

# Carmichael Times



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Serving Carmichael and Sacramento County since 1981

March 10, 2010

## Red Cross Accepts Largest Donation for Haiti Relief

*Sacramento Region* - Sacramento Sierra Chapter of the American Red Cross accepted their largest check for the Haiti Relief and Development Fund on Tuesday, March 9 from Raley's President & CEO, Michael Teel. From January 16 through February 13, all 134 Raley's, Bel Air, Nob Hill Foods and Food Source stores featured donation boxes for Haitian earthquake relief at their check stands, which brought in more than \$149,000.

"We are incredibly grateful for the generosity of so many Raley's customers and employees," said Teel. "It's a true testament to our community's giving spirit - we knew many people wanted to aid relief efforts in Haiti, and by converting our Food For Families collection boxes



Michael Teel, Raley's President & CEO thanks everyone who donated.

so 100% of donations benefit the American Red Cross, we received a tremendous response." "I applaud the initiative that Raley's has taken in responding to the devastation and destruction in Haiti by spearheading a month-long collection to support the Red Cross relief efforts," shared CEO of the Sacramento Sierra

Chapter, Dawn Lindblom. To represent the supplies that these funds will provide for the people of Haiti, the Red Cross had on display and explained the type of relief items still being distributed in Haiti including blankets, tarps, kitchen sets and hygiene items.

Attending the check presentation were Michael Teel, Raley's President & CEO, Dawn Lindblom, American Red Cross Sacramento Sierra Chapter CEO, Steve Turner, American Red Cross Sacramento Sierra Chapter Board Chair, Jennifer Teel-Wolter, Raley's Communitarian, David Fluitt, Raley's Pharmacy Supervisor and Haitian Aid Mission volunteer. The check was presented at the Raley's Supermarket located at 4900 Elk Grove Boulevard in Elk Grove.

## RT Sees Many Major Service Reductions & Additional Layoffs

*Sacramento Region* - To address an estimated \$13 million budget deficit for Fiscal Year 2010 and a cumulative \$25 million budget shortfall for Fiscal Year 2011, the Sacramento Regional Transit District (RT) held a public hearing to discuss proposed service changes for implementation on June 20, 2010. The public hearing was held on Monday, March 8, in the RT Auditorium.

RT ridership and fare revenue have been adversely affected by the downturn in the economy, state furloughs and high unemployment. Fare revenue is now projected to be approximately \$7.9 million below budget and sales tax based revenues dedicated to transit continue to decline.

State sales tax revenue, which experienced a decline this past summer of 8.8 percent, was further reduced by 10 percent in mid-February, for a total reduction of 18.8 percent or \$2.6 million for Fiscal Year 2010, and is expected to further decline by 14 percent or \$3.9 million in Fiscal Year 2011. In addition, Measure A local sales tax revenue is expected to experience a \$2.6 million reduction for Fiscal Year 2010 and potentially another \$3.9 million reduction for Fiscal Year 2011.

Despite a number of cost-cutting measures, including service reductions in September 2009, fare increases in January



Service changes will be implemented on Sunday, June 20th

2009 and September 2009, a hiring freeze, freezing employee pay, employee furloughs, and 60 layoffs scheduled for April 2010 - the RT Board must now consider

Nine service reduction scenarios were presented as potential options. RT staff also sought input from the RT Board and the public regarding all routes and services. The proposed service changes are scheduled for adoption by the RT Board on Monday, March 22, 2010, and if approved, would be implemented on Sunday, June 20, 2010.



the reduction, realignment or elimination of bus, light rail and paratransit service, as well as other cost-cutting measures to achieve up to \$25 million in cost savings. Major service reductions will result in additional layoffs of operators, mechanics and RT staff who support the operation and maintenance of bus and light rail service.

Service change comments may be submitted in writing to the Planning department at P.O. Box 2110, Sacramento, CA 95812-2110 or by e-mail to [servicechanges@sacrt.com](mailto:servicechanges@sacrt.com). To view the staff report, visit [www.sacrt.com](http://www.sacrt.com) and click on the "March 8 Public Hearing" icon on the home page. For route, schedule and fare information, call 916-321-BUSS (2877) or visit [www.sacrt.com](http://www.sacrt.com).

Source: Sacramento Regional Transit District

## St. Patrick's Day Concert with the SwingMasters



SwingMasters will perform on March 17th at La Sierra Community Center

*Carmichael* - Local music legends, the SwingMasters, are donning their green garb for a festive St. Patrick's Day concert on March 17 at La Sierra Community Center in Carmichael. The infamous day known for mischief making and leprechaun hunting is the perfect opportunity for the SwingMasters to liven up the winter blues we've had with some hot swing music.

Now in their 12th year of providing big band sounds, the SwingMasters have been heard all over northern California from Chico to Modesto and Lake Tahoe to San Francisco. Their repertoire includes festivals, anniversaries, birthdays, weddings, fundraisers and more. With over 350 years of accumulated big band experience, the SwingMasters have performed with Edwin Franko Goldman,

the Wayne Newton Band and the great trombonist, J.J. Johnson. The SwingMasters are a permanent act in Carmichael's Summer Concert in the Park Series, always performing on Father's Day in June. You can hear samples of their music and check out their 'gig' lineup at [www.swingmasters.org](http://www.swingmasters.org).

The SwingMasters' performance is sponsored by the Carmichael Recreation and Park District. The District has some new and innovative programs for the spring such as a memoir writing workshop called Writing Your Life Story, a Beginning German Class and Women's Self Defense. Call 485-5322 for more information or visit the website at [www.carmichaelpark.com](http://www.carmichaelpark.com).

The Saint Patrick's Day Concert

is also sponsored by the local in-home care business, Seniors Helping Seniors. Under the ownership of Priya Bansal, older adult workers assist home bound seniors with companionship, light housekeeping, cooking, gardening, transportation and more. If you know someone who might be in need of in-home care or would like more information, please call Seniors Helping Seniors at 372-2640 or visit their website at [www.seniorshelpingseniors.com](http://www.seniorshelpingseniors.com).

The Saint Patrick's Day Concert with the SwingMasters is scheduled for 6:30-8:30pm and the entry is \$5 per person. La Sierra Community Center is located at 5325 Engle Road in Carmichael. Call 483-7826 for more information.

## Motorcyclist Crashes and Dies after Fleeing from Deputy

*Carmichael* - On February 24, 2010, at approximately 11:00 p.m., a 28 year old male from North Highlands was riding a blue 1993 Honda CBR 900 motorcycle on southbound Walnut Avenue at Marconi Avenue. A Sacramento County Sheriff Deputy in a marked patrol unit was pulling out of a parking lot at Marconi Avenue and heard the motorcycle approaching. The motorcyclist looked at the Deputy and began to accelerate rapidly onto eastbound Marconi Avenue. The Deputy turned eastbound onto Marconi Avenue and activated his front red emergency lights for an enforcement stop. The motorcyclist failed to yield and a

pursuit ensued. The motorcycle speeds varied from 50-100 mph. As the motorcyclist approached the intersection of Fair Oaks Boulevard, he failed to slow or stop for the red traffic signal. Meselech Adamu, a 40 year old from Carmichael, was driving a grey 2007 Chrysler 300 at approximately 40 mph on northbound Fair Oaks Boulevard approaching the intersection of Marconi Avenue on a green traffic signal. As the Chrysler entered into the intersection, the motorcyclist observed the vehicle approaching and he laid his motorcycle down onto its side. The motorcycle slid into the left rear passenger door of the Chrysler. The impact caused the motorcycle to erupt

into flames and the pursuing Deputy pulled the motorcyclist from the burning wreckage. The motorcyclist was transported to Mercy San Juan Medical Hospital where he succumbed to his injuries at 0119 hours. Adamu was transported to Mercy San Juan Medical Hospital with complaint of pain to her neck and back.

It was later determined that the motorcycle was a reported stolen vehicle out of the North Sacramento CHP Area and the motorcyclist was driving on a suspended driver license. The motorcyclist's name is not releasable pending notification of next of kin. This collision is still under investigation.

# A Day at the DMV

## The Man Who Wanted to Say Something

By Perry Hartline

Thursday, February 11, was chill and amber-gray. Leaning against a wiry tree in the Carmichael DMV parking lot flipping through paperwork. I looked up at a stocky, muscular, middle-aged man in a plaid shirt, Wranglers and work boots. In high school he was the guy on the offensive line you didn't want squinting at you.

He curved to a beaten bronze pickup, the bed piled with power tools and covered with a dingy canvas tarp. It was this cavalryman's horse, his HummVee, his BFV, not beautiful but proven and dependable. Reading a sheaf of papers, he stopped, stared, and slapped them with the back of his hand, annoyed. Pulling the door open he slipped in and sat half-turned, one leg on the pavement, reading. Lifting his head, he blinked at the rain spotted window, and slowly slipped out, still reading, heading to the concrete box that DMV buildings come in. He stopped on the roadway, facing the mob leaning towards the entrance. His mouth moved, but nothing came out. He stiffened, standing straight. "Listen to me a minute! You got nothing else to do anyway," he croaked. "I need to tell you something!" People strained to not see him. Pausing,

he cleared his throat. "Folks, I need to say something to you!" The mob waiting, drinking coffee from the 7-11, smoking, talking, eating donuts, working crossword puzzles, and reading, shifted, preoccupied. "This ain't America anymore!" He waited for it to sink in. "And this ain't California anymore!" He aimed a thick palm at a bundled, bell-shaped lady and spoke directly. "Ma'am, you know what I mean. I know you do. These kids need to learn it!" Perplexed, she nodded. The mob turned, curious. A couple of tattooed teens, smoking, fixed on him.

"You two young guys don't know what they're doing to you, what they've done to all of us. You're young!" Pointing at the concrete building, "You'll go in there and get a number, hoping you won't wait more than an hour, or an hour-and-a-half, to talk to someone. You'll pay thirty bucks or a thousand bucks for something that used to cost a few bucks and ought to still cost a few bucks. How many of us are here? Fifty? Seventy? Maybe another hundred inside? It'll average out to \$200 or \$300 each - and this is just the first hour!"

He had my attention. Watching his back, I checked the rear of his truck for the typical anti-tax, anti-government bumper

stickers. There were none. He took in a deep breath and exhaled words. It was the low, heavy song of a bull. Opening his arms he lowed evenly, "Life wasn't always like this! Sure things were tough, they're always tough! That's life. But the people that ran things then weren't making it harder for us, not like now. The government was on our side, once!" The man-bull waved an arm at his pickup. "They want \$350 for my truck! My truck! Look, it ain't new!" Taking a step forward, tapping his chest, "I work on it myself. I need it to make a living, and I don't have the money to pay 'em!" Everybody was facing him. "I'm California born and raised. I went to the schools when they were good. I joined the army. I got married, and got a job when there were jobs to get.

Pointing at the building, "It ain't the people workin' in there's fault, it's everything that put them there and tells 'em what to do and how much to charge and makes us stand in line to get it. It's the banks that took our money and wasted it, and drained the money out of our homes. And it's the government that gave the banks the money. It's spent now, but they want to keep spending it, so they're printing more." His confidence was up. "Listen

to me! You got to say No! Slightly embarrassed, his eyes poked the mob as he searched for words. They flew out. "Hide your money! Work for cash! Trade your abilities! Do what you need to do to protect yourself and your family. It's up to us! I'm leaving. Me and my wife are going to start planning a way out of California today!" "Where ya' goin'?" one of the tattooed teens asked in a curious voice. "I don't know. It don't matter. The weather here ain't that good!" The mob giggled. They were with him, then, bobbed like penguins moving a few more

inches to the entrance. A young Mexican string bean under shining curly black hair, hands in pockets, laughed. "Yeah? But *where to?*" "You got to leave to find it." A voice rose from the mob, "Ain't no place you can go no more, it's over, pops!" "No it ain't! No it ain't! **NO IT AIN'T!** Sayin' that means you accept it! You're givin' up!" Standing mid-line a tall silver-haired lady, graceful as a heron in fur hat, dark jacket and slacks, cleared her throat. "Sir, in the end it's up to us. It's our responsibility. It always is." "Yes, Ma'am. You're correct." The crane-lady waited a moment. "My husband and I love Arizona. We can't sell our home..." she added. Folding her arms, looking down at the points of her shoes, "Not now. We're stuck."

The man-bull nodded to the crane-lady. "I understand, Ma'am. I surely do." Quietly he continued, "I'm not a churchd man, but I believe in God, and I don't hate no one. I hope he looks after you and everyone you love." He turned dark-red, mortified at his foolishness and his poor words. "Good luck to all of you." He turned whispering, "I needed to say somethin'. I had to say... somethin'. I-I'm sorry." His words floated on the air and he hurried to his truck. "You did good, pops!" a young male voice from the mob called. "Good luck!" The crowd muttered agreement. The Bull-man raised his hand without looking back. He slipped into his seat and rattled away in his battered pickup. The mob quietly turned, focusing on the concrete box they had yet to get into.

## DMV Unveils New iPhone Application

iPhone users will now have DMV information and services at their fingertips with a new DMV iPhone application called "DMV Now." The California Department of Motor Vehicle (DMV) created an application that will allow iPhone owners the ability to find a local office with the actual wait time and provide turn by turn directions based on the GPS location of the iPhone, take sample written driving tests, access a large library of DMV driver education videos and access other important DMV alerts. The entire process of building the DMVNow iPhone application took only ninety days from inception to approval from the Apple Corporation and the DMV is the first state agency to build an application in-house keeping costs to a minimum. DMVNow iPhone application is free to iPhone customers and is available at the Apple applications store. As of July 2009, there were roughly 6.4 million iPhone users in the United States.

DMV Director, George Valverde said "Since millions of people own iPhones and other Apple wireless devices we thought this would be a great way to make DMV that much more convenient and accessible to customers. More people are depending on their hand held mobile devices for information and we hope to build more DMV mobile applications in the future for other wireless device companies." Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site ([www.dmv.ca.gov](http://www.dmv.ca.gov)), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Source: Department of Motor Vehicles



### Foster Care

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

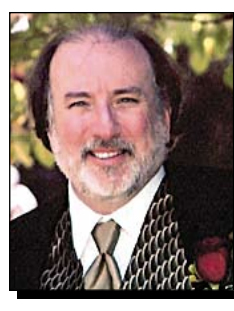
We offer free training, fingerprinting, CPR/1st aid, 24 hr support, monthly reimb.

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## Carmichael Times

Serving Carmichael and Sacramento County since 1981



**Publisher - Paul V. Scholl**

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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 members and there is no charge.*

FOURTEENTH SEASON

## SACRAMENTO CHORAL SOCIETY & ORCHESTRA

DONALD KENDRICK MUSIC DIRECTOR

### Mondavi Matinee Series

Sunday, March 28 at 2 PM  
Mondavi Center, UC Davis

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**Brahms - Ein Deutsches Requiem**  
Jessica Siena, Soprano  
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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Sacramento State University Chorus and Sacred Heart's Schola Cantorum

**Brahms - Academic Overture**






Siena Janzen Layhani

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Tickets \$30 - \$40 | Students half-price | Group sales (10+) \$5 discount

[SacramentoChoral.com](http://SacramentoChoral.com) | Pre-concert video podcast

# Sacramento Gas Prices Increase Again

Sacramento - Average retail gasoline prices in Sacramento have risen 13.4 cents per gallon in the past week, averaging \$3.05/g today. This compares with the national average that has increased 4.8 cents per gallon in the last week to \$2.74/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices today are 86.3 cents per gallon higher than the same day one year ago and are 20.1 cents per gallon higher than a month ago. The national average has increased 9.8 cents per gallon during the last month and stands 80.9 cents per gallon higher than this day a year ago.

### About SactoGasPrices.com

GasBuddy.com operates over 200 live gasoline price-tracking websites, including SactoGasPrices.com.

GasBuddy.com was named one of Time magazine's 50 best websites and to PC World's 100 most useful websites of 2008.

# Boy Scouts Hold E-Waste Drive



*Leaders, E-Waste Committee, Venturing Crew Members, Scouts participate*



Sacramento Region - Leaders, E-Waste Committee, Venturing Crew Members, Scouts of troops 161 and 802 participated in an E-waste Drive at Arcade Wesleyan Church Saturday, February 20th. They started setting up at 7 am. Harriette Carr, Committee Chair, held an orientation and safety meeting with the participants. The donors started arriving early at 8:30 and they were taken care of prior to the official starting time of 9am. In the first bin were items with screens (TVs, monitors etc) and the other bin contained other E-waste items. The Scouts directed the incoming traffic, checking with the donors to meet State regulations, and then directing them to the unloading area. Adults unloaded the E-waste into the large bins and everyone received a thank you as they

departed. All of this took place at a pace greater than one car a minute going through the whole system. The scouts and adults had lunch in shifts, so the E-Waste unloading could continue. A lot of hot dogs, oranges, pretzels, lemonade and water were consumed. The cars and pickups streamed steadily through all day until after closing at 1pm. Four and a half bins were filled and moved to CEAR who will recycle the contents. All computer hard drives will be shredded to protect any information

that was still left on them. Approximately 45,000 pounds of E-Waste was recycled meeting the Scouts goals of "Going Green with the Boy Scouts" and providing a much needed service to the communities we live in. At the close of the drive and the last bin picked up, the parking lot where the drive was held left no sign of the day's activity in typical Boy Scout way. With the success of this event, another is planned for later in the spring on April 24th at another location to be soon known.

## Carmichael



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

**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 Workshop for the Recreation Master Plan**  
**Location:**  
 Carmichael Park Clubhouse (5750 Grant Ave, Carmichael) Saturday, March 6 at 10 a.m.

The Carmichael Recreation and Park District is developing a Recreation Master Plan to guide our programs. We would like the community's input to determine the types of activities and programs that are needed to meet the recreation interests of our district. RSVP: Tracy Kerth (916) 485-5322 x 23 or email: tracy@carmichaelpark.com

**Sacramento Symphonic Winds Concert**  
**Location:**  
 La Sierra Community Center

(5325 Engle Rd, Carmichael) Sunday, March 21 from 3 p.m. to 4:30 p.m. \$5 per person, Seniors and kids under 12 FREE. Plenty of FREE parking!

For more information, please call 916-489-2576 or check their website: www.sacwinds.org

**St. Patrick's Day Concert with The SwingMasters**

**Location:**  
 La Sierra Community Center (5325 Engle Rd, Carmichael) Wednesday, March 17 from 6:30 - 8:30 p.m. \$5 per person. Plenty of FREE parking.

Get your green on and come dance an Irish jig while Sacramento swing legends, the SwingMasters provide plenty of festive tunes. There will be refreshments for sale and lots o' fun to go around!



**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.

**Send in your Easter Events!**  
 Publisher@CarmichaelTimes.com

## RONI DEUTCH Tax Center

**TAX TIME IS HERE. DON'T BE NERVOUS. WE KNOW TAXES.**

**Mention This Ad And Your State Taxes Are Done For Free!**

**5839 Manzanita Ave., Suite 8 Carmichael, CA 95608**  
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**4141 Manzanita Ave. Carmichael, CA 95608**  
916-482-4141

**5484 Dewey Dr., Suite 235 Fair Oaks, CA 95628**  
In Safeway shopping center  
916-844-1025

**1850 Douglas Blvd. Roseville, CA**  
916-797-2031

**'Touch of Health' Weekly Vitality Classes**

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

March 16th	5 essential steps to a vital nervous system
March 22nd (Mon)	The joy of life (Women's transformational workshop)
March 30th	Fitness made fun

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

Call 916-972-1313 or visit [AegisofCarmichael.com](http://AegisofCarmichael.com) for more information.

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 Carmichael, CA 95608

## Assemblymember Huber: "No More Cuts to Education"

Sacramento -- On March 4th, the Day of Action for education, Assemblymember Alyson Huber stood in solidarity with the parents, teachers and students rallying across the state to call for no additional cuts to education.

"Enough is enough. We must hold the line on any more cuts to education. Our students have sacrificed enough," said Assemblymember Huber. "The fight against cuts will not be easy in these difficult times but if we stand

together we can make a difference in this budget. As a state, education must be one of our top priorities."

Assemblymember Huber recognizes the critical need for investing in education and keeping the doors of opportunity open to our state's students. She credits her own education for being where she is today. After putting herself through college, education is what allowed her to change her station in life. Furthermore,

as a mother of two young elementary school children and two step-children in college, Assemblymember Huber knows first hand what the recent years of drastic cuts to education has meant.

"Education is not what it used to be. When I was in school we had jars of paste in every class room, now, teachers have to hold bake sales to buy glue sticks," added Huber.

For more information visit [www.asm.ca.gov/huber](http://www.asm.ca.gov/huber).

## Lungren Fights for Bipartisan Protection for Health Care Consumers

Sacramento -- Washington DC-Rep. Dan Lungren (R-CA) offered a bipartisan amendment to HR 4626 - Health Insurance Industry Antitrust Enforcement Act - that sparked heated debate on the House Floor. Using bipartisan language from former Judiciary Chairman Jack Brooks (D-TX), Lungren's amendment was passed out of the Judiciary Committee with unanimous support. However, Rep. Lungren's amendment was stripped from the legislation by the House Leadership and the Rules Committee refused to allow the Lungren amendment to be debated on the House Floor. Lungren released the following statement: "I do not believe that the insurance industry should be exempt from our nation's antitrust laws. I worked with my colleagues on our Judiciary

Committee to produce a bi-partisan bill which included my amendment to allow small businesses to share historical loss data. The amendment was adopted unanimously by the Judiciary Committee and was included in section 262 of the health care legislation which passed the House of Representatives. My amendment reflected the language from legislation introduced by former Chairman of the House Judiciary Committee Jack Brooks in the 101st, 102nd, and 103rd Congresses. "Most businesses look to data on past transactions in order to enable them to price their products. And here is the rub—it is the small companies which depend on the availability of this information the most. Smaller businesses simply do not have a sufficiently large volume

of information to price their products efficiently. It is for this reason that it is of the utmost importance that these business owners have the ability to share historical data. In this regard, a Congressional Research Service Report by Janice Rubin and Baird Webel raises the possibility that were such data not available to small insurance companies we might see the ironic outcome of further consolidation in the insurance industry. My amendment makes it very clear that only the sharing of past transactions is permitted and that insurance companies may not collaborate to set prices." The American Bar Association has supported the collection of historical data as embodied in the Lungren Amendment. Lungren supported H.R. 4626 on final passage.

## SACRAMENTO FINE ARTS CENTER, INC.

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February 23 - March 13 Animal House - The Exhibit  
 March 13, 2010 2nd Sat. Reception  
 5:30-8:30 pm Music by High School Jazz Band  
 SPCA Animals will be in attendance  
 Artist's Awards will be presented at 8:00 pm  
 April 3 Mira Loma High School Show  
 April 6 - 24 WASH Membership Show  
 April 27 - May 8 "Painting Where the Wild Things Are"  
 Effie Yeaw Nature Center



From "Animal House the Exhibit"  
 Best of Show: UNTITLED,  
 photograph by Janis Arnell

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 March 24

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

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- **Ironstone Vineyards Gourmet Lunch**  
 Monday, April 12, 2010 • \$86/per person
- **Eleven Roses Ranch**  
 Saturday, April 17, 2010  
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- **Bouquets to Art & Amish Quilts**  
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## USA Swimming Taps Arden Hills Brian Nabeta as Assistant Coach for Men's National Youth World Cup Team

*Nabeta Will Travel to Barcelona, Spain in June to Coach the Grand Prix Series*



Brian Nabeta

Sacramento – USA Swimming has named Brian Nabeta, Arden Hills USA Swim Team Head Coach & Director of Aquatics, to the prestigious position as Assistant Coach for Men's National Youth World Cup Team. In fact, Sacramento will have a proud showing at the international swim competition this year as one other local coach from the greater Sacramento area was

also selected to be an assistant coach. In addition, two local swimmers -- one who already trains at Arden Hills with Nabeta -- will compete in the three-city Mare Nostrum European Grand Prix Series which will occur on June 9 & 10 in Barcelona, Spain, with Nabeta assisting.

In his role as part of the assistant coaching staff, Nabeta will provide race preparation support and ensure the the talented team of 30 young athletes is ready to compete at the highest level possible. Of course, Nabeta and the other coaching staff members will also provide encouragement, enthusiasm and motivation for the team in an effort to help the team be mentally prepared and understand the amazing accomplishment they've collectively and individually achieved.

"It is a great honor to be appointed on the coaching staff on an international level like this," said Brian Nabeta, Head Coach & Director of Aquatics at Arden Hills. "I consider myself carrying on a local legacy of sorts because the only other swim coach from Arden Hills who has ever been chosen to coach internationally was former owner and legendary swim coach Sherm Chavour. I'm very proud to follow in his footsteps and especially excited to have two local swimmers as part of the team."

After the Grand Prix Series concludes, Nabeta will resume his role at Arden Hills Resort Club & Spa where he manages a staff of six talented swim instructors and oversees more than 150 promising year-round USA Team athletes.

Source: T-Rock Communications

## KVIE Examines California's School Nursing Shortage

*California students, some with life-threatening illnesses, are often not receiving medical assistance at school.*

*ViewFinder: A Crisis in Caring:* California's School Nursing Shortage focuses on the critical shortage of school nurses in Northern California. This documentary airs on KVIE Channel 6, Wednesday, March 17 at 7pm. The program offers insight on how this issue impacts students, teachers, parents, and communities. California lawmakers, health professionals, educators, school nurses, and students with chronic illnesses weigh in on the problem.

Students who suffer from asthma, type-1 diabetes, food allergies and heart disease talk about how they are often forced to treat their illness at

school, without professional medical assistance. The program follows a credentialed school nurse over the course of an exhausting day, visiting more than dozen schools. A Crisis in Caring: California's School Nursing Shortage also examines possible solutions, including the use of telemedicine diagnosis and treatment with the help of leading medical institutions.

This timely and important program addresses the following issues: In one Northern California school district, there is only one nurse for 14,800 students, 20 times more than the recommended national standard; In many instances, if your child

becomes sick or injured at school, legally only a credentialed school nurse can administer specific medications; Chronic illnesses are exponentially on the rise in children and teenagers in our region.

Additional broadcasts of A Crisis in Caring: California's School Nursing Shortage will air on March 18 at 1:30am, March 19 at 4pm, and March 21 at 6pm. For more information about this and other KVIE productions, visit [kvie.org/viewfinder](http://kvie.org/viewfinder). The ViewFinder series is underwritten by AT&T and SAFE Credit Union. This program is part of KVIE's Focus on Health initiative underwritten by the UC Davis Betty Irene Moore School of Nursing.

### Genealogical Association of Sacramento Inc.

The Genealogical Association of Sacramento will meet Wed. March 17 2010 at the Colonial Heights Library on Stockton Blvd. at 21st Ave. Our March Speaker will be Enoch Haga and his topic will BE "Publishing a Genealogy". He publishes Genealogies, and most recently published "Some Norse Families" by Henrik Lunde. His talk will be of special interest to people of Scandinavian ancestry, and those who have done their research

and are ready to publish their work. Meeting starts at 1 pm.

Our charter bus trip to Sutro Library in San Francisco is planned for Wed. March 24th. The cost is \$35.00, and \$40.00 for non-members. There are four pick-up spots. We will be gone all day and return at about 7:30 pm. Please have interested people contact GAS President: Melanie Howard 916-383-1221 or [melissa@comcast.net](mailto:melissa@comcast.net).

### Carmichael Geranium Society March Meeting

Friday March 12, at the Carmichael Community Clubhouse - 5750 Grant Avenue, Carmichael

There will be a workshop on soils, fertilizer, pruning, shaping & watering. Bring 1 or 3 plants for this hands-on workshop.

### A Musical Treat

#### St. Francis Episcopal Church

An Evening with Dr. Orlando Tognozzi and Friends Sunday, March 21st  
St. Francis Episcopal Church 11430 Fair Oaks Blvd. in Fair Oaks  
Concert at 4:00 PM, Dinner Following • Tickets \$25.00



This wonderful concert will include Jazz, Classical, Big Band, Broadway selections, and a tribute to Nat "King" Cole, performed by Dr. Tognozzi, Estelle Kinsella, Marguerite Clugston, and Tavifa Mordovtseva. Tickets can be reserved by calling the church office at (916) 966-2261. The concert at 4:00 PM will be followed by dinner in the Parish Hall.

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## Supervisor Susan Peters Urges Census Count Participation

Sacramento Region - County Supervisor Susan Peters will be filling out her census form this month when it arrives in the mail at her home and she is urging all residents to do the same.

"The good news is the 2010 Census questionnaire is one of the shortest in history -- just 10 questions in all," says Peters. "The total effort should only take about 10 minutes to complete but the results could have a big impact on Sacramento County".

An accurate count of the local population helps to ensure California and Sacramento County receive a fair share of federal funding. This funding includes resources for services like education and roads.

Every 10 years since 1790,

the U.S. Census has conducted a nationwide count of every resident in the United States which is required by the U.S. Constitution.

The 2010 Census questionnaires are expected to be delivered during March 15 through 17. Residents should complete and mail back their forms before April 15.

"When you receive yours, just answer the 10 short questions and mail the form back," Peters explains. "A postage-paid envelope will be provided so you don't have to bear the expense of having to add a stamp."

Federal officials report that 72 percent of occupied households mailed back their forms during the 2000 Census and every effort is being made to increase participation

for the new decade's count.

April 1 will be Census Day and the U.S. Census Bureau will send reminder a postcard and a replacement questionnaire to all households that have not yet replied.

"If you don't mail the form back, you may receive a visit from a census taker" says Peters noting the U.S. Census Bureau plans to send out census takers to go door-to-door and fill-in questionnaires for households that did not respond.

"To avoid being contacted by a census taker, I'm filling out the short form when it arrives and within 10 minutes the effort should be over," says Peters adding "and I'll know by doing that I have done my part to be counted."

## Spare Time Clubs Open Youth Tennis League to Community

Online Registration Now in Progress

Sacramento Region - If you have a youngster age 5--13 who is interested in learning how to play tennis and also wants to try a little competitive play, registration is now underway for an extremely successful introductory tennis program that does just that at an affordable price--and you don't need to be a Spare Time Club member to participate.

The Sacramento Youth Tennis League at Rio del Oro Racquet Club begins Saturday, May 1 and runs for five consecutive Saturday afternoon sessions through May 29, culminating in the League All Star Tournament on June 5. Each

two-hour session starts at 1:00 pm. What makes this program so popular is that children learn tennis fundamentals using the USTA's Quickstart program format designed to get a child rallying and playing in a very short period of time utilizing age specific equipment, shorter court dimensions and modified scoring. Patrick Rutz, league administrator, says "As a father of 7 year old boys and a former tennis pro, I know kids want to compete and play on teams. This program finally brings those concepts together. Our boys had a great time last

year and it didn't break the bank."

Registrations received by April 2 are \$60; registrations received April 3--6 are \$70. Last year, nearly 400 young players took part in the program which was held at Spare Time Clubs in Elk Grove, Folsom, Gold River, Lodi, Natomas, Oakley, Roseville, and Sacramento. This program fills up quickly. Enroll now at [www.YouthTennisLeague.net](http://www.YouthTennisLeague.net). Specifics about the program format can be found online at [quickstarttennis.com](http://quickstarttennis.com). Rio del Oro Racquet is located at 119 Scripps Drive, Sacramento, CA 95825.

## River Cats Launch Search for "Voice of Summer" at Raley Field

Team to Host Auditions for 2010 Public Address Announcer

West Sacramento - The Sacramento River Cats will host auditions to determine who will be their 2010 Raley Field Public Address Announcer, team officials announced today. The PA Announcer, whose voice will be an iconic representation of the ballpark experience to the countless River Cats fans in the region, will take the microphone at all 72 River Cats home games and all home playoff games.

Those interested in auditioning must submit a reading three scripts to the River Cats by Monday, March 15th. Scripts are available at [Rivercats.com](http://Rivercats.com). Submissions can be made in one of two ways; Email a digital file (.wav, .wmv or .mp3) to the River Cats at [promotions@rivercats.com](mailto:promotions@rivercats.com). Email must include



applicant's name, age and contact info (email and phone number), or mail an audio CD or a video (DVD, miniDV or VHS), to the River Cats at "River Cats PA Announcer Search, 400 Ballpark Drive, West Sacramento, CA 95691." All mail submissions must also include applicant's name, age and contact info (email and phone number). After March 15th, a limited number of applicants will be selected to

take part in live auditions at Raley Field on Saturday, March 20th, after which the River Cats will pick a winner. The team will announce the winner prior to Opening Day.

The River Cats begin their 2010 home schedule on Friday, April 16th when they host the Reno Aces (Triple-A affiliate of the Arizona Diamondbacks) at Raley Field at 7:05 p.m.

Tickets for Opening Day at Raley Field are currently available only through purchase of River Cats Full Season Tickets, Mini-Plans and group packages. 2010 River Cats Season Tickets, Mini-Plans and group outings can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). For more information about the 2010 River Cats season, visit [www.rivercats.com](http://www.rivercats.com).

## Metro Fire Increases Services to Our Communities

Sacramento - On February 25th, at the Board or Directors meeting the Fire Chief informed the Board that advanced life support (ALS) Fire Engine Companies will increase from 80% to 100%. What this means to our citizens is that all of our Fire Engines will provide

at least one Paramedic, two Emergency Medical Technicians (EMT) and life saving medication. The benefit of the increase is consistent ALS service throughout our District. The implementation of this program is planned for April 1, 2010.



By Captain Christian Pebbles, Sacramento Metropolitan Fire District



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## Dare to Live Without Limits

### Kindness

By Bryan Golden

There is undue rudeness and thoughtlessness in every day interpersonal interaction. Friends, relatives, and strangers can act inconsiderately. More and more people are under increasing amounts of stress. Work, commuting, family, kids, errands, chores are among the many factors that can induce anxiety that causes individuals to be irritable.

People have become isolated and detached from one another. Earlier in history, everyone depended on each other for their well being. Someone would always make an effort to help a person in distress. Neighbor helped neighbor without being asked.

Today, when a Good Samaritan engages in an act of kindness it becomes a newsworthy story. Acts of kindness that were commonplace in yesteryear are now the rare exception. You can be more ignored broken down on the side of a busy highway than you would have been stranded on a dirt road. It's ironic that as the population grows, individuals have become increasingly discourteous. Rudeness easily becomes a

vicious cycle that influences all who come into contact with it. You have the power to break the cycle. You can be nice and act with kindness. You can surprise people with unexpected consideration.

Although there are exceptions, the vast majority appreciates courtesy. When you act nicely, you feel better than when projecting bitterness. Your actions are entirely within your control. How you behave affects everyone you come into contact with.

There are a number of simple strategies you can take to improve how you and others feel. Don't respond in kind if you are treated poorly. Respond in a nicer way than you are treated. Endeavor to consistently wear a smile. A smile causes you to feel better and radiates positive energy.

Go out of your way to be kind and look for ways to help others. Offer help especially when you don't have to. Spreading kindness doesn't cost a penny yet provides priceless rewards. There are numerous things you can do on a daily basis which will bring joy to all. Here are some simple suggestions that you can utilize

anytime and anywhere. But don't limit yourself to these, think of other ways to spread kindness. Smile, say hello and make eye contact. Greet a stranger you pass on the street, in the hall, or in the mall and, you will be surprised how often they say hello in return.

Always say please when you ask for something and thank you when someone serves or helps you. Even when a person's job requires them to attend to you, a sincere thank you will always brighten their day. Whenever you speak with someone, keep a smile on your face.

Be aware of the needs of people around you. Hold doors open for others. Open the door for someone whose arms are full of packages or for someone pushing a stroller and let them go ahead of you. Thank those who hold a door for you.

**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



COP OUT (Rated R)

Film director Kevin Smith recently garnered some presumably unwanted publicity when he was bounced from a Southwest Airlines flight for being too fat for one seat. I have just two questions for a Hollywood mogul. First, why aren't you flying an airline that offers the larger, more comfortable first class seating? Second, why are you flying from Oakland, of all places? There's a school of thought that any publicity is good publicity. Maybe that will be put to the test with Smith's new film "Cop Out," which apparently is the first film that he is directing that he did not also write.

From a script written by brothers Robb and Mark Cullen, "Cop Out" is imagined by director Smith to be as much Abbott and Costello as the '80s buddy cop movie it most obviously emulates. Think "Lethal Weapon" when you see the salt-and-pepper team of Bruce Willis and Tracy Morgan, the odd couple NYPD officers Jimmy Monroe and Paul Hodges respectively. Willis' Jimmy is nothing like Mel Gibson, for the wacky member of this duo is the motor-mouthed Paul, whose random thoughts and verbal grilling of suspects prove to be goofy. Willis plays his character with

## Riley Reviews

COMEDIC ASPECTS OF BUDDY COP TEAM DELIVERS A "COP OUT"

the sort of taciturn reserve that he perfected in the "Die Hard" films.

Barely a few minutes into the story, Jimmy and Paul misplay a drug stakeout, resulting in a shootout that leaves an informant dead along with a trail of collateral damage. The two cops are promptly suspended for a month without pay, an untenable situation for Jimmy as his daughter (Michelle Trachtenberg) has planned an expensive wedding he must finance. But just because the partners are suspended doesn't mean they won't fall into a heap of trouble. As a matter of fact, they go about police work as if nothing would hold them back.

Not wanting to be embarrassed by his daughter's obnoxiously wealthy stepfather (Jason Lee), Jimmy is consumed by pride as well as disdain for the interloper in his family's life. Desperately needing cash, Jimmy decides he must sell his prized 1952 Andy Pafko baseball card, but unfortunately stoner thief Dave (Seann William Scott) pilfers the card at a memorabilia shop heist. Efforts to retrieve this valuable relic result in Jimmy and Paul being drawn back into the very investigation that got them benched in the first place.

Already in trouble, and brushing up against the uptight officers that replaced them (Adam Brody and Kevin Pollak), the partners break all the rules by enlisting

the aid of the crazy burglar to recover the missing card. This puts them up against the merciless, baseball memorabilia-obsessed Mexican gangster Poh Boy (Guillermo Diaz) and his bunch of stereotypical trigger-happy henchmen. But before they can reclaim the treasured Pafko card, the partners strike a deal to boost a vintage Mercedes, and along the way they rescue a Mexican beauty (Ana De La Reguera) who doesn't speak a word of English.

There is a multitude of things that don't seem to matter all that much in the grand scheme of "Cop Out," chiefly a sensible plot and dialogue elevated to a higher level than locker room banter. To be sure, Bruce Willis and Tracy Morgan have some good moments of snappy wisecracks, primarily when they are bickering on incidents large and small. But too much of the manic Morgan becomes somewhat grating. His obsession with his wife's (Rashida Jones) alleged infidelity is also overworked. Meanwhile, Sean William Scott fares better as he plays off both Willis and Morgan, often needling the officers for their anxieties.

Fans of Kevin Smith may be expecting an edgier buddy cop movie than "Cop Out" delivers. What we have is something more like "Rush Hour," as if Tracy Morgan had somehow tapped into the frenzied, excitable state of Chris Tucker, Jackie Chan's wacky partner. Aside from Morgan overplaying his part, "Cop Out" is agreeable enough for a good share of laughs, even if much of the humor tends to the most common denominator variety.

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SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #228003

WHEREAS, Emily Khan has filed a petition with this court for a decree changing name of Emily Marie Khan to Emily Marie Khan Gist. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 19, 2010 in the Family Relations Courthouse, Dept. 135, located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 9, 2010. Dean L. Petersen Judge of the Superior Court Publish: February 17, 24, March 3, 10, 2010. SACCHI 00203 3-10-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #228004

WHEREAS, Travis Khan has filed a petition with this court for a decree changing name of Travis Warren Khan to Travis Warren Khan Gist. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 19, 2010 in the Family Relations Courthouse, Dept. 135, located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 9, 2010. Dean L. Petersen Judge of the Superior Court Publish: February 17, 24, March 3, 10, 2010. SACCHI 00203 3-10-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #228005

WHEREAS, Christopher Khan has filed a petition with this court for a decree changing name of Christopher Michael Khan to Christopher Michael Khan Gist. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 19, 2010 in the Family Relations Courthouse, Dept. 135, located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 9, 2010. Dean L. Petersen Judge of the Superior Court Publish: February 17, 24, March 3, 10, 2010. SACCHI 00203 3-10-10

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SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Alleen Gist. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 19, 2010 in the Family Relations Courthouse, Dept. 135, located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 9, 2010. Dean L. Petersen Judge of the Superior Court Publish: February 17, 24, March 3, 10, 2010. SACCHI 00203 3-10-10

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY

Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by Elizabeth L. Eck Whose last address was 7910 Roseboro Circle, Sacramento, CA 95828 will be sold at Public Auction at 7910 Roseboro Circle, Sacramento, CA 95828 on Saturday, March 13, 2010 at 11:00 o'clock A.M.

DESCRIPTION OF PROPERTY: Household Personal Property consisting of but not limited to Christmas Décor, Electrical Cords, Cabinets, Metal Stand, Desk, Shoe Rack, Entertainment Cabinet, Pool Table & Accessories, BB Q, Sink/Vanity, Folding Table and all other items in and on said property. Publish: March 3, 10, 2010. SILICO 00301 3-10-10

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY

Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by William E. Matras whose last address was 10722 Ambassador Drive, Gold River, CA

95670 will be sold at Public Auction at 10722 Ambassador Drive, Gold River, CA 95670 on Tuesday, March 16, 2010 at 11:00 o'clock A.M.

DESCRIPTION OF PROPERTY: Household Personal Property consisting of but not limited to Coffee Table, Microwave, Table, Chair, Couch, 2 TV's & Stands, 2 Record Players, Books, Radio, Headboard/Mattress, Fan, Speakers, 2 Bookcases and all other items in and on said property. Publish: March 3, 10, 2010. SILICO 00301 3-10-10

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 #H, 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, Furu Duan has filed a petition with this court for a decree changing name of Furu Duan to Rae Furu 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. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010. DODGE 00204 3-17-10

Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Feb. 19, 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. McCART 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

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 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  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2010-00070397

WHEREAS, Eric Loroy Thomas has filed a petition with this court for a decree changing name of Eric Loroy Thomas to Eric Loroy 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 Wang have filed a petition with this court for a decree changing name of Eric Wei Wang to Eric Wei Wang. 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 3, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 10, 17, 24, 31, 2010. VIVIDS 00302 3-31-10

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 #1001327. Carole Ann Elbert, 7998 Cheryblossom Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Carolee Company" at 7998 Cheryblossom 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

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. PAPERE 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 Wang have filed a petition with this court for a decree changing name of Eric Wei Wang to Eric Wei Wang. 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

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**MISSING PERSON**

If anyone has information of the whereabouts of **Eileen F. Sheftic**, formerly of 3922 Oak Villa Circle, Carmichael, California please contact Jerome E. Falbo, Esquire at 80 Jefferson Street, Winthrop, Massachusetts 02152. Telephone number 1-617-846-3433. E-mail address is lawfsg@verizon.net. (MPG)

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**Health/ Miscellaneous**

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**Miscellaneous Items For Sale**

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**Prayers & Novenas**

MOTHER THERESA PREDICTION 2009 You were chosen to receive this novena. The moment you receive it, say: "Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done, on earth as it is in heaven, give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. Amen."

"Father, please protect and bless the person reading this message..." GOD WANTED ME TO TELL YOU, it shall be well with you this coming year. No matter how much your enemies try this year they will not succeed. You have been destined to make it and you shall surely achieve all your goals this year. For the remainder of 2009 and

all of 2010, all your agonies will be diverted and victory and prosperity will be coming in abundance.

Today God has confirmed the end of your sufferings, sorrows and pain because HE that sits on the throne has remembered you. He has taken away the hardships and given you JOY. He will never let you down.

This is a Novena from Mother Theresa that started in 1952. This is a powerful Novena.

THANKSGIVING NOVENA TO ST. JUDE O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen.

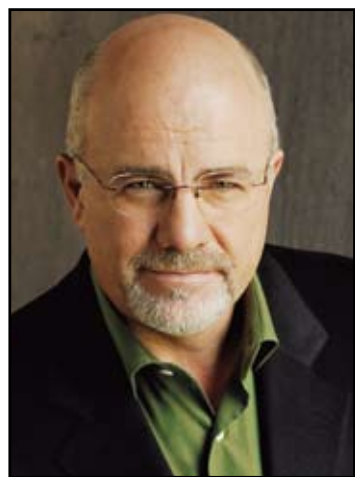
Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. (MPG)

Wants go to heaven without dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG)

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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.

## Right Time to Expand the Family?

Dear Dave,  
My wife and I are trying to pay down our debt. We've got a long way to go, and it's pretty

scary sometimes. We've also started thinking that we'd like to have another child. We're not getting any younger, but we know this would prolong the time it would take us to get out of debt. Do you think we should wait until we're out of debt, or until we have most of it paid off?  
- Holland

Dear Holland,

The only time I tell people to let their financial situation dictate when to have children is when it's an extreme case. I mean, if you've got six kids and you want 20, I'd probably tell you to slow down and get control of your money first. Or, if you're sitting square in the middle of bankruptcy, it might be a good idea to wait a year or two while you straighten things out and get back on solid ground financially.

If everything else is within reason, and you're talking about a normal number of kids and a normal income, the idea that children will cause you to go broke is simply not true. It might slow things down a little if you're trying to get out of debt, but chances are it won't be anything earth shaking.

Generally speaking, I guess what I'm saying is when God wants you to have a kid, have a kid!  
- Dave

## Buy or Wait?

Dear Dave,

I'm 18, and I have a job making \$30,000 a year. I've also got about \$40,000 in stocks and \$10,000 in savings. I want to buy a house

in the near future. Should I pay cash and buy it outright, or is a 15-year mortgage okay?  
- Sam

Dear Sam,

I love the idea of paying cash for a house, but I'm even more impressed that you've got \$50,000 you could put toward a house and a job making \$30,000 a year at age 18. Man, you're really kicking it!

It's a great time to buy a house. Interest rates are low, and prices are great. But the thing that keeps sticking in my mind is that you're still just 18 years old. Now, there's nothing wrong with being 18, but there's also nothing wrong with waiting a few years and getting a little more life experience under your belt before you saddle up with a mortgage.

At times like this, I think about what I'd tell my own 18-year-old son. And honestly, I think I'd advise him to wait and let life happen for a while. I'm not putting you down because you're 18. You've done some amazing things. But I think the best thing would be to keep piling up cash, then take a look and see how you feel and what your life is like in two or three years.

You've got lots of time and a huge head start already. Plus, there will still be plenty of properties out there. Then, when the time is right, either pay cash or do a 15-year, fixed-rate mortgage. And if you take out a mortgage, make sure the monthly payments are no more than 25 percent of your take-home pay!  
Great job, Sam!

- Dave

\*Please visit [www.davesays.org](http://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](http://www.rootcellar.org) or contact Sammie Hudgens, (916) 481-4930.

## March Art Show in Fair Oaks

March 13th  
Join us on 2nd Saturday March 13th, from 6 PM - 9 PM, at the Luxe Salon and Gallery in Fair Oaks Village, CA.

Featured Artists  
**Iris Sullivan:**  
Pastels - The Spiritual Feminine  
**Thom Brommerich:**  
Photography - Floral and Nature  
**FREE ADMISSION**

## CHAUTAUQUA PLAYHOUSE

to open

**Bad Seed on March 12**  
**& Rapunzel on March 20**



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

Chautauqua Playhouse announces its next show of its 33rd season, the thriller *BAD SEED* by Maxwell Anderson, opening 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 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](http://www.cplayhouse.org).

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For more information visit [EngagedSacramento.com](http://EngagedSacramento.com)  
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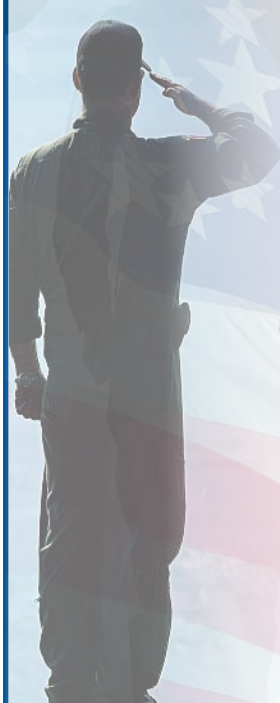
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# Hometown Hero



## Army Spec. Matthew W. Friesen

Army Spec. Matthew W. Friesen has graduated from basic infantry training at Fort Benning, Columbus, Ga.

During the nine weeks of training, the soldier received training in drill and ceremonies, weapons, map reading, tactics, military courtesy, military justice, physical fitness, first aid, and Army history, core values and traditions. Additional training included development of basic combat skills and battlefield operations and tactics, and experiencing use of various weapons and weapons defenses available to the infantry crewman.

Friesen is the son of William Friesen of Wyndham Oak Lane, Carmichael, Calif.

The specialist graduated in 2003 from Jesuit High School, Sacramento, Calif., and received a bachelor's degree in 2008 from the University of California, Santa Cruz.



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Carmichael Times

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

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[jimstirtondc@comcast.net](mailto:jimstirtondc@comcast.net)

# Small Claims Court Legal Talk

Sacramento - Sacramento Senior Legal Services receives many questions relating to small claims court procedures. These can include direct questions about small claims such as, how can I sue someone in small claims? What should I expect if I am being sued in small claims? How much can you sue for? How is small claims court different from the other courts? Other questions are more indirect and can range from, my brother borrowed some money and has not paid me back, what can I do? My landlord illegally kept my security deposit, how can I get it back? I paid for a service that was not performed or was

not performed to my satisfaction, how do I get my money back? Also, we'll explore situations best suited for small claims court actions. 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 April 22 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. *Ethel Hart Senior Center (916) 808-5462 915 27th Street Sacramento 95816*

# Library Hosts Digital Festival March 24

Sacramento - No matter if it is a holiday or late at night when libraries are closed, there are numerous services Sacramento Public Library card holders may access online 24/7. A Digital Library Festival is planned from 10 a.m. to 4 p.m., Wednesday, March 24, on 9th Street, between I and J streets, Sacramento (in front of the Tsakopoulos Library Galleria at the Central Library). Several booths will provide

useful information of online library programs and services, as well as community resources, that include finding jobs, improving one's health and wellness, tracing a family's genealogy, grade- and subject-specific homework help for 3rd to 12th grade students, self-help law resources, small business assistance, self-paced language learning courses and test tutorials, how to invest money wisely, library volunteer and

support opportunities, and more. The festival highlight will be the nationally-touring Overdrive Digital Bookmobile. The 74-foot tractor-trailer has hand-on electronic devices. It instructs visitors how to download eBooks, audiobooks, music, and videos which are available free from the library web site. For details, telephone the Sacramento Public Library at (916) 264-2920 or visit [saclibrary.org](http://saclibrary.org)



# Thrift Shop Hop

**"Come for the Fun - Shop for the Cause"**  
Saturday, March 13, 2010

Sacramento - "A Thrift Shop Hop is planned in the Arden-Arcade area on Saturday, March 13, 2010. The three thrift shops participating in the Thrift Shop Hop are Assistance League Second Season Thrift Shop, American Cancer Society Discovery Shop, and St. Vincent de Paul", announced President Mary McPherson. President McPherson said, "The all-day Saturday event will run during the operating hours of each of the shops. We plan to create a fun-filled day of shopping for 'thrift shoppers' by visiting three great thrift shops in very close geographic proximity. The event will feature new spring merchandise, special drawings, and prizes as well as bottled water to keep shoppers hydrated while they marathon shop." The times and locations

for the Thrift Shop Hop on Saturday, March 13 are:  
• American Cancer Society Discovery Shop - 2744 Marconi Avenue - 484-0227 (10 AM - 5 PM)  
• Assistance League Second Season - 2528 Yorktown Avenue - 488-0828 (10 AM - 4 PM)  
• St. Vincent de Paul - 2275 Watt Avenue - 972-1212 (10 AM - 8 PM)  
In November 2009 Assistance League Second Season Thrift Shop was named as Sacramento Magazine, Editor's Choice: "Best Proof That Second Time's a Charm." Proceeds from the thrift shop provide the primary income to finance nine philanthropic programs that have touched the lives of hundreds of thousands of residents in Sacramento and Yolo Counties for over 40 years.

The American Cancer Society Discovery Shop helps support the fight against cancer through the sale of high quality, gently used, donated merchandise. The Discovery Shop has offered superb service and great bargains since 1985, and it proud to serve the Sacramento community. The 41 discovery shops in California provide funding for research, education, and patient services. The Marconi shop is proud to serve the Sacramento community. The Society of St. Vincent de Paul is an international, non-profit organization that provides social services to people in need. One hundred percent of all profits from the sale of donated items in the Thrift Store go to programs to help the needy.



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