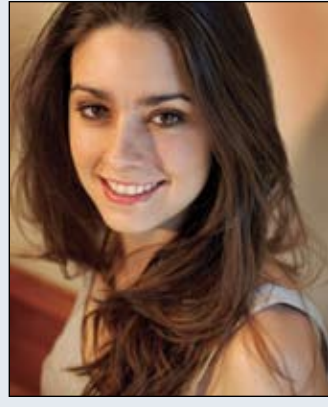


Carmichael Times



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Volume 29 Issue 40

Serving Carmichael and Sacramento County since 1981

October 7, 2009

Remembering William B. Pond: Architect of County Regional Parks



William B. Pond

Sacramento - William B. Pond, the first Director of the Sacramento County Department of Regional Parks, passed away on September 20 at the age of 91. Often called the "Father of the Parkway", Pond was responsible for the establishment of the American River Parkway. He will be remembered for his kindness and his ability to connect with and work well with others. "He was a collaborator," said Ron Suter, retired Regional Parks Director. "He worked with people in the community before that was something that governments did. With Bill's smile and willingness to listen, he set the future standards for collaboration in government. Bill was truly a man with a vision and was ahead of his time. His mission was to make things better for generations to come and he made things happen." A native of Minot, N.D., Pond held a variety of jobs in Washington and Oregon, including as a schoolteacher,

coach, recreation leader and park manager, before he was appointed as the Sacramento County Regional Parks Director in 1959. With a budget of about \$18,000, Pond successfully worked with local advocate groups, County leaders and private land owners to negotiate the purchases of acres of what would become Discovery, Ancil Hoffman and River Bend Parks within his first two years at the department. By taking advantage of federal and state grants and bond funds, and demonstrating a willingness to be flexible, Pond's initial acquisitions set into motion the creation of the 32-mile American River Parkway. During his tenure as director, Pond also oversaw the adoption of the American River Parkway Plan, the initial purchase of what would become Gibson Ranch, and the designation of the Dry Creek Parkway as a reserve area. Pond is credited with the expansion of the land holdings and the establishment of parks and open space in Sacramento. Since its humble beginnings, the Regional Parks Department has grown to oversee more than 15,000 acres of open space in the County that includes nature preserves, low-cost public golf courses, and the award winning Effie Yeaw Nature Center and Therapeutic Recreation Services.

"I was privileged to work with him at the Sacramento Science Center for several years, where I knew him to be a great advocate of education and the environment," said Marilee Flannery, Director of the Effie Yeaw Nature Center. "He was a kind and supportive man, and worked closely with advocates, including Effie Yeaw, who wanted a parkway established along the American River. Together, they worked to make this valuable riverside property accessible to the public and to ensure its protection from future development." After Pond left Regional Parks in 1968 he worked briefly in Washington D.C., returning to Sacramento in 1971. He eventually headed the County Department of General Service until his retirement in 1983. That same year, the Board of Supervisors honored him by renaming the Arden Bar Park, William B. Pond Recreation Area, breaking the County rule of naming a facility after someone who was still alive. William B. Pond Recreation Area continues to be one of the most popular spots along the American River Parkway. The Parkway now sees about five million visitors annually. "Without Mr. Pond, I am quite certain the American River Parkway would not be what it is today," said Janet Baker, Director of Regional Parks. "We all owe him a great debt of gratitude," she said.

Marine Transport Unit Recognized as Enlisted Persons of the Year



Pictured left to right are RDML Russ Penniman, Deputy Commander, US 3rd Fleet, Lieutenant Ronald Fauntleroy, NOSC Commanding Officer, MA1 Darryl L. Olesen Jr., Reserve Sailor of the Year, HM1 Janet Lasalle, Active Duty Sailor of the Year and Mike O'Docharty, Navy League Sacramento Council Secretary.

Sacramento- Sailors of the Year (SOY) from Navy Operational Support Center Sacramento were presented with certificates, Navy League coins and checks for \$150 each at a ceremony held recently at the Reserve Center on Elder Creek Road in Sacramento. Receiving recognition were HM1 Janet Lasalle,

the active duty SOY and MA1 Darryl L. Olesen Jr., the reserve component SOY. HM1 Lasalle serves as the Reserve Center's Medical Department Head and MA1 Olesen is a Selected Reservist who serves as a Squad Leader in the Reserve Center's Security Unit. Attending the ceremony, along

with members of the Sacramento Council and the command, were Rear Admiral Russ Penniman, Deputy Commander, US 3rd Fleet, the Reserve Center's Commanding Officer, Lieutenant Ronald Fauntleroy as well as the Reserve Center's Perspective Commanding Officer, Commander Thomas Jones.

Capitol Pops Chills for Halloween Dance Thriller



Photo and text by Susan Maxwell Skinner

Carmichael - Capitol Pops director Jerry Lopes (with baton) leads a creepy horn section in rehearsal for his band's shopping center recital on Sunday October 25. The 60-piece volunteer ensemble will present a concert of sinister and traditional music at the Birdcage Shopping Centre, Citrus Heights. The Carmichael-based band will also accompany an attempt at the U.S. record for group participation in Michael Jackson's macabre "Thriller" dance. Immortalized by Jackson's

"Thriller" CD video, this blood-chilling routine became an international craze after the king of pop's death. Mexico claimed the world record with over 12,000 participants simultaneously performing the zombie-style dance in August. The existing U.S. record boasts a modest 252 dancers -- a score Sacramento organizers hope to topple on the Sunday before Halloween. Sponsored by the Halloween Express store in Birdcage Mall, the dance will take

place in the mall's front parking lot. Check-in for participants begins at 2.45 p.m. Instructors will teach the Thriller routine from 3 p.m. Capitol Pops' concert downbeat is at 4 p.m. and the record attempt will kick off at 4:45 p.m., accompanied by a live concert arrangement of Jackson's opus. Costumes are encouraged; prizes will be awarded for best dancers and scariest outfits. Eager cleavers can learn the dance in advance, at www.halloweenex.com. For information call (916) 729-7837.

Rio Americano High School, Class of 1969 Holding the 40th Reunion

Sacramento - Saturday, Oct 10, 2009. Piatti's Restaurant, FairOaks Blvd, at Howe Ave, in the Pavillions Shopping Court. 5:30-9:30. \$90.00 per person. Additional events happening on Friday night, Saturday

afternoon and Sunday morning. More information, contact Robert Wichert at Robert@Wichert.org, or call 916-966-9060. Friday night is a no-host mixer at Scandals lounge, at the Grange hotel. Saturday is a picnic,

with Sunday a no-host brunch at Bella-Bru, 5038 FairOaks Blvd. There is a golf tourney on Friday, but space is limited. Please call Bob Wichert for all information. Tickets for Saturday are available for walk-ins.

Dogoween at Sunrise Festival

Sacramento - Calling all costumed canines to Dogoween 9, Saturday, October 10 from 10-noon with registration beginning at 9 am. Contest is limited to the first 100 registered dogs. Bring your pooch to Sunrise Festival, corner of Greenback and Sunrise and compete for barking lot honors, Petsmart gift cards and Best of Show including a trophy and \$200. Meet special guest Pabst, the 2009 World's Ugliest Dog. Dogoween 9 will be emceed by Fox 40 Live News Anchor Natalie Bomke. Radio stations KNCI, KYMX and KZZO will also be making an appearance. Dogoween 9 is brought to you by Sunrise MarketPlace and Sunrise Festival Shopping Center. \$5 entry fee benefits VARK animal rescue. Bring your dogs on leashes, muzzle and have current shot, please. Spectators are welcome as well!



Special Guest Pabst, the 2009 World's Ugliest Dog

Following Dogoween, visit an old-fashioned Family Harvest Festival from 12-3pm also at Sunrise Festival Shopping Center. Enjoy free covered wagon rides, games and prizes and take home a free pumpkin

while supplies last (Limit one per family, please). We'll also have balloon art and face painting. For more information on either event, visit www.sunrisemarketplace.com.

Arden Hills Competitive USA Swim Team Athletes Made Great Strides During Summer 2009

With 55 Year Tradition of Excellence in Aquatics, Arden Hills Swim Team Continues to Excel & Break Records



Arden Hills swimmer Katie Edwards & Coach Brian Nabeta after Edward won the 100 meter breast stroke at short course, Junior Nationals (Dec '08)

Sacramento (September 29, 2009) – Led by Arden Hills USA Swim Team Head Coach & Director of Aquatics Brian Nabeta, the talented group of USA Swim Team athletes training at Arden Hills Resort Club & Spa finished the summer of 2009 strong with accomplishments and memories to last a lifetime. After competing around the globe and in the greater Sacramento area, here are a few key highlights of their successes.

World Championship Trials – Indianapolis, IN

-Arden Hills swimmer and rising star Katie Edwards took 33rd in the 200 Meter Breast Stroke and 48th in the 100 Meter Breast Stroke during this prestigious national competition.

USA Swimming Junior National Championships – Federal Way, WA

-Arden Hills swimmer Nick Johnson took 8th in the 1500 Meter Freestyle and 10th in both the 400 and the 800 Meter Freestyle competitions while teammates Michael Franz took 17th in the 800 Meter Freestyle, 50th in the 1500 Meter Freestyle and 69th in the 400 Meter Freestyle and Riley Matranga took 62nd in the 1500 Meter Freestyle.

Maccabiah Games – Ramat Gan Stadium, Israel

Nine thousands athletes from all over the world competed in the Maccabiah games, including two swimmers from the Sacramento area that were part of the American delegation, both of whom trained at Arden Hills.

-Former Arden Hills swimmer Scotty Korotkin broke the Maccabiah Games and Israeli International Club Records when he earned a Gold Medal in the 1500 Meter Freestyle. He also earned a Gold Medal in the 400 Meter Freestyle and a Silver Medal in the 800 Meter Freestyle Relay. In addition, Naomi Javanifard earned one Gold Medal in the 400 Freestyle and four Silver Medals in the 100 Meter Butterfly, 100 Meter Freestyle, 50 Meter Freestyle and the 400 Meter Medley Relay.

Far Western Championships – San Jose, CA

While the Arden Hills boys swimmers finished strong at the Far Western Championships, it was the girls who really made great strides this year.

-In the 9-10 year old girls category, Megan Cloud achieved an outstanding 1st Place in the 400 Meter Freestyle,

2nd in the 200 Meter Freestyle and 4th in the 100 Meter Butterfly as well as 7th in the 200 Meter Individual Medley. In addition, the 9-10 year old girls team took 4th in the 200 Meter Freestyle Relay.

-As a team, the 11-12 year old girls took 4th in the 200 Meter Medley Relay, 5th in the 400 Meter Freestyle Relay and 7th in the 400 Meter Medley Relay;

-As a team, the 13-14 year old girls from Arden Hills broke both the Far Western Championships and the Pacific Swimming Records when they took 1st Place in the 400 Meter Freestyle Relay. The team also took 4th in the 200 Meter Medley Relay and 6th in the 400 Meter Medley Relay. In addition, Arden Hills swimmer Morgan McClure took 3rd in the 200 Meter Freestyle and 7th in the 200 Meter Individual Medley and teammate Mara Debnokoff took 3rd in the 100 Meter Breast stroke.

-As a team, the 15-18 year old girls took 7th in the 400 Meter Medley Relay and 8th in the 200 Meter Medley Relay. In addition, Arden Hills swimmers Hailey Ferko took 3rd in the 100 Meter Breast Stroke and Paige Sellers took 8th in the 200 Meter Breast Stroke.

-In the 17-18 year old girls category, Arden Hills swimmer Anji Shakya earned 2nd in both the 100 Meter Freestyle and 100 Meter Backstroke, 5th in the 50 Meter Freestyle and 6th in the 200 Meter Individual Medley. In addition, teammates Alyx Vernon finished 5th in the 400 Meter Individual Medley, 6th in the 400 Meter Freestyle and 8th in the 200 Meter Butterfly while Emily Kane finished 3rd in the 400 Individual Medley, 4th in the 200 Meter Butterfly, 5th in both the 100 Meter Breast Stroke and 200 Meter Breast Stroke and 7th in the 100 Meter Butterfly.

California/Nevada Sectional Championships – Clovis, CA

-Girls highlights include Arden Hills swimmer Katie Edwards taking 8th in the 200 Meter Breast Stroke, 13th in the 100 Meter Breast Stroke and 19th in the 200 Meter Individual Medley while teammates Anji Shakya took 13th in the 100 Meter Backstroke and Cynthia Tsay took 6th in the 400 Freestyle Relay and the 400 Medley Relay, 12th in the 800 Freestyle Relay and 14th in the 50 Meter Freestyle.

-Boys highlights include Arden Hills swimmer Michael Franz taking 2nd in the 1500 Meter Freestyle, 5th in the 400 Meter Freestyle, 9th in the 800 Meter Freestyle and 19th in the 400 Meter Individual Medley and Riley Matranga took 23rd in the 400 Meter Individual Relay.

Sierra Nevada Junior Olympics – Roseville, CA

-Arden Hills age group swimmers took an impressive 4th place out of more than 40 talented swim teams.

“With the summer championship season starting in early July, I was very proud of how the team held together and competed at their very best when it counted the most,” said Arden Hills USA Swim Team Head Coach & Director of Aquatics Brian Nabeta. “My coaching staff deserves praise for their commitment to furthering the development of these talented swimmers. In fact, we look forward to an even better 2009-2010 season.”

Open to all swimmers with athletes being placed according to skill level, Arden Hills has a year-round USA Swim Team that is recognized by USA Swimming as a Silver Medal team, one that is classified in the top 2% of all teams in the United States. For more than a half century, Arden Hills has been at the forefront of inspiring young and old to experience a more abundant life. Whether it is world-class athletes needing that extra edge, business professionals looking to improve their productivity, or individuals seeking to improve their self image through health and beauty enhancement, they all look to Arden Hills Resort Club & Spa, a state-of-the-art wellness resort offering cutting edge technology and education combined with first-class service.

Lungren Welcomes the Engraving of Our National Motto

Washington D.C. - Congressman Dan Lungren (R-CA) released the following statement after inspecting the engraving of the National Motto, ‘In God We Trust,’ in the Capitol Visitor’s Center (CVC):

“The CVC is a wonderful addition to the Capitol complex and it welcomes everyone who comes to share in our nation’s history. Today the Architect of the Capitol finished engraving our national motto ‘In God We Trust,’ and they have done a superb job.

“The CVC itself contains a variety of statues including among others Sakajawea, King Kamehameha of Hawaii, Janet Rankin, (the first female member of Congress) and even Filo T. Farnsworth of Utah (the father of television).

“In the midst of these wonderful symbols identifying us as a nation, I felt that an additional



element of our nation’s history would add to this representation of our common patrimony and would be a reminder of the importance our Founders placed on the guidance of Providence in the birth, development and future of our Nation.”

Congressman Dan Lungren serves as Ranking Member on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees

Congressman Dan Lungren serves as Ranking Member on the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees

Singles Harvest Dance October 10

Several more dances in October

Carmichael - Christian Singles Network, will hold its annual Harvest Dance for single adults Saturday, October 10, 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 Ed Murray and dance lessons in the Country Two Step by Janine from 7-8 PM. The music is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances.

Dress is casual, jeans are fine to wear. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons. Volunteers attend free. CSN is also sponsoring a special dance workshop called “The Moves” Sunday night, October 25, from 6-10 PM at Roseville

Veterans Hall. Tickets will be \$10 presale and \$15 at the door. Teacher Richard Kowaleski will cover basic dance moves which can be used in a variety of situations. The two hour class will be followed by two hours of dancing to music by DJ Dale Chessey. The following weekend, Halloween night, CSN will be back at the Roseville Veteran’s Hall, 110 Park Dr, Roseville, for a Costume dance from 7 – 11:30 PM. Tickets for that dance are \$15 presale and \$20 at the door.

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. Membership is not necessary to attend, although members get a \$5

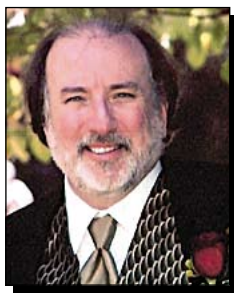
discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at www.christiansinglesnet.com, 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. Call the office to volunteer or find out more information, 530-878-0606.

To receive more information about activities, or directions call the 24 hour event line at (916) 658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 773-1111.

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Sunrise MarketPlace & Sunrise Festival present the **9th Annual DOG-O-WEEN**

“Seriously? What if I dressed you up like this and paraded you around Sunrise MarketPlace?”

Saturday, October 10
10 am - noon (registration opens at 9)
Sunrise Festival
 (corner of Greenback & Sunrise Blvd.)
\$5 entry fee proceeds benefit VARK
 (Veterinary After Rescue Kare - farkinfo.org)

Join us at Sunrise MarketPlace this October for the very popular “Dog-o-ween,” a canine costume contest. Creatively dress your dog and you could win \$200 for Best of Show, Petsmart gift cards, and door prizes. Dogs compete in small, medium and large categories and for the BEST OF SHOW trophy and barking lot bragging rights. All participants receive doggie bags and treats! Limited to 100 entrants. All dogs must be on a leash, muzzled if appropriate and have current vaccinations.

Don't Miss!
 Special Appearance by Pabst
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Win prizes and giveaways from your favorite radio stations
 KYMX - 8:30-9:30 • KZZO - 9:30-10:30 • KNCI - 10:30-11:30

“Not without a treat, I’m not.”

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For the Sake of Millions of Unborn Babies

For the sake of millions of unborn babies, I urge you to sign our online petition NOW to stop the abortion mandate in federal health care reform legislation. Go to ACLJ.org.

Some 87,000 of your fellow citizens have already signed the PETITION TO STOP AN ABORTION MANDATE - but we need to accelerate and expand this campaign - because **we've got to put the pressure on these elected leaders.**

Mandatory coverage for abortions, as a "benefit" of any federal health care legislation, would be devastating - essentially an "end run" around much of the pro-life work we've accomplished over the past two decades! Such a move by Congress could mean that millions upon millions more unborn babies would die.

What's perhaps most astonishing is that such a mandate could mean that every

insurance plan - even those provided by churches and pro-life organizations for their employees - would have to include coverage for abortions!

Can you imagine your church funding abortions? You cannot. Can I imagine the ACLJ funding abortions, through its employee insurance plan? I cannot.

Our research has already uncovered the "underhanded" approach being employed by the pro-abortion forces in this battle. The language of the current proposal is devious - it doesn't use the word "abortion"; but the "family planning" euphemism would open a legal loophole ... and abortion would be MANDATED.

So we are pushing hard for language that exempts abortion clearly. But we've got to have the help of every American who shares our strong belief ... **abortion should never be**

mandated by the federal government - not by way of our tax dollars, and not through private insurance!

Please add your name to our online PETITION TO STOP AN ABORTION MANDATE, and take advantage of the forward-to-friend tool as well to send it to your email directory.

Your help right now is absolutely vital, because Congress will return from its recess so soon. If Members of Congress hear us, we can win - because there is already bipartisan support for our position.

So, for the sake of millions of unborn babies, PLEASE JOIN US RIGHT NOW IN THIS FIGHT BY SIGNING THE ACLJ'S ONLINE PETITION TO STOP AN ABORTION MANDATE.

Thank you!

Go to ACLJ.org.

American Center for Law and Justice

P.O. Box 90555, Washington, D.C. 20090-0555
Phone: (800) 296-4529

American Center for Law and Justice is a d/b/a for Christian Advocates Serving Evangelism, Inc., a tax-exempt, not-for-profit, religious corporation as defined under Section 501(c)(3) of the Internal Revenue Code, specifically dedicated to the ideal that religious freedom and freedom of speech are inalienable, God-given rights. The Center's purpose is to educate, promulgate, conciliate, and where necessary, litigate, to ensure that those rights are protected under the law. The organization has participated in numerous cases before the Supreme Court, Federal Court of Appeals, Federal District Courts, and various state courts regarding freedom of religion and freedom of speech.

Professional Soprano In Concert Featuring Courtney Bowles

Concert on October 23rd at St. John's Lutheran Church

Sacramento, California, Tuesday, September 29 - Courtney Bowles, a professional Lyric Soprano and Steven Johnson, a professional Pianist, will be performing in concert on Friday, October 23, 2009 at 7:00 p.m. Guest Artists include baritone Daniel Yoder, bass guitarist Dean Chance and drummer Brett Chance. Bowles will be performing a mix of classical and pop styles, with songs by Josh Groban, Sarah Brightman, Puccini, and many more.

Bowles hails from El Dorado Hills, attending St. John's Notre Dame School in Folsom and graduating from Oakridge High School in 2002. Bowles was a recipient of a four-year scholarship to San Diego State for her singing abilities. She graduated SDSU in 2006 with a Bachelor of Music degree emphasizing in Vocal Performance.

Bowles is known for her ability to sing in many musical genres: from her favorite Opera role Musetta in Puccini's La Boheme to her solo performances in Mozart's Coronation Mass, Rutter's Requiem, Faure's Requiem and Handel's Messiah with full orchestra. Bowles' passion for performing started with classical music but has grown to encompass popular styles, that of Josh Groban and Sarah Brightman. She believes having a connection with the audience is the essence of a great performance. Her latest performances include a solo concert series in the Sacramento Area in 2008, as a soloist for the Contra Costa Chorale Summer Series 2009, and as a soloist for the Bach Magnificat in Sacramento 2009.

Bowles currently lives in Walnut Creek, CA where she sings professionally and teaches privately. Teaching has always been a passion for Bowles. She loves helping her students find confidence not only in themselves but also in their voices. She currently has two vocal studios: one in El Dorado Hills and another in Walnut Creek.

"I found Courtney to be an exceptional talent and I am not surprised to see her start her professional career at such an early age," said Mary Mackenzie, Voice Teacher who



Soprano Courtney Bowles

has performed at the Metropolitan Opera. "Her amazing ability to connect to the song emotionally enhances an audience's appreciation of the performance."

Bowles, 25, "Performing throughout my life has prepared me for my career as a performer. I love singing classical music and at the same time adding a new edge to it. Music is always changing but the one thing that remains constant is the raw emotion that comes through it."

Pianist and conductor, Steven Johnson currently holds the post of Director of Music and Worship at St. John's Lutheran church in Sacramento. Johnson oversees a variety of vocal and instrumental ensembles, a variety of worship services and styles, a concert series. His quest is to bring awareness to the musical community that St. John's is now the "gem of the city" for musicians to come and make music.

Johnson is articulate in a variety of musical styles and is active as a musician on many levels; whether it is accompanying talented artists, performing concertos with full orchestra, conducting choirs

or planning community musical events. His sense of musicianship is unmistakable whether it is in his touch and style at the keyboard or in conducting, all of which emote artistry, passion and fullness of style and expression.

As an active musician, Johnson has a strong desire to nurture and foster relationships with other musicians in the community. Bringing people together to make music for purposes greater than ourselves is powerful in both the human and spiritual realms. Bowles and Johnson have been performing together for 8 years and this relationship shines through in their music.

Tickets are available at the door with a suggested \$10.00 donation (916) 444-0874. The concert will be held at the St. John's Lutheran Church with a seating capacity of 400. It is located at 1701 L Street in Sacramento, California. For more information about Courtney Bowles please visit her website at www.courtneybowles.com or email her at cb@courtneybowles.com.



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Carmichael Chamber of Commerce

"Life on the Left Coast, by someone who'd always lived Right"

Ed Crane, the Co-Ancor of the highly rated KFBK Morning News will be the Carmichael Chamber's Luncheon Speaker on Tuesday October 27th. Crane has been reporting on radio and television since 1979. He joined the CBS Radio Network in 1982 where, for 18 years, he anchored hourly newscasts as well as the World News Roundup and Special Reports. He went on to be a reporter and anchor for CBS Marketwatch and has worked as an anchor of the CBS News TV broadcast Up to the Minute. Crane has reported for WCBS-TV, New York and anchored for WCBS-AM, New York.



TV, Rockford, Illinois. He is a recipient of the Chicago Headline Club Award and is a graduate of Northwestern University.

Ed's rich journalism background is complemented by some interesting and fun acting credits, including the role of Newscaster #6 in the 2004 remake of The Manchurian Candidate with Denzel Washington, and Interviewer in the 2006 movie The Hoax with Richard Gere.

Crane is an avid golfer and a huge wine enthusiast. He relocated to Sacramento in 2008 with his wife of 24 years Barbara and their ten year-old son P.J.

Please RSVP for this luncheon by October 22nd

Prior to coming to CBS, Crane worked for WBBM, Chicago. His career began at WIFR-

MEMBER NOTICES

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

Do you own a business out on the Boulevard?

Join us CLEAN Up the Boulevard Sunday, October 18th, 8am at Carmichael Park. Join the Chamber, Carmichael Creek & Carmichael Colony Neighborhood Associations as we work together to clean up trash along Fair Oaks Boulevard

Eskaton Village Carmichael, 15th Annual Craft Fair

Saturday, October 24, 2009 10:00am - 2:30pm

3939 Walnut Ave., Carmichael FREE & Open to the Public

Upcoming Events

Mark Your Calendar

October 14th, 2009 MIXER 5:30 - 7:30pm The Atrium

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

Widowed Persons Association of California, Inc.

As a public service to the community, all widowed persons are invited to participate in the RECOVERY FROM GRIEF workshop sponsored by the Widowed Persons Association of California. There is no

charge or donation required. The only criteria is that you MUST BE WIDOWED.

Call 916-972-9722 for info about the next RECOVERY FROM GRIEF workshop.

The Widowed Persons Association also sponsors

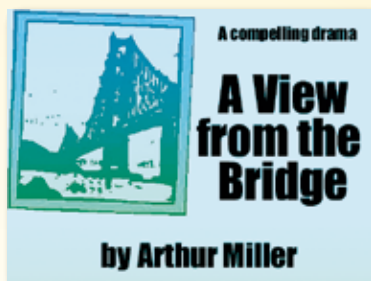
Sunday Support Sessions that are held every Sunday afternoon at the office from 3:00 pm to 5:00 pm, rain or shine, holidays included.



CHAUTAUQUA PLAYHOUSE

to open

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



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

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

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



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

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

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

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Defensive Driving Class For Military Retirees/Spouses

Our next class is scheduled for Tuesday, 3 Nov 2009. We will be meeting at the Aerospace Museum of CA and the class will be only for 1 day. Starting time is 0830 until 3:30 with a break for lunch. For AARP members, cost is \$12; nonmembers cost is \$14. You must register for the class in person at the Retiree Activities Office. If you have any questions, contact our volunteer staff at 561-7476, Mon thru Thurs, 0900 to 1500.



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Can't Afford to be Generous? Blame the Economy: New Study Says One in Three Americans Now Giving Less

Three Out of Four Say Current Economic Climate has Affected their Charitable Giving. Americans Say Faith-Based Organizations and Non-Profits Bear Responsibility for Helping the World's Poor.

Christian Newswire - Three out of four U.S. adults say the "current economic climate" has affected their charitable giving and one in three is giving less to charities, according to a new Child Sponsorship Survey just released by World Vision, an international Christian relief and development organization. Most polled say faith-based organizations (67%) and non-profit foundations (63%) should bear responsibility for helping the world's poor. According to the study, one in five adults (21%) say they're now less likely to sponsor a child because of the economy and more than half (54%) say they would be more likely to sponsor a child if they had more money. Ten percent say they're actually giving more this year, despite the recession. Still, World Vision

Child Sponsorship numbers show a modest increase (3%). Revenue forecast is for 8 percent growth in 2009 but private cash donations are expected to be down 3% from 2008. The survey, conducted by Harris Interactive represents a definite shift from the charitable mood Americans were in less than a year ago. In late October, 2008 seven out of ten Americans said while the worsening economy meant they would probably spend less on holiday shopping, half said they were more inclined to give or receive a charitable gift for the holidays. Lana Reda, World Vision's VP for Donor Engagement says, "The sputtering economy has made it more difficult for hard working Americans to give what's on their hearts. As the economy gets better, we believe Americans will step up to meet the urgent needs of

children and families around the world. Our survey speaks to this optimism. Even now, ten percent of Americans are giving more and our sponsors at World Vision have hung in there." Reda has been with World Vision 8 years. The poll was conducted by telephone by Harris Interactive on behalf of World Vision, an international Christian relief and development organization, between August 28th and 31st, 2009 among 1,006 U.S. adults ages 18 plus. *World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty. World Vision serves the world's poor regardless of a person's religion, race, ethnicity, or gender.*

Gifts to Lawmakers Are a Slap at Taxpayers



By Jon Coupal

Two years ago, when then Assemblywoman Sally Lieber introduced a bill to prohibit the spanking of children, she was ridiculed for what many Californians considered to be frivolous legislation. In light of recent revelations of the "S & M" tinged escapades of a married, middle-aged lawmaker and one or more lobbyists, some capitol observers are wondering if Lieber should have targeted an older demographic. Although the just-resigned legislator, who described his conduct to a colleague unaware that he was also sitting before an open microphone, now says he made it up, it calls into question just what services and gifts are provided by lobbyists in an effort to influence legislation. After all, the lobbyist with whom the official claimed to have this special relationship had business before a committee on which he served as vice-chair. The Sacramento Bee recently completed an analysis of gifts, over and above campaign contributions, that are provided to California lawmakers. The Bee found that between January 2008 and June 2009 lobbyists gave legislators, their staffs and relatives about

\$610,000 in gifts. While interest groups are limited to \$420 annually in gifts to an individual lawmaker, loopholes allow unlimited gifts directly to their relatives and friends. The more than 2,700 registered lobbyist employers are eligible to give the \$420 maximum to each leader and to most staffers. In addition to fine dining, popular gifts are tickets to sporting events and concerts ranging from Billy Joel to Britney Spears and free travel to destinations from Hawaii to Hungary -- free travel and expenses can be provided to exotic locals so long as the lawmakers participate in a conference or gathering. While 30 lawmakers accepted gifts totaling over \$5,000, and some much more in the period examined by the Bee, 30 offices, to their credit, accepted less than \$100 per month. While average taxpayers, those lucky enough to still have jobs, may be brown bagging it for lunch, it is more than ironic to find that on the list of restaurants at which lawmakers had dined on someone else's dime was the Humuhumunukunukuapa'a Restaurant in Hawaii. Lawmakers accepting these gifts insist that these gratuities have no influence on their legislative activities. Really? Then why do lobbyists bestow them? This is what causes many critics to call it legalized bribery. Former Sen. Sheila Kuehl told the Bee that she sees gifts as a problem, not because they influence votes, but because they cause the public to lose confidence in the politician who accepts them. While her point about public confidence is correct, it is more than likely that some legislators will tilt toward those who have made them feel important with gifts of travel, fine dining and concert tickets. If the gifts do nothing else, they buy access so that lobbyists can make a pitch for the interests of their clients. This is access to lawmaking that is not available to average Californians. Also of interest are those who gave the most. These include lobbyists representing utilities, alcoholic beverage distributors, entertainment companies and unions representing state employees. Considering the latter, how can anyone argue with a straight face that accepting gifts from state labor groups, on whose pay and benefits a lawmaker will decide, doesn't create a clear conflict of interest? Of course, these are only the gifts that are reported. There can be no doubt that there are other services provided to lawmakers by lobbyists that slip under the radar -- unless, of course, someone is foolish enough to brag in front of an open mic. While it may be impossible to completely root out influence peddling and bribery in the halls of the Capital, if the highest paid legislators in the nation, who receive an additional \$173 per day in expense money, want to wine and dine with lobbyists, let them go dutch. However, since the Legislature sets its own rules on what gifts can be accepted, don't expect members to adopt vows of poverty or chastity anytime soon.

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

Carmichael Cactus and Succulent Society

Carmichael Cactus and Succulent Society Meeting

Thursday November 5, 10:00 am

**Presenting: Roberta Walker
Landscape Designer**

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Carmichael, CA 95608

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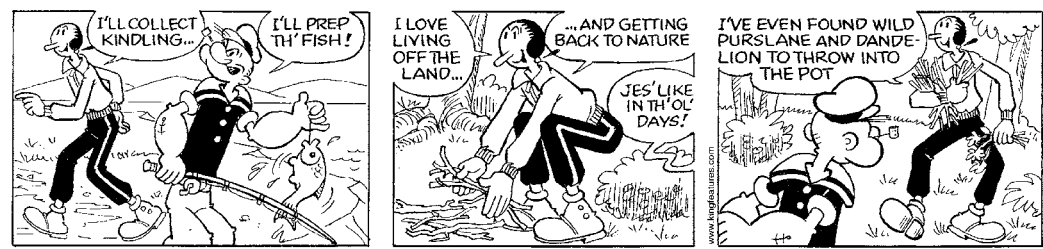
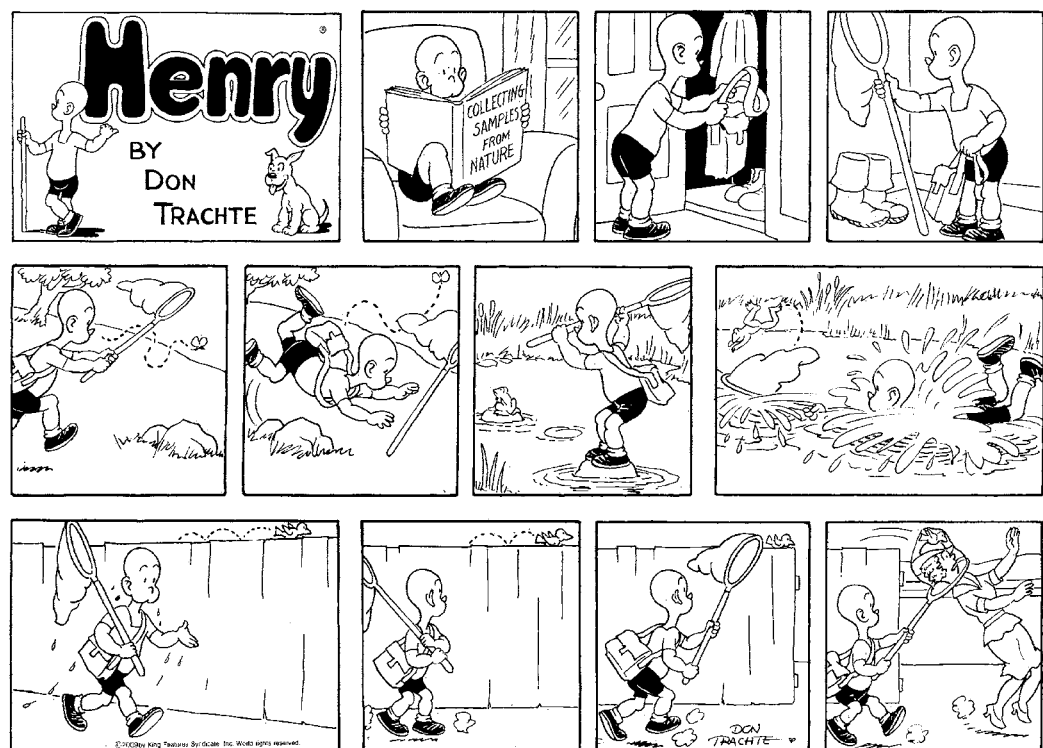
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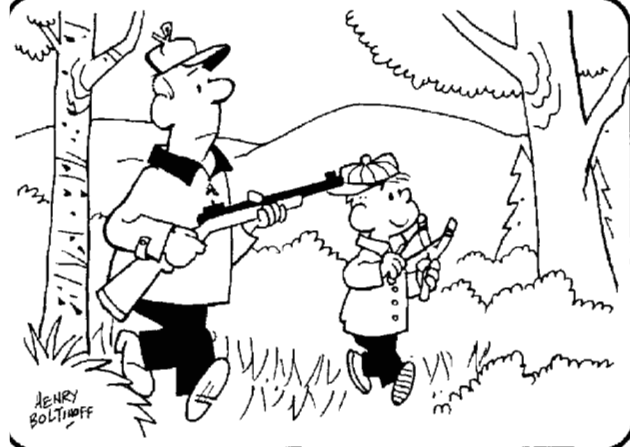
The Spats by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tree is different. 2. Boy's hat is different. 3. Boy's jacket has buttons. 4. Tree has extra branch. 5. Leaves missing from tree on left. 6. Gun stock is longer.

Trivia test by Fifi Rodriguez

- GEOGRAPHY:** What is the tallest mountain in Western Europe?
- LANGUAGE:** What does the Latin phrase "in media res" mean?
- FAMOUS QUOTATIONS:** What famous writer said, "I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me"?
- AD SLOGANS:** What products were sold with the advertising slogan, "Sometimes you feel like a nut, sometimes you don't"?
- MUSIC:** In musical notation, what does it mean to play notes in a "staccato" style?
- U.S. PRESIDENTS:** What was the Secret Service's code name for John F. Kennedy?
- GENERAL KNOWLEDGE:** How many official languages does the United Nations have?
- PSYCHOLOGY:** People who suffer from misopedia have an abnormal dislike of what?
- TELEVISION:** Which actress, upon winning an Emmy for best supporting role, shouted "This is for all the fat girls"?
- MEDICAL TERMS:** What is the common name for monochromatism?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● — UNDER

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

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

- All Bob Buckle Driven
- Going Knuckled Lit a fire One
- Out from Over and Plow Pop
- Six feet Snowed Went

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All Answers on Page 8

Contract Bridge

INSTINCTIVE PLAYS CAN BE COSTLY

North dealer. Neither side vulnerable.

NORTH			
♠	A Q J 3		
♥	K 6		
♦	A 7 4		
♣	K Q 10 5		
WEST			
♠	10 5 4		
♥	A 7 3		
♦	J 8 3 2		
♣	A 6 2		
EAST			
♠	9 8 6		
♥	Q 10 8 5 2		
♦	Q 10		
♣	9 7 4		
SOUTH			
♠	K 7 2		
♥	J 9 4		
♦	K 9 6 5		
♣	J 8 3		

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

Bridge is a game with lots of rules, but it is important to remember that just about all of them have their exceptions. When a player's common sense tells him that following a general principle can't gain and might lose, he should abandon customary procedure on that occasion.

Consider this case where South arrived at three notrump on the bidding shown. Since hearts was the only unbid suit, West led a heart, on which

declarer played low from dummy.

The outcome now hinged on what card East chose to play to the first trick. Had he mechanically followed the general rule of "third hand high" and played the queen, declarer would have made the contract. But East, after thinking the matter over, decided to play the ten, and South was forced to win with the jack.

Declarer had only seven tricks available at this point, and could not make any more without tackling clubs. When he did, West took the ace and played the ace and another heart, whereupon East won with the queen and ran his suit for a one-trick set.

East's play of the ten on the first trick was well-reasoned. If South had both the ace and jack of hearts, it didn't matter whether East played the ten or queen. And if declarer had just the ace, the ten would be just as effective as the queen.

But if declarer had the jack and West the ace, the play of the ten was vital in order to preserve the queen as a subsequent entry to the rest of the suit. If the queen were played first, East would effectively kill any chance of scoring his remaining hearts.

It is certainly true that playing the queen would have won the first trick instead of losing it. But that is not the issue, since East's aim is to defeat the contract. To that end, who won the opening trick was an insignificant consideration.

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The Life and Music of Irving Berlin

Saturday, October 24
7:00 pm to 11:00 pm
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Carolynne 916-979-9758

Orienteering at Mississippi Bar

Take a hike in a beautiful American River park and learn how to use a map and compass at an orienteering meet on Sunday, Oct. 18.

The meet at Mississippi Bar in Fair Oaks is sponsored by Gold Country Orienteers (GCO). Mississippi Bar, on the north shore of Lake Natoma, is part of Folsom Lake State Recreation Area.

Orienteering is a fun and challenging sport for individuals and families. Using a detailed map, compass and a set of clues, you navigate from point to point to find a series of designated places. The sport can be done as a competitive race or a leisurely hike and is great for youth groups, outdoors enthusiasts, adventure racers and anyone seeking a physical and a mental challenge.

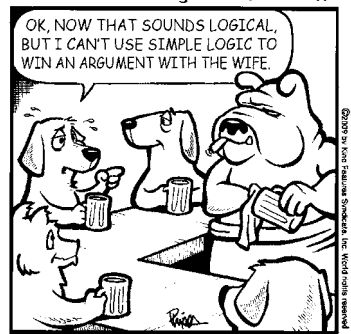
This meet will feature two beginner courses and a challenging Line-O course for intermediate and advanced orienteers. In Line-O, there is only a line on the map. You must carefully navigate along that line to find the controls. Beginner instruction will be available.

Registration will be from 9 a.m. to 12 noon. The courses can be started between 10 a.m. and 12:30 p.m. The cost is \$5 for GCO members and \$6 for nonmembers, for each individual or team going out together. It is \$2 for a second map or second course.

To get to the park, take Highway 50 east of Sacramento to the Hazel exit. Go left (north) and over the river to Sunset and turn right. Follow it down the hill and take the left turn onto Main. Turn into the Shadow Glen stables and park in the lot to the right. From the north, take Hazel south to Sunset.

For more information, visit <http://www.goldcountryorienteers.org/> or contact Jennifer at 916-922-8671 or email jkerrt1561@yahoo.com.

Just Like Cats & Dogs by Dave T. Phipps



KING Crossword

Answers on Page 8

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

ACROSS

- "The loneliest number"
- Supporting
- Lifeless, old-style
- Tier
- Happen
- Gorilla
- Can. neighbor
- First game of the season
- Denim, e.g.
- Fishing equipment
- Bobby of hockey

- Fresh
- Fleet-related
- Harvest
- Legislation
- Long skirt
- Forbidden acts
- Speck
- Every last bit
- Totals
- Multicolored
- Stratagem
- Jackie's second mate
- Blackjack component
- Change from one language to another

- Coffee vessel
- Greeting
- Meadow
- Danson or Kennedy
- Convinces
- Vanna's cohort
- DOWN
- Frequently
- Neither partner
- Historic time
- Relay
- Put on a jury
- Hawaiian side dish
- Mistake

- Squelch, in a way
- Pretoria's region
- Optimist's feeling
- Basin accessory
- Pecan or almond
- Dutch cheese
- Old, stale jokes
- Sandwich cookie
- Exceed
- Bankroll
- Wheel holder
- Easter flower

- Sulk
- Feminine
- Metal workers
- Human trunks
- Threaded nail
- Up to
- Tense
- Farm fraction
- Carte lead-in
- Matterhorn, for one
- Afternoon social
- Have a bite

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SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00056843
 WHEREAS, Barry Wayne Dumnich, Jr. to Barry W. Dominich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 16, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 4, 2009. Shelleyanne W.L. Chang Judge of the Superior Court
 Publish: September 16, 23, 30, October 7, 2009.
 DUMNIC 90903 10-7-09

NOTICE OF PETITION TO ADMINISTER ESTATE OF LACY CLEVELAND KNOX, SR., decedent.
 ESTATE NO. 34-2009-00056672
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of Lacy Cleveland Knox Sr., decedent. A petition has been filed by Lacy C. Knox, Jr. in the Superior Court of California, County of Sacramento, requesting that Lacy C. Knox, Jr. 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 October 9, 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: Paul L. Cass; 7803 Madison Ave. #610; Citrus Heights, CA 95610; 916-536-1099. Publish: September 23, 30, October 7, 2009.
 CASS 90904 10-7-09

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 Holly Garrett (publication correction). 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. Loren E. McMaster Judge of the Superior Court
 Publish: September 16, 23, 30, October 7, 2009.
 GIRARD 90903 10-7-09

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. 9, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: September 23, 30, October 7, 14, 2009.
 WHIGHA 90904 10-14-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
SUMMONS
 CASE #09FL04329
NOTICE TO RESPONDENT: RICHARD TORRES:
 You are being sued. PETITIONER'S NAME IS: YULIA TORRES.
 You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response (form FL-120 or FL-123) at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, Limited Civil Division, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: John W. Phillips (SBN 147117); Wild, Carter & Tipton, 246 W. Shaw Ave., Fresno, CA 93704; 559-224-2131; 559-229-7295. Dated: Oct. 6, 2008.
 Publish: September 23, 30, October 7, 14, 2009.
 WILDCA 90904 10-14-09

California corporation. You have 30 Calendar Days after this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp.org), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Sacramento, Limited Civil Division, 720 Ninth St., Sacramento, CA 95814. The name, address, and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: John W. Phillips (SBN 147117); Wild, Carter & Tipton, 246 W. Shaw Ave., Fresno, CA 93704; 559-224-2131; 559-229-7295. Dated: Oct. 6, 2008.
 Publish: September 23, 30, October 7, 14, 2009.
 KLEIN 90905 10-21-09

IS ORDERED that all persons interested in the above entitled matter appear before this court at 8:30 a.m. on Dec. 18, 2009 in Dept. 130, located at 3341 Power Inn Road, Sacramento, CA 95826 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 14, 2009. Publish: September 23, 30, October 7, 14, 2009.
 POTTER 90905 10-21-09

petition. Dated: Sept. 22, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: September 23, 30, October 7, 14, 2009.
 POTTER 90905 10-21-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00056968
 WHEREAS, Alin Surducan Jr. has filed a petition with this court for a decree changing name of Alin Surducan Jr. to Kevin X. Johnson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 20, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 8, 2009. Shelleyanne W.L. Chang Judge of the Superior Court
 Publish: September 16, 23, 30, October 7, 2009.
 SURDUC 90903 10-7-09

FICTITIOUS BUSINESS NAME STATEMENT #0908328. Luxottica Retail North America Inc., 4000 Luxottica Place, Mason, OH 45040 is doing business under the Fictitious Business Name "LensCrafters" at 515 "L" St. #A1024, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on Sept. 11, 2009. Publish: September 23, 30, October 7, 14, 2009.
 CORP20 90904 10-14-09

FICTITIOUS BUSINESS NAME STATEMENT #0908277. The Advance Funding Company LLC, 108 West 13th St., Wilmington, DE 19801 is doing business under the Fictitious Business Name "The Advance Funding Company - Powered by AmeriMerchant" at 475 Park Ave. South, New York, NY 10016. Filed with the Clerk of Sacramento County on Sept. 10, 2009. Publish: September 23, 30, October 7, 14, 2009.
 CORP20 90904 10-14-09

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

FICTITIOUS BUSINESS NAME STATEMENT #0908582. WHEREAS, Teresa Pearl Potter has filed a petition with this court for a decree changing name of Teresa Pearl Potter to Teresa Pearl Heath. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 3, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 18, 2009. Shelleyanne W.L. Chang Judge of the Superior Court
 Publish: September 23, 30, October 7, 14, 2009.
 WULF-B 91001 10-28-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00058931
 WHEREAS, Brianna Alyse Wulf has filed a petition with this court for a decree changing name of Brianna Alyse Wulf to Bianna Alyse Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 30, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 24, 2009. Shelleyanne W.L. Chang Judge of the Superior Court
 Publish: October 7, 14, 21, 28, 2009.
 WULF-B 91001 10-28-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00058931
 WHEREAS, Ariel Nicole Wulf has filed a petition with this court for a decree changing name of Ariel Nicole Wulf to Ariel Nicole Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 6, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 2, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: October 7, 14, 21, 28, 2009.
 MARTIN 91001 10-28-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
AMENDED ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-0005
 WHEREAS, Raelisa Martinez has filed a petition with this court for a decree changing name of Raelisa Martinez to Raelisa Santiago. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 13, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 2, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: October 7, 14, 21, 28, 2009.
 MARTIN 91001 10-28-09

The Fair Oaks Cemetery District is accepting sealed bids until 3:30 pm Oct. 14, 2009 for the following surplus equipment: One 1989 Ford Tractor with front loader bucket; One 1981 GMC Topkick Cab & Chassis; One 1985 Ford F250 Pickup. These items can be viewed at 7780 Olive Street, Fair Oaks, CA 95628 on Oct. 5th, 6th, 7th, 8th, 9th 2009. All equipment is sold "as is". The Fair Oaks Cemetery District reserves the right to refuse any & all bids. (MPG). Publish: September 16, 23, 30, October 7, 2009.
 FOCEME 90903 10-7-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00057116
 WHEREAS, Jamila Whigham has filed a petition with this court for a decree changing name of Oshun Omni Kaori Whigham to Aurora Holyme Majesty Whigham. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 11, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: September 23, 30, October 7, 14, 2009.
 TORRES 90904 10-14-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00057116
 WHEREAS, Jamila Whigham has filed a petition with this court for a decree changing name of Oshun Omni Kaori Whigham to Aurora Holyme Majesty Whigham. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 11, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: September 23, 30, October 7, 14, 2009.
 TORRES 90904 10-14-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
SUMMONS
 CASE #34-2008-00024227
NOTICE TO DEFENDANT: DESIGNER WORKS, a business entity, form unknown; SERGEY KARELSON, an individual; and DOES 1 through 10, inclusive. You are being sued. PLAINTIFFS' NAME IS: J.E. HIGGINS LUMBER COMPANY, a

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #220639
 WHEREAS, Rebekah Sass, Attorney for GABRIEL BROWER, a child has filed a petition with this court for a decree changing name of Gabriel Hernandez. IT

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00058931
 WHEREAS, Ariel Nicole Wulf has filed a petition with this court for a decree changing name of Ariel Nicole Wulf to Ariel Nicole Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 6, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 2, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: October 7, 14, 21, 28, 2009.
 MARTIN 91001 10-28-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00058931
 WHEREAS, Ariel Nicole Wulf has filed a petition with this court for a decree changing name of Ariel Nicole Wulf to Ariel Nicole Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 6, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 2, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: October 7, 14, 21, 28, 2009.
 MARTIN 91001 10-28-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE CHANGE OF NAME
 #34-2009-00058931
 WHEREAS, Ariel Nicole Wulf has filed a petition with this court for a decree changing name of Ariel Nicole Wulf to Ariel Nicole Santos. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 6, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 2, 2009. Loren E. McMaster Judge of the Superior Court
 Publish: October 7, 14, 21, 28, 2009.
 MARTIN 91001 10-28-09

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Laura on Life

Cholesterol Confusion

By Laura Snyder

I see the commercials on TV. I know it's bad for me and, really, I should inform myself a little better on the subject. It seems that nobody ever worries about an abundance of cholesterol in their body until a doctor tells them, "You have an abundance of cholesterol in your body."

Well, okay, I've never heard a doctor say it quite that way. It's usually a litany of mumbo-jumbo that includes long words and letters like HDL & LDL, triglycerides, blood levels, and... blah, blah, blah. The only words that catch my attention are "...High risk of heart attack." Those words are short, simple and have enough clout to shock me into obedience.

A middle-aged person doesn't ever want to hear those words. I'm not sure of the exact age those words started to matter, but according to the doctor, I should have been aware of the potential threat from the time I exited the womb.

I'm not even sure what cholesterol is, exactly. I remember that my parents switched from butter to margarine when they got the "high risk of heart attack" talk from their doctors, so I've always imagined that cholesterol must be yellow and slimy. However, butter and margarine look pretty much the same, so I don't know

how switching would have helped.

Then I learned that cholesterol comes from animal foods, and that plant foods don't have cholesterol. I kind of identify with animals more because plants don't move around much and, although I don't move around much either, I'd still like to have that option. It seems to me that one would want to have that slimy yellow stuff in there just for that reason.

"No," the doctor tells me, "it blocks your arteries and prevents blood from getting to your heart." I fail to see how slimy yellow stuff would have a problem sliding effortlessly through my veins. Perhaps it's not actually slimy. Some commercials on TV make it look like Corn Pops floating around in there. These cholesterol Corn Pops stick together, build up and cause a log jam. They don't simply melt away like the ones I pour into my cereal bowl.

Perhaps Kellogg's needs to consider adding a little cholesterol in their recipe for Corn Pops because my experience has shown them to get soft and mushy, seconds after I add milk to them. If you don't take the unfinished bowl off the table before you go to work, they will have turned into yellow goo by the time you return. I used to think my cat ate the leftover Corn Pops, but she tells me she wouldn't eat



that stuff if she was starving. This, coming from an animal whose sole purpose in life is licking her posterior twice a day. I digress... I apologize for placing breakfast cereal and cat hygiene in the same paragraph.

Perhaps putting cholesterol in cereal would just exacerbate the problem, though. At this point, there is little enough that I can eat on my low-cholesterol diet, I don't want to lose my Corn Pops as well.

My doctor didn't tell me what would need to be done if changing my diet didn't help lower all those numbers and letters. However, I know what has to be done when the plumbing in my house gets clogged, and I would rather avoid eating foods that have tiny, little Corn Pops in them than let some yahoo send a Roto-Rooter through my arteries.

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

POPOFF!

with Mary Jane Popp

LIFE AFTER DEATH... THE DEEPAK CHOPRA WAY

He is the world's leader in mind-body medicine. Author of over forty-five books, Dr. Deepak Chopra, is the founder of the Chopra Center for Well Being and President of the Alliance for a New Humanity. But Deepak Chopra has waited twenty years to write *Life After Death: The Burden of Proof*, the first major book on the afterlife in decades. If you have pondered what lies on the 'other side' as many of us have, he intends on changing questioning minds. I have to tell you that I certainly was curious, and was prepared to challenge this man when we spoke. But I have to admit that I was blown away by his tying together the great traditions, beliefs, and religions with cutting edge science. Now I was ready to listen.

Faith takes a back seat to rational proof. In fact, Chopra told me the afterlife is a field where science is quickly advancing over worn-out religious beliefs. According to Chopra, the assumption that no knowledge can be gained about the "other side" is being disproved on many fronts. At the University of Virginia, an ongoing program has located

hundreds of children who remember past lives, including details about former lifetimes that can be factually verified. Information theory is having an influence on cutting-edge physics. It theorizes that like matter and energy, information cannot be destroyed. In other words, survival of the soul may be a matter of conserving information.

Also in physics, quantum field theory has led to experiments (at Princeton among other places) where ordinary people can change reality through intention alone--they can make a computer generate numbers, for example, in a certain pattern. This goes a long way to showing that the mind is not confined to the brain. Cross-cultural studies are showing that societies as diverse as Tibet and modern America display exactly the same near-death phenomena.

He takes us far beyond the Christian theory of heaven and hell, showing why the only conception of death that makes sense must allow the freedom to experience everything. *Life After Death* aims to give everyone a chance for freedom, here and in every world to come. "Whatever it is that occurs at death," Chopra says, "I believe it deserves to be called a miracle. The miracle, ironically, is that we don't die." Marrying science and wisdom, he builds the case for an



afterlife that merges seamlessly with material life: "The idea that I have a fixed body locked in space and time is a mirage."

So, what I gathered from our conversation on my radio show POPPOFF is that who we meet and what we do and experience in the afterlife reflects upon our present beliefs, expectations, and level of awareness here. As Deepak told me bluntly, it is seamless. Therefore, life and death are both miracles. I must admit it got me thinking because when I was in grade school learning my definition of God. It was that God always was and always will be. And isn't it strange that energy has a similar definition as energy cannot be created or destroyed, it only changes form. Deepak Chopra got my attention. You can find more attention getters at: www.chopra.com. Oh what the mind can tell us... if we only bother to listen.

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

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The 12 Week Weight Loss Challenge & Class

Keiko Baldwin & Hiromi Moore, wellness and weight loss coaches, are open to the community for a Weight Loss Challenge in Carmichael, CA. This Weight Loss Challenge is an education and competition to lose weight, get healthy and keep it off. They have launched a 12 week course that offer tips on nutrition and exercise paired with a hint of competition. "In a past competition, I had a participant that lost 35 lbs and 25 inches just by applying all the information from the challenge. It is truly exciting to see people get healthier and feel better during and after every challenge," Keiko said.

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



Keiko Baldwin & Hiromi Moore

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

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

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

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

Instead, any healthy weight-loss approach, from Weight Watchers or Jenny Craig to plain old diet and exercise, are welcome. "We embrace all the programs during the class, as long as they are healthy. Our main focus is to help the participants lose their weight and keep it off for the long term," said Keiko. "What we're teaching in the class is healthy habits so people can make small changes and set themselves for success," said Hiromi.

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

Sacred Hearts Schola Cantorum in Concert



Organist Dr. Roger Nyquist

Sacramento - Sacred Heart's Schola Cantorum and Conductor Donald Kendrick will collaborate in a special concert-recital with internationally renowned Organist Dr. Roger Nyquist at Sacred Heart Church, 39th at J Street, Sacramento, on Sunday, October 18th at 3 PM. The program will

feature this 34 voice choir in works spanning three centuries. Dr. Nyquist, who performed the dedicatory recital on Sacred Heart's new organ in 2006, returns with a fresh and innovative program of organ pieces that will demonstrate the variety of tone colors and quality of

sounds from this extraordinary instrument in the rich acoustic of Sacred Heart Church.

Schola Cantorum has recorded six CDs and has appeared in concert throughout the West Coast and in England, Spain, Italy, Austria and Canada. Schola performed at the Vatican in Rome for the Pope during their 2007 concert tour to Italy. In 2005 Schola was honored for Excellence in Church Music when they were invited to perform at the National ACDA Conference (American Choral Directors Association) in Los Angeles.

Suggested donation at the door is \$15 General and \$10 Students/Seniors. The concert is sponsored in party by J. Nelson & Company and the Allen Organ Company.

For advance tickets for this concert please call Schola's hotline at (916) 962-6056. Email: <http://scholacantorum.com/> <mailto:jmcnet@quiknet.com>

Getting Rid of Those Junk Cars

Sacramento County and City of West Sacramento Partner to Reduce Neighborhood Eyesores

Sacramento - During the week of September 9, Sacramento County and the City of West Sacramento, in partnership with Pick-n-Pull Auto Dismantlers, conducted a unique experiment in helping area residents rid their neighborhoods of old junk cars. By offering a free pick up, more than 150 unwanted or abandoned vehicles were removed from local streets during the week-long event.

"Not only does this help clean up neighborhoods, this was a great opportunity for residents to

remove code violations from their property," said Sacramento Code Enforcement Chief Carl Simpson. "We will complete all the necessary legal paperwork and in turn, earn about \$26 dollars per car."

Vehicles of all kinds were picked up— including motorcycles— even if the owners owed fines and were not able to pay, or if the paperwork could not be located. All VIN numbers were checked to insure that the vehicles were not stolen.

Residents called Pick-n-Pull's

Amnesty Hot-Line to schedule an appointment and did not have to be present at the time and their vehicles were towed away at no charge. West Sacramento residents dropped off their vehicles in a West Sacramento location and received a \$50.00 gift certificate for Pick-N-Pull as a reward!

"We're looking at more public-private partnerships like this in the future to continue to serve our residents despite dwindling local budgets," Simpson added.

By Chris Andis

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Where is the Move to Reform Lawsuit Abuse?

Travis Hausaue, owner of the Squeeze Inn, located in Sacramento and Galt

This past summer, my burger restaurant, the Squeeze Inn, was thrust into the limelight when a news reporter called me to tell me that I was being sued by a professional litigant that had been targeting local small business owners. This news came as a surprise to me as I had not yet been served.

When the TV show Diners, Drive-Ins and Dives expressed an interest in featuring my old fashioned All American burger joint, I leaped at the opportunity to gain greater exposure for my modest but growing business. Some have suggested that it may be because of this TV exposure that I became the target of a professional litigant. The suit claimed I failed to comply with the Americans with Disability Act (ADA), a well intended law designed to provide people with disabilities greater access to property, but often exploited by those seeking profit.

After the first press call there began an unimaginable amount of public attention and support for my efforts to protect my family's livelihood from this looming threat. My position was simple. Small business owners do not want to deny people with disabilities access, for what business can be successful if barriers exist between them and their customers? The ADA law does not require any government agency to regulate or assist business

owners wishing to provide greater access to their customers, all of which could shield business owners from drive-by lawsuits. As a result, the most common way a business owner learns of compliance issues is by being slapped with a lawsuit with no time to make corrections. Business owners are left with two choices – settle or go to court. More often than not, in order to avoid costly court battles businesses decide to settle with a plaintiff whose interest in accessing their property does not extend beyond receiving a cash settlement.

While I am blessed that my business survived this lawsuit, I really have no reason to celebrate. I am now faced with moving my business, at considerable cost, to avoid the threat of future lawsuits. But as a result of this experience, I now share a concern for other small business owners who are threatened by shakedowns, sometimes multiple times. Sadly, absent any legislative reforms from our state Legislature, small business owners have come to accept lawsuit abuse as just another cost of doing business in California.

According to a survey done by California Citizens Against Lawsuit Abuse (CALA) and the National Federation of Independent Business-California (NFIB), 98 percent of respondents believe that lawsuits have hurt our economy, one-third of these small business owners have been sued in the last five years and six-in-ten have been threatened by lawsuits

during the same period of time. Unfortunately, lawsuits lead to higher costs, all of which are passed on to consumers in the form of higher prices for goods and services. With a legal system out of control we all pay and we all lose. Consumers have less disposable income, businesses are less profitable and less tax revenue is available for critical public services.

While I never sought public attention, my experience compels me to speak out now, but I am not naive enough to think I can do it alone for I have come to believe that our state Legislators are more concerned with the campaign contributions they receive from personal injury attorneys and not the interests of small business owners responsible for protecting our local economy. This must change.

Successful passage of lawsuit abuse reform will be dependent on consumers and small business owners stepping forward and demanding from their elected officials a legal system that facilitates justice, not greed. Our struggling economy demands action now.

Travis Hausauer is the owner of the Squeeze Inn, located in Sacramento and Galt. Proponents of lawsuit abuse reform recognize the first full week of October (October 5th – 9th) as Lawsuit Abuse Awareness Week.

For information on California Citizens Against Lawsuit Abuse, visit <http://www.cala.com/>.



Karen Anderson

Build a Better You

life. God did not create a world of "doom and gloom" for your life. That kind of thinking could give you the attitude of, "Why bother!" The attitude needs to be one of excitement for what God has planned for your life. There is a simple answer to the feeling of unworthiness and negative self talk—God. You need the confidence, knowing that if you ask God, you are taking the first step to a stronger and more stable YOU and you will find yourself on the other side of your mountains of obstacles. God's ways are always perfect and you need to know it for yourself and believe it with your whole heart.

Be ever listening and watching for God's road signs. Before my accident in the late 1990s, I once prayed for guidance, but I wasn't watching for God's signs. He had to allow me to be hit by a truck, which believe me, got my attention and I have continued to watch for His signs ever since. God's tells us what we need to do and His Word says in Psalm 119, "I'm single-minded in pursuit of you; don't let me miss the road signs you've posted." You need to watch everyday even moment by moment for His signs for you. We do not know the future, the past is done, we only have this moment so make it a good one.

Life is sweet and fulfilled when God is at the center of your heart. Remember...you are WORTHY for the best in your life. Enjoy the freedom with God knowing that your life

is "worthy" of everything He has planned for you. His says, "...pray all the time; thank God no matter what happens." It is time to move forward with God as you're contractor to build a stronger YOU. . .

Look for upcoming motivational stories and the empowerment to "...embrace this God's life, and you'll receive God's everything.

God's help and Karen's determination helped her turn her life around. She regained the use of her hands, and became pain free. Her faith and passion has helped others as she mentors, teaches, and encourages others to reach for their goals and dreams and to not be trapped in fear.

Karen Anderson is an accomplished speaker and is working towards her Ph.D along with other goals. She has been involved, for many years, with a non-profit learning institute for speakers and has achieved many awards, won competitions, and spoken at conferences. Her TV show "Move YOUR Mountains" empowers and encourages others to succeed.

Contact Karen Anderson at www.do-ablesteps.com to receive this motivating book, "Not On Your Life: Classical Pianist Turns Tragedy Into Triumph" that can change your life. Contact Karen Anderson at 916-961-4765 or email her at karen@do-ablesteps.com.

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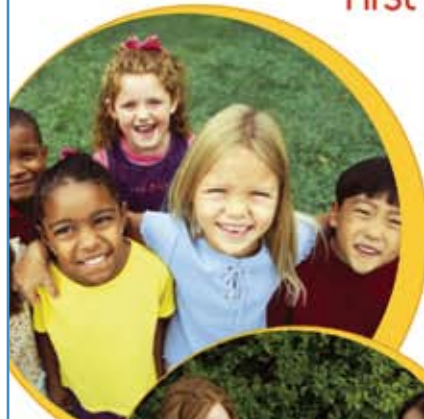
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Sam Davey, California Institute of Jewelry Training student from Red Lodge Montana, really lightens up when she's using her torch for soldering.

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Founders Day Celebration Follow-up

Dear Readers: We had so many photos and responses to Carmichael's Founders Day that we wanted to include one more follow-up to the 100th anniversary event.

By Nora Heston

Carmichael - More than 5,000 guests were estimated to have celebrated Carmichael's 100th birthday on Saturday with a founder's day festival that gave everyone an economical day off, said officials. The festival featured free activities, food and entertainment, said Kris Kingdon, executive director of the Carmichael Chamber of Commerce.

Everything at the event was paid for by local members and sponsors to give the entire community a free day to spend together, Kingdon said. The objective was to bring the community together for a once in a lifetime event.

The event included live music, a beer and wine garden, a classic car show, dinner, fireworks and more.

There was also a kid zone, where between 400 and 500 kids enjoyed bounce houses, clowns, games, face-painting and a puppet theater.

A time capsule was buried at the park, containing historical items, an iPod and recent issues of newspapers to leave a mark and celebrate the 100th birthday of the town.

Local businesses and organizations gained exposure by setting up booths in the park with free food, arts and crafts, services and advice.

The event functioned as a stimulus to business, said Dr. Charles Lockhart, a local businessman.

"It lets the community know who else is in the community," said Margaret Herman, communications chair of Carmichael Presbyterian



Photo by Susan Maxwell Skinner

Recalling transport in the colony's Edwardian founding days, teenagers enjoyed a horse and carriage ride around the park. Carriage sponsored by the Chateau at Carmichael park senior residence.

Church, "I think it brings the community closer."

Businesses also came from nearby communities to advertise and be a part of the event. "It's a nicer, warmer community than most other areas," said Derrell Gillmore who came from South Sacramento to attend the festival and advertise his

business, Heritage Service Group.

Gwen Beckel, a Carmichael resident, described Carmichael as safe and friendly and said the festival brought neighbors closer together.

"We wanted to knock it out of the park," said Kingdon, "and I think we did."



Photo by Susan Maxwell Skinner



Photo by Paul V. Scholl

Celebrating Lady Carmichael: Jean Prather, Bernice Holder and Joyce Holder

(Photo left) River Cats baseball team mascot Dinger partied with Clowns in the "kids' zone" under shady park oaks. Over 500 children enjoyed the free attraction. Kids' sponsors included RX Staffing, Jus' for Laughs Inflatables, Kraft Realty and Costco.

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