

Carmichael Times



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Serving Carmichael and Sacramento County since 1981

February 24, 2010

Sacramento County to Receive \$16.5M for Energy Financing Program

Sacramento - Sacramento County, on behalf of 160 local jurisdictions, has been awarded \$16.5 M in grant funds from the California Energy Commission's State Energy Program (SEP) grant program to help support the statewide CaliforniaFIRST (AB 811) program. The grant funds will be used to reduce program costs for participating jurisdictions and property owners who choose to enroll in the program.

The CaliforniaFIRST program will allow property owners to finance energy improvements such as insulation, double-paned windows and solar panels on their existing homes or commercial buildings and pay it back on their property tax bill. Terms can extend up to 20 years and the bill transfers to the new property owner if the property is sold.

"Not only does this help our region reduce greenhouse gas emissions but it also creates valuable trade-related green energy jobs," said Roger Dickinson, Chair of the County

Board of Supervisors. "This financing option will make major energy improvements possible for many property owners who would otherwise not be able to consider them."

California Communities, the state's largest joint powers authority with a membership of all 58 counties and the majority of cities, is working in partnership with Renewable Funding and the Royal Bank of Canada Capital Markets to finance and administer a Property Assessed Clean Energy (PACE) program called CaliforniaFIRST. The PACE concept was recently named one of the top 20 ideas that can change the world by Scientific American magazine. A 2009 UC Berkeley study, recently cited by Vice President Biden at a press conference at the White House, found that PACE programs could finance upwards of \$280 billion in energy retrofits and significantly reduce greenhouse gas emissions. CaliforniaFIRST will provide all necessary administrative and

financial services for participating cities and counties. The goal of this statewide program is to reduce implementation costs for municipalities and provide lower cost capital than would be available through individual programs.

Sacramento County will be in the first group of CaliforniaFIRST cities and counties to launch their programs in summer 2010. Sacramento County, along with other pilot communities will be leading the way by assisting in the development and implementation of CaliforniaFIRST. The program will reflect local policy goals and environmental targets, and coordinate with existing energy programs. The program is scheduled to be available to all other cities and counties in the state by the end of the year. For more information on the CaliforniaFIRST program, see: <http://www.renewfund.com/node/223>

Source: Sacramento County Municipal Services Communication & Media Office

Court Ruling Will Devastate Charities and Booster Clubs

We can add 17,000 more slot machines, but the Governor wouldn't want charities to use electronic bingo machines to survive?

Sacramento - Just when California charities need financial assistance the most, a court ruling by the Ninth Circuit Court of Appeals bans an important fundraising tool by blocking charities from using electronic bingo machines to raise money.

Starting February 1, 2010, California charities can no longer operate electronic bingo games, severely limiting their ability to raise desperately needed funds.

The impact is immediate and devastating.

Electronic bingo machines raise millions of dollars to support local charities every year, but special interests have pushed to ban the popular games and stop this critical funding source. Bingo fundraising supports extracurricular programs at numerous schools in the Sacramento area.

Electronic bingo was put in jeopardy last year when special interests urged State Lawmakers to ban the games. In what was described as a "back room deal" legislation seeking to ban electronic bingo games was rushed through the Capitol in just 11 days. Despite strong opposition from non-profit charities, Governor Schwarzenegger signed the legislation.

Charities and disability advocates immediately challenged the law in federal court, arguing the electronic bingo machines are necessary tools to ensure players with disabilities have equal access to bingo games. Sacramento



How much joy is the Gov. going to steal from our senior citizens?

Federal District Court Judge John Mendez sided with the charities, granting a preliminary injunction in April 2009, which allowed charities to continue operating electronic machines until a trial scheduled for August, 2010. However, the Ninth Circuit Court of Appeals overturned the Mendez decision in December

2009, a decision that forced charities to shut off their machines on January 31, 2010. This devastating move will leave hundreds of California charities without a reliable fundraising source unless a sufficient alternative is presented.

For more information see www.savecharitybingo.com

Special Recognition for Chris Meyer



Rosemarie Campbell, Chris Meyer and Linda Melody

Carmichael - Chris Meyer of Lind Brothers Mortuary received an award of special recognition for his many hours of volunteer efforts and continuing support within the Carmichael community. The award was presented to Mr. Meyer at the

January Chamber of Commerce monthly luncheon. Chris is currently serving on the board of directors for the chamber. The award was presented by Rosemarie Campbell, a long-time Carmichael resident and chamber member, and

Linda Melody, Administrative Consultant for the chamber.

The next chamber luncheon is scheduled for March 23rd at 11:30, held at The Palace in Carmichael. For reservation call 481-1002. Non-members are welcomed. RSVP's are appreciated.

El Dorado Savings Bank Reports Higher Earnings, No Foreclosures

El Dorado Savings Bank based in Placerville, California, reported earnings for 2009 at \$10.7 million representing a 12% increase over 2008. In addition, El Dorado completed its 21st consecutive year without any foreclosed property on the books. "We are very pleased with the strong performance of the bank, especially considering the challenging economic environment", said Chairman and CEO, Thomas C. Meuser.

El Dorado ended the year with assets of \$1,656,273,713 representing an increase of \$36.4 million over year-end 2008. Savings deposits rose by \$67.3 million, or 5%, compared to 2008. "Many new customers moved their accounts to El Dorado Savings Bank during the year due to the ongoing volatility in the markets and the bank's excellent reputation", stated Meuser. Along these lines, El Dorado was named one of the top 20 banks in the United States by the Weiss "Safe



Thomas C. Meuser, Chairman & CEO of El Dorado Savings Bank

Money Report" and also continued to receive the highest ratings from Bauer Financial, Veribanc and IDC Financial Publishing. When asked about El Dorado's ability to maintain growth and profitability during difficult economic times, Meuser stated, "We kept our focus on quality

assets, while much of the competition became involved in sub-prime home loans or large commercial loans and real estate development loans. El Dorado lost some business during that period, but now we are experiencing the benefits of our long term strategy."

El Dorado Savings Bank ended the year with Core Capital of \$151.6 million, or 9.15% of assets, which is well above the 6% regulatory requirement for a "well-capitalized" bank. "Risk based capital", which measures the quality of El Dorado's assets, was 30%, three times the well-capitalized requirement of 10% and one of the highest ratios in the industry.

El Dorado Savings Bank operates 32 branches in Northern California and 3 in Northern Nevada including branches at 7895 Lichen Dr., Citrus Heights, 4701 Manzanita, Carmichael, 4768 J St., and 5801 Folsom Blvd., Sacramento.



Save with
Daily Grocery Coupons at
www.CarmichaelTimes.com

Sacramento City College Seeks Former Students for California Nisei College Diploma Project

Sacramento -- Sacramento City College has begun a statewide search for former Japanese American students whose studies were forcibly suspended in 1942, when Executive Order 9066 was issued. These efforts are part of the California Nisei College Diploma Project, an initiative that seeks to award all those who were impacted by EO 9066 with honorary degrees.

The California Nisei College Diploma Project is the implementation of AB 37, a bill introduced by Assemblyman Warren Furutani (D-Long Beach) and signed into law by Gov. Arnold Schwarzenegger on October 11, 2009. The bill requests that California Community Colleges, the University of California and the California State University systems "confer an honorary degree upon each individual whose studies [...] were disrupted by Executive Order 9066, and [...] allow a representative to accept an honorary degree on behalf of individuals who are deceased," as stated in its text. "AB 37 is a unique opportunity for our college and community

to do our part in righting the wrongs of nearly 70 years ago," said Keith Muraki, a Sacramento City College counselor whose late father, Tom Muraki, was interned in 1942. "For me, this is an opportunity to recognize and honor the Nisei [second-generation Japanese American], and to a large degree, the Issei [first-generation Japanese immigrants] for the many sacrifices they made for all of us."

According to the California Nisei Diploma Project, more than 2,500 Japanese American students were affected by the order — among them were more than 1,200 community college students. It is estimated that approximately 224 Nisei were studying at what was then called Sacramento Junior College when the order was signed into law — this is the second highest number of students impacted by the order per institution, with Long Beach City College being the first, with 265 students.

"We hope to locate as many of our former Japanese American students as possible," said Dr. Kathryn E. Jeffery, Sacramento

City College's president. "It is with great anticipation that we look forward to this rare opportunity to correct an injustice, to receive former students and members of their family, and to proudly acknowledge their pursuit of higher education."

Muraki will be receiving an honorary degree on behalf of his father. He, along with former students or their next of kin, will participate in the college's Commencement exercises to be held on May 19, 2010, at Sacramento City College, in Hughes Stadium.

To help facilitate its search, Sacramento City College has launched a Web site that includes, among other resources, a list in progress of former students who may have been attending Sacramento Junior College in 1942. For more information, or to help the college identify and locate former Japanese American students, please visit www.scc.losrios.edu/scc_nisei_diploma_project.xml or contact Kim Goff at 916-558-2054

Murder, Comedy and Romance Abound in "Out Of Sight...Out Of Murder"

Opening Feb. 26 at ARC Theatre



Left to right - Richard Williams, Laura Queipo, Devon Roe, Isaac Williams, Colton Archey, Michael Holcombe, Sandra McCord, Ruth Solorzano, appearing in American River College's upcoming production of Fred Carmichael's "Out of Sight...Out of Murder" directed by Tracy Martin Shearer.

American River College Theatre continues its season with a hilarious murder-mystery-comedy, "Out of Sight...Out of Murder," by Fred Carmichael. Much as the movie spoof "Clue" had fun with the murder mystery genre, "Out of Sight..." presents a complete collection of traditional mystery characters, then sets them loose upon their unsuspecting author. The show runs Feb. 26 through March 7, and even offers a "Dinner and Theatre" opportunity on Sat., Feb. 27. Set in a creepy Vermont mansion, "Out of Sight... Out of Murder" opens with author Peter Knight grinding out a murder novel... with little success.

As he works, a lightning storm has the exciting effect of bringing his characters to life. One by one they appear—the sexy femme fatale, the trusty butler, the feisty character woman, the perky ingenue, and more—all to

play a part in a murder Knight has yet to write! Once the killing starts, Knight begins to wonder if he might be next. Now that his characters are "free," anything can happen (and does)! Can he find the killer in time?

All is solved with suspense, romance, and a healthy dose of laughter. As a special treat, ARC's four-star rated Oak Cafe will be offering a "Dinner and Theatre" opportunity at the Feb. 27 performance. Regular tickets will still be available for the production (at \$12/general, \$10/student), but patrons interested in a fine dining experience just before the show may purchase a "Dinner and Theater" ticket for \$35. The meal will be served down the hall from the newly renovated theatre, and will feature a complete meal, dessert and coffee. For more information, patrons should email the

production's director at shearet@arc.losrios.edu, or follow the link from the website arctheatre.org.

All performances of "Out of Sight... Out of Murder" will be at the American River College Theatre, 4700 College Oak Drive. Weekend parking is free in Lot "D" at the corner of college Oak and Myrtle, adjacent to the theatre. Weeknight parking is \$1. Ticket prices \$12/general, \$10/student/senior/sarta. For tickets and information, call the ARC Box Office at (916) 484-8234. "Out of Sight...Out of Murder" performance days and times are as follows:

- Fri, Feb. 26 at 8pm**
- Thurs, Mar. 4 at 6:30pm**
- Sat, Feb. 27 at 8pm**
- Fri, Mar. 5 at 8pm**
- Sun, Feb. 28 at 2pm**
- Sat, Mar. 6 at 8pm**

Spring Genealogy Seminar

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

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

Garage Sale to Benefit Mission

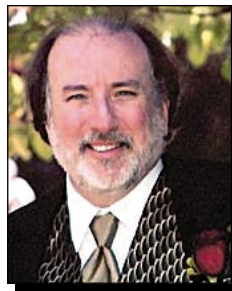
MARCH 6th-7th
3370 WHITNEY AVENUE
7 AM - 2 PM

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.

Carmichael Times

Serving Carmichael and Sacramento County since 1981



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We are proud members of these newspaper associations.



Widowed Persons Association of California, Inc.

Office Hours
10:00 am- 3:00 pm

Monday through Friday
916-972-9722

Newcomer's Buffet
& Social

Any and all widows or widowers may attend

Third Monday evening
at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from
3:00 pm - 5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

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Mondavi Matinee Series

Mondavi Center, UC Davis

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

SPRING 2010

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

State of Small Business



By John Kabateck, NFIB/CA Executive Director

We have looked at the state of small business in California and our union, and it is not good.

Our Small Business Economic Trends monthly report, which has tracked small business conditions for more than 35 years, shows that small business owners in the (once) Golden State and nationwide are struggling to keep their doors open. Optimism among small business owners declined in the latest report as small business owners experienced weak sales and negative earnings.

In addition, capital spending is sitting on the sidelines. Plans to make capital expenditures over the next few months are near the 35-year record low, as is the demand for credit to finance such projects.

And small business owners continue to cut more jobs than they create, a trend that must be reversed in order for our economy to start thriving again. To put the current conditions in perspective, the numbers we're seeing now are lower than they were in the 1981-82 recession, and have been that

way for many more months.

The fact that the Obama administration is considering extending the 2001 and 2003 tax rates is a welcome step in the right direction. Raising taxes is never a good idea when the economy is trying to recover from a recession. Furthermore, the vast majority of small business owners pay their taxes at the individual level so allowing the 2001 and 2003 lower tax rates to stay in place will benefit those businesses. It will also give small business some sense of certainty they can depend on as they make critical decisions about expanding their business.

Seventy-five percent of small business owners think that now is not a good time to expand their business. And when asked what is the most important reason influencing their plans for expansion, political climate ranks second with only economic conditions receiving more votes.

There is uncertainty over how numerous legislative initiatives from Sacramento and Washington will impact the cost of running a business, causing too many small business owners to conclude that they just can't afford to take the risk to expand their business or hire new employees. If our elected leaders want small business owners to resume their traditional role as our state's and nation's job creators, they must realize that uncertainty over their legislative agenda is impeding job growth. They must recognize that incentives and flexibility in an unfettered marketplace, not new

and unanticipated mandates and costs, will help small employers and their employees out of the financial hole they are in and restore their hope and opportunity for economic stability.

We sincerely hope that the Obama administration keeps in the budget released this week a permanent extension of the 2001 and 2003 tax rates. We urge Congress to pass a budget that includes the lower tax rates. This would ensure that small business owners can adequately plan for the future and keep more of their own money to invest in their businesses. We plead with Governor Schwarzenegger and legislators to do everything they can to stop the hemorrhaging of regulations, mandates and new taxes that continue to force more and more Californians to the unemployment line and businesses to Nevada and Texas.

Uncertainty is the enemy of economic growth. If our state and federal leaders truly want to help small businesses, they should alleviate small business owners' fears over taxes as well as job-threatening cap-and-trade regulations, government-run health care, and card-check legislation, which should be eliminated from any legislative agenda in Sacramento and Washington.

Only by creating a climate in which entrepreneurs have confidence in California's and America's direction will we be able to turn this economy back down the path to growth and prosperity.

Lawmakers Must be Committed to Putting California Jobs First in 2010

Our state's budgetary troubles will not end until our state's economy recovers. In order for the economy to recover, state government needs to focus on solutions that will put California Jobs First. One solution would be for lawmakers to get out of the way of employers and allow them to grow their businesses and create jobs. Regulatory reform will stimulate job growth and keep employers and jobs from fleeing the state. Government needs to be a stimulus for jobs and not an impediment. - Assemblyman Roger Niello

Throughout the Sacramento region, working families are feeling the impact of an economy in recession, rising unemployment rates and lack of available job opportunities.

With 2.2 million Californians out of work today and a 12 percent state unemployment rate, lawmakers can no longer sit idly by and watch employers be regulated to death. That's why my Assembly Republican colleagues and I are committed to putting California Jobs First in 2010.

We will be fighting hard this year to focus the Legislature's attention on where it matters most - job creation and

retention. We have created a new California Jobs First website: www.CAJobsFirst.com that is full of important jobs information, including:

- Resources for job seekers;**
- Videos on California's jobs problems;**
- State jobs news and employment statistics;**
- Examples of government policies that kill jobs;**
- Solutions to help create jobs and stimulate economic growth;**
- Let Your Voice Be Heard! Take a Jobs Survey!**

One of the most important aspects of the www.CAJobsFirst.com website is a jobs survey that allows respondents to weigh in on their jobs situation, personal experiences, and recommendations to bring jobs back. Finding solutions to these problems shouldn't be left to government bureaucrats. It's vital that we hear from the people like you, whose jobs and lives are most directly impacted by government policies.

Visit www.CAJobsFirst.com to take a short online survey and share your thoughts about what the Legislature should do to get California moving again.



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!

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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.

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

Recreation Master Plan Community Workshop

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

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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 for more information.

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Dr Bob Graykowski

How to Stay Enthusiastic About Exercise!

Healthy habit

For an exercise routine to stay consistent it must become an integral part of an individual's daily routine. It needs to be a habit, rather than something "extra" he or she attempts to get to if there's time.

Start by scheduling exercise appointments into your date planner or scheduling software. If possible, schedule your workout at least the same time every day - or at least at the same time on any given day from week to week. This will boost the odds of it becoming a habit.

I caution patients to avoid the "all or nothing" mentality, which sabotages many peoples attempt to stay in shape. Whenever possible, scale down workouts rather than skip them.

Remember, when it comes to exercise something is infinitely better than nothing.

Next time you're deliberating whether to miss a workout, focus not on how you feel at that moment (stressed, pressed for time, tired, etc.) but on how you will feel after completing your workout (proud, relaxed, energized). Visualize yourself completing the workout, feeling fantastic and congratulating yourself.

Take five

No matter how pressed for time - or tired - you are, you can handle just five minutes. After the five minutes are up, chances are you'll feel so good you won't want to stop. This strategy is especially effective if you work out at a gym or other venue that requires travel.

Get some class

Structured exercise classes can transform sporadic exercisers into unwavering fitness buffs. For many, having a set time block each day dedicated to attending an exercise class makes a tremendous difference.

Buddy up

Training with a friend or workout buddy can catapult you to optimal fitness.

Exchanging inspirational e-mails or phone calls with friends can also do wonders, as research shows this type of encouragement is highly motivational.

Join the club

Exercising in a group, such as a walking or hiking club, makes exercise a social event. Hitting the greens with your favorite foursome on a regular basis may also offer a physical workout, provided that you walk the course rather than drive a cart.

Train with a trainer

If you've tried everything and still can't adhere to a workout schedule, consider hiring a personal trainer.

Mix it up

Bored with your exercise routine? Spice things up with cross-training. Incorporate a variety of indoor and outdoor activities into your routine to keep you moving.

Creating a healthy community
Dr Bob Graykowski



On New Year's Day, Bill made a resolution to finally get in shape. He worked out every day for two weeks. But then a new project at work forced him to miss three workouts in a row, and his good intentions dissolved: he hasn't been back to the gym since. If Bills story sounds familiar, it's because he's not alone. Millions of people have difficulty sticking to a regular exercise regimen. Read on to learn how you can go from a sporadic to a consistent exerciser.

Keep it fun

According to psychologists, a significant key to sustaining as exercise regimen is choosing activities you enjoy. Instead of "traditional" workouts, such as jogging or biking, consider more creative options like ballroom dancing or karate, kayaking, yoga, t'ai chi, hiking, rollerblading, cross-country skiing, snow-shoeing, windsailing, or just plain walking with a partner.

I urge patients to choose activities they actually will do, rather than ones they think they should do.

'Touch of Health' Weekly Vitality Classes



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- March 2nd 8 steps to prevent and correct back problems
- March 9th How to ignite your perfect health
- 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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Dr. Bob Graykowski
5909 Stanley Avenue, Suite A
Carmichael, CA 95608
(916) 973-1661

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.



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 - April 6 - 24 WASH Membership Show
 - April 27-May 8 "Panting Where the Wild Things Are"
- Effie Yeaw Nature Center



From "Animal House the Exhibit"
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Marines Get \$1,910,844.64 of Trail Mix and Microwave Popcorn!

From SupportOurTroops.Org

\$1,910, 844.64 of trail mix and microwave popcorn has just been delivered by SupportOurTroops.Org to Marine Corps bases all across America. Yes, that's one million nine hundred thousand dollars.383pallets!9tractor-trailer loads! And all from individual American citizens to their troops.

It is a showing of the goodwill of the people for their troops. It is especially amazing because it was done during a recession. It just goes to show how real Americans step up for those who step up for them.

The tractor-trailers delivered to the Marine Forces Reserve in Louisiana, Marine Corps Logistics Base in Albany Georgia, Headquarters Battalion Washington DC, Marine Barracks Washington DC, Recruitment Depo San Diego, Camp Lejeune, Camp Pendleton, Marine Corps Base Hawaii, Air Ground Combat Center 29 Palms, Air Station Yuma Arizona, Air Station Cherry Point North Carolina, Quantico, Marines Corps Community Services Command, Air Station Miramar California, Air Station New River North Carolina, Logistics Base Barstow, and the Mountain Warfare Training Center California.

"Thanks Marines and we hope it shows you how much we all appreciate you", said Support Our Troops® Chairman Martin C. Boire. "What a gesture of Americans' trust in you, and our honest gratitude for everything you do for us." Each case is labeled with a thank-you sticker. What a fun way to show them how much we think of them! What a tremendous gesture of good will.



"Your [popcorn] service makes a world of difference and helps to boost the morale of the service men and women throughout the world." ~ an Admiral

Where did all this popcorn come from? From the American People! The Boy Scouts and Cub Scouts went door to door down street alls across America and asked people if they would like to donate \$25 of popcorn treats to the troops. And at \$25 a pop this many people did.

Who did this? SupportOurTroops.Org, the Boy Scouts of America, and the Trail's- End Popcorn Company teamed up to pull this off. Said Support Our Troops Chairman Martin C. Boire: "kids, you want to know how to pull off something this huge? Get into Scouting, you'll get to organize hundreds of things."

Who manufactured it? Nothing but the best for our troops! Trail's-End® popcorn is known as America's Best Popcorn. It is produced by Weaver Popcorn Company, one of the largest producers and manufacturers of popcorn products in the world. An 80-year-old, family-owned company located in Indiana, Weaver Popcorn distributes its products in more than 90 countries.

The free online troop-supporter Community at

SupportOurTroops.Org offers simple ways for all of us to thank and show support to American troops (our deployed neighbors) serving all over the world. It is a non-partisan, non-political civilian organization, welcoming civilians, active-duty families, and veterans as members. Donations at SupportOurTroops.Org help us do wonderful things like this for the troops and their families.

Support Our Troops® is a patriotic family organization aimed at protecting the well-being of the troops and their families. They Support Us—Let's Support Them!™ Civilian-led, SOT enthusiastically welcomes civilians, active-duty families, veterans, and folks from all political parties. We offer simple, easy, everyday methods through which folks can stick up for those who stick up for all of us: official license plates, yellow ribbons, apparel, and accessories, knowing that it works to benefit the deployed troops (our neighbors) and their families. Support Our Troops is a nation-wide 501(c)(3) non-profit organization with chapters in 37 states to date.

SupportOurTroops.org gets all of this done through their free online community forum at SupportOurTroops.Org, and a lot of hard work by a lot of good kids and adults across America.

Support Our Troops® is an authorized private civilian national and international nonprofit in the Combined Federal Campaign (CFC). It is the largest and most successful workplace charity campaign in the world. Federal employees can help Support Our Troops® by designating to code 31529.

Legislators Should all Hear from Businesses Impacted by Regulations



By Assemblyman Roger Niello

My 6th grade teacher used to say to me, "Niello! You have two ears and one mouth, so use them in that proportion!" And as I'm deaf in one ear, I've always had to listen pretty closely. But as a legislative body, sadly, we do a lot of talking here in Sacramento and perhaps not enough listening. Well, fear not. Over the past few months, Senator Dave Cox and I have been hosting a series of "Business Regulation" Hearings. The concept is simple, straightforward and authentic: We listen, you talk.

Recent grassroots movements have been based on the people's insistence that their concerns, their stories, and their issues be addressed. In this vein, local business-owners have shown up to give their two cents about the impact that state regulations are having on their ability to do business in this state to Senator Cox and me, along with local elected officials. What could be more grassroots than that?

Having served in the State Assembly for five years and been

a local businessman myself, I have some idea as to the heavy burden regulation places on the backs of these engine-drivers of our economy. But let me say, the stories of burdens we have heard ranged from absurd to heartbreaking.

Too often, a law or new regulation is seen in isolation...a temporal discomfort to be adjusted to and dealt with. But the reality is that outside of the capitol dome, these things add up. The effect is cumulative. They add up to the point where business owners aren't able to just run their business. They must literally moonlight as regulatory compliance officers.

Sure, some bigger businesses can afford to employ someone full-time to ensure compliance, but small businesses cannot, and so they must perform these tasks in-house. And every hour, every dollar they spend doing this, is an hour and a dollar less they have to create another job or invest in the community and, ultimately, less tax revenue for the state.

Currently, I am working on new legislation to bring forward in this year's legislative session that will address some of the issues that have come as a result of the testimony during these hearings.

On a basic level, there were several eye-opening truths that came from these hearings. First, there is a need for more representation of the small business community on key state boards and commissions. Beyond the question of whether or not to actually approve a given regulation is the "how" of the

matter. One of the complaints voiced over and over was "ok fine, we get it--there are going to be regulations. But can they at least be workable for those of us who have to comply?" Greater representation by small business members on boards such as the California Air Resources Board ought to be a step in the right direction. Senator Cox and I will be introducing a bill to do this in the upcoming legislative session.

Along the same lines, I am also introducing a bill to require that regulations meeting a certain threshold be returned to the legislature for approval/review prior to implementation. It is important, again, that the "spirit" of whatever the legislature intends when it passes a law is reflected in the final product of the regulation, and that affected groups are given due time to voice their relevant questions and concerns. We can't continue to leave the regulatory approval process up to unelected and unaccountable appointees.

As we all know, small business is the business of California, comprising the vast majority of the businesses of this state and providing the lion's share of jobs. Burdensome regulations are crippling them, and any legislator who doubts it need only hold a few of these hearings in their own district. I suspect they'll find what I have---at a time when there is much talk about "creating jobs" and "fixing the economy", we might remember that sometimes the best remedy is to listen to the people, and then get out of their way.

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Life is Good



Dare to Live Without Limits

By Bryan Golden

Life is a journey that is comprised of a variety of circumstances, situations, and experiences. We all experience a mix of joy and sorrow, elation and disappointment, the expected and unexpected, and good and bad.

In spite of the obstacles, bumps, and detours, the journey is a good one. You have awesome potential. Within you is the capacity to successfully navigate throughout your journey.

You have the ability to improve and grow throughout your life. You can learn from your mistakes, change course as needed and liberate yourself from your past. You are free to choose your thoughts and determine the habits you develop.

Life is good because you have the freedom to get whatever you want from it. There are no limitations imposed on you. If you are not happy with your situation, you can change it. If you feel you are on the wrong track, you can alter directions. When you find your calling, you can focus your energy and efforts on it.

Life is good because we have a gift of abundance. There is no shortage of food, shelter, and clothing. Many amenities are readily available. You have more choices and options than at any other time in history.

But if life is so good, why do some people struggle? One reason is that we get spoiled. We have a continual

appetite for more without fully appreciating what we already have. We get jealous of others and compare ourselves to some external standard.

Another reason is the affliction of negative thinking. Believing that life is bad, there are no opportunities, there is never enough, and that there are limitations, create a self-fulfilling prophecy. If you don't see potential, there is no chance of realizing it.

Movies, TV, newspapers, and magazines depict fantasy lifestyles, that when compared to our own lives, can cause people to feel inadequate or unfulfilled. When this happens, our focus shifts from how much we really have to a perception of lack when compared to fantasy portrayed as reality.

There is always room for personal growth and improvement. Yet many people focus on external acquisitions as a way to gauge the quality of life. This is a real shame because it causes people to live a life of dissatisfaction rather than being thankful for how good their life actually is.

Every day is a good day. If you doubt this, try skipping a one. Some days have more challenges than others. All challenges have solutions, and all problems fade with time. No one's life is perfect but everyone has the freedom to overcome obstacles.

There are many world events that cause stress and concern. Yet life is still good. If you don't think life is good, you will

feel depressed. In a depressed state of mind, your ability to achieve your goals and solve problems is greatly diminished. Living in a negative state for an extended period of time creates a downward spiral that builds its own momentum. So a belief in the goodness of life provides you with an abundance of advantages.

Help yourself realize the good in your life by helping others to find the good in their lives. One of the best ways to motivate yourself is by giving someone else a mental boost. When you help another person to feel happy you can't help but feel happy yourself.

I've just scratched the surface in mentioning the basics that make life good. There's no doubt that you can find a long list of good things in your situation. Focus on the good and you charge your batteries. Focus on the negative and you deplete your energy and taint your outlook.

Make an inventory of all that is good in your life. Often people are surprised by how much richer they are than they realized. Review your inventory frequently to remind yourself of the good you have.

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



by David Dickstein

Family Films

Beauty and the Beast 3-D
Opens Feb. 12, rated G
beautyandthebeast.com

3-D technology has come a long way since Disney's instant classic first dazzled us with stunning 2-D animation and music and story to match. Because of this, and to add to the film's \$377 million worldwide gross, Disney is re-releasing theatrically the only animated "Best Picture" Oscar nominee, only this time in 3-D. "Human Again," a song cut from the original 1991 version, but added to the 2001 IMAX reissue, is included in the latest rev.

Percy Jackson & The Olympians: The Lightning Thief
Opens Feb. 12, rated PG
percyjacksonthemovie.com

Zeus' master bolt is missing and 12-year-old Percy Jackson is the prime suspect. As if he doesn't already have enough challenges with a missing mom, a penchant for getting expelled from school and being diagnosed with dyslexia and ADHD. Oh, and might be the son of Poseidon, the Greek sea god. Adventure ensues in this Chris Columbus-

Films and DVDs for the Whole Family

directed adaptation of the popular 3-year-old book series.

sheets. Grade: A.



Family Home Entertainment

Daring Kids with Miriam Peskowitz (ages 5-10, released Feb. 9, not rated): Learning how to fish, play chess and build a birdfeeder doesn't sound much like a dare, but that's how this teacher, speaker and workshop leader packages her low-budget, yet idea-inspiring video great for families looking for weekend and rainy day activities. Grade: B+

Elmo's World: Let's Play Music (ages 2-5, released Feb. 2, not rated): Combining animation and live action is this delightful title, the 19th compilation in the series starring the popular little red monster. Joining Elmo for musical learning are his buddies Mr. Noodle, Abby Cadabby and Baby Bear. A visit by violinist Miri Ben-Ari is a treat for Elmo and small fry viewers alike. DVD comes with 16 pages of downloadable activity and story

The Hoobs: Hoobloads of Learning & Fun (ages 3-6, released Feb. 12, not rated): This children's TV show from The Jim Henson Company has become a cult favorite in the U.K. since 2001 and is just now catching on Stateside. Five colorful creatures from Hoobland travel the universe to file entries in the Hoobapedia, an enormous reference database. Grade: B

LeapFrog: Math Adventure to the Moon (ages 2-6, released Feb. 9, not rated): This edutaining title sends preschoolers to the moon, and along the way teaches them counting, sorting, addition and other early math skills. Older DVDs feature LeapFrog characters Lilly, Edison and Tad covering language skills, and is just as good. Grade: A



More Shakin' From the Earth

known as the New Madrid earthquakes – the name comes from a small town leveled in one of them. Modern geologists would say their epicenters were all part of the New Madrid Seismic Zone, which is an area that falls in the neighborhood of where Kentucky, Tennessee, Missouri and Arkansas all come together on the map. Since modern seismographs and the Richter scale itself had not been invented by 1811, there's no way to say exactly how big the quakes were. But based on descriptions of the effects of the quakes, geologists estimate that the quakes were in the 7 to 8 range on the Richter scale – similar to or larger than what Haiti experienced earlier this winter.

(Just fyi, geologists expect areas near the epicenter of a Richter 8 quake to generally experience what is termed "total" damage. Because of the way the Richter scale works, a value of Richter 7 corresponds to a release of 31 times less energy than a Richter 8 quake, and is expected to result in mere "major" damage. And as another point of reference, of all the last century's most deadly natural disasters the world around, about half were earthquakes – because even Richter 7s are deadly in the extreme if population is dense and buildings are made of bricks and blocks the old fashion way.)

One of the most staggering things about the New Madrid winter of 1811-1812 – staggering even to us geologists – is that there were multiple mega-quakes. Any one of the events would be a huge disaster today, affecting major cities, transportation and

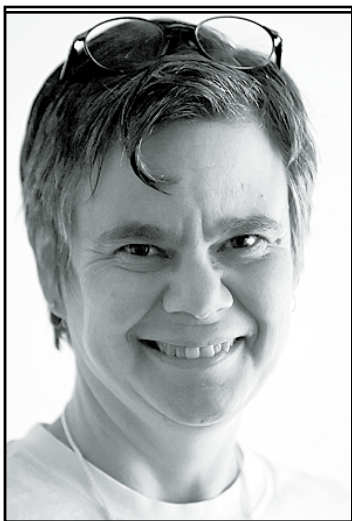
communication systems, small towns, rivers and levees. A full repeat of all that happened in New Madrid would be a greater disaster than anything we've ever seen out here along the west coast where this Rock Doc hangs her hat. Certainly the great quake in San Francisco in 1906 would pale in comparison.

A confounding factor about the New Madrid risk is that it has grown so much in the last century as population in the area grew. That's one reason individuals in the Midwest – just like us westerners – should practice what they want their family members to do in the event of a major quake. And, in my opinion, stores of water and food are very much in order in the New Madrid Seismic Zone and the areas around it, just as they are along the Pacific Coast. The pictures on television from Haiti remind us of such facts.

We live on the outer crust of the Earth, and it's a fragile eggshell. But you can do basic things to help yourself – and they can be useful whether you face an earthquake or, perhaps, another kind of emergency. Google "Red Cross emergency kit," or make your own stores of basics, like this rock-head does.

Because another Big One is coming.

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



ROCK DOC

By Dr. E. Kirsten Peters

Midwesterners don't all know they live in a region where earthquakes can strike, but they got a small reminder of that simple fact earlier this month when a 3.8 Richter scale trembler struck in northern Illinois. Let's hope we can learn more from the event than just what the passing headlines might lead us to think about – because the center of our country is woefully under-prepared for what will come in terms of later, much larger quakes.

The little Illinois trembler puts me in a mind to remember the Big One that struck in the Midwest in the winter of 1811-1812. The quake was really four enormous events that occurred in and around what's now Missouri over three months. Some of these mega-quakes were felt as far away as the East Coast where church bells rang! The Mississippi ran backward for a time due to the shaking and sloshing and hamlets of the area were destroyed. The shape of the land itself was changed for many square miles, some of it rising upward, some sinking downward to become swamps. The big quakes were accompanied by hundreds of small ones, and local observers said that at one point the ground simply shook almost continuously for weeks. The monstrous events are

American River Conservancy

Upcoming Programs 2010

Snowshoe Trip

Saturday, March 6th 9:00 am – 5:00 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.

New Trail Preview Hike - South Fork American River

Saturdays, March 13th, April 10th, May 8th, 9:00 am – 2:00 pm

Come join us on our newly-constructed trail, not yet open to the public. This is a fundraiser to assist ARC complete construction of the trail's final segments. Hiking distance is approximately 8 miles with easy to moderate hiking. Our hike will take us along the

west ridge of the Cronan Ranch down to the South Fork American River with beautiful views of the Coloma-Lotus Valley and the South Fork American River Canyon. We start downstream from the Cronan Ranch through mixed oak woodland and conifer with occasional views of the lower American River gorge. Just upstream of Satan's Cesspool, we'll emerge into mixed chaparral-covered slopes and then back into beautiful blue oak woodland recently acquired by ARC. Finally, our group will emerge onto a long-running ridge with excellent views of upper Folsom Lake and the Sacramento Valley. The trail then drops down to Acorn Creek and the site of ARC's pedestrian bridge construction project and on to the Skunk Hollow Parking Lot at the Salmon Falls Bridge and Folsom Lake. A shuttle bus will pick up our group at the Skunk Hollow parking lot and return us to our cars at the Cronan Ranch trailhead by approximately 2 p.m. Fit 10-year-olds+ welcome. Rain or shine. Please call (530) 621-1224 or contact julie@arconservancy.org to sign up and for meeting location. Donations encouraged for these special preview hikes.

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FICTITIOUS BUSINESS NAME STATEMENT #1000639. Abasi Soleiman, 7913 Willow Ridge Ct., Fair Oaks, CA 95628 and Tracy White, 6545 Fair Oaks Blvd., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Sunrise Recycling Center" at 7644-B Sunrise Blvd., Citrus Heights, CA 95610.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00069559 WHEREAS, Penelope L. Chapman has filed a petition with this court for a decree changing name of Penelope Lynn Chapman to Penelope Lynn Storm.

FICTITIOUS BUSINESS NAME STATEMENT #1000223. CSTL, Inc., 8938 Madison Ave., Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Clear & Sober Living" at 87938 Madison Ave., Fair Oaks, CA 95628.

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.

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.

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.

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.

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.

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.

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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #228006 WHEREAS, Winter Khan has filed a petition with this court for a decree changing name of Winter Jeanette Khan to Winter Alleen Gist.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #228007 WHEREAS, Beverly Jean Countryman has filed a petition with this court for a decree changing name of Beverly Jean Countryman to Beverly Jean McCarty.

FICTITIOUS BUSINESS NAME STATEMENT #1001330. Fame Plus4 LLC, 5825 Eastside Court, Firebaugh, CA 93622 is doing business under the Fictitious Business Name "Attic Antiquities And More" at 6210 Fair Oaks Blvd., Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #1001569. Magid K. Yousefi, 1964 Amber Fields Way, Roseville, CA 95747 and Farid K. Yousefi, 7409 Auburn Oaks Ct. #N, Citrus Heights, CA 95621 are doing business under the Fictitious Business Name "Sierra Valley Auto Wholesalers" at 6362 Blacktop Road #H, Sacramento, CA 95835.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME # 3 4 - 2 0 1 0 - 0 0 0 7 0 6 8 4 WHEREAS, Furu Duan has filed a petition with this court for a decree changing name of Furu Duan to Rae Furu Duan.

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.

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.

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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070401 WHEREAS, Hank Yiwei Dong has filed a petition with this court for a decree changing name of Hank Yiwei Dong to Henry Yiwei Duong.

WHEREAS, Brody Ryder Countryman has filed a petition with this court for a decree changing name of Brody Ryder Countryman to Brody Ryder Dodge. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 30, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted.

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.

prior to the date set for hearing on the petition. Dated: Feb. 10, 2010. Loren E. McMaster Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2010. DUONG 00204 3-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00058582 WHEREAS, Socorro Martinez Perez has filed a petition with this court for a decree changing name of Edwin Antonio Martinez-Flores to Edwin Antonio Flores-Martinez.

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.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00070401 WHEREAS, Hank Yiwei Dong has filed a petition with this court for a decree changing name of Hank Yiwei Dong to Henry Yiwei Duong.

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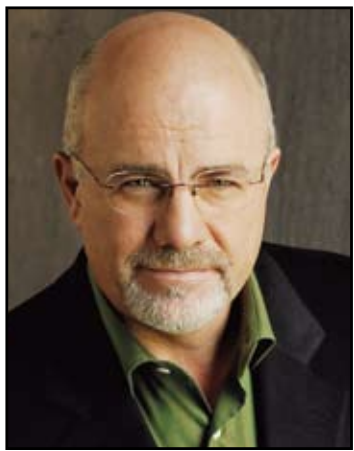
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Dave Says



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

Can't Pay For Her Wedding

Dear Dave,
Our daughter is 24, engaged to be married, and we can't afford to pay for the kind of wedding she wants. My husband and I have had some financial difficulty over the last few years, and we are finally beginning to slowly dig our way out. On top of this, we're still paying on her student loan from college. Should we let her know the situation

up front, and how can we keep from feeling guilty about things?

- Gina

Dear Gina,

The big thing is that first you and your husband should be on the same page. You need to come to a decision about exactly what you're willing and able to do. It doesn't sound like it will be much, though. Especially if you're trying to get your own finances in order and still paying on her student loan.

Now, how do you not feel guilty about all this? I think that's a personal journey you'll both have to take. A wedding is a wonderful thing, but it's not any less wonderful when it doesn't cost an arm and a leg. It also doesn't make you child abusers or bad parents just because you're not willing to go \$20,000 into debt to throw a fancy wedding!

I think, too, that you owe this kid some straightforward and honest communication. Most 24-year-olds don't have a firm grasp on reality. Even at that age, they don't think about where the money's coming from. They're just bopping along and assuming Mom and Dad will pull thousands of dollars out of the air for a big Barbie and Ken wedding. She needs to know that things just aren't like that in the real world.

Let her know that you love her and want to help, but you're going to be very limited on what you can do financially. Besides, you can have a great wedding without throwing around lots of cash. A marriage is about love, not dollar signs. And when it comes to the money, a wedding is like anything else you'd buy. My rule of thumb is pay cash or don't do it!

- Dave

Drop Coverage?

Dear Dave,

I recently heard someone on television say it was a good idea to cancel the collision and comprehensive portions of your auto insurance coverage if you want to save money. What do you think about this? My husband and I are trying to follow your plan. We have \$1,000 in our emergency fund, and we drive a couple of old, used cars. Would this idea work for us?

- Anonymous

Dear Anonymous,

Obviously you'll save money if you're not paying out as much to the insurance company. But I don't think dropping that coverage is a good idea. Let's say you don't have much money saved up, and then you total your car. How're you going to get to work or to the grocery store? It would leave you in a bad situation, wouldn't it?

If you're driving a couple of beaters, the insurance doesn't cost that much. Cheap cars mean cheap insurance. Self-insuring is a good idea sometimes with some things, but I don't believe in it when you're talking about your cars and you're broke! In my case, I've got enough money to just write a check and buy another car if something happens to mine. But when I added up what the car costs versus what they charge me for insurance, it looks like a decent deal to me. I'm just not willing to take the risk with that much money.

The purpose of insurance is to protect you from risks that you are unwilling or unable to take yourself. That's why I still have full coverage on my car. The cost benefit analysis told me it was a good idea. I suggest you keep it, too!

- Dave

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

Elks Basketball Hoop Shoot Results



(Front l-r) Emily Howe from Walnut Creek Lodge (16/25 shots), Luke Driscoll - Boy's 8-9 year old State Winner - from Walnut Creek Lodge (23/25 shots), Sophia Lathe - Girl's 8-9 year old State Winner - from Carmichael Lodge (21/25 shots), and Ryan Lazzareschi from Fremont Lodge (20/25 shots).
(Back l-r) California/Hawaii State Hoop Shoot Chairman Brian Ratliff, State Hoop Shoot Vice Chairman Dan Simas, and Carmichael Elks Lodge Exalted Ruler Bob Lowe.



Carmichael - Carmichael Elks Lodge #2103 hosted the Northern California Hoop Shoot Semi-Finals on 30 January 2010 at Foothill Farms Jr. High School. Those scores were compared with Southern California scores and State Winners were named. In the girls 8-9 year old division, Sophia Lathe from

Carmichael, and sponsored by Carmichael Lodge #2103, won 1st place in the Elks State Hoop Shoot free throw contest with a score of 21 out of 25 shots. Sophia and her parents will be going to Las Vegas, NV, for the Regional play offs the 19-20th of February. The winners at Regional go to Springfield, Mass.

to the Basketball Hall of Fame for the Elk's National Hoop Shoot Finals. The winners at National have their names inscribed in the Basketball Hall of Fame Wall. Elks support the Hoop Shoot program for children 8-13 years of age to promote drug awareness, gain new friendships, and strive to achieve goals.

Arden Hills Raises the Bar for Healthy Living With Innovative New Wellness Programs

New Offerings Focus on Weight Loss, Fitness, Nutrition & Rejuvenation

Sacramento - Already a sought-after destination for exquisite weddings, award-winning spa services and exemplary swim and tennis instruction, Arden Hills Resort Club & Spa is setting a new standard of wellness with innovative new Wellness Programs designed to enable guests to fulfill their individual health-minded goals. With exciting new offerings ranging from one day "stay & play packages" to comprehensive 12-week complete programs, these new Wellness Programs focus on five primary thematic areas, including: Change (weight loss); Nourish (nutrition & food); Balance (mind & body); Empower (strength & conditioning) and Restore (relax & unwind). "Our exciting new Wellness Programs raise the level of expert instruction, education and hands-on demonstration to entirely new heights as we guide and motivate

people to achieve their fitness, nutrition and overall wellness goals," said General Manager Scott Sharrow. "Whether you are trying to lose weight, improve your diet or simply enhance your life through healthy choices, Arden Hills is -- quite simply -- your wellness destination." Depending on the personalized program, the activities range from one-on-one nutrition and fitness consultations to elaborate kitchen overhauls and even hands-on trips to the grocery store and local farmers' markets. Some are designed on a per day or week basis while other programs offer overnight accommodations at the luxurious on-site Villas. The new Wellness Programs are designed not only to educate and instruct guests about how to achieve their health-minded goals, but literally walk them through the process while helping to establish

healthy and life-long habits. Timed to coincide with the new Wellness Programs, Arden Hills will soon offer nutritious, delicious and convenient pre-packaged meals to-go that were developed and are prepared at the resort by the top-notch on-site culinary team. Nearly 40 gourmet meals are available for pick up when ordered in advance -- in conjunction with a Wellness Program or individually by meal -- that include breakfast, lunch and dinner options as well. All Wellness Programs are open to resort guests and members alike. For more detailed information about the Wellness Programs visit www.ardenhills-wellness.com, for general information about Arden Hills Resort Club & Spa, visit www.ardenhills.net or call 916-482-6111 to speak with the concierge.

Senior Wellness Fair

Eskaton Village Carmichael is hosting its 16th Annual Wellness Fair, Wednesday, March 3, 2010 from 12:30 - 2:30 p.m. at 3939 Walnut Avenue. The event is FREE to the public. For more information, contact Stefanie at 916-974-2058.

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Air Force Airman Branden C. Renfro

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Carmichael Times

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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."

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

Yolo Counties for over 40 years. The American Cancer Society Discovery Shop helps support the fight against cancer through the sale of high quality, gently used, donated merchandise. The Discovery Shop has offered superb service and great bargains since 1985, and it proud to serve the Sacramento community. The 41 discovery shops in California provide funding for research, education, and patient services. The Marconi shop is proud to serve the Sacramento community. The Society of St. Vincent de Paul is an international, non-profit organization that provides social services to people in need. One hundred percent of all profits from the sale of donated items in the Thrift Store go to programs to help the needy.



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Supervisor Susan Peters to Hold "Office Hours" at Gibbons Park Craft Faire

County Supervisor Susan Peters will be holding her first 2010 "Office Hours" for residents on Saturday, March 6, at Gibbons Park during the Mission Oaks Recreation and Park District's Spring Craft Faire.

Continuing a tradition started in 2005, Peters will set up a table at the event for residents who wish to drop by and talk with her about items of interest. No appointment is necessary but visits will be handled on a "first come basis." She will be at the Craft Faire from 10 to 11:30 a.m. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure," says Peters. "I'll be available to talk about county matters while neighbors can shop for unique craft items."



Supervisor Susan Peters

Last year Peters held her "Office Hours" at different locations in conjunction with scheduled community events that included the Carmichael egg hunt, Carmichael dog show, and the "Pops in the Park" concert series in East Sacramento.

The Craft Faire will be held in the Mission Oaks Community Center at 4701 Gibbons Drive. Admission is free and the event will run from 9 a.m. to 3 p.m. For more information, call the Mission Oaks Recreation and Park District at 972-0336 or visit morpd.com.

Next month Peters will move her "office" to Carmichael Park for the annual egg hunt which will be held on Saturday, April 3. That fun starts at 10 a.m. sharp rain or shine and Peters will be holding "Office Hours" there between 9:30-11 a.m. For more information about the egg hunt, call the Carmichael Recreation and Park District at 485-5322 or visit carmichaelpark.com.

Prestigious Fellowships Available at State Capitol

The State Capitol is looking for dynamic college graduates who are interested in public service.

Applications are available in Senator Dave Cox's Capitol and district offices in Roseville, Quincy and Jackson. These positions pay a monthly stipend of \$1,972 plus health, vision, and dental benefits. In addition, each individual earns 12 units of graduate credit from Sacramento State. "With the challenges facing the state, there's no better time to serve than now," said Senator Cox who represents the First Senate District. "This year-long fellowship allows individuals to gain hands-on experience in the State Legislature

and other areas of public service." The Capital Fellows Programs provide college graduates an opportunity to work in high levels of government. Qualified fellows are assigned to Senators, Assembly members, judges and senior state officials. These fellowships are jointly operated by each participating branch of government and the Center for California Studies at Sacramento State University. Anyone who will be at least 20 years of age and a graduate of a four-year college or university by September 1, 2010 is eligible to apply. There is no preferred major. Individuals with advanced degrees and those in mid-career are also encouraged to apply.

Applications are available in Cox's Capitol office, Roseville office at 2140 Professional Drive, #140, Quincy district office at 2094 East Main Street, the Jackson District office at 33C Broadway or by calling 916-783-8232. Applications and brochures are also available on the internet at www.sen.ca.gov/ftp/sen/fellows/_home/ and at www.csus.edu/calst/senate. All applications must be postmarked by Wednesday, February 24, 2010. Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento

Five Eskaton Couples Celebrate Anniversaries of 60+ Years this February

Carmichael - Five couples are celebrating anniversaries of 60+ years this February at Eskaton Village Carmichael. All totaled, among the Northern California continuing care retirement community's 350 residents, an astounding 67 married couples will celebrate wedding anniversaries of 50 years or more in 2010. (Two couples will actually celebrate

their Golden Anniversaries this year.) The Eskaton couple with the most longevity has been together for 78 years; and 51 couples will celebrate 60 or more years of marriage this year. (And, there are more than a handful of newlyweds residing in the community as well.)

The five couples celebrating 60 years and more of marriage this month are Jean and Bill Hellmuth

(67 years, married on Valentine's Day), Flo and Al Santucci (66 years), Naomi and Harry Rathkamp (66 years), Mary and Pat Harrington (64 years) and Kit and Jack Austin (63 years). These couples and dozens of other residents celebrated Valentine's Day at a special gathering hosted by Eskaton, the "Official Sponsor of Longevity."

College Funding Available to Help High School Students for College

Funding for college is available to qualified high school students and Senator Dave Cox encourages all high school seniors to apply by Tuesday, March 2.

"In their pursuit of a college education, many students and their parents struggle to find the funding to finance this endeavor," said Senator Dave Cox. "Students should obtain a Cal Grant application and fill out the necessary

paperwork to receive this funding."

High school seniors or recent graduates who meet eligibility and financial requirements must submit two forms in order to receive up to \$9,700 per year to attend all California public colleges and most private and independent colleges or career schools.

Cal Grant funding covers tuition and fees at California's public colleges and universities

and some private institutions, and can also help students pay for textbooks, living expenses and equipment for Community College and career technical education.

For interested students and parents, a copy of the application can be obtained by visiting www.calgrants.org or calling 1(888) CA-GRANT (888-224-7268).

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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

February 25th, 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
- How to re-energize Your Daily Life

Setting Spiritual Boundaries

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

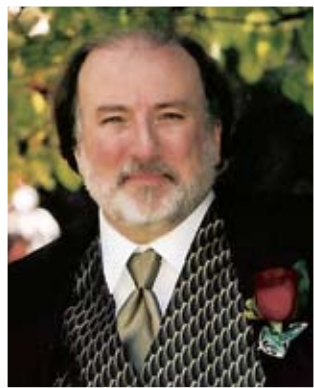
Workshop includes:

- How to establish and recognize boundaries
- How aspects of the human energy field work
- How to manage your spiritual boundaries in intense settings
- How different belief systems affect boundaries
- How to deal with control issues and emotional reactions of others

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.

Next Class Date:
March 18th:
Meditation -
Heart, Mind & Soul



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

Each workshop is \$20.



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