Carmichael Times



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Volume 30 Issue 4

Serving Carmichael and Sacramento County since 1981

January 27, 2010

Girl Scout Cookie Season Starts Now!



Sacramento Region Friday, January 8th marked the day that local Girl Scouts, between the ages of 5 to 17, began taking preorders for Girl Scout Cookies for the 2010 Girl Scout Cookie season. Starting February 19, girls will start delivering cookies, and will be hosting site sales - the community's opportunity to purchase Girl Scout Cookies at their local store fronts. Girls will be implementing their Girl Scout Cookie Program marketing plans, using their money management skills and testing their customer service talents.

The goal of Girl Scouts is to provide a safe and accepting

atmosphere where girls will develop strong character and become motivated to succeed in their future careers. The annual Girl Scout Cookie Sale remains their centerpiece for entrepreneurial and business development and ensures that young women gain a deeper understanding of the financial marketplace. In partnership with caring adults, girls develop qualities that will serve them all their lives, such as strong values, social conscience, and conviction about their own self-worth.

After paying the licensed baker, all proceeds from the Girl Scout Cookie® program stay within the

local council area to help support Girl Scout troop activities and provide essential services such as property maintenance, financial assistance, and volunteer training. This program is one of the few youth programs in the nation that allows girls to make a decision on where a portion of the profits are applied.

There are eight kinds of Girl Scout Cookies offered this year. You can choose from Thin Mints, Carmel DeLites, Peanut Butter Patties, Peanut Butter Sandwiches, Shortbread, Lemonades, Thanks-A-Lot and Daisy-Go-Rounds. In addition, to address the health related concerns of many customers, all varieties, including the popular Thin Mints and Carmel DeLites, will now feature zero trans fat per serving. Cookies are \$4 per box. To place an order with a Girl Scout in your area, contact (800)-GSCOOKS or email cookies@girlscoutshcc.org

Founded in 1912, Girl Scouts is still the leading authority on girls' healthy development, and builds girls of courage, confidence and character who make the world a better place. The local council, Girl Scouts Heart of Central California is headquartered in Rancho Cordova and serves nearly 29,000 girls in 18 counties* in Central California. For more information, visit www. girlscoutshcc.org.* Amador, Calaveras, Colusa, El Dorado, Glenn, Mariposa, Merced, Nevada, Placer, Sacramento, San Joaquin, Solano, Stanislaus, Sutter, Tuolumne, Yolo, and Yuba. For more information on how to join, volunteer, reconnect or donate to Girl Scouts, call 1-800-322-GIRL.

Combating Recessions: The Search for the Right Macroeconomic Policy

By Dr. Mark W. Hendrickson

What should governments do to combat recessions? In the United States, before the Great Depression of the 1930s, the answer was "very little." Of course, the federal government was much smaller then compared to the size of the private sector, so its options were limited.

The Depression changed all of that. In the mid-1930s, the British economist John Maynard Keynes developed a new paradigm: "The economy" was reified; that is, it was regarded as an entity in itself, sort of like a mechanism that could be repaired and fine-tuned, thereby "smoothing out" the booms and busts of the business cycle. Keynes shifted the focus of attention from individual economic behavior ("microeconomics") to collective statistics such as "aggregate demand," "price levels," "unemployment rates," etc. "Macroeconomics" was born.

The two primary "tools" of macroeconomic mechanics are fiscal and monetary policy. In the decades immediately after the Keynesian revolution, governments embraced "contracyclical" fiscal policy—responding to recessions by increasing deficit spending.

After the horrible stagflation (simultaneous economic sluggishness, high unemployment, and high inflation) of the 1970s, monetarism—Milton Friedman's theory that monetary policy was of primary importance in keeping "the economy" on a steady growth path—gained popularity.

Fast forward to today, and we find our economy mired in its worst downturn since the Great Depression. Fiscal and monetary policies have not prevented the current mess, and in fact have produced it (detailing how would require a book). What macroeconomic

policy is government employing?
Chairman Ben Bernanke's
Federal Reserve has decided on
an easy-money policy, holding
short-term interest rates near
zero percent, doubling the
monetary base, and continually
purchasing all sorts of dubious
financial assets from banks
and government agencies.

Presidents Bush and Obama both pushed "stimulus" spending

bills through Congress. Keynesian deficit-spending is still being used as a macroeconomic tool against recession (as usual, without notable success). Where do we go from here?

One macroeconomic viewpoint currently gaining traction is Richard Koo's "balance sheet recession" theory. Dr. Koo, chief economist of Nomura Research Institute in Japan, sees today's post-bubble U.S. economic predicament as being similar to Japan's post-bubble situation in the early '90s: Because banks' balance sheets are so weak, bank lending is declining, despite the Fed supplying massive amounts of reserves. The Fed is "pushing on a string"—i.e, powerless to compel banks to issue loans or customers from borrowing funds.

American banks are emulating the Japanese strategy: borrow from the central bank at miniscule interest rates and purchase safe, higher-yielding longerterm government bonds, slowly repairing their balance sheets with this risk-free interest-rate spread. Because this mending process takes many years, Koo asserts that Uncle Sam should continue running large deficits in other words, use fiscal policy to compensate for the lack of lending, thereby preventing a deflationary collapse featuring a chain reaction of bank failures and debt liquidation. It worked in Japan and can work here, too, he maintains.

Prominent economic commentators like Martin Wolf and Paul Krugman have jumped on this bandwagon. They agree that the United States should not reduce fiscal deficits until a recovery is firmly established. Unfortunately, nobody is asking the crucial question: Are the costs of such a policy worth it?

True, Japan has avoided a financial wipeout and the sweeping economic adjustments and restructuring that would have followed. The price has been nearly two decades of economic stagnation. The Japanese economy remains subdued, and is now saddled with an accumulated debt of 200 percent of GDP, a burden that will retard economic activity for additional decades unless an economic cataclysm forces the needed restructuring. Also,

because Japanese banks have financed governments instead of private firms, Japan's public sector has grown at the expense of its private sector, another formula for economic stagnation.

In short, Japan has won the battle against a deflationary collapse, but lost the war for economic prosperity. Do we want to follow Japan down the dreary road of decades-long stagnation?

Unfortunately, there is no pain-free alternative. Decades of government intervention have prevented needed adjustments, resulting in a gargantuan, rotten financial house of cards looming over us. Whenever the inevitable collapse happens, GDP will plunge. It will be like the economy has been hit by a financial neutron bomb. The problem is, the longer we wait for this to happen, the larger and more painful the collapse.

What is the "right" macroeconomic policy? I reject the macroeconomic premise that the economy is a mechanism that can be mastered by government. Macroeconomics is an epistemological absurdity undergirding economic fallacies used to justify political frauds.

The right public policy is summarized in one word: Freedom. Abolish the central bank, scrap legal tender laws, and limit government to its original constitutional function of protecting individual rights.

If, by some miracle, free markets were allowed to function, we would pass through a couple of years of wrenching adjustments and economic hell that would produce a solid, economically rational foundation leading to a prolonged period of strong, sustainable economic growth. But then our children then would inherit a much more economically healthy future.

There is no economic painfree utopia, but free markets will optimize wealth creation and minimize the jarring disruptions of inflation, deflation, recession, booms and busts that government intervention invariably produces.

Dr. Mark W. Hendrickson is an adjunct faculty member, economist, and contributing scholar with The Center for Vision & Values at Grove City College.

Sacramento Regional County Sanitation District Proposes Rate Increase

Sacramento – Sacramento Re-gional County Sanitation District (SRCSD) is considering a proposed rate increase of 50¢ per month, which if approved by the District's Board of Directors would become effective July 2010. SRCSD provides regional wastewaterconveyance and treatment services to residential, industrial and commercial customers within unincorporated Sacramento County and the cities of Elk Grove, Citrus Heights, Folsom, Rancho Cordova, Sacramento and West Sacramento.

Mailed notices about the proposal are currently being sent to all District parcel owners. SRCSD's Board of Directors will hold their public hearing about the proposed sewer rate increase at 9:30 a.m. on Wednesday, March 24, in the Board Chambers at the Sacramento

County Administration Center.

As a result of the major economic downturn and reduced growth, SRCSD experienced a substantially reduced revenue stream from sewer impactfees from new users connecting to the sewer system over the past two years. This reduced revenue stream negatively affected the District's continued ability to comply with its bond financing requirements.

"This gap in our revenue stream is important because SRCSD uses bond financing – or debt – to fund major infrastructure improvement projects," explained Marcia Maurer, Chief Financial Officer." To remain in legal compliance with existing bond requirements, SRCSD is required to meet a minimum level of revenue – or income – in relation to its debt. The proposed rate increase

would generate approximately \$3.5 million in additional annual revenue needed for the District to remain in compliance with its bond requirements," Maurer added.

In order to keep the amount of the needed rate increase as small as possible, SRCSD has also signi-ficantly reduced expenses by eliminating or delaying projects and programs, paying off some existing bonds early to eliminate \$5 million in annual debt payments and implementing prudent use of some cash reserves.

More information on this proposal

can be obtained at www.srcsd.com.

Resource: Nicole Angeloni,
Communications & Media
Officer, Sacramento Regional
County Sanitation District

Visit Our Website www.CarmichaelTimes.com

"The Courage to be You" Works to End HumanTrafficking



Congressman Dan Lungren, Jenny Williamson. Location is Placer County proposed site for Courage House Northern California, a home to house and heal girls who have been involved in the illicit sex trafficking industry of our area.

Sacramento - There is a long, winding lane that leads up to the house, the barn and the future for young girls rescued from the sex traffic slavery of Northern California. Sex traffic slavery of Northern California?

That's right. Sex traffic slavery right here in River City. Though most people think that is some exotic international problem in faraway Asian countries or down below the border, fact is, dozens of U.S.-born girls ranging in age from 11 to 17 are being recruited and exploited daily.

Elk Grove. El Dorado Hills. Sacramento. Carmichael. Rancho Cordova. No place is immune.

The typical girl more than likely was sexually abused at home. Repulsed and confused, they run away. Pimps find them at shopping malls and through internet classified ads. They promise food, shelter, a little money and a life on their own. The job, though, involves giving away their bodies to sex customers dozens of times a day. Day after day. It's estimated that more than

400,000 children are being sexually exploited each year in the U.S. The FBI and undercover

Sacramento and Sacramento County police are among the agencies that catch up with them. They bust the pimps and put the girls in juvenile detention or send them home. Eventually, they get a chance to bolt and they do. The cycle starts anew and the hard miles of the illicit sex trade beget drug problems and all that begins to pile up on their bodies and spirits.

If only there was a place, a special place to put these girls where counselors and therapists could work with them and bring them back to where they last lost sight of their dreams.

There is. Almost. Williamson

Jenny her "Courage To Be You" MEETING THE GOAL

Spin ahead now to a sunny day last month when Williamson has invitedCongressmanDanLungren (R-CA) and some staff members to tour the proposed site for Courage House Northern California.

This pastoral ranch setting in rural Placer County has been used to train and board horses. The views of the foothills, the wide open spaces and fresh air seem the perfect antidote for a young woman to mend from the horror of the sex traffic world.

While Lungren listens to Williamson's plans to buy and eventually turn the house and outbuildings into facilities to house 20 to 30 girls, farm dogs frolic with horses in a pasture.

FBI Special Agent Minerva Shelton and an unidentified undercover Sacramento police officer describe how the girls are recruited, put to work and enslaved.

"These pimps know exactly what they're looking for," says the undercover cop. "They're like the pied piper."

Though area law enforcement has been adept at arresting the adult perpetrators and sending them off to jail, there's no place beyond juvenile detention facilities to house the young female victims and to get them straightened out.

"There are 50 girls from Northern California who have been sent away to a facility in Arizona," explains Williamson. "But there's only a couple such places in the country. There's another in Los Angeles. We need this one."

The goal is in sight. Just this

year Williamson and supporters - mostly a group of evangelical churches in the Sacramento region – have raised more than half of the \$1 million needed to buy the acreage, house and barn presently on the site.

"They've accepted the offer of our purchase. But we need to raise the rest of the money," says Williamson. Looking at what has happened to date since her epiphany, there seems little doubt in her mind that more donors are out there. But they have to hear and they, like Williamson, have to commit to the cause.

Williamson is so sure it will happen, she's getting everything ready for a potential summer opening of Courage House Northern California. Platoons of volunteers are investing their own time and money (\$250) to go through background checks and six-week-long certification training sessions with CASA (a nationally accredited program for Court Appointed Special Advocates) When the other \$500,000 has been raised and the house remodeled, the healing can being with six girls to start.

"They will have an on-site school. They'll be evaluated educationally and emotionally. They'll be exposed to trauma therapy and equine therapy," she says. "They'll get a chance to see the purpose for their purpose. Their life plans will be customized. If some want to prepare to go to college, we'll help them get there. If some want do pursue a trade, we'll work it out."

Pleased and impressed with what already has been done, Lungren praised Williamson's work and the interagency collaboration.

"It's wonderful being able to see the combination of local and federal authorities attacking the problem of human trafficking," he says. "But after prosecution, what do you do with the girls? The beauty is a private, faithbased foundation is doing this work. And that's great." HOW TO HELP

Start by visiting Jenny Williamson's Web site: www. C2bu.org. There's information about how organization got started how it hopes to expand. But that won't happen unless the donations come in. You do that on the Web site, too. For those who want to

get even more involved by training to be counselors or **CASA** advocates, information about how to do that.

"Before any individual can recognize their potential and discover their purpose, their most basic needs must be met. But on our city streets and in every country around the world, there are a multitude of vulnerable young children that don't have their needs met. These children are being exploited, abused and sold. They need to be rescued. They need a safe place t belong. They need someone to assure them they have value and a God-given purpose. They need someone to believe in them," Williamson said...



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Carmichael Times

Serving Carmichael and Sacramento County since 1981



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Widowed Persons **Association of** California, Inc.

nonprofit are working on it.

blonde whirl of enthusiasm and

energy who also is a mom and

a wife, took time out from her

comfortable suburban world

to have a personal epiphany a

few years back. A life coach by

profession, she had arrived at one

of those personal stock-taking

moments that tug between the

light and darkness of the soul

around a person's 40th birthday.

of self discovery whereupon

she met God in a new church

and learned that HE had a plan

for her life that SHE had been

ignoring: The Courage to Be You.

but was eventually revealed: start

a faith-based mission to serve the

victims of human trafficking, the

That plan didn't come all at once,

This launched her on a journey

This Rocklin woman, a

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

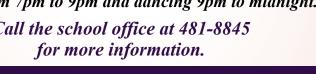
go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm -5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to 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.

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





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Metro's Message

A monthly message from the Sacramento Metropolitan Fire District



Captain Christian Pebbles

We at Metro Fire would like to welcome you a safe and happy new year. I would like to say goodbye to 44 of our employees who retired last year and thank them for years of serving and protecting our communities. I must thank former Chief Don Mette for carrying us through the recession while always putting the public and their safety first.

Welcome to our new Fire Chief Bill Sponable. Chief Sponable is a 34-year veteran of the fire service and has served all of those years right here in Sacramento. Chief Sponable will continue to provide Metro Fire with the direction to emerge from this recession a better and more efficient defending organization "promises" made to our citizens.

Safety Tip of the Month: **Home Fall Prevention**

Fact: Falls are often due to hazards that are easy to overlook but easy to fix. Each year thousands of older Americans fall at home. Many of them

are seriously injured and some become disabled. Every year over 1 million are treated in emergency departments. Thousands people over age 65 die due to injuries sustained from falls.

Keep your well lit and free of obstacles; this will assure easy travel chance of falling. you like more would information and a checklist on fall prevention log onto www.sacmetrofire.ca.gov and click on "For Residents" look for safety

Thanks for your support, and be safe.



Dr Bob Gravkowski



Chiropractic USA

Every January a new year begins - most people set resolutions to lose weight, eat better, exercise more, reduce stress etc.

The problem with setting resolutions is that they are most often set up to fail right from the beginning. Weight loss products fly off the shelves, gyms are packed and there is a renewed sense of 'beginning' that lasts from days to sometimes only weeks.

For over twenty years our office conducts a January goal setting workshop to teach our patients how to create a healthy blueprint for their goals in the upcoming year. Each of us possesses all the tools necessary to change our life for the better. I believe there

Reaching Your Goals vs. Setting Resolutions

is no such thing as an unrealistic goal, only unrealistic time frames. Realizing that each day is a step into your future, helps to keep moving toward your goal if you are clear of your direction.

Let's review 5 steps to successful goal setting for amazing year ahead: > Step one: Be clear of what you want and make it yours. A goal should not be someone else's goal for you. When you let other people determine your definition of success, you sabotage your own future.

> Step two: Take action steps daily toward your goal. Make sure the goal is specific and measurable with a date 'on or before.' Vague generalizations and wishy washy statements aren't good enough. If you make the goal tangible it is easier to move in that direction. Create a visualization board with pictures words or statements that keep you anchored to you goal.

> Step three: Notice if you are on track. This includes reading your goal one or more times daily. When you see the goal happening make sure it is in line with your values and feels exciting to reach. Goals are only stepping stones so I recommend chunking your goal into smaller goalposts so you can win more often.

> Step four: Change your approach if it's not working. If after noticing you are off track you must be flexible to change the action steps, timelines or reclarify your goal.

> Step five: Celebrate your success. Many times we set a goal and reach it yet never stop to celebrate or reward ourselves. When setting goals it is often leveraged for success if you create more pain by not reaching your outcome and determine a meaningful reward for your success.

Follow these steps and see the year ahead unfold to become your best year of hitting goals ever.

For more information on attending our goal setting workshop call (916) 973-1661.

Creating a healthy community Dr Bob Graykowski

Writing Love Letters:

A Workshop for Sweethearts

- President Harry Truman found time to write 1,300 letters to his cherished wife over a span of nearly 60-years!
- Other great men like Mozart also relied on the power of love letters to keep romance alive!
- A recent survey found that 77% of women prefer a love letter over romantic text or e-mail (1 in 5 have never gotten one).
- Another survey found that 62% of women said their most cherished Valentine's gift would be a handwritten love letter.
- Writing a love letter is a reminder of why you love your partner and lets them know how special they are to you!



Learn To Write Love Letters Here

DATE: Saturday - February 6, 2009

LOCATION: Crepeville, Downtown Plaza, 1730 L Street, 547 L Street

Sacramento, CA 95814 Sacramento, CA 95814

TIMES: 10:00 a.m., 2:00 p.m.

> FREE. A tax-deductible donation of \$14 to promote relationship and marriage education at the Healthy Marriage Project of Greater Sacramento is suggested.

Register now at: sacmarriage.org

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

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

Feb 2nd Spinal care for all ages Feb 9th Eating for energy Feb 16th Back care for families

Fitness made fun

Feb 23rd



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Consultation, Complete Spinal Examination and X-rays (if needed) This \$250 value is yours for only \$40 if

you mention this ad Each additional family member only \$20

Offer Expires Friday

Sacramento German Genealogy Society P. O. Box 660061 • Sacramento, CA 95866-0061 • http://www.sacgergensoc.org **TUESDAY, FEBRUARY 23, 2010**

The meetings are held at 1pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way. St Mark's located directly behind Country Club Plaza near Watt and El Camino Avenues.

Presenter: Warren Bittner Title: "Using Multiple Sources for Solving an Immigrant Problem"

Warren Bittner, with a wide background in German research, will share with us his extensive knowledge of the holdings at the Family History Library in Salt Lake City, with ideas about how to use them.



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We're here for you.

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.



Áegis of Carmichael 4050 Walnut Avenue Carmichael, CA 95608



Carmichael Times Page 4 January 27, 2010



By Dr. E. Kirsten Peters

Many of us, perhaps most, living in the far Western states know what it is to feel the power of seismic waves passing through the Earth.

The sharp jolts are unmistakable, and the sense of chaos is terrifying even to those of us who like a thrill. A minor earthquake I felt

in Berkeley, Calif., still stands out in my mind some 30 years later, and not because it's one of my favorite memories.

My thoughts turned to it as soon as I heard the news from the Eureka. Calif., area, which experienced an offshore earthquake of 6.5 on the Richter scale on Jan. 9.

Then again, the memory hit me when I heard about Haiti, slammed by a much more serious quake of about 7.0 with major aftershocks. My heart goes out to the Haitians, both harder hit and more poorly prepared than we are for the hell that earthquakes unleash.

Prior to the modern era, veterans of earthquakes had no way of understanding what caused them, nor even (really) where they were coming from.

It didn't help that Aristotle had launched the West down the wrong road about earthquakes by teaching that they were caused by air rushing out of caves and cavities in the Earth. I'm not mocking the great philosopher — in ancient times, there was no particularly good way to say where quakes

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Mother Nature Clobbers Us

came from or what caused them.

Aristotle was an authority in a world run by authorities. His writings mattered, both in the ancient world and then again in the Middle Ages when we rediscovered the classics. And by linking earthquakes to the weather — in the Western mind — we were set back. For centuries, people looked for patterns of quakes and humid and close "earthquake weather," a project without any productive result because earthquakes and sultry weather simply are not connected.

But, even in modern times, we didn't do so very much better for a while. Twentieth century geologists struggled for generations to really understand the basics of why earthquakes occur where they do and how energy is stored in rocks to power the seismic waves. We knew that the epicenter of a quake was the point on the ground surface above the earthquake focus within the solid Earth. And we developed the Richter scale (and other scales, too) to measure quakes — always a necessary "handle" for physical science.

But the answer about what really caused quakes developed over many years when a variety of evidence showed us the surface rocks of the Earth are divided into sectors, called "plates," that are moving with respect to each other. The movement of these plates has several results. One of those is earthquakes.

Many earthquakes are concentrated where plates come together. If one plate is moving under the other (diving down beneath it, you could say), some of the earthquakes may occur deep in the Earth along the top

of the descending plate. That's good for us people, since we live at the surface of the planet, and the farther we are from the focus of the earthquake, the better. But note there can still be shallow quakes even in this setting, too, from shallow parts of the plates.

Western South America has many, many earthquakes, but some of them are so deep they are hardly a problem because the oceanic plate there is diving under the one on which South America is riding.

But in California, the plates are moving past one another, without the "diving down" motion. This means that the focus of an earthquake in California is likely to be shallow — and that's a major reason the really "Big Ones" are uniformly terrible.

Haiti, too, had the misfortune to experience a shallow quake; that fact helps to explain the devastation you saw in the news.

As a scientific theory, plate tectonics is still a work in progress (one drawback: we can't predict when, exactly, the Big Ones will come, in California or Haiti or South America), but progress it is.

Aristotle would be proud, I think, of the work we have done — but for humanity's sake, we need to do better and soon.

Note: you can now follow the Rock Doc more frequently on Twitter @RockDocWSU

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.

Sac Metro Young Republicans Launch New Website and Announce Sponsorship of "That's The Ticket" Candidate Forum

Sacramento - The Sacramento Metropolitan Young Republicans (SMYR's) are proud to announce the launch of our new website at www.sacmetroyr.com and our sponsorship of "That's The Ticket" Candidate Meet and Greet movie night. An event hosted by the City GOP and GOP Trumpeter on Friday, February 5th at Sacramento City College Student Center, 3835 Freeport Blvd, Sacramento, CA 95822.

This event will feature a viewing of "33 minutes: Protecting America in the New Missile Age", a documentary by the Heritage foundation, followed by each of the candidates making their case and taking questions from the public. With several running against each other it will provide a great opportunity

to contrast the different choices we will have during the election.

The event host and City GOP Chairman Steve Macias, said "Our goal at City GOP is to fulfill Reagan's vision of building a generation that stands upon the shoulders of our strong conservative leaders and it all starts locally in picking our elected officials".

Any candidates interested in taking part in this event are encouraged to contact the SMYR's through our website to schedule. Confirmed candidates include Larry Naritelli, Governor; George Runner, Board of Equalization; Diane Lenning, State Superintendant of Schools; Lydia Gutierrez, State Superintendant of Schools; Paul Smith, 5th District of Congress; Jack Sieglock, 10th Assembly District; Craig DeLuz,

5th Assembly District; Suzanne Jones, 5th Assembly District; Bret Daniels, Sacramento Sheriff; Scott Jones, Sacramento Sheriff; Ryan Herche, Natomas School Board.

SMYR Chairman, Raab said "Republicans need to hear from our candidates and encourage them to debate; they need to address voters, speak to us and face our questions."

The purpose of the SMYR's is to give young people a voice and opportunity to get involved with the Republican Party and Conservative causes in the Greater Sacramento Area. As a local chapter of the California Young Republicans we organize events, networking and volunteer opportunities, and provide direct access to those that represent us on the local, state, and federal levels.

ESKATON Senior Residences and Services

Driving Fitness For Older Adults

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

Eskaton Jefferson Manor 5959 66th Avenue, Sacramento, CA 95823 Call The Senior Connection for reservations, (916) 334-1072

Recession and 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



More info: www.sacwinds.org - (916) 489-2576 - mLehr@sbcglobal.net

Dr. Les Lehr, Music Director presents its 2009-2010 Concert Series Command Performance'' Save the Date Sunday, March 21, 2010 All Concerts at 3:00 p.m. La Sierra Community Center -- Smith Hall 5325 Engle Road, Carmichael Tickets at the door; free parking



CONSTRUCTION & REMODELS



• France & Bavaria

June 18-28, 2010 • \$5,699 pp double

• Rockies Highlights by Train

July 24-August 1, 2010 • \$3,199 pp double • Colors of New England

October 7-14, 2010 • \$2,449 pp double

• Holiday at the Waldorf

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

• South Pacific Wonders

February 14-28, 2011 • \$4,699 pp double • The Heart of Texas

March 13-21, 2011 • \$2,249 pp double

Luxury Motorcoach

• Guys & Dolls

Wednesday, March 17, 2010

Motorcoach transportation to Sonora • \$101/per person

• Ironstone Vineyards Gourmet Lunch

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

• Eleven Roses Ranch

Monday, April 12, 2010

Motorcoach transportation to Lake County \$118/per person

• Bouquets to Art & Amish Quilts

Monday, April 24, 2010

Motorcoach transportation to San Francisco

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

SWEETHEART'S BALL Friday, January 12 1:15pm • \$6/person

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

• Seats 125 Dining, 250 Assembly

2350 Northrop Ave., Sacramento

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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 27, 2010



Pastor Cary Duckett

The U.S. just went through one of its worst financial downturns in 80 years. Experts say the worst is over, but many are earning less... that is if they are not one of the 10% unemployed. The Great Recession changed the heart of Americans. We began to wrestle with the fear of not having enough more than

The Restaurant Game

we wrestled with greed of wanting more. Due to this fear many who want to be generous simply are too afraid to give. Fear is lousy master. It will sap joy from life and make us cowards when it comes to being good and kind. Fear is a master that must be rebelled against.

Some time ago I heard a story about Kurt Warner, the two-time NFL MVP quarterback for the Arizona Cardinals. He chose to rebel against the fear of being generous by playing The Restaurant Game with his family. The night before a road game the Warner family goes out to eat. Once they are seated, one of their children will scan the dining area like a quarterback looking for a receiver. When the Warner child picks a table, Kurt asks the waiter to add that table's dinner tab to his own—all anonymously.

I realize that most do not have the income of an NFL quarterback, but no salary immunizes fear. Fear is overcome by faith—believing that God will take care of those who rebel against the fear of being generous (Proverbs 19:17). Go play your own version of The Restaurant Game.

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

Wheels Coming Off High Speed Rail



By Jon Coupal, Howard Jarvis Taxpayers Association

When California voters barely approved a \$9.95 billion bond measure for High Speed Rail in 2008, they had no idea how soon they would learn the true meaning of the phrase "being railroaded." As more about this project is revealed, the backlash from the public and political leadership is sure to grow.

For purposes of full disclosure, Howard Jarvis Taxpayers Association ran the unsuccessful campaign against Prop 1A (not to be confused with 2009's Prop 1A, an attempt to raise \$16 billion in new taxes). Our most potent weapon was a devastating study by the Reason Foundation which revealed that the proponents' representations regarding costs, fare price and profitability were pure fantasy. (Link: http://reason.org/news/ show/the-california-high-speedrail). But, from the start, we had an uphill battle convincing voters how poorly thought out this measure was. The California Legislature had already stacked the deck by providing such a biased title and summary for the measure that the issue of that deception is still the subject of litigation today. The deceptive ballot material, in addition to campaign contributions from those who would profit from the project, was enough to ensure victory at the polls –

Now our predictions have come true. A headline from the San Jose Mercury News last week reads "State High-speed Train Rides To Be Costlier, Ridership Lower Than Promised To Voters."

albeit by a very small margin.

"business plan" for the HSR,

reporter Mike Rosenberg writes: "The average ticket on the bullet train from San Francisco to Los Angeles is now estimated to cost about \$105, or 83 percent of comparable airfare. Last year, the state said prices would be set at 50 percent of comparable airfare and predicted a ticket from San Francisco to Los Angeles would cost \$55." This near doubling of the projected fare price will have a major impact on ridership: "As a result of the higher fares, state officials now think the service will attract 41 million annual riders by 2035, down from last year's prediction of 55 million passengers by 2030."

Although this revised plan calls into question the entire viability of the project, the news is bound to get a lot worse. In short, even these revised figures by the Authoritywerebornindreamland.

Another fantasy: "The cost of the project — recently pegged at \$33.6 billion in 2008 dollars — is now estimated at \$42.6 billion in time-of-construction dollars." Sure, that's a projected increase of about \$10 billion, which is jaw-dropping by itself. But the Reason study suggests the final costs will be more than twice the revised projection. Many who analyze the trend lines of these megaprojects think that, if it is ever built, the cost will far exceed \$100 billion.

In a bit of poetic justice, another recent revelation will cause some hardcore backers of the project – environmentalists and urban activists - to suffer a case of buyers' remorse. True, some environmentalists who took the time to actually analyze the project concluded that it would do more harm than good. But groups like the Sierra Club jumped on board without critical analysis. Like so many others, they applied a simple mindset: Cars, bad. Trains, good.

But it turns out that, from an environmental perspective, this is not so simple. Recent studies by the University of California regarding the environment lifecycle assessment of various transportation passenger Describing the most recent systems cast specific doubt

on California's high speed rail project. In reporting on those studies, the Institute for Transportation Studies noted that "if high-speed rail draws only half the ridership it says it will attract, its environmental performance will be twice as bad per passenger mile traveled. And, if compared to typical aircraft travel in situations where 70 percent of rail passenger seats are filled, high-speed rail performs worse (the crossover occurs when high-speed rail achieves 65 percent of estimated ridership compared against current aircraft utilization rates at 70 percent)."

If building California's High Speed Rail project results in millions of metric tons of carbon going into the atmosphere, and its ridership is substantially less than needed to make the project viable - which is the current trend line – a legitimate question is whether HSR will inflict more damage to the environment than if it were never built.

The only good news is that it is still not too late to pull the plug on the entire HSR scheme. Legal authority exists to simply refuse to issue any more bonds or provide appropriations. Better yet, if the Legislature had the courage to do so, it would put the issue back before the voters and, instead of telling them a story of sugar plum fairies, tell the truth about costs and environmental impact.

But the chances the California Legislature will do the right thing here are zero. There are too many moneyed interests, too many cows to be milked to give up on this lucrative project to expect that rational thought will win the day. Between the p.r. firms, the contractors and bond brokers, they will push this horrible project as aggressively as possible before the real truth is realized. By then, they hope it will be too late for California to reverse itself.

Jon Coupal is president of the Howard Jarvis Taxpayers Association -- California's largest grass-roots taxpayer organization dedicated to the protection of Proposition 13 and the advancement of taxpayers' rights.

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Make Your Own Luck

Dare to Live Without Limits

By Bryan Golden

What exactly is luck? Why do some people appear to be luckier than others? Is luck a question of chance, fate, or are there things you can do to improve your luck? Actually, being lucky isn't just a matter of luck at all.

Luck is a combination of attitude, mental orientation, preparation, and opportunity. Typically, lucky people have an approach of possibility whereas unlucky people have a mindset of impossibility.

Those with consistent bad luck expect to have bad luck. They advertise their expectations with statements such as, "I know this won't work," "Nothing ever goes right for me," "Why can't I ever catch a break," and "There's a dark cloud that follows me."

People with good luck seek solutions rather than fixating on problems. They understand that every impediment has a resolution. They are flexible in their thinking and not locked into patterns of behavior. Their outlook allows them to find opportunitywhereothersseeonly roadblocks, failure, and despair.

When a person believes they have only bad luck, they tend to attract more bad luck. This creates a vicious self-fulfilling prophecy. No one is predestined for good or bad luck. If you want more good luck, there are steps you can take to bring it about.

Keep Your Outlook Flexible

Imagine the following You are standing scenario.

at one end of a long hallway. Your destination is a door at the other end. As you walk down the hallway, you pass other doors which are slightly open.

Unlucky people will direct all of their attention on the door at the end. They will walk past the other doors without investigating what is on the other side. Behind the other doors lie potential opportunities. When they are bypassed, there is no chance of benefiting. When they discover what they missed, unlucky people will lament how unlucky they were.

Lucky people will look into each room. They will still have the door at the far end as their destination, but they won't ignore the others. This strategy positions lucky people to take advantage of unexpected and unplanned opportunities their

Toincreaseyourluck, maintain an awareness of what is around you. Don't go through life with blinders that hide opportunities.

Look for the upside

Regardless circumstances you encounter, you have to figure a way to make the best of them. Lucky people consistently look for what they can learn or extract from every situation. technique enables them to recover faster and get back on track. They always maintain a mental determination to overcome whatever obstacles are encountered. They feel they are lucky because things

could have been Unlucky people wallow in self-pity and become consumed with the negative. They can't see anything positive and feel and act like a victim. They won't take responsibility for their situation and therefore don't believe they have the power of self-determination. Whatever may happen, they get frustrated with how bad things are.

To increase your luck, don't lose sight of the fact that there is always a lesson to be learned and invariably a way out that will make you stronger. There is a solution to every problem.

Think and act as if you are lucky

Develop an attitude that no matter what happens, you are lucky. As a lucky person, you have the ability to make the best of every situation. Act like a lucky person. Don't talk about or dwell on problems. Concentrate on and discuss solutions.

You can become lucky. Luck is when attitude and preparation meet opportunity. Since each day is replete with new opportunities there is more than enough luck for everyone.

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



THE BOOK OF ELI (Rated R)

Listening to the radio, I heard about a study claiming that some people have become suicidal after watching "Avatar," likely in response to comparing the utopian vision of the film's alien world to their own desperate lives. Personally, I feel those sentiments are misplaced and are more appropriate upon viewing post-apocalyptic visions in films like "The Road" and now "The Book of Eli." Mind you, "The Book of Eli" is a well-made film, but I just don't know if I can go on with yet more bleak images of the catastrophic destruction of our once vibrant civilization. But then, Denzel Washington as a road warrior bent of a mission save mankind redeems this exercise in desolation.

In the not-too-distant future, some 30 years after the presumed end of civilization, Denzel Washington's Eli is a solitary man trekking west across the wasteland that was once America. The landscape is littered with broken highways and dilapidated structures. Occasionally, Eli comes across a few hardy souls, but more often than not these encounters are with murderous biker gangs that terrorize rare travelers. Guided by an undefined faith to believe in something greater than himself, Eli is a warrior by necessity rather than

Riley Reviews

AWE-INSPIRING JOURNEY IN A WASTELAND BOOKS PASSAGE IN "ELI"

choice. Fortunately, Eliseemingly possesses mystical powers, which are really useful when he unsheathes his gigantic machete.

Early on, the enigmatic road warrior shows that once he is challenged by lawless highwaymen he will cut his attackers down before they realize their fatal mistake. It's not his life he guards so fiercely but his hope for the future, which appears to be safely stored in his backpack. The object of his careful protection is not immediately revealed, but if you have seen the advertising billboards proclaiming "religion is power" and "deliver us," you may have some distinct idea about what is so cautiously safeguarded.

Wandering down a dusty highway with determined commitment, Eli stumbles upon a desolate frontier town. Carrying himself like the Man with No Name in a spaghetti Western, Eli soon runs afoul of Carnegie (Gary Oldman), the self-appointed despot of the makeshift town of thieves and gunmen. Like Eli, Carnegie is one of the few people old enough to remember the old world and to have the ability to read. But the self-styled tyrant suspects that Eli is carrying the book he urgently seeks in order to hold even greater sway over the population, going far beyond the borders of his grimy outpost.

Surrounded by the usual assortment of henchmen, Carnegie wields his greatest power by controlling the source

of the local water supply. He manipulates his adopted Solara (Mila Kunis), setting her up as a prostitute when it serves his purposes, such as extracting vital information from certain marks. Meanwhile, he exercises vicious control over Solara's mother Claudia (Jennifer Beals), treating her badly all the time. In his role as Carnegie, Gary Oldman is performing his usual duty as the heavy, though he maintains sufficient nuance as to not turn into a laughable caricature.

Notwithstanding the abusive Carnegie's tactics, Solara is fascinated by the enigmatic Eli, seeing in him the ticket to get out of Dodge. Not surprisingly, Solara, who incidentally is far too attractive to be residing in the grubby, ravaged Western town, is attracted by what Eli offers as the hope of a better existence beyond her evil stepfather's domain. After more violent confrontations necessitated by a showdown with Carnegie's minions, Eli and Solara ride out of town, albeit on foot, just like they would in a Western movie. Even when they find a hideout, they are unable to avoid even more vicious battles with Carnegie's heavily-armed thugs.

It probably will come as no surprise to you that Eli and Solara reach their final destination on the West Coast. Nevertheless, I choose not to reveal where and for what purpose their journey comes to an end, sensing the audience should experience this for itself. "The Book of Eli" has one advantage over other more recent post-apocalyptic movies, namely a message of hope for humanity. Denzel Washington, most likely, wouldn't have it any other way. As a result, this journey into a wasteland of despair is actually worth watching.

American River Conservancy Winter Programs 2010

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 signup.

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, droughttolerant 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.

Trailwood Films "Movie Series" Part II (of II)

Wednesday, February 10th 6:30-8pm -VENTURE TO ALASKA

"Venture to Alaska takes us along the byways of the past... to find the adventuring spirit that has drawn seekers, sourdoughs, saints and sinners... and still lives in the present. All in the surroundings of unsurpassed naturalbeauty." Suggesteddonation \$5/members, \$10/ non-members. Placerville Library. Please call to sign up 530-621-1224 or contact julie@arconservancy.org

Placerville Paths - Trails Along The South Fork

Friday, February 19th 6:30 – 8pm

Tom Petersen, author of Georgetown Trails, ARC member, hike leader, and past trail slave for the Pacific Ranger District between 1990-95, has gathered hiking paths on public lands near the South Fork American River Canyons including: New Pony Express Trail, Fleming Meadows, Jenkinson Lake, El Dorado Bike Path, and the newly-opened Southern Pacific Rail Trail. Suggested donation \$5. Please call to sign up and for meeting location (Coloma area)530-621-1224 or contact julie@arconservancy.org.

KDD-Amphibians

Sunday, February 21st 1 - 3 pm

Spring is just around the corner, and our amphibian friends are emerging from their winter homes. Biologist (and mom) Elena DeLacy will teach you about amphibian basics, how you can use your eyes and ears to identify and count frogs and toads, how to create amphibian-friendly yards, and why they are an important part of the web of life. We will also create a toad house for you to take home! Min. age -3 years. Cost: FREE if you bring a small terra cotta pot (don't worry if it's broken!); Otherwise - \$3 per child. Please call to sign up and for meeting location (Coloma area) 530-621-1224 or contact julie@arconservancy.org.

Effie Yeaw Nature Center

January/February 2010 Events

Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Indian Culture Park entrance fee: \$5.00 per car or FREE to ARNHA members. Open 9:30 a.m. -5:00 p.m. daily

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

January

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

Owl Be Seeing You

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. Sunday the 31st at 10:30AM

February

Brisk Nature Hike

Meet Jack at the end of Jacob Lane (off Fair Oaks Blvd.) for a brisk early morning hike downstream along the

Wednesday the 10th at 9AM - 12 Noon

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

Art Studio Workshop

This non-instructional art studio workshop will use the facilities and the animals of the Effie Yeaw Nature Center. We will pose taxidermied animals, furs and skeletons such as ducks, owls, hawks, snakes, bobcats, etc. in various poses, offering artists (beginner and experienced) a chance to study and draw/paint them. Participants will supply their own tools and art materials (pencils, paper, watercolors, etc.) and expertise. Professional artist Libby Harmor will bring her extensive theater and exhibit experience to play in facilitating this workshop. Suited to ages 16 and over, pre-registration required, \$7 per person per workshop. Call 489-4918 for information and registration. 12:30PM - 3PM

Wednesday the 10th, Thursday the 18th and Saturday the 27th

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ARNHA, a nonprofit organization

since 1981, supports educational and

interpretive activities in the American

River Parkway in cooperation with the

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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

www.arnha.org. Check out the member

History Association (ARNHA)



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

when purchased with a credit card. 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 Legal Advertising Hotline 916-532-2113 Legal Advertising Fax 916-773-2999

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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. Shellevanne W.L. Chang Judge of the Superior Court Publish: January 6, 13, 20, 27, 2010.

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00067324

00101

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.

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

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

Judge of the Superior Court

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

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. Shellevanne W.L. Chang Judge of the Superior Court

Publish: January 13, 20, 27, February 3 2010 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 10127 135 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 KASINC SUPERIOR COURT OF CALIFORNIA

COUNTY OF ALAMEDA

SUMMONS CASE #HG09451810 NOTICE TO DEFENDANT: Anthony Robert Portillo, Fidelity Capital Lending, Inc., George

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. There are other legal 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 site (www.lawhelpcalifornia.org), the California Courts Online Self-Help (www.courtinfo.ca.gov/

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. The name, address, and

selfhelp), or by contacting your

telephone number of plaintiffs 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 MOSS 00102 2-3-10

FICTITIOUS BUSINES NAME STATEMENT #1000131. Webster Enterprises Inc., 7405 Greenback Lane. Citrus Heights. CA 95610 is doing business under the Fictitious

Business Name "The UPS Store" at 7405 Greenback Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on Jan. 7, 2010. Publish: January 20, 27, February 3,

00103 **THEUPS** 2-10-10

BUSINES FICTITIOUS NAME STATEMENT #01000339. Emilia Mirella Ion, RDH. MS. 1365 Santos Ct., Fremont, CA 94536 is doing business under the Fictitious Business Name "Flora Care Homes" at 6450 Winding Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 13, 2010. Publish: January 20, 27, February 3, 10. 2010. 00103 FLORAC

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

#34-2010-00058200 WHEREAS, Tiffany Nichole Diefenbach has filed a petition with this court for a decree changing name of Tiffany Diefenbach to Nichole Diefenbach. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 24, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 8, 2010. Loren E. McMaster

Judge of the Superior Court Publish: January 20, 27, February 3, 10. 2010.

FICTITIOUS BUSINES NAME STATEMENT #1000572. Dennis Morgan, 4540 M arble Way, Carmichael, CA 95608 and Jason Morgan, 8732 Fair Oaks Blvd. #37, Carmichael, CA 95608 are doing business under the Fictitious

Business Name "DJ's Auto & Tire" at 7705 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Jan. 20, 2010. Publish: January 27, February 3, 10, 17. 2010. 00104

FICTITIOUS BUSINES NAME STATEMENT #1000339. Emilia Mirella Ion, 136 Santos Ct., Fremont, CA 94536 is doing business under the Fictitious Business Name "Flora Care Homes" at 6450 Winding Carmichael, CA Filed with the Clerk of Sacramento County on Jan. 13. 2010.

Publish: January 27, February 3, 10, 00104 **FLORAC**

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00068380

WHEREAS. Yan Yuen Lee aka

Yao Yuan Li has filed a petition with this court for a decree changing name of Yan Yuen Lee aka Yao Yuan Li to Yau Yuan Li IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 25, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper

of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 14, 2010. Loren E. McMaster Judge of the Superior Court Publish: January 27, February 3, 10,

17, 2010. 00104 SUPERIOR COURT OF

CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00068605 WHEREAS, Jannifer Marie

Hernanderz has filed a petition with this court for a decree changing name of Jennifer Marie Hernandez to Jennifer Marie Taisdale, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 26, 2010 in Dept. 53, located at 800

9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 15, 2010. Loren E. McMaster

Judge of the Superior Court Publish: January 27, February 3, 10, 00104 2-17-10 HERNAN

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Novenas MOTHER THERESA

PREDICTION 2009 You were chosen to receive this novena. The moment voureceive

Our Father who art in heaven, hallowedbe Thyname, Thykingdom come. Thy will be done, on earth as it is in heaven give us this day our daily bread and forgive us ourtrespasses as we forgive those who trespass against us andlead us not into temptation, but deliver

us from evil. Amen.

"Father, please protect and bless the person reading this message..."
GOD WANTED ME TO TELL YOU, It shall be well with you this coming year. No matter how much your enemies try this year, they will not succeed. You have been destined to make it and you shall surely achieve all your goals this year. For the remainder of 2009 and all of 2010, all your agonies will be diverted and victory and prosperity will be coming in abundance Today God has confirmed the end of your sufferings, sorrows and pain because HE that sits on the throne has remembered you.. He

has taken away the hardships and

given you JOY. He will never let This is a Novena from Mother

of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you

hail Marys and Glorias. Publication must be promised. This novena has never been known to fail I have had my request granted and will fill to publish my thanksaiving. (MPG

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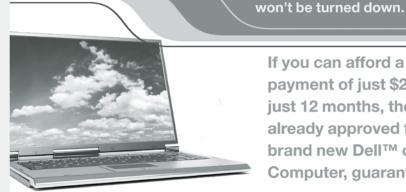
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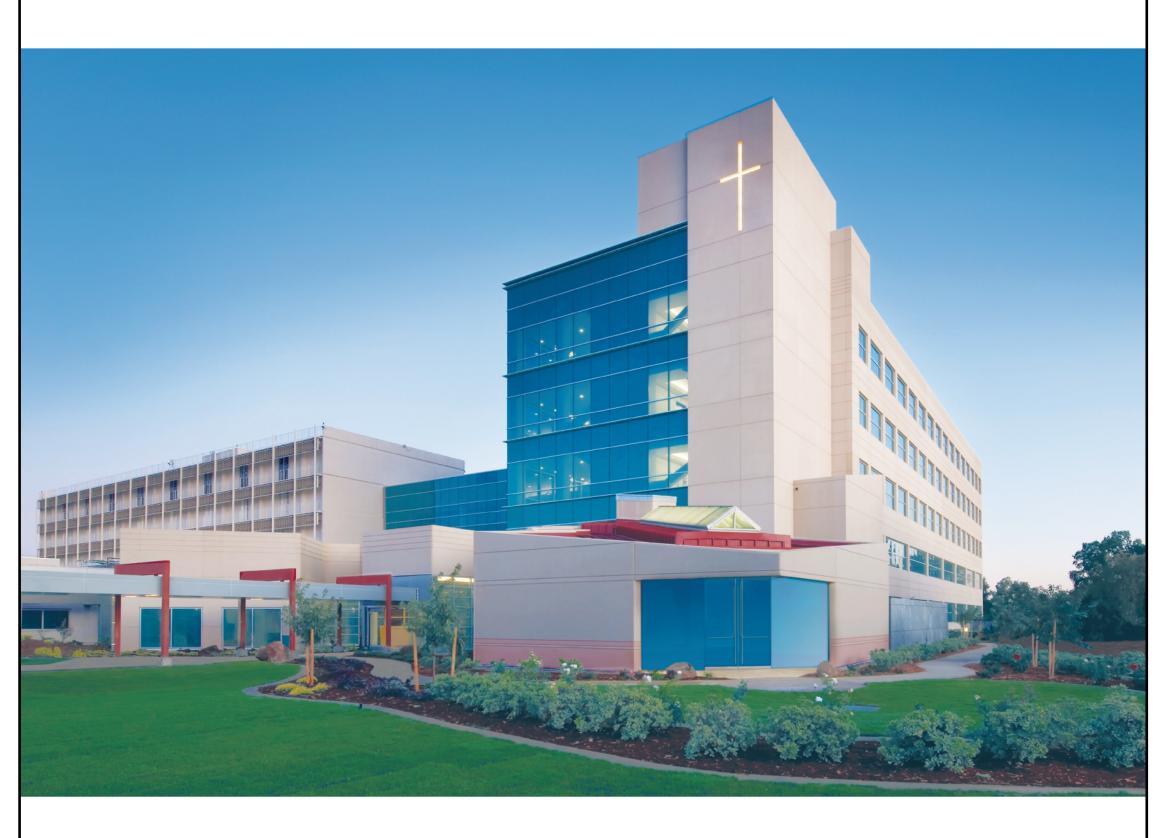
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January 27, 2010 Carmichael Times Page 9

Your own hospital, your own room.

Mercy San Juan's New Tower



Mercy San Juan's newly completed \$125 million six-story tower offers patients not only the latest technology, but also 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. The addition of 110 new patient beds greatly enhances the medical center's capacity for providing comprehensive quality care in a growing community.

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.

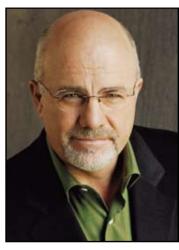
MERCY SAN JUAN MEDICAL CENTER

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Carmichael Times Page 10 January 27, 2010

Dave Says



Dave Ramsey is a personal 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 syndicated nationally 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.

Save For College First

Dear Dave,

I'm 17, and my personal finance class at high school has been watching your course. I want to begin

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compound interest, so I want to start a Roth IRA. Which mutual funds would you advise investing in while I'm still trying to save for college? - Jeff

Dear Jeff,

I love the fact that you're thinking ahead, but I want you to save for college before you worry about investing. The best investment you'll ever make is an investment in you, and that's exactly what college is all about.

Now, if having money for college isn't a big issue, you can go ahead and begin putting a little bit of money into a Roth IRA. You can put as much as \$5,000 a year into one, but the great thing is that you don't have to put that much into one. It would probably be pretty hard for you to invest to that extent while you're still in college, anyway.

When it comes to a first mutual fund, I'd suggest a simple growthstock mutual fund. They're pretty calm, and they will do some great things if you can find one with a good, long track record of success!

- Dave

Mid-Cap Growth Vs. Mid-Cap Value

Dear Dave,

I'm looking at allocations for my mutual funds. What's the difference between midcap growth and mid-cap value?

Dear Jason,

For purposes of allocating, a midinvesting early to take advantage of cap is a medium-sized company. for more financial advice.

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TUESDAY, FEBRUARY 23, 2010

Presenter: Warren Bittner

Title: "Using Multiple Sources for Solving an Immigrant Problem"

Warren Bittner, with a wide background in German research, will

share with us his extensive knowledge of the holdings at the Family

History Library in Salt Lake City, with ideas about how to use them.

Generally, these fall into the growth stock mutual fund category. Try thinking of value funds this way: Let's say you buy an expensive home in a good neighborhood. It's okay that you paid a little more, because it's a good area, and you're just going to wait things out. It's that kind of value mentality versus bargain hunting and trying to get a great deal.

When it comes right down to it, the differences in the two types are small. I'd go with whichever one has the best track record and rate of return. Regardless, always remember to spread your money across these four types of mutual funds: growth, growth and income, aggressive growth, and international.

- Dave

How Do I Surprise My Spouse With Gifts?

Dear Dave,

How do you buy a surprise gift for your spouse when you both see the budget and handle the checkbook?

- Anonymous

Dear Anonymous,

Start by having a gift-giving category as part of your budget. This works both ways, one for each of you. That way, you'll both know how much goes into that category, but you won't know where something was purchased or what was bought.

I think the gift category is the best and most fair way to give you both input and control over the budget. The idea that you're going to sneak up on your wife or husband with a \$10,000 gift is pretty unrealistic if you're working on your finances together! - Dave

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Carmichael Times Page 11 **January 27, 2010**

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CHAUTAUQUA PLAYHOUSE



(Clockwise from upper left) Simon Hunt, 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 Chautauqua 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.

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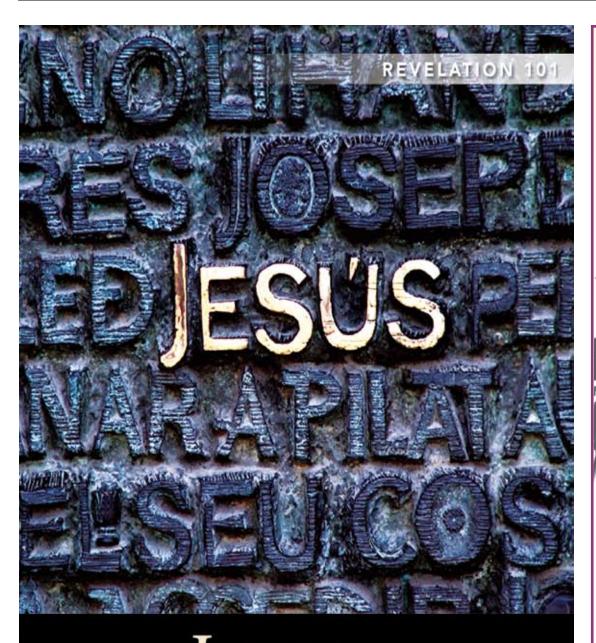


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Carmichael Times Page 12 January 27, 2010



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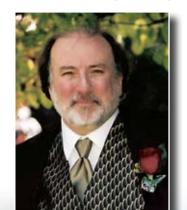
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