

Carmichael Times



**A model
for a
successful
life**

Page 3



**Time to
consider
a cash-in
refi?**

Page 9



Happy Father's Day! Page 10

PRESORTED STD.
US POSTAGE
PAID
PERMIT 32
Rancho Cordova, CA

Volume 30 Issue 24

Serving Carmichael and Sacramento County since 1981

June 16, 2010

Effie Yeaw Looks for Help

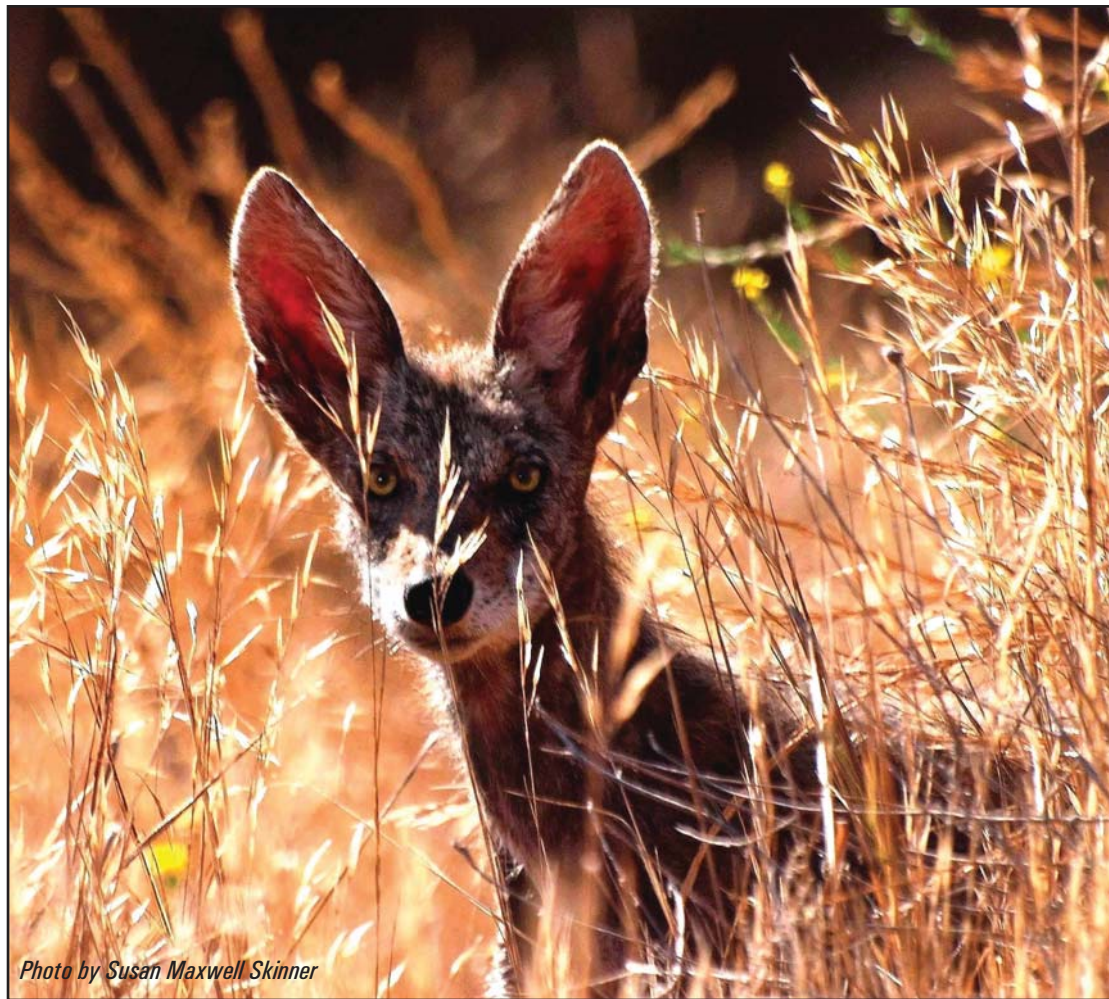


Photo by Susan Maxwell Skinner

Wildlife is threatened by the failure to properly manage the Nature Center

by Heidi Kuehner

Carmichael - Named after local environmentalist/educator/advocate hero, Effie Yeaw Nature Center and Preserve in Carmichael has grown and expanded over generations, introducing schoolchildren from all over the Sacramento region to the natural world. A small grassroots group begun in response to its budget being cut on July 1st, the Friends of Effie Yeaw Nature Center and Preserve, has learned firsthand the importance of an informed public and an engaged citizenry in protecting public lands, also part of Effie Yeaw's philosophy.

The Problem

The County of Sacramento Regional Parks District is responsible for 15,000 acres of public land that contains twenty parks districts, including the City of Sacramento's Parks district. With the County's budget deficit totaling \$188 million, every department has justifiably, one would think, been asked to cut their budget. But in the case of the Regional Parks Department, the budget has already been cut steadily every year since before the current recession to total 0.36% of the general fund budget as of the '09-'10 fiscal year. When the Regional Parks Department has to compete with such vital departments as Child Protective Services and Sheriff's Department every year, they are told that the County just cannot afford "quality of life" services such as parks every year. The new proposed cuts coming July 1st are so severe that the preservation of parks and public lands is no longer a little "quality of life" issue. It has become an issue of public safety, protection of property values, potential damage to wildlife and environmental degradation. Reduction in ranger staffing, elimination of programs, the leasing out of Gibson Ranch, as well as the Effie Yeaw Nature Center and Preserve, are all part of the cuts.

Baker's "Missing Link" Model

As government bureaucracies have a special language all their own, Janet Baker, Director of Regional Parks Department has been often heard comparing the transfer of the Effie Yeaw Nature Center and Preserve to the "model" of the City of Sacramento's leasing the Sacramento Zoo and Fairytale Town to nonprofit organizations. In her comparisons, she omits that the City of Sacramento spent years financing and assisting in those two transitions. As of FY '09-'10, the City of Sacramento was still giving money to both venues, thirteen years after switching to nonprofit status. Baker has given the Effie Yeaw Nature Center and Preserve less than two months to find a nonprofit to submit a bid with a guaranteed ten year funding plan.

No Accountability

Even a small financial investment by the County would guarantee another missing aspect of Baker's model-accountability. When the County reviews the budget every year, there is an automatic monitoring of what it funds. There is no citizens' advisory committee or review process built in to the lease of the Effie Yeaw Nature Center and Preserve.

The future of public lands being leased out must have public participation and accountability as part of any plan. Since we have already been told by Baker in a Sacramento News & Review article, "Saving Nature", 6/3, that more leases of parks is something her department will be pursuing in the future; we need to develop an appropriate model now.

Community has been "stepping up"

A popular directive to community groups and nonprofits during the County's fiscal crisis is that the people need to step up to provide the services the County can no longer afford. In

the case of Regional Parks, the community has been walking their talk, cleaning and maintaining the American River Parkway and park districts for decades. Between the cleanups organized by the American River Parkway Foundation and the individuals have adopted a section of the parkway by their home to keep clean, rain or shine, it is impossible to estimate how much time is volunteered each year to maintain County parks. Also nonprofit organizations like the American River Natural History Association have contributed millions of dollars directly to the County for the running of County Regional Parks' programs. Ironically the Board of Supervisors accepted checks from ARNHA and Pathways to Recreation Inc., the beneficiary of Eppies Great Race, for programs due to be cut July 1st, something both groups do at least annually.

Learning the Lesson of Grassroots Organizing

Friends of Effie Yeaw Nature Center and Preserve has seen how important that people participate in the process for protecting our open spaces. There is still a lot of work to be done before the Effie Yeaw Nature Center is "saved", but without an engaged community, the bidding process, lease negotiations, and the absence of oversight would have gone unnoticed. It is extremely doubtful that the County will submit any proposal to raise taxes for a parks district soon and a potential ballot initiative is in the making, but a long way off.

We have to find a way to maintain a minimum level of quality for our parks in the meantime. The same funding we had in '09/'10 for next fiscal year would be a start.

If sweat, energy and money are indication, the Sacramento community is more than ready to step up. Effie Yeaw would probably say that we *have to*.

Fourth Graders Honored at Governor's Mansion

Sacramento Region - "On a beautiful spring day at the picturesque Governor's Mansion, 50 fourth graders and their families from the greater Sacramento area gathered to receive awards and prizes for their essays in the 31st Annual California Heritage Essay Contest", announced Mary McPherson, President, Assistance League® of Sacramento.

The History in a Trunk Program chairman, Susan Carlton, Assistance League of Sacramento, said that the "California Heritage Essay Contest" was established in 1979 for fourth grade students who have participated in a History in a Trunk presentation, and who wrote essays about a day at the Governor's Mansion in the 20th century. This year Assistance League members visited 26 schools in the greater Sacramento area and presented their program to 61 classes. The program includes a slide show presentation about the Historic Governor's Mansion and artifacts from an old trunk that date from early 20th century.

Presenting the awards to the students in period costumes, acting as Mr. and Mrs. Albert Gallatin, the original owners and builders of the Mansion, were Mr. and Mrs. Al Howenstein. Al, who is President of the Point West Rotary Club and a member of the Assistance League of Sacramento's Advisory Council said, "I think the essay contest and awards are the highlight of many young lives. It is great for parents, it is wonderful for teachers, and for some children it may be the only time they will be honored and recognized. For the awardees, it has the potential for being a life changing experience and for some parents it may awaken their attention to the importance of education. I think the essay contest makes a tremendous impact."



Shasta Burrows of Cowan Fundamental School tied for the Most Creative award. Mr. and Mrs. Al Howenstein, costumed as the original owners of the mansion, presented the awards.

Mrs. Carlton said, "Cash prizes from Assistance League went to the First, Second, Third Place and tied winners of the Most Creative category. All 50 students received certificates and medallion from Assistance League along with gifts donated by the Governor's Mansion State Historic Park Foundation."

The first place winner was Angela Grant of Natoma Station School who received a cash prize of \$50, second place went to Sage Innerarity of Pleasant Grove School along with a cash prize of \$35. Emma Walker of Erlewine School placed third and received a cash prize of \$25, and Shasta Burrows of Cowan School and Nicholas Alvarez of Del Dayo tied for the Most Creative Essay category and received cash prizes of \$25 each.

Other students receiving certificates and gifts were:

(Carmichael) San Juan Unified School Dist./Starr King School, Zachary Buick, Antonio Jones, Hunter McGann, and from Private/Our Lady of the Assumption School, David Ryan
(Arden-Arcade) San Juan Unified School Dist./Howe Avenue, Tyrah Walls, Kenia Plazola Serrano, from

Private/St. Ignatius Loyola School, Hannah Rogers, from Private/Carden School, Andrew Nielsen, and from San Juan Unified School Dist./Cowan Fundamental School, Nathaniel Shumaker
(Fair Oaks) San Juan Unified School Dist./Earl LeGette School, Gabe Verduzco
(Citrus Heights) San Juan Unified School Dist./Woodside School, Kylie Marie Murray, Natalie Johnson
(Del Dayo) San Juan Unified Sch. Dist./Del Dayo School, Lincoln Tadewald

Assistance League of Sacramento is an all-volunteer, community service organization founded in 1966 and chartered in 1968 as a chapter of Assistance League®, and is one of 122 chapters. It is a non-profit, non-political, and non-sectarian organization with over 200 members locally, whose volunteer efforts are concentrated on programs and services that have benefited the greater Sacramento area for over 40 years.

For additional information about Assistance League of Sacramento, access the web site at assistanceleague.sacramento.org, or by contacting alsacmail@gmail.com.

Law Introduced to Safeguard Children

Senator Cox co-authors tougher law to protect children



Senator David Cox

Sacramento region - As evidenced by the recent tragedy that took the life of San Diego teenager Chelsea King, more needs to be done to protect California's children. To advance this effort, Senator Dave Cox co-authored a legislative proposal to protect minors from violent sexual predators.

The proposed law would strengthen the one-strike provision for violent sex offenders and require lifetime GPS monitoring of sex offenders on parole.

"There must be zero tolerance for violent sex crimes against innocent children," said Cox (R-First Senate District). "This measure is not only deterrence against these horrific crimes, it also helps to prevent released offenders from loitering in public areas where children play."

Assembly Bill 1844, if signed into law, would double current penalties and create life-without-possibility-of-parole sentences. It would also require lifetime parole and GPS monitoring for anyone convicted of sexual assault against minors.

"Chelsea's Law is the first step in our effort to fix the problems in California's public safety system that failed Chelsea King and continue to place our kids and communities at risk," stated San Diego area lawmaker and author Nathan Fletcher.

"With Chelsea's parents Kelly and Brent King leading the way, we have channeled all of our energy into this effort to create lasting change in Chelsea's name

that will make every California child safer."

In addition to the leadership from the King Family and a bipartisan group of lawmakers, Chelsea's Law is being driven by a network of over 85,000 "changemakers" from around the world. Crime victim advocates and law enforcement groups are supporting AB 1844.

"Through Chelsea, Californians are speaking up and speaking out. We are thankful to each co-author for listening to that collective voice and taking the necessary steps to reform our laws," said Kelly and Brent King.

AB 1844 passed the Assembly with bipartisan support and moves over to the Senate for its review.

Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email at senator.cox@sen.ca.gov.

Del Campo ROTC Rocks With Record



Sir, Ma'am! Award achieving cadets from Del Campo High's Junior ROTC leadership class present a snappy tribute to commanding officer, Lt Col Melina Buell, 17. Instructor Col Earl Farney (left) and Master Sgt Noah Dula also offer salutations, left. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

A 2010 national award is just another feather in the cap for 116 cadets in the Del Campo High Junior ROTC. The San Juan School District Board recently honored these uniformed achievers. For 21 years, the unit has received the Distinguished Unit Award from Air Force ROTC headquarters in Maxwell, AL. Such consistent distinction puts Del Campo's cadets in the top handful of their peers, nationwide. Said Principal Vera Vaccaro: "They are outstanding cadets. Our ROTC is a valuable part of Del Campo life. They present colors at all school events; they also do much community service. Our cadets have always done extremely well in competition and we are proud of them." The unit's vice-commander, Cadet Monica Simental, was recently honored as California Junior ROTC Cadet of the Year by the Air Force Association. Del Campo's ROTC instructor for 24 years, Col Earl Farney declared himself "Uplifted,



Pupils of principle. Del Campo High Principal Vera Vaccaro (beneath flag) joins a group of top school achievers. In 21 of its 24 years of existence, the Junior ROTC Unit has taken top national honors. Photo by Susan Maxwell Skinner.

in today's climate, to see young people who are willing to wear the uniform." The Vietnam veteran recently requested a show of hands for those who would fight for their country. "Every hand in the class went up," he approved. "It was quite a commentary on their character." Last year's cadet commander, Cadet Col Angela Vyborny, is a national wrestling champion. Now at college in Missouri, she is in training for the next Olympics. ROTC studies, says

Farney "Promote a good foundation for ethics and excellence in everything young people do. They learn dedication and focus. They acquire the ability to persevere to reach their goal, whether it's in military service, college education, a profession or a sport. They know that to achieve anything, they must stick to it." Learn about high school ROTC training opportunities at www.afjrotc.net

Local Student Graduates from Linfield College

Linfield College of McMinnville, Oregon said farewell to 525 students at its 2010 Spring Commencement Sunday, May 30 in the Oak Grove on the McMinnville Campus.

Humanitarian physician Jill Seaman presented the commencement address.

Graduates came from 21 states and 11 countries. The most popular majors were business, education, exercise science and nursing.

This year's local graduates included Katelyn Krygowski, bachelor of arts, Spanish and sociology from Auburn;

Brianne Kimberly Durkin, bachelor of arts, Psychology from Carmichael; and Liv C. Thomson, bachelor of arts, intercultural Communication from Grass Valley.

Carmichael Students on Deans List at Creighton

Nathan Thomas Esch and Emily Faye Gunz, both from Carmichael, were named to the Spring Dean's List for the 2009-2010 academic year at Creighton University. Full-time students who earn a 3.5 grade-point aver-

age or better on a 4.0 scale are eligible for the Dean's Honor Roll.

Creighton University, a comprehensive Jesuit, Catholic institution is located in Omaha, Nebraska. It enrolls more than 4,000 undergraduate and 2,900 profes-

sional school and graduate students in its College of Arts and Sciences, College of Business Administration, Graduate School, and Schools of Dentistry, Law, Medicine, Nursing.

Monthly Military Retiree/Spouses Meeting

FOR JUNE AND JULY 2010

Please note that this notice applies to our monthly meetings for the months of Jun and Jul 2010. The meeting for the month of Jun will be on 8 Jun at the same meeting location, The North Highlands Park and Recreating District, 6040 Watt Ave, North Highlands. Our meeting

time is always at 1030 hrs. Our speaker for the Jun meeting is Helen Justice and she will be talking about Geriatric Care, as well as Aid and Attendance. The speaker for the Jul meeting, which will be held on 13 Jul, is Rick Buckman, Veterans Service Officer, and he will address a

variety of Veterans Benefits. You will not want to miss this presentation. So remember, the meeting in Jun is on the 8th of Jun and the following month, the meeting is on 13 Jul. If you have any questions, contact our volunteer staff at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.



Foster Care

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

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



Call Lenka (916) 338-7156



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

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

On the 2nd Sunday of each month VFW Post 2324 hold a Pancake Breakfast from 7:30 am to 12:00 pm in the back of Carmichael Park 5750 Grant Avenue. Price \$5.00 for Adults and only \$3.00 for Children. Come One Come All!

Monthly Meeting of Mission Oaks Genealogy Club, Carmichael

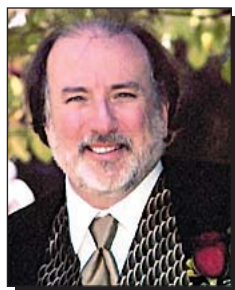
On June 17, 2010, the Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The

program speaker will be Lynn Brown, local genealogist, discussing "safe surfing through social networking." Visitors are welcome.

Cost: Free. For more info call Robert Noyes (916) 332-5753 or visit website at: <http://missionoaksgenealogyclub.org>.

Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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

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

Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo
Graphics & Layout: David Dickstein
Distribution Assistant: Tandra Banerjee, Gabriel Scholl

Contributing Writers: Tim Reilly, Kay Burton, Susan Skinner, Laura Snyder
Mary Jane Popp, David Dickstein, Amanda Morello, Dave Ramsey
Marlys Johnsen Norris, Dr. E. Kirsten Peters, Dr. Bob Graykowski

Accounting: Nicholson & Olsen CPA
Web Master: RJ at thesitebarn.com • JWS Promotions
News Services: PRWEB NewsWire, North American Precip Syndicate • Blue Ridge Press, ARA Content • Family Features • WorldNetDaily

Photography: Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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

Carmichael Times is a member of Messenger Publishing Group **MPG**

We are proud members of these newspaper associations.



Widowed Persons 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.

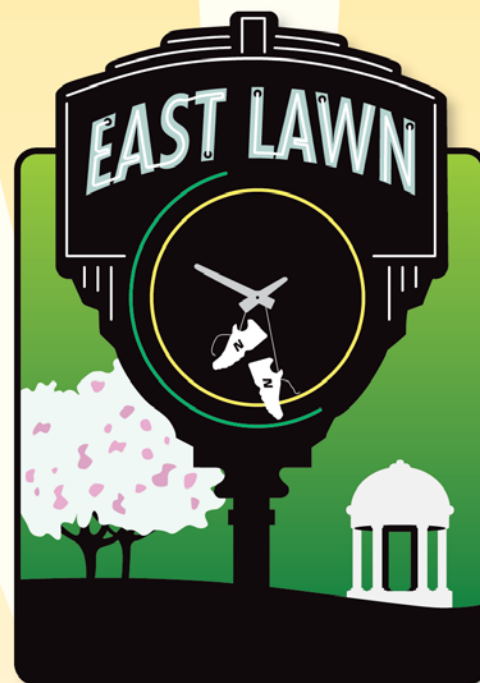
Sunday Support

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.



Alzheimer's Aid Society Memorial 5k Run/Walk

City of Sacramento 5k Championship

Saturday July 24, 2010

Start and finish lines at the historic East Lawn Memorial Park



Benefiting the Alzheimer's Aid Society of Northern California

For registration or more info: www.memory5k.org



KGRA 3 KQCA 58



Raley's

PORTER | SCOTT ATTORNEYS

A Model for a Truly Successful Life

by Arlene Downing-Yaconelli
Public Affairs Media
Representative,
North Sacramento Stake
Church of Jesus Christ of
Latter Day Saints



Merchant Marine Major Nilson

Carmichael - There are men and women in our community who have made a difference ... in the shape and direction of the community itself, and in the lives of those who live here. These individuals operate many times under our radar, and this article is by way of an acknowledgement and thanks to one of them.

Looking forward from the beginning...Dr. Major A. Nilson was born into the small agricultural community of Smithfield, Utah on December 22, 1924, and grew up surrounded by a loving family, miles of open farmland and all manner of animals: farm, domestic and wild. Led by a brother he was very close to, paced by an older sister, and followed by two younger sisters, this young boy grew up as a working member of a happy family, a worshipping, active member of his church, a part of the scouting program, and an integral part of his local community.

He vividly remembers those years with a smile and a string of stories. It was his job, early on, to milk cows, and drive them to the fields in the mornings, and then back to the barn to be milked and fed in the evening. He recalls his father's trust in him. At a very young age, Major drove a team of horses pulling a wagon of harvested beets to the collection point, to be loaded on trains and hauled to the sugar factory. He and his brother and sisters attended school, worked the fields, tended the animals and played, as brothers and sisters will, forming strong support and lasting love for each other.

Major was a good student, relishing the challenge that good teachers can extend, and forming a desire, even then, to complete his education and to work with animals.

The years were good, and full, with time for wandering and learning and friendship. His boyhood drew to a close with graduation from North Cache High School, in Richmond, Utah in 1942 and the book to the second chapter of his life opened wide.

The lessons he carried with him as he grew, studied, and moved out into the world were real. Major found meaningful work was extremely satisfying, and brought a great deal of happiness. He learned that working



Major Nilson serving as honorary mayor of Carmichael

with someone draws you closer to that person and that working to the best of your ability brings a sense of self-respect and accomplishment.

The world was at war, and joining the Merchant Marines, Major became a part of the effort to supply and fight with the allied forces. In 1943, he joined the Merchant Marines, and after six weeks of boot camp at Catalina Island, was at sea, pushing

his courage and invited Miss Lucy Heaton out, and from then on, he says, it was a foregone conclusion. They married two years later, on the 25th of August, 1949, just as he finished his courses at USU. Then they were off to Washington State University, where he entered the school for veterinary medicine, working in between classes with Professor Henry E. Adler on research

on a piece of the country they are still very much in love with. He purchased land, and opened his first veterinary hospital on a little two-lane road that is now busy Fair Oaks Blvd. In those early Carmichael years, both his business and his family were growing. First Bryce, and then Laurel were welcomed into the family, and his practice increased to three hospitals located in Carmichael, Citrus Heights and Roseville. He now had the opportunity to mentor and encourage new graduates and ranks to fulfill their dreams as one of his greatest joys and fondest memories.

immediate geographic community, but to the network of professional, educational and religious communities with which he was associated.

During those years he was involved in the first Carmichael Planning Board, fund raising for the construction of the band shell in Carmichael Park, member of San Juan Unified District Election Committee, member, President and Director of the Carmichael Chamber of Commerce over many years, and member of the Elks Club and the VFW. For his services, he has been named Honorary Mayor of Carmichael three times and twice presented an



From left to right: Thomas S. Monson, George Moore, Ken Woodward, and Major Nilson.

through the Pacific to deliver men, fuel, ammunition, and supplies to the fighting zones. His theater broadened as the war drew to a close and by the time he left the service, he had sailed on 8 different ships, traveling over a great deal of the world. He was called to serve as Acting Third Officer while aboard the SS York.

Another door, another phase... moving back to Utah, Major entered Utah State University in 1946, continuing on the road to his dream of becoming a veterinarian. Crossing the campus one day, his eye lighted on one of the instructors, and although it took a while, he gathered

and development of the Erysipeloid vaccine for turkeys and swine. The work was published in the United States and Canada, and in 1953, Dr. Nilson graduated BA, DVM and a member of the society, Alpha Psi.

Life has a way of speeding up as we mature, and life was surely full and flowing full force for the Nilson family. After graduation Dr. Nilson was recruited to join the University of California Veterinary School at Davis, becoming the extension pathologist in Avian Medicine for the State of California. It was while traveling to the Sacramento area they discovered Carmichael, and settled



Groundbreaking for a new Stake Center

As his practice grew employing eight veterinarians and over thirty support staff, he worked to uplift and serve his community. His contributions in time, leadership, and material support brought him in contact with community leaders from all over the county. His service and influence spread not only to his

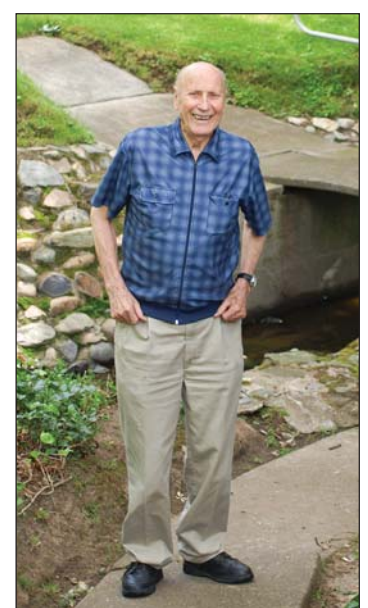
award as Business Person of the Year. He was a member of the California Veterinary Medical Association Political Action Committee, and Major and Lucy have endowed scholarships at both Washington State University and at Utah State University. Dr. Nilson was a member of the International Veterinary

Symposium, which kept him in contact with Veterinarians around the world and gave him the opportunity to meet and train veterinary students from foreign countries.

Dr. Nilson has worked tirelessly with the Scouting program over the years, on many projects. In recent years, he worked to establish and sat on the board of the first LDS Encampment in 1998, which gathered and served 20 stakes at the time of its inception. The event grew to be a 24 stake activity in 2008, at which 4000 boys participated in an LDS directed scouting experience. He has been instrumental in saving and perpetuating Camp Winston, another Scout venue and two of his most cherished awards are the Silver Beaver and Silver Bear awards, given for his involvement in the Scouting Program.

Through all of this, Dr. Nilson has remained an active member of The Church of Jesus Christ of Latter Day Saints, and has accepted and fulfilled numerous calls to work in many areas of the church. He managed the Stake Farm and raised tomatoes for the church cannery. He was Bishop of three different Wards, Carmichael, La Sierra and Manzanita and served in the stake presidency in two stakes, Carmichael and Sacramento California North Stake for twelve years. He represented the Stake in the acquisition of land and the construction of two new chapels, and in the construction of a new stake building. He served on the Stake High Council of three stakes and as Public Affairs Media Representative in Sacramento California North Stake for over ten years.

To squeeze all of Dr. Nilson's accomplishments into a written piece, they must, of necessity, be reduced to a list...a very long list. But it is not possible to sum this productive life with a list. Looking beyond the offices and honors, the networking and business undertakings, the successful career, we find a man who reaped contentment and peace from a life of hard work gladly done, who has garnered joy from a life of service, and who has kept his family intact and close. Someone it is a pleasure to work with and for, and who provides a model for a truly successful life.



Major Nilson enjoying life today

'Touch of Health' Weekly Vitality Workshop

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

June 21st Simple Truths for Woman:
The Path to a Healthy
Balanced Life



Dr. Bob Graykowski
5909 Stanley Avenue, Suite A
Carmichael, CA 95608
(916) 973-1661

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



"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

HOME CARE

BY SENIORS FOR SENIORS

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.

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

CALL US FOR
FREE
ASSESSMENT



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

- Companion Care
- Housekeeping Services
- Meal Preparation/Cooking
- Personal Care
- Overnight and 24-hour Care
- Transportation
- Shopping
- Doctor Appointments
- Yard Work
- Handyman Services
- And More!



916-372-9640



The History of Father's Day

The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909.

Having been raised by her father, William Jackson Smart, after her mother died, Sonora wanted her father to know how

special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on the 19th of June, 1910.

In 1926, a National Father's Day Committee was formed in New York City. Father's Day was recognized by a Joint Resolution

of Congress in 1956. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. So Father's Day was born in memory and gratitude by a daughter who thought that her father and all good fathers should be honored with a special day just like we honor our mothers on Mother's Day.

Source: www.morning-glow.com

Celebrate Father's Day and Help Suit Up Homeless Dads this June

Sacramento - Celebrate the Dad in your day, join us to make fathers feel special this June. Bring in an old business suit to donate to those who need business clothes for interviews. Robinson's will give you a ticket to see the new movie, "Karate Kid" starring Jackie Chan, (tickets are limited to the first 100 who donate at all 18 area locations) and everyone will receive a free month of Family training, a \$79.95 value, to experience real martial arts with your own kids!

Getting a job is a huge challenge when you have been out of work as many have during the recession. Getting a suit for that all important

job interview is often financially impossible when you have to choose between food for your family and clothes for yourself. Help us help homeless Dad's find a new job by donating your Dad's old suit and he can get a new one. Food donations go directly to area families.

Visit www.robinsonstkd.com <http://www.robinsonstkd.com> for a drop off location near you, or call 916-481-6815.

Join Sacramento's first family name in martial arts, Robinson's Taekwondo to honor Dad this June. Drop off your donation at any of the eighteen

Robinson's locations throughout the Sacramento area in June. We'll make sure the clothes get to fathers who need them. In 2009, Robinson's and generous members of the community donated over six hundred suits, shoes and accessories to Sacramento Food Bank, The SETA Hillsdale Career Center and Sacramento Job Corps.

"Karate Kid" starring Jaden Smith and Jackie Chan premieres June 11, 2010. Ticket giveaways are limited to the first 100 people who donate at any of the 18 Robinson's Tae Kwon Do locations. Free Family Training for 30 days available to all who donate during this community drive.

Karaoke Champions Invited to Compete

3rd Annual California State Karaoke Championship presented by KSFM 102.5 at 2010 California State Fair - \$2,000 Prize Pool Up for Grabs

Sacramento - The California State Fair, along with KSFM 102.5, is proud to present the third annual California State Karaoke Championship. Beginning at 10 a.m. on Saturday, July 17 at the Promenade stage, fairgoers are invited to cheer on these talented amateurs as they sing their way to stardom. The championship round will begin at 8 p.m. Back by popular demand, the championship draws talented winners of karaoke competitions from all over California.

Current California State Karaoke Champion, Rachel Balterzore, had a great experience at last year's competition. "I'd never been in anything like that before, and I had never sung in front of so many people," Balterzore explained. "Everything

boils down to song choice. You just have to pick the right song and go with it, and remember to have fun!"

Contestants will be judged in five categories: stage presence, crowd reaction, costuming, vocal ability and overall performance. The championship winner will receive a plaque with the title of 2010 California State Karaoke Champion, \$2,000 cash prize and transportation to the Regional competition of the U.S.A. World Karaoke Championships! Prizes will also be awarded to the runners-up.

HOW TO ENTER

Any California Karaoke fan is invited to compete. Prospective contestants must have already won a karaoke competition that took place between September

7, 2009 and June 15, 2010. Contestants are required to provide a form of written confirmation of winning a competition in order to participate, and must fill out the entry form found online at www.bigfun.org under the "Contests and Competitions" tab. No entries will be accepted until the State Fair verifies all contestant application information. Applications will be accepted on a first-come, first-served basis until all positions are filled.

For more information, please contact the California State Fair Entertainment Department at (916) 263-3141 or e-mail entertainment@caexpo.com. Media may contact the California State Fair Media Center at (916) 263-3237 or e-mail media@caexpo.com.

CELEBRATING OUR 35TH ANNIVERSARY
Mission Oaks Recreation & Park District
9th Annual Father/Daughter Dance
 Friday, June 18 • 7-9:30pm • \$5/person
 DJ Music, Games & Refreshments
 All ages welcome!

- 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 • \$4699
 - Luxury Motorcoach**
 - *Masterpieces (Musee d' Orsay)* De Young Museum/Birth of Impressionism - Legion of Honor/Impressionist Paris July 13, 2010 • San Francisco • \$98/person
 - *Peter Pan* Wednesday July 21, 2010 • San Francisco Includes Neverland Garden Picnic • \$155/person
 - *The Marvelous Wonderettes* Wednesday, Aug 4, 2010 • Sonora lunch at Pine Tree Restaurant • \$103/person

Free Travel Show
 10am, Wednesday, July 7

BALLROOM DANCE TO LIVE BANDS
 Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person

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

Camp Have-A-Lot-of-Fun 2010

DATE: June 21 - August 13 TIME: 9 a.m.-12 p.m.
 FEE: \$48.00 per Weekly Session
 LOCATION: Mission North Park, 3344 Mission Ave., Carmichael
 For registration information, go to www.morpd.com or call Rich at 488-7276 ext. 3008

The camp is divided into two age groups:
AGES 3-5 YEARS
 This group is for boys and girls who have not yet been to kindergarten. All campers must be toilet trained.
Grades K-4
 This group is for children who have completed grades kindergarten through fourth.

FREE Summer Camp
 PROGRAM USES PHYSICAL ACTIVITY, HEALTHY EATING AND FUN LEARNING.
PROJECT HYPE
 HEALTHY YOUTH FOR PHYSICAL EXCELLENCE
 Ages: 10-15 years • M-F • 9-2:30pm
 8-weeks • June 21-August 13
 Application on line at 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

These local merchants wish you a HAPPY FATHER'S DAY!

<p>Aegis From the Staff Concert in Courtyard July 3, 3pm-4pm 4050 Walnut Ave., Carmichael 972-1313</p>	<p>Eskaton Village Linda & Lucy, Evonne & Staff 3939 Walnut Ave., Carmichael 974-2000</p>
<p>Attic Antiquities New in Neighborhood One of a Kind Store 6210 A Fair Oaks Blvd. (Between Marconi & El Camino) Carmichael 333-5377</p>	<p>Hoshall's Salon & Spa From the team at Hoshall's 7330 Fair Oaks Blvd. 485-4941 www.hoshalls.com Now Open Sundays 10pm-4pm</p>
<p>Carmichael Recreation & Park District The Staff 5850 Grant Avenue, Carmichael 485-5322</p>	<p>Marie Callender's Cindy Garcia, Manager & Staff 3129 Arden Way, Sacramento 481-0778 June Special: All Pies \$7.49</p>
<p>Carmichael Water District Steve Nugent, General Manager & Staff 7837 Fair Oaks Blvd., Carmichael 483-2452</p>	<p>Marie Callender's Doug Unruh & Staff 5525 Sunrise Blvd., Citrus Heights 961-8571</p>
<p>Coffman's Furniture Gallery Dave, Lisa, Owners & Staff 6443 Fair Oaks Blvd., Carmichael 482-9663</p>	

YOUR FREE WEDDING PLANNING BOUTIQUE

Wedding Books & Magazines
 Vendor Portfolios • Unique Gifts
 Free Bridal Events

FREE WEDDING PLANNING SEMINAR
 Saturday, July 17 • 10:30 - 11:30 am

- Choosing and Working with Your DJ/MC: the person that can make or break your reception
- Most Beautiful You: safe, simple and easy non-surgical enhancements to prepare your face and body for your wedding day

Also: free consultations with the Engaged wedding professionals, live music, cake and caterer tastings, and great giveaways!

Visit EngagedSacramento.com for more information and to pre-register

Library Hours: Tues - Fri 11 - 4, Sat 10 - 4

5530 Douglas Blvd., Granite Bay, at Quarry Ponds • 916.783.1100

Drexel Students Honored by Board of Supervisors for Volunteer Community Work



Supervisor Jimmy Yee Tobey Oxholm, Senior Vice President of Drexel University and Dean of its Graduate Center in Sacramento, with student leaders Larry Mandelberg, Tipton Russell, Scott Freeman, Barbara Bernardin, Jennifer Dzakowic, Paul Green, Marcella Gonsalves.

Sacramento – The Sacramento County Board of Supervisors recently commended seven student leaders at Drexel University's Center for Graduate Studies in Sacramento for their classmates' work as volunteers on projects to benefit the community.

Members of Drexel's Sacramento Graduate Student Association (GSA) and Carl "Tobey" Oxholm III, Senior Vice President of Drexel University and Dean of its Graduate Center in Sacramento, were present at the Board of Supervisors meeting to accept the honor.

"At a time when it is easy to withdraw and wait for the economic storm to blow over, Drexel's students are reaching out and investing in their communities," the Resolution reads. "The Board of Supervisors, County of Sacramento, recognizes and thanks the inaugural students of Drexel University for their civic engagement, and expresses their appreciation to the board of the Sacramento Graduate Student Association for their leadership."

The Resolution notes that public service takes resolve and commitment: "Drexel's students are exceptionally dedicated because they are all working adults whose lives are complicated by children and elderly parents, by jobs that are demanding, and by a difficult economy."

The graduate student leaders to whom the Resolution was presented were Kyle Glankler, President; Larry Mandelberg, Vice President; Jennifer Dzakowic, Secretary; Scott Freeman, Treasurer; and board representatives Paul Green, Barbara Bernardin, Tipton Russell, Sr., and Marcella Gonsalves.

Among the volunteer projects that Drexel's graduate students have participated in were the Great American River Clean Up; working the telephones for a KVIE fundraiser; donating blood to BloodSource; collecting toys for the Department of Health and Human Services; collecting professional clothing for the Sacramento Food Bank, entering a team and

collecting donations for the Run to Feed the Hungry and the Komen Race for the Cure; and cleaning a section of the Sacramento bike trail during Earth Week. In each of these projects, Drexel's faculty and staff have also participated.

"The students at Drexel's campus in Philadelphia have a long-standing tradition of being involved in their community and we wanted to establish that same tradition here in Sacramento," said Glankler, an MBA student at Drexel who visited Drexel's campus in Philadelphia earlier this year. "The graduate students in Sacramento see ourselves as the future leaders of this region, and we want to demonstrate that we care deeply about our community. We want to be among a group of people that is helping make this a better place to live and work. It's nice to be commended by the Board of Supervisors, and we thank them for the honor; but we're not in it for the recognition. We rolled up our sleeves and got to work because we care."

The Supervisors commendation notes that: "despite substantial demands on their time and the added pressure of pursuing a graduate degree from one of the country's top-ranked universities, the students of Drexel University have taken it upon themselves to make sure that public service is a constant part of their graduate education." Glankler, for example, recently had his second child this year, in addition to working as Roebelen Construction, one of the region's premier contractors.

"Drexel students balance demanding jobs, family responsibilities and the academic challenge of being a graduate student," Oxholm said. "Despite their hectic schedules, our students manage to make time to volunteer on a number of great projects in Sacramento. We are proud of the great work our students are doing and their commitment to the community."

"Now that Drexel has brought their top-tier nationally recognized graduate programs to Sacramento, we truly have world class educa-

tion opportunities that link the East coast with the West coast," said Mandelberg, an MBA student and Citrus Heights resident. "I am incredibly proud and blessed as a member of the first group of students at the Drexel's Center for Graduate Studies. As a Drexel alumni, I will strive to live up to and extend the reputation they bring with them."

"To be recognized by the Board of Supervisors is an honor and a testament to the positive impact that Drexel has been able to have in such a short time," said Freeman, another Citrus Heights resident and an MBA student. "Two years ago hardly anyone knew who Drexel was. In that brief period I've been able to work alongside my classmates and watch them evolve into leaders who make a positive impact in their vocations and communities."

Founded in 1891 in Philadelphia, Drexel has earned a reputation for being on the cutting edge of higher education, and is ranked fourth most innovative university in the country by U.S. News & World Report. In 2009, Drexel University was honored as one of the top 10 universities in improving the economic, cultural and social life in their urban communities.

Drexel opened its doors in Sacramento in January 2009 and by the end of March 2010, over 250 students had enrolled in its graduate programs. It is now enrolling students in programs that will start this coming fall – the final cohort for the "inaugural students" who will enroll before the Center's first cohort has graduated.

The eight graduate programs offered this year are designed for working professionals and focused at the heart of Greater Sacramento's growth and economic development initiatives – entrepreneurial business, health, higher education, and information technology.

For more information on the Center for Graduate Studies, visit www.drexel.edu/sacramento.

Local Students Graduate from Tulane University

Tulane University in New Orleans awarded degrees this month to approximately 2,150 graduates, including the following local students:

* Tina Ardon of Carmichael (95608) graduated from the Tulane University School of Medicine with a Doctor of Medicine degree.

* Sara Greenwood of Carmichael (95608) graduated from the Tulane University School of Liberal Arts with a Bachelor of Arts degree.

Tulane's Unified Commencement was held on May 15, 2010 in the

Louisiana Superdome. The ceremony featured keynote speaker Anderson Cooper and honorary degree recipients U.S. Surgeon General Regina Benjamin, Harlem Children's Zone CEO and President Geoffrey Canada and John Ruffin, director of the National Institute on Minority Health and Health Disparities.

These local students and fellow class members were honored at the ceremony, which included all the pomp and circumstance of a traditional commencement but with a New

Orleans twist, including bagpipes, herald trumpets and a second-line jazz procession. Music was provided by Dr. Michael White's Original Liberty Jazz Band and jazz singer Wanda Rouzan.

Tulane University is one of the nation's leading educational and research institutions. Founded in 1834 in New Orleans, Tulane has ten schools and colleges offering degrees in architecture, business, law, liberal arts, medicine, public health and tropical medicine, the sciences and engineering, and social work.

Dental Care for Seniors

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

ONE STOP DENTAL NEEDS FOR SENIORS!

15%
Senior Discount

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



Call Today For A FREE Home Disaster Guide

BETTER PRICES.

BETTER COVERAGE.



(No kidding.)

LIFE COMES AT YOU FAST®.

Luckily, you can save by switching your car insurance to Nationwide Insurance®. Get a quote today.

Jeff Cartwright Agency
Jeff Cartwright
cartwrj5@nationwide.com
2621 Marconi Ave
Sacramento, CA 95821
(916) 283-0364
Lic # 0A98323



Nationwide®
On Your Side

Nationwide Insurance Company of America
Auto Home Life Business



©2008 Nationwide Insurance Company of America, Nationwide Mutual Insurance Company and Affiliated Companies. Nationwide Life Insurance Company. Home office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company. Not available in all states.

Some Banks Come and Go ONE BANK STAYS THE SAME



With many banks selling and merging, isn't it comforting to do business with a local community bank that has been under local ownership and management for over 52 years?

To our customers, we appreciate your confidence and patronage.

To others who are thinking of changing banks, we invite you to experience the stability, excellent customer service and competitive banking products that have made El Dorado Savings Bank one of the most respected banks in the financial services industry.



EL DORADO SAVINGS BANK

Serving our local communities since 1958

www.eldoradosavingsbank.com

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

1-800-874-9779



Deposits insured to \$250,000 by the Federal Deposit Insurance Corporation.



K10

Carmichael Times

CALL 773-1111 TO ADVERTISE



Enjoy Summer Music Camp

Kids! Are you ready for some summertime music fun? How about an opportunity to learn the basics of music through playing a variety of instruments (such as guitar and rhythm/percussion) as well as singing, acting, and learning about set design; and to top it off with putting together a musical. Then Northminster Presbyterian Church's annual Summer Music Camp is

for you! The camp is offered to children entering 2nd - 6th Grades (age exceptions can be made upon prior approval) on June 21 to June 24, from 8:30 a.m. to 12:30 p.m. and on June 25, 8:30 a.m. to 2:30 p.m. Florida Stringer, an accomplished soloist and Northminster's Choir Director, will be directing the musical "100% CHANCE OF RAIN," an energetic, fun, and jazzy children's

musical based on the story of Noah's Ark, centering on why God chose Noah, why God had to flood the earth, and the promises of God as a result of the flood. The musical will be performed on Sunday, June 27, during the worship service (9:55 a.m.) at 3235 Pope Avenue. The cost is \$25.

For more information or to register, call (916) 487-5192.



Riley Reviews

**SWORD AND SANDAL
EPIC FULL OF ACTION**

Gyllenhaal's Dastan was not always a prince. Once a street urchin, young Dastan caught the attention of benevolent King Sharaman (Ronald Pickup) and was adopted into a household with the king's two sons. Dastan's destiny was to become a prince as well as one of the fiercest warriors in the Persian Army.

Though raised alongside Sharaman's sons Tus (Richard Coyle, the sensible older one) and Garsiv (Toby Kebbell, the belligerent striver), and taught the ways of wisdom and nobility by his adoptive father and beloved uncle, Nizam (Ben Kingsley), Prince Dastan retains his rough edges. The putative Persian prince, agile and strong, has demonstrated the physical and mental skills that suggest greatness. The action begins in earnest when the Persian royals are convinced by the sober recommendation of Nizam to invade the holy city of Alamut on the belief that hordes of weapons are being supplied to Persia's enemies. Unknown to the Persians is that Alamut possesses one incredible weapon, which to the naked eye is nothing but a fancy dagger.

Fateful consequences flow from the attack on the peaceful holy city. A member of the royal family is murdered by treacherous means, and suspicion falls upon Dastan because he was set up as the fall guy. Meanwhile, Dastan has formed an uneasy alliance with Alamut's Princess Tamina (Gemma Arterton),

whose sole concern is to safeguard an ancient dagger capable of releasing the Sands of Time. The mystical dagger, with its crystal handle that holds the precious sand, is a gift from the gods that can reverse time and allow its possessor to rule the world, or to at least undo some damage or alter the course of history.

And so, Tamina and Dastan are forced to flee, namely to allow the Persian Prince the opportunity to clear his name and to finger the true culprit. Of course, they are both doomed if the dagger falls into the wrong hands. Now, of course, even a grade school kid can figure out that Dastan and Tamina are also destined for each other. But, first there's the pesky business of being on the lam and avoiding the dangerous pitfalls in the untamed desert. In due course, they end up in the clutches of shady Sheikh Amar (Alfred Molina), a wise-cracking promoter of ostrich races who shares with the Tea Party movement a profound disdain for tax collectors and bureaucratic types.

Breaking free of the Sheikh and his gang, Dastan and Tamina fight off more enemies before arriving at the inevitable showdown with the party responsible for the royal murder. As to be expected of a Jerry Bruckheimer production, "Prince of Persia: The Sands of Time" is an action-packed adventure that is reminiscent of old-fashioned, sweeping swashbuckling epics. The beauty of this film, aside from the fact that it is easily enjoyed by anyone unfamiliar with the underlying videogame, is that, in the face of pure fantasy, it is grounded in a sense of fun and exciting action. It looks like summer is off to a really good start with this gleaming, rousing action picture that has the requisite thrills along with some welcome comic relief (thanks to Alfred Molina's daffy Sheikh).

**A Film Review by Tim Riley
PRINCE OF PERSIA:
THE SANDS OF TIME
(Rated PG-13)**

Aside from indie films, the choice of new movies this week boils down to one between the sword-and-sandal epic "Prince of Persia" and the female-oriented "Sex and the City 2." It should be noted that both films are fantasy, each in their own unique way. Since I have no interest whatsoever in shopping for shoes, handbags and jewelry, I found it rather easy to settle on the Walt Disney Pictures' adaptation of an exotic videogame, even if I am unfamiliar with the fact that it has been around for over 20 years. A bigger selling point for "Prince of Persia: The Sands of Time" is that it is produced by Jerry Bruckheimer, who possesses a gifted talent for delivering blockbuster action. For proof of his genius, take into account the "Pirates of the Caribbean" trilogy.

"Prince of Persia" starts with the promise of grand adventure in the mystical lands of 6th century Persia, where one of the greatest empires the world has ever known appears majestic and threatening all at once. As the hero of this adventure, Jake

Own a new computer for just \$29.99* per week!

And improve your credit score at the same time!

**Bad Credit, No Credit? No Problem!
There's no credit check, so you won't be turned down.**



If you can afford a weekly payment of just \$29.99* for just 12 months, then you're already approved for a brand new Dell™ or HP™ Computer, guaranteed.

ACT NOW AND RECEIVE:
In-Car GPS System
Free MP3 Player
Free Printer with select models



Call today to get the computer of your dreams, and improve your credit at the same time.



**Give us a call today!
1-877-543-5034**

*Prices start at \$29.99 but may vary by model.

Ad provided by MediaBids.com. 1-866-236-2259.

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

ATTIC ANTIQUITIES and More

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
SUNDAY 10:30-3:30

SALE! **20% OFF**
ALL BABY CLOTHES
Thru 6/30/10

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. 6/30/10

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. 6/30/10

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. 6/30/10

California Institute of Jewelry Training

Carmichael, California



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 and pearls.
- ◆ **Jewelry Appraisal** - Reach the jewelry industries highest achievement! The MasterValuer™ 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

www.jewelrytraining.com



VA Approved ♦ Student Loans Available

AFFORDABLE
Heating & Air inc.

Lic #647672

Spring Tune-up &

\$65
Reg. \$89

Safety Inspection

Receive: Thorough and Comprehensive Inspection of your Air Conditioning System, and FREE thermostat calibration

We Check: • Airflow • Electrical performance • Freon Level • Ducting • Mechanical Functions • System Efficiency

• Guaranteed trouble-free A/C through Sept. 21, 2010*

916-922-2775

*Contingent on service recommendation completion

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

LEGAL ADVERTISING

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

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

FICTITIOUS BUSINESS NAME STATEMENT #1004767. Wesley G. Johnson, 3620 Waynart Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "W.G. Johnson Concrete Construction" at 3620 Waynart Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 21, 2010. Publish: May 26, June 2, 9, 16, 2010. SGOJOHN 00504 6-16-10

FICTITIOUS BUSINESS NAME STATEMENT #1004305. Gregory B. Bacheron and Madelyn E. Vacheron, both of 5522 Carik Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "M.E.V. Media" at 5522 Clark Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 6, 2010. Publish: May 26, June 2, 9, 16, 2010. MEVMD 00504 6-16-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00078473

WHEREAS, Sarah E. Forcier has filed a petition with this court for a decree changing name of Grace Elizabeth Landers to Grace Elizabeth Landers Forcier. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 2, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 21, 2010. Loren E. McMaster Judge of the Superior Court Publish: May 26, June 2, 9, 16, 2010. FORCIE 00504 6-16-10

A RESOLUTION OF INTENTION TO LEVY ASSESSMENTS FOR THE FISCAL YEAR 2010-11, PRELIMINARILY APPROVING THE ENGINEER'S REPORT AND PROVIDING NOTICE OF HEARING OF THE MISSION OAKS RECREATION AND PARK DISTRICT PARKS AND RECREATION MAINTENANCE AND IMPROVEMENT DISTRICT

WHEREAS, the Mission Oaks Recreation and Park District, Parks and Recreation Maintenance and Improvement District was authorized by an assessment ballot proceeding conducted in 2006 and approved by 68.78% of the weighted ballots returned by property owners, and such assessments were levied by the Advisory Board of Directors by Resolution No. 2006-

04 passed on May 2, 2006; and WHEREAS, on April 6, 2010 by Resolution No. 2010-03, the Board ordered the preparation of an Engineer's Report for the Parks and Recreation Maintenance and Improvement District (the "District") for fiscal year 2010-11; and

WHEREAS, pursuant to said Resolution, the Engineer's Report was prepared by SCI Consulting Group, Engineer of Work, in accordance with 22565, et seq., of the Streets and Highways Code (the "Report") and Article XIII of the California Constitution; and WHEREAS, said Engineer's Report was filed with the Secretary of the Board of Directors and the Board of Directors has reviewed the Report and wishes to take certain actions relative to said Report.

NOW, THEREFORE, BE IT RESOLVED, by the Advisory Board of Directors of the Mission Oaks Recreation and Park District ("Board"), that SECTION 1. The Report for the "Parks and Recreation Maintenance and Improvement District", on file with the Secretary of the Board, has been duly considered by the Board of Directors and is hereby deemed sufficient and approved. The Report shall stand as the Engineer's Report for all subsequent proceedings under, and pursuant to, the foregoing resolution.

SECTION 2. It is the intention of this Board to levy and collect assessments within the District for fiscal year 2010 - 2011. Within the District, the existing and proposed improvements ("Improvements") are generally described as the installation, maintenance and servicing of public facilities, including but not limited to, landscaping, sprinkler systems, park grounds, park facilities, landscape corridors, ground cover, shrubs and trees, street frontages, playground equipment and hardcourt areas, senior and community centers, drainage systems, lighting, fencing, entry monuments, basketball courts, tennis courts, running tracks, swimming pools, other recreational facilities, security guards, graffiti removal and repainting, and labor, materials, supplies, utilities and equipment, as applicable, for property owned and maintained by the Mission Oaks Recreation and Park District.

Installation means the construction of recreational improvements, including, but not limited to, land preparation, such as grading, leveling, cutting and filling, sod, landscaping, irrigation systems, sidewalks and drainage, lights, playground equipment, play courts, recreational facilities and public restrooms. Maintenance means the furnishing of services and materials for the ordinary and usual maintenance, operation and servicing of said improvements, including repair, removal, or replacement of all or part of any improvement; providing for the life, growth, health and beauty of landscaping; and cleaning,

sandblasting and painting of walls and other improvements to remove or cover graffiti. Servicing means the furnishing of electric current or energy for the operation or lighting of any improvements, and water for irrigation of any landscaping or the maintenance of any other improvements.

SECTION 3. The District consists of the lots and parcels shown on the assessment diagram of the District on file with the Secretary of the Board, and reference is hereby made to such map for further particulars. SECTION 4. Reference is hereby made to the Report for a full and detailed description of the improvements, the boundaries of the District and the proposed assessments upon assessable lots and parcels of land within the District. The Engineer's Report identifies all parcels which will have a special benefit conferred upon them and upon which an assessment will be imposed.

SECTION 5. The assessment is subject to an annual adjustment tied to the Consumer Price Index-U for the San Francisco Bay Area as of December of each succeeding year (the "CPI"), with a maximum annual adjustment not to exceed 3%. Any change in the CPI in excess of 3% shall be cumulatively reserved as the "Unused CPI" and shall be used to increase the maximum authorized assessment rate in years in which the CPI is less than 3%. The maximum authorized assessment rate is equal to the maximum assessment rate in the first fiscal year the assessment was levied adjusted annually by the minimum of 1) 3% or 2) the change in the CPI plus any Unused CPI as described above.

The change in the CPI from December 2008 to December 2009 was 2.61%. Therefore, the maximum authorized assessment rate for fiscal year 2010-11 is increased by 2.61% which equates to \$43.01 per single family equivalent benefit unit. The estimate of cost and budget in the Engineer's Report proposes assessments for fiscal year 2010-11 at the maximum rate of \$43.01.

SECTION 7. The public hearing shall be held, before this Board at Mission Oaks Recreation and Park District Office, located at 3344 Mission Avenue, Carmichael, California 95608 as follows: on Tuesday, July 6, 2010 at the hour of 6:00 p.m. for the purpose of this Board's determination whether the public interest, convenience and necessity require the improvements and this Board's final action upon the Report and the assessments therein. The Secretary of the Board is hereby authorized and directed to cause a notice of the hearing to be given by publishing a notice once, at least ten (10) days prior to the date of the hearing above specified, in a newspaper circulated in the District.

SECTION 8. To get additional information about the assessments or the Assessment District contact: Debby Walker, Executive Director, Mission Oaks Recreation and Park District; 3344 Mission Avenue, Carmichael, California 95608. The Engineer's Report and other written material about the Assessment District may also be reviewed at the District at the address above during regular District business hours.

PASSED AND ADOPTED this 1st day of June, 2010. Chair of the Board of Advisors Clerk of the Board Publish: June 16, 2010. SCICON 00603 6-16-10

FIRST JUDICIAL DISTRICT STATE OF IDAHO COUNTY OF KOOTENAI SUMMONS

CASE #CV-09-1686 NOTICE TO DEFENDANTS: WESTERN SKY PROPERTIES, LLC, a Wyoming liability company, and MICHAEL SHERIDAN, managing member. TO: MICHAEL SHERIDAN AS TRUSTEE FOR SHERIDAN FAMILY TRUST: You are being sued. PLAINTIFF'S NAME IS: JPS GROUP, LLC, an Idaho limited liability company.

The nature of the claim against you is breach of fiduciary duties. Any time after 20 days following the last publication of this summons, the Court may enter a judgment against you without further notice, unless prior to that time you have filed a written response in the proper form, including the Case No., and paid any required filing fee to the Clerk of the Court at 451 Government Way, Coeur d'Alene, Idaho 83814, (208) 446-1000 and served a copy of your response on the Plaintiff's attorney, Susan P. Weeks, at James, Vernon & Weeks, P.A., 1626 Lincoln Way, Coeur d'Alene, ID 83814, (208) 667-0683.

A copy of the Summons and Complaint can be obtained by contacting either the Clerk of the Court or the attorney for Plaintiff. If you wish to have legal assistance, you should immediately retain an attorney to advise you in this matter. Dated: April 22, 2010. Kootenai County District Court Kathy L. Booth Deputy Clerk Publish: May 26, June 2, 9, 16, 2010. JAMES 00504 6-16-10

FICTITIOUS BUSINESS NAME STATEMENT #1004995. J.E.P. Capital, Inc. 45 Dillon Rd., Larchmont, NY 10538 is doing business under the Fictitious Business Name "California Contractors Insurance Services, Inc." at 9940 Business Park Dr., Sacramento, CA 95827. Filed with the Clerk of Sacramento County on May 28, 2010. CALCON 00601 6-23-10

FICTITIOUS BUSINESS NAME STATEMENT #1004237. Stephen W. Pagliughi, 5726 Engle Rd. #3, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Windward

Environmental Solutions" at 5726 Engle Rd. #3, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on May 4, 2010. Publish: June 2, 9, 16, 23, 2010. WINDWA 00601 6-23-10

FICTITIOUS BUSINESS NAME STATEMENT #1004266. THD Enterprises, 2711 Centerville Rd. #400, Wilmington, DE 19808 is doing business under the Fictitious Business Name "Finest Floors" at 11255 Sunrise Gold Circle, Rancho Cordova, CA 95742. Filed with the Clerk of Sacramento County on May 5, 2010. Publish: June 2, 9, 16, 23, 2010. FINEST 00601 6-23-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00078935

WHEREAS, Gabriela P. Chapula has filed a petition with this court for a decree changing name of Vicente Gabriel Chapula Proell to Vicente Gabriel Chapula-Stock. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 7, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 26, 2010. Kevin R. Culhane Judge of the Superior Court Publish: June 2, 9, 16, 23, 2010. CHAPUL 00601 6-23-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLOTTE SUTTON, deceased

ESTATE NO. 34-2010-00073822 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLOTTE M. SUTTON aka Charlotte Sutton: A petition has been filed by Victoria Bishop in the Superior Court of California, County of Sacramento, requesting that Victoria Bishop be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to

interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on July 14, 2010 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Alisonne L. Yee, 240 Audubon Circle, Sacramento, CA 95831; 916-383-8393. Publish: June 9, 16, 23, 2010. YEE 00602 6-23-10

NOTICE OF PETITION TO ADMINISTER ESTATE OF CHARLOTTE SUTTON, deceased

ESTATE NO. 34-2010-00073822 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of CHARLOTTE M. SUTTON aka Charlotte Sutton: A petition has been filed by Victoria Bishop in the Superior Court of California, County of Sacramento, requesting that Victoria Bishop be appointed as personal representative to administer the estate of the decedent.

The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested

person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on July 8, 2010 at 9 a.m.

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name, address, and telephone number of petitioner or petitioner's attorney is: Victoria Bishop, 8556 Villaview Dr., Citrus Heights, CA 95621; 916-367-2533. Publish: June 9, 16, 23, 2010. BISHOP 00602 6-23-10

FICTITIOUS BUSINESS NAME STATEMENT #1004995. J.E.P. Capital, Inc. 45 Dillon Road, Larchmont, NY 10538 is doing business under the Fictitious Business Name "California Contractors Insurance Services, Inc." at 9940 Business Park Dr. #150, Sacramento, CA 95827. Filed with the Clerk of Sacramento County on May 28, 2010. Publish: June 9, 16, 23, 2010. CALCON 00602 6-30-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00079180

WHEREAS, Ana Brank has filed a petition with this court for a decree changing name of Ana Brank to Anna Brank. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 13, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on

the petition. Dated: June 1, 2010. Kevin R. Culhane Judge of the Superior Court Publish: June 9, 16, 23, 30, 2010. BRANK 00602 6-30-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-0007

WHEREAS, Victoria Swindell has filed a petition with this court for a decree changing name of Alexander Kenneth Swindell to Alexander Kenneth Drake Swindell. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 16, 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: June 4, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 16, 23, 30, July 7, 2010. SWINDE 00603 7-7-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00079180

WHEREAS, Ana Brank has filed a petition with this court for a decree changing name of Ana Brank to Anna Brank. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 13, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on

Call to place your legal advertising here. 532-2113

Home Delivery Routes Available. 773-1111

Business & Service Directory

HANDYMAN

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!

(916) 613-8359



HOUSEHOLD HELP

House Cleaning

Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline (916) 723-1608

BATHROOM REMODELING

AFFORDABLE BATHROOMS & ALL HOME REPAIRS

Shower & Tub Enclosures
Water Damage
Flooring, Electrical, Carpentry, Drywall
We do all phases - small & large jobs

FREE ESTIMATES

ANDERSEN CONSTRUCTION

Licensed & Bonded • CSL # 681664

(916)-989-2689

GARAGE DOORS

ACTION DOOR SERVICE CALIF. STATE LIC. #650461

Garage Doors and Openers, service, repair, replace.

Serving greater Sacramento area since 1987.

Free Estimates • Senior Discounts
Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex.

(916) 635-5951

PHOTO RESTORATION

Restore Old Photographs

Share memories of special places and times with your family.

(916) 483-6051

Laws Studio, Crestview Center
Manzanita at Winding Way in Carmichael

FENCING

PRIME TIME FENCING

Quality Redwood Double & Single Gates Repair & New

License # 835870
Liability Insurance

(916) 481-7315

POOL SERVICE

NATIONAL POOL SERVICE

Monthly Pool Service for as low as \$60/mo

Set-up's • Clean-up's
Free Estimates

916-532-0884

Biz Lic #329357

POOL SERVICE

Greg the Pool Guy

Service • Repair • Sales

Prompt and Reliable

671-6284

HEATING AND AIR

Christopher's Heating & Air

Commercial/Residential

We Service All Brands

FREE ESTIMATE

Call Today 916-223-1744

PAVING

A VETERAN PAVING

All Types • Seal Coating
Excellent References

Ron Follman

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

Lic #776266

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

ELECTRICIANS

BONHAM ELECTRIC

15% Off - New Year Special - thru March 2010

Panel Upgrades • Voice • Data • New Construction • Remodel • Repair

"Big or Small, We Do it ALL"

916-817-1764

35 Years Experience
Senior Discounts • Quality Work

LAWN SERVICE

J & J Lawn and Garden Service

Reasonable Rates/Free Estimate

- Weedwhipping
- Hauling
- Yard clean up
- Minor Tree Trimming
- Rototilling
- Basic Lawn Service
- Irrigation Service
- Sprinkler Repairs

Call 916-549-4035 or 916-317-3450

ADVERTISE HERE AT LOW MONTHLY RATES

CALL 773-1111

PAINTER

BRETT S. BUNTE PAINTING

- Quality Paint
- Free Estimates
- Commercial
- Interior & Exterior
- Residential Specialist

Lic #751513
Call 916-509-2178

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

RUSS MONROE'S FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY FAIR OAKS, CA 95628

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?

Competitive stipend

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

ALTERATIONS by Patina

SPECIALIZING IN BRIDAL & FORMAL

11082 Coloma Rd., Suite 7
Coloma Village Shopping Ctr. • Rancho Cordova

(916) 853-1078
WWW.ALTERATIONSBYPATINA.COM

Dianda's Italian Bakery & Cafe

(916) 966-3757

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

Located in Fair Oaks Village
10131 Fair Oaks Blvd. | Fair Oaks, CA 95628

Adult / Elder Care

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

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

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

Apartments for Rent

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

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

Auto Donation

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

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

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. Tax-deductible, all vehicle conditions accepted. www.SongsofLove.org 888-909-SONG (7664). (Cal-SCAN)

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

Business Opportunities

ALL CASH VENDING! Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

THINK CHRISTMAS - START NOW! Own a Red Hot - Dollar, Dollar Plus, Mailbox or Discount Party Store from \$51,900 worldwide! 100% Turnkey. Call Now 1-800-518-3064. www.DRSS4.com (Cal-SCAN)

Earn Money with Your Computer The best \$299.00 investment during this economy! Benefits So Awesome! \$300.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

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

Business Services

CLASSIFIED ADVERTISING ADVERTISING in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$550. Reach over 6 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

DISPLAY ADVERTISING in 140 Cal-SCAN 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 network of 50-plus newspaper web-sites. Border to Border with one order! \$7 cost per thousand impressions statewide. Call for details: (916) 288-6010. www.CaliforniaBannerAdNetwork.com (Cal-SCAN)

Computers

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

Construction

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

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

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

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)

Drywall

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

Elder Care

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

Electrical Services

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

Fencing

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

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

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

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

Financial Services/ Money to Loan

CASH NOW! 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)

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

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

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

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

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)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets

or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

Gardeners

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

Golf Equipment for Sale

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

Groomer

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

Guitar Lessons

Guitar, 1st 2 Lessons Free. Classic, Flamenco, Standard. All ages & levels. 682-7082. (MPGM)

Hair Braiding

Specializing Bi-cultural Dry Hair Problems. Com Rows \$25 & up. Flat Iron \$35-\$65. Relaxer/Curls \$65. Sewing Weave \$135 & up. Single Braids \$125 & up. Two String Twist \$125 & up. Available 24 hr by appointment. 5320 Auburn Blvd. 996-8817 / 4751 Freeport Blvd. 1-800-722-8944. (MPGM)

Handyman

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

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

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

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

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

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

Health/Misc.

HERNIA REPAIR? Did You Receive A COMPOSIX KUGEL Mesh Patch Between 1999-2008? If the Kugel patch was removed due to complications of bowel perforation, abdominal wall tears, puncture of abdominal organs or intestinal fistulae, you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727. (Cal-SCAN)

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

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

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

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Wanted

Plumber - If you have great customer service skills, well spoken, comfortable talking to home owners and have residential plumbing experience, we want to hear from you! *You must have 2 years plumbing experience* *We are looking for experience with the following: Drain clearing and cleaning Install hot water heaters 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* Please email your RESUME 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! Here are some details that might interest you.... Medical plan offered after 180 days. 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!* (MPG)

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

ATTN: COMPUTER WORK. Work from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/mo. Full Time. Training provided. www.KTPGlobal.com or call 1-800-330-8446. (Cal-SCAN)

INTERNATIONAL CULTURAL EXCHANGE Representative: Earn supplemental income placing and supervising high school exchange students. Volunteer host families also needed. Promote world peace! 1-866-GO-AFICE or www.afice.com (Cal-SCAN)

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 bonus. www.NationalGuard.com/Careers or 1-800-GO-GUARD. (Cal-SCAN)

LOGISTICS TRAINEE Earn as you learn. Good pay, medical/dental, \$ for school. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

NOW HIRING Individuals with advanced knowledge in Antiques, Coins, Currency, etc. Earn 50K-100K. Work only 42 weeks/year. All expenses paid. Will Train. 217-726-7590 x146. (Cal-SCAN)

In-Home Caregivers Wanted Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (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 your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372-9640 (MPG)

AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchildren.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)

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

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

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

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

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelopez1980@yahoo.com if interested (MPG)

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

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000/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, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted - Drivers

Ready For A NEW OPPORTUNITY? GORDON TRUCKING - We have Home Weekly & Regional Options! *Team & Solo OTR positions *Regional Openings *New Equipment! *Better Benefits! *Lots of safe miles! *Consistent Home Time! If this sounds like the right opportunity for you then call 1-888-832-6484 or log onto www.TeamGTI.com to chat with a recruiter live EOE. (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. (MPG)

Help Wanted - Sales

WANTED: LIFE AGENTS. Earn \$500 a Day. Great Agent Benefits. Commissions Paid Daily. Liberal Underwriting. Leads, Leads, Leads. Life Insurance License Required. Call 1-888- 713-6020 (Cal-SCAN)

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

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 Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

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

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

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

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 (MPG)

Tall Weed Cutting Low Rates 916-524-7477 (MPG)

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabellagarden.com or cto 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 at 916-934-9944 (MPG)

Lawn Service

American Lawn Service Weekly Service \$15/week. Quote for one time service. 487-7905 (MPGM)

Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (MPG)

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

Miscellaneous

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

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

Miscellaneous Items For Sale

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)

Kawai upright piano and bench, used, excellent condition, oak finish. \$3000 Call: 916-988-2927 (MPG)

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

Miscellaneous - Want to Buy

WANTED: OLD POSTCARDS 483-0622 (MPG)

Musical Instruments

Guitar, Acoustic Unused with accessories. \$85 Cash. 362-7118 (MPG)

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

Notary

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

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

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

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG)

Pets

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

Home Sitters on Wheels office needs two RVers with RV's for pet sitting. Call 916-483-5146 for more information. (MPG)

Annie's Pet Sitting Services Licensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (MPG)

Piano Lessons

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916/858-1571 (MPG)

Piano lessons for children and adults by experienced,

creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Prayers & Novenas

THANKSGIVING NO



It Might be Time to Consider a Cash-in Refinance?



Karla Hawe,
Mortgage Planner/Mortgage Broker

Partners Mortgage

Karla Hawe,
Mortgage Planner/Mortgage Broker

It Might be Time to Consider a Cash-in Refinance?

Here is a thought you might not have considered if you are looking to refinance your mortgage – a cash-in refinance.

A cash-in refinance is exactly what it sounds like. Instead of borrowing against your home equity as you would in a cash-out refinance, you're bringing additional money to the table to pay down your loan principal. And this is becoming the hot new trend in mortgage refinancing.

Cash-in refinancing was nearly unheard of a few years ago. With real estate value soaring, cash-out refinancing was the way to go. Borrowers were borrowing against the seemingly endless growth of their home equity. When housing prices declined, it is not surprising that cash-in refinancing is growing just as popular.

Advantages of cash-in refinancing

Cash-in refinancing offers several

advantages that make it worth considering, particularly at a time when banks have tightened their lending standards. First, it makes it easier to qualify for a refinance-if your home has lost value and perhaps is even "underwater" (you owe more than your property is worth), bringing additional cash to the table can improve your equity position.

Increasing your equity in the property can help you qualify for a better mortgage rate, particularly if you keep the equity at 20% or less.

Putting up additional cash can also bring you back "above water" and make it easier to qualify for a refinance in the first place. Even if you can't get back to positive equity, putting up a bit of cash might bring you within the range of 110 percent refinance available through the government's Making Home Affordable Program, particularly if you are presently stuck at a high rate or in an adjustable rate mortgage.

A better return on your money

Another reason to think about a

cash-in refinance is as an investment. Consider this: If you are only earning 1-3 percent on a certificate of deposit (CD) or savings account, you can probably get a better return putting that money toward your mortgage. If you can refinance your mortgage in the 5.25 percent range, any additional money you put in is effectively earning you 5.25% range interest, since from a profit and loss perspective, interest you don't pay is the same interest earned. In fact you'll earn even more, considering the mortgage interest is usually tax deductible.

I would like to offer to look at your current situation and see if a cash-in refinance might help improve your financial situation. Please feel free to contact me; with over 18 years experience, I pride myself as a professional mortgage planner.

Karla Hawe, Mortgage Planner/
Mortgage Broker

Partners Mortgage

916.704.5015-

khawe@partnersmortgage.com



POPPOFF!

with Mary Jane Popp

MOOD FOOD

We've always known that eating right makes for good health. But eating for optimal emotional and mental health? You bet! Psychologist, Dr. Udo Erasmus, one of the leading authorities on the role nutrition plays in mental and physical health, says you can feed your mood with food. Dr. Erasmus has been featured in hundreds of publications around the world from the New York Post to The London Times. According to the good Doc, "Foods containing specific nutrients can boost our IQs, calm nerves, elevate our moods, improve our concentration, even alleviate symptoms associated with hyperactivity and learning disorders." Dr E says the first step is to add appropriate foods or nutrients to the diet to remedy deficiencies. Mind you, these are not instant fixes. You can expect to see a gradual lessening of your symptoms over a period of several months. Here are a few of his suggestions:

DEPRESSION: Foods containing fatty acid Omega 3, like cold water

tuna, salmon, herring, and mackerel, have been found to elevate mood. For vegetarians, flax, sunflower, and pumpkin seeds are rich sources of essential fatty acids.

APATHY AND MENTAL FATIGUE: Women often find feasting on iron-rich liver, remedies oxygen levels throughout the body which helps create an energetic attitude toward life.

ANGER: Turkey and Chicken, as well as bananas contain tryptophan, a building block of serotonin, which produces a mellowing effect.

CAN'T CONCENTRATE: Improve concentration with greens on a short term basis, Omega 3 rich flax and safflower seeds over the long term. When concentration difficulties are extreme, mega doses of Omega 3 and Omega 6 oils have proven effective.

LOW SEX DRIVE: Chocolate has often been used to jump start the libido because it contains theobromine, which induces feelings of euphoria and happiness. Brazil nuts are rich in selenium which helps sperm production. Oysters, long considered an aphrodisiac, are rich in zinc, an important for sexual function.

INSOMNIA: Magnesium, a muscle relaxer, can be found in green vegetables. Calcium, which works in conjunction with Calcium, is plentiful

in milk and cheese.

VIOLENT BEHAVIOR: Can be treated with fatty foods containing the essential fatty acids, or with concentrated supplements containing Omega 3 and Omega 6.

LEARNING PROBLEMS: Vitamin B foods help focus the mind. They include green leafy vegetables, seafood, and whole grains. Don't forget foods rich in essential fats to nourish the brain, which is comprised of 60% fat. Also, cereal containing fiber was found to assist learning skills in a recent university test.

MIGRAINE HEADACHES: Five daily glasses of pure water along with regular consumption of fiber-rich food will help flush headache-producing toxins from the body.

It's a start, and hopefully we can get back on the road to happy health and marvelous mood. Let's face it, how we look at life counts too. Is the glass half full or half empty? Dr. Erasmus is the author of "Fats That Heal Fats That Kill" and "Right Fat Diet Plan". If you'd like more info, call check out his Website at www.fitnessfats.com. Feel better? I DO!!!

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



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.

RETIREMENT LIVING
ASSISTED LIVING & MEMORY CARE

Aegis Living

We're the people who make life better.

Aegis of Carmichael
4050 Walnut Avenue
Carmichael, CA 95608

RCPE #347003994



CHAUTAUQUA PLAYHOUSE to open ANYTHING GOES on June 25

Chautauqua Playhouse announces its summer show, the Cole Porter musical ANYTHING GOES, opening on June 25, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through July 18. There will be no performance on July 4th. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

ANYTHING GOES debuted on Broadway in 1934 and introduced many of Cole Porter's biggest hits – "You're the Top", "All Through the Night", "Blow, Gabriel, Blow", "I Get a Kick Out of You" and starred a young Ethel Merman. The show was revised in 1962 and added several other Porter songs, including "It's Delovely" and "Let's Misbehave".

The musical show tells the tale of a cruise ship sailing from New York to London, carrying a stowaway, a gangster and his moll, an Evangelist turned nightclub singer, an English nobleman and his fiancé. Cases of mistaken identities complicate matters as the passengers on board think they are sailing with Public Enemy Number One.

The show, produced in association with Dreams-n-Stuff Productions, features Salina Diane, Warren Harrison, Rodger Hoopman, David John Silva, Monica Parisi and Lyra Dominguez. Choreography is by Pamela Kay Lourentzos. Set direction is by Rodger Hoopman.

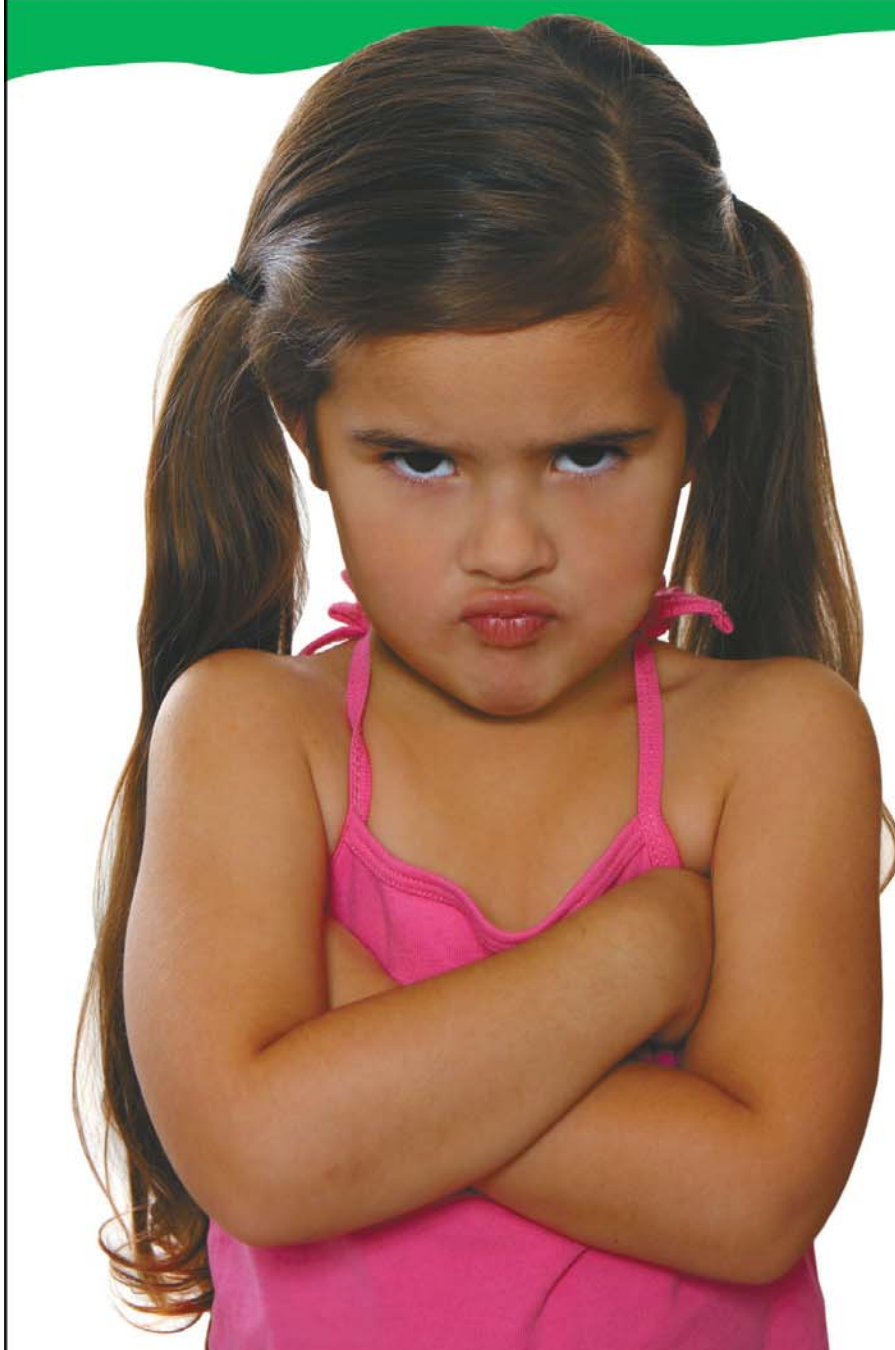
For tickets or more information please visit the Chautauqua website at www.cplayhouse.org or call the theatre at (916) 489-7529 (PLAY).

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.



Support Our TROOPS WEEK

Merrill Gardens is hosting special events nationwide to help support our troops. Please join us.

Enjoy a family-style spaghetti dinner with all the fixings, and live big band music by nine-piece band the Rotary Rooters, while we raise money to help our troops. **All proceeds will benefit the USO.**

Thursday, June 17 • 5:00 – 7:00 pm

Minimum Donation: \$10 per attendee

RSVP: By June 14th



MERRILL GARDENS
AT CITRUS HEIGHTS
A one of a kind retirement community

(916) 725-7418
7418 Stock Ranch Road
Citrus Heights, CA 95621
www.merrillgardens.com



RETIREMENT & ASSISTED LIVING



welcome home TO THE AGING EXPERIENCE

welcome home to eskaton

Experience aging as it's meant to be. At your place or ours. Eskaton is Northern California's premier aging-services provider with 37 unique properties and programs.

Eskaton's Home-Based Support provides quality care and services in your own home.

Eskaton's Community Living offers you the choice of independence, assistance, rehabilitation, respite and memory care.

And the Eskaton brand assures you of our innovation, compassion and four decades of experience.

Call, click or come by for a visit. 916-334-0810 or 866-ESKATON | www.eskaton.org

Also, ask about free resources for caregivers.

ESKATON
Senior Residences and Services

ENTER FOR A CHANCE TO WIN! A PICKUP TRUCK AT PARTICIPATING TNT® FIREWORKS STANDS AND TENTS, OR TNT® SUPERCENTERS.

No purchase necessary. Must be at least 18 years of age and have a valid driver's license. To enter, complete a form at a participating sales location by July 5, 2010. Only one entry per person. See Official Rules at sales locations or at: www.tntfireworks.com for details. Promotion not sponsored by, approved by, or affiliated with any vehicle manufacturer, or its parent, subsidiaries, or affiliates. Void where prohibited.

SEE OFFICIAL RULES FOR DETAILS: For Illustration Only. Vehicle offered as prize will differ.

\$10 off

ANY PURCHASE OF \$50 OR MORE

Not valid with any other offer. CODE# 4110
Product availability governed by state and local laws. Check local ordinances for sale and use of fireworks.
To redeem you must present coupon at checkout of participating TNT® Fireworks stands and tents, or TNT® Supercenter locations.

OFFER GOOD THRU JULY 5, 2010.

\$5 MENU

More under \$5 items available at your local TNT® Stand.

Over 15 items under \$5

\$2.29

\$4.99

FREE FINALE

With Select Assortment Purchase

\$139.99

RETAIL VALUE \$164.04

Buy a BIG TIMER and Get a TNT® FOUNTAIN FREE

FREE

\$23.99 Value

While Supplies Last!

\$99.99

RETAIL VALUE \$130.33

Buy a BLOCK PARTY and Get a NIGHT TREASURE FREE

FREE

\$12.99 Value

While Supplies Last!

\$239.99

RETAIL VALUE \$310.01

Buy a TNT® BIG ONE and Get a MY STARS FREE

FREE

\$29.99 Value

While Supplies Last!

TNT BUY ONE GET ONE FREE

WHILE SUPPLIES LAST

\$2.49

\$8.99

\$5.99

\$4.99

\$7.99

\$14.99

\$19.99

NEW FOR 2010

\$4.00

\$3.00

\$10.00

\$19.99

www.TNTFireworks.com



Cindy Sue Jones of The Pampered Chef

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

916-988-4810

www.PamperedChef.biz/CindySueCookingParty

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



Hometown Hero

Air Force Airman Sara R Mula



Air Force Airman
Sara R Mula

Air Force Airman Sara R. Mula graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

She is the daughter of Pamela Mula-Young and Michael Young of Mountainside Drive, Citrus Heights, Calif.

Mula is a 2009 graduate of Mesa Verde High School, Citrus Heights.

100% Satisfaction Guaranteed



Better Hearing Made Easy

Get the world's first disposable hearing aid

If you or your loved one has mild to moderate hearing loss, the all-new Songbird™ flexfit™ is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms—without sacrificing quality or comfort.

ALL NEW!

Improve your hearing without hassle or major expense

- Crystal-Clear Digital Sound Quality
- Lasts for 400 Hours of Active Use*
- No In-Office Fittings or Maintenance
- No Batteries to Replace
- Order from Home—by Phone or Online



Makes conversations clearer and more enjoyable

You may not always need help hearing.
For the times you do, trust Songbird.



Two Payments of **\$39⁹⁵**

ASK HOW TO GET FREE SHIPPING!

Not available in stores
Try It Now Risk-Free†
Call 1-888-287-4963



Compact design as shown in hand



Product worn as shown—hides discreetly behind the ear

*Under typical use patterns, battery lasts for 400 hours of active use (when turned on). Make sure to turn the device off when not in use to maximize battery life. †Less shipping and handling. The Songbird flexfit™ disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

PR07220835

Lifetime Warranty Brake Pads Installed

\$69⁹⁵ Front or Rear
(Regular \$129.95)

- Lifetime Warranty Covers Pads Only
- Most Cars, Per Axle, Front or Rear
- Additional Parts and Labor May Be Required at Extra Charge

Includes Pads and Labor

Must present Coupon.

River City Brakes

- Lifetime Brakes
- Lube, Oil, Filter
- Computer Diagnostics
- A/C Service
- Tune-Ups
- Free Brake Inspection
- Alternators & Starters
- Timing Belts

Authorized Factory Warranty & Maintenance Facility

Offering 30/60/90K Mile Warranty Service

7808 Fair Oaks Blvd., Ste. B, Carmichael

916-944-1193

Hours: Tues.- Sat. 8am-5pm, Mon. By Appt.

We gladly honor all competitor's lifetime brakepad warranties



Discover affordable independent senior living from the name you trust for quality!

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

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

Move in before May 1 and become eligible for dinner FREE for a month

the Chateau at Carmichael Park

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



www.HankFisherProperties.com





Carmichael Chamber of Commerce



Linda Melody (l), Pastor Duckett and Staff show off the great food from their previous luncheon.
Photo by Susan Maxwell Skinner.

June Meeting & Luncheon Cypress Avenue Baptist Church

The Tuesday, June 22 Chamber General Meeting & Luncheon will be held once again at Cypress Avenue Baptist Church, 5709 Cypress Ave, between Garfield and Manzanita, next to the Elks Lodge. Networking begins at 11:30 a.m.; the meeting and luncheon begin at noon. This month's guest speaker will be Bill Slaton from SMUD. He will be discussing the new Smart Meter Project. In order for the church to have ample time to prepare for the luncheon, PLEASE RSVP NO LATER THAN JUNE 16 to the Chamber office.

Four Chamber Mixer June 30

The Carmichael Chamber's next mixer will be a multi-Chamber mixer on Wednesday, June 30 from 5:30 - 7:00 p.m. at Northridge Country Club, 7600 Madison Ave, Fair Oaks, 95628. Hosts for this event include the Chambers of Carmichael, Fair Oaks, Orangevale, and Citrus Heights. Northridge will be catering the event and there will be plenty of businesses represented at this table top mixer. You won't want to miss out on the great raffle prizes. We are going to be collecting paper and pencils to

help out our local schools. Bring plenty of business cards to network within the different Chambers, and a raffle prize to share. For more information, contact the Carmichael Chamber office at 481-1002.

Need Mixer Hosts

July 14, August 11, November 10

The Carmichael Chamber is looking for member businesses to host a Chamber mixer for July, August, or November. Mixer's are held on the second Wednesday of each month from 5:30 p.m. - 7:30 p.m. This is a great opportunity to showcase your business and increase awareness of your company or organization. Hosts must be Chamber members. For more information, or to host a mixer, please call Linda at the Chamber office at 481-1002.

New Website Coming This Month

The Carmichael Chamber will have a new website this month. There will be different levels of sponsorship for your business. This will give you and your company or organization much more exposure. To get more information, please contact the Chamber office.

Contact us for more information on the Carmichael Chamber of Commerce
Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com

Sacramento
CAPITALS
25
YEARS

Get Close

Fast. Family. Fun.

July 5-22

Capitals Stadium
Westfield Galleria at Roseville

Michael Chang
(appearing July 5)

Lindsey Davenport
(visiting July 14)

Get up close and personal with the World TeamTennis Sacramento Capitals. Tennis like you've never seen – fast-paced matches, music, food, energized fans – and above all, fun for the whole family.

WTT

Get in the action this season.
Order tickets today.

gocaps.net or call 916.638.4001

DC JR. COUGARS

**WANNA
PLAY**

F
O
O
T
B
A
L
L

COME OUT AND SHOW YOUR SKILLS
FOR THE
2010 FOOTBALL SEASON.
AGES 6-14YRS OLD
WE ARE TRAINING THE NEXT GENERATION
OF
DEL CAMPO FOOTBALL PLAYERS.
WE STRIVE TO TEACH FOOTBALL SKILLS,
INTEGRITY, TEAM WORK, SELF DISCIPLINE,
LEADERSHIP AND GOOD SPORTSMANSHIP.
WE ARE PROUD TO BE A
ATHLETIC PARTNER OF THE DEL CAMPO
HIGH SCHOOL FOOTBALL PROGRAM,
DIVISION III SECTION CHAMPIONS AND
COACH OF THE YEAR, MIKE DIMINO.

CAMP BEGINS JULY 27, 2010

FOOTBALL REGISTRATIONS \$250.00
INCLUDES PERSONALIZED JERSEY TO KEEP &
PRE-SEASON FOOTBALL CAMP HOSTED BY
COACH OF THE YEAR, MIKE DIMINO
RETURNING ATHLETES BRING A FRIEND &
RECEIVE \$20 OFF PAID REGISTRATION!!

Accepting Deposits and payment arrangements



VISIT OUR WEBSITE FOR REGISTRATION DATES
WWW.DCJRCOUGARS.ORG
A Non-Profit Organization
COUGAR HOTLINE: 916-968-0509



C
H
E
E
R
L
E
A
D
E
R
S

SHOW US YOUR SPIRIT AND LEARN
CHEERLEADING SKILLS, TEAM WORK,
SELF DISCIPLINE AND GOOD
SPORTSMANSHIP WITH THE
DC JR COUGARS CHEERLEADERS.

2010 JAMZ NATIONAL CHAMPIONS!

IF YOU HAVE WHAT IT TAKES TO HAVE
FUN, SHOW LEADERSHIP AND SHINE

WE WANT

YOU!!!!

CHEER REGISTRATIONS \$200
(does not include uniform)

MASCOT REGISTRATION \$150
(rental uniform included)

THIS PROGRAM IS NOT AFFILIATED WITH SAN JUAN SCHOOL DISTRICT. SJUSD ACCEPTS NO LIABILITY OR RESPONSIBILITY FOR THIS PROGRAM