Carmichael Cines



Del Campo Jr. Cougars Cheer Team to Start Season



Ryan loanidis Makes Mom and Dad Proud

Pg. 3

Volume 30 Issue 30

Serving Carmichael and Sacramento County since 1981

Pg. 2

July 28, 2010

Carmichael Dog Park Could Win \$500,000 Makeover Soon



Carmichael resident Phil Rylett and his four-legged best buddy Zoe are one of ten finalists in the national Beneful® WagWorld® Dream Dog Park Contest. Carmichael could win a half million dollar renovation of a local dog park!

Carmichael - It's official! Carmichael resident Phil Rylett and his four-legged best buddy Zoe are one of 10 finalists in the national Beneful® WagWorld® Dream Dog Park Contest, and ing on rocks and exploring Carmichael could win a half million dollar renovation of a local dog park! To enter the contest, Phil shared his dream to create the ultimate dog park that his entire community could enjoy. If chosen as the Grand Prize Winner, his dream could help serve as inspiration for a \$500,000 makeover of a dog park in the Carmichael area, which will be managed by dog lover, design expert and television host Jason Cameron.

Our dog-loving community can help Phil and Zoe's dream come true as they enter the final judging round by voting for their favorite finalist. From now until August 11, 2010, the 10 finalist entries will be posted on benefuldreamdogpark.com for public viewing and voting. The public vote counts for 10 percent of the final judging score. To get even more tails wagging, anyone registering for WagWorld.com, a Beneful

Web site, and casting a vote will also receive a free dog toy from the Beneful brand (while supplies last).

Playing frisbee, climbon an adventure trail are just a few activities that Zoe, a four-legged resident, likes to do with his owner and best friend Phil Rylett. Together, they shared their ideas for the ultimate dream dog park by entering the Dream Dog Park Contest. Phil said "An adventure should be more than darting back and forth from shade to shade in a dusty enclosure. It should be a time for dog and owner to share a time of fun and companionship."

This first-of- its kind contest invited dog owners to celebrate the special relationships they have with their four-legged friends by creating a video that answered the question: If you had \$500,000 to create the ultimate dream dog park for you and your best buddy, what would you do; and writing an essay explaining how a makeover of a neighborhood dog park could enhance their

daily adventures. Zoe and Phil's inspiring entry described the creative ways they would transform their park into the ultimate dream dog park and ultimately earned them a finalist position.

After the contest entry period ended, 10 finalists were chosen by a panel of judges based on the following judging criteria: 1) Creativity of entrant's idea to enhance their daily adventures with their dog at a neighborhood dog park (60%), 2) Feasibility of bringing the idea to life (20%), 3) Effectively demonstrates how life is better together with their dog (20%).

The 10 finalists' videos will be posted on benefuldreamdogpark.com for public viewing and voting from July 19 - August 11, 2010. To get even more tails wagging, individuals who register and cast a vote will receive a free dog toy from the Beneful® brand (while supplies last).

In September 2010, a celebration event will take place in the Grand Prize Winner's hometown at which the Beneful WagWorld Dream Team's blueprint design for the dream dog park will be unveiled

After the Grand Prize Winner celebration event in September, the Beneful WagWorld Dream Team, led by Jason Cameron, will begin work on the transformation of the dog park. Pet expert and bestselling author Arden Moore rounds out the design team and will help to manage the dog park transformation from the dog's pointof-view. The much anticipated unveiling of the newly renovated park will take place in spring 2011.

WagWorld.com is a Beneful® Web site where dog lovers can find and share everyday adventures with their dogs. Visitors can find dog-friendly places to visit, add their favorite spots to go with their canine best buddies, write reviews and more.

St. Ignatius Parish Earns First Place **Among California Catholic Schools**



Assemblyman Niello recognizes St. Ignatius Parish School Academic Junior High Decathlon Team.

Sacramento Assemblyman Roger Niello (R-Fair Oaks) honored St. Ignatius Parish School's Academic Junior High Decathlon team with the presentation of a resolution on the Assembly floor on Tuesday, July 20th.

Founded in 1989, the California Catholic Academic Junior High Decathlon is acompetition for students in grades six through eighth who compete in ten events, two of which are collaborative team efforts, eight of which are based on individual knowledge of a range of different subjects. The winning school team from each geographic diocese competes in a state championship the first Saturday of May each year.

Upon defeating 23 other teams from Catholic elementary schools in the diocese's Academic Decathlon, St. Ignatius won their bid to compete in the state competition held at Xavier Preparatory High School in Palm Desert. In the past three years St. Ignatius has won the local competition, making this their first win at the state level. In the 14-year history of the statewide event, St. Ignatius is the first team from the Sacramento Diocese to ever win first place.

Led by team captain, Arostegui, the AnnaMaria St. Ignatius Parish School Academic Junior High Decathlon Team's success was made possible by the hardwork and dedication of the

following members; Gabriella Arostegui, Joey Arostegui, Nick Econome, Ryan Kenneally, Thomas Ryan, Sklyar Saca, Jacob Solis, Matthew Watson and Lexi Weis. The team's success was also made possible by coaches, Carol Walker and Elisa Arostegui, along with the efforts of other parents and teachers.

incredible "Through an amount of dedication to academic growth and achievement, the St. Ignatius Academic Junior High Decathlon team has made the Sacramento region proud." said Assemblyman Niello. "I was honored to recognize these talented students and wish them continued success in their academic futures."

Eppie's Great Race Lives Up to Its Name

by Michael Ducker

Sacracmento Region - "Eppies Great Race lives up to its name. I saw youth pouring out their guts to cross the finish line as fast as they could. I saw physically challenged people refusing to give up and mixing it up with those still blessed with all their amenities. I saw a six year old dash across the finish line with youth ten years his senior.

My dear friend who is recovering from arthritis entered the race knowing she could only walk the first leg this year. She said next year she will do two legs of the race.

I watched my eight year old son finish with excitement in his eyes and a smile on his face. I experienced the results of countless volunteers who gave freely of their time and talents to make this all possible.

The sidelines were full with many husbands and wives and friends who came out to be crew members and to cheer on their loved ones. I watched parents supporting their children by running and riding side by side or behind them until the finish. I heard tales of those who endured to the end. I felt comradely,



Father Michael Ducker and his son, Torin Ducker, age 8, were real winners in Eppie's Great Race 2010. Together the father and son trained hard to compete in the running, biking and kayaking portions of the race. Photo courtesy of Eppie's Great Race

cooperation, and good will from fellow competitors.

for themselves or their fellow teammates and in doing so discover their I saw people of all ages and abilitrue strength. I am inspired by all who ties pushing themselves to their limits participated. They are all winners." to achieve dreams and goals they set

Gas Prices Rise Again

Average retail gasoline prices in Sacramento have risen 3.0 cents per gallon in the past week, averaging \$3.10/g yesterday. This compares with the national average that has increased 2.4 cents per gallon in the last week to \$2.74/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas

prices in Sacramento during the past week, prices yesterday were 38.4 cents per gallon higher than the same day one year ago and are 1.2 cents per gallon higher than a month ago. The national average has decreased 0.5 cents per gallon during the last month and stands 25.5 cents per gallon higher than this day one year

"Due to the rising gas prices, I sold my V-8 Ford Mustang a few

months ago and bought a Toyota" said Mr. Rich, a local resident. "I don't know how else I am going to be able to change my driving habits. Now I get about 25 miles per gallon on regular gasoline. Even now it's about \$50 for single tank of gas."

GasBuddy.com operates over 200 live gasoline pricetracking websites, including SactoGasPrices.com.

Visit Our Website www.CarmichaelTimes.com Carmichael Times Page 2 July 28, 2010

Del Campo Cheer Team to Start Season



The Del Campo Junior Cougars Cheer Team emphasizes strength of character. Photo courtesy of Del Campo Jr. Cougars

Carmichael - The Del Campo Junior Cougars are proud to announce the start of another great new season. Our cheerleaders have competed and won many competitions; in 2009/10 season two of our squads placed 1st in the USA / Jamz Junior Nationals in Las Vegas, Nevada.

a very close Cougar family. Not only do we strive to win, our key to success as a competitive cheer program is in our cheerleaders strength of character through discipline and team spirit.

Beginning this season Del Campo High Schools cheer squad will be working with our instructors. Del Campo High School Varsity Cheer Coach Jen Houck is working very We pride ourselves on being closely with our program to elevate us to the next level of competitiveness and Cougar

team spirit. The Cougar Cheer Team has many fun and exciting events planned this season including talent & stunt

It is not too late to join the DC Junior Cougar squad or to make donations to the Jr. Cougar Cheer and Football programs. For contact information, please visit www.dcjrcougars.org and click on the cheer page.

Countless Career Choices at Sac Expo

Region Jobseekers considering new career directions can shop for a new job, explore entrepreneurial opportunities, or evaluate educational and training options at Sacramento's Business and Career Expo on Tuesday, August 10, from noon to 4pm at the Sacramento Convention Center, 1400 J Street.

Recruiters from private and public-sector employers will be hiring for hundreds of jobs in a variety of fields, including

healthcare, accounting, administration, information technology, sales, finance, education, and more. Admissions representatives from local colleges and schools will be on hand to answer questions about career training, and aspiring entrepreneurs can speak to business and franchise representatives about self-employment opportunities.

Jobseekers can also attend free CareerTalkssm on improving job-search results and exploring business ownership options, or consult an industry expert for a free resume evaluation.

Whether seeking a new job, a new career, or a new way of life, opportunities abound at Sacramento's Business and Career Expo, Tuesday, August 10, from noon to 4pm at the Sacramento Convention Center. The free event is sponsored by KXTL FOX40, Telemundo 33, Entercom Radio and Job Journal. For more information, visit JobJournal.com or call 888-THE-JOBS.

Association of California, Inc.

Office Hours 10:00 am- 3:00 pm

Monday through Friday 916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening 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 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.

Carmichael's Guide to FREE Summer Concert in the Park!



The Carmichael Recreation and Park District is offering the Summer Concert in the Park Series for your listening and dancing enjoyment at the Danny Bishop Memorial Pavilion for the Performing Arts in Carmichael Park, 5750 Grant Avenue! (In the back of the Park)

*Saturday July 31 **Q-Balls**

6-8pm Classic Rock - '60s to '80s

Sunday August 1 **John Skinner Band**

Dance Band 6:30-8:30pm

Sunday August 8 **Metro Swing** 6:30-8:30pm Dance Band

Sunday August 15 **El Dorado Brass Band**

6:30-8:30pm Authentic 14-piece Civil War Band

Sunday **River City Concert Band** August 22

6:30-8:30pm 50-piece Concert Band

Sunday **Capitol Pops Concert Band** August 29

6:30-8:30pm 50-piece Concert Band



The John Skinner Band will perform Sunday, August 1. Put on your dancing shoes for this one!

*Denotes July Saturday concerts which are sponsored by:

LAWNMA

CA Lic. #869856

Custom Landscape Design,

Installation, Renovation

& Maintenance

A Nurturing, Full-Service

Landscaping Company









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 Graphics & Layout

Distribution Assistant

Contributing Writers Tim Reilly David Dickstein

Mary Jane Popp Marlys Johnsen Norris Dr. E. Kirsten Peters Susan Skinner Dr. Bob Graykowski Dave Ramsey

Accounting Web Master News Services

RJ at thesitebarn.com • JWS Promotions PRWEB NewsWire

Nicholson & Olsen CPA

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

Paul V. Scholl • Perry Hartline • Marion Solo

Rich Design, Banerjee Designs

Gabriel Scholl

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 Messenger Publishing Group



We are proud members of these newspaper associations.













Our customers call Lawnman "the nurturing landscapers."

(916) 739-1420 • (916) 739-1430 fax www.lawnman.net

Local Runner Makes Parents Proud



Ryan's mom, Kim, and his father Paul, gave him a proud hug after his second place finish.

Sacramento Region - Ryan Ioanidis, age 10, of Carmichael finished 2nd in his age division at last weekend's competition in the Alzheimer's Aid Society Annual 5K Run, held at the historic East Lawn Memorial Park in Sacramento. Ryan's time was officially set at 21:56.

The event was held as a benefit fundraiser for the Alzheimer's Aid Society. The adult division is recognized as the championship for the City of Sacramento.

Ryan trains with his dad, Paul Ioanidis, who recently started a local running group specifically for youth runners in Carmichael. The group is organized in conjunction with the Mission Oaks Parks and Recreation Department. Named Carmichael Running Club, the organization is designed to help youth get involved and train as young runners. Find out more www.CarmichaelRunningClub. com.

INTRODUCING OUR BRAND NEW

Free Adult Education Classes

August 2010

Taught by Corina Seashore, credentialed adult education instructor:

- Tai Chi
- Arthritis Stretch
- Drum Circle
- History of the Decades

Taught by Jennifer from Inner Art Classes for Seniors:

- Memory Collage
- Assemblage
- Mixed Media Collage

Transportation can be provided with advanced notice.



Please Call Cathy Reuter for Reservations Today!



AT CITRUS HEIGHTS

A one of a kind retirement community

(916) 725-7418

7418 Stock Ranch Rd • Citrus Heights, CA 95621 www.merrillgardens.com



RETIREMENT & ASSISTED LIVING



MISSION OAKS COMMUNITY CENTER

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

- Le Grande Cirque Show
- August 29-30, 2010 Trip to Reno and Virginia City \$159/person double occupancy
- Red Hawk Casino & Apple Hill
- Tuesday, Sept 14, 2010
- Includes: \$10 slot play/Slice of pie & coffee
- Welcome to Pacific Grove

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

FACILITY RENTALS

Mission Oaks Community Center 4701 Gibbons Drive, Carmichael

Auditorium

- Seats 250 Dining, 525 Assembly
- Beautiful Park Setting, Wood Floor, Round Tables, Free Parking, Use of Catering Kitchen, One Year Advance Rentals

Club & Craft Room

- Seats 45 Dining, 77 Assembly
- Please call (916) 972-0336 for availability and rates.

Swanston Community Center 2350 Northrop Ave., Sacramento Activity Room

- Seats 125 Dining, 250 Assembly
- Beautiful Park Setting, Non Skid Floor, Round Tables, Free Parking, Use of Pantry Kitchen, One Year Advance Rentals

Conference Room

· Seats 25 Assembly

Please call (916) 333-6464 for availability and rates.



- Gibbons Park, Swanston Park, Ashton Park, **Mission North Park**
- Rental Fees: \$75/day per area Reservations must be made in advance - When NOT reserved, areas are first come, first served Contact District Office at (916) 488-2810-www.morpd.com

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am - 5 pm **Registration Hours:** 8:30am-4pm Monday-Friday

www.morpd.com

DISTRICT OFFICE (916) 488-2810 • Fax (916) 488-4349 3344 Mission Ave., Carmichael CA 95608

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

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

The Health Benefits of Meditation



Chiropractic USA"

Once considered a practice exclusive to monks and hippies, meditation is now embraced by CEO's of Fortune 500 companies, world leaders and professional athletes. Why is meditation becoming so main stream? Because of the reports of overwhelming positive mental, physical and emotional changes in those who meditate.

As a preventative health care specialist, I advocate non-drug approaches to healing. Read on to learn how meditating can help catapult you to optimal health.

Stress Stopper

Stress relief is the most widely acclaimed advantage of meditation. Those who meditate describe dramatic drops in anxiety, a decreased likelihood to lose their temper and an increased ability to manage stressful situations. How does meditation slash stress? Research shows that, compared with non meditators, those who meditate have lower blood levels of stress provoking steroids, such as cortisol. In addition, meditating promotes the production of hormones that encourage relaxation.A plethora of serious health conditions are associated with mental anxiety, including heart disease and

numerous forms of cancer.

Mind Mender

Another widely acclaimed benefit of regular meditation, say proponents, is heightened mental clarity. Meditation helps clear the mind of "clutter," allowing the practitioner to enjoy elevated levels of concentration. Think of it like defragging your computer so it runs better and doesn't

Blood Pressure Buster

Meditation can boost heart function in patients with coronary artery disease, according to scientific research. After eight months, subjects who meditated exhibited a 25% jump in exercise tolerance, as well as significant reductions in other risk factors of heart disease, compared with control participants.

Tummy Tamer

According to ongoing research, meditation may mitigate the symptoms of several gastrointestinal disorders, such as irritable bowel syndrome, Chron's disease and ulcerative colitis. It seems that these conditions are aggravated by biochemical changes associated with emotional stress - a chain of events that may be modified with meditation.

Power Over Pain

Meditation may provide powerful pain relief, say scientists. Meditation appears to be especially effective for patients with long-term (chronic) pain.One study looked at individuals who had suffered pain for at least six months. Patients participated in a 16-hour course that high-lighted several stress-reduction techniques, including meditation. More than 78% of the participants showed significant reductions in pain severity and reported that pain interfered less with their daily activities.

Immunity Increaser

Why is meditation so effective for such a vast array of conditions? The key to meditation's healing properties may lie in its

ability to bolster the immune system, a link recently examined by investigators studying athletes. The immune system is suppressed following stress and strenuous exercise. This post-exercise dip in immune system function is evidenced by an increase in specific harmful blood chemicals. However, these blood chemicals are significantly less abundant in athletes who meditate.

How to Get Started Meditating

There are hundreds of unique mediation techniques. The most widely practiced forms of meditation involve quietly repeating a mantra. A mantra is a sound, word, prayer or affirmation that invokes peace or inspiration. Imagining a serene landscape is another popular meditation approach, as is listening intently to soothing music. "Active" forms of meditation include walking meditation, Tai Chi and yoga. Clearing the mind of random thoughts while giving full attention to a craft, like needlework, or a hobby, like gardening, are less traditional types of meditation.

To find the meditation technique right for you, come to one of our FREE wellness workshops. Once you find a meditation technique that appeals to you, set aside time each day to meditate. For those who are used to a fast-paced lifestyle, sitting still for long can be frustrating at first, so start with only five to 15 minutes per day of mediation. Over time, you can increase the duration of time spent meditating. It usually takes those new to meditation at least six weeks to seamlessly incorporate meditation into their daily routine and to begin realizing its benefits. Call us today to get a schedule of our workshops and bring a friend to share the experience.

Creating a healthy community Dr Bob Graykowski

'Touch of Health' Weekly Vitality Workshop

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

August 3 Essential Steps to a Vital Nervous System

August 10 Naturally Boosting Your Immune System

August 17 Essential Steps to a Vital Nervous System

Chiropractic USA"

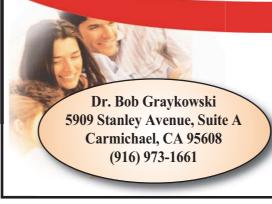
"Creating radiant health in our community since 1985"

Gift of Life Wellness Check-up

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

> Each additional family member only \$20

> > Offer Expires Friday



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

HOME CARE

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.

BY SENIORS FOR SENIORS

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

Carmichael Times Page 4 July 28, 2010



We're here for you.

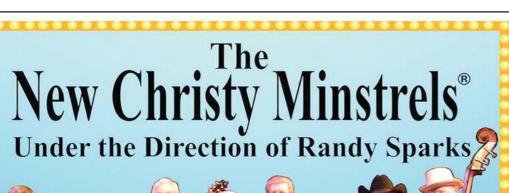
The holidays are often filled with warmth, laughter and time spent with family. They are also a time when adult children notice changes in their older parents. Aegis Living, a national leader in assisted living and memory care communities, understands this period in adult children's lives. If you recognize a change in your family member and would like help with next steps, please contact us at Aegis of Carmichael.

Call 916-972-1313 or visit AegisofCarmichael.com for more information.

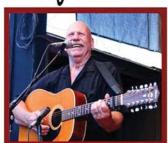


Áegis of Carmichael 4050 Walnut Avenue Carmichael, CA 95608









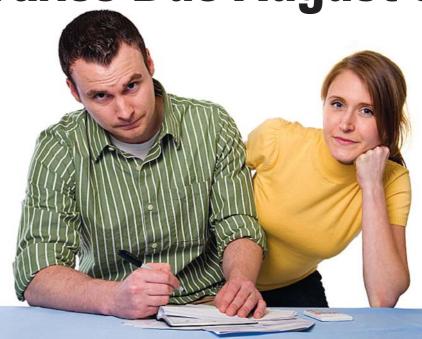
Special Added Attraction Benefit Concert Barry McGuire Benefit Concert Saturday August 7, 2010

P.M. 100% tax deductible tickets \$20. Veteran's Memorial Amphitheatre Fair Oaks, California 95628

Tickets & Information: www.fairoakstheatrefestival.com Phone: 916-966-3683 www.newchristyminstrelsfoundation.org



Unsecured Property Taxes Due August 31



Sacramento Region - Annual bills for Sacramento County unsecured property taxes for fiscal year 2010-2011 will be mailed in mid-July and are payable without delinquent penalties through August 31, 2010.

Unsecured property tax bills are mailed to all owners of unsecured property in July of each year. If you owned unsecured property in Sacramento County, such as a boat or aircraft, or if you leased or owned fixtures and equipment related to a business on January 1, 2010, and do not receive a tax bill by August 15, 2010, please contact the Sacramento County Tax Collector's Unsecured Property Tax Unit at (916) 874-7833, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday excluding holidays.

NONRECEIPT OF A TAX BILL DOES NOT EXCUSE DELINQUENCY OR ALLOW THE TAX COLLECTOR TO CANCEL PENALTIES OR COLLECTION COSTS.

Tax bills become delinquent if not paid in the Tax Collector's Office by 5:00 p.m. on August 31, 2010, or received by mail bearing a postmark of August 31, 2010.

If the tax bill is not paid by the delinquency date, a 10% penalty

and collection cost will be added. Department of Motor Vehicles (DMV) registration may be withheld on boats if unsecured property taxes are reported delinquent. If a tax bill remains unpaid after October 31, 2010, additional collection costs and monthly penalties at the rate of 1.5% will be added to the

Payments may be made by mail or in person at the Tax Collector's Office at 700 "H" Street, Room 1710, Sacramento, CA 95814, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, holidays excluded.

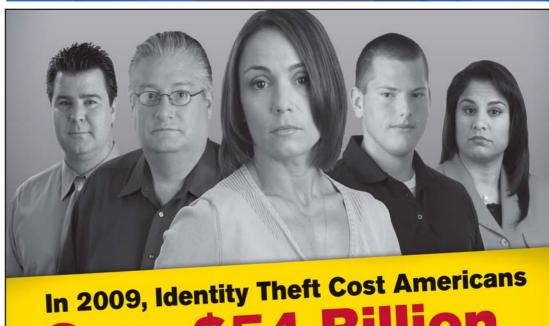
David J. Heaphy Enters Basic Cadet Training

David J. Heaphy has entered Basic Cadet Training at the U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. The six-week, two-phased orientation program must be successfully completed by the cadets prior to entering their freshman year. The training prepares men and women to meet the rigorous mental and physical challenges experienced by new cadets.

Phase one involves personal in-processing, orientation, and training in the fundamentals of being a cadet. Cadet trainees are prepared to adjust from civilian to military life and disciplines, and learn proper wear of the uniform, saluting policies and procedures, drill and ceremony, marching, and living quarters standards.

During phase two, cadets train outdoors living in tents while learning to function in field conditions. Cadets apply and practice team work, cohesion and learn to deal with physically and mentally demanding situations. They complete the obstacle, confidence, assault, and leadership reaction courses, and participate in a rescue mission termed Operation Warrior.

He is the son of Angelica and David Heaphy of Glancy Drive, Carmichael. Heaphy is a 2010 graduate of Jesuit High School, Carmichael.



Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report." February 2010

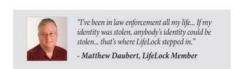
Help Protect Yourself Today.

A Serious and Growing Problem.

Identity theft is one of the fastest growing crimes in the nation. Over 11 million Americans fell victim to the crime in 2009, at a cost of over \$54 billion. (Source: Javelin Strategy & Research. "2010 Identity Fraud Survey Report." February 2010.)

As thieves employ more sophisticated and high-tech methods, the number of identities exposed in a single theft increases dramatically, as does a consumer's level of risk. Every week, retail companies, financial institutions, and national organizations are breached, and the personal and financial information of hard working Americans is stolen.

LifeLock, the leader in proactive identity theft protection, helps protect your identity – even if your personal information falls into the wrong hands. As a LifeLock member, if you become a victim of identity theft because of a failure in our service, we'll help you fix it at our expense, up to \$1,000,000. (Restrictions apply. Due to New York State law restrictions, the LifeLock\$1 Million Total Service Guarantee cannot be offered to the residentsof New York.)



Take Action Now.



*Only one shredder per household. Please allow 6-8 weeks for delivery Offer is for new LifeLock members only. Call for details

#1 In Identity Theft Protection®



Pass the Suntan Lotion



Jon Coupal

by Jon Coupal, Howard Jarvis Taxpayers Association

While many Californians are taking a summer vacation, few would do so if it meant leaving a mission critical task undone or, worse, violated the law. But that is what California legislators are doing right now. The Legislature is on its summer break -- although in an effort to improve their image, Senate leader Darrell Steinberg tells his flock to be available within 24 hours notice, if needed.

While the Legislature has missed the constitutional deadline to pass the annual budget and the state faces a \$20 billion budget shortfall, lawmakers are adopting the attitude of "Ho-hum, just another deficit," and most have fled Sacramento to work on their tan or their reelection.

In a way, we can't blame them. They've already been told

□ New Dentures

Denture Adjustments

Dentures secured by **Implants & Minies**

& Emergency

Conscious Sedation

& Laser Dentistry

Senior Discount

☐ Implants & Mini Implants

Cleanings, Fillings, Crowns

ONE STOP DENTAL NEEDS

FOR SENIORS!

by their leaders that they might as well stay home. Assembly Speaker John Perez sent what was supposed to be a confidential memo to Democratic members ordering them not to negotiate on the budget. Said Perez, "it is critical that the Democrats hold firm and not engage in any negotiation until the governor shows

signs of reciprocation." Perez objects to the governor's budget which reflects a substantial reduction in spending. However, there is a problem with his logic and approach. The governor's budget plan is, in reality, just a proposal. It is the job of the Legislature to respond. If there is disagreement, lawmakers can, and should, make a counter proposal. By abrogating the responsibility to negotiate, Perez injures all Californians.

The failure to pass a budget and deal with the deficit is not a theoretical problem. It means real pain for real people. Because of the Legislature's inaction, the governor has been compelled to order pay for state employees to be reduced to minimum wage. While many are critical of a system that has made California government workers the highest paid in all 50 states, few would argue that the majority of state workers deserve no more than the minimum wage. Also, those in the private sector, who, in good faith, provide products and services to the state, deserve to

Dental Care for Seniors

be paid with real money, not IOUs.

Then there are the vulnerable in our society who are dependent on government programs. Don't they deserve to know how they will be treated in this era of declining government revenues? And, of course, there are the taxpayers -- usually the last group to receive respect from Sacramento -- already bent nearly double under the burden of high taxes, who want to know what kind of additional punishment may be dished out by lawmakers who do not understand that declining state revenues are the direct result of the declining incomes of those who pay the state's bills.

Working on and passing the budget is the Legislature's most important responsibility. Trying to balance the needs and desires of 38 million residents is not always easy, but Californians expect no less than earnest

There are no excuses. Members of the Senate and Assembly volunteer for these jobs and they are well compensated with high pay and benefits. The midst of a budget crisis is never the appropriate time for vacation.

Jon Coupal is president of the Howard Jarvis Taxpayers Association, California's largest grass-roots taxpayer organization dedicated to the protection of Proposition 13 and the advancement of taxpayers' rights.

Christian Singles Network to Stage 18th Anniversary Dance

Carmichael Singles Network, will hold its 18th Anniversary Dance for single adults Saturday, August 7, at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is Sacramento area's oldest and largest interdenominational Christian singles group. Some couples also attend (CSN Alumni), and all ages are welcome to attend.

The evening features an early dance lesson in basic ballroom dance moves by Declan Cordova at 6 PM (an extra \$5 for this class. A dance lesson in the Fox Trot by Richard Kowaleski will be taught from 7-8 PM. included in the ticket price. DJ dance music from 8-11:30 by DJ Dale Chessey of Allstar Enertainment. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Richard Kowaleski, also a professional magician, will entertain the group with a magic show.

Dress is casual attire. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free - please call 530-878-8606 to volunteer.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-

Christian Singles Network, is celebrating its 18th Anniversary as Sacramento's largest Christian Singles Group, holding weekly events, with dances every month. The next dance after this is CSN's Harvest Dance which takes place September 18 at Carmichael Presbyterian Church. Call the

number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

CSN will be hosting a Singles Retreat October 15-17 at Strawberry Lodge near South Lake Tahoe. Guest entertainer and speaker will be singer Leon Patillo, former lead singer from Santana, now a full time gospel singer and minister.

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

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

ATTIC ANTIQUITIES

and More

Next to Olivia's Doll Tea House & Car Wash

20% OFF ALL BABY CLOTHES

Thru 6/30/10

NOW OPEN!

ONE OF A KIND STORE

• Buy-out Clothes • Housewares Asian Art Pieces • Collectibles!

LAY-AWAY AVAILABLE

LOOK FOR OUR MASCOT " SIR ANTIQUITIES"

Hours: Wed thru Sat 10:30-5:30 **S**UNDAY 10:30-3:30

20% Off \$100.00

ATTIC ANTIQUITIES and More

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 8/31/10

15% Off \$75.00

ATTIC ANTIQUITIES and More

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 8/31/10

10% Off \$25.00

ATTIC ANTIQUITIES and More

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 8/31/10

Specialties Plus

• Machine Repairs (all makes & models)

• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)

• Free Cleaning (with our cartridge)

We are Local

 Service Contracts (monthly or yearly)

Lease or Rent

• High Volume Copying (save wear & tear on your machine)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: specplus@comcast.net (916) 723-8430

Thinking of **Changing Banks?**

√ Check the El Dorado Advantage

- ✓ SIMPLY FREE Checking
- √ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll **Deposit Checking** ✓ FREE VISA Check Card
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Telephone Banking
- ✓ Interest Checking ✓ Business Checking

FDIC

- √ Investors Money Market
- Checking
- ✓ Gold Money Market Savings

✓ Purchase & Refinance Loans

Carmichael Dental Care

8329 Fair Oaks Blvd., Ste. A

Carmichael, CA 95608

916-944-1197

- ✓ Home Construction Loans
- ✓ Owner-Builder Loans
- √ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- √ 35 ATMs at El Dorado Branches
- Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the SAFEST and STRONGEST Banks in the U.S. Since 1993
- ✓ In 2009, we completed our 21st consecutive year without any foreclosed properties on our books



www.eldoradosavingsbank.com Member CARMICHAEL

4701 Manzanita Ave. • 481-0664







Stop Wage Garnishments and Bank Levies

Filing (Business & Personal Taxes)

State & Federal / Full Representation

888-698-0221



New Christy Minstrels to Perform

Benefit Concert under the Stars At the Fair Oaks Amphitheatre

If you long for the sweet, smooth, sing-along harmonies of Green, Green, This Land Is Your Land, Ramblin', and many others, plan to attend the New Christy Minstrels' Benefit Concert. The performance starts at 7:30 p.m., Saturday, August 7, at the Veteran's Memorial Amphi-theatre in Old Town Fair Oaks. Tickets are \$20 each; gate opens at 7:00pm.

Bring your kids or grandkids to the area's only outdoor amphi-theatre and introduce them to music that actually has words you can understand and melodies you can hum softly or warble at the top of your voice in

the shower!

Under the direction of their founder, Randy Sparks, the New Christy Minstrels will have two special guests - Barry McGuire, whose blend of folk and gospel have placed him in a unique category of singers for the last five decades, and Sacramento's own Chuck Cole, whose banjo pickin' takes you back to the folk singing days of the Fifties and Sixties.

One hundred percent of the proceeds from ticket sales (as allowed by law) will go equally to the Theatre Festival's Capital Campaign and the New Christy Minstrels Foundation.

The Veterans Memorial

Amphitheatre is supported by a unique partnership among the Fair Oaks Theatre Festival, the Fair Oaks Recreation and Park District and American River College. The amphitheatre serves the region as an educational facility and theatre arts workshop for persons of all ages.

For concert tickets and information go to www.fairoakstheatrefestival.com, or Phone: (916) 966-3683. Find the Fair Oaks Theatre Festival on Facebook. To find out more about the New Christy Minstrels Foundation, please visit www.newchristyminstrelsfoundation.org.

Defensive Driving Class for Military Retirees/Spouses

is scheduled for 17 and 18 Aug 2010. We will be meeting at class in person at the Retiree the Aerospace Museum of CA Activities Office. When you and the class will run from come in to register, we will 0900 to 1300 hrs each day. need your AARP Membership

\$14. You must register for this For AARP members, cost is Number. Please do not call us

Carmichael - Our next class \$12; for nonmembers, cost is on the telephone to sign up. It won't work. Questions can be directed to our volunteer staff at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.

Carmichael's Andrew Conn Graduates from Berklee College of Music

of Carmichael participated in Berklee College of Music's 2010 Commencement held recently (July 21st) in Boston at Boston University's Agganis Arena.

Conn received a Degree in Contemporary Writing Production from President of

Carmichael - Andrew Conn Berklee College of Music, Roger

Berklee College of Music was founded on the revolutionary principal that the best way to prepare students for careers in music was through the study and practice of contemporary music. With over a dozen performance

and nonperformance majors, a diverse and talented student body representing over 70 countries, and a music industry "who's who" of alumni, Berklee is the world's premier learning lab for the music of today - and tomorrow.

Calling Teachers, Parents and Peace Activists

Carmichael - The United States is suffering from a crisis in public education funding. This year 26,000 teachers were given pink slips in California. Public education in grades K-12 gets cut year after year. This crisis in education affects our children's future and America's competitiveness in the world.

A new organization called 25 Teachers' Salaries is building a teachers' salaries or one \$1 milsolution and needs the community's participation and support to succeed.

Consider these facts:

 The average teacher's salary is \$40,000 in California and is even lower in

• The Department of Defense buys many bombs which cost \$1 million each or more.

• Each \$1 million bomb costs the equivalent of 25 Teachers' Salaries in California and more than that in most other States.

• The Department of Defense financial statements have not been audited since 2001.

Would you rather have 25 lion bomb? As parents, teachers, peace activists, or anybody else, what is your higher priority?

Our vision is to create a fully starting and appropriately funded K-12 public education in California and all 50 states. We want all the teachers who have been fired

in the last 4 years to be rehired. We will achieve this by persuading the State Legislatures to demand that Congress pass a bill to eliminate some of the \$1 million bombs and other weapons of war from the federal budget and devote that money directly to the Departments of Education of all 50 states to pay teachers'

Please join us for two meetings at the Carmichael Branch of the Sacramento Public Library, 5605 Marconi Avenue, July 29 and August 19, both from 6:30 - 9:00 p.m. These are open to the public. Call Mark at 530-297-1598 or Mark@25teacherssalaries.org or see www.25teacherssalaries.org.





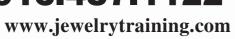
Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she's using her torch for soldering.

Is this the career for you?

- ♦ Jewelry Arts Everything a jeweler needs to know! Complete hands-on training from fabrication to stone setting to design and beyond.
- ♦ *Gemology* The intriguing science and study of gem minerals such as diamonds, colored stones
- ♦ **Jewelry Appraisal** Reach the jewelry industries highest achievement! The MasterValuerTM program delivers an excellent education education in gem and jewelry appraisal. Home study program, start NOW!

Live your passion! Love your life! Look to your future!

Call for your personal tour today! 916.487.1122







A Film Review by Tim Riley

SALT (Rated PG-13)

In the role of a robust, hardbitten secret agent, Angelina Jolie achieves equal status with Daniel Craig and Matt Damon in their tough-guy personas of James Bond and Jason Bourne, respectively. Arguably, Jolie's top ranking as Hollywood's female action star is anything but a matter of hype in "Salt." Any doubts of her durability are erased in the film's opening minutes when she endures the harsh torture dished about by Kim Jong-il's thugs in a North Korean prison. "Salt" wastes no time in setting the stage for fullthrottle action in the service of one really exceptional thriller.

The ad campaign poses the question of "Who is Salt?" True enough, in the titular role Angelina Jolie's CIA agent Evelyn Salt, an identity that she by the way steadfastly refused to give up to her North Korean captors, is an enigma. But that's the fun of an action thriller that seems like a throwback to the waning days of the Reagan era when the Cold War was slipping into permanent oblivion. Yet, "Salt" engages a contemporary premise that the glory days of the Soviet Union are just about one serious international incident away from being revived from a moribund state.

Two years after her release from the communist torture chamber, Salt is back at the CIA and married to a German civilian

Riley **Reviews**

THRILLING "SALT" PEPPERS THE ACTION GENRE TO THE HILT

(August Diehl) who researches spiders. Now working a desk job, Salt is pulled into the interrogation of supposed Russian defector Orlov (Daniel Olbrychski) who claims that the old Evil Empire peppered America with sleeper cells of true believers ready to act upon a moment's notice. Orlov tries to peddle the notion that there is a plot to assassinate the Russian president when he attends the upcoming funeral of the American vice president. He boldly claims that Evelyn Salt, no matter how stellar her CIA service record has been, is in fact a Russian sleeper spy.

Salt's superior, Ted Winter (Liev Schreiber), is highly dubious about Orlov's wild claims. On the other hand, top agency official Peabody (Chiwetel Ejiofor) is, for reasons not really clear, almost immediately skeptical about Salt's loyalty. I wouldn't waste much time thinking about Salt's allegiance or even motives, but she instantly leaps to action to break out of the CIA headquarters and to evade her colleagues in a series of daring stunts staged in and about Washington, D.C. One moment she is even more resourceful than MacGyver, as she builds a rocket launcher with the help of cleaning supplies and metal tubes. The next she can leap from one speeding truck to another with the dexterity of Spiderman.

I would like to tell you more about the plot, but that would be a disservice to anyone who would like to enjoy the abundant surprises in store. There appears to be no obstacle that is insurmountable for Salt. No prison can hold her. No foe can overcome her skill and fearsome tenacity.

The film's funniest scene may be on the occasion she enters the White House disguised as a male military officer. Maybe it was funny because, while wearing a short dark-haired wig, Salt looked uncannily like MSNBC's Rachel Maddow. Fortunately, on all other occasions, Salt looked remarkably hot and sexy, even after being bloodied in a fight.

Some cranks will quibble that "Salt" lacks plausibility and that the action is too over-thetop. Well, all of that is true, but nobody should really care. This high-octane action spy story is so amped up on thrills that one should easily overlook any plot deficiencies, of which there are many. Still, "Salt," for all its preposterous exploits, has enough twists and turns to keep anyone guessing deep into the storyline. I'll take the straight up excitement of "Salt" any day over the self-conscious pretensions of a film like "Inception."

DVD RELEASE UPDATE It's not every week that I get to absolutely rave about a new DVD release, but I eagerly anticipated the arrival of my screener for "Sergeant Bilko: The Phil Silvers Show, The First Season." Delightfully, this outrageously funny TV comedy series holds up remarkably well after more than 50 years. In Army Sergeant Ernie Bilko, Phil Silvers created television's most beloved conman and comedic character. Fort Baxter sets the scene for the hilarious antics of Bilko as he attempts to swindle, bluff and flatter his platoon and fellow comrades in his hilarious attempts to enrich himself at their expense. This is the kind of DVD release where the episodes are so damn good that I care not at all about the extras. Nevertheless, two special features are worth noting. One is the rarely seen live audition show that was never broadcast. The other is a classic episode of "I Love Lucy" in which Phil Silvers guest stars, in true comedic form, as an efficiency expert who takes over Lucy's office.

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



"We won't be undersold"



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

(916) 335-5964

(916) 224-3629

Authorised Dealer for American Standard

Goodman

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

VA Approved ♦ Student Loans Available

916-773-2999

LEGAL ADVERTISING

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

P.O. Box 14 Carmichael, CA 95609

Legal Advertising

FICTITIOUS BUSINESS NAME STATEMENT #1005802. Heather A. Williams, 8148 Leafcrest Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Names "Music Together of Fair Oaks; Suzuki Piano Academy" at 8118 Niessen Way, Fair Oaks, CA 95628 Filed with the Clerk of Sacramento on June Publish: July 7, 14, 21, 28, 2010. 7-28-10 00701

SUPERIOR COURT OF CAI IFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00082727

WHEREAS, Mindee K. Mortimer and Jay Richins have filed a petition with this court for a decree changing name of Kara Kuulei Mortimer hins to Kara Kuuleihulu Mortimer Richins. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 26, 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 15, 2010. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: July 21, 28, Aug. 4, 11, MORTIM 8-11-10 00703 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00082675

WHEREAS, Tiffanie Sun and Wayne Cheng have filed a petition with this court for a decree changing name of Aidan Ryan Cheng to Aidan Hao-Yuan Cheng. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 26, 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 15, 2010 Shelleyanne W.L. Chang Publish: July 21, 28, Aug. 4, 11,

00703 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00082348

WHEREAS, Tanya Sirugo has filed a petition with this court for a decree changing names of Breanna Rose Sirugo-Cooke to Breanna Rose Sirugo; and Hayden Walter Sirugo-Cooke to Hayden Gary Sirugo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug 24, 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: Jul 12, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: July 21, 28, Aug. 4, 11,

SIRUGO 00703 8-11-10 STATEMENT OF WITHDRAWAL FROM PARTNERSHIP

OPERATING UNDER FICTITIOUS **BUSINESS NAME** FILE #0514136 The following person(s) has/have

withdrawn as a general partner(s) from the partnership operating under the FICTITIOUS BUSINESS NAME Golden Bear Properties. at 1939 Claremon Carmichael, CA 95608. Jeannie Bacich. 27102 Cahalero, Śan Juan CA 92675. The Fictitious Business Name

Statement for the partnership was filed on Dec. 16, 2005 in County of Filed with the Clerk of Sacramento County on July 15, 2010. Publish: July 28, Aug. 4, 11, 18, **GOLDEN** 00704 8-18-10



Home Security

At **NO COST** to you for parts and activation with only a \$99 installation fee and the se of alarm monitoring services. See terms and conditions below



FREE! Order Now and Receive a Home **AUTHORIZED**

Call Now! 1-877-332-6541

Security

\$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$35.99 per month (\$1295.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required Satisfactory credit history required. Certain restrictions may apply. Offer valid for new customers only. Other rate plans available. Cannot be combined with any other offer. ADT Independent Authorized Dealers are independent contractors authorized by ADT Security Services, Inc. to sell electronic security services and install electronic security systems in homes and small businesses, with monitoring by ADT. Independent Authorized Dealer license numbers are available from your installing ADT Independent Authorized Dealer or at http://www.adtdealerlicenseses.com. ©Copyright 2004 ADT Security Services, Inc. All Rights Reserved. ADT, the ADT logo and SecurityLink are registered trademarks of ADT Services AG and are used under license. \$100 Gift Card: Courtesy of Advanced Direct Security. Offer subject to change without notice. Offer valid for new customers only, on approved credit, while supplies last. Upon ADT monitoring service installation and activation, customer will receive a \$100 gift card from Advanced Direct Security after mail-in rebate. Rebate form and instructions for submission of rebate form can be found at www.homesecurityteam.com/rebate. Please allow 6 - 8 weeks for processing of rebate and receipt of check.

CALL 773-1111 TO ADVERTISE IN OUR BUSINESS AND SERVICE DIRECTORY

Buried **Credit Card Debt?**

Over \$10,000 in credit card bills? Only making the minimum payments?

- ► We can get you out of debt in months instead of years
- ► We can save you thousands of dollars
- We can help you avoid bankruptcy

Not a high-priced consolidation loan or one of those consumer credit counseling programs

CREDIT CARD RELIEF 800-383-2050



Ask about our Mail Order Service!

(916) 349-9493

5859 Auburn Boulevard Sacramento, CA 95841

www.sacgermandeli.com sacgermandeli@sbcglobal.net



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

Carmichael Times call 773-1111 to advertise

Business & Service Directory

HANDYMAN

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!



(916) 613-8359

HOUSECLEANING SERVICE

Experienced Hardworking OWNER OPERATOR Supplies Furnished,

Detail Oriented, Affordable Rates.

Call Today

Madeline

(916) 723-1608

AFFORDABLE BATHROOMS

Shower & Tub Enclosures Water Damage

Free Estimates • Senior Discounts Contractor for Lowe's, Sears, Home

DOOR SERVICE

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

GARAGE DOORS

Garage Doors and Openers,

service, repair, replace.

Serving greater Sacramento area

since 1987.

Restore

PHOTO RESTORATION

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

PAVING

A VETERAN PAVING

All Types • Seal Coating

Excellent References

Ron Follman

Cell 916-730-4949

House 530-677-1124

FENCING

PRIME TIME **FENCING**

Quality Redwood Double & Single Gates Repair & New

> License # 835870 Liability Insurance

(916) 481-7315

ADULT CARE

Pop Ins With A Plus

- Senior In-home Care Specialists · Complete personal care
- 3 hr min to 24-hour care · Shopping/Errands
 - Transportation
 - · LVN on staff Hospice
- (916) 247-1019

7960 WINDING WAY FAIR OAKS, CA 95628

Pool Service

National Pool Service **Monthly Pool Service** for as low as

Set-up's • Clean-up's **Free Estimates**

\$60/mo

916-532-0884

Biz Lic #329357

POOL SERVICE

Greg the Pool Guy

Service • Repair • Sales Prompt and Reliable

671-6284

Construction

Brasiel's Construction Company



GENERAL CONTRACTOR **Gary F. Brasiel**

Specializing in Residential Carpentry, Remodel and Repair

Licensed & Insured

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

BATHROOM REMODELING

& ALL HOME REPAIRS

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

ANDERSEN CONSTRUCTION

Licensed & Bonded • CSL # 681664

(916)-989-2689

HEATING AND AIR

Christopher's Heating & Air Commercial/Residential

We Service All Brands



LAWN SERVICE

J & J Lawn and

Garden Service

Reasonable Rates/Free Estimate

Call 916-317-3450

★ Weedwhipping

★ Yard clean up

★ Minor Tree

★ Hauling

★ Rototilling

★ Basic Lawn

Service

★ Irrigation Service

★ Sprinkler Repairs

Call Today

916-223-1744

ADVERTISE

HERE AT LOW

MONTHLY

RATES

CALL

773-1111

Lic #776266 HELP ANIMALS

> **SPCA THRIFT SHOP** The Real Non-Profit

Helpless Animals Need Your Donations Will Pick Up



Call 916-442-8118 1517 E Street for donations 10-4pm

Advertise Your Business Here at Low Monthly Rates • Call 773-1111

FUNERALS & CREMATIONS

FD 1404

Tel (916) 9611265 Fax (916) 9612430

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?

MAKE A DIFFERENCE! Competitive For More Information: (916) 383-9785 ext. 15 **SPECIALIZING IN BRIDAL & FORMAL** 11082 Coloma Rd., Suite 7

Coloma Village Shopping Ctr. • Rancho Cordova

ALTERATIONS



Dianda's Italian Bakery & Cafe (916) 966-3757

(916) 853•1078 WWW.ALTERATIONSBYP.THENETMARK.COM

RUM CAKE • ST. HONORE • CANNOLI COOKIES • PASTRIES • ALMOND TORTE

Located in Fair Oaks Village

10131 Fair Oaks Blvd. | Fair Oaks, CA 95628

CLASSIFIED ADVERTISING

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

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)

Apartments

OAKS AT ARCADE CREEK New & Upscale 1/1 2/2. 6544 Auburn, Citrus Heights. 916-726-6100 (MPG)

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

4735 College Oak, Sacramento 916-222-3306 (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)

Support! Free Vacation Package. Fast, Easy & Tax Deductible Call 1-800-252-0615. (Cal-SCAN)

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Tax Deduction. Non-Runners 1-866-912-GIVF

A CAR DONATION HELPING SICK KIDS! Donate Your Car to SONGS OF LOVE and make a sick child smile! Featured on NBC (TODAY SHOW), CNN, Taxdeductible, all vehicle conditions accepted. www.SongsofLove.org 888-909-SONG (7664). (Cal-SCAN

Miss Citrus Heights Beauty

Pageant; October 29th, 2010 Call Pageant Director for more information - 725-3824 (MPG) Business

Opportunities

compra de: \$1.99 Levis 501's y otras marcas originales;99¢ Camizas Polo. Orden mínima de of 1200 c/u.Solamente inglés 818-522-9824 (SWAN)

Earn Money with Your Computer The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

\$3.000 per week Free 14-minute movie that shows you how! www.setfree.com

Business Services

newspapers for the best reach Cali-fornians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com

140 Cal-SDAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SDAN.com (Cal-SCAN) ADVERTISE ONLINE in a net-

work of 50-plus newspaper websites. Border to Border with one order! \$7 cost per thousand impressions statewide. Call for details: (916) 288-6010. www. CaliforniaBannerAdNetwork.com

Cash for Gold

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

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. Handy-

Lic # 675212. Call 916-419-9996 (MPG 06-30) Affordable Local Repairs -All Construction Phases. Lic #

655184. Ph 869-0164. Ask for

man Clean-up. Residential and

John. (MPG) All Types of Construction kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement

windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

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

Counseling

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

DayCare

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

DirecTV DIRECTV

DirecTV BEST PACKAGE for 5 months with NFL SUNDAY TICKET! + NO Start Costs + FREE HD/ DVR upgrade! New Customers 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 1-888-688-9795 (MB 12-31)

Drywall

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

Elder Care

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

Electrical Services

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

Fencing

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

Rov's Great Fences Quality

repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

Affordable Fencing Redwood

specialist. Dedicated time service. Lifetime steel Senior discount. Lic. 742683 916-773-1350 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! Get cash for your structured settlement or annuity payments. High payouts. Call J.G. Wentworth 1-866-SETTLEMENT(1-866-738 -8536). Rated A+ by the Better Business Bureau. (Cal-SCAN)

& front page 1040 deductions BK/CR 916-868-1041 (MPG)

People find Real Solutions! Linda 916-300-0611 team72goodcredit.com

STOP YOUR DEBT INSANITY service solution credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmt. 916-300-0611 (MPG)

and none of the obligation, call Len Lamb at 728-6653 (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, Drver. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

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)

Sprinkler, Cleaning, Gutter or see www. SmithsLandscape.com

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

Groomer

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

Guitar Lessons Guitar, 1st 2 Lessons Free Classic, Flamenco, Standard, All

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)

5135 Free Estimates (MPG) A-1 Home Maintenance &

Repair *Handy Man* California state certified electrician Plumbing repair. Fence repair. Free quotesno job too small. Please leave message. 916-961-8059 (MPG)

Floors, Fans, Fixtures, Plumbing, Electric, Licensed 501-7843 (MPG)

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

Health/Misc.

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

If you used TYPE 2 DIABETES DRUG AVANDIA between 1999-present stroke, heart attack or congestive heart failure, you may be entitled to compensation.Attorney Charles Johnson 1-800-535-5727 (SWAN)

LOW COST WEIGHT LOSS With Your Personal Coach, Start Free Call 916-599-1318 (MPG) Look Younger in Less Than a

Day! www.hydratedskin.com then

call 916-988-3027 ask for a Free

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

Sample (MPG)

Heating & Air

AC Repair Low Prices 487-4609

Help Animals

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

Help Wanted

JOBS, JOBS, JOBS! Get paid to train in the California Army National Guard. Up to 100% tuition assistance. Part-time work. Full-time benefits. May qualify for Careers or 1-800-GOGUARD. (Cal-SCAN)

Plumber - If you have great customer service skills, spoken, comfortable talking to home owners and have residential plumbing experience, we want hear from you! *You must have 2 years plumbing experience* *We are looking for experience with the following: Drain clearing and cleaning

Install tankless water heaters Residential repipes Shower valve experience *If you do not have experience with 4 out of 5 of the above items, please do not apply'

Install hot water heaters

Please email your RESUME to Work From Home using a to CCR@macsplumbing.com or fax to 916-361-1442 if we feel you meet the requirements we will contact you for an interview. We are hiring positive friendly plumbers who are able to

articulate well with customers. This is a part time - full time position and must be willing to work weekends and nights. We are a growing company interested in people who are also interested in customer service. Every person we hire needs to be drug free. background checked, tobacco free, cleaned shaved (this is a non negotiable standard). We are interested in you joining our team! details

some might interest you.... Medical plan offered after 180

Serving Sacramento and surrounding areas No new construction, all residential

service Training provided (must have minimum 2 years plumbing experience) Clean DMV required

High School Diploma required *PLEASE DO NOT CALL!* Adult Residential Facility is in

experience in an ARF facility, good DMV record and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG) EXPANDING.

Need of Live-In Caregiver with

on-line. tele-commute. flexible hours, great pay, will train. Apply www.KTPGlobal com or 800 330-8446. (Cal-SCAN) EMT FREE TRAINING plus pay,

benefits, vacation, regular raises. HS grads ages 17-34. Help others. Gain financial security. Call Mon-Fri 1-800-345-6289. (Cal-SCAN) DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm. Excellent Benefits. Need CDL- A & 3 months recent OTR. 877-258 8782. www.MeltonTruck.com (MPG)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around vour schedule! Valid driver's license and use of auto is required.Call us today for more information.(916) 372 9640 (MPG)

families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frfchildren.org (MPG) **WANTED-AVON Party Hostess** Earn 50% Total Party Sales 50% off Hostess order Hostess privilege catalog Hostess and Guest Gifts

Call Elizabeth 916-295-0185 (MPG)

AREA MANAGER Full/Part Time

Great Pay! Place and collect

donation canisters for a non-

profit organization who helps

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 available call 916 612-6621 (MPG)

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

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

customer service oriented individuals with 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 at danelperez1980@ yahoo.com if interested (MPG)

MAKE A DIFFERENCE. More Information: (916) 383-9785 ext. 15 (MPG) Wanted: 29 Serious People

computer. Up to \$1,500-\$5,000 PT/FT www.REBVision.com (MPG) TIRED OF BEING BROKE? Get paid daily. No experience required. Local training. 888-211-4268 www.

happyandhealthyfamily.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 Excel and PowerPoint Must be professional, friendly a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted -**Drivers**

DRIVE FOR THE BEST! Gordon Trucking, Inc. Immediate Openings!! Teams - All the miles you can log! Regional & OTR openings. Full Benefits, 401k, Regular Hometime. We have the Freight! Talk to a recruiter live! www.TeamGTI.com 1-888-832-6484 EOE. (Cal-SCAN)

DRIVERS: CDL-A: Sign-On Bonus PAID at Orientation! Teams make .46 up to .82 cpm split! O/Os make Top Industry Pay! Call R&R Trucking Truckina 866-204-8006 (MPG)

REEFER DRIVERS NEEDED! Experienceddrivers&CDL.Students welcome. Assistance in obtaining CDL is available. Opportunities for Independent Contractors and Company Drivers. 1-800-277-0212. www.PrimeInc.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)

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.

MEDICAL ASSISTANT. Learn on the job. Good pay/benefits, 30 days vacation/yr, \$ for school. No experience OK. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN) Help Wanted -

Sales Between High School and

College? Over 18? Drop that entry level position. Earn what you're worth!!! Travel w/Successful Business Group. Paid Training. Transportation, Lodging Provided 1-877-646-5050. (Cal-SCAN)

Would you like to be Mentored

by a Millionaire? Proven System, Perfect timing. 24 Hr Recorded Message CALL

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)

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, detailoriented, affordable rates. Call today Madeline 916-723-1608. (MPG)

HOUSEKEEPING Immaculate, Fast, Honest, Dependable I care about what I

QUALITY WINDOW CLEANING PLEASE CALL MARK AT 612-8949.

do. Call me, 916-549-4915 (MPG)

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

Identity Theft **FREE Document Shredder with New Annual Enrollment. LifeLock

Identity Theft Protection- Help Protect Yourself Today! Call Now! Use Promo Code: SHREDDER Call 1-877-467-5506 (MB 12-31) Landscaping

Lawn and Garden Service

Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281

Tall Weed Cutting Low Rates 916-524-7477 Full Yard Maintenance, one time clean-ups & tree trimming.

our website: www. terrabellagarden.com ctc Randy for info at 454-3430 or 802-9897. (MPG) Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate

Lawn Service American Lawn Service Weekly Service \$15/week. Quote for one

time service, 487-7905 (MPGM)

916-934-9944

Legal Services Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@

BANKRUPTCY LAWYERS: Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

prepaidlegal.com

Medical Alert

Alert for 24/7. -Monitoring FREE Shipping, \$29.95/ Equipment. Easy Set-up. ONLY CALL Medical Guardian Today! 1-888-694-4976 (MB 12-31)

Miscellaneous

If you used TYPE 2 DIABETES DRUG AVANDIA between 1999-present & suffered stroke, heart attack or congestive heart failure, you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727(SWAN)

Richmond's Hunting Club Come hunt with us - 20K acres. Doves Quails Pheasants Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Fdwards 530-458-3814 (MPG)

TUPPERWARE Please call for a Free Catalog. Chris Krcmar 916-483-1671 (MPG)

Miscellaneous **Items For Sale**

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

Electric Wheelchair Jazzy/1121

Brand new batteries - custom

footguards - cane holder - basket

- metallic blue. New \$5,700 -

Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG) Bedroom Furniture: Dresser with mirror, desk with hutch, 2 night stands; Beautiful 988-7391

upright piano and

oak finish. \$3000

(MPG)

Kawai

condition.

Call:

Mount Vernon Single Cemetery Lot Garden of Humility (fronteast side of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

916-988-2927

Miscellaneous - Want to Buy WANTED: OLD POSTCARDS 483-0622

Instruments Guitar, Acoustic Unused with accessories. \$85 Cash. 362-7118

Musical

Older Guitars and Amps, Fender, Gibson, Martin, Fender, Marshall Amps. Will Pay up to \$2000.00 Cash!! (916) 966-1900 (MPG) Notary

GUITAR WANTED Looking for

Notary Services

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

Home or make arrangements. Call

Notary Services Hospital, Care

(916) 482-9388 for details. Ask for Debbie or leave message. (MPG)

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

Painting

lic 914715 Ph 607-0523 (MPG

Pets

Pet Sitting Professional loving pet care. Established reputation.

Kennel free environment. Lots of TLC. Call Madeline

Home Sitters on Wheels office

needs two RV'ers with RV's for

pet sitting. Call 916-483-5146

for more information. (MPG)

Annie's Pet Sitting Services

Lisensed, insured and bonded. Vet

tech. exp. Ref. avail. 916.202.6952

Piano Lessons

Piano Lessons - All ages

1st lesson free. Rancho Cordova

Piano lessons for children

and adults by experienced, creative teacher. Citrus Heights.

www.anitraalexander.con, or call

Prayers &

Novenas

NOVENA Our Father who art in

heaven, hallowed be Thy name

Thy kingdom come, Thy will be

done, on earth as it is in heaven

Give us this day our daily bread, and

forgive us our trespasses, as we

forgive those who trespass against

us, and lead us not into temptation,

but deliver us from evil. Amen

GOD WANTED ME TO

TELL YOU, It shall be well

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 he diverted and victory and

prosperity will be incoming in

confirmed the end of your

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

morning. God asked me, "My child!

What can I do for you?" And I said,

"Father, please protect and bless

the person reading this message.

This is a Novena from Mother

Theresa that started in 1952. (MPG)

Wanta go to heaven without

dying? Rent the exciting movie

"Left Behind" Pray aloud, "Lord

Jesus, forgive my sins, come into

Prescription

99DollarMeds STRUGGLING To

Pay For Your PRESCRIPTIONS?

You May Qualify to Get All Your

Call 1-888-531-4725 (MB 12-31)

Real Estate

Homes For Sale

AUCTION 400+ Homes /

Auction: July 25. Open House: July 10, 17 & 18. REDC / View

Full Listings www.Auction.com

RE Broker 01093886. (Cal-SCAN)

Your credit is approved!!! Three

houses to choose from - Zero

Down Possible. Call 1-877-757-

1062 ext. 100 or visit! www

hypersellshomes.com (MPG 06-10)

Carmichael New Listing

1700 sq ft. 3/4 bedrooms

Pool Glenda 761-7548 (MPGM)

View at www.lizyoakum.com Call 390-5634 (MPG)

Real Estate

Land for Sale

RANCH Trophy Flk & Deer Horse

Trails- BLM bordering Bank

Liquidation Sale- CALL NOW! 20 Acres w/ Road & Utilities-

\$19,900 20 Acres w/ New cabin-

WAS: \$99,900 NOW: \$69,900

Also Available: 200-3000 acres

w/ trees, views, utilities. Loaded

w/ 350 class bulls, deer & game

birds. Large acreage starts at

\$800/acre 888-361-3006 www.

WesternSkiesLand.com (Cal-SCAN)

BANK OWNED LAND 10 acres.

Trout stream, \$39,900. Substantial

Beautiful Fish Lake Valley acreage

w/year round rainbow trout stream

in foothills of Boundary Peak

Gorgeous snow-capped views.

Great recreational opportunities

Financing available to qualified

buvers. Call 1-877-669-3737

Cool Colorado 5 Acres \$9,500!

Near Mountains, Rio Grande River

And Small Town. \$500 Down.

\$135 Monthly. Owners, 806-376-

Real Estate

Out of State

20 ACRE RANCHES ONLY

\$99/mo. \$0 Down, \$12,900,

GREAT DEAL! Near Growing El

No Credit Checks, Money Back Guarantee. FREE Map/Pictures.

SOUTHERN COLORADO's Best

Land Bargains! Deedbacks,

low as \$427 per acre. Excellent

coloradoRanchdeal.com. (Cal-SCAN)

20 ACRE RANCHES ONLY

\$99/mo. \$0 Down, \$12,900, GREAT DEAL! Near Growing El

No Credit Checks, Money Back

Guarantee. FREE Map/Pictures.

Texas.Owner financing

Texas.Owner financing

foreclosures. Starting as

(Cal-SCAN

(Cal-SCAN)

ranch

limited availability

highest mountain.

community

PONDEROSA

Granite Bay Listings

MONTANA

discounts.

Nevada's

Upscale

(Cal-SCAN)

86907(SWAN)

Paso.

financing

Paso.

1-800-343-9444.

1-800-343-9444.

as Little as \$69/month.

Brand

FORECLOSED

Name Prescriptions

HOME

my heart!" He Loves You! (MPG)

abundance. Today God

sufferings, sorrows and

you this coming year

725-1054

For more information,

916/858-1571 (MPG)

916-723-1608.

(MPG)

2661 (MPG)

All Pro Painting Res/Com.

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

BIG BEAUTIFUL ARIZONA

Lots \$89/mo. \$0 down, \$0

interest. Golf Course, National

Parks. 1 hour from Tucson.

Guaranteed financing. No Credit

Checks. Pre-recorded msg.

(800) 631-8164 code 4031 www.

SunsitesLandRush.com (Cal-SCAN)

Restore

Self-Made Millionaire, looking for 10 people who want to earn 6 figures in the next 12-24 months. This is not a job. CALL NOW!!! 1-888-219-7757 (MPG)

Schools / Instruction

Advertisement for Training. HEAVY EQUIPMENT TRAINING. Learn to operate bulldozer, backhoe, loader, motor grader, excavator. Job placement assistance. Call 888-210-4534. Northern California College of Construction. www.HEAVY4.com promocode: NCPA1.(Cal-SCAN)

HIGH SCHOOL DIPLOMA! Graduate in 4 weeks! FREE Brochure. Call Now! 1-866-562-3650 ext. 60 www. SouthEasternHS.com (Cal-SCAN)

The Math Resource: math/ statistics tutoring; \$40-\$50/hour; 916-722-1058 (MPG

Security System

ADT - Security Choice FREE ADT-Monitored Home Security System & a \$100 VISA Gift Card from Security Choice. Find Out How! Call Today 1-877-332-6541 (MB 12-31)

Protect Your Family! Get Your Home Security System FREE. Main Doors Protection, Motion Detectors, Police, Fire & Medical Keypad. Call Now 1-888-237-3822 (MB 12-31) **Send Flowers**

Because. Starting at just \$19.99. Go to www.proflowers.com/yes to receive an extra 20% off your order

ProFlowers PROFLOWERS.

Send Flowers for Every Occasion!

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

Anniversary. Birthday.

Services Offered I take you to the doctors, shopping or misc. errands Call for schedule. Serving most areas. 916-214-8169.

Seeking Security Placement in Fair Oaks or Carmichael, Licensed Call 916-712-2137 (MPG)

The Clean-Bliss Experience

Responsible. experienced

Reliable. Arlene 916-863-1374. **REAL** Hardwood Flooring \$1.69 Square Foot or we install for \$3.99 square foot complete 916-

366-1672. Cont Lic #757522 (MPG) Steel Buildings

Steel Buildings. 20 x 20, 30 x 40, 50 x 100, 100 x 100 Up to 50% off on erected completed projects. www.scg-grp.com Source #ØDL Phone: 916-248-4416 (MPG) Tax Relief

Fastirs Tax Relief FASTIRS TA

RELIEF. Do You Owe \$10,000 or MORE to the IRS? We Help

You Settle Your Overdue Taxes for LESS! FREE Consultation! 1-888-698-0221 (MB 12-31) Timeshares/

Resorts WORLDMARK / TIMESHARE Sell / Rent For CASH!!! We'll you Buyers/ Renters! find years of success! Over \$78 Million in offers in 2009! www.SellaTimeshare.com

Call (877) 554-2098. (Cal-SCAN) **Tow Cars Away**

Call to remove abandoned cars for FREE. (916) 457-4000.

Must be present at pick-up. (MPG) **Tutoring** Grades 3-9 Reading & Written Language. Credentialed Teacher.

Unlimited Calls VONAGE Unlimited Calls Around

the World! Call The U.S. & 60+

(for 6 months) PLUS FREE 30-

Day Money Back Guarantee!

Countries -- ONLY

\$40/Hour. 971-9885. In Carmichael.

1-888-460-5160 (MB 12-31) Volunteers Needed Volunteers Needed: Domestic Violence Intervention Center needs caring people to

assist victims of domestic violence.

For more information call 728-5613

or visit our office at 7250 Auburn

Blvd., Citrus Heights, CA (MPG)

DISCLAIMER Be wary of out of area companies. Check with the local Better Business Bureau

before you send any money for fees or services. Read and understand any contracts before you sign. Shop around for rates. NOTICE TO READERS

California law requires that contractors taking jobs that total \$500 or more (labor and/ or materials) be licensed by the

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

Adult / Elder Care

with placement company. (MPG)

for Rent

1 BEDROOM SPECIAL CH&A, Pool, Patio, Laundry

Auto Donation DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research &

Choice. Noah's Arc, No Kill Animal Shelters, Advanced Veterinary Treatments. Free Towing, IRS (Cal-SCAN)

Beauty Pageant

GRATIS Camizas Polo con cada

Work From Home Earn \$1,000 to

CLASSIFIED ADVERTISING ADVERTISING in 240 Cal-SCAN coverage, and price. 25-words Reach over 6 million

DISPLAY ADVERTISING in

CASH FOR GOLD. Sell Your

We've made finding local 10bs a lot easier.

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

the most comprehensive job resources in our region. That's why our website is linked to the Community Employment Connection, provided by Northern California's most-respected career and employment resource, JobJournal.com. With a few clicks, you can zero in on employment information, upcoming job fairs, career resources and job listings from local media, as well as nearby employment centers. So if you're searching for a new job or career, start by taking a closer look at us.

Carmichael Times www.CarmichaelTimes.com

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income

Real People helping Debt Findley lafindley@ (MPG)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information

For Rent / Lease

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)

Free

Gardeners Full Maintenance. Pruning, Aeration, Hauling

Golf Equipment for Sale , Titelest Clubs, Diamond

ages & levels. 682-7082. (MPGM) Handyman

Handy Guys Small Jobs, Senior Discounts Gutter Cleaning
Deck's Woodwork 916-519-

Attn: INTERNATIONAL COM-

July 28, 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

Writing and Scrapbooking Your Life Story

Autumn DeCosta, Certified Empowerment Life Coach, leads this 3 hour class. We are all amazing people with valuable stories to tell. Celebrate the life you have lived by recapturing those forgotten memories through the written word and the fun world of scrapbooking. Creatively capture your strengths, struggles, joys and pains. Remember, honor and share them with your family and friends. Please call 483-7826 for more information or to register.

La Sierra Community Center, Room 800 5325 Engle Rd, Carmichael Saturday, August 21, 9 am to noon. Fee: \$20, plus \$15 materials fee paid to the instructor at the class.

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.





Call Lenka (916) 338-7156

Foster Care

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

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





Ask about our Mail Order Service!

(916) 349-9493

5859 Auburn Boulevard Sacramento, CA 95841

www.sacgermandeli.com sacgermandeli@sbcglobal.net



Parenting is easy.

(Yeah, right).

Dial **2-1-1** for helpful, around-the-clock resources.

We know how difficult it can be. But now parents have somewhere to turn, anytime, day or night. With one call, you're connected to a wide variety of very helpful resources designed to assist parents and their families. And, best of all, it's free.

You'll find information and resources for health-related concerns, food and shelter, finding a job, parenting classes, a parent support line, even a crisis nursery.

Our goal is to connect you with the people who can help.

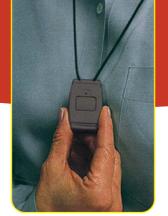


Carmichael Times Page 10 July 28, 2010

Medical Alert for Seniors

Medical Alert Monitoring 24/7

- Free **Equipment**
- Free Shipping
- Easy Setup
- Nationwide Service



HELP AT THE PUSH

As Top-Rated Medical Alarn



Medical C



Your independence is all the direction Eskaton needs.

Personal ride service - Call on Eskaton for roundtrip transportation plus companionship to medical appointments, shopping, banking, salon visits, dining, social activities, outdoor events, movies and other entertainment.

In-home visits - Call on an Eskaton friend to come by to chat about current events, go for a walk, write a letter, read a book, watch a movie, or simply to partner on a puzzle, game or hobby.

Experience - For more than four decades Eskaton has been providing premier community living and home support for older adults throughout Northern California. You can depend on us for reliable, safe and affordable service.

Available to the general public. Call today for scheduling and rates. We're always going your way.

866-ESKATON

www.eskaton.org



CALL 773-1111 TO ADVERTISE

Let your passion flourish!



CAREER TRAINING

* Fast, Convenient, and Flexible

Get a Job in Culinary, Fashion, **Design or Other Hot Fields**

SPEAK TO AN ADVISOR 9 A.M. - 9 P.M. EST 1-888-378-9801



A DEGREE, DIPLOMA, OR CERTIFICATE CAN **HELP YOU:**

- ✓ Start A New Career
- Earn More Money
- Advance Quickly
- Secure Your Future

Let us help you find the school or program that fits your goals.

FREE Education Advisors Are Ready To Help You!

collegebound

Changing Lives Through Education Since 1987

Miracle-Ear, The #1 Choice for Hearing Aids

M Miracle Ear

Rediscover The Life You've Been Missing!

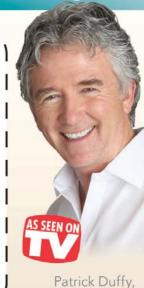
FREE Miracle-Ear® **Hearing Test!***

Use this coupon for a comprehensive hearing test with a Local Specialist

Satisfaction guaranteed and FREE lifetime care** | for clear, crisp sound

State-of-the-art technology

No cost and no obligation. This coupon is good for one FREE comprehensive hearing test at a Miracle-Ear location. This coupon is only valid for hearing tests scheduled over the phone.



Actor

Call to schedule your FREE hearing test now!

1-877-339-3002

*Hearing tests are always free. Not a medical exam. Audiometric test to determine proper amplification needs only. Good only from participating Miracle-Ear representatives. **3-Year Warranty on all models. See store for complete warranty details. Adjustments, check-ups, cleaning and demos are always free. Hearing aids do not restore natural hearing. Individual experiences vary depending on severity of hearing loss, accuracy of evaluation, proper fit and ability to adapt to amplification.

Cool Ways to Save.



Install a programmable thermostat. Set at 78° by day; 85°at night or when away from home.

Install ENERGY STAR compact fluorescent lights which use up to 75% less energy.



Get a \$50 rebate from SMUD for room air conditioner.

Install a whole house fan that uses about 90% less energy than an air conditioner. Get a \$100 rebate from SMUD.

gift card to The Home Depot.

Seven drawings July 12-Aug. 29, **2010. Enter at** savewithsmud.org

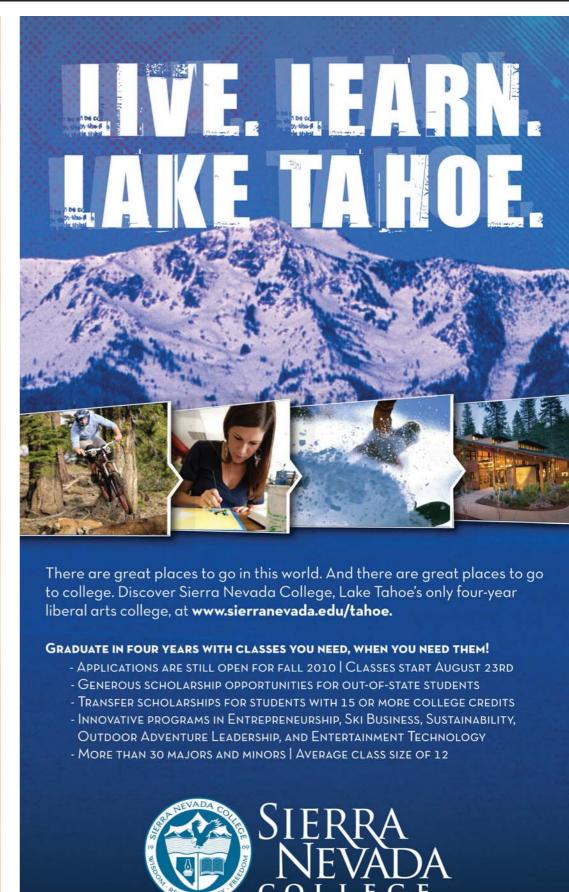
Enter to WIN a

savewithsmud.org



Carmichael Times Page 11 July 28, 2010







become eligible for dinner

FREE for a month

Starting at \$699 per month, you can enjoy:

- a studio or one bedroom apartment
- gated grounds in lovely suburban neighborhood
- 24/7 staffing

LAKE

TAHOE

Incline Village, NV | 866.412.4636 | admissions@sierranevada.edu

- on-site beauty/barber shop
- built-in "extended family" of neighbors
- complimentary scheduled transportation
- easy access to public transportation
- availability of optional services such as housekeeping and meals
- pets welcome (small, under 30 pounds)

CALL Suzanne Today (916) 481-7105



7125 Fair Oaks Blvd, Carmichael • Between Engle Street and Grant Avenue

at Carmichael Park

Carmichael Times Page 12

July 28, 2010

LINEN OUTLET

www.SFLinenOutlet.com

CITRUS HEIGHTS

7953 Greenback Lane at Sunrise

Next to Marshall's

916-726-0888

Mon-Sat 10:30AM - 8:00PM, Sun. 11:00AM - 6:00PM

Store Must Be Vacated! Store Must Be Vacated! EVERYTHING STORY STORY

RUGS

All Room Rugs

40%

Door Mats

Non-skid, 18"x 24" to 20"x 30"

\$599

Bamboo Slat Rug

30"x 50" • Non-skid back

\$999

Hall Runners

2'x 8' • Assorted tufted patterns

\$**13**99

BATH

Wash Cloths 10 for \$299

Decorative in 6 Colors

Bowl Brush

\$299

Jumbo 100% Cotton

Bath Towels

\$299

WINDOW

Sheers

White or Ivory • 60"x 84"

2 for \$999

Vin Plush • 42"x 84"

Velvet Drapes

\$999

All Decorator

Curtain Rods

30%

Far East Faux Silk Insulated • 50"x 84"

Curtain Panels

Aaa

Jacquard Drapes \$7 1299

84"x 84" Pair

SHEETS

300 Thread Count

Pillowcases

Pintuck hem • 100% Cotton • Pair

400 & 500 Thread Count • Flat or fitted **Sheets**

Queen \$11.99, King \$13.99

\$**999**

Standard

or King

Jersey Cotton

Sheet Sets

\$**999**Twin

Full \$14.99, Queen \$17.99, King & Cal King \$19.99

Organic Cotton

Sheet Sets

\$1999 Twin

Full \$24.99, Queen \$27.99, King \$29.99

HOME

Bamboo

Placemats

7 49

Vinyl

Tablecloths

\$349Any Size

Faux Suede

Chairpads

\$699

Furniture Throws

\$99 Any Size

BEDDING

Nautica Cotton • 220 Thread Count

Bed Pillow

\$ **6 99** Jumbo

270 to 350 Thread Count • 100% Cotton

Comforter Cover

\$2999 Any Size

Suede Color Block

Comforter Set

\$399Full or Queen