

Carmichael Times



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Rancho Cordova, CA

Volume 29 Issue 52

Serving Carmichael and Sacramento County since 1981

December 30, 2009

Only 28 Small Businesses Changed Hands

Sacramento County - Only 28 small and mid-sized businesses changed hands in Sacramento County last November, a drop from the 64 deals recorded in October, which was the county's best volume month for closed escrows this year, according to BizBen.com--Small Businesses for Sale in California. And the company said the most recent figures are down 39% from the completed transactions in November 2008.

"Sacramento entrepreneurs are experiencing much the same uncertainty that affects many sectors of the economy throughout the country," said Peter Siegel, MBA, founder and CEO of BizBen.com. "But I have a lot of faith in the determination and the creativity of business buyers and sellers in this state--and the business brokers. As people work out ways to fund their deals, I expect we'll see a return to a more active environment for small business sales."

Most of the county's November 2009 sales (22) involved businesses in the city of Sacramento, and there was one closed escrow each in Citrus Heights, Orangevale, Fair Oaks, Courtland, North Highlands and Rancho Cordova.

Siegel noted that only 954 deals closed statewide in November 2009, a decline of

22% compared to the 1,220 completed transactions recorded the same month in 2008.

He also pointed out that there are more than 200 businesses for sale in the county. The BizBen information on all Sacramento County business opportunities offerings can be found at the Sacramento County listings page.

Totals of completed small business sales this year by city in Sacramento County, areas follows:

Carmichael: 20, Citrus Heights: 26, Elk Grove: 27, Folsom: 34, Rancho Cordova: 23, Sacramento: 284, Walnut Grove: 2, Galt: 5, Isleton: 2, Antelope: 6, Fair Oaks: 14, Gold River: 1, Orangevale: 8, North Highlands: 9, Courtland: 2

BizBen.com has been tracking small business sales in California for more than 10 years and has been the state's leading clearinghouse for small and mid-market business opportunities since the early 1990s. More than 200 new listings are added daily to the 7,500+ offerings at the site. BizBen.com also features a number of "how to" articles, relevant news items, practical tips and other resources that provide valuable information and ideas and opportunities for small business owners/sellers, business buyers, business brokers and agents, and the other professionals serving this market.

Here Comes 2010!



*Wishing you a happy & safe
New Year.
Celebrate it with your family
and friends.*

Carmichael Chamber Banquet to Honor Sheriff



John McGinness pictured with fallen deputies' loved ones at the Memorial Rose Garden in the Sheriff's Academy, Carmichael. The Sheriff will be the toast of a Chamber of Commerce banquet, January 8. The public is invited. Photo by Susan Skinner.

By Susan Skinner

Carmichael - The Carmichael Chamber of Commerce will honor hometown celebrity Sheriff John McGinness at a board installation on Friday, January 8. The event is open to the public.

McGinness, who recently stated his intention not to seek reelection, grew up on California Ave, Carmichael. "As a kid, every Saturday, I'd jump on my bike and head for Ancil Hoffman Park," the sheriff recalls. My friends and I'd vanish for the whole day. Our parents never worried."

Now 54, McGinness remembers wooden sidewalks of Carmichael strip malls and a movie house that hosted his first dates. On vacation, he worked in the already ancient Carmichael plumbing store. "In summer, we were in and out of the river so often, we didn't even notice it was hot," he says.

The future sheriff classified his youthful vices as "innocent vandalism." He and his chums once toilet-papered their teacher's house. "We had to apologize and clean it up next day," admits the miscreant. "My parents tolerated pranks but there were two rules: never do anything mean; never steal." His first encounter with law enforcement was when his dad was caught speeding on Fair Oaks Blvd. "The deputy seemed nine feet tall," says McGinness. "He let dad off with a warning. He patted my head and cautioned Dad: 'drive safely; you're carrying precious cargo.' I've used the same line to drivers, myself."

Those police officers Johnny McGinness saw in Ancil Hoffman Park shaped his ambition. Says the 6ft 4ins sheriff: "Mounted park deputies did a great job. I admired them. The tradition of the Irish becoming cops was not a factor for

me. As far back as I can remember, I never wanted to be anything else."

True the family's Irish Catholic roots, he attended Our Lady of Assumption School and wed sweetheart Peggy in its chapel. Though he now lives in Folsom, McGinness -- who now adds radio talk show host to his resume -- often revisits his childhood streets. "It always feels good to be in Carmichael," he says. "Growing up there, we observed the honor of our community. In the hardware store, every customer was a friend. Handshakes were ironclad deals. Carmichael was a small town, never a hick town. It was Mayberry. Every kid should grow up in Mayberry."

The January 8 event begins at 6 p.m. at the Palace banquet rooms. Dinner is included and business attire is suggested. Admission is \$30. Information: (916) 481-1002.

Carmichael Community in Focus



Dan Fans. Kin of Carmichael's founder reunited recently in the town named for their ancestor. As part of 2009 centenary celebrations, author Susan Maxwell Skinner presented a program on her continuing research into the Georgia-born magnate who was "Uncle Bud" to his family. In a riches to rags saga, Daniel Carmichael made millions from real estate and oil but died broke in 1936. VIPs at the library event were the Moore family from Lodi and the Peightal family from Sacramento and Oregon. The cousins descended from Daniel Carmichael's sister, Orizaba, a Lodi grape grower. To learn more about this history program, (916) 481-0334.



Merciful ladies. Nuns of the 150 year old Sacramento order of Sisters of Mercy recently gathered in their new hospital tower lobby on Coyle Ave. The \$25 million Mercy San Juan addition was officially opened last month and will soon begin patient admissions. The sisters were joined by Marvin and Joanne Shaver (fourth and fifth back right). Joanne Shaver descends from the pioneer Coyle family that farmed hundreds of acres of Carmichael, first settling the San Juan land grant in the 1850s.

Photos and copy by Susan Skinner

Mission Oaks Computer Club Meeting

The Mission Oaks Computer Club will meet on Thursday, January 14, 2010 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The meeting topic will be "Digital Photography".

A problem solving clinic, led by Adam Lacey of Applications, Etc, will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

Carmichael Resident Graduates From Azusa Pacific University

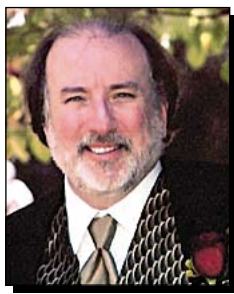
Azusa, CA - (12/18/2009) (readMedia)-- Carmichael, Calif. resident Michelle Lynne Van Regenmorter graduated from Azusa Pacific University with a Bachelor of Science in Mathematics on Sat., Dec. 19, and was joined by more than 600 graduates at the winter commencement ceremonies.

Azusa Pacific University is a comprehensive, evangelical, Christian university located 26 miles northeast of Los Angeles. A leader in the Council for Christian Colleges & Universities, APU is committed to God First and excellence in higher education. Offering more than 60 areas of undergraduate study, 26 master's degree programs, and 7 doctorates to a total student population of more than 8,500 on campus, online, and at seven regional centers across Southern California, APU has been recognized as one of U.S. News' Best Colleges for six years running and by Princeton Review as one of the Best in the West. APU graduates are known for professional excellence, the highest ethical standards, and their desire to make a difference in the world. www.apu.edu

For more information contact: Allison Oster, (626) 815-4518

Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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Enjoy a Safe Holiday Season

Intersection Collision Turns Fatal at Madison Ave. & Auburn Blvd.

California Highway Patrol Report
Officer Lizz Dutton,
Public Information Officer

Sacramento - On December 16, 2009, at approximately 12:39 a.m., Monica Colton a 36 year old from Sacramento was driving a blue 1997 Chevrolet Cavalier on westbound Madison Avenue at Auburn Boulevard in the #3 lane at an unknown speed. Kym Goodman, a 49 year old from Sacramento was driving a silver 2004 Kia Spectra on eastbound Madison Avenue making a left turn onto northbound Auburn

Boulevard at an unknown speed. As Goodman was making the left turn, the Cavalier was also entering into the intersection and the front of the Cavalier struck the front of the Spectra. The Spectra spun out of control and came to rest facing in a southerly direction. The Cavalier spun out of control and came to rest partially on the west sidewalk of southbound Auburn Boulevard. The Spectra caught fire and citizens came to the aid of Goodman and pulled her from the vehicle. The citizens left the scene before Officers arrived. Goodman was

transported to Mercy San Juan Medical Hospital with complaint of pain to her chest and leg. Colton sustained fatal injuries as a result of this collision. Both parties were wearing seatbelts at the time of the collision. The California Highway Patrol is asking anyone who may have witnessed this collision to please contact the North Sacramento CHP office at (916) 338-6710 or after hours at (916) 861-1300. This collision is still under investigation.

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SMUD presents \$77,000 Check to Mercy San Juan Medical Center for Energy Efficient New Patient Tower



Renée Taylor, board member of the Sacramento Municipal Utilities District (SMUD), presents a \$77,044 check to Mercy San Juan Medical Center President Brian Ivie, for building the hospital's new patient tower using energy efficient lighting and cooling systems in the new six-story facility as part of the state's Savings by Design program.

Carmichael – The Sacramento Municipal Utilities District (SMUD) presented Mercy San Juan Medical Center with a \$77,044 incentives check, as part of the Savings by Design program, for building its new patient tower using energy efficient lighting and cooling systems in the six-story facility. Savings by Design, sponsored by California utilities, is a statewide program encouraging high performance nonresidential building design and construction. The benefits of participating in Savings by Design include: reduced long-term operating costs; greater comfort; health and productivity for occupants; and conservation of natural resources and cleaner air to lower need for power generation. “Mercy San Juan proactively pursued technologies that

minimize energy consumption, reduce maintenance costs and mitigate their facility's environmental impact,” said Renée Taylor, SMUD board member. “The annual emissions reduction of over 638,000 pounds of carbon dioxide associated with this project is equivalent to removing over 55 passengers from the road per year.” During the design phase of the project, Mercy San Juan Medical Center specified lighting and cooling systems that exceeded the Savings by Design Healthcare Modeling Procedures for energy efficiency. The hospital will reduce its energy consumption by over 197 kilowatts and 583,000 kilowatt hours a year, providing an annual savings to the hospital of approximately \$56,000. “Energy efficiency was one of the goals in mind when we

were designing our world class patient tower at Mercy San Juan,” said hospital president Brian Ivie. “We are thrilled this building will enable us to save more lives and help save the environment at the same time.”

Mercy San Juan Medical's new 110-bed patient tower features Mercy San Juan's 142,000 square-foot tower includes 90 medical/surgical beds and 20 critical care beds. The lobby and patient care units spotlight the talents of local artists and photographers. The tower also marks the new entrance and lobby to the hospital, with a new 72-seat chapel providing the focal point for the faith-based campus. Construction will be completed by the end of the year.

About Mercy San Juan Medical Center

Mercy San Juan Medical Center is a 260-bed facility that serves more than 150,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Mercy San Juan was honored on the Thomson-Reuters national “100 Top Hospitals” list two years in a row for excelling in such areas as quality care, patient safety and growth. Doctors are the cornerstone behind teams of healthcare professionals who lead nationally recognized programs such as bariatric surgery, cardiac, neonatal intensive care, stroke and trauma. Mercy San Juan is part of Mercy, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.



Dr Bob Graykowski



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 an 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 re-clarify 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

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- Jan 12th Energy exercises
- Jan 19th Spinal health made easy
- Jan 26th Simple steps to a sugar free family
- Feb 2nd Spinal care for all ages
- Feb 9th Eating for energy
- Feb 16th Back care for families
- Feb 23rd Fitness made fun

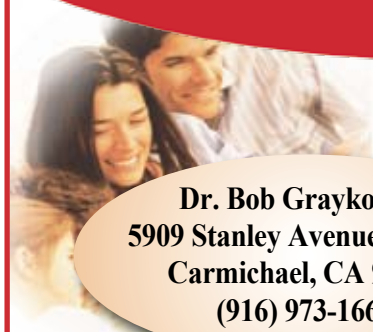


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Aegis Supports Coats for Kids

Aegis of Carmichael supported this year's News 10 drop off Coats for Kids program. The elves made a special delivery to Swanson's cleaners, a sponsor of the program, with a box full of coats. The coats were distributed to local youths in need of warm wear for winter. (Pictured) Elves Layla, Ken, Evelyn, Danielle and Chris from the staff at Aegis wish you all a Merry Christmas.



Mr. and Mrs. JD Conger Celebrate 80 Years of Marriage!



Carmichael - JD and Opal Conger celebrated their 80th wedding anniversary on Dec 7th, at their home in Carmichael Oaks Assisted Living. The Congers were married when JD was 20 and Opal was just 16. JD stayed at the boarding house where Opal's mom was a cook. JD explains that part of their "courtship" included Opal whacking him in the head with an apple when he walked by and ignored her one evening.

After marrying, the couple came to California from Oklahoma during the depression in a pick-up truck with JD's parents and all their belongings. Opal rode in the back of the truck with their 3 year old son James, and their one year old daughter Joyce. Upon arriving in California, the only job they could get, was picking peaches. Opal tells us she was much faster than JD, picking 100 boxes of peaches a day. JD soon found another job.

He went to work for American Forest Products and will tell you he is eternally proud that as "an uneducated man", he worked his way up to sawmill manager.

JD's advice for a long marriage is "not to go to bed arguing", and to consult Opal on all important matters, and everything is important! JD and Opal never show any open displays of affection (partly due to their generation), but as time has passed, the family has been blessed to see the love and dedication they have for each other. We all see it in the way JD looks at Opal, the way he helps her get around, still ties her shoes, and kisses the back of her hand ever so gently. It isn't about how they show their love to the world to see, but rather the tenderness, affection, contentment and respect they have for each other that and how that has been nurtured over the past 80 years.

MARK YOUR CALENDARS! E-WASTE RECYCLING DAY AT DEWEY

Do you have an old computer lying around? Cell phone? Stereo? TV? VCR/DVD player? Printer? Phone? Fax machine?

DON'T THROW THEM AWAY!

Dewey PFO and Advanced Computer Recycling are organizing an e-waste recycling day at Dewey School on Saturday, January 9, 2010 from 10:00 a.m. - 5:00 p.m.

**Dewey earned \$3,500 last year from this fundraiser*

Please bring any office equipment that you no longer use and drop it off for FREE and help Dewey earn money. We will accept almost all electronic equipment except for kitchen appliances.

Please mark your calendars for this great program.

More details to follow in future Tiger Tales or you can call Heidi Ursino at (916) 505-6554.

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Widowed Persons Association of California, Inc.

Office Hours 10:00 am - 3:00 pm
Monday through Friday
916-972-9722

Newcomer's Buffet & Social
Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

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

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

Sunday Support

Any and all widows or widowers are invited

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

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

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



Military Retiree Spouse Meeting

Our first meeting for the 2010 calendar year will be on 12 Jan. We will continue to meet at the North Highlands Park and Recreation District on Watt Ave and the start time is 1030 hrs. Our subject for this meeting will be on prevention of falls and balance that most of us are confronted with. Should be an interesting meeting. Questions can be directed to our volunteers at 561-7476. If you choose to eat lunch following the meeting, contact JoJo at least 24 hrs in advance. She can be reached at 344-6249.

55 ALIVE DEFENSIVE DRIVING CLASS

Our next Driving Class will be conducted on 2 and 3 Feb 2010 at the Aerospace Museum of CA. Class will be from 0900 to 1300 hrs each day. You must sign up for this class in person at the Retiree Activities Office. Cost for AARP Members is \$12; non-members is \$14. Please do not call and try to sign up. It will not work. Questions can be referred to our volunteer staff at 561-7476.

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Senator Cox, Assemblyman Niello Want to Hear from Over-Regulated Businesses

Sacramento – Assemblyman Roger Niello (R-Fair Oaks) and Senator Dave Cox (R-Fair Oaks) announced today that they will be hosting a series of legislative hearings on the impact of regulations on local businesses.

In the wake of a study released earlier this year that concluded that the cost of regulation on California businesses is nearly \$500 billion annually, and with unemployment at record high levels, the overregulation of businesses is likely one primary cause of the state's lagging economy and high unemployment rates.

Two hearings will be held in December, with additional regional hearings to be held in January. The dates and times are as follows:

Two meetings have already

been held. The next meetings are scheduled as follows:

Roseville

Tuesday, January 12, 2009
Maidu Community Center
8:00am - 9:30am

Folsom

Wednesday, January 13, 2009
Folsom Lake College
Community Room
8:00am - 9:30am

"Hearing from those who are impacted directly by the burdensome load of state and local regulation is necessary in finding out how policy makers can provide a better climate for these businesses to operate and put people back to work," said Assemblyman Niello.

"Our economy will not recover and our current state budget

deficit will not be resolved until businesses are once again prosperous and hiring new employees," stated Senator Cox.

Employers are invited to offer their testimony of how they are being impacted by specific regulations at any of these hearings. Business owners or representatives should be able to talk specifically about regulations that are preventing their business from growing or allowing them to hire additional employees.

Businesses owners or representatives who wish to testify at the hearings should contact Assemblyman Niello's district office at (916) 349-1995 in advance of the hearings. State and Local government elected representatives have also been invited to all of the hearings.

CHP "Start Smart" Program

The California Highway Patrol's Start Smart program is a driver safety education class which targets new and future licensed teenage drivers between the age of 15 - 19 and their parents/guardians. The California Highway Patrol has taken a proactive approach in educating new drivers and their families on the responsibilities and dangers of operating a motor vehicle.

The Start Smart presentations cover accident avoidance techniques, driver's responsibility, accident trends, seatbelt safety and zero tolerance laws. The program also offers an opportunity for new drivers and parents to ask CHP Officers and Allied Agency Officers clarifying questions regarding traffic issues. The classes are held at the Rancho Cordova CHP Area office, 11336

Trade Center Drive, Rancho Cordova. Reservations are required to attend the class. For additional information contact the Rancho Cordova CHP Area office.

Any questions or additional information or questions regarding the classes may be directed to Public Information Officer Jim Young, at (916) 464-1458.

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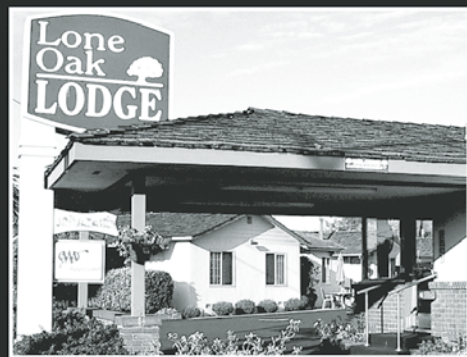


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California Breast Cancer Survivors and Advocates Call on State to Nix Screening Cuts

Komen Affiliates Urge State Leaders to Spare Neediest Women from Budget Cuts

Sacramento - (BUSINESS WIRE) Breast cancer survivors and advocates from all seven California Affiliates of Susan G. Komen for the Cure® signaled their alarm today (Dec 11th) at the recently announced cuts to California's Every Woman Counts program, which would effectively shut the doors to breast cancer screening services for 1.2 million low-income and uninsured women for the first six months of 2010.

Citing budgetary concerns, the state also announced that once they begin screening new patients this summer, only women age 50 and above will be eligible—significantly reducing the number of women in the state that will have access to affordable breast cancer screenings.

“We fully understand the tough economic situation our elected leaders face and the difficult choices they must make. Yet balancing the budget on the backs of our state's neediest women is a mistake. We should not deny women who have very few options and limited resources access to screening and treatment services that may save their life,” said Donna R. Sanderson, Ed. D, Founder, California Collaborative of Susan G. Komen for the Cure.

Every Woman Counts (EWC) is a joint program by the state Department of Public Health and the Center for Disease Control and Prevention's National Breast and Cervical Cancer Early

Detection Program. Komen Affiliates noted that while 1.2 million women are eligible for EWC, the program only screens about 270,000 women a year, 77,000 of whom are under age 50.

The news about changes to EWC come on the heels of new mammography screening recommendations recently unveiled by the U.S. Preventive Services Task Force, which generated significant controversy and confusion for women. Some have interpreted the guidelines as a recommendation against mammography for women age 40 to 49. In fact, the task force actually intended to encourage women to talk with their providers and assess their personal risk factors in deciding whether to have a mammogram. However it was intended, the potential for impediments to screening based on the guidelines exist.

“Women ages 40 to 49 must have access to mammography if they need it,” said Jennifer Luray, president of the Susan G. Komen for the Cure Advocacy Alliance. “As states across the country struggle to balance their budgets, we will be watching to ensure the USPSTF recommendations are not used as a justification for slashing these critical services to women in need.”

Early detection of breast cancer is a key to surviving the disease. When breast cancer is detected early, the 5-year relative survival rate is 98

percent, but declines to 84 percent for regional disease and 23 percent when cancer has metastasized or spread to other parts of the body. Unfortunately, women with low incomes who are uninsured or underinsured — like those eligible for Every Woman Counts — are more likely to skip potentially life-saving cancer screenings, which leads to later diagnoses, larger tumors and lower survival rates.

In California alone, 21,700 women will have been diagnosed with breast cancer this year and more than 4,000 will have lost their battle with the disease.

“We know the need will continue regardless of the ability of the state to meet it. Komen Affiliates will continue to do our part to meet the needs of underserved women; yet, these resources are extremely limited and not available in all areas. We cannot do this alone,” said Sanderson. “Komen for the Cure and its Affiliates have long been concerned that one-third of women in the U.S. today — some 23 million — are already not receiving regular recommended screenings due to lack of access, education or awareness. Unfortunately, the decision to restrict access to the Every Woman Counts program makes the problem even worse.” Visit www.komen.org or call 1-877 GO KOMEN.

Source:
Susan G. Komen for the Cure

Consumer Electronics Association Reacts to California Energy Commission TV Energy Use Mandates

Unnecessary regulations bad for economy, harmful for consumers, says CEA

Arlington - (BUSINESS WIRE) The Consumer Electronics Association (CEA)® today, Nov. 18, 2009, issued the following statement regarding a decision by the California Energy Commission (CEC) to impose unprecedented and unnecessary energy efficiency standards on television sets sold in California. The following statement may be attributed to Jason Oxman, CEA's senior vice president of Industry Affairs.

“CEA is extremely disappointed in the CEC's decision to regulate TV energy use. Simply put, this is bad policy—dangerous for the California economy, dangerous for technology innovation and dangerous for consumer freedom. Instead of allowing customers to choose the products they want, the Commission has decided to impose arbitrary standards that will hamper innovation and limit consumer choice. It will result in higher prices for consumers, job losses for Californians, and lost tax revenue for the state.

“The CEC's actions over the past year demonstrate that this regulatory process is broken.

The commissioners repeatedly rebuffed attempts from the CE industry to provide input or correct the litany of errors and flawed assumptions upon which these misguided regulations are based. With tax revenues and jobs at risk, the citizens of California deserve a more reasoned and fact-based approach to regulation. The Commission has ignored the concerns of small business owners and consumers who will be adversely impacted by these regulations and the detrimental effect they will have on California's job market and economy.

“Energy efficiency is a shared concern for all parties. In fact, the consumer electronics industry has led the effort to reduce energy usage by with innovative, energy-efficient products, and consumers have responded with increased demand for these products. The industry has been so successful, that in the last two years alone energy efficiency of televisions has improved by 41 percent.

But rather than build on these efforts, the CEC chose to create a new regulatory regime and

micromanage the design and development of future televisions.”

“We will continue to pursue legislative and legal solutions to ensure that California citizens will not suffer the consequences of this misguided policy.”

The Consumer Electronics Association (CEA) is the preeminent trade association promoting growth in the \$172 billion U.S. consumer electronics industry. More than 2,000 companies enjoy the benefits of CEA membership, including legislative advocacy, market research, technical training and education, industry promotion, standards development and the fostering of business and strategic relationships. CEA also sponsors and manages the International CES — Where Entertainment, Technology and Business Converge. All profits from CES are reinvested into CEA's industry services. Find CEA online at www.CE.org.

Source: Consumer Electronics Association



The Bahamas were named for their shallow waters by Spanish explorer Juan Ponce de Leon. He called them “baja mar,” Spanish for “shallow water.”

American River Conservancy Winter Programs 2009/2010

American River Canyon Hike (Middle Fork)

Saturday, January 2nd 9am – 12 pm

Join ARC volunteer Howard Williams, hiker, backpacker and nature buff for this short (about 4 miles) hike on trails on the south slope of the Middle Fork American River Canyon in Cool. This beautiful area is much different than anything on the South Fork at the same elevation. It is heavily forested with the feel of being several thousand feet higher in elevation. We should encounter wildlife and perhaps find some wild mushrooms. The hike will be at a leisurely pace but does include a 600 ft. elevation gain. Responsible teen and older welcome. Rain cancels. FREE. Please call to sign up and for meeting location (Cool area) 530-621-1224 or contact julie@arconservancy.org.

Cosumnes River Preserve & Staten Island Tour Managed Wetlands and Restoration Projects/Wildlife Friendly Farming

Sunday, January 3rd, 8 am – 4 pm

Mark Ackerman with the Cosumnes River Preserve will begin our tour at the Visitor Center with a general overview of the Preserve and the Partnership. The wetlands portion of the visit will include a driving and walking tour that will focus on importance of wetlands, wetlands management at the Preserve, and the connection and importance to the Delta including a site visit to our most recent wetlands restoration project (Twin Cities Unit). The restoration and projects portion of the tour will include site visits to the levee setback and breach (restoration by design), and time and weather permitting, a visit to Snake Marsh. The second part of the tour will take place at Staten Island located approximately 7 miles west of the Preserve Visitor Center. The visit to the island will include a brief history, the importance of wildlife friendly farming, and the challenges of the Sacramento-San Joaquin Delta. (This trip will include a 3 mile hike-intermediate level). Responsible Teens and older welcome. Rain or shine. \$35/members, \$45/non-members. Transportation and lunch provided. Call to reserve your spot 530-621-1224 or contact julie@arconservancy.org

Eco-Poetry - A Reading and Discussion On Water

Friday, January 8th, 6 – 7:30 pm

Join poet Alexa Mergen in sharing poems that describe water, celebrate water and offer a call to action. Bring and read your original poems about water as well as poems by your favorite authors. Alexa serves as

Sacramento Area Coordinator for California Poets in the Schools. All ages welcome. FREE (donations encouraged). We'll meet at the Nature Center in Coloma (348 Hwy 49). "Everything ripens at once/ by the river as if life is racing..." - Alexa Mergen

A Talk On The Wild Side-Mushroom Presentation

Saturday, January 9th, 9 – 11am (followed by walk)

Robert Mackler, an ARC volunteer naturalist, will take you through a discussion on mushrooms as food from prehistory to present, including cultural differences between people concerning mushrooms. The various types of mushroom poisoning will be explained. There will be a show-and-tell for participants who are asked to bring in whole mushroom specimens in good condition or good photos and, weather permitting, a walk in the park to see living examples of fungi. Responsible teens and older welcome. \$5/members, \$10/non-members. This will be an easy walk in the Coloma area. Walk canceled if steady rain. Please call to sign up and for meeting location 530-621-1224 or contact julie@arconservancy.org.

Trailwood Films “Movie Series” I (of II)

Tuesday, January 12th, 6:30 – 8pm -

The Story Of Grand Canyon National Park
Narration: “Anywhere else in the world this would be considered a mountain. Here, it is only a small peak in The Canyon.” This film highlights the beauty of the Grand Canyon and its diversity. Suggested donation \$5/members, \$10/non-members. Placerville Library. Please call to sign up 530-621-1224 or contact julie@arconservancy.org

Stevens Trail (Iowa Hill) - Hike

Wednesday, January 13th, 9am – Approx. 3-4 pm

Join ARC member & volunteer Bob Griffiths on this 7.4-mile (round trip) hike. This North Fork American River trail starts at the Iowa Hill store (the first Macy's in California) and descends 1600 feet on a gentle sloped trail. The trail is north facing and mostly shaded, requiring warm layers this time of year. Along the way, we will cross a hydraulic mining pit where we will explore tunnels that were dug to “drain” the diggings before continuing on down the trail to the river. At about the halfway point, we will break out of the forest cover and enjoy fabulous views of the North Fork canyon. This trail was built in the 1850's and is supported by beautiful rock walls along this section. The trail ends on a rock outcrop a short distance from the old cable bridge site (this outcrop makes a nice lunch/turn around point). Rain cancels. 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. – 4:50 p.m. daily

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

Black-tailed Deer

The bucks are in their winter glory, with beautiful antler crowns. Grab your binoculars to catch a closer look at the black-tailed deer in their habitat and learn more about their world.
Saturday the 2nd at 10:30AM

Walk on the Wild Side

Winter casts its chilly spell and gives nature its own special winter beauty. Walk with a naturalist and explore this season in the woodland.
Sunday the 3rd at 10:30AM

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 River.
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

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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FICTITIOUS BUSINESS NAME STATEMENT #0910526. Trench & Traffic Supply Inc., 6400 Stanley Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Traffic Control Plan" at 2175 Acoma St., Sacramento, CA 95815.

FICTITIOUS BUSINESS NAME STATEMENT #0910570. Matthew S. Baker and Thomas S. Baker, both of 3912 Bryan Way, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Baker Fabrication" at 3912 Bryan Way, Carmichael, CA 95608.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #222536 WHEREAS, Amber Huttleston has filed a petition with this court for a decree changing name of Amber Huttleston to Katie Huttleston. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 6, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, and show cause, if any, why the petition for change of name should not be granted.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #217643 WHEREAS, Claudia Robertson, through her attorney, Nickolaus Knight, has filed a petition with this court for a decree changing name of Claudia Calista Anne Robertson to Claudia Anne Kennedy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 8, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, and show cause, if any, why the petition for change of name should not be granted.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #217643 WHEREAS, Claudia Robertson, through her attorney, Nickolaus Knight, has filed a petition with this court for a decree changing name of Claudia Calista Anne Robertson to Claudia Anne Kennedy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 8, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, and show cause, if any, why the petition for change of name should not be granted.

R. Ridgeway Family Relations Courthouse, 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: Nov. 23, 2009. Dean L. Petersen Judge of the Superior Court Publish: December 2, 9, 16, 23, 2009. SACCHI 91201 12-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0910656. Saskaen Inc., 1700 Alma Dr. #350, Plano, TX 75075 is doing business under the Fictitious Business Name "Ingenient Technologies" at 1700 Alma Dr. #350, Plano, TX 75075. Filed with the Clerk of Sacramento County on Nov. 30, 2009. Publish: December 9, 16, 23, 30, 2009. CORP20 91202 12-30-09

FICTITIOUS BUSINESS NAME STATEMENT #0910488. Misty Marie Young, 7362 Huntington Square Lane #178, Citrus Heights, CA 95621 is doing business under the Fictitious Business Name "in24.org" at 8037 Fair Oaks Blvd. #108, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Nov. 20, 2009. Publish: December 9, 16, 23, 30, 2009. 1IN240 91202 12-30-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00065943 WHEREAS, Michelle Allison Jean-Germaine French filed a petition with this court for a decree changing name of Michelle Allison Jean-Germaine French to Allison Grace French. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Jan. 15, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 4, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: December 9, 16, 23, 30, 2009. FRENCH 91202 12-30-09

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: Alex Andrew Todorean is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 6530 Fair Oaks Blvd., Carmichael, CA 95608 with 41 - On-Sale Beer and Wine - Eating Place license. Filed: Dec. 8, 2009. Publish: December 16, 23, 30, 2009, January 6, 2010. VILLAT 91203 1-6-10

FICTITIOUS BUSINESS NAME STATEMENT #0910810. Wayne D. Powell, 5820 Fair Oaks Blvd. #229, Carmichael, CA 95608 is doing business under the Fictitious Business Name "American River Smog Test Only" at 5851 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 7, 2009. Publish: December 16, 23, 30, 2009, January 6, 2010. AMRIVE 91203 1-6-10

FICTITIOUS BUSINESS NAME STATEMENT #0910965. Furtax Inc., 5839 Manzanita Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Roni Deutch Tax Center" at 5839 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 11, 2009. Publish: December 16, 23, 30, 2009, January 6, 2010. RONIDE 91203 1-6-10

FICTITIOUS BUSINESS NAME STATEMENT #0910338. Alex A. Todorean, 7592 Orange Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Villa Toscana, Giardino di Caffè" at 6530 Fair Oaks Blvd., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Nov. 17, 2009. Publish: December 16, 23, 30, 2009, January 6, 2010. VILLAT 91203 1-6-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #217643. WHEREAS, Claudia Robertson through her attorney, Nickolaus Knight, has filed a petition with this court for a decree changing name of Claudia Calista Anne Robertson to Claudia Anne Kennedy. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 8, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, and show cause, if any, why the petition for change of name should not be granted.

WHEREAS, Levi Augustus has filed a petition with this court for a decree changing name of Levi Augustus Mahoney 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

for four consecutive weeks prior to the date set for hearing on the petition. Dated: Nov. 23, 2009. Dean L. Petersen Judge of the Superior Court Publish: December 16, 23, 30, 2009, January 6, 2010. SACCHI 91203 1-6-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #222536

WHEREAS, Amber Huttleston through her counsel, Nickolaus Knight has filed a petition with this court for a decree changing name of Amber Huttleston to Katie Huttleston. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Jan. 6, 2010 in Dept. 135, located at 3341 Power Inn Road, Sacramento, CA 95826; William R. Ridgeway Family Relations Courthouse, and show cause, if any, why the petition for change of name should not be granted.

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES Date of Filing Application: DECEMBER 8, 2009. To Whom It May Concern: The Name(s) of the Applicant(s) is/are: KUMANSKY SVETLANA. The applicants listed above are applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 4715 MANZANITA AVE., CARMICHAEL, CA 95608-0822. Type of License(s) Applied for: 47 - ON-SALE GENERAL EATING PLACE. Department of Alcoholic Beverage Control 3321 POWER INNRD, STE 230, SACRAMENTO, CA 95826 (916) 227-2002. Publish: December 23, 30, 2009, January 6, 2010. PACCOR 91204 1-6-10

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 Mahoney 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. AUGUST 91204 1-13-10

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POPOFF!

with Mary Jane Popp

FULLFILL YOUR YEN IN 2010

Are you ready to make all those dreams come true? It all begins with you and your numbers according to **Psychic/Numerologist Esther Bear**. No one can make it happen but you. However, if you are forewarned, then you can make your plans accordingly. Esther has created a lifeline for each month of 2010. There are dos and don'ts for each one. They will act as a guideline for you to follow as the year progresses. So take the information, and run with it! This could be your year to fulfill your most cherished wishes!

According to Esther, this year is for fun, expansion, social activities, and exploring your creative talents. The negative aspects would be feeling too empowered...thus trying to do too much at once and getting nothing at all accomplished. Also, don't spread yourself too thin. It'll be like running a hundred miles per hour with one foot nailed to the ground. You'll just be spinning your wheels. If this occurs, you'll find yourself putting on weight and going crazy. You'll need to slow down and concentrate on one thing at a time before moving on to other

projects. Here's what to expect.

JANUARY AND OCTOBER are months you should make plans for change. No action should be taken at this time.

FEBRUARY AND NOVEMBER are for writing, advertising, and publishing anything you want out there. The written word is very powerful at this time.

MARCH AND DECEMBER are for expansion in the home. Take time to be creative. Spread some color, re-decorate, add some art work. Watch those chilly nights...there might be some babies in the works.

APRIL: Stay close to home... accidents are in the air. Study and research anything you want to accomplish. Expand on any health related matters. But do this carefully.

MAY: Money energy is working for you now. Sell some of your works or go out and sing for money. Sell an album or publish that book of poems Or take up classes that will help you make money later.

JUNE: Complete and end things now. Do not start anything new. Make plan for later.

JULY: Start new projects now. Keep a journal. Write



that book of poetry. Do something different. Take up a class for something creative.

AUGUST: Kick back this month...veg out. If you get any offers to make money...get it in writing just in case the deal fizzles.

SEPTEMBER: This is the most creative month this year. But do watch your weight. If you do not expand outward, you will inward. Go slow and start and finish one thing at a time. Do not overdo.

Do all that you can do this year...have fun, make money, socialize, create, etc. For next year you will be on hold and not having the fun you did this year. Good luck and prosper.

That's Esther's advice. From yours truly, remember, wishing doesn't make it so. You've got to get off your duff and dive into life with great gusto. **LIVE LONG AND PROSPER!!!**

Join Mary Jane for the **KAHI Noon News Monday - Friday and then again for POPOFF 10 PM - Midnight.**

Laura on Life Letter From Santa

By Laura Snyder

I am Santa Claus and, for once, I am going to break with tradition this year and get a few things off my chest. As the parents of the children who receive my gifts every year, I was hoping you could tell me what you think about some ideas I have.

I thought that maybe one of these years I could have a day off on Christmas. We could give it back to the child whose birthday we are supposed to be celebrating. I wouldn't mind having a different day. Maybe a warmer day? In July, perhaps?

Okay, maybe that's asking too much. I didn't consider all the songs that would have to be changed if, rather than coming on a sleigh in a furry red suit and snow boots, Santa came on a surfboard in Bermuda shorts. I can continue to come in the winter with a few changes:

First, I need to pimp out my ride. I need a sleigh cab with central heat and a hot chocolate dispenser. Also, Mrs. Claus has patched up my red suit so many times I look like a Siberian refugee. So, I was thinking, how 'bout you all pitch in and buy me a new set of threads? I was thinking maybe a forest green insulated tuxedo. What do you think? I could switch to a lime green silk smoking jacket when I get to the tropics.

Speaking of the tropics, would it be too much to ask for a tropical vacation for me and the

Mrs., after I do my job? Maybe I wouldn't get so much flack from my wife for working so many hours if I could promise her a vacation somewhere warm.

Speaking of warm, my wife wants a hot tub for Christmas. Those are pretty hard to come by in the North Pole. I asked my elves to see what they could do, but the best they could come up with was a cross between a Malibu Barbie pool and a coffee maker. Instead of milk and cookies, maybe one of you can put a hot tub out for me to take home. Make sure there is a big bow on it, though, otherwise she'll think I stole it.

About that milk and cookies: I want to know which one of you started the rumor that I like milk and cookies? When I find out who you are, you are getting nothing but Barry Manilow CD's in your stocking for the next 50 years! Just once I'd like to see a fifth of vodka and a bag of beef jerky waiting for me. I'd even settle for roast beef and mashed potatoes. You can skip the corn on the cob, though. It gets stuck in my beard and the reindeer will want to nibble.

They like the carrots that some of you put out for them, but they'd move a lot faster for me if you gave them jalapeno peppers. That's like high octane fuel for reindeer. Riding behind them after they've eaten jalapeno peppers isn't necessarily safe, though. Processed through a reindeer, jalapenos are highly combustible. If their hooves nick



the metal harness, flames shoot out their rear. Comet is particularly susceptible. Another reason I could use a cab on my sleigh.

Those reindeer will eat just about anything, though. They are not picky. If you wondered why Rudolph's nose was shiny, it's because I left my vodka out in the barn. I would have let Lawrence come that night if it weren't for the fog. Lawrence is Cupid's son. He has separation anxiety and his stall was knee-deep in reindeer crap when we got back. I made Rudolph clean it up.

If you ever consider getting anything for me for Christmas, here is my list:

- A beard trimmer.* (Mrs. Claus thinks if I trimmed my beard, I would look just like Brad Pitt.)
- Power tools.* (The elves have requested this.)
- Flat screen TV and a Blu-ray player.* (Do I need a reason?)
- A bathing suit.* (For the tropical vacation.)
- Oh... and world peace.*

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.

Carmichael Recreation and Park District Offers New Classes

Carmichael Recreation and Park District is excited to announce the following new classes, all located at **La Sierra Community Center 5325 Engle Rd Carmichael, CA 95608**. Register at La Sierra Community Center office, Suite 100. Office hours 8:30 am - 5:30 pm. Questions, please call 483-7826.

Carmichael's Biggest Loser Program - Commit Under 200 Slim 4 Life
Taught by Delores Rogers-Phillips, Wellness Coach

Commit Under 200 (CU200) is a support group competition that will encourage and inspire participants through their self desired weight loss to a healthier way of living and achieving their life goals. The program offers a change in physical, spiritual, cognitive, financial and social structure which will lead to a renewed and more fulfilling lifestyle. CU200 assists people battling 200 or more pounds and will either reduce weight by 25 pounds or decrease 2 sizes. Throughout the 12 weeks,

participants will receive invaluable health and wellness information including a dietary regimen, exercise and motivational tools. One-on-one coaching and additional counseling are optional. Now is the time - if you are ready for a lifestyle overhaul this program is for you!

Day/Time: Wednesday, 7-8:30pm
Dates: 1/20-4/7
Fee: \$80

Independent-thinking Residents Needed to Help Draw Political Boundaries

Sacramento - The State Auditor is looking for volunteers to serve on a voter-approved commission to redraw the lines for California legislative and Board of Equalization districts. The 60-day online application period begins on December 15, 2009 and ends on February 12, 2010.

"Redrawing district boundaries is an important job," said State Senator Dave Cox. "Those serving on the Citizens Redistricting Commission are responsible for the geographic boundaries of 80 Assembly districts, 40 Senate districts, and four State Board of Equalization districts which will stand for the next 10 years."

Cox added, "This process takes redistricting out of elected

officials' hands and gives that power to citizens." Passed in November 2008, Proposition 11 requires the State Auditor to initiate an application process to fill a 14-member commission.

According to the State Auditor, the process for determining the districts and coming to a final agreement must occur in an 8 1/2 month period that starts January 1, 2011, and ends September 15, 2011, with the presentation of the final maps to the Secretary of State for certification. During those 8 1/2 months, the duties of the commissioners will be complex and time-consuming.

Duties of commissioners include but are not limited to: holding public hearings throughout

the state, review and discuss demographic data, hire and direct commission's staff and vote for the approval of the final district maps.

Applicants must be a registered California voter, who has voted in at least two of the last three statewide general elections. Interested voters can go online at www.wedrawthelines.ca.gov to fill out an application. For those without access to the internet, please call (866) 356-5217.

"Qualified civic-minded Californians are encouraged to apply," Cox concluded.

Contact Senator Cox's office at 916-651-4001, or via email at senator.cox@sen.ca.gov.

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California May Influence IRS Tax Preparer Proposal

The IRS Invites California Representatives to Share their Expertise on Potential Regulation

Sacramento—(BUSINESSWIRE) Internal Revenue Service Commissioner Douglas Shulman plans to recommend to the President and Treasury Secretary by the end of this year that income tax preparers need to be regulated by the federal government. "Beauticians in most states have to be licensed, yet the majority of tax preparers nationwide, who handle one of the most important documents for consumers each year do not have to be educated or insured," said Celeste Heritage, administrator for the California Tax Education Council (CTEC), which oversees a state requirement to register unlicensed tax preparers. The IRS has been holding meetings with industry leaders, including CTEC and its enforcement partner, the Franchise Tax Board, for insight on establishing a federal standard. California, New York and Oregon are the only states that have set requirements for paid tax

preparers; however, Maryland is also working to implement legislation it passed in 2008. In California, anyone who prepares income tax returns for a fee and is not a licensed attorney, certified public accountant (CPA) or IRS enrolled agent (EA) is required by law to register with CTEC. Each CTEC-registered tax preparer (CRTP) has to complete an educational requirement on tax laws and obtain a surety bond to protect clients against fraud. According to the IRS, federal oversight of tax preparers is necessary in order to reduce fraud, improve compliance and close the tax gap. It is a proposal that does not seem to have much opposition other than how to fund it; however, CTEC believes there is a solution. "CTEC is a good model because it has tax professionals regulate their own industry at no cost to the state," said Alan Shattuck, CPA and CTEC board member. Before CTEC was established in

1997, the California Department of Consumer Affairs managed the registration of tax preparers. To help save money without jeopardizing the protection of taxpayers, the state decided to privatize the program. Today CTEC is a nonprofit quasi-public benefit corporation that is run by a board of directors representing tax professionals, three staff members and is funded by CRTPs who pay an annual \$25 registration fee. "We have an extremely useful program that can be used nationally," said Heritage. "The IRS should seriously look at CTEC and consider privatization." Last year CTEC registered more than 44,000 tax preparers. CPAs and CRTPs are the two largest tax preparer groups in California. Please visit www.ctec.org or call (877) 850-2832. *Source: California Tax Education Council*

Senator Cox, Assemblyman Niello Want to Hear From Over-Regulated Businesses

Sacramento – Assemblyman Roger Niello (R-Fair Oaks) and Senator Dave Cox (R-Fair Oaks) announced today that they will be hosting a series of legislative hearings on the impact of regulations on local businesses. In the wake of a study released earlier this year that concluded that the cost of regulation on California businesses is nearly \$500 billion annually, and with unemployment at record high levels, the overregulation of businesses is likely one primary cause of the state's lagging economy and high unemployment rates. Two hearings will be held in December, with additional regional hearings to be held in January. The dates and times are as follows: Two meetings have already been held. The next meetings

are scheduled as follows:
Roseville
 Tuesday, January 12, 2009
 Maidu Community Center
 8:00am - 9:30am
Folsom
 Wednesday, January 13, 2009
 Folsom Lake College
 Community Room
 8:00am - 9:30am
 "Hearing from those who are impacted directly by the burdensome load of state and local regulation is necessary in finding out how policy makers can provide a better climate for these businesses to operate and put people back to work," said Assemblyman Niello. "Our economy will not recover and our current state budget deficit will not be resolved

until businesses are once again prosperous and hiring new employees," stated Senator Cox. Employers are invited to offer their testimony of how they are being impacted by specific regulations at any of these hearings. Business owners or representatives should be able to talk specifically about regulations that are preventing their business from growing or allowing them to hire additional employees. Businesses owners or representatives who wish to testify at the hearings should contact Assemblyman Niello's district office at (916) 349-1995 in advance of the hearings. State and Local government elected representatives have also been invited to all of the hearings.

Democrats Unite to Support Ami Bera for Congress

Bera's Focus on Jobs, Education and Health Care Earns Support from Community Leaders

Sacramento – Speaking about the need to create jobs, fix education and reform health care, Congressional candidate Ami Bera today received the formal endorsement of Bill Slaton, making Bera the sole Democratic candidate to challenge incumbent Republican Dan Lungren in the 2010 general election. "We are facing a record jobless rate, a health care crisis and schools just aren't what they used to be," said Bera as he received the endorsement of several community leaders at American River College, one of the region's leading job training centers. "I'm running for Congress because we have to get people back to work, fix education and reform health care." Bera received the formal endorsement of Bill Slaton,

who had planned to run against Bera in the Democratic primary. Slaton's decision to support Ami Bera for Congress means Bera is the likely nominee to take on incumbent Dan Lungren in the 2010 general election. "Ami has demonstrated the kind of leadership we need in Congress to create good-paying green jobs here in our community," said Slaton, director of the Sacramento Municipal Utilities District who is working to develop the new energy economy. "I look forward to working with him to put people back to work when he is our next Representative in Congress." "I've seen first-hand just how much and often Dan Lungren has failed our community," said Bill Durston, who ran a close race against Lungren last year, holding

him to just under 50 percent of the vote. "We need Ami's leadership and that's why we must work harder than ever before to elect Ami Bera to Congress." Ami Bera is a physician who has an extensive background in health care policy, both in the public and private sector. He is a former Chief Medical Officer for the County of Sacramento who recently served as Associate Dean for Admissions at the UC Davis School of Medicine. The 3rd Congressional District includes several communities in Sacramento and Solano County, as well as all of Alpine, Amador, and Calaveras Counties. The primary election is June 8, 2010 and the general election is November 2, 2010. To learn more about Ami Bera, visit www.BeraForCongress.com.

Assemblyman Niello Weighs in On CARB's Proposed Diesel Regulations

Sacramento – (December 11) Assemblyman Roger Niello (R-Fair Oaks) today testified at the California Air Resource Board hearing to consider the implementation of the truck and bus regulations relative to diesel emissions. Last year, the Board approved strict regulations to reduce emissions of diesel particulate matter, oxides of nitrogen, and greenhouse gases from in-use diesel trucks and buses that operate in California. This regulation establishes requirements for in-state and out-of-state motor carriers, California-based brokers, vehicle owner operators, and any California

resident who hires or dispatches vehicles subject to the regulation. In September, Assemblyman Niello led an effort of nearly half of the members of the Legislature to send CARB a formal request to temporarily suspend the regulations given the weak economy and the unavailability of bond funds for retrofits of diesel engines. "Ironically, the economy is so bad that the conditions accused of producing the public health threat provoking the new rules are lessening," commented Niello. "This regulation will take a struggling economy and impose additional burdens on small and medium sized

trucking companies. I would only urge that the implementation timeline be seriously considered in order to allow businesses the time needed to recover." CARB staff has recently released data regarding the impact the downturn in the economy has had on emission levels in California. With the decrease in fuel usage, total tonnage of particulate matter has also naturally been reduced. Following Assemblyman Niello's testimony, the air board acknowledged that the economy had naturally reduced particulate matter and ordered that new rules be drawn up for consideration in April.

Library Friends to Host Warehouse Clearance Sale

The Friends of the Sacramento Public Library are hosting a Warehouse Clearance Sale at the Book Den Warehouse, 8250 Belvedere Avenue, Suite E, on two Saturdays, January 9, and January 16, 9 am to 3 pm. The warehouse is currently overstocked with a wide variety of books which must

be sold so that room is available for incoming new donations. Proceeds will benefit the Sacramento Public Library system. All books and other materials in the warehouse will be sold for \$5 a bag both days. Because of the reduced prices, the Friends members' usual discount will not

be offered at this sale. The Book Den store, which specializes in collectibles and better books and is located at the same site, will be open during the same hours and will be featuring red dot collectibles at half-price. For more information, call 916-731-8493 or email fsp@att.net.



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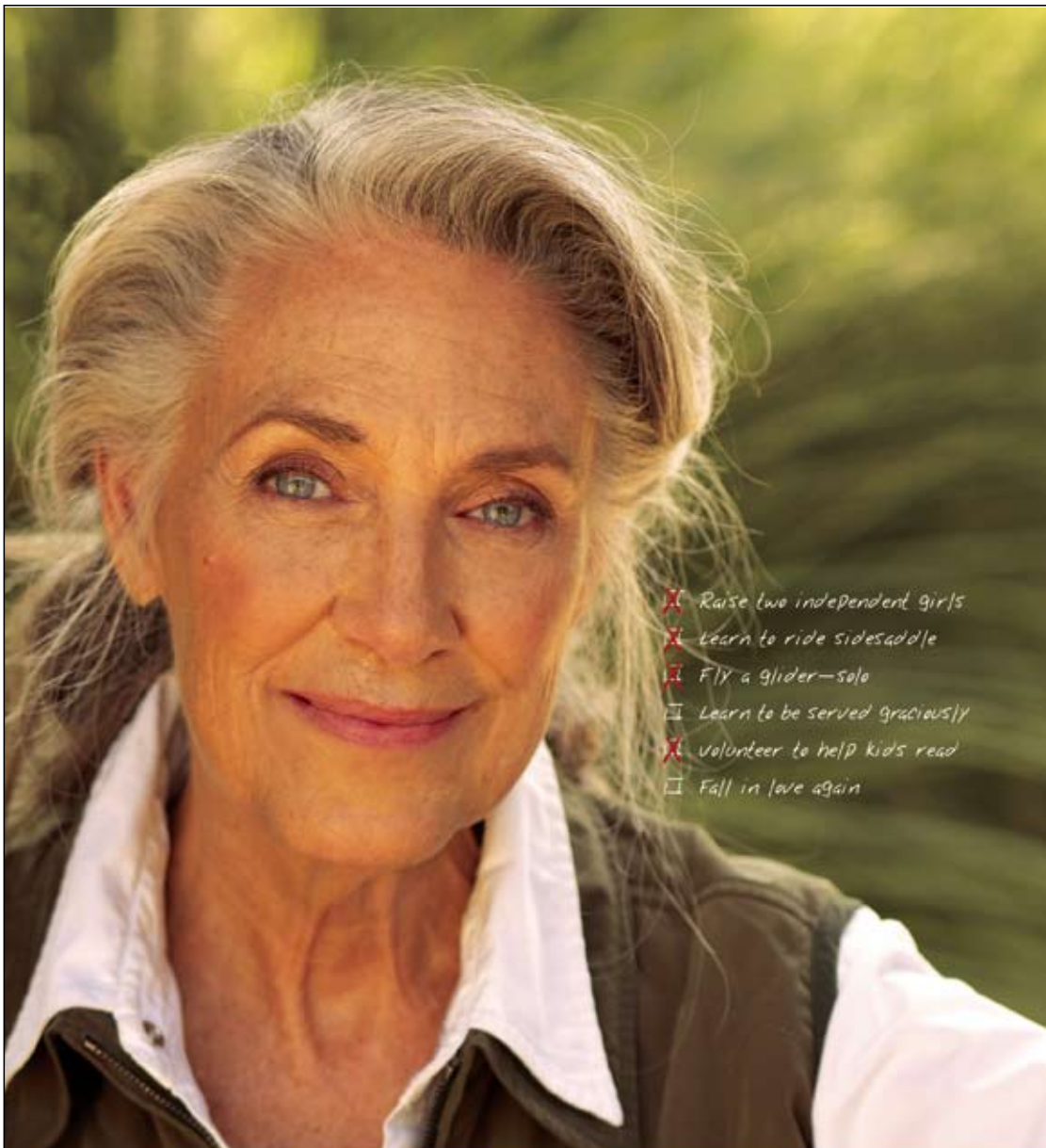
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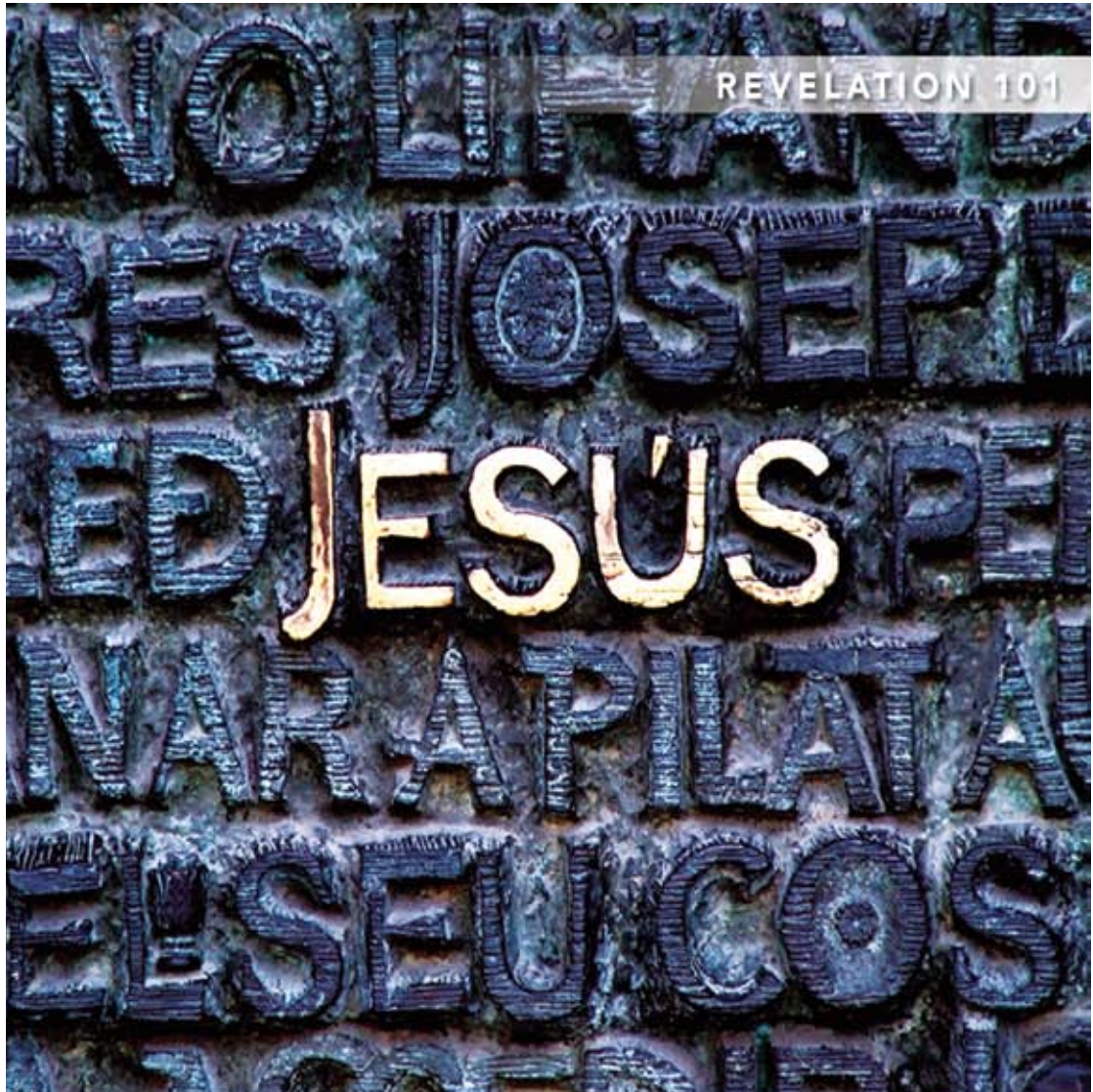
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