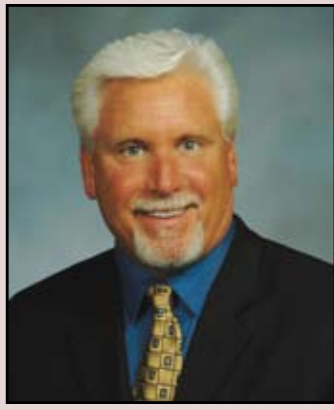


# Carmichael Times



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**MPG**

**Wishes  
Everyone a  
Happy Easter**

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Volume 30 Issue 13

Serving Carmichael and Sacramento County since 1981

March 31, 2010

## Job Demand and New Hiring Trends "Spring Up"

*Local companies Expect Growth in Second Quarter*



*With businesses and employers looking to begin to add new employees in the second quarter, smiles are returning to the faces of many area job-seekers*

**Sacramento Region** - Employers in Sacramento are warming up to increasing demands for products and services by planning to hire additions to their current workforce in the second quarter of 2010. While some specific industry segments remain weak, Pacific Staffing has discovered that hiring attributed to the need for more workers rose to thirty-seven percent (37%) of overall demand in the latest telephone poll of 100 top companies. At this period last year, just fourteen percent (14%) planned growth hiring in the months of April, May and June. This was also the second Quarter this year to demonstrate increased motivation by employers to grow. Twenty-percent (20%) of hiring in January, February and March was attributed

to demand for workforce growth. Sixty-one percent (61%) of the Sacramento regional companies polled between Feb. 22 and March 18th report plans to hire in the second Quarter. In contrast, and a virtual reversal of the survey numbers, fifty-nine percent (59%) of employers weren't hiring anyone during these same months in 2009.

As the weather heats up in Sacramento, twenty-percent (20%) of hiring is motivated by seasonal changes in April, May and June according to regional employers contacted.

**Another Strong Extra Indicator:** When asked if more employees were requesting time off for vacations this year than last year, twenty-two percent of HR contacts said, "Yes." A greater confidence in workforce stability

and economic recovery would be indicated as 10% of Service, 4% of Manufacturers, 4% of Construction and 4% of Retail companies report more workers taking time off in the months ahead than at this time last year.

Some economic uncertainty remains with weakness in hiring demand problematic in specific industry segments including printing/publishing, manufactured housing, construction and auto retail.

The demand for sales and technical skills are both in high demand in the next three months. Sacramento regional HR contacts also report needs for workers with customer service, manufacturing and construction trades experience in the next Quarter.

The greatest ongoing workplace and human resources challenge concerning employers remains the cost of healthcare benefits. Secondly, HR professionals remain concerned about continued recovery of the economy and greater demand for products and services.

**Of the 100 Top Sacramento Regional Companies:** 42% are Service, 35% are Manufacturers, 15% are Construction and 8% are Retail.

*How does this Quarter compare to last quarter; or last year? Find out for yourself, for more information & surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).*

*Source: [www.pacificstaffing.com](http://www.pacificstaffing.com).*

## Annual Easter Egg Hunt Comes to Carmichael Park



*The Easter Egg Hunt is to be held Saturday, April 3rd, at the Carmichael Park Clubhouse, 5750 Grant Avenue. The event is FREE and BYOB! (Bring Your Own Basket)*

**Carmichael** - Hop on over for a HUGE egg hunt, pancake breakfast, live music, clowns, Sacramento Metro Fire, and kids crafts! The egg hunt (rain or shine) will begin SHARPLY at 10am. Please arrive at least 30 minutes early so you don't miss this EGG-CELLENT event!

Groups are divided by age: 2 & under, 3-4 years, 5-6 years, and 7-8 years of age and will be located at different areas throughout the park. All age groups depart at the same time.

The Pancake Breakfast will be held from 7-11am. The cost for the breakfast are; Adults \$5, and Children ages 12 and under, \$3.

The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information, call the Carmichael Recreation and Park District at 485-5322 or visit [CarmichaelPark.com](http://CarmichaelPark.com).

County Supervisor Susan Peters will be holding her second "Office Hours" at Carmichael Park during the community's annual egg hunt and pancake breakfast. The annual program provides a casual venue for residents to meet with her to talk about issues as opposed to making an appointment downtown

at the County Administration Center. Peters will set up a table near the egg hunt between 9:30 to 11 a.m. for residents who wish to drop by and discuss with her items of interest. No appointment is necessary with visits to be handled on a "first come basis."

"Carmichael's annual egg hunt and pancake breakfast is a great community event," says Peters. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure. I'll be available to talk about county matters while people can enjoy a tasty breakfast or watch the children search for eggs.

## Thar's (Still!) Gold in Them Thar Hills!



*Jerry Levitt has been mining gold for almost 30 years.*

*By Beth Callahan*

Many Californians happily live, work, travel, and play on the former sites of California's 1800s Gold Rush, never imagining the nearby riches that still remain undiscovered. Although gold is no longer found in the fabled quantities of those heady days, far fewer folks search for it as well. Some of those who do are more successful than you might imagine.

Jerry Levitt is a self-described "sourdough" who has been mining gold for almost 30 years. While he has claims in both Alaska and Northern California, some of his richest finds have come from the South Fork of the American River. "Anyone can try their

luck on the American River across from Coloma Park," he advises. "That's still a great place to pan. Kids often pull out fingernail-sized nuggets."

And when you find gold, be quiet about it! Jerry says that real 49ers never cried, "Eureka!" "Why would you do that?" he asks. "Someone would know who to rob!" Instead, successful gold panners would quickly stick the gold nuggets in their mouths and keep them under their tongues until the end of the day. "The smart ones never said a word to anyone about their findings," says Jerry. Even today, when people ask if there's any gold left to find, many modern miners will say, "NO!" (But if they mumble, it might be because they have gold

nuggets under their tongues!)

Retired from the State Board of Equalization, Jerry also has some tax advice for modern gold hunters. "Gold that you find - it's called 'bullion' - is tax-free to the finder. But if you sell it, successive buyers have to pay taxes on it." At one time, Jerry's hobby yielded enough tax-free gold to pay for an annual one-month vacation on Waikiki Beach!

Jerry will be sharing his gold-panning expertise and stories with visitors to the Discovery Museum Science & Space Center on April 10 and 11. Troughs will be filled with water and sand, and salted with genuine semi-precious stones and minerals, including real gold. Tenderfoot miners can

rent a "claim" at the trough for \$3, and Jerry will show them the finer points of panning. Glass vials are provided to take home the treasure should miners decide against hiding their findings under their tongues. For those who would like to own and wear genuine Sacramento-area gold nuggets, Jerry's gold is available at the Museum Store in the form of beautiful jewelry and belt buckles, all handmade by the miner himself.

*For more information:  
Discovery Museum Science & Space Center,  
Challenger Learning Center  
Call (916) 808-3942.  
The museum is located at  
3615 Auburn Boulevard,  
Sacramento, California 95821*

# Local Music Enthusiasts Enjoy "Circus of Solos"

## SACRAMENTO SYMPHONIC WINDS



Dr. John Onate (L), playing solo here, loves playing the trombone when he is not working as an assistant professor of medicine at UC Davis.



Flutist Presilla Kim is the winner of the Sacramento Valley Symphonic Band Association's Youth Artist Scholarship Award for the third year in a row. She performed as one of four soloists at the concert.

Carmichael - On a beautiful, sunny Sunday afternoon, March 21st, the Sacramento Symphonic Winds performed at the La Sierra Community Center to a crowd of over 300 enthusiastic local music lovers. The concert, titled Circus of Solos, was led by Music Director Dr. Les Lehr.

The performance included solos by flutist Presilla Kim, trombonist John Onate, Alto saxophonist Allan Olson and Euphonium soloist Dr. George Preston. The performance covered a wide range of musical

selections, something for everyone in attendance.

Selections performed were Barnum and Bailey's Favorite, (K.L. King), Capriccio Espagnol, (Rimsky-Korsakov), Andante et Allegro, (Barat), Fantasie Pastorale Hongroise, (Doppler), Catch Me If You Can, (Williams), Cossak Dance (Tchaikovsky), Variations on a Theme by Haydn (Johannes Brahms), Seascape, (Reed), and Gershwin.



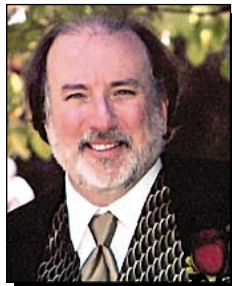
Alto sax soloist Allan Olson, when not performing with SSW, is also active in the Folsom Lake Symphony, a sax quartet and the music department at his church.

The Sacramento Symphonic Winds seeks to perform superior wind music at a high level of professionalism. The SSW is sponsored by the San Juan Adult Education Department and are also proud to be a member of The Sacramento Valley Symphonic Band Association which also sponsors the Amador County Community Band, the Auburn Concert Band, the Capitol Pops Concert Band, the River City Concert Band, and the Sacramento

Concert Band. We encourage you to follow the links to the association and the other community bands. The ensemble incurs many costs throughout a concert season, including the costs of maintaining its music library, setting-up various concert sites, printing programs and posters--these to cite just a few. These costs are paid by monies gathered by donations from the local community, by concert sponsors, and occasionally by band members.

### Carmichael Times

Serving Carmichael and Sacramento County since 1981



#### Publisher - Paul V. Scholl

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### 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.

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Mark Koller, Director of Recreation Services  
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**Carmichael Recreation and Park District is announcing the following events:**

**EASTER EGG HUNT AND PANCAKE BREAKFAST**

Carmichael Park,  
5750 Grant Ave, Carmichael

Saturday,  
April 3, 2010  
Egg Hunt  
10:00 am



**Please Bring Your Own Basket! Pancake Breakfast 7 – 11 am.**



**Community Rummage Sale**

**Location:**  
La Sierra Community Center  
Skate Park, 5325 Engle Rd,  
Carmichael  
Saturday, April 17, 2010,  
8 am – Noon  
FREE for shoppers of all ages

La Sierra Skate Park is hosting its first every Community Rummage Sale. If you have household items, toys, clothes, furniture and more that you would like to donate, please drop them off after April 1 during the skate park's operating hours: 3:30 – 8 pm Monday

through Friday, and Noon to 6 pm on weekends. Then join us for some great bargain hunting on Saturday April 17. All proceeds benefit the La Sierra Skate Park. Please call 483-7826 for more information.

**Skate Camp**

**Location:**  
La Sierra Community Center  
Skate Park, 5325 Engle Rd,  
Carmichael  
March 29, Monday thru Friday,  
April 2, 10 am – Noon  
\$50 for the five daily sessions  
Ages 5 - 10

Spend spring break getting introduced to the basics of skate boarding! Tricks like ollies and kick flips along with proper safety will be covered in a positive and safe environment. Instructor, Bob Kerr, has over 20 years experience in the field. Participants should bring a helmet and skate board. Please call 483-7826 for registration information.



Dr Bob Graykowski



We urge our patients to seriously consider how television is affecting them and their families. Following are eight excellent reasons to turn off the tube.

**No. 1: Prevent Obesity**

We are concerned about our patients' expanding waist lines due, in part, to too many hours in front of the television set and lack of physical activity. And now, in addition to couch potatoes, there's a new generation of couch spuds: children are suffering from morbid obesity and the resulting ill health.

**No. 2: Bonds Families**

Avoiding the television allows families to connect and explore the world together. Cooking a healthful meal, building a model, playing board games or tossing around a ball are just a few of the bonding activities that can bring a family closer together.

**No. 3: Reduces Violence**

Indirect aggression is associated with suppressing anger, emotional outbursts and difficulty with attention control. On the other hand, direct aggression involves acting out in a violent or

**Eight Reasons to Turn Off the TV**

*You've heard it all before: Watching too much television is bad for your health. But have you really "tuned in" to the research or simply pressed your own virtual "mute button"?*

confrontational manner. Violence is often portrayed on television as a way to solve problems and handle conflicts: a negative message for both adults and kids.

**No. 4: Broadens Attention Spans**

It might appear that a child has a long attention span because he or she can sit for hours watching cartoons. But research shows that too much television actually has the opposite effect. Help broaden your child's attention span by limiting TV viewing time and promoting activities that exercise his or her imagination.

**No. 5: Improves Sleep**

It's arduous to get a proper night's sleep when your mind is over-stimulated by television: particularly when that screen is in the bedroom.

**No. 6: Boosts Brain Power**

The more television a child watches, the less time researchers say he or she spends doing homework, studying and reading for leisure.

**No. 7: Helps Safeguard Innocence**

Approximately two-thirds of televised programming contains sexual content, according to a study published last year in the *Journal of the American Academy of Child and Adolescent Psychiatry*.

**No. 8: Prevents Smoking**

The relationship between television viewing and age at

smoking initiation is significant. Higher levels of television viewing were related to earlier onset of smoking behavior in adolescents. Here's another finding that may surprise you: Children were more influenced to smoke by the actors and actresses on television that from peer pressure, parental smoking or gender.

**Helpful Hints**

- Encourage the entire family to get involved providing ideas on alternative activities.
- Avoid mega-sized TV sets. And don't make a TV or media center the focal point of your living space. Instead, hide a smaller set in a cabinet or armoire.
- Watch programs with your kids. Discuss them openly.
- Keep interesting, quick-read reading materials in your coffee table.
- Shut the TV off if you object to the content. Explain why it is offensive or not in line with your family's value system.
- Block objectionable content by using your television system's parental controls.
- Don't have your meals in front of a television

Making conscious choices for ourselves and our families also affects our community. Make some healthy lifestyle changes for a better future.

Creating a healthy community  
Dr Bob Graykowski



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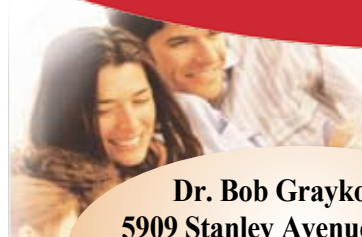
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**ROCK DOC**

By Dr. E. Kirsten Peters

# Gold in Them Thar' Hot Springs

temperature. Yellowstone has some like these, with pH values down to 1 and even 0 (amazing, but true). If you have been to Yellowstone, these are the "ugly" and stinky hot springs and mud pots to the north of the main lake.

It's natural to think nothing could live in the conditions of such spring water. But the Yellowstone hot springs have a host of "archaeal" organisms living in them. That name means they are single cell creatures that, like bacteria, have no nucleus, but they are even more primitive than bacteria.

One kind of archaeal organism is *Sulfolobus solfataricus*. (Yes, I know microbiologists love names that can look intimidating at first. But just concentrate on the fact the 'sulf' and 'solf' syllables suggests a love of sulfur, and the 'lob' syllable suggests a lobe-like shape for the microbe when you look at it under the microscope.) *Sulfolobus solfataricus* live in Yellowstone's hot springs and elsewhere in the world, too.

Professor Cynthia Haseltine of Washington State University and her graduate students study the creatures in question. And she's trying to teach me a little about them, because of my old interest in hot springs. (And, I suspect, because she's interested in "my" hot springs that can transport mercury and gold. But we'll get to that.)

But already I've been in for big surprises.

In middle age, I thought I knew the basics of life. But it turns out I'm really woefully ignorant. Haseltine's microscopic "bugs" can fuel themselves in two radically different ways. Like

you and me, they can eat carbon and nutrients and live on that. But they can also make a living off carbon dioxide and sulfur. I knew little bugs could do the carbon dioxide and sulfur diet, but I didn't know they could switch back and forth to "our" sort of eating, too, when it suits them.

"But that makes sense in evolutionary terms," Haseltine says. "If a microbe is living in the hot spring with sulfur and carbon dioxide available, it can grow – but that's slow growth. But then if leaves fall into the hot spring in the fall, *Sulfolobus solfataricus* can 'switch' and make a living and grow more quickly using the leaves as fuel."

Back to me in California, crouching over the hot springs that carried gold. All the work we did in that project tried to explain gold transport without respect to living creatures.

But what excited both Professor Haseltine and this Rock Head in talking to each other is the possibility that some *Sulfolobus* organism is not just present in the spring – Haseltine is sure it is – but that it may be interacting with the trace amounts of gold in the waters in ways that bring them to the surface.

Imagine that: from eating sulfur to dead leaves to, just maybe, ingesting gold, too.

That's quite a bug.

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @RockDocWSU. This column is a service of the College of Sciences at Washington State University.*

## SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

**Schedule for 2010**

- March 16-April 3 Mira Loma High School Show
- April 3-24 Watercolor Artists of Sacramento Horizons, Inc. Membership Show "The Sound of Brushes"
- April 27 - May 8 "Painting Where the Wild Things Are"
- 2nd Saturday Reception
- May 8, 5:30-8:30pm
- Sacramento Fine Arts Center



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4701 Gibbons Dr., Carmichael CA 95608  
**SWANSTON COMMUNITY CENTER**  
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2350 Northrop Ave., Carmichael CA 95825

**Artists Open Studio Tour - April 17, 2010**

Visit the studios of artists of the Sacramento Fine Arts Center, Saturday, April 17, 10am-5pm. See how artists set up their work space and supplies. Artists will have their artworks on display and some will demonstrate how they work. Participating artists: Diana Holt, Phyllis Eymann, Marie Dixon, Jackie Keller, Joan McMurray, Rhonda Egan, Maliheh Bartomomeo, Kathy Young Ross, Sheila Jacobs, Gretchen Ryan, Jack Warren, Skip Lee, Kenneth Potter, Dianne Mattar, Paula Lloyd.

Get a map for the studio tour at the Sacramento Fine Arts Center, 5330-B Gibbons Drive, Carmichael, CA, \$10 donation. All proceeds benefit the programs offered at the center. For information call Joan McMurray, 916-966-8910 or 916-971-3713



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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.



### Genealogical Association of Sacramento Meeting

The Genealogical Association of Sacramento will meet April 21, 2010 at the Colonial Heights Library, 4799 Stockton Blvd., at 1 pm due to the remodeling at Belle Coolidge Library. Sandra Harris will be speaking on "When Was That Picture Taken"

at Colonial Heights. Sandra is a professional photographer who conducts genealogy research for her personal family, and for people all over the U.S., Canada, Scotland, Ireland, New Zealand, and Australia. Our members' yearly trip to

Salt Lake City is planned for May 2-9 and your payment is due before April 10, 2010. Questions to: Donna (907) 269-9330 in Alaska, or Ralpa at (916) 689-4524. Visitors are always welcome at our meetings, so do come join us.



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St. George's Episcopal Church  
5600 Winding Way  
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## St George's Episcopal Church

Join us for Holy Week. Walk with Jesus through his final days, and then *really* celebrate his resurrection.

Join Jesus at the Last Supper, **Maundy Thursday** 6:30 PM Service with Potluck.

Join Jesus on the cross Good Friday. The **Good Friday Liturgy** is at noon. **The Good Friday Choral (Taizé) Tenebrae** (Service of Darkness) is at 7 PM.

Be there waiting for Jesus' resurrection at the **Great Vigil of Easter** Saturday at 7 PM. Be there for the Lighting of the Paschal Candle. Hear the vigil readings highlight our salvation history. Renew your Baptismal Vows. Share champagne or carbonated juice after.

Be with Jesus resurrected Sunday. **Family Service** at 9 AM. **Festal Choral Eucharist** at 10:30 AM. **Easter Egg Hunt** between services. The Flowering of the Cross takes place at both services

## HVAC TRAINING

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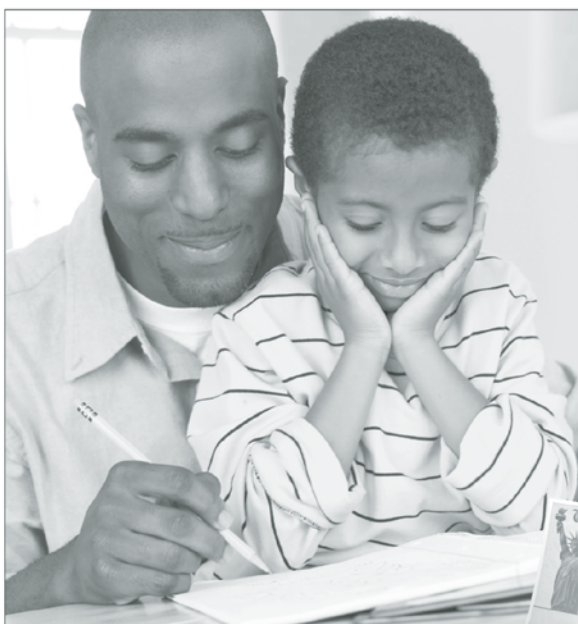
**Air Professionals Plus Day and Night Dealer**  
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### Monthly Military Retiree/Spouses Meeting

Our next monthly military retiree spouses meeting will be held on 13 Apr 2010 at the North Highlands Park and Recreation District, located at 6040 Watt Ave, North

Highlands. Meeting time is 1030 hrs. Our speaker will be Mikel O'Riordan and he will address an Under-Used VA Benefit, called Aid and Attendance. You don't want

to miss out on this informative meeting. Join us for a cup of coffee and excellent fellowship. Questions can be answered by contacting our volunteer staff at 561-7476.



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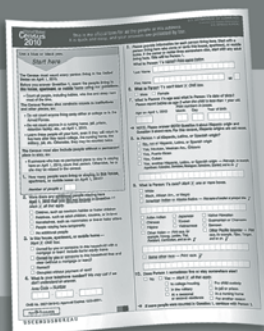
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More than your 2010 Census form may have arrived at your home.



### RELATIVES AND FRIENDS MAY BE LIVING WITH YOU WHO ALSO NEED TO BE COUNTED.

Your 2010 Census form may be on its way or may have arrived at your home...along with your Uncle Fred, Cousin Ann, the twins and their cat Fluffy, who may be moving in with you because of situations beyond their control. So when you're filling it out, please be sure to count everyone who is currently living in your household, including those who may have just moved in. The 2010 Census can help your community get funding for many things it needs, like hospitals, schools, police and fire stations and other things that hit home. [2010census.gov](http://2010census.gov)



We can't move forward until everyone is counted and it's sent back.

United States  
**Census 2010**

IT'S IN OUR HANDS



# Dare to Live Without Limits

## Repetition

By Bryan Golden

"We all love to win. But how many people love to train?" -- Mark Spitz

At the 1972 Olympics, swimmer Mark Spitz won seven gold medals and set seven new world records. An incredible feat that was unequaled for 36 years.

Those who have achieved a high level of proficiency have done so as the result of repetitious practice. Success is never realized instantly and certainly not after only just a few tries. Countless hours are spent learning and relearning.

Athletes devote hours each day to perfecting their skills and abilities. They consistently exercise, watch their diet, and practice their sport. Musicians practice each arrangement relentlessly until their performance is flawless. Doctors, lawyers, engineers, teachers and other professionals spend thousands of hours in school to learn their requisite skills. Over and over, pilots train to handle every possible situation they may encounter while flying.

There are no shortcuts. Developing new skills and habits requires repetition. It is in satisfying this requirement that many people fall short. There is a growing lack of patience that pervades general society and influences expectations. There is an overriding

desire for instant results.

Getting water to boil is a good example of the role of repetition. Suppose you're in a rush. You put the pot on the stove, turn on the heat, and nothing happens. Patiently you wait 5 seconds, 10 seconds and yet there is still no change. Even after a full two minutes, the water is still not boiling. Obviously you can't get water to boil. Other people may be able to do it, but it won't work for you.

Of course the above scenario is ludicrous. Anyone can get water to boil by applying enough heat for a long enough period of time. What's surprising is how many people turn the heat on for only a moment in their own lives before erroneously pronouncing their attempt a failure. Doing something only once and expecting instant results is no different than expecting water to boil in five or ten seconds.

Adequate repetition of sufficient effort is essential before you can enjoy the fruits of your labor. To boil water, there is a minimum amount of heat that is required. If the heat is set below the minimum, the water will never boil regardless of how long you leave it on the stove. Once you exceed the minimum temperature, the amount of time required for the water to boil depends on how hot the burner is and the quantity of water in the pot.

Your effort is the heat and

the magnitude of your goal is the size of the pot. How much repetition is required is the time. Without adequate repetition of great enough efforts, nothing will be accomplished.

There is no way to determine exactly how much repetition will be required. Therefore, all you can do is to keep at your task until you succeed. To give up before your goal has been realized is a shame and a waste. A lack of repetition is responsible for more disappointment than any other single cause.

You don't have to boil all of your water in one pot. You can work on one cup at a time. This strategy makes even the largest task doable and you can see results for boiling each cup much faster than waiting for the whole pot to boil.

To put the power of repetition to work for you, setup a schedule where you can work on your task every day. Take small steps. Consistency is critical. Devoting even 10 minutes a day is better than one hour a week. Once you form a habit of repetition, your successes will multiply.

**NOW AVAILABLE:** "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columlist.com](mailto:bryan@columlist.com) or write him c/o this paper. © 2004 Bryan Golden



### HOT TUB TIME MACHINE (Rated R)

People easily offended by raunchy comedy might want to avoid "Hot Tub Time Machine." Of course, the same warning could have been issued for "The Hangover," which proved to be a major comedy hit. Then there's the string of Judd Apatow comedies that were also hilariously demented farces. The gross-out comedic trend continues on a winning roll with the time-traveling exploits of a group of grown men reclaiming their glory days through the marvelous power of a hot tub. And you thought hot tubs were beneficial only for their therapeutic powers of the bubbly hot water.

The best friends, who form the core group in "Hot Tub Time Machine," are what one might charitably call losers. Adam (John Cusack), an insurance salesman, is morose and forlorn because his girlfriend just moved out, taking most of the furniture and the big screen TV. Nick (Craig Robinson), who long ago gave up his dream of a singing career, works as a dog groomer and contends with a wife who cheated on him. The self-absorbed Lou (Rob Corddry)

## Riley Reviews

RAUNCHY COMEDY OF "HOT TUB TIME MACHINE" TRAVELS WELL

is an alcoholic party animal who ends up in the hospital for what appeared to be a suicide attempt. Rounding out the group is Adam's nephew Jacob (Clark Duke), a video-game playing geek who won't leave his basement.

To avoid Lou's relapse into more reckless behavior, Adam and Nick, joined by Jacob, take him to a ski resort where they had attended Winterfest '86, a bacchanalia of sex and booze for the young hipsters of the mid-1980s. In the intervening years, the resort town has declined so much that it resembles a ghost town and the hotel is in shambles. Assisted by a surly one-armed bellboy (Crispin Glover, the group checks into the same suite they had more than 20 years before, but the hot tub is rusted and moldy. With the help of a mysterious handyman (Chevy Chase), the hot tub is transformed into pristine working condition, albeit it with a twist.

After relaxing in the soothing waters while drinking abundantly, the group is magically transported to 1986, where the fashion styles appear to be the greatest shock. Quickly adapting to the retro environment, the buddies decide they may try to change things that happened in the past. In particular, Adam would not like to be stabbed in the eye once

again when breaking up with his girlfriend. Lou would prefer not to be beaten up by a nasty bunch of ski patrol jerks. The aspiring singer Nick would like to be more aggressive in his stage debut with the local band.

not yet born in 1986, wants to be sure nothing alters history to point that he does not exist. This proves to be the conundrum for the group. They cannot change history so much that they are unable to return to the present, but neither can they resist trying to alter destiny on the margins to improve their fate. One of the funniest scenes involves an inebriated Nick calling his future wife, who happens to be only nine years old. Adam is smitten with a pretty girl named Alice (Lizzy Caplan), though any future together seems unlikely. Lou appears destined to remain a booze-fueled reckless fool no matter what.

Just for its title alone, "Hot Tub Time Machine" is an irresistible lure. The beauty of this film, given its excess of raunchiness, sexual antics and comic vulgarity, is that it is wildly funny for its slavish devotion to sheer idiocy. The four time-travelers are a nicely balanced group for their diverse comic talents. The wild-eyed Rob Corddry, of course, is the most manic of the group. John Cusack revives characters he played in the 1980s. The grounded Craig Robinson delivers an earnest portrayal of an aggrieved party. Clark Duke makes a nice comic foil. If you enjoyed "The Hangover" and other comic films of this ilk, "Hot Tub Time Machine" proves to be a real blast.

## Carmichael Cactus and Succulent Society

**Meeting:**  
**Thursday, April 1, 10:00 am**  
**Keith Taylor demonstrates**  
*"How to Prepare*  
*Your Plants for Show"*

Carmichael Park Clubhouse  
5750 Grant Avenue  
Carmichael, CA 95608  
**Cost: Free! Visitors are Welcome!**  
**Ph: 916-729-3475**

## Effie Yeaw Nature Center

### April 2010 Events

**Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Indian Culture**

**Park entrance fee: \$5.00 per car or FREE to ARNHA members**

**Open 9:00 a.m. - 5:00 p.m. Wednesday through Sunday, 9:00 a.m. - 1:00 p.m. Monday & Tuesday**

#### Creek Week

Be part of an area-wide volunteer effort to improve our creeks by collecting and removing trash and invasive exotic plants. For information, go to: [www.creekweek.net](http://www.creekweek.net)

**Friday, April 9th through**  
**Saturday, April 17th**

#### Go with the Flow

Why are water striders, backswimmers and diving beetles so important to the health of a creek, pond or river? Join a naturalist and learn how to get involved in caring for our waterways.

**Saturday the 10th at 10:30 AM**

#### Family Friendly Nature Hike

Discover the many plants and animals that live along the American River while enjoying the sights and sounds of Spring

**Sunday the 11th at 1:30 PM**

#### Phoenix Field Vernal Pool Walk

Meet Jack on Sunset, east of Hazel Ave. and discover the beauty of these rare and amazing seasonal gardens.

**Wednesday the 14th**  
**at 9:00 AM - Noon**

#### Habitat Improvement

Our Nature Area needs some special care. Join Jack in making improvements that will benefit our riparian woodland. Call Jack at 967-0777.

**Sunday the 18th at 8:00 AM**

#### Wildflower Walk

Join Natural Resource Specialist Mary Maret for a special guided walk to see Nature's spring floral display in the Nature Preserve.

**Saturday the 24th at 10:30 AM**



**Help support Nature Center programs by joining the American River Natural History Association (ARNHA)**

ARNHA, a nonprofit organization since 1981, supports educational and interpretive activities in the American River Parkway in cooperation with the Effie Yeaw Nature Center. It provides critical fundraising, volunteer and advisory support for the Nature Center's mission

to introduce thousands of school children each year to the beauty and diversity of the Parkway. Here visitors of all ages learn the importance of conserving and protecting our most precious natural resource. Due to County budget cuts, the Nature Center needs your help more than ever. **Join ARNHA** at the Nature Center or at [www.arnha.org](http://www.arnha.org). Check out the member benefits!

**Support Sacramento County Parks by purchasing a Parks Pass at the Nature Center or visit [www.sacparks.net](http://www.sacparks.net)**

The Nature Center is located in Ancil Hoffman County Park,  
2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711

[www.effieyeaw.org](http://www.effieyeaw.org) TDD/TTV

## American River Conservancy

### Spring Programs 2010

#### New Trail Preview Hike-South Fork American River

**(Cronan Ranch To Salmon Falls Bridge)**

**Saturdays: April 10th, May 8th, 9 AM - 2 PM**

Come join us on our newly-constructed trail, not yet open to the public. This is a **fundraiser** to assist ARC complete construction of the trail's final segments. Hiking distance is approximately 8 miles with easy to moderate hiking. Our hike will take us along the west ridge of the Cronan Ranch down to the South Fork American River with beautiful views of the Coloma-Lotus Valley and the South Fork American River Canyon. We start downstream from the Cronan Ranch through mixed oak woodland and conifer with occasional views of the lower American River gorge. Just upstream of Satan's Cesspool, we'll emerge into mixed chaparral-covered slopes and then back into beautiful blue oak woodland recently acquired by ARC. Finally, our group will emerge onto a long-running ridge with excellent views of upper Folsom Lake and the Sacramento Valley. The trail then drops down to Acorn Creek and the site of ARC's pedestrian bridge construction project and on to the Skunk Hollow Parking Lot at the Salmon Falls Bridge and Folsom Lake. A shuttle bus will pick up our group at the Skunk Hollow parking lot and return us to our cars at the Cronan Ranch trailhead by approximately 2 p.m. Fit 10-year-olds+ welcome. Rain or shine. Please call (530) 621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org) to sign up and for meeting location. **Donations encouraged for these special preview hikes.**

#### KDD-Wolf Stories

**Sunday, April 11th, 1 - 2:30 pm**

Stories about wolves are plentiful. Some are scary, some are funny, some teach us a lesson! Come out and hear a sampling of such stories from members of the El Tuesday, 1:49 PM Dorado Storytellers Guild. Make a wolf craft while you're with us. Age minimum: 4 years old. **FREE. Donations accepted.** Please call to sign up and for location (Coloma area) at 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org).

#### American River Canyon Hike (Middle Fork)

**Saturday, April 17th 9am - 12 pm**

Join ARC volunteer Howard Williams, hiker, backpacker and nature buff for this short (about 4 miles) hike on trails on the south slope of the Middle Fork American River Canyon in Cool. This beautiful area is much different than anything on the South Fork at the same elevation. It is heavily forested with the feel of being several thousand feet higher in elevation. We should encounter wildlife and perhaps find some wild mushrooms. The hike will be at a leisurely pace but does include a 600 ft. elevation gain. Responsible teens and older welcome. Rain cancels. **FREE.** Please call to sign up and for meeting location (Cool area) 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org).

#### INNOVATIVE HOME TOUR #5

**Sunday, April 18th, 1 - 3 pm**

Learn how even a 30-year-old home can be greatly improved for energy and water efficiency. See how to tap into passive solar heat, the tremendous benefits of solar hot water, why low-E windows may actually be a poor choice for south-facing windows, the benefits of a metlud water recirculating system, how rainwater harvesting can make more sense for toilets than for irrigation, why an infrared gun can be your best friend, which recessed lighting should be replaced, lighting by solatube, and much more. Information can be applied to new as well as retrofit construction. Alice Cantelow, an environmental educator with American River Conservancy and her husband Lester Lubetkin have been remodeling their home with an eye toward sustainability for over a year and are ready to share all they have learned. **Suggested donation - \$5.** Please call to sign up and for meeting location (Diamond Springs area) at 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org)



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FICTITIOUS BUSINESS NAME STATEMENT #1002007. Vivid Salon & Spa Inc., 1105 Fulton Ave., Sacramento, CA 95825 is doing business under the Fictitious Business Name "Vivid Salon and Spa" at 1105 Fulton Ave., Sacramento, CA 95825. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 10, 17, 24, 31, 2010. VIVIDS 00302 3-31-10

FICTITIOUS BUSINESS NAME STATEMENT #10011733. Papé Machinery, Inc., 355 Goodpasture Island Road, Eugene, OR 97401 is doing business under the Fictitious Business Name "Papé Rents" at 2850 El Centro Road, Sacramento, CA 95833. Filed with the Clerk of Sacramento County on Feb. 23, 2010. Publish: March 10, 17, 24, 31, 2010. PAPER 00302 3-31-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072071 WHEREAS, Eric Loroy Thomas has filed a petition with this court for a decree changing name of Jarel Devonté Volgelsang to Jarel Thomas. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 14, 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: March 3, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 10, 17, 24, 31, 2010. THOMAS 00302 3-31-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072906 WHEREAS, Nathaniel Dale Potratz has filed a petition with this court for a decree changing name of Nathaniel Dale Potratz to Nathaniel Dale Ezekiel Sterling. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 23, 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: March 12, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 17, 24, 31, April 7, 2010. STERLI 00303 4-7-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00071314 WHEREAS, Weisen Chen and Eric Wei-H Wang have filed a petition with this court for a decree changing name of Kyle Zheng-Kai Wang to Kyle Zheng-Lun Wong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 8, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072368 WHEREAS, Catherine Anne Spillers has filed a petition with this court for a decree changing name of Catherine Anne Spillers to Catherine Anne Schroeder. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 19, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072260 WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kiwii Lei Rayshal Parks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 16, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 17, 24, 31, April 7, 2010. PARKS 00303 4-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1002059. Christina Marie Azevedo, 8536 Chamonix, Antelope, CA 95843 is doing business under the Fictitious Business Name "Mom's Wholesale Florist" at 8252 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 17, 24, 31, April 7, 2010. MOMSWH 00303 4-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1002092. Sallie Marie Zvolanek and Jason Zvolanek, both of 6715 Thunderhead Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Wind-n-Willow Apothecary" at 4099 Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1002005. Linda M. Akers, 7796 Glenn Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Feathered Nest-Gallery of Antiques & Art" at 10207 Fair Oaks Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 24, 31, April 7, 14, 2010. THEFEA 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002059. Christina Marie Azevedo, 8536 Chamonix, Antelope, CA 95843 is doing business under the Fictitious Business Name "Mom's Wholesale Florist" at 8252 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 17, 24, 31, April 7, 2010. MOMSWH 00303 4-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1002092. Sallie Marie Zvolanek and Jason Zvolanek, both of 6715 Thunderhead Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Wind-n-Willow Apothecary" at 4099 Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 25, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 10, 17, 24, 31, 2010. KIM 00302 3-31-10

FICTITIOUS BUSINESS NAME STATEMENT #1001458. Calpol Corporation, 10040 Prairie Dunes Way, Sacramento, CA 95828 is doing business under the Fictitious Business Name "Five Star Transport" at 10040 Prairie Dunes Way, Sacramento, CA 95828. Filed with the Clerk of Sacramento County on Feb. 17, 2010. Publish: March 17, 24, 31, April 7, 2010. FIVEST 00303 4-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1002059. Christina Marie Azevedo, 8536 Chamonix, Antelope, CA 95843 is doing business under the Fictitious Business Name "Mom's Wholesale Florist" at 8252 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 17, 24, 31, April 7, 2010. MOMSWH 00303 4-7-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072906 WHEREAS, Nathaniel Dale Potratz has filed a petition with this court for a decree changing name of Nathaniel Dale Potratz to Nathaniel Dale Ezekiel Sterling. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 23, 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: March 12, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 17, 24, 31, April 7, 2010. STERLI 00303 4-7-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00071314 WHEREAS, Weisen Chen and Eric Wei-H Wang have filed a petition with this court for a decree changing name of Kyle Zheng-Kai Wang to Kyle Zheng-Lun Wong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 8, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072368 WHEREAS, Catherine Anne Spillers has filed a petition with this court for a decree changing name of Catherine Anne Spillers to Catherine Anne Schroeder. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 19, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072260 WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kiwii Lei Rayshal Parks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 16, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002059. Christina Marie Azevedo, 8536 Chamonix, Antelope, CA 95843 is doing business under the Fictitious Business Name "Mom's Wholesale Florist" at 8252 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 17, 24, 31, April 7, 2010. MOMSWH 00303 4-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1002092. Sallie Marie Zvolanek and Jason Zvolanek, both of 6715 Thunderhead Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Wind-n-Willow Apothecary" at 4099 Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1002005. Linda M. Akers, 7796 Glenn Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Feathered Nest-Gallery of Antiques & Art" at 10207 Fair Oaks Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 24, 31, April 7, 14, 2010. THEFEA 00303 4-14-10

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072906 WHEREAS, Nathaniel Dale Potratz has filed a petition with this court for a decree changing name of Nathaniel Dale Potratz to Nathaniel Dale Ezekiel Sterling. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 23, 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: March 12, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 17, 24, 31, April 7, 2010. STERLI 00303 4-7-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00071314 WHEREAS, Weisen Chen and Eric Wei-H Wang have filed a petition with this court for a decree changing name of Kyle Zheng-Kai Wang to Kyle Zheng-Lun Wong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 8, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072368 WHEREAS, Catherine Anne Spillers has filed a petition with this court for a decree changing name of Catherine Anne Spillers to Catherine Anne Schroeder. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 19, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072260 WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kiwii Lei Rayshal Parks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 16, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

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FICTITIOUS BUSINESS NAME STATEMENT #1002092. Sallie Marie Zvolanek and Jason Zvolanek, both of 6715 Thunderhead Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Wind-n-Willow Apothecary" at 4099 Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

FICTITIOUS BUSINESS NAME STATEMENT #1002005. Linda M. Akers, 7796 Glenn Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Feathered Nest-Gallery of Antiques & Art" at 10207 Fair Oaks Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 24, 31, April 7, 14, 2010. THEFEA 00303 4-14-10

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FICTITIOUS BUSINESS NAME STATEMENT #1002490. Ismael Partida and Maria Alvarez, both of 883 Portside Court, Roseville, CA 95678 are doing business under the Fictitious Business Name "Cocoloco Mexican Restaurant" at 8215 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 15, 2010. Publish: March 31, April 7, 14, 21, 2010. COCOLO 00305 4-21-10

Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00073136

WHEREAS, Alicia Monique Mays has filed a petition with this court for a decree changing name of Alicia Monique Mays, aka Alicia Monique Trahan-Mays, aka Alicia Monique Carpenter to Alycia Monique Trahan-Mays Carpenter. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 27, 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: March 16, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. TRAHAN 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002005. Linda M. Akers, 7796 Glenn Ave., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "The Feathered Nest-Gallery of Antiques & Art" at 10207 Fair Oaks Blvd., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 24, 31, April 7, 14, 2010. THEFEA 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072368 WHEREAS, Catherine Anne Spillers has filed a petition with this court for a decree changing name of Catherine Anne Spillers to Catherine Anne Schroeder. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 19, 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: March 8, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072260 WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kiwii Lei Rayshal Parks. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 16, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: March 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 24, 31, April 7, 14, 2010. SCHROE 00303 4-14-10

FICTITIOUS BUSINESS NAME STATEMENT #1002059. Christina Marie Azevedo, 8536 Chamonix, Antelope, CA 95843 is doing business under the Fictitious Business Name "Mom's Wholesale Florist" at 8252 Auburn Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 2, 2010. Publish: March 17, 24, 31, April 7, 2010. MOMSWH 00303 4-7-10

FICTITIOUS BUSINESS NAME STATEMENT #1002092. Sallie Marie Zvolanek and Jason Zvolanek, both of 6715 Thunderhead Circle, Orangevale, CA 95662 are doing business under the Fictitious Business Name "Wind-n-Willow Apothecary" at 4099 Bridge St., Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on March 3, 2010. Publish: March 24, 31, April 7, 14, 2010. WINDNW 00303 4-14-10

prior to the date set for hearing on the petition. Dated: March 26, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 31, April 7, 14, 21, 2010. DELARO 00305 4-21-10

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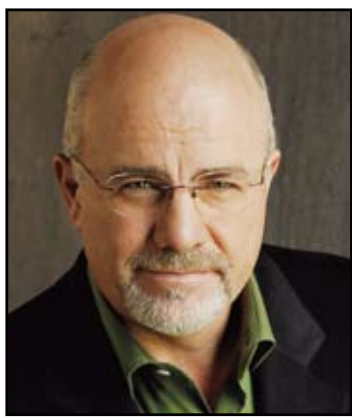
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# Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

## Don't Do it for the Gas Mileage

Dear Dave,

Is it worth the trouble to sell my old car now and buy a hybrid or another car that gets better gas mileage? I'm getting mixed advice from my friends on this issue.

- Ted

Dear Ted,

Hybrids are a really big deal now, aren't they? Lots of people

don't use the gas argument to rationalize buying an expensive new car or even spending a dime more on a different car. Make a lateral move, or better yet a move down in price, and you'll save money from day one!

- Dave

## Is there a Recommended Vacation Percentage?

Dear Dave,

Should you skip vacations when you're getting out of debt? Also, once you're debt-free, is there a rule as to what percentage of your income you should use on vacations?

- Carl

Dear Carl,

I think you should put vacations on hold while you're trying to get out of debt. My family and I didn't go on vacation for nearly 10 years while we were getting out of debt. Why? Because we had work to do! We had bills to pay and kids to feed. That's just the way it goes sometimes.

I'm not sure that there's a specific percentage involved on vacation spending. It definitely shouldn't damage your financial foundation, or put you back into debt once you've worked your way out. You don't touch your emergency fund to go on vacation, and you don't stop funding your retirement or saving money so the kids can go to college. You just save up, and pay cash!

In most cases, this kind of plan will almost force your vacation spending to be a reasonable percentage of your income.

- Dave

\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.

## American River Community Church

3300 Walnut Avenue  
Carmichael  
916-483-3465  
[www.arconline.org](http://www.arconline.org)

Good Friday Service  
April 2 at 7:00 PM

Easter Sunday  
April 4  
at 9 AM or 10:30 AM

Please join us!

May 22, 2010

## California State Youth Pageant

**11 Categories: Baby Darling to Mrs./Ms. Northern California Rep.**

**Scholarships: \$1000.00 - Miss \* \$500.00 - Teen**

Tickets at the door:  
Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant.

*All contestants receive free training in ramp walking, public speaking, skin and hair care.*

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**For more information or to become a pageant sponsor contact Pageant Director, Mary Purvis at 721-3824**

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## CHAUTAUQUA PLAYHOUSE

*Bad Seed: (L) Lauren Metzinger and Mary Bond. Pictures by Warren Harrison*

*opened Bad Seed on March 12*

*opened Rapunzel on March 20*

Chautauqua Playhouse opened the thriller *BAD SEED* by Maxwell Anderson, on March 12, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through April 18. 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.

*Based on the best-selling novel by William March, the play took Broadway by storm in the 1950's and has been filmed twice. It remains a suspenseful psychological drama, even 55 years later. Rhoda Penmark is the star child of her class and the apple of her mother's eye, every bit the perfect child. Then one of Rhoda's classmates drowns on a school field trip under strange circumstances. Unspeakable terror and a villain you'll never forget.*

Director and set designer Warren Harrison has assembled a cast including Mary Bond, Monique McKisson, Julie Bock-Betschart, Walter Thompson, Daryl Petrig, Chris Lamb, Michael Walker, Bob Nannini and Carolyn Gregory. Lauren Metzinger will be featured as "Rhoda". Costumes are by Eileen Beaver.

*The Chautauqua Children's Theatre opened their new production of RAPUNZEL on March 20. Under the direction of Marie Raymond, this musical adaptation of the classic fairy tale will delight audiences of all ages. Showtime is on Saturdays at 1 pm and 3 pm, from March 20 - April 10. All seats for the Children's shows are \$7.00.*

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

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To prepare for the upcoming kitten season, a special effort to place adult cats into loving homes will be in effect for the months of March, April and May. SAKrescue is offering an adoption special of \$60 per adult cat or 2 for \$100. The cats are all spayed or neutered, have all their shots up to date including rabies, have been FELV tested, and have been treated with Advantage™ for flea control.

Donations of food, litter, (scoop-able for adult, and regular clay litter for babies) and Kitten formula are always needed and can be left at Incredible Pets.

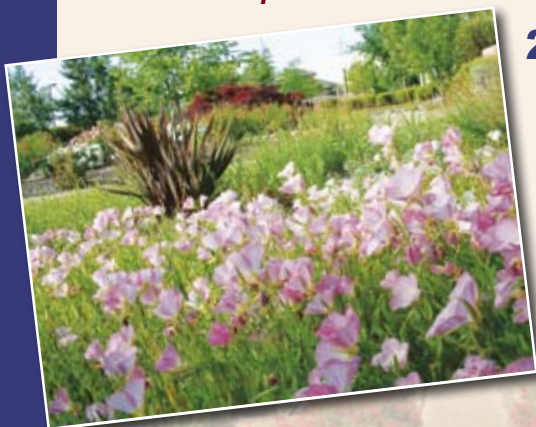
Cash donations can be made to Sacramento Area Kitten Rescue, P.O. Box 418233, Sacramento, CA 95841. Phone 916-491-1657.

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March 28th - April 4th 2010

- Palm Sunday** March 28th 9:55 AM  
 Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.
- Maundy Thursday** April 1st 6:30 PM  
 Participate in a small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Music by our choral and bell choirs.
- Good Friday** April 2nd 7:00 PM  
 In our Good Friday service we remember Jesus' sacrifice on the cross through candles, darkness, and music. We invite you to join us for our deeply moving Tenebrae service.

### Easter Sunday April 4th

- Early Son-Rise Service** 7:00 AM  
 Join us early at the church for this very inspirational service.
- Traditional Service** 9:55 AM  
 We celebrate this glorious Resurrection Day with our choral and handbell choirs leading us in joyous, inspirational praise and traditional music. Come celebrate with us.

**Northminster Presbyterian Church**  
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 Jack Raymore, Pastor (916) 487-5192

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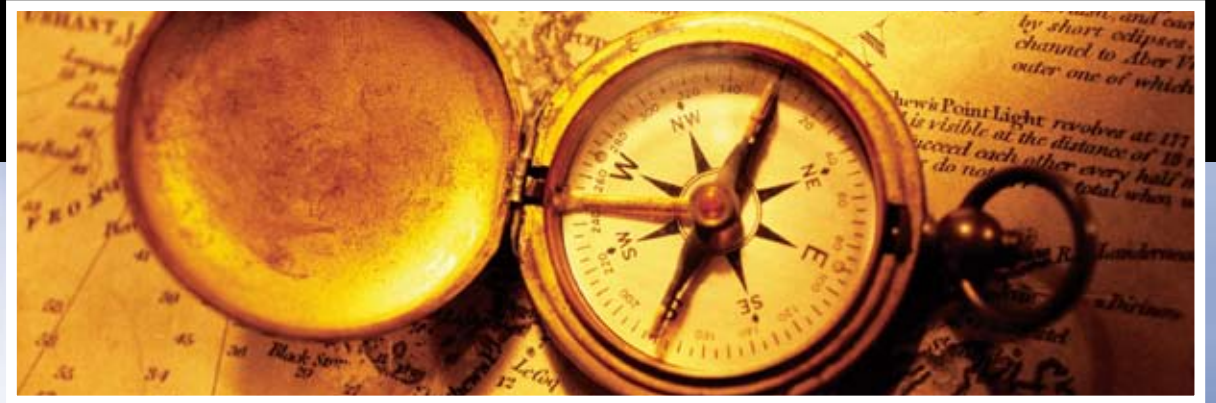
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