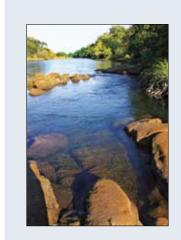
Carmichael Times



Thanks to everyone that saved the Dynamite **Tree**

Page 3



Our Golden Treasures

Page 4



Everlasting Matrimony

Page 8

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

Volume 29 Issue 34

Serving Carmichael and Sacramento County since 1981

August 26, 2009

Sacramento to Host the Only Civilian Air Force Week in the U.S.



California Capital Airshow - an exciting experience for the whole family!

Sacramento - The California Capital Airshow is more than just a weekend of family fun. It is a platform for encouraging young people to reach for the stars. The Golden West' performing at As a non-profit organization, Airshow assists young people interested in aviation, aeronautics, aerospace, related fields with a scholarship program. Over the past 3 years, they have awarded over 60 scholarships to local students.

"This Airshow not only hosts a remarkable roster of military and civilian aircraft both flying and on display," said Darcy Brewer, Executive Director of the Airshow, "but it's also an amazing opportunity for kids of all ages to meet the pilots, and hear first hand their inspiring experiences."

The United States Air Force selected Sacramento, home of the California Capital Airshow, to host the only civilian Air

Force Week in the Country. Air Force Week Sacramento 2009 kicks off September 5th with a 5k Mud Run and 'The Band of Gold Rush Days. The week is filled with many more exciting events and culminates with region's much loved Fourth Capital California Airshow, featuring the United States Air Force Thunderbirds.

The mission of Air Force Week is to thank all of the region's many veterans, support those men and women who currently serve, and inspire the next generation to make a difference.

"Air Force week will highlight the great work being done by America's Airmen around the Globe" stated Col. Mark Dillon, 60th Air Mobility Wing Commander. He went on to explain that this event is an opportunity for the Sacramento community to meet those individuals who

make the United States Air Force the best in the world. Friday September 11th, leading into the big Airshow is the Aaron Tippin Concert at the Capital Mall. Mr. Tippin regularly performs for our men and women stationed in Iraq and Afghanistan, and he is dedicated to supporting

our troops. He is a pilot and

a patriot, and this event is the

perfect prequel to the Airshow.

For more information about Air Force Week Sacramento 2009 event schedule and the California Capital Airshow information, log on to www. californiacapitalairshow.com. Tickets are currently available General admission tickets are available online for \$15. Tickets will cost \$20 at the gate. Reserved seats are available for \$40 and Governor's Club tickets that include VIP parking are available for \$175. Sponsorships are also available.

On the Wild Side

An occasional look at the natural side of American River Parkway communities

Carmichael - Haunting the American River Parkway has its rewards for patient paparazzi. But caution and compassion

are also required. Photojournalist Susan Maxwell Skinner recorded canine's candid regard near William B. Pond Park.

"A group of siblings were playing in long grass," she reports. "Even at that age, they are experts at invisibility. This little chap popped up to behold me with an amber gaze. In the click of a telephoto, he was gone.

"Soon after, a big coyote came close behind and startled me with a low woof. It was an adult, warning me off. I don't know of coyotes attacking adult humans but they are protective parents. They don't allow babies far from supervision and I was not about to test the parent's tolerance."

Likemanynaturephotographers, Maxwell Skinner has a soft spot for wild canines. "They have hard lives and get bad press," she says. "In spring and summer, the weaned pups seem more independent.



Shyly coyote. A coyote pup surprises photographer Susan Maxwell Skinner. The wary juvenile was snapped on the banks of the American River, Carmichael

are never far away and they particularly see dogs as serious threats. So keep them leashed in our reserves, as the law requires. And avoid den areas."

Says the photographer: "Every wild animal is essential People who see these babies to the ecology of the river and should steer clear. Their parents its parkway. We are privileged

to share this territory, but their rights are paramount."

Susan Maxwell Skinner is the author of "Carmichael -Americana on the Move," a book that features the beauty and nature of

The STARS Come Out to Support Education

San Juan Education Foundation launches Hall of Fame to inspire students

The San Juan Education Foundation will bring Sacramento's "stars" together in support of science, technology and arts programs during an event called an Evening with the STARS on September 26 from 6-9 p.m. at the home of Deborah Baron, 421 Crocker in Sacramento.

A STARS Hall of Fame will be launched at this event to recognize alumni who have distinguished themselves in their profession as well a given back to the community by supporting youth. Inductees will include baseball great Dusty Baker, scientist and inventor of a virus-seeking "chip" Joe DeRisi, and other alumni who have achieved success.

The Supper Club will provide five star catering and attendees will dance under the stars to stellar jazz and swing music provided by Rio Americano and Bella Vista musicians. Live and silent auctions will help raise money for innovative learning grants.

The San Juan Education Foundation is an independent, non-profit organization formed as a link between the community San Juan schools.

Tickets for the Evening with the STARS event are can be purchased online at www. sanjuanfoundation.org or by calling 916.989.0852.

Forensic Artist's Sketch of Unidentified Dead Man Released

Coroner asks for public's help to solve 20 year-old cold case



Coroner's Sketch

Sacramento -- The Sacramento County Coroner's Office is seeking help from the public to identify a man found dead on September 1, 1989. He had been shot and his body dumped next to Sheldon Road, west of Bradshaw Sacramento. Efforts to identify him through traditional forensics the years did not lead to a positive identification. Barbara Anderson, a certified forensic artist with an expertise in facial reconstruction, recently completed a sketch from

a photograph of the man. Anderson's work resulted in the positive identification another man in 2006.

Sacramento County Coroner Greg Wyatt hopes that someone will recognize the decedent from the sketch and provide information that will assist his office confirming the man's identity. "Our most important responsibility is identifying the deceased and notifying the next of kin. We have had success in similar cases in the past and we are hoping for the same

in this case. Given the man's unique characteristics and the circumstances surrounding his death, we believe someone have the information need," said Wyatt.

Case summary: The man was found by a passing motorist on September 1, 1989. He had been shot and his body dumped in a ditch on Sheldon Road, west of Bradshaw. He was wrapped in a tan comforter decorated with pictures of jungle cats. The decedent was wearing a red longsleeved shirt, blue jeans, and

off-whitecowboy-styleboots.He carried a rake-style comb in his left-front jeans pocket. A business card from Cal Worthington Chevrolet was found on his body. He was approximately 25 -35 years of age, 6' tall, 178 lbs., brown eyes, dark-brown curly hair, sideburns and a thin mustache and beard. The forensic artist believes he may have been Hispanic. He had gold caps on his lateral upper incisors and a 14" healed scar on his left lower leg. He wore a gold wedding **Fingerprints**

dental x-rays are on file. Anyone with information about the identity of this man is encouraged to call the Sacramento County Coroner's Office at 874-9320. For details about 67 other Sacramento County Coroner's unidentified cases, go

For more information, contact Ed Smith, Assistant Coroner, at 874-9254 or 838-1209 (cell); or Kim Burson, Assistant Coroner, at 874-1698 or 591-0370 (cell).

to www.saccounty.net/coroner.

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: For Fair Oaks:

Safeway at Iron Point and Prairie City Roads 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 3045 Garfield Avenue Carmichael, CA 95608



Effie Yeaw Nature Center - August/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

AUGUST

Family Friendly Nature Hike Discover the many plants and

animals that live along the American River while enjoying the sights and sounds of the Nature Area. Saturday the 29th at 10:30AM

Beat the Heat!

Take a leisurely stroll along the shady trails of the Nature Area with an EYNC naturalist.

Sunday the 30th at 10:30AM

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-

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



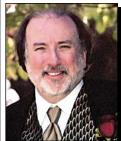


www.effieyeaw.org. The Nature Center is located in Ancil Hoffman Caounty Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 TDD/TTV

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 Lauren Forcella Kay Burton Karen Linamen Amanda Morello Susan Skinner David Dickstein Dave Ramsey Nicholson & Olsen CPA

Accounting Web Master News Services

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

Amanda Morello • Susan Skinner Photography

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



We are proud members of these newspaper associations.









Life has been far too serious lately. We think you need a refreshing change of pace. Take an afternoon off and

PAMPER YOURSELF

AT THE ATRIUM of CARMICHAEL, an Independent Living Retirement Community

Enjoy a delicious hot lunch, tour and relaxing shampoo and set with Linda or Lisa in our salon.

Absolutely FREE of charge!

Call 486-3533 to reserve an afternoon of pampering yourself. (For ladies only, 55 years+)



5757 Cypress Ave., Carmichael

(916) 486-3533

A Capital Senior Living Community www.TheAtriumofCarmichael.com

Kudos to Everyone That Saved the Famous Dynamite Tree!

This is the kind of story we like to tell...

By Vern Chang

It begins with the Carmichael Recreation and Park District's desire to responsibily serve its community by developing O'Donnell Heritage Park, one of its 4 remaining undeveloped parks. O'Donnell had lain fallow for the past 40 years for lack of funds. So, the Master Plan was revised to generate revenues by selling off 3.3 acres of nature area from the 9.3 acre park for housing development. Trouble is, that would have included the famous Dynamite Tree in the 3.3 acres. This is a mighty heritage oak that was struck to the ground by lightning many decades ago. It became an intriguing play site for generations of neighborhood children, as its branches continued to grow upwards with its main trunk lying on the ground. This magnificent tree and precious nature area would now be forever

lost for use by future generations. So, Here's the Good Part. The neighbors opposed the sale of precious park lands and asked the Park District to consider alternate plans that would develop O'Donnell Park without the sale of acreage. In response, the Park District Advisory Board and District Staff graciously offered an Alternate Plan B. Plan B is a unique partnership that will develop O'Donnell Park without the sale of acreage, and is funded by tax dollars (\$260,000) and community contributions (\$235,000). The community must raise the \$235,000 by August *31, 2009.* If the deadline is not met, the 3.3 acres will be sold. To Meet Their goal, the

Over 25 Years
 Experience

Best Brake

Premium Quality Parts

Professionally Trained Technicians

Tires LES SCHWAB

neighborhood formed a nonprofit committee with an active core of 50 volunteers and 300+ supporters. They began an aggressive campaign to raise funds through cash donations, civic contributions, grants, brick sales, garage sales, contractor discounts, and volunteer labor. They also volunteered to prepare the park site construction drawings. They created an interactive website to report progress through the Internet, and delivered monthly newsletters door-to-door to 750 neighborhood residences. In addition to cash donations, they sold 276 memorial bricks at \$125 each. They installed 200+ yard signs to acknowledge donations made by neighbors. It was fun to watch the signs move like a tidal wave from the streets around the park throughout the neighborhood.

A Labor of Love. The close cooperation required by this project created many new friendships and an extraordinary sense of mutual trust and respect between the neighbors, park staff and Advisory Board. Even better, Park Staff and the Neighborhood Committee jointly developed a superb O'Donnell Park design. When finished, O'Donnell will serve 2,500+ residences within a ½ mile radius. It will include a (1) 0-to-5 tot lot, (2) 5-to-12 play structure, (3) 3 point shooting court, (4) 2,000 foot walking/ jogging/tricycle/bicycle (5) butterfly garden, (6) shade structures, tables and benches, (7) drinking fountain, (8) misting stick for cooling, (9) portable restroom, and (10) pet waste

station. Additional native trees and shrubs will be planted to enhance the park's beauty. *These* Park features are illustrated by the Site Master Plan.

Where Are They Now? In 8 months time, the O'Donnell Neighborhood Park Committee has raised \$208,688, and are now within \$26,312 of their \$235,000 goal. They are now putting on the full court press to meet their final goal.

You Can Still Help! If you wish to help, send a check to "Carmichael Recreation and Park District", with a notation on the face of the check "Donation for O'Donnell Park", and mail it to "O'Donnell Neighborhood Park Committee, PO Box 1878, Carmichael, CA 95609. you wish to purchase a brick, call Ben Yates (967.6349) or Steve Cavender (965.7561).

AND FINALLY, GOOD NEWS! At their August 20 meeting, the Carmichael Recreation and Park District Advisory Board (1) received the neighborhood committee's fund raising report, (2) concluded that the neighborhood will meet its goal with continued fund raising through the park construction period, and therefore (3) recommended that Plan B should be formally approved by the Sacramento County Board of Supervisors. (IF ALL GOES WELL, O'DONNELL WILL BE **PARK** *OPEN* **SUMMER**

So, the O'Donnell Park **Committee** thanks donors (listed here) for saving the dynamite tree!!

Do your brakes grab?

Do your brakes squeal when you step on the pedal?

Does your vehicle pull when ou apply the brakes?

Do you hear a grinding noise when you step on the brakes? Is your brake pedal spongy

FREE BRAKE INSPECTIONS

6540 FAIR OAKS BLVD. CARMICHAEL

(916) 972.7970

Thanks to all the donors who made the park a reality

Alice Ainsworth, Kathy Albiani, Dennis & Denise Ames, Peter Anderson, Joseph & Ann Angelo, Mark & Lois Bain, Bob & Tommy Baker, Bill & Betty Ballantine, Donald & Judity Becker, Cal & Barbara Berger, Randolph & Nancy Bertholf, Ed & Phyllis Bigelow, Jennifer Bookout, Karen Borman, Joe & Jan Borrowman, Donald & Barbara Brincka, Brad & Susan Bristow, Pat & Kathy Britton, Ken & Angela Brown, Nadine Camilli, George & Susan Campbell, Jennifer Carroll, Lynn Castiaux, Mike & Lucille Castori, Julie & Kevin Cavanaugh, Steve & Katy Cavender, Patrick Cavender, Al & Carol Cepel, Stuart & Erika Chang, Vern & Shirley Chang, Scot & Laura Chang Stelter, Dave & Janet & Joy Chapman, Citrus Heights Rotary Club, Duane Coller, David & Allison Clinton, Ken & Opal Collins, Valerie Coolican, Cliff Corrie, Nancy Corum, Robert & Barbara Coulam, Erik & Judi Crawford, Gary & Katherine Curtis, Robert & Kathy DaRosa, Teresa d'Artenay, Richard & Jean Demes, Diane Desjardins, Timothy & Betty Devoe, Gary & Christine Difabio, Ron & Dawn Doster, Sharon Doughty, Tim & Michaela Durbin, Dave & Danelle Duril, Richard & Shari Ellis, Jim & Irene Ellis, Joe Jr & Pat & John III & Joe Ellis, Reynold Endow, Jerry Eppler, Brenda Fridley, Greg & Alexis Friedman, Dorothy Frueh, Tony & Anita Gabriele, Faith Geogheghan, Robert & Mary Gibbs, Alice Ginosar, Allan & Sylvia Goldstone, Golfland/ Sunland Splash, Garrett & Linda Gravelle, Gretchen Hahn-Ayotte, Song & Lani Hahn, Ken & Lynn Hall, Robert & Edith Hansen, Jack & Nancy Harrison, Thomas Hessler, Phil & Karen Hodgkins, Richard & Gwen Houk, Patricia Hunt, Judy Hunziker, Sybil & Betty Husted, Scott & Laura Hutchinson, Dan & Karen Irwin, Norma Jacobs, Roy Johnson, Curtis & Debra Johnson, Jack & Joan Kastorff, Fred Kenney, William & Sandra Kimball, Peter & Elizabeth Kiteck, Mark & Tanya Kleinman, KMCreative.com Web Design, Dave & Joan Komaromi, Margaret Kowalyk, Jack & Kara Kraft, Ron & Dianne Kurtz, Lalaine Home Care, Leo Lamattina Family, Marilyn Lane, Esther Leal, Patty Lebar Family, Tam LeFebure, Bud & Carla Lowe, Dolores MacBean, Keith Maddison, Janet Mahan, John & Marlene Mansperger, Kevin & Pat Marland, Harry & Jennifer Maroni, Michael & Deanna Mathews, Dave & April May, Dennis & Judy McCauley, Mary McCullough, Brian & Lisa McElligott, Mathew McGough, Jennifer McKernon, John & JoAnn McTasney, John & Lori Mendonsa, Mary Milliron, Jamie Mitsuhashi, Josh & Cherie Moorehead, Renee Morgan, Red & Linda Moses, Ed Murray, Jane Nafy, Karl & Carol Nelson, George & Edith Nichol, Ed & Cindy Nicholson, Max & Susie Niemann, Jane Okubo, Lawrence & Janae Olson, Renee Oshinski, Pavilion Car Care, Jeff & Christine Pemstein, Ernie Pieri, Robert & Gail Pomo, Mathew Porter, John & Sharon Quesada, Bob & Barbara Quinn, Billy &

John & Joan Riggs, Glenn & Karen Rollag, Gordon & Barbara Routsong, Dave & Joy Rowan, Jack Rutz, Sacramento Metropolitan Firefighters Association, Tom & Barbara Safford, Tim & Karen & Julie Schiro, Ernie & Lynn Schomo, Jack Schwartz, Screenprint.com, Michael & Renee Shaffer, Alan & Christine Shimizu, Richard & Eleanor Shipp, Bob & Elizabeth Simmons, Marge Smith, Jill Somers, Jarret & Julia Stedifor, David & Rhonda Stotyn, Ron Suster, Brent & Carla Takemoto, Barbara Talavero, Doug & Anne Thomas, Dale & Georgia Tindall, Raymond & Shirley Tisser, Victoria Tognozzi, The Towery Family, Tom & Heather Tuter, Cynthia Valls, Tony & Elizabeth Vasquez, Dan & Cathy Vierra, Marilyn Wallner, Harold & Catherine Walter, Ken & Margaret Walters, Sue Ward, Elizabeth Watanabe, Larry West, Gary & Andrea Westberg, Ruth West-Neasham, Ken & Laura & Guy Whittall-Scherfee, Paul V. Scholl - Editor - Carmichael Times, Tom & Cindy Storelli, Richard & Paula Wiesner, Wild Landscape Architecture, Tom Wiley, Bill & Kath Wilk, Brad & Karen Wilkes, Lonnie & Robin Williams, Ray & Nancy Wise, Elizabeth Wisnia, Bill & Nancy Woodward, Linda Woolfenden, www.nds-solutions.com, Antone Wukasinovich, Ben & Teresa Yates, John & Janet Yosgott, Dave Younger, Carl & Susan Youngren

and Jack & Gretchen Stansfield.

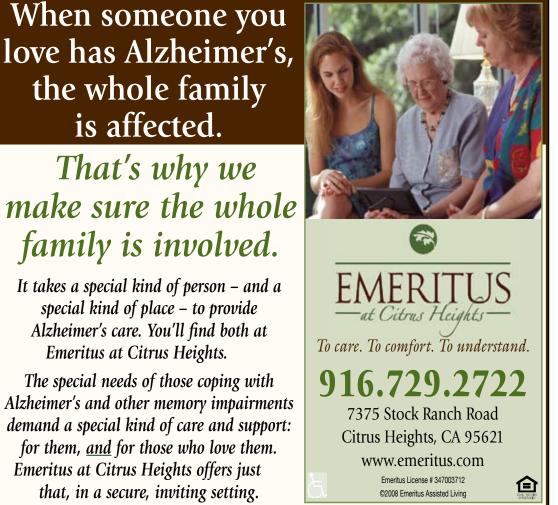


SUMMER TRAVEL TIME OCHT TRUCKSUV TIRES PASSAGER TIRES Bandr ECLIPSE OPEN COUNTRY H/T 🍯 ALL SEASON RELIABILITY 70,000 MILE WARRANT SMOOTH HANDLING WITH PROPERLY INFLATED TIRES STARTING AT STARTING AT Recently Les Schwab teamed with the check the tire air pressure on vehicles that came into some of our stores. Approximately 1,100 vehicles were in- Only 5% of vehicles had four properly inflated tires. 58% of vehicles had at least one under inflated tire. DPEN COUNTRY A/T 26% of vehicles had at least one tire under inflated by 8 psi. 🍯 H, V, & Z SPEED RATED MONEY BACK GUARANTEE ALL TERRAIN TRACTION STARTING AT STARTING AT Tires may lose up to 1 psi per m Many vehicles equipped with tire pressure monitoring systems would not issue a warning even after a drop in tire pressure of 8 psi. These systems issue a low pressure warning only after tire pressure drops 25%. GREAT BUY! SPECTOR L/T Properly inflated tires can improve fuel efficiency by 3.3% and save \$.06 a gallon at the pump. Approximately 1.2 billion gallons of fuel are wasted each year by U.S. motorists driving on under inflated tires. **Ø** QUIET RIDE of LOW COST STARTING AT STARTING AT STOP BY FOR A AT/ANY LESSCHWAB LOCATION. WHY LES SCHWAB BRAKES? BRAKE SYMPTOMS TO WATCH FOR:

LES SCHWAB BRAKE SERVICE INCLUDES:

There are many important parts that wear out in your brake system. This is why we don't just replace your brake pads and shoes. It's also why we can stand behind our brake service with the best brake warranty (Free Replacement 25,000 Miles – Parts & Labor)

LES SCHWAB TIRE CENTER



Jenny Raney, Marlene Ratner,



Carmichael Times Page 4 **August 26, 2009**

Spirituality 101



by Pastor Rich Reimer

Where does this desire to relate to supernatural beings or phenomena come from? As the Lead Pastor of a local Protestant church I meet persons from all walks of life who have a sensitivity or attachment to religious values. In the month of June alone it was my privilege to baptize four adults. All four had simply "walked in" to a Sunday church service in the past 3 months. With the general announcement that a baptism day was coming these four responded without pressure of any human kind. When I interviewed each candidate I observed what I have always observed with people over the past 25 years

of ordained ministry in a local church. I observed that no two people have the same story of how they came to embrace the person of Jesus Christ in faith.

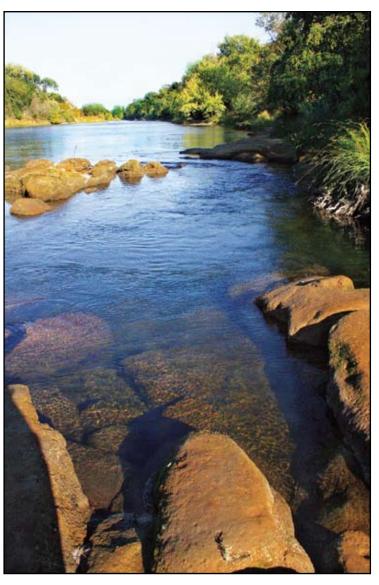
One candidate described his early exposure to Christianity by being raised in a church going family. Another candidate had a relative that persistently spoke of Jesus Christ but had pushed all that kind of talk aside until one night. Alone, homeless and desperate the young man lifted his eyes to the night sky and cried out for God's help. Nothing dramatic happened but since that night his life started to improve. Now he is a fully surrendered follower of Jesus and was eager to be baptized.

Any gardener will agree that if the fruit is ripe, you don't have to pull hard to pick it! The same is true with people. I find Jesus never pushing or pulling at people trying to make them believe and follow him. He told them stories with deep spiritual meanings and implications but then he left them alone to think about it and respond. I learned long ago that you can't make someone interested in spirituality.

Jesus told some people who wanted to "do the works of God" that only God can do the works of God. "This is the work of God that you believe in Him who He sent." (John 6:28-29) When a person comes to that point of sincere spiritual belief it is the culmination of a process that only God orchestrates.

I have a large garden in my back yard and each year I layer the soil with 4-6 inches of leaves and let it rest all winter long. In the spring I till the soil, plant and water the seeds. But the process we call germination goes on unseen and out of my control. It is God's work, this process of spiritual germination. Listen for the prompting of God's Spirit in your own life and look for the evidence of God's spiritual work taking place in the lives of your friends and family members. Spirituality is a mystery but it ought not to be a surprise! Why? Because God is always working.

Our Golden Treasures



Don't Miss Your Chance to Submit Your Best Photo of a County Regional Park!

Sacramento - As the region enters wants to remind all photographers into the dog days of summer, and nature lovers alike that now is

Sacramento County Regional Parks the perfect time to grab your camera,

get outside, and take your best shot of any of our Regional Parks for the 50th Anniversary Regional Parks photo contest. The contest theme is Sacramento County Parks: Our Golden Treasure. The deadline to submitaphotographis September 25.

"This photo contest is a great way for people to get outside and celebrate our regional parks," said Liz Bellas with County Regional Parks. "The contest is open to people of all ages and skill levels, so we are inviting everyone to participate in this contest and show off your best photos."

Categories for this contest include: Open Space, Wildlife, People at Play and Innovative Photography. There is a \$5 fee per entry and people can enter a maximum of three times.

photographs Winning be displayed downtown in the County Administration building; additionally, all grand prize winners (one from each category) will have their pictures featured on a professionally designed, special edition commemorative poster. Printing of this poster has been generously donated by IPS Printing, at 2020 K Street Sacramento.

Don't miss this opportunity to capture our regional treasure with your best photograph. Further explanation of the categories, official contest rules and additional information can be found online at www.sacparks.net. You can also call Regional Parks at 916-875-5925.

Oakland Raiders Now on KTKZ AM 1380

Janna Zapara,

Promotions Director

KWO

We are proud to announce that KTKZ AM 1380 has acquired the Sacramento broadcasting rights for the 2009 Oakland Raiders season. KTKZ will be Sacramento's home for the Oakland Raiders all season long. We look forward to a long and successful relationship

with the Raiders, their fans, and all of the Raider retail partners.

With the acquisition of the Oakland Raiders, KTKZ AM 1380 adds to what has already become Sacramento's #1 home for local sports, a lineup that already includes: the Oakland A's, Cal Berkeley Football, Cal Berkeley Basketball, and Local High-School Football.

In addition to local sports, KTKZ is Sacramento's home for intelligent conservative talk with nationally known political names such as Hugh Hewitt and Michael Medved.

For more information of KTKZ's show line-up, Oakland Raiders and everything else KTKZ, visit www.ktkz.com.

NEW TECHNOLOGY IN MEDICINE

Learn how to: Take Charge of your health

Medical Equipment at Home New Scientific Evidence Look & Feel Younge Reverse Aging **Chervl Lee** 916.803.1950

 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

"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

total gym



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







www.CarmichaelTimes.com





CHAUTAUQUA PLAYHOUSE

opening on August 14 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.

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

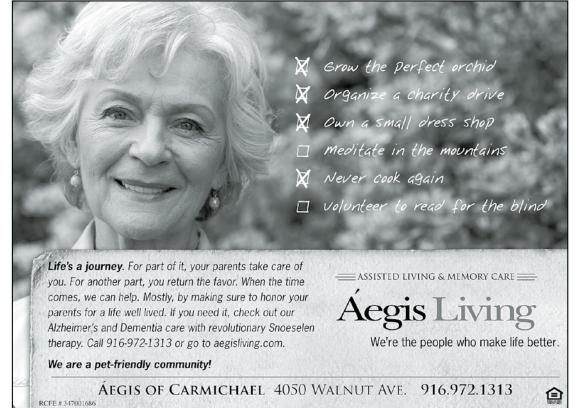
Because of popular demand, this year Chautauqua Playhouse has extended the run of each of its productions to six weekends. This makes 285 additional seats available for each production. Season tickets are currently available. Individual tickets go on sale on August 7.

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

A Non-Profit Organization

(L) Blake Flores, Mary Bond and Marc Berman

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



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) **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, IRŚ 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 Today To Help Children And Their Families Suffering From Cancer. Free Towing. Tax Deductible. Children's Cancer Fund Of America. Inc. www.ccfoa. org 1-800-469-8593 (NANI)

DONATE A CAR - HELP CHILD-REN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-Runner OK. Tax Deductible. Call Juvenile Diabetes Research Foundation1-800-578-0408 (NANI)

Business Opportunities

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

\$500-\$2500 WEEKLY processing mail. Great opportunity! Postage supplies furnished Processors needed NOW! No travel. FREE information! Call Regional Crisis Centers NOW 1-800-895-1791 (SWAN)

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 (MPG)

Work From Home Earn \$1,000 to \$3,000 per week Free 14-minute movie that shows you how www.setfree.com (MPG)

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 then you owning it?

Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequaled business opportunity and product that improves everybody's health. 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 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 (Cal-SCAN)

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

NEWS RELEASE? Costefficient service. The California Press Release Service has 500 current daily, weekly and college newspaper contacts in California. FREE email brochure. Call (916) 288-6010. www. CaliforniaPressReleaseService. 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

GET A NEW COMPUTER Brand Name laptops & Desktops BAD or No Credit - No Problem Smallest

weekly payments avail. It's Yours 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)

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 (MPG)

estimate 916-391-4706 Richard Infant Openings Now First week Romero Lic 847423 (MPG) free Lic # SAC53133 FCCH 916-489-5824 (MPG) Plumbing

Drywall

Tape - 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 Call 916-721-4721 available (MPG)

Fencing

Affordable Fencing Redwood Dedicated specialist. service. Lifetime steel Senior discount. 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-SCAŇ)

DROWNING IN DEBT? 1-866-415-5400 We can Help! Stressed out from aggressive collection calls? We Can Help You Free Consultation!Call Today Toll Free!1-866-415-5400

DEBT CONSOLIDATION -One Easy Monthly Payment -Lower Interest Rates – Éliminate Late Fees – Qualify for Cash Back - Regaining Control of Your Finances is Our Priority 1-877-347-7807 (NANI)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 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 (NANI)

\$\$\$ GET LAWSUIT CASH NOW Oasis Legal Finance #1. See us on TV. Fastest Cash Advance on injury cases-within 24/hrs. 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 2 car garage cbarc ch Tennis, pool, yd maint. \$1395/mo + \$1200 dep 390-5634 (MPG)

Fast Approval, \$300 . Move In.

Quiet, clean apts. Excellent locations. Fair Oaks. 961-3053 (MPG) Ex Suites @1.50 SF Carmichael, 144 / 276 SF Sec Entry, Cov

Parking, 916-483-5044 (MPG) Spacious Clean Townhome in Carmichael, \$1,050/month. 1400+ sq feet, 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:

jehtesham@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 jehtesham@

gmail.com. (MPG)

Gardeners Full Maintenance, Smith's: Sprinkler, Pruning, Aeration, Gutter Cleaning, 967-7543 or see Hauling 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 - Deck's 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 **DayCare** message. 916-961-8059 (MPG)

Gold

Country

Build - Remodel - Repair Free

Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines,

918844 (916) 607-6749 (MPG)

Handy Guys Small jobs, Senior Discounts Gutter Cleaning -

Decks, Woodwork 916-519-5135

Health and

Beauty

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 (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 then call 916-988-3027

ask for a Free Sample (MPG)

THE WEIGHT IS OVER Lose up

to a pound a day. Fast growing

916-474-4079

Cosmetics

the very best Aloe-based

skin care products in North

"Buying or Selling" contact me at 916-624-2303. (MPG)

Health and

Beauty

ONLINE PHARMACY Buy

Soma Ultram Fioricet Prozac

\$107/180 QtyPRICE INCLUDES

PRESCRIPTIÓN!We will match any

competitor's price!1-888-507-3415 or

Heating & Air

AC Repair Low Prices 487-4609

Help Wanted

In-Home Caregivers Wanted

Room and Board. Needed in your

home for 35 year old man with

needed

International

(Cal-SCAN)

early dementia. \$900/month.

housekeeping

Wellness Company Expanding ONLINE COMPUTER WORK!

Work from anywhere 24/7. Great

pay. Will train. Request info

online: www.KTPGlobal.com or

MECHANICS: Up to \$15,000

BONUS. Keep the Army National

Guard Rolling. Fix Humvees, Strykers, etc. Expand your skills

through career training. www.

NationalGuard com/Mechanic or

1-800-GO-GUARD. (Cal-SCAN)

ELECTRICIAN PAID TRAINING.

Salary, medical/dental, 30 days

vacation/yr, \$ for school, more.

No experience needed. HS grads

ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

Earn up to \$30 per hour.

Experience not Required

Undercover shoppers needed to judge retail and dining

estáblishments Call 800-742-

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 (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

WANTED-AVON Party Hostess

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

available call 916 612-6621 (MPG)

Aide for Group Home

Graveyard Shift. Requirements:

One-year Experience, Good DMV

Record. Located in Carmichael

Health Care Marketing. We are successful business

entrepreneurs looking for people

passionate about health &

myprotandimbusiness.com and

watch a video News clip. Leave your name and email address to

learn more, we will get back to you.

\$\$\$ WORK FROM HOME \$\$\$

Eam Up To \$3,800 Weekly Working from Home assembling Information

Necessary! Start Immediately!

FREE Information. CALL 24 hrs.

Earn Extra Income Assembling

CD Cases from home! No

Experience Necessary. Call our

Live Operators for more information!

1-800-405-7619 Fxt 2181 www.

easywork-greatpay.com (NANI)

START NOW \$\$\$

1-888-202-1012 (NANI)

Go to www.

Call 916-487-6758.

products.\$\$\$

Bonuses

business.

(MPG)

Packets.

telecommunications

Residuals Training

Commission,

www.frfchildren.org (MPG)

6941 (NANI)

916-989-9135. (MPG)

ATTENTION:

1-800-330-8446.

Buspar,\$71.99/90

www.trirx.org (NANI)

Recession proof

interested

or Selling" contact

(MPG)

offers

Company

Aloette

eat-choc-losewt.com

Heaters

Free Estimates (MPG)

\$\$\$ 21 People Wanted \$\$\$ Earn \$1,200 - \$4,400 Weekly Working FromHome Assembling Information Packets. Affordable! Decks, Dryrot, Wood Necessary! Experience Immediately! FREE Information. Floors, Fans, Fixtures, Plumbing Electric Licensed 501-7843 (MPG) Call 24hrs.1-888-298-2090 (NANI)

Handyman.

Services Specialty

CA License

Earn up to \$500 weekly assembling our angel pins in the comfort of your home. experience required. Call 813-699-4038 or 813-425-4361 www.angelpin.net (NANI)

SALES, Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual Income, Commission,

Fax Resume 916.910.2002 (MPG)

We are seeking dynamic customer service oriented individuals with areat communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly ווה y job Email למו experience needed at danelperez1980@ yahoo.com if interested (MPG)

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

MAKE Α DIFFERENCE. More Information: (916) 383-9785 ext. 15 (MPG)

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

AWESOME CAREER Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRINGIGreen Card O K Call Call 1-800-983-4384 ext. 54 (NANIG)

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

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 (NANIG)

TIRED OF BEING BROKE? Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com

STRESSED OUT? Work from home & get paid daily! www. happyandhealthyfamily.com 888-211-4268 (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, <u>code 5</u> **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 separated that offers real advice and articles to help people rebuild their lives. This is a partyou can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at www.SingleAgain.com. To apply, send your email to publisher@ singleagain.com.

MPG

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint, Must be professional, friendly and a team player. Fax resume to 866-418-9913 (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)

Pharmaceutical/Medical Sales Rep Eam \$45,000 - \$80,000 Per YearAccount Executive, Manager, Sales Representative Entry to Upper Level, Paid Training, Bonuses. Call Toll Free 800-723-5414 x7215 (NANI)

Help Wanted -

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 pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608.

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

QUALITY WINDOW CLEANINGPLEASE CALL MARK AT 612-8949. (MPG)

Homesitters on Wheels, Office needs two RV'ers with RV's for Petsitting 916-483-5146 (MPG)

CLASSIFIED ADVERTISING

Start

Landscaping

Lawn 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. website: terrabellagarden.com or ctc Randy for info at 454-3430 or 802-9897.

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@ prepaidlegal.com (MPG)

BANKRUPTCY LAWYERS: Credit Card Debt, Foreclosure, Wipe Out Bills, Free Consultation 971-8880 (MPG)

Men's Suits For Sale Men's Suits Men's 42 Jacket,

36-38 Waist Assorted used men's suits in very good condition. \$25-\$35 each. Buy one or all. Call 773-7337 (MPG)

Miscellaneous

Reach over 30 million homes with one buy. Advertise in NANI for only \$2,795 per week! For information, visit www.naninetwork.com (NANI)

FREE DIRECTV 5 Months! Includes ALL 265+ Digital Channels Movies NFL Sunday Ticket! Ask Today! FREE DVR/ How Packages HD Receiver! from \$29.99 DirectStarTV 1-800-620-0058 (NANI)

Brand New Laptops & Desktops Bad Credit, No Credit - No Problem. Small Weekly Payments – Order & get FREE Nintendo WII system! 1-800-804-5010 (NANI)

DIRECTV FREE 5 Months! Includes ALL 265+ Digital Channels+ Movies with Ticket! Sunday Today! FREE DVR/ Receiver! Packages HD \$29.99 DirectStarTV 1-800-973-9044

SEARS CENTRAL COOLING Systems - Great Financing Optionsavailable on ENERGY STAR® qualifiedsystems such as CARRIER ® & KENMORE

® ** see details www.sears homepro.com/nan 1-877-669-8973 Offer Expires 09/22/09 (NANI)

Grant Writing. We propose your project until funded. Guaranteed All areas. 530-243-4294 (SWAN)

AIRLINES ARE HIRING - Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

\$\$\$ ACCESS LAWSUIT CASH NOW!!! As seen on Lawsuit Dragging? Need \$500-\$500,000++ within 24/hrs after approval? Compare APPLY NOW!!! As seen on TV. Injury Lawsuit Dragging? Need 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 (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 800-720-3708 (NANI) OLD GUITARS WANTED!

Fender, Gibson, Gretsch, Martin, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjos. 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 (MPĞ)

Miscellaneous Items For Sale

STOP Paying Too Much for TV! Get Dish w/FREE install plans, FREE HBO & Showtime & FREE DVRUpgrade Call FREE for full details! 877-479-3573 (NANI)

GIGANTIC 72"X100" MIRRORS,

(15) sheets, \$165/each. New, perfectcondition. Free delivery (one or all).Installation available Also, 48"x100" (8), each.1-800-473-0619 \$115/ (NANI) Discounted Steel Buildings

Big & Small. Get the Deal of Deals! Placement to Site. www.scg-grp.com Source#03V. Phone: 916-248-4416 (MPG) **FORECLOSED** Electric Wheelchair Jazzy/1121 Brand new batteries - custom

footguards - cane holder - basket

bench, used, excellent condition,

oak finish. \$3000 Call: 916-988-

- metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG) Kawai upright piano and

2927 (MPG) Mount Vernon Single Cemetery

Lot Garden of Humility (fronteast side of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

Tupperware Please call for any service. Chris Krcmar 916-483-1671 Call for a free catalog (MPG)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! T-\$299 F-\$349 Q-\$399 K-\$499 ADJUSTABLES \$799 FREE DELIVERY. 25 YEAR WARRANTY 90 NIGHT TRIAL

Miscellaneous - Want to Buy

WWW.MATTRESSDR.COM (NANI

WANTED DIABETES TEST STRIPS Any Kind/Any brand Unexpired. Pay up to \$16.00 pe box. Shipping Paid. Call 1-713-395-1106 or 1-832-620-4497 ext. 1. www.cash4diabetestestrips.com

WANTED: OLD POSTCARDS

Musical Instruments

GUITAR WANTED Looking for Older Guitars and Amps, Fender Gibson, Martin, Fender, Marshall Amps.Will Pay up to \$2000.00 Cash!! (916) 966-1900 (MPG)

Notary

Mobile Notary Services Certified Loan Signer Paralegal Services Powers of Attorney Wills Will Travel to Your Home or business 916-508-7080 (MPG)

Notary Services Hospital, Care Home or make arrangements. Cal (916) 482-9388 for details. Ask for Debbie or leave message. (MPG) 24/7 Notary Services Anytime / Anyplace Call Dan @ 916-712-

Painting All Pro Painting Res/Com.

Quality work free est. sen disc lic914715 Ph 607-0523 (MPG) Pets Pet Sitting Professional loving pet care. Established reputation. Kennel free environment.

Lots of TLC. Call Madeline

916-723-1608.

(MPG)

Home Sitters on Wheels office needs two RV'ers with RV's for pet sitting. Call 916-483-5146 for more information.

Annie's Pet Sitting Services Lisensed, insured and bonded. Vet tech. exp. Ref. avail. 916.202.6952

Piano Lessons

Piano Lessons first lesson FREE-Always wanted to learn? Neve too late-call Kate at 916-333-1038 Sr. discount (MPG)

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916/858-1571 (MPG)

Plumbers

G & L Plumbing Affordable and Capable Plumber. Free Quotes. Ph: 436-6949 Lic: 888850 (MPG)

Prayers & Novenas

THANKSGIVING NOVENA TO ST. JUDE O Holy Saint Jude apostle and martyr, great in virtue and rich in miracles near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of leart and numbly beg to whom

God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen.

Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. J.F.P. (MPG)

Wanta go to heaven without

dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG) **Real Estate**

Homes For Sale Smart Buyers Check out this one in Gold River Two-story prestigious Hesperian Village

Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt \$515,000. Lorraine Foster, ReMax Gold 916-933-6190 (MPG) Motivated Seller - Great Buys - two homes - Good Areas.

#1 updated kitchen & 3BDRM 2BA. near Crestview shopping, \$289,000. #2 Dream Kitchen w granite-tiled & beautiful bathrrms & floors. \$260,000. Glenda Hill 761-7548. (MPG)

Granite Bay Listings View at www.lizyoakum.com Call 390-5634 (MPG)

HOME **AUCTION.** Northern California. 250+ Homes Must Be Sold REDC / Free Brochure. www. Auction.com RF Broke 01093886. (Cal-SCAN) Real Estate/

Manufactured Homes (AAA RATED) GET PAID to Buy

a Home. . \$8000 cash back. 17 Homes left. BELOW COST. We finance. CLAYTON HOMES 916-371-2200(Cal-SCAN)

Real Estate/ **Out of State** Land Sale

BIG BEAUTIFUL ARIZONA LOTS Near Tucson. \$0 down \$0 interest Starting \$129/month 18 lots ONLY! Pre-Recorded Message (800) 631-8164. Mention ad code 5063 or visit www

sunsiteslandrush.com (NANI) North Carolina Mountains. NEW! E-Z Finish Log Cabin Shell with Loft & Full Basement Includes acreage \$99,900. Financing Available. **828-247-9966 Code:60** (NANI)

NC MOUNTAINS - 2.5 ACRE **HOMESITE.** Spectacular view. High altitude. Easily accessible Paved road. Secluded. Bryson City. \$39,950. Owner financing Call Owner 1-800-810-1590 www.wildcatknob.com (NANI)

GEORGIA LAND Incredible

investment, 1acre to 20acresStarting @ \$3750/acre. WashingtonCountyNearAugusta. Low taxes, beautiful weather. Seller financing/easy terms from \$179/mo. 706-364-4200 (NANI)

LAND FORECLOSURE 40 Acres \$29.900 SOUTHERN COLORADO Warranty Deed, Survey. Rocky Mtn. views, utilities. Enjoy 300 days of sunshine. Low down payment. CALL TODAY! 1-866-696-5263 x5338. (Cal-SCAN)

IINPRECEDENTED MONTANA LAND OFFERINGS 20AC w/ Road Utilities, Gorgeous Views- \$29-49,900 160-1000 acres starting at Under \$1000/ Acre Beautiful treed ridges, mtn. views, ponds, the best elk & deer territories in Montana Over 100 properties ALL OFFERS CONSIDERED See pictures at www.WesternSkiesLand.com Or call for a guided tour 888-361-3006 (Cal-SCAN)

Old Photos

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) (MPG)

Schools / Instruction

HIGH SCHOOL DIPLOMA! Fast Affordable & Accredited FREE Brochure. Call NOW! 1-800-532-6546 Ext. 412 www continentalacademy.com(NANI)

HEAVY EQUIPMENT TRAINING Learn to operate bulldozer, backhoe, loader, motor grader, excavator. Job assistance. Call 888-210-4534 Northern California College of Construction. www.HEAVY4.com promocode: NCPA1.(Cal-SCAN)

The Math Resource; math/ statistics tutoring; \$40-\$50/hour; 916-722-1058 (MPG)

Services Offered I take you to the doctors, **shopping or misc. errands.**Call for schedule. Serving most areas. 916-214-8169. (MPG)

Seeking Security Placement in Call 916-712-2137 (MPG)

The Clean-Bliss Experience

Responsible, experienced

Reliable. Arlene 916-863-1374. REAL Hardwood Flooring \$1.69 Square Foot or we install for \$3.99

square foot complete 916-366-1672. Cont Lic #757522 (MPG) **Steel Buildings**

50 x 100, 100 x 100 Up to 50% of on erected completed projects. www.scg-grp.com Source #ØDL Phone: 916-248-4416 (MPG) **TimeShares** DISCOUNT TIMESHARES

Worldwide Locations! Call for Free InfoPack. 1-800-639-5319

www.holidaygroup.com/flier

(NANI)

OFF RETAIL!

Steel Buildings. 20 x 20, 30 x 40,

SELL/RENT YOUR TIMESHARE NOW!!! Maintenance fees too high? Need Cash? Sell your unused timeshare today No Commissions or Broker Fees Free Consultation www.sellatimeshare.com

1-877-494-8246 (NANI) **Tow Cars Away**

Call to remove abandoned cars

for FREE. (916) 457-4000. Must be present at pick-up. (MPG) Upholstery

B&T Upholstery and Repairs

Specialist in Decco & Modernism. www.bandtupholstery.com

Video Archiving Services

Event Video & Photo At It's Best! Video Christmas Postcards. (916) 402-5351 (MPG) Volunteers

Archive Family Video To DVD

Needed **Volunteers Needed:** The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence For more information call 728-5613 or visit our office at 7250 Auburn

Sunrise Yoga Centre - Hatha Yoga Ivengar style 3713 Casa Loma Way Near Sutter 944-3207 (MPG)

NOTICE TO READERS California law requires that contractors taking jobs that total \$500 or more (labor and/ or materials) be licensed by the Contractors State License Board. State law also requires that contractors include their license numbers on all advertising. Check your contractor's status at www.cslb.ca.gov or 800-321-CSLB (2752). Unlicensed persons taking jobs that total less than \$500 must state in their advertisements that they are not licensed by the Contractors State License Board.

Messenger **Publishing Group**

is seeking an independent sales agent to generate advertising sales for our local newspaper. This is a

work at from your home. Become part of a growing newspaper that has been very well received by our readers and the business community. Compensation is

To apply, call 773-1111 and send an email to

Classified

Sell Your Stuff! Reach 1000's of Readers



Puzzles are on Page 7 Magic maze **Answers BROTHERS** Weekly SUDOKU ___ Answer 2 8 3 9 1 6 7 5 4 9 7 6 5 8 4 3 1 2 Trivia Answers 1 5 4 3 2 7 9 6 8 7 6 1 4 9 8 5 2 3

3 9 8 6 5 2 4 7 1 4 2 5 1 7 3 8 9 6 3. Fear of thunder 6 1 9 8 4 5 2 3 7 4. Action Man 8 3 7 2 6 9 1 4 5

Solution time: 25 mins.

King Crossword

Answers

5 4 2 7 3 1 6 8 9

1. Channel Islands 2. St. Bernard

- 7. The Band
- Congress

Synd., Inc.

Blvd., Citrus Heights, CA (MPG) Yoga

part-time, extra income opportunity that you can

commission only, but the commission is a very generous rate.

publisher@mpg8.com. Advertising

Every Week

5. Graham Greene

6. Theseus

8. Bats 9. The Library of

> 10. The imitation of natural sounds by words, like "meow" or "roar."

> (c) 2009 King Features

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 #0906811. Rriver City Ice Cream, Inc., 2513 El Vita Way, Carmichael, CA 95608 is doing business under the Fictitious Business Name "River City Ice Cream, Inc." at 2513 El Vita Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 22, 2009. Publish: August 5, 12, 19, 26, 2009. RIVERC 90801 8-26-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00054041

WHEREAS, Fou Saeteurn and Yian Saeteeurn are filed a petition with this court for a decree changing name of Farm Seng Saeteurn to Megan Elizabeth Saeteurn. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 8, 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: July 27, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 5, 12, 19, 26, 90801 8-26-09 SAETEU

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

#34-2009-00053905 WHEREAS, Felipe De Jesus Cervantes has filed a petition with this court for a decree changing name of Felipe De Jesus Cervantes to Cody Ethen James Cervantes. IT IS ÓRDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 4, 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: July 24, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 5, 12, 19, 26,

90801 8-26-09 FICTITIOUS BUSINESS NAME STATEMENT #0907214. Lisa

Helms, 1266 Knopfler Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Simply Slim Weight Loss" at 6112 Sunrise Blvd... Citrus Heights, CA95610. Filed with the Clerk of Sacramento County on Aug. 5, 2009. Publish: August 12, 19, 26, September 2, 2009. 90802

FICTITIOUS BUSINESS NAME STATEMENT #0907176. Robert Frank Giordano, 5512 Gibbons Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Names "BG Snacks; Motivation 2 Exercise" at 5512 Gibbons Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 4, 2009. Publish: August 12, 19, 26, September 2, 2009. 90802

SUPERIOR COURT OF COUNTY OF SACRAMENTO AMENDED ORDER TO SHOW CAUSE

CHANGE OF NAME #34-2009-00047769 WHEREAS, Dawn Louise Champagne has filed a petition with this court for a decree changing name of Dawn Louise Champagne to Dawn Louise Offerman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 23, 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: July 21, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 12, 19, 26, September 2, 2009.

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.

90802

9-2-09

CHAMPA

SUPERIOR COLIRT 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. 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.

90803 NOTICE OF PETITION TO **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 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 deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.
YOU MAY EXAMINE the

file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Michael Kelly, 2529

Way, Sacramento, 5821; 916-482-7246. Cambon 95821; August 2, 9, 90804 Publish: 26, 2009 KELLY

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. 90804

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

#34-2009-00055495 WHEREAS, Hwan II 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. 90804

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 Barbará 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

> 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,

Times, a newspaper of general

circulation, printed in Sacramento

County, California, once a week

for four consecutive weeks prior

9. 16. 2009. 90804 GRISWO

Call to place your legal advertising here.

532-2113

Buried **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

CREDIT CARD RELIEF for your FREE consultation

800-383-2050

Business & Service Directory

Christopher's Heating & Air

Commercial/Residential

We Service All Brands

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

10% Senior Discount

On Tree Pruning, Removal

& Stump Grinding

ISA Certfied Arborists

Free Estmate - Fully Insured

Lic #475196

852-9500

(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"



Established 1980 9314 Greenback Lane Orangevale, CA 95662

TIM McGUIRE

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

Call today get your FREE copy of the booklet that could save you

Call 800-619-5438

24 Hours for FREE Booklet

(916) 989-9713 Fax (916) 989-9706

Technology

SPECIALTIES PLUS COPIER REPAIRS

20 YEARS

Alan & Pam Jennings

723-8430

Heating & Air Tree Care Garage Doors Drafting/Design

Architectural Tree Care **Drafting and Design** Incorporated Custom Homes

Remodels and Additions Design Build Full Commercial Services

also Available Steven C. Patterson

architect (916) 798-9362

Landscaping

Tall Weed Cutting

Low Rates (916) 524-7477 Construction

RC Castleberry **Construction**

Remodel • Baths • Kitchens

Call 296-5848 or 289-8294

Lic #759103

FREE ESTIMATE

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

Call Today 916-223-1744

ACTION DOOR SERVICE

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

Senior In-home Care Specialists Complete personal care

Pop Ins With A Plus

- 3 hr min to 24-hour care
 - Shopping/Errands
 - Transportation · LVN on staff

Hospice

(916) 247-1019

Household Help

DeAna's HOUSEKEEPING

Immaculate, Fast, Honest, Dependable. I care about what I do.

Call me, (916) 549-4915

Tree Service/Yard Work

Heating & Air/Energy Savings KEEP COOL THIS SUMMER

Energy Savings

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**



AND TRANSITION SERVICES Serving all of Northern California

916-966-8745 Compassionate Relocations compassionaterelocations.com

thousands of dollars in needless taxes.

Phipps Tree Service

thousands of dollars in income and estate taxes.

TRIM OR REMOVE TREES & SHRUBS YARD CLEAN-UP

POWERWASH DRIVEWAYS • PATIOS • DECKS SCL # 706464

601-2172

Hauling Service

Affordable Hauling

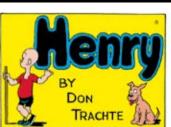
Michael L. Anderson Owner

P. O. Box 7146 Citrus Heights, CA 95621 Phone: 916-783-0148 Cell: 916-717-4443 Fax: 916-783-0148

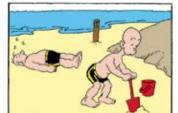
You Call - I Haul

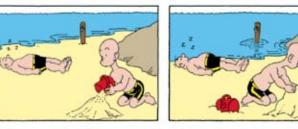
SENIOR RELOCATION

Free Estimates





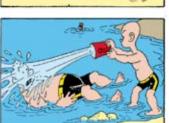




























The Spats

by Jeff Pickering



HOCUS-FOCUS

PUBLIC

34

12

15

21

25

32

37

51

56

59

Find at least six differences in details between panels.

added. 5. Skirt has ruffles. 6. Boy's book is missing.

missing. 3. Door has three bars. 4. Bush has been

Differences: 1. School number is different. 2. Hat is

19

27

39

49

24

35

44

53

23

34

43

52

57

60

© 2009 King Features Synd., Inc.

13

26

38

16

33

42

48

47

18

22







1. GEOGRAPHY: The island of Jersey is part of which larger group of islands?

2. RELIGION: Who is the patron saint for mountain climbers?

3. PSYCHOLOGY: Someone who has tonitrophobia might be terrified during a storm. What kind of fear would this phobia sufferer have?

4. TOYS: What was the name of the British version of America's "G.I. Joe"?

5. LITERATURE: Who wrote the novel "The Quiet American"?

6. MYTHOLOGY: In Greek

mythology, who slew the Minotaur?

7. MUSIC: "The Last Waltz" was a documentary of the final concert of which rock group?

8. MOVIES: What is the only animal that Jim Carrey's "Ace Ventura" character is afraid of?

9. GENERAL KNOWLEDGE: What is considered to be the largest library in the world?

10. LITERATURE: What is an onomatopoeia?

© 2009 King Features Synd., Inc.

10

30

31

55

14

17

36

45

41

58

61

20

28

40

50

111

Weekly **SUDOKU**

by Linda Thistle

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

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 ● BROTHERS

A	A	\mathbf{X}	U	Т	R	О	L	J	G	D	A	X	\mathbf{V}	S
P	N	K	I	Y	Н	F	C	A	X	V	S	В	Q	О
L	J	Н	Е	C	T	G	A	X	V	T	R	L	P	Y
N	L	J	Н	R	F	I	I	D	В	Y	X	U	R	L
V	Т	R	P	О	E	В	N	R	M	K	T	E	G	R
E	D	В	\boldsymbol{Z}	X	W	L	Н	R	W	U	N	S	Е	Е
Т	R	Q	О	S	M	О	Т	Н	Е	R	S	K	N	V
				_					E A		_			
L	J	I	L	A	G	О	I	A		Т	R	О	F	E
L D	J C	I L	L R	A N	G A	O D	I M	A W	A	T A	R A	O O	F Y	E X
L D W	J C I	I L X	L R V	A N O	G A T	O D E	I M S	A W S	A T	T A S	R A R	O O R	F Y P	Е Х О

forward, backward, up, down and diagonally.

Ames Big Blood Blues

Brooks Everly Fraternity Marx Mills Parker Smothers Statler

©2009 King Features, Inc.

All Answers on Page 5

Contract Bridge

FAMOUS HAND South dealer.

NORTH WEST **EAST** ♣ J 10 8 4 **♦**6 ♥KJ8632 ♦ K 6 2 SOUTH

The bidding:
West North Pass

1 **↑** 2 **↑** Pass Pass 2 NT 3 NT Pass Opening lead four of clubs.

Declarer's principal concern is to make the contract. In attempting to meet this goal, he does not pay much attention to overtricks, but instead bends his efforts to fulfilling his primary assignment.

Consider this classic case from a rubber-bridge game many years ago. West led a club, and South, Harold Ogust, won East's jack with the queen. Ogust saw that he could make the contract easily if he cashed the K-Q of spades and the suit proved to be

But he also realized that if the spades were divided 4-1, he would be in serious trouble and would probably be defeated. Unwilling to stake his all on a 3-2 spade division, Ogust devised a method of play that would give him a chance to make the contract even if the spades did not break.

At trick two, he cashed the spade king, then continued with the queen. When West followed with the eight, Ogust overtook the queen with the ace. This extraordinary play had solid reasoning behind it.

If East had followed to the spade, the plan was to continue the suit and thus establish dummy's remaining three spades to assure nine tricks. But when East showed out on the second spade, Ogust was able to substitute the alternate line of play he had reserved in case the spades were not

He led dummy's ten of diamonds. It did not matter whether East covered with the queen or not. Ogust could not be prevented from winning four diamond tricks eventually, and he wound up making three notrump.

If he had cashed the K-Q of spades initially, Ogust would have been defeated. His play of overtaking the queen could have cost him a trick or two if the spades had been divided normally, but the overtake gave him a better chance to make the contract. © 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 Sacraemento 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

Monthly Military Retiree/Spouse Meeting:

Our next scheduled military retiree/spouse meeting scheduled for 8 Sep 2009. We will be meeting in the North Highland Park and Recreation District, 6040 Watt Ave, North Highlands at 1030 hrs. Our speaker for this month is Gail Gardner, Pioneer Towers, which is a Retirement Home in Sacramento. Those of you who want to eat lunch after the meeting can contact Jo Jo at 344-6249. Please do so at least 24 hrs in advance. Questions can be referred to our volunteers at 561-7476.

Got Community News?

Call 773-1111



MISTER BREGER



When I grow up? I wanna be a plain ordinary guy like Daddy ...!

tongue

corrosion

employee

Whitney

46 Mosque VIP

49 Vacationing

counterparts

Answers on Page 5

35 Sort

38 Cause

40 Casino

43 Subway

45 Inventor

47 Arrived

48 lds'

KING Crossword

ACROSS Ming of the

- Census statistics

NBA

- part
- cousin
- 13 Pleasing

- ending
- ("Survivor"
- event)
- 25 Computer

26 Torched

- Envelope dish
- 12 Ostrich's
- 14 Queue
- 15 Don't move
- 17 Prayer
- 18 Piratic potation
- 19 Wilder dran 21 — council
- 24 Snapshot
 - woe

- 28 Extemporizes 32 Wan
- 34 Luau side
 - 36 Urban
 - disturbance
 - 37 Fix a knot
 - 39 Antiquated 41 "CSI"
 - evidence 42 Water barrier **DOWN**
 - 44 Carell's "The
 - 40 Year Old Virgin" co-
 - star 46 Summertime
 - cooler 50 Clay alias 51 Wise guys?

52 III-defined time

- 56 Andy's pal 57 Exceptional
- 58 polloi
- 59 Netting
- 60 andterminer
- 61 Cowpoke's nickname
- 1"Absolutely"
- 2 Parisian pal Unreservedly
- Critter Showbiz job
- Reverberate
- 7 Arrangement 8 Freight train

component

9 Wheels of fortune?

- 10 From square
- one 11 Teller's
- cohort
- 16 Bathroom fixture
- 20 "6 Rms — Vu"
- 21 Ski-lift transport
- 22 Stratagem
- 23 Back talk 27 As well
- 29 Cinderella's

part

curfew 30 Corn recipe

31 Constellation

33 Leo Rosten's

- ground?

53 Rage

54 Break

- 55 Ducats

Carmichael Times Page 8 August 26, 2009

POPPOFF!

with Mary Jane Popp

EVERLASTING MATRIMONY

Tis' the season for getting hitched, but did you know the divorce rate for first marriages if 50%? How about 67% of second marriages and 74% of third marriages end in divorce? I was shocked when I read these statistics, but the truth does hurt when you discover that even the number of people getting married has declined 40% from 1970 to 2002. And we thought the hippie sixties didn't do well by marriage. So, do you get your advice from the likes of Dr. Phil or Dr. Laura types? If you do, think twice. Psychiatrists have the highest divorce rate. You've heard all the psychobabble, now you get it from those who have succeeded like 50-75 years wedded.

I thought I was doing well at 39 years, but then I had Sheryl Kurland on my Radio Show "POPPOFF" and she opened my eyes big time. In her book "Everlasting Matrimony" Sheryl interviewed "sprinkling of America" as she put it representing a diversity of faiths, ethnicities, and cultures. What they did have in common is they were married 50-75 years. So how did they do it, and what can we learn from them? I mean these are the

real-life experts, aren't they?

Here are ten tips to insure relationship 1) Don't discuss sensitive subjects when you are hungry. 2) Great conversation leads to great sex.

3) Eat marshmallows to improve communication. I know. You're probably saying...excuuuuuse me...what's that all about? I love this one. You can't talk when you are eating marshmallows, so you have to listen. And good communication is being a good listener. It breeds respect for one another.

Great isn't it?

4) Accept that some days love will sizzle, others, it'll fizzle. 5) In the heat of battle,

cease fire. 6) Weather turbulence with laughter.

7) Forgive, forgive, and forgive some more.

8) An occasional cocktail from time to time helps.

9) Remember the "D" word = Determination, not Divorce. 10) A good relationship is

75/25...and both sides must give 75%. I was curious too. It means you really both get 150%. Not bad, huh?

Sheryl got some Quotable Quotes on marriage from these real life experts like:

"I decided early on I had two choices: to stew with my anger or give Louise a kiss and make



up. In most cases I chose the kiss. Now I have added a ten-second hug with the kiss. It is amazing how ten seconds of her warm body melts away my anger. - Leon Fradkin married to

Louise since March 25, 1948.

"One thing to remember: If your boyfriend has a few bad habits that annoy you, take my word for it, they get worse as he gets older." - Edyce Ellis married to

Morrie since September 3, 1948.

Sherylcovereditallinherbook "Everlasting Matrimony" from communication to surprises, traditions, selflessness, forgiveness, and humor which she said was a prime piece of advice. Need more info? Go to www.everlastinmatrimony. com. Rick, we made it to 39 years. Love you more than ever!!!

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

Laura on Life Decision Loops

By Laura Snyder

It has been my observation that there is a new trend sweeping the nation. No, it's not a new kind of music complete with a fashion statement: mini skirts, bellbottoms, Mohawks, or droopy pants. I'm waiting for the music genre that requires its fans to wear their underwear on the outside of their clothes. You know it's coming. What else is left?

No, the trend I am referring to is traffic circles. They are popping up everywhere. Where there once was a signal or a 4-way stop, now there is a traffic circle, or a Decision Loop, as my husband and I appropriately call them.

Decision Loops have been employed in abundance all over Europe, but just like your bathtub drains in the opposite direction in the Southern Hemisphere, Decision Loops go in the opposite direction in the Eastern Hemisphere. Don't ask me why. It's probably a matter of gravitational pull or the Theory of Relativity or something.

We call them Decision Loops because they give the mentally frail a little time to figure out where they were supposed to be going. Green lights tend to trigger brain malfunctions in a certain percentage of myself included.

This phenomenon requires me to wait a second or two after the lightchangessothehazewillclear

and my destination will become clear again. Unfortunately, that second or two is way too long for the person behind me, and he will start tooting his horn, which makes my thoughts scatter again. 3-point turns were invented.

Decision Loops make it possible for me to keep moving while my brain train gets back on track and determines my intentions for being there.

I can enter the loop thinking, "Now where am I going?" I will do an entire lap before it comes to me, "Oh yeah, I needed a watering can. Now where am I going to get one of those?"

I make another lap as the options slowly come to me. "I could go to Walmart, but I'd have to park a ½ mile from the doors. Wait, wasn't there a coupon for one somewhere?"

One more time around the Decision Loop before I realize, "Wait a minute, I bought the watering can yesterday! What I really need is laundry detergent... and that's at the grocery store!"

In triumph, I finally take the correct exit off the Decision Loop and head in the direction of the grocery store.

Taking out of the equation the

fact that such a deranged person shouldn't be given a license, Decision Loops are, in general, a useful tool to keep traffic moving while brain malfunctions recover. Of course, there are a select

This is why

few who think it's wise to make their recovery while stopped dead inside the circle. No amount of waving and dirty looks will spur them into making any hasty decisions. Perhaps he's embarrassed about making a few laps until his destination pops into his mind, but really, the only people who would know are the other

people can hardly blame him. The only time decision lapping might become a problem is if the Decision Loop is too small to accommodate the required number of lappers. This is rare, however, I'm convinced it does happen from time to time.

brain malfunctioning people

doing laps and clearly, those

In fact, in many areas of Europe, the Decision Loops are merely a white dot the size of a large pizza painted in the middle of an intersection. My minivan couldn't do laps around a pizza, that's why Europeans drive small cars.

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.



Delivery Routes Available CALL 916-773-1111

Messenger Publishing Group

Thinking of Changing Banks?

√ Check the El Dorado Advantage

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

- ✓ Purchase & Refinance Loans
- **Home Construction Loans**
- Owner-Builder Loans
- Fixed & Adjustable Home Equity Line of Credit Loans
- Friendly, Personal Service at No Extra Charge
- 35 ATMs at El Dorado Branches
- Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the Safest and Strongest Banks in the U.S. Since 1993
- In 2008, we completed our 20th consecutive year without any foreclosed properties on our books



el dorado savings bank

Serving our local communities for over 50 years

www.eldoradosavingsbank.com

Member **FDIC**

CARMICHAEL 4701 Manzanita Ave. • 481-0664



Custom Landscape Design, Installation, Renovation & Maintenance



Bringing TLC to your property.

Bringing personal service to you.

A Nurturing, Full-Service Landscaping Company



Lawnman is a comprehensive landscaping company serving commercial property owners/managers and residential customers in Northern California since 1992. We're founded on the principle that landscaping is primarily a relationship business Our customers call Lawnman "the nurturing landscapers."

(916) 739-1420 fax (916) 739-1430 www.lawnman.net

www.SierraSprayFoam.com

Commercial

Sustainable Flat Roof System

CA License 468-619 - Lowering greenhouse gases since 1968

emission free unlike outdated tar & gravel * permanent * seamless



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!





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



VA Approved Student Loans Available

Carmichael Times Page 9 August 26, 2009

straight talk for teens

Boy bounced school-to-school feeling suicidal

by Lauren Forcella

Dear Straight Talk: I just picked up my 16-year-old son from a street corner after he was incommunicado for a week. He's very mixed up, and I need help. Right before freshman year, I moved to LA but he didn't want to go so he moved to his dad's in a pretty rough school district. He fell in with a bad group, smoking pot, drinking, and flunking school, so we moved him to LA with me. But he was miserable in LA, so for sophomore year I moved back to the district we had lived in originally hoping he would reacquaint with his grade school friends whom he claimed he missed. That didn't work either. They "weren't there for him anymore" and he wanted to live with his dad again. But his dad had remarried and moved to Colorado. Our son lasted there for a few months until they had a blowout and he came back here to live with me, whereupon he wanted to return to the rough school district "where his real friends were". At a loss, I let him live with a classmate there, driving over weekly to check on him. But, Lauren, he's flunking school, he's threatened suicide a few times, and this morning he was really depressed saying his life isn't worth living. Nothing we do seems to work. We've tried anti-therapy. What should I do? - Stockton, CA

Katie, 16, Auburn, CA: You must take his suicide remarks seriously! Hopping from place to place, he has no support system. Drugs and alcohol attract a "posse", not true friends — plus drugs and alcohol are overwhelmingly associated with suicide. Do not let him live outside your house. As for counselors, it me took three years to find one I liked, but I did it.

Maureen, 17, Redding, CA: You're lucky this is happening now. My brother waited for adulthood to get in trouble and now we can't force him into rehab or therapy. Decide which household he will live in for the next two years and keep him there. Find a therapist he can bond with. Drug test him and put him in rehab if he tests positive. He might resent being controlled but he needs it.

Brie, 18, Ashland, OR: I started at a new school freshman year and quickly landed with the wrong crowd, too. I also wanted to move back, but I'm glad I stuck it out. It takes time to make good, quality friends versus the "immediate friend" who cannot be trusted. Kids need boundaries. A 16-yearold should not be living with a friend.

Beau, 20, Citrus Heights, CA: At 16, I also had suicidal thoughts. My father was dying, my mother was abusive, there was not a single thing to count on. What saved my life was thinking about the people I loved and everything in front

Ashley, 21, Auburn, CA: So what if he's anti-counseling! Anyone talking about suicide needs help! He is obviously self-medicating with drinking and drugs. Stop letting him move around and take control even if he gets mad at you. You are saving his life!

Dear Stockton: Listen carefully. Your son is a "10" on the at-risk scale. You and his dad need to grow a backbone and give your son ONE home — whether he likes the school or not. If he goes AWOL, or continues to mention suicide, do not delay enlisting professional help to escort him to a hospital or psychiatric facility. Don't join the parents who tragically underestimated their child's suicide remarks. Such remarks are a primary warning sign. Please call 1-800-SUICIDE. In addition to emergency suicide prevention, this 24/7 confidential hotline will inform you of local shortand long-term care facilities where you son can be evaluated and stabilized.

To ask a question or be a panelist, write us at www.straighttalkforteens.com or P.O. Box 963, Fair Oaks, CA 95628.

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.

Short Sale Behind the Scenes Dear Dave,

What goes on behind the scenes

with a short sale? We're trying to buy a house that way, but it seems like it's taking forever. - Jennifer

Dear Jennifer,

A short sale, of course, is when a mortgage lien holder sells a house short of what it takes to pay off the mortgage, but gives a full release and delivers a clear title to the purchaser anyway.

Let's say you want to buy a house with a \$250,000 mortgage for \$200,000. In that scenario the lien holder will be taking a \$50,000 hit, so it has to be convinced that this is as much as they'll be able to get for that particular house.

The lien holder will do what is called "due diligence." It will order inspections and appraisals, and maybe even collect comparables statistics and documentation on how well homes in that area are selling, and at what price range. That kind of stuff takes time.

The main thing working against you right now, though, is that while the number of short sales has risen dramatically, the number of people handling these transactions has not. Many lien holders are simply overwhelmed and understaffed, and some of the folks they have handling these deals are not exactly experts when it comes to short sales. Hang in there, Jennifer. This could work out really well!

Curious About Credit Report Dear Dave,

I noticed recently that there have been several instances of companies asking for copies of my credit report. I've not done any business with these companies, and was under the impression they could only do things like this if you were trying to open an account with them. - Lynn

Dear Lynn, According to the guidelines of the federal Fair Credit Reporting Act, anyone with a valid business reason can check your report with or without your permission. It's not unusual today for employment applications to state that the company you're interviewing with can even pull a copy of your credit report to use as part of their employee screening process.

If you haven't been job hunting or applying for credit cards lately, it sounds to me like you've been hit with a load of marketing inquiries. Like most folks around the country, your mailbox is probably full of unsolicited credit card and home equity loan offers. The good news is that you can contact your bureau, and request a block for unsolicited marketing inquiries. This will help prevent companies from crawling through your bureau for the sole purpose of offering you stuff you didn't request!

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

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 to see class listings

or leather leash and a regular collar.

Carmichael Recreation Fall Classes

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

Dog Obedience

Taught by Lyle Reed

Does your dog need discipline? Help your pet understand what you want by learning basic commands such as heel, sit, come, down, stay and many more. Dogs or puppies must be four months old and have had all their DHLPP and Rabies shots. Proof of vaccinations MUST be presented on the first day of class. Please bring a four or six foot nylon

Carmichael Park Vets Bldg. Lawn 7 weeks - Saturdays, 9-10am 9/19-10/31 Cost \$100

COME DANCE WITH ME

Class meets 1 day a week for 4 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 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.

basic

Parent & Me Gymnastics,

walking - 3 years

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











Ask about our Mail Order Service!

(916) 349-9493

5859 Auburn Boulevard Sacramento, CA 95841

www.sacgermandeli.com sacgermandeli@sbcglobal.net



counseling, but he's totally

ROCK DOC

By Dr. E. Kirsten Peters

I worked for three years as a reporter for a daily newspaper. I loved the deadlines. I remember well the intensity of running down the courthouse hallway after the jurors who had just rendered the verdict in a murder trial. I'll also confess to speeding after fire trucks to the local airport during an emergency there.

That's one sense of time, familiar to compulsive coffee drinkers, manic single moms, and frantic business people everywhere. But let me offer you another sense of time, one that unfolds over epochs and eons and that might give you a new appreciation of nature.

Each Sunday I walk my dog along the railroad tracks that parallel the Snake River at the bottom of the Snake River Canyon. Clearly, the canyon was created as the river eroded the rock, bit by bit, over vast stretches of geologic time. But how do geologists get their heads around just how much time is involved in events in Earth history like the formation of everything from huge canyons to volcanic rocks or fish fossils?

The answer usually depends on natural "clocks" that are imbedded in Earth materials.

Mother Nature's **Red and Blue Clock**

how to read the hands of those clocks, and you can, too.

Radioactive decay is the main clock Mother Nature offers us. That can sound a bit scary, perhaps, but what's at issue can be explained in terms of a simple game I've played with college freshmen or even younger students using

red and blue bubblegum balls. Imagine you are given a bowl with 16 red bubblegum balls in it and a supply of blue and red gumballs to the side. The rules of the game are that, every minute on the minute, you remove half the red gumballs and replace them with blue gumballs.

Here's how things will go: You start with 16 red gumballs and no blue ones. After one minute, you replace half of your 16 reds with blues, so you have 8 reds and 8 blues. After the next minute, you replace half your reds again, so you have 4 reds and 12 blues. After the next minute, you'll have 2 reds and 14 blues. After the next minute, you'll have 1 red and 15 blues.

Here's the most interesting part: If I brought my Uncle Harry into the room at some random time after the game started, he could deduce how long you'd been playing. For example, if you had 2 reds and 14 blues in your bowl, Uncle Harry could figure out the game had been running between 3 and 4 minutes.

The gumballs are a simple analogy of radioactive elements and how we geologists can tell time based on them. The red gumballs represent the "hot" or radioactive elements (like carbon-14, a substance you hear

We geologists have learned about in the news sometimes.) The blue gumballs are the stable atoms the radioactive ones become over time as radioactive decay proceeds. Each minute in our example is called a half-life. Those are just the rules of the game that Mother Nature set up.

To be honest, I've had students eat a couple of gumballs out of their bowl somewhere in mid-game, and Mother Nature sometimes lets reds and blues "leak" out of sample materials. Those are complications, but there are ways to adjust the mathematics if they occur.

We geologists determine the ages of ancient bits of wood or volcanic minerals by finding the proportion of red and blue atoms (so to speak), and calculating how long the natural process of radioactive decay has been going on. The reds and blues are the natural "clock" that gives us a way to calculate just how long ago the Ice Age was or when the last dinosaur roamed North America.

I still like short deadlines, but Mother Nature often operates differently. She's got lots and lots of time for her stories. Lots of time is part of what makes the complexity of the fossil record and the world's vast canyons possible. They are a richly detailed tapestry woven over deep amounts of time.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@ wsu.edu. This column is a service of the College of Sciences at Washington State University.

Carmichael Times Page 10 August 26, 2009



100% Satisfaction Guaranteed

Better Hearing Made Easy

Get the world's first disposable hearing aid

If you or your loved one has mild to moderate hearing loss, the all-new Songbird® flexfit* is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms-without sacrificing quality or comfort.



flexfit

Improve your hearing without hassle or major expense

- . Crystal-Clear Digital Sound Quality
- . Lasts for 400 Hours of Active Use
- . No In-Office Fittings or Maintenance · No Batteries to Replace
- · Order from Home—by Phone or Online



You may not always need help hearing. For the times you do, trust Songbird.

Not available in stores Try It Now Risk-Free[†] Call 1-888-287-4963





ASK HOW TO GET FREE SHIPPING!

The Songbird flexit:" disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

Worried About Identity Theft?

We Have a Million Reasons You Should Choose LifeLock®



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





Discover the help you need!

Enjoy remarkably affordable residential memory care as well as memory day care.

the Chateau at Carmichael Park

Lic. #347001523 7125 Fair Oaks Blvd, Carmichael

Call (916) 481-7105! Ask for Cheryl.

Residents with Alzheimer's or other memory loss who make their home with us enjoy service-rich care that includes

- capable staff, on hand 24 hours a day, to assist with medications management, dressing bathing and other activities of daily living
- three nutritious meals and snacks daily as well as housekeeping and other services
- secured entrances and exits
- a fully developed, life-enhancing activities program
- compassionate staff who use gentle words, reassuring touch and other "best practices" to enhance the lives of those with memory loss.

Would you be interested in Memory Day Care during the weekends? We will extend our hours if there is a significant need. Call Cheryl today (916) 481-7105 or email her at chinton@HankFisherProperties.com



Through **The Club**, our Memory Day Care program, senior attendees enjoy meaningful activities, care and companionship, while their family caregivers run errands, visit with friends or simply relax and rejuvenate.

The Club is open weekdays from 8:00 a.m. to 5:30 p.m.

Be our guest for a trial, two half-days free!

LIMIT ONE COUPON PER FAMILY



Good for trial ~ two half-days FREE.

Call Linda to make a reservation (916) 482-2850

7125 Fair Oaks Blvd, Carmichael • Between Engle St. and Grant Ave.

www.HankFisherProperties.com



Celebrate Carmichael's Founders Day

Saturday, September 26th, 2009

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