

# Carmichael Times



A Magic Evening of Beautiful Music and Art Comes to Carmichael

Page 2



A Southern Exposure - a New Comedy-Drama at Chautauqua Playhouse

Page 4



Give the gift of love this Valentine's Day

Page 12

PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA  
Change Service Requested

Volume 31 Issue 3

Serving Carmichael and Sacramento County since 1981

January 19, 2011

## A New Twist in Offshore Fraud



**Bogus bread.** A Carmichael executive shows fake grocery store money orders. These were received as part of an offshore scam. Photograph by Susan Maxwell Skinner.

By Susan Maxwell Skinner

*Carmichael* – If something seems too good to be true, it probably is. Another cynicism is that there is nothing new under the sun. But a Carmichael businessman was recently targeted by a new twist in offshore fraud. Happily, he was smarter than the criminals.

The man runs a long-established company from home. Preferring anonymity, he recounts the fraudsters' M.O. "Months ago, I got an E-mail inquiry regarding my rates to contract a wedding party in the Bay Area," he says. "I supplied a quote and asked for the date and the event location. The response supplied a date only. It said money would arrive by UPS; that extra

funds would be included on top of my price. That made me suspicious. Customers don't offer more money than I quote. The correspondence was full of abbreviations and bad grammar, like it came from a semi-literate texting freak. I said I was no longer available.

"Two months later, three \$850 Albertsons' international MoneyGrams arrived from an Atlanta Ga. address. They totaled \$2550 — \$1000 more than I'd quoted for the mystery job. Nothing else was enclosed. These checks were made to my company and signed by a Willie Johnson. I suspected this was part of the original hinky scheme but I wasn't sure. I wrote to the

sender to try to sort things out.

"On the reverse of the money orders were hints on how to spot forgeries. Each check failed these tests. At the postal service desk at Bel Air in Carmichael, a clerk telephoned MoneyGram headquarters. From the serial numbers, it was determined the three orders were originally purchased for \$50 each. They had been cashed but first, they had been photocopied. Their printed values were then altered to \$850 each. The postal clerks said this was a new scam to them. Our Sheriff's Service Center referred me to internet crime complaint people."

Though already foiled, the plot thickened. The inquiry letter bounced back from Atlanta and

confirmed Willie Johnson's street address did not exist.

Another onslaught of E-mails began. "The first one was from a Colins Smith, who claimed his "project manager" had accidentally overpaid me by \$1000 for my future services," explained the Carmichael man. "The sender insisted I bank the three money orders and immediately send the excess \$1000 via Western Union to an address in Beijing. I ignored this, of course. Over the next couple of days, the guy in China became more aggressive and frantic. He wanted his money from me, pronto.

"Then the E-mails stopped. I guess the scammer gave up on me and was trying someone else. With an Atlanta middleman, the scheme seemed a lot of effort for \$1000. But sure enough, I soon got a message that this bogus "Colins Smith" was approaching another contractor in Los Angeles. The idiot had attached my E-mail to his next victim's letter. The L.A. vendor and I were in the same trade and were advertising on a commercial website. That's how the crooks got our info... who knows how many other people they tried in the same scam? It's all in the hands of fraud experts now."

Referring to bogus business proposals, Sacramento Sheriff's spokesman Tim Curran warns:

*\* Be cautious when responding to offers that come by unsolicited E-mails.*

*\* Do your homework. Be sure businesses are legitimate before responding.*

*\* Don't be fooled by websites; these are quickly created and can vanish without a trace.*

*\* Be cautious when dealing with people from outside your own country.*

*People who have been targeted by a suspicious online scheme should contact [www.ic3.gov](http://www.ic3.gov)*

## Sacramento Realtors Honor Kathy Fox

*Sacramento Region* – Doug Covill, REALTOR® with Coldwell Banker in Sacramento, was installed Jan. 11 as the 94th President of the Sacramento Association of REALTORS®.

Mr. Covill has been a full-time REALTOR® in Sacramento for over 28 years. He has served on the Masters Club Steering Committee, Government Relations Committee, Legislative Committee, Budget Committee, the Political Action Committee, and as a C.A.R. Director.

Kathy Fox, Prudential NorCal Realty, Carmichael, is the 2010 REALTOR® of the Year. She began her real estate career in 1978 and has had her broker's license since 2001. She has been a Masters Club member since 1998.

Ms. Fox has served on the SAR Board of Directors, the Budget Committee and as secretary-treasurer. She chaired CanTree in 2003-2004 and is still active. She was the Orangevale meeting regional coordinator, 1994-1997 and currently chairs the Foundation Planning Committee.

She wrote a regular column on real estate issues for the Sacramento Union; served on the Board of Directors of the Fair Oaks Chamber of Commerce 2001-2003, and was honorary mayor of Fair Oaks in 1997. She is also a Sunday School teacher, Bible study leader, and has been a church volunteer since at least 1995.

The officers installed for 2011 were: President-elect Patrick Lieuw, RE/MAX Gold Natomas; Secretary/Treasurer Chris Little, Little Real Estate Services; Immediate Past President Barbara Harsch and Past President



**Kathy Fox, Prudential NorCal Realty, Carmichael, is the 2010 REALTOR® of the Year.**

Charlene Singley, Dunnigan REALTORS®. The 2011 Board of Directors includes: Erin Attardi, Dunnigan REALTORS®; Judy Covington, Keller-Williams Realty Elk Grove; Kathy Fox, Prudential NorCal Realty Carmichael; Ron Greenwood, Coldwell Banker; Jeff Jurach, Lyon Real Estate Sierra Oaks; Michelle Lehman, Century 21-Noel David Realty; Rob McQuade, McMartin Realty; Deniece Ross-Francom, McMartin Realty; Ted Russert, Lyon Real Estate Sierra Oaks; Scott Short, Comstock Mortgage; Paula Swayne, Dunnigan REALTORS®; Dave Tanner, Tanner and Associates; Mary Willett, Lyon Real Estate Sierra Oaks, and Linda Wood, Dunnigan REALTORS®.

Neva Cimaroli of Folsom, the first woman president of SAR in 1979, was given the Lifetime Service Award. She joined the Sacramento Association of REALTORS® in 1955. Michelle Kloss, North American Title Company, received the President's Award. Kevin Nunn, Comstock Mortgage, was named Affiliate of the Year.

## BBB Lists Top 10 Scams and Rip-Offs of 2010

*Job hunters and financial-strapped families are scammer's targets in tough economy*

*Sacramento Region* – The Better Business Bureau recently released a list of the top 10 scams and rip-offs of 2010. Job hunters and those struggling to make money and get out of debt were common targets of fraudsters, hackers and deceptive businesses in this tough economy.

"With the economy still on the mend, scammers had a field day targeting struggling families who were looking for work and trying to make ends meet," said Gary Almond, President of the Better Business Bureau serving northeast California. "While some of the most popular scams are perennial problems that have always plagued consumers, some new additions to the list are signs of our tough economic times."

Following, in no particular order, is BBB's list of top scams and rip-offs that took advantage of consumers and small business owners across the U.S. in 2010:

**Job Hunter Scams** – Scams targeting job hunters vary and include attempts to gain access to personal information such as bank account or social security numbers and requirements to pay a fee in order to even be considered for the job.

**Debt Relief and Settlement Services** – BBB warned consumers in 2010 to seriously consider third-party assistance for getting out of debt. These companies often require upfront fees and potentially leave the consumer drowning in even more debt. Complaints to BBB about debt relief and settlement services increased by approximately 30 percent in 2010, according to tentative year-end estimates. **Work from Home Schemes** – Some work from home schemes promise to teach the secrets to making money online, others claim you can make money assembling items at home or get paid to be a mystery shopper. Some victims even found that their opportunity to work from home was a job to fence stolen goods. The

end result is that instead of getting paid, you can end up losing hundreds—if not thousands—of dollars

**Timeshare Resellers** – Complaints to the BBB about the timeshare industry—including deceptive resellers—increased by over 40 percent according to 2010 estimates. Timeshare owners who are desperate to get rid of their costly vacation property are being targeted by companies that claim they have an eager buyer. The company tells the seller they just have to pay up to several thousand dollars to cover fees. After paying the fees, the seller never hears from the company again.

**Not So "Free" Trial Offers** – Misleading free trial offers online for diet supplements, penny auctions and money making schemes blanket the internet resulting in thousands of complaints every year. The free trial offers seem no-risk but complainants state they were repeatedly billed every month and found it extremely difficult to cancel.

**Itinerant Home Repair/Roofers** – BBBs across the country received complaints from consumers who answered a knock from a door to door salesman or itinerant worker who eventually failed to deliver on promises to fix their roof or conduct other work to the home. Complaints to BBB about roofing companies increased by roughly 40 percent in 2010, according to tentative estimates, due in part to one company that solicited door to door, American Shingle, which received nearly 1,000 complaints nationwide after going bankrupt and not providing new roofs to angry customers.

**Lottery and Sweepstakes Scams** – The victim—often a senior citizen—receives a letter in the mail or phone call from someone pretending to be with Reader's Digest, Publisher's Clearing House or a phony foreign lottery. The scammer claims that the victim has won millions but must first wire hundreds or even thousands of dollars back to the scammers to cover taxes or

some other bogus fee. The victim wires the money, but the prize never arrives.

**Identity Theft** – There are any number of ways a person can become a victim of identity theft. Through low-tech theft, phishing emails, vishing phone calls, smishing text messages, or even through no fault of your own as the result of a corporate data breach, millions fall victim to identity theft every year.

**Advance Fee Loan Scams** – A perennial problem, advance fee loan scams prey on consumers and business owners who are struggling financially. Victims are told they qualify for large loans but must pay upfront fees—often more than a thousand dollars. The victim wires money to the scammers, but never receives the loan.

**Over-Payment Scams** – Over-payment scams typically target small business owners, landlords or individuals with rooms to rent and sellers on classifieds or sites like Craigslist. The scammers overpay the amount for

the services or products and then ask the victim to wire the extra amount back to them or to another fraudulent entity. Ultimately though, the check is forged and the victim is out the money wired back to the scammers.

Consumers or small business owners victimized by a scam can contact their local BBB or file a complaint at [www.necal.bbb.org](http://www.necal.bbb.org). Always research a business with BBB before you sign any contracts or hand over any money.

**About Better Business Bureau**  
*As the leader in advancing marketplace trust, Better Business Bureau is an unbiased non-profit organization that sets and upholds high standards for fair and honest business behavior. Every year, more than 65 million consumers rely on BBB Reliability Reports® and BBB Wise Giving Reports® to help them find trustworthy businesses and charities across North America. Visit [www.bbb.org/us](http://www.bbb.org/us) for more information.*



# Art Song: A Magic Evening of Music and Art

World class music, world class art is coming to Sacramento!



Image by Charlotte Richmond

Sacramento Region – The Sacramento Fine Arts Center will present a magic evening of music and art on Saturday, January 29th at 8:00 p.m., with a matinee to follow on Sunday, January 30th at 4:00 p.m.

The January concerts will be the first of a series of concerts presenting top musical talent to audiences in the Sacramento region. "We intend to form a vital partnership between beautiful art and beautiful music,"

said Richard Turner, President of the Center.

Renowned violinist Michelle Xiao You and dynamic lyric soprano, Donna Helmich-Agnello will perform musical artistry, unique in a setting of vibrant visual color. Helmich-Agnello will engage the audience with her energy and passionate vocals while Xiao You will bless the Fine Arts Center with her international reputation of thrilling virtuoso performances.

Collaborating with this musical magic will be the American Watercolor Society's International Traveling Exhibit, featuring the world's finest watercolor painters. The Sacramento Fine Arts Center is the only gallery in California chosen by the Society, of Andrew Wyeth and Winslow Homer fame, to host its 2011 exhibit.

The Sacramento Fine Arts Center is a 25 year old non-profit community art education and outreach organization, conducting hands-on art classes for children and adults and hosting a wide variety of exhibits throughout the year.

Tickets for the ArtSong concerts are \$50, \$35 of which is considered a tax-deductible donation. They may be purchased by calling the Fine Arts Center at 916.971-3713 or sending a check to the Center at 5330-B Gibbons Drive, Carmichael, CA 95608. Seating will be limited to 130 at each concert.

# They're Back!

It's Girl Scout Cookie Season!

Sacramento – Friday, Jan. 14 was the first day to preorder Girl Scout Cookies for the 2011 Girl Scout Cookie season. Girl Scouts ages 5 to 17 will call friends and family and walk door-to-door to take Girl Scout Cookie preorders. If you don't get a call or a knock on the door don't worry, Girl Scouts will be selling cookies outside local store fronts from Feb. 25 to March 20. Cookies are \$4 per box.

There are eight kinds of Girl Scout Cookies offered this year: Thin Mints, Carmel deLites, Peanut Butter Patties, Peanut Butter Sandwiches, Shortbread, Lemonades, Thanks-A-Lot and the newest cookie Shout Outs, a Belgian-style caramelized cookie. In addition, Thanks-A-Lots have a new "green" packaging that will eliminate 150 tons of paperboard from the waste stream.

To place an order with a Girl Scout in your area, call (866)-GSCOOKS or email cookies@girlscoutshcc.org

Through Girl Scouting, girls become leaders in their daily lives and prepare for their bright futures! The Girl Scout Cookie Program provides an important ingredient for leadership by helping girls develop five key skills: Goal



Setting, Decision Making, Money Management, People Skills and Business Ethics.

After paying the licensed baker, all proceeds from the Girl Scout Cookie program stay within the

local council area to help support Girl Scout troop activities and provide essential services to membership. The program is one of the few youth programs in the nation that allows girls to make a decision on where a portion of the profits are applied.

Founded in 1912, Girl Scouts is still the leading authority on girls' healthy development, and builds girls of courage, confidence and character who make the world a better place. The local council, Girl Scouts Heart of Central California is headquartered in Sacramento and serves nearly 29,000 girls



## 2011 Vitality Workshops

Tuesday Evenings at 6:00  
(Unless otherwise indicated)

01/24 Mon	Joy of Life - Perfect Health
02/01	Health and Vitality Workshop
02/08	Stress Without Distress
02/15	Health and Vitality Workshop

Please call for a reservation. Support is encouraged...  
Bring a friend or family member!

Workshop is at 6:00 – 7:00pm. Advanced Workshops are 6:00 – 7:30. Reservations can be phoned at 916-973-1661 or faxed to 916-973-8273



"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



## 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.

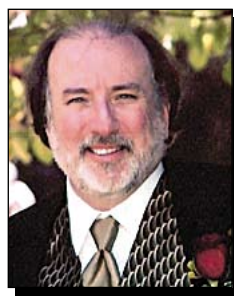


Call Lenka  
(916) 338-7156

## 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
Distribution Assistant	Gabriel Scholl
Contributing Writers	
Tim Reilly	Mary Jane Popp
David Dickstein	Dr. E. Kirsten Peters
Dr. Bob Graykowski	Marylous Johnsen Norris
	Susan Skinner
	Dave Ramsey
Accounting	Nicholson & Olsen CPA
Web Master	RJ at thesitebarn.com • JWS Promotions
News Services	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 **MPG** 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.

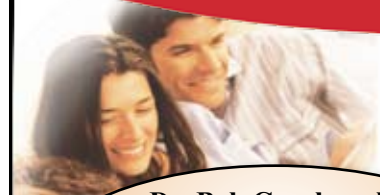
### Sunday Support

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  
5909 Stanley Avenue, Suite A  
Carmichael, CA 95608  
(916) 973-1661

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



**ARCAD CREEK MANOR**  
GARDEN APARTMENTS FOR SENIORS 55+  
STUDIO, ONE AND TWO BEDROOM  
6546 AUBURN BLVD, CITRUS HEIGHTS  
(916)721-1172  
WWW.ARCAD CREEKMANOR.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	WASH Scholarship Competition for High School
February 1-19, 2011	Aspiring Artist Debut 2011	February 22- March 12, 2011	"Animal House 2011"

- It's a ZOO out there!



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

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

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

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

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

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**  
CALL 773-1111 TO ADVERTISE





# Metro's Message

*A monthly message from the Sacramento Metropolitan Fire District*

activities. As I always say" those who prepare for emergencies usually survive them". You can always obtain safety information by logging onto our website at [www.sacmetrofire.ca.gov](http://www.sacmetrofire.ca.gov) and click on community services for some safety tips. If you are not a computer person this would be a great time for you to get to know the men and women who serve you by visiting your local firehouse and asking a few questions. Although the firehouses are staffed 24 hrs a day 365 days a year the best time to stop by is between 8am and 5pm 7 days a week. If you would like to schedule a tour you can contact our community services division at 859-

4124 and they will take care of you. Some of our larger projects we have in store for 2011 are the relocation of the majority of our divisions into Metro Fires future headquarters located at Mather, delivery of our new fire apparatus, the continued progress on the training site at the end of Zinfandel drive in Ranch Cordova and, most important, to continue to maintain a balanced budget as these challenging financial times continue to effect us during this great recession. Until next time be safe and thanks for your support,

Captain Christian Pebbles

By Christian Pebbles,  
Sac Metro Fire Captain

Happy New Year to all of our Citizens we serve, from all of us at Metro Fire. 2011 is here and we would like to say goodbye to those employees who have retired in 2010 and thank them for their many years of service to our communities.

This is a great time to remind you to incorporate safety in all your 2011

## Weddings of Joy



*Creating special moments and sacred events*



916. 773.7337

GO2DLYT@aol.com

Call to Discuss Your Wedding Plans

Go to [www.LovingOutLoud.com/weddings](http://www.LovingOutLoud.com/weddings)

Reverend Paul Scholl  
Interfaith Minister, B.Msc

# WHY PAY MORE TO PRINT?



**"COSTS LESS THAN HP"...**

"Cartridge World earned scores identical to those awarded to HP's own ink... Cartridge World cartridges, which cost less than HP's OEM versions on all counts, produced impressive page yield numbers too..."

PC World



Savings



Quality



Environment

**\$3**

**OFF INK REFILL**

**Fair Oaks Cartridge World**  
5480 Dewey Dr. Suite 120  
Fair Oaks CA. 95628  
[www.cartridgeworldusa.com](http://www.cartridgeworldusa.com)  
**(916) 962 9917**

**\$10**

**OFF TONER REFILL**

One per customer. Not valid with other offers. Expires 01/30/2011. Code



Cartridge World

## The German Deli

German Meats • Imported Beer & Wine • Catering

Ask about our Mail Order Service!

(916) 349-9493

5859 Auburn Boulevard  
Sacramento, CA 95841

[www.sacgermandeli.com](http://www.sacgermandeli.com)  
sacgermandeli@sbcglobal.net

## Cindy Sue Jones of The Pampered Chef



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

**916-988-4810**

[www.PamperedChef.biz/CindySueCookingParty](http://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!



*Providing quality affordable senior living!*

### Offering a Range of Care:

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

### Financial Assistance Programs Accepted:

- SHRA
- Medi-Cal ALW
- VA Benefits

*the Chateau*  
at Carmichael Park

Lic.#347001523

7125 Fair Oaks Blvd., Carmichael  
**(916) 481-7105**  
[www.chateaucarmichaelpark.com](http://www.chateaucarmichaelpark.com)



[www.HankFisherProperties.com](http://www.HankFisherProperties.com)





# POPOFF!

with Mary Jane Popp

Recovery” avoiding relapse through self-awareness and right action. Here are those 12 stupid things:

- 1) Believing addiction to one substance is the only problem. Our best chance for recovery lies in total abstinence from all mind-altering drugs.
- 2) Believing sobriety will solve everything. Recovery begins with breaking the bonds of addiction. But this is only the first step on a long journey. Recovery is ultimately about recovering our spiritual or true self.
- 3) Pursuing recovery with less energy than pursuing addiction. We have to pursue recovery with the same tenacity and enthusiasm that we had when we were drinking or using other drugs.
- 4) Being selectively honest. Recovery requires rigorous honesty. Nothing less will work. We are as sick as we are secretive.
- 5) Feeling special and unique. Humility is the spiritual foundation of Recovery. In order to feel worthy, we do not need to be unique. People who do best in recovery are those who surrender and follow Suggestions.
- 6) No making amends. To develop a strong spiritual foundation, we must accept full responsibility for harmful and hurtful behavior and attempt to repair the damage.
- 7) Using the program to try to

become perfect. Most of our life has been spent trying to be perfect. This has been a spurious goal. Instead we need to learn to become more human.

8) Confusing self-concern with selfishness. Self-concern does not exclude other: it is inclusive

9) Playing futile self-improvement games. Recovery requires honesty. Avoidance is ultimately destructive to the recovery process.

10) Not getting help for relationship troubles. Dysfunctional relationships are one of the top three causes of relapse.

11) Believing that life should be easy. Life is difficult. The sooner we are initiated into this reality, the sooner we learn how to deal with life on its terms rather than waste time looking for the easy way.

12) Using the program to handle everything. No one can handle every personal issue with their program. Needing help is not an indication that something is wrong.

Are you sabotaging your own recovery? Check out “12 Stupid Things That Mess Up Recovery.” It’s good to hear from someone who’s been there done that for a change! GOOD LUCK IN 2011!!!

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

## STUPID THINGS

We struggle every day of our lives fighting destructive thoughts and behaviors that hinder our emotional growth and well-being. What happens? Some turn to the bottle to drown their miseries and others go the drug route. Coming out of the stupor can be considered brave, but then the mess up happens and recovery never happens. According to Dr. Allen Berger, to grow in recovery, we must grow up emotionally. This means getting honest with ourselves and facing up to the self-defeating thoughts and actions that put our sobriety at risk. Dr. Berger is in private practice and has been on his own personal journey in recovery while helping thousands of others discover a new way of life, free from addiction and its insanity.

Dr Berger says there are as many ways to mess up recovery as there are alcoholics and addicts, but some general themes exist and they include “12 Stupid Things That Mess Up

**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 Delafosse & 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.

		4		2	5			
	7	3	1				2	
				7				6
		5	3					
			6					
	9	2					7	5
		9		3	4	8		
	2							7 3
	4					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.**  
Class will be held from 1:00 p.m. – 3:00 p.m. on Wednesday, January 26.  
**Eskaton Community Services Center, 8525 Madison Avenue, Suite 150, Fair Oaks, CA 95628**

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

**Tiny Tots**  
*Taught by Kelly Stapp*  
**Ages 3-5 years**

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

**Location: Carmichael Park Tiny Tots Room**  
**Kindergarten Readiness**  
**Day/Time: Mondays, Wednesdays and Fridays, 9am – Noon**  
**Dates: 1/3 – 2/14 (no class on 1/17), 2/28 – 4/8**  
**Fee: \$265**

**Kindergarten Readiness**  
**Day/Time: Tuesdays and Thursdays, 9am – Noon**  
**Dates: 1/4 – 2/10, 2/29 – 4/7**  
**Fee: \$180**

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

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

**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.**

**West Coast Premiere of A Southern Exposure**

Chautauqua Playhouse has announced the West Coast theatrical premiere of A SOUTHERN EXPOSURE, a new comedy-drama by Kelley Kingston-Strayer, which started on January 14th, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through February 20th. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, seniors, children and SARTA members.

*Appearing in “A Southern Exposure”:*  
*(L) Janice Read Hoberg, Sara Sells, Linda Nalbandian*

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

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

**For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.org.**

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

A Non-Profit Organization

**THANK A VETERAN TODAY**



# 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.aspx>.

# Next Sheriff Carmichael Community Meeting

**Carmichael** - Next Sheriff Carmichael Community Meeting: Thursday, January 27th, 2011 at 6pm, Carmichael Park and Recreation Center, VFW Building, 5750 Grant Ave.

Sheriff's Department and the community, and to hear the concerns you have in your neighborhood. We hope that you will attend and invite your neighbors as well.

**NEW LOCATION/DATES/TIME FOR MARCH & MAY MEETINGS.**  
NEW: MOVING to 3rd Tuesday alternating months  
MARCH 15 and May 17th, 6:30pm

LOCATION- Sheriff Stationhouse - briefing room  
5510 Garfield Avenue (between Madison Ave and Auburn Blvd)  
For more information contact Sherrie Carhart, Crime Prevention Specialist  
Sacramento County Sheriff North Division  
5510 Garfield Avenue, Sacramento, CA 95841

# Sacramento County Special Primary Election Update

*Sacramento County Begins Preparing for March 8 Special Primary Election*

Governor Brown has called a March 8 special election for the 4th Assembly District (AD4) to replace Assemblyman Ted Gaines who was elected to the state Senate last week. AD4 covers parts of Sacramento, Placer, El Dorado and Alpine County. Registrar of Voters Jill LaVine said Sacramento County has the smallest piece with fewer than 40,000 voters.

Under the state's new top-two primary system, candidates will compete for the seat on March 8. If no one wins a majority then, the top two vote-getters, regardless of party, will

advance to a run-off on May 3.

See the AD4 map on the Elections website for the district boundaries in Sacramento County. To find out if you are currently registered to vote in Sacramento County or check your vote-by mail ballot status online, visit [www.elections.saccounty.net](http://www.elections.saccounty.net) or call (916) 875-6451.

Key dates for voters are ; February 22-Last day to register to vote in Special Primary Election (must be postmarked

no later than this date); March 1-Last day to request a vote-by-mail

ballot be mailed to you. A VBM request form

can be found on the back cover of the sample ballot booklet. These requests must be received by the Elections Office no later than 5:00 p.m.; March 8, 2011 - Election Day - Polls are open from 7:00 a.m. until 8:00 p.m.

For more information, contact Alice Jarboe at (916) 875-6761 or 875-6451.

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

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

**Eskaton Village Carmichael**  
3939 Walnut Avenue  
Carmichael, CA 95608  
**Contact Information:**  
Stefanie Strickley, Fitness and Wellness Program Coordinator  
**Contact Phone Number:**  
(916) 974-2000

**Description of Event:** Senior Wellness Fair. A variety of health and wellness professionals. **Free samples, prize drawings & health screenings.**  
**Cost: Free to the Public**

## 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**

5325 Elkhorn Blvd  
Sacramento, CA 95842  
[www.GPHeatandCool.com](http://www.GPHeatandCool.com)

Authorised Dealer for





# QUALITY MAKES A DIFFERENCE

## QUALITY MANAGEMENT

53 years under local management and ownership.

## QUALITY ASSETS

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

## QUALITY SERVICE

Voted the Best Bank in many of our local communities.

## SAFE—STRONG—SECURE



Serving our local communities for 53 years

35 locations to serve you

CARMICHAEL • 4701 Manzanita Ave. • 481-0664



[eldoradosavings.com](http://eldoradosavings.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!**

**15%**  
Senior Discount

**Carmichael Dental Care**  
8329 Fair Oaks Blvd., Ste. A  
Carmichael, CA 95608  
**916-944-1197**



# HELP WANTED

**Messenger Publishing Group**  
**INDEPENDENT SALES AGENT**

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](mailto:publisher@mpg8.com).









A Film Review by Tim Riley

**THE GREEN HORNET**  
(Rated PG-13)

According to the calendar, we're in the middle of the month of January, typically one of the coldest of the year. It's also normally a cold time at the box office for big Hollywood movies. That's why it's a smart idea not to have high expectations for any movie released in a chilly climate. This brings me to "The Green Hornet," which as a superhero action film has its fair share of deficiencies, starting with the most obvious lack of a truly credible action hero. Nevertheless, I was fully intrigued by the advertising visuals of two guys dressed in black standing in front of a tricked-out vintage Chrysler. The thought crossed my mind that this could be fun, even if all else turned out to be mind-numbingly stupid.

Based on a radio show from the late 1930s, "The Green Hornet" has a long pedigree for unfolding the adventures of a masked vigilante hero who also appeared in a network television program in the 1960s as well as many comic book series over the years. The general story is that the Green Hornet is the alter ego of Britt Reid, a newspaper publisher by day who continues crusading at night to fight crime as the masked "Green Hornet" alter ego. The shrouded hero, who also wears a snappy fedora, is assisted by his sidekick Kato, a master mechanic who drives a well-equipped vehicle called the "Black Beauty."

These traditional story elements are very much a central part of the contemporary version of "The Green Hornet," but Britt Reid, as would be fitting for someone played by Seth Rogen in his trademark slacker-stoner persona, is a spoiled bratty rich kid who shows absolutely no interest in his father's media empire. Early in the movie, Britt's father (Tom Wilkinson) dies mysteriously, and the profligate son inherits the newspaper business. Britt also inherits Kato (Jay Chou), the mechanic who not only maintained the elder Reid's vast collection of vintage automobiles but made a wicked cup of espresso.

Though he had been dedicated to the life of a party animal, upon learning that Kato possesses a vast array of physical as well as mental talents, Britt decides that he and the Chinese manservant could form a formidable crime-fighting duo. Britt, of course, has no superpowers, even if he wears a mask and has delusions of invincibility. The power comes from Kato's ruthless ability to beat up all the bad guys with his superb martial arts techniques. Aside from the occasional punch landed on a thug, Britt's Green Hornet is almost superfluous to the action heroics.

The interesting premise of "The Green Hornet" is that the masked avengers pretend to be criminals in order to fight other criminals. This undercover role puts them at odds with the police as well as with the district attorney (David Harbour), who may harbor secrets of his own.

**Riley Reviews**

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

Yet, the primary target in their sights is slimy Los Angeles underworld boss Benjamin Chudnofsky (Christoph Waltz), a deranged Russian who so loves to kill with indiscriminate abandon that his own henchmen are expendable. Plenty of action focuses on car chases and crashes, explosions, general mayhem and heavy doses of martial arts combat with faceless thugs.

Cameron Diaz also has a starring role in "The Green Hornet," but not for any discernible reason. She plays the part of the pretty executive assistant hired by Britt to help him run the newspaper, as well as to do research on the crime fighting abilities of his alter ego. However, Lenore's presence at the office leads to competition between Britt and Kato to see if one of them would gain her affection. This romantic rivalry proves to be nothing more than an idle distraction.

"The Green Hornet" is co-written by star Seth Rogen, but his attempts to give himself all the best dialogue and comic one-liners fizzle rather than sizzle. To be sure, Rogen's goofball persona has the occasional payoff, but it's not enough to sustain an entire movie. I think the best thing just might be the super cool 1965 Chrysler Imperial which more than lives up to its "Black Beauty" moniker as the dynamic duo speeds around the metropolis in search of the baddies. The worst thing just might be

the totally unnecessary use of 3-D; it adds absolutely nothing.

**DVD RELEASE UPDATE**

To prove that good things do happen in January, later this month keep on the lookout for the North American DVD debut of the British spy thriller "Man in a Suitcase, Set 1." Packed with tension and Cold War intrigue, "Man in a Suitcase" had national broadcast exposure on

ABC television in 1968. A gritty spy thriller in the vein of "Secret Agent" and "Danger Man," this British series stars Richard Bradford as a cynical yet honest spy who has been disavowed by his American bosses and is on the run from a host of international enemies. Once cashiered by the agency, Bradford's "Mac" McGill decides to freelance as a private detective based out of London. McGill's work takes him far and wide, yet seemingly

always on a collision course with the British authorities, the Soviets, and his old colleagues in American espionage. Beset by enemies on all sides, he strives to clear his name and restore his reputation, all the while remaining on the run. "Man in a Suitcase, Set 1" DVD includes the first 15 episodes of this stylish series. Set 1" DVD includes the first 15 episodes of this stylish series.

**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



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**

*Sacramento's premier mobile chiropractor brings his highly effective techniques and expertise to you at your home or place of business at your convenience.*

*He uses diversified, Constead, SOT, toggle, and activator techniques to restore both spine and extremities to their full function.*



**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.

**Business Owner Benefits:**

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

**(916) 825-3140**

[jimstirtondc@comcast.net](mailto:jimstirtondc@comcast.net)

**SCIENTOMETRIC TESTING**



THE SACRAMENTO TESTING CENTER OFFERS FOR A LIMITED TIME, FREE INTELLIGENCE AND PERSONALITY TESTS. YOUR IQ, PERSONALITY AND APTITUDE DETERMINE YOUR FUTURE. KNOW THEM. NO OBLIGATIONS.

**825 15TH STREET SACRAMENTO, CA 95814**  
**(916) 448-5891**

**LEGAL ADS FOR SACRAMENTO COUNTY?**

**We Can Do That!**

**MPG**

**532-2113**

All Legal Ads Published in the Carmichael Times

**ATTENTION ALL RECIPIENTS OF DE PUY DEFECTIVE HIP IMPLANTS**

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 its 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 — sometimes requiring complete revision surgery.

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

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

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

**WEITZ & LUXENBERG P.C.** LAW OFFICES  
ASBESTOS • DRUGS/MEDICAL DEVICES • ENVIRONMENTAL • NEGLIGENCE

700 BROADWAY • NEW YORK, NY 10003  
BRANCH OFFICES IN NEW JERSEY, CALIFORNIA & COLORADO  
1.888.411.LAWS • [www.weitzlux.com](http://www.weitzlux.com)

We are also investigating **ZIMMER NEXGEN HIGH FLEX KNEE INJURIES**

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.

INTRODUCING **NON-STOP FLIGHTS FROM DALLAS TO BARBADOS**

**AmericanAirlines** **BARBADOS**

TO LEARN MORE AND TO BOOK YOUR TRIP, GO TO [VISITBARBADOS.ORG/DALLAS](http://VISITBARBADOS.ORG/DALLAS) OR CONTACT YOUR LOCAL TRAVEL PROFESSIONAL.

Have you suffered a thigh bone/femur injury? **Attention FOSAMAX® VICTIMS**

Recent studies have indicated that use of the 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 aggressively and professionally. Our leadership 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 P.C.** LAW OFFICES  
ASBESTOS • DRUGS/MEDICAL DEVICES • ENVIRONMENTAL • NEGLIGENCE

700 BROADWAY • NEW YORK, NY 10003  
BRANCH OFFICES IN NEW JERSEY, CALIFORNIA & COLORADO  
1.888.411.LAWS • [www.weitzlux.com](http://www.weitzlux.com)

We are also investigating **ZIMMER NEXGEN CEMENTLESS KNEE INJURIES**

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.

**COSTA RICA**

**\$995** 10 Day Guided Vacation.  
Rainforest, Beaches, Volcanoes.  
+ tax & fees Free Brochure. Call 1-800-Caravan.

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

**PANAMA \$995**  
+ tax & fees

**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. Since 1952  
8 to 10 day guided tours.  
USA, Canada, Costa Rica. **Caravan.com**  
Priced between \$995 - \$1,295.

ADVERTISEMENT

**Attention Credit Card Holders**  
Chase • HSBC

Were 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

**HOME AUCTIONS**  
NOV 29 - DEC 4 70+ CA BANK-OWNED HOMES

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! **HUDSON & MARSHALL**  
[CAHouseAuctions.com](http://CAHouseAuctions.com)  
Or call 866-504-0811

\$2500 down in cash or a cashiers check for each property. 5% premium on each sale. All sales subject to sellers approval. Hudson & Marshall of Texas, Inc., MS235-74-55. Bret Paul Richards, MS235-79-18

**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 as a celebration.

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

**Go painlessly with Thera-Gesic®**



**Adult / Elder Care**

**Live-In Companion for Elderly** Experienced, Kind, Caring & Compassionate. Will provide meal preparation, light housekeeping, Errands & Appointments. Compensation Negotiable. (MPG 12-22)

**Elderly Care Home** in beautiful Orangevale neighborhood. Long-term care only. Nutritional daily meals. Call Maria from 8am-3pm. 916-833-8371 (MPG)

**Fair Oaks Manor** 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. (Cal-SCAN)

**Business Opportunities**

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

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

**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 (Cal-SCAN)

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

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

**Cash for Gold**

**CASH FOR GOLD.** Sell Your Gold Jewelry. Request Your FREE Kit. Cash in 24 Hours. 1-888-460-7480 (MB 12-31)

**College Bound**

**Free Advice!** We'll Help You Choose A Program Or Degree To 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 Repair. 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. Call 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)

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

**Counseling**

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

**Day Care**

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

**Infant Openings Now** First week free Lic # SAC53133 FCCH 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)

**DirectTV**

**DirectTV DIRECTV FREE 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, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-888-688-9795 (MB 12-31)

**Drywall**

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

**Elder Care**

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

**Electrical Services**

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

**Visit & Estimate For Free.** 24 Hour, 7 Days. 916-213-7575 (MPG/M)

**Fencing**

**Cal State Fence and Construction** Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks, Residential/Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

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

**Roy's Great Fences** Quality work at affordable prices. New or repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

**Affordable Fencing** Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount. Lic. 742683 916-773-1350 (MPG)

**Sierra Pacific Fence.** Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

**Financial Services/ Money to Loan**

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

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

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

**STOP YOUR DEBT INSANITY!** Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stmnt. 916-300-0611 (MPG)

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

**Firewood**

**Firewood?** Mixed wood, split, \$70 per truckload. FREE delivery in Sacramento area. 481-7315 (MPG 1-05)

**For Rent**

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

**Auburn - 2B/1B Apt,** 800 sq ft. \$700 mo, 1/2 off 1st mo. rent. Sterling Ridge, 203 Electric St, 530-885-8082 (MPG 12-22)

**BUSINESS/COMMERCIAL Old Town Fair Oaks.** Prime location for RENT. Asking \$1500.00 a month with lease. Property includes: • 4 (four) oversized mechanical bays, all with roll up doors • 2 (two) working/well maintained hydraulic lifts • Secure/gated parking • Built-in cabinets • Deep sink to wash up in • Plenty of overhead lighting • Alarm system • 110/220 single phase hook ups

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

**COMMERCIAL Office/Warehouse space.** 1,000 up to 3,000 sq. ft. available @ .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** 12x60, in Citrus Heights, Sac., Mobile Home Park for 55 +, \$7,900. Call 916-765-6282 8-4 pm (MPG 12-08)

**Foster Care**

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

**Free Hearing Test**

**Miracle-Ear FREE** Hearing Test. Courtesy of Miracle Ear. CALL For Appt. with a LOCAL Specialist. Rediscover the Life You've Been Missing! Call Today-1-877-339-3002 (MB 12-31)

**Garage Sales Online**

**BeaverJack.com** Online Garage Sale Info. Advertise for FREE or Search by zip for FREE. (MPG 09-01)

**Gardeners**

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

**Golf Equipment for Sale**

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

**Groomer**

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

**Handyman**

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

**Household Helper.** You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

**Handy Guys** Small Jobs, Senior Discounts Gutter Cleaning-Deck's Woodwork 916-519-5135 Free Estimates (MPG)

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

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

**Plumbing Services** Specialty Plumbing-Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 9168844 (916) 607-6749 (MPG)

**Health/Misc.**

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

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

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

**Heating & Air**

**AC Repair** Low Prices 487-4609 (MPG)

**Help Animals**

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

**Help Wanted**

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

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

**LOGISTICS TRAINEE** Earn as you learn. Good pay, medical/dental, \$ for school. No experience needed. HS grads ages 17-34. 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!** New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL- A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (MPG)

**Caring Companionate Seniors WANTED!** SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for

Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372-9640 (MPG)

**AREA MANAGER Full/Part Time** Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frfrchildren.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** Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

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

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

**We are seeking dynamic customer service oriented individuals** with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelperz1980@yahoo.com if interested (MPG)

**MAKE A DIFFERENCE.** For More Information: (916) 383-9785 ext. 15 (MPG)

**Wanted: 29 Serious People to Work From Home** using a computer. Up to \$1,500-\$5,000 P/T/F www.REBvision.com (MPG)

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

**Matheson Trucking, Inc.** is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

**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 Auburn 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) Fuel Exp. Preferred. Clean MVR. Alan: 801-397-8326. (MPG 11-10)

**CALL NOW.** Top 5% Pay! Excellent Benefits. 300 New T660's. 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 - Drive KNIGHT in 2011.** Daily or Weekly Pay. Top Equipment, 27 Service Centers, Van and Refrigerated. CDL-A with 3 months OTR experience. 1-800-414-9569. www.DriveKnight.com (Cal-SCAN)

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

**Help Wanted - Medical**

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

**Help Wanted - Sales**

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

**Would you like to be Mentored by a Millionaire?** Proven System, Perfect timing. 24 Hr Recorded Message. CALL NOW!! 888-279-7875 (MPG)

**High School 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 team. Please call Sylvia 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)

**DeAna's HOUSEKEEPING** Immaculate, Fast, 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 RVers 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 Call 1-877-467-6506 (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 09-08)

**Law 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)



Legal Advertising Hotline  
**916-532-2113**  
 Legal Advertising Fax  
**916-773-2999**

# LEGAL ADVERTISING

Adjudicated For and By the County of Sacramento, Adjudication No. 317294-February 7, 1984

Legal Advertising  
**P.O. Box 14**  
 Carmichael, CA 95609

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 Minhthuyet Natalie Vu to Natalia Minhthuyet 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. 21, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Dec. 29, 2010, Jan. 5, 12, 19, 2011. HAUGEN 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 that Eileen Yeager be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on Jan. 26, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Lois M. Stevenson, Bar No.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00093801 WHEREAS, Renee Kathryn Singer has filed a petition with this court for a decree changing name of Renee Kathryn 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. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Dec. 29, 2010, Jan. 5, 12, 19, 2011. SINGER 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

beneficiary or its authorized agent was recorded with the appropriate County Recorder's Office and reads substantially as follows: The mortgage loan servicer declares that (1) it has obtained a final or temporary order of exemption pursuant to California Civil Code § 2923.52 and (2) the timeframe for giving notice of sale specified in subdivision (a) of California Civil Code § 2923.52 does not apply pursuant to California Civil Code § 2923.52 or 2923.55. Date: January 6, 2011 NORTHWEST TRUSTEE SERVICES, INC., as Trustee Melissa Myers, Authorized Signatory 505 N. Tustin Avenue, Suite 243, Santa Ana, CA 92705 Sale Info website: www.USA-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. FEI 10102 1-26-11

220949; 6526 La Poza Court, Citrus Heights, CA 95621; 916-723-0377. Publish: Jan. 5, 12, 19, 2011. STEVEN 10101 1-19-11

NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE To Whom It May Concern: Emilio David Enriquez is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 7609 Fair Oaks Blvd. #B, Carmichael, CA 95608 with 41-On-Sale Beer and Wine Eating License. Filed: Jan. 6, 2011 Publish: Jan. 19, 2011. PASQUA 10103 1-19-11

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, CARMICHAEL, CA 95608 Assessors Parcel No. 232-0083-016-0000 The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$265,234.09. If the sale is set aside for any reason, the purchaser at the sale shall be entitled only to a return of the deposit paid, plus interest. The purchaser shall have no further recourse against the beneficiary, the Trustor or the trustee. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee,

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00094284 WHEREAS, Surinpha Gilman and Joseph Gilman have filed a petition with this court for a decree changing name of Phansom Manosam 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 on the petition. Dated: Dec. 27, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Jan. 5, 12, 19, 26, 2011. GILMAN 10101 1-26-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00094403 WHEREAS, Farid Nasrollahzadeh has filed a petition with this court for a decree changing name of Farid Nasrollahzadeh to Farid Nasr. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 9, 2011 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER

ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 29, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Jan. 12, 19, 26, Feb. 2, 2011. PRESEN 10102 2-2-11

HAILEN 10102 2-2-11 NOTICE OF PETITION TO ADMINISTER ESTATE OF THURMOND COOPER ESTATE NO. 34-2011-94732 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of THURMOND COOPER: A petition has been filed by ALICE COOPER in the Superior Court of California, County of Sacramento, requesting that ALICE COOPER be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on February 18, 2011 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Alice Cooper, 399 DuBois Ave., Sacramento, CA 95838 Publish: Jan. 19, 26, Feb. 2, 2011. VANLE 10103 2-2-11

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

FICTITIOUS BUSINESS NAME STATEMENT #1011029. MGG, LLC, 330 California Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Eco Fire Solutions" at 3303 California Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 23, 2010. Publish: Jan. 12, 19, 26, Feb. 2, 2011. ECOFIR 10102 2-2-11

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00091577 WHEREAS, Natalia J. Haillen and Stan V. Haillen have filed a petition with this court for a decree changing name of Vladislav Mikhailenko to Vlad Stan Haillen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 8, 2011 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 15, 2010. Kevin R. Culhane Judge of the Superior Court Publish: Jan. 12, 19, 26, Feb. 2, 2011.

FICTITIOUS BUSINESS NAME STATEMENT #1100345. Michael M. Nardella, 5067 Patti Jo Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "NARDS Sweet Meat" at 5067 Patti Jo Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 11, 2011.

Publish: Jan. 19, 26, Feb. 2, 9, 2011. HARDSS 10103 2-9-11 FICTITIOUS BUSINESS NAME STATEMENT #1010850. Kevin Rogers, dba Kevin Does It All, 3535 LaS Padas Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Kevin Does It All" at 3535 Las Padas Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on Dec. 17, 2010. Publish: Jan. 19, 26, Feb. 2, 9, 2011. KEVIND 10103 2-9-11 FICTITIOUS BUSINESS NAME STATEMENT #1011040. Edling Environmental Engineering, Inc., 9645 Glacier Creek Way, Elk Grove, CA 95624 is doing business under the Fictitious Business Name "Edling Environmental Engineering, Inc." at 9645 Glacier Creek Way, Elk Grove, CA 95624. Filed with the Clerk of Sacramento County on Dec. 23, 2010. Publish: Jan. 19, 26, Feb. 2, 9, 2011. EDLING 10103 2-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00094748 WHEREAS, Daniela Schmidt has filed a petition with this court for a decree changing name of Daniela Ciufu Schmidt to Daniela Schmidt. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 18, 2011 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 13, 2011. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Jan. 19, 26, Feb. 2, 9, 2011. SCHMID 10103 2-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00094770 WHEREAS, Hattie Francine Thompson has filed a petition with this court for a decree changing name of Hattie Francine Thompson to Francine Thompson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 23, 2011 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 10, 2011. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Jan. 19, 26, Feb. 2, 9, 2011. THOMPS 10103 2-9-11

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00094861 WHEREAS, Brock Daniel Hickey Jr. has filed a petition with this court for a decree changing name of Brock Daniel Hickey Jr. to Brock Daniel Wegner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 23, 2011 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT

IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 11, 2011. Shelleyanne W.L. Chang Judge of the Superior Court Publish: Jan. 19, 26, Feb. 2, 9, 2011. WEGNER 10103 2-9-11

## Business & Service Directory

**BONES LAW FIRM**  
 4811 Chippendale Dr., Suite 307, Sacramento, CA 95841  
 Gordon G. Bones  
 Attorney at Law  
 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  
 gbones@boneslawfirm.com

**HOUSECLEANING SERVICE**  
 Experienced Hardworking  
**OWNER OPERATOR**  
 Supplies Furnished,  
 Detail Oriented,  
 Affordable Rates.  
 Call Today  
**Madeline**  
 (916) 723-1608

**FENCING**  
**Cal State Fence and Construction**  
 Since 1986  
 Quality • Trustworthy  
 Affordable • Reliable  
 Redwood, Chain Link,  
 Ornamental Iron, Vinyl, Trellis, Decks.  
 Residential/Commercial  
 FREE ESTIMATES!  
 Lic. #494306  
**(916) 966 -1103**

**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**

**PHOTO RESTORATION**  
 Restore  
 Old Photographs  
 Share memories  
 of special places and times  
 with your family.  
**(916) 483-6051**  
 Laws Studio, Crestview Center  
 Manzanita at Winding Way  
 in Carmichael

**FENCING**  
**PRIME TIME FENCING**  
 Quality Redwood  
 Double & Single Gates  
 Repair & New  
 License # 835870  
 Liability Insurance  
**(916) 481-7315**

**FINANCING**  
**Private Money 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**

**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**

**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

**PAVING**  
**A VETERAN PAVING**  
 All Types • Seal Coating  
 Excellent References  
**Ron Follman**  
**Cell 916-730-4949**  
**House 530-677-1124**  
 Lic #776266

**PAINTING/REPAIR**  
**McDonald Painting**  
 Interior - Exterior  
 Most Small Repairs  
 Bonded - Insured  
 Lic # 632538  
**30 YEARS EXPERIENCE**  
**C: 216-2080**  
**F: 967-4135**

**HANDYMAN**  
**QUALITY LABOR & MAINTENANCE**  
 Yard Work,  
 Hauling,  
 Gutter Clean,  
 Odd Jobs  
 You Name It!  
**(916) 613-8359**

**"Handy Man" "Carpenter Dave"**  
 25 Years Experience • All Home Repairs  
 • Dry Rot • Painting  
 • Doors/Floors • Windows  
 • Decks/Tile • Bathroom  
 • Patios • Sheet Rock  
 • Roof Repairs • Texture  
**(916) 548-8249**  
 Lic. # 629370

**OPEN YOUR HEART**  
**OPEN YOUR HEART AND HOME**  
 Step up to the challenge!  
 Have experience working with developmentally disabled adults  
 and/or challenging behaviors?  
 Have an extra bedroom?  
**Competitive stipend**  
**MAKE A DIFFERENCE!**  
 For More Information:  
**(916) 383-9785 ext. 15**

**PSYCHIC READINGS**  
**READER FOR LOVE**  
 • Tarot Cards  
 • Crystal Ball  
 Call for Appointment  
**916-807-6597**

**TAX & BOOKKEEPING**  
**TAX & BOOKKEEPING SERVICE**  
 Pamela B. Connolly, EA  
 Enrolled Agent  
 25 Years Experience  
 Available Weekends  
 8080 Madison Ave.  
 Ste. 201B  
 Fair Oaks, CA 95628  
 Corner of Fair Oaks  
 and Madison  
**916-966-8850**

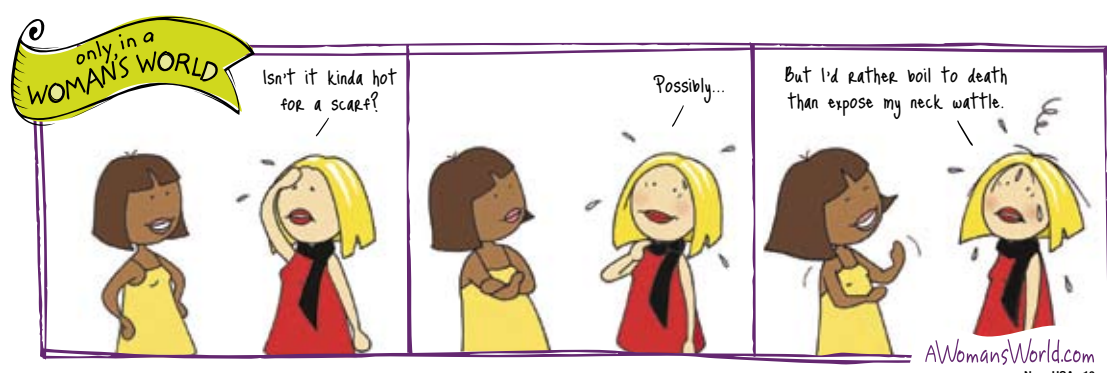
**LEGAL ADS FOR SACRAMENTO COUNTY?**  
 Call to place your legal advertising  
**MPG**  
**We Can Do That!**  
**532-2113**  
 All Legal Ads Published in the Carmichael Times

**BATHROOM REMODELING**  
**AFFORDABLE BATHROOMS & ALL HOME REPAIRS**  
 Shower & Tub Enclosures  
 Water Damage  
 Flooring, Electrical, Carpentry, Drywall  
 We do all phases—small & large jobs  
 FREE ESTIMATES  
**ANDERSEN CONSTRUCTION**  
 Licensed & Bonded • CSL #681664  
**(916)-989-2689**

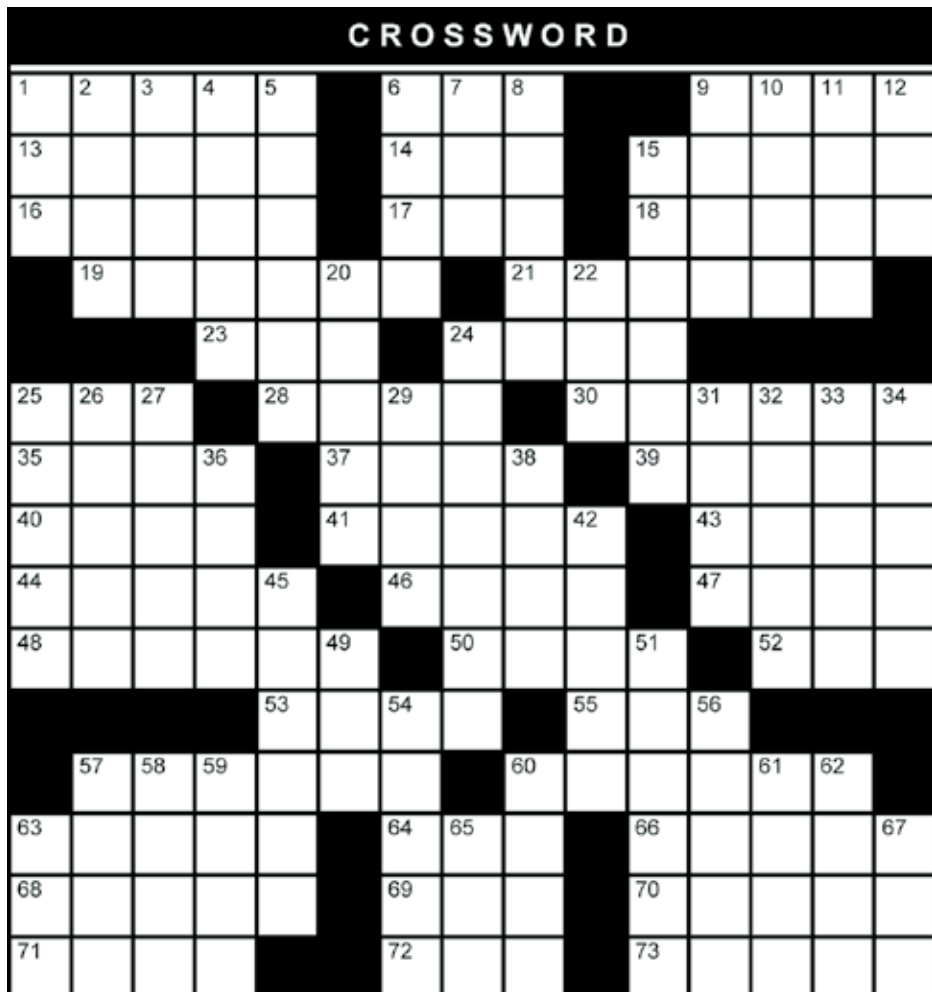
**GARAGE DOORS**  
**ACTION DOOR SERVICE** CALIF. STATE LIC. #650461  
 Garage Doors and Openers,  
 service, repair, replace.  
 Serving greater Sacramento area  
 since 1987.  
 Free Estimates • Senior Discounts  
 Contractor for Lowe's, Sears, Home  
 Depot and Costco. Visa, MC, Amex.  
**(916) 635-5951**

**MASONRY**  
**Nick Lambdin Masonry**  
 Quality Stone, Block, Pavers  
 & Brick at a low price  
 Summer Specials  
 New Local Business • Owner on Job  
**(916) 912-7617**  
 CSLN: 946862  
**www.sactownmasonry.com**





**STATEPOINT CROSSWORD • THEME: ASTROLOGY**



© 2010, StatePoint Media, Inc.

**CLUES**

- |   |  |  |  |
|---|--|--|--|
| <p><b>ACROSS</b></p> <p>1. 2nd or 6th President</p> <p>6. Priestly vestment</p> <p>9. Kill, as in a dragon</p> <p>13. Shot at the dentist's office</p> <p>14. "Capricorn, the ___ goat"</p> <p>15. A simulated semblance</p> <p>16. Make free from sin or guilt</p> <p>17. Opposite of pro</p> <p>18. Cock-a-leekie soup ingredient, pl.</p> <p>19. "Castor and Pollux"</p> <p>21. "April/May zodiac"</p> <p>23. "___ of Aquarius"</p> <p>24. Diamonds or hearts, e.g.</p> <p>25. ___ of Sam</p> <p>28. Greek goddess of youth and spring</p> <p>30. Sends money in payment</p> <p>35. Tehran is its capital</p> <p>37. Pub arrow</p> <p>39. Distinct segment of a market</p> | <p>40. Adhesive substance</p> <p>41. Indifference gesture</p> <p>43. Capital of Ukraine</p> <p>44. Where is Rudolph's home pole?</p> <p>46. Another spelling for "taboo"</p> <p>47. Or ____, threatening</p> <p>48. Expectorated matter</p> <p>50. Tamping tool</p> <p>52. Japanese monetary unit</p> <p>53. Moderate or restrain</p> <p>55. Trash container, e.g.</p> <p>57. "Celestial crab"</p> <p>60. Artwork of many pieces</p> <p>63. Roman Catholic Church's central administration</p> <p>64. Roth ___</p> <p>66. Pressed beverage</p> <p>68. Chubby</p> <p>69. Neither here ___ there</p> <p>70. Deteriorate</p> <p>71. Contributions to the poor</p> <p>72. 1/6th inch in printing, pl.</p> <p>73. Infamous for witch hunt</p> | <p><b>DOWN</b></p> <p>1. Gone by</p> <p>2. A plug in a barrel or flask</p> <p>3. "Back in the ___," song</p> <p>4. It can be stainless</p> <p>5. An attitude of admiration</p> <p>6. Headquarters, as in military</p> <p>7. Employ</p> <p>8. Half step higher than given note</p> <p>9. U-___</p> <p>10. United ___ Emirates</p> <p>11. Greek liquor</p> <p>12. Eurasian duck</p> <p>15. Of low pH</p> <p>20. It can be loud or white</p> <p>22. Black and white sea bird</p> <p>24. Fire-tenders</p> <p>25. "Result of Katrina"</p> <p>26. Bridal path</p> <p>27. Indiana Jones' Lost Ark, e.g.</p> <p>29. The sound of Edward Scissorhands?</p> <p>31. Bunch of hair</p> | <p>32. Cook from above</p> <p>33. Garlic mayonnaise</p> <p>34. "They move 45 to 90 knots"</p> <p>36. The brightest star</p> <p>38. Donned</p> <p>42. Sister's daughter</p> <p>45. All together</p> <p>49. Neither a win nor a loss</p> <p>51. "Ominous shape in sky"</p> <p>54. Get up</p> <p>56. Found on a queen</p> <p>57. "I call first ___!"</p> <p>58. Stare amorously</p> <p>59. "___ of attack"</p> <p>60. "On Golden ___," movie</p> <p>61. "Thunderstorm sight"</p> <p>62. Smile</p> <p>63. Head holder</p> <p>66. ___ and don'ts</p> <p>68. Timid or unsure</p> |
|---|--|--|--|

For Solution See Page 6



# 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 or linda@carmichaelchamber.com.



**January 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.

## Princess Party

Saturday, February 12, 1-3pm  
 Ages 1-6 years • \$20 per child  
 La Sierra Community Center, 5325 Engle Road  
 Here's an opportunity for your special princess to spend an afternoon having fun with other girls just like her! The professionals from Once Upon a Princess will provide us with tiaras, face painting, a tea party and other fun activities specially designed to treat your princess...like a princess!



## 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
- Personal Care
- Overnight and 24-hour Care
- Transportation

- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services
- And More!

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

# 916-372-9640

# TAK FOOD MARKET

Local, Healthy, Not-so-fast Food



TAK Food Market: Majid & Forouzan

## Home-made Soups Kabobs on Skewer

- Lamb • Beef Fillet
- Chicken Fillet • Fresh Salmon
- Ground Beef Seasoning

❖ Cooked on charcoal only.

❖ Includes Persian Basmati Rice, Grilled Tomato, Salad

❖ Food served from noon until it lasts

Call ahead for Faster Service

9045 Fair Oaks Blvd.  
(Corner of San Juan & Fair Oaks)  
944-3188

Mention this ad & get a \$5<sup>00</sup> Soup & Salad Lunch Special!

www.takfoodmarket.net

**Delivery Routes Available**  
773-1111





# Sacramento Public Library Events

## History books discussed at Carmichael Library monthly meetings

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

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

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

## Basic Computing Help Session

January 19, Wednesday, 9:30 a.m. to 10:30 a.m.

Registration is required to attend

## Computer Class

Never used a mouse? Need an e-mail address? Want to know more about accessing and searching the Internet? We will be available to answer your most

basic beginning computing questions. Registration required. Please indicate in the notes field the area that you need the most help with.

## Carmichael Movie Matinee

January 20, Thursday, 3 p.m. to 6 p.m.

Teen Program

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

## Knitwits

January 21, Friday, 11 a.m. to 1 p.m.

Adult Program

Do you knit? Crochet? Do needlework? Want to learn? Are you an expert who can help others? Bring a project to work on and a snack to share as we learn together!

## Carmichael Family Game Day

January 23, Sunday, 2 p.m. to 4 p.m.

Family Program

Drop in and play some board, card or Wii games on the fourth Sunday of the month. All sorts of games for all ages. We supply the games, you supply the fun! You're welcome to bring a snack with you.

## 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



# 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](http://www.faithlutheran.net)

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



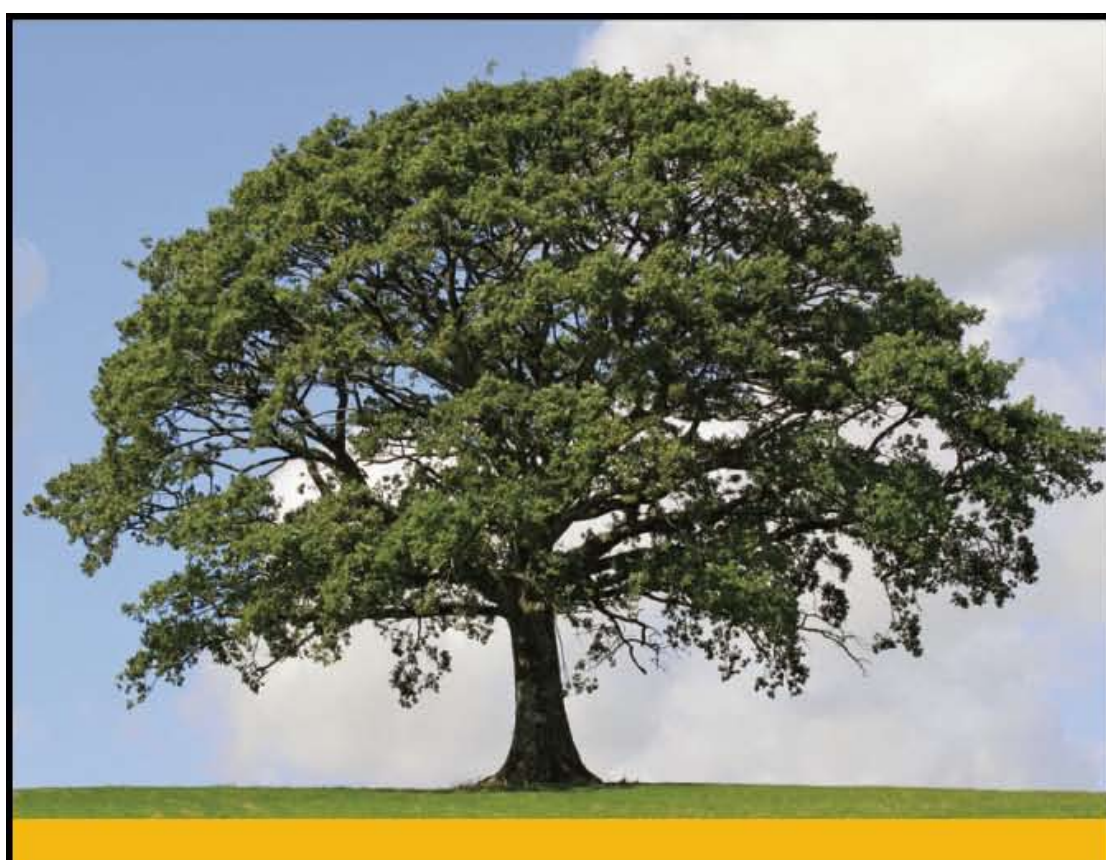
## Massage Therapy by Jenn

916.640.7763  
[www.massagetherapybyjenn.com](http://www.massagetherapybyjenn.com)

*"Always affordable, quality care you deserve."*

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

Jennifer Landers, CMT



# 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

**Save \$1500 or more!**  
 Limited Offer

Independent & Assisted Living as well as Memory Care.



916-944-2323 office  
[www.carmichaeloaks.com](http://www.carmichaeloaks.com)



LIC# 347003685

**FREE TRAVEL SHOW**  
 10am, Wednesday, Jan 26  
**New trips for 2011-2012!**

## 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](http://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!

### Mission Oaks Community Center

- Functional Fitness \$20/month
- Zumba \$30/month
- Chair Yoga \$15/month
- Yoga \$18/month
- Tai Chi \$30/month
- Nordic Pole Walking \$30/month

### Swanston Community Center

- 50+ Fitness \$5/week
- Body Sculpting \$36/month
- Walking Club \$10/month
- Akido \$30/month
- Jazzercise \$36/month



## MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am-5 pm  
 Registration Hours:  
 8:30am-4pm Monday-Friday  
[www.morpd.com](http://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



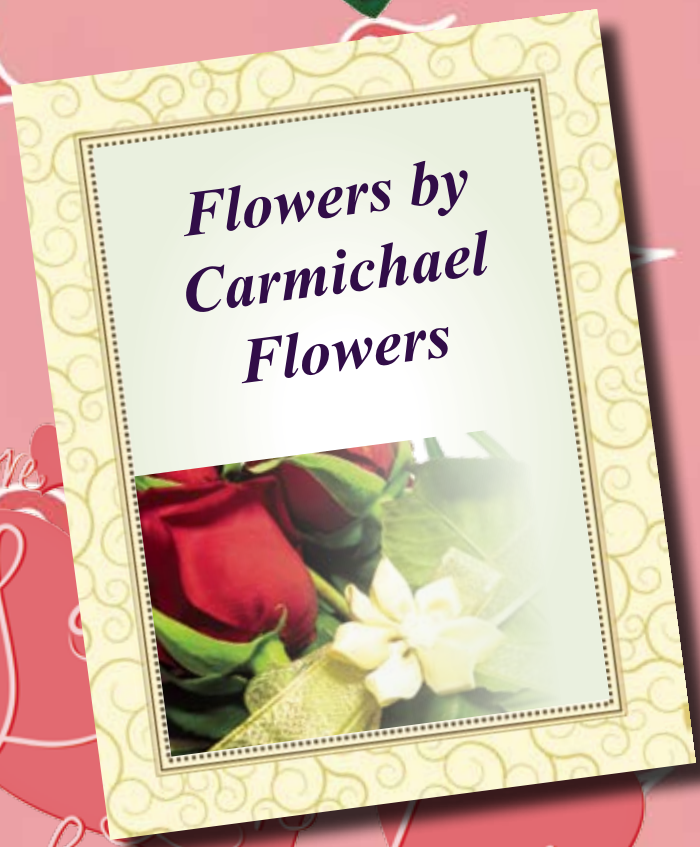
# Give Your Sweetheart a Gift of Love this Valentine's Day



## 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.



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.



# Local residents in amazement yesterday as Collectors provide a stimulus package to Roseville!

*They are paying out right on the spot for my stuff. Unbelievable!!*

By DAVID MORGAN  
STAFF WRITER

Spokesperson for the event said he expects to spend in excess of \$200,000.00 this week for vintage items and precious metals from local residents. Here are some examples of what is going on in the event that started Tuesday in the **Courtyard by Marriott**:

One person sold an old Gibson guitar that was purchased in the 1960's for less than \$250.00 to a collector at the event for \$2175.00

Another person had a pocket watch collection that sold for

\$4600.00, with one of the watches in this collection bringing \$375.00 of the \$4600.00 tally.

A husband and wife brought in a box of old Jewelry, wristwatches, coins, and two German daggers from WW2 and left \$785.00 richer.

This is cool that something like this would come here to our town. Where else would this stuff ever be sold? The refinery has teamed up with the collectors for a 24 month tour of the United States, both big and small towns to dig up hidden gems.



"I'm glad I came in! I really need the money."  
CLAUDIA MCDONALD says, who received \$825 for a gold coin minted in 1986.

## Dozens cash in yesterday with jewelry, railroad watches and guitars. An estimated \$200,000 in Roseville!

By DAVID MORGAN  
STAFF WRITER

The first days of the 5 day reclamation drive in **Roseville** will be a hit with those looking to sell their gold and silver. Representatives are on hand this week purchasing all types of unwanted and broken jewelry. An estimated 55 people left the event with over \$200 dollars from old class rings, wedding bands, herringbones, and gold teeth. Coins dated 1964 and earlier were bringing big premiums as well. Silver dollars, halves and quarters arrived in large quantities. Lots of gold coins were also brought in. Rebecca Hughes walked away with over \$1200.00 after selling an original \$20 gold piece from 1888.

On the other side of the room were representatives from the Antique Association. They were purchasing all types of guitars, large currency bills dated before 1923, military items and pocket watches. One watch was purchased by a collector in Montana for \$835 dollars. There were piles of sterling silver items like old silverware sets and tea pots. One gentleman rolled a cart in with 3 boxes full of silver coins. Company officials reported spending over \$80,000 the first day of the event, alone. Brian Eades with Ohio Valley said, "We have had an overwhelming turnout this first day and we expect to get busier every day this week." The event continues today and runs through Saturday. The event is free and the public is welcome.

**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

**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

## 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. This 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 more

**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 this week via live database feed.

### Local Residents are ready to cash in!

*International antique buyers in town this 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 this week by the team of antique buyers that is on site with OVGSR.

The team of buyers this 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 this 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.

**WE BUY 10¢ & 12¢ COMIC BOOKS!**

**Top Five Items To Bring**

- Gold Jewelry
- Silver Coins
- Gold Coins
- Sterling Silver
- Pocket Watches

Refinery representatives will be on hand through Saturday to purchase all gold, silver and platinum items, as well as coins. Public welcome!