# Carmichael Times



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Volume 30 Issue 34

Serving Carmichael and Sacramento County since 1981

**August 25, 2010** 

## STAR Results Show Continued **Gains in San Juan Unified**



STAR results provide important data that can be used to improve our practice of teaching and learning.

Carmichael - Results from the Standardized Testing and Reporting (STAR) program released last week show strong gains in Englishlanguage arts performance at grades 5, 8 and 9, mathematics in grades 5, 7, and Algebra 1, grade 8 social science and high school world history, and a narrowing of the achievement gap in science for students with disabilities, English learners, Hispanic students, African American students, and low socio-economic students.

"Improvements in STAR results are always encouraging and our dedicated teachers, staff, students, and families should all be proud the accomplishment," said San Juan Unified School District Superintendent Dr. Pat Jaurequi. "Though STAR results are just one the many measures we use to determine student achievement in San Juan Unified, they provide important data that can be used to improve our practice of teaching and learning."

Compared with last year's results, the number of students scoring proficient or advanced in Englishlanguage arts for grades 5, 8, and 9 grew by four percent, six percent, and three percent respectively. However, the percentage of students scoring proficient or advanced in Englishlanguage arts at grades 2, 3, and 4 fell by three percent, four percent, and three percent respectively. The drops come after results in 2008/09 showed growth of five percent or more in grades 2, 3 and 4.

"San Juan Unified is investing heavily in early literacy skills with a focused implementation of community-developed and results based strategic plan" said Chief Academic Officer Glynn Thompson. "While we certainly work toward improvement each year it is not unexpected to see small declines this year at grades 2, 3, and 4 after showing strong growth in 2008/09."

In mathematics no grades showed significant declines while the number of students scoring proficient or advanced in grades 5, 7 and 9 increased by five percent, six percent, and three percent respectively. Significant improvement was also seen in Algebra 1 with the number of students scoring proficient

or advanced increasing by three

Performance on science tests remained comparable to previous years on each of the grade level exams given to grades 5, 8 and 10. On individual course exams, a three percent gain was shown in the number of students testing proficient or advanced in Earth science while the number fell by five percent in physics. In 2008/09 the District had seen an 11 percent increase in students scoring proficient or advanced in physics.

According to Thompson, the real science news comes in the narrowing of the achievement gap for significant student groups. The number of students scoring proficient or advanced in science increased seven percent for students with disabilities, four percent for English learners and socio-economic students, five percent for Hispanic students, and 8 percent for African American students.

"Closing the achievement gap is essential if we are truly to be a community that cares about the success of all students. While the results we see from STAR in science are encouraging this year, we still have much more work to be done," said

History-social science is tested in grades 8 and 11 and in world history. The percentage of students scoring proficient or advanced in grade 8 grew by five percent and by 3 percent in world history. This year's results continue a trend in the last several years to see steadily increasing performance in history-social

Principals, teachers, and staff will analyze results for each school site and use the data to support continued improvement of teaching and learning in the District. Parents and community members can see state, county, district, and school level results on the California Department of Education's Web site.

Academic Performance Index (API) and Annual Yearly Progress (AYP) results, which are based on STAR data will be released by the California Department of Education in early September.

## Meals on Wheels **Changes Hands**

#### **ACC Steps Forward to Preserve** Sacramento County's Popular Program

Sacramento - Operation of and other local agencies. When that Sacramento County's popular Senior Nutrition Services: Meals on Wheels for frail, homebound seniors and its "All Seasons Cafes" for those able to get out to dine, has successfully been transitioned to the Asian Community Center of Sacramento Valley (ACC).

For now, the program will remain identical in all respects save for its official name, now Meals on Wheels by ACC. The menu and delivery cycles will remain unchanged initially, but going forward, there are plans to eventually incorporate new recipes and items into menus. The program provides hot and frozen nutritious meals and personal contact to seniors through its home-delivered meals program. It also serves hot nutritious lunches to active seniors throughout Sacramento County at one of 22 All Seasons Cafe sites.

Combined, about 2,000 seniors are served by both the delivery and cafe sites. Approximately 1,300 of those seniors are frail and homebound.

Roughly 300 volunteers donate their time and talents as drivers, meal preparers and office support. As it did with the County, funding for Meals on Wheels by ACC primarily relies on federal Older Americans Act grant money through the Area 4 Agency on Aging. Sacramento County and the cities of Sacramento, Galt, Elk Grove, Folsom, Citrus Heights, Rancho Cordova cover a smaller portion of funding through Community Development Block Grant or other funding sources. The gap between these funds and the total cost of program operations comes from donations from clients and the public.

Service cutbacks motivated county officials to approach the nonprofit ACC earlier this year as part of an overall plan to privatize some county services to save money. ACC then conducted an exhaustive study to ensure its ability to seamlessly assume management of the program, which has been in place for nearly 40 years through the county study was complete, ACC began transitioning management of Meals on Wheels in July.

"Essentially, once the study was completed, the final decision was made because it was the right thing to do," said ACC Chief Executive Officer Donna Yee. "Far more seniors than many people may think depend on Meals on Wheels not only for healthy, nutritious meals, but for simply enjoying personal interaction with meal deliverers."

An important factor in the selection of ACC by the Area 4 Agency on Aging was ACC's extensive experience providing services to senior citizens. It already operates a transportation program, nursing home and independent living community, as well as supportive wellness and social programs for older

In July, ACC hired Rithy Thong to manage the program. Thong is a state of California licensed administrator for residential care facilities for the elderly and has a master's degree in gerontology, public policy and administration from the University of Southern California's Leonard Davis School of Gerontology.

"Meals on Wheels programs have been around awhile and operate throughout the country. In light of emerging demographics in our nation, it's more important now than ever to maintain the highest standards of quality for this special service to frail elders. For many seniors, it allows them to remain in their homes and retain a vital level of independence that allows them to avoid residential care," Thong said.

Founded in 1972, the ACC's central mission is to promote the general welfare and enhance quality of life for older adults by identifying, developing, and providing culturally sensitive health and social services. For more information about ACC, visit www.accsv.org.

For more information about Meals on Wheels by ACC, visit www.mowsac.org.

## **Sacramento Region** "March Against Slavery" Focuses on Combating **Human Trafficking**

Sacramento Region – The Rescue & Restore Victims of Human Trafficking Coalition will co-sponsor the 2010 Sacramento March Against Slavery, hosted by Chab Dai USA, a Coalition member and local nonprofit organization focused on combating human trafficking across the globe. The 2010 Sacramento March Against Slavery will commence at Cesar Chavez Park in Sacramento on August 28, 2010.

Registration and event information is available at www.sacmar-

chagainstslavery.com. Check-in starts at 8 am, the opening ceremony begins at 9:30, and the will be followed by entertainment and information on human trafficking efforts in Sacramento.

march begins at 10 am. The march

The 2010 Sacramento March Against Slavery is a collaborative community event. Proceeds raised will be distributed to six local organizations combating human trafficking: Chab Dai USA, Opening Doors, My Sister's House, Survivors Connect, Community Against Sexual Harm, Courage to be You, and Wind Youth Services. Other co-sponsors include Agape International Mission, Not for Sale and MISSSEY.

Organization expert and relocation specialist Lee Mahla helps seniors and their families remove clutters, simplify and prepare for a move.

## "Downsizing" for Seniors at **Chateau at Carmichael Park**

Carmichael – Local seniors are invited to join residents for a special presentation by organization expert and relocation specialist Lee Mahla on "Right Sizing Your Life." The program will take place Wednesday, September 1st at 6:00 p.m. at the Chateau at Carmichael Park senior living community, 7125 Fair Oaks Boulevard in Carmichael.

Ms. Mahla has been called "a fairy with a magic wand; a lifesaver" for her ability to simplify, clear clutter and prepare seniors to relocate after

30, 40 or 50 years in the same home. Her tips help seniors and their families reduce the stress of moving. The Chateau at Carmichael

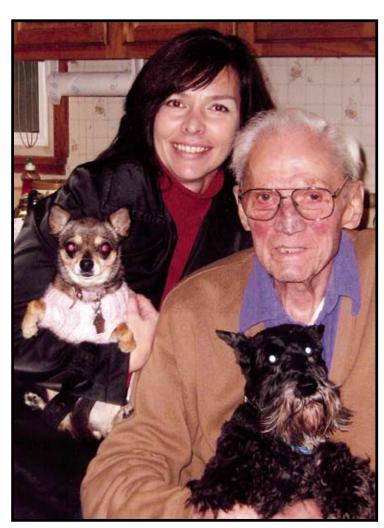
Park, a Hank Fisher Properties' senior community, is located at 7125 Fair Oaks Boulevard between Grant Avenue and Engle Road in Carmichael. It offers some of the best-priced senior living services, including independent living, the Garden Memory Care and The Club memory day care.

For more information or to

reserve space to attend the presentation, contact the community at 916-481-7105.

Hank Fisher Properties is one of Sacramento's top residential property developers and managers. The company oversees 18 rental properties in six northern California cities. Hank Fisher built his first senior community over 30 years ago. The company is known for offering quality environments along with generous amenities and services.

## **Bob and Me**



Bob McLaughlin, 97, and his good friend Lisa Kopochinski with Pupsy Doodle (in her pink sweater) and Duke. Photo by Renee Morales.

Carmichael Times

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It's not every day you meet a 95-year-old walking down the street. But that's just what happened one somewhat chilly day back in November 2008.

I was out for my usual Saturday morning walk, with my 11-year-old daughter and five-pound Chihuahua, on our way to Starbucks, a favorite haunt of mine for the past decade.

An empty foreclosed house caught my attention. Being a journalist and, hence, inquisitive by nature, (although my mother and husband prefer the term "nosy") I decided to investigate what the property had to offer. As I turned around, after peering in the front window, an elderly gentleman in a feathered fedora and with a black schnauzer in tow, came walking up the street towards us. Just when I thought I would be lectured on trespassing, I attempted to extract myself from what would certainly

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same must be obtained from the publisher.

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be an unpleasant interchange, brandished the biggest smile I could and chirped, "Hi!"

Before I could make my getaway, this gentleman said "hi" back and challenged me to guess his age. Guess I wasn't in trouble after all. With a sigh of relief, I replied, "I don't know. Eighty-five?"

"Nope," he replied. "Ninety-five." That moment was the start of a wonderful friendship that has endured the past 18 months—full of hours of conversation, hundreds of cups of tea, countless cookies and peanut butter cups, delicious lunches at Hof Brau and some great dinners at Red Lobster and the Buggy Whip.

What can I say about Robert D. McLauglin? Well, for starters, I think he is Superman. He is one of the most interesting people I have ever met and there isn't much he doesn't know. He's a walking, talking history book.

## By Lisa Kopochinski

Born December 13, 1912 in Hope, ND, his birthplace is only 170 miles from my hometown of Winnipeg, Manitoba. Quite interesting when you consider the millions of people in this state and how few I have met from the northern states even after living here for 19 years.

Bob is nearly 50 years older than me and, while the age difference is obviously apparent, it's not as apparent as you might think. Ours definitely is not a grandfather-granddaughter relationship (even though my own grandparents were born in 1913 and 1914 respectively.) We are simply friends and the half-century difference doesn't make an ounce of difference. We talk together as friends, joke as friends and tell each other things just as friends do.

What amazes me is his life experience and ability to tell me about them. I mean, who has driven a brand new 1936 Ford V8 right off the showroom floor and is still around to brag about

Who can tell you, from personal observation, that General Patton was a pompous ass. (These are my words. Bob is too polite to say that, although his description of George pretty much summed this up.) Who can tell you they recall seeing the Queen of England-when she was a princess yet!-riding around in a jeep in Manchester, England during WWII? And, who can talk about their war bride, Joyce, who sailed across the Atlantic at the young age of 20 to start a new life with a new husband in a new land? Chutzpah like that is rare today.

I have also had the pleasure of meeting Bob's kids, Pat and Bob, and their spouses, Larry and Jane, all who have been nothing but gracious towards my daughter Renee and I. If it were me-and some strange woman suddenly appeared in my dad's life-I probably would have interrogated her about her intentions and scared her off. But no, the "kids" have been so nice to me that I am looking forward to Bob's 98th birthday party this December when I can see them all again.

It's no wonder I consider Bob to be Superman. Though blind in one eye and quite deaf, I hope to be as spry as he is at 80—never mind 97! So many

people half his age can't walk the daily mile he does with his best friend Duke. This formidable duo is a force to be reckoned with as they make their way around the neighborhood each and every day, rain or shine.

Like his owner or "daddy" (as Bob prefers). Duke is the sweetest thing. At first I think he just tolerated the visits from me and my unruly and neurotic Chihuahua Pupsy Doodle. Ever the gentleman—like Bob— Duke has allowed this creature to invade his home, eat his food and drink his water, without as much as a growl. As a result, I actually think the two have formed a bond, which is no small feat considering that Pupsy's personality leaves a lot to be desired. No "Miss Congeniality" is she! But you should hear her howl in the car as we pull up to Bob and Duke's house. My diminutive she-devil gets so excited that she transforms herself into a toy-sized coyote, only to be met by an equally enthusiastic canine with his own shrill set of vocal cords. Bob likes to say these are "love calls."

As for vocal cords, did I mention that Bob and I like to sing together? We should cut a CD. So far we have conquered "Blueberry Hill" and "We'll Meet Again." Next up is "Buttons and Bows."

Yes, I hope our relationship endures for many more years. After all, we need a repertoire of at least 15 songs for our debut album.

## **Little House Club Celebrates** 10th Anniversary

Sacramento - For ten years, the Little House Club of Sacramento has celebrated the life and times of Laura Ingalls Wilder and her famous "Little House" book series. Now it is time to celebrate the club's tenth anniversary! On Saturday, September 4, 2010, a special celebration meeting will be held from 1pm to 4pm. The event will include old time activities such as hand sewing, baking from scratch, a souvenir photo in old time clothes, and much more!

The tenth anniversary celebration will be held at the Harris residence in the Arden-Arcade area. The Harris family founded the club and continues to facilitate each bimonthly meeting.

Anyone who has ever been connected with Little House Club of Sacramento - past and present members – is invited to attend. In addition, several literary figures and dignitaries are invited.

For additional information on the Little House Club of Sacramento Tenth Anniversary Celebration, contact Elizabeth Harris at (916) 481-5039 or send an email to littlehouseclub@gmail.com.

ABOUT LITTLE HOUSE CLUB OF SACRAMENTO: Little House Club of Sacramento is a club for school-age children that celebrates the life and times of Laura Ingalls Wilder, the author of the Little House book series. We read and relive the



Photo provided by E. Harris.

nine autobiographical books written by this pioneer who lived from 1867-

Founded in 1999 with just a few family friends, the club has grown to include dozens of children over the years. The club meets bimonthly and publishes a newsletter called "The Prairie Times." Each meeting consists of crafts, cooking, and games inspired by Laura Ingalls Wilder's "Little House" books. For additional information on the Little House Club of Sacramento, contact Elizabeth Harris at (916) 481-5039 or send an email to littlehouseclub@gmail.com.

## **UNSEAT THE INCUMBENT**

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Any and all widows or widowers may attend

at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from

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

Camino Avenue, Suite D-18.

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 Participants do not need to be members and there is no charge.

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

10:00 am- 3:00 pm

Monday through Friday 916-972-9722

**Newcomer's Buffet** & Social

Third Monday evening

a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El

Realizing how difficult it is to

#### Extended Vacations Travel Show at 10 am MISSION OAKS COMMUNITY CENTER

FREE Trayel Program

Wednesday, September 15

PackingLight Demo by Jon Holloway 9 am

#### **Extended Tours**

• Colors of New England October 7-14, 2010 • \$2,449 pp double

• Holiday at the Waldorf December 6-10, 2010 • \$2,649 pp double

South Pacific Wonders

February 14-28, 2011 • \$4,699

Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com.

#### **Luxury Motorcoach**

• Red Hawk Casino & Apple Hill Tuesday, Sept 14, 2010 • \$35/person Includes: \$10 slot play/Slice of pie & coffee

Mission Daks Recreation & Park District

• Welcome to Pacific Grove

Sep 30-Oct 2, 2010 • \$375/person double with meals Monterey Bay Aquarium & Free time in Carmel.

• Teatro Zinzanni

of motion.

Sunday, October 17, 2010 • San Francisco Show/3 course gourmet brunch/\$155pp

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New Yoga Class Starts Sept 2 Tuesday and Thursday 8-9am • \$18/month Gentle yoga for flexibility, stress relief and core strength.

Instructor: Peggy Shepard



& PARK DISTRICT

Office Hours: 8 am-5 pm

**Registration Hours:** 

8:30am-4pm Monday-Friday

www.morpd.com

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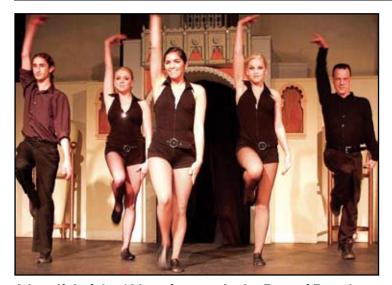
We are proud members of these newspaper associations. and widowers are welcome as a community service by WPAC.







Carmichael Times Page 3 August 25, 2010



A handful of the 120 performers in the Best of Broadway strut their stuff during rehearsals. A Sacramento tradition for 37 years, the show begins an eight performance season in Fair Oaks on September 17.

Tickets will sell out fast, so get yours soon!

Front page photo is of performer Kathryn Skinner Photos and Article by Susan Skinner

## **Something to Sing About:** Best of Broadway Veterans Kick Off 2010 Season in Fair Oaks Village

Sacramento - From gradeschoolers to semi-pros, the 120plus cast of Sacramento's enduring Best of Broadway show all have something in common. The stars in their eyes outshine sequins on costumes sewn for the show's September 17th opening at the Fair Oaks Village amphitheater (7991 California Ave, Fair Oaks).

Previously staging his 37-year old show in high school auditoria and community theaters, founder/director David L. MacDonald is sanguine about this year's production (titled "Shining On") debuting under the stars. "We face new challenges in doing such a big, fastmoving show in the open air," he says. "But we love the village atmosphere of our new location. Being in a community that shows such support for the arts is a breath of fresh air for the whole production."

The Fair Oaks Theater Festival organization is co-producing the rhinestone behemoth. Its eight performances of Broadway song and dance hits will close the 2010 festival season at the community amphitheater.

Director MacDonald promises: "If you like 'America's Got Talent,' wait till you see Sacramento's undiscovered talent burst on stage." Indeed, several national stars first found their singing chops under MacDonald's aegis. Movie star Molly Ringwold went straight from this production to the San Francisco spotlight in "Annie." Teal Wicks, the recent lead in Los Angeles and San Francisco productions of "Wicked" was a

former Best of Broadway singer.

What MacDonald launched 38 vears ago as a fundraiser for a local boys' home is now a muchlauded Sacramento tradition. A massive curtain call for volunteerism, the series owes its existence to thousands of donated hours. Only the orchestra gets paid. Box office profits go to local charities.)

Tickets are \$20 per person. For booking information, call (916) 436-6344 or visit www. bestofbroadway.org



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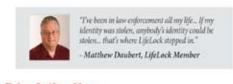
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Carmichael Times Page 4 August 25, 2010

Dr Bob Graykowski

Chiropractic USA

Sure green vegetables are

nutritional powerhouses. But don't

neglect their red, orange, yellow and

purple cousins. Bright is beautiful

when it comes to vegetables:

particularly if your optimal-health

goal includes boosting your

immune system, preserving your

eye sight and reducing the risk of

cancer. That's because the vitamins,

minerals and all natural chemical

components in vegetables help do

I teach my patients to eat

healthy daily by choosing fruits

or vegetables from all the colors

of the rainbow. Nutritional experts

from around the world recommend

eating a minimum of five large

vegetable and fruit servings per day

- and the brighter the better. Why?

more phytonutrients a vegetable

contains. Phytonutrients are plant-

disease-fighting attributes. Here are

some examples for a healthier diet.

September 7 AM/PM

Red - Although technically

all of this.... and more.



#### LAW OF ATTRACTION

Remember all the hubub about "The Secret"...you know...wish for it and it will come? Well, I was really skeptical about this because I firmly believe you need to get off your duff and go for it yourself. Then I interviewed Sonia Ricotti on my POPPOFF Radio Show, and she took a different spin on the law of attraction in her book "The Law of Attraction Plain and Simple." She replaces metaphysical jargon with common sense savvy to create a refreshing path to happiness, and all in eleven steps. The Law of Attraction is a universal law. It means like attracts like. So let's get in step with Sonia.

1) Decide What You Want...In order to truly manifest and attract all that you desire in life; you must first have a clear vision of what your greatest life would look like.

2) Choose Your Thoughts and Feelings...At first this might sound difficult to do, but by simply

## POPPOFF!

with Mary Jane Popp

becoming aware of what you are thinking and feeling, you can redirect negatives into positive.

3) **Keep The End in Mind...**At the end of life, what do you want to be remembered for? What would they say at your memorial service?

4) Remove *Meaning...*Many people believe that the meaning they give to their life experiences is real. The truth is we choose how we interpret whatever we experience in life. You have the power to choose.

5) *Let Go.*..Let everything that is currently happening in your life "be." Accept your life exactly the way it is and the way it isn't.

6) Forgive...Forgiveness is the key to emitting and creating positive energy. And, it's one of the most difficult states to achieve.

7) *Unleash The Past...*By holding on to the negative feelings we have about our past, we limit our ability to become what we want to be.

8) Be Grateful...The energy you put out to the universe is the same as the energy you receive from the universe. Appreciate what you have. It puts you in a "feel good" mood.

9) Choose Your Friends Carefully...Do the people your surround yourself with elevate you? Are you inspired, joyful, and full of positive energy? Surround yourself with positive people.

10) Connect Mind, Body, and

**Spirit...**Set aside time for you. Meditation, exercise, wholesome nutrition, nature...all important to your well being.

11) Allow It...Feel it...believe it...achieve it. Become keenly aware.

Be free of any negative energy and have no doubt it will come to you.

12) Enjoy The Journey...It takes practice, awareness, and time to master. As you become more aware, peaceful, and appreciative, you will discover the incredible people, situations, and experiences that miraculously come into your life.

And here are the final twelve tips to begin:

1) Love Yourself.

2) Live in the moment.

Create a mastermind group.

Find a mentor. Grow, grow, grow.

Embrace the fear.

Walk your own path.

Create an action plan. Take action steps everyday.

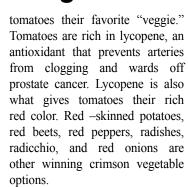
10) Never give up.

11) Be a leader and elevate others.

12) Take the leap. Bottom line. It's all up to you now! Go forth and prosper!

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

## **Bright is Best for Veggies**



Orange - Carrots contain more than 100 phytochemicals, including carotenoids, protect which against cancer and eye disease. Other health-boosting orange vegetables include sweet potatoes, sweet peppers, acorn squash and pumpkins.

Yellow - In addition to carotenoids, yellow vegetables contain natural plant pigments known as bioflavonoid. Health benefits associated bioflavonoids include improved cardiovascular health, increased capillary strength and improved structure of the body's connective tissues. Bioflavonoids also help to boost the immune system. That's why I encourage my patients to add plenty of yellow to their dietincluding butternut squash, yellow peppers,sweet corn and yellow tomatoes.

Green - chlorophyll is what gives green vegetables their vibrant shade. Among those bursting Because the brighter the color, the with antioxidants are artichokes, avocados, spinach, okra, sugar snap peas, zucchini, and green sweet based sub chemicals that feature peppers. The antioxidants in these foods are linked to the prevention of macular degeneration: a condition that results in partial or total vision a fruit, many people consider

If you're stuck in an iceberg rut like many people are, upgrade your lettuce of choice to a darker green variety, such as red leaf or romaine

**Blue** - blue berries not only taste great but they have some of the strongest cancer fighting nutrients of any fruit.

**Purple** - The best selections from the color purple include eggplant, purple cabbage and purple asparagus. These selections add extra punch in disease prevention.

White - garlic is considered both an herb and a vegetable. Did you know that garlic can decrease LDL ("bad") cholesterol? And it doesn't take a bushel of this pungent vegetable to do the trick. The phytochemical allicin – is also present in onions and scallions. Cauliflower is another great "white" vegetable. Its all-natural chemical compounds are linked with anticancer benefits.

When cooking vegetables, go easy on the heat. Cooking veggies may cleave out some nutrients. Ideally, aim for tender yet still crisp. And prepare only what you plan to eat over a maximum of two to three days. The longer your store cooked vegetables, the more they lose their magnificent nutrients. If you are looking at making healthy eating changes join us for our nutritional vitality class September 14th .We also have Wellness facts on our webpage at www.chiropracticusa.com. Start now to boost your immune system for the seasonal changes ahead.

Creating a healthy community Dr Bob Graykowski

## Carmichael Geranium Society September Meeting

Friday September 10, 2010 10:00 until Noon Visitors Welcome - No Fee

at the Carmichael Community Clubhouse - 5750 Grant Avenue, Carmichael

Program - Andrew Niemann of Foothill Nursery - Fall Color in Your Garden Demonstration plants will be for sale at end of meeting





Green Line to the Airport

#### Green Line Community Review **August 25 through August 28**

The Sacramento Regional Transit District (RT) invites you to participate in the Green Line Community Review, an interactive and collaborative community planning workshop for the future Green Line to the Airport light rail extension.

The purpose of the community review process is to create a shared vision and further define a cost-effective light rail project that integrates within the neighborhoods and surrounding communities that the Green Line will serve. Participants will have several opportunities to provide input and review recommendations.

#### Wednesday, August 25, 2010

**Open Studio** View and discuss

Green Line project work. Community members are welcome anytime between 10 a.m. to 3 p.m.

Community Review Kick-Off Overview and presentation of Green Line project 7 p.m. to 8:30 p.m.

#### Thursday, August 26, 2010

**Open Studio** View and discuss Green Line project work. Community members are welcome anytime between

Workshop Discuss Green Line project refinements 6 p.m. to 9 p.m.

10 a.m. to 3 p.m.

#### Friday, August 27, 2010

**Open Studio** View and discuss Green Line project work. Community members are welcome anytime between 10 a.m. to 3 p.m.

Saturday, August 28, 2010

**Open House** Review Green Line draft plans. Presentation of draft plans at 1 p.m. Noon to 3 p.m.

The Green Line Community Review will be held at the Natomas Crossing Business Center located at 4190 Truxel Road, Suite 102 (southeast corner of Truxel Road and Arena Boulevard). Enter the parking lot from Arena Boulevard. Served by Routes 11, 13 and 14.

For more information, visit www.sacrt.com.



Connecting Our Community to the World

#### 'Touch of Health' Weekly Vitality Workshop

Classes begin at 6:00 pm Tuesdays Open to Public at No Charge

Vital Nervous System

September 14 Ignite Your Perfect Health -Balance, Heal, Transform

September 21 Essential Steps to a

Vital Nervous System

Essential Steps to a



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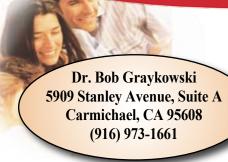
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Aug 17-Sept 4 Sept 7-Oct 2 Oct 5-30 November 2-20

November 30-December 18

"Go With The Flow 2010", WASH Open Watercolor Show NCA Bold Expressions Annual Photography Show Members Holiday Art Exhibit

"Phyllis Eymann and Students" August 17 - September 4, 2010. "Meet the Artists" Reception August 28, 2010, 5-7 PM

Watercolor instructor and NCA Master Painter Phyllis Eymann and her very accomplished students will be showing their handiwork of beautiful watercolor paintings at Sacramento Fine Arts Center in both galleries. See the Previews at our website and come to the exhibit!



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

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#### We are Looking for Veterans to Join Our Post VFW POST 2324 Carmichael.

Are you a veteran from WW2, Korean War, Vietnam War, Desert Storm, Iraq, Afghanistan War? If you been honorably discharged and have a current DD214, Please Contact The Post Commander Edward B. Holm. PH (916)722-9603 or Post Quartermaster Steven H. Rambo PH (916) 847-5496.

On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!

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#### Forensic Genealogy

Root Cellar - Sacramento Genealogical Society general membership meeting Wednesday, September 8, 2010, 7pm -8:30pm. Guest speaker Colleen Fitzpatrick will present "Forensic Genealogy-CSI Meets Roots, a modern approach to family research". Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Free, guests welcome. Details at www.rootcellar.org or contact Sammie Hudgens (916) 481-4930.

## Genealogical Association of Sacramento PO Box 292145, Sacramento, CA 95829-2145 • 916-383-1221

The Genealogical Association of Sacramento will meet Wednesday, September 15, 2010 at the Belle Coolidge Library at 5600 South Land Park Drive, Sacramento.

Our meeting this month will feature a sharing session of our summer finds and discoveries.

We welcome new faces and might be able to help you break down a brick wall or track down your ancestors. Come and join us.

#### Sacramento Gray Panthers

The Sacramento Gray Panthers' Sept. 14th meeting will feature a review and discussion of the propositions which will appear on the California November general election ballot. A representative of the League of Women Voters will conduct the meeting, which will also include input from the audience. The meeting, which is open to the public, will be held at 1 PM at the Hart Senior Center, 915 - 27th Street, Sacramento (between I and J Streets.) Cost: No charge. For further information contact Margie Metzler, 916-921-5008.

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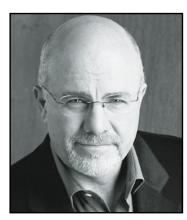
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Carmichael Times Page 6 August 25, 2010

# Dave Says



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

#### More or Less?

Dear Dave,

When, if ever, should your baby emergency fund be more than \$1,000? Is there ever a scenario in which it should be less?

Dear Sue.

I always recommend that people who make \$20,000 a year or less start out with a baby emergency fund

of \$500. Almost anyone can scrimp and save up \$500 in a short amount of time, and this makes it easier for folks who don't make a lot of money to have a safety net in place.

Is there a scenario where the baby emergency fund should be more than \$1,000? I guess if you were stuck in a situation where you had \$200,000 in debt and made \$60,000 a year, you might want to ratchet that amount up to \$2,000 or \$3,000. The reason? It's going to take you several years to dig your way out, and that means you're taking a chance on several years worth of emergencies!

If you've got a really unstable situation—like there's a good chance you might lose your job—or an emergency already pending, you should delay starting the Baby Steps and pile up a bunch of cash. In a case like that, it just wouldn't make sense to start a financial overhaul and be sitting there with only \$1,000 in the bank. If there's a nasty storm coming, you need to work, work, work to get ready, and make sure you've got the biggest umbrella you can get!

Then, after you get past the bad stuff, you can push "play" on your Total Money Makeover. That's when you'd pull your savings back down to \$1,000 and go into attack mode on your debt!

**Unmarried Couples Combine** Finances?

Dear Dave,

Do you advise unmarried, long-term couples to combine finances to follow your plan, or should they move forward financially on an individual basis? - Ashley

Dear Ashley,

I always answer questions like this based on what I would do in the same situation. I know the statistics on unmarried couples who live together, and the numbers show most of them don't stay together. I'm not trying to be mean, but I want you to know the truth. Combining your finances when you're not married could be a disaster. Pretending you're married, but trying to keep your finances and other areas of your lives separate doesn't work, either. I've been doing this for a long time, and I've met with an awful lot of couples in your situation. So, here's my advice to you, Ashley. If you love this guy, and he loves you, then you need to get married. You may think that's presumptuous, but you asked my opinion.

The idea that long-term, unmarried couples prosper financially and emotionally is pure mythology!

\*Please visit www.davesays.org for more financial advice.



A Film Review by Tim Riley NANNY MCPHEE RETURNS (Rated PG)

Five years have elapsed since Emma Thompson made her mark as the flipside of Mary Poppins, a caretaker of the young who only emerges when she is needed and not wanted. In "Nanny McPhee Returns," Thompson's Nanny McPhee, who sports moles, facial hair and a large, protruding snaggletooth, is a not an inviting presence to incorrigible children. Thompson, who wrote the screenplay based on a series of children's books, uses a magical walking stick that she pounds on the ground whenever a new life lesson is about to take root in the minds of impressionable kids. Nanny McPhee, who constantly reminds everyone her name is spelled with a "small c, Big P," instills basic values of faith, courage, loyalty and the like without sugary sentimentality.

In this second installment of the emerging "Nanny McPhee" franchise, the setting is rural Britain during what is ostensibly the World War II era. There's a war going on, and London is being bombed, but there is no mention of Churchill, Hitler, FDR or even Americans carousing in local pubs. The war backdrop is important for establishing the fact that the family dad

## Riley **Reviews**

DELIGHTFUL RETURN OF "NANNY MCPHEE"

(Ewan McGregor in a cameo appearance) is on the battlefield while his wife Isabel (Maggie Gyllenhaal) is fighting her own losing battle of taming three rambunctious children.

Isabel's troubles are compounded by the presence of her scheming brotherin-law Phil (Rhys Ifans), who selfishly wants her to sell the family farm so he can pay off gambling debts. One of the humorous subplots involves two women, Miss Topsey and Miss Turvey, who eagerly relish the prospect of dismembering Phil for being delinquent on his payments. Meanwhile, Isabel must contend with the difficulty of running the farm during her husband's absence and keeping up with payments to the daffy owner (Maggie Smith) of the local supply store.

As if dealing with squabbling kids and a nefarious relative is not enough, Isabel plays host to her niece and nephew from London. Her brother's children are snooty, rich city sophisticates, who arrive in a chauffeured limousine and wear expensive clothes ill-suited to the countryside. Prissy, spoiled Cyril (Eros Vlahos) and Celia (Rosie Taylor-Ritson) immediately announce their extreme displeasure at having been sent to the boondocks while London endures aerial bombardment. They are particularly unhappy that the farm is covered in cow dung, which proves impossible to avoid step-

It's bad enough that Isabel's children constantly quarrel, and now when the obnoxious urban cousins are added to the mix, the arrival of the needed but unwanted Nanny McPhee is assured. As the country household falls into utter chaos, McPhee's arrival could not be more propitious. Masterful in the art of tough love, Nanny McPhee soon tackles the most nettlesome problems, from fighting cousins to prized pigs that run away from the stable. This is the first movie in which pigs end up swimming in a synchronized water ballet and dancing Busby Berkeley-style. But, of course, such feats occur with the help of Nanny McPhee's magical powers.

Isabel's oldest child, Norman (Asa Butterfield), may have a chip on his shoulder, but he does make common cause with his cousin Cyril for a trip to London to confront Cyril's father (Ralph Fiennes), a senior military official in the War Office. Not surprisingly, Norman is eager to learn the fate of his own father so that he can thwart his uncle's dastardly plans. Around this time, Nanny McPhee's warts and blemishes start to disappear, as her mission to bring the family together in harmony nears total success. Of course, by movie's end Nanny McPhee looks as radiantly attractive as Emma Thompson.

To its credit, "Nanny McPhee Returns," while resorting at times to some broad humor and slapstick, is mostly distinguished by sharp wit and smart dialogue that should prove entertaining to the adults who want to enjoy a nice family outing at the cinema. Also praiseworthy is the fact that "McPhee" does not dumb itself down for its target audience of youngsters. Furthermore, unlike some of our blowhard politicians and vacuous celebrities who get preachy on their favorite causes, this delightful film also does not talk down to the youth crowd. We should celebrate something smart and fun for all ages.

## Seek and You Shall Find



by Marlys Johnsen Norris

The loving and merciful hands of God extend towards you and He speaks these words to every single soul on this earth. "You will seek me and find me when you seek me with all your whole heart" (Jeremiah 29:13) Ask, Seek and Knock and the door will be opened unto you. His magnificence will be revealed to you. God loves you!

There is nothing more wonderful than living moment by moment with Him, whom one day we must give an

Carmichael - Aegis Living, a

leader in senior living specializing

in memory care services, is pleased

to offer an opportunity to learn from

one of the foremost educators and

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with dementia, Ms. Teepa Snow.

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recognize the difference between

dementia and forgetfulness.

the free seminar which will be

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The public is invited to attend

a consciousness of God's indwelling presence. This happens when a person invites Jesus Christ into their heart and life. Once you "know" Him, He is with you, lean on Him, talk (pray) to Him and learn from Him. Empty ones self from those things that crowd Him out, so you can spend time in His presence and be empowered by His Spirit to make your world a better place.

You are significant to the God of the Bible. God knows all about you and exactly where you are every minute of every day. He knows about your hopes and dreams as well as your fears. He wants the best for you. He is *omnipotent*, all powerful and able to move a mighty mountain that hinders your life's dream. He is a Father desiring success for His children. He is *omniscient*, He searches one's heart and knows absolutely everything, understanding every motive behind every thought. (I Chronicles 28:9) Everything we do is known to

**Aegis of Carmichael Presents** 

**Alzheimer's and Dementia Workshop** 

**Featuring National Expert Teepa Snow** 

account. (Hebrews 4:13) Absolutely nothing is hidden from His eyes. God is *omnipresent*, everywhere and He lives in every believer. Our body is God's temple. (I Corinthians 3:16) and Christ dwells in our hearts through faith. (Ephesians 3:16,17) He is the same yesterday, today and

One can live an adventurous life to the fullest while enjoying His presence, guidance, and power. Being filled to a full measure of all the fullness of God (Ephesians 3:19) Allow God of the Bible to Light and Direct your path into a future that will be filled with His promised blessings. Become a recipient of His favor and blessings when obedient to follow His covenants, vows and Ten Commandments. His precepts lead to a happy life.

To God be all glory.

Marlys Johnsen Norris, Christian Author Marlys5934@sbcglobal.net

## **Beverly's Annual** Nifty 50's **Classic Car Show**

Carmichael - Beverly's Annual Nifty 50's Classic Car Show, Saturday, September 25, 2010, 9:00 a.m. to 3:00 p.m., Marconi Avenue & Fair Oaks Blvd. in Carmichael. Admission is a new unwrapped toy or toys for our annual Holiday Angel

The event will feature live rock & roll music by locals Todd Morgan and the Emblems, raffles, prize drawings and beautiful classic cars. For more information, call (916) 402-7202 or email to toprcdrvr1@aol.com. The Angel Project takes care of over 1,500 children each holiday season, providing blankets, filled stockings, gloves, socks, stuffed animals, and

## How Am I **Around?**

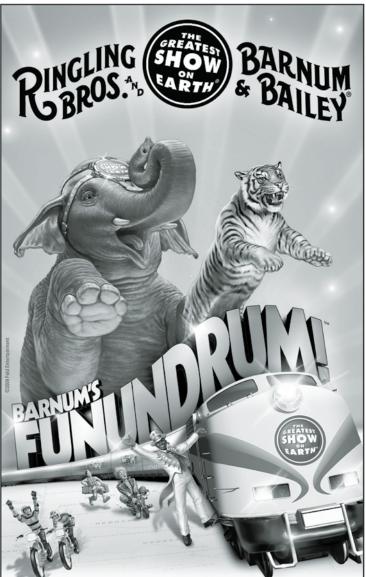
To Get Around,?" is the theme of the Sacramento chapter of the Older Women's League (OWL) September 18th meeting. Speakers will be Barbara L. Stanton, Founder/Director of "Ridership for the Masses," and Beth Barker-Hidalgo, Mobility Resource Manager for "Paratransit." They will provide ideas about how to solve transportation problems for a variety of essential activities, such as health care appointments, shopping, etc. Questions from the audience will be accepted. The meeting will be at 10:45AM, at the Hart Senior Center, 915 - 27th Street. Sacramento, (between I and J Streets). There is no charge and the meeting is open to the public. To obtain further information call (916) 444-2526.



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# How to Respond," the morning

workshop will include interactive

Walnut Avenue in Carmichael on Monday August 30th from 9:00am until 12 pm. Please RSVP at (916) 972-1313 as space is limited. Ms. Snow's presentation will include an overview of what dementia and Alzheimer's is and the normal and abnormal changes that take place in the aging brain. She will discuss the common behaviors of people with dementia and the reasons behind them. Titled "Why Do They Do That? Understanding Symptoms and

Why Do They Do That? Understanding Symptoms and Behaviors. exercises designed to reinforce the importance of using proper communication techniques to achieve positive interactions for both the dementia patient and the loved one or caregiver. In the workshop she will demonstrate the effectiveness and value of using key communication strategies in creating positive outcomes in their interactions with their loved one.

> Teepa is an occupational therapist currently working as a dementia care and dementia education specialist. She has an independent practice as well as clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. She provides educational and training sessions to organizations and providers throughout the U.S. and lectures for gerontology and health professional programs at colleges and universities across the country. She provides training and education for Alzheimer's Association

> and Alzheimer Society confer-

ences, state health care provider

organizations, professional asso-

ciation meetings, and caregiver

programs and organizations. She works closely with several assisted living and retirement communities, hospice and day service programs, & dementia specialty service providers to improve and optimize programs and services to people with dementia and their families.

Teepa received her degree from the University of North Carolina in Chapel Hill and is a Fellow of the American Occupational Therapy Association. She has received local, statewide, and national recognition for her expertise in geriatrics, dementia care and programming, and staff training.

Aegis of Carmichael is a senior retirement community offering assisted living and memory care Services; one of 35 senior

residences owned and operated by Aegis Living. For more information regarding Aegis of Carmichael, contact Tania Newman at (916) 972-1313 or Tania.Newman@aegisliving.

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(MPG)

#### Adult / Elder Care

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

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

Newly constructed, modern Care Facilities in Fair Oaks Private/Semi room. ½ off first month. No assessment fee 24/7 on site care staff. Call 916-871-4267/947-8618 Will work with placement company. (MPG)

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40 DAYS FREE RENT! Quiet, clean. Pool. Great location, Fair Oaks-961-3053 (MPG)

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(MPG)

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\*If you do not have experience with 4 out of 5 of the above items, please do not apply\* Please email your RESUME to CCR@macsplumbing.com or fax to 916-361-1442 if we feel

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(MPG)

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We've made

forgive those who trespass against us, and lead us not into temptation. but deliver us from evil. Amen GOD WANTED ME TELL YOU, It shall be well you this coming year. No matter how much your enemies try this year, they will not succeed You have been destined to make it and you shall surely achieve all your goals this year. For all of 2010, all your agonies will be diverted and victory and prosperity will be incoming in abundance. Today God has confirmed the end of your sufferings, sorrows and because He that sits on the throne has remembered you. He has taken away the hardships and given you JOY. He will never let you down. I knocked at heaven's door this moming. God asked me, "My child! What can I do for you?" And I said, "Father, please protect and bless the person reading this message

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#### NOTICE TO READERS California law requires contractors taking jobs total \$500 or more (labor and/ or materials) be licensed by the Contractors State License Board State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state

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Carmichael Times

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## 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

STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS

FILE #0514136 The following person(s) has/have withdrawn as a general partner(s) partnership under the FICTITIOUS BUSINESS NAME Golden Bear Properties 1939 Claremont located at Carmichael, Jeannie Bacich, 27102 Calle Cahalero, San Juan Capistrano, CA

The Fictitious Business Name Statement for the partnership was filed on Dec. 16, 2005 in the County

Filed with the Clerk of Sacramento County on July 15, 2010 Publish: July 28, Aug. 4, 11, 18,

**GOLDEN** 00704 8-18-10 **FICTITIOUS** BUSINESS NAME

STATEMENT #1006695. Vicki L. Forrester, 5600 Marconi Ave. #204. Carmichael, CA 95608 is doing business under the Fictitious Business Name "Moonstruck Catering" at 5600 Marconi Ave. #204, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 27, 2010. Publish: Aug. 4, 11, 18, 25, 2010. MOONST 00801 8-25 8-25-10

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

#34-2010-00083309 WHEREAS, Ignocencia Herrera and Susan Muriuki have filed a petition with this court for a decree changing name of Austin Muriuki Herrera to Jessy Muriuki Herrera. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 3, 2010 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: July 23, 2010. Kevin R Culhane Judge of the Superior Court Publish: Aug. 4, 11, 18, 25, 2010. HERRER 00801 8-2

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00083813

WHEREAS Dominique Ladeiah Robertson has filed a petition with this court for a decree changing name of Dominique Ladejah Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 9, 2010 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: July 29, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 11, 18, 25, September 2, 2010.

00802 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME

#34-2010-00083825 WHEREAS, Briyana Angelique Mixon has filed a petition with this court for a decree changing name of Briyana Gabrielle Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 9, 2010 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

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: July 29, 2010. Shellevanne W.L. Chang Judge of the Superior Court Publish: August 11, 18, 25,

September 2, 2010. HERNAN 00802 9-2-10 NAME **FICTITIOUS** BUSINESS STATEMENT #1006293. SSC Carmichael Operating Company LP and SSC Carmichael Operating GP LLC., both of One Ravine Dr. #1400, Atlanta, GA 30346 are doing business under the Fictitious Business Name "Mission Carmichael Healthcare Center" at

00803 9-9-10 STATEMENT OF WITHDRAWAL FROM PARTNERSHIP OPERATING UNDER FICTITIOUS

BUSINESS NAME

3630 Mission Ave., Carmichael,

CA 95608. Filed with the Clerk of

Sacramento County on July 15, 2010.

Publish: August 18, 25, September

FILE #1002850 The following person(s) has/have withdrawn as a general partner(s) from the partnership operating under the FICTITIOUS BUSINESS under trie 1.5...

NAME "baker Fabrication, located at 4101 Wayside Lane
Carmichael, CA 95608. Matthew S. Baker, 3912 Bryan

Way, Carmichael, CA 95608. The Fictitious Business Name Statement for the partnership was filed on March 24, 2010 in the County of Sacramento.

Filed with the Clerk of Sacramento County on July 13, 2010. Publish: August 18, 25, September

9-9-10



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

#34-2010-00084291

WHEREAS, Miguel A. Martinez

and Maria T. Martinez have filed a petition with this court for a decree changing name of Osbaldo Martinez Antonio to Omar Antonio Martinez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 16, 2010 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: Aug. 5, 2010. Kevin R. Culhane Judge of the Superior Court

Publish: August 18, 25, September 2, 9, 2010. 00803 9-9-10 MARTIN

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2010-00084658 WHEREAS, Michael Cervantes and Stilyana Salakova-Cervantes have filed a petition with this court for a decree changing names of Michael Charles Cervantes to Michael Charles Cox; Stilyana Dimitrova Salakova-Cervantes to Stilyana Dimitrova Cox; Christian Michael Cervantes to Christian Michael Cox; and Gabrielle Stilyana Cervantes to Gabrielle Stilvana Cox IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 21, 2010 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

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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: Aug. 10, 2010. Kevin R. Culhane

Judge of the Superior Court Publish: August 18, 25, September 2, 9, 2010.

00803 9-9-10 FICTITIOUS BUSINESS NAME STATEMENT Mona Nemetz, 2015 Lux Court, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Alta Tech Solutions" at 2015 Lux Court, Carmichael CA 95608. Filed with the Clerk of Sacramento County on Aug. 6, 2010. Publish: August 25, September 2, 9, 16, 2010. ALTATE

FICTITIOUS BUSINESS NAME STATEMENT #1006935. Carmichael Overhead Door, Inc., 4045 California Ave. #A, Carmichael, CA 95608 is doing business under the Fictitious Business Names "Carmichael Garage Doors; Placer Garage Doors" at 4045 California Ave. #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 3, 2010. Publish: August 25, September 2, 9,

00804

9-16-10

16, 2010. CARGAR 00804 9-16-10 BUSINESS NAME FICTITIOUS STATEMENT #106893. Alliance Medical Resources, Inc., 167 Briggs Ranch Dr., Folsom, CA 95630 is doing business under the Fictitious Business Name "Alliance Medical Resources. Inc." at 167 Briggs Ranch Dr., Folsom, CA 95630. Filed with the Clerk of Sacramento County on Aug. 2, 2010. Publish: August 25, September 2, 9, 00804 9-16-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00084711 WHEREAS. Marcos

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Denda has filed a petition with this court for a decree changing name of Marcos Robert Denda to Willie Kent. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 21, 2010 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

the petition. Dated: Aug. 10, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 25, September 2, 9, 16, 2010.

00804

9-16-10

Sacramento County, California, once

a week for four consecutive weeks

prior to the date set for hearing on

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

#204892 WHEREAS, Irene Lucyndia Dinkins has filed a petition with this court for a decree changing name of Irene Lucyndia Dinkins to Danifa Edna Renia Grigsby. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Sept. 21, 2010 in the Family Relations Courthouse, Dept. 130 located at 3341 Power Inn Rd., Sacramento, CA 95826 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: Aug. 17, 2010 Publish: August 25, September 2, 9

SACCHI 00804 9-16-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #09FL04571

NOTICE TO RESPONDENT: SARBJIT SINGH. You are being sued. PETITIONER'S

NAVJEET KAUR

NAME IS:

after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You

may be ordered to pay support

You have 30 Calendar Days

and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www. lawhelpcalifornia.org), or by contacting

your local county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, 3341 Power Inn Rd., Sacramento, CA 95826 The name, address, and telephone

number of petitioner's attorney, or petitioner without an attorney, is: Navjeet Kaur, petitioner in pro per, 2585 Millcreek Dr. #105, Sacramento, 916-929-3211. Dated: July 9, 2010. Publish: August 25, September 2, 9,

00804 9-16-10



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August 25, 2010 Carmichael Times Page 9



# Carmichael Recreation and Park District is announcing upcoming classes and events

#### **Estate Planning – Taxes and You**

Mike Bennett, estate planning attorney, will discuss the benefits of estate planning and what role Congress plays in establishing the estate and gift tax. He will discuss a number of estate planning options for people from all walks of life – giving them the control they desire while also minimizing taxes for themselves and succeeding generations. He will also debunk many myths about estate planning, probate and taxes. Please call 483-7826 for more information or to register.

La Sierra Community Center, Room 800 5325 Engle Rd, Carmichael Thursday, August 26, 10 to 11 a.m. FREE class but you must pre-register by calling 483-7826

#### **Peanut Butter and Jelly Again?**

If you and your child are tired of the same old thing in your lunchboxes day after day, or you would like some variety and healthier options, this is the class for you! Join us for some creative ideas on easy to prepare healthy lunches that won't end up being traded away for Twinkies. Learn ways of combating childhood obesity and diabetes one lunch box at a time! Please call 483-7826 for more information or to register.

La Sierra Community Center Kitchen 5325 Engle Rd, Carmichael Saturday, August 28, 9 to 11 a.m. Fee: \$20, plus \$10 materials fee paid to the instructor at the class.

#### Carmichael Founders Day Celebration

Bring your family and friends to Carmichael's 101st Founders Day. The celebration will include activities for kids, live music, an auto show, craft and food vendors and many local community booths. To reserve vendor space, call 916-485-5322.

Carmichael Park – Danny Bishop Memorial Pavilion for the Performing Arts

5750 Grant Ave, Carmichael Saturday, September 25, 11 a.m. to 3 p.m. FREE admission and plenty of FREE parking

#### **Memory Games: Get Your Silly On**

Looking for a way to improve your memory? Dr. James Senser presents a 6 week program designed to improve your memory and increase mental agility. This class combines improvisation and theatre games to assist in concentration and quicker thinking, situated in a "silly and safe" environment with a focus on fun and laughter. Please call 483-7826 for more information or to register.

La Sierra Community Center, Gibbons Room 5330 Gibbons Drive, Carmichael Thursdays, July 29 thru September 2, 4 to 5:50 pm

Fee: \$30 for the 6 week class

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.





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Carmichael Times Page 10 August 25, 2010

## **Fans Declare Meg Whitman as Winner of River Cats Gubernatorial Bobblehead Election**

#### Whitman's Bobblehead Runs Out First at Raley Field Gates

West Sacramento - Fans lined up early on Friday August 20 to cast their vote in the River Cats Bobblehead Election. Bobbleheads of gubernatorial candidates, Jerry Brown and Meg Whitman were given out to the first 2,500 fans.

Only 1,250 Jerry Brown bobbleheads and 1,250 Meg Whitman bobbleheads were available to those entering Raley Field. Whitman's bobblehead ran out first and was declared the winner of the River Cats Bobblehead Election!

With tickets starting at just \$7, fans can experience the excitement of River Cats baseball! To purchase tickets visit rivercats.com, the Raley Field Ticket Office, or ticketmaster.com.





## Now Playing Room Service

Chautauqua Playhouse announced the beginning of its 34th Season with the opening of the comedy ROOM SERVICE by John Murray and Allen Boretz, which started on August 13, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 19. 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.

In this classic screwball comedy, an unscrupulous Broadway producer struggles to find a backer for his new show. Holed up in a Times Square hotel with 19 hungry actors and a ballooning room service bill, he tries to forestall eviction with an outlandish plan. Can their new play open on Broadway, or will they be evicted for their outrageous bill? This beloved, zany comedy about the lengths some people will go for their art is sure to have audiences laughing from beginning to end.

The show is directed by J C Moon, featuring a stellar cast including Paul Fearn, Jon Jackson , Marc Berman and many others. Set design is by Rodger Hoopman and costumes are by Brittney Sandoval.

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



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Carmichael Times Page 11 August 25, 2010



#### Basic financial planning tips offered at Fair Oaks Library, Aug. 25

Golden 1 Credit Union representatives will discuss the key components of financial planning and the steps one can take to formulate a personal action plan. The free adult program is at 6 p.m., Wednesday, August 25, at Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks.

To register for the program, please visit saclibrary.org or call (916) 264-2920.

#### Stress reduction workshops presented at Carmichael and Fair Oaks libraries

Stress is at an all-time high in our society today. Worries about employment, money, family, and health abound. Stress can take a toll both mentally and physically.

Catherine Daniels-Landeros, a licensed marriage and family therapist, will discuss effective ways to handle the stresses of life in order to experience your life in a positive and meaningful way at two free workshops:

6:30 p.m., Tuesday, September 21, at Carmichael Library, 5605 Marconi Avenue, Carmichael

6:30 p.m., Wednesday, September 22, at Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks

For more information, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

#### Basic vegetable gardening tips offered at Arden-Dimick and Fair Oaks libraries

Urban gardener James Bridges offers a free, introductory gardening class designed to promote backyard gardens in residential areas at two Sacramento Public Library locations:

2 p.m., Saturday, September 11: Arden-Dimick Library, 891 Watt Avenue, Sacramento

1 p.m., Saturday, September 18: Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks

Bridges will discuss how to determine the garden site, preparation of the soil, tools needed, watering and fertilizing. He will offer a general overview on biodynamic square foot gardening techniques and answer questions.

Bridges' passion for gardening leads him on a continual study of gardening and growing techniques. He enjoys teaching others how to use their own backyards as a food source and how maximize their space to grow the best produce possible.

For more information, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

#### 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:

The Spartacus War, by Barry S. Strauss October 5: The Skystone, by Jack Whyte November 2: December 7: The Bridges at Toko-ri,

by James Michener January 4: The Things They Carried, by Tim O'Brien The Worst Hard Time, by Timothy Egan February 1: March 1: In the Valley of the Kings, by Daniel Meyerson

The Great Mortality, by John Kelly April 5: The Big Burn, by Timothy Egan May 3:

#### Free SAT practice test offered for college-bound students at Carmichael Library

High school students can prepare for college admission by practicing with the real SAT test given under real test conditions, for free, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Kaplan Test Prep staff will administer the SAT practice test at 12 noon, Saturday, October 30. There will be a follow-up session at 6 p.m. Wednesday, November 3, for SAT test results and valuable test-taking tips.

Registration is required at the library branch, online at saclibrary.org, or by calling (916) 264-2920.

The programs are sponsored by Kaplan Test Prep and Admissions.



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- 3. Describe common behaviors that are symptoms of dementia. In the areas of:
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- movement and sensation
- understanding
- impulse control
- language use
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Carmithael Times Page 12 August 25, 2010

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