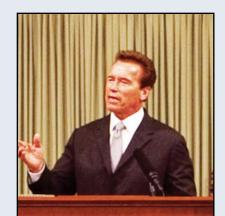
Carmichael Times



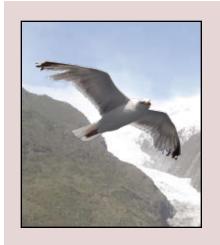
A Grand **Historic Mansion**

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Volume 30 Issue 2

Serving Carmichael and Sacramento County since 1981

January 13, 2010

DART Serves Night & Day



The Drowning Accident Rescue Team (D.A.R.T.) is an all-volunteer non-profit organization. The team responds to water rescue and recovery incidents involving individuals, vehicles, and evidence in many potentially dangerous situations. If there is a waterrelated accident in Sacramento County or the surrounding area, they are dispatched to that incident by Fire Dispatch via alphanumeric pagers. DART members are on call

24 hours a day 365 days a year. There are over 40 volunteers coming from all walks of life including business professionals, medical professionals, retirees, police officers. Volunteers contribute their time and resources to DART in a variety of ways including: rescue and recovery

dive operations, monthly general membership meetings, board of director meetings, monthly in-water training sessions, and other special training classes taken throughout the year to build skills and increase the services the team can provide. In addition, DART performs countless public speaking engagements and water safety demonstrations to community groups, service clubs, public agencies, and public or private schools to promote water safety to children and adults. No DART member is paid for the time they give to DART.

On an annual basis, DART is typically the first or second busiest public safety dive team in the nation; responding to an average of 120 to 140 calls per year. They respond primarily in Sacramento,

Sutter, Yolo, Solano, San Joaquin, Contra Costa, Amador, El Dorado, and Placer counties. In our twentyseven year history, DART has never failed to respond when called.

DART uses equipment that is highly specialized to function in hazardous and toxic environments. Much of their equipment is outdated and hard to maintain. Some of the team's dry suits are eighteen years old. In spite of a deficiency in funds, hardworking DART members keep this equipment serviceable and in safe working order. However, with more funds this equipment could be updated, replaced and enhanced. Today DART has four vehicles. Although 'tired', they still operate.

DART exists today because of the generosity of its members, community, community organizations, and businesses who believe in saving lives and recovering the victims of tragedies. They play an integral emergency response and homeland security role as the "go to" public safety diving agency in the central region of Northern California.

The Drowning Accident Rescue Team (D.A.R.T.) is holding its 8th annual Crab Feed and Silent Auction on Friday January 22, 2010 at the Sacramento Elks Lodge #6, located at 6446 Riverside Blvd., Sacramento, CA, 95831. The event will run from 6 to 11 pm and includes Dinner and Dancing. The dinner menu will include fresh cracked crab, pasta, green salad, and bread. The price is \$40 per person and all proceeds will go to support the D.A.R.T. team. This is a fund raising event for D.A.R.T., which is an all-volunteer nonprofit 501(C)(3) organization. For Information and to order tickets please visit the D.A.R.T website at www.dartsac.org or call (916) 802-9813 or (916) 806-0118.

Carmichael Chamber Dinner **Honors Sheriff McGinnis**



All-star lineup. Carmichael Person of the Year 2010 -- Sheriff John McGinness (third from left) -- stands behind his wife, Peggy and community leaders at The Palace in Carmichael. Flanking the couple are Senator Dave Cox, County Supervisor Susan Peters, fellow honoree Ross Davidson, Congressman Dan Lungren, Carmichael Chamber President Trish Harrington and Mercy San Juan Hospital Marketing Executive Bryan Gardner. Photo by Susan Maxwell Skinner.

McGinnis for his many years of service to the community with a well-attended formal dinner at The Palace in Carmichael.

InattendancewereCongressman Dan Lungren, Senator Dave Assemblyman Roger Niello, Supervisor Susan Peters, Honorary Mayor Peter Tateishi, former Supervisor Sandra Smoley and radio talk show host Mary Jane Popp. Emcee of the event was television personality Tom Loffman. McGinnis received commendations from each of the local politicians, along with some

good-natured "roasting" remarks. A large contingent of the

Carmichael -- On Friday, January McGinnis family traveled to be Susan Skinner, Nancy Fellers, 8th, the Carmichael Chamber of in attendance for the recognition Gary Anderson, Trish Harrington, Commerce honored Sheriff John dinner, and the sheriff did not Dan Blum, Chris Meyer, disappoint with his story-telling and sense of humor. Over one hundredfiftylocalbusinessowners, community leaders and residents attended the annual fundraiser for the chamber of commerce.

> Also recognized at the event was Col. Ross Davidson. Ross was honored for his many past military accomplishments and service to this country, his many years of local service and his long-time strong support of the business community and the chamber of commerce.

The event could not have been such a big success without the volunteer help from Linda Melody,

DonnReiners, Helen White, Loise Glazebrook, John Skinner, Peter Tateishi and Barry Smith. Their ongoing support of the chamber and the community is appreciated.

Special thanks is given also to Shafika Mancal of The Palace for hosting the event, as well as Mel Piercy from Copy Plus for his help with the programs, flyers, award designs and event promotion. Table sponsors included Fair Oaks Cemetery District, Ed Marzel and Carmichael Chevron, and Walt Farl of Edward Jones in Carmichael. Dan Blum of New York Life was the primary event sponsor.

Good Beginning to 2010?



Employers are seeking customer service, sales, manufacturing and shipping experience in early 2010.

By Rick Reed

Sacramento County - At this time last year employers were using attrition, hiring freezes and massive layoffs to cut workers while some businesses closed their doors forever. After one of the worst years in decades, the Sacramento regional employment market is regaining traction. Usually a slow period for hiring in the Sacramento area Pacific Staffing has learned that forty-six percent (46%) of 100 top area companies surveyed plan to hire in the first quarter, Q1 of 2010. In Q1 of 2009 more than half

of Sacramento regional employers surveyed weren't hiring anyone, another twenty percent (20%) planning staff cutbacks and three local companies closed and laidoff everyone. In contrast to those conditions, in Q1 2010, just seven percent (7%) of company's surveyed plan to reduce workforces

in January, February or March.

This year lay-offs or reductionsin-force are attributed to seasonal change and a merger, not to a

failing recessionary economy. Twenty-five percent (25%) of companies reported hiring for growth needs in the last quarter, Q4 2009. Historically the slowest hiring period of the year across the area, another positive sign for Sacramento regional jobs recovery in the first quarter of 2010 is indicated as twenty percent (20%) of employers polled say they will be motivated to hire for growth and add staff in Q1.

Contacted directly by telephone between November 18 and December 18, 2009, six percent (6%) of hiring is motivated

by seasonal demands in Q1. Sacramento employers are looking for technical skills first of all. Demand for technical experience was double any other in first quarter with a focus on computer

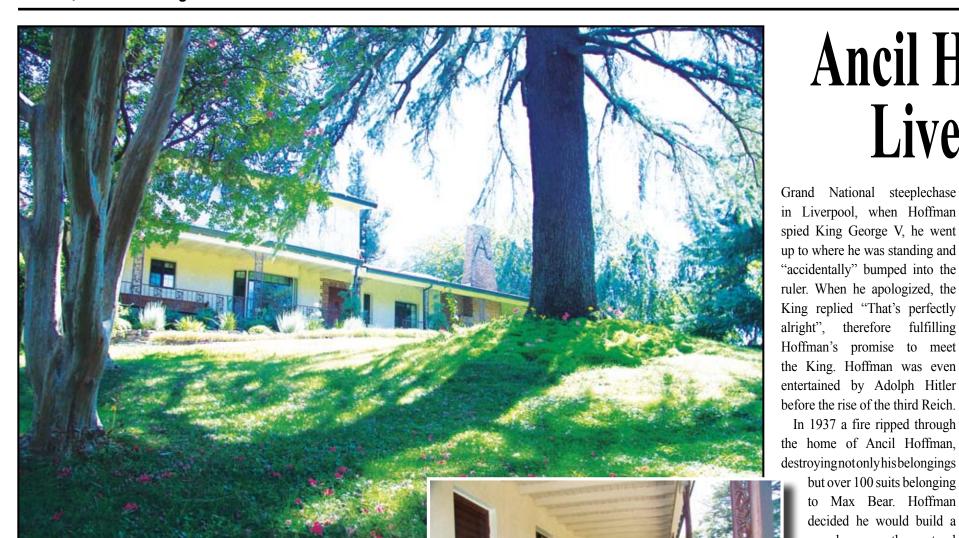
networkingandproprietaryindustryspecific software operations. Employers also seek customer service, sales, manufacturing and shipping experience in the first three months of 2010.

Among all companies the cost of benefits was noted as the greatest challenge in the New Year. Morale was a significant issue noted by contacts at companies currently not hiring. For the first time in nearly a year, two companies say finding qualified candidates for jobs is becoming an issue.

The top 100 Sacramento Regional Companies Industry by percentage; 44% are Service, 31% Manufacturers, Construction and 10% are Retail.

How does this Quarter compare to last quarter, or last year? Find out for yourself, for more information & surveys go to www.pacificstaffing.com.

Carmichael Times Page 2 January 13, 2010



Beautifully landscaped, and sitting on one and a third acres, the home is surrounded by orange, pecan, and olive trees. Photos by Kent Weymouth

By Kent Wetmouth

Nestled into the rolling hillside of Fair Oaks, a grand historic mansion sits, its famous first owner all but forgotten. Ancil Hoffman, one of Sacramento's most celebrated sons, built the home during the prime of his career. His was once the only home to grace Greenback Lane and the burgeoning community crossroads of Fair Oaks and Citrus Heights. In 1942 Ancil Hoffman created a unique 3,400 square foot home centered on entertaining guests. Beautifully landscaped, and sitting on one and a third acres, the home is surrounded by orange, pecan, and olive trees. Grape vines draped from arbors shade the natural stone patio. After the death of Ancil Hoffman in

1976 this showplace spent three decades in steady decline, before this luxurious home was rescued and beautifully restored to its former grandeur.

Ancil Hoffman was born in Adams County, Illinois in 1884. As a boy he moved with his family to Oklahoma and it was there that Ancil's mother died. His father Albert Hoffman left his boy in Oklahoma temporarily while he relocated to Sacramento in search of work. After securing a livelihood, Albert sent for his son. Ancil traveled from Oklahoma to Sacramento by train alone, and would later look back on that trip as one of the biggest thrills of his life.

In 1906, Ancil Hoffman opened his first saloon, located on M Street at 18th. He would

open another four bars before the day, like Al Jolson, Eddie prohibition closed the doors of Cantor and Jimmy Durante. three of them in 1920. One of On January 16th 1920, the his nightclubs, located at 514 K

Volstead Act went into effect, changing business for Hoffman by forcing him to lock up three of his bars and closing a liquor and beer distributorship that he owned. In all, Ancil would lose a million dollars almost overnight.

Hoffman once again turned to boxing, becoming a manager and promoter. His first fighter George Lee was a bantamweight who fought for the title in the early 1920s. Hoffman gained worldwide prominence during the 1920s and 1930s by managing the career of Max Bear. Hoffman had obtained the release of Bear from a San Francisco jail, where he was being held for the accidental ring death of his opponent Frankie Campbell. In 1934, Bear became champion by knocking out Primo Carnera in the 11th round, but lost the title to Jimmie Braddock in 1935

following a 15-round decision. Hoffman's celebrity allowed him to meet many famous and infamous individuals of the day. When leaving on a trip to England, he swore to friends that he would meet the British sovereign, so during the YMCA, the Elks, the Masons, the Lions Club; he was a charter member of the Grandfathers Club of America and one of the first members of the Sutter Club.

Ancil Hoffman

Lives On

but over 100 suits belonging

to Max Bear. Hoffman

decided he would build a

new home on the pastoral

acreage he owned that

would become a place for

entertaining. The fireplace

in the elegant drawing

room is said to be from

the original Sacramento

Capitol Building. The Old

Court House/Capitol once

stood at the corners of

7th and I Streets, before

the devastating fire of

1854 destroyed 12 blocks

downtown Sacramento

including the Old Court House.

Max Bear retired in 1942,

and Hoffman began to manage

the career of Max's younger

brother Buddy, who would

fight Joe Louis twice for the

championship. Buddy lost the

first bout by default when Louis

committed a foul in the sixth

round, and Hoffman refused to

let him continue the fight. Buddy

would lose again in the first round

of a rematch with the champ.

fight game, he turned his life

to community service. Initially

appointed to the Sacramento

Board of Supervisors in 1950, he

would be reelected to the position

four times. Hoffman was elected

president of the Galt fair board

of directors with a unanimous

vote in May of 1950. His service

also included many elective and

appointive boards. He was the

president of the Citrus Heights

Fire Commission and Chairman

of the Orangevale School

Board, and worked very hard

to establish sanitation districts

in the quickly developing areas

of Orangevale, Carmichael,

Fair Oaks and Citrus Heights.

When Hoffman hung up the

In 1961 during a board meeting to determine a name for the new park to be constructed on a 383 acre parcel of land formerly known as San Juan Meadows, Hoffman sat in silence as Supervisor Fred A. Barbaria suggested that they should name it Hoffman Park. Although the comment elicited a laugh from Supervisor Jack Mingo it also brought an agreement. When Barbaria made the motion official, Mingo seconded it. Thinking it was a gag; Hoffman continued to sit silent as the decision became unanimous when the four remaining members of the board voted in favor of the name change.

Ancil Hoffman Golf Course was dedicated on May 13 1965, and Ancil would knock the first ball from the tee, teaming with Buddy Bear to be part of the initial foursome to play the course. He confided before the match began, that he hadn't played golf since 1937. Hoffman had gone to London with Max Bear for a fight against Tommy Farr and purchased a set of custom made clubs, and hadn't played since. On his voyage home, he had slipped and broken his collarbone on the ship, leaving the clubs to sit

In 1975, "Ancil Hoffman Appreciation Night" took place as an expression of thanks for his philanthropy, presented by the Sacramento Board of Supervisors. President Gerald Ford commended him as an outstanding sportsman and for the generous contributions he had made to the Golf Club. Ancil Hoffman quietly passed away in the beautiful home he had built on January 7, 1976.

gathering dust for over 25 years.

Today wild turkeys, deer and other wildlife roam through Ancil Hoffman Park and Golf Course. Sitting alongside the American River, Carmichael's best-kept secret is also home to the 77 acre Effie Yeaw Nature Center. For those interested in the availability of the Ancil Hoffman house you can e-mail contactus@magpieinc.com.

name became the "All America Café", and was located just down the street from "Ancil's", another of his night clubs, located at 708 K Street. His nightclub/ restaurants were frequented by big name entertainers of E-Waste and Shred Day A Community Event **Del Campo High School**

Street was called the Hof Brau,

but when World War I broke

out, anything German began to

take on hostility from the public,

so Hoffman held a contest to

rename the club, offering a prize

of \$100 to the winner. The new

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Proceeds to Benefit Del Campo PTA and Senior Grad Night

Root Cellar Sacramento Genealogical Society

January 20, 2010. Informal

workshop to exchange ideas, get help

with problems, and tell stories of Emeritus at Citrus Heights. research experiences. Presentation: "A Tour Through the Root Cellar Website" with Sandi Benward. Merrill Gardens (Garden Square Room), 7418 Stock Ranch Road, Citrus Heights, 1pm-3pm. Sign-in at front desk, get a guest badge, sign out when you leave. Free, everyone welcome. Contact John Jay (916) 331-0963, jksljay@ sbcglobal.net, or www.rootcellar.org.

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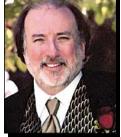
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Alzheimer's and other memory impairments demand a special kind of care and support: for them, and for those who love them. Emeritus at Citrus Heights offers just

love has Alzheimer's,

The special needs of those coping with that, in a secure, inviting setting.

Carmichael Times Serving Carmichael and Sacramento County since 1981



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Gov. Schwarzenegger Lays out **Priorities, Urges Continued Teamwork**



Gov. Schwarzenegger Presenting State of the State Address

Gov.'s Office Press Release

Sacramento, January 6th, Governor Arnold Schwarzenegger delivered his annual State of the State address before a joint session of the California legislature. The Governor reflected on the teamwork that brought California through the worst recession since the Great Depression in 2009 and laid out his vision for California in 2010.

"This coming year can be summarized in one word: priorities. As we face another round of fiscal challenges, we must get our priorities straight and keep them straight. Creating jobs and getting our economy back on track, protecting education, reforming our tax and pension systems and putting an end to our boom and bust budget cycle must all be priorities," said Governor Schwarzenegger. "I know that if we can recreate the teamwork we built last year and focus together on these priorities, California, already seeing clear signs of recovery, will emerge from these difficult times stronger and more vibrant that ever."

In his speech, the Governor two new California announced initiatives: the California Jobs Initiative, designed to create jobs and ensure California is a better partner to the economy, and Operation Welcome Home, a program to ensure returning veterans are provided access to the services and opportunities they deserve. In addition, the Governor announced a historic shift in California's priorities by proposing a constitutional amendment to ensure that the state never again spends a greater percentage of funds on prisons than on higher education. The Governor also continued to push the priorities he has been advocating for years, including fighting for California's fair share of federal funding, tackling tax and pension reform and reducing prison costs. The Governor went into detail on each priority and provided specific proposals, which include:

Constitutional Amendment to Increase Higher Education Funding

While this budget year will pose many challenges, the Governor drew the line at education and called for a historic realignment of California's priorities. He announced that he would work to protect California's schools and to shield higher education from further cuts. The Governor called on the legislaturetohelphimmakeCalifornia's education system a higher priority than

· A constitutional amendment to ensure California cannot spend a greater percentage of General Fund (GF) dollars on its prisons than on higher education.

prisons. Specifically, he proposed:

- ☐ Under the Governor's initiative, no less than ten percent of GF dollars would be allocated to fund public institutions of higher education and no more than seven percent would be allocated to support the state prison system. These mandatory limits would begin in the 2014-15 fiscal year.
- ☐ The Governor announced that the amendment will include a provision that allows the California Department of Corrections and Rehabilitation the authority to contract with private entities - while retaining all authority to build or operate prisons and manage or transfer inmates. This would save the state billions of dollars per year.

Jobs and Economic Growth

The Governor made it clear that his number one priority in 2010 fostering a business-friendly economy and creating jobs. In his speech, he outlined measures he will present to the legislature to achieve that priority including:

- The California Jobs Initiative, a program to pump jobs into California by creating or retaining up to 100,000 jobs and providing training to 140,000 individuals to enable them to retain their current positions or compete for higher paying jobs.
- A measure to streamline the permitting of construction projects that already have a completed environmental impact report.
- · A proposal to extend and expand the \$10,000 homebuyer tax credit to include the purchase of existing homes in addition to new residences for firsttime homebuyers.
- A proposal to eliminate sales taxes on green tech manufacturing equipment.
- A proposal to eliminate frivolous lawsuits that punish California's small

Budget and Tax Reform

For years, Governor Schwarzenegger has been calling for structural reforms in how California budgets and spends its money, and this year is no exception. In 2009, California's economic growth declined 2.8 percent, but our tax revenues were down more than 8 times that much - reinforcing the fact that our budget woes are self-inflicted wounds.

The Governor called on the legislature to work with him to fix California's broken tax system and take up the bold reforms proposed by the bipartisan Commission on the 21st Century. Restructuring our tax system will help ensure California has a stable, reliable revenue stream to fund the state's vital programs and services.

Pension Reform

In 1999, the legislature boosted lifetime pensions for government employees without setting aside enough money to pay for them. Now annual pension costs are up over 2,000 percent just in the last ten years and will keep on growing and crowding out other programs unless we take action. Every dollar needed to meet underfunded pension promises is a dollar taken from higher education, environmental protection, parks and recreation and other important programs. To protect programs and taxpayers, the Governor called on the legislature to make pension reform a priority this year and to pass legislation reducing pension burdens going forward.

Federal Funds

The Governor is committed to building a more fair and equitable financial relationship with the federal government. California must be reimbursed for overspending mandated by federal regulations and relieved of the costly burdens placed on our programs that restrict us from living within our means.

- The Governor will fight for a permanent shift in the monetary relationship between California and the federal government.
- Being a border state, California has a heavier financial burden when it comes to security, but the federal government is not sharing that burden fairly. The Governor will fight to restructure this inequitable funding arrangement.
- While the Governor has always been a strong supporter of health care reform, the legislation currently being debated in Congress will pile billions of dollars in additional costs on California. The Governor followed up his December 22, 2009 letter to Speaker of the House Nancy Pelosi and members of the California

Congressional Delega-tion by calling on them to either vote against the current legislation or fight for a more equitable deal for California.

Operation Welcome Home

California has more returning veterans than any other state and the Governor committed to making these brave men and women a priority. Operation Welcome Home will put 300 recent veterans to work identifying and making direct contact with the 30,000 heroes returning to California annually to counsel them about benefits and transitional workforce training available to help them enter the workforce and transition successfully from the battle front to the home front. Specifically, Welcome Operation Home:

- · Establishes nine regional full-time teams that will assist veterans in finding employment and job training, educational opportunities, housing, mental and physical health care, federal benefits and support for their families.
- Launches the California Veteran Corps, a volunteer network to reinforce the efforts of the full-time regional teams.

Sen. Cox Reacts to Governor's State of the State address

"The State of California is facing a \$20 billion deficit. The Governor and Legislature must focus on ways to help bring back jobs for Californians. Assembly Bill 32 must be repealed to spark jobs creation. While an infusion of federal dollars is helpful – and the federal government should pay for its costs of social programs and mandates - federal funding alone will not solve the state's ongoing financial woes. The difficult decisions must be made now. There are no easy choices. We need a real budget process this year. Every program must be examined. We must change what we have been accustomed to doing. The current process is clearly not working. As I implored in various correspondences with legislative leaders, each and every Senator must be accountable for the budget. This means that every member of the Senate must sit on the budget committee and a budget subcommittee. By forcing all lawmakers to focus on the budget and the services that are offered by the state, Senators will gain a deep level of understanding for each program and its effectiveness."

Assemblyman Niello Responds

to Gov.'s Address

"The Governor laid out an agenda of reform that is sorely needed for California. And with an optimistic eye toward the future, he recognized the immediate pain that we will have to endure to address our budgetary challenges this year. Opportunities for reform exist in times like these. The Governor seems to agree and as I have stated consistently, California needs budget reform so that we end the boom and bust budget cycles that we have found ourselves in for the past 10 years. In trying to get our economy moving again, I agree that state government should do what it can to help put people back to work. After all, we will not end our State budget challenges until our economy recovers and employers are

able to expand and hire new employees. But in many cases, government just needs to get out of the way And finally, as I have consistently warned, we must be very cautious about any assistance that we receive from the Federal Government. Relying on federal funding to fix our budget problems only puts off the fundamental reform that the Governor talked about and which I believe is absolutely critical."



Dr Bob Graykowski

Chiropractic USA

Sure green vegetables are nutritional powerhouses. But don't neglect their red, orange, yellow and purple cousins. Bright is beautiful when it comes to vegetables: particularly if your optimal-health goal includes boosting your immune system, preserving your eye sight and reducing the risk of cancer. That's because the vitamins, minerals and all natural chemical components in vegetables help

do all of this.... and more. I teach my patients to eat healthy daily by choosing fruits or vegetables from all the colors of the rainbow. Nutritional experts from around the world recommend eating a minimum of five large vegetable and fruit servings per day - and the brighter the better. Why? Because the brighter the color, the more phytonutrients a vegetable contains. Phytonutrients are plant-based sub chemicals feature disease-fighting attributes. Here are some examples for a healthier diet.

Red - Although technically a fruit, many people consider

Bright is Best for Veggies

tomatoes their favorite "veggie." Tomatoes are rich in lycopene, an antioxidant that prevents arteries from clogging and wards off prostate cancer. Lycopene is also what gives tomatoes their rich red color. Red –skinned potatoes, red beets, red peppers, radishes, radicchio, and red onions are other winningcrimsonvegetableoptions.

Orange – Carrots contain more than 100 phytochemicals, carotenoids, which protect against cancer and eve disease. Other health-boosting include vegetables sweet potatoes, sweet peppers, acorn squash and pumpkins.

Yellow - In addition to carotenoids, yellow vegetables contain natural plant pigments known as bioflavonoid. Health associated bioflavonoids include improved cardiovascular health, increased capillary strength and improved structure of the body's connective tissues. Bioflavonoids also help to boost the immune system. That's why I encourage my patients to add plenty of yellow to their diet- including butternut squash, yellow peppers, sweet corn and yellow tomatoes.

Green – Chlorophyll is what gives green vegetables their vibrant shade. Among those bursting with antioxidants are artichokes, avocados, spinach, okra, sugar snap peas, zucchini, and green sweet peppers. The antioxidants in these foods are linked to the prevention of macular degeneration: a condition that

results in partial or total vision loss.

If you're stuck in an iceberg rut like many people are, upgrade your lettuce of choice to a darker green variety, such as red leaf or romaine.

Blue - Blueberries not only taste great but they have some of the strongest cancer fighting nutrients of any fruit.

Purple - The best selections from the color purple include eggplant,purplecabbageandpurple asparagus. These selections add extra punch in disease prevention.

White - Garlic is considered both an herb and a vegetable. Did you know that garlic can decrease LDL ("bad") cholesterol? And it doesn't take a bushel of this pungent vegetable to do the trick. The phytochemical allicin - is also present in onions and scallions. Cauliflower is another great "white" vegetable. Its allnatural chemical compounds are linked with anticancer benefits.

When cooking vegetables, go easy on the heat. Cooking veggies may cleave out some nutrients. Ideally, aim for tender yet still crisp. And prepare only what you plan to eat over a maximum of two to three days. The longer your store cooked vegetables, the more they lose their magnificent nutrients. If you are looking at making a healthy eating change in 2010 join us for our nutritional vitality class Jan 26th, simple steps to a sugar free family. Creating a healthy community

Dr Bob Graykowski

'Touch of Health' Weekly Vitality Classes

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

Spinal health made easy Jan 19th Jan 26th Simple steps to a sugar free family Spinal care for all ages

Feb 9th Eating for energy Back care for families Feb 16th Feb 23rd Fitness made fun

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Call 916-972-1313 or visit AegisofCarmichael.com for more information.



4050 Walnut Avenue

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Aegis of Carmichael Carmichael, CA 95608 Carmichael Times Page 4 January 13, 2010

Keeping the Heat Going as the Weather Gets Colder

Sacramento County Encourages Residents to Stay Safe When Heating their Homes

As winter weather settles in across the Sacramento region, Sacramento County Code Enforcement wants to remind residents to take a few simple precautions when heating their homes to ensure that everyone in the household stays safe.

"Heating the home takes a lot of energy and can cost a lot of money," said Carl Simpson, Chief of Code Enforcement. "While we know residents may be looking to heat their homes for less this year, we want to make sure people understand alternatives for heating their home, and when in doubt, throw on extra sweater."

Tips for keeping the heat and what to avoid: • Never use your oven, stove, or bring a BBQ into the home - Not only are these methods fire hazards, using these appliances incorrectly can result in serious bodily injury or death for you and your family.

• Don't leave your fireplace or

space heater unattended – Keep an eye on open flames in the house and make sure your smoke detectors are working.

• Make sure your fireplace is safe **to use** – Talk with your landlord about having your fireplace inspected to ensure that the fireplace is working correctly and ready for a fire.

• Keep all flammable materials away from heat sources – Move newspapers, matches, bedding, or anything that can easily catch fire at least three feet away. It is recommended that you do not run your space heater on a flammable surface such as carpet.

 Close the door to any rooms you are not using – Don't waste energy trying to heat rooms that are not in use. Close any heating vents going into those rooms.

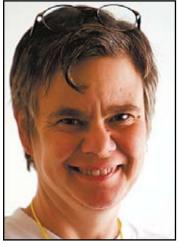
• Hang heavy curtains over your windows - Heavy curtains can help block cold air from coming into

your home through the windows. You can also use towels or sheets to block cold air from coming in under your doors. Talk with your landlord about replacing the weatherstripping around your doors and windows to prevent leaks.

• Set ceiling fans to blow air down and turn off vents in the kitchen and bath when not in use

- Because hot air rises, a ceiling fan can help blow the hot air back down towards the ground. Vents in use can suck hot air out of a room into the vented area that is not in use.

Code Enforcement recommends that you discuss heating issues with your landlord to resolve any problems regarding heaters or fireplaces. State law requires that there must be a heating source in a living area. If your landlord is not providing a heating source contact Code Enforcement at 916-875-5656 or visit www. code-enforcement.saccounty. for additional information.



ROCK DOC

By Dr. E. Kirsten Peters

I hope you played with your food when you were young. Perhaps you experimented at some point with pushing a drinking straw through Jello. If you twisted the straw as you removed it from your food, you could sometimes trap a column of gelatin in the straw. You then had the choice of either blowing the Jello at a sibling or, if your parents were at the table, gently squeezing the gelatin out of the straw onto your plate with your fingers.

Geologists take samples of ancient muck and mire in a way similar to kids playing with Jello. We bang pipes down into the soft Earth of lakebeds or peat bogs, pull them up, and push out narrow columns of mud inside. The muck is composed of many, many layers that go back in time. We geologists call this activity "coring," and although it's physically tough work, it's no more complex than jamming straws into Jello.

The reason geologists make cores of mud is that low spots on the Earth can record the climate of Earth's past. Evidence geologists get from coring lakebeds and peatbogs has taught us just how frequently both regional global climate changes.

Scandinavian geologist got the coring and climate story started. His name was Lennart von Post, he lived and worked around 1900, and he was the first geologist to carefully investigate what cores of muck could reveal about past climates.

Playing with Jello

and Deducing

Climate Change

Of all the places where geologists can core the Earth, our favorite spot is peat bogs. That's because peat is the first step in the long geologic process of producing coal, and geologists are inordinately fond of all fossil fuels. So it was quite natural that von Post started coring the ancient remains of plants and mud layers that make up the peat of southern Sweden.

Little fragments of twigs and leaves can be preserved in peat, and if you can identify the species of plant that produced such material you have your first clue about past climate in a region. Von Post went to work identifying such bits of old plants, but he also had the wit to look at the ancient mire through a microscope. What he discovered was that he could identify ancient pollen in the layers of peat he was cataloging.

Pollen is surprisingly sturdy stuff. It will remain intact for literally thousands of years, lying in a layer of muck, waiting for a geologistto come along, coreit, and identify the plant that produced it.

If you have allergies, you know pollen is blown around on the slightest breeze. That's the basic fact that makes pollen much better than twigs or leaves for telling us past climate. Pollen reflects all the plants in a whole region.

If you know the identity of the whole range of plants in a region, you know pretty well what the climate must have been like, both in terms of temperature and precipitation. (Think of gardening "zones.") And once you've described the pollen from a core, you can make a carbon-14 date of a twig and assign a specific age to the climate vou've been able to deduce.

Ancient pollen makes it crystal clear that climate varies again and again over whole regions on Earth. Just for example, in northern Europe where von Post first worked, there have been ten major climate intervals in the last 15,000 thousand years. Each of these shifts was substantial.

The warmest era – when oak forests covered the lowland of Sweden - was what we geologists call "the Optimum," the balmy times of about 6,000 to 8,000 years ago. That era was much warmer than today.

Some of the great shifts in climate were global in scope, some were only regional. And just to give us all nightmares, some of the biggest shifts in temperature occurred in just 20 years or so well within a single human lifetime.

Studying past climates demands strength in the field, patience in the lab, strong eyes for microscope work – and plenty of courage, too. The simple but brutal fact is that major and minor climate change is woven into the fabric of the Earth itself.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@ wsu.edu. This column is a service of the College of Sciences at Washington State University.

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.

CHAUTAUQUA PLAYHOUSE



Shaleen Schmutzer, Maggie Adair Upton, Carissa Meagher

to open Maternal Instincts & Three Billy Goats Gruff in January

Chautauqua Playhouse announces the opening of MATERNAL INSTINCTS by local playwright Dave Williams, opening on January 15, 2010 at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through February 21. 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.

From Sacramento radio and theater veteran, Dave Williams, this is an award-winning comedy about four generations of mothers and daughters with a genetic penchant for deceit, misdirection and fierce loving loyalty. The family that frays together stays together! The production is directed by Paul Fearn and features Boots Martin, Shaleen Schmutzer, Maggie Adair Upton, Carissa Meagher and Simon Hunt . Set design is by Rodger Hoopman. Costumes are by Eileen Beaver.

Opening in the Chautaugua Children's Theatre on January 23rd is THREE BILLY GOATS GRUFF AND OTHER TALES. "Trip-Trap! Trip-Trap! Over the bridge to eat the delicious grass on the other side. But the ugly Troll has other ideas!" The show, directed by Marie Raymond, runs Saturday afternoons at 1 & 3 pm through February 13. All tickets to this show are \$7.00. For tickets and additional information call the theatre at (916) 489-7529. Information and tickets are also available at www.cplayhouse.org.

> CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD CARMICHAEL, CA 95608 • (916) 489-7529

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December 6-10, 2010 • \$2,649 pp double

• South Pacific Wonders

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• King Tut & Cartier

Wednesday, January 20, 2010

Motorcoach transportation to San Francisco \$103/per person

• Guys & Dolls

Wednesday, March 17, 2010

Motorcoach transportation to Sonora • \$101/per person

Mission Oaks Recreation & Park District

• Ironstone Vineyards Gourmet Lunch

Monday, April 12, 2010 • \$86/per person

Van tours offered monthly to local destinations. For more information on trips call (916) 972-0336

FREE TRAVEL SHOW Wednesday, January 20 10 am

DANCE BALLROOM 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

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Swanston Community Center 2350 Northrop Ave., Sacramento Activity Room

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Seats 25 Assembly

Please call (916) 333-6464 for availability and rates.

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SWANSTON COMMUNITY CENTER

(916) 333-6464 • Fax (916) 488-4349 2350 Northrop Ave., Carmichael CA 95825

Carmichael Times Page 5 January 13, 2010



By Robert L. Hale

Much is being said in the health care debate. Most of it is pure political gamesmanship that, if passed, would bleed American small businesses into a state of financial anemia. If the proposed legislation passed by the House and now before the Senate becomes law, we can expect that small business growth and vitality will stop dead in its tracks; millions more people will experience layoffs, and the unemployment rolls will exceed those of the Great Depression -- and remain there indefinitely. this claim simple fear mongering? Hardly. committed to imposing top-down health care on all Americans ignore the economic impacts -- to say nothing of the implications of placing our health in the hands of a bureaucracythathasprovenitcannot successfully operate any program.

Elected officials demonstrate little understanding of the laws of economics, or they chose to ignore those laws. Senator Kent Conrad, Chairman of the Senate Banking Committee, tells us we must get our financial house in order. He is correct, yet he voted for a health care bill that would break the back of small business -- the engine of economic prosperity. He has actively participated in creating the dire economic situation in which we find ourselves. Conrad's rhetoric and actions perfectly illustrate the adage, "Watch what they do, not what they say."

The consequences of America's financial mess are being felt. The irresponsible spending spree of the last 40 years unfortunately was not obvious to the American public. Debt accumulation instead of increased taxation hid the truth of what elected representatives were

Putting America's Small Businesses in Intensive Care

doing. Twelve trillion dollars of debt is simply deferred taxes, taxes whose interest alone will reach almost \$1 trillion a year by 2019.

Congress continues to drag us to bankruptcy. National bankruptcy is just as real as personal and business bankruptcies. The debt is due, and high and growing unemployment are the first painful realities of our insolvency.

Instead of doing what every bankrupt citizen must do -- tighten belts, stop spending, and go on a fiscal diet -- Congress is doing the opposite. It has gone on a debtfunded spending spree. In the last year, we have spent \$700 billion to bailout the financial industry, \$787 billion in wasteful "stimulus" pork, and now we hear plans to impose a \$1 trillion bill on the backs of small business through an ill-conceived health care bill. All of these actions defy the laws of economics.

The health care proposal will literally be the "straw that breaks the camel's back." As a small businessman, I operate retirement/ assisted living facilities. Our business employs fewer than 100 people. The health care bill passed by the House would more than double our mandated health care costs, increasing them by \$346,523.40 annually. The Senate bill would do virtually the same thing. This increase mirrors the bulk of our annual profit. Further, the financial market crash has denied us access to credit to grow our business. We cannot currently build new facilities, hire staff, or offer additional housing options to a growing elderly population.

If either "health care" bill becomes law, we will be forced to lay off workers and reduce services, increase rents, or both. The former increase unemployment. The latter will force many of our residents out or severely stretch their retirement funds -- funds already hit by the financial meltdown brought about by an irresponsible financial industry that these same

taxpayers have since bailed out.

The President's Chief Economic Advisor, Dr. Christina Romer, in her report, The Economic Effects of Health Care Reform on Small Businesses and their Employees, said, "Health care reform as envisioned in current draft legislation would reduce the current burdens on small firms and their workers." As I read the report, I fully understood how Alice felt in Wonderland. There is a total disconnect among Congress, the President's Council of Economic Advisors, and economic reality.

Health care proposals will increase unemployment. While neither bill would become effective for several years, the consequences will be felt immediately. Unlike government, businessmen plan for and anticipate the future and take steps to prepare for what they know will be coming.

Acknowledged unemployment is 10.2 percent. When we add those who have exhausted benefits or have given up looking for jobs, and factor in those working less than 40 hours per week, the rate jumps to more than 20 percent.

Either proposed health care bill will put small business on life support, crippling the economy and driving up unemployment. In short, Congress is about to put small business -- and our entire economy -- in intensive care.

Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations. A Voice from Flv-Over Country is copyright by Robert L. Hale and the Fitzgerald Griffin Foundation (http://www.fgfbooks. com) P.O. Box 1383, Vienna, VA 22183. All rights reserved.

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This interactive class will help older drivers become proactive about driving fitness.

Larry Dawes, MSW will share ways to assess and maintain your roadway skills.

This free class will be held from 1:00 PM - 2:30 PM Monday, February 8, 2010

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Call The Senior Connection for reservations, (916) 334-1072

Recovery

Concerned about managing your retirement funds in tough times? Elder law attorney Mark Hyjek and a group of financial experts discuss navigating the ever-changing economy.

This free class will be held from 10:00 AM - Noon Wednesday, February 10, 2010

Eskaton Village Carmichael 3939 Walnut Avenue Carmichael, CA 95608

Call The Senior Connection for reservations, (916) 334-1072

Publicity Notice for Monthly Meeting of **Mission Oaks** Genealogy Club, Carmichael, CA

On January 21, 2010 the Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Sandra Harris of the California State Library will present a virtual tour of the State Library at 9th & N Streets. Visitors are welcome.

For more info call Robert (916)332-5753 Noves or visit website at: http:// missionoaksgenealogyclub.org.

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Carmichael Times Page 6 January 13, 2010



IT'S COMPLICATED (Rated R)

During the holiday season, it's gratifying that the movies are not just about CGI chipmunks, blueskinned aliens and the occasional animated frog. Surprisingly, movies even exist for a more adult, mature audience. A case in point is the romantic comedy "It's Complicated," starring actors of a certain age fast approaching senior citizen status. Meryl Streep won't even pretend to be under 50, inasmuch as her longdivorced character Jane Adler is eager to rebound, though we have to wonder if she's capable of making the right decisions.

But with Streep continuing her recent trend of portraying women in less heavy roles, mistaking "It's Complicated" for sophisticated drama is unlikely. That's just fine for writer-director Nancy Meyers ("Something's Gotta Give"), who clearly favors the female perspective and enjoys putting established figures into some lightweight material, albeit with more mature dialogue than is normally found in the modern romantic comedies geared to a crowd that hasn't reached middle age. Streep's Jane in a triangle love affair are Alec Baldwin as her exhusband Jake and Steve Martin as Adam, a local architect looking to bounce back from a failed marriage.

With her last daughter leaving home for college, Jane finds that after ten years of divorce she yearns ever so slightly for some companionship. The occasional gossip sessions with old girlfriends that include Rita Wilson and Mary Kay Place have limited value for her, as well as for the audience. Fate, however, brings Jane and Jake together during a trip to New York City for their son's college graduation. Remarried to the much younger Agness (Lake Bell), Jake

Riley Reviews

COMEDIES "COMPLICATED" AND "UP" DELIGHT THE MATURE AUDIENCE

is restless and bored, because his new wife is shallow and annoying. For his advanced age, Jake also has a raging libido and takes advantage to initiate a secret affair with his ex.

Upon return to bucolic Santa Barbara, where Jane runs a successful bakery/restaurant, Jake pursues a fitful relationship with Jane, hiding it from their kids as well as his spouse. Meanwhile, Adam is increasingly attracted to Jane, all the while moving forward with a major remodeling job of her stately home. Befitting the movie's title, there are plenty of complications in the emerging triangular relationship, much of it very humorous. Jake's seduction scene, where his naked body is discretely screened by the presence of a well-placed laptop, is one of the film's best laugh-out-loud moments.

Sparkling dialogue and good laughs are not the sole highpoints of "It's Complicated." Nancy Meyers has structured the plot with enough twists and complications to keep the audience guessing about its final resolution, and that's commendable.

UP IN THE AIR (Rated R)

I've never been a particularly huge fan of George Clooney, though admittedly he's starred in some quite good movies, the latest one being "Up in the Air." This is a film that has been building considerable buzz, which is the sort of thing that signals potential great things to happen during the Oscar awards season. I don't much care if "Up in the Air" wins a slew of little gold statues, but I am here to tell you that this is a brilliant film that mixes comedy and drama with a potent efficiency that is usually not easily achieved. Director Jason Reitman ("Juno"), sharing screenplay credit with Sheldon Turner, knows how to deliver well-developed characters

that shine in well-placed situations. Clooney's Ryan Bingham, rootless and restless, is a hired gun flying around the country personally delivering the bad news to employees being laid off from their corporate jobs. When not acting as a job executioner, Ryan keeps busy with his motivational seminars. After all, this is a guy on a quest to achieve the elite status of 10 million frequent flyer miles, which explains that his life consists almost entirely of living in airport lounges, airplanes and airport hotels.

Ryan's carefully crafted world of constant movement is threatened when his boss (Jason Bateman) starts listening to young hotshot Natalie (Anna Kendrick), who figures the company no longer needs a traveling layoff artist when the Internet can do the job cheaper and quicker. Since he wants to preserve his lifestyle, Ryan takes Natalie on the road to prove that the personal touch is more humane and responsible. Meanwhile, Ryan meets his match with the sexy Alex (Vera Farmiga), a fellow corporate travel junkie who enjoys airports and hotel bars as much as he does. Soon, they are in the throes of passion whenever airline schedules permit a fleeting rendezvous.

"Up in the Air" is disconcerting in that it offers a harsh look at the dehumanizing treatment of corporate layoffs, even while mining some gallows humor. Even more upsetting is how chaos is introduced into Ryan's structured existence. Not only does he clash with Natalie's rigid view of rearranging the downsizing business model, Ryan is tossed for a loop in the possibility that he could find a measure of permanence with his female counterpart on the road circuit. For good measure, Ryan has been estranged from his own family, but finds himself pulled into the upcoming wedding of his sister.

It's tricky and challenging to explain "Up in the Air" in a way that does justice to its inspired and exceptional mixing of devastating satire, subdued drama and incandescent humor. This bright, radiant film needs to be experienced firsthand, as I don't want to reveal certain plot elements. There's a complex beauty to the sophisticated dialogue and the attendant requirement that the actors must as a result of the smart script deliver multifaceted performances that are credible and real.

Dare to Live Without Play Your Limits Hand

By Bryan Golden

You have to play the cards you are dealt. Although you can exert control over many of life's aspects, there are factors beyond your control. Any reaction of anger, blame, or regret will be selfdefeating and counterproductive. You've got to take what you've been given and create a strategy to get the most from it.

Of course, who wouldn't want to have everything perfect? No one wants to deal with unpleasant or unfortunate circumstances. But they occur. Once they are present, you have no choice but to make the best of the situation.

Each person has their own idea of what defines a "good hand." The winner of a card game is not necessarily the one who had the best cards. The skilled player knows how to make the most of what they are dealt. Anyone who drops out of the game, when they get a bad hand, will rarely win and

often stops playing altogether. Similarly, winning in life requires the same approach. Every situation you face, and each set of circumstances you encounter, contains one or more opportunities to turn a bad hand into a winning one. It's not the cards you are dealt but how you play them that determines the outcome.

Life is a mix. Everyone gets both good hands and lousy hands. No one is singled out for all good or all bad. What matters is how

less than ideal. Don't fall apart. Don't get angry. Don't blame others. Don't act like a victim.

You can't go back in time. There is no way to redo or undo events. You are where you are and circumstances are what they are. The only option is to work with what you have to move forward.

There are some simple things you can do to mitigate a bad hand. One option that produces absolutely no positive results is worry. Worry is a totally useless, unproductive, waste of time. Instead, identify what options are available. Evaluate each to determine the pros and cons. You are looking to see what you can do to get the most from what you've got.

Not all action you can take will be productive. Avoid activities that will make matters worse. Don't act impulsively with a knee jerk reaction. Always think before you act. Actions taken and words spoken can not be recalled once launched. Devote your time to only those actions that move you in a positive direction.

Every adversity carries with it an equal or greater seed of opportunity. The challenge is identifying and cultivating it. The opportunity is usually not obvious. Tenacity and determination are required to uncover it.

Fight any tendency to become overwhelmed or negative. Each time you successfully play your hand, your self-

you react when your cards are confidence grows as well as your ability to successfully handle whatever comes next. As with anything, your skill level improves with practice.

> With the right attitude, things often happen for the best. What initially appears as a bad hand may turn out to be the proverbial blessing in disguise. You've probably experienced this phenomenon. So why not learn from your past positive experiences where things turned out better than you initially thought?

Withinyouexistsmorestrength, ability, and determination than you realize. It is from this vast well of internal resources that you can draw whatever is needed to get the most from each hand you are dealt.

So sit confidently at the table of life knowing that you can play any hand you are dealt. Every hand is a potential winner. Leave the game and there is no chance of winning. The more you play, the better you become at maximizing the potential of your cards.

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@columnist. com or write him c/o this paper. © 2004 Bryan Golden

American River Conservancy Winter Programs 2010

Forever Wild

Friday, January 15th 6:30 - 7:30pm

"Forever Wild," a 55 -minute PBS documentary, shows how dedicated volunteers can make a difference. Narrated by Robert Redford, with poetry by Terry Tempest Williams and Henry David Thoreau. the film features successful efforts to get California's "Lost Coast" and other sites in the West and New England declared Wilderness Areas -- all through grass-roots efforts of a few folks just like us at the American River Conservancy! Come be inspired and re-energized for 2010. Suggested donation \$5. Please call to sign up and for meeting location (Coloma area) 530-621-1224 or contact julie@arconservancy.org.

KDD-Through Endangered Eyes-Children's Book And Art Project Saturday, January 23rd 11 am - 12:30 pm

Local Author and Artist will be reading and signing her children's book "Through Endangered Eyes - a poetic journey into the wild." Through beautiful paintings and intimate poems, you will learn about the lives of these amazing animals and why they are in danger. Born and raised in Madison, Wisconsin, Rachel Dillon earned her bachelor s degree in art and graphic design from the University of Wisconsin Madison. Rachel will be available to teach her art acrylic dot painting technique. She will have note cards available for children to make paintings on in acrylics. Minimum age: 6. Suggested donation \$5. Please call to sign up and for meeting location (Coloma area) 530-621-1224 or contact julie@arconservancy.org.

They Call The Wind Mariah

Thursday, February 4th 6 - 7:30 pm

Come see a presentation on wind power by Mariah Power, which uses patented technology to maximize energy conversion from wind to electrical power. Their flagship Windspire product was released in June 2008. Glenn Carnahan, CFO, has been with the firm since its product release. Previously, he helped get Solar Power, Inc. off the ground.

Suggested donation \$5. Meet at Tsuda's Old Town Eatery in Auburn (103 Sacramento St). Please call 530-621-1224 or contact julie@arconservancy.org to

Nature, Culture, And History Of The Delta Region

Sunday, February 6th, 8:30 am - 4 pm (approx.) Join ARC for an informational Delta Tour with Jeff Hart from Hartland Nursery and Hart Restoration, Inc. They specialize in all aspects of natural wetland and riparian habitat restoration and emphasize landscapes with minimal maintenance requirements, drought-tolerant plantings, wild-life friendly species, and beneficial insect vegetation. He will then take us on a tour of the Delta Meadows State Park property, whose purpose in Sacramento County is to preserve and protect one of the last remaining areas of the northern Sacramento-San Joaquin River Delta that exhibits remnants of the natural conditions that existed prior to Euro-American settlement. You will be shuttled down by van, enjoy both private tours and a picnic lunch at Hartland before returning home. \$35/members, \$45/non-members. Responsible teens and older welcome. Please call to reserve your spot 530-621-1224 or contact julie@arconservancy.org.

China Wall Snowshoe Adventure-Hike

Wednesday, February 10th, 9am - Approx. 4pm China Wall is a staging area off Foresthill Rd. and marks the end of the snow removal area. It is quite popular for snowmobilers, cross country skiers, and snowshoers alike (It was at one time the staging point of an annual sled dog race). Bob Griffis will lead you up Foresthill Rd. to the Mumford Bar Trailhead and enjoy local views from the ridge bordered on one side by the North Fork American River and by the Middle Fork on the other. Suggested donation \$5/ members, \$10/non-members. Please call to sign up and for meeting location (Auburn area) 530-621-1224 or contact julie@arconservancy.org.

Effie Yeaw Nature Center January 2010 Events

Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Culture Park entrance fee: \$5.00 per car or FREE to ARNHA members. *Open 9:30 a.m. – 45:00 p.m. daily*

Due to budget cuts, the Nature Center is subject to periodic closures. Please call to confirm hours.

When are owls most active? Can they

turn their heads all the way around?

What is an owl pellet? Meet a resident

owl of the Nature Center and learn the

answers to these questions and more.

Turkey Vultures

What bird eats meat but can't kill its own food? These relatives of the condor and stork are intelligent, family-oriented, and play games together! Learn more about these amazing birds and their importance to our ecosystem..

Saturday the 16th at 10:30AM

Secrets of a Wildlife Watcher

Are you aware of all the wildlife around you as you walk through the woods? Come let a naturalist help you sharpen your observation skills as you discover signs of the animals living in the oak woodland.

Sunday the 17th at 10:30AM

Something's Fishy at the River

Join us for an entertaining puppetry video where the animals get together to help keep their river home healthy. Then take a hike through the Nature Area to check out our own American

Saturday the 30th at 10:30AM

Sunday the 31st at 10:30AM Has your child's class visited the

Effie Yeaw Nature Center this year? Consider a gift of a fieldtrip for your child's class. Your child will remember their experience out in nature with their teacher and classmates much longer than they'll remember the spelling and math tests. Fieldtrips start at \$94 when purchased with a credit card. If you'd like the Effie Yeaw Nature Center to take live animals and exciting educational programs to the classroom, our outreach programs start at \$140 when purchased with a

credit card.



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

ARNHA, a nonprofit organization since 1981, supports educational and interpretive activities in the American River Parkway in cooperation with the Effie Yeaw Nature Center. It provides critical fundraising, volunteer and advisory support for the Nature Center's mission to introduce thousands of school children each year to the beauty and diversity of

the Parkway. Here visitors of all ages learn the importance of conserving and protecting our most precious natural resource. Due to County budget cuts, the Nature Center needs your help more than ever. Join ARNHA at the Nature Center or at www.arnha.org. Check out the member benefits!

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

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SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00066476

WHEREAS, Levi Augustus has filed a petition with this court for a decree changing name of Levi Augustus to Levi Augustus Mahoney. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Jan. 26, 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: Dec. 14, 2009. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: December 23, 30, 2009, January 6, 13, 2010. 91204 1-13-10

FICTITIOUS BUSINES NAME STATEMENT #0910724. George William Villareal, 6318 Markley Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "A+ Carpets; Z Best Floors' at 6318 Markley Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 2, 2009. Publish: January 6, 13, 20, 27, 2010. 00101

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00067313

WHEREAS, Daniel Richard Archuleta-Abel has filed a petition with this court for a decree changing name of Daniel Richard Archuleta Abel to Daniel Richard Archuleta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 9, 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: Dec. 28, 3009. Shelleyanne W.L. Chang of the Superior Court Judge Publish: January 6, 13, 20, 27, 2010. 00101 1-27-10

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

#34-2009-00067324 WHEREAS, Kristine Trouchon has filed a petition with this court for a decree changing name of Kristine Bird Trouchon to Kristy Bird Trouchon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 9, 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: Dec. 23, 2009. Loren E. McMaster Judge of the Superior Court

Publish: January 6, 13, 20, 27, 2010. 00101

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00067688 WHEREAS, II Joo Nam has filed

a petition with this court for a decree changing name of II Joo Nam to David II Joo Nam. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 19, 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: Jan. 5, 2010. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: January 13, 20, 27, February 3, 2010. NAM 00102

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00067808

SUPERIOR COURT OF

WHEREAS, James Howard Finerty and Elizabeth Ann Finerty have filed a petition with this court for a decree changing names of James Howard Finerty to James Howard Finnerty and Elizabeth Ann Finerty to Elizabeth Ann Finnerty. IT IS ORDERED that all persons

interested in the above entitled matter appear before this court at 9 a.m. on Feb. 18, 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: Jan. 7, 2010. Shelleyanne W.L. Chang Judge of the Superior Court

Publish: January 13, 20, 27, February 00102 2-3-10

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME

FILE #0413336 The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of K.A.S., Inc., located at 10127135 Gold Creek Circle, ,Folsom, CA 95630. Shirley KuyKendall, VP, 135

Gold Creek Circle, Folsom, CA 95630 The Fictitious Business Name Statement was filed on Nov. 29, 2004 in the County of Sacramento.

Filed with the Clerk of Sacramento County on Nov. 23, 2009. Publish: January 13, 20, 27, February 3 2010 00102 2-3-10

> SUPERIOR COURT OF CALIFORNIA COUNTY OF ALAMEDA SUMMONS CASE #HG09451810

NOTICE TO DEFENDANT: Anthony Robert Portillo, Fidelity Lending, Inc., Capital Garcia and Does 1-25, Inclusive. You are being sued. PLAINTIFF'S NAME IS: Arline Guerrego and Jesus Guerrero. You have 30 Calendar Days after

this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help (www.courtinfo.ca.gov/ selfhelp.org), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form.

If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court.

requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web side (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/ selfhelp), or by contacting your

local court or county bar association. The name and address of the court is: Superior Court of California, County of Alameda, 24405 Amador Street, Hayward, CA 945644.

name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Glen L. Moss, 1297 "B" St., Hayward, CA 94541; 510-583-1155 Dated: May 12, 2009 Publish: January 13, 20, 27, February 3. 2010.

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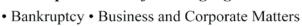


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you down. This is a Novena from Mother

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comprehensive information on employment opportunities, job-search strategies, career planning, upcoming job fairs, and workplace issues for Northern California jobseekers. Click on the help you need to find rewarding work and fulfilling careers, keep up to date with the latest employment trends, and follow news items that reveal the hidden job market.

Carmichael Times

CarmichaelTimes.com

Sacramento – The Sacramento River Cats and Oakland Athletics announced today that Manager Tony DeFrancesco and the entire 2009 River Cats Field Staff will return to Sacramento for the 2010 season. DeFrancesco will enter his 6th season as River Cats Manager, once again joined by Pitching Coach Rick Rodriguez, Hitting Coach Brian McArn and Athletic Trainer Brad LaRosa. DeFrancesco's six-season stretch in Sacramento has been amongst the most successful six-year stretch

in Minor League Baseball history. During that time, DeFrancesco's River Cats teams have won five division titles, three Pacific Coast League crowns and one Triple-A Championship. With DeFrancesco at the helm, the River Cats have compiled a 499-364 record with his first win of the 2010 season marking his 500th in a Sacramento uniform. The 46-year-old DeFrancesco has spent 15 seasons managing in the A's minor league system and one season (2008) with the A's Major League coaching staff. In 2003,

league managerial record, he was named the Pacific Coast League Manager of the Year and also earned

ting News Minor League Manager of the Year after guiding the River Cats to a 92-52 regular season mark, still the best record in franchise history.

honors

The Spor-

DeFrancesco's 15-year minor

which includes stops with the A's Arizona Rookie League team (1994), Southern

Short-A (1995-96),Single-A Oregon Visalia (1997-98),Double-A Midland (1999-2002)and Sacramento, stands at 1021-888.

A former catcher, DeFrancesco was a ninth-round selection of the Boston Red Sox in the 1984 June Draft and spent eight seasons in the minor leagues with the Boston and Cincinnati organizations. A graduate of Suffern (NY) High School, DeFrancesco played three seasons at Seton Hall University.

The River Cats begin their 2010 home schedule on Friday, April 16th when they host the Reno Aces (Triple-A affiliate of the Arizona Diamondbacks) at Raley Field at 7:05 p.m. Tickets for this game are currently available only through purchase of River Cats Full

Season Tickets, Mini-Plans and group packages. 2010 River Cats Season Tickets, Mini-Plans and group outings can be purchased at the Raley Field Ticket Office and by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Season-long ticket packages start at just \$162! For more information about the 2010 River Cats season, visit www.rivercats.com. information on other events at Raley Field, visit www.raleyfield.com.

DMV Offices will be Closed Fridays Jan. 15 and 22

The Department of Motor Vehicles (DMV) reminds customers that all public offices will be closed on Fridays Jan. 15 and 22, 2010, in keeping with the Governor's Executive Order S-13-09. All Offices will be open on Friday, Jan. 29.

The Department offers a of online services through its website (www.dmv. ca.gov) including payments for vehicle registration and driver license renewals via secure debit transactions, filing a notice of release of liability, change address, and scheduling appointments. Customers who have a registration renewal date that falls on Jan. 15, and 22 will have penalties waived until the next business day.

Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site (www.dmv.ca.gov), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions via the telephone by calling (800) 921-1117. For registration and driver license renewals, customers must have their six-digit Renewal Identification Number (RIN) that accompanies their renewal. Automated services are also available at (800) 777-0133.

Hit And Run Crash **Involving Motorcyclist** in Antelope

On November 29 2009, at approximately 5:50 a.m., Danny McDonald, a 28 year old from Citrus Heights was riding a black 2003 Harley Davidson Sportster motorcycle on westbound Antelope Road at Antelope North Road. An unknown vehicle was traveling eastbound on Antelope Road at Antelope North Road at unknown speed. For unknown reasons, one of the vehicles steered to the left and both vehicles collided. McDonald was thrown to the ground and transported to Mercy San Juan Medical Hospital and is listed in stable condition with serious injuries. The other vehicle fled the scene immediately after the collision.

Debris left at the scene from the hit and run vehicle indicated it belongs to a newer model, gray Nissan pathfinder or similar vehicle. The vehicle should have front end damage.

If you witnessed this collision or have any information regarding the driver or vehicle, please contact the North Sacramento CHP Special Investigations Unit or Officer Beasley at (916)338-6710. If after hours, please contact the CHP Communications Sacramento (916)861-1300. Center ay

This collision is still under investigation.



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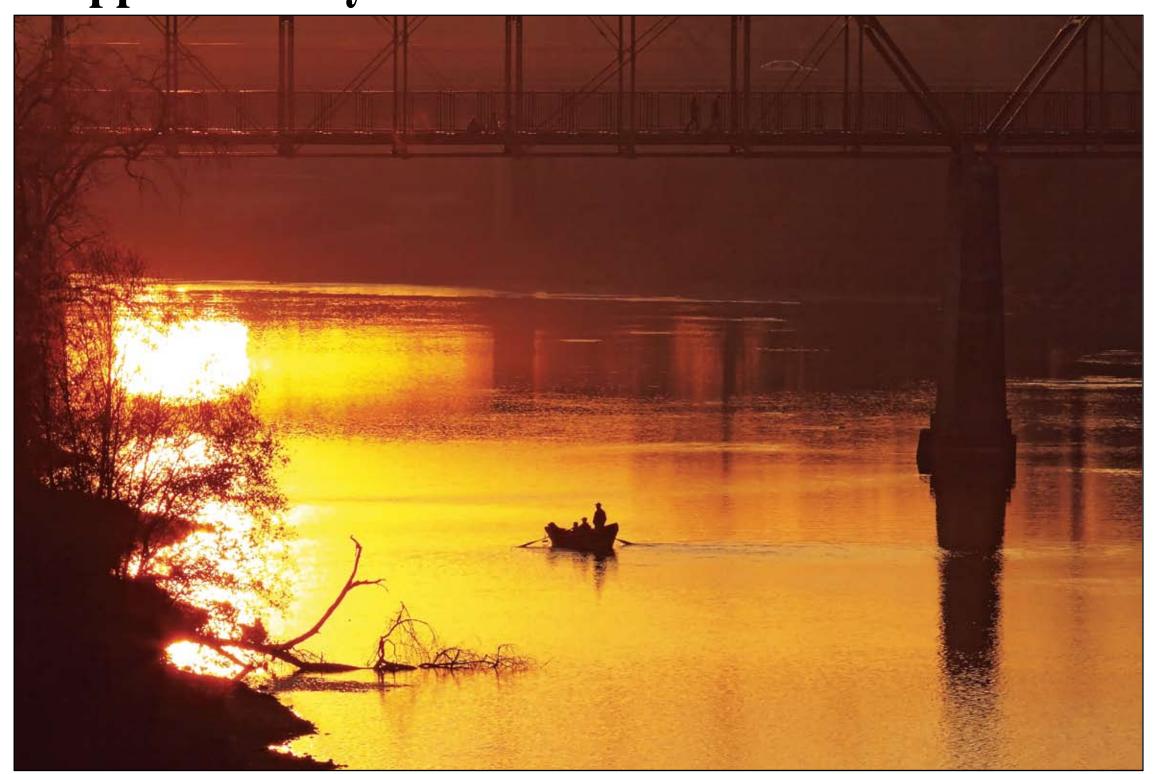
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Carmichael Times Page 10 January 13, 2010

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Photograph by Stephen Fischer, entitled Fishing at Sunset

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By purchasing a Sacramento County annual parks pass (starting at just \$50!), you will help keep bathrooms clean, picnic areas, trails and parking lots maintained, and parks safe. You will also help to preserve the Parkway as the "crown jewel" of our regional parks system. It's a good deal for the budget-conscious as well. A \$50 pass gets you unlimited day use at all Sacramento County Parks, whether you can stay

for hours, or just visit for a few minutes to relax and unwind. A pass pays for itself in just ten visits.

Not only will you be purchasing a unique gift with endless possibilities, you can also say that you helped support our region's parks and open spaces. Now is the time to show your support.

Find out how to purchase an annual Parks Pass at www. sacparks.net, or call County Regional Parks 916-875-6961.



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Carmichael Times Page 11 **January 13, 2010**

Assistance League of Sacramento® Receives \$500 Donation from Local SKAL Chapter



Judi Frantz, Dave Ryan, Liz Stenstrom

Sacramento – President Mary McPherson, President, Assistance League of Sacramento, announced that Dave Ryan, President of the Sacramento Chapter of SKAL presented a donation of \$500 to President-Elect Liz Stenstrom and Social Chairperson, Judi Frantz.President McPherson said, "We are gratified to receive the unrestricted donation which will be used to supplement continuing philanthropic program activities serving the needs of people in the greater Sacramento area." SKAL President Dave Ryan said, "The Sacramento Chapter of SKAL is a professional organization of tourism leaders around the world, and the Sacramento chapter decided

to choose Assistance League of Sacramento as their charity of choice subsequent to learning about its many philanthropic programs." He said, "The \$500 donation was based on a percentage of the proceeds from a golf tournament held at Teal Bend, CA." The word SKAL comes from Scandinavia and has a long tradition – a bowl with a welcome drink, was offered to visitors when they entered the home.

ThelettersofthewordSKALmean: Sundhet (Health), Kariek (Love), Alder (Long Life), Lycka (Luck). SKAL President Ryan said

that the first club was founded in 1932 in Paris by travel managers, following an educational tour of Scandinavia.

international and friendship grew and in 1934 the "association of Internationael des SKAL Clubs" was formed. SKAL International today has approximately 20,000 members in 480 clubs through 89 nations. The first North American Chapter of SKAL founded in New York, in 1938. Assistance League of Sacramento is one of more than 120 chapters of Assistance League, a national nonprofit organization puts caring commitment into action.

The Sacramento chapter celebrated its 40th anniversary in 2009 and is an all volunteer organization with no paid staff. In 2008-2009, more than 200 dedicated member volunteers, in addition to over 150 community volunteers, generously served 57,000 hours and touched the lives of more than 18,000 people in Sacramento communities through philanthropic programs.

Additional information about Assistance League of Sacramento can be obtained by accessing the web site: www.sacramento. assistanceleague.org, contacting alsacmail@gmail.com. The office is located at 2528 Yorktown Avenue, Suite C, Sacramento, CA 95821, (916) 488-0828.



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ST. JOHN THE EVANGELIST SCHOOL

presents its 27th Annual Crab Feed Dinner on Saturday, February 6th from 6pm to midnight.

Tickets are \$39 per person and can be purchased in the school office at 5701 Locust Avenue, Carmichael.

No host bar from 6pm to 7pm, dinner from 7pm to 9pm and dancing 9pm to midnight. Call the school office at 481-8845 for more information.

All proceeds from the crab feed are given to the school for operating expenses.

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Carmichael Times Page 12 January 13, 2010

The community grew. So did we.

Mercy San Juan's New Tower



Much has changed since Mercy San Juan first opened its doors in 1967. And when the community grew, we grew along with it. The 110 additional patient beds in our newly completed \$125 million six-story tower have greatly enhanced the medical center's capacity for providing comprehensive quality care. The new tower also offers the comfort of private rooms, public gardens and a new chapel. Designed for energy efficiency from the ground up, the tower uses ample natural light for a truly healing environment.

Mercy San Juan is the only hospital serving the people of North Sacramento and South Placer counties with comprehensive heart care, advanced robotic surgery and breakthrough treatments for brain disease through the Mercy Neurological Institute.

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Meditation for Your Heart, Mind and Soul January 14th, 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

Spirit to Spirit Communication January 21st, Thursday 6:30 to 9:00 pm

Learn how to improve your communication with loved ones, fellow employees, family members and anyone else in your daily world. These techniques can be used to enhance your communication skills or to help break down communication barriers with people with whom you wish to have a better relationship. This is a great workshop for couples, close friends or family members. Participation is required.



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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.



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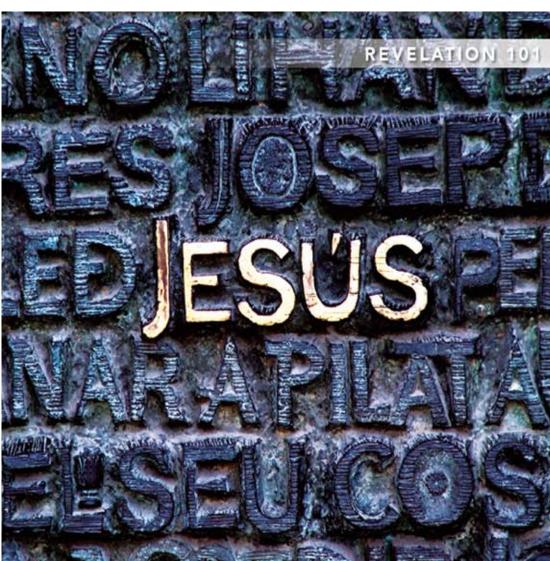
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