

Carmichael Times



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Strings to Family Love

Fair Oaks Blvd. Corridor Plan Stalls



Take a bow! Ray Anthony Trujillo won a \$3000 prize in a recent contest for young classical musicians. The teenager performed for Sacramento Philharmonic fans in Carmichael. His audience included orchestra executive Marc Feldman (left), Trujillo's father Max, baby sister Renuka, mom Florence and Philharmonic tuba player Julian Dixon. Director Michael Morgan (right) conducted the wunderkind in effigy. Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner
Sacramento Region - "I don't give my kids Barbies, Kens or plastic friends," says Max Trujillo. "I give them real attention and the gift to work hard."
His 15-year-old violinist son Ray Anthony has earned a \$3000 prize and the kudos of soloing with the Sacramento Philharmonic. Armed with a miniature violin, daughter Renuka (5) seems set to out-prodigy her prodigious peer. Both are realizing dreams papa Max nurtured while picking potatoes with Mexican migrant workers as a child. "I was the only one who listened to classical music and loved Lawrence Welk," he laughs. Trujillo taught himself to play drums and later studied music at Sacramento State.

Mentor to hundreds of students, the 59-year-old percussionist owns the Happi Music Land Studio in Elk Grove. The youngest of five children he and musician wife Florence raised are their most shining stars: "I put Ray Anthony on the piano as a baby," says the father. "He was a great little drummer at kindergarten. Then he graduated to sax and violin. I started teaching him jazz at five. We have tried to give him and Renuka paths to careers doing what they love."
"But I couldn't make them play as well as they do," attests their father. "It was they who decided to excel. They never had Nintendos or Game Boys. Instead, they used their time to work hard."
Virtuosity has drawbacks for Capital Christian School 9th grader

Ray Anthony. "I can't skate board, ski or go bowling," he shrugs. "I must care for my fingers. I don't mind missing sport because I'm not good at it. For exercise, I run or ride my bike. I practice violin up to six hours a day and give lessons to my sister. Yes, we're nerds. But there are others like us at school..."
The Philharmonic and Sacramento News & Review magazine sponsored the 2010 Classical Concerto Competition among young performers. Carmichaelites Dan and Christine Santo funded a cash prize. Their check will help towards college and a new violin for Ray ("I plan to have a Stradivarius one day") Anthony. The greater victory perk is his May debut with the bespoke Philharmonic. For this, the teenager will don his first tail

coat solo in all three movements of Wieniawski's Violin Concerto No 2. The performance promises a total of 20 minutes before audience and 73 professional musicians. "I'm not nervous," says Ray Anthony. "Just excited."
He sees his future in terms of famous European orchestras. "I got serious at the age of eight," the musician told me. "I knew playing violin was something I really wanted to do. Winning this contest shows me all things are possible if I work hard. But I gotta keep practicing...Good bye."
Trujillo will perform in the Sacramento Philharmonic's Great Composer Concert series at Sacramento Community Center on May 21. For information, visit www.sacphil.org

Carmichael - For over four years, the contentious debate over the imminent Fair Oaks Boulevard Corridor restoration has failed to come to conclusion. The Carmichael-Old Foothill Farms Planning Commission held its monthly meeting at the Carmichael Public Library Wednesday, Jan. 18 facing an audience full of passion and a sense of eagerness to come to a consensus on the next step for the corridor.
According to Tricia Stevens of the Sacramento Department of Planning and Community Development, the goal of the Fair Oaks Boulevard Corridor is to, "... provide a holistic view of the corridor...a beautiful boulevard with shops and businesses and to provide for employment opportunities."
In the most recent draft of the corridor plan from June 2010, the Sacramento County Planning Department claimed, "Community leaders prepared this plan to guide the revitalization and enhancement of Fair Oaks Boulevard, between Oak Avenue and Marshall Avenue, and Manzanita Avenue between the Boulevard and Winding Way."
The same plan asserts that 12,700 new jobs would be created and that

15,960 new housing units will be developed. If implanted, the corridor will be composed of four districts: the South Gateway District, the Main Street District, the East Fair Oaks Boulevard District and the Manzanita District. A common theme voiced in the plan and by many of those in the public who spoke Wednesday evening was the concept of redefining the specific areas as public and private areas, and to create a permissive passageway that is an opportunity for the future.
After over three hours of public testimony, amendments and mild deliberation, Gregory Vlaskek, a member of the commission, declared, "Well, it's not over...it's probably the most complicated issue that a Sacramento County community has been confronted with."
A meeting that began at 7 p.m. and concluded at 10:42 p.m. with two breaks due to the cacophony of the security alarm. The only aspect of the plan that was finalized was that it would again be taken up at the commission's March 16 meeting. It is expected that the next two months leading up to the meeting will be just as contentious as recent months or at least as controversial.

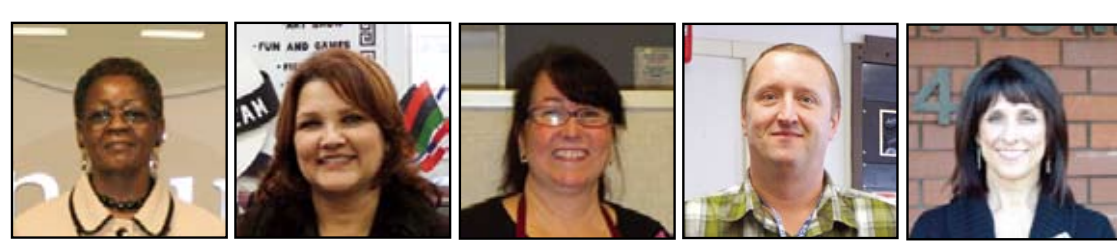
Wall Street Network Launches on 105.5 FM

Sacramento Region: On Monday, January 3rd Salem Communications of Sacramento launched a brand new format on their frequency 105.5 fm. "Money 105.5 FM" will be known as the Wall Street Radio Network with a line-up of financial experts, business talk and nationally recognized Bloomberg programming.
Money 105.5 fm will be a unique fixture on the FM dial as a business talk station, but the strength of the line-up and the need for this format in Sacramento will speak for itself.
The program line-up includes local small business owner Mark Montgomery hosting the morning show from 7-9am, programming from Bloomberg, the nation's premiere source for business

and financial information, Ray Lucia, Ron Insana, Phil Grande, Tom O'Brien and many more.
Salem Communications has several Wall Street Network stations across the country, with the closest being KDOW 1220 am in San Francisco. For a full program schedule, links to business and financial information and more station news visit the new website www.money1055.biz.
For more information on the new Money 105.5 fm Wall Street Radio Network or the contents of this release please contact Marketing & Promotions Director Janna Haynes at (916)563-7493 or at janna.haynes@salemcommunications.com

San Juan Unified Selects Employees of the Year

Sacramento Region - Five outstanding employees have been selected as San Juan Unified's 2011 Classified School Employees of the Year. To recognize classified employees, the District accepted nominations for Classified Employees of the Year in the following six categories: child nutrition; maintenance and operations; office and technical; para-educator and instructional assistance; support services and security; and transportation.
All five of the Classified Employees of the Year will be recognized at the Feb. 8 Board meeting. They are also now eligible to be selected as one of Sacramento County's Teachers of the Year.
Starr King K-8 Head Custodian James Hutton has been a custodian in the District for 11 years



Left to right: Ester Brown, Eileen Grega, Roberta Orr, James Hutton, Darlene Venzke.

and has been the head custodian at Starr King K-8 for one year.
"James is making a difference in the lives of our students and he has made a personal commitment to Starr King. He views the condition of our plant as a reflection of himself. James's effort provides Starr King students with an enriched learning environment and makes a difference every day," said Janice Bowdler, Principal.
Ester Brown, a human resources analyst, has worked in San Juan

Unified for nearly 35 years in a variety of positions including as a clerk typist, senior personnel clerk, personnel technician, personnel support service coordinator, and for the past 9 years, as a human resources analyst.
"Ester Brown always strives to do the right thing," according to Green Oaks Elementary Teacher Beverly Hill. "Her positive, helpful demeanor is a credit to the entire District. People who work behind the scenes in a school district directly affect the

morale of teachers, and therefore in a round-about way, the students. Every single person, without fail, whom I have ever spoken to about Ester, who knows her, has responded in the same favorable fashion in which I view her."
Satellite Food Service Worker Roberta Orr has worked in the District for 16 years.
In her nomination, Coyle Avenue Elementary Principal Dianna Batt wrote, "Somehow, during her busy schedule, she connects with students,

often those who need the TLC she is so good at providing. Roberta's compassion shines through as she spends that extra few seconds every single day smiling and making contact with each child in line for breakfast and lunch."
School Secretary Darlene Venzke has been at Ottoman Elementary for a total of 15 years. She has worked as a recreational aide, a preschool childhood development assistant, an instructional assistant, a clerk and as an elementary school secretary for the last 11 years.
Teacher Janda Rangel shared, "Darlene is the real backbone of our community. As our school secretary, she is the face of our school when people come into the office. I don't believe I have ever worked with a more dedicated person. Her core belief in the importance of

education and her incredible work ethic is a key combination of her being nominated as a Classified School Employee of the Year."
New San Juan High School's Eileen Grega has worked as an instructional assistant in bilingual Spanish for 9 years.
In nominating Grega, HS Secretary Patty Strader and Teacher Nicole Kukral, wrote, "Eileen is an essential part of our New San Juan community. She is a leader, an advocate, and an ambassador. Eileen has the ability to bring people together, and she uses her personal time to continually improve the lives of all members of our community. This is simply her mission—to humbly dedicate herself to all members of the San Juan family."

Mira Loma Students Named Semi-Finalists in Prestigious Competition



Left to right: Leroy Tripette of Intel, Winner Selena Li, Vice Principal Lynne Tracy.



Left to right: Leroy Tripette of Intel, Winner Nikita Desai, teacher Dean Karagianes and Vice Principal Lynne Tracy.

Sacramento - On January 12, 2011, Intel Corporation's "Prize Patrol" surprised two exceptional Mira Loma students, Selena Li and Nikita Desai, with balloons and a \$1000.00

check. These students were named as semi-finalists in Intel's annual science talent search competition. The contest drew 1744 contestants from 499 high schools in 42 states, as well

as the District of Columbia and one overseas school. Out of the 300 high school seniors nationwide who were semi-finalists, Mira Loma is proud to have, not one, but two outstanding winners.

The students submitted reports with details of their science projects, and a panel of judges comprised of the nation's top scientists selected the finalists based on research ability, scientific knowledge and creative thinking.

Selena Li researched the different metabolic requirements of liver cancer cells vs. normal liver cells, in the hopes of proposing a new treatment that is more specific at targeting cancer than chemotherapy, and inhibited autophagy, a newly discovered cell survival mechanism, in order to increase the efficiency of the treatment.

Nikita Desai examined the mid-brain of the Northern Leopard Frog to characterize a region involved in parasympathetic or involuntary eye movement and stress response in the hopes of shedding light on the treatment of anxiety-related conditions or addictions in humans.

On January 26th, 40 finalists will be named and each will receive a trip to Washington D.C., and a chance to compete for the grand prize of \$100,000.

The staff and students at Mira Loma are very proud of our talented young scientists.



Dr. Bob Graykowski



At Chiropractic USA we are well acquainted with the condition, also known as fibrositis and the "aching-all-over" disease. Fibromyalgia (FA) is a common cause of chronic musculoskeletal pain and fatigue, affecting roughly four percent of the population. Its symptoms overlap with chronic fatigue syndrome (CFS), with 70 percent of those diagnosed with fibromyalgia meeting the criteria for CFS.

The good news? FM does not have to be a permanently crippling disease. Through chiropractic care, diet, exercise and lifestyle modifications, FM is controllable.

Causes and Effects

Although increasing evidence points to a genetic predisposition, the definite cause of - as well as the cure for - FM continues to elude researchers. Many patients attribute the onset of the disorder to a specific incident, such as an auto accident, viral infection or severe emotional strain.

Among the most widely-recognized causes of FM are central nervous system disorders. The "glitches" include pain perception problems; neurochemical factors; decreased pain threshold; muscle abnormalities, often traceable to the central nervous system; and inconsistent serotonin levels.

Facts and Fallacies About Fibromyalgia

Serotonin is a chemical that regulates mood, memory and pain perception. A common pattern seen in CFS and some FM patients is the autoimmune triad, where the body attacks itself.

It involves the thyroid and adrenal glands as well as the cells in the body that absorb vitamin B12. The body assaults these pseudo "invaders," resulting in low thyroid, adrenal and B12 function.

The role that stress plays in FM has been studied over the years. Changes in the central nervous system may cause the sympathetic nervous system (fight or flight response) to not turn off - or the parasympathetic system (feed or breed response) to not turn on when confronted by stress.

Chiropractic Care

Ongoing research indicates that chiropractic care may alleviate fibromyalgia. In one study, investigators from the Canadian Memorial Chiropractic College in Toronto followed 21 patients with FM. Chiropractic care quelled FM symptoms. Specifically, patients enjoyed significantly improved range of motion and reduced pain levels.

Another analysis looked at the effect of chiropractic care on patients with FM. Subjects received specialized care including chiropractic adjustments and a unique form of massage therapy called ischemic compression. 12 out of the 15 subjects who completed the trial enjoyed a significant reduction in pain intensity, lessened fatigue and improved sleep quality.

Diet and Nutrition

Since one aspect of FM is over stimulation and over sensitization of the central nervous system, it is essential for patients to discontinue the use of stimulants - specifically caffeine and tobacco. It is also imperative that they avoid depressants, such as alcohol and

sleeping pills. A whole-foods diet featuring whole grains, legumes, fruits, vegetables and moderate amounts of fish and meat is most beneficial.

Dr Janet Travel and Dr David Simmons referenced 317 studies detailing how hormonal, vitamin and mineral deficiencies contribute to muscle disorders. Of particular importance are iron, folic acid, magnesium, zinc, beta-carotene, vitamins A, B6, B12, C and E levels.

Exercise

A vicious cycle involving exercise occurs with FM. It often causes exhaustion the next day, leaving the sufferer feeling unable to exercise, resulting in further de-conditioning. As treatment continues, however, post-exercise exhaustion changes to a "good tired" feeling for two hours after exercise and an increased energy the next day. Slowly adding exercise as health starts to improve is mandatory. Gentle walking and swimming, without overdoing it, can jump-start a FM patient on the road to recovery. Over time, ability and stamina will return to normal.

Talk to Your Doctor of Chiropractic

Misalignments (subluxations) of the upper neck were highlighted as a possible cause of FM on a dateline special in 2005. Removing nerve pressure at the base of the skull gave significant relief to FM sufferers.

It's important to discuss your symptoms and concerns with your chiropractor. Together, you can address issues of nutrition, sleep, exercise and stress reduction. Learn to control your FM; don't let it control you!

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is having tryouts for select and competitive soccer players at Foothill High School for boys and girls of the following age groups and days:

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February 5 for age groups U-9 to U-14
February 6 for age groups U-12 to U-14
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Please visit www.capvalleyunited.com to preregister and to obtain information about our program.

Widowed Persons Association of California, Inc.

Workshop

The next Recovery from Grief workshop will begin Thursday, February 10th, 3-5 PM, continuing for 6 weeks through March 17th. Please call our office at (916) 972-9722 between the hours of 10:00 a.m. and 3:00 p.m. to sign-up. The workshop is from 3 - 5 p.m. at 2628 El Camino Avenue, Suite D-18 (just east of Fulton Avenue on El Camino Avenue). Please enter from the parking lot at the rear of the complex. If there is no answer at the office, leave your name, phone number and reference the workshop and someone will return your call or email us at wpacl@sbcglobal.net.

For further information, contact Barbara Stewart at 363-3482.

2011 Vitality Workshops

Tuesday Evenings at 6:00
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02/01	Health and Vitality Workshop
02/08	Stress Without Distress
02/15	Health and Vitality Workshop

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Singles Valentines Dance at Carmichael Presbyterian Church

Carmichael - Christian Singles Network will hold a Valentine's Dance for single adults of all ages Saturday, February 5 at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. All ages are welcome to attend.

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

Dress is party attire. The ticket price of \$15 presale or \$20 at the

door includes hors d'oeuvres, non-alcohol beverages and the dance lesson. Volunteers attend free. Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.

Christian Singles Network celebrates its 18th Anniversary this year, and is Sacramento's oldest and largest Christian Singles group, holding weekly events, with dances every month. The next dance after this is the West Coast Swing Dance Workshop and DJ Dance Sunday, February 20, at Roseville Veteran's

Hall - \$10 presale, \$15 at the door. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

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

IRS to Hold EITC Awareness Day Jan. 28

Sacramento Region - Each year the IRS sponsors an Earned Income Tax Credit (EITC) Awareness Day to remind low income families that they may be eligible to receive as much as \$5,600 by simply filing a Federal income tax form. On January 28, 2011, IRS and its partners will be reaching out to families who might otherwise leave this money sitting on the table.

"We are happy that four out of five eligible people receive their EITC because we know that EITC is a financial boost for working people hit by hard economic times," said IRS spokesman Jesse Weller. "Now, if we can only reach the remaining potential recipients who have earned the EITC, get them to claim it and get it, we will have done them a great service,"

Weller said.

People move into and out of EITC eligibility based on changes in their earnings, their parental status or their marital status. Many people will qualify for the first time this year due to economic changes in their incomes.

People who earned \$48,362 or less from wages, self-employment or farming in 2010 should check to see if they qualify. It's easy to verify if you qualify. Go to www.irs.gov and type "EITC" into the search box. On the EITC Home Page you will find a wizard that will allow you to verify whether you are qualified by answering a few simple questions.

Eligible workers can get their EITC only if they file federal income tax returns - even if they are not otherwise

required to file - and specifically claim the credit. Taxpayers have several choices for free help claiming the credit. Many communities have volunteer income tax assistance sites. To locate a site, call your community's 211 number for local services or call the IRS at 1-800-906-9887. Help also is available at IRS Taxpayer Assistance Centers. Locations are online at www.irs.gov.

On Saturday, January 29, 2011, IRS will hold EITC Saturday and open selected offices to provide special assistance. In addition, a number of community partners will also open their doors to assist taxpayers who want to claim the EITC. Check www.irs.gov for locations near you that will offer this Saturday service.

Grange-Sponsored "Frakenfish" Bill Introduced in Assembly

Sacramento - California Assembly member Jared Huffman (D-San Rafael) introduced Assembly Bill 88 recently, which aims to protect California consumers' right-to-know by requiring all genetically engineered (GE) salmon sold in California to be clearly labeled.

The Food and Drug Administration (FDA) is currently considering approval of a type of Genetically Engineered (GE) farmed Atlantic salmon which would be the first ever GE animal approved for human consumption. The FDA is also considering whether or not to require labeling should it be approved for sale domestically. The California State Grange believes that not enough is currently known about the potential impacts of GE salmon to conclude that it is safe for the environment in general or wild fish populations specifically.

"Assembly member Huffman's bill is important for all Californians, not just seafood consumers," explained Dr. George Leonard, director of Ocean

Conservancy's aquaculture program. "While the FDA has yet to make a final decision on GE salmon, California and Assembly member Huffman are making it clear that mandatory labeling is needed to provide families with the information they want and need when buying food. Once again, California is leading the nation in assisting consumers make informed decisions in the marketplace."

California Grangers agreed with this assessment when they resolved to oppose marketing GE salmon without sufficient testing and labeling last October. "Consumers have the right to determine the suitability of the food they feed their families," commented Bob McFarland, President of the California State Grange. "I would be suspicious of any food producer that would want to prevent us from knowing the nature and origin of their products." In addition, the Grange also has policy on scientific studies and testing on all GE/GMO food products. "Consumer safety should

never be a hit-or-miss proposition," said McFarland.

The proposal currently pending before the FDA has generated significant concern and opposition. Since FDA held public hearings on the issue in September, 29 members of the House of Representatives and 12 Senators have written urging a rejection of the proposal. This came on top of more than 368,300 public comments in opposition as well as a strong public rebuke from 14 elected officials in California, led by Huffman.

"At the end of the day, this issue is larger than salmon-it is about the future of fish. If and how to proceed with GE salmon should be part of a broader national debate about sustainable seafood and how to proactively plan for the future we desire," said Leonard. "Approval of GE salmon would set a dangerous precedent. It could open the floodgates to approval of other GE fish and fundamentally alter the nature of our seafood supply," concluded Leonard.

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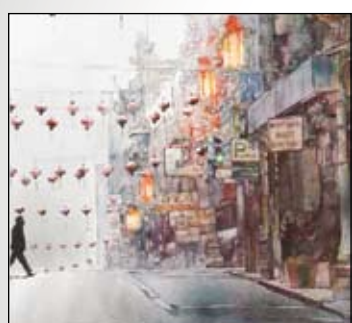


Image: "Morning Fog", by John Salminen, one of 40 watercolor masterpieces.

American Watercolor Society International Traveling Exhibition - January 7-30, 2011.

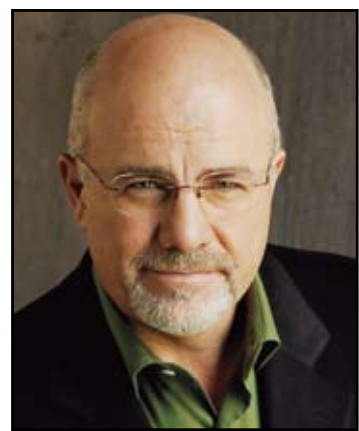
The Sacramento Fine Arts Center will proudly host the American Watercolor Society International Traveling Exhibition, consisting of 40 paintings executed by artists from all corners of the United States, Canada and Singapore. These paintings were chosen to travel throughout the United States from 85 that were on exhibit in New York.

The Sacramento Fine Arts Center will be open daily for this exhibit. Hours 10:00 am-5:00 pm, \$5.00 donation.

Group tours with docents may be arranged, for information call the Center.

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Dave Says

tons of pictures of his work. Before and after shots are great sales tools in his industry, so you'll need to really show off his talents.

Of course, no one will know you're out there or online unless you really talk up the business with people. And I'm not just talking about homeowners and businesses. You guys need to approach anyone who may be a potential lead—real estate agents, builders, bankers, architects and anyone else who touches a piece of real estate.

When we built our house, the architect recommended the landscaper. So, try to figure out all the connectivity points you can. Then, stay in touch, and buy them lots of coffee and doughnuts!

- Dave

Not A Luxury These Days

Dear Dave,

We had just started your plan and saved \$1,000 for our baby emergency fund when our laptop computer died. We do all of our finances online, including budgeting and banking. Should we dip into the emergency fund to replace the computer?

- Erin

Dear Erin,

Yes, I think you should. Computers used to be considered a luxury, but today many people find themselves in your exact situation. They use computers not as toys or just to surf the web, but to help run their households and organize their lives and finances on a daily basis.

Now, upgrading at this point to the biggest, baddest, coolest thing on the planet is a no-no. That kind of thing

is what we call a "want." There's a difference between a "want" and a "need." So, you need stay calm and go find a good basic computer that will take care of your online needs.

Trust me, you can get a good new laptop for about \$300. That way, you can take care of your computing while only putting a small, temporary dent in your emergency fund!

- Dave

Can the Loans be Forgiven?

Dear Dave,

I'm 36, and I've been placed on permanent disability due to primary progressive multiple sclerosis. Is there a possibility I could petition to have my student loans forgiven? Do you believe this is an issue of conscience?

- Janelle

Dear Janelle,

No, I don't think it's an issue of conscience. If you've been officially and medically diagnosed with this disease, and you've also been declared permanently disabled, then federally insured student loans can, and should, be forgiven.

I'll tell you ahead of time that it's going to take a lot of work—regardless of the reason—to get a request like this through the system. You'll be swimming in red tape for a while, but having the loans forgiven is only fair considering your condition and situation.

God bless you, Janelle.

- Dave

For more financial help please visit daveramsey.com.

Carmichael



Tiny Tots Taught by Kelly Stapp Ages 3-5 years

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. A parent information packet is available at the time of registration. Returning students have priority.

Location: Carmichael Park Tiny Tots Room

Kindergarten Readiness

Day/Time: Mondays, Wednesdays and Fridays,

9am - Noon

Dates: 1/3 - 2/14 (no class on 1/17), 2/28 - 4/8

Fee: \$265

Kindergarten Readiness

Day/Time: Tuesdays and Thursdays,

9am - Noon

Dates: 1/4 - 2/10, 2/29 - 4/7

Fee: \$180

Carmichael's Biggest Loser Program for Teens Taught by Mimi Rogers-Phillips, Wellness Coach Ages 11-14

Feeling self-conscious because of your weight or that you can't participate in activities other kids do? We want to offer you a chance to get your confidence back by lending you a support system to help you through your desired weight loss journey. Join Commit Under 200 (CU200). The program offers resources, coaching, 1 on 1's, exercise, proper food preparation, healthy restaurant eating and more. No fads, diets or surgeries...just 12 weeks of learning how to build the spiritual, emotional, mental and social structure that ultimately leads to a more positive and confident persona.

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

Carmichael Recreation and Park District is announcing these upcoming events

Location: La Sierra Community Center,
Room 810

Day/Time: Thursday, 7-8:30pm

Dates: 1/13-3/31

Fee: \$80/12 weeks

New class: Tap Dancing Classes

Starting in January

La Sierra Community Center Sierra Rooms

5325 Engle Rd, Carmichael

Thursdays from 6 - 7 pm

\$30 per month

Try one for free! Beginning and Progressive Tap Dancing for anyone over age 18. Classes are taught with exercise & fun in mind! Benefits include mental and physical stress reduction, head to toe workout and making new friends. There is also an option to join a dance troupe! For further information please call 483-7826 or 485-5322.

Princess Party

Saturday, February 12, 1-3pm

Ages 1-6 years • \$20 per child

La Sierra Community Center, Gibbons Room

(rear of complex, facing Gibbons Dr.)

5325 Engle Road

Here's an opportunity for your special princess to spend an afternoon having fun with other girls just like her! The professionals from Once Upon a Princess will provide us with tiaras, face painting, a tea party and other fun activities specially designed to treat your princess...like a princess!

If you have any questions,
please call Elizabeth Crisante
at 483-7826 or email her at
ecrisante@carmichaelpark.com.

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For information on reservations and fee, call The Senior Connection at 916-334-1072.

Classes will be held from 1:00 p.m. - 3:00 p.m. on Thursdays, January 13 - February 10.

Eskaton Community Services Center, 8525 Madison Avenue, Suite 150, Fair Oaks, CA 95628

Credit, Co-Signing and Current Conditions

A free workshop in collaboration with SAFE Credit Union

New legislation for 2011 will affect the way lenders evaluate loans and existing lines of credit. Rachel Allard from SAFE Credit Union will be sharing those facts in an information session hosted by The Senior Connection.

For information on reservations for this FREE class, call The Senior Connection at 916-334-1072.

Class will be held from 1:00 p.m. - 3:00 p.m. on Wednesday, January 26.

Eskaton Community Services Center, 8525 Madison Avenue, Suite 150, Fair Oaks, CA 95628

CHAUTAUQUA
playhouse

West Coast Premiere of A Southern Exposure

Chautauqua Playhouse has announced the West Coast theatrical premiere of A SOUTHERN EXPOSURE, a new comedy-drama by Kelley Kingston-Strayer, which started on January 14th, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through February 20th. All 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.



Appearing in "A Southern Exposure":

(L) Janice Read Hoberg, Sara Sells, Linda Nalbandian

Set in a small town in present day Kentucky, Callie Belle Hurt, a young woman raised by Hattie, her cantankerous, controlling grandmother and two eccentric, doting aunts, announces she's moving to New York to live with her boyfriend. Will Callie's fairy-tale ending be dashed? Will she realize her own self worth? Can damaged relationships be saved? This moving and humorous award winning comedy-drama gets its first West Coast production at Chautauqua!

The show is directed by Paul Fearn, featuring a talented cast including Janice Reade Hoberg, Linda Nalbandian, Deborah Odehnal and Sara Sells. Set design is by Rodger Hoopman and costumes are by Eileen Beaver. Light design is by Don Myers.

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.

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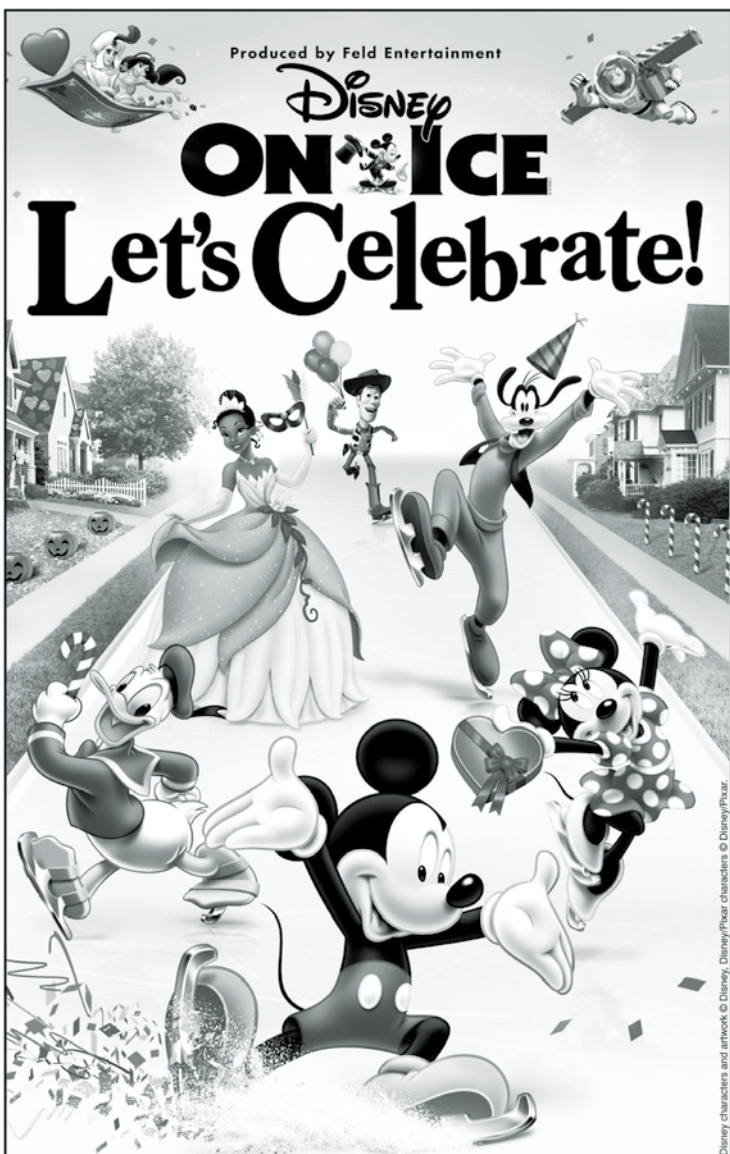
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FEB. 16 - 21

Wed. FEB. 16 * 7:00 PM	Thu. FEB. 17	Fri. FEB. 18	Sat. FEB. 19	Sun. FEB. 20	Mon. FEB. 21
OPENING NIGHT					
Buy One Ticket, Get One FREE!*	7:00 PM	7:00 PM	7:00 PM	7:00 PM	4:00 PM

Buy Sacramento tickets at Ticketmaster.com, ticketmaster.com Retail Locations, Arco Arena Box Office or call 1-800-745-3000.

Regular Ticket Prices: \$14 - \$17 - \$23 - \$40 VIP - \$65 Front Row
Limited number of Front Row and VIP seats available.
Call or go online for details.
(Service charges, facility and handling fees may apply.)

St. John the Evangelist Annual Crab Feed

Carmichael - St. John the Evangelist School in Carmichael is hosting its 27th Annual Crab Feed on Saturday, February 5, 2011 from 6 p.m. to Midnight. 6 p.m. to 7 p.m. is no host bar and hors d'oeuvres, 7 p.m. to 9 p.m. is salad, dinner roll, pasta, crab and dessert and from 9 p.m. to midnight is dancing. You can buy raffle tickets to win some great prizes or bid on a premium dessert in the dessert auction to enjoy with dinner. Tickets are \$40 per person or \$39 each when purchased as a block of 10 tickets. All proceeds go toward the school. For more information please call the school office at 481-8845.

17th Annual Healthy Horizons Senior Wellness Fair at Eskaton Village Carmichael

Name of Organization: Eskaton Village Carmichael
What: 17th Annual Healthy Horizons Senior Wellness Fair
When: Wednesday, March 2, 2011 from 12:30 pm - 2:30 pm

Location: Eskaton Village Carmichael 3939 Walnut Avenue Carmichael, CA 95608

Contact Information: Stefanie Strickley, Fitness and Wellness Program Coordinator

Contact Phone Number: (916) 974-2000
Description of Event: Senior Wellness Fair. A variety of health and wellness professionals. **Free samples, prize drawings & health screenings.**

Cost: Free to the Public

Huber Announces Free Cash for College Workshops to Assist Students

Urges Students to Apply for CalGrants by March 2nd Deadline

Sacramento Region - Assembly-member Alyson Huber, a past Cal Grant recipient, wants to remind students and parents that March 2nd is the deadline to apply for CalGrants. Cal Grants, a need-based financial aid program, has been a big part of making college affordable for many California families. To assist students with applying for CalGrants and other financial aid, Assemblymember Huber also announced Cash for College workshops being held in January and February around the Sacramento region.

"Paying for school is tough. I know because I was the first in my family to graduate from college and financial aid helped make it possible for me to succeed," said Assemblymember Alyson Huber. "Today, every low- or moderate-income student who meets the academic standards is guaranteed a Cal Grant award and we must do everything we can to ensure that every eligible student takes advantage of this extraordinary opportunity."

In the 10th Assembly District, Cash for College Workshops are being held at Cordova High School on January



Assembly-member Alyson Huber

26th from 6:30-8:30pm and at Florin High School on February 9th from 6-8pm. High school seniors who attend a Cash for College workshop and apply for a Cal Grant by March 2nd could receive an extra \$1,000 scholarship. For a list of additional workshops locations and dates visit www.calgrants.org.

Eligible students receive grants for tuition and fees at the California State University or the University

of California. Awards are also given to community college students and students entering private California colleges, including technical education programs.

Students must apply for a Cal Grant by submitting a Federal Student Aid (FAFSA) Form and a Cal Grant Grade Point Average Verification Form. Changes in the law guarantee that every eligible student will get a Cal Grant award of up to \$11,124 a year, depending on the cost of their college or university, their financial need and the type of grant. One of the most important things to note, Cal Grants do not have to be repaid.

For more information on the Cal Grant Program, how to obtain an application, or how to fill out an application, high school students can contact their counselors, or call the California Student Aid Commission at 1-888-224-7268. Additionally, the commission has a web site at www.csac.ca.gov.

For more information, please visit asm.ca.gov/huber or call (916) 319-2010.

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				8	3			

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

C	L	O	P	S		G	M	T		G	A	L	A		
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Crossword Puzzle on Page 9

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AFA College Scholarship Program

Sacramento - The Air Force Association, Sacramento Chapter, is proud to announce its College Scholarship Program for 2011. The Air Force Association (AFA) is an independent, nonprofit, civilian education organization promoting public understanding of aerospace power and the pivotal role it plays in the security of the nation. Each year, for the past seven years, the Claude Fariha Chapter of the Air Force Association has awarded at least \$20,000 in

college scholarships to youth from the Sacramento region. The 2011 scholarship Program is open to all college and high school students attending or applying to an accredited four-year college, university or military academy on a full time basis, starting in the fall of 2011.

Scholarship criteria and applications are available at all local colleges and high schools, district offices, ROTC and JROTC units and are also available on the Air Force

Association Sacramento Chapter web site, www.sacafa.com. Applications must be postmarked by March 12, 2011. Scholarship applicants are selected based on their academic achievements, demonstrated leadership, community involvement, extra curricular activities and the content and quality of their personal essay. The Chapter will select scholarship recipients in March 2011 and winners will be formally recognized in late April at an annual awards banquet.

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Reportedly, Johnson & Johnson has been seeking medical releases from recipients so that their claims adjustors can speak with you directly and possibly take down statements without your having counsel present — an unwise action for any recipient to do.

Having a defective hip implant in your body clearly demands having your own lawyer. You must be very cautious with dealing with the manufacturer or its representative without proper legal representation.

If you have a DePuy ASR™ product, please call us immediately, as there are time limits for filing a claim. You might already have problems with the implant about which you are unaware, so please contact us — and certainly do not forfeit your legal rights without talking to us.

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

Drywall

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

Elder Care

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

Electrical Services

RETIRED MASTER ELECTRICIAN Expert troubleshooter, 30 years experience. Old panel repairs/upgrades. Lic. # 877532 Call 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, Vinyl, Trellis, Decks, Residential/Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

Fencing Prime Time Fencing. 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 on time service. Lifetime steel 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

CASH NOW! Cash for your structured settlement or annuity payments. Call J.G. Wentworth. 1-866-494-9115. Rated A+ by the Better Business Bureau. (Cal-SCAN)

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

Real People helping Good People find Real Debt 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 Stlmt. 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, split, \$70 per truckload. FREE delivery in Sacramento area. 481-7315 (MPG 1-05)

For Rent

Carmichael Twnhse - \$1100 - 3 bdrm, 1-1/2 ba; nu kit, inclu ref; oven; micro; wash/dry; carport for 2 - 510-865-7724 (MPG01-12-11)

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 hydraulic lifts • Secure/gated parking • Built-in cabinets • Deep sink to wash up in • Plenty of overhead lighting • Alarm system • 110/220 single phase hook ups • Swamp cooler Located near a major intersection. Any questions or to view the property please contact: M. W. 916-638-7439 (MPG 08-25)

COMMERCIAL Office/Warehouse space. 1,000 up to 3,000 sq. ft. available @ .55c (month to month) or negotiable lease. Excellent

1-80 access near ARC (Auburn Blvd/College Oak). Call Lisa West @ (916) 331-0840. (MPG)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden, Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-6784. (MPG)

For Sale

2 bedroom Mobile Home 12x60, in Citrus Heights, Sac., Mobile Home Park for 55 +, \$7,900. Call 916-765-6282 8-4 pm (MPG 12-08)

Foster Care

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

Free Hearing Test

Miracle-Ear FREE Hearing Test, 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. (MPG 09-01)

Gardeners

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

Golf Equipment for Sale

2 Bags Good Condition, 1 Golf Caddy, Titleist Clubs, Diamond Head, Browning 440, Topflite, Cleveland, Titleist, Zebra, MacGregor Silver, Gravity Back Cobra, Stan Thonson, Callaway Silverhead, Bucket of balls (used) Best Offer for All. Call Scott 613-8359 (MPG)

Groomer

Pinkiepop, 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 Discounts Gutter Cleaning-Deck's Woodwork 916-519-5135 Free Estimates (MPG)

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

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

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

Health/Misc.

HIP REPLACEMENT SURGERY: If you had hip replacement surgery between 2005-present and suffered problems requiring a second revision surgery, you may be entitled to compensation. Attorney Charles Johnson, 1-800-535-5727 (SWAN)

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

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

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

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

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)

ABLE TO TRAVEL Hiring 8 people. No experience necessary. Transportation & lodging furnished. Paid training. Work and travel entire USA. Start today. www.ProtekChemical.com-1-208-590-0365. (Cal-SCAN)

EMERGENCY MEDICAL TECH. Must be H.S. grad ages 17-34. No experience needed. Paid training, benefits, vacation, regular raises. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL-A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (MPG)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll

work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

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

For Sale

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 Latest telecommunication products. \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

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

SALES, Seeking Business minded Marketing reps, 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 year job experience needed. Email at danelopez1980@yahoo.com if interested (MPG)

MAKE A DIFFERENCE. For More 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.happyandhealthilyfamily.com 888-211-4268 (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)

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\$985. 888-375-3665 (MB 12-31)

Home Health Care

Legal Advertising Hotline
916-532-2113
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

NOTICE OF TRUSTEE'S SALE
File No. 7037.09098 Title Order No.
4518765 MIN No. APN 232-0083-
016-0000 YOU ARE IN DEFAULT
UNDER A DEED OF TRUST,
DATED 02/27/07. UNLESS 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. A public
auction sale to the highest bidder
for cash, cashier's check drawn
on a state or national bank, check
drawn by state or federal credit
union, or a check drawn by a
state or federal savings and loan
association, or savings association,
or savings bank specified in
§5102 to the Financial code and
authorized to do business in this
state, will be held by duly appointed
trustee. The sale will be made,
but without covenant or warranty,
expressed or implied, regarding
title, possession, or encumbrances,
to satisfy the obligation secured
by said Deed of Trust. The
undersigned Trustee disclaims any
liability for any inaccuracy of the
property address or other common
designation, if any, shown herein.
Trustor(s): Patrick O. Ryan, an
unmarried man Recorded: 03/06/07,
as Instrument No. Book 20070306
Page 1806, of Official Records of
SACRAMENTO County, California.
Date of Sale: 02/02/11 at 11:00 AM
Place of Sale: At the main entrance
to the County Courthouse, 720
9th Street, Sacramento, CA. The
purported property address is: 6036
ELLERSLEE DR, CARMICHAEL,
CA 95608 Assessors Parcel No.
232-0083-016-0000 The total
amount of the unpaid balance
of the obligation secured by the
property to be sold and reasonable
estimated costs, expenses and
advances at the time of the initial
publication of the Notice of Sale is
\$265,234.09. If the sale is set aside
for any reason, the purchaser at the
sale shall be entitled only to a return
of the deposit paid, plus interest.
The purchaser shall have no further
recourse against the beneficiary,
the Trustor or the trustee. If required
by the provisions of section 2923.5
of the California Civil Code, the
declaration from the mortgagee,
beneficiary or its authorized agent
was recorded with the appropriate
County Recorder's Office and
reads substantially as follows: The
mortgage loan servicer declares
that (1) it has obtained a final or
temporary order of exemption
pursuant to California Civil Code
§ 2923.52 and (2) the timeframe
for giving notice of sale specified
in subdivision (a) of California
Civil Code § 2923.52 does not
apply pursuant to California Civil
Code § 2923.52 or 2923.55. Date:
January 6, 2011 NORTHWEST
TRUSTEE SERVICES, INC., as
Trustee Melissa Myers, Authorized
Signatory 505 N. Tustin Avenue,
Suite 243, Santa Ana, CA 92705
Sale Info website: www.UISA-
Foreclosure.com Automated Sales
Line: 714-277-4845 Reinstatement
and Pay-Off Requests: (866)
387-NWTS THIS OFFICE IS
ATTEMPTING TO COLLECT A
DEBT AND ANY INFORMATION
OBTAINED WILL BE USED
FOR THAT PURPOSE FILE #
1002.181066 1/11, 1/18, 1/25/2011.
Publish: Jan. 12, 19, 26, 2011.
FEI 10102 1-26-11

54, located at 800 9th St., Third
Floor, 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: Dec. 27, 2010.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: Jan. 5, 12, 19, 26, 2011.
GILMAN 10101 1-26-11

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00094403
WHEREAS, Farid Nasrollahzede
has filed a petition with this court for
a decree changing name of Farid
Nasrollahzede to Farid Nasr. IT IS
ORDERED that all persons
interested in the above entitled
matter appear before this court
at 9 a.m. on Feb. 9, 2011 in Dept.
54, located at 800 9th St., Third
Floor, 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: Dec. 29, 2010.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: Jan. 5, 12, 19, 26, 2011.
NASR 10101 1-26-11

SAN JUAN UNIFIED SCHOOL
DISTRICT
PUBLIC HEARING NOTICE
PROPOSED DEDICATION OF
WATER EASEMENT
NOTICE IS HEREBY GIVEN
that, pursuant to Education Code
section 17556, et seq., the Board of
Education of the San Juan Unified
School District ("Board") has adopted
a Resolution of Intent to convey
to the Sacramento County Water
Agency ("SCWA") certain property
for the construction and operation
of water facilities (hereinafter referred
to as "Easement"). The Easement
is situated upon, over and under a
portion of the Arden Middle School
site. A public hearing will be held
during the regular meeting of the
Board on February 8, 2011, at
6:30 p.m. or as soon thereafter
as practicable, in the District
Administrative Offices located at
3738 Walnut Avenue, Carmichael,
California, on the question of
dedication of the Easement.
Copies of the Resolution of Intent
to Dedicate Water Easement
and Calling a Public Hearing in
Connection Therewith are posted
at the Carmichael Library, Fair
Oaks Library, and the San Juan
Unified School District Office.
Any interested person may be
heard on the matter of conveying
the aforementioned Property at the
public hearing described above.
At the time and place of the public
hearing, if no legal protest is
entered, the Board may adopt a
resolution by a two-thirds vote of its
members authorizing and directing
the execution of an Easement
Deed dedicating the Easement
to SCWA. Dated: 1/26/2011/
Publish: Jan. 26, 2011.
SIJUSD 10104 1-26-11

FICTITIOUS BUSINESS NAME
STATEMENT #1010783. Ivan
Formazjuk, 4928 Vir Mar St.
#49, Fair Oaks, CA 95628
is doing business under the
Fictitious Business Name "Euro
Flooring" at 4928 Vir Mar St.
#49, Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento
County on Dec. 14, 2010.
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
EUROFL 10102 2-2-11

FICTITIOUS BUSINESS NAME
STATEMENT #101029. MGG,
LLC, 330 California Ave., Carmichael,
CA 95608 is doing business under
the Fictitious Business Name "Eco
Fire Solutions" at 3303 California
Ave., Carmichael, CA 95608.
Filed with the Clerk of Sacramento
County on Dec. 23, 2010.
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
ECOFIR 10102 2-2-11

FICTITIOUS BUSINESS NAME
STATEMENT #1009257. Catherine
Fagiolo, 4910 Shamrock Dr., Fair
Oaks, CA 95628 is doing business
under the Fictitious Business Names
"Presentations Plus; Choral Studio;
Studio Classico" at 4910 Shamrock
Dr., Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento
County on Oct. 20, 2010.
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
PRESEN 10102 2-2-11

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00091577
WHEREAS, Natalia J. Hallen
and Stan V. Hallen have filed a petition
with this court for a decree changing
name of Vladislav Mikhailenko to
Vlad Stan Hallen. IT IS ORDERED
that all persons interested in the
above entitled matter appear before
this court at 2 p.m. on Feb. 8, 2011
in Dept. 53, located at 800 9th St.,
Third Floor, 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: Nov. 15, 2010.
Kevin R. Culhane
Judge of the Superior Court
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
HALLEN 10102 2-2-11

SAN JUAN UNIFIED SCHOOL
DISTRICT
PUBLIC HEARING NOTICE
PROPOSED CONVEYANCE
OF PROPERTY FOR PUBLIC
UTILITIES
NOTICE IS HEREBY GIVEN
that, pursuant to Education Code
section 17556, et seq., the Board of
Education of the San Juan Unified
School District ("Board") has adopted
a Resolution of Intent to dedicate

and convey to the Sacramento
Suburban Water District ("SSWD")
certain real property adjacent to the
Coyle Avenue Elementary School
site (hereinafter referred to as
"Property") for the construction, use,
operation and maintenance of well
water facilities. A public hearing will
be held during the regular meeting
of the Board on February 8, 2011,
at 6:30 p.m. or as soon thereafter
as practicable, in the District
Administrative Offices located at
3738 Walnut Avenue, Carmichael,
California, on the question of
conveyance of the Property.
Copies of the Resolution of Intent to
Convey Property for Public Utilities
and Calling a Public Hearing in
Connection Therewith are posted
at the Carmichael Library, Fair
Oaks Library, and the San Juan
Unified School District Office.
At the public hearing described
above any interested person may
be heard on the matter of
conveying the aforementioned
Property. At the time and place
of the public hearing, if no legal
protest is entered, the Board may
adopt a resolution by a two-thirds
vote of its members authorizing
and directing the execution of a
Grant Deed conveying the Property
to SSWD. Dated: 01/26/2011.
Publish: Jan. 26, 2011.
SIJUSD 10104 1-26-11

FICTITIOUS BUSINESS NAME
STATEMENT #1010783. Ivan
Formazjuk, 4928 Vir Mar St.
#49, Fair Oaks, CA 95628
is doing business under the
Fictitious Business Name "Euro
Flooring" at 4928 Vir Mar St.
#49, Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento
County on Dec. 14, 2010.
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
EUROFL 10102 2-2-11

FICTITIOUS BUSINESS NAME
STATEMENT #101029. MGG,
LLC, 330 California Ave., Carmichael,
CA 95608 is doing business under
the Fictitious Business Name "Eco
Fire Solutions" at 3303 California
Ave., Carmichael, CA 95608.
Filed with the Clerk of Sacramento
County on Dec. 23, 2010.
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
ECOFIR 10102 2-2-11

FICTITIOUS BUSINESS NAME
STATEMENT #1009257. Catherine
Fagiolo, 4910 Shamrock Dr., Fair
Oaks, CA 95628 is doing business
under the Fictitious Business Names
"Presentations Plus; Choral Studio;
Studio Classico" at 4910 Shamrock
Dr., Fair Oaks, CA 95628. Filed
with the Clerk of Sacramento
County on Oct. 20, 2010.
Publish: Jan. 12, 19, 26, Feb. 2,
2011.
PRESEN 10102 2-2-11

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Filed with the Clerk of Sacramento
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Publish: Jan. 12, 19, 26, Feb. 2,
2011.
ECOFIR 10102 2-2-11

NOTICE OF PETITION TO
ADMINISTER
ESTATE OF
THURMOND COOPER
ESTATE NO. 34-2011-94732
To all heirs, beneficiaries,
creditors, and contingent creditors of
and persons who may be otherwise
interested in the will or estate, or
both of THURMOND COOPER:
A petition has been filed by
ALICE COOPER in the Superior
Court of California, County of
Sacramento, requesting that
ALICE COOPER be appointed
as personal representative to
administer the estate of the decedent.
The petition requests authority
to administer the estate under the
Independent Administration
of Estates Act. This will avoid the
need to obtain court approval for
many actions taken in connection
with the estate. However, before
taking certain actions, the personal
representative will be required to
give notice to interested persons
unless they have waived notice or
have consented to the proposed
action. The petition will be granted
unless an interested person files
an objection to the petition and
shows good cause why the court
should not grant the authority.
The petition is set for hearing
in Dept. No. 129, at 3341 Power
Inn Road, Sacramento, CA 95826
on February 18, 2011 at 9 a.m.
IF YOU OBJECT to the
granting of the petition, you should
appear at the hearing and state
your objections or file written
objections with the court before
the hearing. Your appearance may
be in person or by your attorney.
IF YOU ARE A CREDITOR
or a contingent creditor of the
deceased, you must file your claim
with the court and mail a copy to the
personal representative appointed
by the court within four months
from the date of first issuance of
letters as provided in Section 9100
of the California Probate Code.
The time for filing claims will not
expire before four months from the
date of the hearing noticed above.
YOU MAY EXAMINE the
file kept by the court. If you are
interested in the estate, you may
request special notice of the filing
of an inventory and appraisal of estate
assets or of any petition or account
as provided in Section 1250 of the
California Probate Code.
The name and address of
petitioner or petitioner's attorney is:
Alice Cooper, 399 DuBois
Ave., Sacramento, CA 95838
Publish: Jan. 19, 26, Feb. 2, 2011.
VANLE 10103 2-2-11

NOTICE OF PETITION TO
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Publish: Jan. 19, 26, Feb. 2, 2011.
VANLE 10103 2-2-11

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ESTATE NO. 34-2011-94732
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California Probate Code.
The name and address of
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Alice Cooper, 399 DuBois
Ave., Sacramento, CA 95838
Publish: Jan. 19, 26, Feb. 2, 2011.
VANLE 10103 2-2-11

NOTICE OF PETITION TO
ADMINISTER
ESTATE OF
THURMOND COOPER
ESTATE NO. 34-2011-94732
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both of THURMOND COOPER:
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ALICE COOPER in the Superior
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The petition requests authority
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or a contingent creditor of the
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personal representative appointed
by the court within four months
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letters as provided in Section 9100
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The name and address of
petitioner or petitioner's attorney is:
Alice Cooper, 399 DuBois
Ave., Sacramento, CA 95838
Publish: Jan. 19, 26, Feb. 2, 2011.
VANLE 10103 2-2-11

Publish: Jan. 19, 26, Feb. 2, 9,
2011.
EDLING 10103 2-9-11

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00094748
WHEREAS, Daniela Schmidt
has filed a petition with this court
for a decree changing name of
Daniela Ciufu Schmidt to Daniela
Schmidt. IT IS ORDERED that all
persons interested in the above
entitled matter appear before this
court at 9 a.m. on Feb. 18, 2011
in Dept. 54, located at 800 9th St.,
Third Floor, 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: Jan. 7, 2011.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: Jan. 19, 26, Feb. 2, 9,
2011.
SCHMID 10103 2-9-11

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00094861
WHEREAS, Brock Daniel Hickey
Jr. has filed a petition with this court
for a decree changing name of
Brock Daniel Hickey Jr. to Brock
Daniel Wegner. IT IS ORDERED
that all persons interested in the
above entitled matter appear before
this court at 9 a.m. on Feb. 23,
2011 in Dept. 54, located at 800
9th St., Third Floor, 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: Jan. 11, 2011.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: Jan. 19, 26, Feb. 2, 9,
2011.
WEGNER 10103 2-9-11

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00095057
WHEREAS, Laura Smith
has filed a petition with this court
for a decree changing name of
Laura Jane Smith to Laura Jane
Peterson. IT IS ORDERED that all
persons interested in the above
entitled matter appear before this
court at 9 a.m. on Feb. 24, 2011
in Dept. 54, located at 800 9th St.,
Third Floor, 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: Jan. 13, 2011.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: Jan. 19, 26, Feb. 2, 9,
2011.
PETERS 10103 2-9-11

SUPERIOR COURT OF
CALIFORNIA
COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2010-00094770
WHEREAS, Hattie Francine
Thompson has filed a petition
with this court for a decree
changing name of Hattie Francine
Thompson to Francine Thompson.
IT IS ORDERED that all persons
interested in the above entitled
matter appear before this court at
9 a.m. on Feb. 23, 2011 in Dept.
54, located at 800 9th St., Third
Floor, 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: Jan. 10, 2011.
Shelleyanne W.L. Chang
Judge of the Superior Court
Publish: Jan. 19, 26, Feb. 2, 9,
2011.
THOMPS 10103 2-9-11

NOTICE OF TRUSTEE'S
SALE Trustee Sale No. 744241CA
Loan No. 3018254668 Title Order
No. 100641153-CA-MAI YOU
ARE IN DEFAULT UNDER A
DEED OF TRUST DATED 09-
13-2007. UNLESS 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 PROCEEDINGS
AGAINST YOU, YOU SHOULD
CONTACT A LAWYER. ON 02-
15-2011 at 9:30 AM, CALIFORNIA
RECONVEYANCE COMPANY
as the duly appointed Trustee
under and pursuant to Deed of
Trust Recorded 09-28-2007, Book
20070928, Page 0159, Instrument
of official records in the Office of
the Recorder of SACRAMENTO
County, California, executed by
ANGELICA RUBALCAVA A
MARRIED WOMAN AS HER SOLE
AND SEPARATE PROPERTY, as
Truitor, WASHINGTON MUTUAL
BANK, FA, as Beneficiary, will sell
at public auction sale to the highest
bidder for cash, cashier's check
drawn by a state or national bank,
a cashier's check drawn by a state
or federal credit union, or a cashier's
check drawn by a state or federal
savings and loan association,
savings association, or savings
bank specified in section 5102 of
the Financial Code and authorized
to do business in this state. Sale
will be held by the duly appointed
trustee as shown below, of all
right, title, and interest conveyed
to and now held by the trustee in
the hereinafter described property
under and pursuant to the Deed
of Trust. The sale will be made,
but without covenant or warranty,
expressed or implied, regarding
title, possession, or encumbrances,
to pay the remaining principal sum
of the note(s) secured by the Deed
of Trust, interest thereon, estimated
fees, charges and expenses of the
Trustee for the total amount (at
the time of the initial publication
of the Notice of Sale) reasonably
estimated to be set forth below.
The amount may be greater on the
day of sale. Place of Sale: AT THE
EAST MAIN ENTRANCE TO THE
COUNTY COURTHOUSE, 720
9TH STREET, SACRAMENTO, CA
LEGAL DESCRIPTION: ALL THAT LAND
SITUATED IN THE COUNTY OF
SACRAMENTO AND PARTLY
WITHIN BLOCK 43 OF THE CITY
OF ISLETON, AS SHOWN ON A
MAP FILED FEBRUARY 28, 1958
IN BOOK 48 OF MAPS, MAP NO.
17, DESCRIBED AS FOLLOWS:
BEGINNING AT A POINT FROM
WHICH THE NORTHWEST
CORNER OF SAID BLOCK 43
BEARS NORTH 59° 40' 30" WEST
20.54 FEET, SAID POINT OF
BEGINNING BEING LOCATED
ON THE CENTERLINE OF TYLER
ISLAND ROAD 40 FEET IN WIDTH;
THENCE FROM SAID POINT
OF BEGINNING SOUTH 59° 40'
30" EAST 94.46 FEET ALONG
THE CENTERLINE OF SAID
TYLER ISLAND ROAD TO THE

NOTICE OF TRUSTEE'S
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drawn by a state or national bank,
a cashier's check drawn by a state
or federal credit union, or a cashier's
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savings and loan association,
savings association, or savings
bank specified in section 5102 of
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to do business in this state. Sale
will be held by the duly appointed
trustee as shown below, of all
right, title, and interest conveyed
to and now held by the trustee in
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of the note(s) secured by the Deed
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THENCE FROM SAID POINT
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MARRIED WOMAN AS HER SOLE
AND SEPARATE PROPERTY, as
Truitor, WASHINGTON MUTUAL
BANK, FA, as Beneficiary, will sell
at public auction sale to the highest
bidder for cash, cashier's check
drawn by a state or national bank,
a cashier's check drawn by a state
or federal credit union, or a cashier's
check drawn by a state or federal
savings and loan association,
savings association, or savings
bank specified in section 5102 of
the Financial Code and authorized
to do business in this state. Sale
will be held by the duly appointed
trustee as shown below, of all
right, title, and interest conveyed
to and now held by the trustee in
the hereinafter described property
under and pursuant to the Deed
of Trust. The sale will be made,
but without covenant or warranty,
expressed or implied, regarding
title, possession, or encumbrances,
to pay the remaining principal sum
of the note(s) secured by the Deed
of Trust, interest thereon, estimated
fees, charges and expenses of the
Trustee for the total amount (at
the time of the initial publication
of the Notice of Sale) reasonably
estimated to be set forth below.
The amount may be greater on the
day of sale. Place of Sale: AT THE
EAST MAIN ENTRANCE TO THE
COUNTY COURTHOUSE, 720
9TH STREET, SACRAMENTO, CA
LEGAL DESCRIPTION: ALL THAT LAND
SITUATED IN THE COUNTY OF
SACRAMENTO AND PARTLY
WITHIN BLOCK 43 OF THE CITY
OF ISLETON, AS SHOWN ON A
MAP FILED FEBRUARY 28, 1958
IN BOOK 48 OF MAPS, MAP NO.
17, DESCRIBED AS FOLLOWS:
BEGINNING AT A POINT FROM
WHICH THE NORTHWEST
CORNER OF SAID BLOCK 43
BEARS NORTH 59° 40' 30" WEST
20.54 FEET, SAID POINT OF
BEGINNING BEING LOCATED
ON THE CENTERLINE OF TYLER
ISLAND ROAD 40 FEET IN WIDTH;
THENCE FROM SAID POINT
OF BEGINNING SOUTH 59° 40'
30"



STATEPOINT CROSSWORD • THEME: SUPER BOWL

CROSSWORD

1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
16					17			18					
19				20		21	22						
		23				24							
25	26	27		28		29		30		31	32	33	34
35			36		37			38		39			
40					41			42		43			
44				45		46				47			
48					49		50			51		52	
				53		54		55		56			
57	58	59	60					61			62	63	64
65						66	67			68			
69						70				71			
72						73				74			



CLUES

- | | | | |
|--|--|---|---|
| <p>ACROSS</p> <ol style="list-style-type: none"> 1. Sounds of horse's hooves 6. Greenwich time 9. Type of ball 13. Get hot or make more intense 14. Female reproductive cells 15. Staple of American frontier 16. Description for twins 17. Choose instead 18. Necktie alternative 19. "Super Bowl I winner 21. "It's very pricey during the big game 23. "Without further ____" 24. Pretentiously artistic 25. Pimple fluid 28. "The 50 ____ line 30. Actress Loren 35. "Football fan quality 37. Prince of India 39. Persons, places and things 40. Moon in Spanish | <ol style="list-style-type: none"> 41. This Dogg can rap 43. Scraps of meal 44. Camel's cousin 46. "The Big ____," won two rings as coach 47. Urban myth, e.g. 48. "Last year's winner 50. Tear violently 52. '90s sarcastic catchphrase 53. City noise, sing. 55. Author Fleming 57. "Pay dirt 61. Moon between Sun and Earth, e.g. 65. Address to a woman 66. Old, over-worked horse 68. Alternates with bounds 69. Advertisers pay dearly to protect this 70. Dental group 71. Misbehave 72. Grazing lands 73. Acid 74. Sleazy | <p>DOWN</p> <ol style="list-style-type: none"> 1. Crack in a lip 2. "The Kinks" hit 3. Relating to ear 4. Absolutely first class and genuine 5. Like cartoon mouse Gonzales 6. Thick, messy substances 7. "Best performer 8. Batu Khan's people 9. "Cliffs Notes," e.g. 10. Reproductive structures 11. Rumpelstiltskin's weaver 12. ____ up 15. Heavy elementary particle 20. Bellows 22. "____ Now or Never" by Elvis 24. Take a recess 25. Burial garments 26. Palate lobe 27. Moses' mountain 29. "____ and rave" 31. "Betting game 32. 2nd largest of the Great | <p>Lakes</p> <ol style="list-style-type: none"> 33. Opening 34. Balance sheet entry 36. Wish harm upon 38. First-rate 42. ____ attack 45. "Don't try this ____" 49. "MVP Eli's relationship to Archie 51. "Site of 2011 Super Bowl 54. Relating to kidneys 56. Sister's daughter 57. Male version of Emilia 58. Cher has only one 59. June 6, 1944 60. Follows zigs 61. Exclamation of surprise, archaic 62. Liver delicacy 63. Potato 64. ESPN award 67. "As anticipated as the big game?" |
|--|--|---|---|

For Solution See Page 6

Carmichael Chamber of Commerce

Princess Party

Saturday, February 12, 1-3pm
Ages 1-6 years • \$20 per child

La Sierra Community Center, 5325 Engle Road
Here's an opportunity for your special princess to spend an afternoon having fun with other girls just like her! The professionals from Once Upon a Princess will provide us with tiaras, face painting, a tea party and other fun activities specially designed to treat your princess...like a princess!

October mixer hosted by Lind Brothers Funeral Home with the Fair Oaks Cemetery District.

Photo from Chamber of Commerce website

Carmichael Chamber Luncheon

Tuesday, February 22, 2011, 11:30am - 1:00pm

Cypress Avenue Baptist Church, 5709 Cypress Avenue, Carmichael

Luncheon meeting is in the Education Building Chamber General Meeting & Luncheon.

Guest speaker is Joyce Arredondo of the Juvenile Parole Board. Raffle prizes.

RSVP by Thursday, September 23 to 482-1002 or linda@carmichaelchamber.com

Membership Changes

Beginning January 1, 2011, the cost for residential members will be \$30 per person. Those who have already paid, will not pay the new price until their next renewal.

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

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Sacramento Public Library Events

History books discussed at Carmichael Library monthly meetings

Carmichael Library History Book Club mixes fact and fiction for a clearer picture of what has happened in world history. The adult book club meets at 6:30 p.m., on the first Tuesday of each month, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Attendees are encouraged to bring snacks to share with other book club members. For more information on the following book discussions, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

- February 1: The Worst Hard Time, by Timothy Egan
- March 1: In the Valley of the Kings, by Daniel Meyerson
- April 5: The Great Mortality, by John Kelly
- May 3: The Big Burn, by Timothy Egan

Yu-Gi-Oh Tournament

January 26, Wednesday, 3:30 p.m. to 4:30 p.m.

Teen Program
Join other Yu-Gi-Oh enthusiasts for a card tournament. Bring your own deck or a willingness to learn. Beginners welcome. Prizes.

Carmichael Movie Matinee

January 27, Thursday, 3 p.m. to 6 p.m.

Teen Program
Bring your friends and enjoy a movie @ Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles

Teen Book Club

January 28, Friday, 3:30 p.m. to 4:30 p.m.

Teen Program
Love to read? Join other teens discussing their favorite books. Pick one of our suggestions or read your own choice. Please bring a snack and share your insights. Theme for January is Snow & Ice.

Read to Rover

February 1, Tuesday, 4 p.m. to 4:30 p.m.

School-Age Program
Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old that are reading. Earn stickers for the time spent reading and earn a book too!

Sacramento Public Library celebrates Black History Month with special programs

The contributions made by African Americans are being celebrated throughout February with numerous Sacramento Public Library branch programs scheduled during Black History Month. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

and accomplishments of African American servicemen/women. The story spans the American Revolution to the current battle against global terrorism.

February 15 and 22, Tuesdays, 5:30 p.m., Carmichael Library, 5605 Marconi Avenue, Carmichael

(For adults) For Love of Liberty:

The Story of America's Black Patriots

View the two-part documentary, introduced by former US Secretary of State Colin Powell and hosted by film actress Halle Berry. The film uses an assortment of letters, diaries, speeches, and military records to document and acknowledge the sacrifices



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 - Islands of New England
September 16-23, 2011 • \$2,275 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.

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- St. Patrick's Day at the Bay
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- SF Flowers and Garden Show
March 26, 2011 • \$78/person
- The Sound of Music - Cascade Theatre
April 9-10, 2011 • \$305 pp/double
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St. Patrick's Dance Party

Tuesday, March 15 • 1:15-3:45pm
\$6/person

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- Tai Chi \$30/month
- Nordic Pole Walking \$30/month

Swanston Community Center

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- Body Sculpting \$36/month
- Walking Club \$10/month
- Akido \$30/month
- Jazzercise \$36/month



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DISTRICT OFFICE
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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

County Animal Shelter- Still More to Do



By Annie Parker,
Sac County CMO

Sacramento County – Although the County Animal Shelter continues to be faced with numerous challenges related to staff and budget reductions, shelter staff and volunteers took time to reflect on their accomplishments over the last year that are reflected in increased adoption rates, decreased euthanasia rates and over \$150,000 in donations through the Support Our Shelter program.

“We have been working on changing our image from the ‘pound’ to

a innovative and creative animal shelter that Sacramento County can be proud of,” said Dave Dickinson, Animal Shelter Kennel Supervisor. “While we still have a lot of work to do, with the start of the new year, now is the right time to take stock of how far we have come.”

Highlights from 2010 include:

- Dog adoptions have increased by 15.4 percent and euthanasia rates have reduced by 21.5 percent from 2009.
- Cat adoptions have increased by 33.1 percent and euthanasia has been reduced by over 4 percent

from 2009.

- 834 pets in the community have been spayed or neutered through the low cost Spay Neuter Incentive Program (SNIP). This is an increase of 16 percent.
- Almost 500 feral cats have been spayed or neutered since feral cats clinics started in October through an ASPCA grant.
- Over \$150,000 in donations have been received through the S.O.S Support Our Shelter donation drive since April 2010, including over \$10,000 in the final days of 2010.
- Over 1200 animals were adopted

out through a collaboration “Home for the Holidays” pet adoption drive with the County Animal Shelter, the City of Sacramento Animal Care Services, the SSPCA, and Happy Tails, well exceeding the initial goal of 1000 animals to be adopted during the drive.

If you want to get involved by donating, volunteering, licensing your pet, or adoption an animal, stop by our shelter at 3839 Bradshaw Road on Wed. – Fri. from 12:30 to 5:30 or Sat. and Sun. from noon to 4:30 p.m. or visit us online at www.sacountyshelter.net.

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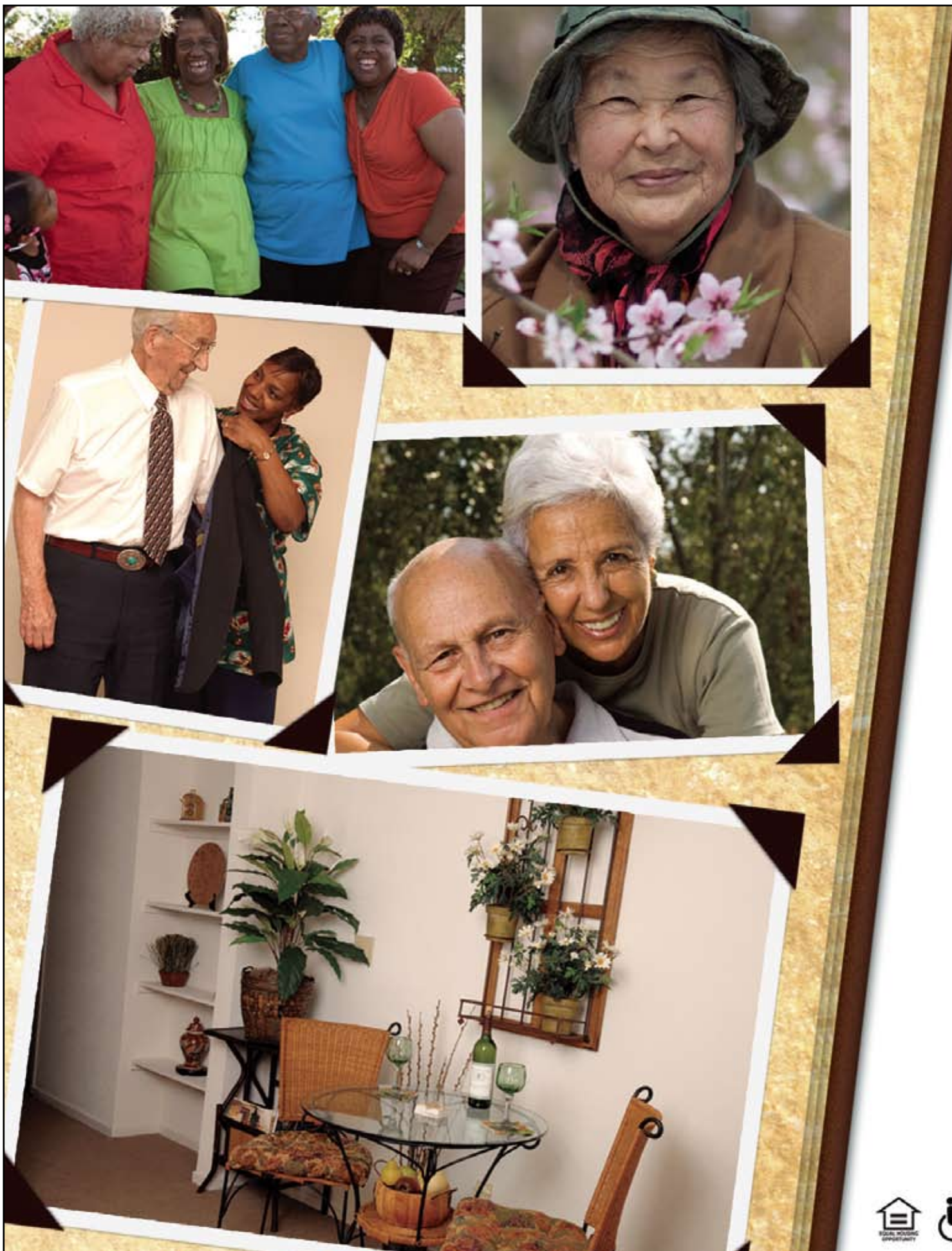
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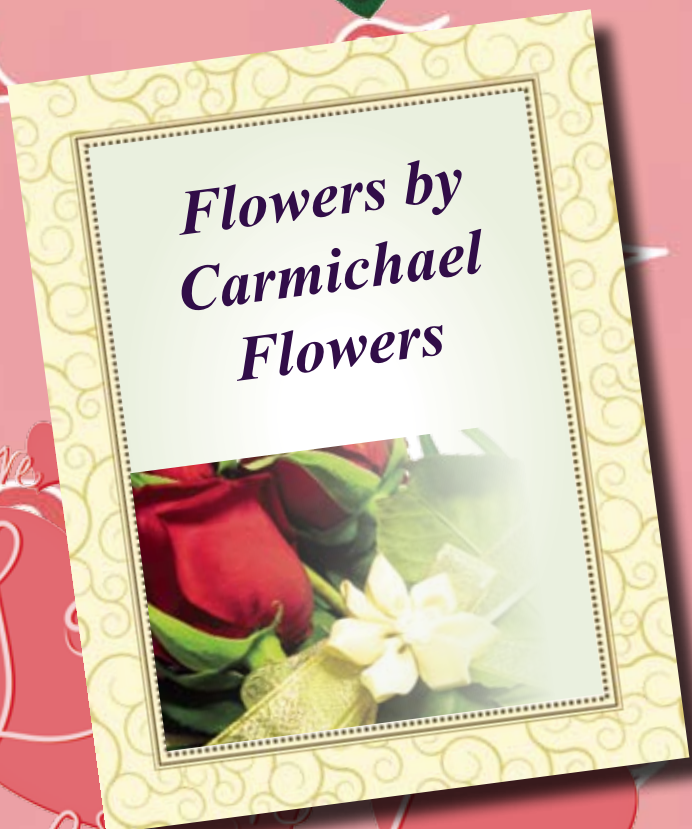
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A Beautiful Valentine's Day Bouquet And give yourself the Carmichael Times



- The Carmichael Times will reserve a beautiful bouquet of flowers for each new or renewing subscriber who pays in advance for at least one year.
- The one year cost for a subscription within Carmichael is \$39. All other subscriptions are \$49 and delivered by U.S. Mail.
- The flowers will be made available for pick-up on Monday, February 14th, Valentine's Day.
- Each paid in advance subscriber will also become available for a drawing for a romantic dinner for two at a local restaurant.
- Winners for the drawing for a dinner for two will be notified by Friday, February 11th, from all entries received as of that date. Dinner certificate will be honored for up to 30 days after the drawing.



Mail this form to:

Carmichael Times, P.O. Box 14, Carmichael, CA 95609

Yes, I want to subscribe to the Carmichael Times for one year for \$39. I understand that I must pick up my flowers on February 14th.

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Best time to call: _____

Email: (not required/kept as confidential to MPG) _____

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