

# Carmichael Times



**Effie Yeaw  
Nature  
Center's  
Upcoming  
Events**

Page 2



**Pastor Ray  
Duckett:  
Staying  
On Track**

Page 4



**River  
Cats  
in PCL  
Playoffs**

Page 8

PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 32  
Rancho Cordova, CA

Volume 29 Issue 36

Serving Carmichael and Sacramento County since 1981

September 9, 2009

## Airshow Welcomes "Glacier Girl"



Glacier Girl performed in "Operation Bolero" to support U.S. allies in the war torn European theatre.

**Sacramento County** - The California Capital Airshow is excited to announce that Warbird expert Bob Cardin and "Glacier Girl" will be joining the already impressive line up of over 125 aircraft on static display, from a 1920's bi-plane to the F-22 Raptor of today's modern Air Force. Glacier Girl's visit to the California Capital Airshow is her only stop in Northern California and should not be missed.

Glacier Girl's story began on July 15, 1942, when a United States Army Air Corps Squadron, made up of six P-38F's and two B17 Bombers, departed the east coast of the United States on World War II aid mission "Operation Bolero" to support U.S. allies in the war torn European theatre. Halfway between Greenland and Iceland, the squadron encountered severe weather, including thick fog and icy conditions. They turned around to head back to Greenland, only to run into worse weather.

They were extremely low on fuel, and had drifted off course, when all eight aircraft were forced to make an emergency landing on an ice cap located on Greenland. All 27 crew members of the eight aircraft survived the crash landing uninjured. Nine days later, the aircrews were rescued and evacuated. All eight aircraft were left behind and were slowly engulfed in snow and ice, gradually becoming a part of the growing glacier.

Fast-forward 50 years. A team of adventurers, lead by Warbird expert Bob Cardin ventured onto the ice to recover one of the P-38's of "The Lost Squadron," as it became known. Ten expeditions later, Cardin's group battled blizzard conditions and -20 degree temperatures to finally succeed in retrieving a partially-crushed P-38. The aircraft was excavated from 268 feet of ice through a 4'x4' hole to the surface. The team transported the disassembled

airplane on a ski-equipped DC-3 to the port of Kulusuk, Greenland and then by ship to Savannah, GA. Ten years and \$4 million in restoration expense later, the P-38, now affectionately known as the "Glacier Girl," took to the sky for the first time since that ill-fated day in 1942.

Purchase tickets for the 2009 California Capital Airshow, and learn more about the event, at [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com)

General admission tickets are available for \$15 (\$20 at the gate) and children ages 12 and under get in free. Reserved seats are available for \$40 (\$20 for children 12 and under) and Exclusive Governor's Club tickets that include VIP parking are available for \$175. All advance tickets include free transportation on Sacramento Regional Transit Light Rail trains, and a bus ride from the light rail station at Mather to the show gate.

## Andrew S. Imada Elected President of International Ergonomics Association

**Carmichael** - Andrew S. Imada, Ph.D., was elected president of the International Ergonomics Association (IEA) during the association's recent World Congress in Beijing, China. Imada is the principal of A.S. Imada & Associates in Carmichael, Calif.

He will serve a three-year term as president of the IEA, a professional association that represents 25,000 ergonomists from 49 federated societies around the world. Ergonomics is a multi-disciplinary science that focuses on the needs of the human in the design of products, work processes and technology systems.

"The mission of the IEA is to help improve quality of life by advancing and expanding the application and contribution of ergonomics to society," Imada said. "This past year every country felt the effects of a world-wide financial crisis and globalization. Ergonomists are uniquely



Andrew S. Imada

equipped to help organizations emerge from these effects by improving productivity, quality and occupational health. We can make a real difference in changing peoples' lives, particularly in industrially developing countries."

Imada is a specialist in human and organizational change and a Certified Professional Ergonomist.

He provides consulting services to Fortune 500 companies, lectures and consults with private and public entities around the globe, and serves as a technical reviewer for professional journals. Prior to establishing his consulting firm, Imada was a professor of Ergonomics and Safety Sciences at the University of Southern California.

Prior to his election as president, Imada served two terms as an IEA council representative from the U.S.-based Human Factors and Ergonomics Society. He has been a director on the Board of Certification in Professional Ergonomics and is a Fellow of the Human Factors and Ergonomics Society and the IEA.

Imada earned his Bachelor of Arts in psychology from the University of San Francisco and his masters and doctoral degrees in industrial /organizational psychology from The Ohio State University.

## Carmichael's Community Time Capsule 100 Years of Living, 2009-2109

**Carmichael** - Carmichael is turning 100! How do we celebrate such a special anniversary? How about a big birthday bash in Carmichael Park complete with music, food, vendors, entertainment and fireworks? We'll call it Founders Day. But still, 100 years is a significant landmark that constitutes...well, something MORE. Don't we want to be remembered for generations to come? With all of the rapid changes happening in our world today, why not try and capture the here and now so that our present day community can be forever frozen in time.

A time capsule is a fun and educational way for people 100 years from now to look back and marvel at how we lived our lives. The technology in this day and age

will most likely be obsolete. Books and the printed word might be too; all the more reason for us to focus on ensuring that we preserve a realistic portrayal of Carmichael. The Carmichael Recreation and Park District is now collecting artifacts and items that accurately represent the community and its history.

The Community Time Capsule will be buried in Carmichael Park at the Founders Day Celebration on Saturday, September 26. This is a great way for local families, businesses and individuals to be remembered for future generations. Time capsule items may include the following: Photographs of families or places in Carmichael. Please identify the subject matter on the back of the photo, School or

community memorabilia that has some connection to Carmichael. Small electronic items such as an ipod, CD's with current music, video games, movies or cellular phone. Item should be described on a separate piece of paper with an explanation of significance. Books, magazines, letters, movie or concert tickets, newspapers, journals and recipes.

All items will be reviewed on the basis of significance and durability. Upon approval items may have to be preserved according to specific instructions. Items will be accepted until Friday, September 18. If you would like to participate in this fun community project please contact Elizabeth Crisante at 483-7826.



## RT Provides Service to California Capital Airshow

### Free Rides on Bus and Light Rail With Pre-Purchased Airshow Ticket

**Sacramento** - The Sacramento Regional Transit District (RT) is the convenient way to travel to the California Capital Airshow. Attendees can save money and avoid traffic hassles by pre-purchasing an Airshow admission ticket, which is valid for complimentary rides on all RT buses and light rail trains on Saturday, September 12 and Sunday, September 13, 2009.

The California Capital Airshow Foundation (CCAS) has agreed to reimburse RT for the loss of fare revenue and related expenses. With over 100,000 spectators expected to attend the two-day show, RT will provide a much-

needed transportation alternative.

Airshow attendees are encouraged to park at one of RT's 17 park-and-ride lots and take light rail to the Mather Field/Mills Station, and transfer to the California Capital Airshow buses to the event. Light rail service on the Blue Line and Gold Line begin at approximately 4:30 a.m. on Saturdays and 5 a.m. on Sundays. Light rail service from the Historic Folsom Station will begin at 7:30 a.m. on both Saturday and Sunday (extended service on Sunday).

Routes 21, 28, 72, 74 and 75 will not operate in the

Mather Field/Mills bus loop on Saturday or Sunday. These routes will be relocated to the bus stop on Folsom Boulevard north of the light rail station.

RT officials caution that the Mather Field/Mills park-and-ride lot will be closed on both days, and any cars parked in the lot on this weekend will be towed at the owner's expense.

For more information about the California Capital Airshow, visit [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com). For route and schedule information, call 916-321-BUSS (2877) or visit [www.sact.com](http://www.sact.com).

## Sacramento Symphonic Winds Open Oct. 25



The Sacramento Symphonic Winds begins its annual concert series at the La Sierra Center (5325 Engle Rd) on Sunday, October 25. This Fall performance features works by Tchaikovsky and Wagner and a trumpet feature by trumpeter Tom Shorba.

Pictured from last season, band director Dr Les Lehr congratulates Symphonic Winds' trombonist Dave Rollins, soprano Brett Ruona and emcee Paul W. Allen. Ruona will be guest singer in the series' December 13 concert.

Photo by Susan Maxwell Skinner.

*Celebrate Carmichael's Founders Day*  
**Saturday, September 26th, 2009**

# County Prepares to Close Some Vehicle Access Points to American River Parkway

*Closures Approved in June to help balance hard-hit budget*

Sacramento - Beginning September 14, 2009, several access points along the American River Parkway will be closed to vehicles. Signs will be posted later this week notifying visitors of the closures. This applies to vehicles only.

"Given the extraordinary budget situation we find ourselves in, reducing services in these areas will help retain park ranger and maintenance services in the more popular areas of the Parkway," said Janet Baker, Director of Regional

Parks Department. There will be no routine ranger and maintenance services at these locations. Pedestrians that access these sites are asked to protect the environment and pack out any trash.

*Parkway vehicle access closures include:*

Access Points	Location	Alternate Access
Sailor Bar/Olive Avenue	Near old town Fair Oaks.	Upper/Lower Sunrise Recreation Area;
Sailor Bar/Illinois Avenue - partial closure of some parking area	Near Winding Way and Hazel Avenues	Upper/Lower Sunrise Recreation Area; Hazel Avenue River Access
Northgate	On north side of river, along Hwy 160.	Discovery Park.
Gristmill	Near Folsom Blvd and Butterfield Drive	River Bend Park
Waterton	Near La Riviera and Folsom Blvd.	Watt Avenue River Access
SARA Park	Rogue River Drive, near La Riviera and Folsom Blvd.	Watt Avenue River Access

# Our National Parks America's Best Idea

*On September 27 KVIE will Air Ken Burns' "The National Parks: America's Best Idea," a New Six-Part Series About the History of the National Parks*

Sacramento - KVIE Public Television for the Central Valley and Sierra is proud to announce the debut the new Ken Burns' documentary "The National Parks: America's Best Idea," on KVIE HD channel 6.1 Sunday, September 27 at 8pm through Friday, October 2 at 8pm. Episodes will immediately repeating on the same night they premiere. The 12-hour, six-part documentary series, directed by Burns and co-produced with his longtime colleague, Dayton Duncan, who also wrote the script, is the story of an idea as uniquely

American as the Declaration of Independence and just as radical: that the most special places in the nation should be preserved, not for royalty or the rich, but for everyone. As such, it follows in the tradition of Burns' exploration of other American inventions, such as baseball and jazz. Filmed over the course of more than six years in some of nature's most spectacular locales — from Acadia to Yosemite, Yellowstone to the Grand Canyon, the Everglades of Florida to the Gates of the Arctic in Alaska —

the documentary is nonetheless a story of people from every conceivable background: rich and poor; famous and unknown; soldiers and scientists; natives and newcomers; idealists, artists and entrepreneurs; people who were willing to devote themselves to saving some precious portion of the land they loved, and in doing so, reminded their fellow citizens of the full meaning of democracy. "The National Parks: America's Best Idea" is sponsored locally by Five Star Bank and InterWest Insurance Services, Inc.

## Effie Yeaw Nature Center - September Events

*New Interactive Exhibit Opening August 24th: Bountiful Harvest  
September: New Interactive Exhibit - Bountiful Harvest: An Exploration of Maidu Culture*

*Park entrance fee: \$5.00 per car or FREE to ARNHA members. Open 9:00 a.m. - 5:00 p.m. daily. Nature Center Hours after Labor Day: Wed. - Sun., 9 AM - 5 PM; Mon. - Tues., 9 AM - 1 PM*

### SEPTEMBER

#### Evening Beaver Walks

Meet with Jack and search for nature's engineer, the beaver. Limited to eight people, best suited for adults and children 7 years and older. Call Jack at 967-0777 for time and to make a reservation.  
*Thursday the 3rd and 17th, call for times.*

#### Exploring the Maidu Village

How were tule shelters, grinding rocks, and acorn granaries made and used by Nisenan Indians? Find out by joining a naturalist for a guided tour of the Nature Center's replica Nisenan Summer Village.  
*Saturday the 12th at 10:30 AM*

#### Turkey Vultures

What bird eats meat but can't kill its own food? These relatives of the condor and stork are intelligent, family-oriented and play games together! Learn more about the amazing turkey vulture and their importance to our ecosystem.  
*Sunday the 13th at 10:30 AM*

#### Meet the Friends of the Nature Center

Meet the members of the Nature Center's vital support organization, the American River Natural History Association, at this annual meeting and social evening. Be prepared to be inspired!  
*Wednesday the 16th at 6:30 PM*

#### Shake, Rattle and Back Off!

Join biologist Gary B. Hanson for this fun-filled program on one of the most misunderstood members of the animal kingdom. Great real-life stories will accompany rattlesnake facts and a comparison of this viper with other local snakes.  
*Saturday the 19th at 10:30 AM*

#### Habitat Improvement

Our Nature Area needs some special care. Join Jack in making improvements that will benefit our riparian woodland. Call Jack at 967-0777.  
*Sunday the 20th at 8:00 AM*

#### Discovering Gold in California

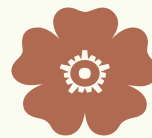
Thar's gold in them thar hills! Learn about the discovery of gold in California and what effect its discovery had on the environment and native cultures.  
*Saturday the 26th at 10:30 AM*

#### Natural History Hike

Enjoy the majesty of ancient oak trees and look for deer and turkeys trying to stay cool on hot summer days. Take this guided walk to discover how the plants and animals in the Nature Area each have a place in their environment.  
*Sunday the 27th at 10:30 AM*

#### Local Organic Gardening

The story behind the unusual community garden located on an historic site of the American River Parkway will be presented by Shawn Harrison, executive director of the Soil Born Urban Agriculture and Education Project. Besides discussing the origins and mission of involving youth and adults in an urban agriculture and education project, Harrison will answer questions on growing organic vegetables successfully in an urban setting. Best for age 10 and older.  
*Wednesday the 30th at 7 PM*

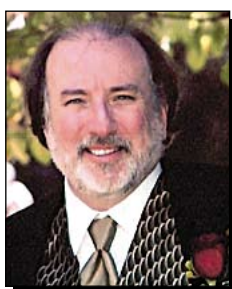


www.effieyeaw.org. The Nature Center is located in Ancil Hoffman Caounty Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 TDD/TTV

*Support Your Local Businesses*

## Carmichael Times

*Serving Carmichael and Sacramento County since 1981*



**Publisher - Paul V. Scholl**

**Publisher's Statement:** It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The Carmichael Times is not responsible for unsolicited manuscripts or materials. The entire contents of the Carmichael Times are copyrighted. Ownership of all advertising created and/or composed by the Times is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Graphics & Layout  
Distribution Assistant  
Advertising Sales

Tandra Banerjee  
Gabriel Scholl

Laure Rauch • Perry Hartline  
Cathy Schaefer • Marion Solo • Peter Francis

Contributing Writers

Tim Reilly  
Marlys Johnsen Norris  
Judy Zimmerman  
Laura Snyder

Mary Jane Popp  
Kay Burton  
Susan Skinner  
Dave Ramsey

Lauren Forcella  
Karen Linamen  
Amanda Morello  
David Dickstein

Accounting  
Web Master  
News Services

Nicholson & Olsen CPA  
RJ at thesitebarn.com • JWS Promotions  
King Features Syndicate • PRWEB NewsWire  
North American Precis Syndicate • Blue Ridge Press  
ARA Content • Family Features • WorldNetDaily

Photography Amanda Morello • Susan Skinner

Member of Roseville, Rocklin, Citrus Heights, Fair Oaks, Carmichael and Orangevale Chambers of Commerce

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: publisher@carmichaeltimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

Carmichael Times is a member of  
Messenger Publishing Group **MPG**

*We are proud members of these newspaper associations.*



## Domestic Violence Intervention Center

The 5th Annual Night of Laughs benefiting the Domestic Violence Intervention Center will be held on Sept. 20th at the Dante Club in Sacramento. The event starts at 6:00pm and includes wine tasting, appetizers, and desserts. There will be door prizes, silent auction and a live auction. This year's headliner is comedian Jack Gallagher. To donate a prize or purchase tickets please contact Rosanne at 916-348-7997 or dvcfundraiser@aol.com

## Volunteers Needed to Build Playground

Thursday, September 24th volunteers will convert a South Sacramento parking lot into a playground for children who have experienced trauma as a result of their parent's addiction. The playground will help children learn, grow and develop a positive sense of self. Volunteers are needed to make food for the volunteers, donate construction material, and help assemble the playground. If you would like more information or want to volunteer, call Strategies for Change (916) 473-5764 or visit strategies4change.org.

## Monthly Meeting of Mission Oaks Genealogy Club

On September 17, 2009, Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Rick Hanson will present: "Writing and Publishing Your Family History." Visitors are welcome. For more info call Robert Noyes (916) 332-5753 or visit website at: http://missionoaksgenealogyclub.org.

**AT&T presents**

5<sup>th</sup> annual

Sacramento Valley Wine Auction

Benefiting STANFORD HOME FOR CHILDREN

Friday  
September 25, 2009  
5pm to 10pm

Arden Hills Resort Club & Spa  
1220 Arden Hills Lane  
Sacramento, CA 95864

Tickets: \$75 per person  
Purchase tickets in advance at  
[www.stanfordhome.org](http://www.stanfordhome.org)

Honoring John Frisch of Cornish & Carey for outstanding service in support of Stanford Home and the community

Sponsorship opportunities are available. Call Heidi at 916.662.0008 today for more information

Stanford Home is a Sacramento leader in providing services to children and families in their homes and communities; this is the best solution to supporting families in turmoil. Through family-centered practices, we connect and strengthen families so every child can thrive.

sactown Official media sponsor

Official title sponsor



**Get More Mileage From Your Advertising Dollar**

**Call 773-1111**

# ARC Fall "Current" Programs

## NEW TRAIL PREVIEW HIKE - SOUTH FORK AMERICAN RIVER

(Cronan Ranch To Salmon Falls Bridge) 9 Am - 1 Pm

Saturdays: Sept. 5, Sept. 26, Oct. 10, Oct. 24 (run only date), Nov. 7, Nov. 21.

This trail is newly constructed and not yet open to the public. It is being offered as a fundraiser to assist ARC complete construction of the trail's final segments. Hiking distance is approximately 8 miles with easy to moderate hiking. Our hike will take us along the west ridge of the Cronan Ranch down to the South Fork American River with beautiful views of the Coloma-Lotus Valley and the South Fork American River Canyon. Our hike will proceed downstream from the Cronan Ranch through mixed oak woodland and conifer with occasional views of the lower American River gorge. Just upstream of Satan's Cesspool, we'll emerge into mixed chaparral-covered slopes and then back into beautiful blue oak woodland recently acquired by ARC. Finally, our group will emerge onto a long-running ridge with excellent views of upper Folsom Lake and the Sacramento Valley. The trail will drop down to Acorn Creek and the site of ARC's pedestrian bridge construction project and on to the Skunk Hollow Parking Lot at the Salmon Falls Bridge and Folsom Lake. A shuttle bus will pick up our group at the Skunk Hollow parking lot and return us to our cars at the Cronan Ranch trailhead by approximately 1 p.m. Fit 10-year-olds+ welcome. Rain or shine. Please call (530) 621-1224 or contact julie@arconservancy.org to sign up and for meeting location (Georgetown area).

org to sign up and for meeting location. Donations encouraged for these special preview hikes.

## SOLAR COOKING 101

Sunday, September 20th 11 am - 2 pm

This introductory class will take the mystery out of solar cooking. You will learn the mechanics behind solar cooking and safe water. Join Rene Hamlin in cooking a brunch. She will also show a video about Solar Cooking International (SCI) work in Kenya and how this simple technology is saving lives. Rene is a mom in Sacramento, who works for SCI, she solar cooks on average 3 days a week. She will share with you the time-saving tricks of solar cooking! You will leave the class with a full belly, a Cook Kit, a 3 lb roaster and all that you need to solar cook in the summer months. \$45/members, \$50/non-members. Please call (530) 621-1224 or contact julie@arconservancy.org to sign up and for meeting location (Coloma area). Minimum age 9 years.

## KDD-FALL GOAT HIKE

Sunday, September 13th 9 am - 3 pm

Elizabeth with Earth Dancer's Pack Goat Co. (530-333-1037) will again bring her pack goats on this beautiful hike at Loon Lake. This 3 mile trek will lead you to the edge of Desolation Wilderness with lunch at a beautiful viewpoint then end with water play at the lakeshore. This kid-friendly hike is for ages 6+. \$5/members, \$10/non-members. Please call (530) 621-1224 or contact julie@arconservancy.org to sign up and for meeting location (Georgetown area).

## SIERRA WILDLIFE RESCUE (SWR)-LIVE ANIMAL PRESENTATION

Tuesday, September 22nd 6:30 - 8 pm

Join us at the Placerville Library for this amazing presentation. SWR will bring animal education, raptor anatomy, rehabilitation information and live animals (this may include a Western Screech Owl, a Great Horned Owl, Harris Hawk, Spotted Owl and Kestrel Falcon) to this special meet-n-greet. Be sure to reserve your spot. Recommended age interest is 8+. Space is limited, please call (530) 621-1224 or contact julie@arconservancy.org to sign up. \$5/members, \$10/non-members

## SACRED NATURE TRAIL WALK

Saturday, September 26th 8 am - 1 pm

This walk is planned as a time to appreciate special moments of beauty, grace and mystery. Meditators and nature lovers are welcome, but this is not a walk for children under 16 unless VERY mature. We will start with some explanation and setting of intention. The rest of the morning we will alternate among periods of focus-breath-walking, reflection, discussion, and silent communion with a nature being that attracts you. Your guide on this walk is John Robert Cornell. He has been a meditator and backpacker/hiker for many years and has recently returned from a two-year sabbatical in South India. This will be an easy walk of approximately 3 miles. Location TBA. Please call to sign up at 530-621-1224 or contact julie@arconservancy.org. \$5/members, \$10/non-members.

# Carmichael Oaks Hosts Alzheimer's Fundraiser

Carmichael - Carmichael Oaks Senior Living will be hosting their annual Alzheimer's Association fundraiser with cohost the Kiwanis of Carmichael on Saturday September 12th from 5-8pm. The annual event serves to raise funds for the Alzheimer's Association Memory Walk. The Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support, and research. Carmichael Oaks would like to extend an invitation to their families, friends, neighbors, and businesses in the community to help them raise funds for this

worthwhile event. " My own mother suffers from this crippling disease. You may also know someone personally affected, so please join us for an evening of fun . It is a great way to show your support for the cause," says Virginia Stone, Carmichael Oaks marketing director. This year's event will host a BBQ, Beer, and Boogie event. Enjoy great food, drink and entertainment featuring the Swingmasters band. In addition, there will be a silent auction and raffle. Ticket price for the event is \$25 in advance or \$30 at the door. The event will be held offsite

at The Palace 6309 Fair Oaks Blvd at Marconi in Carmichael . For more info or to purchase tickets please call 944-2323. Carmichael Oaks Senior Living, located at 8350 Fair Oaks Blvd ,has been part of the Carmichael community for over 30 years, offering seniors Independent Living and now their newly constructed Assisted Living and Memory Care community.

Please visit their website at [www.carmichaelokas.com](http://www.carmichaelokas.com) for more information.

## Sacramento Sirens Cheer Elite open try-outs are as follows:

September 16 and 18 at 6:30 pm.

Location: Pozar's Gymnastics 2709 El Camino.

Contact Tanya Green 916-715-3340.

Visit the team web site for more team information at [www.sacramentosirenscheerelite.com](http://www.sacramentosirenscheerelite.com).

Please bring 10 dollar gym fee and cheer attire.

## NEW TECHNOLOGY IN MEDICINE

Learn how to: **Take Charge of your health**

Medical Equipment at Home

New Scientific Evidence

Look & Feel Younger  
Reverse Aging  
Weight Loss

Cheryl Lee  
916.803.1950



Do You Have...

- Pain • Arthritis • Acid Reflux • Diabetes
- Skin Problems • Stomach/Digestion
- Knee/Foot Pain • Memory Loss
- Neuropathy • Energy Loss
- Back Problems • Shingles
- Gas/Indigestion/Bloating

By Appointment Only

9198 Greenback Ln. #208  
[www.highlevelwellness.com](http://www.highlevelwellness.com)



**KTKZ**  
**AM 1380**  
INTELLIGENT CONSERVATIVE TALK

Sacramento's new home for the **RAIDER NATION**



RADIO

NETWORK

**total gym**

AS SEEN ON TV

Only have 20 minutes a day to get into shape?

Try Total Gym!

Over 80 exercises to build, strengthen, and tone your muscles!

Try the Total Gym® for 30 days!

**ONLY \$49.95**  
**FREE SHIPPING!**

Call now for this special offer:  
**1.866.771.5845**



When someone you love has Alzheimer's, the whole family is affected.

That's why we make sure the whole family is involved.

It takes a special kind of person - and a special kind of place - to provide Alzheimer's care. You'll find both at Emeritus at Citrus Heights.

The special needs of those coping with Alzheimer's and other memory impairments demand a special kind of care and support: for them, and for those who love them. Emeritus at Citrus Heights offers just that, in a secure, inviting setting.



**EMERITUS**  
at Citrus Heights

To care. To comfort. To understand.

**916.729.2722**

7375 Stock Ranch Road  
Citrus Heights, CA 95621

[www.emeritus.com](http://www.emeritus.com)

Emeritus License # 347003712  
©2008 Emeritus Assisted Living

# CRESTVIEW LANES

4450 Manzanita Avenue Carmichael, CA 916-482-7660

LESSONS AVAILABLE

Silver Level Coach

Call Joe Holesapple, 482-7660

SIGN UP NOW

Adult & Junior League

Fall Program

50% Discount on Open Play



**FREE BOWLING!**

Buy 3 Games (at regular price) & Play 3 Games FREE

Open Bowling (availability basis). Not valid with any other offers or specials. Expires 09/30/09.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

# Parents Get Out of the Way -- We Want Your Children

## Obama and DOE Violate Federal Law Enlisting Kids in Schools to Push Agenda

*Christian Newswire* -- In what is an unprecedented and an illegal political move, President Obama has announced that on Tuesday, September 8, he will bypass parents and directly target their children in an effort to implement his political agenda. Millions of parents are justifiably outraged. Federal law expressly forbids the Secretary of Education or any officer from exercising "any direction, supervision, or control over the curriculum, program of instruction, administration, or personnel of any educational institution, school, or school system." 20 U.S.C. § 3403. The President must cease this illegal activity.

U.S. Department of Education Secretary Arne Duncan recently sent a letter to school principals encouraging them to cease academic instruction and have classes tune in to a live speech Obama will give to children during school hours on Tuesday at noon. The DOE even provided lesson plans, sample activities

and questions that teachers can use to promote the event. The letter encourages teachers to "build background knowledge about the president by reading books about Barack Obama." Although, due to the backlash, some of the most offensive language has been softened, students as young as kindergarten will, nonetheless, be asked: "Why is it important that we listen to the President?" and then, initially, were to be asked to write about "what they can do to help the president." Their writings would later be used "to make students accountable to their goals."

DOE Secretary Duncan is no moderate. He is a former Chicago politician who chose Kevin Jennings as Assistant Deputy Secretary of the Office of Safe and Drug-Free Schools. Jennings was the founder of GLSEN (Gay, Lesbian, Straight Education Network), a radical group that promotes forced acceptance of homosexuality and transsexuality in schools

to children as young as five.

Parents are urged to demand that schools not participate. If the school allows Obama and the DOE to indoctrinate school children, parents ought to opt their children out of this illegal program.

Mathew D. Staver, Founder of Liberty Counsel and Dean of Liberty University School of Law, commented: "Obama has pushed his political agenda to the extreme by forcing himself on America's children. Obama's political agenda on healthcare and his expansive vision for government is being rejected by the American people. Now Obama is after our children, who, like some socialist members of Congress, have not read the healthcare bill. Americans do not appreciate the President's attempt to use our children as political pawns in his game of chess. Mr. President, you must abide by the rule of law and stop this illegal activity. Our children do not belong to you."



**Pastor Cary Duckett**

During a hike in the woods, a troop of cub scouts came across an abandoned section of railroad track. Each one in turn tried to walk the rail of the track but eventually lost his balance and tumbled off. Suddenly two boys whispered together and then bet everyone they could both walk the entire length of the track without falling off. Challenged to make good on their boast, the two boys jumped

# Staying on Track

on opposite rails, ex-tended a hand to balance the other—and walked the entire section of track with no difficulty at all.

There in a nutshell is a principle for the survival of living life—it is difficult to succeed all alone. Over fifty times in the New Testament people are directed to do something to "one another." You have heard them before: "love one another," "forgive one another," "encourage one another," "bear one another's burdens," "instruct one another," "accept one another," "agree with one another," "serve one another," "pray for one another" and the list goes on.

It is hard to stay on track without the balance provided

from another person. And, the balance they provide you is immediately reciprocated back to them. Christ knew we needed each other to succeed. Maybe that's why the author of Hebrews warns us to not forsake gathering together (Heb. 10:25). It's not about seeing how many people come to worship. It's about helping each other stay on track.

If you would like to stay on track and help others do the same, come and be our guest at Cypress Avenue Baptist Church. Our worship times are 9 AM & 10:30 AM each Sunday.

To learn more about Cypress go to [www.cypressavenue.org](http://www.cypressavenue.org).

## Singles Denim Dance September 19 in Carmichael

*Carmichael* - Christian Singles Network, will hold its annual Denim Dance for single adults Saturday, September 19, from 7 PM to 11:30 PM, at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael. The evening features DJ dance music of all types from 8-11:30 by Dale Chessey and dance lessons in the Cowboy Cha Cha by Siggy from 7-8 PM. Dress is casual. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons.

Christian Singles Network, Northern California's largest inter-

church singles group founded in 1992, holds weekly events and dances every 3 weeks through the rest of the year. Call the number below for directions or more information. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome. CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

- Raise two independent girls
- Learn to ride sidesaddle
- Fix a glider—solo
- Learn to be served graciously
- Volunteer to help kids read
- Fall in love again

*Life's calling. So answer. There are too many things to see and do, not to take advantage of every second. And we can help. Consider us your second family, we'll certainly treat you like you are. Visit our website at [www.AegisofCarmichael.com](http://www.AegisofCarmichael.com) for more information.*

Call today to schedule a tour and complimentary lunch.

**AEGIS LIVING**  
We're the people who make life better.

AEGIS OF CARMICHAEL 4050 WALNUT AVE. CARMICHAEL, CA 95608 (916) 972-1313

### "The First Family Name in Sacramento Martial Arts"

Bring this coupon to the Robinson's TKD in your neighborhood

## Fitness Focus for Better Grades!

50% discount on six months of classes

Exp. September 30, 2009

18 Locations, [WWW.ROBINSONSTKD.COM](http://WWW.ROBINSONSTKD.COM)

## CHAUTAUQUA PLAYHOUSE

### Picasso at the Lapin Agile

Chautauqua Playhouse announces the first show of its 33rd season, *PICASSO AT THE LAPIN AGILE*, by Steve Martin, opening on August 14, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 20. 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.

(L) Blake Flores, Mary Bond and Marc Berman

This is America's favorite funny man, Steve Martin's, first comedy for the stage. Einstein and Picasso meet in a Paris cafe in 1904 just before they set the world afire. An infectious, time warping, dizzying romp! The show is as funny as it is thought provoking. The production is directed by Maggie Upton. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver. The cast includes Daryl Petrig, Blake Flores, Marc Berman and many others.

Because of popular demand, this year Chautauqua Playhouse has extended the run of each of its productions to six weekends. This makes 285 additional seats available for each production. Season tickets are currently available. Individual tickets go on sale on August 7.

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](http://www.cplayhouse.com)

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

A Non-Profit Organization

## 7th Annual PANC AUCTION-4-ACTION

Armstrong & Getty  
Dr. Bach & The Jazz Practitioners  
S.S. Parkinson

# Cruisin' to a Cure

"UNTIL THERE'S A CURE... HOPE AND HEALING EVERYDAY"

\$1500 "Balcony" Table of 10 | \$2500 "Penthouse" Table of 10 | \$750 "Ocean View" Table of 10 | \$75 "Inside Cabin" Ticket Per Person

**Saturday SEPTEMBER 12<sup>TH</sup> 2009 5-9 P.M.**

Scottish Rite Masonic Center  
6151 H Street, Sacramento  
For Information: 1-866-979-PANC

Parkinson Association Northern California  
Cruisin' to a Cure... Hope and Healing Everyday

PANC is a qualified non-profit organization. Federal Tax ID#68-0372037.

**Adult / Elder Care**

**Special 50% Off 1st Month Care** Private & Semi private rooms. For more info call 916-721-4721 (MPG)

**Experienced caregiver for elderly.** 24-hour care, healthy nutritious meals, reasonable rates. In Fair Oaks – room in comfortable home. Call 916-536-0701 (MPG)

**Auctions**

**AUCTION DEALS!** Acoustic Guitars, SDSU Surplus (computers, lab, proaudio/video), salon/day spa, pilates + gym equipment, trucks (water/sweeping), European wines. Dates & information [www.abamex.com](http://www.abamex.com) 1-800-841-3364. (Cal-SCAN)

**Auto Donation**

**Donate Your Car.** Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615 (Cal-SCAN)

**Donate Vehicle:** RECEIVE \$1000 Grocery Coupons, Your Choice, Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

**AAAA\* DONATION** Donate Your Car, Boat or Real Estate, IRS Tax Deductible, Free Pick-Up/Tow Any Model/Condition Help Under Privileged Children, Outreach Center. 1-800-928-7566 (NANI)

**DONATE A CAR - HELP CHILDREN FIGHTING DIABETES.** Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

**Business Opportunities**

**ALL CASH VENDING!** Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

**DOLLAR & DOLLAR PLUS,** Mailbox, Party, Discount Clothing or Teen Store from \$51,900 Worldwide! 100% Turnkey. Call Now 1-800-518-3064. [www.drss6.com](http://www.drss6.com) (Cal-SCAN)

**Earn Money with Your Computer** The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! [www.getstarted2win.com](http://www.getstarted2win.com) (MPG)

**Work From Home Earn \$1,000 to \$3,000 per week** Free 14-minute movie that shows you how! [www.setffree.com](http://www.setffree.com) (MPG)

**GRATIS!** 200 Pantalones de Mezclilla con orden minima de 1200. LEVI'S 501's y otras marcas originales. \$1.99 clu. Doble su orden, \$1.50 clu. Llame entre 9am-5pm (cita solamente). Venga con camioneta y efectivo. Por favor ingles: 818-522-9824 (SWAN)

**GUARANTEED LIFETIME INCOME** Working from home. Offered by a 17 year old company. Sky's the limit. Free training with a proven success system. 1-800-310-8482 [makemoney@earnware.net](mailto:makemoney@earnware.net) (NANI)

**Earn \$500.00 - \$2500.00 WEEKLY processing mail.** Great opportunity! Postage, supplies furnished. No travel. Processors needed NOW! For Free information call Regional Critics Centers NOW. 1-800-497-8685 (NANI)

**Are you tired of...** Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (MPG)

**Do you dream of owning your own business?** Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (MPG)

**Business Services**

**CLASSIFIED ADVERTISING** in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$450. Reach 6 million Californians! FREE email brochure. Call (916) 288-6019. [www.Cal-SCAN.com](http://www.Cal-SCAN.com) (Cal-SCAN)

**DISPLAY ADVERTISING** in 140 Cal-SCAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. [www.Cal-SCAN.com](http://www.Cal-SCAN.com) (Cal-SCAN)

**NEWS RELEASE?** Cost-efficient service. The California Press Release Service has 500 current daily, weekly and college newspaper contacts in California. FREE email brochure. Call (916) 288-6019. [www.Cal-SCAN.com](http://www.Cal-SCAN.com) (Cal-SCAN)

**Computers**

**Computer Care** Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices- Same-Day Service. Call Todd 916-529-5954 (MPG)

**GET A NEW COMPUTER** Brand Name laptops & Desktops BAD or No Credit - No Problem! Smallest weekly payments avail. It's Yours NOW 1-800-932-3721 (NANI)

**Brand New Laptops & Desktops** Bad Credit, No Credit - No Problem. Small Weekly Payments - Order & get FREE Nintendo Wii system! 1-800-804-7273 (NANI)

**Construction**

**All Types of Construction** - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

**TRI US CONSTRUCTION** Build new homes, additions and remodeling. Over 30 years experience, bonded and insured. Phone number 530-330-0185 Lic. # 476884 (MPG)

**DayCare**

**Peña Family Daycare** - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 [www.penafamilydaycare.com](http://www.penafamilydaycare.com) (MPG)

**Infant Openings Now** First week free Lic# SAC53133 FCHC 916-489-5824 (MPG)

**Drywall**

**Tap - Texture - Patch** No job too small, very reliable. 28 years experience 916-961-7248 (MPG)

**Elder Care**

**PROVIDING PERSONAL CARE** w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

**Equipment for Sale**

**SAWMILLS FROM ONLY \$2,990** Convert your Logs To Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. [www.NorwoodSawmills.com/300n](http://www.NorwoodSawmills.com/300n) -FREE Information: 1-800-578-1363 x300-N. (Cal-SCAN)

**Fencing**

**Affordable Fencing** Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount. Lic. 742683 916-773-1350 (MPG)

**Sierra Pacific Fence.** Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

**Financial / Money to Loan**

**Homeowners Don't Short Sell Your Home** as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

**Get Out of Debt in Months!** Avoid Bankruptcy. Not a high priced consolidation company or a consumer credit counseling program. Free consultation CREDIT CARD RELIEF 1-866-475-5353. (Cal-SCAN)

**TAX RELIEF!** Do You Owe Over \$15,000 in BACK TAXES? Need to Settle State, Business, Payroll Tax Problems, Eliminate Penalties, Interest Charges, Wage Garnishments, Tax Liens! Call American Tax Relief 1-800-496-9891. FREE, Confidential, No obligation, consultation (Cal-SCAN)

**WE PAY CASH** for Notes, Residential, Commercial, Private Party, Portfolios, Equity & Debt for Real Estate, Patented Technology, Medical, Business Expansion/Acquisitions. Atlantic Capital Fund 1-866-218-1185. (Cal-SCAN)

**Real People helping Good People find Real Debt Solutions!** Linda Findley 916-300-0611 [lafindley@team72goodcredit.com](mailto:lafindley@team72goodcredit.com) (MPG)

**STOP YOUR DEBT INSANITY!** Full service solution for credit nightmares. Mortgage Arbitration, Credit Repair, Debt Stlmt. 916-300-0611 (MPG)

**Reverse Mortgages** If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

**LAWSUIT LOANS?** Cash before your case settles. Auto, workers comp. All cases accepted. Fast approval. \$500 to \$50,000 866-709-1100 [www.glofin.com](http://www.glofin.com) (NANI)

**\$\$\$ GET LAWSUIT CASH NOW** Ocasal Legal Finance #1. See us on TV. Fastest Cash Advance on injury cases-within 24hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

**For Rent / Lease**

**Upscale Townhome in Creekridge** 3/2 car garage dbarc ch Tennis, pool, yd maint. \$1395mo + \$1200 dep 990-5634 (MPG)

**Duplex for Rent** Carmichael - 3 bedroom 2 bath 2 car garage, spacious quality, off Arden Way near Fair Oaks Blvd, \$1175 1633 Mendota Way 916-489-7726 (MPG)

**Ex Suites @150 SF Carmichael,** 144 / 276 SF Sec Entry, Cov Parking, 916-483-5044 (MPG)

**Spacious Clean Townhome** in Carmichael, 1,050/month. 1400+ sq.foot, 2 car garage, washer/dryer, dishwasher, community pool. Call 831-521-2403 for appt. (MPG)

**"In-Law" Quarters for rent.** 1 bed/1 bath, kitchen, washer/dryer hookup, separate entrance. Beautiful Fair Oaks neighborhood. \$700/mo. (916) 952-6454 or email: [jhtesham@gmail.com](mailto:jhtesham@gmail.com) (MPG)

**2 bed, 2 bath, 2 car garage halfplex home** Backyard,

fireplace, near nice park. Includes refrigerator and washer/dryer. Easy access to I-80 and American River College. \$1100/mo. (916) 952-6454 or email [jhtesham@gmail.com](mailto:jhtesham@gmail.com). (MPG)

**Gardeners**

**Smith's:** Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543 or see [www.SmithsLandscape.com](http://www.SmithsLandscape.com) (MPG)

**Handyman**

**Handyman, JR** Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG) **Household Helper.** You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

**Handy Guys** Small Jobs, Senior Discounts Gutter Cleaning - Decks Woodwork 916-519-5135 Free Estimates (MPG)

**A-1 Home Maintenance & Repair "Handy Man"** California state certified electrician Plumbing repair. Fence repair. Free quotes-no job too small. Please leave message. 916-961-8059 (MPG) **Affordable!** Decks, Dryrot, Wood Floors, Fans, Fixtures, Plumbing, Electric, Licensed 501-7843 (MPG)

**Gold Country Handyman.** Build - Remodel - Repair Free estimate 916-391-4706 Richard Romero Lic 847423 (MPG)

**Plumbing Services** Specialty Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

**Handy Guys** Small jobs, Senior Discounts Gutter Cleaning - Decks, Woodwork 916-519-5135 Free Estimates (MPG)

**Health and Beauty**

**SAVE BIG MONEY IMMEDIATELY!** On Doctors, Dentists, Prescriptions, Hospital Charges and other essential services. From \$14.95 per month. Existing conditions accepted. 1-800-316-0702 [savemoney@earnware.net](mailto:savemoney@earnware.net) (NANI)

**LOSE UP TO 30 LBS in 30 Days @ 30% Off Quick Start Program** - January only! 1-888-834-6203 or 513-421-9252 (MPG)

**25 PEOPLE WANTED** to lose up to 30lbs in 30 days! Dr recommended! 888-233-4967 [hmhealth4u2@hotmail.com](mailto:hmhealth4u2@hotmail.com) (MPG)

**LOW COST WEIGHT LOSS** With Your Personal Coach Start Free Call 916-599-1318 (MPG)

**Look Younger in Less Than a Day!** [www.hydratedskin.com](http://www.hydratedskin.com) then call 916-988-3027 ask for a Free Sample (MPG)

**THE WEIGHT IS OVER** Lose up to a pound a day. Fast growing Company Recession proof product. 916-474-0709 [www.eat-choc-losewt.com](http://www.eat-choc-losewt.com) (MPG)

**Aloette Cosmetics** offers the very best Aloe-based skin care products in North America. If interested in "Buying or Selling" contact me at 916-624-2303. (MPG)

**ONLINE PHARMACY** Buy Some Ultram Fioricet Prozac Buspar, \$71.99/90 QTY or \$107/180 Qty PRICE INCLUDES PRESCRIPTION! We will match any competitor's price! 1-888-507-3415 or [www.triox.org](http://www.triox.org) (NANI)

**Heating & Air**

**AC Repair** Low Prices 487-4609 (MPG)

**Heavy Equipment**

**Well Drilling Equipment** 1976 10TKT Portadril, drill to 1800', 24" diameter or larger water wells. Call for list of support equipment, tools & price. 1-800-374-5578. (SWAN)

**Help Wanted**

**In-Home Caregivers Wanted** Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

**ATTN: COMPUTER WORK.** Work from anywhere 24/7. Up to \$1,500 Part Time to \$7,500/mo. Full Time. Training provided. [www.KTPGlobal.com](http://www.KTPGlobal.com) or call 1-800-330-8446. (Cal-SCAN)

**FIREFIGHTERS WANTED.** Paid training, good salary, \$ for school, regular raises, benefits, retirement. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

**TRUCK DRIVERS:** CDL training. Part-time driving job. Full-time benefits. Get paid to train in the California Army National Guard. May qualify for bonus. [www.NationalGuard.com](http://www.NationalGuard.com) Truck or 1-800-GO-GUARD. (Cal-SCAN)

**Earn up to \$30 per hour.** Experience not Required Undercover shoppers needed to judge retail and dining establishments Call 800-720-3708 (NANI)

**\*\*BODYGUARDS WANTED\*\*** FREE Training for members. No Experience OK. Excellent \$\$\$ Full & Part Time. Expenses Paid When you Travel. 1-615-228-1701 [www.psubodyguards.com](http://www.psubodyguards.com) (NANI)

**AREA MANAGER** Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 [www.frchildren.org](http://www.frchildren.org) (MPG)

**WANTED-AVON Party Sales** Earn 50% Total Party Sales 50% off Hostess order/Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

**Pathologist** Perform general anatomic & clinical inpatient/outpatient pathology services.

Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

**Urgent F/PT Sale Reps needed** Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916612-6621 (MPG)

**Aide for Group Home** Graveyard Shift. Requirements: One-year Experience, Good DMV Record. Located in Carmichael. Call 916-487-6758. (MPG)

**Health Care Marketing.** We are successful business entrepreneurs looking for people passionate about health & business. Go to [www.myrotandimbusiness.com](http://www.myrotandimbusiness.com) and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

**\$\$\$ WORK FROM HOME \$\$\$** Earn Up To \$3,800 Weekly Working from Home assembling Information Packets. No Experience Necessary! Start Immediately! FREE Information. Call 24 hrs. 1-888-202-1012 (NANI)

**\$\$\$ START NOW \$\$\$** Earn Extra Income Assembling CD Cases from home! No Experience Necessary. Call our Live Operators for more information! 1-800-405-7619 Ext 2181 [www.easywork-greatpay.com](http://www.easywork-greatpay.com) (NANI)

**\$\$\$ 21 People Wanted \$\$\$** Earn \$1,200 - \$4,400 Weekly Working From Home Assembling Information Packets. No Experience Necessary! Start Immediately! FREE Information. Call 24hrs. 1-888-298-2090 (NANI)

**Earn up to \$500 weekly** assembling our angel pins in the comfort of your home. No experience required. Call 813-699-4038 or 813-425-4361 or visit [www.angelpin.net](http://www.angelpin.net) (NANI)

**MOVIE EXTRAS NEEDED!** Earn \$150-\$300/Day. All Looks, Types & Ages. Television, Feature Films, Commercials & Print. No Experience Necessary. FT/PT. 1-800-340-8404 ext 1007 (NANI)

**SALES.** Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residential Income, Commission, Fax Resume 916.910.2002 (MPG)

**We are seeking dynamic customer service oriented individuals** with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at [danelpez21980@yahoo.com](mailto:danelpez21980@yahoo.com) if interested (MPG)

**OPEN YOUR HEART AND HOME** Step up to the challenge! Have experience working with developmentally disabled adults and/or challenging behaviors? Have an extra bedroom? Competitive stipend.

**MAKE A DIFFERENCE.** For More Information: (916) 383-9785 ext. 15 (MPG)

**Wanted: 29 Serious People to Work From Home** using a computer. Up to \$1,500-\$5,000/PT/FT [www.REBvision.com](http://www.REBvision.com) (MPG)

**\*\*AWESOME CAREER\*\*** Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call Call 1-800-913-4384 ext. 53 (NANI)

**AWESOME CAREER OPPORTUNITY** \$20/hr. Avg \$57K/yr. Postal Job! Paid Training/Vacations, OT. Full Benefits. Pension Plan. Call M-F, 8-5 CST. 1-888-361-6551 Ext. 1036 (NANI)

**Exp & professional filing clerk** needed to organize and file for private residence. Must have own trans. Hrs: 12:30-5:30pm, m-w-f. \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (MPG)

**Government Jobs-\$12-\$48/hr** Paid Training, Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-9353 x 2100 (NANI)

**TIRED OF BEING BROKE?** Get paid daily. No experience required. Local training. 888-211-4268 [www.happyandhealthyfamily.com](http://www.happyandhealthyfamily.com) (MPG)

**ASSEMBLE MAGNETS & CRAFTS FROM HOME !!** Year-round Work! Excellent Pay! No Experience! Top US Company! Glue Gun, Painting, Jewelry & More! TOLL FREE 1-866-844-5091, code 5 \*\*Not available MD\*\* (NANI)

**Single Again Magazine Online** is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at [www.SingleAgain.com](http://www.SingleAgain.com). To apply, send your email to [publisher@singleagain.com](mailto:publisher@singleagain.com).

**STRESSED OUT?** Work from home & get paid daily! [www.happyandhealthyfamily.com](http://www.happyandhealthyfamily.com) 888-211-4268 (MPG)

**\$\$\$ ACCESS LAWSUIT CASH NOW!!!** As seen on TV. Injury Lawsuit Drugging? Need \$500-\$500,000+ within 24/hrs after approval? Compare our lower rates. APPLY NOW 1-866-386-3692 (NANI)

**ATTEND COLLEGE ONLINE** from Home. \*Medical, \*Business, \*Paralegal, \*Accounting, \*Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 [www.CenturaOnline.com](http://www.CenturaOnline.com) (NANI)

**\*\*ALL Satellite Systems are not the same.** HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

**Earn up to \$30 per hour.** Experience not Required. Undercover shoppers needed to judge retail and dining establishments. Call 800-742-6941 (NANI)

**OLD GUITARS WANTED!** Fender, Gibson, Gretsch, Martin, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjoes. 1930's thru 1970's TOP CASH PAID! These brands only please. 1-800-401-0440 (NANI)

**TUPPERWARE** Please call for a Free Catalog. Chris Krcmar 916-483-1671 (MPG)

**Help Wanted - Medical**

**Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

**Help Wanted - Sales**

**OVER 18? AVAILABLE TO TRAVEL?** Earn Above Average \$\$\$ with Fun Successful Business Group! No Experience Necessary. 2wks Paid Training. Lodging, Transportation Provided. 1-877-646-5050. (Cal-SCAN)

**Household Help**

**House Cleaning** Sparkling clean home guaranteed. Professional petcare. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

**DeAna's HOUSEKEEPING** Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

**QUALITY WINDOW CLEANING** PLEASE CALL MARK AT 612-8949. (MPG)

**Homesitters on Wheels.** Office needs two RVers with RV's for Petsitting 916-483-5146 (MPG)

**Landscaping**

**Law and Garden Service** Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

**Lawnmower Service** Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

**Tall Weed Cutting** Low Rates 916 524-7477 (MPG)

**Full Yard Maintenance, one time clean-ups & tree trimming.** See our website: [www.terrabellagarden.com](http://www.terrabellagarden.com) or cto Randy for info at 454-3430 or 802-9897. (MPG)

**Legal Services**

**Need an Attorney**

Legal Advertising Hotline  
**916-532-2113**  
 Legal Advertising Fax  
**916-773-2999**

# 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 #090 Mike Flanary, 4821 Zube Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "B and M Property Maintenance" at 4721 Zube Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 10, 2009. Publish: August 19, 26, September 2, 9, 2009. BANDMP 90803 9-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00053197 WHEREAS, Lisa Bonner Davis has filed a petition with this court for a decree changing name of Jordan Paul Gabriel to Jordan Paul Gabriel Davis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 28, 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: July 30, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 19, 26, September 2, 9, 2009. DAVIS 90803 9-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055074 WHEREAS, Phu Ducle & Xi Thi Phan have filed a petition with this court for a decree changing name of Huy Ducle to Andrew Huy-Ducle. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 18, 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: Aug. 7, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 19, 26, September 2, 9, 2009. PHAN 90803 9-9-09

NOTICE OF PETITION TO ADMINISTER

ESTATE OF PHYLLIS O'DELL, aka PHYLLIS E. O'DELL, decedent. ESTATE NO. 34-2009-54712 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Phyllis O'Dell aka Phyllis E. O'Dell. A petition has been filed by Michael Kelly in the Superior Court of California, County of Sacramento, requesting that Michael Kelly be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on Sept. 11, 2009 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Michael Kelly, 2529 Cambon Way, Sacramento, CA 95821; 916-482-7246. Publish: August 26, September 2, 9, 2009. KELLY 90804 9-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055495 WHEREAS, Hwan Il Kim and Misook Kim have filed a petition with this court for a decree changing name of Jiwoo Kim to Brian Kim. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 25, 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: Aug. 14, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2009. KIM 90804 9-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 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

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES

To Whom It May Concern: Juaez Emanuel Gonzalez applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 5243 Elkhorn Blvd., Sacramento, CA 95842 with 41 - On-Sale Beer and Wine - Eating Place license. Filed: August 17, 2009. Publish: Sept. 9, 2009. GONZAL 90102 9-9-09

FICTITIOUS BUSINESS NAME STATEMENT #0907258. Roger W. Moore, 5832 Gibbons Dr. #A, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Valley Houseware Rentals" at 5832 Gibbons Dr. #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 6, 2009. Publish: August 26, September 2, 9, 16, 2009. VALLEY 90804 9-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055495 WHEREAS, Hwan Il Kim and Misook Kim have filed a petition with this court for a decree changing name of Jiwoo Kim to Brian Kim. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 25, 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: Aug. 14, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2009. KIM 90804 9-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 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: Aug. 11, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2009. GRISWO 90804 9-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0907318. American Pacific Mortgage Corporation, 3000 Lava Ridge Ct. #200, Roseville, CA 95661 is doing business under the Fictitious Business Name "American Pacific Mortgage" at 3000 Lava Ridge Ct., Roseville, CA 95661. Filed with the Clerk of Sacramento County on Aug. 7, 2009. Publish: September 2, 9, 16, 23, 2009. AMPACI 90901 9-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0907367. Sierra Meadows, LLC, 130 San Aleso, San Francisco, CA 94127 is doing business under the Fictitious Business Name "Sierra Meadows Mobile Estates" at 7600 Dale Ave., Citrus Heights, CA 95621. Filed with the Clerk of Sacramento County on Aug. 11, 2009. Publish: September 2, 9, 16, 23, 2009. SIERRA 90901 9-23-09

FICTITIOUS BUSINESS NAME STATEMENT #0907813. Robert Dick, 9240 Clendenen Way, Sacramento, CA 95826 is doing business under the Fictitious Business Name "A&R Keys" at 1029 'H' St. #102, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on Aug. 24, 2009. Publish: September 2, 9, 16, 23, 2009. A&RKEY 90901 9-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-0005 WHEREAS, Dana Radivoich and Ricardo Lozano have filed a petition with this court for a decree changing name of Vincent John Lozano to Tysen John Lozano. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 6, 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: Aug. 25, 2009. Loren E. McMaster Judge of the Superior Court Publish: September 2, 9, 16, 23,

2009. LOZANO 90901 9-23-09 STATEMENT OF DAMAGES (Personal Injury or Wrongful Death) CASE # SCV24413 To: Danielle Bernstein, Defendant. Plaintiff's name is: Shandiz Gousheh. General damages: Pain, suffering and inconvenience: \$1,000,000.00. Emotional distress: \$2,000,000.00. Special damages: Medical expenses (to date): \$75,000.00. Future medical expenses (present value): \$250,000.00. Loss of earnings (to date): \$30,000.00. Loss of future earning capacity (present value): \$60,000.00. Punitive damages: Plaintiff reserves the right to seek punitive damages in the

amount of \$1,000,000.00 when pursuing a judgment in the suit filed against you. Dated: Aug. 18, 2009. Jennifer A. Weiner, Esq. Attorney for the Plaintiff. Publish: September 2, 9, 16, 23, 2009. KOELLE 90901 9-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056549 WHEREAS, John Girardo, Jr. has filed a petition with this court for a decree changing name of John Girardo, Jr. to Jp;cu Igarrett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 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 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. 1, 2009.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-0005 WHEREAS, Dana Radivoich and Ricardo Lozano have filed a petition with this court for a decree changing name of Vincent John Lozano to Tysen John Lozano. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 6, 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: Aug. 25, 2009. Loren E. McMaster Judge of the Superior Court Publish: September 2, 9, 16, 23,

2009. LOZANO 90901 9-23-09 STATEMENT OF DAMAGES (Personal Injury or Wrongful Death) CASE # SCV24413 To: Danielle Bernstein, Defendant. Plaintiff's name is: Shandiz Gousheh. General damages: Pain, suffering and inconvenience: \$1,000,000.00. Emotional distress: \$2,000,000.00. Special damages: Medical expenses (to date): \$75,000.00. Future medical expenses (present value): \$250,000.00. Loss of earnings (to date): \$30,000.00. Loss of future earning capacity (present value): \$60,000.00. Punitive damages: Plaintiff reserves the right to seek punitive damages in the

amount of \$1,000,000.00 when pursuing a judgment in the suit filed against you. Dated: Aug. 18, 2009. Jennifer A. Weiner, Esq. Attorney for the Plaintiff. Publish: September 2, 9, 16, 23, 2009. KOELLE 90901 9-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056549 WHEREAS, John Girardo, Jr. has filed a petition with this court for a decree changing name of John Girardo, Jr. to Jp;cu Igarrett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 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 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. 1, 2009.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-0005 WHEREAS, Dana Radivoich and Ricardo Lozano have filed a petition with this court for a decree changing name of Vincent John Lozano to Tysen John Lozano. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 6, 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: Aug. 25, 2009. Loren E. McMaster Judge of the Superior Court Publish: September 2, 9, 16, 23,

2009. LOZANO 90901 9-23-09 STATEMENT OF DAMAGES (Personal Injury or Wrongful Death) CASE # SCV24413 To: Danielle Bernstein, Defendant. Plaintiff's name is: Shandiz Gousheh. General damages: Pain, suffering and inconvenience: \$1,000,000.00. Emotional distress: \$2,000,000.00. Special damages: Medical expenses (to date): \$75,000.00. Future medical expenses (present value): \$250,000.00. Loss of earnings (to date): \$30,000.00. Loss of future earning capacity (present value): \$60,000.00. Punitive damages: Plaintiff reserves the right to seek punitive damages in the

amount of \$1,000,000.00 when pursuing a judgment in the suit filed against you. Dated: Aug. 18, 2009. Jennifer A. Weiner, Esq. Attorney for the Plaintiff. Publish: September 2, 9, 16, 23, 2009. KOELLE 90901 9-23-09

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. 1, 2009.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056549 WHEREAS, John Girardo, Jr. has filed a petition with this court for a decree changing name of John Girardo, Jr. to Jp;cu Igarrett. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 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 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. 1, 2009.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-0005 WHEREAS, Dana Radivoich and Ricardo Lozano have filed a petition with this court for a decree changing name of Vincent John Lozano to Tysen John Lozano. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 6, 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: Aug. 25, 2009. Loren E. McMaster Judge of the Superior Court Publish: September 2, 9, 16, 23,

2009. LOZANO 90901 9-23-09 STATEMENT OF DAMAGES (Personal Injury or Wrongful Death) CASE # SCV24413 To: Danielle Bernstein, Defendant. Plaintiff's name is: Shandiz Gousheh. General damages: Pain, suffering and inconvenience: \$1,000,000.00. Emotional distress: \$2,000,000.00. Special damages: Medical expenses (to date): \$75,000.00. Future medical expenses (present value): \$250,000.00. Loss of earnings (to date): \$30,000.00. Loss of future earning capacity (present value): \$60,000.00. Punitive damages: Plaintiff reserves the right to seek punitive damages in the

amount of \$1,000,000.00 when pursuing a judgment in the suit filed against you. Dated: Aug. 18, 2009. Jennifer A. Weiner, Esq. Attorney for the Plaintiff. Publish: September 2, 9, 16, 23, 2009. KOELLE 90901 9-23-09

Loren E. McMaster Judge of the Superior Court Publish: September 9, 16, 23, 30, 2009. GIRARD 90902 9-30-09

Call to place your legal advertising here. 532-2113

**BONES LAW FIRM** Gordon G. Bones Attorney at Law  
 4790 Dewey Drive, Suite C, Fair Oaks, CA 95628  
 The Law Firm provides the following legal services:  
 • Loan Modification and Home Mortgage Workout • Bankruptcy  
 • Technology Contracts • Business and Corporate Matters  
 • Trust and Trust Administration • Estate Planning  
 • Probate and Conservatorship • Family Law  
 P: 916.965.6647  
 F: 916.965.4218  
 gbones@boneslawfirm.com

## Buried in Credit Card Debt?

Over \$10,000 in credit card bills? Only making the minimum payments?

- ▶ We can get you out of debt in months instead of years
- ▶ We can save you thousands of dollars
- ▶ We can help you avoid bankruptcy

Not a high-priced consolidation loan or one of those consumer credit counseling programs

Call **CREDIT CARD RELIEF** for your FREE consultation  
**800-383-2050** Not available in all states

Ad provided by MediaBids.com. 1-866-236-2259.

# Business & Service Directory

**Handyman**

**Household Helper**  
 Hauling, Gutter Clean, Odd Jobs, Light Demolition  
 You Name It!  
**(916) 613-8359**

**Household Help**

**House Cleaning**  
 Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates.  
 Call Madeline  
**(916) 723-1608**

**Bathroom Remodeling**

**AFFORDABLE BATHROOMS & ALL HOME REPAIRS**  
 Shower & Tub Enclosures  
 Water Damage  
 Flooring, Electrical, Carpentry, Drywall  
 We do all phases -small & large jobs  
 FREE ESTIMATES  
**ANDERSEN CONSTRUCTION**  
 Licensed & Bonded • CSL # 681664  
**(916)-989-2689**

**Landscaping**

"Landscapes Within Your Dreams"  
  
**McGUIRE EARTH WORKS**  
 www.mcguireearthworks.com  
**LANDSCAPE CONSTRUCTION**  
 OUTDOOR LIVING CENTERS  
 WATERFALLS  
 C-27 # 412296  
 Established 1980  
 9314 Greenback Lane  
 Orangevale, CA 95662  
 President **TIM McGUIRE**  
 (916) 989-9713  
 Fax (916) 989-9706  
 mcguire\_earthworks@sbcglobal.net

**Technology**

**SPECIALTIES PLUS COPIER REPAIRS**  
**20 YEARS**  
 Alan & Pam Jennings  
**723-8430**

**Drafting/Design**

**Architectural Drafting and Design**  
 Custom Homes  
 Remodels and Additions  
 Design Build  
 Full Commercial Services also Available  
 Steven C. Patterson architect  
 (916) 798-9362

**Tree Care**

**Tree Care Incorporated**  
 10% Senior Discount  
 On Tree Pruning, Removal & Stump Grinding  
 ISA Certified Arborists  
 Free Estimate - Fully Insured  
 Lic # 475196  
**852-9500**

**Heating & Air**

**Christopher's Heating & Air**  
 Commercial/Residential  
 We Service All Brands  
**FREE ESTIMATE**  
 Call Today  
**916-223-1744**

**Garage Doors**

**ACTION DOOR SERVICE** CALIF. STATE LIC. #650461  
 Garage Doors and Openers, service, repair, replace.  
 Serving greater Sacramento area since 1987.  
 Free Estimates • Senior Discounts  
 Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex  
**(916) 635-5951**

**Pop Ins With A Plus**

Pop Ins With A Plus  
 Senior In-home Care Specialists  
 • Complete personal care  
 • 3 hr min to 24-hour care  
 • Shopping/Errands  
 • Transportation  
 • LVN on staff  
 • Hospice  
**(916) 247-1019**

**Landscaping**

**Tall Weed Cutting**  
 Low Rates  
**(916) 524-7477**

**For Rent**

**FAST APPROVAL \$300 Move In**  
 Quiet, clean apts.  
 Excellent locations.  
 Fair Oaks  
**961-3053**

**Photo Restoration**

**Restore Old Photographs**  
 Share memories of special places and times with your family.  
**(916) 483-6051**  
 Laws Studio, Crestview Center  
 Manzanita at Winding Way in Carmichael

**Annuity Owners Could Pay 50% To IRS For Taxes!!!**

Many annuity owners are losing half of their annuity to taxes and most are not even aware of the problem. The IRS is not required to tell annuity owners about little known tax laws that could save thousands of dollars in income and estate taxes.  
 Call today get your FREE copy of the booklet that could save you thousands of dollars in needless taxes.  
**Call 800-619-5438**  
**24 Hours for FREE Booklet**  
Form #ARP-2009 M. Rodriguez / CA Insurance Lic # OB87828

**Household Help**

**DeAna's HOUSEKEEPING**  
 Immaculate, Fast, Honest, Dependable.  
 I care about what I do.  
 Call me,  
**(916) 549-4915**

**Energy Savings**

**Heating & Air/Energy Savings**  
**KEEP COOL THIS SUMMER AND SAVE MONEY**  
 Cut Up To 40% Off Utility Bills  
**STAY COMFORTABLE**  
 Call NorCal Energy Savers  
**1-800-828-3606 • Cell 335-6602**

**Relocation Services**

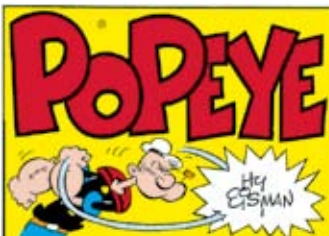
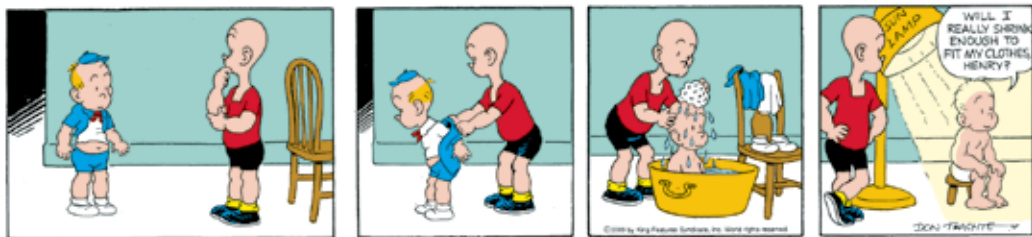
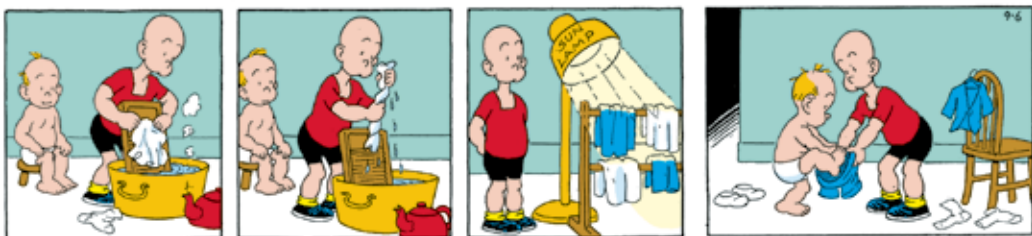
  
**SENIOR RELOCATION AND TRANSITION SERVICES**  
 Serving all of Northern California  
**916-966-8745**  
 compassionate.relocations.com

**Tree Service/Yard Work**

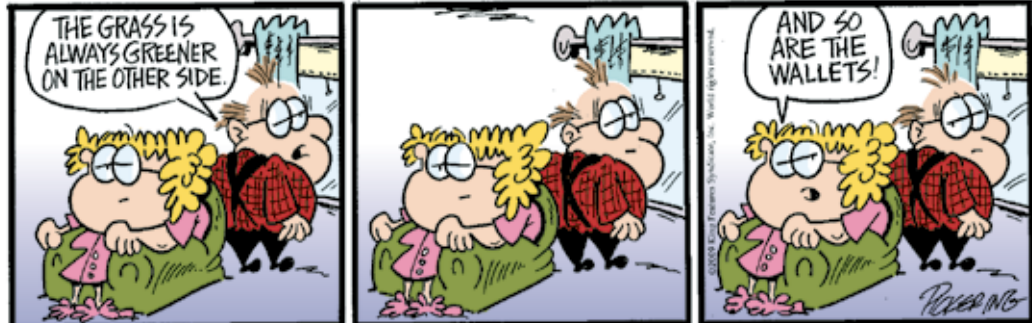
**Phipps Tree Service**  
 TRIM OR REMOVE TREES & SHRUBS  
 YARD CLEAN-UP  
   
 POWERWASH  
 DRIVEWAYS • PATIOS • DECKS  
 Free Estimates SCL # 706464  
**601-2172**

**Hauling Service**

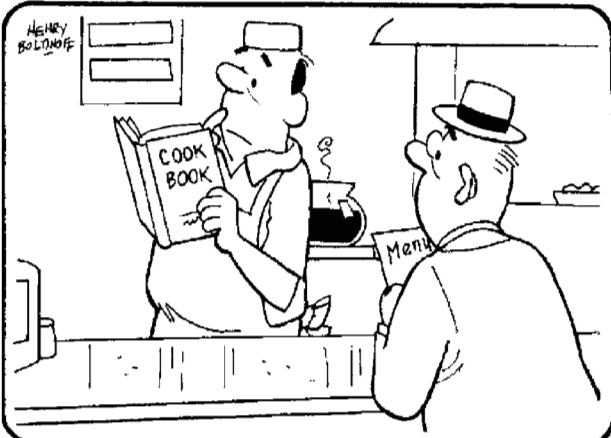
**Affordable Hauling**  
 Michael L. Anderson  
 Owner  
 You Call - I Haul  
 P. O. Box 7146  
 Citrus Heights, CA 95621  
 Phone: 916-783-0148  
 Cell: 916-717-4443  
 Fax: 916-783-0148



The Spats by Jeff Pickering



**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Cookbook is upside down. 2. Coffee level is higher. 3. Apron bow is missing. 4. Salt shaker is gone. 5. Customer's collar is taller. 6. Cook's hat is taller.

**Trivia test** by Fifi Rodriguez

- MUSIC: Who played the drums in the '60s pop music band "The Monkees"?
- MEDICAL TERMS: What does it mean to suffer from "dysorexia"?
- AD SLOGANS: Which airline asked customers in its advertising to "fly the friendly skies"?
- PSYCHOLOGY: If someone had lachanophobia, what would he or she be afraid of?
- ANIMAL KINGDOM: How many teeth does an adult pig have?
- HISTORY: Which war of the 20th century was the first in which poison gas was used?
- FAMOUS QUOTES: Which comedian once said, "I was married by a judge. I should have asked for a jury"?
- GEOGRAPHY: What country's basic monetary unit is the rand?
- LITERATURE: Who wrote the first American dictionary?
- ENTERTAINERS: What was Gene Wilder's birth name?

© 2009 King Features Synd., Inc.

**Weekly SUDOKU**

by Linda Thistle

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

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!

© 2009 King Features Synd., Inc.

**MAGIC MAZE** ● **FEMALE ANIMALS**

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

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

- Cow
- Doe
- Duck
- Falcon
- Flyer
- Hen
- Jenny
- Leopardess
- Mare
- Nanny
- Pantheress
- Pullet
- Queen
- Sow
- Tigress

**All Answers on Page 5**

**Contract Bridge**

DETECTIVE WORK WORKS WELL  
North dealer.  
North-South vulnerable.  
**NORTH**  
♠ A 10 8 2  
♥ Q 8 5  
♦ 9 4 2  
♣ J 6 3  
**WEST**  
♠ Q 6 5  
♥ J 7 4  
♦ A K 10 5  
♣ Q 7 2  
**EAST**  
♠ —  
♥ 10 9 6 2  
♦ Q J 8 7 3  
♣ K 10 8 4  
**SOUTH**  
♠ K J 9 7 4 3  
♥ A K 3  
♦ 6  
♣ A 9 5  
The bidding:  
North East South West  
Pass Pass 1♠ Pass  
2♠ Pass 4♠ Pass  
Opening lead — king of diamonds.

Bridge is not what you'd call a guessing game. When you have a problem, there is usually a way to deduce the right answer. There are very few guessing situations where there isn't at least a smidgen of a clue to steer you in the right direction. Take this case where South is in four spades and West leads the K-A of diamonds. Declarer ruffs, noting that he will almost certainly lose two clubs,

and that to make the contract he must avoid losing a trump trick. This doesn't look like much of a chore, since the trumps are likely to be divided 2-1, but if South is by nature a cautious soul, he makes allowance for the possibility of a 3-0 trump division. This matter cannot be ignored, since if the spades are actually divided 3-0, the trump loser can still be avoided by initiating the suit correctly. Thus, if West has the Q-6-5, the lead of the king exposes the situation and wipes out West's potential trump trick, while if East has the Q-6-5, starting the trumps by cashing the ace first similarly overcomes the potential trump loser. How does declarer resolve the question of whether to play the king or ace first? Obviously, he doesn't just toss a coin; he starts by looking for clues instead. There is a strong indication that West does not have a spade void. With the A-K of diamonds and one or two of the other missing honor cards, plus a void in spades as well, he might have either overcalled or doubled for takeout at his first turn to bid. Declarer therefore plays the king of spades at trick three, and is rewarded for his caution when East shows out, rendering West's queen worthless.

© 2009 King Features Synd., Inc.

by Steve Becker

**Genealogical Association of Sacramento Meeting**

The Genealogical Association of Sacramento will meet 1pm 16 September 2009 at the Belle Coolidge Library, 5600 South Land Park Dr, Sacramento. It is to be a "sharing meeting", which means those attending will "share" new or interesting happenings in their research. Also Nina Biddle from the Central Library will have an important proposal to present to GAS members, regarding our book collection housed at Central Library. We're the oldest/active genealogy association in the Sacramento area, so this is a fairly large important book collection. Some books were purchased/presented "in memory of", some received as gifts, and others purchased by our own association. Whatever Ms. Biddle's proposal concerns: ownership, housing, or even circulation the membership needs to attend and learn factual information about the proposal. Therefore members are urged to attend, and visitors are always welcomed

**Mission Oaks Computer Club**

The Mission Oaks Computer Club will meet on September 10, 2009 from 1:00 PM to 3:00 PM at the Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, CA. The topic is: "Behind the Scenes at Capital Public Radio", presented by Tom Keller, Webmaster. A problem solving clinic, led by Adam Lacey of Applications, Etc., will follow the meeting. First-time visitors are welcome. For additional information call (916) 366-1687 or visit our website at www.missionoakscomputerclub.org.

**Got Community News? Call 773-1111**

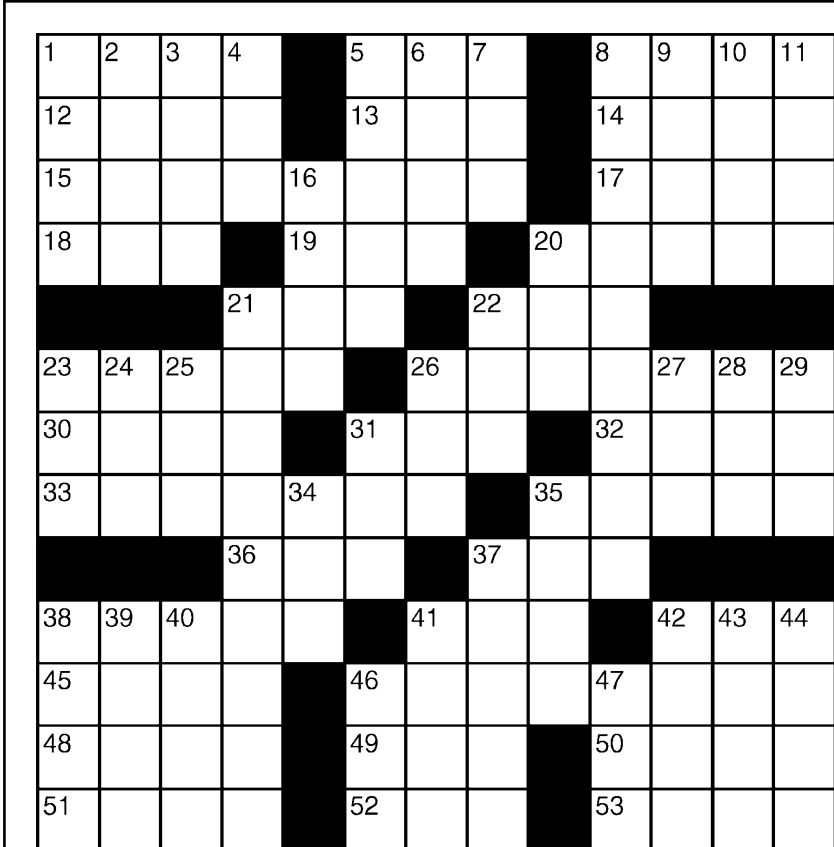
**Just Like Cats & Dogs** by Dave T. Phlips



**MISTER BREGER** By Dave Breger



"WOW! How wouldja like to be THERE and actually pick coconuts right off'n the trees?!"



**KING Crossword**

**Answers on Page 5**

**ACROSS**

- 1 Therefore
- 5 Hot tub
- 8 Datum
- 12 Honeycomb compartment
- 13 Coop dweller
- 14 Wind instrument
- 15 Common wintertime ailment
- 17 — -podrida
- 18 Peculiar
- 19 LummoX
- 20 Glisten
- 21 — for tat
- 22 Schoolkids' transport
- 23 Muscle
- 26 No purebred
- 30 German car

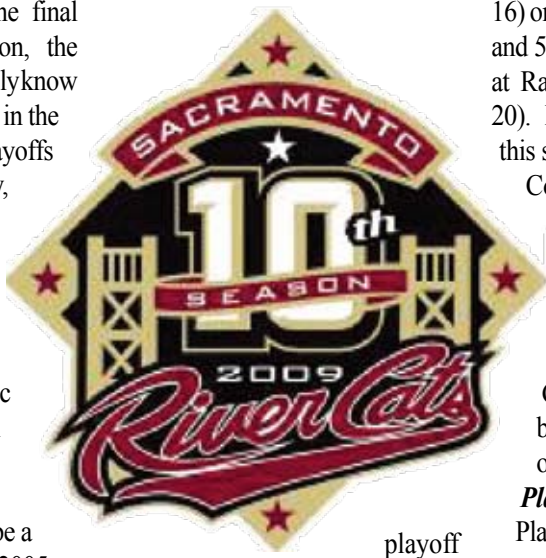
- 31 Talk and talk
- 32 Mine, partially
- 33 Filled the shelves
- 35 Run, as colors
- 36 Slippery fish
- 37 Evil
- 38 Partonesque
- 41 Supporting
- 42 Mainlander's souvenir
- 45 Grooving on
- 46 Became established
- 48 List-ending abbr.
- 49 So five
- 50 Basilica area
- 51 — & Taylor
- 52 Distort
- 53 Earl Grey's family?

- 11 Squad
- 16 Neologize
- 20 Holster
- 21 Trite
- 22 Short cut?
- 23 — -relief
- 24 Same old
- 25 Bustle
- 26 Frenzied
- 27 Wish
- 28 Prior to
- 29 '60s
- 31 Toothpaste, often
- 34 Crucial
- 35 Fir coat
- 37 Swag
- 38 Actress Jessica
- 39 "Do — others ..."
- 40 Celeb
- 41 Bridge table quorum
- 42 Easy bounding gait
- 43 "Born Free" lioness
- 44 Mid-month date
- 46 AAA ob
- 47 Chapeau

© 2009 King Features Synd., Inc.

# River Cats Face Tacoma Rainiers in PCL Playoffs

West Sacramento - On the final day of the regular season, the Sacramento RiverCats finally know who their opponent will be in the first round of the PCL playoffs set to begin Wednesday, September 9th. The Tacoma Rainiers defeated the Colorado Springs Sky Sox on Monday afternoon, 11-2, to claim the PCL Pacific Conference North Division title and earn a showdown with the Cats later this week. The match-up will be a rematch of the two teams' 2005



playoff series, which Tacoma won 3-games-to-1 and marks the last playoff series the River Cats lost. The winner of the first round series between Sacramento and Tacoma will face the winner of the American Conference Championship Series between the Memphis Redbirds and the Albuquerque Isotopes, also set to begin on Wednesday. This season, as the River Cats' vie for a third consecutive PCL and Triple-A Championship, the team has the opportunity to win both

playoff series at home and celebrate in front of the Raley Field faithful. After playing play games 1 and 2 (Sept. 9 and 10) of the 5-game Pacific Conference Championship Series on the road, the team will head home to Raley Field to host games 3, 4 and 5 (games 4 and 5 if necessary) on September 11, 12 and 13, respectively. Tickets for all home playoff games still remain. If the River Cats advance to the PCL Championship Series (also a best-of-five format), they will again play games 1 and 2 (Sept. 15 and

16) on the road and host games 3, 4 and 5 (games 4 and 5 if necessary) at Raley Field (Sept. 18, 19 and 20). If the River Cats were to win this series and be crowned Pacific Coast League Champions for the third straight year, they would then play the International League Champion in the Triple-A Championship Game in Oklahoma City broadcast worldwide on ESPN2 (Sept. 22).

**Playoff Ticket Availability**  
Playoff tickets are currently on sale at the Raley Field Ticket Office, all Ticketmaster outlets and online at Rivercats.com. Individual game tickets range in price from \$7 to \$20, the same as regular-season prices. Fans can also purchase full playoff strips, which include all six (6) potential Raley Field playoff games, at a discounted price. Groups of 20 or more can purchase playoff tickets at discount of up to \$12 per ticket. Full playoff strips and playoff group outings are available at the Raley Field Ticket Office and by calling 916-371-HITS.

# Laura on Life Male Motivation



By Laura Snyder

When I married my husband 28 years ago, I didn't know what I was getting myself into. I didn't know that ideally, married people should first be required to have a degree in psychology. I still don't have a degree in psychology, but... you pick things up after so many years. Things like the hot buttons and motivating factors for your spouse. In our many years together, I've learned that his biggest hot button is anyone taking a picture of him while he's in the bathroom. For some reason, when we were newly married, my brain wasn't as well developed and I didn't see that as being an issue. But... well... you live and learn.

His second biggest hot button - and this is something I have absolutely no control over - is bad drivers. A calm, pleasant conversation in the car can be immediately terminated by a driver whose brake lights flashed for no apparent reason. My husband will then rant and rave for an hour, casting aspersions upon the hapless driver's character, gender, sexual orientation and parent's marital status. Then he wonders why I am in a bad mood the rest of the day. "I wasn't yelling at you, Laura." "Well, there was no one else in the car with you, was there?" I have also come to learn that there are only two motivating factors in a man's life: food and sex - and not necessarily in that order.

For some reason, a man believes that there is no moral code that requires him to go anywhere he considers boring. This refers to any event that is not sports related or where no speeding - and ideally, crashing - cars are involved. If it is a second-grade play or a sixth-grade music recital, his wife will have to represent. However, if even the smallest amount of food will be served - lemonade and cookies, even - he will be there. The more food, the better the odds that he will attend. "Honey, there is an awards ceremony at the elementary school today. Can you come?" "I'm not sure I can get away today."

"They are serving cookies, I think." "I'll do my best." Which, in male-speak means, "If I have nothing better to do." I have started to carry Twinkies and Little Debbie's in my purse, just in case he arrives and there are no cookies. Sex is the ultimate motivator, though. I never use this power for evil, but I must admit: A woman who is angry rarely can be persuaded to please the object of her anger. Men eventually catch on to this truth. My husband caught on only a few years ago. He never received a psychology degree either, but I know that he has finally picked up on this because he has recently developed a habit of sniffing. I've

come to realize that a sniff means he wants to say something that he knows will tick me off, but he doesn't know how long I'll be ticked off, so he buys time to calculate by sucking large amounts of air into his nose. Unfortunately, I have begun answering his sniffs with suspicion. "I need to buy a new food processor. This one is old and my julienne blade got run over by a skateboard." ...Sniff... "What?" "Nothing." ...Sniff... "You don't think I need one, do you? You think a knife would work just as well, don't you? You think my cooking can't get any worse anyway, don't you?" "I didn't say anything!" "You didn't have to!" Silence... "Are you mad?" "Yes, I'm mad!" "Damn!"

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at [lsnyder@lauraonlife.com](mailto:lsnyder@lauraonlife.com) Or visit her website [www.lauraonlife.com](http://www.lauraonlife.com) for more info.

**www.SierraSprayFoam.com**

Commercial Sustainable Flat Roof System Residential

CA License 468-619 - Lowering greenhouse gases since 1968

emission free unlike outdated tar & gravel \* permanent \* seamless no tear-off/no landfill \* insulating \* guaranteed not to leak

100% Green! Lifetime Warranty!

Up to 25% Manufacturer & SMUD Rebates now available!  
\*Rebate offers subject to change - Title 24 "cool roof" approved

**FREE ESTIMATES (888) 388-7840**

Ask about Photovoltaic Solar Integration and lowering your energy bills!

**EXTRA! EXTRA!**

New release of  
**Lady Carmichael Geraniums**

Plants will be available at the Founders Day Celebration of Carmichael's 100th Birthday on September 26th from 11 am to 7 pm at the Carmichael Geranium Society's booth next to the Main Bandstand in Carmichael Park. Plants will be priced at \$6.00.

**Some Banks Come and Go ONE BANK STAYS THE SAME**

With many banks selling and merging, isn't it comforting to do business with a local community bank that has been under local ownership and management for over 50 years? To our customers, we appreciate your confidence and patronage. To others who are thinking of changing banks, we invite you to experience the stability, excellent customer service and competitive banking products that have made El Dorado Savings Bank one of the most respected banks in the financial services industry.

**EL DORADO SAVINGS BANK**  
Serving our local communities since 1958

[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Member **FDIC** 1-800-874-9779  
Deposits insured to \$250,000 by the Federal Deposit Insurance Corporation.

**California Institute of Jewelry Training**  
Carmichael, California

Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she's using her torch for soldering.

**Is this the career for you?**

- ♦ **Jewelry Arts** - Everything a jeweler needs to know! Complete hands-on training from fabrication to stone setting to design and beyond. Start Aug. 4 or Sept. 8!
- ♦ **Gemology** - The intriguing science and study of gem minerals such as diamonds, colored stones and pearls. Class begins in September!
- ♦ **Jewelry Appraisal** - Reach the jewelry industries highest achievement! The MasterValuer™ program delivers an excellent education in gem and jewelry appraisal. Home study program, start NOW!

Live your passion! Love your life! Look to your future!

**Call for your personal tour today!**  
**916.487.1122**  
[www.jewelrytraining.com](http://www.jewelrytraining.com)

VA Approved ♦ Student Loans Available

**MPG** Get More Mileage From Your Advertising Dollar

**Call 773-1111**

# If You're a Bride-To-Be, It's the Place to Be.

*Sunday September 27, 2009*  
12:00 noon - 5:00 p.m.

Sunrise Event Center  
11167 Trade Center Dr.  
Rancho Cordova



Planning your wedding should be FUN

— just like our show!

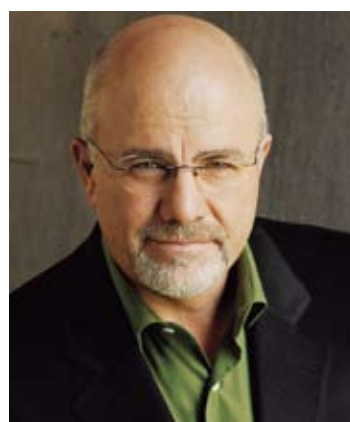
- Fashion shows
- All of the products and services you need for your wedding
- Door prizes
- Live music
- and much more!



For more information (916) 392-5000  
Outside 916 area code (800) 242-4461  
www.bridal-expos.com



# 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 Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.*

**Ready to Buy?**

Dear Dave,  
I graduated from college in May, and I already have a job

in my field. It was a part-time position that went full time, so I already have \$15,000 in an IRA and about \$23,000 in savings. I'm also debt-free, because scholarships paid for my education. Am I ready to buy a house?  
- Zack

Dear Zack,  
You are the man! This is an awesome position you're in right now!

Financially, you're okay to buy a house. I do have one slight hesitation, though. There are going to be lots and lots of things happening in your world during the next few years, and there's a possibility you'll end up moving—maybe for a girl, or even another job—during this time period. It's going to be a time of transition, and having a piece of real estate tied around your neck could be a huge pain. But if you're sure that's where you want to be for a while, then it's not such a big deal.

Keep in mind that there's a word for real estate that sells quickly, and that word is cheap! Lots of times, the only way to get out from under something like that fast is to practically give it away. It's a great time now to buy a home, though. It's like they're on sale. Interest rates are low, too.

Don't use the entire \$23,000 as a down payment on a place, and keep an emergency fund of three to six months of expenses set aside. Make sure you get a

15-year, fixed-rate mortgage, too. If you play this right, Zack, you're going to be sitting pretty!

- Dave

**No Experience, Apply Anyway?**

Dear Dave,  
Do you think it's a good idea to apply for a job if you have a degree in the proper field, but no real work experience in that area?  
- Denise

Dear Denise,  
Absolutely! Does this mean you'll get the job? No, but I can promise you one thing: The only sure-fire way to make sure you miss out on a job is by not applying for the position in the first place.

Line up all the interviews you can for jobs for which you have a reasonable chance of being hired. Then, go in there with your head held high, and impress them with how articulate you are and how you carry yourself. Use your style, intelligence, education, and confidence to sell yourself and your ability to jump in, learn quickly, and get the job done!

I've met lots of people who say they have 20 years of experience, but it's really more like one year of experience 20 times. That kind of "experience" is useless. I've also met lots of sharp people without experience, but you can tell they're the kind who will put their minds to work, think outside the box, and figure out a way to get things done. As an employer, if I've got a choice between the two, that's the one I want to bring onto my team!

- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*

## Carmichael Recreation Fall Classes

Carmichael Recreation and Park District  
Call (916) 485-5322 for more information  
Register by phone with a Visa/Master Card  
Go to [www.carmichaelpark.com](http://www.carmichaelpark.com) to see class listings

**Zumba**

Taught by Victoria Morse, Credentialed Zumba Instructor

The latest in cardiovascular workouts - move and groove to Latin rhythms for an aerobic exercise that burns 600-800 calories all while having fun! Wear comfortable clothing and tennis shoes and bring water and a towel!

La Sierra Community Center, Sierra Rooms 1-2

4 classes - September 9-30, Wednesdays, 6:30-7:30pm  
Cost \$20

or leather leash and a regular collar.  
Carmichael Park Vets Bldg. Lawn  
7 weeks - Saturdays, 9-10am  
9/19-10/31  
Cost \$100

**COME DANCE WITH ME**

New Sessions start each month. Class meets 1 day a week for 4 weeks.  
Cost \$46

Baby Ballet & Gymnastics, walking-3 years

This is an introduction to dance and gymnastics. Basic beginner dance and gymnastics skill are combined for those students ready for instruction. Children should wear comfortable tight-fitting clothing. One parent may assist if a child needs reassurance.

**Pre-Ballet, 3-5 years**

This class is designed for beginning ballet and movement. It is more concentrated on rhythm and slightly more structured with a focus on listening skills. Girls should wear pink tights, a black leotard without a skirt

and ballet shoes while boy need to wear a plain white T-shirt and black shorts. You can find all of these items at your local dance supply store. If you are not sure where to get quality ballet shoes, please come to the first class with bare feet and your instructor will assist you.

**Kindergym, 3-5 years**

This class focuses on basic gymnastics skills, listening and following directions. Participants will begin to develop strength and flexibility as well. Children should wear comfortable tight-fitting clothing.

**Basic Gymnastics, 6+ years**

Participants will learn basic skills including rolls, handstands, cartwheels and working on the low beam and bars. Children will begin to develop flexibility and strength as well. Children should wear comfortable tight-fitting clothing.

**Parent & Me Gymnastics, walking - 3 years**

Participants will learn the very basics of gymnastics and movement with parent participation in a fun environment.



## Are You Ready for Some FOOTBALL?



San Francisco 49ers

VS.



Seattle Seahawks

Sunday, Sept. 20, 2009 12-4pm

Sunrise of Carmichael will be hosting its first annual tailgate party to benefit the Alzheimer's Association!

Bring the family and get ready to root for your favorite team.

- ★ ESPN Radio 1320 will be broadcasting LIVE!
- ★ Many TV screens available inside!
- ★ Fun for the whole Family...Bounce House, 18 ft. Super Slide, 49er Trivia Contest, Prizes, and more!

### Menu

- ✓ Tri-Tip Sandwich
- ✓ Hot Link Sandwich
- ✓ Potato Salad
- ✓ BBQ Beans
- ✓ Corn on the Cob
- ✓ Root Beer Floats

\$5 donation requested

**SUNRISE**  
ASSISTED LIVING®

RCFE® Pending



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

Memory Care

For more information and a FREE online newsletter, visit [www.sunriseseniorliving.com](http://www.sunriseseniorliving.com)

## The German Deli

German Meats • Imported Beer & Wine • Catering

Ask about our Mail Order Service!

(916) 349-9493

5859 Auburn Boulevard  
Sacramento, CA 95841

[www.sacgermandeli.com](http://www.sacgermandeli.com)  
[sacgermandeli@sbcglobal.net](mailto:sacgermandeli@sbcglobal.net)

# Railroad Museum Volunteers Wanted to "Help Keep the Trains Rolling" at America's Most Popular Railroad Museum

*Sacramento* - On Saturday, October 17, the California State Railroad Museum and Old Sacramento State Historic Park (SHP) will begin Volunteer Training for fall 2009. The Museum is recruiting for men and women (18 or older) who are interested in communicating the West's fascinating heritage of railroading and the California Gold Rush. Applications are due on Friday, September 25. Advance interviews, required for all participants, will be held in early October. Anyone who has ever visited the California State Railroad Museum and Old Sacramento SHP is familiar with the Museum's docents. Dressed in railroad garb or other period attire, these trained volunteers answer questions and discuss history with guests. There are many other volunteers, too. In fact, during 2008, more than 600 men and women were active with the Railroad Museum's programs-including weekend steam train operations, track construction, restoration and maintenance, even clerical work. Since the Museum's 1976 inception, volunteers have contributed more than two million hours of service! As part of their training, candidates are encouraged to

consider participating in one or more Museum programs. For example, volunteers may choose to serve as docents and Museum tour guides; participate in hands-on, interactive educational programs for school groups; become involved with train operations on the Sacramento Southern Railroad; or orient visitors at Old Sacramento State Historic Park's historic Eagle Theatre and Huntington & Hopkins Hardware Store. Volunteer training represents a serious commitment, but the hours are flexible-and the rewards can be tremendous. A background in history is not required. In fact, most of the volunteers began with little knowledge of railroads or the Gold Rush! As they become more familiar with the Museum's varied and frequent programs, many volunteers take on additional responsibilities, such as conducting research or giving talks to community organizations about the Museum. There are no fees charged. Perks for active volunteers include free parking while on duty, invitation to an annual Volunteer Recognition Banquet, complimentary Museum membership, and the chance to meet new, interesting people. A minimum annual commitment

of 84 hours is required for active Museum volunteers. For more details about volunteering at the California State Railroad Museum and Old Sacramento State Historic Park or to sign up for an interview, please contact Volunteer Training Coordinator Theresa Gonsolis at 916-324-7593 or email at [tgonsolis@parks.ca.gov](mailto:tgonsolis@parks.ca.gov). For an online application, visit [www.parks.ca.gov/capitaldistrict](http://www.parks.ca.gov/capitaldistrict). Operated by California State Parks with financial assistance from the non-profit California State Railroad Museum Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. Widely regarded as North America's finest and most popular railroad museum, the complex of facilities includes the 100,000-square foot Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill commercial buildings in Old Sacramento. For 24-hour information, visit [www.californiastaterailroadmuseum.org](http://www.californiastaterailroadmuseum.org) or call (916) 445-6645.

# Clover 4H Club Accepting New Members

By Shelby Wagner, Club President

The Clover 4Hers will continue to accept new members at their October 13th meeting. This will be the second official meeting of the 2009-2010 year, but it's not too late to sign up! The meeting will begin at 7pm at Fair Oaks Presbyterian Church,

which is located at 11427 Fair Oaks Blvd, just south of Madison. Club members will be reviewing old business as well as announcing upcoming events. Our club offers a variety of projects including baking, hiking, rabbit, horse, and goat. There are other projects as well. Come to the meeting to see which projects are interesting to you (you may wish to arrive

by 6:45pm to sign up, so you won't miss the meeting at 7:00). The fee to enroll in 4H for the year is \$12.00 per member. If you are interested in learning more about the 4H Youth Development Program and how to join Clover 4H Club (or one of the other 4H clubs in our area) please contact Lisa at 987-1175.

# Victory Christian School

We offer your Family:

- ☑ Outstanding academics with a Biblical worldview
- ☑ Music for Kindergarten through 12th grade
- ☑ An award winning choir and band
- ☑ AP English, AP Physics, and AP Calculus
- ☑ Sports Program

**And Now We Offer:**  
**Our Home School Bridge Program**  
**Plus a Free Bus Shuttle from Folsom**  
**AND Fair Oaks!**

**We are offering 2 pick-up locations:**

**For Folsom:**  
**Safeway at Iron Point**  
**and Prairie City Roads**

**For Fair Oaks:**  
**Safeway at Madison**  
**and Hazel Avenues**

**Contact us now for Fall enrollment!**

**Call us at:**  
**Jr./Sr. High • (916) 488-5601**  
**Elementary • (916) 488-6740**

**Or visit us on the web at: [www.victorycs.org](http://www.victorycs.org)**  
**3045 Garfield Avenue Carmichael, CA 95608**



## Let The Doctor Come To You!

### STIRTON MOBILE CHIROPRACTIC

*Sacramento's premier mobile chiropractor brings his highly effective techniques and expertise to you at your home or place of business at your convenience.*

*He uses diversified, Constead, SOT, toggle, and activator techniques to restore both spine and extremities to their full function.*



#### Relief Is Just A Call Away!

Serving Sacramento and surrounding areas, this caring doctor is available when most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours by appointment. Deaf and hearing impaired are welcome.

#### Business Owner Benefits:

Increase employee production and satisfaction by providing regular chiropractic check-ups and fine tune them for high performance. Healthcare benefits for you and your employees are tax deductible.

**James L. Stirton DC**

Sacramento Area's Mobile Chiropractor

**(916) 825-3140**

[jimstirtondc@comcast.net](mailto:jimstirtondc@comcast.net)

## Worried About Identity Theft?

### We Have a Million Reasons You Should Choose LifeLock®



Credit monitoring doesn't stop identity theft. It only alerts you after your identity has been stolen. But LifeLock works to help stop identity theft before it happens by proactively reducing your risk - even if your information gets in the wrong hands. And what we don't stop, we'll fix at our expense, up to \$1 million.

Identity theft is still one of America's fastest growing crimes. Over 8 million Americans were affected last year, at a cost of over \$50 billion. LifeLock, the industry leader in proactive identity theft protection, can help.

Whether you're protecting yourself or your family, LifeLock has the identity theft protection you need. And remember, what we don't stop we'll fix at our expense. That's our \$1 Million Total Service Guarantee. Sign up today and you'll receive LifeLock at 10% off and risk free for 30 days.

**30 Days FREE & 10% OFF**

USE PROMO CODE **MPG8**  
call or go online

[www.LifeLock.com](http://www.LifeLock.com)  
800-LIFELOCK (543-3562)



Never share your Social Security number unnecessarily. No payment, no obligation for 30 days. After 30 days, your credit card will automatically be billed. You can cancel at any time without penalty. This offer is exclusive to new members only and does not apply to existing LifeLock members.



## Celebrate Carmichael's Founders Day

**Saturday,**  
**September 26th, 2009**

To volunteer or become  
 a Vendor, call the  
 Chamber of Commerce at 481-1002