

Carmichael Times



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Volume 29 Issue 37

Serving Carmichael and Sacramento County since 1981

September 16, 2009

Children's Leagues Combine Sports and Devotion



The league will include boys and girls from kindergarten through fourth grade.

By Lois K. Solomon

Imagine a soccer, flag football or basketball league in which the coaches don't yell at the kids and the parents don't scream at the coach. Each team is equally divided according to players' abilities, in pursuit of a perfect mix of strong and weak players. Every kid gets an award at the end of each game, including one for "most Christ-like." And at some games, no scores are kept, to take the emphasis off winning.

This scenario would be tough in many city recreation leagues. But for churches participating in Upward sports, strict rules about team make-up, score keeping and Christian devotion are parts of the game.

"It's a spectacular program to introduce young people to sports," said Sea Ranch Lakes resident Jerry McFarland, a father of twin 8-year-old boys.

"For many, it's also an introduction to Christianity," said McFarland, who coaches Upward teams at Christ Church United Methodist in Fort Lauderdale as well as in city leagues.

Participation in Upward leagues, for children in kindergarten through sixth grade,

has almost doubled in Broward and Palm Beach counties over the past five years, from 1,219 kids in the 2003-04 season to 2,353 now. There were five leagues five years ago; now there are eight, with teams playing basketball, flag football, soccer and cheering.

Whether they attend church or not, families appear to be connecting with the philosophy of Upward, which is based in Spartanburg, S.C. Across the country, programs have grown from seven churches in 1996 to 3,500 today. Upward attributes the growing popularity to a combination of factors: equal playing time for all children, ensuring no one sits on the bench for most of the game; an emphasis on learning the basics instead of getting to the next level; and engaging affiliated and unaffiliated Christians in a popular place — a ball field.

"We've developed a fun experience so they want to come back," said communications director Maria Maddin. "If they don't come back, we won't have a chance to share Christ."

Another part of the appeal is the way Upward uses biblical lessons to connect the children

to sports, to coaches and to each other, said John Daniels, a Boynton Beach parent who coaches Upward teams at Boynton Beach Community Church. His wife coaches an Upward cheerleading team.

Before each practice and game, students discuss a Christian theme.

"Taking time to go through the devotions allows me to connect with the kids," said Daniels, a father of two.

"The responsibility is on my shoulders, and it's become one of the most enjoyable parts."

At Boynton Beach Community Church, only 20 percent of the players' families belong to the church. Joining the league, which costs \$80, provides the children with a religious foundation they likely would not get otherwise, Daniels said. Christ Church's program fills up each season with 300 children, most of whom do not attend the church. Lauren Buschmann, minister to children and families, said she marvels at the manpower needed to run the basketball program, including 72 volunteer coaches and two staffers.

Fair Oaks Presbyterian is running the Upward Basketball program with registrations starting in September, player evaluations in November, practices in early December and games starting in January. The league will include boys and girls from kindergarten through fourth grade. The cost is \$85.00 if registered before November 8th and scholarships are available.

For more information e-mail Ken Friedman, Upward League Director at kenvf2600@yahoo.com or call Fair Oaks Presbyterian Church for more details. The phone number is 967-4784 ext. 869.

Reprinted courtesy of the South Florida Sun-Sentinel

Stanford Home Announces 5th Annual Sacramento Valley Wine Auction



Enjoy the best wine samplings, gourmet fare and entertainment Northern California has to offer.

Sacramento - Wine enthusiasts from the greater Sacramento area will eat, drink, and be merry at the fifth annual Sacramento Valley Wine Auction to be held Friday, September 25, at Arden Hills Resort Club and Spa. All event proceeds will benefit Stanford Home for Children, a nonprofit organization that is a Sacramento leader in providing services to children and families in their homes and communities.

Local and Napa Valley wineries and restaurants will begin the evening by offering wine and gourmet food tastings. The evening will feature a cigar bar, live entertainment, and two separate auctions beginning with a silent auction featuring rare wines, travel and lifestyle lots, and a rousing live auction with a remarkable assemblage of wine, art and gift certificates good for vacation getaways and more.

"Delicious food, great wine and an impressive array of auction items are sure to attract our most discriminating guests. The stage

is set for a fantastic benefit that will help a great cause. We are excited about the opportunity to raise funds for Stanford Home once again," says Keith Diederich, Stanford Home Executive Director. "Stanford Home is truly Sacramento's best-kept secret and this event is helping illuminate its vital contributions to the Sacramento community. By creating alternative solutions to institutional care, this agency is leading the field with successful, long-term solutions for children and families."

Tickets are \$75.00 per person, and can be reserved by contacting Heidi Mills at hmills@stanfordhome.org or 916-662-0008. Attendance will be limited to 350 individuals.

Stanford Home for Children is a Sacramento leader in providing services to children and families in their homes and communities: the best solution to supporting families in turmoil. Through family centered practices, we

connect and strengthen families, so that every child can thrive. For more than 100 years, Stanford Home's mission has been to provide innovative care and support to strengthen children and families so that they may define their own dreams, overcome their challenges, and thrive in the future. The nonprofit organization serves boys and girls of all races, creeds, and economic backgrounds—each with a different but painful set of experiences that have had a negative impact on their schooling, emotional well-being, and their ability to interact with adults and peers. Stanford Home seeks to unite and unify families whenever possible, minimizing the dependence on institutional care that can further traumatize a child facing turmoil. Stanford Home's vision for the future is to ensure that every youth is safe, healthy, self-sufficient, connected with family, and given the tools they need to develop into contributing members of our community.

Thousands of Businesses Need to File State Tax Returns

Sacramento - (Business Wire) - The Franchise Tax Board (FTB) today (Sept. 14) announced it has begun contacting more than 35,000 companies that did business in California in 2007 but failed to file a state tax return for that year.

The FTB annually reviews more than 5 million income records from government agencies and financial institutions and matches them against tax records filed to determine whether some

businesses have yet to file. As part of this annual effort, FTB collected approximately \$31 million last year from businesses that failed to file tax returns.

Businesses contacted by FTB will have 30 days to file their delinquent tax return or show why one is not due. If no action is taken, the FTB will issue a tax assessment that may include penalties and fees. With the state's automatic seven-month extension,

companies doing business in California are provided up to 10 and one half months to timely file their California state tax return.

The failure to file tax returns is one part of the tax gap that is defined as the difference between taxes owed and taxes paid. California estimates its annual tax gap to be \$6.5 billion per year.

For those receiving notices, information is available by calling 866.204.7902.

Veterans Community Support Network

Sacramento - On Friday, September 25 from 8am to 4pm, Sacramento City College and Veterans Community Support Network of Sacramento are hosting a FREE conference called, "Returning Home, From Combat to College and Beyond." The event will be held from 8:00 am - 4:00 pm at Sacramento City College Auditorium, 3835 Freeport Blvd, Sacramento, CA 95822. The primary purpose of this event is to raise awareness, increase sensitivity, and inform veterans, students, and educators

on how to assist in the success of veterans who enter higher education. Educators, students, and veterans, and the general public from California, Nevada, and surrounding communities are invited and encouraged to attend. Topics to be discussed include Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), Military Sexual Assault (MSA), Suicide Prevention, Veteran Clubs, college services, and appropriate responses to these kinds of conditions. Guest Presenters include Keynote

Speaker John Schupp, PhD, who runs the Supportive Education for the Returning Veteran (SERV) at Cleveland State University; Bob Weiland, "Mr. Inspiration", a double amputee Vietnam Veteran, Motivational Speaker and outstanding athlete; and Michelle Wild, M.A., Coastline Community College Faculty who specializes in technology assisted education. Pre-registration by Sept. 21st for FREE parking pass and lunch are strongly recommended. Go to www.sacvcsn.org to submit registration online.

H1N1 May Be On Everyone's Mind, But Don't Wait to Vaccinate Against Seasonal Flu!

By Glennah Trochet, M.D. - Sacramento County Health Officer

Sacramento - Usually at this time of year, our Public Health staff is preparing for the approaching fall flu season. But in fact, because of the H1N1 Flu (sometimes called "Swine Flu"), we have been experiencing a continuous flu season that has been underway all spring and summer.

It has been estimated that 98% of all flu cases in California are H1N1 flu. For most people who get the virus, H1N1 flu affects them just like regular seasonal flu and they recover quickly. But H1N1 flu has also exhibited some differences. Younger people are often more affected by H1N1, and in some cases have experienced severe illness, hospitalization and even death.

A vaccine for H1N1 flu is being developed right now, and as of this writing, is expected to be available in October. But regular, seasonal

flu will also be circulating, and the time to get vaccinated is now.

According to the Centers for Disease Control, every year 5%-20% of the population gets the flu, resulting in more than 200,000 hospitalizations from flu complications and 36,000 deaths nationwide. We normally expect to see 2-3 deaths related to seasonal flu in Sacramento. There is plenty of seasonal flu vaccine available, and we want everyone to get vaccinated, but there are a few target groups who really need to make sure they're protected from the flu: Adults 50 years of age and older, Children 6 months - 18 years of age, Residents of nursing homes and assisted living facilities, People with chronic medical conditions, Women who will be pregnant during the flu season, Caregivers and household members of the high-risk groups identified

above, Healthcare workers.

There are many clinics throughout the community that offer low- or no-cost flu shots, including your Health Maintenance Organization (HMO). The Sacramento County Immunization Assistance Program is conducting flu clinics beginning October 9th for all target groups listed above.

Although it is highly recommended people from high-risk groups get vaccinated, Sacramento County-sponsored flu clinics will never refuse service regardless of a person's gender, age, or occupation. A list of flu shot clinics provided by Sacramento County has been provided on the following page.

Visit the Sacramento County Public Health Web site at www.scph.com for more information and a flu clinic schedule, or call (916) 875-7053.

Elks Give 900 Dictionaries "The Gift Of Knowledge"

By Larry Stitt, Dictionary Project Chairman

Carmichael - In early September each 3rd-grade student in Carmichael elementary schools was given a free copy of "Webster's Dictionary for Students" by Carmichael Elks Lodge #2103. Receiving a gift of a dictionary has been called receiving "The Gift of Knowledge."

Carmichael Elks Exalted Ruler Bob Lowe reports that Lodge members distributed over 900 dictionaries to third-graders at Mary Deterding, Garfield, Mission, Thomas Kelly, Charles Peck, Albert Schweitzer, Starr King, Cameron Ranch, Carmichael and Coyle Avenue elementary schools. The excitement and enthusiasm the students displayed upon receiving their own personal dictionary indicates this gift of knowledge will motivate their

learning of dictionary skills.

Most schools teach dictionary skills in third-grade. The foundation for the concepts of correct usage of words, alphabetical order, and parts of speech develops from learning to use the dictionary. Third grade is also a critical juncture in a child's education -- this is when students make the transition from "learning to read" to "reading to learn." All formal education after third grade is premised upon the student being able to read and to understand what he or she reads. The availability of a dictionary helps build strong readers.

Latino children whose parents are not bilingual were also given Spanish-English dictionaries.

A possible auxiliary benefit was apparent at one of the schools. After several students said their favorite word was "dictionary"

and they were told the definition of dictionary is on page 111, many students had no clue as to how to find page 111. Thus, learning dictionary skills may also help students better grasp the concept of numerical order. This is just one example of the many benefits that will accrue from studying how to use their dictionaries.

Exalted Ruler Bob Lowe said the Carmichael Elks Lodge is proud to participate in the nationwide "Dictionary Project" as one of the Lodge's many programs benefitting Carmichael youths. The Dictionary Project furnishes dictionaries nationwide to as many third-graders as possible. The Project has distributed over 10 million dictionaries since 1995, and over 2.4 million in 2008 alone. Last year 6322 individuals or groups made donations to fund this outstanding program.

EXTRA! EXTRA! New release of Lady Carmichael Geraniums



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

Effie Yeaw Nature Center - September Events

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

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

SEPTEMBER

Evening Beaver Walks

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

Thursday the 3rd and 17th, call for times.

Meet the Friends of the Nature Center

Meet the members of the Nature Center's vital support organization, the American River Natural History Association, at this annual meeting and social evening. Be prepared to be inspired!

Wednesday the 16th at 6:30 PM

Shake, Rattle and Back Off!

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

Saturday the 19th at 10:30 AM

Habitat Improvement

Our Nature Area needs some special care. Join Jack in making improvements that will benefit our riparian woodland. Call Jack at 967-0777.

Sunday the 20th at 8:00 AM

Discovering Gold in California

Thar's gold in them thar hills! Learn about the discovery of gold in California and what effect its discovery had on the environment and native cultures.

Saturday the 26th at 10:30 AM

Natural History Hike

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

Sunday the 27th at 10:30 AM

Local Organic Gardening

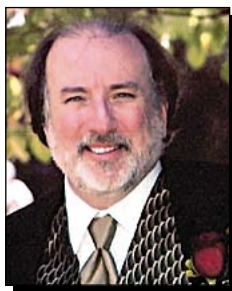
The story behind the unusual community garden located on an historic site of the American River Parkway will be presented by Shawn Harrison, executive director of the Soil Born Urban Agriculture and Education Project. Besides discussing the origins and mission of involving youth and adults in an urban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

Wednesday the 30th at 7 PM



Carmichael Times

Serving Carmichael and Sacramento County since 1981



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Helping People Learn Why Insurance is Important



Jeff Cartwright

Carmichael - You could say Jeff Cartwright grew up with insurance in his blood. Jeff's mother and father earned a living providing insurance coverage, claims adjusting and risk management throughout his life. His knowledge of the insurance industry comes from growing up immersed in it. Jeff learned the importance of people's homes, their lives and loved ones during a fifteen-year career in the retail home improvement industry. It was that experience- meeting people, learning of their care and concerns

for their homes and property that brought him full circle, back to helping people understand how to protect themselves against loss. Really, there was never any doubt Jeff Cartwright is an insurance man.

If you lived in Carmichael you may know Jeff from his Whitney Elementary or Mira Loma High School years, his work with local charity groups or playing local golf courses.

After 17 year's experience at other Sacramento area agencies, Jeff Cartwright's Nationwide Agency is now open.

Working first with corporate insurance carriers and later as an independent agent for several top companies, Jeff knows more about providing better coverage and lower costs than almost anyone else. His broad range of knowledge and lifetime of experience has made him an expert within the industry. Well known Folsom-based insurance executive Ted Norton says, "You can't go back after an event to change a

poorly designed policy. I was so impressed with Jeff's integrity and knowledge that I moved my personal insurance to him. I regularly refer clients to him."

His secret to success is not selling anything. Cartwright is praised by clients for helping people learn why insurance is important, guiding clients on how to buy the best coverage at the lowest price and helping preserve and protect the assets of the families he educates.

Like many great fathers Jeff wanted to spend quality time with his kids. He left his job for two years to raise his children, remodel the house and enjoy riding his motorcycle. When approached by a major Roseville-based agency with a call to help consumers protect their lives and families, Jeff went back to work in 1999.



With more than 20 years of service, a lifetime of insurance knowledge and a wealth of satisfied customers, Jeff Cartwright has become an acknowledged expert in insurance issues including personal lines, home, auto, motorcycle and business protection. That experience and expertise is why Nationwide Insurance invited Jeff Cartwright to become principal agent and open its new agency serving Sacramento communities from offices at 2621 Marconi Ave. in Town & Country Village.

For information or a quote please call 916-283-0364. For comment on insurance industry issues, please call media contact: Rick Reed 916-704-0080.



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ARC Fall "Current" Programs

NEW TRAIL PREVIEW HIKE - SOUTH FORK AMERICAN RIVER

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

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

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

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

SOLAR COOKING 101

Sunday, September 20th
11 am - 2 pm

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

KDD-FALL GOAT HIKE

Sunday, September 13th
9 am - 3 pm

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

SIERRA WILDLIFE RESCUE (SWR)-LIVE ANIMAL PRESENTATION

Tuesday, September 22nd
6:30 - 8 pm

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

SACRED NATURE TRAIL WALK

Saturday, September 26th
8 am - 1 pm

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

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Foul Thefts Threaten Stars of Fair Oaks Chicken Festival



Tourist attraction. Visiting British visitor Sue Samios greets friendly fowl in Fair Oaks Village Main St.

Fair Oaks - With the annual Chicken Festival hatching up for a September 19 blow out, Fair Oaks Village mascots have

the village," surmises Fair Oaks resident and fowl fan Hugh Gorman. Witnesses have reported strangers lurking with intent (and with nets) in village parks favored by Fair Oaks' iconic foragers. There are also reports of motorists luring hens into cars. "If people are stealing chickens, it must be for eggs," Gorman concludes.

Whether the recession has driven outsiders to desperate lengths is a moot point to villagers. They want the abductions to stop.

But, being nobody's property, the feral birds scratch between legal parameters. All that protects them is public affection. Chamber of Commerce staffers feed them. Tourists photograph them. A main street hardware store offers

cracked corn and a coffee shop sells bagged crusts for chicken snacks. Lately, flyers have appeared advising locals to "protect our mascots" by reporting thefts. Such signs warn that the current flock is down to mainly roosters and juveniles - an unhealthy ratio for harmony in any species.

Numbering 200 in happier times, the population has free range in central Fair Oaks. They possibly originated in the 1970s, from Gorman's own uncooped backyard flock. An artist whose murals celebrate local flora and fauna, Gorman admits a fondness for feathered ferals. "They feed on bugs you'd rather not have. I never have to stir my compost heap; a nice visiting rooster does that for me." Eggs regularly appear in under hedges to supply breakfast to villagers. Legend has it that a Stockman Bar patron regularly cracked fresh free range eggs - garnered from a nearby planter box -- in his beer every day.

Though main street gift stores are loaded with chick-a-brac and the county's "Welcome to Fair Oaks" signs sport roosters in silhouette, not everyone loves the



Chickens large or small are generally held responsible for any fouling of Fair Oaks sidewalks.

mascots. They crow at indecent hours, gatecrash Slocum House weddings and foul sidewalks. Car accidents and nature control the population somewhat. Possums and raccoons catch an occasional squawker; coyotes lope into town for their sunrise coqs-au-village.

"I consider them chickens well spent," shrugs Gorman. "They are self-replacing. But we still don't want people stealing our hens. I've hollered at people trying to catch them. That usually embarrasses them away." A park district employee also

recently blew the whistle. "I called the Sheriff when I saw a stranger chasing chickens with a net," reports the staffer. "Fortunately, the responding deputy was an animal lover. He told the guy to go away and never come back..."

General admission of the 4th annual Fair Oaks Chicken Festival is free.

For information, call Fair Oaks Recreation and Parks at (916) 966-1036.

Text and photos by Susan Maxwell Skinner

4th Annual Fair Oaks CHICKEN FESTIVAL

Presented by the Fair Oaks Recreation & Park District

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- Made up stories for me
- Taught me how to be strong
- Took me kayaking in Tahiti
- Listened a lot
- My turn to return the favor

Life's a journey. For part of it, your parents take care of you. For another part, you return the favor. When the time comes, we can help. Mostly, by making sure to honor your parents for a life well lived. If you need it, check out our Alzheimer's and memory care with revolutionary Snoeselen therapy.

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

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

General damages:
 Pain, suffering, and inconvenience: \$1,000,000.00.
 Emotional distress: \$2,000,000.00.
Special damages:
 Medical expenses (to date): \$75,000.00.
 Future medical expenses (present value): \$250,000.00.
 Loss of earnings (to date): \$30,000.00.
 Loss of future earning capacity (present value): \$60,000.00
Punitive damages:
 Plaintiff reserves the right to seek punitive damages in the amount of \$1,000,000.00 when pursuing a judgment in the suit filed against you. Dated: Aug. 18, 2009
 Jennifer A. Weiner, Esq. Attorney for the Plaintiff.
 Publish: September 2, 9, 16, 23, 2009.
 KOELLE 90901 9-23-09

for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 4, 2009. Shelleyanne W.L. Chang Judge of the Superior Court. Publish: September 16, 23, 30, October 7, 2009. DUMNI 90903 10-7-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-0005495
 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. KIM 90804 9-16-09

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056549
 WHEREAS, John Girardo, Jr. has filed a petition with this court for a decree changing name of John Girardo, Jr. to Jp;u Garrtt. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 13, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 1, 2009. Loren E. McMaster Judge of the Superior Court. Publish: September 9, 16, 23, 30, 2009. GIRARD 90902 9-30-09

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210
 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 11, 2009. Loren E. McMaster Judge of the Superior Court. Publish: August 26, September 2, 9, 16, 2009. GRISWOLD 90804 9-16-09

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210
 WHEREAS, Dana Radivoch and Ricardo Lozano have filed a petition with this court for a decree changing name of Vincent John Lozano to Tysen John Lozano. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 6, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 25, 2009. Loren E. McMaster Judge of the Superior Court. Publish: September 2, 9, 16, 23, 2009. LOZANO 90901 9-23-09

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210
 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 11, 2009. Loren E. McMaster Judge of the Superior Court. Publish: August 26, September 2, 9, 16, 2009. GRISWOLD 90804 9-16-09

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210
 WHEREAS, Dana Radivoch and Ricardo Lozano have filed a petition with this court for a decree changing name of Vincent John Lozano to Tysen John Lozano. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Oct. 6, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 25, 2009. Loren E. McMaster Judge of the Superior Court. Publish: September 2, 9, 16, 23, 2009. LOZANO 90901 9-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210
 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 11, 2009. Loren E. McMaster Judge of the Superior Court. Publish: August 26, September 2, 9, 16, 2009. GRISWOLD 90804 9-16-09

STATEMENT OF DAMAGES (Personal Injury or Wrongful Death)
 CASE # SCV24413
 To: Danielle Bernstein, Defendant.
 Plaintiff's name is: Shandz Gousheh.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056843
 WHEREAS, Barry Wayne Dumnich, Jr. to Barry W. Dumnich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 16, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 1, 2009. Loren E. McMaster Judge of the Superior Court. Publish: September 9, 16, 23, 30, 2009. GIRARD 90902 9-30-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055210
 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 11, 2009. Loren E. McMaster Judge of the Superior Court. Publish: August 26, September 2, 9, 16, 2009. GRISWOLD 90804 9-16-09

STATEMENT OF DAMAGES (Personal Injury or Wrongful Death)
 CASE # SCV24413
 To: Danielle Bernstein, Defendant.
 Plaintiff's name is: Shandz Gousheh.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00056843
 WHEREAS, Barry Wayne Dumnich, Jr. to Barry W. Dumnich. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Oct. 16, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Sept. 1, 2009. Loren E. McMaster Judge of the Superior Court. Publish: September 9, 16, 23, 30, 2009. GIRARD 90902 9-30-09

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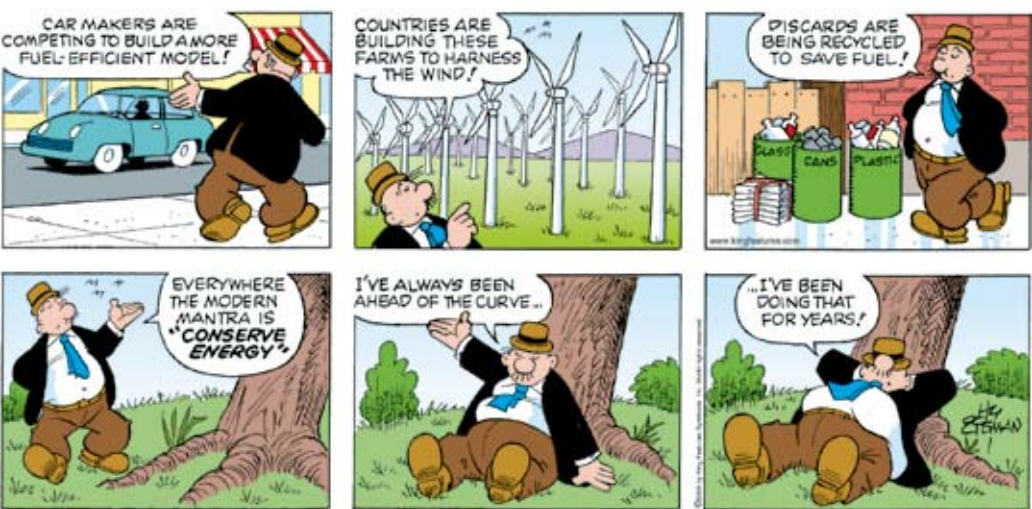
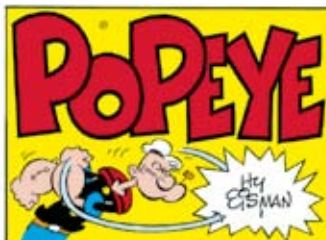
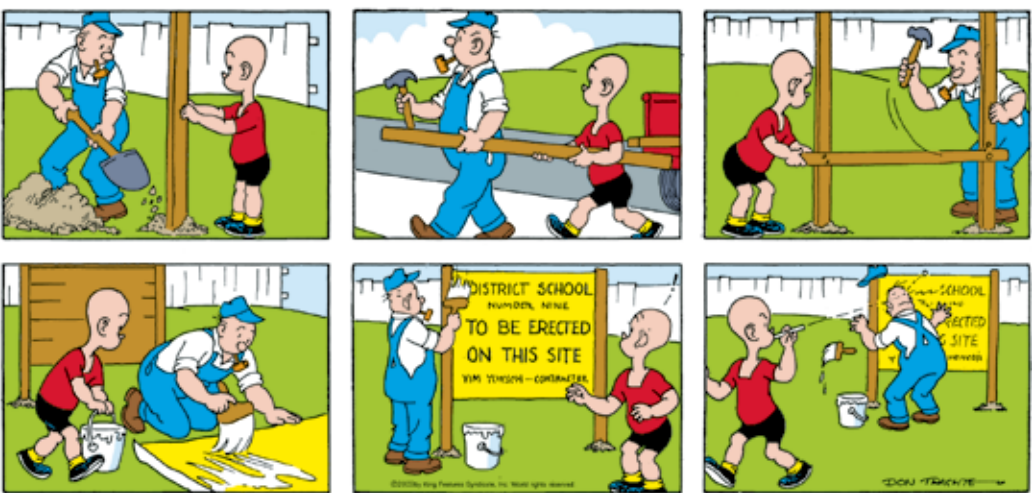
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HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Squirrel is missing. 2. Birds are in sky. 3. Boy's hat is different. 4. More rocks are on ground. 5. Knapsack has been moved. 6. Tree branch is missing.

Trivia test by Fifi Rodriguez

- MEDICAL:** What are the symptoms of a person suffering from a scotoma?
- INVENTIONS:** What color were early Model T Ford autos?
- FAMOUS PEOPLE:** Where was the French emperor Napoleon born?
- GEOGRAPHY:** What is the basic currency of Singapore?
- ASTRONOMY:** Ganymede is a moon of which planet in our Solar System?
- CHEMISTRY:** What is the common use for the drug diphenhydramine hydrochloride?
- ROYALS:** Who was the second wife of Henry VIII of England?
- MYTHOLOGY:** Who was the Roman god of fire?
- TELEVISION:** What was Ethel's last name on the "I Love Lucy" show?
- COMICS:** In Superman comics, what was the motto of The Daily Planet?

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● **WORDS WITH A "BAM"**

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

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

- | | | | |
|-----------|-----------|-----------|-------------|
| Abamp | Bamako | Bamfield | Meprobamate |
| Abampere | Bamboo | Carbamate | Obama |
| Alabama | Bamboozle | Carbamide | Riobamba |
| Alabamian | Bambusa | Lobamba | |

All Answers on Page 5

Contract Bridge

AURAL AND VISUAL CLUES

North dealer.
East-West vulnerable.
NORTH
♠ Q J 9 8 3
♥ J 9 3
♦ 10 6 3
♣ 10 7
WEST
♠ K 6
♥ K 8 7 6
♦ J 5 4 2
♣ K J 8
EAST
♠ 4
♥ A Q 10 4 2
♦ —
♣ A Q 9 6 5 4 3
SOUTH
♠ A 10 7 5 2
♥ 5
♦ A K Q 9 8 7
♣ 2

The bidding:
North Pass
East 1 ♠
South 1 ♦
West 1 ♥

Should you believe your eyes or your ears? This question comes up from time to time at the bridge table, and there is no easy answer to it. It depends on the hand you're dealing with, the opponents you're playing against, and any other factors that may be present. For example, take South's problem on this hand. South was the late Bill Root, one of the game's top players and teachers. All he did was to overcall East's one-club bid with one diamond, and the next thing he knew he was faced with a six-heart bid by East.

Now, Bill had been around for a while and knew the value of an ace when he saw one. Especially, two aces. But he also knew that East, a worthy foe, also appreciated the power of an ace. And here was East, obviously aware he was missing two aces, bidding six hearts, apparently with the expectation of making it. So Root bid six spades, believing his ears rather than his eyes. And he was right, of course, since six hearts would have been a breeze for West. West doubled six spades, and the hand was played there. The defense didn't find its diamond ruff, so six spades went down only two — 300 points. A double or a pass by Root would have given East-West a vulnerable small slam. Afterward, West expressed his regret that he had not bid seven hearts instead of doubling. He had something there, since North would have had a difficult guess as to whether to lead a spade or a diamond against seven hearts. A diamond lead, of course, would have allowed West to make the grand slam. But Root said the matter was academic because he had planned to bid seven spades over seven hearts. He could not afford to risk losing 2,410 points as the result of a wrong lead when a relatively cheap sacrifice was available. He was willing to pay a small premium to take out insurance against a big loss.

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by Steve Becker

Carmichael Cactus and Succulent Society
Carmichael Cactus and Succulent Society Meeting
Thursday October 1, 10:00 am
Cactus & Succulents Gardens with Lenear Merloyn
Carmichael Park Clubhouse
5750 Grant Avenue Carmichael, CA 95608
Cost: Free!
Visitors are Welcome!
Ph: 916-729-3475

Serbian Food Festival & Craft Faire
Saturday, October 10, & Sunday, October 11
Everyone is cordially invited to this annual event to enjoy wonderful ethnic prepared food and heritage pastries. Take home is also available! Come join us for great food, entertainment and wonderful crafters!
There will also be guided tours interpreting "The Beauty of the Frescoes" inside the beautiful Serbian Orthodox Church. All her welcome to view and enjoy!
Serbian Orthodox Church
7777 Sunset Avenue
Fair Oaks, CA 95628
(916) 966-5438

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Call 773-1111



KING Crossword

Answers on Page 5

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

ACROSS

- Scolded
- Young lion
- Skaters' venue
- Dorothy's destination
- Work with
- Mideast port city ...
- ... and a dweller therein
- Soft fabric
- Grayish red
- Long, harsh speech
- House section
- Cauldron
- Heavy military footwear

- Makes a hole
- Rowing prop
- Missionary Junipero
- Unit
- Commandment pronoun
- "Sinker"
- "That tastes awful!"
- Infamous lyre player
- Damage
- Household linens
- Agree
- Pelvic bones

- Evidenced a pinprick
- Frank McCourt book
- and void
- "— Breckinridge"
- Type squares
- Mirth
- DOWN
- African nation
- Circle dance
- Mosque VIP
- Go ashore
- Repeated monotonously

- Mex. neighbor
- A-number-1
- Rifleman's tamping
- a device
- Act of thinking
- Dweeb
- Leg joint
- With it
- Weeps loudly
- Dunderhead
- Make marginal notes
- "That feels good"
- Casino employee
- Actuality
- Wildebeest

- Prepared
- Taj Mahal city
- Kampala's country
- Optimistic
- Toper's interruption
- Cold War weapon (Abbr.)
- Magical herb of myth
- Ceremony
- Hebrew month
- Anger
- Harvard's rival
- Poorly lighted

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.

What's Included?

Dear Dave,
I've heard you say that your mortgage payment shouldn't be more than 25 percent of your take-home pay. Does this figure

include taxes and insurance, or just principal and interest?
- Anonymous

Dear Anonymous,

That figure includes taxes and insurance. Just remember, the whole idea is to make sure your house payment is manageable. You don't want to have so much money going toward your mortgage every month that you can't enjoy life or take care of your other financial responsibilities.

I figured out a long time ago that I've got more money when I don't have debt. It's a pretty simple formula, isn't it? If you want to build wealth, you have to get out of the payment business. I don't beat people up for getting a 15-year, fixed-rate mortgage, but you don't want all of your income going toward your house payment, either. If half of what you make every month goes straight to the bank, you'll have less money for other stuff. Plus, after a while that great house will stop looking so great. It'll be a chain around your neck instead of a place you love to call home.

Don't try to figure out how much debt you can get into. Instead, figure out how much debt you can get out of!

- Dave

Missing out

Dear Dave,

I've only got a high school education, and I'm stuck in a dead-end job. I've always been a hard worker, so the 70-hour weeks don't bother me. However, I do miss getting to spend time with my kids. I feel like I'm missing out on their lives. Do you have any advice on how to change my situation?

- Denise

Dear Denise,
I think you've already solved a lot of the problem by realizing that you're like a mouse stuck in a wheel. You know you're not getting anywhere, and you're ready for things to change. Identifying the problem is a huge step in solving the problem.

Now, mechanically and logistically, how do you make the change when you're handcuffed to a job that works you 70 hours a week? You've got a family to feed, so you can't just quit your job. But you can talk to your boss, and see if the company will back down on your hours a little bit. Let them know what's happening with your family, and that you'd like to take some classes and improve yourself and your value in the workplace.

But before you do any of that, you've got to have a definite direction in mind. The idea of making more money and working less isn't the answer. You need an in-depth, detailed game plan for where you want to be in the next three to five years and how to get there. It may involve going back to school for some classes, or even getting a full-blown degree. If you identify your long-term goal in detail, it will lead you to some of the short-term goals that will help you arrive at your final destination.

The best book I've ever read on this kind of thing is *48 Days to the Work You Love* by Dan Miller. He's my all-time favorite career coach. He'll lay out the steps to discovering what it is you really love to do and how to get there.

God bless you, Scott!

- Dave

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

Laura on Life

What Moms Are Made Of



By Laura Snyder

From all accounts, when I was a little girl, I was, like most little girls, made of sugar and spice and everything nice. Of course, when I became a teenager, I was made of sarcasm, drama, and everything hormonal.

You tend to mellow out a tad after all of your friends abandon you and your parents become afraid of you. But did I go back to sugar and spice and everything nice? Maybe for a time: Long enough to snag a husband anyway, but not long enough that anyone else would have noticed.

I guess I was being slightly deceitful to let my boyfriend think I was even close to "everything nice," but I think I believed it as well while we were dating.

Then we married and I realized that I was the one being deceived. He didn't necessarily want sugar and spice and everything nice. What he wanted was someone who would walk his dirty socks to the hamper, shop for his underwear, and do all of the things that he was apparently incapable of doing. It was most important to find someone who would do all of this without doing him mortal harm.

Dating seems to be a tool for measuring a person's tolerance level because, well, nobody wants to be stabbed in their sleep.

Fortunately, for him, I was still willing to put on the airs of sugar

and spice and everything... um... mediocre... until we had children. Then I became Momzilla.

My husband is just one of the many husbands who must wonder what happened to that sweet girl he married. The one who laughed at his jokes and ran her fingers through his hair. That girl whose sweet face smiled up at him when he brought her flowers.

Momzilla thinks his jokes are stupid and it's not her fault that he has no hair to run her fingers through, is it? When he brings flowers, she only wonders what on earth he's done now. When she smiles - which is really scary and usually means you should run - a road map of brittle wrinkles appear on her face.

Mostly, though, Momzilla frowns and says things like: "Clean up your room," and "Did you pee in the bathtub again?" and "Don't eat the crayons!" She usually has the look of someone who has just tasted a persimmon: the squinty eyes, the pursed lips, and dilated nostrils. At times you could swear that she's grown horns and breathes fire.

Sugar and spice and everything nice? Try alum, and cayenne pepper and everything offensive.

Momzilla has an alter-ego, however. This alter-ego is called Mommy. Mommy could fool one into believing that Momzilla never existed, but her husband knows it's still hidden inside, under the freshly baked chocolate chip cookies and

deep inside the warm comforter she tucks around a little one. The snuggly good night hugs and kisses are just a cover-up for Momzilla.

What he doesn't know is that she'd rather be Mommy than Momzilla and that he has a great deal of control over that. She'd much rather curl up on the couch with her little sugar and spice and puppy-dog tails, if only she didn't have laundry to do. She'd rather play a game of hide and seek with them than empty the litter box. She'd rather take her husband to bed than mop the floor.

If her husband could somehow take some of that burden from her, Momzilla would melt like the Wicked Witch of the West. If she couldn't exactly be sugar and spice and everything nice again (because she forgot how), at the very least, she'd be Splenda and nutmeg and everything harmless.

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.

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Statewide Small Business Stimulus Program Heads to Sacramento

Business Matchmaking and SBDC team to help entrepreneurs access contracts

Sacramento — On Sept. 22 Sacramento will be the fifth stop in a 15-city, California tour aimed at increasing small business readiness to access stimulus-funded contracts through President Obama's Economic Recovery Plan.

The program, Stimulus Opportunities for Small Business, is free for participants and will be presented by California Small Business Development Centers and Los Angeles-based nonprofit Business Matchmaking, in cooperation with the Small Business Advocate in the governor's office.

"There has been a lot of news coverage surrounding large corporations and banks securing stimulus funding, and this program was created to assist small businesses by getting them the information needed to access

these funds as well," said Dan Ripke, regional director of the Northeastern California SBDC.

Ripke added that one of the most exciting parts of the program is that participants will get firsthand insight from state and federal government buyers, and corporate representatives from the U.S. General Services Administration, Caltrans, American Airlines, Chevron, American Express OPEN and Hewlett-Packard. Aside from capitalizing on stimulus opportunities, these events will connect small businesses with free consulting aimed at helping entrepreneurs survive or thrive in the current economy.

Marty Keller, director for the Office of Small Business Advocate, said that the California SBDC and Business Matchmaking partnership for

these stimulus events is important because it provides essential tools and information that can ease small businesses through the procurement process.

"The power of this event is that it combines a breadth of information about all the sources of stimulus dollars with the practical information a small business needs to enter the often bewildering world of government contracting and grants," Keller said. "Even though Sacramento is the seat of state government, small businesses frequently have difficulty accessing this type of funding, and so this event will give small businesses the hands-on, direct instructions they need to explore state stimulus-financed opportunities."

Sacramento German Genealogy Society (SGGS)

P. O. Box 660061 • Sacramento, CA 95866-0061
• <http://www.sacgergensoc.org>

The monthly meetings are held at 1:00 pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way. St Mark's is located directly behind Country Club Plaza near Watt and El Camino Avenues.

TUESDAY, SEPTEMBER 22, 2009
Topic: "The 'Helper's' Role in German Research."
Presenter: **Leland Meitzler**, Managing Editor of "Everton's Genealogical Helper"

As editor of that new and amazing "Helper," Leland Meitzler keeps us posted on the newest, the most useful resources, and even remote resources. "Keeping track of what's where" is his mission and his obvious talent

TUESDAY, OCTOBER 27, 2009
Topic: "The Role Played by Societal Status in Family History Research"
Presenter: **Roger P. Minert, PhD, AG**

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

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

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

Kindergym, 3-5 years

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

Basic Gymnastics, 6+ years

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

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185/65HR-15	\$78.67	225/60HR-15	\$114.17	215/55VR-17	\$134.07	215/45ZR-17XL	\$113.96
195/65HR-15	\$84.13	205/60HR-16	\$108.09	225/55VR-17	\$141.13	225/45ZR-17XL	\$116.92
205/65HR-15	\$90.18	215/60HR-16	\$108.29	195/50HR-15	\$81.80	235/45ZR-17	\$117.42
215/65HR-15	\$97.14	225/60HR-16	\$106.77	205/50HR-15	\$88.51	245/45ZR-17	\$125.85
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P245/75R-16	\$155.43	P215/70SR-16	\$150.75	P265/70SR-18	\$203.38	P265/60SR-18	\$234.09
LT245/75R-16 C	\$191.95	P225/70SR-16	\$150.63	LT275/70R-18 E	\$279.31	285/60SR-18	\$217.42
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P255/75SR-16	\$174.87	P245/70SR-16	\$169.54	LT365/65R-16 D	\$272.98	P275/60TR-20	\$246.65
LT265/75R-16 C	\$208.49	P255/70SR-16	\$174.56	P235/65HR-17	\$196.18	LT305/60R-20 E	\$407.31
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- Factory Quality Parts

LES SCHWAB BRAKE SERVICE INCLUDES:

DISC BRAKE SERVICE

WE RESURFACE BRAKE ROTORS

WE REPLACE Caliper Assembly, Bleeder Screw, Caliper Housing, Pad & Plates, Boot, Piston Seal, WE REPLACE Bushings & Bushings

DRUM BRAKE SERVICE

WE RESURFACE BRAKE DRUMS

WE REPLACE Primary Shoe, Return Spring, Secondary Shoe, Return Spring, WE REPLACE Wheel Cylinder Assembly, WE REPLACE Secondary Shoe, WE REPLACE Adjuster Lever Spring

REAR DRUM BRAKE ASSEMBLY

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)

BRAKE SYMPTOMS TO WATCH FOR:

- Do your brakes grab?
- Do your brakes squeal when you step on the pedal?
- Does your vehicle pull when you apply the brakes?
- Do you hear a grinding noise when you step on the brakes?
- Is your brake pedal spongy or maybe too hard?

FREE BRAKE INSPECTIONS
(ON MOST VEHICLES)