Carmichael Times



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Volume 31 Issue 12

Serving Carmichael and Sacramento County since 1981

March 23, 2011

Sheriff Scott Jones Addresses Recent Cutbacks and Recovery



Sheriff Jones addresses the group of local business leaders and residents at the monthly Chamber of Commerce luncheon meeting. Jones discussed past budget cuts and how the department is recovering.

Carmichael - Scott Jones, newly elected sheriff of Sacramento County, spoke before a large group of local business leaders and residents at the monthly Chamber of Commerce luncheon meeting held at the Cypress Avenue Baptists Church in Carmichael.

Jones addressed many issues concerning crime and the county budget cutbacks that are directly affecting those who live and work in Carmichael.

Jones said "We were at a time and place where we could barely function" when discussing the

past budget cuts. He noted that the Sheriff's Department lost the equivalent to almost 450 positions due to past budget cuts in one day. Jones also said that with recent grants and with the assistance of the county board of supervisors they now have as many people "on the streets" policing

the county as they did prior to the cutbacks. Most of the cutbacks that remain are from special programs.

Sheriff Jones claims the department has now stabilized and that they are not looking for any additional deep cuts. "We are no longer looking for new funding. Now we look in the mirror and figure out how we are going to handle it."

Jones is deeply committed to a new "Intelligence-led Policing model" which is a paradigm shift for how the department is run. He stated "We will look like something different, something better."

Crime and homelessness are everincreasing problems in this area. Many local businesses are being hit by smaller crimes and vandalism to property. The Sheriff's Department is working diligently to address the problems.

As a service to the community, the Carmichael Chamber of Commerce is hosting a free Community Forum, open to the public, to discuss the issues of crime and homelessness in Carmichael. The event is Thursday, April 28 from 7-9 pm at La Sierra Community Center, 5325 Engle Road. A panel of guests will be discussing these issues and the public will be able to ask questions. Panel members include Sacramento County Supervisor Susan Peters, Sheriff Scott Jones, Karen Maxwell of the District Attorney's Office, Jack Harrison of Carmichael Recreation and Park District, and more. For further information on this event, contact the Chamber at 916-481-1002.

For more information about other Chamber of Commerce events or membership call Linda Melody at 916-481-1002, or go to their website at CarmichaelChamber.com.

Jesuit High School Soccer Coach Paul Rose Named NSCAA/Adidas High School Coach of the Year

Submitted by Jordan Blair of Jesuit High School

Sacramento - Paul Rose, Jesuit High School's highly successful soccer coach, was named the 2010 High School Coach of the Year by the National Soccer Coaches Association of America for the third time, more than any other coach in NSCAA history.

Rose led Jesuit's soccer team to an undefeated 30-0 record in 2010, winning both the Delta River League and CIF Sac-Joaquin Section-Division I titles. The team finished second in the NSCAA/Adidas National Fall Boys' Soccer Rankings. Rose has also compiled more soccer wins than any other high school boys' soccer coach in California, ending the season with a career total of 631 wins.

"This is a well-deserved honor for Coach Rose, it signifies the accomplishments of the 2010 team, becoming the winningest soccer coach in

California history, and his impact on the sport of soccer throughout the region," said Chris Fahey, Director of Athletics for Jesuit High School. "Paul has been instrumental in developing life skills that benefit his players well beyond their high school years."

Three Jesuit Seniors have signed letters of intent to play soccer at the collegiate level after graduation. The players include Andrew Mills at Princeton, Cameron Iwasa at UC Irvine, and Matt Wiesenfarth at UC Davis. Twelve players will be returning for the 2011 Season, including five starters from the 2010 Season.

Jesuit High School of Sacramento is a Roman Catholic college preparatory dedicated to forming competent young men into conscientious leaders in compassionate service to others for the greater glory of God

Customers Can Still Donate to Japan Relief Fund at Raley's Supermarkets

Sacramento Region - Customers can give to Japan disaster relief during their stop at the grocery store, and know that 100% of their donations will go directly to the American Red Cross to help the devastated area.

Raley's announced this week that it is designating all donations to checkstand collection boxes in its 133 Raley's, Bel Air, Nob Hill Foods and Food Source stores to Japan disaster relief through Monday, April 18.

Raley's will absorb all administrative costs to ensure that all donations reach the victims of the devastation in Japan.

"The impact of this disaster has been absolutely catastrophic," said Ashley Zepernick, Raley's Spokeswoman. "We recognize the huge need for support and we want to provide our customers with an easy way to contribute and feel confident that their donations are reaching people in need."

Public Invited to Meet the Sheriff

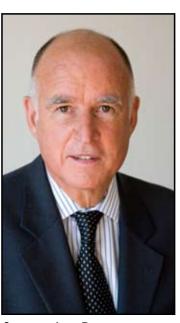
Sacramento County Thursday, March 24, 2011, the public is invited to attend the first "Sheriff's Chat", hosted by Sacramento County Sheriff Scott Jones. This event is designed to

give members of the community the chance to meet Sheriff Jones, and ask questions or address concerns regarding the Sheriff's Department and the communities which it serves.

This event will take place at the Sheriff's North Central Division Service Center in the Marconi Room, located at 2500 Marconi Avenue, Suite #100, and will last from 9:00 a.m. until 11:00 a.m.

Attendees will be allowed the opportunity to speak with Sheriff Jones one-on-one, on a first comefirst served basis, as time permits. Light refreshments will be available to those in attendance.

Governor Brown Checks in with the People



Governor Jerry Brown

From the Governor's Press Office

Sacramento - In his first YouTube address since taking office, Governor Jerry Brown is calling on state legislators to let voters have a voice in deciding how to solve the state's budget crisis.

Brown gave Californians an update on budget negotiations in Sacramento during a three minute check-infilmedinhisCapitoloffice.

The state Legislature made a series of tough cuts to the state budget last week, eliminating billions in programs and services. Now, Brown wants to let the people vote on whether extend currently existing taxes or make even deeper cuts.

"This is a matter that's too

big and too irreversible to leave just to those you have elected," said Brown. "This is a time when the people themselves can gather together in a special election and make the hard choice." Without an extension of cur-

rently existing taxes, Brown said balancing the budget would require "drastic cuts" to "our University, to education, to health care, to police services, to fire services, and many, many other things."

Brown asserted the right of the people to vote and said he is working hard to make sure they get a chance to decide in June whether to extend currently existing taxes or make deeper cuts. "Would you like the chance

to cast this vote, or would you think it's appropriate to shut out the people of California?"

also reminded Brown Californians that there is no time for partisan squabbles when the state is facing a severe budget crisis.

"I don't see this as a Republican or a Democratic issue," said Brown. "This is a matter of all of us thinking as Californians first and acting in solidarity to grapple with problems that have been avoided too long."

Brown concluded: "If we pull together, if we make the tough decisions, if we exercise the measure of discipline that the times call out for, California will continue to prosper in the years ahead."

California Volunteers.org Website Makes it Easy for Individuals and Companies to Help Tsunami Victims

Californians who want to help victims of the tsunami in Japan and the Golden State are encouraged to use California Volunteers' donations website, www. California Volunteers. org. The site makes it possible to donate to both local and international relief efforts.

"Californians are generous, and want the option to give both local and internationally," said California's Secretary of Service and Volunteering, Karen Baker. "This is a long term recovery effort that requires citizen engagement, so we're doing all we can to connect Californians with organizations that are helping the recovery process."

CaliforniaVolunteers.org will post up-to-date information on volunteer opportunities in affected tsunami areas in California as they become available.

For additional information and easy-to-use tips on avoiding charity

scams following a disaster, please

visit the California Department of

Consumer Affairs Take Charge web site at http://www.takechargeca. ca.gov/campaigns/scams_types. shtml#disaster

For additional information and resources on this incident, and to learn how to prepare for a disaster, please visit the California Emergency Management Agency at www.calema.ca.gov.

CaliforniaVolunteers is the state office that manages programs and initiatives to increase the number of Californians involved with service and volunteering. Through its innovative web site, individuals and families can find more than 50,000 volunteer opportunities throughout the state involving the arts, education, animals, disaster preparedness, the environment and other areas of interest. Karen Baker, the nation's first state cabinet secretary of service and volunteering leads the organization.

For more information, please visit www.CaliforniaVolunteers.org.

A Proud Military Family Heritage

By Julie Parker

Our personal history is directly or indirectly affected by our ancestors' individualities, experiences, choices, approaches and perspectives. They travel through the family tree creating patterns or altering our awareness of ourselves when we discover those historical family footprints. Don Clark, a Carmichael resident, has ties to an ancestor involved in a national historical event.

James Robb Church

During the Spanish-American War, Lieutenant Colonel Theodore Roosevelt formed the First United States Volunteer Calvary, comprised of both lawmen and outlaws, cowboys, miners, preachers, scouts, former Indian fighters and Native Americans. They hailed from Arizona, Oklahoma, New Mexico and the Indian Territory. They were anointed the nickname "Rough Riders," and they followed Roosevelt into Las Guasima, Cuba.



James Robb Church

One of the men assisting in this endeavor was James Robb Church, who served as U.S. Army Assistant Surgeon. Excerpts from Theodore Roosevelt's personal writings in "The Rough Riders" released in

"One of the most useful members of the regiment was Dr. Robb Church, formerly a Princeton foot-ball player. He was appointed as Assistant Surgeon, but acted

throughout almost all the Cuban campaign as the Regimental Surgeon. ... Church had led almost as varied a life as Bucky [O'Neil] himself, his career including incidents as far apart as exploring and elk-hunting in the Olympic Mountains, cooking in a lumbercamp, and serving as doctor on an emigrant ship."

Church's efforts were acknowledged eight years later with a Medal of Honor. Although the first Medals of Honor were awarded in the late 1800's, Church became the first to receive the Medal by the President of the United States who, at this point in time, was Theodore Roosevelt. The Citation read:

"In addition to performing gallantly the duties pertaining to his position, voluntarily and unaided carried several seriously wounded men from the firing line to a secure position in the rear, in each instance being subjected to a very heavy fire and great exposure and danger."

(Ironically, although Roosevelt himself had been recommended for the Medal, he had angered too many politicians in Washington, resulting in a denial. However, quite posthumously, the Medal of Honor was awarded to him on January 16, 2001, his great-grandson Tweed Roosevelt accepting on his behalf.)

During World War I, Church served as an attaché with the French Army, earning the rank of Colonel. He died on May 18, 1923. Says grandson Donald Clark, Jr., "My mom told me he volunteered to test gas masks for the Army and I think he eventually died from the faulty gas masks."

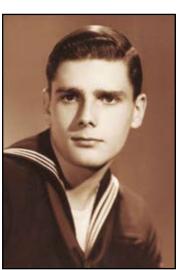
Donald H. Clark, Jr.

During his junior year in high school, Don joined the Navy via the "kiddie cruise." "You're in at 17 and get out at 21," says Don. His father signed the papers at a recruit depot in Santa Monica, at which point Don became a ward of the Navy. "That was May 5, 1950. The Korean War began in June 1950." He became a sound technician, graduating with a grade of



James Robb Church and fellow military men meet the then Lieutenant Colonel Theodore Roosevelt in the field.

3.14, and was transferred to the San Diego Naval Shipvards to serve on the U.S.S. Yarnall [destroyer] which was being re-commissioned for Korea. "Because the ship was pulled out of mothballs, they had the old gear, the 360 degree indicator that was so old they had to update it, so they tore out all the old gear and put in a console, which had a screen with a cursor."



Donald H. Clark, Jr.

Don stood watch over underwater sound gear, screening vessel for Task Force 77 off the east coast of Korea. His ship's home port was Yokosuka, Japan – "typhoon

"We were anchored at one of the buoys. All of a sudden, there was a typhoon outside of the harbor. Everybody had to go topside with life jackets on. The biggest crane in the world anchored in the harbor broke loose. That's how severe it was inside in the harbor. You can imagine what it was like outside of the harbor. It scared the hell out of everybody.

Another time, we were headed into a typhoon and the old man [captain] was smart enough to know that if he tried to go around it, it would've hit us broadside and we probably would have capsized. So, instead, he headed into it, which was pretty rough. I was sitting in the sonar shack and, boy, couldn't believe the list indicator. A 75 degree list would be capsizing, and it indicated a 58 degree list. There were 20 millimeter ammunition boxes welded to the deck, which broke loose, as did one of the depth charges on the fantail, which had to be retrieved.

I had a captain who volunteered for everything going down the pike. He accepted an assignment

at Wanson Bay [North Korea]. The U.S.S. Yarnall was a light cruiser, and I think there were two other destroyers. The mouth of the bay is only big enough to get in one ship in at a time. We were supposed to go in, circle around. There was 105 millimeter gun placement on rails moving in and out of the cave; move it out, fire a volley of shots and then move back in. We were having difficulties, because we couldn't hit them; once they went back into the cave, there was no way. Men were killed. There was like a London fog, because of all the gun smoke. I went up on deck, towards the fantail, and maybe 100 feet off the fantail was a splash of water. I had to check my shorts."

Don thinks about his time during the Korean War, and the challenges his grandfather undertook. "Knowing my grandfather's story has made me want to be a better person."

James F. Clark

Don's younger brother joined the Navy in 1956, serving a full 20 years, including time in Vietnam.

"My brother was probably like a lot of men in the service who go through some difficult times," says Don. "When I asked him about them, he said, 'If you don't mind, I prefer not to talk about it.' He did tell me about an incident in Da Nang. He said he had been given an assignment as a courier and had a driver. They were on the road, and all of a sudden they got caught in a mortar barrage. One of the mortar shells hit next to the Jeep, threw the Jeep off the road, and killed the driver, but my brother walked away."

As a Boatswain Mate, James traveled around the world, including Greece and the Mediterranean. Don says, "At one time, he was pretty frustrated, because the way he put it to members of the family and friends, he was tired of nursing a bunch of 'iuvenile dope addicts.""

James passed away at the age of 68. He had served on various ships of both the Atlantic and Pacific Fleets. He earned the Good Conduct Medal with five awards, National Defense Service Medal. Vietnam Service Medal, Republic of Vietnam Campaign Medal, and the Vietnam Meritorious Citation Medal.



James F. Clark

"My grandfather would have been proud of him," says Don. "He got his Good Conduct stripes. Most people in the military, at one time, weren't able to receive them until they were at least Chief. He got them when he was Second Class."



Dennis Prager, one of the nation's foremost radio talk show hosts and political commentators, will be speaking on Monday, April 4 at the Temple Or Rishon in Orangevale.

Dennis Prager to Speak **April 4 in Orangevale**

The lecture at Temple Or Rishon, located at 7755 Hazel Ave. in Orangevale, is Monday, April 4 at 8 p.m. Prager will be exploring the topic – "What Jews and Christians can learn from each other."

Tickets to attend the lecture only are \$25. Prior to his speaking engagement in Orangevale, the public can attend a dinner with Prager. The dinner is at 6 p.m. and costs \$125 per person.

To attend the dinner, receive an autographed copy of a Prager book, and reserve priority seating at the event, the cost is \$180. At the end of the lecture, there will be an opportunity to purchase Prager's books and to have them autographed.

To purchase tickets for the event or for more information, visit www.dennispragerlecture.eventbrite.com

Prager is best-noted for his conservative political and social views emanating from Judeo-Christian values. He has lectured on all seven continents, in 45 U.S. states, and in nine of Canada's 10 provinces. Prager covers a variety of topics, from political issues to morality and religion. A skilled linguist, Prager has lectured in Russian in Russia, and in Hebrew in Israel. The "Dennis Prager Show" is a highly

popular, nationally syndicated radio talk show that airs live on KRLA AM 870 in Los Angeles. He began broadcasting on KRLA in 1982 and his show became nationally syndicated in 1999 and can now be heard on approximately 75 stations nationwide.

The "Dennis Prager Show" airs locally on Sacramento radio station KTKZ AM 1380, from 9 a.m. until noon on Monday through Friday.

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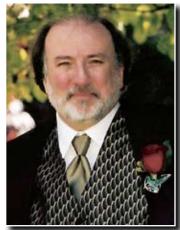
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Mark and Monica's Celebrates 25 Years



(L to R) Chris Parsons, Robert Perkins, Mike Martin and Jenn Holman surround general manager Debbie Mahnke in between serving up some great pizza for March Madness. Other staffers not pictured (but who really wanted their names in the newspaper) Michael Delp, Lauren Oebker, Cody Hansen, Jennifer Yanamura, Billy Lawlor, Jeremy Steinmiller, Forrest Brownell, Manny Vasquez, Casey Zoller and Monica Haury.

Carmichael - Mark and Monica's Pizza is one of the undisputed favourite restaurants in Carmichael today, as it has been for the past 25 years.

Opened in 1986, this gem of a pizzeria on Manzanita Avenue proves to be a great place to watch sporting events and to feed the entire family.

Come and celebrate their 25 vear anniversary when they roll back their pizza, beer and drink prices to what patrons paid in 1986. The big "Roll Back" dates are for March 30th and 31st only.

You can find Mark and Monica's at 4751 Manzanita Avenue in Carmichael. Call ahead to place vour order at 487-1010. My personal favourite is the mushroom and olive on a deep dish crust, but I haven't tried them all, yet.

So you're turning 65. Congratulations

Commentary by David Sayen Regional Administrator *U.S. Centers for Medicare* & Medicaid Services

you're turning Congratulations! It's time to start taking advantage of your Medicare benefits. And just how do you do that?

First, a quick overview of the benefits. Medicare Part A pays for hospitalization, and many eligible people don't have to pay premiums for it. Part B covers doctor's fees, outpatient care, home health care, screenings for cancer, glaucoma, diabetes and other diseases, and other medical services. Part B has a monthly premium, which for most beneficiaries is \$115.40 in 2011.

Part C is Medicare managed care and Part D is prescription drug

In most cases, if you're already getting benefits from Social Security or the Railroad Retirement Board (RRB), you'll automatically get Part A and Part B starting the first day of the month you turn 65. (If your birthday is on the first day of the month, Part A and Part B will start the first day of the prior month.)

You'll get your red, white, and blue Medicare card in the mail 3 months before your 65th birthday. If you don't want Part B, follow the instructions that come with the card, and send the card back. If you keep the card, you keep Part B and will pay Part B premiums.

If you aren't getting Social Security or RRB benefits (because,

for instance, you're still working), you'll need to sign up for Part A and

It's easy to do. You can sign up by calling Social Security at 1-800-772-1213. If you're 65 or older, you can also apply online for Part A (if you don't have to pay premiums) and Part B at www.socialsecurity.gov/retirement. The whole process can take less than 10 minutes.

You can sign up when you're first eligible for Part B. If you're eligible for Part B when you turn 65, you have a 7-month window that begins 3 months before the month you turn 65, includes the month you turn 65, and ends 3 months after the month you turn 65.

But make sure you sign up early! That way you'll avoid any delay in getting your benefits. The best time is the 3 months before you turn 65. Then you'll get coverage the month you actually hit your 65th birthday.

If you wait until the last four months of your Initial Enrollment Period, your start date for coverage may be

delayed for as long as 3 months. You may also face a penalty in the form of a higher Part B premium.

If you didn't enroll in Part A and/ or Part B when you were first eligible because you were employed and covered under a group health plan based on that employment, you have a Special Enrollment Period. That means you can sign up any time while you or your spouse are working and you have employer or union group coverage. Or you can enroll during the 8-month period that begins after your employment ends or your group health coverage ends, whichever hap-

Usually, you don't pay a late enrollment penalty if you sign up during a Special Enrollment Period.

But here's an important caveat: If you have COBRA coverage or a retiree health plan, you don't have coverage based on current employment. You're not eligible for a special enrollment period when that cover-

For more information about enrolling in Medicare, visit www.medicare. gov/MedicareEligibility. You can also get free, personalized counseling from your State Health Insurance Assistance Program (SHIP). Call 1-800-MEDICARE to get a number for your state's SHIP, or to ask other questions about Medicare.

David Sayen is Medicare's regional administrator for California, Arizona, Nevada, Hawaii, and the Pacific Trust Territories



Dr Bob Graykowski



Indigestion, dyspepsia, is a frequent complaint among people of all ages. However, indigestion should not be tolerated simply because it is common.

Many people with indigestion report that chiropractic care alleviates their stomach problems. Scientific evidence also supports these reports.

Chiropractors use gentle, effective and safe maneuvers called chiropractic adjustments to remove nerve interferrance, allowing your body to function at optimal capacity.

Look to the Cause

Many traditional doctors may overlook links between symptoms like these, but the links are often the key to alleviating your discomfort. This unique and powerful outlook on patient care helps chiropractic patients achieve optimal health. As such, you can speed your recovery by examining your lifestyle for possible sources of digestive distress. Once you identify any aggravating factors, commit to eliminating them.

Common Causes of Indigestion

Many drugs - including some promoted as stomach soothers -

A Winning Solution for Indigestion

provoke indigestion. In addition, popping antacids containing sodium, magnesium or calcium may upset the mineral balance in your body. Even seemingly benign over-thecounter pain relievers like aspirin and acetaminophen are notorious promoters of stomach upset.

Diet often plays a role in the onset of indigestion. For some, specific foods bring on an attack. The most common offenders include spicy foods, meat, soy products, dairy products, fried foods, "junk" foods. alcohol and caffeine. For others, a lack of high-fiber foods may aggravate their condition. Smoking cigarettes not only harms your heart and lungs, but may also damage your digestive tract.

All-Natural Relief

There are many natural alternatives traditional health-care practitioners may not be familiar with and are not only safer, but may be more effective than drugs. Below are some examples of the natural remedies that we suggest to our patients. (However, before trying any natural alternative, make sure to first check with your doctor of chiropractic.)

- Peppermint is a time-tested remedy for stomach troubles. This fragrant herb may be taken in caplet or tea form. In one study, 39 patients took either placebo pills or caplets containing peppermint oil and caraway oil. After four weeks, 94.5% of the patients taking the peppermint oil/caraway oil combination experienced significant relief.
- Relaxation techniques, including biofeedback, meditation, breathing exercises and yoga, can provide the stress relief you need to combat indigestion.
- Chamomile tea is a folk remedy

for digestive distress that many people swear by.

- Deglycyrrhizinated licorice (DGL) is a licorice extract recommended for stomach upset. Experts speculate that DGL prompts the body to produce mucus, which coats the digestive tract and averts indigestion.
- The enzyme bromelain prevents indigestion in some individuals. Bromelain is abundant in pineapple and papaya and is available in supplement form.
- · Other herbs, including aloe vera, anise and parsley may provide relief from indigestion, although additional research is needed.
- You may have noticed that walking after meals prevents indigestion. This is because physical activity makes the body more productive and better equipped to process food.

Take Charge of Your Health

Although all-natural remedies are safer - and possibly more effective than drugs for indigestion, they still address the symptoms, not the cause, of digestive problems. Chiropractors work to identify the source of your condition to help end your complaint for good. So, use natural remedies to relieve your symptoms, and work with your chiropractor to prevent the symptoms from occurring in the first place. Don't wait to take charge of your well being; empower yourself by joining us for our weekly class or call (916)973-1661 to make an appointment for a chiropractic checkup today!

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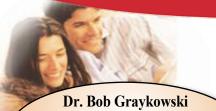
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Carmichael Times Page 4 March 23, 2011



By Pastor Cary Duckett

The new normal for our world is best described with one word: unstable. Here is just a brief list of recent unstable events in our news: the stock market, weather patterns, oil prices, housing industry, the economy, earthquakes (New Zealand and Japan), health care, and even nations (recently Egypt and Libya). Instability has become so common that many people feel something is wrong if there is nothing wrong. Not feeling in control and not being able to establish a "normal" are two major sources for stress and unrest-and we feel it. Recently, a school girl was asked what she was going to be when she grew up, her response: "Scared."

A New Normal

to endure instability. Years ago there was a group of individuals who encountered financial strains, political upheaval, job insecurity, and even threats to their personal safety and to their families. At first this group was small and localized, about 120 people; but within two months it had swelled into thousands of people and migrated into several cultural regions. Before the group grew and spread out, the events in their lives were so unstable that they asked their leader if the world was coming to an end. Their leader, Jesus, responded, "It is not for you to know the times or dates the Father has set by his own authority." OUCH! They were stressed, uncertain, and trying to stay under the radar and Jesus says, "Time tables are none of your business." Fortunately, Jesus saw in their eyes what is in many of ours—that look of "Please, give us something." Jesus then said, "But, you will receive power...and you will be my witnesses..." (Acts 1:6-8). They were looking for the end

We are not the first people to have and Jesus was saying, "It's just the

beginning." At a pivotal moment in their lives Jesus promised power and a purpose. The same promise and purpose are being extending to me and you during these defining moments of the 21st Century. Jesus offers power so that when the world shakes His followers stand firm. He offers purpose so that when the world we once knew is no longer recognizable His followers will still know what is important. A new normal does exist, but it is no match for the power and purpose of God.

You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www. cypressavenue.org.

You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.

Carmichael RECREATION AND

Saturday, May 14 from 10-5pm,

Carmichael Recreation and Park District is announcing these upcoming events

Day of Peace Event

all ages welcome Carmichael Park, 5750 Grant Avenue in Carmichael Sponsored by Carmichael Recreation & Park District and Saha Wellness Center

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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

Gold Recycling Educational Workshop

Presented by Karin Doll-Nicholls Tuesday, May 17 from 10-11:30am La Sierra Community Center, Room 800 \$12 pre-registered/\$15 at class Appropriate for ages 18+

Thinking about selling your broken or unwanted jewelry or coins? Before you head to a "Cash for Gold" scam artist, learn the assay techniques for determining the value. You can't afford to get cheated - so get educated! NOTE: Do not bring items for recycling – no cash exchange will be done. For more information call 483-7826 or visit us online at www.carmichaelpark.com

Group Fitness Instructor Training Course – NEW!

Taught by Catherine Graham, Certified Group Fitness Instructor & Personal Trainer Saturdays from 9-10am/May 7-June 25 \$80/8 weeks & a \$10 materials fee due to the instructor. Appropriate for ages 18+.

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

State Water Project Allocation Increases

Sacramento -- The Department of Water Resources (DWR) today (March 16th) increased the 2011 State Water Project (SWP) allocation to 70 percent of contractors' requests, up 10 percent from the January figure.

"As a result of recent precipitation and good water supply conditions, we have increased the allocation," said DWR Director Mark Cowin. "However, we will continue to conservatively plan for future water needs as we progress through the remainder of the rainy season."

The State Water Project water allocation will increase from 2,503,276 acre-feet to 2,920,488 acre-feet attributable to recent precipitation, runoff and the above-average snowpack.

In 2010, the State Water Project delivered 50 percent of a requested 4,172,126 acre-feet, up from a recordlow initial projection of 5 percent due to lingering effects of the 2007-2009 drought.

approaching average for the entire water year (October 1-September 30). With recent snowfall in the Sierra and other mountain ranges, statewide runoff is about average for the date and expected to go above average.

Statewide, snowpack water content is 129 percent of average for the date and 125 percent of the average, April 1 seasonal total. Additionally, a majority of California's reservoirs are above normal storage levels.

Lake Oroville in Butte County, the State Water Project's principal reservoir, is at 113 percent of normal storage for the date. It currently is holding 2,973,694 acre-feet, which is 84 percent of its 3,537,600 acre-foot capacity. Spills were made from the reservoir this week to maintain flood control space. Lake Shasta north of Redding, the federal Central Valley Project's largest reservoir with a capacity of 4.5 million acre feet, is at 117 percent of normal storage for the date, Precipitation so far this winter is which is 91 percent of its capacity.

Current storage and snowpack levels are good news for California's agricultural communities and municipal water users.

The State Water Project delivers water to more than 25 million Californians and nearly a million acres of farmland.

Projections of SWP deliveries are adjusted through the winter and early spring as hydrologic conditions develop. DWR is conservative in its projections since farmers and others can suffer if expected amounts cannot be delivered. In November, DWR's first estimate for 2011 was that it would be able to deliver 25 percent of requests. The initial estimate – always low because it is made before the months of heaviest precipitation – was raised to 50 percent in December, and more recently rose to 60% in January.

SWP deliveries were 60 percent of requests in 2007, 35 percent in 2008, and 40 percent in 2009.

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"How May We Serve You?"

Lending a Helping Hand to Veterans Returning from the Middle East

Sacramento Region - Are you aware many soldiers returning from the Middle East are living in Carmichael and Fair Oaks? They need our immediate attention and

On March 24th, we are privileged to welcome speakers from the Veterans Community Support Network (VCSN) who will present issues dealing with the problems of returning veterans and their dependents: housing, education, employment, health, women's issues and

benefits. We will learn what we can do to give these men, women and their families our support. Please join us and discover how we can help the soldiers who have returned, many of whom are unable to find employment, are homeless and hungry. This is a terrible tragedy, and we must do whatever we can to help these veterans who have bravely served their country; to honor them by reaching out as a community and providing immediate aid.

WHEN: Thursday, March 24th at 6:45 p.m. WHERE: St. George's Episcopal Church, 5600 Winding Way Carmichael, CA 95608

Refreshments will be served. Donations for our veterans may be made at the door.

For information on the group of volunteers and to learn what is needed by those serving today in the military, go to www.sacvcsn.org

Older Women's League Monthly Meeting

Sacramento – The April 16th 2011 meeting of the Sacramento Capitol Chapter of the Older Women's League (OWL) will feature experts in long and short-term care for seniors and others. How and where do we find compassionate and affordable care, for a day, a month, or a year? In addition to seniors, many young

and midlife persons suffer from disabling conditions requiring inhome and other supportive services. Millions of women particularly serve as formal and informal caregivers for their children, spouses, parents etc. The costs of obtaining these services can be prohibitively expensive and the costs beyond monetary include

time, emotional energy, stress, career impact and physical effort. The OWL meeting will be held at 10:30 AM at the Hart Senior Center, 915 - 27th Street, (between I and J Streets), Sacramento. Public invited. No charge. Further information: (916) 444-2526: www.owlca.org.

Runner Disappointed by Committee Vote for Online Tax Measure

Board of Equalization Member Senator George Runner issued the following statement on March 21st, in response to the Assembly Revenue and Taxation Committee's party line approval of Assembly Bill 153 (Skinner):

"I am disappointed by the Committee's decision to move forward with a tax measure that will cost California jobs and hurt state revenues. There are as many as 25,000 internet affiliate businesses based in our state that could be wiped out by this bill. "Leading online retailers, including

Amazon and Overstock, have informed me that passage of this bill will force them to terminate their relationships with their California-based affiliates.

"Out-of-state retailers, with no physical presence in the California, have no legal obligation to collect California's sales or use taxes. AB 153 is trying to redefine 'physical presence' to include the use of online affiliate advertisers based in California.

"The bill simply won't work. Outof-state retailers will cut ties with their California affiliates and continue selling to California consumers. The only thing AB 153 does is kill up to 25,000 affiliate jobs in California. That's the last thing we need."

Elected in November 2010, Senator George Runner represents more than 9 million Californians as a member of the Board of Equalization. For more information, visit www.boe.ca.gov/

Free ACT/SAT Practice Test Offered

Carmichael - Sacramento Public Library in partnership with Kaplan Test Prep will be offering a free ACT and SAT combination test from 12 noon to 4 p.m., on Saturday, March 26 at Carmichael Library, 5605 Marconi Avenue, Carmichael. Open to all high school students, the practice test will be administered under real test conditions. Any student

A Film Review by Tim Riley

(Rated PG-13)

BATTLE: LOS ANGELES

It's likely not coincidental that

John Wayne's name is mentioned

during the contemporary war movie

"Battle: Los Angeles," where the

Marines are engaged in pitched battles

with an alien force. This intense and

sustained combat film, full of severe

violence and destruction, had it been

filmed at the height of the Vietnam

War, would conceivably have been a

nice fit for Wayne as a gung-ho Green

Beret leader. Of course, the cinematic

icon would not, in this case, have

been slugging it out in the jungles of

Southeast Asia. Today's Los Angeles,

mostly paved over with plenty of

concrete and asphalt, is a different

kind of jungle, particularly when the

invading alien force is of the extra-

terrestrial kind that is undaunted by

the urban landscape of freeways and

"Battle: Los Angeles" starts off

with the obligatory set-up of the main

characters gearing up for the inevi-

table confrontation. It means find-

ing out that Marine Staff Sergeant

Michael Nantz (Aaron Eckhart), a

grizzled veteran of the Afghanistan

war who's about to retire, is going to

have carry his platoon on his shoul-

ders, including his superior officer, a

lieutenant (Ramon Rodriguez) who

has not been tested in battle. When

meteors start destroying coastal cities

around the world, the baptism of fire

for Nantz's platoon comes with an

immediate deployment from Camp

dense neighborhoods.

considering college is encouraged to participate.

A follow-up workshop at Carmichael Library will be offered on Wednesday, March 30, at 6 p.m. Results from the March 26 practice exam will be available and Kaplan Test Prep will provide information about test taking strategies that can help students score higher on the ACT

and SAT. Students and their parents are encouraged to attend, as well as those who may not have taken the practice exam, but are interested in improving their test scores.

Registration is required for both workshops. Telephone the Sacramento Public Library at 916-264-2920 or visit saclibrary.org and click on Events.

Riley Reviews **GRITTY WAR MOVIE** FIGHTS ALIENS IN "BATTLE: LOS ANGELES"

Pendleton to a forward operating base at Santa Monica airport.

The invasion of Los Angeles begins in Santa Monica, and within no time the surfside city is overrun by the invading force. What's curious about this full-scale assault is that the strange alien creatures are not immediately revealed, and even when they are eventually seen they appear to be nothing more than heavily-armed metal-clad robotic creatures. There are very few close-up looks at these metallic beasts, as if the production company had a limited number of them on hand for duty. The early "Star Wars" films never seemed to stint in their budgets for storm troopers and other oddball aliens. "Battle: Los Angeles" looks as if it was inspired more by Steven Spielberg's "War of the Worlds," and I don't recall that film being remarkably credible.

Nantz's platoon includes the usual array of military suspects, and with few exceptions, none of them is particularly memorable. It's the rainbow coalition of grunts, such as the virgin private new to combat, the Nigerian doctor seeking citizenship, the nervous corporal about to get married, and the soldier who deeply resents that his brother lost his life under Nantz's command in the Middle East. The most memorable character, other than the Staff Sergeant, is Michelle Rodriguez's Air Force Tech Sergeant Elena Santos, who joins forces with the Marines on their mission to rescue a group of civilians caught behind enemy lines at the police station in Santa Monica.

Though fraught with great peril, the mission appears simple enough: retrieve the civilians within three hours before the Air Force carpet bombs Santa Monica into oblivion.

Of course, it's no easy task getting in and out of Santa Monica while going up against a superior fighting force. Since the film is almost entirely shot from the point of view of Nantz's platoon, there's little sense of the greater war that has apparently engulfed the entire planet. Instead, the action is confined to the tight spaces and close quarters of wherever Nantz and his group happen to be waging battle, whether outside the police station, inside abandoned buildings, or on a freeway devastated by overturned

vehicles and collapsed off-ramps. "Battle: Los Angeles," even though it has some terrific special effects, camouflages its lack of originality with satisfying displays of sheer firepower and explosive action. Take away the aliens, and it could easily be a standard World War II film with the good guys fighting the Nazis. "Battle: Los Angeles" will find its followers in those who crave the non-stop action that simulates a videogame battle with alien creatures. The dialogue is fairly limited, with Aaron Eckhart and Michelle Rodriguez carrying most of the conversation. Some nifty visuals are also thrown in to give many scenes an authentic look of the obliteration of California's largest city, and that alone should go over big with anyone living north of the Tehachapi Mountains.

TELEVISION UPDATE

Considering the topic of this week's film review, it seems only fitting to note that Lifetime Television has just launched an all-new reality series, "Coming Home," featuring U.S. armed forces service members' surprise family reunions across the country after serving long tours of duty overseas. "Coming Home" follows the unforgettable and inspiring reunions of members of all five branches of the military with their spouses, children, parents and other loved ones as they return home from active duty throughout the world. Hosted by former "American Idol" finalist Matt Rogers, each of the program's 13 hour-long episodes will highlight five reunions featuring service members and their

emotional stories.

Capitals Resign Vania King and Mark Knowles in WTT Draft

Sacramento – The Sacramento Capitals protected the rights to Vania King, Mark Knowles and Dusan Vemic in Tuesday's 2011 World TeamTennis draft, as announced by the team today. The Capitals also picked-up Sacramento's own Yasmin Schnack in the fourth round of the

Sacramento protected King as a roster exempt draft selection prior to the draft. King, one of the nation's top tennis stars, enters her second season with the Capitals. The 22-year-old Southern California native won the 2010 Wimbledon Women's Doubles Title and the 2010 US Open Women's Doubles title.

The Capitals also protected Knowles, a former World No. 1

doubles player, with their first round pick. Knowles, of the Bahamas, returns for his 11th season with Sacramento.

"We are very pleased with our roster entering this season," said Capitals General Manager Matt McEvoy. "I think we have two of the best players in World TeamTennis in Vania King and Mark Knowles. They both have had success at the highest level of the game and we expect the Capitals to reach the playoffs with this talent."

The Capitals used their second round pick to protect Vemic, who returns for his second season with the team. The Serbian pro has been ranked as high as No. 31 in doubles in his career.

Schnack is the newest addition to

the Capitals. Raised in Sacramento, Schnack competed at UCLA and, at 21 years old, is new to the tour. The team expects her to be an ideal pair-

ing with King in doubles play. "She is tall and athletic," King said about Schnack. "I think she one of the best girls in the draft, especially in doubles. I'm excited to play with

Each of the nine WTT franchises participated in the four rounds of Tuesday morning's draft. The Capitals traded their third round pick to the Washington Kastles in exchange for their fourth round pick and future considerations.

For more information about the Capitals, or to purchase tickets, call 916.488.5000.

Singles "Night in Hollywood Dance" at Carmichael Presbyterian Church

Carmichael – Christian Singles Network will hold a "Night in Hollywood Dance" for single adults of all ages Saturday, March 26 at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. All ages are welcome to attend.

The evening features refreshments, a dance lesson in the Cha Cha by Janine from 7-8 PM. included in the ticket price and DJ dance music from 8-11:30 by DJ John Maricich. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress like a star-movie, sports,

musician, or the star that you are!. Prizes for the best outfits! The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, nonalcohol beverages and the dance lesson. Volunteers attend free. Presale dance tickets are available on line at www.christiansinglesnet. com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

Christian Singles Network celebrates its 18th Anniversary this year, and is Sacramento's oldest and largest Christian Singles group,

holding weekly events, with dances every month. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay

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

Monthly Military Retiree/Spouse Events **Defensive Driving Class/55 Alive**

Our next class is scheduled for 29 and 30 Mar 2011 for military retirees/spouses. It will be held at the AEROSPACE MUSEUM of CA, 3200 Freedom Park Drive, on McClellan Park. Cost is \$12 for AARP Members; \$14 for non-AARP Members. Do not call us to sign up for this class. You must come to our office in the VA Clinic, McClellan Park to put your name on the list. If you are a AARP, please have your Account Number

Reno Bus Trip

interested, visit the Retiree Activities Office(RAO) in the VA Clinic to sign up. Price is \$30 per person. In return you will receive \$10 in cash and a \$5 Food Credit. We will have Coffee/Donuts and Bingo on

Our next Bus Trip to the Silver Legacy in Reno the way up and a Movie on the return trip. Pick will be on 22 Apr 2011. We are only interested up for the Bus will be in the parking lot, across in Military Retirees and their families. If your from the VA Clinic on the west side. We leave promptly at 0900 hrs and will return 6 hours after we arrive at the Silver Legacy. Please make checks payable to the RAO. Questions can be referred to our volunteer staff at 561-7476.

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Sudoku Puzzle on Page 6

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FICTITIOUS BUSINESS NAME STATEMENT #1101664. William J. Clement, 5978 Camray Circle. Carmichael, CA 95608 is doing business under the Business Name "Armed Courier Services" at 5978 Camrav Circle. Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Feb. 22, 2011. Publish: March 2, 9, 16, 23, 2011. 10301

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00097632

WHEREAS, Crystal Chablis De Luca has filed a petition with this court for a decree changing name of Crystal Chablis De Luca to Casey Lynn Cole. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 a.m. on April 8, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 22, 2011. Kevin R. Culhane

Judge of the Superior Court Publish: March 2, 9, 16, 23, 2011. COLE 10301 3-23-11

NOTICE OF LIEN SALE Notice is hereby given that the undersigned intends to sell the personal property described below to enforce a lien imposed on said property pursuant to Sections 21700-21716 of the Business & Professions Code, Section 2328 of the UCC, Section 535 of the Penal Code and provisions of the Civil Code (the

California Self-Service Facility Act). The undersigned will sell at public sale by competitive bidding on March 29, 2011 at 2:45 P.M. on the premises where said property has been stored and which are located at Armor Mini Storage. 5714 Auburn Blvd., Sacramento, CA 95841, personal property including furniture, clothing, tools toys, children's furniture, computers. electronics, stereos, appliances, miscellaneous boxes and tubs of unknown contents, and other miscellaneous household items

stored by the following persons: Sherry Melissa Nightingale; Rendich; Karan Sipsy; Lionel Efrain Flores; Reychel Seals; Steve Adams; Wofford: Jolene Velarde.

The owner reserves the right to bid at the sale. Purchases must be made with cash only and paid for at the time of purchase. All purchased goods are sold as is and must be removed at the time of sale. Sale subject to prior cancellation in the event of settlement between and obligated party.

Rosebud Storage Partners, dba Armor Mini Storage. Auctioneer's name and telephone number is: J. Michaels Auction, Inc., Cal. Bond ID# 142295787-Agent for Owner; 916-332-6455. Dated this 16th day and 23rd day of March, 2011. Publish: March 16, ARMORM 10303 3-23-11

FICTITIOUS BUSINESS NAME Equity Solutions, 2795 East Bidwell St. #100-106, Folsom, CA 2795 East 95630 is doing business under the Fictitious Business Name "Capital Equity Group" at 718 Sutter St. #100, Folsom, CA 95630. Filed with the Clerk of Sacramento County on Feb. 7, 2011. Publish: March 9, 16, 23, 30, 2011. 10302 3-30-11

SUPERIOR COURT OF CALIFORNIA
COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00098208

WHEREAS. Noel Karvn Garnica has filed a petition with this court for a decree changing name of Karyn Noel Garnica to Karvn Noel. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 15, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 28, 2011. Kevin R. Culhane Judge of the Superior Court

Publish: March 9, 16, 23, 30, 2011. 10302

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-0009

WHEREAS, Dennis Lee Caswell has filed a petition with this court for a decree changing name of Dennis Lee Caswell to Dennis Lee Patterson, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 8, 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 SacramentoCounty,California,once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 22, 2011. Kevin R. Culhane

Judge of the Superior Court Publish: March 9, 16, 23, 30, 2011. 10302 3-30-11 NOTICE OF PETITION TO

ADMINISTER ESTATE OF NORMA J. BAKER aka NORMA JANE BAKER ESTATE NO. 34-2011-00098545 To all heirs, beneficiaries

creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of NORMA J. BAKER aka NORMA JANE BAKER: A petition has been filed by MARIANNE DRAKE in the Superior Court of California, County of Sacramento. requesting MARIANNE DRAKE be appointed personal representative to

administer the estate the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination

in the file kept by the court. The petition requests authority administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court

should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 Kevin R. Culhane on APRIL 8, 2011 at 9 a.m. Judge of the Superior Court Publish: March 23, 30, April 6, 13, IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state

your objections or file written

objections with the court before

the hearing. Your appearance may

be in person or by your attorney

or a contingent creditor of the

deceased, you must file your claim

with the court and mail a copy to the

personal representative appointed

by the court within four months

from the date of first issuance of

letters as provided in Section 9100

of the California Probate Code.

The time for filing claims will not

expire before four months from the

date of the hearing noticed above. YOU MAY EXAMINE the

file kept by the court. If you are

interested in the estate, you may

request special notice of the filing of

an inventory and appraisal of estate

assets or of any petition or account

as provided in Section 1250 of

The name and address of

805-543-7695.

3-30-11

the California Probate Code.

petitioner or petitioner's attorney

is: O'Neill & Woopert, 1014 Palm St., San Luis Obispo,

Publish: March 16, 23, 30, 2011.

FICTITIOUS BUSINESS NAME

STATEMENT #1102057. Jennifer

L. Espenshade, 5220 Flbert Way.

Sacramento, CA 95842 and Michele

10303

Business Name "Elkhorn Plaza

Barber Shop" at 5363 Elkhorn

Filed with the Clerk of Sacramento

County on March 9, 20211,

Publish: March 16, 23, 30, April 6,

FICTITIOUS BUSINESS NAME

STATEMENT #1101201. Doug

LaVine, 6936 22nd St., Rio Linda

CA 95673 is doing business under

the Fictitious Business Name "Music

On The Move DJs & MCs" at 6936

22nd St., Rio Linda, CA 95673.

Filed with the Clerk of Sacramento

County on Feb. 8, 2011. Publish: March 23, 30, April 6, 13,

10304

SUPERIOR COURT OF

CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2011-00099643

has filed a petition with this court

for a decree changing name

of Angelica Karysa Ramirez-

Velazquez to Angelica Karysa

Velazquez, IT IS ORDERED that

all persons interested in the above

entitled matter appear before this

court at 1:30 p.m. on April 29,

2011 in Dept. 16, located at 720

9th St., Room 101, Sacramento,

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 Carmichae

Times, a Newspaper of General

Circulation, printed in Sacramento

County, California, once a week

for four consecutive weeks prior

to the date set for hearing on the

petition. Dated: March 18, 2011.

95814 and show cause, if

WHEREAS, Angelo Velazquez

10303

Sacramento, CA 95842.

10303

93401;

ONEILL

County

2011

J&MACC

ELKHOR

IF YOU ARE A CREDITOR

10304

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00099373

WHEREAS, Luster

Jr. and Keri Green hve filed a

petition with this court for a decree changing name of Brenden Kevin Buckingham to Brenden Kevin Green, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 29, 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, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 15, 2011.

Judge of the Superior Court Publish: March 23, 30, April 6, 13, 10304 4-13-11

Kevin R. Culhane

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Crossword Puzzle on Page 9



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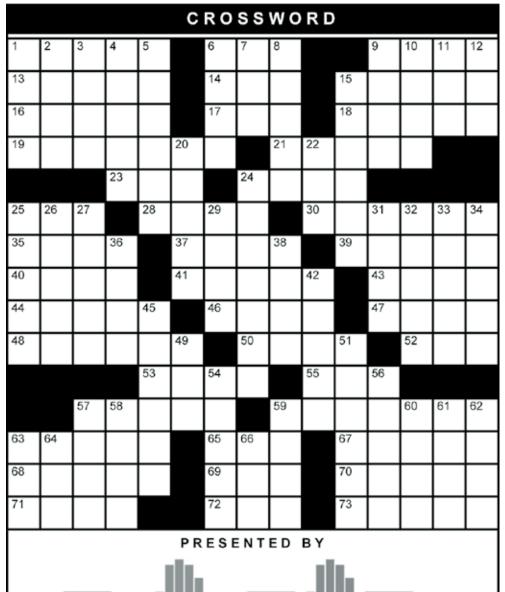
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Carmichael Times Page 9 March 23, 2011

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CLUES

DOWN

3. 18-wheeler

last names

9. "Fly the 10. Sign of a saint

Cups of

11. Take a seat

Western fiction

1. *Novelist Elizabeth

2. Last word on walkie-talkie

5. Often found between two

8. Mark that indicates some-

6. Shaq's best shot?

7. Old-fashioned over

thing is to be repeated

12. *Mortenson's "Three

15. *He's most known for

ACROSS 1. Major tool and home appliance manufacturer 6. Alternative to planted

the first stone" 13. Each and all 14. Hula dancer's necklace

15. Classic rock song in which this name is repeated in title

16. Make another map 17. *It's in the title of Sun Tzu's famous book

18. Blood carrier 19. *Lawyer turned writer

21. City by a bay 23. Of a female

_ contendere 25. Arabic garment

28. Infamous Roman tyrant

30. Light unit, pl.

37. Inconclusive

39. Rent again

40. Jet black

35. *Dalai

41. *Steve Martin's other

44. Ingredient in a mocha

46. White-tailed sea eagle 47. D'Artagnan's sword 48. *Perhaps best known

43. Financial company T.

Price

for his suspense thrillers 50. Mail carrier 52. Right-angle building

extension 53. "There's no I in 55. Swedish shag rug

57. Done during prayer 59. *English fantasy writer from 20th century

63. E.T., e.g. 65. Flo Rida's hit

67. Establish validity 68. Equipped with feathers

69. Victorian period, e.g. 20. Entertainment complex 70. *Arthur Hailey bestseller 22. "

_About Eve" 71. Engineer, abbr.

24. Alchemist's panacea 72. Nod up and down 25. Often follows "smart" 73. Angry growl

26. Hindi courtesy title

29. *She's fascinated with vampires

27. It merged with BP in 1998

specified, as in "a 32. Run off together 33. Handrail post

34. *Romantic novelist 36. Shakespeare's "at

4. *Neal Stephenson's "Snow another time" 38. Electrically charged

particles 42. Reproduction, informal

45. Be present at 49. Last letter of the alphabet

51. Kind of fairy, pl 54. Better to avoid this when dark?

56. Ohio metropolis 57. *King of horror?

58. Not ever 59. *Start of "The Night

Before Christmas" 60. 9th letter of Greek alphabet

61. "Never" without n Gwyn, famous mistress of Charles II Maria" 64. Computer network

66. Mining product 31. Being nothing more than

For Solution See Page 8



Carmichael Chamber of Commerce

Free Advertising for Members

You're missing out on an opportunity for FREE advertising if you don't bring in a stack of your business cards to the Chamber office. Walk-ins regularly stop buy and pick up business cards for our Chamber members. Don't miss this opportunity to get your business name in the hands of potential customers. Call Linda at 916-481-1002 to drop them by the office.

FREE Caregiver Seminar

American River Community Church is sponsoring a FREE seminar to the community. "Care for the Caregiver" seminar will be presented by Help at Home Senior Care on Saturday, March 26 from 10 am - noon. The church is located at 3300 Walnut Avenue at the corner of Walnut and North in Carmichael. To reserve your seat, please contact the church at 916-483-3465 or email to info@arcconline.org.

Boulevard Brush Up

Sunday, April 10, 2011

Time & Place: 9:00 am at Carmichael Park, by the tennis courts.

Activities: Pick up trash, document problems for Code Enforcement, remove weeds. Refreshments will be provided.

Remember to wear a hat and bring a pair of gloves Purpose: Draw the Community's attention to Fair Oaks Blvd., begin the process of revitalization, and make the Blvd, a showcase for the community. Area: Fair Oaks Blvd. from Stanley to California

Sponsors: Carmichael Creek Neighborhood Association, Carmichael Colony Neighborhood Association, Carmichael Chamber of Commerce, and The County of Sacramento

For additional information or to sign up, call Anne Berner at 944-1042

'Taste' Needs Vendors and Sponsors

The Kiwanis Club of Carmichael's 2011 'Taste' of Carmichael, coming Saturday, May 14, is looking

for vendors and sponsors for this community event. Applications need to be completed by April 1. Tickets for this event are on sale now for \$35 per person. To sign up to be a vendor or sponsor or for tickets, contact Virginia Stone at 916-944-0878 or virginiastone@sbcglobal.net.

Crime & Homelessness in Carmichael

As a service to the community, the Carmichael Chamber of Commerce is hosting a FREE Community Forum, open to the public, to discuss the issues of crime and homelessness in Carmichael. The event is **Thursday**, **April 28** from 7 - 9 pm at La Sierra Community Center, 5325 Engle Road. A panel of guests will be discussing these issues and the public will be able to ask questions. Panel members include Sacramento County Supervisor Susan Peters, Sheriff Scott Jones, Karen Maxwell of the District Attorney's Office, Jack Harrison of Carmichael Recreation and Park District, and more. For further information, contact the Chamber at 916-481-1002.

Start Saving Your Shredables **Community Shred Day**

Hosted by the Carmichael Chamber of Commerce, Carmichael Recreation & Park District & Shred-It. Saturday, June 18, 2011

8:00 am - Noon (or until truck is full) La Sierra Community Center Park Lot 5325 Engle Rd in Carmichael Check website for more information

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

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Mission Avenue Open Elementary School Auction

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from 6-11 p.m.

What: No-host cocktail hour with appetizers. Dinner catered by Don Quixote. Silent & live auctions. DJ Hosted dancing. Tickets: \$25 (March 1-15),

\$30 (March 16-april 1) \$10 Raffle Tickets only (need not be present to win! Must purchase

before March 15th)

Buy auction tickets before March 15th to be entered in raffle for Tahoe Vacation House (Labor Day Weekend!)

Where: Sacramento Association of Realtors, 2003 Howe Ave, 95825

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CA 95608-3599 - 916.575.2362 Please make check payable to Mission Avenue PTA.

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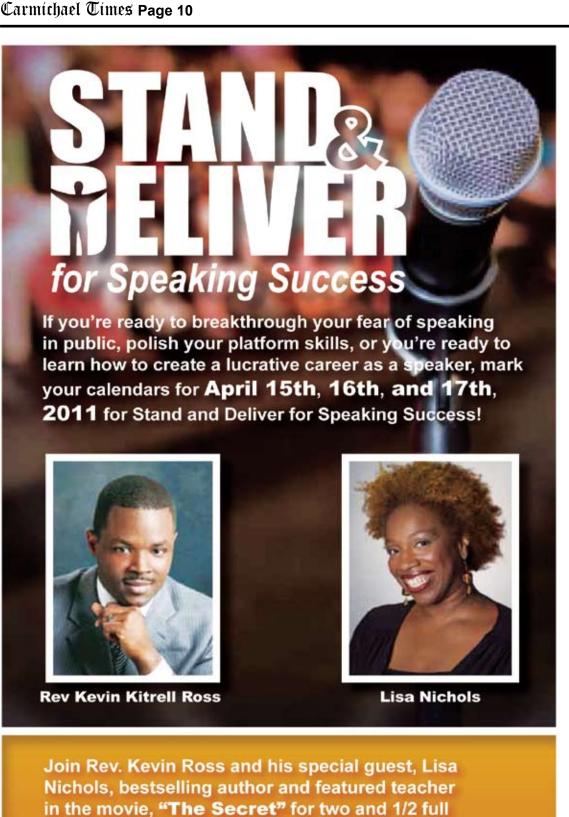
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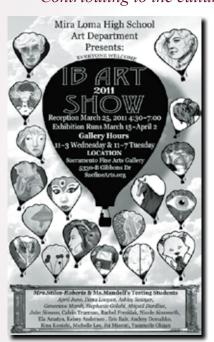
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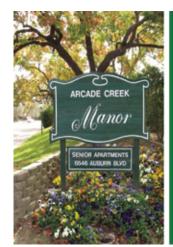
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- October 6-15, 2011 \$3,549 pp double
- Branson Musical Holiday

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Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com.

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- Perfume and Garden Tour April 27, 2011 • \$117/person Healdsburg



Free Spring Vegetable Clinic

Thursday, April 14 9-11am pre-registration required!

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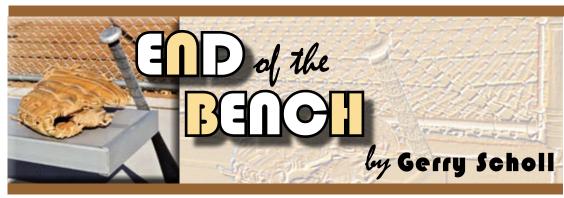
Office Hours: 8 am-5 pm **Registration Hours:** 8:30am-4pm Monday-Friday

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It's been raining basketballs for days upon days upon days.

If you have ever played the game, this time of year with all the March Madness stuff really gives you the itch to go back out and shoot a little hoop. If it didn't hurt so much for about a week afterward—the feet, the knees, the legs, the back—I might try it. Maybe when the weather clears up I'll do it anyway. I'll seek out some lonely outdoor court somewhere, where I can shoot a dozen or more airballs in private before finding the rim. There will be no jumping at all and the only competition will be against my own physical limitations.

It's such a great game. Every year when March rolls around I really miss it. So, like many of us, I live it vicariously by getting way too involved with my NCAA Tournament bracket. I pull that thing out of the newspaper and read over the team summaries and start predicting my winners and losers. It is most certainly a guilty pleasure. With all that's going on in our world today— The Worldwide Bracket of Madnessthis is a true escape mechanism. So let's escape for awhile...

What kind of a name is "Jimmer" anyway? Jimmer Fredette of BYU is putting on quite an offensive show a joy to watch. How about Butler and its' continuing Cinderella story. After the Bulldogs' last-second win over Old Dominion, in their one-point win over Pitt the emotion of winning or losing changed hands four times in the final few seconds. Undersized Michigan rallied from a 15-point deficit only to fall short of overtime against defending champion Duke on a missed shot at the buzzer. The first day alone saw four games decided in the last five seconds. Though I picked them to win, it was great to see Louisville and coach Rick Pitino go down at the hands of Morehead State and its' wild man in the middle, Kenneth Faried. And many more...

There's a lot to like about the college game. It bugs me to hear the criticism that college basketball is depleted by so many young, bright stars leaving school early to go pro. Let 'em go. They aren't playing for their schools or their teammates anyway. They're only playing college ball as a stepping stone to the big bucks. Let them open up roster spots for others to fill.

Sure, the pro playoffs have the greatest players playing at the highest level; and that's top-notch entertainment. But when a champion is crowned I feel no emotional attachment whatsoever. It's sort of, "That was cool. So what? Who cares?"

In the college game the raw emotions are genuine and make a better connection. In the tournament every game is an elimination game, and that adds so much. The players are giving all-out effort all the time. Only a handful of them will ever make the big time. School spirit, hometown spirit, team spirit are very

Of course there is some bad basketball at times; bad shots, bad decisions, bad coaching and officiating. But, as a former gym rat and weekend warrior, maybe that is the connection. I can surely relate more to that than I can to the things LeBron James and Kobe Bryant can do. The college roller coaster is so much closer to my experience as a player.

That seems to be the perspective that is missing from most of the talking heads— that of the player. They criticize worthy teams that aren't selected for the tournament for complaining about it. As a player you really want that slim chance to play for it all if you feel you deserve that chance. The NIT is criticized for its' mere existence. As a player you like the opportunity to prove the NCAA selection committee wrong and the chance to play your final game at the basketball mecca that is Madison Square Garden. Now you have the College Insiders Tournament in which teams play "pay-in games" their schools paying an entry fee to be part of the field. As a player you're happy to have more games to play.

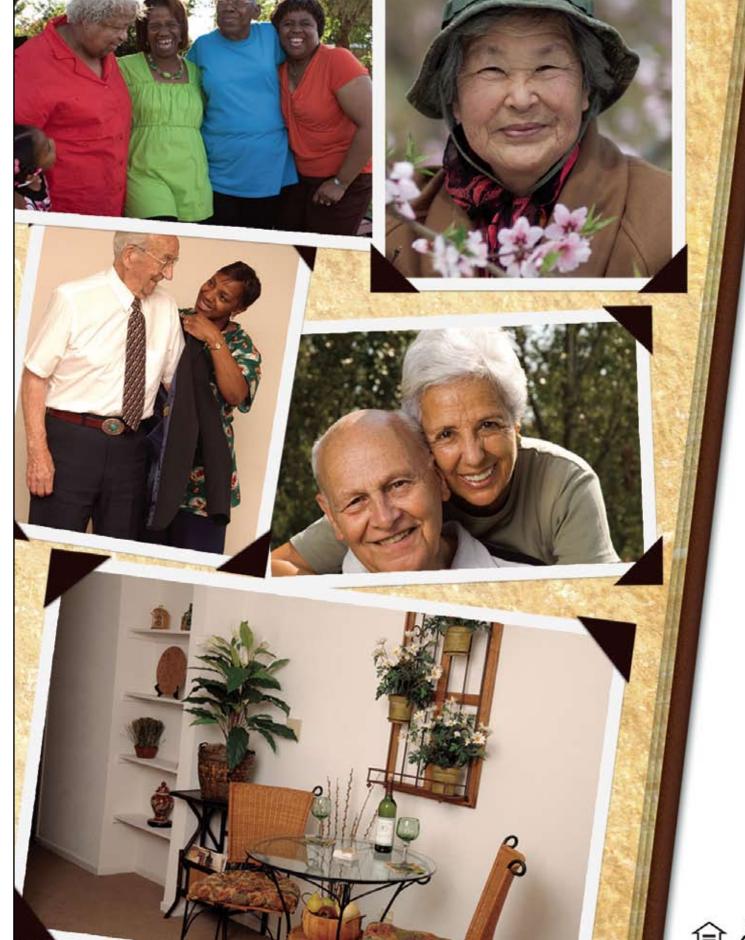
I wish I could play one more



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