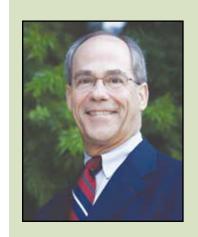
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October 14, 2009

SJUSD Plans to Close Garfield Elementary on Short Notice

By Amanda Morello

Carmichael - It has been a couple years since San Juan Unified School District (SJUSD) has closed a school, but the announcement of the "consolidation" of Garfield Elementary School came as a very big shock to students, parents and staff of this newly renovated campus. The recommendation was announced on September 21st to staff. The recommendation was presented to the Board on the 22nd at a pre-board meeting at 4:15 p.m. On Thursday Oct 7, district representatives came to speak to a crowded, standing room only meeting with parents, staff and community members to talk about the proposed plans. The notification of the importance of this meeting came from parents and volunteers at Garfield School that had heard about this plan. Add to the shock that their children will be the ones being consolidated by other schools. it turns out that the district plans on turning the school campus into their new school district offices. If SJUSD has had a steady decline in enrollment since 2002, why do they need more administration?

Parents openly questioned the tactics SJUSD used to inform the community of their plans, leaving little time to organize or debate. Parents are concerned that this is more than just a single school and neighborhoods problem. Questions of misuse of voter approved Measure J Bond monies have arose from this plan. When the Garfield School was removed from the district's "hit-list", the campus



Students of Garfield Elementary taking part in saving their school (Carmen & Rebecca Fasolo and Justina Silva)

underwent major renovations, including new driveways this last summer, and included many beautification upgrades.

Revisiting questions from previous closures, SJUSD staff was asked "why do they give such little notification to parents about possible closing schools and let parents enroll their children into these targeted schools?" SJUSD representatives replied "they are working on a three year plan so that this does not happen again." If SJUSD has a three year plan, why was Bond money wasted on a campus they knew they intended to close?

When the last round of cuts came, back in 2006, parents specifically asked the Board "how do we know the school you send our children to next, will not be closed?" The response was, "We cannot close anymore schools because in the

event enrollment does come back around we will not have space to place these children and this plan will help the district with it's increase in k-8 schools." SJUSD has closed 10 neighborhood schools, cut bilingual teachers, librarians and counselors and yet created seven new administrative positions.

Parents came up with alternative ideas, including changing Will Rogers Middle school into their new offices next year. This campus is centrally located in the 75 square mile district, has ample parking for a business, is not located in a residential neighborhood like Garfield School, and only one grade level of students would be affected.

Attendees to the October 7th meeting drilled the SJUSD representatives about their numbers and reasons for their pick. Aside from their attendance being above

2 other schools, SJUSD does not count preschools or Special Education students into their calculations. The parents of these disenfranchised children angrily asked why their children were not considered part of the student population and yet they will be forced to move also? The districts answer was only that "it was not the way our calculations are tallied." According to parents and staff of Garfield Elementary, in actuality, the campus is so full they had to turn away twenty-one sixth graders this year, and yet the district informed the parents that, by district standards, they are only 63% full.

Decisions school districts make do not affect just students and parents. Their decisions affect everyone in their district. Your tax dollars, your home values and your neighborhood is affected by school districts. Make your voice and your vote heard by contacting San Juan Unified School District at (916) 971-7700 or email the Board at boardmembers@ sanjuan.edu. The entire proposed plan can be found on the San Juan Unified School Districts website, http://www.sanjuan.edu/, with vital dates for upcoming meetings regarding this plan.

The Carmichael Times invites the San Juan Unified School District to inform its readers of upcoming school closures, meetings and notices by sending them in to the newspaper with the appropriate time to print and distribute them to the public. We also invite the School District to offer a response to this article and to tell their side of the story.

O'Donnell Park Ground Breaking



Jack Harrison, Carmichael Parks and Rec, Barbara Safford, Carmichael Advisory Board Member, Angela Villa Brown, Carmichael Advisory Board Member, Supervisor Susan Peters, Vern Chang, Neighborhood Representative, Dave Younger, Advisory Board Chairman, Jerry Dover and Karen Borman, Carmichael Advisory Board Members, all dig in and celebrate the ground breaking of the new O'Donnell Park in Carmichael.

Carmichael - Carmichael welcomed the new O'Donnell Heritage Park with a ground breaking ceremony on Saturday, October 10th. There was a large turnout of from the surrounding neighborhood, many of whom helped to support the creation of the park with their donations and activist support.

Speakers at the event included Dave Younger, Advisory Board Chairman, Vern Chang, NeighborhoodRepresentative, and County Supervisor Susan Peters, all of whom worked together to make the new park a reality.

Playing in the park, and how proud they were that they could soon see their grand-children enjoying what the new park will become.

The 9.4 acre park is scheduled for a summer 2010 opening, which will include tot lot play structures,

The El Camino Marching Band turned out in enthusiastic support of the event, marching

through the neighborhood prior to the ceremony and performing a few scores at the park to entertain the crowd.

Many of the neighbors shared stories of their experiences at the park, being long-time residents of the community. They talked about how they had played at the park, how their children had grown up playing in the park, and how proud they were that they could soon see their grand-children enjoying what the new park will become.

The 9.4 acre park is scheduled for a summer 2010 opening, which will include tot lot play structures, a turf play area, walking and bike trails, butterfly gardens, benches and tables and security lights.

Governor Violates the Trust and Sovereign Authority of the California Voters

Schwarzenegger Places Special Interests Before California Students

Saxcramento - Christian Newswire -- Last night (Sunday night, October 11th) Governor Arnold Schwarzenegger signed into law Senate Bill 572, authored by Senator Mark Leno (D-San Francisco). SB 572 requires the Governor of California to annually proclaim May 22 as Harvey Milk Day to honor the first openly homosexual politician. The bill also encourages schools to conduct "commemorative exercises" and programs that focus on Milk's contributions.

California Family Council (CFC) is disappointed that Governor Schwarzenegger has placed the interests of a specific group over the educational needs of students. SB 572 wrongly encourages schools to sacrifice students' class time in order to appease special-interest groups. "It is unfortunate that the Governor has chosen to favor a special-interest agenda over students and parents," stated Everett Rice, CFC's Legislative Director.

There are currently three "commemorative" days in California's calendar related to honoring teachers, John Muir, and

Saxcramento - Christian Newswire the California Poppy flower. SB 572 -- Last night (Sunday night, October 11th) Governor Arnold Schwarzenegger signed into law Senate Bill 572, authored by Senator as young as five years of age.

SB 572 is similar to the bill the Governor Schwarzenegger vetoed last year. In the governor's veto message then, he stated that Milk's "contributions should continue to be recognized at the local level by those who were most impacted by his contributions."

"Despite tens of thousands of California citizens expressing their opposition to SB 572 by phoning or writing his offices, Governor Schwarzenegger has abandoned parents and students to assuage special interest groups," said Ron Prentice, CFC's director. "Commemorating Harvey Milk in public schools, primarily because of his sexual orientation, goes against the values and expectations of the majority of California's parents."

Research has found that student achievement is directly equated with the amount of time a student is engaged in academic learning.

Regardless of one's opinion about

Milk or the homosexual lifestyle, SB 572 inappropriately pressures schools to divert scarce resources and time away from educational needs, focusing instead on controversial, non-academic topics.

Schwarzenegger also signed into law Senate Bill 54, authored by Senator Mark Leno (D-San Francisco). SB 54 requires California to validate and recognize same- sex marriages performed outside the state prior to November 5, 2008, when California voters approved Proposition 8 in violation of the state constitution and the express will of the voters. In response to the Governor's

signing of SB 54, the California
Family Council issued
the following statement:

Governor Schwarzenegger and the Legislature continue their disregard for the expressed will of the people of California and the state Constitution which affirms traditional marriage's definition. Article I, Section 7.5 of the California Constitution specifically states "Only marriage between a man and a woman is valid or recognized in California." SB 54 explicitly

violates California's Constitution.
"The governor's signing of SB

"The governor's signing of SB 54 illustrates his disregard for the sovereign authority of California's voting citizens," stated Everett Rice CFC's Legislative Coordinator. "In 2000 and 2008, the voters expressed their desire at the ballot box to protect traditional marriage. They emphatically affirmed that marriage should retain its historical definition and identity. However, today the governor has joined with other elected representatives by choosing to place the demands of special interest groups over more than 7 million California voters."

California Family Council's director Ron Prentice also stated, "It is clear that the governor has forgotten that the people of California are sovereign, and the language of Proposition 8 is unambiguous regarding the people's intent. The signing of SB 54 dishonors the people of California and weakens the laws set forth by them through the initiative process. The failure of our elected representatives to

support the people illustrates the

need for new leaders who value

the people over special interests."

"This is tragic news for California families," state Karen England, executive director of Capitol Resource Institute. "The governor has chosen to completely undermine the will of the people -- the millions of Californians who have twice stated that they intend for only traditional marriage to be recognized in our state. By signing SB 54, the governor thumbs his nose at the initiative process and the voters who trust that their vote means something.

Last year the governor vetoed a bill identical to SB 572 that would have declared Harvey Milk Day in California. In his veto message, the governor cited the local influence of Milk in San Francisco, stating that Milk's recognition should not be mandated statewide.

"We don't know why the governor suddenly changed his mind and decided to impose a radical social agenda in every classroom," stated England. "One possible explanation is the influence of the governor's Hollywood friends. After a biopic on Milk received Academy Award recognition earlier this year,

Hollywood political activists began lobbying the governor to sign the resurrected Harvey Milk Day bill. It seems that the governor places more value in the opinion of his Hollywood friends and their values than the values of the people who voted him into office."

The Harvey Milk Day bill was so controversial that the governor dedicated a phone line in his office to calls regarding Harvey Milk Day.

"The people of California have clearly spoken out against samesex marriage and Harvey Milk Day, yet the legislature and the governor continue to push their agenda on our children," stated England. "Parents are outraged that their young children -- including kindergarteners -- will be forced to participate in activities 'commemorating' the life of a man known for his sexuality. Parents and voters are deeply disappointed and outraged by the governor's signing of these two unnecessary, agenda-pushing bills."

Sources: Christian Newswire and Capitol Resource Institute

Curves Joins Breast Cancer Awareness Campaign

Fitness centers encourage women to do self-exams;

offer discounts to local women who receive mammograms or support cause

(Grassroots Newswire) - The probability of a woman being diagnosed with invasive breast cancer during her life is about one in eight. And, the probability of dying from breast cancer is about one in 35, according to the American Cancer Society. Breast cancer death rates are going down, the Association says, which is probably a result of finding the cancer earlier and receiving improved treatment.

That is why Curves' locations, including the ones in this area, are encouraging women to get annual mammograms and perform monthly breast self-exams during National Breast Cancer Awareness Month this October. Women who bring in a mammogram, performed within the last year, or make a \$25 donation to the American Cancer Society will be waived from paying a service fee when they join Curves during one of the last three weeks of October. Also, participating Curves locations will make available a unique home breast self-exam kit called the Liv Aid, which makes the breast self-exam process more sensitive for detecting unusual lumps. For every Liv Aid kit sold, Curves will donate one to another woman who can't afford one.

"Breast cancer is by far the most common cancer among women worldwide, and National Breast Cancer Awareness Month is a perfect opportunity for us to emphasize ways of prevention," says Curves founder Diane Heavin. "Not only are we rewarding women for having mammograms and encouraging them to perform breast-exams, we are also educating Antelope-area community members about the disease and how they can significantly reduce their risk through diet and exercise."

Based on recent information released about breast cancer, Heavin has provided the following advice for local women self-exams: regarding breast

How can women exercise good

breast health?

Most women who think of screening for breast cancer think of mammograms, but there are three ways to screen for breast cancer: mammography, clinical breast exam by a healthcare professional and breast self-exams. When combined, they offer the best opportunity to detect the disease at its earliest, most treatable stages.

How important is early detection? Early detection means the availability of more treatment options. More than 95 percent of women whose breast cancer is caught in its earliest stages are more likely to be healthy and disease-free five years after their diagnosis treatment, Heavin

How important are breast self-

Breast self-exams catch a significant number of breast cancers, some 15 to 20 percent, that otherwise might have gone undetected for possibly up to a between doctor visits, Heavin said. And, about 80 percent of breast cancers not discovered by mammography are found by women themselves. Through breast self-exams, women are in the position to detect subtle changes in their breast tissue.

Recent research has linked obesity and excess weight with an increased risk for various cancers, including breast cancer. According to Heavin, Curves has been a long-committed partner in the fight against cancer, raising millions of dollars annually for research, treatment, and recovery programs. The company has helped millions of women around the world lose millions of pounds and move away from all types of diseases.

"When women understand that one-third of all breast cancer can be related to lack of exercise and poor diet, they'll see that they have the opportunity to have much more control over their cancerrisk," Heavin said. "We want to encourage women to learn more about the impact

wellness has on preventing cancer."

For more information about Curves or what week in October locations are waiving service contact: fees,

- * Bonnie Hager, Curves of Antelope located at 4320 Elverta Rd., Ste. 4, at 916-722-1400 or 9Z2F92A3@ curvesmail.com
- * Bonnie Hager, Curves of Carmichael located at 4141 Manzanita Avenue, Ste. 105, at 916-973-9900 or 9ZJGWU9@curvesmail.com
- * Kim Gutch, Curves of Citrus Heights located at 8071 Greenback Ln., at 916-729-2878 or 9Z4HBIO@ curvesmail.com
- * Patricia Dayton, Curves of Orangevale located at 9372 Madison Ave., Ste. 5, at 916-987-7860 or 9ZY8QU9@ curvesmail.com
- * Aileen Florentz, Curves of Rancho Cordova located at 11015 Olson Dr.,

Ste. 8, at 916-635-8807 or 9ZX3WN@curvesmail.com

About Curves

Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its groundbreaking, scienti-fically proven method that ends the need for perpetual dieting. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to around 4 million women globally, many of whom are in the gym for the first time. With nearly 10,000 locations worldwide, Curves is the world's largest fitness franchise.

For more information, please visit: www.curves.com.

Effie Yeaw

Nature Center

Visit for

October Events

MERIT Promotes Joe Price to Northern California Vice President of Community Management

Price leads MERIT's Northern California division and is positioning for growth in the region

Sacramento - MERIT, a leading provider of professional community association and rental management services, promoted Joe Price to Northern California Vice President of Community Management. Price will be responsible for leading the Northern California division while positioning for growth in the East Bay, Central Valley, Stockton and San Francisco markets.

"Business has been very strong throughout the last few years and it continues to grow because of the dedicated team members in Northern California," states MERIT Founder & CEO Melinda Masson. "The Northern California



team is cohesive and works hard. Under Joe's leadership we look forward to sustained growth in the Northern California region."

Price has extensive experience with homeowners associations, having served on various boards of directors throughout the last 10 years. Price attended California State University, Sacramento and is active in local industry and community groups including the California Association of Community Managers, Community Associations Institute, Executive Council of Homeowners, Northern California Special Olympics Softball and is volunteers as coach to a non-profit girls club softball team in Carmichael. He currently works out of MERIT's Folsom, Stockton and San Ramon offices and resides in Carmichael.

Major Injuries to Motorcyclist on Capital City Freeway

Sacramento - On September 25, 2009 at approximately 8:30 a.m., Christopher Wells, a 54 year old male from Sacramento was riding his black Harley Davidson Road King on northbound SR-51 from Fulton Avenue at approximately 60 mph.

Wells had just entered the freeway from Fulton Avenue and began to change from the #4 lane to the #3 lane to the #2 lane. As he was changing lanes to the #2 lane, another vehicle was moving simultaneously from the #1 lane to the #2 lane. Wells observed the other vehicle changing lanes and saw it abruptly swerve back to the #1 lane. Wells reacted by abruptly applying his brakes and

When life throws

lost control of his motorcycle which caused him to be ejected. Wells was wearing a helmet at the time of the collision. He was transported to Mercy San Juan Medical Hospital with internal injuries and major head trauma.

This collision is still under

investigation.





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Tandra Banerjee Gabriel Scholl • Laure Rauch • Perry Hartline • Cathy Schaefer • Marion Solo

Contributing Writers Tim Reilly Marlys Johnsen Norris Judy Zimmerman Laura Snyder

Mary Jane Popp Kay Burton Susan Skinner Dave Ramsey

Nicholson & Olsen CPA

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A Candid Interview with Assemblyman Roger Niello

Roger and Me... By Perry Hartline

This interview with Assemblyman Roger Niello was initiated at the height of the California budget battle, continued on a hit-and-miss basis through the fight, and was completed when both parties signed-off on the budget, and after Governor Schwarzenegger had marked specific items for deletion.

Hartline: California's economy is the 8th largest in the world. In your opinion are we a model for America and for other countries?

Roger Niello: We are, because of what we've done and not done to solve our economic problems.

Hartline: Is California pointing the way to recovery or is the current budget utterly defensive?

Niello: It's entirely defensive, it's a forced reaction to external economic forces. But the good news is, we've been compelled to reform many practices that caused the challenges California faces.

Hartline: The Assembly, Senate and the Governor have fought over the budget for two decades. Politicians and political observers say the problem is "structural." What does "structural" mean?

Niello: "Structural" describes the budget deficit, the year-to-year gap between the costs of financing programs with revenue we don't have.

Hartline: With that in mind, what's the single largest obstacle to passing a budget on time?

Niello: The problem is the process. It defies the rules. Since the final budget requires a two-thirds majority to pass, minority party [Republican] input and votes are needed. But the budget hearings in each house only need a simple majority to pass. After that, all issues are reconciled by a joint conference committee, which also require only a simple majority to pass. The final package is usually completed days, and sometimes hours, before the constitutional deadline of June 15. It allows no time for minority party input. Our side has to move like it's on fire to find and prevent damage. The process has "dysfunctional" built into it.

Hartline: Since the early 1990s the cost of state government has rocketed high above the inflation rate, why?

Niello: Beginning In the early 90's an increasing percentage of tax revenue has been dependent on California's highly progressive personal income tax.

Hartline: 'Progressive' meaning the more you earn the higher percentage of it the state takes? Now I understand why the Left calls itself 'progressive.' (Laughs)

Niello: Yes, exactly. But understand: this drives volatility. Revenues grow rapidly when times are good and business is booming, and they drop, sometimes wildly, when business slows.

When money's pouring in the state spends all of it and more, but there's no "rainy day" fund. There's no money in the bank when the economy drops, nothing to keep up the spending commitments. That's when borrowing, gimmicks and temporary reductions begin, and we legislators pray for a quick economic recovery so we can catch fill the spending holes. That's the spending deficit in a nutshell. We're spending above and beyond the revenue the state brings in. It's deficit spending like the federal government. The difference between California and Washington is California can't print money.

Hartline: Setting a one-year budget is a fist-fight, and it goes on longer than the law permits. What about writing a two-year budget?

Niello: I favor a two-year budget,

but either way we need a spending cap. It would kill the dysfunction I mentioned a moment ago. Also, a two year outlook exposes problems sooner. Bear in mind, the issues don't change much, and a two-year plan would not be twice as hard to create.

Hartline: Does that mean you favor a part-time Legislature?

Niello: The part-time alternative is a difference without distinction. Normally we're in session January thorough June, and for a month spanning August and September. Then there's district and constituent obligations that must be met. But seven months is hardly full-time. Because of the extraordinary issues and special sessions, we've been very close to full-time in recent years. I understand the public's angst with the Legislature's behavior. I have no problem cutting back to five or even three months in normal times. We can get the work done.

Hartline: The Left has been marching around beating the tubs for a tax on services. That means a tax on everything from haircuts to legal counsel. Is there a service tax in the near future?

Niello: The broader based the tax, the less damaging it is. Any tax must be set at the lowest possible rate. With broad based taxes ability to pay is built in, and taxes are shared fairly. I believe property tax is the most damaging of all taxes, and should be particularly low

These two points indicate a service tax might be reasonable, but only if the rate for all taxes is significantly lower. And if it's done it must be revenue neutral.

"We're spending above and beyond the revenue the state brings in. It's deficit spending like the federal government.
The difference between California and Washington is California can't print money."

Hartline: What about a flat tax? The Governor sent up that smoke signal in June and again in September.

Niello: A flat tax brings real benefits. A flat rate of, say, 5% before deductions is revenue neutral. It would tame volatility and simplify tax form filing. (Laughs) Athorough consideration of supply-side economics would mean a lower tax rate than 5%. To me 5% is a high number.

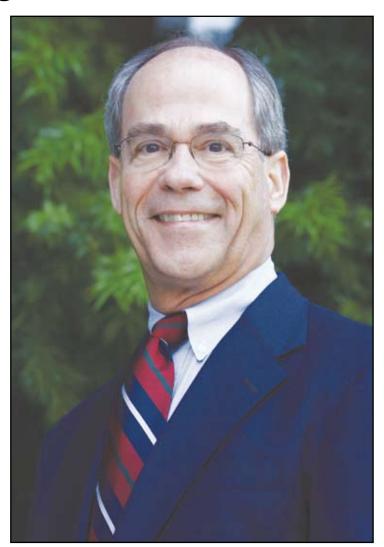
Hartline: The Left resents the cuts the governor blue-penciled out when finalizing the plan and is in court contesting the [line item] vetoes and attempting to restore the cuts. Apparently they're still negotiating the deal after signing the contract. Will the vetoes stand? If not, is the budget wrecked?

Niello: Our severe budget challenge necessitated severe solutions. There's something in the cumulative effect of the February and July budget deals for everyone (note I don't say "almost" everyone) to hate. The Democrats aren't the only ones to challenge the deal.

The difficulty is that the budget reductions are necessary. Success on the part of those who want to save any individual interest group from the hard effects of these reductions will only serve to move California toward the insolvency that we're struggling to avoid.

Hartline: This budget feels like more of the same, only smoother and it doesn't smell as bad. What separates it from past budgets? What would you have done differently?

Niello: It stinks less than many prior budgets. There are gimmicks and borrowing I wouldn't support. But the only alternative was to cut spending further, and we'll have



Assemblyman Roger Niello

to deal with that in next year's budget.

Hartline: California is renowned for its generous social programs. Our safety net has become a permanent expectation for some people. Worse, a second and third generation of a "poor" underclass has been spawned, and fraud is estimated at 25%. Republicans capped the time people can stay on welfare and shrank administrative costs. This puts more money in the hands of the truly needy. Is it a step toward state welfare reform? How would you reform welfare?

Niello: The Welfare Reform Act of 1995 worked. Caseloads are reduced and there are fewer permanently dependent people. But you're right, California is too generous and we have a higher proportion of welfare recipients than other states as a result. Our goal is to help those who've been knocked-down in tough times, and help them up quickly.

putting people to work, not increasing benefits or dependency. I've authored legislation giving counties flexibility in assisting recipients find and keep jobs, rather than mailing them checks. In present economic conditions it's the best I can do for the people who need help and for the people who pay the taxes.

Hartline: Before the economic crash the Legislature was inventing and funding new social programs every session. At one point even the Governor devised a universal health care plan [Cal-Care]. Isn't the Great Recession real to the Left and to soft Republicans? Have they learned they can't budget against projections, and can't spend money we don't have?

Niello: That's the point: What do we do? We need broad reform. We need a spending cap. We must limit spending when revenue is up, and establish a reserve for the [inevitable] downtime. If revenues weren't volatile, we could reform taxes easily, as we discussed earlier.

year I authored a This performance-based budgeting bill that will lead to a rational budgeting process. Performancebudget-ing based means establishing goals and objectives for each program. Every year all agencies report their results compared to the defined goals and objectives. It requires the Governor and Legislature to review and revise programs, and eliminate them if they don't get

Hartline: State employees are paid more than any in the nation. They enjoy deeper benefits and broader retirement plans than the private sector. Why?

Niello: The problem is unfunded retiree benefits. The sum total

of unfunded pension and retiree health benefits exceeds \$100 billion. This is the next financial crisis, and it's heading directly at us.

Hartline: Do state employee unions have an exceptional relationship with California beyond the private sector unions and employers?

Niello: State public employee unions can elect allies to their policy boards that govern the agency their members work for. They bring volumes of cash to the election, and their candidates win. Unions in the private sector can't do that. I think you could call that "unique."

Hartline: Only New York and New Jersey can boast harsher business environments than California. All three states rank last as places to do business. They shakedown large and small businesses and many have fled to flee to neighboring states. How would you improve the state's business environment?

Niello: The Left continually disputes these rankings, but that's unimportant. What's important is what businesses say. The California Republican caucus hosted a town hall meeting in Reno to learn from businesses that relocated in Nevada. Surprisingly, taxation wasn't the primary problem. The core problem was government regulation and hostility, specifically at state and county levels. Frustration with our business environment drove them out and keeps them out.

These business people were over-restricted at state and county levels. When businesses challenged a bad government call or needed help, they were met with ambivalence at best. The openarms, let-us-help you welcome they got in Nevada excited and inspired them.

In significant support of this, a report studying the cost of regulations to small business, requested by the Legislature, was recently released. That cost is pegged at a staggering \$493 billion per year. That's about one-third of the state's gross product. All of this cries out for less regulation and real cost/benefit justification for any regulations kept or added.

Hartline: How would you end the hostility?

Niello: I'd correct two regulations immediately. First, I'd change the workweek hours and meal and rest break rules. Employers and employees must be allowed the flexibility to work other than an eight-hour day before overtime pay kicks in. Overtime needn't begin until forty-hours are completed in a week. Meal and rest break rules are so harsh the issue is now the number one source of class action lawsuits against businesses.

Second, I'd review and correct

environmental regulations. They're devastating to business. For example, the requirements to retrofit or replace perfectly serviceable diesel trucks deemed 'too dirty' by the California Air Resources Board will bankrupt large and small transportation The proposed companies. regulations to meet California's misguided and convoluted Global Warming Act will ruin even more businesses, not just transportation. We must consider our economic health while hunting for environmental purity.

Hartline: If you were a business owner, what would you do?

Niello: After endless attempts to change the workweek, meal and break rule, and with Global Warming regulations about to land on us like a ton of lead, things look terrible. Small and large business owners must join with legislators pushing for attitude adjustment in Sacramento. Business owners are the soldiers in the trenches every day, they've got to show us the way to win a better business attitude in politics and in the state.

Hartline: The Left resents Proposition 13 and wants it killed. Because it's highly popular that won't happen immediately. But separating commercial property and taxing it at a higher rate is on their menu. What's the likelihood of Split-Roll taxing?

Niello: Let them try. It's not at all likely.

Hartline: Is Split-Roll an attempt to do an end-run around Proposition 13?

Niello: That's exactly how it will be viewed, and why it won't succeed.

Hartline: California's public schools take half of every tax dollar, yet it's not enough. The schools need more money every year. Today we're ranked near the middle, [23rd] in per-student expenditure and teacher pay is ranked a bit higher [16th], yet we're near dead last in achievement. This makes no sense. Parochial and private schools do twice as much on half as much. Why can't our public schools? Do we have too many high-salaried managers? Is it an allocation problem? Have we taken on too many extra-educational responsibilities?

Niello: I don't have all the answers, but I do know too much influence is wielded by those working in the system to protect everyone else working in the system. This is done at the expense of students' education. I believe the solution is competition, and not just the charter school option.

Competition forces correction within the protected monopoly that our public school system has become. Next, parental involvement increases school performance. But parents must have broad choices in where and how their kids are educated. Lastly, the Legislature needs to back off and stop trying to manage the system with mandates.

A huge comprehensive study by Stanford University determined the system needs *more funding*. It also described a desperate need for top-to-bottom reform. But their bottom line was, without reform increased funding is wasted money.

Hartline: The feds are giving money to many municipal and state agencies, particularly law enforcement. Will this free up state money to pay for something else?

Niello: Maybe in some cases, and that's the risk.

Hartline: How so? Are you saying the federal government's buying control over the states with this money?

Niello: Of course it is, and here's the danger:

There are three basic categories of "federal stimulus" funds, each bringing an increased level of concern. First are "infrastructure" funds. These come without strings and help the state and local governments fix much needed

infrastructure projects. The money can't be spent on anything else. This benign funding doesn't worry me.

worry me.

Next are the funds intended to assist but not supplant. The funds are aimed at allowing the state to maintain a high level of spending while state revenues are falling. Problem is, it allows the state to avoid the cuts that must be dealt with when federal funding is withdrawn. Accept the funds and you're marching into history with your back turned. It lets us avoid hard choices until the day comes when we have to turn around and face them.

Third, and the most dangerous, are funds that establish new programs created in Washington. In some cases there are requirements to continue the program at state cost when the federal money is withdrawn. This type of "stimulus" is merely Washington imposing their policies and programs on states. The problem is easy to see. It's seductive, highly politicized and impossible to get rid of - and it adds to our burden.

Hartline: Even with the budget cuts California will struggle for years. What happens if revenue drops further?

Niello: We'll be forced to cut further. It's that simple.

"Growth can't occur with unemployment like this. The number indicates emotional and financial anguish in individuals and households...All of this is a constriction on freedom and growth."

Hartline: California's official unemployment number is 12.2%. It doesn't count those whose benefits have run out (and are therefore employed in the eyes of EDD); those who've not registered with EDD, like the housewife trying to enter the workforce to help the family income; and it doesn't include recent graduates or people who are underemployed. According to economists the true number is 19.3%. How should we view the official number? It reflects only those drawing their unemployment benefits. Is the 19% number more near the truth?

Niello: The 18% number is pivotal. The greater the spread between these two numbers the more painful and difficult the recovery. Both are dangerously high and are a weight on the economy. Growth can't occur with unemployment like this. The numbers indicate emotional and financial anguish in individuals and households, but that can never be truly measured. All of this is a constriction on freedom and growth.

Hartline: With one of the America's highest unemployment rates, and the highest cost of living, California's not only broke, it's in debt and our credit's shot. Do you see a day of reckoning coming? If so, how will it look?

Niello: I must refrain from making predictions. I'm no good at predictions, especially when they're about the future (laughs).

Seriously though, we're not broke. It's simply a matter of how thestatespendsmoney. Historically we're a resilient and vibrant state. It's what we're known for and why people come here. When Californians are allowed to work and innovate freely we'll beat any state or country.

We must create an environment that encourages our imagination and determination. We've discussed some possibilities that encourage that one way or the other. Rather than fret the specifics of the downside, I'll do all I can for the upside. I think you understand. It's our duty for the future.

Carmichael Times Page 4 October 14, 2009



Carmichael Chamber of Commerce

Upcoming Events *Mark Your Calendar*

MIXER

Wednesday, OCTOBER 14th, 2009 Hosted by The Atrium of Carmichael 5:30 - 7:30 pm 5757 Cypress Ave, Carmichael, 95608

Hors D'oeuvres & Beverages will be provided for your refreshment. Parking at Bel Air Shopping Center Bring a friend and plenty of business cards!

October 27th, 2009
General
Membership
Luncheon
At The Palace
6309 Fair Oaks Blvd.,
Carmichael
11:30a – 1:30p
Our Speaker will be
Ed Crane,
News Anchor,
KFBK 1530AM



MEMBER NOTICES

The Chamber is looking for enthusiastic, energized
Board Members
AND Candidates for
Honorary Mayor's Race 2010
Those interested please call
Terry Sweeney, Director, at 944-1529

Eskaton Village Carmichael, 15th Annual Craft Fair Saturday, October 24, 2009 10:00am – 2:30pm 3939 Walnut Ave., Carmichael

FREE & Open to the Public

Boulevard Brush Up

TIME: Sunday, October 18, 2009

PLACE: 9:00 am at Carmichael Park, by the tennis courts

WHAT: Pick up trash, document problems for Code Enforcement, remove weeds

WHY: Draw the Community's attention to Fair Oaks Boulevard, begin the process of revitalization, and make the Boulevard a showcase for the community

WHERE: Fair Oaks Boulevard from Stanley to California

S*PONSORS:* Carmichael Creek Neighborhood Association, Carmichael Colony Neighborhood Association, Carmichael Chamber of Commerce and The County of Sacramento

CHAMBER LEADER: Seniors Helping Seniors

DO YOU NEED TO ADVERTISE YOUR BUSINESS?

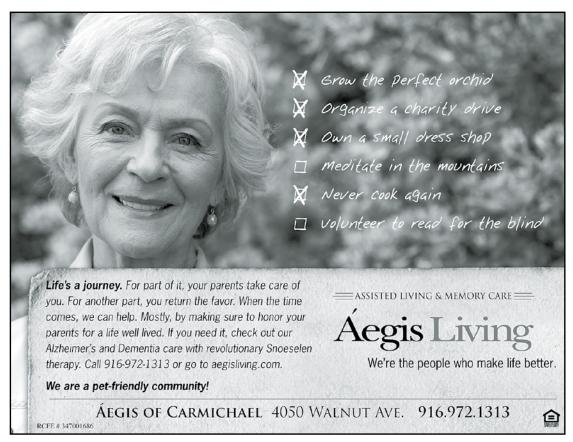
If you volunteer to lead the Chamber's Clean Up Crew for the morning's activities you will receive a FREE Luncheon Sponsorship (\$125 value) * Includes:

> 5 minute commercial 1 Free lunch ticket Dedicated trade table

Name & Logo on Luncheon Invitation

(*This offer is not available for the December luncheon, must be a Carmichael Chamber Member in good standing to qualify)

Contact us for more information on the Carmichael Chamber of Commerce
Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com







Dr. Les Lehr, Music Director

presents its 2009-2010 Concert Series

"Command Performance"

Save the Dates

Sunday, October 25, 2009 Sunday, December 13, 2009 Sunday, March 21, 2010

All Concerts at 3:00 p.m.
La Sierra Community Center -- Smith Hall
5325 Engle Road, Carmichael

Tickets at the door; free parking

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

CHAUTAUQUA PLAYHOUSE

A View From The Bridge on October 9 and Gnome Sweet Gnome on October 17



A View from the Bridge

by Arthur Miller

Chautauqua Playhouse announces the second show of its 33rd season, A VIEW FROM THE BRIDGE, by Arthur Miller, opening on October 9, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through November 15. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

Italian-American immigrant life colors this searing drama of love, obsession & revenge, set in 1950's Brooklyn. Longshoreman Eddie Carbone is devoted to his wife and niece. But when his wife's impoverished Sicilian cousins enter the US illegally, desperate to find work, Eddie's devotion to his niece is no longer touching, but terrifying. A Greek tragedy, told in Arthur Miller's classic American style...

The production is directed by Lenore Sebastian and features Julie Bock-Betschart, Savannah Scott and Gil Sebastian. Set design is by Rodger Hoopman with costumes by Eileen Beaver.



Opening on October 17 is the Chautauqua Children's Theatre production of GNOME, SWEET GNOME, directed by Marie Raymond. In this musical show, O'Shea and Rhymin' Simon have to find a new king. When they find one, they're off to encounter a dragon and a green bad guy. Watch out for Pigg and Apoke.

GNOME SWEET GNOME plays on Saturdays at 1:00 and 3:00 pm until November 7. Tickets for the children's shows are \$7.00.

For tickets and additional information call the theatre at (916) 489-7529(PLAY) Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.com

A Non-Profit Organization

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

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- ✓ FREE Senior Checking with Interest
- ✓ FREE Direct Payroll Deposit Checking
- ✓ FREE VISA Check Card
- ✓ FREE Internet Banking with Check Images
- ✓ FREE Online Bill Payment
- ✓ FREE Telephone Banking
- ✓ Interest Checking
- ✓ Business Checking
- ✓ Investors Money Market Checking
- ✓ Gold Money Market Savings

- ✓ Purchase & Refinance Loans
- ✓ Home Construction Loans
- ✓ Owner-Builder Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- Friendly, Personal Service at No Extra Charge
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- ✓ In 2008, we completed our 20th consecutive year without any foreclosed properties on our books



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CARMICHAEL 4701 Manzanita Ave. • 481-0664



Carmichael Times Page 5 October 14, 2009

Mercy General Hospital Offers Free Living With Loss Workshop

Six week session meets on Wednesdays starting October 21

Sacramento - Living with Loss is an interactive, educational and experiential grief and loss program that runs for 6 weeks. The program looks at and honors the full dimension of the person: cognitive (thinking), affective (feeling), somatic

(body), social (interaction) and spiritual (meaning).

The 6-week sessions provide education on anticipatory grief, grief, and mourning that make up the constellation of complex feelings and actions associated with the death of a loved one.

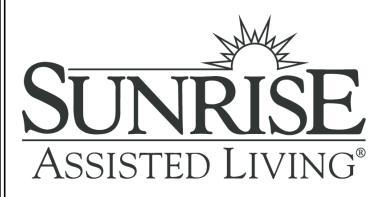
Participants identify their own format, in other words, a The sessions are free of charge process, and normalize their experience-which mean it is not painful, while learning about the dynamic of grief and are given tools to cope and find hope. The sessions are in a closed group

"drop-in" model is not used. The format allows participants to establish trust and more fully share with one another.

Participants are asked to committoattendingall6sessions as they build upon each other.

and donations are accepted. The workshop is free but registration is required by calling (916) 453-4552. Workshop Facilitator is Nancy Cook, MDiv, MSW, BCC Mercy General Hospital,

Greenhouse A Conference Room, Street, Sacramento, 95819. Six-week session meets Wednesday every from October 21-November 25 from 6:00 to 8:00 p.m.





Sunrise of Carmichael 916-485-4500 5451 Fair Oaks Blvd.

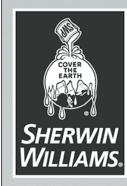
Memory Care

Brand new to the Carmichael Community, Sunrise of Carmichael is pleased to be celebrating Carmichael's 100th Anniversary!

Please stop in for your personal tour & see what Carmichael's newest assisted living community has to offer.

For more information and a FREE online newsletter, visit www.sunriseseniorliving.com





IT'S A GRAND OPENING CELEBRATION AND YOU'RE INVITED!

To your new Sherwin-Williams paint store in SACRAMENTO (CARMICHAEL)

Saturday, October 17th, 2009

Save on Paints & Stains

Painting Tools & Supplies



SHERWIN-WILLIAMS. PAINTS



Now open in

Sacramento (Carmichael)

5122 Madison Ave.

916-348-8041

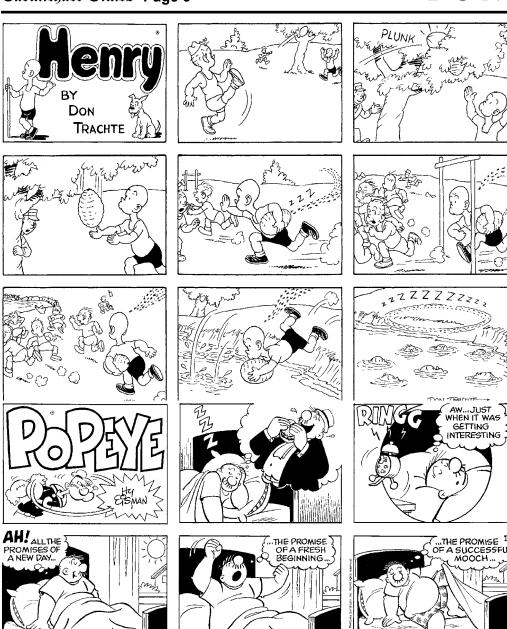
Mon. -Fri. 6:30am-5:30pm Sat. 8am-5pm Sun. 10am-2pm

Register for your chance to

WIN GREAT PRIZES!

Saturday, October 17th, 2009

See store for official rules and restrictions, Saturday, October 17th, 2009 from 8am-5pm at the Sacramento (Carmichael) Sherwin-Williams location only. No purchase necessary, Prizes are not transferable or redeemable for cash or credit. Prizes subject to change. Sherwin-Williams reserves the right to substitute prizes of equal or greater value. Void where prohibited.





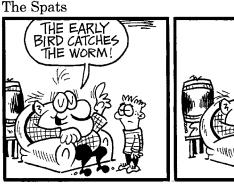








by Jeff Pickering



HOCUS-FOCUS

Find at least six differences in details between panels.

different. 5. Sheet fold is wider. 6. Picture is different.

Differences: 1. Boy and dog have switched places. 2. Woman's nightgown is different. 3. Curtain is missing. 4. Pajamas are different a different of places and different and a specific places.

13

16

33

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57

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36 37

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53

56

42 | 43

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20 21

40 41



BY
HENRY BOLTINOFF



1. ANATOMY: What is the largest bone in

2. MUSIC: What did the title of the song "Pennsylvania 6-5000" refer to?

3. GEOGRAPHY: What is the westernmost point in the contiguous United States?

4. LITERATURE: How many daughters did the king have in Shakespeare's play "King

5. HISTORY: Who founded the abolitionist newspaper "The North Star"?

6. LANGUAGE: What does the Latin phrase "non compos mentis" mean?

7. PSYCHOLOGY: Someone who suffers from didaskaleinophobia would have an abnormal fear of what?

8. COMICS: What is the name of the family dog in the "Dennis the Menace" comic panel?

9. SCIENCE: How fast can a bolt of lightning travel?

10. TELEVISION: In what fictional city does the soap opera "All My Children" take

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Weekly **SUDOKU**

by Linda Thistle

		2	5					7
5				8		9		
	7			3	2		6	
		3			1	4		
9	1		2					5
		8		6			1	
		1			4	3		6
2				5			7	
	6		8			2		
Place a number in the empty boyes in such a way								

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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Carmichael Cactus and Succulent Society

Carmichael Cactus and Succulent Society Meeting

Thursday November 5, 10:00 am

to present Roberta Walker

Landscape

Designer Carmichael Park Clubhouse 5750 Grant Avenue

Cost: Free! Visitors are Welcome! Ph: 916-729-3475

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Sacramento, CA 95866-0061

Carmichael, CA 95608

GATED WORDS

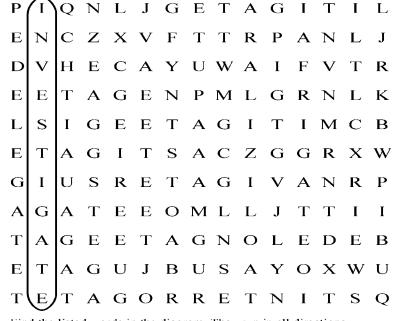
Genealogy Society The monthly meetings are held at 1:00 pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way.

St Mark's is located directly behind Country Club Plaza near Watt and El Camino Avenues. TUESDAY. **OCTOBER 27, 2009** Topic: "The Role Played by Societal Status in

> Family History Research" **Presenter:** Roger P. Minert, PhD, AG

With Dr. Minert back again to open our minds to German research, we will learn at this meeting about how strict the rules of status were in our ancestors' times, and how heavily the system affected problems we face in our family history research.

MAGIC MAZE



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

Agate Delegate Elongate

Frigate **Fumigate** Interrogate Investigate

EAST

♦ Q 10 7 6

Irrigate Mitigate Navigate Negate

Subjugate Tailgate Tollgate

Answers on Page 8

Contract Bridge

MAXIMUM SECURITY

East dealer. NORTH **♠** J 9 8 3

♥ K 6 2♦ K J 5 **♣**Λ Q 4

🕈 A K 4 ◆ 10 6 4 2

♦Q983 ♣K 10 5 2 SOUTH ♥AQJ1094

The bidding: South East West Pass Pass Pass Pass Opening lead – king of spades.

Card-reading — the ability to figure out how the opponents' cards are divided based on bids and plays they have or haven't made — is a crucial element in the play of many hands.

Consider this deal where West leads the king of spades, on which East plays the seven. West continues with the ace and another spade, East playing the six on the ace and the ten on dummy's nine.

South ruffs the third spade and does not have to think very hard to conclude that East has the missing queen of spades. It is inconceivable that East would play the 7-6-10 of spades, in that order, unless he also had the

South's prospects therefore are extremely good at this point, provided he does not now fall into the trap of drawing trumps, cashing the ace of diamonds and then finessing the jack.

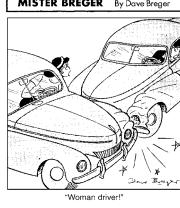
In the actual case, the jack of diamonds would lose to East's queen, and when declarer later attempted a club finesse, he would lose that also and finish down one. True, it would be unlucky for South to have both finesses fail — the odds are 3-to-1 that one or both will succeed — but that's the way the cookie sometimes crumbles.

However, if South takes advantage of his knowledge that East has the queen of spades, he can assure the contract in a perfectly simple way. After ruffing the third round of spades, he draws three rounds of trumps ending in dummy, leads the jack of spades and discards a club on

East takes the jack with the queen but is helpless. He must either return a club into dummy's A-Q-x or a diamond into dummy's K-J-x, and regardless of which he chooses, South acquires his 10th trick. © 2009 King Features Synd., Inc.

Got Community News?

Call 773-1111 MISTER BREGER By Dave Breger



Just Like Cats & Dogs



Answers on Page 8

31 Recede 36 "Beverly

role

37 Permit

38 Hetero-

42 Mature

43 Supple-

30 Plant sticker

Hillbillies"

geneous

41 Crooner Don

mented.

with "out"

44 Reverberate

by Steve Becker

KING Crossword

- 5 Grier or
- 8 Feds
- 12 A-line
- 13 Mimic
- 14 Wash
- 15 Con
- 17 Curved
- molding 18 Unhealthful
- atmosphere
- 20 Ascending
- 22 Heavy
- 23 Tasseled
- 24 Hipsters'

27 Engrave

- 33 Peeples or
- Vardalos
- 34 Gist

- part
- 39 Exist
- 42 Money-back
- 49 Object of
- worship (Var.)
- partner

- 53 Teller's
- companion 54 That girl
- 55 Have coming
- 56 Vortex 57 Raw rock
- 58 Coloring agents

DOWN

- 1 Mild yellow
- fashion
- Greek vowel
- Seine 5 Violin

virtuoso

- cheese
- Sad, on the
- subordinate
 - 25 Altar
 - 26 Tramp

American

- 28 Diarist Anais 29 Native
- dragon 47 Green land 48 Photog's

46 Dispatch a

- choice
- 51 " the fields
- we go"

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ACROSS Send forth

- Dawber
- creator
- 16 Revolver
- weight
- topper
- jargon

32 Oklahoma city

- 35 Over-
- whelming 38 Predicate
- 40 "Eureka!"
- deal 45 Tidbit
- 50 Bill's
- 2 Revealing
- storekeeper 7 Carte

Niccolo

6 "Simpsons"

- 8 Brooding, angry look
- 9 Periodical
- 10 Always 11 Requisite
- 19 Collins of "MADtv" 21 Cpl.'s
- 24 Boxing tactic
 - affirmative

- 52 Nastase of leader

LEGAL ADVERTISING

Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984

Legal Advertising P.O. Box 14 Carmichael, CA 95609

FICTITIOUS BUSINESS NAME STATEMENT #0908328. Luxottica North America Inc., 4000 Luxottica Place, Mason, OH 45040 is doing business under the Fictitious Business Name "LensCrafters" at 515 "L St. #A1024, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on Sept. 11, 2009. Publish: September 30, October 7, 14, 2009. PRP20 90904 10-14-09 CORP20

FICTITIOUS BUSINESS NAME STATEMENT #0908277. The Advance Funding Company LLC, 108 West 13th St., Wilmington, DE 19801 is doing business under the Fictitious Business Name "The Advance Funding Company -Powered by Amerimerchant" at 475 Park Ave. South, New York, NY 10016. Filed with the Clerk of Sacramento County on Sept. 10, 2009. Publish: September 23, 30, October 7, 14, 2009. 90904

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

#34-2009-00057116 WHEREAS. Jamila Whigham has filed a petition with this court for a decree changing name of Oshun Omni Kaori Whigham to Aurora Holyne Majesty Whigham. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 22, 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: Sept. 9, 2009. Loren E. McMaster Judge of the Superior Court Publish: September 23, 30, October 7. 14. 2009. 90904 10-14-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #09FL04329 NOTICE TO RESPONDENT: RICHARD TORRES: You are being sued.

YULIA TORRES. You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you.

If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form.

If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia. or by contacting your local county bar association.

The name and address court is: Superior Court of California, County of Sacramento, 3341 Power Inn

Sacramento, CA 95826. The name, address, and telephone number of petitioner's petitioner without an attorney, is: Professionally Drafted by Help-U-File, 5568 Keoncrest Circle #3, Sacramento, 95841: 916-517-6620. Dated: June 23, 2009. 23, 30, Publish: September October 7, 14, 2009. 10-14-09 TORRES 90904

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS

CASE #34-2008-00024227 NOTICE TO DEFENDANT: DESIGNER WORKS, a business entity, form unknown; SERGEY KARELSON, an individual; and DOES 1 through 10, inclusive. You are being sued.

PLAINTIFF'S NAME IS: HIGGINS LUMBER COMPANY, a California corporation. 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.

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 side (www.lawhelpcalifornia.org), the California Courts Online Self-Help (www.courtinfo.ca.gov/ Center 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 W. Phillips (SBN 147117); Wild, Carter & Tipton, 246 W. Shaw Ave., Fresno, CA 93704; 559-224-2131; 559-229-7295. Dated: Oct. 6, 2008. Publish: September 23, 30, October 7, 14, 2009.

10-14-09 **SAN JUAN UNIFIED** SCHOOL DISTRICT **PUBLIC HEARING NOTICE** PROPOSED DEDICATION OF

WATER LINE EASEMENT NOTICE IS HEREBY GIVEN that, pursuant to Education Code Section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to the Carmichael Water District ("Agency") an easement for Water Pipeline (hereinafter referred to as "Easement") as part of the Del Campo Water Pipeline project ("Water Pipeline Project"). The Easement, necessary for the proposed Del Campo Water

Pipeline Project lie over, under and upon a portion of the District's Del Campo High School site. A public hearing will be held during the regular meeting of the Board on October 27, 2009, at 6:30 p.m. or as soon thereafter as practicable, in the Board Room, located at 3738 Walnut Avenue. Carmichael. CA 95608, on the question of Conveyance of the Easement. Copies of the Resolution of Intent to Dedicate Easement, for the water line related to the fire hydrant, and Calling a Public Hearing in connection therewith are posted at the Carmichael Library, The District Office and the Fair Oaks Library.

Any interested person may be heard on the matter of dedicating the aforementioned Easemen at the public hearing described above. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the execution of Easement Deeds conveying the Easements to the Agency. Dated: September 9, 2009 Publish: Oct. 14, 2009. 10-14-09 SJUSD 91002

SAN JUAN UNIFIED SCHOOL DISTRICT
PUBLIC HEARING NOTICE PROPOSED DEDICATION OF A PUBLIC UTILITIES EASEMENT NOTICE IS HEREBY GIVEN that, pursuant to Education Code Section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to AT&T ("Agency") an easement for the Fiber Optics (hereinafter referred to as "Easement") as part of the Fiber Optics Project ("Fiber Optics Project"). The Easement, necessary for the proposed Fiber Optics Project, lie over, under and upon a portion of the Dewey Elementary School site. A public hearing will be held during the regular meeting of the Board on October 27, 2009, at 6:30 p.m. or as soon thereafter as practicable, in the Board Room, located at 3738 Walnut Avenue, Carmichael, CA 95608, on the guestion of Conveyance of the Easement. Copies of the Resolution of Intent to Dedicate Easement, for the Fiber Optics system related to the internet upgrade, and Calling a Public Hearing in connection therewith are posted at the Carmichael Library, The District

Office and the Fair Oaks Library. Any interested person may be heard on the matter of dedicating the aforementioned Easement at the public hearing described above. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the execution of Easement Deeds conveying the Easements to the Agency. Dated: September 14, 2009. Publish: October 14, 2009.

91002

SJUSD

10-14-09

SAN JUAN UNIFIED SCHOOL DISTRICT PUBLIC HEARING NOTICE PROPOSED DEDICATION OF A PUBLIC UTILITY EASEMENT NOTICE IS HEREBY GIVEN that, pursuant to Education Code Section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to AT&T ("Agency") an easement for Fiber Optics (hereinafter referred to as "Easement") as part of

the Fiber Optics Project ("Fiber

Optics Project"). The Easement,

necessary for the proposed Fiber Optics Project, lie over, under and upon a portion of the Green Oaks Elementary School site. A public hearing will be held during the regular meeting of the Board on October 27, 2009, at 6:30 p.m. or as soon thereafter as practicable, in the Board Room, located at 3738 Walnut Avenue, Carmichael, CA 95608, on the question of Conveyance of the Easement. Copies of the Resolution of Intent to Dedicate Easement, for the Fiber Optics system related to the internet upgrade, and Calling a Public Hearing in connection therewith are posted at the Carmichael Library, The District Office and the Fair Oaks Library.

Any interested person may be heard on the matter of dedicating the aforementioned Easement at the public hearing described above. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the execution of Easement Deeds conveying the Easements to the Agency. Dated: September 14, 2009 Publish: October 14, 2009. 91002

SAN JUAN UNIFIED SCHOOL DISTRICT PUBLIC HEARING NOTICE PROPOSED DEDICATION OF A PUBLIC UTILITIES EASEMENT that, pursuant to Education Code Section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to AT&T ("Agency") an easement for the Fiber Optics (hereinafter referred to as "Easement") as part of the Fiber Optics Project ("Fiber Optics Project"). The Easement, necessary for the proposed Fiber Optics Project, lie over, under and upon a portion of the Northridge Elementary School site. A public hearing will be held during the regular meeting of the Board on October 27, 2009, at 6:30 p.m. or as soon thereafter as practicable, in the Board Room, located at 3738 Walnut Avenue, Carmichael, CA 95608, on the question of Conveyance of the Easement. Copies of the Resolution of Intent to Dedicate Easement, for the Fiber Optics system related to the internet upgrade, and Calling a Public Hearing in connection therewith are posted at the Carmichael Library, The District Office and the Fair Oaks Library. Any interested person may be

heard on the matter of dedicating the aforementioned Easement at the public hearing described above. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the execution of Easement Deeds conveying the Easements to the Agency. Dated: September 14, 2009 Publish: October 14, 2009. 91002

SAN JUAN UNIFIED PUBLIC HEARING NOTICE PROPOSED DEDICATION OF A PUBLIC UTILITY EASEMENT NOTICE IS HEREBY GIVEN that, pursuant to Education Code Section 17556, et seg., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to AT&T ("Agency") an easement for Fiber Optics (hereinafter referred to as "Easement") as part of

the Fiber Optics Project ("Fiber Optics Project"). The Easement, necessary for the proposed Fiber Optics Project, lie over, under and upon a portion of the Oakview Elementary School site. A public hearing will be held during the regular meeting of the Board on October 27, 2009, at 6:30 p.m. or as soon thereafter as practicable, in the Board Room, located at 3738 Walnut Avenue, Carmichael. CA 95608, on the question of Conveyance of the Easement. Copies of the Resolution of Intent to Dedicate Fasement for the Fiber Optics system related to the internet upgrade, and Calling a Public Hearing in connection therewith are posted at the Carmichael Library, The District

Office and the Fair Oaks Library. Any interested person may be heard on the matter of dedicating the aforementioned Easement at the public hearing described above. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the execution of Easement Deeds conveying the Easements to the Agency. Dated: September 14, 2009. Publish: October 14, 2009. 10-14-09 SJUSD 91002

SAN JUAN UNIFIED SCHOOL DISTRICT PUBLIC HEARING NOTICE PROPOSED DEDICATION OF A

PUBLIC UTILITY EASEMENT NOTICE IS HEREBY GIVEN that, pursuant to Education Code Section 17556, et seq., the Board of Education of the San Juan Unified School District ("Board") has adopted a Resolution of Intent to convey to AT&T ("Agency") an easement for Fiber Optics (hereinafter referred to as "Easement") as part of the Fiber Optics Project ("Fiber Optics Project"). The Easement, necessary for the proposed Fiber Optics Project, lie over, under and upon a portion of the Charles Peck Elementary School site. A public hearing will be held during the regular meeting of the Board on October 27, 2009, at 6:30 p.m. or as soon thereafter as practicable, in the Board Room, located at 3738 Walnut Avenue. Carmichael. CA 95608, on the question of Conveyance of the Easement. Copies of the Resolution of Intent to Dedicate Easement, for the Fiber Optics system related to the internet upgrade, and Calling a Public Hearing in connection therewith are posted at the Carmichael Library, The District Office and the Fair Oaks Library.

Any interested person may be heard on the matter of dedicating the aforementioned Easement at the public hearing described above. At the time and place of the public hearing, if no legal protest is entered, the Board may adopt a resolution by a two-thirds vote of its members authorizing and directing the execution of Easement Deeds conveying the Easements to the Agency. Dated: September 14, 2009. Publish: October 14, 2009.

SJUSD 91002 FICTITIOUS BUSINESS NAME STATEMENT #0908584. Maricela Lariz, 541 Regency Park Circle, Sacramento, CA 95835 is doing business under the Fictitious Business Name "MVN Music" at 541 Regency Park Circle, Sacramento, CA 95835. Filed with the Clerk of Sacramento County on Sept. 18, 2009. Publish: Sept. 30, Oct. 7, 14, 21, 2009. MVNMUS 90905 10-21-09

SUPERIOR COURT OF **CALIFORNIA** COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #220639

WHEREAS, Rebekah Sass,

Attorney for GABRIEL BROWER, a child has filed a petition with this court for a decree changing name ofo Gabriel Hernandez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Dec. 18, 2009 in Dept. 130, located at 3341 Power Inn Road, 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: Sept. 14, 2009. Publish: September 23, 30, October 7, 14, 2009. 10-21-09 90905

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00058249

WHEREAS. Kathleen Marie Klein has filed a petition with this court for a decree changing name of Kathleen Marie Klein to Kathleen Marie, IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 30, 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: Sept. 18, 2009. Shellevanne W.L. Chang Judge of the Superior Court Publish: September 23, 30, October 7, 14, 2009. KLEIN 90905 10-21-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00058572

WHEREAS, Teresa Pearl Potter has filed a petition with this court for a decree changing name of Teresa Pearl Potter to Teresa Pearl Heath. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 3, 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: Sept. 22, 2009. Loren E. McMaster Judge of the Superior Court

Publish: September 23, 30, October 7, 14, 2009. 10-21-09 POTTER 90905

FICTITIOUS BUSINES NAME STATEMENT #0908950. Don Brogon, 3014 Olive Glen Ct.,

Sacramento, CA 95821; and Brad Lavin, 1626 Blanchard Dr., Roseville, CA 95747 are doing business under the Fictitious Business Name "The Paint Co." at 3014 Olive Glen Ct. Sacramento, CA 95821. Filed with the Clerk of Sacramento County on Oct. 1, 2009, Publish: October 7, 14, 21, 28, 2009. THEPAI 91001

> SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00058893

WHEREAS, Brianna Alysse Wulf has filed a petition with this court for a decree changing name of Brianna Alyse Wulf to Bianna Alyse Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov 5, 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: Sept. 24, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 7, 14, 21, 28, 2009

91001 WULF-B

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00058931 WHEREAS, Ariel Nicole Wulf

has filed a petition with this court for a decree changing name of Ariel Nicole Wulf to Ariel Nicole Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 6, 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: Sept. 25, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 7, 14, 21, 28,

91001 WULF-A

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00059355 WHEREAS, Alicia J. Brundage has filed a petition with this court for a decree changing name of

Sean Ray Brunson-Brundage to Sean Richard Daunte Brundage. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 13, 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. 1, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 7, 14, 21, 28, 2009. BRUNDA 91001 10-28-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE

CHANGE OF NAME

#34-2009-0005 WHEREAS, Raelisa Martinez has filed a petition with this court for a decree changing name of Raelisa Martinez to Raelisa Santiago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 13, 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 Carmichae 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 2 2009 Loren E. McMaster Judge of the Superior Court

Publish: October 7, 14, 21, 28, 2009.

MARTIN 91001 10-28-09

FICTITIOUS BUSINES NAME STATEMENT #0909097. N&T Realty, Inc., 7917 Fruitridge Road #G2, Sacramento, CA 95820 is doing business under the Fictitious Business Name "Seasons Funding" at 7917 Fruitridge Road #G1 Sacramento, CA 95820, Filed with the Clerk of Sacramento County on Oct. 6, 2009. Publish: October 14, 21, 28, November 4, 2009. SEASON 91002 11-4-09

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

#34-2009-00059373 WHEREAS, Dylan Patrick Robb has filed a petition with this court for a decree changing name of Dylan Patrick Robb to Dylan Patrick Thiede. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 12, 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. 1, 2009. Loren E. McMaster

Judge of the Superior Court Publish: October 14, 21, 28, November 4, 2009

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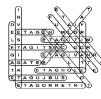
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Laura on Life Rules For Punch Bug



By Laura Snyder

When I was a kid, we used to play a game while riding in the car. Every time someone would see a Volkswagon Beetle, they would yell, "Punch Bug!" and slug the person next to them.

As an adult, I've learned that many people have played this so-called game. In fact, so many people still play it that I've considered getting a Volkswagon Beetle just to witness the mayhem as I drive down the road. I wonder if Volkswagon ever planned for this display of violence when people saw their creation.

Over the years, my children have played the game and added some twists to it to make it "fair." First, you had to call the color just in case there were two in the vicinity and also to be sure that someone actually saw it. It would be easy to say you saw it, but not if you had to say the color, too.

Second, if one didn't want to get slugged back, he must verbalize that desire by saying "No take-backs!" after slugging someone. This, of course, meant that the slugger was not willing to "take back" the slug. When she was younger, my daughter always thought that the words were "No kick-backs." So, nobody ever kicked her back, but her older brothers did give her the closest version of a punch they could without actually punching her; mostly because they didn't want to get that stern lecture from their father about why boys shouldn't hit girls.

Still, she thought it wasn't fair that she was getting her punch back even though she called No Kickbacks. So she made a new rule that if she put her arms over her head in the shape of a bubble, it would be considered her Punch Bug Shield. No one was allowed to reciprocate when she had her shields up.

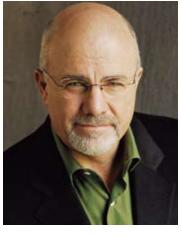
That sounded kind of Star Warsish, so the boys agreed. Now when a Volkswagon is spotted, there is a flurry of activity in the back seat as someone yells "Punch Bug!" and everyone else throws up their shields. The slugger sometimes would slug someone even if their shields were up. The arguments that ensued were about the speed at which the shield was deployed, the possible malfunction of the shield in question, and whether or not a potential sluggee can, in fact, stave off a slug by deploying his own imaginary shields.

Since there are generally more potential sluggees than sluggers, the consensus was that potentials can, indeed, throw up shields to deflect an attack. It was also decided that, whether you are the slugger or the sluggee, in order to be sure that your shields were operating at full capacity, there were no holes or weak spots, and to signify that they were fully deployed, one had to shout "What!" in the manner of a rapper with an attitude, after deployment.

If the Volkswagon Corporation could be a mouse in the back seat of my mini-van when a Beetle goes by, they would hear, "Punch Bug - Orange - No Kickbacks - Shields Up - WHAT!!" What a legacy!

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.

Dave Says



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

Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsev 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.

Know When To Leave Dear Dave,

I'm 25 years old and have served in the military for seven years. I'm not sure I like what I'm doing as much as I did a few years ago, plus I've had some pretty exciting opportunities come my way in another field. Do you think it would be worth it to stay in for another 13 years just to get full retirement benefits?. - Wayne

Dear Wayne,

It's really simple. If you love it, stay in. If you don't love it, get out. Serving in the armed forces is voluntary in this country. In a sense, that makes it a lot like other jobs. Thirteen years is a long time to hold your nose and walk through a briar patch. If you're not excited anymore by what you're doing, then it's time to find another line of work.

There are people who absolutely love the military. It makes a great career for some folks, and I think that's awesome. God bless them for serving their country that way. But whether you're in the military or a civilian, I think you should do what you love. If you were just a few months away from retirement, I might tell you to ride this thing out. But hanging around for years in a job you don't like just to collect benefits is not a good plan!

Taking Stock in an Emergency Dear Dave,

I like your idea of having an emergency fund. Currently, I have \$17,000 in General Mills stock. Can I use this as my emergency fund?

- Anonymous

Dear Anonymous,

No, no, no! Stocks are longterm investments. The one and only purpose of an emergency fund is to have cash on hand in the event of an emergency. It is not an investment, and it's not designed to replace income. An emergency fund is there to cover unexpected expenses that result from life's unexpected events. Wow, just think if you had used General Motors stock as your emergency fund. Your entire life would be one big emergency right now!

I don't have a problem with General Mills, but if you want to call it an emergency fund, you need to cash out your \$17,000 and park it in a good, easily accessible money market account with checkwriting privileges. It's absolutely essential that you keep your emergency fund liquid and easy to reach. You wouldn't keep your umbrella locked in a safe in the trunk of your car, so why create a situation where it's a pain to access the money in your emergency fund?

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Carmichael Times Page 10 October 14, 2009



COUPLES RETREAT (PG-13)

Long ago, in a galaxy far, far away, actors Vince Vaughn and Jon Favreau collaborated as writers on the hit film "Swingers" to deliver snappy, comedic dialogue that cemented their reputations for delivering laughs. The fame achieved by that success has served them well, though Vaughn has been more visible in the public eye since then. Nevertheless, these two old friends have returned to try to work their magic formula for a relationship movie involving couples on the cusp of middle age. The aptly-named "Couples Retreat"

is the fruit of this renewed teamwork. Vaughn and Favreau, assisted by Dana Fox, have pieced together a script that delivers, at the minimum, a serviceable comedy, one that is likely to do well in the future on late night cable viewing. Working off the template of randy sex comedies, "Couples Retreat" strives with the help of its talented writer-stars to come up with comical situations and barbed one-liners that deliver the normal expectations. For good measure, Vaughn and Favreau mix in some drama just to keep afloat the relationship conflicts inherent in a story where couples are expected to bicker, if only to satisfy conventional plot lines.

Riley **Reviews**

COMEDY SWINGING "COUPLES RETREAT" TO CONVENTIONAL **FORMULA**

The story of "Couples Retreat" begins with the obsessive Jason (Jason Bateman) and his frustrated wife Cynthia (Kristen Bell) scheming to get their friends to join them in a package deal for an island paradise vacation. Unbeknownst to the others, Jason and Cynthia. though outwardly contented, are seriously thinking of divorce because they remain childless. Going off to a resort in French Polynesia looks terribly inviting, but the troubled couple can't afford to go alone, nor can they tell their friends the real reason for the trip, which is namely to take advantage of the "Couples Building" workshops.

Vaughn's Dave is happily married to Ronnie (Malin Akerman), with two adorable sons, the youngest of which has potty issues with toilets on the showroom floor of a local department store. Meanwhile, Favreau's Joey and his wife Lucy (Kristin Davis) find their marriage on the brink of dissolution once their daughter goes off to college. Recently divorced Shane (Faizon Love) is hooked up with 20-yearold Trudy (Kali Hawk) in a romance that seems unlikely to survive for another two weeks. Given that these friends are enduring a cold winter in the Midwest, a trip to the sun and fun of the Eden resort proves irresistible.

Arriving at the beautiful Eden resort, the couples soon discover that the seaside paradise is anything but the hedonistic playground they

had expected. Instead, they are confronted with a daily regimen that makes an Army boot camp look like a trip to Disneyland. Running the resort with an iron fist is an imperious Frenchman named Marcel (Jean Reno), who insists that everyone must participate in a series of grueling programs, particularly early morning counseling sessions with therapists who seem incapable of doing anything other than creating relationship schisms.

Meanwhile, Joey and Dave are increasingly restless after dealing with Marcel and the pompous henchman who is always insisting that everything is for their own good. Joey, in particular, is itching to get to the other island, which is called Eden West, a sybaritic pleasure zone for swinging singles. The urge to move to the fun island is even more compelling after the guys are exposed to slimy voga instructor Salvadore (Carlos Ponce), looking very much like an oiled and muscled Fabio. One of the funniest, if crude, scenes involves Salvadore, dressed only in very brief shorts, pacing the women through some very eccentric, sexualized moves.

Except for the brazen Trudy, who is eager to break free of the stodgy routine, the wives are trapped with little to do other than spar with their husbands in therapy sessions. On the other hand, the guys pretty much live up to their predictable screen personas. Vaughn and Favreau do their best to be humorously obnoxious, hurling insults and wisecracks in scattershot fashion. Bateman plays his usual uptight role to varying comic effect, while Love, possessed of considerable girth and size, is the object of physical comedy. "Couples Retreat" may not be a candidate for the best comedy of the year, but it has enough laughs to entertain viewers who have enjoyed these actors in even better comedies.

The 12 Week Weight Loss Challenge & Class

Keiko & Hiromi Moore, wellness and weight loss coaches, are open to the community for a Weight Loss Challenge in Carmichael, CA. This Weight Loss Challenge is an education and competition to lose weight, get healthy and keep it off. They have launched a 12 week course that offer tips on nutrition and exercise paired with a hint of competition. "In a past

competition, I had a participant that lost 35 lbs and 25 inches just by applying all the information from the challenge. It is truly exciting to see people get healthier and feel better during and after every challenge." Keiko said.

The 12 week Weight Loss Challenge & Class, participants join the Challenge for \$39, \$25 of which goes into a pool that gets distributed at the end of the challenge. \$4 is used to pays for basic materials such as protein bars that participants can samples, paper & other miscellaneous items during the challenge. \$10



Keiko Baldwin & Hiromi Moore

is donated to a children's charity www.gofitkids.org, mission is to end childhood obesity in America! Weight Loss Challenges are held across the US and the participants, in one of the Challenges that recently completed in Orange County, CA, lost a total of 390 pounds and 319 inches. The total payout was \$1,050. The average payout was more than \$500, the coaches said.

The Carmichael Weight Loss Challenge began September 12th and meets each Saturday morning for a weigh-in and guidance from coaches for about 1 hour. Herbalife representatives give

tips on diet and exercise, along with samples of the company's products.

But the program isn't just a sales pitch for diet products. Tammy, who is a former participant, "They pressure you to start any particular regimen." Instead, any healthy approach,

weight-loss from Weight Watchers or Jenny Craig to plain old diet and exercise, are welcome. "We embrace all the programs during

the class, as long as they are healthy. Our main focus is to help the participants lose their weight and keep it off for the long term," said Keiko. "What we're teaching in the class is healthy habits so people can make small changes and set themselves for success," said Hiromi.

Keiko & Hiromi are shooting for 20 students per class, which will allow for a \$250 first-place prize, \$150 second-place prize, and \$75 third-place prize. For more information, 916-770-5791 or bkeiko@hotmail.com.

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The community grants are provided through the Community Building Initiative (CBI) of the First 5 Sacramento Commission. The Commission uses Proposition 10 (tobacco tax) funds to support the healthy development of children age five and under.



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