

# Carmichael Times



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Serving Carmichael and Sacramento County since 1981

March 3, 2010

## State's Revenue Acceleration is an Attack on Taxpayers



*Tired of being Taxed to Death?*

Special Commentary  
By Jon Coupal,  
Howard Jarvis Taxpayers Association

**Sacramento Region** - How would you like to be able to borrow as much money as you want and not have to pay any interest? And better yet, when payments come due, you could borrow more to make these payments and still not have to pay any interest. Sound like a good deal? It certainly has been for the state of California for the past 39 years. It's called income tax withholding. Behind closed doors in the Capitol, it is called "revenue acceleration" because it forces workers to pay government before taxes are actually owed.

Many California workers have never known any other system. If at the end of the year they get money back, it is considered "found" money and they are pleased to have it. What is often overlooked is that government has been using their money without paying any interest. The taxpayer pays early

and gets no discount or benefit. And if the taxpayer pays late, government still wins by collecting penalties and interest. In the private sector, this kind of deal is called a scam or "shakedown" and is usually enforced by muscular gentlemen with crooked noses.

But the tax-and-spend lobby in Sacramento can never get enough of a good thing. This is why during last summer's budget revision they quietly increased the withholding rate and then claimed they had solved the state's budget crisis without raising taxes. When California workers began to see smaller paychecks in October, they were told by the politicians not to worry because they would not owe any more in taxes at the end of the year.

Of course, we now know that in spite of these tax withholding and other budgetary gimmicks, California is again behind the budget eight ball. So it should come as no surprise that the usual suspects in the Legislature are looking at

additional revenue acceleration.

Senator Pro Tem Darrel Steinberg has proposed a new three percent withholding on independent contractors. Governor Schwarzenegger, who has returned to the "no new taxes" fold, calls it a tax increase, a charge, not surprisingly, Steinberg denies.

Independent contractors already must make estimated tax payments quarterly. Payment obligations were increased last year along with income tax withholding, so that they pay 70 percent of their estimated taxes in the first half of the year. Not only would additional withholding be another blow to independent contractors -- many of whom are self employed individuals or small businesses and who operate on a thin profit margin -- it would force business clients to become tax collectors for other businesses, creating bookkeeping and reporting costs. These costs would make hiring independent contractors less appealing, which would ultimately cost jobs.

In 1972, Sacramento saw withholding as a way to provide more money to government. However, when government has more it means taxpayers have less. In both 2009 and 2010, increasing the rate of withholding is like taking blood from a patient already on life-support.

*Jon Coupal is President of the Howard Jarvis Taxpayers Association - California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.*

## Daffodil Days Raises Hope

**Sacramento Region** - One of the American Cancer Society's most beloved campaigns, Daffodil Days, celebrates its 37th anniversary in 2010. Organizers expect to raise \$250,000 locally through the sale of daffodils -- the first flower of spring and the American Cancer Society's symbol of hope for a world free from cancer.

"Right now we are looking for coordinators to promote Daffodil Days in their company, school, neighborhood or place of worship", said Vita Sarginson, corporate relations manager with the American Cancer Society. "Volunteers begin taking orders in February, and the daffodils are delivered in mid-March. A simple how-to guide will lead them straight to success", added Sarginson.

A bouquet of 10 daffodils can be ordered for \$10. Additional items include a bouquet of daffodils and a glass vase that can be ordered for \$20 and two bouquets of daffodils in a clear glass vase that can be ordered for \$35. This year also marks the addition of Birthdays R. Hope, the fifth edition in a special Boyd's Bear collection designed exclusively for the American Cancer Society Daffodil Days. The bear with a bouquet of 10 daffodils can be purchased for \$25.

A unique component of Daffodil Days is the Gift of Hope. Donations to the Gift of Hope program will allow the American Cancer Society to anonymously deliver daffodils to cancer patients at medical centers in the greater Sacramento area. "Cancer treatment

is tough and when patients receive a bouquet of beautiful daffodils it let's them know they're not in this fight alone", said Sarginson.

Funds raised through Daffodil Days support the American Cancer Society's research, education and patient service programs. Those interested in participating in Daffodil Days are encouraged to visit the website at [www.cancer.org](http://www.cancer.org) for their sales kit or email us at [SacramentoDaffodils@cancer.org](mailto:SacramentoDaffodils@cancer.org). Orders over \$150 will be delivered on Tuesday, March 23 by FedEx, orders under \$150 can be picked up at various locations in the county.

In addition to raising \$285,000 locally, organizers also hope to raise awareness of the American Cancer Society and its mission to eliminate cancer.

## Arden Playhouse Opens with a Comedy Premiere

*It's a brand new comedy in a brand new theater!*



*In an attempt to discover just what Hal Stine (Matt Udall) is up to, Dr. Butz (Shana McCarl) becomes a seductive tigress and turns the tables on Hal in The Witherspoon Waltz.*



*Cassy and Mark (Heidi Kendrick and Marc Berman, left) as well as Hal and Dr. Butz (Matt Udall and Shana McCarl, right) get caught up in the mood of the moment as Mrs. Witherspoon (Betty Schoepf, center) conducts an imaginary orchestra in The Witherspoon Waltz.*

**Sacramento Region** - How much fun can you have in the hospital?

Tons, in the world premiere of *The Witherspoon Waltz*, a madcap farce by local playwright and director, Michael Messmer. In the style of a Marx Brothers romp, theater producer Hal Stine (Matthew Udall) is desperate to get financial backing for a new show from wealthy widow Mrs. Witherspoon (Betty Schoepf). So desperate, in fact, that he has tracked her to the hospital where she is being treated for unexplained fatigue. When Hal pretends

to be a psychiatrist called in to help, his methods distract her doctor, lead to wild chases in a wheelchair, cause everyone to try to hide, and send a waltz spinning out of control. Along the way, we find that Hal is surprisingly caring, the doctor has a few tricks of her own, and Mrs. Witherspoon is nobody's fool.

The *Witherspoon Waltz* has its Arden Playhouse grand opening on March 19th and continues on Friday and Saturday nights at 8pm (with several Sunday matinees at 2pm) until April 24th. Tickets are

\$20 general admission. Tickets can be arranged by calling (916) 332-2582. Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting comedies in a casual setting.

For more information about *The Witherspoon Waltz*, or to find out about our group discounts, call the theater office at 332-2582, email [admin@ardenplayhouse.com](mailto:admin@ardenplayhouse.com), or check the website [ardenplayhouse.com](http://ardenplayhouse.com).

## SMUD Ranked Highest in West in Business Customer Satisfaction

*Also scores second highest in nation*

**Sacramento Region** - The Sacramento Municipal Utility District (SMUD) was awarded top honors in the Western region among mid-sized utilities in business customer satisfaction and scored second nationwide, according to the J.D. Power and Associates 2010 Electric Utility Business Customer Satisfaction StudySM. The study surveyed customers from more than 90 utilities serving 11.7 million customers.

Overall satisfaction scores are based on six factors: Power Quality and Reliability, Customer Service, Corporate Citizenship, Billing and Payment, Price, and Communications. According to the study, SMUD ranked highest in both Customer Service and Reliability according to

Payment and Corporate Citizenship. When compared with five other utilities in the Western region, SMUD earned the top position among utilities serving between 29,000 and 84,999 business customers.

"We are honored to be recognized by our commercial customers for exceptional service," said SMUD Board President Genevieve Shiroma. "We are committed to continuing to look for ways to improve our level of service to all of our customers."

SMUD leads the segment in five key performance areas: Communications, Customer Service, Corporate Citizenship, Billing and Payment, and Price, and tie for first in Power Quality and Reliability according to

J.D. Power and Associates.

J.D. Power and Associates surveyed more than 16,000 commercial customers with average monthly electric bills ranging from \$500 or about 20 kilowatts a month to \$50,000 or about 1,000 kilowatts per month. Surveys were conducted between April 22, 2009 and December 17, 2009.

As the nation's sixth largest customer owned utility, SMUD has been providing low-cost, reliable electricity for over 60 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment.



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# Death, Taxes and Broken Promises



Photo by Paul V. Scholl

Ray Young of the Fair Oaks Cemetery District has been waiting a long time for an answer.

By Perry Hartline

The Fair Oaks Cemetery may be dying. Unless promises are kept, the 108-year old landmark faces slow enervation and has possibly ten years left, probably less. For we, the living, ten years is plenty of time to solve a problem, but based on government lust for tax revenues, indifference toward the district and a cruel economy, expectations are low.

In 1981 the Sacramento County Board of Supervisors annexed lands and neighborhoods, nearly tripling the Fair Oaks Cemetery District's area of responsibility. The supervisors promised to protect and preserve the district's historic sacred grounds, and its mission to provide low-cost interment for the people of the community. The district now included Arden, Carmichael, Fair Oaks, Citrus Heights, Orangevale and parts of Rancho Cordova up to Folsom. With the new population base, and the expected standard 1% tax, the cemetery district would continue its mission.

But the funding didn't come and the original Fair Oaks

Cemetery District's residents were carrying the debt alone with no help from the newly annexed neighborhoods. Through the years the Supervisors acknowledged the problem, waded at it, nodded sympathetically, then overlooked, ignored and finally dismissed their responsibility to the bin of good intentions and un-kept promises.

As inflation bit down and gnawed away at operating costs the cemetery's prime directive, based on a state mandate requiring cemetery districts to provide affordable 'low-cost' interment, began to collapse. That was before Proposition 13 turned taxation upside down and, as with everything, over time costs crept up. Without guidance, help, or even acknowledgement from the Board of Supervisors, today Fair Oaks Cemetery is one of the West's most expensive memorial grounds.

### An Apparent Indifference

It appears the Board of Supervisors' mindset toward the FOCD is this: FOCD funding is so low and their needs so minor they can get by on what they've got. This amounts to the board slapping

a low-priority label on the cemetery district making it easy to avoid until it started yelling for help. Five years ago the yelling turned to screams, but it appears they aren't loud enough to overcome the apparent carelessness of the Supervisors. Mix in Sacramento County's history of over-spending in good economic times, and rosy yearly but baseless income projections that continually fall short, suddenly the county slams head-on into the reality of an economic collapse, then hits the brakes - with no money set aside in a rainy-day fund - and the Supervisors squealing they didn't see the crash coming.

### The FOCD Directors Meet the Supervisors

The FOCD has three stalwart protectors, District Manager Ray Young, board president Bob Clouse, and attorney Robert Hunt who has taken on the fight to get the board's attention by way of a suit filed January 19 asking that the 1% tax trickle from the areas annexed in 1981 be diverted in the proper direction,

and that the near twenty-year withholding of funds be addressed.

FOCD is the purview of Supervisors McGlashan, Nottoli and Peters. Compared to the monstrous and mounting budget crush and the revenue projections now arcing steeply downward, nobody on the board enjoys being reminded of the commitment to FOCD, no matter how small the amount may be.

The Board of Supervisor's most forward-looking and astute problem-solver, the ever-pragmatic Roberta McGlashan, inexplicably swerves around the cemetery district every time it's put in front of her, and at the same time races away from a personal promise made to FOCD District Manager Ray Young.

"The day Roberta took office she told me, 'Ray, if you ever need anything, please call me!'" states Young. "Well, I have. I've called; I've tried to talk to her at community meetings, and written letters. She won't respond, and after meetings she hits the door like an offensive lineman heading for the car."

Don Nottoli, McGlashan's conscientious and thoughtful equal, is following McGlashan so closely he swerves around the other side of the problem to avoid rear-ending her. Supervisor Susan Peters is still trying to wrap her mind around problems and appears to have a problem getting started. She can't be troubled with this right now. Yet all three knew at least four years ago FOCD and other mandated districts were struggling in the muck of budget confusion - well before the State of California and its municipalities began financially imploding.

### A Chronology of FOCD Facts:

- The State Legislature mandates Public Cemetery Districts provide low cost interments to the residents of each cemetery district in California.

- Prior to the passage of Proposition 13 community cemeteries were taxing districts. In 1978, under the requirements of Proposition 13, the taxation system resets and funding becomes a county responsibility.

- In 1981 Sacramento County annexed area property and FOCD's responsibility triples instantly.
- After annexation the county denies the FOCD its 1% share of the newly annexed neighborhoods, though the new neighborhoods pay the same amount in taxes as the original district service area none goes to FOCD upkeep or expansion.

- The County of Sacramento expects FOCD's mission to keep interment affordable to stay intact without funding for a far larger number of families.

- Costs are higher and FOCD interment and service costs becomes more expensive than many private interment grounds. FOCD begs the county for funds or guidance.

- After four years of costly studies and reviews financed by FOCD the district approaches the board on multiple occasions and is either denied a place on the agenda or removed from the agenda, and prevented from showing their findings or make their plea.

- In the meantime the FOCD's maintenance costs increase and space is at a premium, and running out. With no money to expand the FOCD's is now facing a population bomb.

- On January 19 this year, FOCD attorney Robert Hunt files suit for the revenue withheld when the county increased the district's area of responsibility in 1981, and for their percentage of funds from the annexed areas.

For 20 years the trickle of 1% of taxes per parcel from the annexed areas has been diverted to the County General Fund, and from there it flows to high-use, high-visibility districts (i.e. Metro-Fire, Parks-and-Recreation) and sympathetic programs citizens can quantify or expect to use regularly. Not so for the Fair Oaks Cemetery, though it keeps its promise to the living and the dead, and is a regional historic site.

"The FOCD board members never formally or informally agreed to the 1981 annexation without tax sharing," says attorney Robert Hunt. "But no matter, the annexation went forward. Why would the Fair Oaks Cemetery District agree to take on more responsibility for citizens and families, and all the added costs, without some way to support it?"

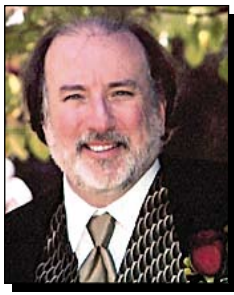
With the need for expansion, and projected plot availability due to end in less than 10 years, who indeed?

"We're running out of space," says Ray Hunt. "In less than 10 years we'll have to lock the gates, hand the keys to the county and they'll go into the cemetery business." He pauses, "I expect their care will be on the same level they've given it so far. Imagine how it'll look then."

In modern America, a family's history is lost in about two generations. In fewer than ten years we'll lose the Fair Oaks Cemetery District.

## Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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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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## 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 AND ORCHESTRA**  
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---

*Mondavi Matinee Series*

**Mondavi Center, UC Davis** Concerts with projected supertitles

**Brahms - Ein Deutsches Requiem**  
Sunday, March 28 at 2:00 PM  
Jessica Siena, Soprano  
Stephen Janzen, Baritone  
Discover why Brahms' Requiem may be the most comforting, humane requiem ever written.

**Carmina Burana - Carl Orff**  
Sunday, May 2 at 2:00 PM  
Leah Crocetto, Soprano  
Chester Pidduck, Tenor  
Michael Sokol, Baritone  
Special Guests:  
The Sacramento Children's Chorus

*Find out why the Sacramento Bee proclaimed in June 2005: "The SCSO owns Carmina Burana."*

**Tickets: Mondavi Box Office: 1-866-754-2787 or SacramentoChoral.com**

## Community Workshops Scheduled Recreation Department Master Plan

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. There

are two community workshops scheduled for your convenience.

### Recreation Master Plan Community Workshop

**Saturday March 6 at 10am**  
Carmichael Park Clubhouse  
5750 Grant Avenue,  
Carmichael, CA 95608

RSVP: Tracy Kerth  
(916) 485-5322 x23  
tracy@carmichaelpark.com



## 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.

# California Senate Passes California Universal Health Care Act: SB 810



By Yolanda Knaak

While most of the nation is opposing Obama Care, the California State Senate quietly passes SB 810 a bill that imposes Single Payer Health Care for California. Very few Californians are aware of the bill which already passed the State Senate on January 28th, 2010. SB 810 prevents any health care service plan or health insurance policy except for the new California Health Insurance System Plan.

Most Californians know the state needs health care reform, but do we really want to be going to the government for health care? Most people avoid even going to the DMV or the Franchise Tax Board. This bill creates a massive new government bureaucracy. Let us be honest,

what bureaucracy has been efficient or provided accountability? Let us ask the more important question, who is going to pay for it? Any government provision must be paid for by raising taxes or fees paid by employers. One common problem with socialized healthcare like Canada's or England's is that those needing elective surgery such as a total knee replacement, a total hip replacement or carpal tunnel surgery could be on a waiting list for 2 or 3 years before getting their surgery and sometimes necessary treatments, particularly cancer treatments are not provided at all. Economists are concerned that if SB 810 passes, businesses will exit the state and unemployment will skyrocket. Elderly under Medicare or a Medicare HMO are concerned that their benefits will be cut back in order to pay for healthcare for younger generations who may be considered more of a priority. SB 810 also provides unlimited government funded abortions which many Californians oppose.

If it passes the Assembly committees and the Assembly, it will then go to the governor's desk for his signature before passing. Remember that we have a representative government and our elected officials want to hear

from their constituents. If you want to make your views known regarding California Universal Health Care Act SB 810, contact the California State Assembly Committee on Health: 916-319-2097 or 916-319-2075, committee chair, Dave Jones: 916-319-2009 and vice chair, Nathan Fletcher: 916-319-2075. The other committee members can be looked up on the internet. Other contacts are your Assembly Member, local Assembly Members are, District 9: Dave Jones, his phone # is 916-324-4676, and District 5: Roger Nielo, his phone # is 916-349-1995. If you want to contact Governor Arnold Schwarzenegger, his phone # is: 916-445-2841, his fax # is 916-558-3160 and his address is: State Capitol Building, Sacramento, CA 95841.

Most Californians agree that we need health care reform, but let us ask ourselves do we really want to give that much control to the government?

For questions or comments:  
Contact yolanda@skyq.com.

About the author: Yolanda Knaak has a Masters Degree from UCLA in Nursing and works as a Home Health Nurse. She regularly offers her political commentary to MPG.

## Ronald McDonald House Visitors to be More Comfortable Thanks to La-Z-Boy

### Special Furniture Delivery to happen March 4

Sacramento – On Thursday morning, March 4, a local La-Z-Boy Furniture Galleries crew will make yet another special delivery of beautiful new furniture to RonaldMcDonaldHouseCharities Northern California, bringing the contribution total to more than \$15,000 to the local House. The partnership, which started in 2009, is supported by local owners Liz & Jim Reego, who own six La-Z-Boy Furniture Galleries in Northern California. The much-needed donations support the local House which serves as a "home away from home" for families with a hospitalized child due to illness or injury.

"I sympathize with families dealing with a sick child," said owner Liz Reego. "When I was 14, I had an illness that caused me to spend months living in a hospital far from home. Given my mom had to drive hours each day back and forth, I can personally appreciate the value of what is provided by Ronald McDonald House Charities."

The furniture delivery scheduled for March 4 will include one full-size sleeper sofa, two beautiful stationary chairs and two ultra-comfortable ottomans, all donated by La-Z-Boy, Inc. In 2009 and in addition to a cash contribution, La-Z-Boy Furniture Galleries locally

donated four beautiful new sofas, a large number of stuffed animals that currently provide comfort to families who need respite at the local House. Also, a roomful of beautiful furniture was donated to welcome and comfort visitors to Camp Ronald McDonald at Eagle Lake, in honor of a former La-Z-Boy designer Marie Stephenson, who passed away last year.

"As a locally owned and operated business, we have spent the last 25 years committed to giving back to the communities we serve, and we proudly support Ronald McDonald House Charities," Liz Reego added.

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

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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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**Aegis of Carmichael**  
4050 Walnut Avenue  
Carmichael, CA 95608



Dr Bob Graykowski

# Whiplash Symptoms Often Delayed

appear. Whiplash-induced vertebral subluxations spark biomechanical shifts in the spine – including a reversal of the neck's normal curve. Specific indicators predict a delayed or complicated recovery. Symptoms associated with a poor long-term outcome are: impaired neck movement, history of headache, history of head trauma, advanced age, neck pain and nervousness. A comprehensive assessment immediately following injury enables chiropractors to identify patients at risk of delayed recovery and to focus on preventing DOWAD.

**But My Car's OK...**  
A study published in the Journal of Orthopedic Medicine highlights the superiority of chiropractic care for chronic whiplash patients. The report showed that spinal manipulation, which chiropractors call chiropractic adjustments, is more effective than other options in mitigating long-term whiplash pain.

**Why Choose Chiropractic for Whiplash Relief?**  
A study published in the Journal of Orthopedic Medicine highlights the superiority of chiropractic care for chronic whiplash patients. The report showed that spinal manipulation, which chiropractors call chiropractic adjustments, is more effective than other options in mitigating long-term whiplash pain. In addition to adjustments, chiropractors advise patients to engage in specific exercises. Studies show that active treatment (exercise and physiotherapy) is far superior to rest and soft collar use.

**Don't Take Risks With Your Health**  
It's imperative to have a chiropractic checkup whenever you are involved in a motor vehicle accident – even one that seems like "no big deal". Although immediate intervention is preferable, it's never too late. If you did not visit a chiropractor after a precious accident, do so now. Even a fender-bender that occurred 30 years ago and produced to symptoms may have spurred the subtle spinal shifts that provoked DOWAD. Although DOWAD is common, the general public remains largely unaware of the condition. Please help educate others and spare them from chronic pain. Share this article with your friends and family who have been involved in an automobile collision or any other accident.



*When you cut your finger, it bleeds within seconds. When you break your leg, the bone snaps immediately. But when you suffer a whiplash injury, you may not know it for months – even years.*

## The Biomechanics of Whiplash Injury

When a vehicle is rear-ended, the victim's head and neck are hurled back and up. Next, the head and torso are thrown forward against the seat belt and shoulder harness. This abrupt back and forth movement forces the neck beyond its normal physiological limits. Muscles, ligaments and tendons are pulled and torn. Injuries such as strains, sprains and concussion result. In addition, vertebral subluxation occurs. (Areas in the spine where movement is restricted or spinal vertebral bones move slightly out of alignment.) Scientific studies confirm that whiplash symptoms may take months or years to

care for chronic whiplash patients. The report showed that spinal manipulation, which chiropractors call chiropractic adjustments, is more effective than other options in mitigating long-term whiplash pain. In addition to adjustments, chiropractors advise patients to engage in specific exercises. Studies show that active treatment (exercise and physiotherapy) is far superior to rest and soft collar use.

## Don't Take Risks With Your Health

It's imperative to have a chiropractic checkup whenever you are involved in a motor vehicle accident – even one that seems like "no big deal". Although immediate intervention is preferable, it's never too late. If you did not visit a chiropractor after a precious accident, do so now. Even a fender-bender that occurred 30 years ago and produced to symptoms may have spurred the subtle spinal shifts that provoked DOWAD. Although DOWAD is common, the general public remains largely unaware of the condition. Please help educate others and spare them from chronic pain. Share this article with your friends and family who have been involved in an automobile collision or any other accident.

*Creating a healthy community*  
Dr Bob Graykowski

## Mission Oaks Computer Club Meeting

The Mission Oaks Computer Club will meet on Thursday, March 11, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. The meeting topic will be "What's New in Computers and Computing" presented by Steven Walker of Fast Break Tech. A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at [www.missionoakscomputerclub.org](http://www.missionoakscomputerclub.org).



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March 16 – 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 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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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

**FREE TRAVEL SHOW**  
10 am, Wednesday, March 24



### 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

**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](http://www.morpd.com)

### FACILITY RENTALS

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# Arden Hills Resort Club Spa - March Events

**What:** March Swim Clinic  
**Where:** Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento  
**When:** Begins March 1 (lasts 4 weeks); Mondays thru Thursdays only  
**Time:** Times vary depending on age  
 4:15 p.m. -- 6 and under  
 4:50 p.m. -- 7 & 8 year olds  
 5:25 p.m. -- 9 & 10 year olds  
 6:10 p.m. -- 11 and up  
**Cost:** 35.00 per week or \$140 for all four weeks  
**For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

With a long and impressive history of training Olympic gold medal swimmers including Mark Spitz, this is the chance for kids to participate in a special, four-week swim clinic at Arden Hills Resort Club & Spa. With a different focus each week, swimmers will learn proper techniques in freestyle, backstroke, butterfly and breaststroke from top notch experts. Open to kids of all ages, this is a great way to introduce the sport to interested young athletes or sharpen techniques for any swim enthusiast.

**What:** Pacific Weightlifting Association Masters Championships  
**Where:** Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento  
**When:** Saturday, March 6  
**Time:** 8:00 a.m. weigh-ins; 10:00 a.m. weightlifting begins  
**Cost:** \$5.00 for spectators; \$40.00 weightlifting fee  
**For More:** (916) 955-1586 or [www.ardenhills.net](http://www.ardenhills.net)

Arden Hills Resort Club & Spa is proud to host the prestigious Pacific Weightlifting Association Masters Championships on Saturday, March 6. The event will

take place in the new, state-of-the-art Strength & Conditioning facility on-site at Arden Hills. Spectators of all ages are welcome! Also, men and women ages 35 and older are invited to come lift weights in the new facility with trained instructors on hand to assist.

**What:** Nutrition Seminar on Meal Planning With Lisa Taylor  
**Where:** Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento  
**When:** Monday, March 8  
**Time:** Noon  
**Cost:** \$20.00  
**For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

If you're trying to watch your waistline and your wallet while eating more nutritiously, you won't want to miss a special meal planning wellness class at Arden Hills Resort Club & Spa. Presented by the on-site nutritionist Lisa Taylor, you'll learn easy ways to make smart and nutritional choices while also avoiding common mistakes sure to sabotage your good intentions. Open to everyone, advance reservations are suggested as space is limited.

**What:** "Forever Fit" Wellness Class  
**Where:** Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento  
**When:** Monday, March 11  
**Time:** 11:30 a.m.  
**Cost:** \$20.00  
**For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

Regardless of your fitness level, virtually everyone experiences foot pain at some point in their lives and it's an important topic to address as we age and our bodies change. Designed for the 50+ crowd, don't miss a special "Forever Fit" wellness class on safe footwear and injury prevention for the feet

at Arden Hills Resort Club & Spa. This is a great opportunity to come prepared with questions to ask the experts from Fleet Feet Sports. Open to everyone, space is limited.

**What:** "Macrobiotics" Wellness Class  
**Where:** Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento  
**When:** Saturday, March 13  
**Time:** 11:00 a.m.  
**Cost:** \$20.00  
**For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

Intrigued by the possibility of a macrobiotics diet? It's time to learn more about the low-fat, high fiber approach designed for optimal health and longevity through nutrition. Don't miss a special "Macrobiotics" class at Arden Hills Resort Club & Spa to learn how a simple diet rich in whole grains, legumes, seeds, nuts, vegetables and soy products might be the right approach to improve your diet and overall well being for a longer, more healthful life.

**What:** St. Patrick's Day Dinner  
**Where:** Arden Hills Resort Club & Spa, 1220 Arden Hills Lane, Sacramento  
**When:** Wednesday, March 17  
**Time:** 5:30 p.m.  
**Cost:** \$35.00  
**For More:** 916-482-6111 or [www.ardenhills.net](http://www.ardenhills.net)

Looking for a new way to celebrate a traditional St. Patrick's Day meal with friends and community members? Visit Mangos Lounge at Arden Hills Resort Club & Spa for a scrumptious meal prepared by the on-site culinary team that includes corned beef, cabbage, red potatoes and more. Of course, specials on beer and Irish beverages will also be featured for the festive evening.

# Singles Night in Hollywood

Christian Singles Network, will hold the first of two dances in March - a Night in Hollywood Dance for single adults Saturday, March 6, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. CSN is the area's largest interdenominational Christian singles group. Couples are also welcome to attend. Doors open at 7:45 PM.

The evening features DJ dance music from 8-11:30 by DJ John Maricich and dance lessons in the Night Club Two Step by Janine Wright from 7-8 PM. The Dance music is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress like a TV, movie or music star, past or present, someone going to the Academy Awards,

or come as the start that you are! The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free - please call the number below to volunteer.

Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, holds weekly events and dances every month. The next dance after this is the Retro Dance March 20, at the same location. Dress for this dance in the 50's to the 80's style, or just come casual. Call the number below for directions or more information. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17

years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Call Christian Singles Network to volunteer or find out more information, 530-878-0606.

To receive more information about activities, or directions call the 24 hour event line at (916) 658-0606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties and cruises.



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# Dare to Live Without Limits

## Conventional Wisdom

By Bryan Golden

Conventional wisdom, common consensus, and general opinion. Regardless of what label you give it, people look to others for approval and acceptance before they embark on a particular path. The thought of being criticized is a terrifying thought for most. How many people have been dissuaded from pursuing their goals due the negative reaction from those with whom they have shared their dreams?

Thankfully, throughout history, leaders, innovators, and all those on the cutting edge, have summarily ignored the naysayers. If they hadn't, we would still be living in the Stone Age. Read through the following examples to appreciate how wrong conventional wisdom can be.

In 1899, a commissioner of the U.S. Patent Office said, "Everything that can be invented has been invented."

"When the Paris Exhibition closes, electric light will close with it and no more will be heard of it." Oxford professor in 1878

"The automobile will never, of course, come into as common use as the bicycle." *The Literary Digest* in 1899.

There were those who were not impressed by the advent of the telephone. A Western Union executive commented in 1876, "This telephone has too many shortcomings to be seriously considered as a means of communication. This device is inherently of no value to us."

"Heavier-than-air flying machines are impossible."

President of England's Royal Society in 1895.

In the days before World War I, a French professor of military strategy declared, "Airplanes are interesting toys, but of no military value."

"Who the hell wants to hear actors talk?" professed the head of a major movie studio in 1927.

An engineer in 1926 predicted "While theoretically and technically television may be feasible, commercially and financially, I consider it an impossibility."

Popular Mechanics boldly attempted to provide an insight into the future when it stated in 1949, "Computers in the future may weigh no more than 1.5 tons."

"I have traveled the length and breadth of this country and talked with the best people, and I can assure you that data processing is a fad that won't last out the year." An editor in charge of business books for a major publisher.

In 1962 a recording company rejected a new English band. They comment was, "We don't like their new sound, and guitar music is on the way out." They had just turned down the Beatles.

Business student Fred Smith received a poor grade on a research paper in 1966. He had proposed an overnight delivery system. His professor noted, "The concept is interesting and well-formed, but in order to earn better than a C the idea must be feasible." Mr. Smith went on to found Federal Express.

Have you ever had your dreams shot down by others?

Were you told that you were bound to fail and that your ideas had no merit? Did "experts" malign your ins-piration? Perhaps you were even ridiculed.

Since the greatest minds have ignored conventional wisdom on their way to conquering new frontiers, what justification do you have to be swayed by it?

There are few, if any, examples of successes that had popular support from their very beginning.

Since the approval of others is obviously not necessary to have valid goals and dreams, you don't need someone else's vote of confidence before moving forward. The most notable accomplishments have occurred despite conventional wisdom.

If you use conventional wisdom as your guide in life, you probably won't realize your goals and your degree of satisfaction will be low. Conventional wisdom is essentially popular opinion. Popular opinion tends to be negative and resists change or anything new.

Don't look for approval. Don't give someone else veto power over your dreams. Pick your own destination. Chart your own course. Embark on your own journey. It's your life. Live it your way.

**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



THE WOLFMAN  
(Rated R)

The golden age of horror films occurred so long ago, before the end of World War II, that the great actors who defined the era, including Bela Lugosi, Boris Karloff and Lon Chaney, Jr., are largely unknown or forgotten by today's modern audience. The creative factory for many of the very best films in the genre, Universal Studios, faithfully remaking its 1941 "The Wolf Man," is trying to recapture its glory days with the help of modern technology and the attendant special effects. "The Wolfman," as a result, offers a homage that is more exciting and visually spectacular than most skeptics would wish to grant.

True to its origins, "The Wolfman" takes place in the Victorian era, with its setting in the Blackmoor, England countryside of 1891. A gothic horror story works so much better when the Talbot family estate is a stately mansion on the verge of decay. The prodigal

## Riley Reviews

THE MODERN  
WEREWOLF LOOK  
IN "THE WOLFMAN"  
STILL HAS BITE

son, Lawrence Talbot (Benicio Del Toro), has made a name for himself as an acclaimed actor living in the United States. Currently on stage in London, Lawrence is summoned to his family home when his brother's fiancée Gwen (Emily Blunt) writes of her concern about his disappearance. Something strange is happening in the woods, and it's not just the fact that gypsies have an encampment nearby.

The brother's body, badly mutilated, turns up just before Lawrence's arrival. For his part, Lawrence is not too thrilled to return to his ancestral village, his estrangement from his father, the sinister Sir John Talbot (Anthony Hopkins), having not diminished over time. Upon seeing what's left of his brother's mangled body, Lawrence, appearing in a production of "Hamlet" in London, realizes that something isn't right in the homeland. So he sets out to investigate, ending up at the gypsy camp whereupon he's attacked by a malevolent creature that could only be described as a werewolf. Stitched up by a gypsy woman, Lawrence is informed that he is now cursed, which will

be apparent at the next full moon.

Lawrence doesn't want to believe that the worst will happen, and he goes about trying to figure out who killed his brother. Meanwhile, a dogged inspector from Scotland Yard (Hugo Weaving) threatens to turn the whole village upside down. Villagers gather at the local pub to speak to their heightened fears, while planning to scour the countryside with pitchforks and shotguns. Sir John Talbot becomes increasingly menacing. Lawrence suffers from nightmares, particularly reliving themysteriousdeathofhismother.

That which works best for "The Wolfman" is the ominous tone and the gloomy atmosphere that is efficiently realized by the late 19th century setting. The sense of doom and apprehension that engulfs Lawrence is palpable and real, and all the more effective because he is truly haunted by the memories of his late mother and recently departed sibling. The atmospherics of this movie are also greatly enhanced by the tremendous amount of graphic violence and bloodshed that could only be achieved by advanced special effects. Sometimes the effects are quite good, such as the chase across rooftops in London. But for all the nifty tricks of modern cinema and the great visual appeal of this remake, "The Wolfman" falls short of the haunting power of the original black and white beloved classic.

## A Gem of a Compliment



ROCK DOC

By Dr. E. Kirsten Peters

A scientific friend I work with paid me a compliment last summer that still rings in my little head. She said the garnet earrings I had on that day looked good. It was true (I modestly admit), but that's not what impressed me. She next asked if I had found the garnets myself.

Now that's the way to make geologists really appreciate you as a human being. Give 'em credit for a good find!

Garnets are my favorite gems. I guess that's because it's not really that tough to bring back good garnets at the end of the day in many localities across the U.S. There are many spots in the country you can take children garnet hunting with guaranteed success, something that obviously cannot be said of diamond quests.

And once kids get hooked (or you do), there are lots of ways to move up the ladder of difficulty – because there are no less than six basic types of the gems and because some beautiful garnets are exceedingly rare. Even some of the common garnet types have spectacular features – something that can put some zing into the hunt.

In the rough, most undeformed garnets have 12 sides. (The crossword puzzle term for that form is "dodecahedral.") A photographer friend I work with

just gave me a nice dodecahedral garnet he found. The example I've got on my desk is dark purple, but garnets vary from purple or red to essentially any color of the rainbow. (When they are attacked by rain and the elements, they turn a bit brown on the outside, but the 12-sided shape remains quite clear.)

Near my home in the Northwest, we have the sole locality in North America for what's known as star garnets, and they are the state gem of Idaho. They are dark purple, and you might not pay much attention to them stepping over them in the field, thinking them to be much like other garnets.

But if you polish a star garnet into a dome shape (called a "cabochon," another term that can turn up in crosswords), you'll see a star of light as you turn the gem around in your hand. The fetching effect comes from a different mineral, one that grows in a needle shape, that's inside the garnet. The fortunate flaw, if you will, creates a special effect with light that improves the dark garnet immensely. While no star-garnet is as valued as a good diamond, they are seriously sought after and occasionally sell for tidy sums.

But garnets are much more than pretty baubles to geologists. When we're lucky, they tell us information about the time and pressure history of a rock. Their chemical composition can function like a thermometer, one that gets "stuck" at the high temperature so we can still read it even when we're holding the cool rock in our hands.

All of that is really useful to geologists, because we are basically historians – we want to know the history of the planet, including the temperature history of metamorphic mountain-building episodes, meteorite impacts, and more.

It might surprise you to learn that chemists can make garnets in the lab these days – just as they can make rubies and sapphires. Personally, I think the gems that we humans make are "real" gems. Plus, they are generally a lot purer than Mother Nature's, quite magnificent to behold. So before you fork over any significant amount of money for the Earth's garnets – or any natural gemstone – you might care to spend some days meditating on the deep philosophical differences between value and cost.

With all the money you save by not buying natural gems, you'll have plenty to finance good camping trips next summer to look for mica, garnets and other common minerals – just for the sheer joy of the hunt.

And in the meanwhile, if you live in the parts of the country that have been hit hard by this tough winter, you'll have some great summer day-dreaming to see you through the last of our dark evenings.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at [rockdoc.wsu.edu](http://rockdoc.wsu.edu) and on Twitter @ [RockDocWSU](https://twitter.com/RockDocWSU). This column is a service of the College of Sciences at Washington State University.

## American River Conservancy Spring Programs 2010

### Snowshoe Hike

Saturday, March 6th 9:00 am – 4:00 pm

Join us for this unique opportunity to hike the snow-covered Sierras - weather permitting. Manny DeAquino, ARC volunteer, will take this group out for a 4+ mile trek (off Hwy. 50). Please be sure you have the physical ability to make this trip enjoyable for all attending. Some snowshoes available on a first-come basis. \$10/members \$20/ non-members. Meeting location & supply list available week before event. Reservations required at 530-621-1224 or contact [julie@arconservancy.org](mailto:julie@arconservancy.org).

### 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 [contactjulie@arconservancy.org](mailto:contactjulie@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](mailto:julie@arconservancy.org).

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SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2010-00069555

WHEREAS, Justin Carl Garcia has filed a petition with this court for a decree changing name of Justin Carl Garcia to Justin Carl Storm. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 15, 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: Jan. 28, 2010. Dean L. Petersen  
 Judge of the Superior Court  
 Publish: February 10, 17, 24, March 3, 2010.  
 SACCHI 00202 3-3-10

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. 1, 2010. Loren E. McMaster  
 Judge of the Superior Court  
 Publish: February 10, 17, 24, March 3, 2010.  
 GARCIA 00202 3-3-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2010-00089559

WHEREAS, Penelope L. Chapman has filed a petition with this court for a decree changing name of PenelopeLynnChapman to Penelope Lynn Storm. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 15, 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. 1, 2010. Shelleyanne W.L. Chang  
 Judge of the Superior Court  
 Publish: February 10, 17, 24, March 3, 2010.  
 CHAPMA 00202 3-3-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #210563

WHEREAS, Michelle Miller has filed a petition with this court for a decree changing name of Michelle Frances Miller to Ellie Cherie Miller. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 9, 2010 in

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

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #210563

WHEREAS, Michelle Miller has filed a petition with this court for a decree changing name of Michelle Frances Miller to Ellie Cherie Miller. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 9, 2010 in

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #210563

WHEREAS, Michelle Miller has filed a petition with this court for a decree changing name of Michelle Frances Miller to Ellie Cherie Miller. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 9, 2010 in

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #210563

WHEREAS, Michelle Miller has filed a petition with this court for a decree changing name of Michelle Frances Miller to Ellie Cherie Miller. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 9, 2010 in

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #210563

WHEREAS, Michelle Miller has filed a petition with this court for a decree changing name of Michelle Frances Miller to Ellie Cherie Miller. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 9, 2010 in

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #210563

WHEREAS, Michelle Miller has filed a petition with this court for a decree changing name of Michelle Frances Miller to Ellie Cherie Miller. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on March 9, 2010 in

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

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 Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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  
 #228006

WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Aileen 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

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  
 #34-2010-00070286

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.  
 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

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

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

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

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

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

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

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

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

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

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 3-24-10

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 3-24-10

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. CAROLE 00301 3-24-10

## BONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

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# Business & Service Directory

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<p><b>Quality Labor &amp; Maintenance</b></p> <p>Hauling, Gutter Clean, Odd Jobs, Light Demolition</p> <p><b>You Name It!</b></p> <p>(916) 613-8359</p>	<p><b>House Cleaning</b></p> <p>Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates.</p> <p>Call Madeline (916) 723-1608</p>	<p><b>AFFORDABLE BATHROOMS &amp; ALL HOME REPAIRS</b></p> <p>Shower &amp; Tub Enclosures Water Damage Flooring, Electrical, Carpentry, Drywall We do all phases--small &amp; large jobs</p> <p>FREE ESTIMATES</p> <p><b>ANDERSEN CONSTRUCTION</b></p> <p><i>Licensed &amp; Bonded • CSL #681664</i></p> <p>(916)-989-2689</p>	<p><b>Roger's Construction Remodeling</b></p> <p><b>One Call for All</b></p> <p>License # 591157</p> <p><b>(916) 995-6364</b></p>	<p><b>ACTION DOOR SERVICE</b> CALIF. STATE LIC. #950461</p> <p>Garage Doors and Openers, service, repair, replace.</p> <p><i>Serving greater Sacramento area since 1987.</i></p> <p>Free Estimates • Senior Discounts Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex.</p> <p>(916) 635-5951</p>	<p><b>Restore Old Photographs</b></p> <p>Share memories of special places and times with your family.</p> <p>(916) 483-6051</p> <p>Laws Studio, Crestview Center Manzanita at Winding Way in Carmichael</p>
<b>Fencing</b>	<b>HANDYMAN</b>	<b>Looking for People</b>	<b>Heating &amp; Air</b>	<b>Handy Man</b>	<b>Handy Man</b>
<p><b>PRIME TIME FENCING</b></p> <p><b>Quality Redwood Double &amp; Single Gates Repair &amp; New</b></p> <p>License # 835870</p> <p><b>(916) 481-7315</b></p>	<p><b>35 YRS. EXPERIENCE</b></p> <ul style="list-style-type: none"> <li>• Doors</li> <li>• Re-wire Screens</li> <li>• Jambs</li> <li>• Screen Doors</li> <li>• Moldings</li> <li>• Home Repairs</li> <li>• Locks</li> <li>• Roofing</li> <li>• Hardware</li> <li>• Painting</li> </ul> <p><b>Senior Discounts</b> <b>916-536-9183</b></p>	<p><b>Self-Made Millionaire</b></p> <p><i>looking for 10 people who want to earn 6 figures in the next 12-24 months.</i></p> <p>This is not a job.</p> <p><b>CALL NOW!!!</b> <b>1-888-219-7757</b></p>	<p><b>Christopher's Heating &amp; Air</b></p> <p><b>Commercial/Residential</b></p> <p><i>We Service All Brands</i></p> <p><b>FREE ESTIMATE</b></p> <p><b>Call Today</b> <b>916-223-1744</b></p>		

**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)

**Adult / Elder Care**

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

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

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

**ATTENTION!**

**Health and Wellness Success Coaches Needed.** Able to work from Home. Will train. 888-279-7875, call 24hrs (MPG)

**ATTN:** Internet health and wellness company expanding. Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

**Auto Donation**

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

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

**Business Opportunities**

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

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

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

**Are you tired of...** Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (MPG)

**Business Services**

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6019. www.Cal-SCAN.com (Cal-SCAN)

**DISPLAY ADVERTISING** in 140 Cal-SCAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

**ADVERTISE ONLINE** in a network of 50-plus newspaper websites. Border to Border with one order! \$7 cost per thousand impressions statewide. Call for details: (916) 288-6010. www.CaliforniaBannerAdNetwork.com (Cal-SCAN)

**Computers**

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

**Construction**

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

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

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

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**Peña Family Daycare** - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www.penafamilydaycare.com (MPG)

**Infant Openings Now** First week free Lic # SAC53133 FCCH 916-489-5824 (MPG)

**Drywall**

**Tap - Texture - Patch** No job too small. very reliable. 28 years experience 916-961-7248 (MPG)

**Elder Care**

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

**Electrical Services**

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

**Equipment for Sale**

**NEW Norwood SAWMILLS** - LumberMate-Pro handles logs 34" diameter, mills boards 28" wide. Automated quick-cycle-sawing increases efficiency up to 40%! www.NorwoodSawmills.com/300N 1-800-661-7746 ext. 300N. (Cal-SCAN)

**Fencing**

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

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

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

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

**Financial Services/ Money to Loan**

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

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

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

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

**For Rent / Lease**

**COMMERCIAL Office/Warehouse space.** 1,000 up to 3,000 sq. ft. available @ 55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/ College Oak). Call Lisa West @ (916) 331-0840. (MPG)

**\$490 per month** Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

**New 1 bd /1 ba** in Fair Oaks, off street parking, no pets. Non-smoker. \$750/911 utilities. 2 wk Free. Call 916-966-0898. (MPG)

**1 bd /1 ba "In-Law" apartment** above nice Fair Oaks home. Separate entrance, W/D hookup, small kitchen. Owner pays water, sewer, trash. No smoking. Available 3/1. \$700/mo. (916) 952-6454. (MPG)

**Gardeners**

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

**Groomer**

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

**Guitar Lessons**

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

**Handyman**

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

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

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

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

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

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

**LOW COST WEIGHT LOSS**

With Your Personal Coach. Start Free Call 916-599-1318 (MPG) **Look Younger in Less Than a Day!** www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

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

**Health & Beauty**

If you used Type 2 Diabetes drug **AVANDIA** and suffered **STROKE** or **HEART ATTACK**, you may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727 (SWAN)

**Health/ Miscellaneous**

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

**Heating & Air**

**AC Repair** Low Prices 487-4609 (MPG)

**Help Wanted**

**Adult Residential Facility is in Need of Live-In Caregiver** with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-4874482. (MPG)

**ELECTRICIAN PAID TRAINING.** Salary, medical/dental, 30 days vacation/yr. \$ for school, more. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

**FIREFIGHTERS WANTED.** Paid training, good salary, \$ for school, regular raises, benefits, retirement. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

**JOBS, JOBS, JOBS!** No experience. Get paid to train. California Army National Guard. High School JR/SR & Grads/GED. Up to 100% tuition assistance. Part-time work with full-time benefits. www.NationalGuard.com/Careers or 1-800-GO-GUARD. (Cal-SCAN)

**In-Home Caregivers Wanted** Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

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

**WANTED-AVON Party Hostess** Earn 50% Total Party Sales 50% off Hostess order Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

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

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

**Health Care Marketing.**

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

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

**We are seeking dynamic customer service oriented individuals** with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danielperiz1980@yahoo.com if interested (MPG)

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

**Wanted: 29 Serious People to Work From Home** using a computer. Up to \$1,500-\$5,000 P/T FT www.REBVision.com (MPG)

**TIRED OF BEING BROKE?** Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (MPG)

**STRESSED OUT?** Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

**Matheson Trucking, Inc. is now hiring** an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

**Help Wanted - Drivers**

**SLT NEEDS CLASS A TEAM DRIVERS** with Hazmat. \$2,000 Bonus. Split \$0.68 for all miles. Regional contractor positions available. 1-800-835-9471. (Cal-SCAN)

**Help Wanted - Medical**

**Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

**Help Wanted - Sales**

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

**House for Rent**

3 Bedrm/1 Bath/fg tm/iv kitchen/laundryroom. Quiet location - \$825/mo. + sec. deposit. 971-1717(Daytime). (MPG)

**House Painting**

**PAINTING,** sheet rock, texturing, book cases, fence repair, gutter cleaning, Roger (916) 969-4936 or (916) 410-5545 (MPG)

**Household Help**

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

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

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

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

**Landscaping**

**Lawn and Garden Service** Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

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

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

**Full Yard Maintenance, one time clean-ups & tree trimming.** See our website: www.terrabellagarden.com or ctc Randy for info at 454-3430 or 802-9897. (MPG)

**Lawn Service** - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

**Lawn Service**

**American Lawn Service** Weekly Service \$60/mo. Quote for one time service. 487-7905 (MPGM)

**Legal Services**

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

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

**Miscellaneous**

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

**TUPPERWARE**

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

**Miscellaneous Items For Sale**

**Electric Wheelchair Jazzy/1121** Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obb - Cash Only Please - (916) 488-4154 (MPG)

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

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

**Miscellaneous - Want to Buy**

**WANTED: OLD POSTCARDS** 483-0622 (MPG)

**Musical Instruments**

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

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

**Musical Instruments for Sale**

**Kawi Console Piano** Walnut, New Condition, \$1500 OBO. Call 863-1552 anytime. (MPGM)

**Piano YAMAHA console w/ bench** piano good condition, one owner, \$1700.00. 916-349-0650 (MPG)

**Notary**

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

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

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

**Painting**

**All Pro Painting** Res/Com. Quality work free est. sen disc lic914715 Ph 607-0523 (MPG)

**Pets**

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

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

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

**Piano Lessons**

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

**Piano lessons for children and adults** by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

**Prayers & Novenas**

**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.

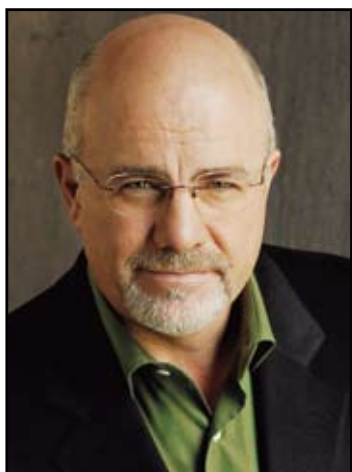
**THANKSGIVING NOVENA TO ST. JUDE** O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has 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)

**Wanta 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.

## Don't Get Caught up in the Glamour

Dear Dave,

Our son is 21, and he's embarking on a career as a professional soccer player. The beginning money isn't huge. He'll only be

making about \$30,000 a year, and we want to know how we can help him manage this money and not get caught up in the idea that he has to live a glamorous lifestyle.

- Karen

Dear Karen,

The whole soccer thing is pretty cool, but you're right about the money. "Glamorous" isn't the word I'd use to describe a \$30,000-a-year job, even for a 21-year-old. I think the biggest thing here is to make sure he develops some emotional maturity and uses basic, common-sense guidelines to help keep things in perspective. If he makes a habit right now of budgeting and living on less than he makes, he's going to have a lot easier time later on if he starts raking in the big bucks.

The biggest problem with professional athletes is they think the ride is going to last forever. I always tell players that NFL really stands for "Not For Long." The average pro football player's career lasts 3.7 years. That's not a long time, and the same is true in other sports, too. There just aren't a lot of Brett Favres running around out there.

Help him prepare his heart for two things. First, that it will probably be a short run. Enjoy it, be smart, then prepare to move on to the next part of your life, and develop a different career track. The second thing is that even if he beats the odds and ends up making a ton of money, he's got to view the money as a responsibility and a privilege. This is when the common sense and

maturity really come into play. You can't run out and buy a bunch of houses and cars and expect even big money to last for long.

This could be a very cool thing for your son. But it's only going to be cool if it brings blessings to him and doesn't ruin his life!

- Dave

## How Much do I Need?

Dear Dave,

Does a single person with no dependents need life insurance? If so, how much?

- Shirley

Dear Shirley,

A single person with no dependents doesn't need much life insurance at all. You're just looking at enough to cover final expenses and maybe take care of any outstanding debts. In most cases, around \$8,000 will cover funeral costs. You just don't want to leave things behind that would end up being a burden to someone else.

Lots of times you'll find there's a small life insurance policy built into your healthcare coverage. Check that out, or get with your human resources department if you have insurance through an employer. The last thing you want is for mom or dad to have to write a check to the funeral home on the worst day of their lives.

But having no dependents is the key here. If you had a spouse or kids, they would need to be taken care of after you were gone. That would change the whole equation. In that case, I'd recommend you have eight to 10 times your annual income wrapped up in a good, level term life insurance policy!

- Dave

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

# Average Retail Gasoline Prices in Area Have Risen

Sacramento - Average retail gasoline prices in Sacramento have risen 5.8 cents per gallon in the past week, averaging \$2.90/g today. This compares with the national average that has increased 3.6 cents per gallon in the last week to \$2.70/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices today are

63.6 cents per gallon higher than the same day one year ago and are 1 cent per gallon flat than a month ago. The national average has increased 4.1 cents per gallon during the last month and stands 78.8 cents per gallon higher than this day a year ago.

"Average gasoline prices have increased nearly ten cents over the last week for much of the United States. With warmer weather approaching, prices

will climb even further", said Patrick DeHaan, GasBuddy.com Senior Petroleum Analyst. "A major reason for the rise is that refiners will soon begin maintenance to prepare for the summer driving season, cutting into supply. Some areas of the country are already moving towards more expensive, cleaner burning summer fuels, boosting prices at the pump", he adds.

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Call 773-1111

## CHAUTAUQUA PLAYHOUSE

to open

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

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.*

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

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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A Non-Profit Organization

### 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.

### Garage Sale to Benefit Mission

MARCH 6th-7th  
3370 WHITNEY AVENUE  
7 AM - 2 PM

The youth group of Northminster Presbyterian Church will be holding a garage sale fundraiser to help with the cost of their California trip in late March in which they will be serving other Presbyterian-connected mission efforts and also assisting a charity group.

For more information, please call (916) 487-5192.

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For more information visit [EngagedSacramento.com](http://EngagedSacramento.com)  
Library Hours: Tuesday - Saturday 10:00 am - 4:00 pm

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# Hometown Hero

## CARMICHAEL

Air Force Airman Nicholas A. Votino

graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force. He is the son of Ralph Votino of Edgerton Way, Carmichael, Calif.

### 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 "SomeNorseFamilies" 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.

### 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.

## Millions of Dollars for Region at Stake

By Linda Budge and Kevin Hanley

As neighbors in the greater Sacramento region, our fates are tied together. The air we breathe, the roads we drive, and where we work and learn cross jurisdictional boundaries. As the U.S. Census Day approaches on April 1, it's important to every community that everyone take the Census. For every man, woman and child not counted, we will lose \$17,000 over 10 years.

If just one percent of people in our six-county region sit out, we will lose \$380 million. Dozens of state and federal programs allocate

funds to your community based on how many people live there. Every 10 years, the Census is used to make sure every community across the country gets a fair count.

The potential losses to our community are real—and we've already been feeling them for the last decade. Sacramento County is one of the top ten hardest to count places in the country. That adds up to an enormous loss for our schools, roads, and services.

We need to count everyone regardless of ethnicity, country of origin, or the circumstances in

which they live. Our representation in Congress for a decade is based on how many people are here on April 1. It's too important for anyone to not be counted. Tell your friends, family and neighbors to take the Census. Your answers won't be shared with other government departments, but by filling out the form, you will help fund schools, roads, and services for your community.

Linda Budge is a Rancho Cordova councilmember and Kevin Hanley is an Auburn councilmember.

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Carmichael Times

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Carmichael, California



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## 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.

## A Musical Treat St Francis Episcopal Church

*An Evening with Dr. Olando 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.

## E-Waste Collection Fundraiser

When: Saturday, March 6 9am-1pm  
Where: Fair Oaks United Methodist Church  
9849 Fair Oaks Blvd.  
Fair Oaks, CA 95628

Drop off all your old electronics, (no appliances please).

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# Hook a Trout, Win a Prize

## Rancho Seco Recreational Area to Host Local Fishing Derby

Pack your tackle box, load up the rod and reel and head out to the Rancho Seco Recreational Area for SMUD's semi-annual trout derby. Rancho Seco Lake will be newly stocked with 2,000 pounds of trout in anticipation of a big crowd. Anglers hooking the heaviest trout will be awarded with cash prizes - up to \$100 for adults and \$50 for children under sixteen.

The semi-annual event has become a tradition for many and has attracted thousands of local anglers since starting in 1993.

**Date:** Saturday, March 13 and Sunday, March 14

**Time:** 6 a.m. to 5 p.m. daily (rain or shine)

**Location:** Rancho Seco Recreational Area  
14440 Twin Cities Road

The Rancho Seco Recreation Area boasts a 160-acre lake stocked with 2,000 pounds of trout. Fishing enthusiasts can cast a line from the shore, fishing pier, or their own boat (electric trolling motors only -- no gas motors). In addition to trout, the lake has largemouth bass, redear sunfish, bluegill, black crappie and catfish.

A one-time \$3 entry fee will be charged to anyone interested in competing in the derby. All entrants age 16 and older must possess a valid California state fishing license.

Cash prizes will be awarded to those catching the heaviest fish in two separate categories -- adult and kids. In the adult classification, prizes range from \$20 to \$100 and will be awarded

to the top 14 fishers. Prizes for children will be awarded for first (\$50) through sixth place (\$10).

The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnicking facilities, RV and tent camping sites, kayak and pedal boat rentals during the summer, and beach and swimming areas.

Rancho Seco Recreational Area is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. The park is owned and operated by SMUD. Admission to the park is \$5 per vehicle (\$4 for seniors). For more information or to schedule camping reservations, call (916) 732-4913 or go to [smud.org](http://smud.org).

# History Comes Alive at Sutter's Fort!



Photos From California State Parks website

Sacramento - The 2010 season of "History Live," a vibrant and interactive historical experience, begins anew on Wednesday, March 3, 2010. Visitors have the opportunity to meet pioneers who left their homes and braved the journey to Sutter's Fort at the dawn of the California Gold Rush. Hands-on activities led by experienced docents change daily and include blacksmiths, bakers, doctors, vaqueros and more at this midtown Sacramento historic park.

Most people think of a "fort" as a place meant to keep people out, but John Sutter's Fort was a central gathering place for a diverse group of people. Farmers, merchants,

weavers, gunsmiths, candle makers, all sought their fortunes in the Sacramento Valley. During the special "History Live" program, visitors are encouraged to meet, ask questions and talk with individuals who made California what it is today.

In fact, talented craftsmen and women started their new lives with very little managed to build thriving homes and businesses from their starts at Sutter's Fort. Experienced sailors ran ships up and down the Sacramento River shipping the bounty of the inland valleys to the towns on the coast.

Special "History Live" characters include those who built California and offer an opportunity for visitors

to see, hear and talk with these early pioneers of our state. In addition to the "History Live" activities, visitors are also invited to stay the day and experience all that Sutter's Fort State Historic Park has to offer.

Operated by California State Parks with financial assistance from the nonprofit Friends of Sutter's Fort, Sutter's Fort State Historic Park is open Tuesday-Sunday from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers special events, Living History and Demonstration Days programs throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourishing agricultural empire named New Helvetia (New Switzerland.) This empire established Sacramento's earliest settlement and the first European settlement in California's Central Valley.

For more information, call (916) 445-4422 or visit [www.parks.ca.gov/parks.ca.gov](http://www.parks.ca.gov/parks.ca.gov). Special Event Admission: Adults \$6.00; Youths ages 6-17 \$4.00; Children 5 and under are FREE.

# Carmichael Rehabilitative Care Center Recognized for Quality Service

Carmichael - Walnut Whitney Care Center was recently recognized for excellence by Kaiser Permanente for care of patients at its Carmichael facility.

According to Marty Gittleman, Walnut Whitney's executive director, the 126-bed inpatient rehabilitative center, which features a separate wing for Kaiser patients, received two awards, including one for the quality of its therapy

and the other citing the high level of nursing for each patient.

"The therapy award was for the effectiveness of what we provide and for how well our residents are responding and improving during their therapy sessions," Gittleman said. "This particular award was for the entire year of sustained quality."

Gittleman said the nursing award was for following Kaiser protocol for the residents and

providing "excellent nursing care."

"This is a real boost for the morale of our facility," Gittleman said. "Our staff is thrilled to be recognized for all their hard work."

Walnut Whitney Care Center is one of 14 area inpatient rehabilitation facilities owned by HorizonWest Healthcare, Inc., based in Rocklin.

For more information visit [www.horizonwest.com/walnutwhitney](http://www.horizonwest.com/walnutwhitney).

## Cemetery Rose Sale Experience the splendor of heritage roses in a unique 19th century setting

The Old City Cemetery Committee Inc., 1000 Broadway, Sacramento, CA 95818  
Contact: Barbara Oliva (916) 443-2146, [boliva@macnexus.org](mailto:boliva@macnexus.org)  
[www.CemeteryRose.org](http://www.CemeteryRose.org), [www.oldcitycemetery.com](http://www.oldcitycemetery.com)

Saturday, April 17, 2010  
9:30 a.m. to 2 p.m.

Open Garden -  
Historic Rose Garden  
Sacramento Historic City Cemetery  
Free parking in lot across Broadway

Free tours and admission  
Fund-raiser sales of historic roses

The Sacramento Historic Rose Garden will be in full bloom for the annual Open Garden from 9:30 a.m. to 2 p.m. Saturday, April 17, 2010. Join one of the free tours of the beautiful roses, and visit the perennial and California native plant gardens, all within the Sacramento Historic City Cemetery, 10th Street and Broadway, Sacramento, CA

95818. Sale of historic roses and rose-related merchandise, a raffle and a silent auction will raise funds for maintenance of the rose garden.

The Heritage Rose Group, the Old City Cemetery Committee and the City of Sacramento sponsor the event.

An exciting opportunity for plant lovers of all types to socialize.

## Meditation for Your Heart, Mind and Soul

March 11th, Thursday, 6:30 to 9:00 pm

March 18th, Thursday, 6:30 to 9:00 pm

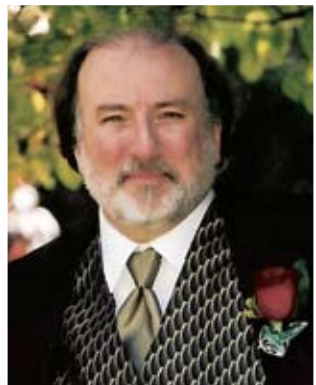
Learn Simple Meditation & Stress Reduction Techniques; how to regain your lost energy; balance overwhelming stresses and find new clarity in your life.

### Workshop includes:

- Reducing Your stress while gaining more personal energy
- Countering effects of modern life anxieties and stresses
  - Learn simple techniques to use anytime, anywhere
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### Workshops offered by Rev. Paul V. Scholl

Rev. Paul has been teaching stress reduction and meditation workshops since 1995 at many continuing education and spiritual centers. He is an ordained Interfaith Christian minister, spiritual and grief counselor. He has served as a hospice chaplain and hospice volunteer trainer. He has also served in the fast-paced publishing industry for more than twenty-five years.



Christ the King Retreat Center, 6520 Van Maren Lane, Citrus Heights, 95621  
To register email Rev Paul at [go2dlyt@aol.com](mailto:go2dlyt@aol.com), or call 916-773-1111.  
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