95628

Tel (916) 9611265 Fax (916) 9612430

### **Western Construction Company**

Construction

Serving Northern California since 1976 All Home Repairs & Home Inspections Remodels, Roofing, Drywall, Painting, Tile Concrete, Fencing, Electrical, Landscaping

(916) 817-0225 (916) 838-1427 Licensed /Bonded. License # 318177.

Intelligence & Personality Tests

### SCIENTOMETRIC TESTING



Yard Work,

Hauling,

Gutter Clean,

Odd Jobs

Funeral Service

RUSS MONROE'S

**FUNERALS & CREMATIONS** 

FD 1404

You Name It!

(916) 613-8359

THE SACRAMENTO TESTING CENTER OFFERS FOR A LIMITED TIME, FREE INTELLIGENCE AND PERSONALITY TESTS. YOUR IQ, PERSONALITY AND APTITUDE DETERMINE YOUR FUTURE. KNOW THEM. NO OBLIGATIONS.

825 15TH STREET SACRAMENTO, CA 95814 (916) 448-5891

### HANDYMAN

**QUALITY LABOR** "Handy Man" "Carpenter Dave" & MAINTENANCE

• Dry Rot

 Painting Doors/Floors • Windows

25 Years Experience • All Home Repairs

• Decks/Tile/ • Bathroom · Sheet Rock Roof Repairs

(916)548-8249

Lic. # 629370

671-6284

**OPEN YOUR HEART** 

**OPEN YOUR HEART AND HOME** 

Step up to the challenge!

Have an extra bedroom? Competitive stipend

May 4, 2011



# Carmichael Chamber of Commerce

#### BeMoneySmartUSA Farmers Market

Date: Sunday, May 8, 2011
Start Time: 8:00 am
End Time: 1:00 pm
Location: Carmichael Park, 5750 Grant Avenue
Carmichael, CA

With over 40 certified and organic farmers and specialty item vendors. Now serving you every Sunday Year Round!

We have moved from the San Juan Center to the Carmichael Park with MORE Farmers/Vendors and BETTER Parking!

Contact: Don & Marie Hall Email: info@bemoneysmartusa.com Phone: (916) 484-7000 More Info: http://www.bemoneysmartusa.org

#### Carmichael Chamber Mixer

Date:Wed, May 11, 2011Time:5:30pm - 7:00pmLocation:El Papagayo Restaurant

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

### Ninth Annual Taste of Carmichael

Date:Saturday, May 14, 2011Time:4:30pm - 8:00pmLocation:La Sierra Community Center

Wine & Food Tasting, Booths, Music, Art, Car Displays, Raffles, Silent Auction Tickets \$35 pre-event; \$40 at the door day of event. For pre-event ticket sales please call TOC Chair, George White.



Hosted by the Kiwanis Club of Carmichael Contact: George White Phone: (916) 481-0196 More Info: www. CarmichaelKiwanis.org

### Carmichael Day at the River Cats

Join individuals, families, businesses, sports teams, schools and churches for Carmichael Community Day at the River Cats, Thursday, May 19th. The game begins at 7:05 pm. Tickets are \$15 and \$10 for parking. The Honorary Mayor of Carmichael, Pauline Gilmour, will throw out the first pitch. Carmichael's own, Susan Maxwell Skinner will sing, "Take Me Out to the Ballgame" during the 7th inning stretch. There will be a Chamber Business Mixer at the Solon Club from 5:30 - 6:30 pm. Show your support for Carmichael. Purchase your tickets today. Call the Chamber office at 916-481-1002 or 916-203-1681.

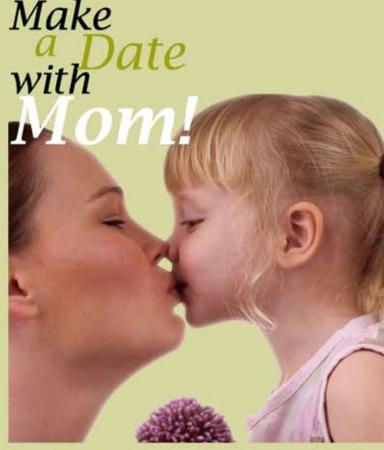
#### Windmill Nursery Jan Park Fundraiser and 15-year Anniversary Celebration

Date: Sat, May 21 to Sun, May 22, 2011
Time: 8:30am - 7:00pm
Location: Windmill Nursery

There will be vendor and informational booths, music, food, a silent auction and raffle 10% of all sales on May 21st and May 22nd will go to benefit the park as will all proceeds from the silent auction and raffle.

Contact us for more information on the Carmichael Chamber of Commerce 6825 Fair Oaks Blvd., Suite 100 • Carmichael, CA 95608 • 916-481-1002 Fax: 916-481-1002 • Cell: 916-203-1681 • linda@carmichaelchamber.com www.carmichaelchamber.com

Celebrating the Special Mom in your life . . .



#### Spa Package Includes:

- Head, Neck & Back Massage or Express Facial
- Spa Pedicure
- Spa Lunch

Open Sundays!

Now

Also included with your spa package, indulge your senses in our Turkish Steam Bath and Shower or relax in our Desert Dry Sauna.

\$99 per person



hair face body

Voted
"Best of the Best"
for 11 Years

CARMICHAEL SALON & SPA 7330 Fair Oaks Blvd. Suite 1 485-4941 www.HoshallsCarmichael.com EID of the BEID of The Gerry Scholl Little League: the age of reason

There's a high fly ball. That one's really up there! It's headed in my direction. I'm gonna have to go for this one. The other kids are just standing there, so this one's all mine. It's up there forever; it's never coming down!

All the backyard wiffle ball and playground baseball with my brothers and the neighborhood kids prepared me for this very moment.— my first Little League tryout.

I'm just a little runt, turning eight years old this season; a newcomer to the "age of reason." Suddenly, on this day I have reason to feel pressure, to feel nervous; and that ball is just starting to come down. It's cold and windy and it's my first chance. There are reasons and excuses enough if I don't make the play. But I have to do it! I have to overcome any fears and go for it!

Here it comes. I'm in good position. It's fading just a little and I lean forward. It hits just below the pocket of my Jimmy Davenport glove. I think I got it... Oh, no! It's slipping out! I'm losing it, it's dropping! But I got it!— trapped it right between my knees. I pick it out with my bare hand and raise it over my head. My first proud moment. What a gamer!

Now I think I can do this, if I just hang in there. I always did ok around the neighborhood, so I just have to go out and play.

I get picked for a team We have a



#### Little League - a long time ago.

few practices. There are some pretty big kids and good players. I'm small and quiet and just trying to keep up, and learn and get better. One day we all meet at the coach's house to get our uniforms. My first uniform— Wow!

Opening Day comes—1959— and my small town has a parade. All the Little League teams in full uniforms parade across town, down the main streets to the classy old-time ballpark with the wooden grandstands and the snack bar; the home run fence and the bunting; the team pictures and the parents; the announcer and the Anthem; all the people and the chatter. This is the big leagues!

And our team gets to play today. Our town is still small enough that all the kids, 8-12 years old, are in the same league. We are getting smoked by the other team's starting pitcher. It's near the end of the game and Coach sends me up for a token atbat— a little squirt shaking in his baby cleats up against this barrel-chested 12-year-old farm boy with his blazing fastball.

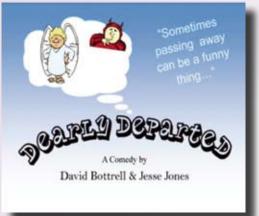
"Please, don't hit me!" One, two, three and it's all over. I just learned about being humiliated in front of hundreds of people. Somebody get me a sno-cone...

That first year was a blur. Beyond Opening Day there weren't any memorable moments— a whole season at the end of the bench. I don't think they had any rules about playing time back then, so I got a few innings in right field and a few at-bats during blowouts. I don't remember if I ever hit a ball. A walk was a major accomplishment.

The next year was the first season of split minor and major divisions. I played with one of my older brothers on a minor team against kids more my own size and age. I became a player...

I was happy to read a story recently about a resurgence in participation in Little League in northern California, largely due to the reaction to the Giants winning the 2010 World Series. Little boys and girls can learn a lot about themselves with a little Little League. Play ball!





# PRESENTS Dearly Departed May 6 - June 12

Meet the Bible Belt kin of Bud Turpin. They've got a funeral to plan and - between the feuds, marital flings, and Macaroni and Ham Loaf Surprise - it may escalate into a multiple-coffin memorial service. By the time the Turpins sort through the hangovers, money problems, and headstone engraving options, they've learned that coping with life's losses can turn out to be drop-dead funny.



A Non-Profit Organization

CHAUTAUQUA CHILDREN'S THEATRE PRESENTS
Three Little Kittens

May 14 - June 4 at 12 & 2 pm

"What...lost your mittens? You naughty kittens! So you shall have no pie!" Where are those mittens? All Children's Show tickets: \$7.00.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY).
Information and tickets are also available through the Chautauqua Playhouse website:
www.cplayhouse.org.

CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD CARMICHAEL, CA 95608 • (916) 489-7529

TAK Food Market

9045 Fair Oaks Blvd.

(Corner of San Juan & Fair Oaks)

Call and Order Ahead of Time for Faster Serive

944-3188



Joojeh Kabob \$4.99\*

\* Limited Time Special Through May 2011

Discover Our Chicken Filet with Basmati Rice Topped with Saffron Rice And Grilled Tomatoes

www.CarmichaelTimes.com

Carmichael Times Page 10 May 4, 2011

### You Have to Laugh or Else You'll Cry

Hosted by Carmichael Oaks Senior Living

Carmichael - Caring for a loved one with Alzheimer's is exhausting. New mothers experience sleepless nights, Alzheimer's caregiver's deal with difficult spouses, relatives, and the "joy" of life can be hard to find some days.

Ruth Watkins, of Grass Valley California tells first hand of the trials and lessons she learned while caring for her aunt who was diagnosed with Alzheimer's. Watkins had worked in the medical field as a dental assistant and earned a degree in Respiratory Therapy, but nothing could have prepared her for her journey of love as she helped her aunt deal with Alzheimer's disease; one-tenth of the Alzheimer's.



Watkins through trial error and tears learned "You Have to Laugh or Else You'll Cry." Her book speaks of coping techniques, finding proper care and how to keep moving forward and take time for yourself. Watkins is a motivational speaker who will attendees work through the difficult issues of caregiving.

Currently, there are 588,208 Californians 55 and over living with nations Alzheimer's patients reside in California. By 2030, this number will nearly double in California; growing to over 1.1 million

• There are 1.1 million Californians caring for people living with Alzheimer's disease and other dementia's, about 11 percent of our nations caregivers. While care giving has its satisfactions, for many, the burden of care is substantial.

Want more information? Visit: www: http://alzheimersstory.com When: May 10th at 6 p.m. Where:

Carmichael Oaks Senior Living 8350 Fair Oaks Blvd. Carmichael, CA 95608 (916) 944-2323

### Women Partners of Asperger Men

A Free Education and Support Group

Tuesday May 10, 2011 from 7:00 to 9:00 p.m., and continuing on the second Tuesday of each month, a free education and support group of men with Aspergers Syndrome. The meeting will be held at the U.C.

Sacramento Region - On Davis M.I.N.D. Institute at 2825 50th Street, Sacramento and is coled by Sally B. Watkins L.C.S.W., and Marilyn Perry, Ph.D., both therapists. Call Sally at 916-939-8249 will be held for women partners or email her at sally@sallywatkins. net for more information.

A formal diagnosis is not required

to attend the group. Aspergers is a form of high functioning autism and is characterized by difficulty expressing emotion, reading behavioral and non-verbal cues, and the inability to recognize differing perceptions and feelings in others.

### **Farmers Market Comes** to Carmichael Park



A visit on the market on its May Day debut rewarded Labrador Bo and family - Bill (left), Sue and Jenny Horton - with fresh spring bouquets. Vendor is Kia Xiong of Ge P. Lao Flowers. Photograph by Susan Maxwell Skinner.

Carmichael - Long a hub for weekend activity, Carmichael Park gained a new function last Sunday. From 8 a.m. to early afternoon near the corner of Fair Oaks Blvd and Grant Ave,

By Susan Maxwell Skinner

a farmers market offered local and

Shaded by spreading oaks, 42 vendors offered a cornucopia of fruit, vegetables, nuts, spices and flowers. Much produce was locally and organsun-ripened treats from the Bay Area. Guitar music serenaded browsers; clowns and face-painters joined the entertainment act.

Sponsored by the Carmichael Park District and BeMoneySmartUSA - an organization that provides business education and entrepreneurial encouragement for young people the market will raise awnings every Sunday. For information on the BeMoneySmartUSA nonprofit, call (916) 485-5322.

ically grown; other vendors brought

imported produce.

www.CarmichaelTimes.com

### Carmichael Elks to Hold Fundraiser Events

**Fashion Show Luncheon** 

Saturday May 7, 2011

This charity event is to raise funds for disabled kids \$15.00 per person

At Carmichael Elks

5631 Cypress Ave, Carmichael, CA 95608 Call 916 489-2103

**Huge Annual Parking Lot Sale** June 4, 2011

Spaces available \$15.00 each Snack Bar Open 6:30 a.m. Proceeds to Veterans Charities and Kops and Kids. Carmichael Elks Lodge #2103 5631 Cypress Ave, Carmichael, Ca 95608 916-489-2103



May 1 - May 31, 2011

#### SAVE \$6 PER GALLON

on Manor Hall® Timeless® and Manor Hall® Interior & Exterior Paints and Manor Hall® Water-Borne Alkyds

\* Mail-in rebate. Limit 10 gallons. All products may not be available at all locations.

#### SAVE \$4 PER GALLON

on Wallhide® Interior Paints, Sun Proof® Exterior Paints & Stains, PPG Pure Performance® Paints & Primers, PPG Floor and Porch Enamels, PPG BREAK-THROUGH!® and PPG Seal Grip® Primers

Mention this ad and receive a free roller cover (Provantage knit cover) One per customer.





PITTSBURGH PAINTS

warehousepaint.com

Auburn 200 Palm Ave Auburn, CA 95603 (530) 885-7914

Citrus Heights 8113 Auburn Blvd Citrus Heights, CA 95610 (916) 722-7454

Sacramento - Arden Way 3357 Arden Way Sacramento, CA 95825 (916) 480-0220

Sacramento - Power Inn 4150 Power Inn Rd Sacramento, CA 95822 (916) 452-2222

Available at:

Rancho Cordova 10117 Mill Station Rd Sacramento, CA 95827 (916) 857-1614



Make your mom's special day a home run with the Macy's Mother's Day Brunch ticket package. It includes: a Senate Box ticket and an All-You-Can-Eat brunch pre-game. Plus the first 2,500 fans will receive a Cold Cup Tumbler presented by PG&E!

Adults - \$35 Kids (10 & under) - \$29

Sunday, May 8

at 1:05 p.m.

The first 200 people to buy the brunch ticket package will receive a special Macy's gift pack which includes a \$10 Macy's gift card.



### **Carmichael Community Night** at Raley Field

Date: Thursday, May 19th, 7:05pm River Cats vs. OKC Redhawks

#### **Great Food! Great Fun! Great Game!**

Join Your Neighbors in Representing Carmichael!

Enjoy Thirsty Thursday \$2 Beers!

**Susan Skinner sings** "Take Me Out to the Ball Game" during the 7th Inning Stretch



Event Sponsers





Mission Daks Recreation & Park District



To place your order, contact Linda Melody of the Chamber at (916) 481-1002 or (916) 203-1681

### Come join The Arden Players' Summer Theater Extravaganza:

Eggbert the Slightly Cracked Egg A New Musical by Levi Williams and The Arden Players based on the classic children's tale by Tom Ross and Rex Barron

#### Summer Performance Workshop

June 20th to August 12th,\* 9 a.m. to 12 p.m. Mon./Wed. and/or Tues./Thurs. \*No classes July 18-23 Performances on August 11th and 12th, 2011

Classes are held at SMEDS on Mission near Cottage and include singing, dancing, acting and stagecraft.

New this year! Our drama coach, Rick Hauk, will direct an additional show For those most interested in acting only. Students will help write the script! Check out the website for details.

Register and return the form below by June 1, 2011 to save \$20.00

New! Summer Art, Sewing, and Tech. Classes

Check out **TheArdenPlayers.com** for information about class times, locations, fees, and our amazing new instructors!

For more information about all our classes visit TheArdenPlayers.com or contact us: info@TheArdenPlayers.com; Kelly Allen: (916) 396-9413



#### MISSION OAKS COMMUNITY CENTER

#### **Extended Tours**

MAY HOME GAMES

- British Landscapes
- October 6-15, 2011 \$3,549 pp double

For the complete game schedule and promotions visit

rivercats.com. Tickets available at the Raley Field Ticket

Office or ticketmaster.com. Call 916.371.HITS (4487) for

information on season tickets, suites, and hospitality areas.

- Branson Musical Holiday
- December 1-5, 2011 \$1,749 pp double • Italian Vistas

March 12-24, 2012 • \$3949 pp double

#### **Luxury Motorcoach**

- Alcatraz Island
- Saturday, June 18, 2011 \$96/person
- · Picasso & Balenciaga
- Thursday, June 23, 2011 \$90/person
- DeYoung Museum San Francisco
- Strauss Festival of Elk Grove

or go to www.morpd.com.

Friday, July 29, 2011 • \$65/person For more information call (916) 972-0336

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

### NEW Summer Dance Night!

Wednesdays: 7-9:30pm • June-September • \$7/person Swing to Rock to Country

THE SENSIBLE SOUNDS DANCE BAND

#### **Boot Camp Workout** Adapted for all ability levels

*Indoor /* Tuesday or Thursday 6-7 pm

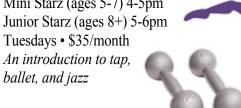
Mission Oaks Community Center • \$20/month

Outdoor/ Monday 6am or Wednesday 6am or 6pm Ashton Park • \$15/month

#### **NEW CLASSES!**

Creative Dance for Kids Mini Starz (ages 5-7) 4-5pm

Tuesdays • \$35/month



#### MISSION OAKS RECREATION & PARK DISTRICT

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

www.morpd.com

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

MISSION OAKS COMMUNITY CENTER (916) 972-0336 • Fax (916) 972-7371

**SWANSTON COMMUNITY CENTER** (916) 333-6464 • Fax (916) 488-4349

2350 Northrop Ave., Carmichael CA 95825

**DISTRICT OFFICE** 

4701 Gibbons Dr., Carmichael CA 95608

or www.CarmichaelKiwanis.com







Saturday May 14th, 2010 4:30 to 8:00PM La Sierra Community Center, 5325 Engle Road

Charity for Children, Youth and Community projects

Event Tickets \$35 per person at the door For Event info & to Order Tickets

Call George 481-0196.

Carmichael Times Page 12 May 4, 2011

### **Spring Fever Brings Outbreak of Garden Events**

Story and Photos by Susan Maxwell Skinner

The shovel and trowel brigade is digging, potting and Photojournalist Susan Maxwell Skinner studies the calendar grafting in full force as spring garden festivals approach. for green letter days and agricultural learning opportunities.



Benevolent bounty. Green-thumbed parishioners of the American River Community Church (North Ave) provide vegetables for hungry customers of Sacramento Loaves and Fishes. Anyone may apply for an allotment to grow their own flowers and vegetables at the Carmichael church. Rental is \$25 per year. Information: (916) 483-3465.



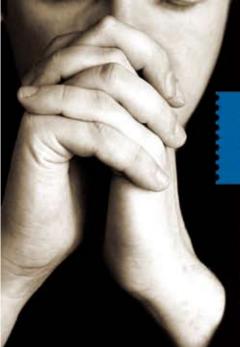
Established in 2001, Carmichael's Community Garden has scores of volunteers, from toddlers to seniors. Administered by the Carmichael Park District, the one-acre reserve has 60 garden plots. Gardeners are encouraged to grow flowers and vegetables organically. Rent is \$50 per plot, per year. Address: Sutter Ave at Orangerie Way. Information: (916) 485-5322.



A Saturday May 14 plant sale will fund educational scholarships offered by the Organic Gardening Club of Sacramento County. Established in 1987, the group promotes chemical-free agriculture. The Greenhouse garden store (7619 Fair Oaks Blvd, Carmichael) hosts the 10 a.m. to 2 p.m. event. For information, call (916) 549-1044.



For 35 years, Carmichael Cactus and Succulent Society has staged a twoday Cactus festival. Members display specimens in spring bloom and offer potted cacti for sale. Early birds at the Carmichael Park Clubhouse get free plants at the door. Hours: Saturday (May 21) from 10 a.m. to 4 p.m.; Sunday (May 22) from 11 a.m. to 2:30 p.m. Address: 5750 Grant Ave. Information: (916) 485-5322.



Looking for solutions in tough times...

Do you feel safe in your neighborhood? Need a job?

A companion?

Looking for release from stubborn addictions?

### Help is at hand

Explore with us and other members of the Carmichael Community practical and prayerful solutions to these tough questions. Members of First Church of Christ, Scientist, Carmichael are hosting two evenings of fellowship, music, and inspiring speakers as a way to meet with our friends and neighbors to address our common concerns.

#### May 16, 2011 • 5:30 - 8:00 p.m.

Join us on the front lawn for free music, food, fellowship, remarks by friends from the neighborhood as well as our guest speaker, Ginny Luedeman from Salem, Oregon.

#### May 17, 2011 • 7:00 - 8:00 p.m.

Ginny will speak on the topic, "Looking for Solutions in Tough Times" in the Church Auditorium.

First Church of Christ, Scientist 4949 Kenneth Ave. • Carmichael, CA You are always welcome!

> For More Information 916.487.9338 cschurchcarmichael@rcip.com

dealing with an abusive alcoholic dad, Ginny dropped out of high school,



Area and was the lead singer in a rock band, which played the circuit with the Grateful Dead and other emerging 60's icons. She found Christian Science following an LSD overdose and her life was transformed. As her understanding grew and she found freedom from unhealthy addictions, she successfully raised a family of 6 children and found meaningful employment. For 30 years now she has been in the full-time healing practice of Christian Science. She also teaches this Science and has written many articles which you can find on her website: www.GinnyL.com. Her practical explanations of healing and freedom and hope have blessed audiences around the world. Come and be inspired as Ginny shares her story.

Ginny Luedeman, CSB is a member of the Christian Science Board of Lectureship.

#### LIVE WELL AT HOME WITH ESKATON



You deserve the option to grow older in the comfort of your own home. In good health and safety, with vitality and purpose. Live Well at Home with Eskaton offers an exciting new network of services, resources and activities to support your independence.

Now you can "age-in-place" with the confidence that comes with the four decades of experience and support of Eskaton, Northern California's premier nonprofit aging services organization.

Join Live Well at Home today and enjoy the benefits of your membership - now ... and later.

- Personal concierge service and resources
- Access to reliable, competitively priced, approved vendors
- A social network with new friends and activities
- Your own healthful living plan and wellness coach
- Affordable transportation
- Home safety assessments and optional maintenance
- Exclusive online support



866-ESKATON | www.eskaton.org



**DISPLAY • CLASSIFIED • LEGAL • ON-LINE TO ADVERTISE CALL 773-1111** www.CarmichaelTimes.com

