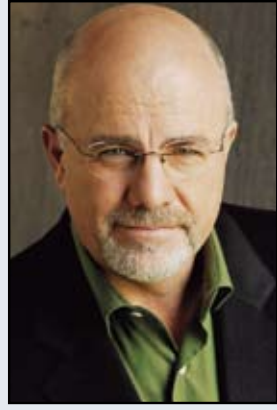


Carmichael Times



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Volume 29 Issue 44

Serving Carmichael and Sacramento County since 1981

November 11, 2009

Huber Makes Special Delivery to Governor from Delta Residents



Photo provided by Assemblymember Huber's Office

Assemblymember Huber Delivering 2000 Postcards from Residents that say "NO" Canal Plan to Governor's Office

Sacramento - Assemblymember Alyson Huber (D-El Dorado Hills) today, (Nov. 9), delivered 2000 postcards to the Governor's office. The postcards are from Delta residents who are opposed to Governor Schwarzenegger's plan to build a peripheral canal. "I have heard from my constituents - residents of the Delta region - and they have said loud and clear they oppose the construction of a peripheral canal," said Assemblymember Alyson Huber. "The Governor showed how out of touch he is with my communities when, just hours after the water package was passed, he

touted his plans to build a canal through the Delta at a business event in Stockton. He just doesn't get it - he might as well walk into a Giant's game wearing a Dodger jersey."

The Governor's spokesperson, who came to accept the postcards, answered with a clear "yes" when asked by reporters if the Governor does in fact have plans to build a canal.

As the Governor signs the bills in the water package passed by the legislature, Assemblymember Huber wants to remind the Governor of the strong opposition to his canal plan by Delta residents. These residents will not stand aside while the Governor and his Southern

California water buddies bulldoze their way through the Delta.

Assemblymember Huber opposed the water package because it creates a new layer of bureaucrats who will make decisions on water that will impact the communities in her district, including the details of a canal. To counteract proposals to give all authority to a group of unelected appointees, Huber offered up a simple bill (AB 13 7x) one to require a full analysis of the peripheral canal and require legislative approval - a common sense approach. The bill was killed without a hearing. Huber plans to re-submit the bill in the coming weeks.

School District Moves to Hide Students' Medical Decisions from Parents

From Pacific Justice Institute

Sacramento - One of the largest school districts in the Sacramento area is quietly moving to revise its student absence policy to make clear that parents will not be notified if their children in grades 7-12 leave school to get "confidential medical services," such as abortions, contraceptives and drug abuse counseling.

Pacific Justice Institute has learned that last week, the school board of San Juan Unified held an initial hearing to revise the district's student absence policy. School officials have acknowledged that, currently, decisions are left to individual school counselors, nurses or administrators as to whether parents are notified when their children miss school for "confidential medical services." The new proposal would make clear that parents of 7th-12th graders would not be informed in such instances. Only one board member, Dr. Larry Masuoka, questioned the proposed policy change. A final vote is scheduled for the next

board meeting on November 17.

Similar attempts by school board members in Modesto and Fairfield-Suisun within the last few months stirred such intense opposition from parents that the proposals were defeated. A similar, pending proposal in Thousand Oaks is also meeting stiff opposition from parents and community members. Pacific Justice Institute will be offering legal analysis to the school board of San Juan Unified in support of parental notification. PJI has provided similar counsel to several other school boards that have ultimately decided not to hide students' medical decisions from parents. PJI ally Capitol Resource Institute has also been instrumental in rallying parents to oppose "confidential medical services" policies.

PJI President Brad Dacus lives in the San Juan Unified School District. He commented, "It is wrong for a school district to hide students' medical needs from their parents, who are morally and legally responsible for them. Fortunately for parents and voters, there is

still a small window of time to contact the San Juan school board and oppose this proposal before it becomes official district policy."

For more information on the upcoming school board meeting, parents should contact Pacific Justice Institute at pacificjustice.org

Pacific Justice Institute is a non-profit 501(c)(3) legal defense organization specializing in the defense of religious freedom, parental rights, and other civil liberties. Pacific Justice Institute works diligently, without charge, to provide their clients with all the legal support they need. Pacific Justice Institute's strategy is to coordinate and oversee large numbers of concurrent court actions through a network of over 1,000 affiliate attorneys nationwide. And, according to former US Attorney General Edwin Meese, "The Institute fills a critical need for those whose civil liberties are threatened." "Through our dedicated attorneys and supporters, we defend the rights of countless individuals, families and churches... without charge."

Community Salutes Patriots

By Susan Maxwell Skinner

Carmichael - During a weekend remembrance event, the names of four local heroes were added to a Wall of Honor in Patriots' Park.

Carmichael and Fair Oaks communities last year dedicated a public reserve to those who died in service to their community or nation since the Carmichael Park District began. Central to its facilities, the US flag flies over a low wall bearing the names of those who fell serving neighborhood or nation. 2008 opening ceremonies saluted seven men.

In a ceremony marked with more military honors and attended by over 100 residents on Saturday, four more plaques were unveiled.

The honorees were: Airforce Capt Olin E. Gilbert Jr, a Vietnam War Silver Star recipient who died when his aircraft failed during a 1968 Florida training mission.

Army Specialist James Edward Schlotzman, who was killed in 1967 by a bobby trap while patrolling in Vietnam.

Marine and firefighter Sargeant Brian E. Dunlap, whose 2005 death followed a roadside bomb explosion in Baghdad.

Army Sargeant Larry Howard Morford, who was killed leading a Vietnam patrol in 1970, days before he was due to return home.

The names join 2008 honorees Sargeant Ronalt L. Coffelt, Specialist Raymond N. Spencer Jr, Deputy Kevin P. Blount, Firefighter Dean W. Rhoades, Deputy Joseph M. Kievernagel, 1st Lieutenant Robert S. Byrnes and CHP Officer Ronald E. Davis.

The park district allows for more names to be added each fall. For nomination guidelines, call (916) 485-5322. Patriots' Park is on Palm Ave, near Madison and Dewey.



Firefighter and piper Art Leclair (center) is flanked by Vietnam and Korean War veterans Chuck Plalm (left), Tom Loftus, Wayne Austin and Steve Leinfus during ceremonies in Patriots' Park. The flag was later lowered to half-staff in respect for October deaths of US Coast Guard officers after an air collision in Southern California.



Representatives of the Gilbert, Morford and Scholtzman, Dunlap families display pictures of their heroic relatives. Plaques commemorating their sacrifice were last weekend added to the Patriots' Park Wall of Honor.

Photos by Susan Maxwell Skinner

Pedestrian Struck and Killed While Retrieving Belongings On Freeway

California Highway Patrol Release

On November 7, 2009 at approximately 6:00 a.m., a pick up truck carrying a load of boxes that were not properly secured, lost one of its boxes onto the roadway on northbound SR-51 south of Watt Avenue. The boxes contained hoodie jackets that and were strewn across the lanes. The driver of the pick up truck pulled to the right shoulder and the female passenger got out of the vehicle in attempt to go retrieve the items in the roadway.

Lauren Finicum, a 27 year old from Sacramento was driving a purple 2000 Mitsubishi Eclipse on northbound SR-51 south of Watt Avenue at approximately 70 mph in the #3 lane approaching the debris in the roadway. She suddenly observed a person in the #3 lane bending over to retrieve the items. She applied her brakes but was unable to stop prior to striking the pedestrian. The pedestrian was thrown into the #2 lane where she

was struck by multiple other vehicles. The pedestrian was pronounced dead at the scene. The #2 and #3 lanes were shut down for approximately 3 hours. Finicum was not injured in this collision. The female pedestrians name has not been released pending notification of next of kin. Alcohol and/or drugs do not appear to be a contributing factor in this collision. This collision is still under investigation.

Action Alert!



Protect Parental Rights from SJUSD Changes



Garfield School, one of many under fire over parental rights

Carmichael - The right of parents to be aware of and be involved in their minor child's crucial medical decisions is being debated by the San Juan Unified School Board on Tuesday, November 17, 2009

We, at Capitol Resource Institute, will be attending this important

hearing and I am prepared to testify on behalf of families in SJUSD, to preserve and protect parental rights. In the state of California, school districts are permitted to adopt policies that permit minors to leave campus to obtain confidential medical services without parental

knowledge or consent. San Juan Unified School Districts policy is currently ambiguous on this issue, which is allowing some minors to be let off campus. A new policy before the board would clarify current policy and allow all minor students to leave campus to receive confidential medical services without parental notification.

Although anti-family school officials wish to keep you out of medical decisions made by your child during school hours, CRI has been successful in the past when we've argued that school boards should adopt parent-friendly policy.

We are urging you to come to this meeting and let your voice be heard. Please invite your friends and family members to come along with you.

Your rights are being threatened and you must do something to protect your children and the children of others in the public school.

The meeting to discuss your parental rights will be held on Tuesday, November 17, 2009, at 6:30 PM at the district office, at 3738 Walnut Avenue, Carmichael.

We hope we can count on you to be there. We believe that having a strong showing from parents in the school district will make a big difference!

We hope to see you at this crucial meeting!

Please visit our website on confidential medical services at CAParentalRights.com. You can find descriptions of confidential medical services that students have obtained, without parental knowledge. There are also FAQs sections and timeline of confidential release in California.

Capitol Resource Institute
660 J Street, Suite 250
Sacramento, CA 95814

The Tea Party Patriots Farmer Relief & Freedom Relay... a Nationwide Call to Action!

Sacramento - In 2009, the protection of a shiny bait fish in the Sacramento-San Joaquin River Delta has cost California's Central Valley farm economy more than 35,285 jobs; \$1.6 billion in revenue and a 40-percent unemployment rate in towns surrounded by parched fields.

On Nov. 8, supporters of the Tea Party Patriots launched the "Farmer Relief & Freedom Relay" to focus national attention on how environmental policies and court rulings have devastated California's Central Valley farms and surrounding communities. These "Tea-Niners" will also accept monetary donations to restock food pantries in the Golden State's San Joaquin Valley, the nation's now crusty "bread basket."

Only an act of Congress before the end of 2009 can suspend the Endangered Species Act in the Delta and open up water supplies for the 2010 growing season. "The insanity must end,"

says attorney Mark Meckler of Sacramento, a national coordinator of the Tea Party Patriots. "It is devastating California's economy. We are being crushed by burdensome regulations and taxes imposed by politicians who care more for causes and political gamesmanship than people."

The Relay will come to California by three routes: A northern (red) route from Portland, ME; a middle (white) route through America's heartland, and a southern (blue) route from Jacksonville, FL, converging in Fresno, CA on Nov. 22, 2009.

"Government is choosing the environment over human life," says Ben Bergquam, media and public outreach coordinator for the Central Valley Tea Party, a branch of the Tea Party Patriots. "We need to take the message nationally. We need to get people to stand up on one issue. We need laws that stop favoring radical environmentalists and support the productive people in this country."

The TPP Farmer Relief & Freedom Relay will also highlight the broader issue of eco-regulation and its growing stranglehold on American freedoms and prosperity. Cap & Trade, the Copenhagen Treaty, and localized issues for communities along the Relay will relate the Central Valley crisis to the nationwide struggle to balance human needs with out of control government regulation.

"We are the people," Bergquam adds, voice raising. "We can support our own. We don't need subsidies or government handouts; just stop the radical environmental policies and turn the water on."

For information on the "Farmer Relief & Freedom Relay", including the stops and schedule of events, go to www.teapartypatriots.org.

For more information on the Central Valley relief efforts, please visit: <http://www.savingthevalley.org/>

Attention! Calling All Veterans to the Veterans History Project (VHP) and the Retired Senior Volunteer Program (RSVP)



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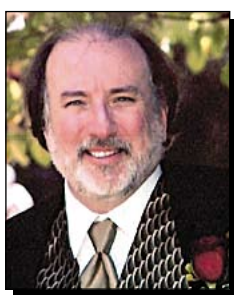
Patricia Diane "Trish" Scholl August 2nd, 1958 - August 6th, 2009



To My Loving Wife: "Happy Anniversary"
Our Wedding Day, November 11th, 2003

Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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Effie Yeaw Nature Center

Visit for November Events
www.effieyeaw.org



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

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This is a partial listing of the frequently asked questions and answers developed in response to community input regarding the potential consolidation of Garfield Elementary school.

You can view the full list on the District's Web site at www.sanjuan.edu/consolidation.

Q: Why is it necessary to consolidate schools?

A: In San Juan Unified School District, there are thousands of empty seats spread among the District's 70 schools. With the continued decline in enrollment, there are nearly 1,000 fewer students than two years ago when the District last consolidated schools. Operating a school system with excess capacity thinly spreads limited fiscal and instructional resources, and compromises the ability to provide the highest quality education for all students in the District.

Q: Why is the District specifically considering moving Garfield students to other neighborhood schools?

A: In October of 2005 when the District's 3280 committee conducted a comprehensive review of school facilities within the District, it recommended that five elementary schools be consolidated: Garfield, Carmichael, Pasadena Avenue, Holst and Coleman. The Board of Education voted to close Holst and Coleman at that time, but left the other three schools open. Enrollment at Garfield is not the lowest of the elementary schools in the District. It has, however, declined by 16 percent since being recommended for consolidation by the 3280 committee. When combined with the declining enrollment of surrounding District schools that are less than 2 miles away from Garfield, sufficient capacity is available to consolidate schools in the area.

Q: Why is the 3280 Committee's recommendation from four years ago still valid? Why is a new 3280 committee not reactivated to look at the data again?

A: In the past, the District's 3280 Committee has been charged with evaluating which schools to recommend for consolidation and then identifying other uses for the campus. The critical data used by the 3280 Committee in formulating its recommendation in 2005, (age of facility, general condition of the facility, and cost of operating the physical plant at the facility) has not changed. Additionally, enrollment has

continued to decline, falling by 16 percent at Garfield Elementary since the 3280 Committee's 2005 recommendation.

The District's Facilities, Transportation & Finance (FT&F) Committee, which routinely examines facilities issues in the District, has been charged with reviewing this proposal, related feedback, and any final recommendation regarding school consolidation. Because FT&F is looking at the issue and because there is no intent to sell property at this time, a 3280 committee is not currently needed to do this project.

Q: When would changes be put into place?

A: The Board of Education will vote Dec. 8 on any recommendations. Any approved consolidations will take place over the summer of 2010, with each impacted student being assigned to another District school as of August 2010.

Q: Why should the District spend Measure J bond funds on a school site and then consolidate that school with other campuses?

A: Measure J was approved by voters in the District, to improve the infrastructure at each campus by doing things like fixing leaking roofs, upgrading low voltage electrical systems, adding security equipment, improving parking and providing additional support for the increased number of computers being used in District schools.

It is important that the District provides basic maintenance and upkeep on all facilities, to avoid the high cost of deferred maintenance.

Until a decision is made by the Board of Education to consolidate a District school with others in its area, all District schools are eligible for improvements afforded by Measure J. The decision to consolidate schools is driven by enrollment in the District. Until enrollment declines enough to warrant consolidating schools, each of the schools in the District is afforded access to the benefits of Measure J.

Q: Has the parking lot been paved twice at Garfield in the last two years?

A: No, the parking lot was paved in the summer of 2008,

and seal coated and permanently striped in the summer of 2009. Pavement needs at least 90 days to cure which often means seal coat work would need to be done while school is in session. Rather than disrupting the school, seal coating and striping the parking lot was deferred until the summer of 2009.

Q: Will a traffic and air quality study be completed examining the impacts of consolidating Garfield Elementary with nearby schools?

A: Under the California Environmental Quality Act (CEQA), Public Resources Code section 21080.18 and state CEQA Guidelines section 15282.i, the consolidation of any public school or transfer of students from that public school to another public school is exempt under state CEQA guidelines.

Q: How can I provide input into the decision-making process?

A: You are encouraged to submit comments, suggestions, ideas and additional questions to Cynthia Jensen via e-mail at cynthia.jensen@sanjuan.edu. You can also reach her via postal mail at 10700 Fair Oaks Blvd., Rm 9, Fair Oaks, CA 95628. All written comments will be delivered verbatim to Facilities, Transportation and Finance (FT&F) Committee members and the Board of Education.

Q: What meetings are scheduled to be held for community input on the topic of school consolidations?

A: The last of 11 community meetings was held on Oct. 27 at Pasadena Elementary school. (You can view a listing of the meetings that have been held online at www.sanjuan.edu/consolidation.)

The public is invited to attend Facilities, Transportation & Finance (FT&F) Committee meetings and meetings of the Board of Education. Agendas for each meeting will be posted to the District Web site.

Nov. 3, 7 p.m. - FT&F Committee Meeting at District Office

The proposal will be reviewed with the committee, feedback that has been collected will be shared, and committee members'

questions will be answered. Members of the public can provide comments at the conclusion of the meeting.

Nov. 17, 6:30 p.m. - Board of Education Meeting at District Office

The Board will discuss any formal recommendation regarding school consolidations.

Members of the public can provide comment when the agenda item is discussed.

Dec. 1, 7 p.m. - FT&F Committee Meeting at the District Office

The Committee will discuss any formal recommendation regarding school consolidations.

Members of the public can provide comments at the conclusion of the meeting.

Dec. 8, 6:30 p.m. - Board of Education Meeting at District Office

The Board will discuss and act on any formal school consolidation recommendation.

Members of the public can provide comment when the agenda item is discussed.

Q: Where would Garfield students go to school during the 2010/11 school year?

A: If a decision is made to consolidate Garfield Elementary with other District schools, Garfield's attendance area will be reassigned to the designated receiving schools. One potential option is to have each student attend one of the following elementary schools: Carmichael, Mary A. Deterding, Cameron Ranch and Pasadena Avenue. But other options are also under consideration. If a student lives outside the transportation service zone of the student's newly assigned school, transportation will be available if that student qualifies for it.

Each impacted family will also be given the opportunity to participate in the District's open enrollment process, and to select any District school the student would like to attend, on a space-available basis.

Q: Would Garfield families be given a priority in the open enrollment process?

A: The Board of Education has expressed an interest in granting a first priority in the open enrollment process to any students who must change schools because of a school consolidation. If the board does grant such a priority, it would mean that Garfield families' requests would be placed before requests from other families participating in the open enrollment process. If space is not available at a desired school site, then Garfield families making the

request for that school would be placed at the top of the waiting list for the next opening at that school.

Q: What will happen to the Earl J. Koobs Nature Area and Veterans memorial?

A: The nature area and Veterans memorial will stay in place and be available for use by community groups and students from nearby schools.

Safety

Q: Will new attendance areas cross busy streets? What is being done to look at safety concerns of students traveling to and from school?

A: The Board of Education shares the concern that all District students have a safe route to and from school. Safety will be considered when determining any changes to school attendance areas.

Every effort will be made when redrawing boundaries, to minimize the number of major intersections that students need to cross when driving, walking or riding the bus to and from school.

Q: What will be done to address traffic and safety issues at receiving schools?

A: The District will continue to review traffic flow and safety issues at its schools. Each year, modifications are implemented as conditions surrounding schools change.

An environmental safety engineer works with District schools each year to assess changing conditions. This process assists school sites in identifying needed changes and solutions to traffic and safety issues.

Q: Has the District considered approaching Sacramento County regarding the potential addition of crossing guards should new boundaries cross major streets?

A: The District will explore the addition of Sacramento County crossing guards. The County assigns crossing guards near elementary schools where school aged pedestrians need supervision and assistance to safely cross public streets. Each adult crossing guard costs the County approximately \$10,000 per year. There are limited County funds budgeted for crossing guards. Therefore, the County carefully evaluates each request so that these funds can be allocated to the locations with the greatest need.

Programs

Q: What will be done to ensure the learning of Special Education students is not set back?

A: A change in schools can be hard for all students, especially

for students with special needs. If Garfield Elementary is consolidated, each Special Day Class there would be moved as a whole class together to a new District school, with the goal of Special Education students keeping their same teacher and classmates.

Q: Will students still have access to Title 1 resources?

A: For one year, those fiscal resources dedicated to a District Title 1 school where students are reassigned due to school consolidations will follow students to their new District school. This applies regardless of whether-or-not the new school is currently a Title 1 school.

Students who enroll in a District Title 1 school will continue to receive Title 1 resources beyond the first year after consolidations. Several of the potential receiving sites such as Carmichael Elementary and Cameron Ranch Elementary currently have a school-wide Title 1 program. Additional District Title 1 schools will be available via the open enrollment process, based on space availability.

"Cruisin' for Kids" Christmas Toy Run

An Annual Event Hosted By:
The Cappuccino Cruisers & American River Plaza Center
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9 a.m. - 2 p.m.
Entry Fee 1 New Unwrapped Toy or \$10.00

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For information call **Ray or Chris @ (916) 988-6376**
Rain Date December 13th



The above referenced participant assumes any/all liability and waives any/all claims*, including a waiver of Civil Code 1542 in relation to any participant in this event. * The Cappuccino Cruisers', their volunteers, The American River Plaza merchants, Property owners or management.

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Arden Hills - "Fight For Air Climb"

Coordinated by American Lung Association

Sacramento - Arden Hills Resort Club & Spa is proud to partner with the American Lung Association in the "Fight For Air Climb" scheduled for Saturday, November 14 in Sacramento. The challenge is to participate in a timed stair climb up 32 flights of stairs to the rooftop of the tallest building in the city located at 400 Capitol Mall. The fundraising event is aimed at improving air quality and striving for a world free of lung diseases such as asthma, lung cancer, and chronic obstructive pulmonary disease (COPD).

As a special training incentive, Arden Hills is offering a four-week training package for community members who want to join the Arden Hills: Team Extreme team

which includes the following: 1) Four-week team training effort on-site at Arden Hills that includes workouts led by Certified Strength and Conditioning Specialists (CSCS) in their new, state-of-the-art Strength & Conditioning facility (two training sessions per week beginning October 19); 2) Entry fee for climb; 3) Donation to the American Lung Association (each participant is required to raise \$100); 4) Arden Hills: Team Extreme t-shirt.

The four-week special team training package is open to everyone and costs \$205 per person. In addition to the complete team training package outlined above, Arden Hills is also offering four-week training

for Climb participants on other teams (for \$80) and an opportunity to be a part of the Arden Hills: Team Extreme but without the training sessions (for \$125).

"Lung health is a cause near and dear to me both personally and professionally," said Robert Linkul, Strength & Conditioning Specialist at Arden Hills. "This 'Fight For Air Climb' is a great way to raise awareness to the cause while also learning how to achieve a fitness goal and train effectively to ensure success."

For information about the Arden Hills: Team Extreme and other events, activities and wellness offerings at Arden Hills Resort Club & Spa, please call 916-482-6111 or visit www.ardenhills.net.

Dave Says

That's how you eat an elephant, Eric. One bite at a time!
- Dave

Using the Emergency Fund

Dear Dave,

My husband and I are debt-free, and we've got a fully funded, six-month emergency fund in place. The problem is that he lost his job last month. I'm still working part-time and bringing home \$150 a week. But we're unsure if we should cut our budget down to bare bones or continue living like normal since we have so much saved?

- Jennifer

Dear Jennifer,

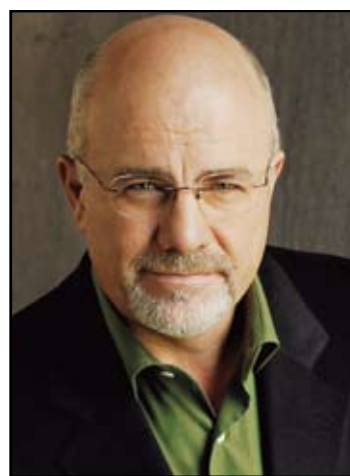
You definitely want to live on as little as you can. This way, the money in your emergency fund will last longer. You may be bringing in \$600 a month — and that's okay for a part-time job — but it's not nearly enough to run a household.

It's beans and rice time, girl. This means no vacations, no movies, no restaurants, and no \$100 sneakers for the kids. In other words, no life until he finds another job and you guys are on your financial feet again. Keep the lights on and food in the pantry. Those are your priorities right now. I'd rather see you go into crunch time now without completely draining your emergency fund before he goes back to work.

This is the living, breathing definition of an emergency, Jennifer. Praise God you guys were smart enough to plan ahead. So yes, use it; but be wise. Spend only when it's absolutely necessary!

- Dave

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



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers — *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

Prioritizing Saving as an Adult

Dear Dave,

I'm 20 years old, and I'm working my way through college.

I've never been in debt, and I've already got a good emergency fund in place. But it seems like there are so many things to plan for down the road. How do you prioritize and manage saving for a better car, investing, marriage, kids and everything else in life? It all seems so overwhelming.

- Eric

Dear Eric,

You've done a great job so far! I'm glad you're looking toward the future, too. You're right, it can be overwhelming if you look at all these things as if they have to be accomplished today. But here's the good news: You don't have to do everything right now. It's great to have a plan, but you're just 20 years old. You've got plenty of time to decide what's important to you and plan accordingly.

All the things you mentioned are great goals. But, in my mind, finishing college is your number one priority right now. Then, let's look at the other stuff. If you have a girl you're crazy about, marriage may be next on the list. If your car is about to roll over and die, the next step may be a better vehicle.

Don't be too intimidated, Eric. Things are often easier to deal with when you break them down into smaller components and address them individually. Nobody can do four or five things at once, and do them all to the best of their ability. Just decide what matters most, put it at the top, and list everything else in descending order of importance.

Then just go down the list, and knock them out one after the other.

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Dairy Queen Features Girl Scouts Tagalongs Peanut Butter Patties as the Blizzard of the Month for November

Back by popular demand, the Tagalongs® Peanut Butter Patties Blizzard® returns to Dairy Queen as the featured Blizzard of the Month for November."

The Girl Scouts Tagalongs Blizzard was such a success this summer that we thought it would be a fun holiday seasonal surprise to bring it back for a limited time," said Michael Keller, chief brand officer for International Dairy Queen. "The combination of our soft serve with Girl Scouts cookies is an exceptional treat that deserves a return engagement on our menu."

One of the most popular Girl Scout cookies, Tagalongs, also known as Peanut Butter Patties, are crispy cookies layered with

peanut butter and covered with a chocolate coating. Dairy Queen blends Tagalongs pieces with rich peanut butter topping and vanilla soft serve to create this one-of-a-kind Blizzard Flavor Treat.

Available at all Dairy Queen and DQ Grill & Chill® restaurants nationwide beginning November 1, the average price of the Girl Scouts Tagalongs Blizzard is \$3.09 for the 12 oz., \$3.49 for the 16 oz. and \$3.99 for the 21 oz.

Many Blizzard flavors also can be made into customized cakes, including Girl Scouts Tagalongs, which is perfect for celebrating Thanksgiving or other special occasions. The average price of a Blizzard

cake is \$21.49 for the eight-inch and \$23.69 for the 10-inch.

In 1985, Dairy Queen began blending simple combinations of cookies, candies, fruit, nuts and DQ soft serve to create the signature Blizzard Flavor Treat. Since then, one-of-a-kind flavors such as Caramel Waffle Crisp, Midnight Truffle, Brownie Batter, Chocolate Xtreme and Strawberry Cheesequake® have become Blizzards of the Month, a promotion that began in 2003.

The incredible popularity of the Blizzard brand led Dairy Queen to initiate the Blizzard Fan Club in 2005, which has grown to 2.2 million members. Log on to the newly designed Web site at BlizzardFanClub.com.

Lungren: "We can all agree that our health care system is sick but tonight we gave America not only the wrong diagnosis but also the wrong prescription..."

Washington D.C. – (11-07-09) Congressman Dan Lungren (R-CA) released the following statement following the historic health care vote (220 to 215) in Congress:

"After countless hours, days, weeks and months of debate, I have found there are certain things we can all agree on: we need to increase access to affordable, quality health care coverage.

"I have said in numerous town hall meetings and tele-town halls throughout my District that we do not need to turn the entire health care system on its head. Instead, we need to implement common

sense reforms that will actually help those who are struggling because they have not only lost a job, but their employer-based health care coverage as well.

"There are other ways to expand access to affordable health care. A combination of tax credits and subsidies can be made available that would allow individuals and families to purchase coverage that meets their needs. We should allow Americans to purchase health care plans across state lines.

"We can provide for the creation of statewide exchanges – one-stop marketplaces – where

everyone – not a select few, like the bill passed tonight – can buy coverage. This will offer not only access, but choice. That is the right prescription for America.

"Unfortunately, that is not what we did on the House Floor tonight.

"Instead the House of Representatives passed an historic bill which cuts 440 billion from Medicare for our seniors, kills jobs, adds \$1.3 Trillion dollars to our skyrocketing debt and imposes a government plan on the public which will shift costs to private insurance plans and increase the costs of premiums for millions of Americans."

Every Day Grocery Shopping Can Now Help Support the Effie Yeaw Nature Center!

Carmichael - As part of the effort to keep the Effie Yeaw Nature Center's exciting nature programs running, the Center's non-profit partner American River Natural History Association (ARNHA) was selected to participate in the Raley's Quality of Life program. Each time a participant shops at Raley's, Bel Air, Nob Hill or Food Source stores, a portion of the purchase will be donated to ARNHA. There is no additional cost to the shopper to participate in the program.

Raley's Quality of Life fundraising program helps raise funds for youth and education-focused non-profit groups. ARNHA was chosen because

of the organization's long-term commitment and dedication to environmental stewardship. Funds raised through this program will go to keeping the Center doors open and feeding the resident animals, including long-time residents Virginia, the Great Horned Owl and Bandit the rattlesnake.

"Because of budget cuts, we are depending on the support of ARNHA to help keep us going for children and families," said Betty Cooper, Interpretive Specialist at the Nature Center. "We have built this program over the last 30 years and schools depend on us to help fulfill their state curriculum requirements."

Quality of Life Cards are available at the Effie Yeaw Nature Center, or by calling 916-489-4918, or by e-mailing Jamie Washington at washingtonj@saccounty.net or Betty Cooper at cooperbe@saccounty.net. Anyone can participate and there is no cost to join. Learn more at <http://www.effieyeaw.org/>.

"There are many groups throughout the community that have benefited from this Raley's partnership, and we hope that we can raise enough funds to continue introducing children to the wonderful animals and programs at our Center for years to come," said Cooper.

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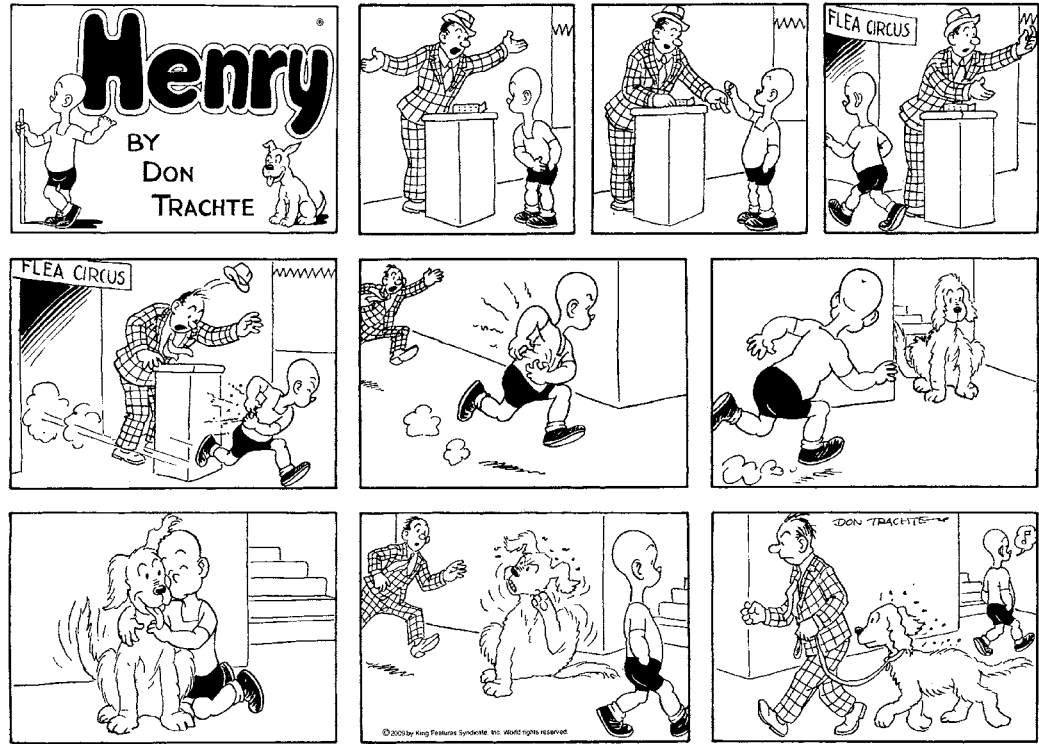


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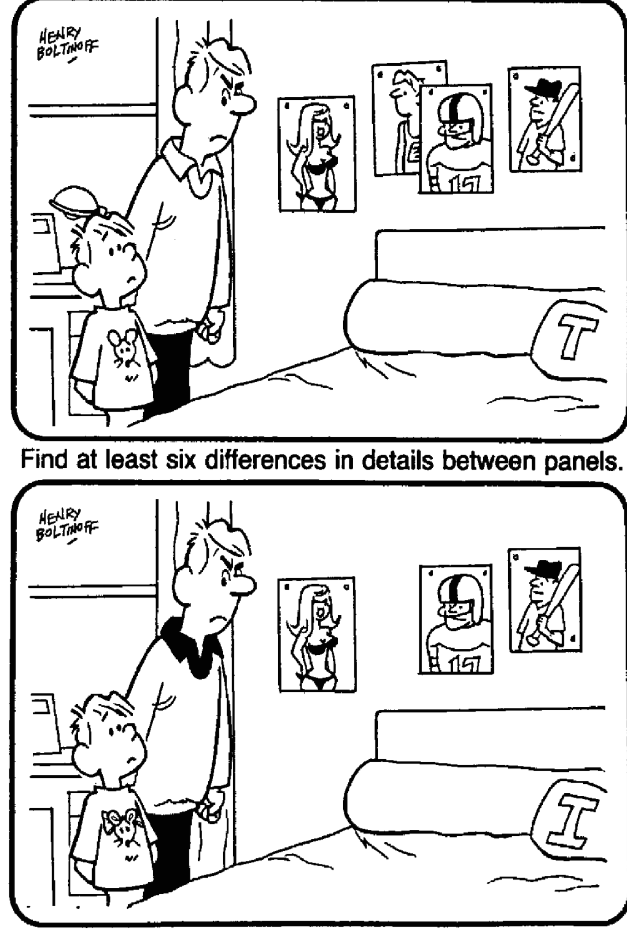
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The Spats by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Letter on pillow is different. 2. Man's shirt is black. 3. Mouse design is different. 4. Lamp is missing. 5. Picture on wall is missing. 6. Curtain is longer.

Trivia test by Fifi Rodriguez

- GEOGRAPHY:** What is the only Central American country that doesn't have a coastline on the Pacific?
- MOVIES:** Who played the role of Boo Radley in the movie "To Kill a Mockingbird"?
- MYTHOLOGY:** In Norse mythology, what is the name of the goddess of the past?
- SCIENCE:** What is the only known metal that turns to liquid at room temperature?
- TELEVISION:** Which long-running variety show featured a fictitious radio station named KORN?
- LANGUAGE:** What is the American equivalent of the British term "braces"?
- RELIGION:** Who served as the first pope of the Catholic Church?
- GENERAL KNOWLEDGE:** Who was the founder of the online auction service eBay?
- ENTERTAINERS:** What actor uttered the movie line, "The point is, ladies and gentleman, that greed -- for lack of a better word -- is good"?
- LITERATURE:** What is the subject matter of the book "Ten Days That Shook the World"?

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Weekly SUDOKU

by Linda Thistle

3			9	6			5
		2	7		8		
	7		3			9	
1			7				3
		7			8	1	
	6			5		4	2
	8				5	9	
6		1	3				7
	2			1			8
							4

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● **FLOWER GIFTS FOR WEDDING ANNIVERSARIES**

F V S P M J H E B Y R V T Q O
L Y I G D N B Y W T E R P M K
I F E D B Y O W U S W Q L O M
K L I L F D B I Z X O I W U S
Q O I N L L J H T U L I P F D
C H Y D R A N G E A F S Y A A
Y W V N O T V S C S N I S L Q
P N L K O F I H F T U R I L E
C B R O S E F R E E S I A A Z
Y W V U S R P A Q R P N D C M
L J I A I L H A D I H C R O H

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- | | | | |
|-----------|-----------|--------|-----------|
| Aster | Dahlia | Iris | Rose |
| Calla | Daisy | Lilac | Sunflower |
| Carnation | Freesia | Orchid | Tulip |
| Daffodil | Hydrangea | Peony | |

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All Answers on Page 8

Contract Bridge

THE PERCENTAGE PLAY

West dealer.
Neither side vulnerable.

NORTH
♠ Q 8
♥ A K J 4
♦ 6 5
♣ Q J 10 8 4

WEST
♠ 10 3 2
♥ Q 8 7 6
♦ J 8
♣ 9 7 6 3

EAST
♠ A 5 4
♥ 5 3 2
♦ A Q 10 4 2
♣ K 2

SOUTH
♠ K J 9 7 6
♥ 10 9
♦ K 9 7 3
♣ A 5

The bidding:
West North East South
Pass 1 ♠ 1 ♦ 1 ♠
Pass 2 ♣ Pass 2 NT
Pass 3 ♥ Pass 3 NT
Opening lead — jack of diamonds.

This deal occurred in the World Olympiad Pairs some years ago. South reached three notrump as shown, and West led the jack of diamonds, which held. West continued with a diamond to the ace, and East returned the queen to declarer's king. South's prospects were far from bright at this point, but he combined

good luck with good judgment and came out smelling like a rose.

At trick four, he led the ten of hearts, covered by the queen and ace. He then returned the queen of clubs, planning to finesse if East followed low.

Had East played the deuce, South would have made the contract easily by continuing with a low club from dummy, picking up East's king. But East covered the queen with the king, declarer winning with the ace.

South next led the five of clubs and, after West followed low, finessed the eight! This paid off handsomely when East followed low, and declarer eventually finished with nine tricks. Without the deep club finesse, the contract would surely have failed.

Finessing the eight of clubs might seem more an act of inspiration than logic, but actually declarer had solid grounds for this play. He reasoned, first of all, that East was bound to have the singleton or doubleton king of clubs, since with K-x-x he would not have covered the queen.

He further reasoned that, with two other small clubs still unaccounted for when the finesse was taken, the odds were significantly against East's having started with specifically the K-9 doubleton. The finesse of the eight was therefore the percentage play.

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by Steve Becker

American Cancer Society Discovery Shop

The Sacramento Discovery Shop annual introduction to the yuletide season, Holiday Magic and Glitz and Glamour, opens November 6 and continues through December. Featured will be toys, new and vintage tree ornaments, silver, linens, crystal, Lladro, Lenox, Wedgwood and a huge selection of nutcrackers. Also highlighted will be sparkling party clothing, costume and fine jewelry, furs, and vintage purses.

The Discovery Shop is located at 2744 Marconi Avenue, near Fulton Avenue. Open Monday through Friday from 10 to 6; Saturday 10 to 5; Sunday Noon to 5. For more information, call the Discovery Shop at 484-0227.

Genealogical Association of Sacramento Meeting

The Genealogical Association of Sacramento will meet 1pm November 18, 2009 at the Belle Coolidge Library, 5600 South Land Park Dr, Sacramento.

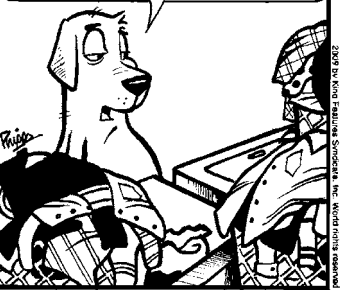
Our Speaker will be our own Carol Byers talking about solving our Brick Wall problems. We also will be "sharing" new or interesting happenings in our searching. There could be more information regarding the arrangements with Central Library regarding our (GAS) collection of books housed there. Do try to attend as there is NO meeting in December. Visitors are always welcome at the meeting.

Monthly Meeting of Mission Oaks Genealogy Club

On November 19, Mission Oaks Genealogy Club will meet from 1-3p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Program topic: purchasing/using imaging scanners. Visitors are welcome. For more info call Robert Noyes (916) 332-5753 or visit website at: <http://missionoaksgenealogyclub.org>.

Just Like Cats & Dogs by Dave T. Pappo

HONEY, I NEED MY BLUE SHIRT. IS IT "REALLY DIRTY" OR CAN IT PASS FOR "JUST KEEP YOUR DISTANCE"?



King Crossword

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16				17				
18		19			20						
		21		22	23		24		25	26	27
28	29	30				31		32			
33			34				35		36		
37		38		39			40				
41			42		43						
		44		45		46		47	48	49	
50	51	52			53	54		55			
56				57				58			
59				60				61			

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KING Crossword

Answers on Page 8

ACROSS

- Help
- Site of Apra Harbor
- Roosevelt successor
- Omega preceder
- Incite
- Shrek, for one
- Golfer Ernie
- Classic Cadillac
- "Unleaded" brew
- Family
- Jamie of "M*A*S*H"
- Turning point
- Robin Hood's

- | | | |
|-----------------------|---------------------------------|----------------------------|
| forest | river | collegian |
| 32 Green land | 58 Pompous sort | 9 Past |
| 33 Whammy | 59 Require | 10 To and — |
| 34 Som | 60 Verse | 11 Kennedy or Koppel |
| wrestling matches | 61 Allow | 17 Gratuity |
| 36 Born | | 19 A cont. |
| 37 Bedouin | DOWN | 22 Libertine |
| 39 "Gran Torino" star | 1 Mimicked | 23 Typeface |
| 41 Minion of Satan | 2 Last word in Gilligan's theme | option |
| 43 Approach | 3 Platter | 25 Provider of veritas |
| 44 Existed | 4 Harty laughs | 26 Sandwich treat |
| 46 U-Haul competitor | 5 It starts with "http:" | 27 Prepared to drive |
| 50 Tinseltown | 6 Time of your life? | 28 Roe source |
| 55 Water (Fr.) | 7 Timid | 29 Present |
| 56 Ontario neighbor | 8 Local, to a | 30 Physical |
| 57 Florence's | | 31 Tablespoonful or tablet |

- Fame, in
- 50-Across
- Partook at
- Distort
- Aye canceler
- Trade
- Option from
- Howie
- Facility
- Oxidation
- Coop dweller
- Raw rock
- Falsehood
- Plata's partner
- Inseparable

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FICTITIOUS BUSINESS NAME STATEMENT #0908939. Erin Fanning, 9237 Greenback Lane #70, Orangevale, CA 95662 is doing business under the Fictitious Business Name "Indulgence Salon" at 7411 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Sept. 30, 2009. Publish: October 21, 28, November 4, 11, 2009. INDULG 91003 11-11-09

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: Oct. 13, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 21, 28, November 4, 11, 2009. CATAYL 91003 11-11-09

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: Oct. 14, 2009. Loren E. McMaster Judge of the Superior Court Publish: October 28, November 4, 11, 18, 2009. LEE 91004 11-18-09

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 Center (www.courtinfo.ca.gov/selfhelp/), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, Limited Civil Division, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: John T. Stralen, APC, 641 Fulton Ave. #120, Sacramento, CA 95825; 916-971-3100. Dated: Nov. 14, 2006. Publish: October 28, November 4, 11, 18, 2009.

shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on Nov. 24, 2009 at 10 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: David R. Morris, Atty., 5137 Golden Foothill Parkway #110, El Dorado Hills, CA 95762; 916-789-9810. Publish: November 4, 11, 18, 2009. MORRIS 91101 11-18-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056306 WHEREAS, Lamar Q. Rushad U-Cal Johnson has filed a petition with this court for a decree changing name of Lamar Q. Rushad U-Cal Johnson to Lamar Q. Rushad U-Cal Bailey. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 15, 2009 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: Oct. 8, 2009. Loren E. McMaster Judge of the Superior Court Publish: November 4, 11, 18, 25, 2009. JOHNSO 91101 11-25-09

#34-2009-00062879 WHEREAS, Joshua Jon Torres has filed a petition with this court for a decree changing name of Joshua Jon Torres to Phoenix Torres. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 15, 2009 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: Nov. 3, 2009. Loren E. McMaster Judge of the Superior Court Publish: November 11, 18, 25, December 2, 2009. TORRES 91102 12-2-09

for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 30, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: November 11, 18, 25, December 2, 2009. SATTLE 91102 12-2-09

FICTITIOUS BUSINESS NAME STATEMENT #0909255. Earl Bocoy, and Sue Leity, both of 6800 Duncan Lane, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Kings Court Pet Resort" at 6740 Duncan Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Oct. 13, 2009. Publish: October 21, 28, November 4, 11, 2009. KINGSC 91003 11-11-09

FICTITIOUS BUSINESS NAME STATEMENT #0900466. Fusion Yoga Studio, Sacramento, Inc., 2310 Fair Oaks Blvd. #C-2, Sacramento, CA 95825 is doing business under the Fictitious Business Name "Fusion Yoga Studio Sacramento" at 2310 Fair Oaks Blvd. #C-2, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on Oct. 16, 2009. Publish: October 28, November 4, 11, 18, 2009. FUSION 91004 11-18-09

WHEREAS, Amanda Cooter has filed a petition with this court for a decree changing name of Amanda Ann Cooter to Amanda Ann Newkirk. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Dec. 15, 2009 in Dept. 134, located at 3341 Power Inn Rd., Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 28, 2009. Publish: October 28, November 4, 11, 18, 2009. SACCHI 91004 11-18-09

NOTICE OF PETITION TO ADMINISTER ESTATE OF MANUEL SANCHEZ, decedent. ESTATE NO. 34-2009-0000698 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of MANUEL SANCHEZ, decedent. A petition has been filed by Joe Sanchez in the Superior Court of California, County of Sacramento, requesting that Joe Sanchez be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and

shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on Nov. 24, 2009 at 10 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: David R. Morris, Atty., 5137 Golden Foothill Parkway #110, El Dorado Hills, CA 95762; 916-789-9810. Publish: November 4, 11, 18, 2009. MORRIS 91101 11-18-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00062446 WHEREAS, Belinda Sattler has filed a petition with this court for a decree changing name of Belinda Louie Sattler to Belinda Louise Rogerson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 11, 2009 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: Oct. 30, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: November 11, 18, 25, December 2, 2009. SATTLE 91102 12-2-09

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SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00059577 WHEREAS, Kathrynne Hartshorn has filed a petition with this court for a decree changing name of Alexander Jacob Richmond to Alexander Jacob Hartshorn. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 17, 2009 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: Oct. 5, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 21, 28, November 4, 11, 2009. HARTSH 91003 11-11-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00060447 WHEREAS, Danielle Marie Riley has filed a petition with this court for a decree changing name of Danielle Marie Riley to Danielle Marie Riley-Milton. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Dec. 1, 2009 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: Oct. 15, 2009. Loren E. McMaster Judge of the Superior Court Publish: October 28, November 4, 11, 18, 2009. MILTON 91004 11-18-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #06AS04847 NOTICE TO DEFENDANT: Valentino Jauregui, Juan Seto Cisneros, Angel Cisneros, Juan Sema Gallego, Jenny Guardado, Anthony Eskridge, Rashida Mitchell, and DOES 1 TO 50. You are being sued. PLAINTIFF'S NAME IS: Elizabeth Limon. 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 Center (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 Center (www.courtinfo.ca.gov/selfhelp/), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, Limited Civil Division, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: John T. Stralen, APC, 641 Fulton Ave. #120, Sacramento, CA 95825; 916-971-3100. Dated: Nov. 14, 2006. Publish: October 28, November 4, 11, 18, 2009.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00062446 WHEREAS, Belinda Sattler has filed a petition with this court for a decree changing name of Belinda Louie Sattler to Belinda Louise Rogerson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Dec. 11, 2009 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

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The Fair Oaks Cemetery District is accepting sealed bids until 3:30 pm Oct. 14, 2009 for the following surplus equipment: One 1989 Ford Tractor with front loader bucket. One 1981 GMC Topkick Cab & Chassis; One 1985 Ford F250 Pickup. These items can be viewed at 7780 Olive Street, Fair Oaks, CA 95628 on Oct. 5th, 6th, 7th, 8th, 9th 2009. All equipment is sold "as is". The Fair Oaks Cemetery District reserves the right to refuse any & all bids. (MPG)

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POPOFF!

with Mary Jane Popp

CHANGE YOUR LIFE NOW

We all go through bumps and bruises in our life, and there are times when we find ourselves in a really bad mood. There is a book that explains how the energetic choices we make can truly change our lives. **Brenda Anderson** has tips to turn your day around in *"Playing The Quantum Field"* How Changing Your Choices Can Change your life.

Brenda says every choice we make and every thought we think instantly impacts our lives. She goes on to say that the spectrum of choices that create our lives all come together from either a place of fear or a place of power. When we make choices from the Fear Zone, the unsatisfying decisions build on one another and amplify distress. They offer a low ROE...Return on Energy. The examples are clear:

- 1) Comfort Zones...Just because something feels similar doesn't mean it's the most powerful use of your energy
- 2) Head Trips...Mentally replaying the same scenario over and over wears you down and leads to more low-energy choices
- 3) Loops...Making the same mistakes over and over
- 4) Magnets...Negative beliefs can actually create what you are

trying to avoid most
When we make our choices from the Power Zone, we get a high energetic return or high ROE and our effectiveness returns:

- 1) Suspend Judgment... Becoming attached to certain impressions can limit your choices
- 2) Lighten Up...Laughter shifts your energy out of the Fear Zone and into the Power Zone
- 3) Tune-In...Unplug from the wired world and get present with the human being in front of you
- 4) Scan...Usingallofoursenses to take in the physical, emotional, and intuitive information of your environment
- 5) Tap The Truth...The greatest power comes when you live in integrity with yourself and everyone else
- 6) Believe...What you deeply, authentically believe, you create

Brenda also gave some valid tips when a bad mood has you down and out . These can turn your day around:

- 1) **Believe** that you really do have the power to create your life. Believe you can lose weight or get a great job to meet a wonderful partner.
- 2) **Beware of the seductive power of negativity.** It's easier to complain and blame than find positive emotions. The victim mentality leads to the BLACK HOLE.

Brenda also gave some valid tips when a bad mood has you down and out . These can turn your day around:



3) **Give up your need to control.** Forcing one's will on others never works. You simply can't control the actions and reactions of others.

4) **Stop the head trips.** This is when you mentally replay the same scenario and what-ifs over and over, which will wear you down and kick in stress.

Unhappy starts to stressful days can be turned around. When you find yourself in a chaotic situation, realize you created it. And if you can create chaos, you can also create calm. Which reminds me, I have so much to do today, I am overwhelmed. Maybe I should sit down and reread Brenda's book "Playing The Quantum Field" and create some calm in my life. You can check out her website too at www.quantumties.com. **HAVE A QUANTUM DAY!!!**

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

Laura on Life Zombie Attack!

By Laura Snyder

Sometimes, when you are a parent, you are required to step out of character and do something above and beyond the call of duty. Something bizarre that you're sure would never happen if you didn't have children. Children make life adventurous for that reason.

My college-aged son decided to come home for three days. That was unusual enough. He usually avoids long stretches of time with his parents because we might force him to tell us what's going on in his life lately.

This weekend was different, however. His financial ends were in danger of not meeting and we are his virtual ATM. He also needed his brakes fixed and needed his Dad to walk him through that... again. To be fair, I think fixing cars is a bonding ritual for the male of the species. That, and the releasing of gas while watching sporting events.

My son also had a homework assignment to design a board game and was shocked to find that poster board did not come with his apartment. I've never been happier to have collected an entire roomful of art supplies. "See," I said to my husband, sarcastically, "Good thing I didn't throw any of that stuff away, huh?" He gave me that dubious, raised-eyebrow look that said, "He could make a board game with a piece of poster board and a set of markers. With what you have collected, he could make a full-size space shuttle."

Some of the pieces my son wanted to make for the game needed wood and something to cut that wood, which happily, my husband

has stashed in the garage, just in case someone ever needs to make a board game... or a space shuttle.

My son had typed out the rules for the game already. He gave us each a copy and instructed us to read them so that we knew what was needed without his having to explain. Clearly, he was trying to bond with us.

I started reading and I realized that his game was all about surviving a zombie attack. Fabulous. Why couldn't it be a race-around-the-track-and-try-to-send-the-others-back kind of game: All primary colors and fun?

Nope. We spent hours discussing just how much blood and gore could be on the box to still be considered a family game and why "undead" doesn't actually mean "live." There had to be weapons in this family game as well. A rope, a revolver... "Oh, I know!" I cried. "A candlestick!"

My husband and my son looked at me as if I was one brick shy of a full load and sadly shook their heads. "A lead pipe?" I muttered.

They suddenly looked up like there may be some hope for me yet. Why? I don't know. There's not that much difference between a lead pipe and a candlestick, after all. Men...

The name of the game proved to be an interesting challenge as well. I, being the resident wordsmith, came up with everything I could think of that would have something to do with surviving a zombie attack. Admittedly, I hadn't had all that much experience in that area but I got out my Thesaurus and started spitting out one-word titles: "Sanctuary" "Attack"



"Redemption" "Undead" "Brain-Eaters."

"Too boring," my son said "Yeah, 'cause zombie attacks need to be more exciting," I said. He said it needed to have a humorous bent to it.

"I got it!" I said, "How about, Got Brains?"

He took me off that particular work detail and reassigned me to a stack of card stock and the rotary cutter.

My son made the board, the pieces, the cards and the box with two irrepressible parents and three exuberant siblings putting in their two cents. He should get an A just for that.

It was a surreal weekend. I learned more about zombies and how to survive an attack than I ever wanted to know. Now, I'll be prepared should the earth ever be invaded by undead flesh-eaters.

My son, however, probably felt that being attacked by a zombie horde could actually be better than trying to hit a deadline with all the "help" he was getting.

Perhaps, I'll take pity on him and buy him some craft supplies for Christmas. Then again, if I did, we might not ever see him again.

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.

Assemblyman Niello to Host Free Workshop for Non-Profit Organizations

Sacramento – Assemblyman Roger Niello (R-Fair Oaks), will again be hosting a free workshop for non-profit organizations to learn about fundraising and grant writing.

"My first workshop on fundraising and grant writing for non-profit organizations was such a huge success that I was determined to organize an additional event. Non-profit organizations have been struggling during the recession and many have seen the needs of the community grow during these troubled economic times. Many organizations are looking

for new and creative ways to keep their doors open and my hope is that this workshop will help them accomplish their goals," said Assemblyman Niello.

Information will be provided on grant writing by Miriam Houghton, President of EXPRESSIONS, and Kim Rhineholder, CFRE who is the Chief Philanthropy Officer with the Mercy Foundation/Mercy San Juan Medical Center who will be speaking about fundraising. Non-profit organizations rely heavily on fundraising and grants to pay for their daily operations. The workshop is designed to give

non-profits the keys to empower themselves and learn how to create sustainable funding along with how to find and write grants.

For additional questions or to RSVP, please contact Assemblyman Niello's District Office at (916) 349-1995 or at assemblymember.Niello@assembly.ca.gov.

Details of the event are as follows. An RSVP is requested.

**November 13, 2009
9:00am - 12:00pm
Orangevale Community Center
6826 Hazel Avenue
Orangevale, CA 95662**

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THANK A VETERAN TODAY

Del Oro Caregiver Resource Center Conference Honors Family Caregivers

In celebration of November's National Family Caregiver Month, please join us for a special presentation entitled, "Healthy Aging: A Guide to Helping You Plan Your Journey". This event is being held Wednesday, November 18, 2009 from 9am - 11:30 a.m. at the Radisson Hotel, Edgewater Rooms D & E, 500 Leisure Lane, Sacramento. Registration begins at 8:30am. Featuring, Cheryl Phillips, M.D., president of the American Geriatrics Society and locally sought-after speaker. Phillips's shares from her extensive experience working as the Chief Medical Officer of an all-inclusive



Bay Area care program for the elderly. Phillips will discuss the various aspects of health as we age and what to expect along

the way. Come learn specific things you can do to sustain your health and independence. This event will also feature nationally recognized speaker and poet, Frances Kakugawa. Kakugawa will be reading select poems and selling autographed copies of her book Mosaic Moon. This conference is free and open to the public. For additional information and to register, please contact Del Oro Caregiver Resource Center (916) 971-0893. This event is funded by the California State Department of Mental Health, Area 4 Agency on Aging and the National Family Caregiver Support Program.

Pedestrian Struck Crossing Outside of Crosswalk

California Highway Patrol Release

On November 4, 2009, at approximately 8:46 p.m., Edwin Craft, a 37 year old from Citrus Heights was driving a green 2003 Chrysler Mini Cooper on westbound Arden Way east of Ethan Way in the #2 lane. Pedestrian Michael Randall, a 24 year old

from Sacramento was running in a northerly direction across the westbound lanes of Arden Way directly in the path of the Chrysler. Craft was unable to avoid Randall and he was struck and thrown into the traffic lanes. Randall was transported to UCD Medical

Center with a broken leg and head trauma. Craft was not injured. Randall was wearing dark clothing and crossing the roadway outside of a marked crosswalk. This collision is still under investigation.

Driver with Multiple Driving Suspensions Hits Motorcyclist

California Highway Patrol Release

On November 6, 2009, at approximately 12:25 p.m., Nakeay Payton, a 31 year old from Carmichael was driving a maroon 1994 Chrysler Le Baron on eastbound Winding Way west of Manzanita Avenue at approximately 15 mph. Edwin Craft, a 37 year old from Citrus Heights was riding a black Harley Davidson Road King motorcycle on westbound Winding

Way in the #2 lane at approximately 30 mph approaching the location of the Chrysler. Payton moved her vehicle into the two-way left hand turn lane and began to make a left turn directly in the path of the motorcyclist. The motorcyclist struck the right side of the Chrysler and he was thrown to the ground. Craft was transported to Mercy San Juan Medical Hospital with serious

injuries which include multiple spinal injuries and lacerations to his hands, face and body. Payton complained of pain to her right hip. Payton was driving on a suspended California driver's license and has numerous prior violations of driving without a license. She also does not have vehicle insurance. This collision is still under investigation.

DMV Offices Will be Closed Fridays Nov. 13 & 20

Sacramento - The Department of Motor Vehicles (DMV) reminds customers that all public offices will be closed on Fridays Nov. 13 and 20, 2009, in keeping with the Governor's Executive Order S-13-09. The Department offers a number of online services through its website (www.dmv.ca.gov) including pay-

ments for vehicle registration and driver license renewals via secure debit transactions, filing a notice of release of liability, change of address, and scheduling appointments. Customers can also effect transactions via the telephone by calling (800) 921-1117. For registration and driver license

renewals, customers must have their six-digit Renewal Identification Number (RIN) that accompanies their renewal. Automated services are also available at 1-800-777-0133. Motorists who have a registration renewal date that falls on Nov. 6, 13, and 20 will have penalties waived until the next business day.

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Light Up Your Home for the Holidays

Tips for Decorating With Candles

FAMILY FEATURES

Nothing captures the warmth of the holidays quite like the gentle glow of candlelight. This season, set the mood with delicious holiday scents and decorations by making fragrance your centerpiece. Mom and lifestyle expert Amy Clark says, "I love adding candles to my mantle or dining room table to create a cozy atmosphere." She suggests using the new Glade® Candles Holiday Collection in Apple Cinnamon or limited-edition Bayberry Spice scents. "These seasonal fragrances will transform your home into a haven for you and your guests," says Clark. "They are an elegant and affordable way to add that extra little touch to your holiday décor."

Clark offers up simple tips to help you light up your home for the holidays with well-designed displays at an affordable price.

Choose a Festive Space

Holiday centerpieces on the dining room table are a beautiful tradition. But don't limit your creativity to just one place. Look around your house for other areas you can dress up for the season, including the:

- Mantle
- Inside of the fireplace or on the hearth
- Entry table
- Bathroom
- Kitchen



Lifestyle expert Amy Clark

A good rule of thumb is to take up no more than one-third of a table with your display, unless the table won't be used for anything else. This will leave room for people to set down items without bumping into the display.

Cover Your Bases

For surfaces that need to be protected from candle oils, heat and wax, choose an interesting base for the display. Trays, beveled mirrors and candle plates are often used. If you are feeling creative, purchase Epsom salts from the local discount store to spread around the mirror, creating a snowscape look.

Candle Groupings

Many designers believe that odd-numbered groupings are more pleasing to the eye than even-numbered ones. So gather candles in groups of three, five or seven.

If you plan to display a single line of candles, down the center of a table for example, purchase candles of varying heights and widths for a more interesting display. If you don't have different sized candles, create different levels with cake stands or other household items.

Creative Touches

You don't need to buy a lot of extras to make an attractive display. Look through what you already have to get inspired. Some things to look for:

- Ornaments
- Holiday books
- Fabrics and ribbon
- Confetti and beads
- Old holiday cards
- Natural elements, such as pine cones, greenery, interesting branches or stones

Dress up candles by placing candy canes or cinnamon sticks around the display at a safe distance from the candle.

With a little imagination, you can create holiday displays that make you feel a little merrier all season long.



Hostess Gifts on Hand

An easy way to ensure that you have a great hostess gift is to keep a gift closet. This will help you easily pull together a thoughtful gift when you are invited to a last minute event. Giving the gift of scent is an excellent way to show a hostess that you appreciate her. Put together a cozy gift bag with Glade Scented Oil Candles in Apple Cinnamon, a homemade scarf, bubble bath or a few of your favorite holiday recipes. Keeping these items at your fingertips ensures you will give a beautiful gift your hostess will love.

Scents-able Advice

According to the National Candle Association, scent is the most important factor for people when buying candles. Fragrant candles are a great way to add even more holiday cheer to your displays and all throughout the house. The Glade Candles Holiday Collection is an easy way to bring holiday cheer into your home. Just light the candle's wick to release your favorite seasonal scents into the air, creating a warm holiday atmosphere.

Popular holiday fragrances include the new Glade limited-edition Bayberry Spice scent or classic Apple Cinnamon. To find out more about the Holiday Collection of votives, scented oil candles and refills, visit www.glade.com/holiday.



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