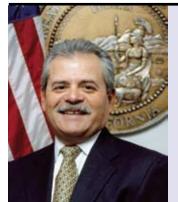
Carmichael Times



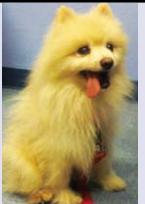
"Ask George"
Expert Answers
to Common
DMV Questions

Page 3



Loaves & Fishes Serves its 6 Millionth Meal

Page 5



\$10 Donation for rescuing helpless animals could win you a New iPAD

Page 10

US POSTAGE
PAID
PERMIT 350
Carmichael, CA

Volume 31 Issue 11

Serving Carmichael and Sacramento County since 1981

March 16, 2011

CSLB Blitzes 135 in Statewide Undercover Sting Operations



Consumers must check out the people they're going to hire to work on their home to make sure they're properly licensed to avoid jeopardizing their safety or finances.

Sacramento Region - The Contractors State License Board's (CSLB) spring "California Blitz" is putting a glaring spotlight on the severe risks California consumers take when they hire unlicensed operators to work in and around their home. A total of 135 suspected unlicensed contractors were arrested during the statewide undercover operation, conducted in 10 cities on March 8-10, 2011. The stings were conducted in Sacramento, Kings, Madera, Marin, Monterey, Orange, Riverside, San Diego, Shasta and Tulare counties.

Two of those arrested were registered sex offenders; one was taken to jail. Investigators found that two

others had "No Bail" warrants and were taken to jail. One of those arrest warrants was for burglary; the other for domestic violence. Another suspect had eight different arrest warrants for driving under the influence and other traffic violations. A suspect had a \$50,000 arrest warrant. Both went to jail.

During the Blitz, investigators from CSLB's Statewide Investigative Fraud Team (SWIFT) posed as home-owners or landlords, asking for bids on projects that ranged from landscaping, concrete, and fencing to painting, gutters, garage doors, cabinets, tile work, and tree trimming. Those who bid more than the legal limit of \$500 for labor and materials

received a notice to appear (NTA) in Superior Court for a misdemeanor charge of contracting without a licence

Other charges included illegal advertising and soliciting excessive down payments. State law requires contractors to include their license number on all forms of advertising. Those who are not licensed can advertise and contract for jobs valued at less than \$500, but their ads must state that they are not a licensed contractor. Also, it is illegal to ask for a down payment greater than 10 percent of the contract price or \$1,000, whichever is less. There is an exception for about two dozen licensees who purchase special bonds for

consumer protection. Those exceptions are noted on CSLB's website.

"Consumers must check out the people they're going to hire to work on their home to make sure they're properly licensed," said CSLB Registrar Steve Sands. "A family's safety or finances could be jeopardized by not taking a few minutes to verify the contractor on CSLB's website or through our toll-free phone system. We hope this blitz is a wake-up call for consumers to check the license first."

Consumers often don't realize the risk they run when hiring someone who is not licensed. Because these phony contractors don't carry workers' compensation insurance, the homeowner could be liable if a worker is hurt on the job. Also, if something goes wrong or the project is abandoned, homeowners have few options for getting back their money.

The goal of CSLB's twice-yearly blitz is to educate consumers about the dangers of hiring phony contractors, and to encourage people who qualify and want to work in the construction trades to get their contractor license, as required by state law. Local prosecutors and law enforcement agencies, as well as the California Department of Insurance, Department of Toxic Substances Control, and the Department of Homeland Security's Immigration and Customs Enforcement assisted CSLB with the Spring Blitz.

District Attorney's Offices welcome the opportunity to work with agencies like CSLB to ensure compliance with our state's consumer protection laws. It is also critical that contractors who provide good jobs, and pay their proper taxes and insurance are not put at a competitive disadvantage by these illegal operators.

The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. More information and publications about hiring contractors are available on the CSLB website or by calling 800-321-CSLB (2752). You can also sign up for CSLB e-mail alerts at www.cslb. ca.gov. CSLB licenses and regulates California's more than 300,000 contractors, and is regarded as one of the leading consumer protection agencies in the United States. In fiscal year 2009-10, CSLB helped recover nearly \$42 million in ordered restitution for consumers.

Information provided by California Contractors State License Board.

Sac Zoo Hosts 31st Annual ZooZoom



Funds from the ZooZoom will help support the care of this Sumatran Tiger. Photo from the Sacramento Zoo website.

Sacramento - Join the stampede at the 31st annual ZooZoom, Sunday, April 10th from 7:00 am until noon at the Sacramento Zoo. Lace up your running shoes to benefit the Sacramento Zoological Society and participate in the 5K walk/run, 10K run and kids' fun runs that are sponsored by Fleet Feet, Coca Cola, and Sacramento Urgent Care. Bring the family and enjoy the scenic treelined course that finishes inside the

Sacramento Zoo. For 31 years, ZooZoom has been a favorite of area runners, walkers and their families. Kids ages 3 to 12 can also participate in the Saucony "Run for Good" fun runs; from the 220 yard dash to the one-mile run, there is an event for every age group. This year, with additional support from Saucony, Fleet Feet will award at least \$2,000 in grants to schools that have the most total runners and the highest percentage of kids entering the event. Contact Fleet Feet for more information about the "Run for Good" grant opportunities.

For registration and information, please visit www.sacramentozoo-zoom.com. Participation includes a ZooZoom t-shirt, refreshments for runners, plus free admission on race day for the runners and their immediate family (limit 4 people). Bring your entire family to ZooZoom!

Sacramento Zoo – Wildly Inspiring! Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, general admission is \$11.00; children ages 2-11 are \$7.00 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call 916-808-5888 or visit saczoo.org.Run

BBB Advises Caution When Making Charitable Donations for Earthquake/Tsunami Relief

By Andrew DeFazio

In the largest earthquake to hit Japan in recorded history, the police in Japan's northeastern Miyagi prefecture estimate that the death toll in Miyagi alone could top 10,000. Humanitarian aid from governments and nongovernmental organizations is imminent. From catastrophes such as 9/11 to natural disasters ranging from Hurricane Katrina to the devastating earthquake last January in Haiti; nefarious individuals have been known to disguise themselves as benevolent humanitarians in need of donations. The Better Business Bureau (BBB) is warning donors to "exercise caution" when confronted by a relief agency or charity.

"In the face of any disaster, Americans will immediately step forward with donations to aid the victims and their families," said Gary Almond, President of the BBB serving Northeast California. "Unfortunately, we've seen time and time again that scammers will try to take advantage of the generosity of the public after a disaster; that's why it's so important to take your time and do your research before donating to relief efforts."

In a press release drafted by Katie Robison of the BBB, the BBB advises to keep in mind in making sure a charity is honest. Don't be afraid to question the business' operations and especially their finances. Also, ask for written information that details the charity's programs and financial statements. Make sure not to give cash and in writing a check, be sure to make them out to the name of the charitable organization.

For any additional advice, please consult the BBB's website, www.necal.bbb.org.

Customers can Donate to Japan Relief Fund at Checkout

100% of Donations Go to the American Red Cross Sacramento Region - Customers checkstand collection boxes in its 133 "The impact of this disaster has been In March 2

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

Raley's, Bel Air, Nob Hill Foods and Food Source stores to Japan disaster relief, beginning Monday, March 14 through Monday, April 18.

Raley's will absorb all administrative

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."

In March 2010, the Sacramento Sierra Chapter of the American Red Cross received a check for more than \$149,000 – their largest donation – for the Haiti Relief and Development Fund on behalf of Raley's. This money was raised by the generous donations of customers and employees.

Carmichael Times Page 2 March 16, 2011

Board of Equalization Reminds Service Business Owners Use Tax Returns are Due April 18

of Equalization (BOE) reminds the approximately 300,000 additional service businesses that have been registered with the Board of Equalization this year that their use tax returns are due along with income taxes on April 18, 2011.

While businesses and consumers have always been required to report use tax on their purchases, in 2009, a new law was added to the Revenue and Taxation Code (section 6225) by Assembly Bill x4-18 which requires businesses that meet the definition of a "qualified purchaser" to register with the BOE and to file returns by April 15 (April 18 in 2011) of each year, reporting all purchases subject to use tax from the previous calendar year. A qualified purchaser is a business that:

· Receives at least \$100,000 in gross receipts per year from business operations;

· Is not required to hold a seller's permit with BOE;

· Is not a holder of a use tax direct payment permit;

· Is not required to be registered with the BOE; and

· Is not otherwise registered with the BOE to report use tax.

Businesses that do not meet the \$100,000 gross receipts threshold are still required to report and pay

use tax, but are not required to register with the BOE for that purpose. Persons that have multiple businesses with the same ownership must register if the aggregate gross receipts of those businesses meet or exceed the \$100,000 threshold.

To simplify the registration process, new applicants have been automatically registered to eFile their returns for 2008, 2009 and 2010.

Use tax, which has been the law since 1935, is the same rate for any California location as the sales tax rate. Generally, California use tax is owed when individuals or businesses in California use, consume, give away or store tangible personal property (things you can see, weigh, feel or touch) that they purchased form an out-of-state vendor, including online, through the mail, or over the telephone. If an out-of-state vendor does not collect California tax on your purchase, you must pay the use tax.

If you are not a retailer or service business currently required to register with the BOE, the easiest way to report and pay use tax is on the California state income tax return. You may also register with the BOE as a consumer to pay use tax.

BOE offers assistance to help taxpayers understand their use tax reporting obligations. BOE offers information on its website at www. boe.ca.gov to help educate taxpayers on their tax obligations so they can more easily voluntarily comply. Information includes commonly asked questions and answers, video presentations and information regarding seminars taxpayers may attend to get more information.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects more than \$48 billion annually in taxes and fees supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes.

For more information on other taxes and fees in California, visit www.taxes.ca.gov.

Use Tax Registration Frequently Asked Questions: http://www.boe. ca.gov/sutax/useTaxRegFAQ.htm

Publication 126, Use Tax Registration for Service Enterprises: http://www.boe.ca.gov/ pdf/pub126.pdf

Use Tax eFile Tutorial: http:// www.boe.ca.gov/elecsrv/efiling/ efile demo/efile use tax.htm

The Return of "Kitten Season" Means an Influx of Kittens to the Shelter

County Animal Shelter Reminds Residents to Make Sure Their Cats are Altered and Licensed

Sacramento Region - As warmer weather approaches, the Sacramento County Animal Shelter is gearing up for the arrival of "kitten season" by reminding County residents to make sure their cats and kittens are spayed or neutered and have current licenses.

"Kitten season is when the majority of kittens are surrendered or abandoned at the shelter during the spring and summer months as cats begin a new breeding cycle as the weather gets warmer," said Dave Dickinson, Interim Animal Shelter Director. "Cats can have multiple litters a year, so it is very important that cat owners make sure that their cats have been altered to prevent unwanted litters with hundreds of kittens that end up at area shelters."

The County Animal Shelter has a low cost spay/neuter voucher program for County residents (excluding the cities of Folsom, Sacramento,

Ranch Cordova and Elk Grove) with an annual household income of \$35,000 or less a year. Information about the voucher program and other low cost spay/neuter services can be found online at www.saccounty shelter.net.

Pet licenses help us reunite you with your animal if they are taken to one of the area shelters or veterinarian hospitals. If an Animal Control Officer picks up a licensed pet, they will make contact with the owner to avoid bringing to the shelter. Additionally, should a licensed pet be brought to our shelter, we will make all reasonable attempts to reunite you and your lost pet. County pet licenses start at \$15 per year, and the pet owner must provide proof of spay/neuter surgery and current rabies vaccination for each pet. New and renewal licenses can be purchased:

Online at www.saccountyshelter.net.



In person at the Animal Shelter at 3839 Bradshaw Road. Bv mail. Payment must be made by check and a licensing application. Through participating veterinarians. At the County East and North Area

Renew licenses can be deducted automatically through online bill pay.

Service Centers. Cash or check only.



ARCADE CREEK MANOR

GARDEN APARTMENTS FOR SENIORS 55+ STUDIO, ONE AND TWO BEDROOM 6546 AUBURN BLVD, CITRUS HEIGHTS (916)721-1172

WWW.ARCADECREEKMANOR.COM

ORGANIZED ACTIVITIES, CAREFREE LIFESTYLE, SINGLE STORY UNITS, HEATED SWIMMING POOL, CLUBHOUSE FEATURING BILLIARDS, CARD AND HOBBY ROOM AND MUCH MORE



lampered

CindySue Jones of The Pampered Chef

12 Years Experience in "FUN" Kitchen Shows Fundraisers, Bridal Showers, & Earning Opportunities!

916-988-4810

www.PamperedChef.biz/CindySueCookingParty

Check out my site. You can order from my website 24/7! Monthly specials and the NEW outlet store are there too!



828 I Street, Sacramento on the last Ownership, with Mike Himes, Homeownership Services Director Wednesday of each month beginning April 27 and running through From finding the right home to August 24. Each seminar will be understanding credit and choosing held in the library's West Meeting the best loan product to meet your Room from 12 noon to 1 p.m. budget, the path to homeownership Local representatives from can be daunting. This workshop will outline the steps to achieve Neighbor Works Sacramento, a charsuccessful homeownership. terer member of NeighborWorks

Carmichael Times

"Written by the people and for the people"

Serving Carmichael and Sacramento County since 1981

Publisher-Paul V. Scholl

May 25: My Home, with Robert

Wenger, housing counselor The old saying, "An ounce of prevention is worth a pound of cure,"

will outline preventive maintenance projects homeowners can take on and complete themselves.

June 22: Foreclosure Prevention and Scam Prevention, with Mike Himes, Homeownership Services Director

If you are having trouble making your mortgage payment or think you might in the future, this is an important workshop to attend. Learn about foreclosure prevention options and the nuts and bolts of how NeighborWorks Sacramento can help you work with your

July 27: Financial Fitness, with Kathy Michaud, housing counselor

Developing a budget, addressing credit issues and planning for your future are all part of financial fitness. Attend this workshop to find out how to improve your financial fitness to meet your future goals.

August 24: Building Your Credit Score, with Griselda Clifford, housing counselor

Discover and learn credit score basics. This workshop will help you develop an understanding of the credit score system, how to improve your credit score and how to maintain a positive credit rating.

For more information about these seminars, telephone the Sacramento Public Library at 916-264-2920 or visit saclibrary.org.

Widowed Persons **Association of** California, Inc.

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

Sunday Support Any and all widows or widowers are invited **Every Sunday from** 3:00 pm-5:00 pm In the meeting room of the

WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to

be members and there is no charge.

Haircut and Color Combination



\$20.00 Off

Monday, **Tuesday** and Wednesday

Offer good on services \$75 and above. Valid thru March 2011. Not valid with any other offer. Must receive both services. Good for Carmichael location only.



7330 Fair Oaks Blvd. # 1 Carmichael, CA 95608 916.485.4941

hair face body

www.hoshallscarmichael.com



America, a non-profit organization

and the country's preeminent leader

in affordable housing and com-

munity development, will provide

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 Graphics & Layout Distribution Assistant Contributing Writers Tim Reilly David Dickstein Dr. Bob Graykowski Accounting Web Master News Services

Paul V. Scholl • Perry Hartline • Marion Solo Banerjee Designs Gabriel Scholl

Mary Jane Popp Marlys Johnsen Norris Dr. E. Kirsten Peters Susan Skinner Dave Ramsey

Nicholson & Olsen CPA RJ at thesitebarn.com • JWS Promotions 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

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 773-1111.

Carmichael Times is a member of **Messenger Publishing Group**



We are proud members of these newspaper associations.



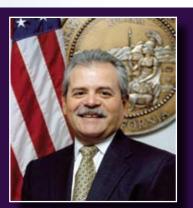






DMV: "Ask George"

Expert Answers to Common DMV Questions



By George Valverde – Director, California Department of Motor Vehicles Do you have questions about general driving related requirements like registration and insurance?

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

> "Save Time by Going Online," at www.dmv.ca.gov.

Q: My son just turned 18 years old but never got his driver license. He's now ready to learn the rules of the road and get his license. What is the process?

A: The process for an adult to obtain a driver license is relatively simple. First, your son has to visit the DMV (he may schedule an appointment online at www.dmv.ca.gov to ensure faster service), where he will fill out the proper application, pay an application fee, pass a vision test and pass a written traffic laws and signs test. He also needs to be prepared to provide his social security number and verify other personal information. If he passes the exams, he'll be issued a permit and will be able to drive as long as he's accompanied by another licensed adult. After practicing, he can schedule a behind-the-wheel driver's test and once he passes that, he'll be issued his driver license. He must have an appointment to take

It's very important that he understands the rules of the road and becomes a safe driver. Luckily, the California Driver Handbook has everything he needs to learn. It can be downloaded as a PDF from www. dmv.ca.gov.

Q: My mother always gets mad at me when I pass people on the freeway. She says it is reckless and rude, but I know it's legal to pass other vehicles. Can you tell me the legal rules about

lane-changing to pass? A: Of course. While you are right - it is legal to pass other vehicles you must do so safely at all times. According to the California Driver Handbook, when passing another vehicle you should always pass traffic on the left, and only change lanes after having looked ahead and over your shoulder to ensure no other vehicles are moving into your lane. If the vehicle in front of you has its signal on to indicate a left hand turn, do not pass that vehicle. You may pass on the right if you are on a highway with two or more lanes marked for travel in your direction. If you follow these rules and maintain the speed limit when passing, assure your mother that you are obeying traffic laws and that it is acceptable driving behavior.

03/21-28

04/11 Mon

04/05

2011 Vitality Workshops

Tuesday Evenings at 6:00

(Unless otherwise indicated)

04/04 Mon Joy of Life - Perfect Health Introductory

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

Dr. Bob Graykowski

5909 Stanley Avenue, Suite A

Carmichael, CA 95608

(916) 973-1661

Q: I am very concerned because my best friend was cited for DUI for the first time. What are the ramifications for driving under the influence?

A: Financial costs for a first-time conviction vary, but could cost up to \$13,000 in fines, penalty assessments and insurance costs plus a jail sentence of up to six months, depending upon the court and circumstance. In addition, DUI convictions remain on the driving record for 10 years.

For a first time conviction, the DMV will suspend a person's driving privilege for six months. The person convicted (in this case, your friend) must complete a DUI program, provide evidence of insurance (SR22), and pay a \$125 reissue fee before they can get their license back. Your friend may be eligible for a restricted license issued by DMV before the end of the six month suspension. For more information on DUI citations, please visit http://www.dmv.

Q: I bought my car two years ago, but have never had a smog check. Am I supposed to get routine smog checks, or will the DMV notify me

ca.gov/dl/driversafety/dsalcohol.

when it's time to get one done? A: The DMV will notify you. When you receive your vehicle registration renewal notice, it will indicate if a smog certification is required. If you are required to get a smog inspection but have not done so by the time your registration renewal fees are due, you must still pay registration fees to avoid any late fees, but your new stickers will not be issued until the DMV has received proper smog certification for your vehicle.

Smog inspections are required for all vehicles except those four model-years old and newer, dieselpowered vehicles, electric, natural gas powered vehicles over 14,000 lbs, hybrids, motorcycles, trailers, or vehicles 1975 and older. Vehicles that are four or less model-years old pay a "smog abatement fee," included in your registration fee. Visit http:// www.dmv.ca.gov/online/vrir/faqsmog.htm to learn more about smog requirements.

Q: I live in an area where there are often people riding their bicycles on the road. How exactly do I handle

8th Day Program

Health and Vitality Workshop

Joy of Life - Perfect Health

sharing the road with them? Do I treat them like other drivers, do I give them the right of way, or do I pass them?

A: According to the 2011 California Driver Handbook, bicycles on public streets have the same rights and responsibilities as automobile drivers and you should treat them as such. Because they are entitled to share the road with you, you must respect them and give them proper space on the road. Bicyclists should only ride in the same direction as other traffic, and should make left and right hand turns in the same manner that an automobile does, using the same turn lanes. Both drivers and bicyclists should watch out for one another to ensure the road is shared safely.

The California Driver Handbook contains additional rules of the road concerning bicyclists and vehicles. It can be downloaded as a PDF from www.dmv.ca.gov.

Q: I recently noticed that my driver license looks a bit damaged, and I am concerned that it doesn't look valid anymore. Should I replace it? A: A damaged driver license should be replaced. You can apply for a duplicate license by scheduling an appointment (you can do so online at www.dmv.ca.gov) and visiting a DMV field office. There, you will fill out the proper form, pay an application fee and have your picture taken. The DMV will validate all your personal information to keep your identity secure, so expect them to ask for your social security number and other information.

You'll be issued an interim license to use until vou receive vour duplicate photo license, which should arrive within 60 days.

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

Chiropractic USA

"Creating radiant health

in our community since 1985"

Gift of Life

Wellness Check-up

Consultation, Complete Spinal

Examination and X-rays (if needed)

This \$250 value is yours for only \$40

if you mention this ad

Each additional family member

only \$20

Offer Expires Friday

Metro Fire Announces Leadership Change

Board thanks Chief Bill Sponable for leadership during difficult economic times; assures smooth transition

Sacramento Region - The Sacramento Metropolitan Fire District (Metro Fire) announced on March 11th that Fire Chief Bill Sponable is stepping down as Fire Chief after 36 years of service to the District. The announcement was made this morning at Metro Fire headquarters by Chief Sponable, Board of Directors President D'Elman Clark and Board Secretary Matt Kelly.

"The District deeply appreciates Chief Sponable's long tenure of service to the citizens we serve," said Directors President D'Elman Clark. "Chief Sponable's tenure as chief came during a critical time for Metro Fire, as the district has been forced to make difficult cuts in personnel and service to address a significant decline in property tax revenues. His efforts have been instrumental during these difficult economic times to make necessary reductions, including a pending agreement for significant contract concessions from our rank and file firefighters."

Chief Sponable's service spans more than three decades. He began as a dispatcher with the Citrus Heights Fire District and worked his way through the ranks to serve as



Chief Bill Sponable steps down.

Metro Fire's CFO and, eventually, the District's Fire Chief in 2009. As Fire Chief, he oversaw the closure of three fire stations in response to the decline in revenue. In addition, he led efforts to enhance service through the addition of paramedics to engine companies and create long-term budget savings through the replacement of facilities and apparatus.

"My goal coming into this position in 2009 was to put the District on more sound financial footing, even as our revenue base has continued to erode," said Chief Sponable.

"Although I am proud of what we have accomplished in this regard, the process of enacting difficult cuts in personnel costs has been extremely challenging and strained relationships to the point where I believe it is in the District's best interest that I step down as Fire Chief at this

Per the separation agreement with the Board, Chief Sponable will retire effective April 1. He will consult with District management for a period necessary to ensure a smooth transition. The Fire Chief's duties will be assumed on an interim basis by Deputy Chief Kurt Henke until the Board determines its process for a permanent replacement.

"District leadership is in agreement that now is the right time to make this transition and look toward the future," said Board Secretary Matt Kelly. "Although additional challenges lay ahead, Chief Sponable has helped to set us on the right course and we have every confidence that Deputy Chief Henke and staff will serve the Board well in managing the organization and maximizing the service to the communities we serve."



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.



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!

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

916-944-7700



Get More Mileage From Your Advertising Dollar Call 773-1111

Carmichael chamber business person

• Spinal correction specialist

Custom exercise instruction

• Family wellness plans

Sports injury specialist

of the year 1995.

Carmichael Group

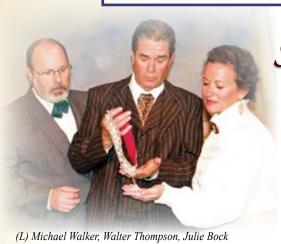
www.carmichaelCAdentist.com





Carmichael Times Page 4 March 16, 2011





To Present Sherlock Holmes and The Case of the Jersey Lily AND
The Phantom Cat of the Chautauqua

Chautauqua Playhouse, in association with LeGacy Productions, announces the opening of Sherlock Holmes and the Case of the Jersey Lily, by Katie Forgette, starting on March 11 at the Playhouse. The show will play on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through April 17. Carmichael area performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, seniors, children and SARTA members.

After the six week run on the Chautauqua stage, the show will move to the Historic Nevada Theatre in Nevada City, with the same cast for an additional four weeks.

Beautiful actress Lillie Langtry is seeking help from the brilliant detective Sherlock Holmes in a small matter involving blackmail, some missing jewels and the royal family. Our hero gets some help from his sidekick, Watson, and the famous Oscar Wilde as the evil Professor Moriarty tries yet again to foil the day.

The show is directed by Warren Harrison, featuring a talented cast including Walter Thompson, Julie Bock, Michael Walker, Rodger Hoopman, Shawn O'Neal, Chris Whitlock, Alvis LeGate and Jimmy McCammon. Set design is by Rodger Hoopman and costumes are by Meghan Bice. Light design is by Don Myers.

Also opening in March is the Chautauqua Children's Theatre production of *The Phantom Cat of* the Chautauqua. The show opens on March 19 and plays on Saturday afternoons at noon and 2 pm through April 9. The show, written and directed by Marie Raymond, is a fantasy about a Cat who thinks he owns the theatre. Ticket price for the children's shows is \$7.00 for all seats.

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.

A Non-Profit Organization

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

GIVE THE GIFT OF IN HOME CARE TO YOUR LOVED ONES





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



CALL US FOR FREE ASSESSMENT

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

- Companion Care
- Housekeeping Services
- Meal Preparation/Cooking
- Personal Care
- Overnight and 24-hour Care
 And More!
- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services

Transportation

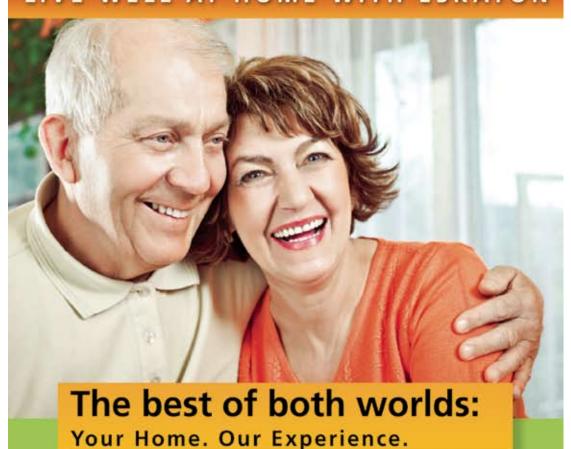
Call us today. Like getting a little help from your friends™.

916-372-9640



Get More Mileage From Your **Advertising Dollar** Call 773-1111

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



Carmichael Recreation and Park District is announcing these upcoming events

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 following:

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

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+

Learn to lead the workout! This 8-week course is designed to be a comprehensive introduction on how to teach group fitness classes. No matter what formats of group fitness appeal to you, this course will help prepare you to master the basic skills! For more information call 483-7826 or visit us online at www.carmichaelpark.com



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

Carmichael Times Page 5 March 16, 2011

Winter Shelter Extended Through April

Community's Generosity Continues to Show

Sacramento Region – Last month the business and development community working alongside County staff and Supervisor Phil Serna's office were able to provide a winter shelter option for homeless campers on the American River Parkway. The winter sanctuary program was extended through the end of March, and 32 additional beds were made available at the Salvation Army for the same duration. These beds have been used continuously by campers from the Parkway.

The 32 beds that were the product of last month's efforts will now be available for an additional month, through the end of April, thanks to the community's continued generosity.

Kaiser Permanente has stepped up to donate an additional \$5,000. Kaiser Permanente's generosity, along with a contribution by Supervisor Phil Serna's Office, will be matched by the Salvation Army to bridge the gap and fund the added shelter space for an additional thirty days through the end of April.

"I'm pleased to see folks who

would otherwise camp illegally in the Parkway take advantage of the beds that have been offered. The continued effort to extend shelter services is very encouraging and I'm very grateful to all involved."

Organizations that have donated include the North State Building Industry Association and its member leaders, HomeAid (NSBIA affiliate), the Thomas P. Winn Foundation, more than 15 members of the Sacramento Metro Chamber including Bank of America, the River District, and discretionary funds from the office of Sacramento County Supervisor Phil Serna.

Facts about Sacramento County's Homeless:

- Approximately 3,000 individuals (adults and children) currently reside in emergency, transitional, and permanent supportive housing programs in the Sacramento area.
- Between 2007 and 2009, chronic homelessness decreased by 35% in Sacramento County according to the biennial homeless street

count required by HUD. This was a result of the 10-Year Plan to End Homelessness "housing first" approach that focused on the chronically homeless (long-term and disabled) and the expansion of permanent supportive beds/units.

- · Sacramento County and City, homeless providers, the faith community, and many community stakeholders are partners of Sacramento Steps Forward, an initiative to end homelessness in Sacramento. For more information, go to www.sacramentostepsforward.com.
- · The County has been working with Sacramento Steps Forward partners to create a new non-profit to assume the County's coordinating role for homeless services by June
- · The County will also be working with cities to create a new Joint Powers Authority. This JPA would partner with the new non-profit to create regionally cohesive and sustainable strategies to address homelessness.

environments with generous ame-

nities and quality services. River's

Edge provides seniors exceptional

independent living. The Chateau at

River's Edge is known for its qual-

ity independent and assisted living

as well as its memory care program,

The Garden. Both are located in the

Campus Commons neighborhood.

The Chateau on Capitol Avenue, in



Sacramento Region - As it approaches its 28th year of service to the hungry poor, Loaves & Fishes will serve its 6 millionth meal on Wednesday, March 16th to one of the 650 guests thronging our Dining Room. Loaves & Fishes is thankful for the outpouring of community support that makes this possible. It is only through the efforts of donors, volunteers and the community that Loaves & Fishes is able to serve 650 men, women, and children daily. Loaves & Fishes depends upon the volunteer spirit of many generous people. It takes scores of volunteers daily to prepare and serve a full meal in the Dining Room.

Many of their guests rely upon the lunchtime meal that they receive at

Loaves & Fishes Serves **Its 6 Millionth Meal**



Photo from Sacramento Loaves and Fishes website.

Loaves & Fishes to make it through the day (and night). For some it is the only meal they will eat all day. Guests are not only individuals suffering from mental illness and physical disability, but they are also the working poor, the elderly and the newly homeless. Throughout the many changes that Sacramento has seen in the past 28 years, Loaves & Fishes has remained a constant,

a haven where people can come to receive support, find a caring presence and eat a nutritious, home cooked meal.

Sister Libby Fernandez, Executive Director of Loaves & Fishes, says: "The hungry need bread today, not tomorrow. That's why our door is always open until the last person has

been fed."

Loaves & Fishes Dining Room is located at 1321 North C Street, between 12th and 16th Streets, in Sacramento CA 95811. To contribute or to volunteer your help contact them at Sacramento Loaves & Fishes, P.O. Box 2161, Sacramento, CA 95812. Reach them by telephone: (916) 446-0874, or find out more at www.

Free ACT/SAT Practice Test Given March 26 at Carmichael Library

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

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

Gas Prices Rise in Sacramento Again

Sacramento Region – Average retail gasoline prices in Sacramento have risen 5.0 cents per gallon in the past week, averaging \$3.90/g yesterday. This compares with the national average that has increased

to \$3.53/g, according to gasoline price website SactoGasPrices.com. Including the change in gas

prices in Sacramento during the past week, prices yesterday were 87.7 cents per gallon higher than the same day one year ago and are

49.9 cents per gallon higher than a month ago. The national average has increased 40.5 cents per gallon during the last month and stands 74.5 cents per gallon higher than this day one year ago.

3.8 cents per gallon in the last week Friends of the Library Plan **April Warehouse Sale**

Sacramento - The Friends of the Sacramento Public Library are sponsoring a big Early Spring Warehouse Sale on Saturday, April 2, and Saturday, April 9. Public sale hours will be noon to 4 pm on April 2 and 9 am to 4 pm on April 9. A special preview for Friends' members only is scheduled for Friday evening, April 1, from 5 to 8 pm, to celebrate the recent expansion at the Book Den and Warehouse site. Also, Friends' members only can shop from 9 am to noon on April

2. Prospective members may join at the door at either preview for \$15. The sale will be held in the Friends' warehouse, at the rear of the Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road just south of 14th Avenue. More than 70,000 paperback and hard-bound books, audio books on tape, and videos will be sold at prices ranging from \$.50 to \$2.00.

The Book Den store will be open during the Warehouse Sale,

including the evening preview. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials, with most books priced at \$3 and up. During the evening preview the store is offering an additional 10% off purchases (except for glass case books). The Book Den is regularly open every Thursday, Friday and Saturday from 9 am to 2 pm. For more information call 916-731-8493 or email fspl@att.net.

Hank Fisher Properties' Day to be Held at the B Street Theatre

Sacramento - Theater lovers and supporters of the B Street Theater are encouraged to attend "Hank Fisher Properties Day" at the Theater on Wednesday, March 23rd at 1:00 p.m., prior to the matinee performance of Circle Mirror Transformation. The Theater is located in Sacramento at 2711 B Street.

Those who attend Hank Fisher Properties Day will have an opportunity to enjoy refreshments, sample Hank Fisher Properties' signature cookie, and meet residents and staff from Hank Fisher Properties' four premier senior living communities -River's Edge, the Chateau at River's Edge, the Chateau at Carmichael Park and the Chateau on Capitol Avenue.

Hank Fisher Properties has partnered with the B Street Theater to donate \$1,500 to the Theater whenever a senior referred by its audience or supporters moves into an HFP community. "We believe this partnership allows us to promote our communities' enhanced lifestyle and support a valuable community resource," said HFP President Nancy Fisher.

The play centers around four lost souls who have joined a drama class. While they act out the emotions of hilarity, sadness, desperation, and hope, they expose and discover their own inner selves. A limited number of tickets for the play at a discounted price may be arranged by calling River's Edge at (916) 921-5131 or the Chateau on Capitol Avenue at (916) 447-4444.

Hank Fisher Properties is known for offering elegant senior living

Midtown within a block of Sutter Hospital, offers luxury independent and assisted living, along with TLC Suites for healing, rehabilitation and hospice care. The Chateau at Carmichael Park provides independent and assisted living while also featuring The Garden residential memory care as well as The Club Carmichael Park memory day care. that he pursues her with vigor. The



A Film Review by Tim Riley THE ADJUSTMENT **BUREAU** (Rated PG-13)

To my mind, there's not much point in making a movie so totally incomprehensible that the viewer is left to ponder the supposedly obvious brilliance of a masterpiece that is not easily understood by the casual observer. That's the way I felt about "Inception," and I never intend to see it a second time just for the satisfaction of trying to figure out the puzzle. I'd rather do something more productive, like rearrange my sock drawer or alphabetize grocery coupons clipped from the Sunday paper. Now along comes the adaptation of a story by Philip K. Dick, the noted sci-fi author, in "The Adjustment Bureau," which raises its own set of questions about what

All things considered, I find it easier to relate to the work of Philip K. Dick, whose stories have been adapted into the films "Blade Runner" and "Total Recall." In today's upside-down world, the fantasy elements and visions of paranoia don't seem totally out of whack. "The Adjustment Bureau" plays very well into the mind-bending scenario of unseen forces controlling our destiny against every impulse of asserting one's free will. To be sure, there's plenty of weirdness in this so-called fantasy science-

Riley Reviews

ROMANCE THROWN **OFF COURSE BY** "ADJUSTMENT BUREAU" **THRILLER**

fiction thriller-cum-love story, but the central core of the story rests on the plausible relationship between two very different people.

Matt Damon's David Norris is a young, ambitious New York congressman with a colorful workingclass background. He's the leading candidate in a race for the U.S. Senate until a tabloid story about his racy past derails his campaign. A chance meeting in the men's bathroom at a fancy hotel on election night is a pivotal moment for David. His encounter with free-spirited ballet dancer Elise (Emily Blunt) gives him the courage to be daring and bold in his concession speech, one that sets him apart from the usual political tripe and actually serves to make him a viable future contender.

But was this encounter really that random? We realize that it was not when David happens upon the mysterious men in business suits and fedoras who suddenly must assert themselves into his life. Oddly enough, these men look like Madison Avenue executives from the early 1960s, which explains how John Slattery, from "Mad Men," is so well-suited for the role of an Adjuster named Richardson, who is assisted by his colleague Harry (Anthony Mackie). On election night, they found it convenient for the benefit of David's life plan to bring him together with Elise. Now, to keep David on a path to his political destiny of apparent greatness,

The problem, of course, is that David is so totally smitten by Elise

they must keep the two apart.

refugees from "Mad Men" conspire to keep them separated forever, but one little slip up in scheduling allows them to meet once again on an MTA bus. David is absolutely certain that he and Elise are meant for each other and he strongly resists the efforts of the men in hats to interfere.

The suspense thriller elements kick in when David and Elise are forced on the run, and even more so when David learns that the shadowy men are not so infallible. Furthermore, he acquires some supernatural power of his own when wearing an Adjustment Bureauissued fedora. It allows for some clever opportunities for him and Elise to alter the physical landscape by going in and out of various portals, thus staying one step ahead of the Bureau.

One thing that is puzzling is that the omnipotent Chairman (Terence Stamp) of the Adjustment Bureau has delegated a whole continent of his agents, besides Harry and Richardson, to disabuse David of the notion that the true love of his life is Elise. They will try deceit, subterfuge, and even physical restraint as weapons in their mission. What makes "The Adjustment Bureau" so intriguing is that there really is great chemistry between Matt Damon and Emily Blunt as the opposites who are greatly attracted to each other. This hard-to-categorize film works very well as a romantic love story, but of course it is much more than that.

Some may argue that "The Adjustment Bureau" is a light, or softer, version of films like "The Matrix" or "Inception." That could be true, but for my money, "The Adjustment Bureau" is much more satisfying and entertaining than other fantasy films only remotely in the same thematic orbit. The difference could well be ascribed to the touch of humor and real emotion lacking elsewhere as well as the fact that the other films didn't star Damon and Blunt, the near perfect couple.

QUALITY MAKES A DIFFERENCE

QUALITY MANAGEMENT

53 years under local management and ownership.

QUALITY ASSETS

In 2010, we completed our 22nd consecutive year without any foreclosed properties on our books.

QUALITY SERVICE

Voted the Best Bank in many of our local communities.

SAFE—STRONG—SECURE



Serving our local communities for 53 years

35 locations to serve you

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



eldoradosavings.com



Monthly Military Retiree/Spouse Defensive Driving Class/55 Alive

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

Our next class is scheduled for 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 available.

ALTERATIONS by Patina

SPECIALIZING IN BRIDAL & FORMAL

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

(916) 853•1078

WWW.ALTERATIONSBYP.THENETMARK.COM





ELWOOD WONDERED WHY THE FRISBEE WAS GETTING BIGGER

AND THEN IT HIT HIM

SUDOKU PRESENTED BY VolunteerMatch.org Where volunteering begins. 3 6 5 8 9 6 5 8 4 8 6 9

9

Fill in the blank squares in the grid, making sure that every Come back every week for Sudoku! For Solution See Page 7.

6

real estate **auctions**

70+ California Home Auctions Begin Mar 15th



Ken Switzer, Broker. Lic.# 261559

Please visit williams**auction**.com for details





Get cash for your structured settlement or annuity payments. High payouts. Rated A+ by the Better Business Bureau.



www.jgwentworth.com



Have you been injured by a



in speaking with you. We its failure to conform to specifications. are currently representing individuals who have been implanted with certain knee implant components.

We have clients needing knee revisions due to loosening of the Zimmer NexGen CR- • Knee Replacement Failure Flex Porous Knee system. In the study presented at the American

Academy of Orthopaedic Surgeons in 2010,

If you have experienced still commercially available but should not be

Additionally, Zimmer Inc. recently, on Sept. the law firm of Weitz & 15, 2010 issued a recall of certain lots of the Luxenberg is interested LPS Flex Gender Femoral Component due to

Contact us immediately if you have been implanted with the aforementioned Zimmer Inc. components and have experienced any of the

Revision Knee Surgery
Painful loosening of the Knee Replacement

Weitz & Luxenberg can help you undercertain cementless High-Flex Femoral Com- stand your legal options. We are one of Amerponents have experienced a high incidence of | ica's largest trial law and products liability law failure with 36% being loose and 9.3% having | firms representing thousands of injured perrequired revision surgery or impending revi- sons with total verdicts and settlements in exsion for painful loosening. The authors of the cess of \$3 Billion. For a free consultation study have stressed that "this component is please call us today at 1-888-411-LAWS (5297).

WEITZ LUXENBERG $_{ t P}$

700 BROADWAY • NEW YORK, NY 10003 1.888.411.LAWS · www.weitzlux.com

Now that you have elected them...

THEM ACCOUNTABLE?



We are also investigating DEPUY ASR® HIP INJURIES & FOSAMAX FEMUR FRACTURES

INTRODUCING

NON-STOP FLIGHTS **FROM**

BARBADO

American Airlines



8

9

TO LEARN MORE AND TO BOOK YOUR TRIP, GO TO VISITBARBADOS.ORG/DALLAS OR CONTACT YOUR LOCAL TRAVEL PROFESSIONAL.

Autumn Leaves Tour

New England and the Northeast 15 Days from \$1199*

Departs September - October in 2011 This fall foliage tour captures the colors of New England and the Northeast in the fall. You will fly to America's Cradle of Democracy, Philadelphia. Enjoy New York City, historic Boston, and Cape Cod, all gently nestled in fall's "Coat of Many Colors." Your

tour winds through five states to Montreal and the only walled city in North America, Quebec. The fall foliage of orange, yellow and brilliant reds are not to be missed! See the Liberty Bell, Valley Forge, Salem, Williamsport, Gettysburg, and of course the Big Apple. All will give you a true taste of the colorful Northeast and New England in the fall!

*PPDO plus \$149 tax, service and gov't fees. Seasonal charges may apply. Add-on airfare is



Call for details! 1-888-817-0471

HOW ARE YOU GOING TO HOLD

"Together we are the SOLUTION"

Have you suffered a thigh bone/femur injury? Attention

osteoporosis medicine Fosamax® can lead to fractures in the femur - the hip bone. These fractures can occur in low-impact situations, such as when stepping down stairs or even just falling from a standing height or less. This significant risk has been recently added to the Warnings and Precautions section of the label.

If you or your loved one has suffered a HIP fracture after taking Fosamax® it is your best interests to investigate your legal rights for possible compensation!

Weitz & Luxenberg can help you understand your legal options. We are one of America's largest trial law and products liability law firms representing injured persons with total verdicts and settlements in excess of \$3 Billion, and are committed to represent your interests



experience in such national litigations as asbestos injuries, defective medical products and medicines, environmental toxic torts and others has given thousands of clients the legal issues For a free consultation please call us today

at 1-888-411-LAWS (5297)

WEITZ LUXENBERG

700 BROADWAY • NEW YORK, NY 10003 1.888.411.LAWS · www.weitzlux.com ZIMMER NEXGEN CEMENTLESS KNEE INJURIES

Rainforest, Beaches, Volcanoes. + tax & fees Free Brochure. Call 1-800-Caravan.

Available at Caravan.com. Since 1952 8 to 10 day guided tours. USA, Canada, Panama. Priced between \$995 - \$1,295. •com



Free 28 Page Brochure. Call 1-800-Caravan. 'As Panama's largest tour operator, Caravan keeps costs under control, consistent with its long-time reputation for value." - Audubon Magazine

Available at Caravan.com. 8 to 10 day guided tours. USA, Canada, Costa Rica. Priced between \$995 - \$1,295.



ADVERTISEMENT

Attention

Credit Card Holders Chase • HSBC

ere you charged a "payment protection/insurance fee" or denied coverage on your payment protection claim on your Credit Card account? If so, you may be entitled to monetary compensation!

> **Call NOW** for information regarding your legal rights.

Call (310) 461-1342 JOON M. KHANG KHANG & KHANG LLP

1901 Ave. of the Stars, 2nd Floor • Los Angeles, CA 90067

Moving Life Forward



Accessible Van Conversions Sales — Rentals — Service Toll Free 888-852-6981 www.AbilityCenter.com

6550 Freeport Blvd. Ste A Sacramento, CA 95822

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®





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



pensation 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)

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 person, CALL 888-279-7875 24hrs, (MPG)

Auto Donation

Donate Your Car Civilian Veterans & Soldiers. Help Support Our U.S. Military Troops. 100% Volunteer. Free same Day Towing. Tax Deductible. Call and Donate Today! 1-800-634-1923 (swan)

DONATE YOUR CAR, TRUCK OR BOAT TO HÉRITAGE 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

Auto for Sale

Tax Deduction. Non-Runners.

1-866-912-GIVE.

2008 Jeep Wrangler Sahara 4X4 asking \$4899. 4 doors, Automatic, Hard top. Send your questions to mere44ma@msn. com / 619-822-2176 (MPG 03-16-11)

Business Opportunities

ALL CASH VENDING ROUTE! Be Your Own Boss! 25 Machines + Candy All for \$9995. Vend3, 880 Grand Blvd., Deer Park NY. 1-877-915-8222. Major CC accepted! (Cal-SCAN)

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

Business Services

ADVERTISING - BEST KEPT SECRET. A business card 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! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

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

Computer Care Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices – 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 916-813-3732. (MPG 02-16-11)

Accelerated Construction - New Construction or Repair. Handyman Clean-up. Residential and 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)

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

Counseling

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

Day Care

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

Infant Openings Now First week free Lic # SAC53133 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 (MB

DirecTV

DirecTV DIRECTV FREE BEST PACKAGE for 5 months with NFL SUNDAY TICKET! + NO Start Costs + FREE HD/ upgrade! New Customers Only, Qual. Pkgs. DirectStarTV 1-877-852-4203 (MB 12-31)

Dish Network

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

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/ Lic.# 877532 Call 916 - 595-3052 (MPG 10-27)

Visit & Estimate For Free. 24 Hour, 7 Days. 916-213-7575 (MPGM)

Fencing

Cal State Fence and Construction

Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinvl. Trellis. Decks. Residential/ Commercial FRFF FSTIMATES! 916-966-1103 Lic. #494306 (MPG 09-15)

Fencina Prime Time Fencina Quality Redwood. Double & Single Gates. Repair & New. License # 835870. (916) 481-7315 (MPG)

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 time service. Lifetime post Senior discount. Lic.

742683 916-773-1350 (MPG) Sierra Pacific Fence. Fences decks, Retaining Walls 100%

neighborhood discounts XLNT prices 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 916-868-1041 (MPG)

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

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage 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

Firewood? Mixed wood. \$70 per truckload. FREE delivery in Sacramento area. 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)

55+ 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 (MPG 02-02-11) **Auburn - 2B/1B Apt,** 800 sq ft. \$700 mo, 1/2 off 1st mo. rent. 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 bays, all with roll up doors 2 (two) working/well maintained

hvdraulic lifts

Built-in cabinets

Secure/gated parking

 Deep sink to wash up in Plenty of overhead lighting 110/220 single phase hook ups Swamp cooler Located near a major intersection. Any questions or to view property please contact:

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 (Auburn Blvd/College Oak). Call Lisa West @ (916) 331-0840. (MPG)

M. W. 916-638-7439 (MPG 08-25)

\$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/ Dryer. No pets or smoking. Near transportation, 25 mins from ARC and Sac State, 916-631-8784, (MPG)

For Sale

2 bedroom Mobile Home 12x60, in Citrus Heights, Sac., Mobile Home Park for 55 +, \$10,000. Call 707-301-5839 8-4 pm (MPG 12-08)

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.

Gardeners

Smith's: Full Maintenance. Pruning, Aeration, Sprinkler, Cleaning, 967-7543 or see www. SmithsLandscape.com

Golf Equipment for Sale

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

Groomer

Pinkiepoo, in home grooming **service.** 18 yrs. exp. \$5.00 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 ts Gutter Cleaning-Woodwork 916-519-Discounts

Home Maintenance & Repair *Handy Man* California state certified electrician Plumbing repair. Fence repair. Free quotes-no job too small. Please leave

5135 Free Estimates (MPG)

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

message.

916-961-8059 (MPG)

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

Health/Misc.

\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 Company. Recession proof 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 Adult Residential Facility is in

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

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

DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL- A & 3 months recent OTR, 877-258-8782. www.MeltonTruck.com (MPG) Caring Compassionate Seniors WANTED! SENIORS HELPING Jenny at 530-889-1737(MPG 08-25) SENIORS®, a leader in the **House Cleaners** HouseCleaners Do You Love Being Part of

CLASSIFIED ADVERTISING

We Want YOU!

6089, or e-mail your resume to:

sachousecleaners@hotmail.

com. All applicants must be willing

to undergo background checks

House Painting

PAINTING, sheet rock, texturing,

book cases, fence repair, gutter

cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Service Experi-

enced hard-working owner/opera-

tor, supplies furnished, detail-ori-

ented, affordable rates. Call today

Madeline 916-723-1608. (MPG)

Immaculate, Fast, Honest, Dependable. I care about what I

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

QUALITY WINDOW CLEANING

PLEASE CALL MARK AT

Homesitters on Wheels, Office

needs two RV'ers with RV's for

Identity Theft

**FREE Document Shredder with

New Annual Enrollment. LifeLock

Identity Theft Protection- Help

Protect Yourself Today! Call Now!

Use Promo Code: SHREDDER

1-877-467-5506 (MB 12-31)

Petsitting 916-483-5146 (MPG)

612-8949. (MPG)

HOUSEKEEPING

drug testing. (MPG 08-15)

Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an a Winning Team? Do You Love interest in making a difference in to Clean? Do You Love Making the lives of other seniors and be Customers Happy? comfortable working with senior If You Answered YES! citizens. Flexible schedules...we'll work around your schedule! Valid HouseCleaners is recruiting for driver's license and use of auto is Sacramento area team. Please call Svlvia at (916) 955-

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)

required.Call us today for more

information.(916) 372 9640 (MPG)

Pathologist Perform general 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)

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

Health Care Marketing.

We are successful business entrepreneurs looking for people passionate about health & Go to www. business. myprotandimbusiness.com and watch a video News clip. I eave 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)

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelperez1980@ sacyards.com yahoo.com if interested (MPG)

A DIFFERENCE. MAKE 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)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily. 888-211-4268 com (MPG)

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. Word. Excel and PowerPoint. Must be professional, friendly and a team player. Fax

resume to 866-418-9913 (MPG) Help Wanted -

Drivers 17 DRIVERS NEEDED! Top 5% Pay! Excellent Benefits. New Trucks Ordered! Need CDL-A & 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

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

Drivers - NEW PAY PACKAGE. Hiring Class-A CDL Flatbed Drivers for Regional and OTR Lanes. Solos, O/OP's and Teams. Top Pay, Great Equipment. 1-888-801-5614. www.SvstemTrans.com (Cal-SCAN)

DRIVERS - Paid CDL Training & a Stable Career! No Credit Check! No Experience required! Trainers Earn 49c/MILE! 1-888-417-7564. CRST EXPEDITED

www.JoinCRST.com (Cal-SCAN) Drivers: Home after each shift! Great Pay/Benefits/Safety Bonuses. (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 years experience in caring for the elderly. We offer hourly, overnight. and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted -Sales

GUYS & GALS 18+. Travel the country while selling our Orange peel product, Training, Hotel 8 Transportation provided. Daily cash draws. Apply today leave tomorrow. 1-888-872-7577. (Cal-SCAN)

Christian Yellow Pages hiring Commission Sales Professionals Energetic, creative, organized people. Experienced sales desirable. 916-655-1447 (MPG 11-17) Would you like to be Mentored

Millionaire? Proven

ystem, Perfect timing. 24 Hr

Message.

Recorded

High School Degree

NOW!! 888-279-7875 (MPG)

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

Home Health Care

In your home health care/

helper. 20 years experience.

Fingerprinted, reliable, local. Call

DIRECTV is the Best TV! Now get FREE Installation, FREE Showtime Star for 3 months, and FREE HD/DVR upgrade for only \$29/mo. Call today 888-560-2143 (SWAN)

Edwards

TUPPERWARE

Chris Krcmar 916-483-1671 (MPG) Miscellaneous

VONAGE Unlimited Calls in U.S & 60 Countries! NO ANNUAL CONTRACT! \$14.99 For 3 Months! Then ONLY \$25.99/mo. Plus FREE Activation.

all occasions! 100% satisfaction guaranteed. Delivered nationwide. SAVE 20% on Dipped Berries! www.berries.com/berries or Call 1-888-903-2988. (Cal-SCAN)

Wood Chipper 5HP Yard machine runs good, needs minor

Miscellaneous

WANTED: OLD POSTCARDS 483-0622

Landscaping Affordable Landscape Service Clean-ups & Makeovers! Mainor business 916-508-7080 (MPG) tenance starting at \$60/mo. Dependable family business. Lic. # 887351. 916-338-2001.

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

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Tall Weed Cutting Low Rates

916-524-7477 (MPG) Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellagarden. com or ctc Randy for info at 454-3430

or 802-9897. (MPG) Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free 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 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 -Monitorina 24/7. FREE FREE Shipping, Equipment, Easy Set-up. ONLY \$29.95/ mo. CALL Medical Guardian

Today! 1-888-694-4976 (MB 12-31) Medical Supplies / Equipment

TROUBLE GETTING Up Your STAIRS? Acom Stairlifts can help if you Call Now! Discounts available on your new Acom Stairlift. Please mention this ad. 1-877-896-8396.

Miscellaneous

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 530-458-3814 (MPG)

Please call for a Free Catalog.

Items For Sale

Call 877-881-2318. (Cal-SCAN) SHARI'S BERRIES-Mouthwatering gourmet strawberry gifts fresh for

WINE of the MONTH CLUB! Send the gift of wine all year long! 2 Bottles each month from award-winning wineries around the world. Call 888-682-7982 and get FREE SHIPPING! (Cal-SCAN)

work \$250 (916) 725-3824 or (916) 769-1698 (MPG)

Want to Buy

Notary Mobile Notary Services Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home

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

Anyplace Call Dan @ 916-712-2661 **Painting**

All Pro Painting Res/Com. Quality work free est. sen disc

24/7 Notary Services Anytime /

lic 914715 Ph 607-0523 (MPG) Pets Pet Sitting Professional loving pet care. Established reputation Kennel free environment.

916-723-1608. Home Sitters on Wheels office needs two RV'ers with RV's for pet sitting. Call 916-483-5146

more information. (MPG)

Lots of TLC. Call Madeline

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

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

Piano lessons for children

and adults by experienced, creative teacher. Citrus Heights. For more information. www.anitraalexander.con, or call

(916) 725-1054 (MPG) Prescription 99DollarMeds STRUGGLING To Pay For Your PRESCRIPTIONS? You May Qualify to Get All Your Brand Name Prescriptions for as Little as \$69/month. Call 1-888-531-4725 (MB 12-31)

Call Real Estate

Homes For Sale 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)

6051 - Laws Studio, Crestview

Restore **Old Photos** Restore Old Photographs Share memories of special places and times with your family. (916) 483-

Sudoku Puzzle on Page 6 We've made finding local

your local employment resources into focus.

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

(877) 554-2098 (Cal-SCAN)

Center (Manzanita at Winding

Sales

Self-Made Millionaire, looking

for 10 people who want to

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!

Graduate in 4 weeks! FREE

Brochure. Call Now! 1-866-562-

3650 ext. 70 www.southeastern

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

www.Centura.us.com (cal-scan)

AIRLINES Are Hiring - Go to

aviation maintenance college

for FREE! Tuition paid for the

BEST. H.S. Grad w/good grades

and proven work history. CALL

Aviation Institute of Maintenance

HIGH SCHOOL DIPLOMA!

Graduate in 4 Weeks! FREE Brochure. CALL NOW! 1-866-562-

3650 Ext. 70. www.southeasternhs.

The Math Resource; math/

tutoring; 916-722-1058

Security System

ADT-Security Choice FREE ADT-

Monitored Home Security System & a \$100 VISA Gift Card from

Security Choice. Find Out How! Call

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

Keypad. Call Now 1-888-237-3822

Send Flowers

Send Flowers for Every Occasion!

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

Go to www.proflowers.com/yes to receive an extra 20% off your order

or Call 1-888-695-5008 (MB 12-31)

Services Offered

I take you to the doctors,

shopping or misc. errands. Call for schedule. Serving most

916-214-8169.

Seeking Security Placement

in Fair Oaks or Carmichael, Licensed Call 916-712-2137 (MPG)

The Clean-Bliss Experience Res-

ponsible, experienced & Reliable.

916-863-1374.

REAL Hardwood Flooring \$1.69

Square Foot or we install for \$3.99

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

Steel Buildings

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!

Resorts

SELL/RENT Your TIMESHARE

For CASH!! Our Guaranteed

Services will Sell/ Rent Your Unused Timeshare for CASH!

Over \$78 Million Dollars offered in

5 8

1 6

4

9

2

5

1-888-698-0221

5 6 4

8 3

9 2

3

2

6 8 3

1 9

PROFLOWERS.

(Cal-SCAN)

(MPG)

(866) 859-6378.

com (SWAN)

statistics

(MB 12-31)

ProFlowers

hour:

hs.com (Cal-SCAN)

Way in Carmichael)

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

2009! www.SellaTimeshare.com

Must be present at pick-up. (MPG)

Travel Specials Book with Emerald Travel!! Experience/Knowledge. Cruises/ Tours/Honeymoons/Ăll-Inclusives ..Save Time!! Save Money!!

(916) 570-3882. (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. (MPG)

Unlimited Calls

VONAGE Unlimited Calls Around the World! Call The U.S. & 60+ Countries — ONLY \$14.99/mo (for 6 months) PLUS FREE 30-

Day Money Back Guarantee! Call 1-888-460-5160 (MB 12-31) Upholstery **B&T** Upholstery and Repairs Specializing in Decco & Modernism Furniture. 916-392-1959 (MPG 02-09)

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)

Wanted to Buy WANTED DIABETIC TEST

STRIPS Cash Paid. Unopened, Unexpired Boxes Only. All Brands Considered. Helpothers, don't throw boxes away. For more information. Call 888-491-1168. (Cal-SCAN) Yard Sale

\$25-35. For more information contact Christy 965-4128 (MPG 02-16-11)

Yard Sale - Barrett Middle School.

April 2. 8-3pm. Spaces available.

LOST DOG LOST DOG - Roxy, a 2 year old Rat Terrier, in Citrus Heights on Saturday night 2/12/2001. Tan and white, full tail, 14 pound, 14in tall. Red nylon and chain collar. REWARD

(MPG 02-23-11)

NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/or naterials) be licensed by the Contractor

OFFERED.

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

DISCLAIMER

Be wary of out of area companies. Check with the local Better Business Bureau before you send any

money for fees or services. Read and understand

any contracts before you sign. Shop around for rates Classified Advertising Sell Your Stuff!

Every Week! MPG

Reach 1000's

of Readers

a lot easier. The Community Employment Connection brings You look to us for your local news, and now you can rely on us for

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 Michael Tucker. 5416 Marmith Ave., Sacramento, CA 95841 is doing business under the Fictitious Business Name "Taurus Welding" at 6719 Winding Way, Oaks, CA 95628. Filed with the Clerk of Sacramento County on Feb. 14, 2011. Publish: Feb. 23. March 2. 9. 16. **TAURUS** 10204 3-16-11

FICTITIOUS BUSINESS NAME STATEMENT #1101348. Peggy Robles and Gilberto A. Robles, both of 6810 Sutter Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Beehive Quilts" at 6810 Sutter Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento on Feb. 14, 2011. Publish: Feb. 23, March 2, 9, 16, **BEEHIV** 10204 3-16-11

SUPERIOR COURT OF COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00097319

WHEREAS, Joseph Kinyone has filed a petition with this court for a decree changing name of Gabriel Angel Hensley Angel Kinyone. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on April 1, 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. 16, 2011. Kevin R. Culhane

Judge of the Superior Court Publish: Feb. 23, March 2, 9, 16, 10204 KINYON SUPERIOR COURT OF

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00096848 WHEREAS, Lori Burgess-

Watkins has filed a petition with this court for a decree changing name of Nathan Paul Landberg to Nathan Paul Watkins, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 25, 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. 9, 2011. Judge of the Superior Court Publish: Feb. 23. March 2. 9. 16.

WATKIN 10204 3-16-11 NOTICE OF PETITION TO ESTATE OF JANE S. NELSON aka JANE SARAH NELSON

ESTATE NO. 34-2011-00095539 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of JANE S. NELSON aka JANE SARAH NELSON: petition has been filed by RICHARD BERT NELSON in the Superior Court of California

County of Sacramento, requesting

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

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on March 25, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should

appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. YOU ARE Á CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code The time for filing claims will not

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 California Probate Code

expire before four months from the

date of the hearing noticed above.

petitioner or petitioner's attorney is: Richard Bert Nelson, 107 General Place, Hendersonville, 615-824-6243. 37075: Publish: March 2, 9, 16, 2011. 10301 3-16-11 NELSON

The name and address of

NOTICE OF TRUSTEE'S SALE TS No. 10-0153996 Title Order No. 10-8-551281 APN No. 260-0321-004-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST. DATED 05/27/2005. YOU TAKE ACTION TO PROTECT YOUR PROPERTY. IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER." Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by PAVEL KOROBOV, KOROBOVA HUSBAND AND WIFE AS JOINT TENANTS, dated 05/27/2005 and recorded 06/03/05, as Instrument , in Book 20050603, Page 1838), of Official Records in the the County Recorder of Sacramento County, State of California, will sell on 03/30/2011 at 11:00AM, At the Main entrance to the County Courthouse, 720 9th Sacramento, Sacramento County, CA at public auction. to der for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of

Trust. The street address and other

common designation, if any, of the

real property described above is

purported to be: 3723 CALIFORNIA

AVENUE, CARMICHAEL, CA,

undersigned

956086445. The

property pursuant to Sections 21700incorrectness of the street address 21716 of the Business & Professions and other common designation Code, Section 2328 of the LICC. Section 535 of the Penal Code and if any, shown herein. The total amount of the unpaid balance with provisions of the Civil Code (the California Self-Service Facility Act). interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the

5102 of the Financial Code and

authorized to do business in this

an "AS IS" condition, but without

covenant or warranty, express or

implied, regarding title, possession

or encumbrances, to satisfy the

indebtedness secured by said Deed

of Trust, advances thereunder,

with interest as provided, and the

unpaid principal of the Note secured

by said Deed of Trust with interest

thereon as provided in said Note,

plus fees, charges and expenses

of the Trustee and of the trusts

created by said Deed of Trust. If

required by the provisions of section

2923.5 of the California Civil Code.

the declaration from the mortgagee,

beneficiary or authorized agent is

attached to the Notice of Trustee's

Sale duly recorded with the

DATED:

RECONTRUST COMPANY, N.A.

1800 Tapo Canyon Rd., CA6-914-

Phone/Sale Information: (800) 281

8219 By: Trustee's Sale Officer

RECONTRUST COMPANY, N.A.

is a debt collector attempting to

collect a debt. Any information

obtained will be used for that

10301

FICTITIOUS BUSINESS NAME

STATEMENT #1101664. William

J. Clement, 5978 Camray Circle,

Carmichael, CA 95608 is doing

Business Name "Armed Courier

Services" at 5978 Camray Circle

Carmichael, CA 95608. Filed

with the Clerk of Sacramento

County on Feb. 22, 2011.

SUPERIOR COURT OF

CALIFORNIA

COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2011-00097632

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.

Publish: March 2, 9, 16, 23, 2011

Notice is hereby given that the

undersigned intends to sell the

personal property described below

to enforce a lien imposed on said

Judge of the Superior Court

NOTICE OF LIEN SALE

WHEREAS, Crystal Chablis

10301

Publish: March 2, 9, 16, 23, 2011.

03/09,

SIMI VALLEY, CA 93063

appropriate

purpose.

FEILLC

business under

County Recorder's

03/02/2011

1006.128474

the Fictitious

03/16/2011

Said sale will be made, in

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 time of the initial publication of the Notice of Sale is \$367,241,98. It has been stored and which are located at Armor Mini Storage, is possible that at the time of sale the opening bid may be less than 5714 Auburn Blvd., Sacramento, the total indebtedness due. In CA 95841, personal property, addition to cash, the Trustee will including furniture, clothing, tools, accept cashier's checks drawn on toys, children's furniture, computers, a state or national bank, a check electronics, stereos, appliances, drawn by a state or federal credit miscellaneous boxes and tubs union, or a check drawn by a of unknown contents, and other state or federal savings and loan stored by the following persons: association, savings association, or Melissa Nightingale: savings bank specified in Section

Rendich; Karan Sipsy; Lionel Efrain Flores; Reychel Dizon: Steve Adams: Velarde. Wofford: Jolene

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

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

and obligated

Publish: March 16, 23, 2011 10303 3-23-11 FICTITIOUS BUSINESS NAME STATEMENT #1101189. Capital 2795 Equity Bidwell St. #100-106, Folsom, CA 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 on Feb. County Publish: March 9, 16, 23, 30, 2011. CAPEQU 10302 3-30-11

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

WHEREAS, Karyn Garnica has filed a petition with this court for a decree changing name of Karvn Noel Gamica to Karyn 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 COLINTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME 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, 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 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 NORMA JANE BAKER:

petition has been filed by MARIANNE DRAKE in the Superior Court of California, County of Sacramento, requesting that MARIANNE DRAKE be appointed as personal representative to administer the estate the decedent.

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

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

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on APRIL 8, 2011 at 9 a.m. IF YOU OBJECT to the

granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney

YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are 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 California Probate Code.

The name and address of petitioner or petitioner's attorney O'Neill & Woopert, 1014 Palm St., San Luis Obispo, 93401: 805-543-7695. Publish: March 16, 23, 30, 2011. 10303 **ONEILL**

FICTITIOUS BUSINESS NAME STATEMENT #1102057. Jennifer L. Espenshade, 5220 Elbert Way, Sacramento, CA 95842 and Michele A. Bennett, 300 Edgebrook Dr., Ione, CA 95640 have doing business under the Fictitious Business Name "J&M Accounting Services" at 5220 Elbert Way, Sacramento, CA 95842. Filed with the Clerk of Sacramento County on March 4, 2011. Publish: March 16, 23, 30, April 6, J&MACC 10303 3-6-11

FICTITIOUS BUSINESS NAME STATEMENT #1102205. Frank T. Valenzuela Jr., 6741 Greenleaf Dr., Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "Elkhom Plaza Barber Shop" at 5363 Elkhorn Blvd., Sacramento, CA 95842. Filed with the Clerk of Sacramento County on March 9, 20211, Publish: March 16, 23, 30, April 6,

ELKHOR 10303 3-6-11



We Can Do That!

Call to place your legal advertising

532-2113



All Legal Axis Bublished in the Carmfdhael Tilmes



Crossword Puzzle on Page 9

ONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones Attorney at Law

Bankruptcy
 Business and Corporate Matters

Trust and Trust Administration

The Law Firm provides the following legal services:

Estate Planning
 Probate and Conservatorship

Family Law

P: 916.965.6647 F: 916.965.4218

gbones@boneslawfirm.com

Business & Service Directory

TAX & BOOKKEEPING

TAX & BOOKKEEPING SERVICE Pamela B. Connolly, EA **Enrolled Agent**

> 25 Years Experience Available Weekends 8080 Madison Ave. Ste. 201B Fair Oaks, CA 95628

> > Corner of Fair Oaks

916-966-8850

FENCING

PRIME TIME **FENCING**

Quality Redwood Double & Single Gates Repair & New

License # 835870 Liability Insurance

(916) 481-7315

PAINTING/REPAIR

McDonald

Painting Interior - Exterior

Most Small Repairs Bonded - Insured Lic # 632538

30 YEARS EXPERIENCE

C: 216-2080 F: 967-4135

Construction

3-23-11

Western Construction Company

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

(916) 817-0225 (916) 838-1427

Licensed /Bonded. License # 318177.

Intelligence & Personality Tests

SCIENTOMETRIC, TESTING



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 & MAINTENANCE

Yard Work, Hauling,

Gutter Clean, Odd Jobs



"Handy Man" "Carpenter Dave"

25 Years Experience • All Home Repairs • Dry Rot Painting

Windows

Bathroom

Sheet Rock

 Doors/Floors Decks/Tile/

 Roof Repairs **Texture** (916)548-8249 Lic. # 629370

FENCING

Cal State Fence and Construction

Since 1986 Quality • Trustworthy Affordable • Reliable

Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residential/Commercial FREE ESTIMATES!

Lic. #494306

(916) 966 -1103

Pool Service

Greg the Pool Guy



Prompt and Reliable 671-6284

Competitive

stipend

PHOTO STUDIO

PICTURE TIME

Passport/ID Photo

(916) 726-8801

7050 Sunrise Blvd. Citrus Heights (Near Hometown Buffet)

HOUSECLEANING SERVICE

Experienced Hardworking **OWNER OPERATOR** Supplies Furnished, **Detail Oriented,** Affordable Rates.

Call Today

OPEN YOUR HEART

OPEN YOUR HEART AND HOME

Step up to the challenge!

Have experience working with developmentally disabled adults

and/or challenging behaviors?

Have an extra bedroom?

Madeline (916) 723-1608

with your family. (916) 483-6051

PLUMBING

Swift Plumbing and **Drain Cleaning Services**

Faucets, Disposals, Hot Water Heaters, etc.

Contractors lic. #907904

For More Information: (916) 383-9785 ext. 15

MAKE A DIFFERENCE!

Residential Repairs & Replacements

CONSTRUCTION W. G. JOHNSON **CONCRETE CONSTRUCTION Photo Restoration** 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

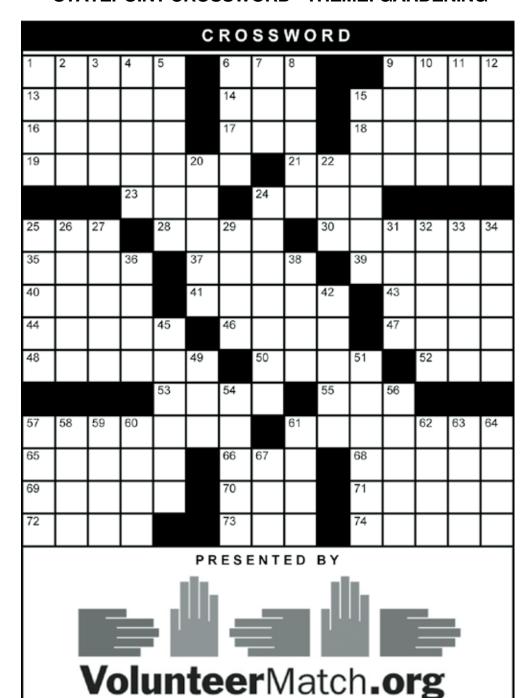
Laws Studio, Crestview Center Manzanita at Winding Way in Carmichael

Owner Operator

916) 267-7649

Carmichael Times Page 9 March 16, 2011

STATEPOINT CROSSWORD • THEME: GARDENING



Where volunteering begins.

from the garden" 6. Civil rights advocate Wells 9. *Garden ear

13. Sri 14. African migrator 15. System of numbering

pages 16. Not silently 17. Argonaut's propeller

18. Lower part of abdomen 19. *Glass protector

21. "I am sorry," e.g. 23. Youngster

24. *It cuts a furrow 25. A man concerned with

his dress 28. Type of wrestler

30. "Cease and

35. Male version of Emily 37. Forsaken or desolate

39. Celebrity chef DiSpirito 40. Basic unit of money in

Western Samoa 41. Native American

emblem

43. Quantity of paper

44. Wads of tobacco, e.g. 46. The Three Tenors, e.g.

47. *Tulip's beginning, e.g. 48. Hindquarters 50. Obama to Harvard Law

School, e.g. 52. Ballet step

_ Roman Empire 55. St. Louis football player

57. *Vines' support

61. *One-season plants 65. 43,560 square feet, pl. 66. Type of hairs in mam-

mal's coat 68. "Round up the suspects!"

69. Rainbow-producing

device 70. Popular white fish

71. Fashion of the past 72. Labor Day month

73. Attention grabber

74. Wear away

5. Pilgrims to Mecca

2. Respiratory rattling

3. Organic compound

1. Fatty tissue

4. Lie in wait

6. Hunch-backed assistant

7. Double helix

8. Pertaining to the ear 9. Rapper LL

10. A dish of stewed meat of different kinds

11. Cash's is on fire

12. Snoopy 15. *Reproductive structure

20. Rated "R" for _

content

22. *Pea or bean house 24. Represent in a painting,

e.g. 25. Dog command 26. Nebraska's largest city

27. Rice cooked in wellseasoned broth

__ point

31. Acid gritty-textured fruit 32. Frost over

45. Religious split 49. Ad_ 51. *Used as fertilizer

38. Young or Simon, e.g.

, opera house

54. Permeate or penetrate

33. La

in Milan

34. Graves

42. Grieve

36. *Grassy area

gradually 56. Reflective thinker

57. There and back to

Michael Phelps, pl.

58. One of #65 Across 59. Journey

60. Challenge 61. Rooney or Warhol, e.g.

62. A grand theft 63. Hog fat

64. Wild plum

67. Intense mournfulness

For Solution See Page 8

Join the Mission Avenue When: Saturday, April 2, Community for a fun evening to raise money for our Budget-Cut Replacement Fund. This fund includes everything from scholarships, technology to arts and so much more. This auctions MAKES Mission Magic happen!! Please come and spend some money and make magic!

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

Mission Avenue Open Elementary School Auction 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

Purchase Tickets at Mission Avenue Open Elementary Office:

2925 Mission Avenue Carmichael, CA 95608-3599 - 916.575.2362

Please make check payable to Mission Avenue PTA.

before March 15th)

TAK FOOD MARKET

Local, Healthy, Not-so-fast Food



Home-made Soups Kabobs on Skewer

· Lamb · Beef Fillet

Chicken Fillet
 Fresh Salmon

Ground Beef Seasoning

Cooked on charcoal only.

Includes Persian Basmati Rice, Grilled Tomato, Salad

Food served from noon until it lasts

Call ahead for Faster Service 9045 Fair Oaks Blvd. (Corner of San Juan & Fair Oaks)

944-3188

Mention this ad & get a \$5°° Soup & Salad Lunch Special!

www.takfoodmarket.net



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.

Sheriff Scott Jones to Speak

Sacramento County Sheriff Scott Jones will be the guest speaker at our March 22 Business **Luncheon in the Education Building at Cypress** Avenue Baptist Church, 5709 Cypress Avenue in Carmichael. Come network at 11:30 a.m., the program begins at noon, Enjoy lunch, information, and a raffle. To reserve your place by Thursday, March 17, please Register here. Scroll down to the calendar on the home page and choose the March 22 luncheon. Cost is \$15 for members and \$20 for non-members. Beginning at the April Luncheon. members who don't RSVP before the luncheon will be charged \$20 as well. Those using a credit card to pay need to pay online at the Chamber website.

'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.

Summer Concert Series Coming

Carmichael Recreation and Park District is seeking local sponsorship for its Summer Concert in the Park Series. Now is the time to secure your business name on the event flyer or banner, or you may even want to have a booth. More than 5000 people attended last year so it's a great opportunity to get the word out about your business. For more information, contact Elizabeth Crisante at 916-483-7826.

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

THE ESKATON EXPERIENCE

in your place or ours



Mutual respect.

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



866-ESKATON | www.eskaton.org



ROCK DOC

By Dr. E. Kirsten Peters

Geology has surely been in the news lately, with the price of petroleum moving relentlessly upward, a threat to global economic recovery because oil is so central to industrial society the world around.

But now matters are suddenly

Even geologists like myself, used to the ferociously destructive power of earthquakes, have been taken aback by the tragic news from Japan. The largest seismic event since earthquakes were first measured in that nation, near an 8.9 on the Richter scale, has clearly devastated sections of the northeast coast, and major aftershocks will rock the region for at least days to come.

The epicenter of the massive quake was under the sea, and a tsunami was immediately triggered by the event. The word "tsunami" has replaced what older readers may remember as a tidal wave, a name that was highly misleading because tsunami have nothing to do with the tides. The name tsunami is Japanese, a fact that shows Japan has been plagued by earthquakes and tsunami for as long as Japanese civilization has existed.

Tsunami are usually caused by movement of the solid sea floor, a lurch either up or down, that sends

Earth Beneath our Feet

an enormous body of water on the move. The water packs a great deal of energy, like an enormous sledgehammer.

As a tsunami flows into more shallow conditions near the coast, the height of the wave increases more and more. That's why ships far out to sea are not tossed by massive waves, but people in a harbor can see a truly enormous surge of water coming toward them. The water can spill far inland, as it clearly has done in northeast Japan.

Tsunami travel fast – at literally hundreds of miles an hour. Because of that fact, there was little time between the quake itself and the tsunami hitting the coast of Japan. Much of the evident destruction of the quake is from the effects of seawater inundating the land, sweeping whole buildings off their foundations, undermining roads and most unfortunately of all, quickly sweeping many local residents to their deaths.

Because tsunami travel across the entire Pacific Ocean, damaging coasts thousands of miles away from the original earthquake, scientists have a tsunami warning system in place 24-7. Nothing is perfect, but it's a good system, and warnings in Hawaii preceded the arrival of the tsunami there. So far, Maui has had the highest wave, one recorded at about 7 feet.

As usual with massive earthquake damage, fires have broken out and are burning out of control in some cities. Fires often follow major seismic events because natural gas pipelines are cracked and start to leak, and because electric lines fall and create sparks. To make matters worse, fire fighters can be hampered in their work because water mains are broken

We must all wish the Japanese people well as they start to cope with what has happened, and the U.S. has already pledged support for whatever the government of Japan thinks it needs to respond to the massive damage along its northeast coast.

But we Americans should also find some time to reflect on the fact that two regions of the Lower 48 stand at risk of similar events - and we are generally less prepared than the Japanese to deal with major quakes.

The first part of the country known to face earthquake dangers is, of course, the west coast. California most famously, but Oregon, Washington and inland states like Nevada are all slated for massive quakes in the future. But it's also true that the central part of the country, in the region centered around where Missouri, Kentucky and Tennessee all come together, is another place where we geologists are sure there will be massive quakes.

We've got to learn from what we now see in news reports coming out of Japan. We can do better on everything from protecting our infrastructure to having family plans in place for emergencies.

Let's let the tragic event in northeast Japan be a wake up call right here at home.

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

(a) Call (916) 334-2841; (b) Email

DogRescue@Live.com; (c) Bring

your donation to Plaza Hof Brau

Restaurant (2500 Watt Avenue)

between 2-3:30pm on Sunday, March

20th. Thank you!

How Fragile is the Solid "A Music Gallery" Plays March 20

Carmichael – Bring the entire family to this extraordinary concert entitled "Designs, Images and Textures," the last concert in our "A Music Gallery" season, Sunday, March 20, 3 p.m. at the La Sierra Community Center in Carmichael. The Sacramento Symphonic Winds is a 60-piece wind orchestra conducted by Dr. Les Lehr. This concert will include Mosaico de Mexico by

George Gates, Enigma Variations by Edward Elgar, Dali by Aldo Rafael Forte, and will feature saxophone soloist Chad Deacon, oboe soloist Martin Monson, flute soloist Brandon Rotondo, a photo presentation by Noel Neuburger, and more!

For more information and a map, visit our web site at www.sacwinds. org <http://www.sacwinds.org>.

Tickets at the door Under 8 - free Students/Seniors (65+) \$5 **General Admission \$10** Free parking; wheelchair accessible



Save the date! La Sierra Series

"A Music Gallery" Sunday, March 20, 2011 at 3pm

All performances are at La Sierra Community Center 5325 Engle Road, Carmichael

916-489-2576 • www.sacwinds.org



SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Animal House Annual Juried Fine Art Exhibition February 22 - March 12, 2011

Exhibition of Animal Themed Artworks. It's a ZOO out there! Co-Sponsored by Sacramento Fine Arts Center, Carmichael Recreation and Park District, Sacramento SPCA and Sacramento Audubon Society.

Mira Loma High School Student Show March 15 - April 2, 2011

"Awash With Color",

WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show. Juried by Steve Walters, "Awash With Color" will be a display of up to 100 of members watercolor paintings. Special 2nd Saturday Reception April 9, 2011, 5:30-8:30 pm. Exhibit runs April 5-23, 2011, Sacramento Fine Arts Center, 5330 B Gibbons Dr., Carmichael, CA 95608. Hours: Tuesday 11 am-7:00 pm, Wednesday-Saturday 11 am-3 pm.



Humor Award: "Rose", by Carol Rhodes Wittich

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



Delivery Routes Available Call 773-1111

Donating \$10 To Rescuing Homeless Animals Could Win You A New (\$600) Apple iPAD!

Sacramento Region - 2011 is our 12th year of rescuing, rehabilitating and "re-homing" needy animals. Most are healthy; some need medical care; others are deaf, blind, threelegged, etc. Many are strays rescued by Good Samaritans who rescue them, but don't want to take them to the "dogpound" when the owners weren't found. Others are loyal pets whose owners are experiencing a job loss, home foreclosure, death in the ing early, or get more information:

family, etc. Examples (shown here) include: (a) Poor "Molly," scheduled to be killed at a county shelter to "make space" for new arrivals....until we rescued and restored her to her full beauty; (b) "Puffball" the Pomeranian, saved from the midst of busy Watt Avenue traffic.

The drawing for the iPad will be on March 20th.

To donate, qualify for the draw-



"Molly" before. "Molly" after.



"Puffball".





Extended Tours

- Islands of New England September 16-23, 2011 • \$2,275 pp double
- British Landscapes
- October 6-15, 2011 \$3,549 pp double
- Branson Musical Holiday December 1-5, 2011 • \$1,749 pp double

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.

Luxury Motorcoach

- Follies Forever! April 4-8, 2011 • \$804 pp/double Show, meals & transportation to Palm springs
- Hearst Castle Gardens and Vistas April 10-12, 2011 • \$449 pp/double Also includes Dinner Cruise/ Morro Bay
- Perfume and Garden Tour April 27, 2001 • \$117/person Healdsburg



FACILITY RENTALS



Parties Weddings Meetings Banquets **Mission Oaks Community Center** Call 972-0336 Affordable Prices

MISSION OAKS RECREATION & PARK DISTRICT

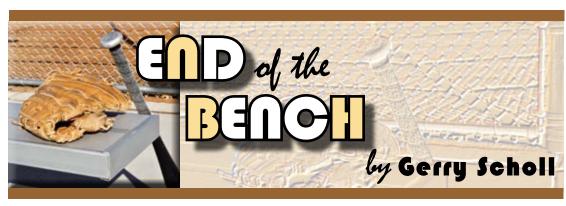
Office Hours: 8 am-5 pm **Registration Hours:** 8:30am-4pm Monday-Friday

www.morpd.com

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

MISSION OAKS COMMUNITY CENTER (916) 972-0336 • Fax (916) 972-7371 4701 Gibbons Dr., Carmichael CA 95608

SWANSTON COMMUNITY CENTER (916) 333-6464 • Fax (916) 488-4349 2350 Northrop Ave., Carmichael CA 95825



My almost-three-years-old grandson is quite the little soccer player. Look out Landon Donovan, here he comes. This guy's first word was "mommy" and his second was "ball."

I stopped by an area athletic club a couple of weeks ago to watch my little buddy run around on the indoor soccer carpet with a few of his new pals. He has mad skills. He could kick the "soka ball" on the run and put it in the goal kicking or throwing. He could follow instructions from the "coach," kicking the ball through a makeshift tunnel, crawling through after it and coming out the other side so proud. He could "create" on his own; as the coach placed orange cones around, he followed behind to give each one a strong kick. He could interact with his playmates; together they picked up cones and placed them on their heads and ran around with goofy grins.

He spotted me and came running over. "Mommy, mommy, Pop's here!" He was so excited. I was sitting against a sidewall with a couple of other dads and a few moms. (Is that a soccer ball under your blouse, or a little sibling on the way?). About five seconds later he turned around and ran back. "Mommy. Pop's here!"

This primary exposure to the sporting experience for these little tykes was all so innocent and pure. What happens after that? When does the end of the innocence hit? How do things evolve to what we experience as adults? Lately there has been a rash of disappointing events in the sports world. In western Michigan there was the death of the high school basketball player, Wes Leonard, from cardiac arrest shortly after being lifted by his teammates celebrating his game-winning shot. Former Chicago Bear Dave Duerson took his own life. Ohio State football coach Jim Tressel was suspended for covering up NCAA rules violations on behalf of five of his players, who also face suspensions. USC basketball coach Kevin O'Neill was suspended for getting into an altercation with an Arizona fan. A crazy Alabama fan poisoned the prized trees at Toomers Corner of Auburn. Detroit Tigers star Miguel Cabrera and the Oakland A's Coco Crisp were busted on DUI's. Sacramento Kings players are fighting in the locker room and the owners are threatening to move the team. Cal may be losing baseball due to budge cuts. The powers that be in the NFL and the players are biting the hands that feed them. Events have run the

gamut of the sorrowful to the pitiful. The negative stories always seem to dominate the scene, overshadowing the positive. Is it our nature to dwell on the negative? Or, is it that we've been conditioned to believe that these types of happenings are more newsworthy? We need to remember that what makes them newsworthy

is that they are out of the ordinary. What is more ordinary—the norm is all the good stuff, though it may be considered boring. Sports is no different than other areas of our lives. You'll find the good, the bad and the ugly there too. I'd prefer to dwell on the good if I could.

Let me hear about the coach who gave a kidney to an ailing player or the small-town kid who went from the junior college scrapheap to a Super Bowl victory. Or, how about the girl who won a state wrestling championship competing with the boys, or the one-legged gymnast who medaled in Division II? How about the guy who built a baseball diamond in the middle of nowhere and they came, or the scrub hockey player who joined the golf tour to save his grandma's house?

OK. Maybe I'm fantasizing a bit. but I'll tell you what... when I go out and participate or watch an event it makes me feel good. The generated energy gives me a positive charge. The excitement, the competition, the performances are uplifting. There's nothing like doing it live.

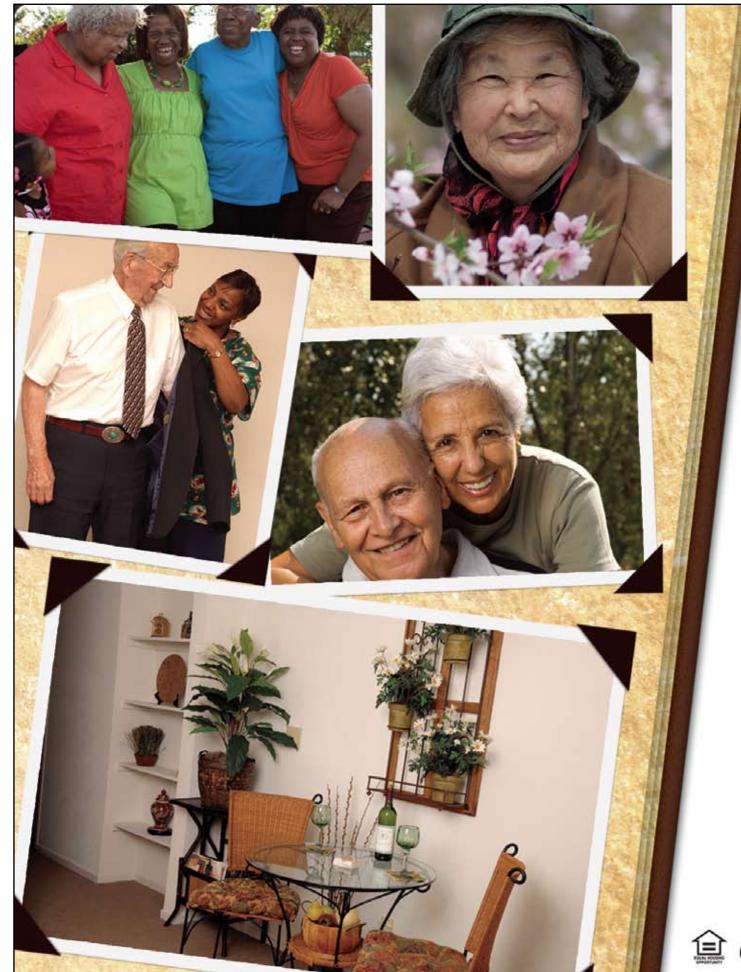
So when the downer stories are bumming you out, go out and do it. Or, go watch your team, your friends, cousins, kids or grandkids. Especially when you are there to support someone you love, you'll feel just great when you hear something like, "Pop's here!"



5859 Auburn Boulevard Sacramento, CA 95841

Ask about our Mail Order Service! (916) 349-9493

www.sacgermandeli.com sacgermandeli@sbcglobal.net



Providing quality affordable senior living!

Offering a Range of Care:

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

Financial Assistance Programs Accepted:

- SHRA
- Medi-Cal ALW
- VA Benefits



Lic.#347001523

7125 Fair Oaks Blvd., Carmichael

(916) 481-7105

www.chateaucarmichaelpark.com

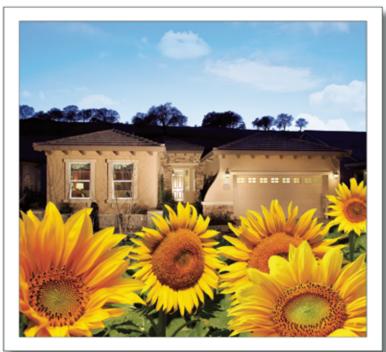




www.HankFisherProperties.com

Carmichael Times Page 12 March 16, 2011





Save up to 60% on your electric bill!

Join **SMUD SolarSmart Homes** and **Centex Homes** for the GRAND OPENING of Gardener Square at Madeira!

Saturday, March 19

9716 Babylon Drive, Elk Grove, CA 95757

Solar and energy efficiency demonstrations at 11:00 a.m. & 1:00 p.m.

Learn more at smud.org/solarsmart



Follow us on Facebook



©SMUD 2011 0307-11 5.75x10.25





Mail-In Rebate On Select Products

March 1 – March 31, 2011

SAVE \$6 PER GALLON

on Manor Hall® Timeless® and Manor Hall® Interior & Exterior Paints and Manor Hall® Water-Borne Alkyds SAVE \$4 PER GALLON

Citrus Heights, CA 95610

(916) 722-7454

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

All products may not be available at all locations.

* Mail-in rebate. Limit 10 gallons.

Citrus Heights Sacramento - Arden Way 8113 Auburn Blvd 3357 Arden Way

Sacramento - Power Inn 4150 Power Inn Rd Sacramento, CA 95822 (916) 452-2222 Rancho Cordova 10117 Mill Station Rd Sacramento, CA 95827 (916) 857-1614