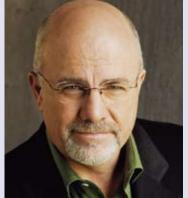
Carmichael Times



Chamber of Commerce **Sponsors** Gala Event

Page 3



Sound **Financial** Advice from **Dave Ramsey**

Page 4



Have You Been Following the Gold & Silver **Market Lately?**

Page 12

Volume 31 Issue 2

Serving Carmichael and Sacramento County since 1981

January 12, 2011

You've Come a Long Way, Baby!



An adoption was recently celebrated by the American River Community Church, Carmichael. Now two years old, Sydney (center) is beloved by the Breese-Sollitto family. The child was diagnosed "positive toxic" to drugs at birth. Her progress to health has been a labor of love for parents Andrew and Lynn, and brother Eli (6). Grandparents are: (kneeling left), Terry and Nancy Breese; (right) Tony and Kay Sollitto. Photograph by Susan Maxwell Skinner

By Susan Maxwell Skinner

Carmichael - International adoption policy proved contentious following the recent Russian child reject controversy. A Carmichael couple meanwhile found love and community the solution for its own adoption challenges.

Sydney Breese-Sollito's tortured start was forgotten as the American River Community Church celebrated her adoption and spiritual dedication. Born toxic after intrauterine drug exposure, the baby went into severe drug withdrawal and spent weeks in Sutter Memorial ICU. She then entered the Child Protective Services system and was cared for by a foster family. Her condition limited adoption prospects. Already mom to one, Lynn Breese-Sollito had known Sydney from birth through her friendship with the birth mom. She and husband Andrew wanted to adopt an older child but, reunited with the challenged three-month-old, "We fell in love with her," said Lynn. "We needed Sydney as much as she needed us."

Says dad Andrew of this reunion: "She was the size of a child half her age and cried like a newborn. She had a battle ahead. We knew there would be developmental delays. But she smiled at my son and just couldn't keep her eyes off him. We

immediately knew she'd fit with us." Sydney moved in with her new family in 2009. The Breese-Sollitos delayed legal adoption until assistance for her special needs could be ensured though Sacramento County's Alta Regional Centre. This came through last February.

With over 60 parishioners and partying kids, adoption festivities recognized help that the family's church and friends - even local businesses - had offered them. "We

could not have managed without their support and prayers," nods the father. "Sydney will always be petite. Crawling, walking, talking - her gross motor skills came months later than with other children -- but they came." When she failed to speak on cue, the Breese-Sollittos taught her signing – a skill she now incorporates with verbalizing. "Sydney is my little lion," approves the dad. "Animals and nature enthrall her. She is brave, happy and at last, she has a clean bill



Circle of love. On a walk in her new family's Carmichael neighborhood, Sydney gets hands-on pampering from brother Eli and parents Andrew and Lynn Breese-Sollitto.

Photograph by Susan Maxwell Skinner.

of health. She sings all day."

A respite care professional, Andrew accepts responsibility to the healthchallenged. "The perfect human," he considers, "is the one you love. I am not against people adopting from overseas. But you don't need to travel the world to find a child who needs you. There are children everywhere needing help."

American River Church Pastor Rich Reimer says church friends supported the couple through red tape and emotional hurdles that littered Sydney's adoption. "It was intense for us all," attests the pastor. "Andrew and Lynn were doing a beautiful thing: saving a child's life. They are both exceptional parents. We prayed for that adoption to go through. We celebrated with them when it happened. Sydney is in a good place with them."

Recalls medical typist Lynn Breese-Sollito: "Sydney was a fussy, intense and challenging baby; these problems were part of her condition. Sometimes I found things so difficult that I wondered if she might not do better with someone else. But I prayed and knew we were meant for each other."

Smiles Sydney's father: "When she looks at me with those big eyes and says 'hi, daddy,' that's all the reassurance I need."

Many More Mentors Are Needed for **County Teenagers**

National Mentoring Month Shines Spotlight on Local Needs

Sacramento Region - January is National Mentoring Month. It is the time each year to remember the importance of mentors, and the need for every child to have a caring adult in his or her life. To be a mentor, you don't need special skills. You just need the ability to listen and offer friendship, guidance and encouragement to a young person.

If you have what it takes to help young people navigate life's tough choices, please consider serving as a mentor. The Sacramento County Office of Education (SCOE) is seeking adult mentors to serve as positive role models as part of the LINKS Mentoring Program for high school students in the county.

This program is unique because it offers ongoing support to mentor/ protégé matches by providing stafffacilitated, structured mentoring sessions each week. SCOE staff members attend group mentor sessions to organize activities and provide materials and support.

Mentors meet with their protégés for one hour each week. The group mentoring sessions consist of group activities, combined with one-toone time for mentors and protégés.

Qualifying mentors may commit to a semester, or an entire school year. Meetings and activities center on specific themes:

- Community Service/Service Learning Projects
- Interpersonal/Life Skills
- Planning for the Future
- Career Exploration/Job Seeking Skills
- · Financial Savvy and Money Management
- Health and Wellness

The LINKS Mentoring Program is operated by the Sacramento County Office of Education's Prevention and Student Services (PASS) Department. The program is made possible through a grant from the Office of Juvenile Justice and Delinquency Prevention.

To learn more about the LINKS Mentoring Program, contact Cheryl Raney (916) 228-2201 or craney@ scoe.net. National Mentoring Month is a campaign held each January to promote youth mentoring in the United States. It began in 2002, and is spearheaded by the Harvard School of Public Health, MENTOR, and the Corporation for National and Community Service.

Public Hearing to be Held on the Fair Oaks Boulevard **Corridor Plan**

If You Own a Small Business in Carmichael You Need to be Here!

Carmichael - The Carmichael-Old Foothill Farms Community Planning Commission (CPC) will be conducting a public hearing at the Carmichael Library located at 5605 Marconi Avenue, Carmichael, California on January 19, 2011 at 6:30 p.m. Please note that this will be a hearing on the Fair Oaks Boulevard Corridor Plan project. Public testimony will be heard at this hearing. You are encouraged to attend and participate at this meeting.

The draft Fair Oaks Boulevard Corridor Plan has been in the works for many years and aims to recreate the Fair Oaks Boulevard Corridor as a "Main Street" for the Carmichael Community. Through collaboration between community members and other stakeholders, the Plan aims to create a land use and economic development plan for the Corridor.

The purpose of the corridor plan is to establish the Fair Oaks Boulevard Corridor Special Planning Area (SPA). The Special Planning Area (SPA) will include: Smart Growth Street Concept, a Mixed-Use Land Use Concept, a Circulation Framework and a Smart Growth Street Roadway Design for the Corridor.

Plan to arrive early, as there is a large crowd expected. Details of the draft Fair Oaks Boulevard Corridor Plan can be found on the web at: http://www.msa2.saccounty.net/ planning/Pages/

FairOaksBoulevardCorridorPlan.

Registration Opens for Nature Bowl Science and Conservation Competition

is now open for the 27th annual Nature Bowl, an annual elementary school competition held in the spring. This popular program increases the science and conservation literacy of third- to sixth-grade students in the Sacramento Valley. Participants

employ teamwork, creativity and critical thinking while participating in group learning activities centered on regional natural environments.

The initial event, the semifinals, is held in several counties throughout the valley between the months of March and April and is open to

students from any school, group or organized youth club. Teams, lead by coaches, will consist of three to seven children. Several groups will advance to the finals, the culminating event which generally occurs on the third Saturday in May.

Prior to the semifinals, there are a

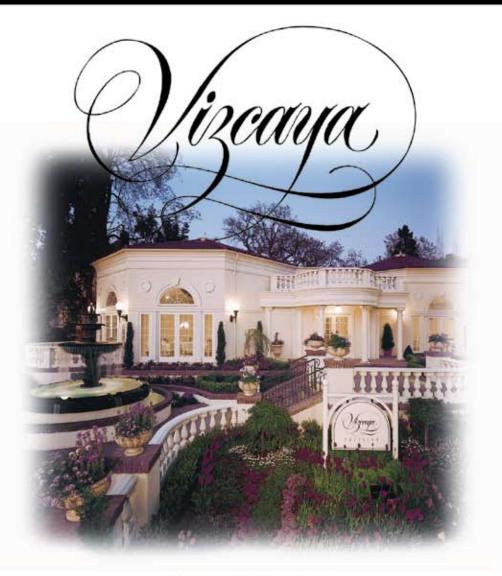
series of coaches' workshops. These workshops are effective in helping prepare students for the competition by addressing environmental science concepts that align with grade-specific classroom curriculum (and follow the State Science Standards). Teachers, youth group leaders or parents can

sign up to coach a team. The entry fee for each team is \$10 and coaches' workshops are \$5. New coach registration and workshops will be held on Jan. 20 at the Nimbus Hatchery in Rancho Cordova, and on Jan. 27 at the Cosumnes River Preserve in south Sacramento. Nature Bowls

also take place in Davis, Gridley, Auburn, Coloma and Stockton.

Sacramento County residents who would like more information about the Nature Bowl can call DFG at (916) 358-2353. Also see more information at the DFG Web site: www. dfg.ca.gov/education/naturebowl.

Carmichael Times Page 2 January 12, 2011



Weddings & Receptions Corporate: Socials, Seminars & Board Meetings We've been doing it all for twenty-four years!

Our award winning food & attentive service Will make your Event an occasion to remember Forever!

> Please call for an appointment... ...we love showing our property!



VIZCAYA PAVILION & MANSION 2019 21 STREET SACRAMENTO, CA. 95818 (916) 455-5243 www.vizcayapavilion.com



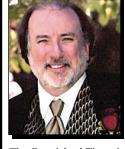
THANK A ETERAN TODAY



Carmichael Times

"Written by the people and for the people" Serving Carmichael and Sacramento County since 1981

Publisher-Paul V. Scholl



Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County.

The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Advertising Sales

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

Distribution Assistant Contributing Writers Tim Reilly David Dickstein

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

Dr. Bob Graykowski Accounting Web Master News Services

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

PRWEB NewsWire North American Precis Syndicate • Blue Ridge Press ARA Content • Family Features • WorldNetDaily

Photography Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks,

and Orangevale Chambers of Commerce To submit your articles, information, announcements or letters to the editor,

please email a Microsoft Word file to: publisher@carmichaeltimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

Carmichael Times is a member of Croun Messenger Publishing Group



We are proud members of these newspaper associations.







Sponsored By: **Widowed Persons** Association of California, Inc.

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

What: Newcomer's Buffet and Social

Who: Any and all widows or widowers may attend

> When: Third Monday evening at 5:30 pm

> > Where:

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenue: cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from

3:00 pm-5:00 pm

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

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge

Dr Bob Graykowski



As a prevention specialist, I encourage my patients to exercise daily. However, many patients have difficulty sticking to a workout

More often that not, focusing on losing weight or toning up fails to provide long-term motivation. Instead, focus on the "big picture." Specifically, exercise to live a longer and more rewarding life. What better incentive is there than extra years of disease-free living to relish with loved ones?

But, do workouts really produce changes in life expectancy? The answer from scientists who study longevity is a resounding "YES!"

Live Longer

According to late-breaking research, inactivity increases the aging process, while fitness slows or even reverses - some aspects of

How does exercise prolong life? One theory argues that mild to moderate workouts enhance the performance of disease-fighting

Exercise: The Fountain of Youth?

antioxidant chemicals in food. Additional evidence shows that exercise boosts the immune system and keeps the heart in top form, warding off cardiovascular disease - the leading cause of death. Strong, fit bodies are also less likely to experience falls and more likely to recover from illness.

Stay Active Longer

The foremost fear of many elderly individuals is that they will be forced to depend on others. Loosing the freedom to do the things you want to do and go to the places you want to go leads to depression.

Look Young Longer

Physical activity may not only extend your life, but it may also keep you looking young well into old age. Regular workouts firm and tone the body and produce a robust, youthful glow. Active individuals display elevated levels of mental clarity, compared with non-exercisers. And, scientists hypothesize that physical fitness wards off dementia and Alzheimer's Disease.

Be Happy Longer

What's the key to happiness during old age? Regular exercise, say mental-health professionals. Physical fitness is one of the most powerful deterrents of depression.

There's no need to adopt a rigorous training program to reap exercise's life-extending rewards. Even low-intensity activities, such as walking or gardening, can significantly extend an individual's life span.

Another report in the American Journal of Public Health revealed that a sustained loss of 10% of body weight – a goal easily achieved from consistent exercise – slashes the risk of several diseases. For instance, a 10% weight drop cuts the number of years an obese person can expect to live with high blood pressure, high cholesterol and with type II diabetes. Slight weight loss also significantly reduces an individual's odds of stroke and coronary heart

It's Never Too Late to Shape Up

Think you're too old to start exercising? Think again. New research demonstrates that seniors who start exercising during old age still secure life-extending benefits.

Look to Your Chiropractor for Exercise Advice

Before initiating any exercise program, make sure to check with your health-care practitioner. If your primary health-care provider is not a doctor of chiropractic, it's also important to have a chiropractic evaluation. Your doctor of chiropractic will ensure that your spine is in optimal alignment, which will help prevent posturerelated sports injuries. In addition, your chiropractor can tell you what exercise program will best suit your unique goals. So don't wait to start extending your life. Call us today to sign up for our weekly wellness workshop.

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

'Touch of Health' Weekly Vitality Workshop

Call (916) 973-1661 for more information on workshops



Chiropractic*USA*"

"Creating radiant health in our community since 1985"

Gift of Life Wellness Check-up

Consultation, Complete Spinal **Examination and X-rays (if needed)** This \$250 value is yours for only \$40 if you mention this ad

Each additional family member only \$20

Offer Expires Friday



(916) 973-1661

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



ARCADE CREEK MANOR

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

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

SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

January 7-31, 2011 AWS Traveling Watercolor Show February 1-19, 2011 February 1-19, 2011 Aspiring Artist Debut 2011

WASH Scholarship Competition for High School February 22- March 12, 2011 "Animal House 2011" - It's a ZOO out there!

STEVE WALTERS, NWS -

WATER MEDIA PAINTING WORKSHOP

Intermediate-Advanced • Date: January 14 & 15, 2011 Time: 9:00am to 4:00pm (with 1 hour lunch break) Place: Sacramento Fine Arts Center E-Mail: sfac@sacfinearts.org

Cost: \$120 Members, \$150 Nonmembers Supply list will be sent to your e-mail address after payment) Sign up early, spaces may fill quickly

5330–B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713 Hours: Open 11 AM to 3 PM Wednesday thru Saturday • Tuesdays 11 AM 7 PM.

Carmichael Times Page 3 January 12, 2011

Chamber of Commerce Holds Banquet & Award Night



Susan Peters swears in the new Carmichael Chamber of Commerce Board of Directors; Chris Meyer, Bill Schlack, Becky Furtado, Don Hall, Cary Duckett and Gary Anderson.

Carmichael – The Carmichael Chamber of Commerce held their annual Person of the Year Banquet & Award Ceremony on January 7th.The event honored Sacramento County Supervisor Susan Peters for her service to the County, the Chamber and the Carmichael community. Being named Carmichael

Person of the Year is something Susan greatly appreciates. "As a Metro Chamber past president," said Peters, "I knew joining the Carmichael Chamber would help me get acquainted with the community when I first ran for office. I've always enjoyed Carmichael

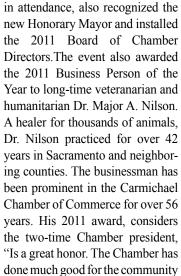
honor."Peters was especially thanked by Jack Harrison of the Carmichael Parks and Recreation Department for her instrumental help in the development and completion of three new community parks. The gala event, which had over 150 local businesspeople. Their recognition is an people, dignitaries and residents



Peter Tateishi, out going Honorary Mayor of Carmichael, presents the medallion to his former teacher and the new Honorary Mayor, Pauline Gilmour, a teacher at Our Lady of Assumption Catholic School.

over the years. I have felt privileged to be part of that."The Chamber of Commerce wishes to thank all those who supported the event, those who provided raffle prizes and the following sponsors; Lind Brothers Funeral Home, Mercy San Juan Medical Center, Fastteks On-Site Computer Services, Carmichael Oaks, Eskaton Village Carmichael, and Copy Plus. And a very special "Thanks" goes out to all those who volunteered their time to make the event a huge success. The event was held at The Palace banquet rooms, 6309 Fair Oaks Blvd, in Carmichael. To find out more about the chamber call 481-1002.

All photos by Paul V. Scholl.





Susan Peters and Major Nilson at the Recognition Dinner.



Ask about our Mail Order Service!

5859 Auburn Boulevard Sacramento, CA 95841

www.sacgermandeli.com sacgermandeli@sbcglobal.net

CindySue Jones of The Pampered Chef



& Earning Opportunities!

12 Years Experience in "FUN"

Kitchen Shows Fundraisers, Bridal Showers,

916-988-4810

www.PamperedChef.biz/CindySueCookingParty

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





Offering a Range of Care:

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

Financial Assistance Programs Accepted:

- SHRA
- Medi-Cal ALW
- VA Benefits



Lic.#347001523

7125 Fair Oaks Blvd., Carmichael

(916) 481-7105

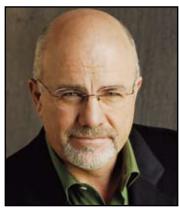
www.chateaucarmichaelpark.com







Carmichael Times Page 4 January 12, 2011



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers -The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Dishonesty is Not the Best Policy

Dear Dave,

I don't hide debt from my spouse, but I do hide money from her. I've been squirreling away money for emergencies without her knowledge. She's not terrible with money, but she always finds something to spend it on. We were never able to save anything before I started doing this. After hearing you talk about "financial infidelity," I began to worry about her reaction when she finds out I've been doing this. What's your advice?

Dear Paul,

- Paul

I think you have every reason to worry. Not just about her reaction, Dave Says

but what this represents in your marriage. I believe in saving up for emergencies. I mean, I'm Mr. Emergency Fund. I talk all the time about saving up three to six months of expenses. But deception is never a positive thing in a relationship. You've got to man up and tell her.

I know this won't be easy, and you have to make sure you tell her in the right way. Don't try to blame this on her. Basically, you've deceived her about this, and your lying isn't her fault. Let her know that you're sorry for not being honest with her, but you also need to explain that the reason you hid the money was you were afraid to speak up and disagree. Ask for her forgiveness, and let her know you're committed to never letting it happen again.

At the same time, you've got to grow a backbone so you can let her know when you've got a problem. Managing money in a marriage is a "we" thing. Decisions should always be made together. It means you each have a vote, but it also means you have to stand up and vote no if she wants to spend money on something silly when you guys haven't taken care of business!

- Dave

Closing the Account

Dear Dave,

Do you have any suggestions for closing a credit card account? I just paid off my last debt, and I want to close the account once and for all. - Krista

Dear Krista,

I'd start with a phone call. Let them know the account is paid off and you want it closed permanently. Also, ask for written confirmation that the account has been closed. If you don't see something like this in your mailbox in a few days, you'll need to check your credit bureau report for an update on the status of the account.

If it's not showing the account closed at this point, you'll probably have to call them back and jump somebody's case. Make sure they understand that you want to see verification in writing that the account has been closed. If they're still dragging their heels at that point, you'll need to send them-via certified mail, return receipt requested-your demand that they permanently close the account.

But usually a phone call is all it takes. The problem with talking to them is you'll have to listen to all their crap about how dumb you are for cutting them loose. Trust me, they'll fuss and cry and offer you stuff to try and get you to keep the account open. Stand firm and don't listen to them, Krista. Close the account!

- Dave

For more financial help please visit daveramsey.com.

From the Bayou of Louisiana to Carmichael CA

Mardi Gras Zydeco Dance Party Sunday January 30, 2 PM - 7 PM Carmichael Elks Lodge 5631 Cypress Ave. Carmichael, CA. 95608 Featuring The Creole Cowboy Geno Delafose & the French Rockin Boogie Band

Direct from Louisiana Dance Lessons, Party Snacks, Mardi Gras Beads, Full Bar. Costumes encouraged NOT required No outside food or beverages Admission \$15 Kids under 12 FREE

Delivery Routes Available Call 773-1111

SUDOKU

PRESENTED BY



VolunteerMatch.org Where volunteering begins.

8 6 8 6 3 2 6

© 2010, StatePoint Media, Inc.

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.



Eskaton Offers Workshops **Guided Autobiography**

With the help of a certified instructor, learn to write and share your life stories, two pages at a time. Weekly themes, creativity exercises and priming questions help to get your life story on paper.

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.

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

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

Call Lenka (916) 338-7156

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.





MPG is seeking an Independent Sales Agent to generate advertising sales for our local newspapers. This is an extra income opportunity that you can work at from your home. Become part of a growing newspaper group that has been very well received by our readers and the business community. Compensation is commission only, but the commission is a very generous rate.



To apply, call 773-1111 and send an email to publisher@mpg8.com.

Carmichael RECREATION AND PARK DISTRICT

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

Fee: \$180

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

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

Carmichael Recreation and Park District is announcing these upcoming events

positive and confident persona.

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.

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

5510 Garfield Avenue (between

Sherrie Carhart, Crime Prevention

5510 Garfield Avenue, Sacramento,

Madison Ave and Auburn Blvd) For more information contact

Sacramento County Sheriff

briefing room

Specialist

North Division

FREE E-Waste Collection Fundraiser for Country Centre 4-H Club

Saturday, January 15, 2011 9am-1pm

Northeast Y.M.C.A Parking Lot, 3127 Eastern AveSacramento, California 95821

Sponsored by California Electronic Asset Recovery

partnered with CEAR to recycle all of the collected e-waste. CEAR is a CA State approved Collector & Recycler of Electronic waste. We completely shred all hard drives at our securely monitored facility. Providing fundraiser and community outreach is part of what makes CEAR a unique E-waste Recycler. For any questions or details regarding holding fundraisers please contact us at (916)-388-1777 or recycling@

Country Centre 4-H Club, has cearinc.com CEAR is a proud signer of the Basel Action Network's pledge of true e-stewards responsible E-Waste Recycling practices. For more information, check out the BAN at www.e-stewards.org

> We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, speakers, keyboards, mice, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser

and multifunction scanners and fax machines.

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

Questions regarding event? Contact, event coordinator: Darryl Handberg at (916) 484-1599.

Carmichael - Next Sheriff Sheriff's Department and the com-

Carmichael Community Meeting:

Thursday, January 27th, 2011 at

6pm, Carmichael Park and Recreation

Center, VFW Building, 5750

We facilitate a series of com-

munity meetings in your neigh-

borhoods. The purpose of these

meetings is to open the channels

of communications between the

Grant Ave.

Sacramento Area Homes - Jan 21st

Next Sheriff Carmichael Community Meeting

munity, and to hear the concerns you

have in your neighborhood. We hope

that you will attend and invite your

NEW LOCATION/DATES/

TIME FOR MARCH & MAY

NEW: MOVING to 3rd Tuesday

MARCH 15 and May 17th, 6:30pm

neighbors as well.

MEETINGS.

alternating months

ANTELOPE

3901 N Country Dr

CARMICHAEL 2041 Mission Ave

CITRUS HEIGHTS 5663 Spyglass Ln 6657 Briartree Way

6840 Birchwood Cir

FAIR OAKS 5322 Terrace Oak Cir

4137 Birdwell Way

NORTH HIGHLANDS

4237 Worthington Dr

real estate **auctions**

Nominal Opening Bids start at \$10,000



SACRAMENTO

3331 Eastern Ave 4609 Oak Hollow Dr 5940 Green Glen Way 9102 Trujillo Way

RANCHO CORDOVA

2305 Byrd Dr 3062 Swansea Way

Sign Up for Auction Alerts

Text the word "ALERT" followed by your e-mail address to 88000 or visit williams**auction**.com/auction



williamsauction.com

Effie Yeaw Nature Center January Events

Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Culture Park entrance fee: \$5.00 per car or FREE to ARNHA members. Open: Wed., Thurs. 9:00 AM - 1:00 PM • Fri., Sat., Sun., 9:00 AM - 4:00 PM The Nature Center may be closed in stormy weather. Please call to confirm hours.

Fashion For Nature

Join us for a fashion show fundraiser for the Center. Bring your friends to an enjoyable evening of fashion and refreshments. Presented by Katia's Collections, 5619 H St., Sacramento; Cost: \$25; RSVP: 489-4918, e-mail: info@sacnaturecenter.net

Thursday the 27th at 6:00 pm

Something's Fishy at the River

Join us for an entertaining puppetry video where the animals get together to help keep their river home healthy. Then take a hike through the Nature Area to check out our own American

Saturday the 22nd at 10:30 AM

Owl Be Seeing You

When are owls most active? Can they turn their heads all the way around? What is an owl pellet? Meet a

resident owl of the Nature Center and learn the answers to these questions and more.

Saturday the 29th at 10:30AM

Has your child's class visited the Effie Yeaw Nature Center this year?

Consider a gift of a fieldtrip for your child's class. Your child will remember their experience out in nature with their teacher and classmates much longer than they'll remember the spelling and math tests. Fieldtrips start at \$125 when purchased with a credit card. If you'd like the Effie Yeaw Nature Center to take live animals and exciting educational programs to the classroom, our outreach programs start at \$175 when purchased with a credit card.

Help support the Nature Center, a community service of the American

River Natural History Association (ARNHA)

ARNHA, a nonprofit organization since 1981, supports educational and interpretive activities in the American River Parkway in cooperation with the Effie Yeaw Nature Center. It provides critical fundraising, volunteer and advisory support for the Nature Center's mission to introduce thousands of school children each year to the beauty and diversity of the Parkway. Here visitors of all ages learn the importance of conserving and protecting our most precious natural resource.

Due to the loss of County funding, the Nature Center needs your help more than ever. Join ARNHA at the Nature Center or at www.arnha.org. Check out the member benefits!

AGP HEATING & COOLING

"We won't be undersold"



Show us any written estimate and we will meet or beat it!

(916) 335-5964 (916) 224-3629

Authorised Dealer for American Standard Goodman

5325 Elkhorn Blvd Sacramento, CA 95842 www.GPHeatandCool.com

Dental Care for Seniors

- □ New Dentures
- Denture Adjustments
- ☐ Implants & Mini Implants
- ☐ Dentures secured by **Implants & Minies**
- ☐ Cleanings, Fillings, Crowns & Emergency
- □ Conscious Sedation & Laser Dentistry

ONE STOP DENTAL NEEDS FOR SENIORS!



Carmichael Dental Care

8329 Fair Oaks Blvd., Ste. A Carmichael, CA 95608

916-944-1197

CALL 773-1111 TO ADVERTISE

QUALITY MAKES A DIFFERENCE

QUALITY MANAGEMENT

53 years under local management and ownership.

QUALITY ASSETS

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

QUALITY SERVICE

Voted the Best Bank in many of our local communities.

SAFE—STRONG—SECURE



Serving our local communities for 53 years

35 locations to serve you

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Member **FDIC**

eldoradosavings.com



ATTIC ANTIQUITIES and More

6210 Fair Oaks Blvd., Carmichael (Between Marconi & El Camino)

Next to Olivia's Doll Tea House & Car Wash

BARGAIN DAYS -PRE-HOLIDAY SALE

Check Out Our BARGAIN ROOM!!

Limited offer expires 11/30/10.

ATTIC ANTIQUITIES

and More

Must present this coupon at time of

purchase. Not valid with any other

discount or offer. Exp. 1/31/11

20% Off \$100.00 15% Off \$75.00

> ATTIC ANTIQUITIES and More

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 1/31/11

NOW OPEN!

ONE OF A KIND STORE Buy-out

Clothes • Housewares Asian Art Pieces

Collectibles!

LAY-AWAY **AVAILABLE**

Hours: Thurs thru Sat 11:00-5:00 **S**UNDAY **11:00-3:00**

10% Off \$25.00

ATTIC ANTIQUITIES

and More Must present this coupon at time of

discount or offer. Exp. 1/31/11

purchase. Not valid with any other



A Film Review by Tim Riley

THE FIGHTER (Rated R)

Packing a punch for more than just its pugilistic thrills, "The Fighter" is the kind of homage to a fiercely competitive sport that recalls the underdog wonder of the very first "Rocky." Though based on a true story, this is more than the feelgood sports story where the boxing hero prevails against all odds and emerges a winner in hard fought matches. "The Fighter" is, moreover, about fights both inside and outside the ring, where it is at times hard to tell apart the more vigorous contest. Apparently, actor Mark Wahlberg, who wanted to make this film for years, trained equally hard to play the role of boxing contender Micky Ward.

From the hardscrabble blue collar town of Lowell, Massachusetts, Ward had no easy task in becoming the one-time junior welterweight champion. Though he had some outstanding fights according to Ring Magazine, "Irish" Micky Ward appeared to have almost equally memorable bouts with the meddling members of his close-knit family. "The Fighter" truly excels where it focuses on Ward's dysfunctional, intense family, particularly his hardedge mother Alice (Melissa Leo), the bouffant-haired blond who comes off like the stage mother from hell. Unqualified for the job, Alice serves as his boxing manager, but early on makes unwise decisions about sparring partners that nearly derail Micky's career before it gets off the ground.

Meanwhile, Micky looks up to his older half-brother Dicky Eklund (Christian Bale) who was once a rising star in the ring and whose claim to fame was a title match with Sugar Ray Leonard in which Leonard was either knocked to the mat or tripped and fell. But now with his glory days behind him, Dicky is a washed-up crack addict with the gift of gab who insists on being his brother's trainer even though he is totally unreliable. Then there are Micky's seven sisters, who are portrayed as big-haired misfits that look like roller derby contestants.

Early on, Micky looks to be illserved by his extended clan when boxing matches turn out to be terribly mismatched bouts in which Micky gets pummeled nearly half to death. Fortunately, Micky reaches a turning point when he meets pretty local bartender Charlene (Amy Adams), who helps convince him that his grasping family members aren't really helping all that much in the boxing career department. Other turn of events help sway Micky's direction to more professional help, especially when Dicky gets sent off to prison once again.

Emerging from the shadows of his clinging relatives, Micky does have a lot going for him when he is able to bust loose. Wahlberg's Micky comes off well as the soft-spoken nice guy

Riley **Reviews**

VIGOROUS, TOUGH "THE FIGHTER" SEEKING TO BE A CONTENDER

who packs a vicious punch, even when not prodded by his domineering mother. For a boxer who must remain standing in the ring, Micky has a decidedly unorthodox strategy for winning his big fights; he allows himself to get pounded in round after round, striking back with fists of fury that knock out his opponents when they least expect a furious counterattack. That Micky is able to bounce back from what looks like sure defeat is a great surprise to fighters and fans alike. Inside the ring, there are plenty of pivotal fights for Micky, allowing him to achieve a measure of respectable success even when friction in his personal life threatens to undermine his forward path.

Mixing sports heroics and family drama, "The Fighter" is a contender on several levels, which may well result in award nominations for several performances. Not the least of them is Wahlberg's intensity as a credible fighter who really looks like he belongs in the ring. The supporting characters in Micky's life are also superb, particularly Christian Bale and Melissa Leo as they inhabit their characters with self-absorbed annoyance and colorful working-class sensibilities. Even when there's inevitable predictability to the sports story, "The Fighter" is a more satisfying cinematic experience because it is a film with heart and a deep emotional core.

TELEVISION UPDATE

We already have a fake news show with "The Daily Show," where the bogus sincerity of Jon Stewart apparently fools a segment of the TV viewing audience. One may wonder then why the "Onion News Network" is the IFC Channel's answer to bringing its own perverted brand of hard-hitting, merciless journalism to the television-watching

masses. "Onion News Network" will feature a rotating lineup of reporters and commentators, including Washington correspondent Jane Carmichael who has not left the White House lawn in four years and senior reporter Andrea Bennett, who has made more senators cry than any other journalist. Some of the regular programs include angry political commentator Joad Cressbeckler opining



Crossword Puzzle on Page 9

Do you need assistance to determine which Senior Health Plan is best for you?

I can help you decide from multiple companies & options that are available. Call or visit us online to enroll:

> PlanAssistance.com Fawn Portugal-Agent 1-800-836-7041

Ca. Insurance License#0E52545

Let The Doctor Come To You!

STIRTON MOBILE CHIROPRACTIC

Relief Is Just A Call Away!

Serving Sacramento and surrounding areas, this caring doctor is available when

most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours

by appointment. Deaf and hearing impaired are welcome.

Increase employee production and satisfaction by providing regular chiropractic

check-ups and fine tune them for high performance. Healthcare benefits for you

and your employees are tax deductible.

James L. Stirton DC

Sacramento Area's Mobile Chiropractor

SCIENTOMETRIC TESTING

Business Owner Benefits:

Sacramento's premier mobile chiropractor brings

his highly effective techniques and expertise to

you at your home or place of business at your

He uses diversified, Constead, SOT, toggle, and

activator techniques to restore both spine and

extremities to their full function.

(916) 825-3140

the gold standard to skinning a raccoon and former prosecutor Shelby Cross reporting on the latest legal cases, determining who's guilty without the need for pesky

on everything from returning to

news network.

evidence. "Onion News Network" premieres on IFC later in January for a 30-minute glimpse into the world's most powerful 24-hour

Genealogy Workshop

Wednesday, January 19, 2011. Learn how to use AniMap software with Lynne Roberts plus get help from attendees on your brickwalls. 1pm to 3pm. Clubhouse of Country Squire Estates, 5720 Oak Hill Drive, Sacramento, CA 95841. Free, guests welcome. Sponsored by Root Cellar- Sacramento Genealogical Society. Contact John Jay (916) 331-0963 or www.rootcellar.org

real estate auctions

170+ California Home Auctions Begin Jan 17th



Please visit williamsauction.com for details

Williams & Williams

ATTENTION ALL RECIPIENTS OF DE PUY

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

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

been seeking medical releases from proper legal representation. recipients so that their claims adjustors can speak with you directly and possibly please call us immediately, as there are for any recipient to do.

clearly demands having your own lawyer. You without talking to us



must be very cautious with dealing with the Reportedly, Johnson & Johnson has manufacturer or its representative without

If you have a DePuy ASR™ product, take down statements without your hav- time limits for filing a claim. You might ing counsel present - an unwise action | already have problems with the implant about which you are unaware, so please contact us Having a defective hip implant in your body — and certainly do not forfeit your legal rights

WEITZ LUXENBERG

700 BROADWAY • NEW YORK, NY 10003 1.888.411.LAWS · www.weitzlux.com ZIMMER NEXGEN HIGH FLEX

INTRODUCING

NON-STOP FLIGHTS **FROM**

DALLAS BARBADOS

American Airlines°



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

Have you suffered a thigh bone/femur injury? Attention

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

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

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



experience in such national litigations as asbestos injuries, defective medical products and medicines, environmental toxic torts and others has given thousands of clients the confidence to entrust us with their most serious legal issues

For a free consultation please call us today at 1-888-411-LAWS (5297)

WEITZ LUXENBERG

700 BROADWAY • NEW YORK, NY 10003 BRANCH OFFICES IN NEW JERSEY, CALIFORNIA & COLORADO 1.888.411.LAWS · www.weitzlux.com ATTORNEY ADVERTISING. Prior results do not guarantee a similar outcome. We may associate with local firms in states wherein we do not maintain an office

We are also investigating ZIMMER NEXGEN CEMENTLESS KNEE INJURIES

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

For Details & To BidNow! **CAHouseAuctions.com** Or call 866-504-0811

Woman Gets "Thera-Gesic"" Tattoo After Successful Use!

BEXAR COUNTY - Mary Ann W. used Thera-Gesic* on her sore back and was so excited about the great results and great value that she got a big "Thera-Gesic" tattoo

When asked where on her body she got the tattoo, she painlessly replied, "None of your dang business!



Go painlessly with Thera-Gesic®



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

+ tax & fees Free Brochure. Call 1-800-Caravan. Since 1952

8 Day Guided Tour with Canal Cruise. All Inclusive. Free 28 Page Brochure. Call 1-800-Caravan. 'As Panama's largest tour operator, Caravan keeps costs under control,

consistent with its long-time reputation for value." - Audubon Magazine Available at Caravan.com. 8 to 10 day guided tours. USA, Canada, Costa Rica. Priced between \$995 - \$1,295.

ADVERTISEMENT

THE SACRAMENTO TESTING CENTER OFFERS FOR A LIMITED

TIME, FREE INTELLIGENCE AND PERSONALITY TESTS. YOUR IQ,

PERSONALITY AND APTITUDE DETERMINE YOUR FUTURE.

KNOW THEM. NO OBLIGATIONS.

825 15TH STREET SACRAMENTO, CA 95814

(916) 448-5891

Attention

jimstirtondc@comcast.net

Credit Card Holders Chase • HSBC

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

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

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

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

CLASSIFIED ADVERTISING

Adult / Elder Care Live-In Companion for Elderly Experienced, Kind, Caring & Compassionate. Will provide meal preparation, light housekeeping Errands & Appointments. Com-

pensation Negotiable. (MPG 12-22))

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

Beautiful assisted living care home. Semi private & private rooms available. Devoted 24/7 staff providing personalized care. 50% off first month and no assessment fee. www.fairoaksmanor.biz. Lic# 347004361. Call (916) 967-6400. (MPG)

Newly_constructed, modern Care Facilities in Fair Oaks Private/Semi room. 1/2 off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

Special 50% Off 1st Month Care Private & Semi private rooms. For more info call 916-721-4721 (MPG)

Experienced caregiver for elderly. 24-hour care: healthy nutritious meals; reasonable rates In Fair Oaks – room in comfortable home. Call 916-536-0701 (MPG)

ATTENTION!

Health and Wellness Success Coaches Needed. Able to work from Home.Will train. 888-279-7875, call 24hrs (MPG)

ATTN: Internet health and wellness company expanding. Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

Auto Donation

Donate Your Car Civilian Veterans & Soldiers. Help Support Our U.S. Military Troops 100% Volunteer Free same Day Towing. Tax Deductible. Call and Donate Today! 1-800-404-3413 (SWAN)

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

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments, Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE.

Business **Opportunities**

ALL CASH VENDING ROUTE! Be Your Own Boss! 25 Machines + Candy All for \$9995. Vend3 877-915-8222. All major credit accepted.

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

Business Services

ADVERTISING - BEST KEPT SECRET. A business card sized display ad.140 California community newspapers. Reach 3 million+ Californians. Cost \$1,550. \$1.33 cost per thousand. Free brochure (916)288-6019; www.Cal-SDAN.com

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

The California Press Release Service distributes news releases electronically to 500 California news paper editors. www.California PressReleaseService.com. Questions call (916) 288-6010.

Cash for Gold

CASH FOR GOLD, Sell Your Gold Jewelry. Request Your FREE Kit. Cash In 24 Hours. 1-888-460-7480 (MB

College Bound

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

Computers

Call-A-Geek Mobile Service Software, Spyware, Hardware Microsoft Certified. **879-3514.** (MPG 11-10)

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

Computer Funding

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

Construction

Accelerated Construction-New Construction or Repair. Handyman Clean-up. Residential and Commercial. Lic # 675212. Call 916-419-9996 (MPG 06-30)

Affordable Local Repairs-All Construction Phases. Lic # 655184. Ph 869-0164. Ask for John. (MPG)

All Types of Construction kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

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

Counseling

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

Day Care

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

Infant Openings Now First week free Lic # SAC53133 916-489-5824 (MPG)

Debt Help

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

DirecTV

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

Dish Network

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

Donate Your Car

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

Drywall

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

Elder Care

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

Electrical Services

RETIRED MASTER ELECTRICIAN Expert troubleshooter, 30 years experience. Old panel repairs/ Lic.# 877532 Call 916 - 595-3052 (MPG 10-27)

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

Fencing

Cal State Fence and Construction

Since 1986 Quality, Trustworthy Affordable, Reliable. Redwood, Chain Link, Ornamental Iron Vinvl. 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)

Rov'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 service. Lifetime steel post. Senior discount. Lic. 916-773-1350 (MPG)

Sierra Pacific Fence. Fences. decks, Retaining Walls 100% neighborhood discounts XLNT 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-SETTLEMENT (1-866-738-8536). 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 STOP YOUR DEBT INSANITY service solution credit nightmares. Mortgage Arbitration. Credit Repair. Debt

916-300-0611 (MPG)

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

Firewood

Firewood? Mixed wood, split, \$70 per truckload. FREE delivery in Sacramento 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 (MPG 01-12-11)

Auburn - 2B/1B Apt, 800 sq ft. \$700 mo. 1/2 off 1st mo. rent. Sterling Ridge, 203 Electric St, 530-885-8082

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

110/220 single phase hook ups

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

COMMERCIAL Office/Warehouse **space.** 1.000 up to 3.000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (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. 916-631-8784. (MPG)

For Sale

2 bedroom Mobile Home in Citrus Heights, 12x60, 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@ stfhc.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, Pruning. Aeration. Sprinkler. Cleaning, Hauling. 967-7543 or Smithsl andscape.com

Golf Equipment for Sale

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

Groomer Pinkiepoo, in home grooming

service. 18 yrs. exp. \$5.00 discount, 1st visit. References. Call Victoria (916) 256-0487. (MPG)

Handyman

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

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

Discounts Gutter Cleaning-Woodwork 916-519-Free Estimates (MPG) 5135 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, Sewer, Gas Lines,

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

Water

Heaters CA License

IF YOU USED TYPE 2 DIABETES DRUG AVANDIA between 1999present and suffered a stroke, heart attack or congestive heart failure you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727. (Cal-SCAN)

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 product. 916-474-4079 www.eatchoc-losewt.com (MPG)

Heating & Air

AC Repair Low Prices 487-4609

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

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

EMT FREE TRAINING plus pay, benefits, vacation, regular raises, HS grads ages 17-34. Help others. Gain financial security. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

ATTN: COMPUTER WORK. Work

from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/mo. Full Time. Training provided. www.KTPGlobal. com or call 1-888-304-2847.(Cal-SCAN) DRIVERS - CHECK THIS OUT!

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,

New Pay Increase! 34-40 cpm.

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 nonprofit organization who helps families who have children with Cystic Fibrosis and other chronic héalth problems. Call 1-800-254-0045 www.frfchildren.org (MPG)

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

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

Health Care Marketing.

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

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

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

MAKE DIFFERENCE. Information: (916) 383-9785 ext. 15 (MPG)

916-524-7477 (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?

from home & get paid daily! www.happyandhealthyfamily. 888-211-4268 Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have

5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word Excel and PowerPoint. Must be professional. friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted -**Drivers**

Auburn Only: I need a ride to drive me to and from my doctors appointment on Tuesdays, Thursdays and Saturdays. Must leave my home in Aubum by 5:30 am to my appointment less than 10 minutes away. Call Howard at 888-7550. This is a paid driver agreement, Call anytime, (MPG 11-10)

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

ASAP! New Pay Increase! 34-46 cpm. Excellent Benefits. Need CDL-A & 3 months recent OTR.1-877-258-8782. www.MeltonTruck.com(cal-scan)

Company Drivers (Solos & Hazmat Teams) * GREAT PAY * GREAT MILES * CDL-A Required. We also have dedicated & regional positions available. Call 866-789-8947, Swift, (Cal-SCAN)

Driver - NEW PAY PACKAGE! Van and Refrigerated, Great Flexible schedule! Benefits! 98% No-Touch Freight. Steady Miles. CDL-A, 6 months recent experience. 1-800-414-9569. www.DriveKnight.com

Help Wanted -

Medical **Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two vears experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted -Sales

Christian Yellow Pages hiring Commission Sales Professionals. Energetic, creative, organized Experienced sales desirable. 916-655-1447 (MPG 11-17)

by a Millionaire? Proven stem, Perfect timing. 24 Hr Recorded Message. NOW!! 888-279-7875 (MPG) **High School**

Would you like to be Mentored

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

Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737(MPG 08-25)

House Cleaners

HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making

Customers Happy? If You Answered YES!

We Want YOU! HouseCleaners is recruiting for our Sacramento area Please call SvIvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail. com. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Service Experienced hard-working owner/operator, supplies furnished, detail-oriented, affordable rates. Call today Madeline 916-723-1608. (MPG)

HOUSEKEEPING Fast, Immaculate, Honest Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

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

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

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

Landscaping

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

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

your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG) Tall Weed Cutting Low Rates

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

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

Legal Services **Homes For Sale** Need an Attorney? Have a 70+ CALIFORNIA bank-owned legal situation? Looking for extra homes selling by auction November 29th - December 4th. income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@ prepaidlegal.com (MPG)

BANKRUPTCY LAWYERS; Credit Card Debt. Foreclosure. Repo. Wipe Out Bills, Free Consultation 971-8880 (MPG) Down Possible. Call 1-877-757-

I have lost 34 lbs in 7 weeks and you can too! Call Rick at 916-952-2866 (MPG 12-08) Call 390-5634 (MPG)

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

Lose Weight

LOSE 3-5 LBS PER WEEK!

Medical Alert t **for** 24/7. Medical Alert Seniors FREE

Gift Certificates Available, (MPG 09-01)

-Monitorina FREE Shipping, \$29.95/ Equipment, Easy Set-up. ONLY \$29.95/ mo. CALL Medical Guardian Today! 1-888-694-4976 (MB 12-31) Miscellaneous Reach over 1.3 million potential buyers. Advertise in

SWAN (SouthWest Advertising

Network) only \$199/ week! Receive a 25-word classified

ad in publications throughout

Arizona, California, New Mexico & Utah. 1-888-714-7377 (SWAN) Richmond's Hunting Club Come hunt with us-20K acres. Doves. Quails, Pheasants, Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG) Please call for a Free Catalog. Chris Krcmar 916-483-1671 (MPG)

Miscellaneous **Items For Sale**

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

Miscellaneous Want to Buy

WANTED: OLD POSTCARDS

Notary Mobile Notary Services Certified Loan Signer Paralega Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (MPG)

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

24/7 Notary Services Anytime / Anyplace Call Dan @ 916-712-2661

Painting

Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG) Pets Pet Sitting Professional loving

pet care. Established reputation

environment.

free

Kennel

All Pro Painting Res/Com.

Lots of TLC. Call Madeline 916-723-1608 Home Sitters on Wheels office needs two RV'ers with RV's for

pet sitting. Call 916-483-5146

for more information (MPG) Annie's Pet Sitting Services Lisensed, insured and bonded. Vet.

tech. exp. Ref. avail. 916.202.6952

Piano Lessons Piano Lessons - All ages 1st lesson free. Rancho Cordova

916/858-1571 (MPG) lessons for children and adults by experienced creative teacher. Citrus Heights For more information, visit www.anitraalexander.con, or call

Prescription

(916) 725-1054 (MPG)

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

99DollarMeds STRUGGLING To

Don't miss this sale! Get all the details at www.CaHouseAuction.com or call 1-866-504-0811. (MPG 11-17) Your credit is approved!!! Three houses to choose from - Zero

Granite Bay Listings View at www.lizyoakum.com

1062 ext. 100 or visit! www. hypersellshomes.com (MPG 06-10)

Restore **Old Photos** Restore Old Photographs Share

memories of special places and

times with your family. (916) 483-6051 - Laws Studio, Crestview Center (Manzanita at Winding

Sales

Instruction

HIGH SCHOOL DIPLOMA!

Graduate in 4 weeks! FREE

Brochure. Call Now! 1-866-562-

3650 ext. 60 www.SouthEastern

AIRLINES ARE HIRING - Go to

aviation maintenance college for

FREE! Tuition paid for the BEST.

H.S. Grad w/good grades and

proven work history. CALL

Aviation Institute of Maintenance

ATTEND COLLEGE ONLINE

from Home. *Medical, *Business, *Paralegal, *Criminal Justice. Job

placement assistance. Computer

available. Financial Aid if qualified

SCHEV certified, Call 888-210-5162

The Math Resource; math/

tutoring;

916-722-1058

Security System

ADT-Security Choice FREE ADT-

Monitored Home Security System

& a \$100 VISA Gift Card from

Security Choice, Find Out How! Call

Today. 1-877-332-6541 (MB 12-31)

Protect Your Family! Get Your

Home Security System FREE.
Main Doors Protection, Motion

Detectors, Police, Fire & Medical

Keypad. Call Now 1-888-237-3822

Send Flowers

Send Flowers for Every Occasion!

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

Go to www.proflowers.com/yes to

receive an extra 20% off your order

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

Services Offered

I take you to the doctors,

shopping or misc. errands

Call for schedule. Serving most

Seeking Security Placement

in Fair Oaks or Carmichael,

Licensed Call 916-712-2137 (MPG)

The Clean-Bliss Experience Res-

ponsible, experienced & Reliable. Arlene 916-863-1374. (MPG)

REAL Hardwood Flooring \$1.69

Square Foot or we install for \$3.99

square foot complete 916-366-

1672. Cont Lic #757522 (MPG

Steel Buildings

Steel Buildings, 20 x 20, 30 x

40, 50 x 100, 100 x 100 Up to

50% off on erected completed

projects. www.scg-grp.com Source #ØDL Phone: 916-248-4416 (MPG)

Tax Relief

Fast IRS Tax Relief FAST IRS TAX

RELIEF. Do You Owe \$10,000

or MORE to the IRS? We Help

You Settle Your Overdue Taxes for LESS! FREE Consultation!

1-888-698-0221

916-214-8169. (MPG)

ProFlowers

areas.

PROFLOWERS.

(Cal-SCAN)

(Cal-SCAN)

\$40-\$50/

HS.com (Cal-SCAN)

(866) 859-6378.

www.Centura.us.com

statistics

For CASH!! Our Guaranteed Self-Made Millionaire, looking for 10 people who want to earn 6 figures in the next 12-24

2009! www.SellaTimeshare.com (877) 554-2098 (Cal-SCAN) **Tow Cars Away**

Timeshares/

Resorts

SELL/RENT Your TIMESHARE

Travel Specials Book with Emerald Travel!! Experience/Knowledge. Cruises/ Tours/Honeymoons/All-Inclusives

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

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

Needed

Volunteers Needed: Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA (MPG)

Wanted to Buy

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

Window Cleaning

NOTICE TO READERS California law requires that contractors take that total \$500 or more (labor and/or ma e licensed by the Contractors State Licens Board. State law also requires that contractor

DISCLAIMER

Classified Advertising

Sell Your Stuff! Reach 1000's of Readers

773-1111

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

finding local 10b a lot easier. The Community Employment Connection brings

the most comprehensive job resources in our region. That's why our provided by Northern California's most-respected career and employment resource, JobJournal.com. With a few clicks, you can

Carmichael Times

Way in Carmichael) (MPG)

Services will Sell/ Rent Your Unused Timeshare for CASH! Over \$78 Million Dollars offered in months. This is not a job. CALL NOW!!! 1-888-219-7757 (MPG) Schools /

Unlimited Calls

Money Back Guarantee! /olunteers

Cleaning Window

Be wary of out of area companies. Check with the local Better Business Bureau before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates.

your local employment resources into focus. You look to us for your local news, and now you can rely on us for

website is linked to the Community Employment Connection, zero in on employment information, upcoming job fairs, career resources and job listings from local media, as well as nearby employment centers. So if you're searching for a new job or career, start by taking a closer look at us.

www.CarmichaelTimes.com

Call to remove abandoned cars for FREE. (916) 457-4000 Must be present at pick-up. (MPG)

.Save Time!! Save Money!! (916) 570-3882. (MPG) **Tutoring**

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

Residential/Commercial 961-5003 Free Est. (MPG 11-17)

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



We've made

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

P.O. Box 14 Carmichael, CA 95609

Legal Advertising

FICTITIOUS BUSINESS NAME STATEMENT #1010777. Night Comfort Inc., 1908 El Camino Ave., Sacramento, CA 95815 is doing business under the Fictitious Business Name "La Bries Sleep Center" at 1908 El Camino Ave., Sacramento, CA 95815. Filed with the Clerk of Sacramento County on Dec. 14. 2010. Publish: Dec. 22, 29, 2010, Jan. 5, LABRIE 01204 1-12-11

NOTICE OF PETITION TO ADMINISTER **ESTATE OF** GEORGE PERRY DUNCAN

ESTATE NO. 34-2010-94006 To all heirs, beneficiaries creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of GEORGE PERRY DUNCAN. A petition has been filed by lan Douglas Duncan in the Superior Court of California, County of Sacramento, requesting that lan Douglas Duncan be appointed

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

in the file kept by the court. The petition requests authority 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 Sacramento, 95826 on Jan. 28, 2011 at 9 a.m. 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: Catherine A. Lawson, Esq., 3161 Cameron Park Dr. #223, Cameron Park, CA 95682; (530) 676-6860. Publish: Dec. 29, 2010, Jan. 5, 12, LAWSON 01205 1-12-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00094137

WHEREAS. Mindy Minhthu To and Quang Minh Vu have filed a petition with this court for a decree changing name of Minhtuyet Natalie Vu to Natalia Minhtuvet Vu. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 2, 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. 23, 2010. Shellevanne W.L. Chang Judge of the Superior Court Publish: Dec. 29, 2010, Jan. 5, 12, 19, 2011.

1-19-11 01205 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00093801 WHEREAS, Renee Katheryn

Singer has filed a petition with this court for a decree changing name of Renee Katheryn Singer to April Reign Singer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 2, 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. 20. 2010. Shellevanne W.L. Chang Judge of the Superior Court Publish: Dec. 29, 2010, Jan. 5, 12, 19 2011 01205 1-19-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00093961

WHEREAS, Corey Dahl has filed a petition with this court for a decree changing name of Corey Allen Dahl to Corey Joe Haugen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 1, 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. 21, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Dec. 29, 2010, Jan. 5, 12,

19, 2011 01205 1-19-11 NOTICE OF PETITION TO ADMINISTER **ESTATE OF**

GEORGE RONALD A HEIER ESTATE NO. 34-2010-94006 To all heirs, beneficiaries, creditors, and contingent creditors of

and persons who may be otherwise

interested in the will or estate. or both of RONALD A. HEIER A petition has been filed by Eileen Yeager in the Superior Court of California, County of Sacramento, requesting Eileen Yeager be appointed as personal representative to

administer the estate 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.

in Dept. No. 129, at 3341 Power Road, Sacramento, CA 95826 on Jan. 26, 2011 at 9 a.m. 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

The petition is set for hearing

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: Lois M. Stevenson, Bar No. 220949: 6526 La Poza Court. Citrus Heights, CA 95621; 916-723-0737. Publish: Jan. 5, 12, 19, 2011. STEVEN 10101 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 incorrectness 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, CARMICHEAL, 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 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.LISA-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 FEI # 1002.181066 1/11, 1/18, 1/25/2011 Publish: Jan. 12, 19, 26, 2011. 10102

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2010-00094284 WHEREAS, Surinipha Gilman and Joseph Gilman have filed a petition with this court for a decree changing name of Phansorn Manosarn to Andrew Alvin Gilman IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 8, 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 or 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 Nasrollahzedeh has filed a petition with this court for a decree changing name of Farid Nasrollahzedeh to Farid Nasr. IT IS ORDERED that all persons interested in the above 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. Shellevanne W.L. Chang Judge of the Superior Court

Publish: Jan. 5, 12, 19, 26, 2011. NASR 10101 1-26-11 FICTITIOUS BUSINESS NAME

STATEMENT #1010783. Formazyuk, 4928 Vir Mar St. 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, **EUROFL** 10102

FICTITIOUS BUSINESS STATEMENT #1011029. MGG. LLC.330CaliforniaAve..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,

10102

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,

PRESEN 10102 SUPERIOR COURT OF CALIFORNIA

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00091577

WHEREAS. Natalia J. Hailen and Stan V. Hailen hve filed a petition with this court for a decree changing name of Vladislav Mikhailenko to Vlad Stan Hailen. 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 or the petition. Dated: Nov. 15, 2010. Kevin R. Culhane Judge of the Superior Court Publish: Jan. 12, 19, 26, Feb. 2, 10102

Home **Delivery** Routes



Available

Call 773-1111

LEGAL ADS FOR SACRAMENTO COUNTYP

We Can Do That!



Call to place your

All Legal Ads Published in the Carmichael Times



The Law Firm provides the following legal services: · Bankruptcy · Business and Corporate Matters Trust and Trust Administration • Estate Planning • Probate and Conservatorship · Family Law

P: 916.965.6647

F: 916.965.4218

PHOTO RESTORATION

Restore

Old Photographs

Share memories

of special places and times

with your family.

Gordon G. Bones

Attorney at Law

gbones@boneslawfirm.com

Business & Service Directory

HEATING AND AIR

Christopher's Heating & Air

Commercial/Residential We Service All Brands



FENCING

PRIME TIME

FENCING

Quality Redwood

Double & Single Gates

Repair & New

License # 835870

Liability Insurance

(916) 481-7315

Call Today 916-223-1744

HOUSECLEANING SERVICE

Experienced Hardworking **OWNER OPERATOR**

Supplies Furnished. **Detail Oriented,** Affordable Rates.

Call Today

Madeline (916) 723-1608

INVESTMENTS

Trust Deed Investments

Earn 10%+ on your money

1st Position, 60% LTV or less

Private individuals,

corporations, pension plans,

401Ks, IRAs, SEP accounts.

CALL TODAY!

Equitable Mortgage

877-665-1414 x101

530-886-1414 X101

www.GoEquitable.com

Since 1986

Quality • Trustworthy

FENCING

Cal State Fence

and Construction

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

FREE ESTIMATES! Lic. #494306 (916) 966 -1103

HOME COMPUTER WORK

Home Computer Work

Earn Up to

\$1,500/mo PT \$7,500/mo FT

Will Train

Apply online at

www.bcsglobal13.com

(916) 483-6051

Laws Studio, Crestview Center Manzanita at Winding Way in Carmichael

PAVING

A VETERAN PAVING

All Types • Seal Coating

Excellent References Ron Follman

Cell 916-730-4949 House 530-677-1124

Lic #776266

PSYCHIC READINGS

Painting/Repair

McDonald Painting

Interior - Exterior

Most Small Repairs Bonded - Insured

30 YEARS EXPERIENCE

C: 216-2080 F: 967-4135

& MAINTENANCE

Hauling, Odd Jobs

You Name It! (916) 613-8359

"Handy Man"

25 Years Experience • All Home Repairs

• Dry Rot Doors/Floors

Sheet Rock

(916)548-8249 Lic. # 629370

OPEN YOUR HEART AND HOME

Step up to the challenge!

Have experience working with developmentally disabled adults and/or challenging behaviors? Have an extra bedroom?

ALTERATIONS

ALTERATIONS

by Patina

SPECIALIZING IN BRIDAL & FORMAL

11082 Coloma Rd., Suite 7

Coloma Village Shopping Ctr. • Rancho Cordova

(916) 853•1078

WWW.ALTERATIONSBYP.THENETMARK.COM

OPEN YOUR HEART

MAKE A DIFFERENCE!



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

READER

 Tarot Cards Crystal Ball

FOR LOVE

Call for Appointment

916-807-6597

MASONRY

Nick Lambdin **Masonry**

Summer Specials

Lic # 632538

HANDYMAN

"Carpenter Dave"

• Painting

 Decks/Tile/ Patios

Roof Repairs Texture

Construction BATHROOM REMODELING

Brasiel's Construction Company



Licensed & Insured

CA License #937416

Specializing in Residential Carpentry. Remodel and Repair Smaller Jobs Accepted **Gary F. Brasiel**

GENERAL CONTRACTOR O: (916) 725-4061 C: (916) 745-2447 E-mail: GaryBrasiel@surewest.net

AFFORDABLE BATHROOMS

& ALL HOME REPAIRS

Flooring, Electrical, Carpentry, Drywall We do all phases —small & large jobs FREE ESTIMATES

(916)-989-2689

ACTION

Garage Doors and Openers, service, repair, replace.

Depot and Costco. Visa, MC, Amex (916) 635-5951

DOOR SERVICE CALIF. STATE LIC. #650461

GARAGE DOORS

since 1987. Free Estimates • Senior Discounts

Contractor for Lowe's, Sears, Home

New Local Business • Owner on Job

CSLN: 946862 www.sactownmasonry.com

Tax & Bookkeeping **TAX & BOOKKEEPING SERVICE** Pamela B. Connolly, EA

Enrolled Agent

Available Weekends 8080 Madison Ave. Ste. 201B Fair Oaks, CA 95628 Corner of Fair Oaks and Madison

25 Years Experience

916-966-8850

Private Money Financing

FINANCING

Hard Money Loans Loans up to 65% LTV NO UPFRONT LOAN FEES Owner Occupied, Investments, Commercial, Industrial. Bad Credit, BK, Foreclosure OK!

Equity is the main consideration. **Equitable Mortgage** 877-665-1414 x101 530-886-1414 X101

www.GoEquitable.com

QUALITY LABOR

Yard Work, Gutter Clean,

Windows

• Bathroom

Shower & Tub Enclosures Water Damage

ANDERSEN CONSTRUCTION Licensed & Bonded • CSL # 681664

Serving greater Sacramento area

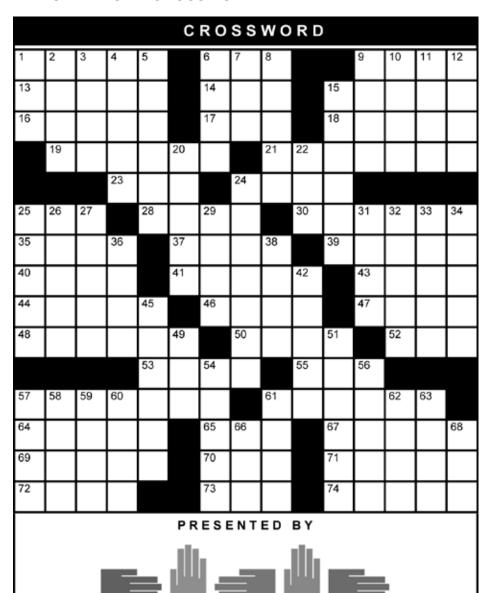
Quality Stone, Block, Pavers & Brick at a low price

(916) 912-7617

Carmichael Times Page 9 January 12, 2011



STATEPOINT CROSSWORD • THEME: WILD WEATHER



© 2010, StatePoint Media, Inc.

CLUES

VolunteerMatch.org Where volunteering begins.

ACROSS

1. Bullying, e.g.

6. Greyhound, e.g. 9. Artist colony in New Mexico

14. *Wildfire remains

16. Early stages

17. *Where storms can lead to

18. It sweeps a nation?

19. "The Quiet American" author

21. *It leads to #15 Across?

23. July-August zodiac

25. A great distance

28. *Mild fog 30. Soldier's knapsack

35. Right to another's property

37. *Mountain cap?

39. Roman Catholic Church's central administration

40. Largest city of Norway

41. Another spelling for "icon"

43. April 1st victim 44. Branch of this tree represents

peace offering

48. Pour out

52. Fleur-de-53. It prevents objective

consideration

57. *Type of radar

64. Eskimo hut

67. Nostrils

65. Knot-tying vow

69. White, French

50. Great Barrier

47. Southwestern flooring

74. Like many basketball players

73. Right coast time

61. Not dangerous to health

72. E-mail command

70. Roman sun god _ Maria Remarque

46. Prefix denoting "around"

2. A plug in a barrel or flask

3. "Back in the ____," song

4. It can be stainless 5. An attitude of admiration

6. Headquarters, as in military

7. Employ

8. Half step higher than given note

10. United

11. Greek liquor

12. Eurasian duck

15. Of low pH

20. It can be loud or white

22. Black and white sea bird

24. Fire-tenders

25. *Result of Katrina

26. Bridal path

27. Indiana Jones' Lost Ark, e.g. 29. The sound of Edward

Scissorhands? 31. Bunch of hair

32. Cook from above

33. Garlic mayonnaise

34. *They move 45 to 90 knots 36. The brightest star

38. Donned

42. Sister's daughter 45. All together

49. Neither a win nor a loss 51. *Ominous shape in sky

54. Get up

56. Found on a queen 57. "I call first _

58. Stare amorously

of attack" 60. "On Golden ___

61. *Thunderstorm sight

62. Smile

63. Head holder

66. ___ and don'ts 68. Timid or unsure

For Solution See Page 6

TAK FOOD MARKET

Local, Healthy, Not-so-fast Food



Home-made Soups Kabobs on Skewer

· Lamb · Beef Fillet

Chicken Fillet
 Fresh Salmon

Ground Beef Seasoning

Cooked on charcoal only. ❖ Includes Persian Basmati Rice,

Grilled Tomato, Salad ❖ Food served from noon until it lasts

Call ahead for Faster Service

9045 Fair Oaks Blvd. (Corner of San Juan & Fair Oaks)

www.takfoodmarket.net

944-3188

Delivery Routes Available 773-1111



Carmichael **Chamber of Commerce**

Carmichael Chamber Luncheon

Tuesday, January 25, 2011, 11:30am - 1:00pm **Education Building**

Cypress Avenue Baptist Church 5709 Cypress Avenue, Carmichael, 95608 Guest speaker is Joyce Arredondo of the Juvenile Parole Board. Raffle prizes RSVP by Thursday, September 23 to 482-1002

Princess Party

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

or linda@carmichaelchamber.com.

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!



Januarv mixer at Access Dental Photo from Chamber of Commerce website

Usually on the 2nd Wednesday of each month, a member of the Carmichael Chamber holds an evening mixer where members can network, learn more about other Chamber members and find out what's happening in the Carmichael Chamber and the community in general. The location changes each month so check the Chamber website to confirm the date and location each month.



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

GIVE THE GIFT OF IN HOME CARE

TO YOUR LOVED ONES





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

SENIORS Helping SENIORS® ...a way to give and to receive®

CALL US FOR FREE ASSESSMENT

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

 Companion Care Housekeeping Services

Meal Preparation/Cooking

 Shopping Doctor Appointments

Personal Care

Handyman Services

Yard Work

 Overnight and 24-hour Care
 And More! Transportation

Call us today.

Like getting a little help from your friends™.

916-372-9640

Airport Seeks Time Capsule Ideas

Sacramento Region — What do a local restaurant menu, a pre-loaded MP3 player with chart-topping songs, and souvenirs from the American River Parkway have in common? All three are being considered for inclusion in the New Central Terminal B 2011 Time Capsule at Sacramento International Airport. Sacramento County Airport System is asking local residents to share their creative ideas for more items to place in the capsule. Ideas should include small items that focus on the year 2011.

The County Airport System recently launched a survey about the time capsule. A link to the survey can be found on www.sacairports.org or www.bigbuild.org. Airport fans can also share their ideas via Twitter @SacIntlAirport or on Facebook at www.facebook.com/sacintlairport. The deadline to

submit ideas is January 31, 2011.

The airport plans to install the time capsule in late 2011 during the opening ceremonies of the

Northern California, or the airport.

The County Airport System recently launched a survey about the time capsule. A link to the survey can be found on www.sacair-vey can be found on www

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information, visit www.sacairports.org.



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.

(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 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



MISSION OAKS COMMUNITY CENTER

Extended Tours

• *Mackinac Island*May 6-14, 2011 • \$2,699 pp double

• *Trains of the Colorado Rockies*July 30-August 7, 2011 • \$2,349 pp double

• 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.

Luxury Motorcoach

- *Amtrak the Snowy Sierra*February 23-25, 2011 \$285pp double
 Tickets to the Buddy Holly Show
- St. Patrick's Day at the Bay
 March 16, 2011 \$117/person
 Lunch, Irish performance, and museum.
- SF Flowers and Garden Show March 26, 2011 • \$78/person

Spring Craft Faire
March 5, 2011 • 9am-3pm

Now accepting vendor applications!



TRY A NEW FITNESS CLASS!

\$30/month

Mission Oaks Community Center

Nordic Pole Walking

Functional Fitness \$20/month
Zumba \$30/month
Chair Yoga \$15/month
Yoga \$18/month
Tai Chi \$30/month

Swanston Community Center

50+ Fitness
Body Sculpting
Walking Club
Akido
Jazzercise

\$5/week \$36/month \$10/month \$30/ month \$36/month

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm Registration Hours: 8:30am-4pm Monday-Friday www.morpd.com DISTRICT OFFICE (916) 488-2810 • Fax (916) 488-4349 3344 Mission Ave., Carmichael CA 95608

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

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

**Enroll before March 1st

and receive 1/2 off



- first month's tuition
- Small Class Sizes Monthly Field Trips
- Transitional Kindergarten Program
- Core Knowledge and Core Virtues Curriculum
- Full Day Kindergarten
- Before & After School Program
- Competitive Tuition
- Scholarships Available
- Full Preschool and Day Care Program

4000 San Juan Avenue • Fair Oaks, CA 95628 School Office 916-961-4252 • Preschool Office 916-961-5237 Check Us Out at www.faithlutheran.net

Mission Statement: Education at Faith Lutheran School builds academic competence, Christian Character, self-confidence and connection to the community."



Jennifer Landers, CMT

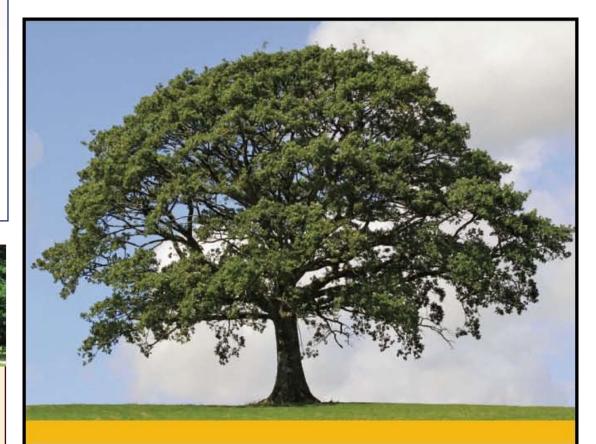
Massage Therapy

by Jenn

916.640.7763 www.massagetherapybyjenn.com

<u>"Always affordable, quality care you deserve."</u>

4944 Sunrise Blvd. Ste. J-3 Fair Oaks, Ca 95628 (Between the Sunset & Wildridge lights)



Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there's a retirement community called Carmichael Oaks. This beautiful community offers:

- Social & Activities program
- Scheduled transportation
- Beauty salon & exercise room
- Theatre & computer center
- Weekly housekeeping
- 24 hour emergency staff

Independent & Assisted Living as well as Memory Care.



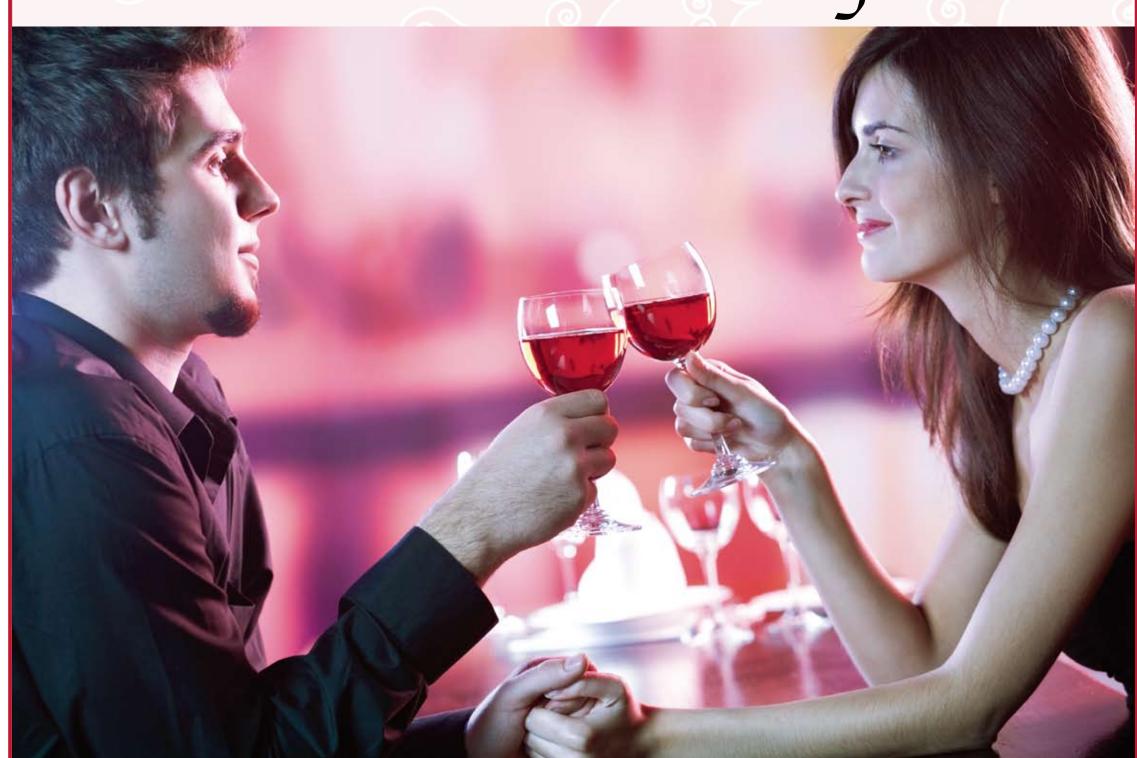
916-944-2323 office www.carmichaeloaks.com



LIC# 347003685



Give Your Sweetheart a Gift of Love this Valentine's Day



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.

Flowers by Carmichael Flowers

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.

Name

Address

City, Zip _____

Best Telephone Number _____

Best time to call:

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

This can not be used in conjunction with any other special offer, either from the newspaper company, the supplying florist or the sponsoring restaurant.

Subscription premiums can not be returned for cash. All sales are final. Premiums are transferrable.

Flowers provided by Carmichael Flowers. Flowers provided will be from those available. No specific flowers, such as roses, are promised due to the current availability of some flowers.

Carmichael Cimes Serving Carmichael and Sacramento County since 1981

Anticipation High as Ohio Valley Gold and Silver Refinery Opens for Business Next Week in Roseville!

By DAVID MORGAN STAFF WRITER

Been following the gold and silver market lately? Well if you have a jewelry box or lock box full of gold or a coffee can full of old coins you should be according to Ohio Valley Refinery spokesperson John Miller. "The gold and silver markets have not been this strong for over 30 years," said Miller. Typically when the U.S. dollar is weak and the economy is flat gold and silver markets soar. "That's good news if you are sitting on a few gold necklaces or an old class ring," says Miller.

Next week, starting Tuesday at 9am and every day next week through Saturday, the Ohio Valley Refinery will be setting up a satellite refinery right here in Roseville at the Courtyard by Marriott. During their 5 day stay, anyone can bring gold, silver or platinum items and turn them in for immediate payment, explains John Miller. "Just about everybody has some amount of gold or silver just lying around collecting dust and next week anybody can sell theirs direct to our refinery. Typically, selling direct to a refinery is reserved for larger wholesale customers like jewelry stores, pawn shops, and laboratories," says Miller. "We are changing how business is done," he explains. "We want to do business with everybody so we took our business to the streets. Our teams visits various cities around the country hosting 5 day events allowing the general public to take advantage of our services. The turnout has been overwhelming," says Miller. "Usually each day is busier than the previous day. It seems once people come to us and sell something, they are so amazed by what an old ring or gold coin is worth that they go home and start digging around for more and tell relatives, friends and neighbors. It's like a feeding frenzy by the third day. People line up with everything from gold jewelry to sterling



Above • Refinery representatives will be on hand next week, starting Tuesday and continuing through Saturday, to purchase all gold, silver and platinum items, as well as coins. Public welcome!

silver flatware sets to old coins. I think during this bad economy everybody can use extra money but most people say they are taking advantage of selling direct to our refinery because of the higher prices we pay."

During this special event anyone is welcome to bring all types of gold, silver and platinum to the refinery and turn it in for instant payment. The types of items they will accept include: all gold jewelry, gold coins, gold ounces and dental gold. We also buy coins dated 1964 and before including: Silver Dollars, halves, quarters and dimes. Anything marked "sterling" is accepted including: flat ware sets, tea pots, silver bars, silver ounces and all industrial precious metals.

What should you expect if you go to the event to sell your gold and/ or silver? Just gather up all gold silver and platinum in any form. If you are not sure if its gold or silver, bring it in and they will test it for free. When you arrive at the event you will be asked to fill out a simple registration card and

will be issued a number. Seating will be available. When your number is called you will be escorted to a table where your items will be examined, tested and sorted. This only takes a few minutes using their expertise and specialized equipment. Items will be counted and/or weighed. The value of the items will be determined based on up to the minute market prices. Live feeds will be available at the event displaying current market prices of all precious metals. If you choose to sell your items, they will be bagged and tagged and you will be escorted to the cashier to collect your payment. Waiting time to sell your items may range from just a few minutes to 1 hour so bring something to read.

If you are the owner of a jewelry store, pawn shop, dentist office or a dealer, you are encouraged to call ahead to make an appointment with the smelt master to discuss their special dealer programs. You can call our venue to make an appointment at (916) 772-5555.

business Tuesday from 9am-6pm. The event continues every day through next Saturday. No appointment is needed.

Ohio Valley Refinery will open for

If you go:

WHO: Ohio Valley Refinery Reclamation Drive

WHAT: Open to public to sell gold and silver.

WHEN: January 18th - 22nd

WHERE: Courtyard by Marriott 1920 Taylor Road Roseville, CA 95661

TIMES: TUESDAY-FRIDAY 9:00am - 6:00pm SATURDAY 9:00am - 4:00pm

SHOW INFO: (217) 523-4225

Silver and Gold Coin Prices Up During Poor Economy.

Collectors and Enthusiasts in **Roseville** with \$200,000 to Purchase Yours!

By DAVID MORGAN STAFF WRITER

Got Coin? It might be just the time to cash in. Next week, starting Tuesday and continuing through Saturday, the International Collectors Association, in conjunction with the Ohio Valley Gold & Silver Refinery, will be purchasing all types of silver and gold coins direct from the public. All types are welcome and the event is free.

Collectors will be on hand to identify and sort your coins. Then the quality or grade will be determined. According to collectors I talked with, the better the grade the more they are worth. With the current silver and gold markets, prices are up for older coins too. Any coins minted in 1964 and before in the U.S. are 90% silver, except nickels and pennies.

The coins worth is determined by the rarity and the grade. Old silver dollars are worth a great premium right now. Even well worn and heavy circulated ones are bringing good premiums. Franklin and Kennedy halves, Washington quarters and Mercury and Roosevelt dimes are all worth many times their face value. While older types like Seated Liberty, Standing Liberties, and Barber coins are worth even more.

Gold coins are really worth a lot right now according to Brian Eades of the International Collectors Association. "This country didn't start minting coins until 1792," says Eades. "Before that people would trade goods using gold dust and nuggets. Some shop keepers would take more gold than needed to pay for items purchased. There was no uniform system of making change."

The government opened the first mints and began distributing the coins in 1792. By the beginning of the 19th century, coins and paper currency were wide spread and our monetary system was here to stay. In 1933, Roosevelt required all banking institutions to turn in all gold coins.

Once all banks turned in this gold, the president raised the gold standard from \$20.00 per ounce to \$33.00 per ounce. This was his way of stimulating the economy during the great depression. However, gold coins were never redistributed after the recall. Not all gold coins were turned in. Many folks during that time didn't completely trust the government and chose to keep their gold.

These gold coins are sought after by collectors today and bring many times the face value. Any gold coins with the mint marks of CC, D or O will bring nice premiums. Collectors at the event will be glad to show you where to look. Other types of coins will also be purchase including: foreign coins, Indian head cents, two cent pieces, half dimes, three cent pieces and buffalo nickels to name a few.

Collectors warn people against trying to clean their coins as significant damage can be done and the coins value lessened.

Items we will accept include:

Scrap Jewelry
Dental Gold
Sterling Silverware
Sterling Silver Tea Sets
Silver Dollars
All Coins Dated 1964 & Earlier
Industrial Scrap
All forms of Platinum

Items of Interest:

Vintage Guitars:

Martin, Gibson, Fender, National, Rickenbacker, Gretsch, Mandolins, Banjos and others

Pocket Watches:

Hamilton, Illinois, Waltham, Patek Phillipe, Ball, Howard, South Bend, Elgin and others

Wrist watches: Omega, Accutron, Longines, Hamilton, Breitling and many

Old paper money: United States, Confederate States, Blanket Bills, \$1000.00 bills and more

Antique Toys: Trains, Tin wind-ups, Mechanical Banks, Robots, Pressed Steel trucks, and many more

War Memorabilia: Swords, Bayonets, Helmets, German, Confederate, Union, USA, and others

Local records reveal to our research department that recent vintage guitar sold for \$2400.00 and another for \$12,000.00 to a collector that will be tied into the event next week via live database feed.



Local Residents are ready to cash in!

International antique buyers in town next week and ready to stimulate economy!

By DAVID MORGAN STAFF WRITER

Hundreds of phone calls from local residents this week to the corporate office of the Ohio Valley Gold and Silver Refinery pour in inquiring about items to be purchased all next week by the team of antique buyers that is on site with OVGSR.

The team of buyers next week are purchasing a vast array of vintage items (see left) along with coins, gold jewelry, and sterling silver items the refinery deals in. It is a Local shot in the arm for our economy. The spokesperson for the event expects to spend in excess of \$200,000.00 next week at the Courtyard by Marriott paying local residents on the spot. The spokesperson for the company explained that these collectors are paying collector price for vintage items. It's a great way for people to get a great value for their items.



Refinery representatives will be on hand next week starting Tuesday to purchase all gold, silver and platinum items, as well as coins. Public welcome!

License #31051027