

Carmichael Times



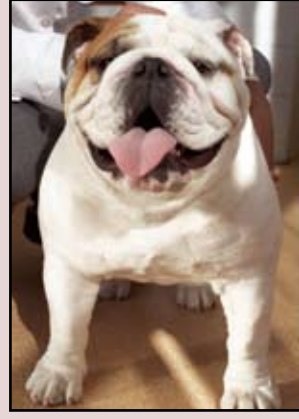
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Volume 29 Issue 31

Serving Carmichael and Sacramento County since 1981

August 5, 2009

"Get Back on the Road Again"



DCSS Offices will open on two Saturdays in August to help parents get driver license reinstated.

Sacramento - The Sacramento County Department of Child Support Services works with parents all year long to get their driver license restored. To raise awareness of this service, DCSS is joining forces with the State to highlight this program during Child Support Awareness Month in August. "Get Back on the Road Again" is a public awareness campaign designed to reach out to parents who have had their license suspended because they did not meet their full child support obligations. The program is available to parents with child support cases in all California counties.

"We want to assist the non-custodial parent who may be having a tough time financially but wants to do the right thing for his or her children," said Terrie Porter, Director of the Sacramento Department of Child Support Services.

Under a 1996 California law, non-custodial parents who do not pay their child support may have their driver license suspended until they bring their payments current. The law also impacts business and professional licenses issued by the State of California such as licenses held by doctors, lawyers, contractor's cosmetologists and others.

After a case review, DCSS will release a driver license when the non-custodial parent meets the following conditions: Makes a payment equal to one month of their child support obligation, Makes an additional payment of at least \$25 towards arrears, Provides his or her current employment status and if applicable provides information regarding his or her current financial situation. Evaluations outside of these criteria will also be reviewed on a case-by-case basis.

While DCSS is available

anytime of the year for this service, they will open on Saturday, August 15 and Saturday, August 29 from 8:00 a.m. to 12:00 p.m. for this license release opportunity. The address is 3701 PowerInn Road, Sacramento. For more information about this program or general information regarding license suspensions and restorations, please visit the California Department of Child Support Services (DCSS) website at www.childsup.ca.gov. You may also call toll free 1 (866)901-3212.

California's Child Support Services Program works with parents - custodial and non-custodial - and guardians to ensure children and families receive court-ordered financial and medical support. Child support services are available to the general public through a network of 52 county and regional child support agencies.

State Corporate Income Taxes Hurt Workers' Wages

\$1 Increase in State-Local Corporate Tax Rate Causes \$2.50 Drop in Wages Five Years Later

Sacramento - A new Tax Foundation report shows that the burden of corporate income taxes is likely borne by workers - not investors. This finding throws more cold water on the notion that higher corporate income taxes would provide greater progressivity in the tax system.

High corporate income taxes are often justified by the rhetoric that businesses - and their high-income investors - should "pay their fair share." In Tax Foundation Special Report No. 169, "The Corporate Income Tax and Workers' Wages: New Evidence from the 50 States," Senior Fellow Robert Carroll, Ph.D., finds that states with high corporate income taxes have likely depressed their workers' wages over the long term,

while states with low corporate taxes have boosted worker productivity and real wages.

"These findings are not only consistent with a growing body of research on international corporate income taxes and wages, but they get to the heart of a longstanding political argument on business taxation," Carroll said. "Raising corporate income taxes has been viewed as an effective way for governments to push the tax burden onto the people who can best afford it, but this assumes that capital income, which is earned disproportionately by those with higher incomes, is indeed bearing the burden of the tax. We now see, however, an increasing amount of evidence suggesting that this is not the case."

This new Tax Foundation study finds that for every \$1 rise in state and local corporate tax collections, real wages fall by \$2.50 five years later. The reverse is also true: Wages rise \$2.50 for every \$1 reduction in state and local corporate income taxes.

This finding - that the burden of corporate income taxes ultimately falls on labor - supports previous research indicating that corporate taxes are not borne by capital because capital, in today's increasingly global economy, is mobile, but labor is not.

The Tax Foundation is a nonpartisan, nonprofit organization that has monitored fiscal policy at the federal, state and local levels since 1937.

Disabled Veterans Win Battle in "Good Faith" Fight to Save Taxpayers Money

By Rick Reed

Sacramento - Disabled veteran companies and taxpayers are both winners in recent changes promoted by California's wounded warriors. The non-profit California Disabled Veterans Business Alliance has fought the Good Faith Effort (GFE) provision in State contracting as a useless diversion actually keeping business away from Disabled Veteran Business Enterprises (DVBE). Now, the State has acted on the recommendations of the Alliance in coordination with DGS and other state agencies and has passed legislation to eliminate the GFE effective July 28 2009.

By promoting equality with the State of California's Small Business preference and eliminating the GFE, taxpayers will save money and disabled veterans have

greater access to State contract opportunity. The DVBE Alliance and many veterans organizations know many veterans were giving up in pursuing guaranteed State contract opportunity because of 'false fronts' in good faith programs and massive amounts of paperwork previously required for certification.

By eliminating the GFE more opportunity for DVBE is created and there are lower costs for taxpayers, saving thousands of hours wasted in preparing bids and reducing the waste in paperwork. According to recent Federal reports, "Small businesses are the lifeblood of the economy in the United States. Based on data from the U.S. Census Bureau, the Office of Advocacy at the U.S. Small Business

Administration documented that small businesses accounted for over 92% of the net new jobs created between 1989 and 2003."

Other recommendations in the Alliance memo sent to DGS in early June 2009 include simplifying the legislation on Commercial Useful Function and eliminating the need for DVBE to submit tax returns for recertification annually. We need to make the Public Contracting Code and the Military and Veterans Code look alike so that laws and regulations for small business and DVBE are basically the same.

For more information visit www.cadvbe.org, or call Rich Dryden, Executive Director, California Disabled Veteran Business Enterprise Alliance at 916-446-3510.

County Reducing Hours at Building and Development Services Counters

Downturn in applications and permits necessitated reduced staffing and hours

Sacramento - Due to the economic downturn and resulting loss of development services business, Sacramento County is closing various building and development related public counters one day per week beginning August 3.

"We feel that customers are better served by providing quality service four days a week rather than lesser services due to fewer available staff five days a week," said Steven Pedretti, Director of County Engineering and manager of development related programs.

"With furloughs and reduced number of employees, this will help us maintain efficiency and still serve our customers."

The schedule will be:

- Planning, Environmental Review and Assessment, Building Inspection and Land Development and Site Improvement Review - Downtown counters will be closed on Fridays.
- Building Inspection (Bradshaw office) will be closed on Mondays.
- Building Inspection counters

at North Area Service Center will be closed on Mon and Tues.

• Building Inspection counters at East Area Service Center will be closed on Wed, Thurs and Fri.

At least one building permit office (either downtown or the Bradshaw location) and one service center counter will be open for business on every weekday.

"We anticipate that this schedule will continue for the foreseeable future, until the rate of building and development increases in the Sacramento region," Pedretti added.

DMV Online Business Surges 20.4% During First Six Months of 2009

Sacramento - Online business surged 20.4 percent during the first six months of 2009, as the Department of Motor Vehicles recorded 4.7 million internet transactions through June 30, 2009, the DMV announced today, July 31st.

"Customers plan their trips carefully and are opting in many cases to forgo a trip to the DMV and instead do business with us online," said DMV Director George Valverde. "We are constantly striving to add new features and encourage customers to take advantage of some of our more popular options."

The most popular business option - online vehicle

registration renewals - totaled 3,213,660 from Jan. 1 through June 30, 2009, a 15.1 percent increase over the same period a year ago. The month of June also saw 671,356 online vehicle renewals, a new single-month record for this category which capped four straight months of at least 500,000.

Online driver license renewals for the six-month period ending June 30 totaled 473,078, a 32 percent increase over the 358,203 logged during the same time a year ago. Change of Address filings soared 18.3 percent, from 349,170 in 2008 to 413,246 through June 30, 2009. Online filings of Notice of

Release of Liability (NRL) jumped 45 percent during the first six months of the year compared to 2008. In addition, the month of June saw 91,114 NRL filings, the largest single-month increase since the DMV began tracking this category in 2007.

The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site (www.dmv.ca.gov), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions.

You Can Rent a Painting at Sacramento Fine Arts Center

Sacramento – Imagine being able to change the paintings in your home or office every few months, or whenever you feel like redecorating, without enormous expense. It's possible to do just that by renting original art from the Sacramento Fine Arts Center. Paintings can be rented on a monthly basis, or rented and purchased later. Located in Carmichael the center is a non-profit corporation founded in 1985 to serve the community as a center of original art. This is a great way to try out a painting before buying it. Sometimes a painting that you loved in the gallery doesn't look quite the same in your own home. More than 192 local artists currently are active members of the art center, and many contribute to the rental gallery. The artwork reflects various styles ranging from impressionist and abstract, to realistic and surrealistic. The cost of renting a painting varies from \$10.00 to \$30.00 a month depending on the size of the piece. The center tries to keep rental prices reasonable to make

it as easy as possible for people to have real art in their homes. If a client decides to buy a painting after renting it, the first month's rent is applied to the purchase. Prices to purchase paintings range from \$100.00 for a small piece to more than \$2,500 for larger works, with the average price about \$600. The program is also good business for companies, displaying local artists at a reasonable cost. If a company redecorates or relocates, it's easier to rent than to buy, and some companies like to rotate their artwork. Also, a company may not be able to budget for original art, but can easily afford the low rental costs. Paintings are hung on the walls of the rental gallery so they can be easily viewed by potential clients. The center also houses two additional galleries for their art groups to hold exhibits and a variety of other shows, both regional and international. Altogether the art center has over 6000 square feet of space with two exhibition galleries, meeting and instructional studios, library, gift shop and staff

offices. The Sacramento Fine Arts Center receives a commission from each sale, which is used to partially fund the organization. Volunteers and a small staff operate the center five days a week Tuesday through Saturday 11 am to 3 pm, admission is free. The Sacramento Fine Arts Center is located at 5330-B Gibbons Drive, between Walnut and Garfield. Two member art groups are responsible for displaying most shows (Northern California Arts – CAL and Watercolor Artists of Sacramento Horizons – WASH) which change regularly. The Galleries are open on Second Saturdays until 8:30 pm and include refreshments and sometimes music for visitors. The rental gallery can be viewed also at that time. In addition, the center offers workshops with well known local artists for a small charge, and is open for artists to paint on Tuesday nights (Hang out and Do Art) that is free. For more information, call Sharon Drysdale in the office at (916) 971-3713.

20 Year Old Sacramento Girl Killed in a Solo Crash

On August 2, 2009, at approximately 6:53 a.m., Jessica Leigh Morehead a 20 year old female from Sacramento, was driving a white 1993 Acura Legend on westbound Fair Oaks Blvd. west of Coronado Dr. at an unknown speed. For an unknown

reason, the Acura veered to the left, off the roadway, hitting a tree in the center median. The impact caused major damage to the Acura. Morehead was pronounced deceased at the scene. (Sacramento Coroner's Case # 09-03686). It did

not appear that Morehead was wearing her seatbelt at the time of this collision. It is unknown if alcohol and/or drugs is a contributing factor in this collision pending a toxicology report on the driver. This collision is still under investigation.

Effie Yeaw Nature Center - August Events

Interactive Exhibit: Endangered Species of California's Central Valley
Park entrance fee: \$5.00 per car or FREE to ARNHA members.

Open 9:00 a.m. – 5:00 p.m. daily

Evening Beaver Walk

Join Jack in search of the sometimes-elusive beaver. Limited to eight people and best suited for adults and children over 7 years old. Call Jack at 967-0777 for time and reservation. **Wednesday the 5th and Friday the 21st, call for times.**

Reptile Rapture

Can a turtle climb out of its shell? Do snakes blink? Can you really tell the age of a rattlesnake by the number of buttons on its rattle? Discover all this and more in this program. All ages welcome. **Sunday the 9th at 10:30AM**

Things that Slither

Some have scaly skin, some have slimy skin, some have legs, and some don't. Can you guess what they are? Join us and find out. **Saturday the 15th at 10:30AM**

Habitat Improvement

Come and help improve the Nature Area. Call Jack at 967-0777 if you plan to assist. **Sunday the 16th at 8:00AM**

Sunday Safari

Grab your binoculars to catch a closer glimpse of the animals and plants that make up the unique habitat along the American River. **Sunday the 16th at 10:30AM**

Wet and Wild Pond Animals

Splashing, skimming, swishing, swimming, what are all those critters in the water? Meet an aquatic garter snake and learn about other aquatic critters found near ponds and rivers. **Saturday the 22nd at 10:30AM**

Skye's the Limit

Come to the Nature Center to meet our resident red-shouldered hawk, Skye. Take a peek into the amazing world of birds of prey that live in and around the Nature Center. **Sunday the 23rd at 10:30AM**

Family Friendly Nature Hike

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

Beat the Heat!

Take a leisurely stroll along the shady trails of the Nature Area with an EYNC naturalist. **Sunday the 30th at 10:30AM**



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

Carmichael Cactus and Succulent Society

Carmichael Cactus and Succulent Society Meeting
Thursday August 6, 10:00 am



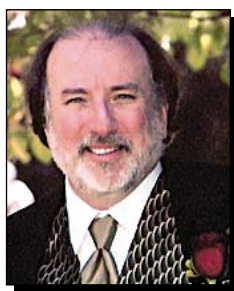
Carmichael Park Clubhouse
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Cost: Free! Visitors are Welcome!
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Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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

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

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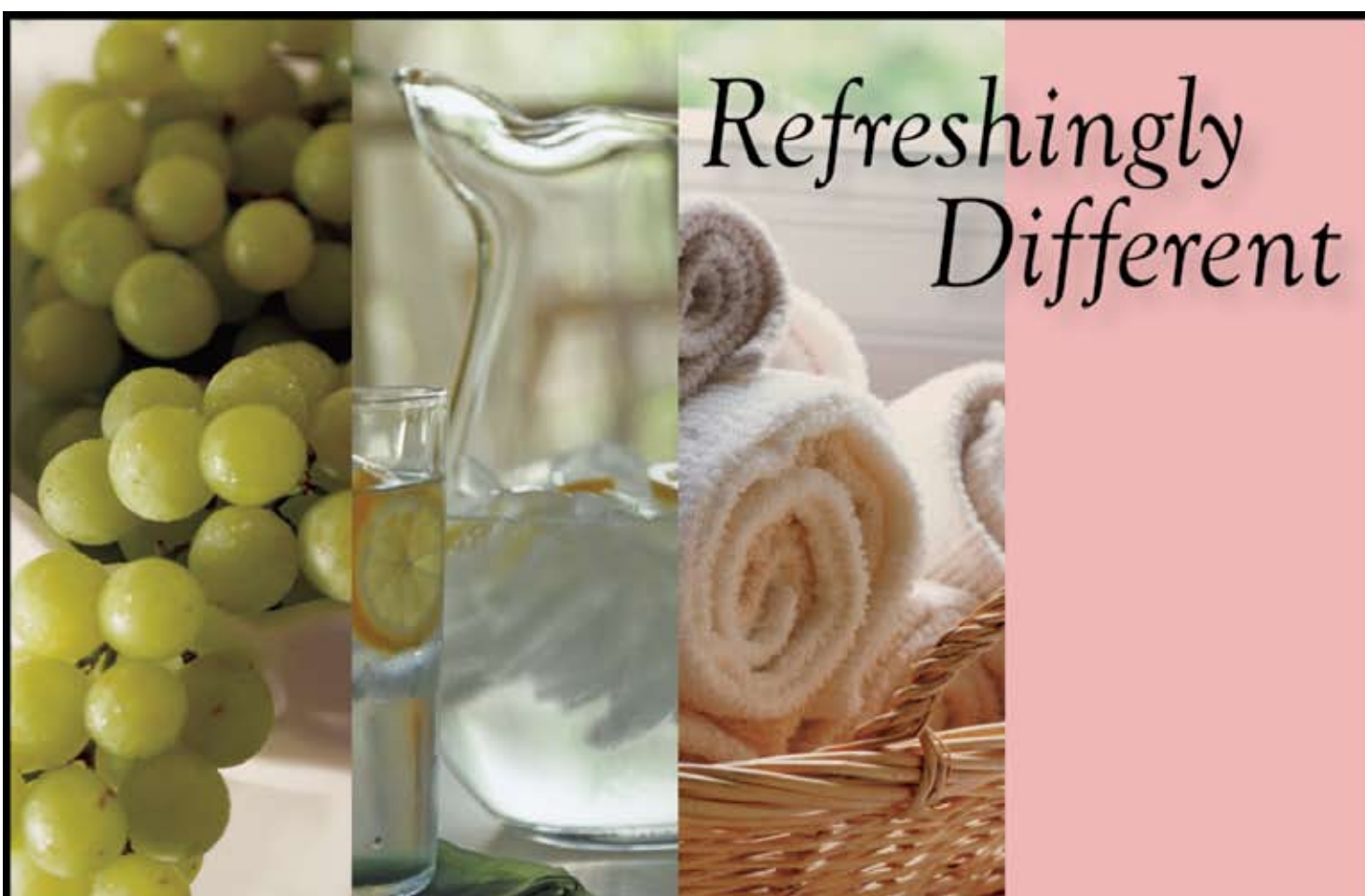
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Be sure to place in the subject field "Attention to Publisher".
If you do not have email access, please call us at 773-1111.

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Computer Wiz Heads Carmichael Chamber



Company owner and new chamber president Patricia Harrington. Photo and text by Susan Maxwell Skimmer.

Carmichael - As the community sails through its centenary year, Patricia (Trish) Harrington has taken the helm of the Carmichael Chamber of Commerce. Harrington counts herself honored to lead the 65-year-old organization. "I appreciate the chamber as a prominent part

of the community," says Arden Arcade company owner. "Carmichael is a charming, established area. We can help it become more vibrant." Arden Park born, the 56-year-old founded a computer support company called A Leap Ahead Information Technology. She

joined the Chamber three years ago and until recently, served its board as vice president. After hours, she chairs her Del Paso Manors homeowners association. A mother of two, Harrington once helped in fundraisers for El Camino High School and now does similar volunteer work for her Rotary Club. She is a grandmother twice over, with a third grand baby on the way.

Her hobbies include scuba diving and gardening. "Home grown tomatoes," she attests, "make the Sacramento summer totally bearable." A current passion is planning Carmichael's 100th birthday celebrations. This community milestone will be marked with a day of Carmichael Park festivities on September 26.

Enthuses Harrington: "I'm thrilled to be part of planning such a great day. It's a once-in-a-lifetime opportunity for people to be involved in an historic event." Former 2009 president Burnie Lenau resigned recently for personal reasons.

To volunteer for Founder's day planning or to learn about the Chamber, call (916) 481-1002.

Steps to Draining Your Pool Properly



By Lisa Park, Sacramento County

For those who plan to drain or remove water from your swimming pool or spa, Sacramento County Water Resources wants to provide tips on how to properly dispose of the water through GREEN practices. We recommend disposing the water via the sanitary sewer because it goes through a treatment plant before entering the local water ways. However, the water can be discharged to the storm drain, but only after it meets certain requirements. See below for additional requirements on how to properly discharge swimming pool and spa water while protecting your local water ways and helping the environment.

Sanitary Sewer

We recommend this method because the water discharged to the sanitary sewer system is conveyed to a treatment plant where it is designed to remove most chemicals found in pools and spas. When discharging water to the sanitary sewer, make sure the flow rate is slow enough that it does not cause the sewer to back up and overflow into your house, your neighbor's house or onto the street.

Your pool may have a permanent indirect connection to the sanitary sewer. If not, you can pump the water into an interior laundry sink or other plumbing fixture or to a sewer cleanout.

Storm Drains (Limited)

You may discharge pool/spa water to the storm drain system only if the water is:

- Free of all chemicals (chlorine, bromine, etc.) in toxic amounts
- Free of debris, algae, or vegetation
- At a flow rate that does not cause damage to the storm drain system or cause erosion downstream
- Not heated

For more information how to properly dispose of swimming pool and spa water, visit www.sacramentostormwater.org or call (916) 808-4H2O(4426).

For those not following proper disposal methods, you may be subject to enforcement actions.

Sweet Dreams in Carmichael

Sweet Dozen, a new full service donuterie (donut shop) located in Carmichael, is having a Grand Opening Celebration on Saturday, August 8, 2009, from 10 a.m. to 3 p.m. This daylong event will feature hourly prize drawings and giveaways. Free refreshments will also be provided. Sweet Dozen is more than just your ordinary place to buy donuts! Customers can enjoy our everyday favorites, which includes freshly-made donuts and baked goods, espresso & coffee, and a variety of ice cream flavors. The staff

has over 10 years of experience in the baking industry and is known to produce creative, high quality, and affordable baked products. This family-owned business is based on the belief that a customer's needs are of the utmost importance. Sweet Dozen is committed to meeting those needs as well as satisfying sweet cravings. The business hours are: Monday to Friday: 5 a.m. to 3 p.m. and Saturday and Sunday: 5 a.m. to 1 p.m. Sweet Dozen is located at 5207 Madison Avenue, Suite E, near the

intersection with Auburn Boulevard. For more information, call (916) 344-2000 or visit www.sweetdozen.com.



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CHAUTAUQUA PLAYHOUSE

opening on August 14

Picasso at the Lapin Agile

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

(L) Blake Flores, Mary Bond and Marc Berman

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

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

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

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Carmichael Girls Earn Tournament Bid



(Top Row L-R) Coach Sandy Robinson, Manager Nikki Gracey, Manager Carmel Yannetta, Coach Andrae McClain, Coach Doug Larsen, Sami Ahola, Maggie West, Carrisa Bruder, Katie Puckett, Brooke Larsen, Lexie Purves, Abby Yannetta, Chloe Carrillo, Amanda Jansen.
(Bottom Row L-R) Lauren Washburn, Franki Gracey, Casey Robinson, Cierra McClain.
Photo provided by Manager Nikki Gracey.

Carmichael -- The Carmichael Girls Softball All-Stars 10U fastpitch team took 3rd place in the "B" Association ASA tournament on June 27-28th. The team ended the weekend with a 4-2 win/loss record, including

a big win over the Cordova Fury, who had never lost to a Carmichael team. The 10U Carmichael All-Stars also took 3rd place in the NorCal All-Star Tournament held on July 11-12th with big wins

over Woodland, Nevada County and Davis. The 10U team also earned a seed to play in the ASA Western National Tournament in Salem, Oregon July 27th-Aug 2nd.

Carmichael Oaks Hosts Annual Alzheimer's Fundraiser

Carmichael - Carmichael Oaks Senior Living will be hosting their annual Alzheimer's Association fundraiser with cohost the Kiwanis of Carmichael on Saturday September 12th from 5-8pm. The annual event serves to raise funds for the Alzheimer's Association Memory Walk. The Memory Walk is the nation's largest event to raise awareness and funds for Alzheimer care, support, and research.

Carmichael Oaks would like to extend an invitation to their families, friends, neighbors, and businesses

in the community to help them raise funds for this worthwhile event. "My own mother suffers from this crippling disease. You may also know someone personally affected, so please join us for an evening of fun. It is a great way to show your support for the cause," says Virginia Stone, Carmichael Oaks marketing director.

This year's event will host a BBQ, Beer, and Boogie event. Enjoy great food, drink and entertainment featuring the Swingmasters band. In addition, there will be a silent auction and raffle. Ticket price for the event is

\$25 in advance or \$30 at the door. The event will be held offsite at The Palace 6309 Fair Oaks Blvd at Marconi in Carmichael. For more info or to purchase tickets please call 944-2323.

Carmichael Oaks Senior Living, located at 8350 Fair Oaks Blvd, has been part of the Carmichael community for over 30 years, offering seniors Independent Living and now their newly constructed Assisted Living and Memory Care community. Please visit their website at www.carmichaelokas.com for more information.

Drexel Holding Two August Information Sessions

Sacramento -- Drexel University will hold Information Sessions on Wednesday, August 12 and Tuesday, August 25 for students interested in attending the new Center for Graduate Studies in Sacramento this fall. By September the Center will offer up to eight master's degree programs and one doctoral program designed for working professionals and focused on the heart of Greater Sacramento's growth and economic development initiatives.

The programs include:

- **MBA:** The LEAD MBA helps seasoned professionals, managers and ambitious career-changers optimize their business expertise and leadership potential.
- **Nursing Education and Faculty Role:** Designed for experienced nurses with the vision and passion necessary to teach the next generation of clinicians.
- **Nursing Leadership in Health Systems Management:** Prepares experienced nurses for opportunities to serve as directors of nursing, nurse managers and nurse executives in hospital, community health and ambulatory care environments.
- **Public Health:** Offered in an executive (Friday/Saturday) format and starting on August 25, Drexel's MPH provides graduates with the skills to benefit entire populations through education, policy development and advocacy, service and research.
- **Human Resource Development:** One of the few programs in the nation that emphasizes a true human

resources development curriculum with experiential (Co-op) and online features, Drexel's MS-HRD prepares HR professionals for their key role as a force to support change in both people and organizations.

- **Higher Education:** Provides the substantive knowledge and technical skills needed to guide complex, dynamic institutions, where there will soon be a major transfer of responsibility to the next generation of leaders.
- **Library and Information Science:** Focused on the collection, organization, preservation and distribution of existing records -- both printed and electronic. Graduates advance to leadership positions, working to improve the strategic use and management of information resources across business, government and nonprofit organizations.
- **Information Systems:** Graduates of Drexel's MSIS program -- ranked for years among the top 10 in the nation, according to U.S. News & World Report -- are equipped to lead organizations with their ability to leverage information to task and create solutions to problems through accessible, usable and structurally sound information systems.
- **Doctorate in Educational Leadership and Management:** Presented in an executive (Friday/Saturday) format, Drexel's EdD provides the expertise and experience in administration, finance and leadership needed for management positions in the field of education.

Both the August 12 and August 25 Information Sessions will run from 6-7:30 p.m. at the Center for Graduate Studies at One Capitol Mall in Sacramento. Each session covers everything students need to know, including how to apply and how to secure financial aid.

Drexel program representatives will provide detailed information about curriculum, course schedules, faculty and admission requirements. Students who submit an application while at a session will have their application fee waived. Drexel provides food, beverages, and complimentary parking for the events.

Drexel has developed special fellowships and grants for the region's working adults. All applicants are automatically considered for Sacramento Leadership Fellowships, which are offered in varying amounts based on academic merit.

Other financial aid programs include:

- **The Constantine Papadakis Public Service Fellowships,** which support those in government and nonprofit public service and provide a minimum 15 percent tuition grant.
- **The Yellow Ribbon Program,** a partnership with the U. S. Department of Veterans Affairs providing free education for post-9/11 military veterans.
- **The Bridge to the Future Grants,** which cut tuition in half for new students who have been laid-off and unable to find a new job.

To attend an Information Session, register online at www.drexel.edu/sacramento or call (888) 389-3781 or (916) 325-4600.

Local Students Qualify for Whitworth University Laureate Society

Carmichael - (Grassroots NewsWire) - Local students Shannon Eshoff and Bryan Reich of Carmichael have been named to the Whitworth University Laureate Society for spring semester 2009.

The students qualified for the academic honor society by maintaining a grade point average of at least 3.75 during the semester. Founded in 1890, Whitworth is a private liberal

arts university affiliated with the Presbyterian Church (USA). The university enrolls approximately 2,600 students in more than 50 undergraduate and graduate programs at its campus in Spokane, Washington.

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two half-days free!**

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FICTITIOUS BUSINESS NAME STATEMENT #0903519.
 Samantha J. Romero, 4301 Elizabeth Ave., Sacramento, CA 95821, is doing business under the Fictitious Business Name "American Conex" at 9353 Jackson Rd., Sacramento, CA 95826. Filed with the Clerk of Sacramento County on April 10, 2009. Publish: July 15, 22, 29, August 5, 2009.
 AMCONE 90703 8-5-09

FICTITIOUS BUSINESS NAME STATEMENT #0906335.
 Camelia Stations Inc., 4700 Manzanita Ave., Carmichael, CA 95608, is doing business under the Fictitious Business Name "Camelia City Chevron" at 4700 Manzanita Ave., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on July 7, 2009. Publish: July 22, 29, August 5, 12, 2009.
 CAMELL 90704 8-12-09

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 10, 2009.
 Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: July 22, 29, August 5, 12, 2009.
 MUSA 90704 8-12-09

FICTITIOUS BUSINESS NAME STATEMENT #0906267.
 Vantium Capital, Inc., 6500 International Pky #1500, Plano, TX 75093 is doing business under the Fictitious Business Name "Acqua Loan Services; Strategic Recovery Group" at 6500 International Pky #1500, Plano, TX 75093. Filed with the Clerk of Sacramento County on July 6, 2009. Publish: July 15, 22, 29, August 5, 2009.
 CORP20 90703 8-5-09

FICTITIOUS BUSINESS NAME STATEMENT #0905829.
 Steven James Henry and Renee Shannon Henry, both of 4924 Oak Leaf Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Sierra Storage" at 8550 Unworth Ave., Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 19, 2009. Publish: July 22, 29, August 5, 12, 2009.
 SIERRA 90704 8-12-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 AMENDED ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00040219
 WHEREAS, Josh and Maria Carpenter have filed a petition with this court for a decree changing name of Zoe Marie Murphy to Zoe Marie Carpenter. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 27, 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 15, 2009.
 Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: July 22, 29, August 5, 12, 2009.
 CARPEN 90704 8-12-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME AND GENDER
 #34-2009-00051086

WHEREAS, Robin Elise St. John has filed a petition with this court for a decree changing name of Robin Elise St. John to Lucas Robert St. John. Petitioner has also filed a petition for a decree changing petitioner's gender from female to male and for the issuance of a new birth certificate reflecting the gender and name changes. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Aug. 20, 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 9, 2009.
 Loren E. McMaster
 Judge of the Superior Court
 Publish: July 15, 22, 29, August 5, 2009.
 STJOHN 90703 8-5-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00053196

WHEREAS, Suzanne Elaine Leonard has filed a petition with this court for a decree changing name of Suzanne Elaine Leonard to Suzanne Elaine Austen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on August 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 15, 2009.
 Loren E. McMaster
 Judge of the Superior Court
 Publish: July 22, 29, August 5, 12, 2009.
 LEONAR 90704 8-12-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00053312

WHEREAS, Shayne Janette Reid has filed a petition with this court for a decree changing name of Ryver Lee Stockman to Ryver Lee Reid. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Aug. 28, 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 17, 2009.
 Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: July 29, August 5, 12, 19, 2009.
 REID 90705 8-19-09

FICTITIOUS BUSINESS NAME STATEMENT #0906564.
 Derrel Blair, 3809 Font St., Sacramento, CA 95821, is doing business under the Fictitious Business Name "D&D Window & Door; DB Sales" at 3809 Font St., Sacramento, CA 95821. Filed with the Clerk of Sacramento County on July 14, 2009. Publish: July 22, 29, August 5, 12, 2009.
 D&DWIN 90704 8-12-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00052706

WHEREAS, Sahr G. Musa and Kailee Armstrong have filed a petition with this court for a decree changing name of Kailee Forever Muslapha to Kailee Sia Musa. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on August 21, 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

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME
 FILE #0610653

The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of Tayo's Fabric & Quilts, located at 10127 Fair Oaks Blvd., Fair Oaks, CA 95628. Shenna Mealey, 6936 Drywood Way, Orangevale, CA 95662; R. Brian Mealey, 10127 Fair Oaks Blvd., Fair Oaks, CA 95628. The Fictitious Business Name Statement was filed on Sept. 25, 2007 in the County of Sacramento. Filed with the Clerk of Sacramento County on Sept. 20, 2008.
 Publish: July 29, August 5, 12, 19, 2009.
 TAYOSF 90705 8-19-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00053712

WHEREAS, Max Alvarado and Michelle Alvarado have filed a petition with this court for a decree

changing name of Angel Joseph Gutierrez-Alvarado to Angel Joseph Alvarado. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 2, 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 22, 2009.
 Loren E. McMaster
 Judge of the Superior Court
 Publish: July 29, August 5, 12, 19, 2009.
 ALVARA 90705 8-19-09

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 10, 2009.
 Loren E. McMaster
 Judge of the Superior Court
 Publish: July 29, August 5, 12, 19, 2009.
 HARPER 90705 8-19-09

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

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00054041
 WHEREAS, Fou Saeleum and Yan Saeleum are filed a petition with this court for a decree changing name of Farm Seng Saeleum to Megan Elizabeth Saeleum. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Sept. 8, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general

circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 27, 2009.
 Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: August 5, 12, 19, 26, 2009.
 SAETEU 90801 8-26-09

SUPERIOR COURT OF CALIFORNIA
 COUNTY OF SACRAMENTO
 ORDER TO SHOW CAUSE
 CHANGE OF NAME
 #34-2009-00053905
 WHEREAS, Felipe De Jesus Cervantes has filed a petition with this court for a decree changing name of Felipe De Jesus Cervantes to Cody Ethen James Cervantes. IT IS ORDERED that all persons interested in the above

entitled matter appear before this court at 9 a.m. on Sept. 4, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 24, 2009.
 Shelleyanne W.L. Chang
 Judge of the Superior Court
 Publish: August 5, 12, 19, 26, 2009.
 CERVAN 90801 8-26-09

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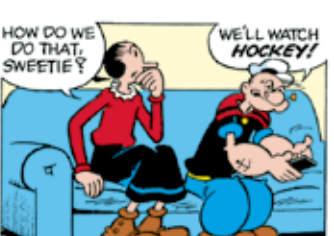
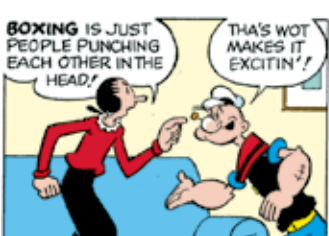
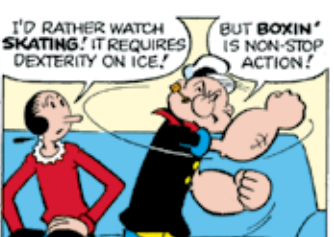
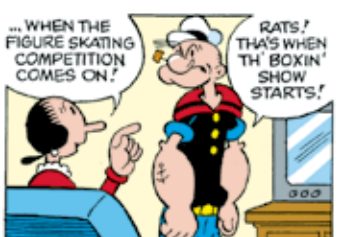
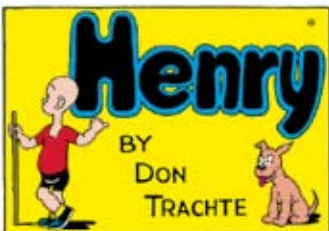
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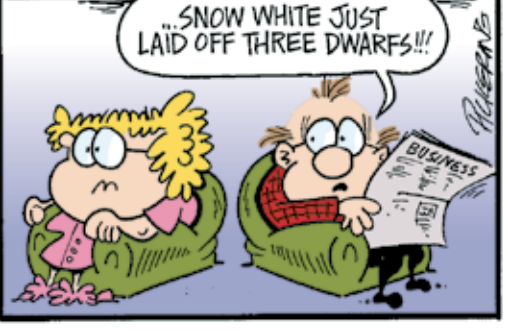
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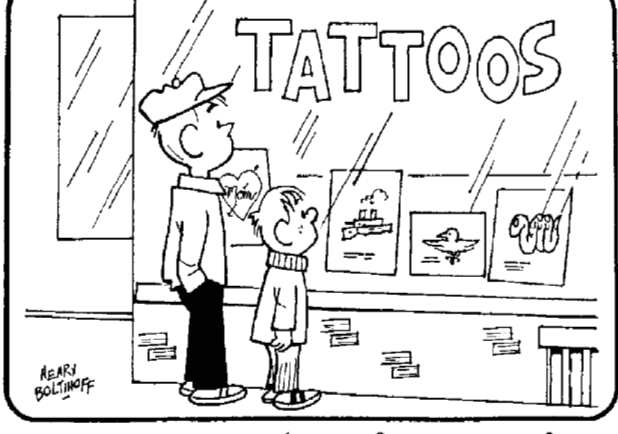
The Spats by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. 'Tattoos' letters are staggered. 2. Different boy is wearing hat. 3. 'Mom' tattoo is added. 4. Bricks added to building. 5. Snake is longer. 6. Boy's nose is different.

Trivia test by Fifi Rodriguez

- GEOGRAPHY:** What two bodies of water does the Strait of Hormuz link?
- GEOLOGY:** What kind of land form is described as a flat-topped hill with steep sides?
- LITERATURE:** The term Bildungsroman is used to describe what kind of novel?
- SPORTS:** What is the lightest weight classification in boxing?
- AD SLOGANS:** What company introduced the slogan, "We answer to a higher authority"?
- TELEVISION:** What phrase was on the UFO poster in Agent Mulder's office in "The X-Files"?
- MOVIES:** In which movie was the following line uttered, "Take a chance. Hire the smart, fat girl"?
- LANGUAGE:** "Jarhead" is slang for what kind of military personnel?
- MUSIC:** What kind of musical instrument is a sitar?
- MEDICINE:** What would a patient with "ankylosis" be suffering from?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally. Monday's unlisted clue hint: CAPITAL OF IRAQ

- Babylon
- Beijing
- Carthage
- Cordova
- Istanbul
- Jericho
- Larsa
- London
- New York
- Paris
- Rome
- Thebes
- Tokyo
- Uruk
- Xiadu

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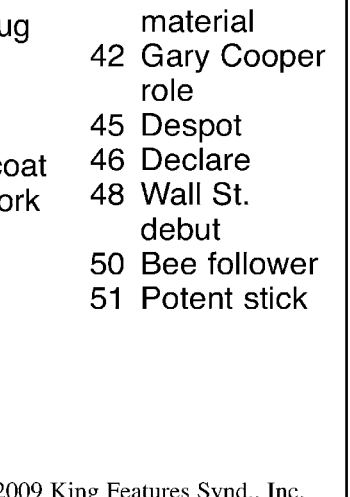
P.O. Box 660061 Sacramento, CA 95866-0061 http://www.sacgergensoc.org

The meetings are held at 1pm 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, AUGUST 25, 2009

Topic: "German Research on the Internet" Presenter: Baerbel Johnson, AG

This meeting is quite special, because there is no one in the entire United States who knows more about German resources that are available on the internet - and besides that, no one else who keeps up to date on them as well.



All Answers on Page 5

Contract Bridge

SILENCE IS GOLDEN
South dealer. Both sides vulnerable.
NORTH
♠ A K 6 4
♥ A Q 7 5
♦ 10 8 7 2
♣ 5
WEST
♠ J 10 8
♥ 9 8 4 2
♦ K Q 3
♣ K J 9
EAST
♠ Q 9 5 3
♥ J 10 3
♦ 4
♣ 8 7 6 4 2
SOUTH
♠ 7 2
♥ K 6
♦ A J 9 6 5
♣ A Q 10 3
The bidding:
South West North East
1♦ Pass 1♥ Pass
2♣ Pass 2♠ Pass
2NT Pass 4♦ Pass
6♦ Dble
Opening lead jack of spades.

West's double was based on the expectation of scoring two trump tricks. South therefore decided to credit West with both the king and queen of trumps. Proceeding on this assumption, South set about the preliminary groundwork necessary to achieve a trump endplay against West if he had exactly the right distribution. He won the spade lead with the king, cashed the ace, then ruffed a spade. Declarer next played the ace of clubs, ruffed a club in dummy and cashed the K-Q-A of hearts, discarding the ten of clubs on the heart ace. With everything running smoothly thus far, declarer ruffed dummy's last heart and then trumped the queen of clubs in dummy. Having survived all these risky but necessary maneuvers, South was now in position for the coup de grace. He had won the first 10 tricks, the lead was in dummy, and making the slam had become an absolute certainty. He led the ten of diamonds, ducked it, and poor West found that his two sure trump tricks had dwindled to one. All of which goes to show that it's very unwise to double a slam when the double warns declarer he's about to run into an unlucky distribution. Without the double, it's hardly likely that South would have played the hand in such a cavalier fashion.

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by Steve Becker

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			

KING Crossword

Answers on Page 5

- ACROSS**
- 1 Quantities stolen
 - 6 Boom times
 - 9 Harvest goddess
 - 12 Up to
 - 13 Enthusiast
 - 14 Torched
 - 15 Mrs. Gorbachev
 - 16 Render untraditionally
 - 18 Incision implement
 - 20 Leak slowly
 - 21 Mueller's org
 - 23 State of India
 - 24 Twangy
 - 25 Lounge about
 - 27 Unfriendly
 - 29 EBBs collectively
 - 31 Veer
 - 35 Excuse
 - 37 Stench
 - 38 Story-telling brother
 - 41 Scarlet
 - 43 Wolfed down
 - 44 Carry on
 - 45 Breakfast choice
 - 47 Put on a pedestal
 - 49 Oust
 - 52 Round Table address
 - 53 La -, Bolivia
 - 54 Bakery request
 - 55 Plaything
 - 56 Raw rock
 - 57 Saccharine
- DOWN**
- 1 "Ben-"
 - 2 Literary collection
 - 3 Work with
 - 4 Sax-playing Simpson
 - 5 Word on the street?
 - 6 Open
 - 7 Green shot
 - 8 Pigs' digs
 - 9 Hodgepodes
 - 10 Fast food choice
 - 11 Bessemer product
 - 17 Hammock occupant
 - 19 Raccoon's cousin
 - 21 Winter bug
 - 22 --relief
 - 24 Without delay
 - 26 Canine coat
 - 28 Wickerwork willow
 - 30 Freddy's street
 - 32 Become aware of
 - 33 Examine
 - 34 - out a living
 - 36 Pleasant wind
 - 38 Mill fodder
 - 39 TV's ancestor
 - 40 Scrimshaw material
 - 42 Gary Cooper role
 - 45 Despot
 - 46 Declare
 - 48 Wall St. debut
 - 50 Bee follower
 - 51 Potent stick

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Skinner Band Hosts Free Gigs in Carmichael, Foothills, Fair Oaks



The John Skinner band features Matthew McFarland (left), Shelley Denney, Tom Hannikel, Susan and John Skinner, Roger Gosline and Bob Allen

The John Skinner band will swing from its big band to rock repertoire at five area concerts between August and October.

The group begins its local season with an evening in Carmichael Park on August 9. Downbeat is at 6:30 p.m. This event is part of a summer-long concert series sponsored by the Carmichael Recreation and Park District.

On August 13, Skinner and minstrels will turn out for the Fair Oaks Village Park

music series, sponsored by the Fair Oaks Chamber of Commerce. Music begins at 7 p.m. in the bandstand at California and Temescal St.

The group begins its local season with an evening in Carmichael Park on August 9. Downbeat is at 6:30 p.m. This event is part of a summer-long concert series sponsored by the Carmichael Recreation and Park District.

On August 13, Skinner and minstrels will turn out for the Fair Oaks Village Park

of musical acts at Carmichael Park. Performance times will be announced closer to the event.

On October 3, a free afternoon concert at Foothill Community Park (Diablo St, Sacramento) ends Skinner's outdoor gigs. Supervisor Peters and the Sunrise Park District will host the Skinner ensemble at Pioneer Park (Verner Ave, Sacramento) on September 12. Music starts at 4 p.m.

Carmichael's centenary Founders Day (September 26) will feature the Skinner ensemble among a lineup of musical acts at Carmichael Park. Performance times will be announced closer to the event.

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straight talk for teens by teens

Former heroin addict shares life, death

by Lauren Forcella

Dear Straight Talk: I am writing to “Desperate in Salinas” (JUL 15), the girl who was hiding her heroin-addicted boyfriend in her parent’s basement. I, too, was deeply in love with a beautiful soul addicted to heroin, and I guarantee if you don’t get help, he will take you into a pit of hell with him, you’ll have a needle in your arm, too.

Zach was finally going to quit. We started planning a life together. I was saving money to join him in Utah, when my grandmother, a daily support-figure in my life, died suddenly of stroke. It mentally unraveled me and I left spontaneously to see Zach. He warned me he was shooting again and strung out. I didn’t care. As soon as that needle hit my vein I was wrapped in indescribable comfort. Not only was I not sad anymore, I felt better than I’d ever dreamed possible. It was my first shot.

Days later, I was spare-changing to support my habit, basically lying through my teeth for drugs. It was the lowest I’ve ever sunk and I didn’t even care. The worst was when I took advantage of the Iraq war saying I needed to get home because my brother was shipping out. I was so good at lying, Zach always sent me out to make the money. I never sold my body though, like many addicts, and for that I’m grateful.

Within two weeks I became sick if I didn’t shoot up. I decided to quit. That night was like having the worst flu imaginable. My skin had nonstop “creepy crawls” and I took showers till sunrise, then hit the street telling whatever lies I needed for another \$10 shot.

Another two weeks. A needle broke off in Zach’s arm. At emergency, the doctor sliced his arm open right in front of us, his full pointer finger digging inside for that needle. Later, I was so hungry (having eaten only dumpster-dived pizza the day prior), all I could think was, “Can’t that dealer hurry, I need my shot so I won’t be hungry.” Then came a flash of clarity: “What am I doing? Choosing drugs over food?” I returned to California for help getting clean and told Zach to get off heroin if he wanted me.

A year later, homeless on the streets of New York, Zach overdosed and died unconscious in a hospital. I flew there before they took him off life-support. I’ve replayed our relationship endlessly, all the “could’as and should’as”, but with addicts you have to listen to your head not your heart because addicts will choose their drug over you and all the love in the world. All you can do is help yourself. It only takes one shot of heroin to kill you. If this letter helps you, Zach’s death was not in vain. — Rose Apodaca, 21, Auburn, CA

Dear Readers: Rose is part of the Straight Talk youth panel and I’m honored to share her letter. Heroin is known for attracting beautiful, sensitive souls — who in turn attract people who enable them.

Rehab clinics are facing an unprecedented epidemic of heroin addiction due to the current chic of snorting heroin and smoking heroin “tar” in the end of cigarettes — this combined with the brain’s “learned” predisposition for opiates from using Vicodin, OxyContin, Codeine, Percoset, etc., and hell is one needle away.

Heroin users need immediate professional intervention and care. To family and friends: tough love is essential. Your local hospital can steer you to resources.

Warning signs of heroin addiction:

- Reduced performance in school, sports, hobbies
- Reduced personal hygiene
- Loss of motivation
- Reckless behavior
- Hostility
- Withdrawal from family, friends
- Runny nose, constant sniffles
- Needle marks
- Slurred speech
- Paraphenalia

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



By Laura Snyder

I was thinking about how lucky I am to have such a great job. Do you remember a time when it wasn’t considered a job unless you were putting your proverbial grindstone to the shoulder while you were doing it? (Yes, that word swap was juvenile, but intentional. Watch for more.)

If that were the case, then writing would be simply my hobby unless, of course, I happened to be chasing a deadline. Then that shoulder and grindstone scenario might exist.

I have written more humor columns than you can stick a shake at (intentional), and no, I’ve never considered it work, but it is my job.

It’s also a form of therapy for me. Did you ever have one of those days when nothing went the way you thought it would? Instead of everything going nice and smooth, you ended up running around like a head with your chicken cut off (:D). What did you do about it? Well, I seem to have more than my fair share of those kinds of days, due to my own incompetence, no doubt. But

Laura on Life A Great Job

as it turns out, incompetence is actually a fine flaw to have if you happen to be a humor columnist. It is human nature for people to laugh at others’ ineptitude. So, in essence, your insensitivity is my good fortune.

My lack of cooking skills is one of those topics that I touch on often because it’s humorous to everyone except those people who have to ingest my culinary disasters. Which reminds me: We just bought a new toaster oven. I’ve never owned a toaster oven before and, really, I needed to learn to use another appliance like I needed a head in my hole (Oops, that’s going too far isn’t it?), but my husband insisted that we needed it.

You will understand when you hear what I did to my first toaster. How was I to know you can’t cook pork chops in a toaster? They are the perfect size after all. However, not only was the drip pan waaay too small, but the darn things kept popping up before they were done. I always thought that my toast popped up because it was done, but apparently it’s a timing issue.

That incident, like many others, was fumed about, analyzed, picked at, and wallowed in, until finally, I picked up a pen and wrote down my thoughts. It was easy to see the humor in it after I had put it down on paper.

The written word can impart so

much to its reader: Information, inspiration, a call to action, storytelling and entertainment. Just what it imparts is all in the formation of the sentences, the punctuation, and the exact words and the order in which they are written. It’s an orchestra for the eyes, a ballet for the mind. For writers, it’s is not just therapeutic — it’s life-giving.

Some people like to paint to relax. Some people like to go hiking to clear their mind. Some people think cleaning the house or folding laundry is relaxing — although, those people are lunatics — but you get the point. Everybody’s got something that calms and rejuvenates them. If you have something like that, something that just feeds your soul, I encourage you to find someone who’ll pay you to do it. Then you’ll never have to work a life in your day. (Not again!)

To those of you who read and enjoy my column: You are the ones that have made it possible for me to make a living without working. And I want to thank you for that from the heart of my bottom (I couldn’t resist). Without you, I’d still write, but it wouldn’t be half as much fun.

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.

State Fair Announces Talent Search for Next Singing & Dancing Superstars

Sacramento -- The 2009 California State Fair is looking for undiscovered talent for its forthcoming “State Fair Star” talent show and NEW dance competition.

Preliminary auditions will be held at Cal Expo on Saturday, August 8th from 1 p.m. to 6 p.m. Auditions are open to vocalists aged 16 + and dance groups of all sizes and ages.

Do you have what it takes to give the other contestants a run for their money? If so, reserve an audition space by emailing talent@calexpo.com or by calling (916) 274-0424 and leave a message with your name, age and contact information. Then come to the Cal Expo Administration Building on August 8 prepared to

perform a 1-2 minute performance. Walk-ins are welcome but not guaranteed a spot. Auditions are first come, first serve.

“There is an incredible pool of untapped talent in California and we are looking forward to finding the “superstars” from California,” said Norb Bartosik, State Fair CEO and General Manager. “Who knows — we may help to discover the next singing or dancing sensation.”

The most talented vocalists will be invited to compete against other regional winners at the State Fair on August 23 for the chance to win the Grand Prize, which will include a “Superstar Prize Package” with cash and prizes that will help fund their trip to a national

talent competition of their choice.

Dancers will compete on Friday, August 28 in an all NEW dance show!

“Our goal is for the winner to use this prize package as a stepping stone for auditioning with American Idol, America’s Got Talent, or some other national competition,” said Norb Bartosik.

For the most updated information about the State Fair Star competition and other State Fair news, please visit www.bigfun.org. Media may contact the Cal Expo Media Center at (916) 263-3108 or media@calexpo.com. The 2009 California State Fair will be held from August 21 to September 7 at Cal Expo in Sacramento, Calif.

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A Balancing Act

Protecting Your Dog's Immune System

FAMILY FEATURES

Allie stopped eating when she was 16. Her owner, Dr. Elizabeth Cohen says she went crazy trying to find a healthy diet for her beloved pet.

"Her problem is that she has a very sensitive digestive system and would suffer from upsets pretty often," said Cohen, a New York veterinarian and popular radio show host. With a majority of a dog's immune system residing in the gut, it was critical to address Allie's digestive health.

Understanding Bacteria

Like humans, dogs and cats have short digestive tracts and a complex gastrointestinal (GI) ecosystem. Bacterial cells in their digestive tracts outnumber animal cells. In fact, they account for approximately 95 percent of the cells in the GI tract. As many as 500 different species of bacterial cells may be represented.

Some of these bacteria are beneficial, and some have the potential to be pathogenic. It's the balance between the two types of bacteria that determines whether the digestive system is healthy and functioning optimally. When the bacterial balance is disrupted, the result is often digestive upsets and loose stools.

What Causes Bacterial Imbalance?

The intestinal microflora can vary from one animal to the next and is influenced by a number of things, including host species, breed, age, diet, environment and geography. But beyond these variables, many factors can work to disrupt the bacterial balance:

- Disease
- Age
- Diet
- Stress
- Antibiotic therapy

Finding a Balanced Solution

"I prefer to treat her digestive problems naturally; however, it was challenging finding an effective natural solution," said Cohen.

Dr. Cohen is not alone in wanting to find more natural solutions. According to experts, about half of dog- or cat-owning households seek natural product solutions for their pets. A growing trend in pet care is the use of probiotics and prebiotics to support digestive health.

- Probiotics are live, beneficial or good bacteria supplied in some form (treat or supplement) to the animal that provide a health benefit.
- Prebiotics feed (or support) the good bacteria, helping the good bacteria to grow.

"Probiotics provide the digestive system with the healthy, good bacteria," said Cohen. "These bacteria support the immune system and its function, produce important B vitamins and take up space in the intestines. This is important because this space could be taken up by disease-causing bacteria instead of the healthy bacteria."

Allie is 18 now, and even though she has some issues common to older dogs, Dr. Cohen says she's a healthy, happy dog and enjoys the probiotics she's given in supplement form.

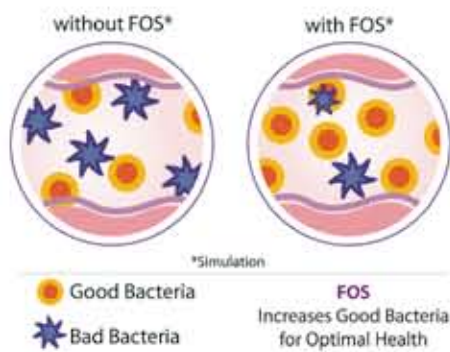
"I am recommending Iams ProSTORA Max as a veterinarian, as a pet reporter, but most importantly, as a pet owner," says Cohen. "Allie is extremely picky about what she likes to eat and she loves the taste of ProSTORA. I love it because I'm able to help support her digestive health naturally."

Available through veterinarians, ProSTORA Max is one of the only probiotics that is derived from the canine gut. It nutritionally manages dog's digestive health, promoting a healthy microflora balance during stressful transitions and a strong, healthy digestive system for overall health and well-being.

For more information, visit www.iam.com.



Dr. Elizabeth Cohen and her dog Allie



A Well-Balanced Diet

When it comes to nutrition, pets need a balanced diet including:

- Animal protein to build and maintain strong muscles
- Vitamins and minerals for heart health
- Antioxidants, such as beta-carotene and Vitamin E to promote a strong immune system
- Fiber blend for optimal digestive health
- Omega-3 fatty acids for healthy skin and coat

- Multi-grain carbohydrates such as corn, rice, sorghum and barley for energy and vitality
- Natural calcium for strong teeth and bones

Pet food makers study healthy dogs and cats to find which ingredients work best in providing complete and balanced nutrition. For example, nutritional science found in products such as Eukanuba and Iams deliver animal proteins and antioxidants that are especially important to a dog's health.



Prebiotics in Pet Food

In examining your pet food ingredient list, you may see this term — Fructooligosaccharides, or FOS. Pronounced, fruwk-toe-ol-lie-go-sack-er-ides, FOS is a prebiotic found in a variety of foods, such as bananas, barley, garlic, honey, rye and wheat. It is a fiber that is broken down in the intestine by the good bacteria that live there.

FOS feeds the good bacteria to help crowd out the bad bacteria, helping to create the right balance between good and bad bacteria. Check your pet's food labels to ensure the food you're feeding your pet has "Fructooligosaccharides" listed on the ingredients panel.



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