

Carmichael Times



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Volume 30 Issue 11

Serving Carmichael and Sacramento County since 1981

March 17, 2010

History Ready to Roll!



Season Begins for Steam-Powered Excursion Trains

Sacramento - The California State Railroad Museum's popular excursion railroad, the Sacramento Southern Railroad, officially returns to operation on Easter weekend, April 3 & 4. This year marks the 27th consecutive season the excursion trains have been operating in Old Sacramento. Once underway, excursion trains depart every hour

on-the-hour from 11 a.m. to 5 p.m. weekends through September. Since 1984, more than one million guests have taken a ride aboard the Sacramento Southern Railroad, served by all-volunteer crews fully trained and certified under Federal Railroad Administration regulations. Each spring, the Sacramento Southern

Railroad takes center stage as visitors enjoy the sights, smells and sounds of an authentic, working steam locomotive as it rolls along the levees of the Sacramento River. Appealing to all ages, the experience offers guests the chance to experience train travel from an earlier era. (See *Season Begins*, page 5)

Local Equestrian Honored By American Morgan Horse Association

Carmichael - Connie Barker of Carmichael, California, recently was awarded with the 2009 American Morgan Horse Association's (AMHA) Woman of the Year award at its annual convention that was held February 17-20 in Lexington, Kentucky. This award recognizes a woman who has made particularly exceptional contributions to the support and preservation of the Morgan breed and AMHA.

Barker has had a hand in nearly every aspect of the Morgan horse world. As a member of her local Morgan club, the Sacramento Valley Morgan Horse Club, she serves as secretary and has been an involved member of the Board of Directors for years. Last year she stepped in as sponsorship chairperson for the 33rd annual Mother Lode Horse Show and despite a lagging economy, her efforts enabled the club to exceed its sponsorship goals of hundreds of dollars through



Connie Barker was honored on February 19 as the 2009 American Morgan Horse Association's Woman of the Year. (Photo © C. A. Lee III)

her personal approach and supportive leadership style. Barker also serves on the AMHA Open Competition Committee, another area in which she excels in her diligence to promote the Morgan horse, the pride and product of America. Founded in 1909, the American Morgan Horse

Association is a non-profit organization serving more than 50,000 Morgan horse owners, breeders, exhibitors, and enthusiasts throughout the United States. AMHA serves as a parent organization to more than 100 recognized Morgan horse clubs and national service organizations.

Cassidy Butler Named Educator of the Year



Cassidy Butler, Educator of the Year, of Churchill Middle School in Carmichael

Carmichael - Cassidy Butler, of Churchill Middle School in Carmichael was honored at the CLMS Annual Conference, February 26-28, 2010 in Sacramento. The CLMS "Educator of the Year" award is given annually to educators who exemplify educational excellence and have made significant efforts to implement elements of educational reform in the middle school.

Jim Shoemake, Principal of Churchill Middle School said in his nomination letter to CMLS "Cassidy is exceptional in many ways, but three instantly come to mind; her leadership skills, her "Middle School Awareness", and her exemplary personal characteristics. Cassidy's leadership skills are best demonstrated to me in her work as our sites AVID Coordinator. In two short years she has built an AVID program on our campus that is vibrant, growing, and successful."

As the AVID coordinator, Cassidy provides targeted instruction in life, organization and study skills to students who will be the first in their families to attend college. She has devoted the past two years to building a vibrant,

expanding and successful AVID program that is now certified by the county office of education - a first for the school. A veteran teacher, she mentors new English and humanities teachers each year and has been instrumental in helping those departments solidify their pacing and common assessments. Cassidy also provides exemplary teacher leadership through her service on the school's site team and International Baccalaureate site team.

"As my site's AVID coordinator, I'm able to reach out to students who need extra support academically or emotionally and make a difference in their lives." Cassidy stated in her acceptance speech. She continued "In middle school, we have the opportunity to work with students when they are the most vulnerable. And it's not always easy. This is the period of life when parents sometimes mistakenly believe that they should allow their child more freedom, and back off from parenting. This is the period of life when the negative influences of peers can lead our students astray. This is the period of life when students publicly rebel against adult supervision

and secretly long for someone to watch over them and care."

Jim Shoemake added "In addition to her exceptional leadership skills, Mrs. Butler has a great "Middle School Awareness". Her lesson plans are state standards driven; her voice and example has helped the English and Humanities departments solidify their pacing and common assessments; and she works hard to implement effective teaching strategies within her classroom. Most importantly, her approach with middle school kids is guided by her wisdom and her heart. Her calm demeanor and thoughtful approach are a welcome aspect to school. Cassidy knows when to push, and when to pull; when to coach, and when to console; when to praise and when to redirect."

The following characteristics were considered in the judging nomination; Leadership Characteristics: Dedicated; innovative; exhibits professional collegiality; enthusiastic; proactive, Middle School Awareness: Supportive of middle school movement; demonstrates middle school concepts; committed to and uses principles of Caught in the

Middle, Turning Points, Taking Center Stage and/or other middle school documents; incorporates State Frameworks and Standards, Exemplary Characteristics: Demonstrates beyond the job responsibilities; acts as role model; demonstrates ability to motivate students from diverse backgrounds; other unique abilities and/or contributions.

Cassidy concluded; "I see my role in middle school as to be the bridge that helps guide students over the turbulent creek of early adolescence to safety on the other side as a young adult."

Shoemake also noted "While Cassidy's leadership skills and "Middle School Awareness" are notable, it is her exemplary personal characteristics that are most impressive. Her dealings with students, staff and parents are friendly and effective. As a veteran teacher Cassidy has been very helpful in mentoring our new English and Humanities teachers from year to year. Regardless of background or age, Cassidy has an uncanny ability to make a person feel welcomed and respected."

Source: CLMS website, Churchill Middle School

A Special Kind Of Bonding

Carmichael - Inside a carrier, a tiny ball of fur cuddles up to his "littermates" a sock filled with warmed dry rice and a stuffed animal. Echo is an orphaned kitten, found in a paper bag that was left in the bed of a pickup. Less than a week old, his eyes are tightly closed, his body cannot yet regulate its temperature, so he needs to be kept warm and he must be fed every few hours. He's especially vulnerable to disease since he won't be receiving any of his mother's antibodies to help him. But still, Echo is a very lucky

baby. He will receive care in the hands of specially trained "Foster Mother" who will give him round the clock care during these first critical weeks. And, he's lucky that a volunteer was available to take him in. The economic crisis has had a snowball effect on pet rescue groups all over Sacramento and SAKrescue is no exception. Declining adoptions has meant lower turn around, severely limiting the number of orphans that SAKrescue can provide service for. "Once our Foster

homes are full, we have to say no, and that's a very hard thing to do," explains Nancy Silva, president of the organization. SAKrescue holds adoptions Saturdays from 11 a.m. to 4 p.m. at Incredible Pets at the corner of Manzanita and Cypress. Most adult cats available for adoption were hand-raised as babies. "While Mommy cats are the best moms a kitten can have, being hand-raised by humans does seem to create a special kind of bonding," says Silva.

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.



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

Easter at Northminster

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

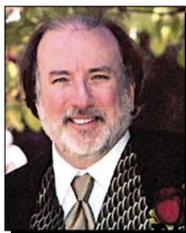
Early Son-Rise Service 7:00 AM
Join us early at the church for this very inspirational service.

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 3235 Pope Avenue (between Watt and Fulton)
Jack Raymore, Pastor (916) 487-5192

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.

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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

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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 widowers and there is no charge.

FOURTEENTH SEASON

SACRAMENTO CHORAL SOCIETY & ORCHESTRA

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Mondavi Matinee Series

Sunday, March 28 at 2 PM

Mondavi Center, UC Davis

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Brahms - Ein Deutsches Requiem

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Stephen Janzen, Baritone

Discover why Brahms' Requiem may be the most comforting, humane requiem ever written.

Brahms - Alto Rhapsody

Maya Layhani, Mezzo

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Brahms - Academic Overture



Siena



Janzen



Layhani

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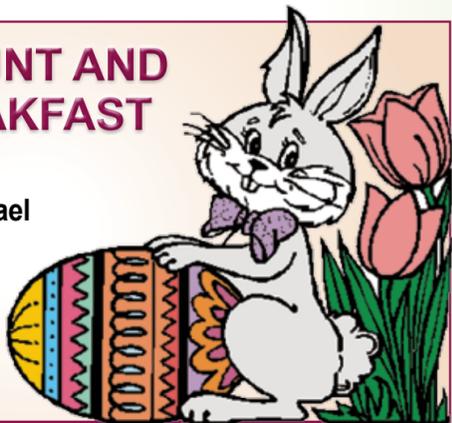


Carmichael Recreation and Park District is announcing the following events for March:

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.**



**Get Your Reality Check:
Estimating Your In-Retirement
Finances**

Location:
Carmichael Park Clubhouse
(5750 Grant Ave, Carmichael)
3/16, 3/18 & 3/23
Tuesday and Thursday,
6:30 – 8:00 p.m.
\$25.00

Nearly one in two people underestimates the amount of retirement income needed after ending their working careers. This three-evening seminar is designated for people who expect to retire within the next five years. Participants will review post-retirement risks, how they are perceived, and ways to protect against them. It is also for spouses, partners and anyone assisting a friend or relative who is preparing to retire. In this class you will start

the process of tracking your cash flow and "practicing" retirement. Call 483-7826 or come into the office at 5325 Engle Rd, Carmichael to enroll.

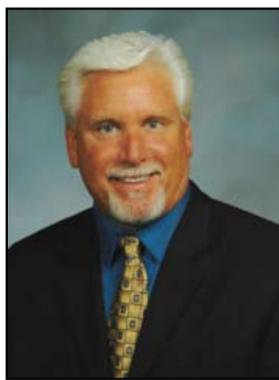
Community Rummage Sale
Location:
La Sierra Community Center
Skate Park, 5325 Engle Rd,
Carmichael
Saturday, April 17, 2010,
8 am – Noon
FREE for shoppers of all ages

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
Monday thru Friday, March 29
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



Wellness

Wellness means living a life of optimal health and vitality. Where can you find wellness? At our office, we coach patients toward wellness by empowering them with information.

Patients under chiropractic care are likely to experience positive changes in overall wellness, according to a new report by researchers at the University of California, Irvine.

Findings revealed a positive relationship between chiropractic care and "self-reported improvements in wellness as well as self-reported changes in lifestyle practices".

According to the study, the chiropractic patients "tend toward the practice of a positive health lifestyle, which also has a direct effect on reported improvements in wellness."

Prevention

Many approaches to health care might more aptly be termed "sickness care," because they focus on managing symptoms after the disease process has ensued. Chiropractic is different. We teach our patients to prevent health challenges before the onset of symptoms. Patients are also encouraged to shift the way they think about health care from a disease-based "don't fix it if it isn't broken" model to prevention oriented one.

Holistic Health Care

As a "holistic" form of health care, chiropractic addressed the

What Makes Chiropractic Unique

Chiropractic is unlike any other approach to health

whole person. Unlike many other health-care approaches, chiropractic acknowledges the intimate connection between the mind, body and spirit.

Education

Doctors of chiropractic uphold that educating patients about how to achieve optimal spinal health and wellness shouldn't be something "extra". Instead, it is an integral component of patient care. Each week we teach classes to our community and the information presented is based on scientific research from peer-reviewed journals. So, unlike mass media reports or pharmaceutical company publicity, you can always trust the information we provide. Our goal is to empower patients to limit negative stress on the nervous system in all forms – physical, emotional or environmental.

Spine Centered Care

Speaking of the true root of the problem, it often involves the spine. Spotlighting spinal health is another feature that makes chiropractic unique.

Doctors of chiropractic check patients' spines for signs of dysfunctional areas called vertebral subluxations, where movement is restricted or alignment is unbalanced.

It's easy to imagine how vertebral subluxations may provoke conditions like backache and headaches. But many people do not realize that preliminary research links vertebral subluxations with a plethora of other ailments, such as infantile colic, gastrointestinal and respiratory problems, infertility and insomnia – just to name a few.

How might vertebral subluxations trigger such a myriad of conditions? Nerves enter and exit the spinal cord between spinal bones (vertebrae). Consequently, a disruption in the

balance of the spinal column may interfere with the nervous system.

Enjoyable Visits

Unlike other forms of health care that are often associated with long waits, hassle, pain and discomfort, patients actually enjoy their chiropractic visits and look forward to them.

Our chiropractic office is committed to making each and every visit a positive experience – both physically and emotionally.

Self-Healing

Chiropractic is founded on the principle that the body has an innate ability to heal itself. As long as the systems of the body are in balance, the individual has a much higher chance to remain disease free. Unlike many other health-care professionals, doctors of chiropractic do not claim to heal patients. Instead, they assist patients in removing obstacles on their road to wellness. Examples of these obstacles include poor nutrition, negative stress, lack of exercise, environmental pollutants, unnecessary medication, cigarette smoke, poor sleep, inadequate hydration, and most of all vertebral subluxations

Drug Free

Chiropractic does not involve medication – prescription or over the counter. Doctors of chiropractic know that many medications only cover up symptoms rather than correct the underlying cause of a problem.

A Way to Wellness for Those You Love

Now that you know why chiropractic is different, it's time to embrace this unique approach to wellness and share it with others. Attend one of our weekly classes and join us on the road to wellness.

Creating a healthy community
Dr Bob Graykowski

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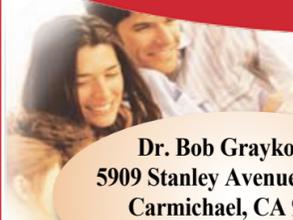
Classes begin at 6:00 pm Tuesdays
Open to Public at No Charge

- March 22nd (Mon) *The joy of life (Women's transformational workshop)*
- March 30th *Fitness made fun*

Gift of Life Wellness Check-up

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This \$250 value is yours for only \$40 if you mention this ad
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Offer Expires Friday



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Getting Ready For Some Spring Cleaning?



Sacramento County Reminds Residents to Properly Dispose of Rubbish

Sacramento Region - Do you have old sofas, broken or old appliances, and other types of rubbish or landscape debris taking up space in your garage? Sacramento County Department of Waste Management and Code Enforcement is reminding residents about the many options they have to get rid of rubbish and bulky items. "It is important that people dispose of their garbage in a safe and green manner," said Paul Philleo, Director of the Depart-

ment of Waste Management and Recycling. "Whether you take your garbage to a County facility, or call us to make an appointment, the County is ready to help you dispose of rubbish safely." Disposing of rubbish legally also helps prevent illegal dumping. Did you know that if illegally dumped trash is traced back to you, you could be held liable even if you didn't do the dumping? That's why it important to be sure to hire a licensed rubbish hauler to protect you, neighbor-

hoods and the environment. "Illegal dumping contributes to blight, drives down property values, encourages additional illegal dumping, is harmful to the environment and costs tax payers thousands of dollars to remove the junk and rubbish," said Carl Simpson, chief of Sacramento County Code Enforcement. There are three disposal options available:

- **Make an Appointment** - The Department of Waste Management & Recycling provides its customers with a once-a-year pick up of bulky waste by appointment. Call 875-5555 to schedule pickup if your collection service is Sacramento County.
- **Do It Yourself** - There are several licensed facilities where you can dispose of junk and rubbish for as little as \$20 a load. To find out more about these facilities, visit <http://www.sacgreenteam.com/facilities/default.htm>
- **Hire a Licensed Hauler** - Contact the County's Business License Unit at 874-6644 to verify a hauler license, or visit <http://www.illegal dumping.saccounty.net>

SACRAMENTO FINE ARTS CENTER, INC.

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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



"River Trees" by Gregory Kondos, juror

5330 - B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713

FREE TRAVEL SHOW
10 am, Wednesday, March 24

MISSION OAKS COMMUNITY CENTER

Extended Tours

- **Rockies Highlights by Train**
July 24-August 1, 2010 • \$3,199 pp double
- **Colors of New England**
October 7-14, 2010 • \$2,449 pp double
- **Holiday at the Waldorf**
December 6-10, 2010 • \$2,649 pp double

Luxury Motorcoach

- **Ironstone Vineyards Gourmet Lunch**
Monday, April 12, 2010 • \$86/per person
- **Eleven Roses Ranch**
Saturday, April 17, 2010
Motorcoach transportation to Lake County \$118/per person
- **Bouquets to Art & Amish Quilts**
Monday, April 24, 2010
Motorcoach transportation to San Francisco \$70/per person

FREE HEALTH FAIRE
8-11am, Friday April 30
Health Screenings
Over 30 Vendors
Door Prizes

BALLROOM DANCE TO LIVE BANDS
Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person
Wednesday Night • 7 - 10 pm • \$7/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

FACILITY RENTALS

Mission Oaks Community Center
4701 Gibbons Drive, Carmichael
Auditorium
• Seats 250 Dining, 525 Assembly
• Beautiful Park Setting, Wood Floor, Round Tables, Free Parking, Use of Catering Kitchen, One Year Advance Rentals
Club & Craft Room
• Seats 45 Dining, 77 Assembly
Please call (916) 972-0336 for availability and rates.

Swanston Community Center
2350 Northrop Ave., Sacramento
Activity Room
• Seats 125 Dining, 250 Assembly
• Beautiful Park Setting, Non Skid Floor, Round Tables, Free Parking, Use of Pantry Kitchen, One Year Advance Rentals
Conference Room
• Seats 25 Assembly
Please call (916) 333-6464 for availability and rates.

MISSION OAKS RECREATION & PARK DISTRICT

Office Hours: 8 am - 5 pm
Registration Hours:
8:30am-4pm Monday-Friday
www.morpd.com

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

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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.



Lungren Supports Earmark Moratorium



Congressman Dan Lungren

Washington, DC—Congressman Dan Lungren has joined Ranking Republican Members of 11 Committees and his Republican colleagues in supporting a one year moratorium on targeted spending projects, known as “earmarks.” Congressman Lungren released the following statement: “Since

returning to Congress in 2005, I have been calling for ‘earmark reform.’ To lead the way, I have set high standards for vetting projects submitted to my office by enforcing a ‘federal nexus’ test – those projects that the federal government has a clear responsibility in assisting with funding.

“In addition, I have made all of my requests transparent to my constituents by placing them on my website and in the Congressional Record with an explanation answering ‘why this is an appropriate use of federal funds.’ Despite my best efforts to lead by example and encourage others to participate in these reforms, the process is still broken.

“Our country faces un-

precedented spending and deficit levels. The American people have told us they are concerned with this problem and it is imperative that we work to control and fix it. Though a one year moratorium on earmarks will not be the total solution, it is a sign that we are taking the issue seriously. We must work to restore the faith of the American people.

“It is my intention that by the pressure imposed by this one year moratorium, we will commit to reforming the process for the next Congress.”

Congressman Dan Lungren serves as Ranking Member on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees



By Pastor Cary Duckett

Skin is generally considered soft and easily penetrable. From the outside one can see tiny openings that ooze sweat during the summer heat and watch the same skin contract to make hair stand on its end when cold. Skin, considered relatively gentle, is also a tough barrier.

Pharmaceuticals have been trying to make medicines for years that can be administered through skin. They have encountered some success with pain relieving sprays,

Tough Skin

nicotine and hormone patches, but overall their work and millions of dollars have only produced a handful of “transdermal” drugs.

However, their research discovered that if skin is properly prepared, or temporarily altered, medicines can permeate it. The uses of certain ointments or low electrical currents and even patches with micro-needles that can't be felt have helped medicine penetrate skin. All of this just to get through “tender” skin.

Spiritually, our hearts are like skin. At first appearance the spiritual heart seems tender. It's easily broken, disappointed and/or deceived. But, the spiritual heart also has a barrier. A person can see God's love in action or be raised by Godly parents or attend

a Christ-centered church or sing passionate songs and yet God's grace never penetrates the heart. Environment and circumstance are not the problem—the heart is hard.

Hard hearts are softened through surrender, that is, one letting God have His way without a fight. The prophet tells us what God does when one surrenders: “I will give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh” (Ez. 11:19). In other words, God's medicine of grace will be able to penetrate the heart.

You are invited to come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday. To learn more about Cypress go to www.cypressavenue.org.

Season Begins for Steam-Powered Excursion Trains

(Continued from Page 1)

Excursion trains depart from the Central Pacific Railroad Freight Depot in Old Sacramento (located on Front Street between J and K Streets). Guests are treated to a six-mile, 40-minute roundtrip excursion along the levees of the Sacramento River. The train features a combination of vintage closed coaches with comfortable seats, and open-air “gondolas” with bench style seating. Regular excursion train tickets are \$8 adults, \$3 youths (ages 6-17), ages 5 and under ride free. For passengers desiring a ride aboard the first-class car El Dorado—a beautifully restored 1920s lounge observation car which offers large picture windows, plush seating and air conditioning-

-tickets are \$15 per person.

Tickets for Sacramento Southern Railroad excursion train rides (including first-class upgrades to ride in VIP style on the beautifully restored El Dorado observation car) are available on a first-come, first-served basis starting at 10:30 a.m. at the Sacramento Southern Railroad ticket office, located on Front Street between “J” and “K” Streets in Old Sacramento. Passengers may purchase tickets earlier in the day for a later train departure that same day. However, the only advance reservations accepted are for groups desiring exclusive use of the first-class car El Dorado (for a flat usage fee regardless of group size) which must be made two weeks in

advance by calling 916-445-3145.

Operated by California State Parks with assistance from the nonprofit CSRM Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. Widely regarded as North America's finest and most-visited railroad museum, the complex of facilities includes the 100,000-sq. ft. Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill buildings in Old Sacramento. 24-hour info: (916) 445-6645 or www.californiastaterailroadmuseum.org.

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Carmichael Times

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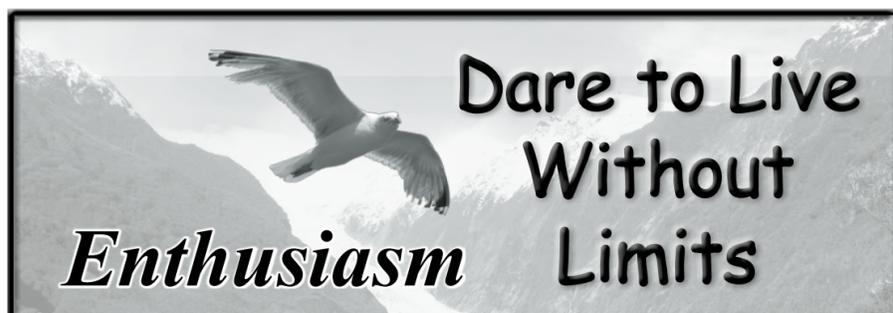
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Dare to Live Without Limits

Enthusiasm

By Bryan Golden

Among the many choices you have is the degree of enthusiasm you inject into your life. At one end of the spectrum are those who drag themselves through each day as if it were a prison sentence. When you greet this type of person and ask how they are doing, a likely response is, "I'm alive." At the other end of the scale are those who reply, "Great."

Your level of enthusiasm is much more important than you might realize. Is enthusiasm a cause or a result? Is a person enthusiastic when and because circumstances are good or do circumstances become good as a result of one's enthusiasm? Too often, people believe enthusiasm is a result. Actually, enthusiasm is much more often a cause.

Good things can and do happen without your influence. But if you are only enthusiastic in response to these chance occurrences, then you are cheating yourself by not harnessing the power of enthusiasm to improve life. Enthusiasm will never do any harm but it will do a lot of good. Enthusiasm generates a force that will impact everything you do.

One of the hardest things to do is be enthusiastic when a situation is not ideal. When you are disappointed by life's twists, turns, and surprises it's easy to feel dejected. How can you summon up enthusiasm when there is seemingly no

reason to feel enthusiastic?

How we feel has much more of an impact on what happens to us than we realize. The key to changing any habit is consistent practice and repetition. Enthusiasm isn't guaranteed to improve every situation so you can't just try it once and then dismiss its effect if you don't get instant results.

In your interpersonal communications, enthusiasm influences your perceived credibility. If you attempt to convey thoughts and ideas with a lackluster delivery, few people will be moved. But someone whose enthusiasm is bubbling over has an extraordinary impact on others. If you have any doubts, think about the type of people who make the biggest impression on you.

Suppose you are looking for a new job. You have had several interviews with no job offers. Now you're on your way to yet another interview. As much as you would like to secure this job, your hopes are not high. With a low level of enthusiasm, you sit down for the interview. There's no smile on your face and you have a troubled expression on your face.

What kind of impression will you make on the interviewer? Granted, your past interview results weren't that exciting, but what are your chances for this job if you are devoid of enthusiasm?

Put yourself in the shoes of the interviewer. Your company wants to hire the best possible person for the position. You

have to make a decision between two candidates. The one who is a little more qualified, showed no spark, enthusiasm, or drive. The other applicant could barely sit still. His desire for the job and intent to excel was unmistakable. Who would you hire?

The interviewer doesn't care why one person was enthusiastic and the other wasn't. The significant factor is that an enthusiastic worker typically is more reliable, is more conscientious, and interacts better with coworkers. This is a perfect example of enthusiasm being a cause rather than a result.

To summon enthusiasm, visualize how you would feel if your life were perfect. Before you walk in for a job interview, imagine how you would feel if you were offered the job. Then maintain that same feeling and excitement during the interview.

Act enthusiastic to feel enthusiastic. Think about how you come across to others. Is there a sparkle in your eye, excitement in your voice, and a nice smile and pleasant look on your face? The more enthusiastic you are, the more life will go in your favor.

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



SHE'S OUT OF MY LEAGUE (Rated R)

Inviting comparisons to "Knocked Up" and even to a degree "The Hangover," the romantic comedy "She's Out of My League," which tilts heavily at times in the direction of unabashed raunchiness, proves that a Judd Apatow comedy can be successfully made without the aforementioned director's fingerprints all over it. Instead, we have the deft touch of first-time director Jim Field Smith, who succumbs sometimes to the temptations of comedic excess, but on the whole acquires himself quite well in developing a love story that is by turns sweet, charming and affecting.

The film's titular character is the knockout Molly (Alice Eve), a high-end event planner with a nice pedigree and a stunning figure. She's the type of beauty that makes heads spin, while turning the TSA agents at the Pittsburgh Airport into drooling cavemen. The notable exception to this rule is TSA employee Kirk Kettner (Jay Baruchel), a geeky and awkward Everyman

Riley Reviews

COMEDY TILTS TO SOME RAUNCHINESS TO BE "OUT OF MY LEAGUE"

who treats Molly with respect as she navigates the screening process. In a rush to make her flight, Molly leaves behind her cell phone, affording Kirk the opportunity to return it to her.

Grateful to Kirk for his thoughtfulness, Molly invites the low-level airport worker to one of her fancy parties, and he can barely believe his good fortune. The self-defeating Kirk appreciates the attention from Molly, seeing that it comes at a time he's desperately trying to get over his failed relationship with Mamie (Lindsay Sloane), a creature so odious that she still hangs out with Kirk's parents with her new boyfriend in tow.

Meanwhile, Kirk's circle of friends includes fellow workers at the airport. His old pals Stainer (T.J. Miller) and Jack (Mike Vogel) forcefully argue that their buddy is out of his league, noting that Molly is a "hard 10" while the lanky Kirk barely registers a "five," which is at least several points removed from the level playing field. Another friend, Devon (Nate Torrence), the only married guy in the bunch, takes the more romantic view that anything is possible, even though his encouragement is based on having

seen too many Disney films.

Naturally, complications for the budding relationship arise for a number of reasons. First of all, the inept Kirk is plagued by a severe lack of self-confidence, which is merely compounded by the lack of support from his buddies. Then, there's the extremely embarrassing moment when Kirk meets Molly's parents. The fact that Molly's old boyfriend, a handsome stud pilot, still lingers about on the off-chance of reviving their affair is plenty unnerving.

Jay Baruchel's Kirk is reminiscent of the type of loser characters Woody Allen played so effectively in his early films. Baruchel is appealing for his deadpan sense of humor, and when paired up with the ravishing Alice Eve, the situation seems as incongruous as Woody Allen dating Heather Locklear. In a wish fulfillment fantasy, it's easy to root for Kirk to win the girl, even if we have to slog through some of the obligatory vulgar humor.

Speaking of tasteless laughs, there is something outrageously funny and simultaneously repulsive about the scene in which Kirk is getting his private area neatly trimmed and landscaped in anticipation of the ultimate seduction. Novice director Jim Field Smith is letting us know that he's willing to go over-the-top for the farcical laughs steeped in offensive humor. This means, of course, that he has a promising start in his effort to join the Judd Apatow school of naughty comedy.

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

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.

Effie Yeaw Nature Center

March 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

EYNC Nature Walk

Meet wildlife expert Jack Hiehle in the parking lot at the Nature Center (in Ancil Hoffman Park) and take a guided walk through the Nature Area.

Wednesday the 10th
at 8AM - 12 Noon

Bird & Breakfast

Fee: \$35, Pre-registration required: 489-4918. Enjoy a guided bird walk in the Nature Area followed by a hearty breakfast. Bring binoculars, walking shoes, friends and a healthy appetite. Appropriate for 12 years old and older. This event is a fundraiser for the Nature Center's educational programs.

Saturday the 13th,
7:30AM - 10:30AM

Nature's Symphony

Listen for a drumming woodpecker, a sweet soprano songbird and the deep bass notes of a bullfrog on this guided walk to discover the sounds of Nature.

Sunday the 14th at 10:30AM

Habitat Improvement

Join Jack and help improve the Nature

Area. Call Jack at 967-0777 if you can help with this project.

Sunday the 21st at 8:00AM

Saturday Safari

Grab your binoculars (or borrow some from us) and take a guided walk to see the animals and plants that make up the unique habitat along the American River.

Saturday the 27th at 10:30AM

Nature Story Time

Join a Nature Center Naturalist to hear a tale read aloud from some of our favorite nature storybooks.

Sunday the 28th at 10:30AM

Auntie Libby's Creative Crafting

A different nature-themed craft will be offered each day for adults and children enrolled in kindergarten and older (no unaccompanied children). \$7 per person per class, pre-registration required, call 489-4918.

Tuesday, March 30th and

Thursday, April 1st,

10:30AM - 12 Noon



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

SPRING FUN DAYS PROGRAMS

Pre-registration required, call 489-4918. ARNHA members early registration: 1/27 - 2/16; Non-member registration starts 2/17. \$21 per child, per class, space is limited. All classes meet from 9AM - 12 Noon.

Nature Rovers - for kindergartners

A Wonderful World of Color - Join us for active games, stories, a nature walk to look for colorful wildlife (like insects and birds) and create an art piece to take home.

Tuesday, March 30th

Nature Detectives - for 1st - 2nd graders

Rata-tat-tat, What Bird is That? - Learn about the woodpeckers that live in our nature area through stories, crafts and games.

Monday, March 29th

Dirt and Bugs Made My Lunch - Take a close-up look at some creepy-crawly garden helpers, then plant some seeds to take home to your garden.

Thursday, April 1st

American River Conservancy Spring Programs 2010

Windy Point Trail Hike

Wednesday in March - Date TBD by flowers,

9:00 am - 2:00 pm

Bob Griffiths describes this as "one of the best wildflower viewing areas on the North Fork American River," located off Iowa Hill Rd About 1/2 mile from Mineral Bar Campground. Join Bob on this short trail that traverses several wildflower-loaded slopes where you can expect to see at least 50 varieties. This is a moderate hike of about 3 miles. All ages welcome. Suggested donation \$5/members, \$10/non-members. Rain cancels. Please call to sign up and for meeting location (Colfax area) at 530-621-1224 or contact julie@arconservancy.org.

Stevens Trail Hike

Wednesday in March - Date TBD by flowers,

9:00am - 3:00 pm

Join Bob Griffiths on this nicely graded trail which ends at the North Fork American River near the site of the old footbridge that connected this part of the trail with Iowa Hill. This hike has many grand vistas of the canyon and tremendous wildflower displays. This is a moderate-difficult hike of 9 miles. Fit 12+ welcome. Suggested donation \$5/ members, \$10/ non-members. Rain cancels. Please call to sign up and for meeting location (Colfax area) at 530-621-1224 or contact julie@arconservancy.org.

New Trail Preview Hike-South Fork American River (Cronan Ranch To Salmon Falls Bridge)

Saturdays: March 13th, 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 to sign up and for meeting location. Donations encouraged for these special preview hikes.



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FICTITIOUS BUSINESS NAME STATEMENT #1001330. Fame Plus4 LLC, 5825 Eastside Court, Firebaugh, CA 93622 is doing business under the Fictitious Business Name "Attic Antiquities And More" at 6210 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Feb. 10, 2010. Publish: February 24, March 3, 10, 17, 2010.
 ATTICA 00204 3-17-10

FICTITIOUS BUSINESS NAME STATEMENT #1001569. Magid K Yousefi, 1964 Amber Fields Way, Roseville, CA 95747 and Farid K Yousefi, 7409 Auburn Oaks Ct. #N, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Sierra Valley Auto Wholesalers" at 6362 Blacktop Road #1, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on Feb. 18, 2010. Publish: February 24, March 3, 10, 17, 2010.
 SIERRA 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070684 WHEREAS, Furi Duan has filed a petition with this court for a decree changing name of Furi Duan to Rae Furi Duan. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 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: Feb. 16, 2010. Loren E. McMaster Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 DUAN 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070396 WHEREAS, Beverly Jean Countryman has filed a petition with this court for a decree changing name of Beverly Jean Countryman to Beverly Jean McCarty. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at March 30, 2010 at 9 a.m. 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: Feb. 16, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 DODGE 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070286 WHEREAS, Hank Yiwei Dong has filed a petition with this court for a decree changing name of Hank Yiwei Dong to Henry Yiwei Duong. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 1, 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: Feb. 16, 2010. Loren E. McMaster Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 DODGE 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070400 WHEREAS, Jake Rowdy Countryman has filed a petition with this court for a decree changing name of Jake Rowdy Countryman to Jake Rowdy Dodge. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 30, 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: Feb. 16, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 DODGE 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070401 WHEREAS, Brody Ryder Countryman has filed a petition with this court for a decree changing name of Brody Ryder Countryman to Brody Ryder Dodge. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 30, 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: Feb. 16, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 DODGE 00204 3-17-10

FICTITIOUS BUSINESS NAME STATEMENT #1001327. Carole Ann Elbert, 7998 Cherryblossom Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Carolee Company" at 7998 Cherryblossom Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on Feb. 10, 2010. Publish: March 3, 10, 17, 24, 2010.
 CAROLE 00301 3-24-10

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

persons interested in the above entitled matter appear before this court at 2 p.m. on March 24, 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: Feb. 10, 2010. Loren E. McMaster Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 DUONG 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00058582 WHEREAS, Socorro Martinez Perez has filed a petition with this court for a decree changing name of Edwin Antonio Martinez-Flores to Edwin Antonio Flores-Martinez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 1, 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: Feb. 18, 2010. Loren E. McMaster Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010.
 PEREZ 00204 3-17-10

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 #1001733. 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

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 Volgesang 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 #34-2010-00071314 WHEREAS, Weisen Chen and Eric Wei-I 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: 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 5, 2010. Loren E. McMaster Judge of the Superior Court Publish: March 17, 24, 31, April 7, 2010.
 PARKS 00303 4-7-10

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 #34-2010-00072280 WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kiwi Lei Rayshall 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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00072280 WHEREAS, Marquis Eugene Parks has filed a petition with this court for a decree changing name of Marquis Eugene Parks to Kiwi Lei Rayshall 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

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

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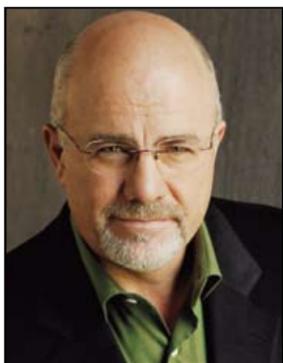
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Dave Says



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.

Automatic Bill Pay is Great!

Dear Dave,
What do you think about online bill payments or automatic monthly deductions to pay for everyday bills?
- Jay

Dear Jay,
I love them, and I have tons of them. I've got mutual funds that automatically tap my checking account, and all of my utilities are set up to be automatically zapped. This way, I never miss the early payment discounts, and I don't have to worry about payments being late. It's like automatic discipline! But never, ever allow anyone you're fighting with—like a collector if you're trying to settle a disputed credit card account—to have automatic

access to your account. They'll clean you out! I don't have a problem with paying for things like your electric bill, water, cable television or investments this way, though. It's just a good, consistent way to take of business!
- Dave

Do I Need Accidental Death Insurance?

Dear Dave,
My wife and I have accidental death and dismemberment insurance through our workplace. Do we also need level term life insurance policies?
- Anonymous

Dear Anonymous,
You definitely need good level term life insurance policies. You do not need accidental death and dismemberment. Think about it, dude. You're not more dead if you die by accident. Dead is dead! You need to make sure your family is taken care of in the best way possible, no matter how you die. Don't buy gimmick insurance. Stick with 15- to 20-year level term life insurance, and make sure you have coverage that's separate from anything provided by your employer. You don't want to suddenly lose your life insurance if you're diagnosed with something awful like cancer and have to leave your place of work—and your life insurance—behind. Each one of you needs about 10 times your yearly incomes wrapped up in your policies. That means if you make \$40,000 a year, you need a \$400,000 level term policy. The idea of life insurance

is to take the place of income. If you died, then your wife could invest the \$400,000, make 10 percent on that money over time, and replace your income. Make sure you take care of your family. Term life insurance is very inexpensive. For next to nothing, you can ensure that your family will get a million bucks when you die.
- Dave

Emergency Fund is Not an Investment!

Dear Dave,
Is a balanced mutual fund a good place to put your emergency fund?
- Jay

Dear Jay,
Absolutely not! You should never put your emergency fund into anything that can go down in value. Also, never put it into anything that will charge you a penalty for early withdrawal, like a CD. Or as I like to call it, a Certificate of Depression. I recommend putting your emergency fund into a good money market account with check-writing privileges. Your emergency fund is not an investment. It's insurance, and the money you have sitting in it has one purpose—to protect you, your family, and your stuff when Murphy comes knocking. That's one of the reasons an emergency fund is so important. If you don't have one, and something unexpected happens, you'll end up borrowing the money from the bank or cashing out your 401(k) to fix things. So don't worry about investing this money. Just park it, and think of it as an insurance policy against all the junk life will throw at you!
- Dave

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

Spring Genealogy Seminar

Root Cellar - Sacramento Genealogical Society – will hold its Spring Seminar Saturday, March 27, 2010 at the Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd., Fair Oaks, California, 9am to 3:45pm. Guest speaker Daniel M. Lynch, author of "Google Your Family Tree", will present four sessions: Introduction to Google for Genealogists; Using Google

for Genealogy Research; Google News Archive, News Timelines and Google Alerts; Google Images, Video and other Tools for Genealogy. Fee: \$22/members; \$27/non-members; \$32 after March 12 or at the door as space permits. Optional lunch \$7. Raffle prizes. Registration form at www.rootcellar.org or contact Sammie Hudgens, (916) 481-4930.

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April 4
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CHAUTAUQUA PLAYHOUSE

opened Bad Seed on March 12
Rapunzel to open 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.

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

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 will also open 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.

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Reverse Mortgage Issues

Sacramento - On Thursday, March 25, 2010 Sacramento Senior Legal Services will be at the Ethel Hart Senior Center for:

- A public talk on "Reverse Mortgage Issues," followed by questions - 1 to 2 p.m.
- Client intake - 2 to 4 p.m. (by appointment)

Sacramento Senior Legal Services receives many questions relating to reverse mortgages. These include how someone may qualify for a reverse mortgage, when might it be a good idea and when a very bad one, what the procedures are to apply for one, how to determine the amount you may receive from a reverse mortgage,

and if/when getting a reverse mortgage might affect someone's eligibility for public benefits. Also, we'll explore why there's been such a huge growth in the reverse mortgage industry. (Hint: Follow the money.) A legal advocate will discuss these and any other issues you may want to bring up concerning this topic. All who are interested are invited to attend the talk; you do not need to make an advance appointment. If you wish to make an appointment for an individual consultation for March 25 or another date on any legal matter, please call Senior Legal Hotline at (916) 551-2140, and press 3.

Someone will help you decide if you need to make an in-person appointment, or if you can get the help you need more quickly over the phone. Hours are 9-12 and 1-4, Monday through Friday, and until 7 p.m. on Thursdays. Legal Services advocates are at the Ethel Hart Senior Center on the fourth Thursday of each month, with speakers on a variety of legal topics, followed by individual client consultations. There will be fliers available at each talk to let you know what the future topics will be.

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