

Carmichael Times



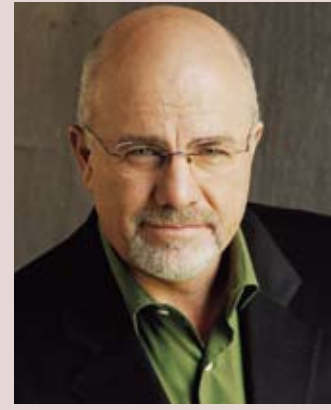
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Volume 29 Issue 35

Serving Carmichael and Sacramento County since 1981

September 2, 2009

RT Fares Increased Sept. 1



Transfers and Lifetime Passes Will No Longer Be Issued

Sacramento - In response to a \$9 million budget deficit, the Sacramento Regional Transit District (RT) will implement fare changes effective Tuesday, September 1, 2009. The Basic fare will increase to \$2.50 (from \$2.25) and the Discount fare will increase to \$1.25 (from \$1.10).

Central City/Shuttle fares will be discontinued, and transfers will no longer be issued or accepted (with the exception of the Capitol Corridor). As a result, passengers will be required to pay a Basic or Discount single fare for each trip or purchase a daily pass valid for unlimited rides on that day. For light rail passengers, single ride tickets are good for two hours from time of validation on light rail only.

There is no increase to the cost of the daily pass and monthly pass, which are valid for unlimited rides on buses and light rail for the date(s) or month shown. RT daily and monthly passes are also

accepted by Amador Regional Transit, e-tran, Folsom Stage Line, Placer County Transit (only valid for connections at Watt/I-80), Roseville Transit (only valid for connections at Louis Lane and Orlando Avenue), South County Transit - SCT/LINK, and YoloBus.

The Lifetime Pass, which allows free fare for passengers age 75 and over, will no longer be issued; however, passengers who currently possess a Lifetime Pass will be allowed to continue to use the pass beyond September 1. All other seniors will be required to pay the Discount fare.

Beginning September 1, passengers age 75 and over may purchase a "SuperSenior" monthly pass for \$40. The Super Senior monthly pass is only available for purchase at the RT Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street light rail station).

Due to the fare increase, RT

light rail fare vending machines will not accept pre-paid \$2.25 Basic single fare or \$1.10 Discount single fare tickets (June 30, 2010 expiration date) on or after September 1, 2009. Light rail passengers must exchange these Basic and Discount tickets for new fare media. Bus passengers may continue to use pre-paid \$2.25 Basic single fare and \$1.10 Discount single fare tickets (June 30, 2010 expiration date) on buses only by paying the additional fare.

RT will conduct exchanges of fare media (June 30, 2010 expiration date only) with additional payment at the RT Customer Service and Sales Center. The Sales Center is open weekdays from 8 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m.

For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

See Page 4 for new schedules

Metro Fire Board Picks New Fire Chief

Sacramento - On August 29th the Sacramento Metropolitan Fire Districts Board of Directors voted with a majority to promote William "Bill" Sponable to the position of

Chief Deputy Fire Chief. The Chief Deputy Fire Chief will serve as the successor to Chief Mette until his retirement at the end of December. Chief Deputy Sponable is the current

Chief Financial Officer for The Sacramento Metropolitan Fire District and brings over 30 years of fire service experience with him to his new position.

Building Standards Commission Announces First Green Building Code

Sacramento - (Business Wire) Furthering California's commitment to lead the nation in environmental protection initiatives, the California Building Standards Commission announced that the nation's first Green Building Standards Code became effective August 1, 2009.

"California continues to lead the way in its efforts to reduce the impact buildings have on our environment. This new code encourages the use of renewable, recyclable, and recycled material in the building process, requiring all California buildings to be constructed with the environment in mind," said Dave Walls, Executive Director of the Commission. "While the new code is voluntary, it is the first step toward meeting the Governor's 2010 objective."

The code, the culmination of a two-year effort by the administration, encourages the reduction of a building's potable water use by 20 percent and a reduction beyond California's Energy Code, which is already one of the most stringent codes for energy efficiency in the nation. Additionally, the new code establishes methods for

significant improvements in water usage for plumbing fixtures, has measures for specific household and landscape water conservation reductions, and establishes a two tiered 15 or 30 percent energy savings above current levels for all buildings through a combination of more efficient appliances and windows, better insulation, and other performance enhancing measures. This code also identifies improvements to air quality, resource conservation, and suggests various site improvements such as parking for hybrid vehicles and better storm water plans.

While expediting the greening of California's building standards in 2007, Governor Schwarzenegger directed the commission to work with other state agencies to develop mandatory green building standards applicable to all occupancies in the state as part of the 2010 California Building Standards Code. The code has been designed to pave the way for further advances in the development of cutting-edge green building standards in an effort to meet the

challenges of global warming identified by the governor as a critical issue. The Governor applauded the commission for adopting the first-in-the-nation code on July 17, 2008.

The California Building Standards Commission along with the International Code Council (ICC), the California Building Officials (CALBO), and state agencies such as the Department of Housing and Community Development (HCD) plan to participate in various public-private partnerships for future green building training and educational outreach efforts throughout the state.

The International Code Council (ICC), publisher of multiple international model codes, publishes the California Green Building Standards Code. For information on the California Green Building Standards Code or how to obtain a copy of the California Building Standards Code please visit the commission website at www.bsc.ca.gov or contact the commission at (916) 263-0916.

Source: California Building Standards Commission

California Tax Reform Proposal Would Put State Back on Stable Ground

Consumption Tax Could Replace General Fund Sales Tax, Corporate Income Tax

Sacramento - As California's Commission on the 21st Century Economy weighs three proposals to stabilize the state's finances, a Tax Foundation analysis shows that one plan would go furthest to reduce revenue volatility by replacing the general fund sales tax and corporate income tax with a net receipts tax (NRT) and flattening the individual income tax to one rate.

"California has been too dependent on taxing personal and corporate income, which as history has shown results in unpredictable booms and busts that wreak havoc on the state's budget," said Tax Foundation adjunct scholar Kiran Sheffrin, who co-authored Tax Foundation Fiscal Fact No. 181, "Finding Stable Ground: California Reform Commission Puts Tax Overhaul on Table." "By replacing the corporate income and sales taxes with a broader based consumption tax, the state eliminates that volatility and puts in place a more reliable tax structure."

"Simplifying California's current seven-rate personal income tax system to a single flat rate also would provide more steady revenue projections for the state legislators," noted co-author and adjunct scholar Micah Cohen. Fiscal Fact No. 181 may be found

online at <http://www.taxfoundation.org/publications/show/24928.html>.

An NRT can be described as a consumption tax or Value Added Tax (VAT), which is widely used around the world and is similar to a retail sales tax levied on all end-user goods and services. The proposal would add an NRT of 2.77% to replace the current 5% general fund sales tax and 8.84% corporate income tax. The personal income tax, which currently has a top rate of 10.55%, would be flattened to one rate of 6% and allow only personal exemptions and deductions for mortgage interest, charitable donations and property taxes.

A second proposal would simplify the personal income tax to two brackets at rates of 3.5% and 7% and retain current deductions and credits, reduce the corporate income tax rate from 8.84% to 7% while eliminating the investment tax credit, and reduce the state sales and use tax rate. While the plan is a significant improvement over the current system, Sheffrin and Cohen note that it pales in comparison to the first proposal, which represents more fundamental reform.

A third alternative, dubbed the "blue proposal" for its left-of-center backers, attempts to control volatility by reapportioning some

revenue for the future into a rainy day fund, broadening the sales tax base to include services (not just goods) and lowering the corporate income tax rate. It also includes some provisions that would steer the state in the wrong fiscal direction, such as weakening Proposition 13 and adopting a carbon tax on energy.

Sheffrin and Cohen note that neither of the first two proposals are perfect, but they are leaps and bounds ahead of both the blue proposal and the current tax structure.

"All proposals on the table will encounter political opposition, whether because they disturb entrenched interests or reduce progressivity or both," the authors conclude. "However, no great progress can be made in California without doing both, because much of the volatility stems from the highly progressive nature and the innumerable special exemptions, credits and deductions in California's tax code." The Tax Foundation is a nonpartisan, nonprofit organization that has monitored fiscal policy at the federal, state and local levels since 1937. Fiscal Fact No. 181 may be found online at <http://www.taxfoundation.org/publications/show/24928.html>.

Source: Tax Foundation

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

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Effie Yeaw Nature Center - September Events

New Interactive Exhibit Opening August 24th: Bountiful Harvest

*September: New Interactive Exhibit - Bountiful Harvest:
An Exploration of Maidu Culture*

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

SEPTEMBER

Evening Beaver Walks

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

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

Exploring the Maidu Village

How were tule shelters, grinding rocks, and acorn granaries made and used by Nisenan Indians? Find out by joining a naturalist for a guided tour of the Nature Center's replica Nisenan Summer Village.

Saturday the 12th at 10:30 AM

Turkey Vultures

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

Sunday the 13th at 10:30 AM

Meet the Friends of the Nature Center

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

Wednesday the 16th at 6:30 PM

Shake, Rattle and Back Off!

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

Saturday the 19th at 10:30 AM

Habitat Improvement

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

Sunday the 20th at 8:00 AM

Discovering Gold in California

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

Saturday the 26th at 10:30 AM

Natural History Hike

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

Sunday the 27th at 10:30 AM

Local Organic Gardening

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

Wednesday the 30th at 7 PM

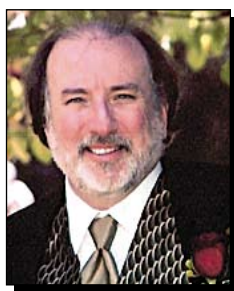


www.effieyeaw.org. The Nature Center is located in Ancil Hoffman Caounty Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 TDD/TTV

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Carmichael Times

Serving Carmichael and Sacramento County since 1981



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Memory Care Program Celebrates Anniversary



Congressman Dan Lungren, (R-Gold River); his wife, Bobbie, (left); and Program Director Linda Zisko (right) were on hand to celebrate the 3rd Anniversary of Hank Fisher Properties' memory day care in Carmichael. "The Club Carmichael Park" is part of the senior living and care available at the Chateau at Carmichael Park retirement community.

Carmichael - On Thursday, August 6, The Club Carmichael Park -- Hank Fisher Properties' memory day care program -- celebrated its Third Anniversary. Congressman Dan Lungren was the featured guest.

The Club is designed to support families and individuals who provide informal care to seniors who have Alzheimer's disease or other cognitive loss. Their elderly loved ones spend all or part of the day in a supervised,

secured environment, enjoying activities and opportunities to socialize. Family caregivers are freed up to keep appointments, visit friends, complete other projects or relax and rejuvenate.

The program was originally developed by Triple R and housed at the Chateau at Carmichael Park, Hank Fisher Properties' senior community that offers independent senior living but specializes in memory care. Hank Fisher Properties took over the program in 2006 when loss of funding threatened to close it. Linda Zisko has served as director of The Club Carmichael Park since its opening.

Rob Wangler, Executive Director of the Chateau at Carmichael Park, hosted the festivities. The community is located at 7125 Fair Oaks Boulevard (near Grant Avenue) in Carmichael. For further information, contact the community at (916) 481-7105.

Legislation to Protect Travelers From Bird Strikes Moves to Governor's Desk



Senator Dave Cox

Sacramento - Aviation officials at California's public airports may soon have legal backing to protect the traveling public from bird strikes. A proposal, shepherded by veteran Senator Dave Cox (R-Fair Oaks), to affirm airport officials' responsibility to keep birds away from airplanes passed its final legislative hurdle. The vote was 38 to 0. "The safety of airplane passengers must be a priority,"

said Senator Cox. "Airport officials have the responsibility to safeguard millions of Californians who travel by air each day. This measure gives them the legal authority to protect human lives."

Co-authored by Senate President pro Tem Darrell Steinberg (D-Sacramento) and Assemblyman Roger Niello (R-Fair Oaks), Senate Bill 481 gives all public use airports with federal depredation permits assurances that they have a legal right to remove birds they believe may endanger planes. SB 481 further states that the taking of birds at public airports to protect public safety does not violate state law. It further amends the Fish and Game Code to codify existing practice based on compliance with federal law.

A total of 1,471 bird strikes were recorded at Sacramento International Airport from 1990 to 2008, according to a report by the Federal Aviation Administration.

For years, Sacramento Airport officials have followed federal

law which requires them to protect travelers from "bird strikes." Under federal depredation permit, every effort is made to divert wildlife from an airplane's flight path through harassment, trapping or relocation. As a last resort, airport personnel have the authority and responsibility to remove birds to protect human lives.

Officials at the state Department of Fish and Game claimed that state law is silent on whether airport personnel have the approval to remove wildlife that threaten passenger safety. This bill would resolve the concern raised by state officials.

The Governor has 12 days to act on the measure after it gets to his desk.

Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email at senator.cox@sen.ca.gov.

Fatality On I-80 Westbound- SR-51 Split

On August 25, 2009 at approximately 8:59 hours, a two vehicle fatal collision occurred on I-80 westbound at the SR-51 southbound transition.

Dana Protsenko, a 20 year old from Sacramento was driving a Toyota Camry on westbound I-80 west of Madison Avenue in the #3 lane at approximately 65 mph. Leslie Held, a 47 year old male from Sacramento was driving a Toyota Tundra on southbound SR-51 transition from I-80 westbound in the #2 lane at approximately 60 mph. Protsenko

attempted to make a lane change to the left and observed a vehicle at the last minute in the #2 lane. She turned her vehicle to the right to avoid a collision then over-corrected and applied the brakes causing her to lose control of her vehicle. The Camry crossed all lanes of I-80 westbound traffic and traveled across the southbound SR-51 transition lanes.

Held observed the Camry traverse from left to right across the lanes in front of him. He applied the brakes of his vehicle but could not stop prior to impacting

the right side of the Camry. The impact caused major side impact damage to the right passenger's compartment of the Toyota.

Rindy Summers, a 21 year old female from Sacramento, became trapped in the right front passenger seat of the Camry and had to be extricated by the fire department. She was transported to UCD Medical Center where she died from her injuries. Protsenko was transported to Mercy San Juan and treated for complaint of pain and minor lacerations.

New Christy Minstrels Benefit Concert



Sacramento -- New Christy Minstrels Benefit Concert The New Christy Minstrels will perform at St. Ignatius Parish Center at 3235 Arden Way, Sacramento on Friday, September 11, 2009 at 7:30 in the evening. Tickets are \$35 for general seating and \$25 for bleacher seating. V.I.P. seating including appetizers and wine is \$50 (space is limited). For tickets, please call (916) 482-9666 ext. 212. Proceeds of this event benefit St. Ignatius Parish General Fund and Ministries.

The very first of the big folk groups of the '60s, the New Christy Minstrels was

founded by Randy Sparks, who still leads the group today. With a total of five original minstrels—continuity almost unheard of in the music industry—the New Christy Minstrels features the very same performers who achieved worldwide acclaim in 1962-64, still dazzling audiences



on a nightly basis. These five original artists have been joined by

younger entertainers to achieve the same identifiable NCM sound that has thrilled folks who care about singable melodies and memorable words for generations. The restored group has broken attendance records in several prestigious theaters, and has never appeared in concert without a standing ovation. They not only offer a wonderful show, they promise it.

Be sure to tell your friends and neighbors this will be a great trip down memory lane! You can check out the group at <http://www.thenewchristyminstrels.com>

Ethel Hart: Straw Into Gold

The Hart Senior Center will once again host the "Straw Into Gold" poetry writing workshop for Seniors. Led by Julia Connor, Sacramento Poet Laureate 2005-2009, this workshop offers an outstanding opportunity for seniors to hone their writing skills in a creative, spontaneous environment.

The workshop will be held Thursdays from 3:00 to

5:00, September 3 through November 12. Registration is required, but there is no cost for this workshop.

Please contact the Hart Senior Center at (916) 808-5462 for more information. Sponsored by Ethel Hart Center and Poet and Writers. Supported in part by an award from the National Endowment for the Arts.

Julia Connor was named Poet Laureate of Sacramento in April of 2005. The Sacramento Poet Laureate Program encourages literary awareness by the general public and celebrates the high caliber of talent among Sacramento's poets.

**Ethel Hart Center, 808-5462
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Labor Day Kicks Off Volunteer Recognition Celebration & September Health Screening and Fitness Fair

Join the Robinson's family this September and beginning on Labor Day, share with us the "Labors of Love" volunteer recognition program.



you serve each month helping to make the community a better place to live. You can **qualify for up to three months of free training**, when you sign up for a minimum of six months. **By volunteering** and giving time to others you'll also **learn a skill** that can save your life and enjoy a workout that will **improve your health and fitness**. By making the community a better place to live, the Robinson's family will help you gain greater confidence, better health and reward your kindness with a 50% discount on classes. **AND**

Join us for a Healthy Living Fitness Fair on Saturday, September 19th from 10am -4 pm. Learn more about healthy fitness, nutrition, weight control,

blood pressure, heart disease and reducing dependence on prescription drugs. With eighteen area locations, Robinson's is the first family name in Sacramento martial arts, so visit www.robinsonstk.com to find a location near you.



When you freely give your time to a community service agency or volunteer group Robinson's will give you free fitness and self-defense training in recognition of your community service when you become a student.

When you visit any of the 18 area Robinson's Tae Kwon Do locations in September, let us know how many hours

A Silver Lining by Sal Arrigo, Jr.

Come and Get It!



Sal Arrigo, Jr.

These words, immortalized by moms and grandmothers, needs no explanation: it is time to eat.

My wife is a great cook; she can discover a new recipe or make alterations to an existing favorite and create a delicious meal for just the two of us. In addition, we are involved in a food club that I created many years ago, and when it is our turn in the rotation, we cook for eight. I got to thinking, though, what happens when the day arrives when a person is cooking for themselves - cooking for one.

I met recently with Paulette Bruce, locally renowned cook and owner of "Good Eats," a continuing series of cooking classes open to the public. Since I have taken classes from Paulette, who better to ask on cooking for one? I asked where she learned to cook and her answer was, "my nonna, my mamma, and all my foodie friends." Paulette worked as an instructor for the HomeChef Company, but now concentrates on her own classes.

According to Paulette, the single man is a much "simpler cook, meat and potatoes," while the single woman can cook for "one or a whole family, but they seem to go for more frozen meals than a man." She described to me that woman are "sink gourmets," meaning the meal is prepared in the kitchen, eaten in the kitchen and then placed right into the sink for cleaning. Cooking for a family of four and trying to reduce your habits to cooking for one takes time. Paulette imparts some advice: get a scale so you can measure the amount of ingredients, because it's "very important to measure." "Purchase (if you don't already have) good cookware, the best you can afford." Paulette reminded

class (and you get all the recipes from that class), give her a call at 916-498-9804 or visit www.goodeatscooking.com. I can't wait for the upcoming International Favorites, Appetizers, or the Italian dinner classes; I better go sharpen my knife. Ciao!

Recipe for one

Halibut Baked with Olives, Lemon and Basil

- Extra Virgin Olive Oil
- 1 - 3 to 4 ounce Halibut fillet
- ¼ red onion, cut into paper-thin slices
- 1 small clove garlic, sliced as thin as possible
- ½ ripe tomato, sliced thin
- ½ lemon, sliced very thin and pitted
- 6 Kalamata olives, pitted
- Freshly ground black pepper and kosher salt
- 1/8 cup chopped fresh basil leaves
- ½ teaspoon fresh thyme leaves or ¼ teaspoon dried
- Preheat the oven to 400 degrees

Brush extra virgin olive oil over the bottom of a small baking dish just to coat. Place the fish in the dish, scatter onion, garlic, tomato, lemon slices, and olives over the fish. Sprinkle with salt, pepper, basil, and the thyme. Pour a sprinkling of extra virgin olive oil over all so that the fish and vegetables are thinly coated. Place the dish in the oven and bake 20 to 25 minutes without opening the door. Garnish with additional basil and serve.

Sal Arrigo, Jr. has worked in the field of Gerontology for more than 25 years. He is a professor at Sacramento St. University and American River College. Sal is also the Development Chair for the Alzheimer's Aid Society and will have A Silver Lining as a regular column in this newspaper. You can contact him at 916-448-7001.

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RT New Fares Effective September 1st, 2009

Fares	Current	New Fare
Basic Fare	\$2.25	\$ 2.50
Discount Fare	\$1.10	\$1.25
Passes and Stickers		
Basic Daily Pass	\$6.00	No Change
Discount Daily Pass	\$3.00	No Change
Basic Monthly Pass	\$100.00	No Change
Basic Semi-Monthly Pass	\$50.00	No Change
Discount Monthly Pass	\$50.00	No Change
Discount Semi-Monthly Pass	\$25.00	No Change
Ticket & Pass Booklets		
10 Basic Fare Tickets	\$22.50	\$25.00
10 Discount Fare Tickets	\$11.00	\$12.50
10 Basic Daily Passes	\$60.00	No Change
10 Discount Daily Passes	\$30.00	No Change

Hart Senior Center Offers Seminar on Memory

Sacramento - The Hart Senior Center is hosting a four session seminar on Memory. The seminar will offer group exercises and hands-on activities to help you learn about enhancing your current memory and preserv-

ing your existing memories. The seminar will be facilitated by Kim Winters, BSG, M.Ed. of the Primrose Living Fund and will run on four consecutive Mondays from 9:30am to 11:00am starting September 14. The series is FREE

but reservations are requested. Please contact the Hart Senior Center at 916-808-5452 for more information and to make your reservation.

CHAUTAUQUA PLAYHOUSE

Picasso at the Lapin Agile

Chautauqua Playhouse announces the first show of its 33rd season, **PICASSO AT THE LAPIN AGILE**, by Steve Martin, opening on August 14, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through September 20. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

(L) Blake Flores, Mary Bond and Marc Berman

This is America's favorite funny man, Steve Martin's, first comedy for the stage. Einstein and Picasso meet in a Paris cafe in 1904 just before they set the world afire. An infectious, time warping, dizzying romp! The show is as funny as it is thought provoking.

The production is directed by Maggie Upton. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver. The cast includes Daryl Petrig, Blake Flores, Marc Berman and many others.

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FICTITIOUS BUSINESS NAME STATEMENT #0907214. Lisa Helms, 1266 Knopfler Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Simply Slim WeightLoss" at 6112 Sunrise Blvd., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on Aug. 5, 2009. Publish: August 12, 19, 26, September 2, 2009. SIMPLY 90802 9-2-09

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. BGSNAC 90802 9-2-09

SUPERIOR COURT OF CALIFORNIA 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. Shellyanne W.L. Chang Judge of the Superior Court Publish: August 12, 19, 26, September 2, 2009. CHAMPA 90802 9-2-09

NOTICE OF APPLICATION TO SELL ALCOHOLIC BEVERAGES To Whom It May Concern: JTT Restaurant Group LLC is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 5132 Arden Way, Carmichael, CA 95608-6005 with 41 - On-Sale Beer and Wine - Eating Place license. Filed: August 25, 2009. Publish: Sept. 2, 2009. JTTRES 90901 9-2-09

FICTITIOUS BUSINESS NAME STATEMENT #090 Mike Planary, 4821 Zube Ct., Carmichael, CA 95608 is doing business under

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00053197 WHEREAS, Lisa Bonner Davis has filed a petition with this court for a decree changing name of Jordan Paul Gabriel to Jordan Paul Gabriel Davis. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 28, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 30, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 19, 26, September 2, 9, 2009. DAVIS 90803 9-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055074 WHEREAS, Phu Duclé & Xi Thi Phan have filed a petition with this court for a decree changing name of Huy Duclé to Andrew Huy-Duclé. 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. Shellyanne W.L. Chang Judge of the Superior Court Publish: August 19, 26, September 2, 9, 2009. PHAN 90803 9-9-09

NOTICE OF PETITION TO ADMINISTER ESTATE OF PHYLLIS O'DELL, aka PHYLLIS E. O'DELL, decedent.

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

FICTITIOUS BUSINESS NAME STATEMENT #0907258. Roger W. Moore, 5832 Gibbons Dr. #A, Carmichael, CA 95608 is doing business under the Fictitious

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

FICTITIOUS BUSINESS NAME STATEMENT #0907318. American Pacific Mortgage Corporation, 3000 Lava Ridge Ct. #200, Roseville, CA 95661 is

BusinessName "Valley-Houseware Rentals" at 5832 Gibbons Dr. #A, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Aug. 6, 2009. Publish: August 26, September 2, 9, 16, 2009. VALLEY 90804 9-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055495 WHEREAS, Hwan Il Kim and Misook Kim have filed a petition with this court for a decree changing name of Jiwoo Kim to Brian Kim. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 25, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 14, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2009. KIM 90804 9-16-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00055510 WHEREAS, Barbara Joyce Griswold has filed a petition with this court for a decree changing name of Barbara Joyce Griswold to Elizabeth Barbara Brauer. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Aug. 11, 2009. Loren E. McMaster Judge of the Superior Court Publish: August 26, September 2, 9, 16, 2009. GRISWO 90804 9-16-09

FICTITIOUS BUSINESS NAME STATEMENT #0907318. American Pacific Mortgage Corporation, 3000 Lava Ridge Ct. #200, Roseville, CA 95661 is

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

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

FICTITIOUS BUSINESS NAME STATEMENT #0907813. Robert Dick, 9240 Clendenen Way, Sacramento, CA 95826 is doing

business under the Fictitious Business Name "A&R Keys" at 1029 "H" St. #102, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on Aug. 24, 2009. Publish: September 2, 9, 16, 23, 2009. A&RKEY 90901 9-23-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-0005 WHEREAS, Dana 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

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

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

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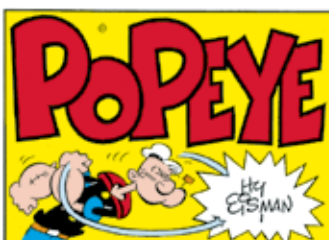
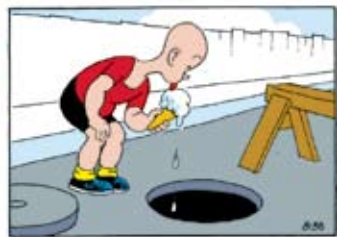
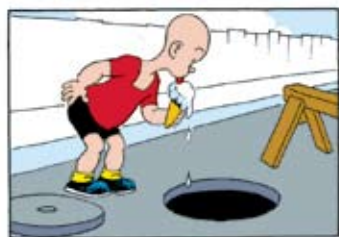
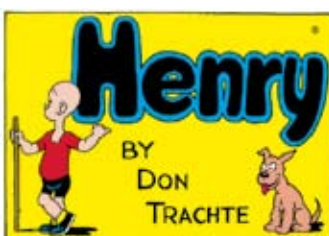
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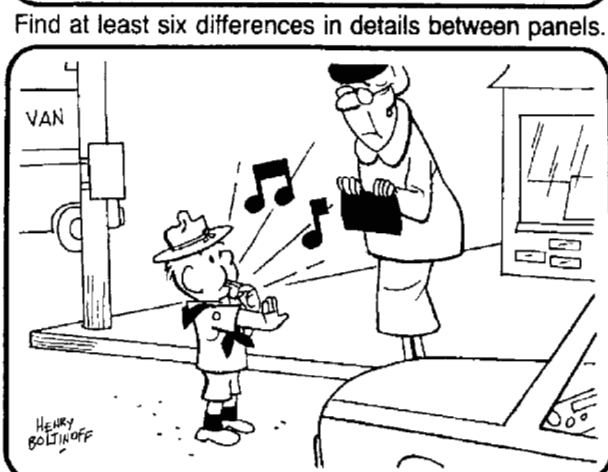


The Spats

by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

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Trivia test by Fifi Rodriguez

- HISTORY: In what modern-day country did the ancient Etruscan civilization once thrive?
- GAMES: How thick is a standard hockey puck?
- MUSIC: Who is the lead guitarist and singer for the rock band Weezer?
- U.S. PRESIDENTS: Where was President Lyndon Johnson sworn into office?
- MOVIES: What was the name Roy Hobbs gave his baseball bat in "The Natural"?
- ANIMAL KINGDOM: What kind of animals would a cryptozoologist study?
- MYTHOLOGY: Who was the Egyptian goddess of love, music and beauty?
- U.S. STATES: What is the state capital of New Hampshire?
- TELEVISION: What is the last thing each failed designer-contestant hears before leaving "Project Runway"?
- LITERATURE: Which one of Shakespeare's characters speaks the line, "The evil that men do lives after them; The good is oft interred with their bones; So let it be with Caesar"?

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Weekly SUDOKU

by Linda Thistle

8					5	3		
		5	3				2	
	1			9				6
		9	4			2		
2				7				4
3		7					1	2
	8		2					4
9				6	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 ● **SPRINGS CITIES**

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

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

- Alice Blue Cottage
- Diamond Excelsior Hot Rock
- Sandy Saratoga Sharon Silver
- Sulphur Warm Weldon

All Answers on Page 5

Contract Bridge

LOOKING INTO THE FUTURE

Fast dealer. Neither side vulnerable.
NORTH
 ♠ A 7 6
 ♥ J
 ♦ A J 5 3
 ♣ J 10 9 5 4
WEST
 ♠ 9 4
 ♥ K 9 3 2
 ♦ Q 7 6
 ♣ A K 6 2
EAST
 ♠ K Q J 10 8 3
 ♥ —
 ♦ 10 9 8 2
 ♣ 8 7 3
SOUTH
 ♠ 5 2
 ♥ A Q 10 8 7 6 5 4
 ♦ K 4
 ♣ Q
 The bidding:
 East 2♣ South 4♥ West Pass North Pass
 Opening lead — king of clubs.

spade with the ace, led dummy's jack of hearts and played low after East showed out. West took the jack with the king and led his remaining spade. When East won and played a third spade, South could not prevent West's nine of trumps from eventually scoring a trick, and he finished down one.
 At the second table, the declarer, Ron Smith, foresaw what might happen if the opposing hearts were divided 4-0, and took steps to deal with that possibility. He also won the spade shift with the ace at trick two, but did not make the mistake of leading the jack of hearts next. Instead, he led the jack of clubs and discarded his spade loser on it!
 The difference this play made soon became apparent. West took the club with the ace and returned a spade, but South ruffed and was now in full control.
 A trump was led to the jack and ducked by West. South re-entered his hand with a diamond and played the A-Q of hearts. West took the king, but his nine later succumbed to declarer's ten, and the contract was made.
 It is true that declarer also could have succeeded by ducking the first round of spades and winning the second. However, this would not have worked out well if East had started with seven spades, so Smith's line of play was technically superior.

Anticipating the unexpected and taking the appropriate countermeasures is one of the distinguishing marks of the accomplished player.
 Consider this deal from the Vanderbilt team championship a few years ago. The bidding was the same at both tables, both Souths leaping to four hearts after East's pre-emptive two-spade opening. Also at both tables, the king-of-clubs lead was followed by a spade shift.
 At the first table, declarer won the

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by Steve Becker

Genealogical Association of Sacramento Meeting

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

Monthly Military Retiree/Spouse Meeting:

Our next scheduled military retiree/spouse meeting is 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.

Mission Oaks Computer Club

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

Got Community News? Call 773-1111

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

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KING Crossword

Answers on Page 5

- ACROSS**
- 1 Weaponry
 - 5 "Roscoe"
 - 8 Iolani Palace locale
 - 12 Ayatollah's predecessor
 - 13 Reproductive cells
 - 14 Obnoxiously proper one
 - 15 Gilpin of "Frasier"
 - 16 Aviv lead-in
 - 17 "— never work"
 - 18 Jaundiced
 - 20 Creepy —
 - 22 Lennon's lady
 - 23 Judge Lance
 - 24 "That hurts!"
 - 27 Administered
 - 32 Dos Passos trilogy
 - 33 "I told you so!"
 - 34 Mauna —
 - 35 Uncommuni-cative
 - 38 Requests
 - 39 Court
 - 40 Knock ('em) dead
 - 42 Disagreeing
 - 45 Cantanker-ous
 - 49 Big rig
 - 50 Spring mo.
 - 52 Hip bones
 - 53 Tehran's
 - 54 Snitch
 - 55 Void partner
 - 56 Trig function
 - 57 Blond shade
 - 58 Mirth
- DOWN**
- 1 Venomous vipers
 - 2 Comic Caroline
 - 3 Crumbly deposit
 - 4 1862 battle site
 - 5 Declined
 - 6 "Hail, Caesar!"
 - 7 Body powder
 - 8 Narcotic
 - 9 Museum
 - 10 Mound
 - 11 Unattractive
 - 19 Performing
 - 21 Disencumber
 - 24 "— Gang"
 - 25 Work with villain
 - 28 Still, in verse
 - 29 After-taxes value
 - 30 "A mouse!"
 - 31 "— Kapital"
 - 36 Cut aid
 - 37 Massachusetts
 - 38 Storefront canopy
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NBC TV STILL SEARCHING FOR THE WINNING FORMULA

by Tim Riley

Two years ago, I wrote about the sagging fortunes of one of the nation's leading broadcasters, offering this observation: "The feathers have been fading for some time now on the peacock symbol of the NBC television network."

Since then, there hasn't been much improvement in the old bird's plumage. You don't have to take my word for this assessment. Speaking to the recent gathering of TV critics, NBC president Angela Bromstad acknowledged that her network had "fallen short in the past couple of years."

When Bromstad continued on to say that the network's goal is to bring back "high-quality, sophisticated dramas and comedies," one can only guess that a revamped action show like "Knight Rider" is not going to be revived once again. The network president is also hopeful that reality programming can fit into the desired high-quality mold, citing "The Biggest Loser" and "The Apprentice" as examples. Umm, I think this is a debatable point.

Let me digress for a moment from NBC's programming plans, as I point out that history has a tendency to repeat itself constantly in the TV world. Two years ago, NBC reeled from the departure of its top executive, Kevin Reilly, and when then new co-chairman Ben Silverman said to TV critics that Reilly "decided to move on," this claim drew laughter from the assembled press. Now, after internal tension became an object of speculation, Silverman has exited the network, and Bromstad drew some laughs when she said "I think it has always been Ben's plan to transition back to his entrepreneurial roots." Being the

head of a network is like being the leader of a shaky banana republic, except the reign usually ends with a golden parachute rather than the firing squad.

For all the stated goals of reclaiming sophisticated shows, presumably through scripted entertainment, it is indeed curious that a big chunk of NBC's fortunes will ride on "The Jay Leno Show" occupying the 10 o'clock time slot. Leno's new show sounds a lot like the old one, considering the host will launch into a monologue, leading up to at least one celebrity guest. Musical segments could feature multiple acts performing together. As a lead-in to local news programs to follow, Leno will save some of his trademark skits for the end of the show. The new Leno show will also feature comedians acting as correspondents, reporting from the nation's capital and elsewhere.

Meanwhile, NBC is struggling with the ratings drop for "The Tonight Show" under Conan O'Brien's watch. The NBC brass seemed a bit nervous in backing up the advertising promotion of Conan as the "New King of Late Night," when the claim rests on the foundation of a particular demographic group. Bromstad advanced the notion that having started Conan in the summer will help him "get his rhythm for the show" because the "true test is going to come this fall." Rather defensively, she also said "I think it's fair to say we're going to declare victories where we have them." Any day now, the network executive could be declaring a candidacy for public office.

Research tells the network that the public clamors for more comedies, perhaps a reflection of

the need to lift our spirits in troubled times. New to the fall schedule is "Community," a comedy series about a band of misfits who attend Greendale Community College. At the center of the group is Jeff Winger (Joel McHale), a fast-talking lawyer whose degree has been revoked. To win the affection of a fellow classmate, Winger forms a study group which ends up learning a lot more about themselves than they do about their course work.

This new series also stars comedy legend Chevy Chase as Pierce, a man whose life experience has brought him infinite wisdom. Gillian Jacobs' Britta is a 28-year-old dropout with something to prove. Yvette Nicole Brown plays a sassy middle-aged divorcee named Shirley. The slightly off-center yet lovable classmate role belongs to Danny Pudi's Abed. Alison Brie's Annie is a high-strung perfectionist and Donald Glover's Troy is a former high school football star trying to find his way. "Community" may get a boost from its placement after the hit comedy "The Office."

From the executive producer of "Friday Night Lights" comes the new medical drama series "Trauma." It's billed as the first high-octane medical show to live exclusively in the field where the action is. Like an adrenaline shot to the heart, "Trauma" is an intense, action-packed look at one of the most dangerous medical professions in the world: first responder paramedics. When emergencies occur, the trauma team from San Francisco City Hospital is first on the scene, traveling by land, by sea or by air to reach their victims in time. From the heights of the city's Transamerica pyramid to the depths of the San Francisco Bay, these heroes must face the most extreme conditions to save lives. What's not known at this time is if the pilot cast, which includes Derek Luke and Jamey Sheridan, will be the same in the regular series.

Things aren't all bad for NBC. After all, a network that has shows like "The Office," "Heroes," and "30 Rock" has something going for it. And they can always roll out Donald Trump as the center of attention for a reality show.

Laura on Life Surviving A Shower

By Laura Snyder

I watch those survival shows on television religiously. Not because I want to, but because I can never manage to get control of the remote.

After watching so many survival shows, I had assumed that I might have learned something about survival in an inhospitable environment... like my shower. However, for some reason, I've never seen one of those shows filmed in a shower... where a big, fat, hairy, lethal-looking spider lived. So, I wasn't prepared with the proper knowledge or tools to survive that experience.

I was feeling pretty fine when I stepped into my shower and the first steamy blast of water hit me in the face. I had my eyes closed, of course, because hot water on cold eyes might make my eyeballs shatter.

It wasn't long before I turned around and let the water saturate my hair. Then, I opened my eyes and froze as I spied that spider perched in the top corner of my shower.

It didn't move, though, so I thought maybe it was sleeping. If I was quick and quiet, I just might make it out of there alive. Then, I would simply inform my husband, the resident monster killer, to go in there and "take care of it."

I reached for the shampoo with both eyes on my nemesis.

You know that part in the movies where the big strong guy makes a sudden move toward the wimpy guy and the wimpy guy runs away? The strong guy never even touches the wimpy guy, but

he accomplishes his goal of getting rid of the wimpy guy anyway.

Well, picture a big, fat, hairy spider making that move and a big, fat, naked woman not having anywhere to run. The only weapon in my hand was the bottle of shampoo which I immediately put to use, squirting a big glob of shampoo toward the spider. Unfortunately, shampoo doesn't lend itself to squirting in an upward direction, so I merely managed to get it all over my hands and the floor of the shower, which made things considerably more slippery.

The spider only moved once so I thought that maybe it was the spider equivalent of rolling over in his sleep. Or maybe spiders get Restless Leg Syndrome. That made me feel just the tiniest bit sorry for him, having eight legs and all.

I watched him closely as I shampooed my hair and I couldn't bring myself to close my eyes when I rinsed. That is why my vision was rather blurry when he moved again and I couldn't find a proper weapon. As my feet fought to gain purchase on the slippery floor, my shampoo coated hands grabbed a long handled loofah and I wielded it like a samurai in the general direction of the spider. The loofah connected with four bottles of shampoo, a jumbo pump bottle of body wash and my razor. All of which came crashing down into the same tub my feet were still trying to occupy. The razor missed me, but the body wash zeroed in on my big toe and made



excruciatingly painful contact.

I was now wet, naked, and blind, trying desperately not to hop on my one good foot in the slippery tub, gritting my teeth in pain, and holding my long-handled loofah. The spider was frustratingly... fine. It was just as well, though. You can't get spider guts out of a loofah and I paid ten bucks for that thing. Not to mention the many Bed, Bath & Beyond expeditions it took to find one.

I squinted up at that spider. "Okay, you win, you little monster." I got out of the shower, towed dry, and limped to the kitchen to finish rinsing my hair over the sink.

When my husband came home, he saw me nursing my sore foot and asked, "What happened to you?"

I looked at him with blood-shot eyes that had seen a remarkable amount of shampoo and said, "There's a monster in the shower you need to take care of. Look for an eight-legged one who's got Restless Leg Syndrome and is grinning like a Cheshire cat."

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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When do parents have green-light to snoop?

by Lauren Forcella

Dear Straight Talk: We have two wonderful teenage daughters who give us few problems. However, their email and cell phone accounts are in our names and, without their knowledge, we routinely check their messages. Our youngest, age 16, has a friend from a good family who has been texting her very — and I mean VERY — personal questions about female anatomy. He is also 16 and attends a different school. They rarely see each other and mainly communicate electronically. To her credit, my daughter has ignored these texts, however, I'm so upset that I'm considering informing his parents — but then I'd have to confess to eavesdropping. I snoop only to keep my minor children safe from cyberjerks. What does your panel think we should do? — Concerned Mom & Dad, Carmel, CA

Hannah, 18, Auburn, CA: I was caught "sexting" freshman year and got in big trouble. Your daughter hasn't done anything wrong so keep this to yourself — unless you want your daughters mad at you for a long time. Seriously, unless you want to get caught, stop snooping now! If you're concerned about cyberjerks, TALK to your daughters about them!

Jack, 18, San Luis Obispo, CA: Sixteen-year-olds often talk about sex and since these two rarely see each other, you have little to worry about. Even minor children have the right

to know you are snooping. You have "few problems" only because they are unaware of your outlandish breaches of privacy.

Lara, 18, Moraga, CA: If a guy sends me dirty texts, I ignore them, too. They are immature and dumb and shouldn't be taken seriously. My relationship with my mother is so accepting that I tell her everything and snooping is unnecessary. My dad, though, had a harder time trusting my decisions. He snooped regularly and found things he couldn't handle, which led to many long fights. As a consequence, it was hard to be honest with him because he wasn't honest with me. Don't snoop. Ask questions and respect the answers you receive.

Nicole, 20, Arcata, CA: I am shocked by your actions! You want to raise honest kids, yet you go behind their backs on a regular basis?! The texting you describe is not out of the ordinary. Plus, you think your daughter doesn't write back? Perhaps she erases her responses because she suspects you.

Lennon, 22, Fair Oaks, CA: Parents can barely be faulted. The news media play into their fears that people wanting to hurt their children are lurking behind every corner. It's so messed up! On topic: Wait. See if the situation progresses.

Brie, 18, Ashland, OR: This guy is obviously not dangerous, so I see no harm. You need to have more trust in your children otherwise they will stop trusting

you. And you want that trust so they will come to you when real situations arise.

Julian, 17, Auburn, CA: At 16 it's normal to be curious about female anatomy and to ask a close friend. If they are not close, he is probably strange, but harmless. As for snooping, we are all entitled to privacy unless we have done something to sacrifice that privilege. By your own words, your daughters have done nothing to deserve such invasive behavior.

Dear Concerned: My stance on parental snooping is exactly what Julian says: No snooping without cause. Your daughter appears to be handling these texts maturely, so drop the snooping while you're ahead. Unjustified, it can cause terrible damage to your relationship. When do parents have a green-light to snoop? For behaviors below which indicate your child needs help:

- Truancy at home or school
- Failing multiple classes
- Out-of-character depression, anger, risk-taking, sleep patterns
- Shunning formerly enjoyed activities
- Withdrawal from family, long-term friends
- Frequent illness, reduced hygiene
- Alcohol or drug paraphernalia

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.

Asking for a Raise

Dear Dave,

What's the best way to ask for a raise at work? — Anonymous

Dear Anonymous,

I think the first 10 sentences that come out of your mouth should be about gratitude. Let your boss know how much you like being there and all the things you appreciate about the business and your job. It's always a good idea to get the point across that you're grateful for what you already have before you go looking for more.

The next step might be to detail the attributes you bring to the company—the traits, habits and accomplishments—that make you valuable to the organization, and why they make you more valuable than your paycheck currently indicates. Then, ask your boss to reconsider your compensation based on these factors. It wouldn't be a bad idea, either, to do a compensation study based on the salaries of people in your line of work, who are employed by comparably-sized organizations in your region. Asking for a raise is one thing, but putting the research into your request that proves what you're asking for is fair and well reasoned never hurts!

Smile a lot and make sure you keep any hints of bitterness or anger out of the conversation, too. You're trying to persuade this person to see things your way. Just remember, no matter how convincing your argument may be, the answer—for whatever reason—could always be "no." You need to be ready to accept it with the same professionalism and grace that went into your request. If you don't, you just might knock yourself out of a raise or promotion

somewhere down the road!
- Dave

We're Safe From Murphy, Right?

Dear Karen,

My husband is getting ready to retire. With his pension, we'll still have an income of about \$52,000 a year. He thinks we don't need an emergency fund because we'll still have good money coming in on a regular basis. I'd feel better if we had one but I'm wondering what you think.
- Karen

Dear Karen,

Of course, you need an emergency fund! If you're breathing, you need an emergency fund!

A good pension can feel pretty solid, but there's always the possibility of lost income or other emergencies. What if your car dies, or one of you experiences a major medical event? Life has teeth, and it can bite you at any time. A good, old-fashioned rainy-day fund will keep you from going into debt when the unexpected happens.

I recommend an emergency fund of three to six months of expenses. Put it in a good money market account with check writing privileges and a decent interest rate. That way, your money will work for you. With a solid, steady income you can lean toward the three-month side. Otherwise, I'd save up five or six months of expenses.

A fully funded emergency fund is great Murphy repellent, Karen. It will make you both feel better, plus it can turn a disaster into nothing more than a minor inconvenience!
- Dave

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

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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

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