

# Carmichael Times



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Volume 31 Issue 8

Serving Carmichael and Sacramento County since 1981

February 23, 2011

## Birds of a Feather Breakfast Together



**Bird's eye view.** Veteran naturalist Jack Heihle - pictured surveying a white-tailed kite hunting on the American River Parkway - will be among avian experts hosting the "Bird and Breakfast" fundraiser for the Effie Yeaw Nature Center on Saturday, March 12. Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner

On a March morning on the American River Parkway, bird lovers can see hummingbirds feeding broods; woodpeckers emerging from tree-trunk cavities; graceful egrets hunting from on high and migratory species returning from winter vacations. And that's just before breakfast. A 20 year tradition at the Effie Yeaw Nature Center, the March 12 "Bird and Breakfast" fundraiser incorporates every hungry ornithologist's dream. All you can view; all you can eat.

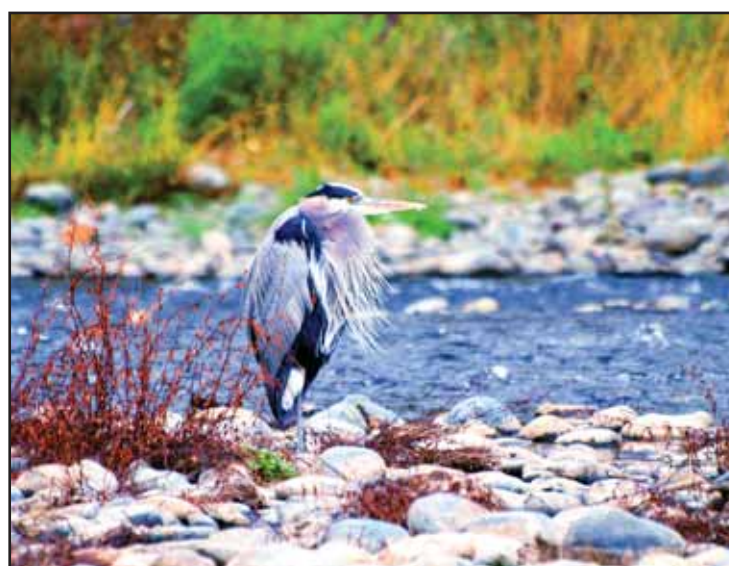
As the sun rises, Sacramento Audubon Society guides will lead explorers to view dozens of bird species during their most industrious season. Few enough people could spot a thumb-nail size hummer's nest. To view it through a telephoto viewing scope -- bulging with microscopic, open-mouthed babies -- is a thrill to make anyone trill. "Audubon people

research our 80 acres of Preserve and the riverside in advance," says Effie Yeaw staffer Betty Cooper. "They know where the cool stuff is and will lead small groups from spot to spot, providing information about what they see."

A spring tradition for many wildlife fans, the avian safari is followed by a sumptuous breakfast -- oatmeal, eggs, ham and designer coffee -- served by American River Natural History Association board members. \$35 admission assists the survival of the Effie Yeaw Nature Center, a community resource that lost County funding through cutbacks last year. "Everybody has a wonderful time," promises Cooper. "It's a rare opportunity to experience animal lifecycles and study the things you often pass by without seeing. We sell out every year." The event is not recommended for very young children. Participants should wear comfortable shoes and bring binoculars. Attests

Cooper: "We haven't been rained out in 20 years. But rain or shine, it will happen. Birders are an intrepid lot."

"Bird and Breakfast" begins at 8 a.m. Bookings are essential and numbers are limited. To learn more about the fundraiser, call (916) 489-4918.



**Heron now.** Anticipating their own breakfast, blue herons are among aquatic species likely to be observed at the March 12 avian safari. Photograph by Susan Maxwell Skinner.

## Governor Brown Eliminates "S.W.A.G."

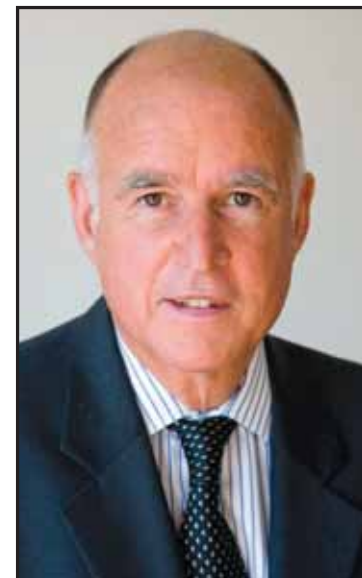
From Governor's Press Office

Sacramento -- On Friday, Feb. 18th, Governor Jerry Brown's administration directed all state agencies and departments to stop spending taxpayer dollars on free giveaway and gift items--such as key chains, coffee mugs and squeeze toys--as part of continuing efforts to cut costs and tackle the state's budget gap.

"Not a cent of taxpayer money should be spent on flashlights, ashtrays or other unnecessary items, most of which likely end up in landfills," said Governor Brown. "Every taxpayer dollar we save by cutting waste is a dollar that can be used to pay for critical public safety and social services."

A statewide review revealed that from 2007 to 2010 state agencies and departments spent a total of \$7.5 million on items including key chains, squeeze toys, pens, hats, trinkets, shirts, cups and other gift items known colloquially as "S.W.A.G.," or "Stuff We All Get." These include promotional and marketing items across almost every agency in the state.

Today's ban follows Brown's request earlier this week for the Bureau of State Audits and the Little Hoover Commission to each provide a list of "Top 10 Actions" California



**Governor Jerry Brown.** Photo Courtesy of the Governor's Office.

can take to cut government waste and increase efficiency.

The Governor has also issued Executive Orders to freeze hiring across state government and cut state cell phones and the passenger vehicle fleet in half.

These actions are part of Brown's efforts to save money this fiscal year and to cut \$363 million in operational costs next fiscal year.

A breakdown of "S.W.A.G." expenditures from 2007 to 2010 is below.

S.W.A.G Expenditures 2007 - 2010	Amount
Business, Transportation & Housing Agency	\$5,088,037.00
State and Consumer Services Agency	\$1,154,960.00
Health and Human Services Agency	\$778,678.00
Department of Food & Agriculture	\$175,530.00
Labor and Workforce Development Agency	\$129,012.00
California Volunteers	\$77,387.00
Environmental Protection Agency	\$48,317.00
Emergency Management Agency	\$41,810.00
Department of Corrections and Rehabilitation	\$12,201.00
Department of Veterans Affairs	\$4,968.00

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## Button up for this Year's Button Festival

By Susan Maxwell Skinner

Inventive garment fastenings have been around since cavemen sought to exclude draughts. But European dressmakers and buttons did not hook up until 12th century crusaders exported this handy notion from the Middle East.

Since, buttons have done yeoman's service and riveted the rich and famous. Pearls, gold, diamonds;

almost no substance has been too costly to form fasteners.

Button aficionados can behold their heart's delight -- ancient, antique, vintage and contemporary -- during the annual Button Bazaar at Carmichael Park Community Clubhouse (5750 Grant Ave) on March 5. Hosted by the 50-year old Sacramento Button Club, the event attracts vendors from the Bay Area and Nevada to augment local dealers.

An estimated 75,000 buttons will hit Carmichael on the day. Rare bits and bobs change hands for small fortunes but the March 5 sale promises both curiosities and bargains. "You learn so much about history, art and manufacturing from buttons," enthuses a local collector.

The show March 5 runs from 10 am till 5 pm. Admission is by donation. For information, call (916) 489-1785.

Sacramento Button Club member Faye Wolfe (center) is crowned "Button Queen." Thousands of vintage and antique buttons will be exhibited or offered for sale at the Carmichael Park Club House, Saturday, March 5. Photograph by Susan Maxwell Skinner.

# Used Book Sale Recycles Bestsellers



Michael Titherington, Our Lady of the Assumption School eighth grader, went home with a full bag of books to enjoy. He also generously volunteered his muscle helping the ladies consolidate heavy leftover books after the sale. Photograph by Ruth Holewinski.

By Ruth Holewinski

Carmichael – Hundreds of people bought thousands of books for bargain prices at Our Lady of the Assumption Church's used book sale on Feb. 12 and 13 in Carmichael. What began as a small fundraiser by the church's Ladies Council 14 years ago has grown in popularity both as a great source for a variety of bestselling yet inexpensive reading material and as a place to recycle used books.

In addition, buyers are pleased to know that all proceeds benefit the Council's charitable works in Carmichael. Estelle Fay, Ladies Council president, said, "We're so fortunate to receive the support of our parishioners and the community through their donations of all these great books." Parishioner Tom Dunbar, a Carmichael resident since 1948, has donated books for years, but buys back just as many as he

gives away. He said that he's pleased every year with the "great selection of books by so many different authors."

Chairperson Maggie Barrett is a second generation Ladies Council member and grew up in Carmichael. She credits the sale's success to the donors, buyers and volunteers. "It's truly a group effort where everyone wins. Donors get to clean out their shelves knowing the books will go to a good home; buyers sometimes purchase up to a year's worth of reading; and our volunteers are thrilled at the fundraising results that go toward charities." This year's book sale raised a record amount of more than \$5,000. Barrett further explained, "However, credit for chairing the first ten years of successful book sales goes to Helen Crandall who passed away last year. She was a dear friend and book lover. And we miss her." In her honor, the sale was re-named the Helen Crandall Memorial Book Sale.

Can everyone look forward to another book sale? "This is an annual event every February," said Barrett. She laughingly added, "And we're already welcoming book donations again in the parish office, so start reading the books you just bought!" Read, recycle, read, recycle. That's what makes for a great used book sale!

## Experience "Cherished Memories"

Carmichael – You are invited to join us for lunch on Tuesday, March 15, 2011, 11:30 a.m. to 1:00 p.m. (\$16.00 per person) at Elks Lodge, 5631 Cypress, Carmichael.

Socializing at 11:15 - Lunch at 11:30.  
**Special Feature: Creative Memories.** Vivian Baughman will be sharing how we can preserve our precious family heritage and memories

through digital and traditional memory books.

**Speaker: Nancy Reader**

A hostess "extraordinaire" tells how her teacup, steeped with the pain of dyslexia, divorce, and abortion, was poured out and filled with forgiveness and self worth.

Reservations must be made by March 9th Call Fran 332-1461 or Sharon 361-1642

Or email SacCWC@aol.com

All reservations must be honored or paid for.

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Invitation by Sacramento Christian Women's Connection.

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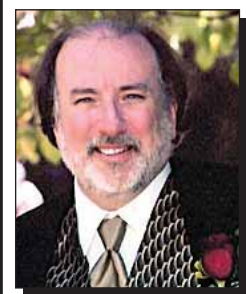
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# Carmichael Times

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Publisher—Paul V. Scholl



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## Widowed Persons Association of California, Inc. Sacramento chapter, #1

Website: www.sacwidowed.org  
As a public service to the community, all widowed persons can participate in the RECOVERY FROM GRIEF programs sponsored by the Widowed Persons Association of California, Chapter #1, Sacramento. There is no charge or donation required. The only criteria is that you MUST BE WIDOWED.

**Workshop**  
The next Recovery from Grief workshop will continue 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.

**Sunday Support**  
The Widowed Persons Association also sponsors SUNDAY SUPPORT Sessions which are held every Sunday, rain or shine and including holidays, at the office from 3 – 5 p.m. Please enter from the back parking lot. The doors open at 2:30 PM. All widows and widowers are welcome!  
For further information, contact Barbara Stewart at 363-3482.



Dr Bob Graykowski



OK, trivia time: Do YOU know where your temporomandibular joint (TMJ) is? If you guessed your jaw, you're right!

The TMJ – located between the jaw and the skull – consists of the same cartilage and membranes found in other joints. And, like other joints, it's susceptible to a variety of disorders, aches and pains.

In our office, we focus on joint misalignments. In the spine, these dysfunctional areas are called vertebral subluxations. Misalignment in the TMJ is known as temporomandibular disorder (TMD).

We teach our patients that a balanced body is a healthy body. When TMD disrupts that balance, patients need to schedule an appointment as soon as possible. Waiting not only delays healing but may also escalate joint degeneration, triggering osteoarthritis.

Our intention is to correct dysfunctional areas of the spine – and in other joints, such as the jaw – with safe and gentle maneuvers called chiropractic adjustments. It takes years of extensive education and specialized training to acquire the proper skills necessary to correct subluxations of the spine and remove interference to the nervous system.

# Chiropractic Care for Jaw Pain

### What is TMD?

TMD is a catchall term for a number of disorders affecting the jaw's chewing mechanism. Symptoms include a tendency to grind teeth; toothaches; jaw, ear and head pain; neck soreness; problems opening the mouth; dizziness; numbness or tingling in the arms or hands; and ringing in the ears. Symptoms of TMJ subluxations and vertebral subluxations are similar: pain, swelling, tenderness, asymmetry of motion, postural imbalance and joint misalignment.

### Misaligned Jaw

Misalignment of the jaw is just one of the many maladies that can spark TMD. Other causes include misalignment of the teeth (naturally or from dental work) and trauma – such as a car accident or getting hit in the face with a ball.

### Suboptimal Neck Posture

Poor neck posture is a leading cause of TMD. This is because the neck holds up the head, in turn influencing its alignment. Suboptimal neck posture frequently results from days hunched over school desks or computer keyboards. The strain of looking up or – worse yet – to the side to view a computer's monitor also fosters poor neck posture and creates a misalignment nightmare.

To avoid neck injury, TMD and a host of posture-related problems, schedule a posture checkup with your chiropractor. Detect and correct vertebral subluxations before the onset of pain-related disorders.

### Over-stuffed Pillows

Fluffy pillows disrupt the normal curve of the neck (cervical spine) and encourage TMJ muscles to tighten. That's why patients with TMD should sleep with a single soft, flat pillow or a specially designed pillow that doesn't compromise the cervical spine's normal curve.

### Sleeping Position

Patients with TMD should opt for sleeping on their backs, versus their stomachs or sides. Stomach and side snoozing puts stress of the jaw. In contrast, back sleeping allows the TMJ to relax.

### Just Say "No" to Surgery...

One of the most natural remedies for TMD is chiropractic adjustments of the jaw and neck. Unlike surgery and over-the-counter painkillers, chiropractic has no dangerous side effects.

The following are just some of the techniques your doctor of chiropractic may combine to end your jaw pain:

- Chiropractic adjustments to the TMJ aimed at restoring motion and alignment.
- Chiropractic adjustments to correct vertebral subluxations in the cervical spine, which influences head and jaw alignment.
- Custom-tailored exercises for the jaw and neck.
- Heat and/or ice therapy.
- Ergonomic advice focused on creating a spine-friendly environment.
- Relaxation techniques.
- Recommendations aimed at avoiding excessive chewing and jaw clenching.
- Co-treat with a dental professional who specializes in alignment disorders and may prescribe bite plates or other corrective devices.

Each week we teach wellness classes for the community to prevent disease condition.

Call us today for a spinal checkup or sign up for our health and vitality workshop.

Creating a healthy community  
Dr Bob Graykowski  
Chiropractic-usa.com  
(916) 973-1661

## 2011 Vitality Workshops

Tuesday Evenings at 6:00  
(Unless otherwise indicated)

- 03/01 Health and Vitality Workshop
- 03/08 Eating For Energy - The Innate Diet
- 03/15 Health and Vitality Workshop
- 03/21-28 8th Day Program

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



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# “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 Neuberger, and more!

For more information and a map, visit our web site at [www.sacwinds.org](http://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!** { **“A Music Gallery”**  
**La Sierra Series** { **Sunday, March 20, 2011 at 3pm**

All performances are at  
**La Sierra Community Center**  
**5325 Engle Road, Carmichael**  
**916-489-2576 • [www.sacwinds.org](http://www.sacwinds.org)**



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

<b>Name of Organization:</b> Eskaton Village Carmichael	<b>Location:</b> Eskaton Village Carmichael 3939 Walnut Avenue Carmichael, CA 95608	<b>Contact Phone Number:</b> (916) 974-2000
<b>What:</b> 17th Annual Healthy Horizons Senior Wellness Fair	<b>Contact Information:</b> Stefanie Strickley, Fitness and Wellness Program Coordinator	<b>Description of Event:</b> Senior Wellness Fair. A variety of health and wellness professionals. Free samples, prize drawings & health screenings.
<b>When:</b> Wednesday, March 2, 2011 from 12:30 pm – 2:30 pm		<b>Cost:</b> Free to the Public



### ROCK DOC

By Dr. E. Kirsten Peters

The public is bombarded with news reports saying that young people in the U.S. aren't learning enough about science, especially compared to kids in Asia. I'm not sure that's true, because I work at a large university where I see very able American students starting to excel in their scientific careers, and I hear back from them as they flourish in later years.

But perhaps we really are falling behind. After all, everyone says so. How would we start to investigate that possibility?

It's tough to imagine a single science exam that we could give to kids in places as varied as China, Germany, South Korea and the U.S. Apart from the problems of translation and grading, there's no reason for the schools in those places to cooperate with such a test. So it's impossible to directly measure student achievement around the world.

Perhaps we better just focus on kids in the U.S. and think about what their science education is like, especially in the crucial grades of high school. What are the meat and potatoes in science classes we are delivering to most of our young people?

One fairly easy way to discover what is being taught to American

# Teaching Compromise Rather than Science

kids about science is to ask their teachers. Biology teachers are of special significance in this regard, because many kids in high school take biology but no other science classes.

I'm sad to report the recently published news of what most high school biology teachers in the nation's public schools say they teach. According to an article published in the prestigious Science magazine, only 28 percent of biology teachers follow the recommendations of the National Research Council and teach the basic theory of evolution by natural selection.

As I do the arithmetic, that means an astounding 72 percent of our teachers don't teach the organizing principle that stands at the base of modern biological science.

It's not that the National Research Council recommendations are really so difficult to achieve. The idea behind them is just to present the evidence behind the theory. There's a lot of evidence in favor of evolution, ranging from the fossil record that shows more complex plants and animals appearing over time to genetic similarities in groups of organisms.

Humans can “make” Chihuahuas and Great Danes out of basic dog-stock by choosing which individuals get to reproduce, thus shaping the next generation of canines over time until we get what we want. We geologists have a lot of time at our disposal – because Earth history is long – so it's easy for me to see that Mother Nature can also select mamas and papas over time in a way that leads species themselves to change.

What can explain why 72 percent of our nation's high school biology

teachers don't teach basic biological theory in class? The problem isn't limited to one region of the country, so it's not just a Bible-belt issue.

I suspect the personal religious convictions of the silent 72 percent don't explain everything that's happening. I go to church every Sunday; I've been doing so all my life. Heck, on a good week, I even put money in the plate. So I can testify that most of the traditional, mainline Christian denominations in this country accepted evolutionary theory around the year 1900.

Some high school biology teachers really are Creationists, rejecting every form of evolution. Their views, of course, are not scientific. People are welcome to religious ideas – very welcome in my book. But beliefs given to us by our faith are not what should shape science education.

I suspect a lot of teachers in the silent 72 percent are simply taking the easy road. They know that if they teach evolution, some parents will be upset. If the teachers just neglect to mention the theory, who is the worse for it?

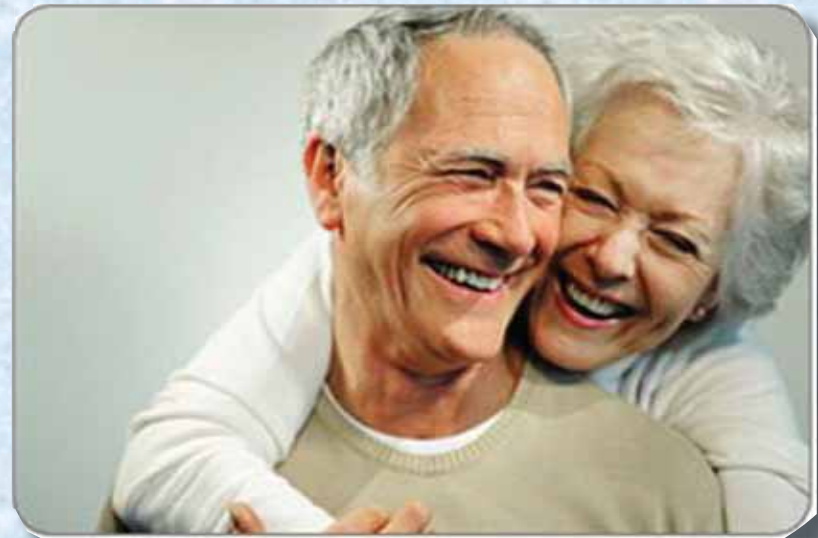
But it's our kids who suffer from the fact that we are not teaching the basic theory of biology. We're not teaching them good science – and by our example we are teaching them cowardice.

Perhaps we really are falling behind, both in the realms of science and, even more importantly, of integrity.

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](http://rockdoc.wsu.edu) and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.

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## Sacramento Choral Society and Orchestra

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### Verdi Requiem

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Saturday, March 19 at 8:00 PM

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The SCSO brings the magnificent Verdi *Requiem* to the Mondavi Center for its first time following Maestro Kendrick's triumph debut in Carnegie Hall of this monumental work of terror and transcending beauty.



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Saturday, April 30 at 8:00 PM

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# California Mental Health Commission Approves Over \$123 Million to Promote Mental Health

*Sacramento Region* – the California Mental Health Services Oversight and Accountability Commission (MHSOAC) recently approved \$123.8 million in Prevention and Early Intervention (PEI) statewide projects to promote mental health and prevent the negative consequences of mental illness. This approval of \$123.8 million for PEI statewide projects is in addition to the over \$737.6 million already approved to date for county PEI programs. These achievements are funded by the Mental Health Services Act (MHSA) (Proposition 63), the November 2004 voter initiative that placed a 1% tax on incomes above \$1 million.

The MHSOAC approved funds for mental health programs that comprise the Implementation Work Plan of the California Mental Health Services Authority (CalMHSA). CalMHSA is a Joint Powers Authority (JPA), acting on behalf of member counties, and is administering three Prevention and Early Intervention (PEI) Statewide Programs (Suicide Prevention, Stigma and Discrimination Reduction, and the Student Mental Health Initiative). Under the Mental Health Services Act of 2004, all PEI programs must be approved by the MHSOAC.

MHSOAC Chair Larry Poaster, Ph.D. explained, "Our Commission's approval today of three statewide prevention and early intervention programs will provide California with an opportunity to prevent tragedies like the one that recently occurred in Tucson, Arizona." "California will continue to be a leader in providing mental health programs that prevent mental illness from going untreated," said Dr. Poaster.

Before the MHSA, California public mental health services were limited to treatment, usually medication, for people with serious mental illness. Many of these individuals have ended up in emergency rooms, jails, and self-medicating on the streets. The MHSA prevention and early intervention programs promote "help first" rather than "fail first" mental health treatment.

Nearly half the United States population will suffer a mental health and/or substance-use disorder during their lifetime, 26-30% will experience a mental disorder in any given year, and about 6% will face a mental disorder so serious that it impairs their ability to perform everyday activities for an average of three months.

Dr. Poaster said, "In light of the recent tragedy in Arizona, we want to draw attention to the University and College Student Mental Health Programs that are a part of this prevention and early intervention program package." "We believe that adding more resources to the UC, CSU, and Community Colleges mental health programs will help our students with their mental health challenges and assist them in staying in school and on the road to gainful employment," said Dr. Poaster.

Some examples of the programs approved today include:

The University and College Student Mental Health Programs (UCSMHP) will implement training, peer-to-peer support, and suicide prevention within each of the three California higher education systems: University of California (UC), California State University (CSU) and California Community Colleges

(CCC). A consortium of experts and stakeholders will guide the collaboration between the higher education systems and county mental health and ensure the coordination of activities with the other initiatives.

The Kindergarten to 12th Grade (K-12) Student Mental Health Program-Superintendent Regions will provide school-based programs, systems and policy developments, education and training and technical assistance in school districts. The long-term goal is that programs established in each of California's eleven Superintendent Regions will develop policies and practices to ensure effective/non-duplicative referral of students between districts, foster care systems and county mental health departments.

The Strategies for a Supportive Environment Program will create public campaigns targeted at increasing public awareness that individuals at different points in their life experience various degrees of mental health from wellness to crisis and that persons living with mental health challenges have resilience and the capacity for recovery.

The Regional and Local Suicide Prevention Capacity-Building Program will expand the number and capacity of accredited local suicide prevention lines. This program will also require that each agency operating a warm or hotline join a consortium of publicly funded Suicide Prevention Call Centers.

The 16-member MHSOAC was formed by the passage of the MHSA. The MHSOAC is responsible for overarching oversight and accountability for implementation of the MHSA.



# POPOFF!

with Mary Jane Popp

## MOLECULAR FITNESS

The Molecular Fitness lifestyle is a science-based preventative and restorative program and the first to address health and wellness at the molecular level. This all sounds well and good until I queried Dr. Darrell Tanelian, author of "Molecular Fitness" about some of the statements he has made like exercise may not be all it's cracked up to be and supplements could cause you more harm than good. Dr. Tanelian can completely change the way you treat your body. My POPPOFF Radio Show was a buzz!

As for the exercise part, the good Doc does not say never exercise, but if you do not hydrate correctly, you can be doing major harm. His directness about supplements is astounding in that he feels if not taken properly,

they can just be sitting in your body and never be absorbed the way they should. Lots of questions to ponder. Dr. Tanelian will explain how one of the most important, yet little publicized molecules in your body called connexins is negatively impacted by things like exercise and so-called health foods like hard wheat toastcheese, brown rice, or fresh juiceoats. Bottom line is he reveals the startling truth about the way your body works and how to best nourish and care for it.

The focus is on optimizing connexin function. Connexin molecules are found in every cell in your body and when they are open (functioning properly) they can connect your cells together and enable cell-to-cell communication. Continuous cellular communication helps promote a stronger, healthier mind and body and may reduce the risk of developing cancer, heart disease, diabetes, arthritis, osteoporosis, Alzheimer's, hypothyroidism, and eye disease. And let's not forget weight loss and weight management being another key to the Molecular Fitness Lifestyle. By increasing connexin function and reducing lowgrade

metabolic acidosis, your body can metabolize fat. All that from a little thing called connexin molecule!

What I liked best is that you can measure progress everyday with his Personal Health Information Tracker and track your health trends, giving you the opportunity to detect changes in your body and share results with your healthcare provider. Together, you can make better decisions about your current and future health.

Dr. Tanelian's Molecular Fitness is based on his rigorous disease prevention research, integrating over seven thousand scientific studies on the connexin molecule. Dr. Tanelian has his M.D. and PhD from Stanford University and has been a professor at the University of Texas in neuroscience, bio-medical engineering, and pain management. All you have to do is google Dr. Darrell Tanelian and there is gobs of info on the good doc. He is an Anesthesiologist and highly regarded researcher. Your health is the best gift you can give yourself. Let's do health together!!!

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

# Volunteers Needed for New High School Courtroom Competition

Mock Trial and Moot Court Event in Sacramento Beginning February 28

*Sacramento Region* – If you are a practicing attorney, or law school student, who wants to help hard working and aspiring young lawyers realize their goals, then the Sacramento County Office of Education (SCOE) needs you!

SCOE is coordinating the Gordon D. Schaber Mock Trial and Moot Court Program for the 2010-11 school year. Organizers need volunteers to serve as presiding judges and scoring judges.

The Mock Trial simulates a trial level proceeding in which students portray the roles of pre-trial counsel,

prosecuting and defense attorneys, witnesses, court clerks, and bailiffs before a single presiding judge and 2-3 scoring attorneys. Volunteers are needed for approximately 3-12 hours during the week of February 28 – March 5, 2011. Training will be provided before each round.

The Moot Court is an appellate level proceeding in which youth prepare and argue a topical case matter before a panel of three judges that evaluates the students on the quality and persuasiveness of their legal reasoning and presentation, as well as their unscripted responses to

questions from the bench. Volunteers are needed for approximately 3-9 hours during the week of February 28 – March 5, 2011. Training will be provided before each round.

Those interested in volunteering should visit [www.scoe.net/law](http://www.scoe.net/law) and click on the "Volunteers" tab to download the proper registration forms.

For further information, contact Mock Trial and Moot Court competition coordinator Craig Irish at (916) 228-2660 or [cirish@scoe.net](mailto:cirish@scoe.net).

# Supervisor Susan Peters to Hold "Office Hours" at Gibbons Park Craft Faire

*Carmichael* – County Supervisor Susan Peters will be holding her first 2011 "Office Hours" for residents on Saturday, March 5, at Gibbons Park during the Mission Oaks Recreation and Park District's Spring Craft Faire.

Continuing a tradition started in 2005, Peters will set up a table at the event for residents who wish to drop by and talk with her about items of interest. No appointment is necessary but visits will be handled on a "first come basis." She will be at the Craft Faire from 10 to 11:30 a.m.

"Establishing 'Office Hours' provides

the opportunity to mix business with pleasure," says Peters. "I'll be available to talk about county matters while neighbors can shop for unique craft items."

Last year Peters held her "Office Hours" at different locations in conjunction with scheduled community events that included the Carmichael egg hunt, Carmichael dog show, and the "Pops in the Park" concert series in East Sacramento.

The Craft Faire will be held in the Mission Oaks Community Center at 4701 Gibbons Drive. Admission is

free and the event will run from 9 a.m. to 3 p.m. For more information, call the Mission Oaks Recreation and Park District at 972-0336 or visit [morp.dcom](http://morp.dcom).

Next month Peters will move her "office" to Carmichael Park for the annual egg hunt which will be held on Saturday, April 23. That fun starts at 10 a.m. sharp rain or shine and Peters will be holding "Office Hours" there between 9:30-11 a.m. For more information about the egg hunt, call the Carmichael Recreation and Park District at 485-5322 or visit [carmichaelpark.com](http://carmichaelpark.com).



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"I'm not afraid to be the pale girl in the bathing suit. It doesn't bother me anymore."


"I have friends who use tanning beds or lie out in the sun. I tell them about Jaime."

Jaime was in her early 20s when she was diagnosed with melanoma, and she died right before she turned 30.


People think tanning is safe. But I know it's not. You could die - just like Jaime did."

-Amanda Asplin





www.aad.org/PSA



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

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

**Location: La Sierra Community Center, Room 810**  
**Day/Time: Thursday, 7-8:30pm • Dates: 1/13-3/31**  
**Fee: \$80/12 week**

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.

**Tiny Tots**

*Taught by Kelly Stapp • Ages 3-5 years*


**Location: Carmichael Park Tiny Tots Room**

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.

**Kindergarten Readiness**  
**Day/Time: Mondays, Wednesdays and Fridays, 9am - Noon**  
**Dates: 2/28 - 4/8 • Fee: \$265**

**Social Experiences**  
**Day/Time: Tuesdays and Thursdays, 9am - Noon. Dates: 2/29 - 4/7 • Fee: \$180**

**Come Dance With Me...**



**Location: La Sierra Community Center, Sierra Rooms 1-2**  
**Dates: 2/1-3/1, 3/8-3/29 • Fee: \$46/4 weeks**

**Baby Ballet & Gymnastics, walking - 3 years**  
**Tuesday, 9-9:45am**

This is an introduction to dance and gymnastics. Basic beginner dance and gymnastics skill are combined for those students ready for instruction. Children should wear comfortable tight-fitting clothing. One parent may assist if a child needs reassurance.

**Pre-Ballet, 3-5 years • Tuesday, 9:50-10:35am**

This class is designed for beginning ballet and movement. It is more concentrated on rhythm and slightly more structured with a focus on listening skills. Girls should wear pink tights, a black leotard without a skirt and ballet shoes while boys need to wear a plain white T-shirt and black shorts. You can find all of these items at your local dance supply store. If you are not sure where to get quality ballet shoes, please come to the first class with bare feet and your instructor will assist you.

**Kid's Hangout**

**Before & After School Care**

The Kid's Hang Out Before and After School Program is held at the La Sierra Community Center, Monday through Friday throughout the 2010/11 school year. Kids are in a safe environment where your child can read, do homework, have a nutritional snack, socialize with their friends, and be involved in sports and other activities. Transportation is provided to and from your child's school, to the La Sierra Community Center.

**Before** school care program opens at 6:45am. **After** school program begins when we pick up your child from school and closes at 6pm. The program runs throughout the school year and registration is ongoing.

**FEES:**  
**After School Care:** \$80 per wk • \$60 per wk (any 3 days)  
**Before School Care:** \$30 per wk if enrolled in after school program  
\$35 per wk not enrolled in after school program  
The fee includes transportation, supplies, snacks and qualified staff.

**To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.**

**For more information call the District at (916) 485-5322 or visit our web page at [www.carmichaelpark.com](http://www.carmichaelpark.com).**



A Special Article by Tim Riley

# Riley Reviews

MAJOR MERGER OVERSHADOWS NBC TV NETWORK'S WINTER ROLLOUT

The entertainment world (or at least that portion of interest to TV writers), as it relates to the fortunes of the NBC TV network, has been greatly affected during the month of January by major events. First of all, there was the endurance run of the biannual TV critics press tour, where lowly scribes get the lowdown on upcoming programs from network and cable brass. On the larger stage, TV writers and the general public have seen the nation's largest cable operator, Comcast, moving forward with acquiring a majority stake in the broadcasting company NBC Universal. Though the Comcast-NBC merger has now been approved by the Federal Communications Commission and the Department of Justice, the matter was still pending when TV critics had their day with the NBC TV network earlier in January.

For the first time in memory, the NBC Universal press tour day did not include a session with the network's top executives. Last summer, we had the give-and-take conversation with Jeff Gaspin, chairman of NBC Universal Television Entertainment. This month, you were lucky to talk to one of the ubiquitous NBC pages who wear blazers sporting at least multiple NBC lapel pins – kind of like that guy on the “30 Rock” show. I guess no one wanted to talk about the then-pending final approval of the Comcast-NBC merger. Or maybe they just wanted to avoid unpleasant chatter about former president and CEO of NBC Universal, Jeff Zucker, who was probably one of the least popular TV executives of all time and was unceremoniously dumped last fall.

Another reason not to talk to

executives is that apparently all of the NBC midseason shows have been launched. First, there's “The Cape,” which should excite fanboys of the superhero genre in a big way. The show has a unique combination of campy, cheesy fun and dark superhero drama. In the premiere episode of “The Cape,” Vince Faraday (David Lyons) is a cop framed for crimes he did not commit, forcing him to team up with a group of carnival misfits to take a new identity, fight crime and win his family back. Fueled by a desire to reunite with his wife Dana (Jennifer Ferrin) and son Trip (Ryan Wynnott), Faraday becomes “The Cape” – his son's favorite comic book superhero – taking the law into his own hands and battling the criminal forces that have overtaken the fictional Palm City. Evil billionaire Peter Fleming (James Frain) is The Cape's nemesis, who moonlights at a twisted killer named Chess. Political intrigue also comes into the picture when Fleming's corporation seeks to privatize Palm City's prisons.

Now that “Boston Legal” had ended its run, writer and producer David E. Kelley returns with “Harry's Law,” a show that is billed as a legal “dramedy,” a term that implies the combination of drama and comedy. From what I can tell, this new series, starring the talented Kathy Bates, is more unintentionally ludicrous than it is either a comedy or drama. The premise is that Harriet “Harry” Korn (Bates) is a curmudgeonly ex-patent lawyer abruptly fired from her blue-chip law firm, forcing her to search for a fresh start. This leads her to team up with a young legal hotshot (Nate Corddry) that she meets in a car accident and a ditzy assistant (Brittany Snow). They set up shop in a former shoe store located in a ghetto neighborhood of Cincinnati. It's a bit lame that they are selling shoes and providing legal services in the same storefront. One little known fact is

that David E. Kelley wrote the part of Harry for a cantankerous grumpy old man. To her credit, Kathy Bates does a good job of turning the grouchy Harry into a crabby Harriet.

“Perfect Couples” is a romantic comedy that is new only in the sense that it stars a bunch of people who did not appear in “Friends.” Otherwise, the story about three flawed couples sounds an awful lot like “Traffic Light,” which will get its start in early February on the FOX network. At least in the FOX series, one of the three guys has trouble maintaining a relationship any longer than three weeks. “Perfect Couples” involves three couples struggling through various stages of commitment, whether ideal or not. Olivia Munn's Leigh is a self-appointed relationship guru who makes it her duty to mold her jock husband Rex (Hayes MacArthur) and the other couples into her ideal of marriage. For his part, Rex is a reformed party guy channeling his athletic energy into a competitive drive to be the ideal mate. Kyle Bornheimer's Dave and his wife Julia (Christine Woods) appear to be the fun couple worth watching.

The good news for NBC Universal, or should I say Comcast-NBC Universal, is that this media conglomerate also has cable outfits Syfy, USA, Oxygen and Bravo in its orbit. Some of the best series, to my mind, are on USA. “White Collar,” recently returned for its second season on USA, is a fun crime caper show starring the charismatic Matt Bomer as an ex-con who now assists the FBI. USA has also just launched “Fairly Legal,” a legal drama that works off the premise that San Francisco mediator Kate Reed (Sarah Shahi), formerly an attorney, returns to the practice of law upon the sudden death of her father, whose law firm is now being run by the evil stepmother (Virginia Williams). The tension is palpable as Kate must now report her deceased father's spouse, a person relatively the same age.

It will be interesting to see how Comcast-NBC rolls out its fall programming during this summer's press tour. I am comforted by the fact that Jeff Zucker won't be one of the network executives on a panel discussion.

# Giant Community Garage Sale!!!!

Choices Charter School is having a giant Community Garage Sale on Saturday, April 16, 2011 from 8:00-12:00 – rain or shine! The profits from the sale will go directly to the Choices Student Scholarship Fund.

Anyone interested in renting and manning their own booth (7' tables)

for the garage sale can do so for a fee of \$25. All profit from the sale of these items will go directly to the person who rented the table.

We are located at 4425 Laurelwood Way, Sacramento, CA 95864. If you are interested in renting a booth for this event, please email mrakela@sanjuan.edu (PUT: “Garage Sale” in the subject line of your email or you may not receive a response). You can also call (916) 979-8392 and leave a message.

We have space for 25 booths. The tables will be rented on a first-come, first-served basis once we have received payment.

## Monthly Military Retiree/Spouse Meeting:

Our next monthly meeting will be held on 8 Mar 2011 at the North Highlands Community Center, 6040 Watt Ave, North Highlands 95660. Our meetings start promptly at 1030 hrs. Our Speaker will be Celia Esquivel, AARP Director for Northern CA, and she will talk on

Frauds and Scams affecting our Senior population. It will be a very interesting meeting so come on out and get smarter on this subject. If you have any questions, contact our staff at 561-7476, Mon thru Thurs, from 9 to 3.

## Defensive Driving Class/55 Alive:

Our next class is scheduled for 29 and 30 Mar 2011 for military retirees/spouses. It will be held at the AEROSPACE MUSEUM of CA, 3200 Freedom Park Drive, on McClellan Park. Cost is \$12 for AARP Members; \$14 for non-

AARP Members. Do not call us to sign up for this class. You must come to our office in the VA Clinic, McClellan Park to put your name on the list. If you are a AARP, please have your Account Number available.

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# Get Involved to Improve Livability

**Sacramento Region Launches Work on \$1.5 Million Grant for Sustainable Community Plans**

*Sacramento Region* – The Sacramento Regional Consortium, made up of local and regional governmental, academic, and civic, business and community-based organizations, is holding a launch meeting on Wednesday, February 23 from 3 to 5 p.m. The event will be held at the SMUD Auditorium, 6201 S Street, in Sacramento.

For more information or to register, go to: [www.sacog.org/sustainable](http://www.sacog.org/sustainable).

*Who should attend:*

- Members of the public interested in smart growth and social equity
- Members and leaders of community- and faith-based organizations
- Transportation, land use, air quality

- professionals & advocates
- Public health officials, staff and advocates
- Elected officials and public agency staff
- Economic development, development and redevelopment professionals
- Public and Private education staff and officials for K-12, and post-secondary
- Youth and adults who work with youth
- Seniors and advocates/professionals for the senior community
- Disabled persons and advocates/professionals for the disabled community

- Users of public and affordable housing and staff and advocates
- Environmental professionals and advocates

Future meetings will be held March 23, April 27, May 25, and June 22.

The grant funds will help implement the region's Blueprint, a land use growth vision that goes out to 2050. Unanimously adopted by SACOG in 2004, most cities and counties jurisdictions are voluntarily implementing the Blueprint as they update their general plans, zoning codes, and infrastructure plans.

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# Celebrate "Pi Day" on March 14

**Sacramento Region** – The Sacramento Walking Sticks will be celebrating the ratio between the circumference of a circle to its diameter—approximately 3.14—on Pi Day, Monday, March 14th. We invite everyone to join in on our event; walking and eating pie with us afterwards.

The start/finish of our event will be Marie Callender's, 5525 Sunrise Blvd, Citrus Heights 95610. Registration for the walk will begin at 3:14 pm and run till 5:30 pm; all walkers must be off the course by 8:30 pm. There will be two routes to choose from and both are rated a 1+. The 5K will be 3.14 miles and the 10K will be 6.28 miles. The routes are in Citrus Heights and are primarily on slightly hilly and winding residential streets. Walkers will pass through the lovely San Juan Park along the way. The routes are wheelchair and stroller friendly; the family dog will love the outing.

Families are encouraged to come and walk. We walk for the fun and fitness of the event and to see new

places along the way and hopefully meet some new friends as well. Everyone can walk for FREE or pay \$3.14 for volkswalk credit. (The normal fee for volkswalk credit is \$3.00 per walk—the extra \$.14 will also be donated to a local food closet) There is an incentive program that tracks mileage and events and will be available for purchase for \$5.00 each. Participants are encouraged to donate canned or other non-perishable food that will be donated to a local food closet. To find out more about Pi, go to <http://www.piday.org>

Volkssporting means "sport of the people" and has its origins in Germany. There are over 300 clubs throughout the USA and the Sacramento Walking Sticks can now boast that they are the largest club with 540+ members. The Club offers a wide array of walking adventures for people of all ages and walking abilities; including the family dog. There are group walks on Tuesday and Thursday mornings, Wednesday evening; and whenever there's a Full Moon. There are walks every

weekend in northern and central California that people can join in on, too. Walking is one of the most inexpensive forms of exercise around and when people are walking and talking, they tend to walk further and faster than when they're alone or on a treadmill. The Club provides everyone with a set of written directions and map so no one gets lost and they're guaranteed a route with sights they would probably never have found on their own.

The Sacramento Walking Sticks hold a monthly meeting on the second Thursday at 7:00 p.m. They are held at the SMUD Headquarters

Building, Conference Center, 6201 S St, Sacramento 95817. You do not have to be a member to come to the meetings. If people want to walk before the meeting, they can meet at Starbucks, 1420 65th St, Sacramento 95819 (65th St & Folsom Blvd, around the corner from SMUD) at 5:00 p.m. to walk a 3-mile walk to CSUS for a tour of the campus and back again. Dinner at a nearby restaurant fits in between the walk and the meeting.

Feel free to contact President Barbara Nuss, 916.283.4650 (H) or 916.691.7618 (W), [nussb@surewest.net](mailto:nussb@surewest.net) with questions.

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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.

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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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FICTITIOUS BUSINESS NAME STATEMENT #1100852. CA Surveying & Drafting Supply Inc., 4723 Auburn Blvd., Sacramento, CA 95841 is doing business under the Fictitious Business Name "Century Graphics" at 8049 College Oak Dr. #E, Sacramento, CA 95841. Filed with the Clerk of Sacramento County on Jan. 26, 2011. Publish: Feb. 2, 9, 16, 23, 2011. CENTUR 10201 2-23-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00095528 WHEREAS, Antuan Marquel Green has filed a petition with this court for a decree changing name of Antuan Marquel Green to Antuan Marquel Simmons. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 4, 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: Jan. 21, 2011. Kevin R. Culhane Judge of the Superior Court Publish: Feb. 2, 9, 16, 23, 2011. SIMMON 10201 2-23-11

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: Vineet Singh Pamami is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 4781 Manzanita Ave., Carmichael, CA 95608 with 21 - Off-Sale General license. Filed: January 25, 2011. Publish: Feb. 9, 16, 23, 2011. PARNAM 10202 2-23-11

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by REANNE KNIGHT, LINDA PARKER, NEITTA GOINES, DIANNE RETTER (for Betty Retter) will be sold at public auction at 830 PROFESSOR LANE #160, SACRAMENTO, CA 95834 on March 1, 2011 at 10:00 a.m. DESCRIPTION OF PROPERTY: Personal effects. Publish: Feb. 23, 2011. ABETTE 11204 2-23-11

FICTITIOUS BUSINESS NAME STATEMENT #1100966. Rhonda L. Miller, 5421 El Camino Ave. #17, Carmichael, CA 95608 is doing business under the Fictitious

Business Name "Pampered Paws" at 5125 Marconi Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 31, 2011. Publish: Feb. 9, 16, 23, March 2, 2011. PAPPER 10202 3-2-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00095509 WHEREAS, Danae Bailey and Alexander Hamilton have filed a petition with this court for a decree changing name of Kaydence Faye Burns to Kaydence Faye Hamilton. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 1:30 p.m. on March 4, 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. 10, 2011. Kevin R. Culhane Judge of the Superior Court Publish: Feb. 9, 16, 23, March 2, 2011. HAMILT 10202 3-2-11

FICTITIOUS BUSINESS NAME STATEMENT #1100542. Accounting Principals, Inc., 1 Independent dr., #800, Jacksonville, FL 32202 is doing business under the Fictitious Business Name "Ajlion" at 2389 Gateway Oaks, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on Jan. 19, 2011. Publish: Feb. 16, 23, March 2, 9, 2011. AJILON 10203 3-9-11

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 County on Feb. 14, 2011. Publish: Feb. 16, 23, March 2, 9, 2011. BEEHIV 10203 3-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00095494 WHEREAS, Kameron Faith Hidrogo has filed a petition with this court for a decree changing name of Kameron Faith Hidrogo to Jo-Ann Gail Faith Hidrogo. 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. 10, 2011. Kevin R. Culhane Judge of the Superior Court Publish: Feb. 16, 23, March 2, 9, 2011. HIDROG 10203 3-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2011-00095536 WHEREAS, Kameron Faith Hidrogo has filed a petition with this court for a decree changing name of Jonathan Christopher Hall to James Laverrier Hall. 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. 10, 2011. Kevin R. Culhane Judge of the Superior Court Publish: Feb. 16, 23, March 2, 9, 2011. HIDROG 10203 3-9-11

Kevin R. Culhane Judge of the Superior Court Publish: Feb. 16, 23, March 2, 9, 2011. HIDROG 10203 3-9-11

FICTITIOUS BUSINESS NAME STATEMENT #1101366. Michael Tucker, 5416 Marmith Ave., Sacramento, CA 95841 is doing business under the Fictitious Business Name "Taurus Welding" at 6719 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Feb. 14, 2011. Publish: Feb. 23, March 2, 9, 16, 2011. 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 County on Feb. 14, 2011. Publish: Feb. 23, March 2, 9, 16, 2011. BEEHIV 10204 3-16-11

SUPERIOR COURT OF CALIFORNIA 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 to Gabriel 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, 2011. KINYON 10204 3-16-11

SUPERIOR COURT OF CALIFORNIA 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. Kevin R. Culhane Judge of the Superior Court Publish: Feb. 23, March 2, 9, 16, 2011. WATKIN 10204 3-16-11



Crossword Puzzle on Page 9

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CLUES

- |   |  |  |   |
|---|--|--|---|
| <p><b>ACROSS</b></p> <p>1. Monument to Buddha<br/>6. Surf turf<br/>9. Over-the-head shots<br/>13. Chocolate substitute<br/>14. Boat propeller<br/>15. "The Fighter, e.g.<br/>16. Like "heavenly" cake<br/>17. Uniform Resource Identifier<br/>18. Embryo cradles<br/>19. "Jeremy Renner's movie<br/>21. "Nominated for her role in "The Kids Are All Right"<br/>23. Fifth note<br/>24. Oddball<br/>25. Every American's uncle?<br/>28. Austin Powers' charm<br/>30. Gluten-free dieter's _____ disease<br/>35. Blood problem<br/>37. Clothing joint<br/>39. Actress Rene<br/>40. Memorization by repetition<br/>41. Frequently<br/>43. Debilitating spray<br/>44. Bone cavity</p> | <p>46. Greek salad cheese<br/>47. "No _____, no gain"<br/>48. "King in "King's Speech"<br/>50. Suggestive of the supernatural<br/>52. Commonwealth of Independent States<br/>53. His and _____<br/>55. Pigeon call<br/>57. Event venue<br/>60. "Swan Lake" prima ballerina<br/>64. Hindu nature spirits<br/>65. "What Colin Firth and Jeff Bridges do<br/>67. This company sued YouTube over domain name<br/>68. Unfit or inappropriate<br/>69. To do so is human?<br/>70. Handsome like Marcello Mastroianni<br/>71. "A former Batman and nominated for best supporting actor<br/>72. Allow<br/>73. "Dorothy's "Over the Rainbow" composer, 1940 winner</p> | <p><b>DOWN</b></p> <p>1. Jazz singing<br/>2. Hyperbolic tangent in math<br/>3. Impulse<br/>4. "Dead _____ Society" (1990), Best Original Screenplay winner<br/>5. Bursting into flower<br/>6. Person, place or thing<br/>7. Van Gogh's missing part<br/>8. Cherokee or Hopi, e.g.<br/>9. Lesotho money<br/>10. Traditional plow-pullers<br/>11. Mountain in German<br/>12. _____ Lanka<br/>15. Dugout<br/>20. "_____ said it isn't _____?"<br/>22. European Union<br/>24. Named for its resemblance to a goat, pl.<br/>25. Wring the neck of<br/>26. Isolated from others<br/>27. "Semper Fidelis" to U. S. Marines, e.g.<br/>29. "He won last year and is nominated this year<br/>31. It's usually checked for cancer</p> | <p>32. Son of Abraham and Sarah<br/>33. American Standard Code for Information Interchange<br/>34. "Joel and Ethan<br/>36. Short for territory<br/>38. Boundary line<br/>42. _____lepsy<br/>45. Shocked or dismayed<br/>49. Snake-like fish<br/>51. West African people<br/>54. Take delight in<br/>56. Furry water mammal<br/>57. River in Siberia<br/>58. Egg-like<br/>59. Part of Batman's garb<br/>60. Saucy<br/>61. Reflect deeply on a subject<br/>62. Having the know-how<br/>63. Vegas light<br/>64. Rub-a-dub-____<br/>66. Anger</p> |
|---|--|--|---|

For Solution See Page 8



Carmichael Chamber of Commerce

Carmichael Chamber Events

The Chamber sponsors several events throughout the year as well as monthly luncheons and mixers. Chamber members have the opportunity to network and promote their businesses to other Chamber members and guests.



It's a Zoo Out There!

**Animal House Annual Juried Fine Art Exhibition** will be held February 22 - March 12 at the Sacramento Fine Arts Center, 5330B Gibbons Dr in Carmichael. Gallery hours are Tuesday - 11 am to 7 pm, and Wednesday through Saturday, 11 am to 3 pm. The exhibition is co-sponsored by Sacramento Fine Arts Center, Carmichael Recreation and Park District, Sacramento SPCA, and Sacramento Audubon Society. Sac Fine Arts and the SPCA will host an Animal Rescue and Artists Award Reception on March 5 from 6 to 8 pm. There will be painting demonstrations by artists and live music. For information, call 916-971-3713.

Q-Balls, and more. For more information, call the Community Center at 916-972-0336.

St. Patrick's March Mixer

Come out for a bit o' blarney at the Chamber's next mixer on **Wednesday, March 9**. Hosted by the Rotary Club of Carmichael, this FREE event will be held at the Palm Street Pub & Grill, 6416 Fair Oaks Blvd in Carmichael (near Marconi Ave) from 5:30 - 7:30 pm. This is a wonderful opportunity to enjoy great food and drink and network with other business people. Be sure to bring plenty of business cards and a raffle prize.

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.

Sponsors Needed for Summer Concert Series

Carmichael Recreation and Park District is seeking local sponsorships for its **Summer Concert in the Park Series**. Now is the time for you to secure your business's name on the flyer, an event banner, or even have a booth at the venue! More than 5000 people attended last year so this is a great opportunity to get your name out there and connect with potential customers. While you're promoting your business, you can enjoy the sounds of Mick Martin, Todd Morgan and the Emblems, songs by the Journey cover band, Departure, Beatles tunes by Because or the classic rock of the

Contact us for more information on the Carmichael Chamber of Commerce  
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# Don't Miss the Camellia Festival Event



young children. When the Arabadij's immigrated to the US about 12 years ago, they wanted to share their love of dance to a new generation. They have formed a wonderful organization of parents and kids, who have learned a lot and shared great joy and hard-ship in the process. Seeing the beauty and excitement of a performance by these kids, is the heart and soul of the



Ukrainian group, there will be dances from Ireland, Italy, Scotland, China, Egypt, Mexico, Serbia, East India, and Romania.

There will also be the women's singing group, Zado, performing Balkan songs, and a Vintage Ballroom group performing dances from the Titanic. People of all ages will enjoy this energetic and beautiful show. It is a bargain at \$10. Tickets are available at the CSUS Box Office located outside the east entrance to the Student Union. The Box Office opens at 11:00 AM. For more information and videos of past Camellia Festivals: [www.folkdancesac.org](http://www.folkdancesac.org) Phone: (916) 921-0955 or (916) 923-1555 All events are FREE for CSUS students with ID & those under 18 years of age.



Camellia Festival.

There will be 14 performing groups showcasing a wide variety of cultures and ages. In addition to the

Sacramento - Don't miss the Camellia International Dance Concert, to be held SUNDAY, MARCH 6, 2011 from 1:00-3:30 PM in the Student Union Ballroom, CSUS.

This is the 55th annual Camellia Festival International Dance concert. It is the last remnant of the major Camellia Festival event that used to take place every year and last for two weeks with all kinds of activities and a parade.

The feature group this year will be Kalyna, a Ukrainian group led by the George and Irina Arabadij, who were lead dancers in the Moldovan Dance Ensemble in Moldova. They are a very exciting and heartwarming teenage group who started when they were

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- *The Sound of Music - Cascade Theatre*  
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# Musical to Benefit Family Promise of Sacramento

Carmichael – Family Promise of Sacramento is part of the National Interfaith Hospitality Network and provides night-time shelter, meal and support to homeless children and their families through a collaboration of 16 host congregations and 7 support congregations. A day center, case management, employment counseling and other supportive services are provided at our Day Center by professional and volunteer staff. Over the last 5 1/2 years they have provided assistance to 100 families to become self sufficient and secure

homes for themselves.

"The World is comin' to a start" musical directed by David MacDonald is a yearly event with all proceeds benefiting Family Promise of Sacramento. Tickets are as follows: Requested Donation Adults \$10 Children \$5 Tickets are available at each performance location or reserved by phone.

Schedule of Events in the Carmichael area:

**Sunday, March 6 @ 3:00pm**  
Our Lady of Assumption Catholic Church

5057 Cottage Way, Carmichael 481-5115

**Sunday, March 20, @ 4:00PM**  
Carmichael Presbyterian  
5645 Marconi Ave. Carmichael 486-9081

**Saturday, March 26, @ 8:00PM**  
Congregation Beth Shalom  
4746 El Camino Avenue, Carmichael 485-4478

**Friday, April 1, @ 7:00PM**  
St. Marks United Methodist Church  
2391 St. Marks Way, Sacramento

## "Don't Buy The Lie" Contest Launches

Two area teens will see their winning ad designs on billboards across the region

Sacramento Region – Kaiser Permanente has launched its popular *Don't Buy the Lie* program, which delivers a powerful anti-smoking educational campaign to middle and high school students and offers teens the chance to design anti-tobacco ads for display on approximately 20 billboards throughout the Greater Sacramento area each spring.

This year's *Don't Buy the Lie* program will reach more than 100,000 students in Sacramento, Placer and

Yolo counties. The program includes free educational materials distributed to approximately 145 area schools that teach teens about the perils of smoking and industry tricks to get them hooked. It also includes a popular billboard design contest, which has been going strong since 1994.

More than 8,500 students entered last year's *Don't Buy the Lie* billboard design contest, which includes a grand-prize middle and high school winner. In addition to having their

artwork placed on billboards across the Greater Sacramento area beginning this spring, the grand-prize winners will also receive a \$1,000 gift card and selected runner-up winners will receive \$50 gift cards.

Billboard contest entry forms have been distributed to middle and high schools throughout the Greater Sacramento area. Entries are due March 25. For more information, call (916) 474-6245.

## Mother Dies in Head-On Collision

Carmichael - On February 17, 2011 at 9:08 p.m., Shara Cote, a 34 year old from Rio Linda was driving a white 1999 Ford F-150 pickup on southbound Rio Linda Boulevard south of Elwyn Avenue at an unknown speed. Becky Miller, a 53 year old from Rio Linda was driving a white 2001 Isuzu Trooper Rodeo on northbound Rio Linda Boulevard south of Elwyn Avenue. Cote allowed her vehicle to travel into the northbound lanes where the Isuzu was approaching, striking it head-on. The impact caused the Isuzu to spin counter clockwise and

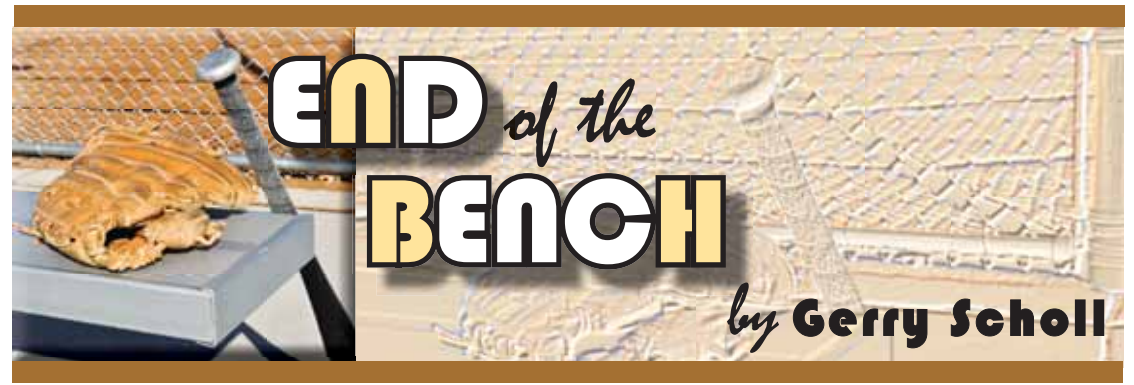
travel onto the east side of the roadway and into a ditch full of water. The Ford traveled in a clockwise direction coming to rest on the west side of the roadway.

Cote was transported to Mercy San Juan Medical Hospital (MSJ) with head trauma and lacerations. She was not wearing a seatbelt at the time of the collision. Miller was trapped in the vehicle and pronounced dead at the scene. Miller's 16 year old son was seated in the left rear of the vehicle and was ejected onto the east shoulder. He was transported to MSJ with major

internal injuries and lacerations. His 16 year old girlfriend was seated in the middle rear and was also transported to MSJ with internal injuries. Both minor passengers were not wearing their seatbelts.

Cote is suspected of driving under the influence of alcohol and/or drugs. Due to her injuries she has not been released from the hospital. This collision is still under investigation.

Source: Officer Lizz Dutton, Public Information Officer California Highway Patrol



How about that Super Bowl anyway?

Since I just started this new gig last week, I've got a little catching up to do. I really should pay homage to the big game...to the whole Super Bowl experience...as viewed by your typical sports fan.

But before we get started, let's listen to a bunch of knuckleheads tell us who they think is going to win the big one...for about four hours! No time for that; there's a killer macaroni salad to make. Then it's hit the showers and trim those troublesome wiry wild gray hairs from the beard. Find a clean pair of pants that still fit and a long shirt to wear untucked so the top button on those pants could be set free! And off to the races to find a good spot on my buddy's couch. Sure is a lot of traffic right now...

A look around the room and it's the usual suspects. A handful of locals and most of the older guys from the softball team. Most of the wives have given up on this deal, though some must still be helping out because the food's pretty good. That's a good dip, and that potato salad, and that skinny-noodle thing again with the brown sauce and extras. A couple slices of ham with mustard and a couple

beef—don't have the vegetarians in the family here looking over my shoulder. Hey! I'll be back for more and more, but there's a better seat! OK! Let's kick it off! No? Not yet? Commercial, commercial, commercial. That's alright. Gives me time to get a couple more bucks down in the pool. Is this illegal? To me it's not gambling. After all these years I've never won a thing. Put my kids' names in once and my son won fifty bucks (made him give me half for gas money). Commercial, commercial, commercial. Funny how the host and the guy who runs the pool win so often. Hmhmhm?

Oh, wow, the game's on. Steelers got nothin' and the Packers are driving. Whoaaaaaa...touchdown! Nice! Gotta root for the Packers, even after what they've done to the Niners in the past. This Aaron Rodgers kid seems like a fine young lad (Would you want him to date your daughter?) That Ben Roethlisberger...a pretty sketchy fellow at best...keep him outta here.

Comm., comm., comm. Kickoff. Runback. Comm., comm., comm. Interceptionnnnnnn...touchdown, Packers; 14-0. Comm., comm., comm. Kickoff. Runback. Comm., comm., comm. Gotta get more food.

Comm., comm., comm. What's happening? 21-10 at the half. Comm., comm., comm. I've had enough. I don't need these babies telling me how to invest money I don't have, or these dogs and ponies selling me beer I don't like. And I prefer Sun Chips over Doritos, though the Nacho Cheese ones are great for taco salad. Oh. There's the Black Eyed Peas giving their own act a black eye. Think I'll go outside and digest.

Game on? Ok. Steelers making a game of it; interesting. Looks like they're gonna come up short. A late Packer drive and field goal could do it. Can Big Ben pull a miracle? No! 31-25, Packers. Good for them. Could the Niners or Raiders do this next year? Not likely.

But you know what the Super Bowl really means to me? "Pitchers and catchers report soon," as my old catcher and battery mate reminds me. Softball spring training is right around the corner. Time for those New Years resolutions that wait till mid-February to kick in. Think I'll start with my "less-cream diet." Less cream in my coffee. Less sour cream on my omelettes. Less whipped cream on my smaller portions of after-dinner ice cream.



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# Arden Playhouse Continues its Second Season with Mysterious Send-Up!

*The Murder Room* by Jack Sharkey



Mavis (Carolyn Gregory) and Inspector Crandall (John Hanley Jr.) co front a surprised and presumed dead Edgar (Ron Baker) emerging from the secret stairway leading to THE MURDER ROOM now showing at Arden Playhouse. Photos courtesy of Gene Haslett of Arden Playhouse

Wealthy Edgar Hollister marries Mavis Templeton who, after a few hours of blissful marriage, apparently tries various ways to kill her husband? How many ways can a wife try to kill her husband? Don't ask, just come see *The Murder Room*, a comedy described as Abbot and Costello meet Agatha Christie with some Monty Python thrown in. It is a wild send-up of every murder mystery ever written.

The Murder Room has its Arden Playhouse opening on March 4, 2011 and runs Fridays and Saturdays at 8pm thru April 16, 2011, except Saturday, March 12. Sunday matinees are March 13 and 27 at 2 pm.

All tickets are \$18 general admission with discounts for groups. Tickets can be reserved by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community

theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

The show is Produced by special arrangement with Samuel French, Inc.

For more information about *The Murder Room*, or to find out about our group discounts, call the theater office at 332-2582, email [admin@ardenplayhouse.com](mailto:admin@ardenplayhouse.com), [arden@ardenplayhouse.com](mailto:arden@ardenplayhouse.com), or check the website [ardenplayhouse.com](http://ardenplayhouse.com).

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