

Carmichael Times



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Volume 29 Issue 32

Serving Carmichael and Sacramento County since 1981

August 12, 2009

Exchange Students Can Change Lives



Hosting an Exchange Student can be an exhilarating experience

By Cheryl Young

Sacramento - "After I make my homework, I'll download the dishwasher." You get used to hearing humorous and endearing statements like this when you host an international exchange student. Interpretation: I'll do my homework, and then I'll empty the dishwasher.

In the past two years my family has hosted four bright and enthusiastic high school students from Germany, Colombia, Sweden and Finland. I can assure you that being a host parent has been one of the most gratifying experiences of our lives. In fact, I believe so much in international exchange, I am a local coordinator for EF Foundation for Foreign Study.

Thousands of young people are awaiting an opportunity to experience American family life. Although it may seem like a financial burden to host a student, in reality students arrive with spending money, and host families are required only to provide room and board. What they receive has less to do with material things and more to do with the opportunity to live in our community, learn about our culture and improve

their English. While some of us may feel that the American dream is slightly tarnished these days, I can assure you that these students do not feel the same way. They have an image of America from TV and movies, and they want to see for themselves what makes Americans tick. Many students comment that everything is so big in America—wide-open spaces, big cars, big houses. They are amazed at school spirit, proms, and friendly teachers. They boldly join American team sports like football even though they have never even seen a football game and don't know the rules. They laugh at the silly questions Americans ask about their countries.

Your rewards are immeasurable. You can expose your student to the best of American life and traditions like Halloween and Thanksgiving, with festive meals supplemented with students' preparation of red cabbage or fried plantains. You introduce them to Starbucks and Taco Bell. You are amazed that they like old movies because they get to hear Brad Pitt's actual voice, since they have only heard the translation voice-overs in their

country. You get to show them what's great about California: the Golden Gate Bridge, Lake Tahoe, the redwoods, or Hollywood. You understand that English has become the language of the world when you see your student so motivated to become fluent in English for their future career success. You realize that it's a small world when your student from halfway around the world plays "Chopsticks" on the piano and asks you to join in on "Heart and Soul." Your children particularly benefit from being introduced to foreign languages and cultural traditions without leaving the country. By the end of the year, your "adoptive" son or daughter has become an independent, self-assured young adult, and you love them like your own child.

If I could share one thing with anyone considering becoming a host family, it would be this: the benefits of welcoming an exchange student into your home far outweigh the cost of a few extra pancakes at the breakfast table. You won't miss the extra pancakes.

To learn more, please visit our website: www.fffoundation.org.

The Wall Youth Center Opens at New Location

Reborn from the failed North Area Teen Center, the after school youth center serving young people across the area is now known as The Wall, Carmichael. With a new donated property at 5933 Sutter Avenue, just off Fair Oaks Blvd., services will be expanding to include cooking classes, financial and insurance management, music and art programs.

As parent's thoughts turn to 'back to school' The Wall will be there to provide a safe, supervised place for kids in the 'latch key' hours between school's end and parents coming home from work.

The Wall held its celebration and Grand Opening on Saturday August 1st. Parents, kids and

community leaders joined in celebrating during the festivities, which featured music with Dudley and the Do-Rights, young NASCAR Star of Tomorrow Jonathon Mawhinney and his late models custom race car.

Got Pennies?

Come visit the center, talk with parents and kids or just come by to donate to The Wall's "Pennies from Heaven" fundraiser. Drop off your jar of coins, dish of coppers or clean out the car seats and the couch to donate those pennies at a special drive thru donation on the semi-circular driveway a half block east of Fair Oaks and Sutter. The Wall is challenging the

kids and the community to donate enough change to stack pennies a hundred miles high! A virtual goal celebrating Carmichael's 100th Anniversary this Fall.

Local groups and businesses can sponsor a Penny Stacking Team to see who sets the World Record for stacking penny coins as part of the festivities for Carmichael's 100th Founder's Day Anniversary celebration in September. Call Executive Director Jim Vargas at 916-335-0804.

Learn more about donating your pennies, The Wall Youth Foundation and its programs by visiting, www.thewallcarmichael.com, or call 916-482-2088.

Patriots Jet Team Adds More Thrills to Airshow

Sacramento County - California Capital Airshow organizers are excited to announce the addition of a second jet team, the Patriots, to this year's already spectacular event. The Patriots are a four-ship civilian jet team with highly experienced airshow pilots including two former members of the U.S. Air Force Thunderbirds.

Sponsored by Fry's Electronics and Hot Line Construction, the Patriots' L-39s electrify spectators with fast-paced formation flying, choreographed four-ship diamond formation aerobatic maneuvers and their signature "Tail Slide" where the aircraft actually slides backwards toward the ground, something not performed by any other jet demonstration team*. Performances highlighted by computerized red, white and blue smoke systems are flown by lead pilot Dean "Wilbur" Wright, right wingman Rob "Fang" Hutchison, left wingman John "Bordz" Posson and slot pilot Paul "Sticky" Strickland.

First debuting in 2003 as a two-ship team, the 2004 season saw the addition of a third aircraft creating even more fun and excitement at air shows. With the success of the 2005



Patriot's Jet Team flies into Sacramento

season, the Patriots added a fourth jet for the 2006 season bringing the performance to an entirely new level. And now, the Patriots are attempting to expand their team yet again by adding two more jets to the demonstration for the 2010 season. Airshow patrons can witness the expansion process first hand as the Patriots interview and take a prospective team member up for his first formation flight with the Patriots on Saturday at the California Capital Airshow.

The 2009 California Capital Airshow is scheduled for

September 12 and 13, 2009 at Mather Airport near Rancho Cordova, CA. Tickets for the airshow and details regarding the event are now live at www.californiacapitalairshow.com. General admission tickets are available for \$15 (\$20 at the gate) and children ages 12 and under get in free. Reserved seats are available for \$40 (\$20 for children 12 and under) and Exclusive Governor's Club tickets that include VIP parking are available for \$175. Sponsorship opportunities are also available.

Park Rangers Working to Make the American River Parkway Safe & Fun



Sacramento - In a joint effort between the Sacramento Metro Fire Department, the U.S. Bureau of Reclamation, and the Sacramento County Rangers, a large California White Alder which had fallen into the river with branches outstretched to snag any passing rafters, was removed

from a side channel near the William B. Pond Recreation Area.

"A tree stretched across the river like this can create a significant drowning hazard," said Kathleen Utley, Park Ranger Supervisor. "While water can flow easily through the limbs, something large like a raft would

get stuck and the flow of the water would actually drag the raft down below the surface."

In order for crews to get close to the tree, Sacramento County had to work with the U.S. Bureau of Reclamation to reduce river flows from 5000 to 3000 cubic feet per second (CFS) from the Nimbus Dam. Because a flow reduction of this type generally takes about six hours, the rescue crews had to work in stages over two separate days, with the first day being the initial inspection and planning stage and the actual removal work was done on the second day once the water was lowered.

Once the tree was exposed, crews approached the tree using a fire boat so they could tie off the tree with ropes and cut up the pieces with a chainsaw. The chunks of wood were left on the shore afterward where they will provide excellent habitat for animals in the park.

Celebrate Carmichael's Founders Day

Saturday, September 26th, 2009

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Effie Yeaw Nature Center - August/September 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

AUGUST

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

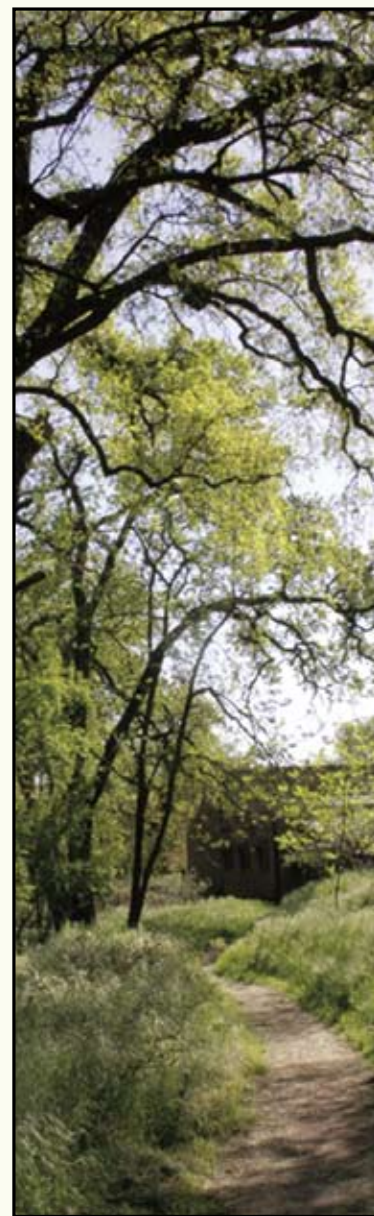
SEPTEMBER

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



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



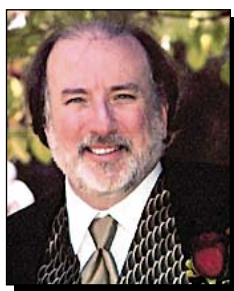
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Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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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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| Graphics & Layout | Tandra Banerjee | |
| Distribution Assistant | Gabriel Scholl | |
| Advertising Sales | Laure Rauch • Perry Hartline | |
| | Cathy Schaefer • Marion Solo • Peter Francis | |
| Contributing Writers | | |
| Tim Reilly | Mary Jane Popp | Lauren Forcella |
| Marlys Johnsen Norris | Kay Burton | Karen Linamen |
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Baby Ballet & Gymnastics,
walking-3 years

This is an introduction to dance and gymnastics. Basic beginner dance and gymnastics skill are combined for those students ready for instruction. Children should wear comfortable tight-fitting clothing. One parent may assist if a child needs reassurance.

Pre-Ballet, 3-5 years

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

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

Kindergym, 3-5 years

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

Basic Gymnastics, 6+ years

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

Parent & Me Gymnastics,
walking - 3 years

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

By Bill Schneider

When I was a kid, about all I ever did inside was sleep, eat, and torment my grade school teachers. Every other waking moment was spent outside - not just fishing, hunting, and camping, but doing all the little things I thought up myself, like catching nightcrawlers, investigating anthills, watching toads come out on a rainy night, or making my first backpack from wood scraps, wire and burlap (that was before they invented duct tape).

I never even thought about what was happening, nor did my parents. But during those critical, formative years, I was becoming an outdoor person, a conservationist, a person who'd never enjoy inside toys like TV, computers, or game stations as much as fly rods, bicycles or binoculars, still among my favorite toys.

Kids today aren't so lucky. Most are under a societal, parental, or self-imposed form of house arrest, with access to a wild world shrunk down to the size of a computer screen. Little wonder they've been called the Screen Generation.

Which is largely why one of every three U.S. kids are overweight and headed toward an adulthood likely dogged by diabetes, heart disease and other health problems. And things are getting worse, says the Institute of Medicine, which blames the problem on a junk food diet, too much TV/computer use, urban and suburban environments that discourage walking, and decreased opportunities for exercise in or out of school.

But for once, there is good news out of Washington: a bill meant to reverse this dire state of affairs. Senator Jack Reed (D-RI) and Congressman John Sarbanes (D-MD) have introduced Senate and House versions of the historic No Child Left Inside

Act of 2009 (S. 866 and H.R. 2054). If passed, it would mark the first environmental education legislation to pass Congress in more than 25 years, and would begin to get kids back outside.

The bill (currently referred to the House Subcommittee on Early Childhood, Elementary, and Secondary Education) authorizes \$500 million over five years for states to offer higher-quality environmental education and to support outdoor learning activities. Similar bills died a silent death during the Bush Administration.

Now, though, this bill might have enough political tailwind behind it to advance through the new, blue Congress. The legislation's primary promoter is the No Child Left Inside Coalition (NCLIC), a massive combine of 1,300 conservation and education nonprofits representing over 50 million people. Adding to that support is a long list of congressional co-sponsors, 16 senators and 72 representatives.

NCLIC describes the Act as a "non-partisan effort," but that is, regrettably, a push. Out of 88 sponsors, 83 are Democrat. Republicans have, in fact, already panned it as wasteful spending and as a way to spread environmental propaganda through the public school system, setting up another partisan fight in Congress.

But truly, the Act is an outgrowth of a movement started by Richard Louv, author of a best-selling book called Last Child in the Woods, where he describes the dramatic decline in our children's ability to connect with nature because of what he describes as Nature Deficit Syndrome.

This disorder, he says, "describes the human costs of alienation from nature, among them: diminished use of the senses, attention difficulties, and higher rates of physical and emotional illnesses. The disorder

can be detected in individuals, families, and communities." Though research is still scanty, Louv argues that less nature in our children's lives can lead to higher crime rates, depression, and other urban maladies.

Louv points to still another serious likely result of Nature Deficit Disorder. The long-term impact is fewer grown-up children connected to nature and willing to work to protect it. With the problems we now face, ranging from climate change to disappearing natural resources and wildlife, the No Child Left Inside Act is an important step toward protecting our nation's future.

"Environmental education must be a part of the formal pre-K-12 education system if we are to fully prepare students to become lifelong stewards of our natural resources and compete in a green economy," says bill sponsor Congressman Sarbanes.

So take a moment and contact your senator or representative and urge him or her to support the bill's passage. Yes, it's extra tax dollars, but a \$100 million per year seems like pocket change compared to the billions Congress has devoted to Wall Street bailouts.

As someone put it to me: This is not a conservationist's issue, or a left-leaning environmentalist's issue. This is everyone's issue. It's a small investment in the health of our children and our planet.

And one last thought. After you send that email to Congress, shut down the computer, and go take the kids for a walk in the park. It's good medicine!

Montana writer Bill Schneider pens a weekly column called Wild Bill for NewWest.Net, an online magazine where a version of this commentary was originally published. © 2009 www.blueridgepress.com



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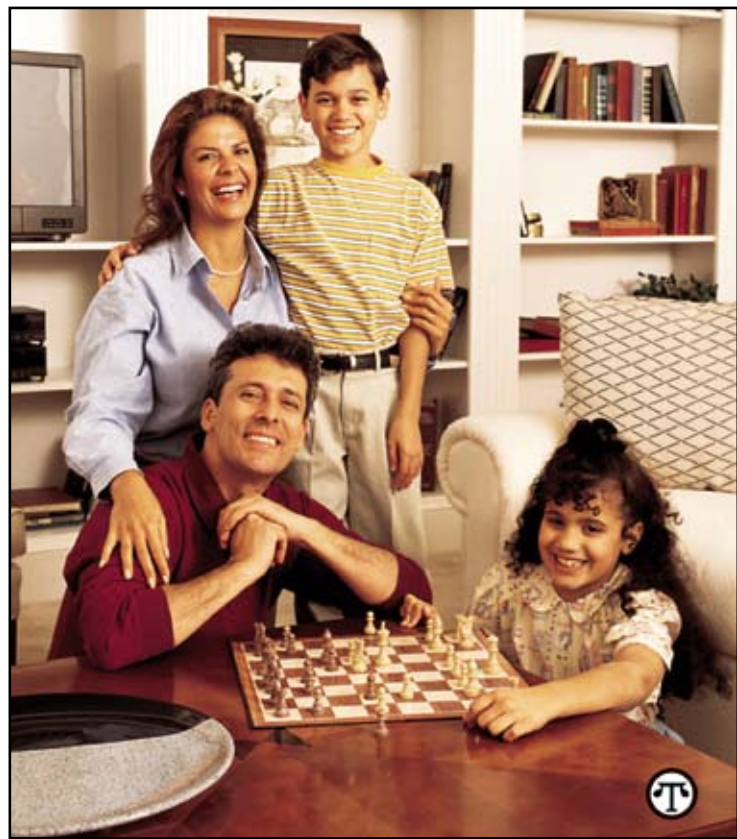
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Tips For Managing Allergies



There are things you can do to protect your youngster from allergy and asthma triggers.

(NAPSA) -- If your child ever joins the millions who suffer from allergies, you should know that reducing contact with airborne allergens such as dust and pollen can help prevent the onset of symptoms. Here are steps you can take to help your child breathe easier:

- Keep windows closed in the car and at home and limit outdoor activities, especially when the pollen count is high.

- Take a bath or shower before bed to help remove the allergens that may have collected on clothing throughout the day.
- Vacuum the carpet and floors throughout the home on a regular basis and consider using a vacuum with a HEPA filter.
- Dust mites tend to live on the floor, bedding and furniture, so wash your child's bedding frequently in hot water. You can also use dust mite allergen covers

on bedding. It is also helpful to minimize the amount of extra pillows and stuffed animals that are kept on the bed, since they are prone to collecting dust mites.

- Don't hang laundry outside, where it may collect pollen and other allergens. Use the clothes dryer or hang the clothes inside.
- Use a portable room air cleaner in your child's bedroom to filter airborne particles and help him or her breathe-and sleep-easier. A portable air cleaner that's received a Clean Air Delivery Rate seal reduces the level of airborne pollutants.

Before getting the air cleaner, determine the size of your child's bedroom. You can search for air cleaners in a directory found on www.cadr.org and compare certified models. Look at the ratings for tobacco smoke, dust and pollen and find the models with the highest ratings, since they'll clean the room the fastest. You can then weigh the importance of product features, such as noise levels and design, to find an air cleaner that fits your needs.

Visit www.cadr.org or call (800) 267-3138 for a free Consumers Guide to Selecting an Air Cleaner. You can get further information at the Association of Home Appliance Manufacturers Web site, www.aham.org.

Carmichael Jewelry Extravaganza

AMERICAN CANCER SOCIETY DISCOVERY SHOP
2744 Marconi Avenue, Sacramento • August 28 at 10:00

The Sacramento Discovery Shop presents its 2009 JEWELRY EXTRAVAGANZA, beginning Friday, August 28. For sale will be antique, vintage, and contemporary necklaces, bracelets, rings and earrings, many created in 14 and 18 karat gold and sterling with fine gems, including diamonds, sapphires, rubies, emeralds and opals. Costume and designer

jewelry will also be featured, highlighted by two sterling Los Castillos pins, one designed by the noted artist, Jorge (Chato) Castillo. Come on Friday at 10:00 for the best selection. The Sacramento Discovery Shop is a specialty resale store known for its selection of quality merchandise. Donations of new and gently used merchandise are accepted at 2744 Marconi Avenue, near Fulton Avenue,

Monday through Friday from 10 to 6; Saturday 10 to 5; Sunday noon to 5. Prospective volunteers are always welcome. One hundred percent of the proceeds go directly to help support American Cancer Society's commitment to research, education, advocacy and patient services. For more information, call 484-0227.

Unsecured Property Taxes Due

Annual bills for Sacramento County unsecured property taxes for fiscal year 2009-2010 will be mailed in mid-July and are payable without delinquent penalties through August 31, 2009.

Unsecured property tax bills are mailed to all owners of unsecured property in July of each year. If you owned unsecured property in Sacramento County, such as a boat or aircraft, or if you leased or owned fixtures and equipment related to a business on January 1, 2009, and do not receive a tax bill by August 15, 2009, please contact the Sacramento County Tax

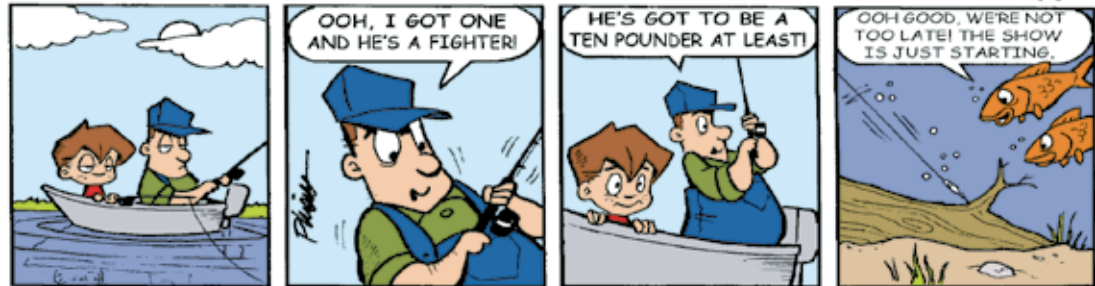
Collector's Unsecured Property Tax Unit at (916) 874-7833, between the hours of 9:00 a.m. and 4:00 p.m., Monday through Friday excluding holidays.

NONRECEIPT OF A TAX BILL DOES NOT EXCUSE DELINQUENCY OR ALLOW THE TAX COLLECTOR TO CANCEL PENALTIES OR COLLECTION COSTS.

Tax bills become delinquent if not paid in the Tax Collector's Office by 5:00 p.m. on August 31, 2009, or received by mail bearing a postmark of August 31, 2009. If the tax bill is not paid by

the delinquency date, a 10% penalty and collection cost will be added. DMV registration may be withheld on boats if unsecured property taxes are reported delinquent. If a tax bill remains unpaid after October 31, 2009, additional collection costs and monthly penalties at the rate of 1.5% will be added to the base tax. Payments may be made by mail or in person at the County Tax Collector's Office at 700 "H" Street, Room 1710, Sacramento, CA 95814, between the hours of 8:00 a.m. and 5:00 p.m., Monday through Friday, holidays excluded.

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FICTITIOUS BUSINESS NAME STATEMENT #0906564. Derrel Blair, 3809 Font St., Sacramento, CA 95821, is doing business under the Fictitious Business Names "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

FICTITIOUS BUSINESS NAME STATEMENT #0906335. Camellia Stations Inc., 4700 Manzanita Ave., Carmichael, CA 95608, is doing business under the Fictitious Business Name "Camellia 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

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 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 #34-2009-00052706

WHEREAS, Sahr G. Musa and Kailee Armstrong have filed a

petition with this court for a decree changing name of Kailee Forever Mustapha 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 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

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

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, 2006.

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

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00052587

WHEREAS, Harry Adam Harper has filed a petition with this court for a decree changing name of Harry Adam Harper to Adam

Harry Harper. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Aug. 21, 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 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 Saeteum and Yan Saeteum are filed a petition with this court for a decree changing name of Farm Seng Saeteum to Megan Elizabeth Saeteum. 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

FICTITIOUS BUSINESS NAME STATEMENT #0907214. Lisa Helms, 1266 Knopfler Circle, Folsom, CA 95630 is doing business under the Fictitious Business Name "Simply Slim Weight Loss" at 6112 Sunrise Blvd., Citrus Heights, 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. Shelleyanne W.L. Chang Judge of the Superior Court Publish: August 12, 19, 26, September 2, 2009. CHAMPA 90802 9-2-09

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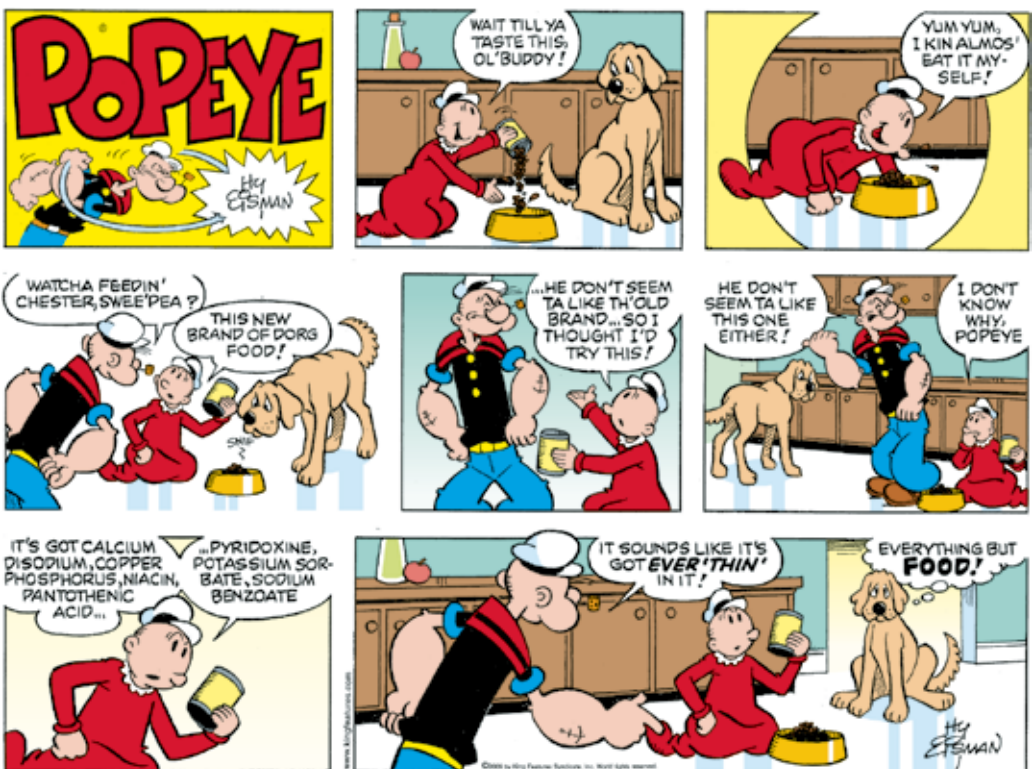
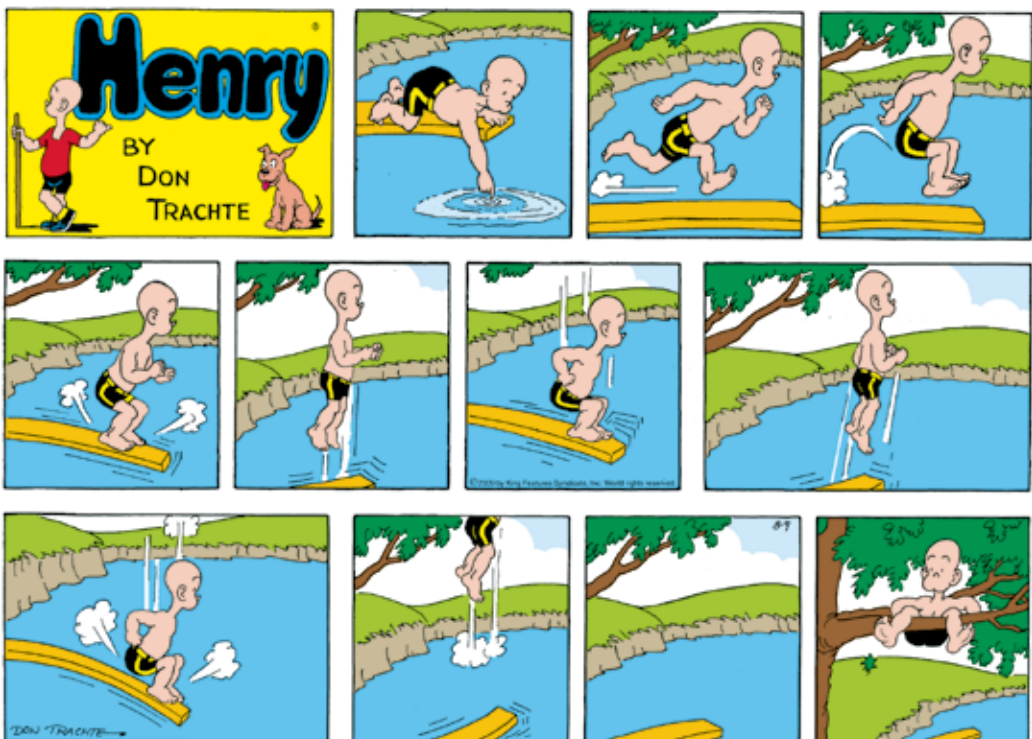

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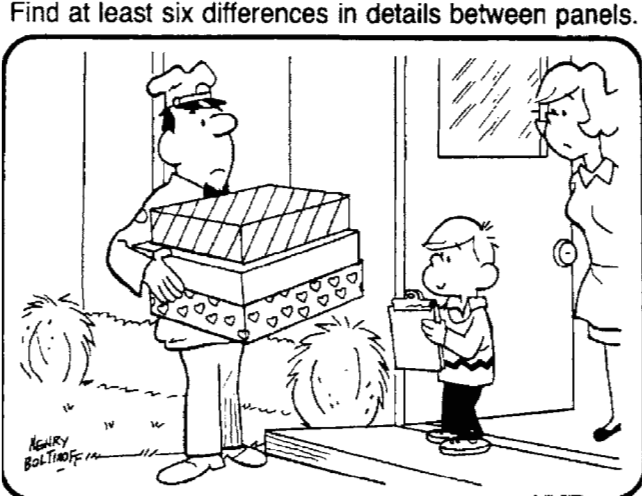
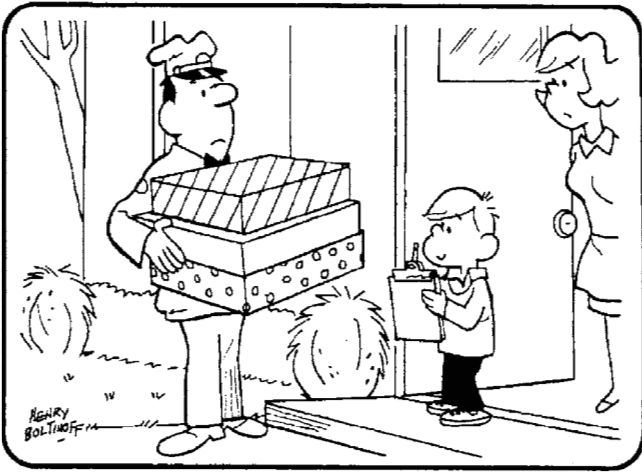
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HOCUS-FOCUS BY HENRY BOLTIHOFF



Differences: 1. Box pattern is different. 2. Boy's sweater has stripe. 3. Window is bigger. 4. Tree is missing. 5. Boy's pencil is gone. 6. Mom's shoe is different.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: What is the largest desert in the world, outside of polar regions?
2. MATH: What is the square root of 256?
3. HISTORY: During the Great Depression of the 1930s, what were the makeshift camps of homeless people called?
4. PERSONALITIES: What 1980s fitness entrepreneur wrote the "Never-Say-Diet Book"?
5. MOVIES: Who was originally cast to play Inspector Clouseau in "The Pink Panther"?
6. FIRSTS: In what year were women officially allowed to run in the Boston Marathon?
7. GEOGRAPHY: Where is the headquarters of NATO located?
8. LITERATURE: Which famous artist served as a correspondent for Harpers' Weekly magazine during the Civil War?
9. TELEVISION: What television sitcom family lived at 1313 Mockingbird Lane?
10. U.S. PRESIDENTS: Who served as the 16th president of the United States?

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Weekly SUDOKU

by Linda Thistle

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

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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Monthly Meeting of Mission Oaks Genealogy Club, Carmichael, CA

On August 20, 2009, Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Subject will be: "Life on the Geiger Dairy in Rio Linda (1943-54)." Visitors are welcome. For more info call Robert Noyes (916) 332-5753 or visit website: <http://missionoaksgenealogyclub.org>.

Sacramento German Genealogy Society

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.

MAGIC MAZE

FIRST NAME RECOGNITION

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

- abylon Istanbul New York Tokyo
- eijing Jericho Paris Uruk
- arthage Larsa Rome Xiadu
- ordova London Thebes

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All Answers on Page 5 Contract Bridge

YOU CAN WIN BUT YOU CAN'T LOSE
South dealer.
Neither side vulnerable.
NORTH
♠ 8 7 4
♥ K 9 3
♦ K 8 7 5 2
♣ 6 4
WEST
♠ 3 2
♥ Q 10 5 4
♦ J 10 3
♣ A 9 7 2
EAST
♠ A 9
♥ J 7 6
♦ A Q 9 4
♣ J 8 5 3
SOUTH
♠ K Q J 10 6 5
♥ A 8 2
♦ 6
♣ K Q 10

The bidding:
South West North East
1♠ Pass 2♠ Pass
4♠
Opening lead — jack of diamonds.

It is sometimes necessary for declarer to risk losing two tricks in a suit where he has only one loser. This may sound like a counterproductive maneuver, but if it provides the best or only means of making the contract, it is clearly the play of choice. Take this case where South wound up in four spades and West led the jack of diamonds. After the jack held, West shifted to a trump. East took his ace and continued with a trump to

South's king, West following suit. Since he had already lost two tricks and was sure to lose another to the ace of clubs, declarer had to find a way to avoid losing a trick in hearts. The only practical possibility was to score an extra club trick. If this could be arranged, dummy's third heart could be discarded on South's third club, and the heart loser would be averted. Accordingly, at trick three declarer played the king of clubs, taken by West with the ace. West exited with the ten of diamonds, ruffed by South, and a heart was led to dummy's king, bringing declarer to the moment of truth. A club was led from dummy, and after East followed low, the ten was finessed. When it held, South cashed the queen, discarded a heart from dummy, and the game was home. Of course South was fortunate to find East with the jack of clubs. But actually, the extra club loser he seemingly risked by finessing the ten — a card he could have ruffed in dummy — really involved no risk at all. Even if the finesse had failed, he still would have been able to discard a heart on the queen of clubs to go down only one. Thus, nothing could be lost by taking the finesse. If the ten won the trick, declarer would show a substantial gain; if it lost, he would break even.

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by Steve Becker

Got Community News? Call 773-1111

MISTER BREGER By Dave Breger



"Well, Harry, what are you going to be when you grow up—a cowboy or policeman or a locomotive engineer?"

Just Like Cats & Dogs by Dave T. Phapp



OH NO, ALL I ASK IS PLEASE BE A STRONG SWIMMER!

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			

ACROSS

- 1 Heche or Hathaway
- 5 Kine
- 9 Aries
- 12 "Groovy"
- 13 "Hi, sailor!"
- 14 First lady?
- 15 "Becker" sta
- 17 Part of DJIA
- 18 Record container
- 19 Go on all fours
- 21 Concerning
- 22 Plant louse
- 24 Nose lengtheners'
- 27 Snake eyes
- 28 Lummoxes
- 31 Antiquated
- 32 Toward the stern

KING Crossword

- 33 Savings acronym
- 34 Puff
- 36 Greek consonants
- 37 Let fall
- 38 Dynamite inventor
- 40 Author Milne
- 41 Dictation taker
- 43 Not quite
- 47 Spoon-bender Gelle
- 48 "Deliverance" actor
- 51 Puppeteer Baird
- 52 Canal zone
- 53 Dance lesson
- 54 Fa-la link
- 55 Hourglass fill
- 56 Japanese zither
- 7 Court
- 8 Simultaneity
- 9 Famed oilfield
- 10 Acknowledge
- 11 Kitten's remark
- 16 Rd.
- 20 "Flying Down to —"
- 22 Terrible
- 23 Cookware
- 24 High-arc shot
- 25 Under the weather
- 26 Al Bundy's portrayer
- 27 Domesticate
- 29 To and —
- 30 Tree fluid
- 35 Took the prize
- 37 Grayish red
- 39 Skeleton components
- 40 Milwaukee product
- 41 Long lunches
- 42 Small combo
- 43 Sleeping dog
- 44 Sgt. Snorkel's dog
- 45 Undo a dele
- 46 Glitch in print
- 49 Historic time
- 50 Cacophony

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by David Dickstein

Family Films



Ponyo
Opens Aug. 14, rated G
disney.com

Disney's second animated film based on Hans Christian Andersen's fairy tale "The Little Mermaid" is actually just a re-dubbing and re-release of a year-old movie bought from Japan. Noah Cyrus, younger sister of Miley, voices a goldfish princess who longs to become a human after running -- check that, swimming--away from home and being rescued by a 5-year-old boy. Also heard, but not seen are Cate Blanchett, Matt Damon, Tina Fey, Cloris Leachman, Liam Neeson and Lily Tomlin.

G.I. Joe: Rise of Cobra
Opens Aug. 7, rated PG
gijomovie.com

The last time I played with a G.I. Joe action figure it was in my Orange County backyard and my plastic American hero was on a mission to kill the enemy -- a stuffed Jolly Green Giant doll -- who lay in hiding just beyond our above-ground swimming pool. Forty years and \$170 million later, G.I. Joe makes his big-screen debut not as a single soldier, but the acronym (Global Integrated Joint Operating Entity) for a co-ed force of operatives who use



Films and DVDs for the Whole Family

high-tech equipment to battle an evil organization headed by a Scottish arms dealer who could probably kick my green giant's jolly heiny. Stars Channing Tatum and Dennis Quaid.

Shorts
Opens Aug. 7, rated PG
shortsmovie.warnerbros.com

Hysteria falls on Black Falls, a suburban town turned upside down after an 11-year-old boy discovers a colorful rock that grants wishes to its keeper. Jealous kids and scheming adults add to the audience's fun, but not to Toe Thompson, whose life as the designated punching bag for bullies only gets worse. Hopefully there's a happy ending in this fantasy-adventure from "Spy Kids" director Robert Rodriguez. Cast includes Jon Cryer, William H. Macy, Leslie Mann and James Spader.

Family Home Entertainment

Barney: Book Fair DVD & Book Collection (ages 1-5, now available, not rated): Young fans of the imaginary purple dinosaur will delight -- and be educated by -- a full-length DVD packaged inside a reprint of the 20-page hardcover Barney storybook, "Count to 10." Grade A

Kidwinks (ages 2-5, released Aug. 4, not rated): Each of the three DVDs and soundtrack are sold separately, but the smart purchase is of the entire set of speech and language videos created by a speech pathologist, art therapist and music therapist. Designed for children in the early stages of development, these titles are above-average in the edutainment category. Grade: B+

Thomas & Friends: Percy and the Bandstand (ages 2-5, now available,

not rated): It's your usual episodes that teach lessons on friendship, teamwork and discovery, but like Thomas and his engine pals, these installments are really useful. Grade A-

Care Bears DVD Lunch Box Gift Set (ages 2-5, now available, not rated): Here's a repackaging of previously released titles that's worth writing about. Three DVDs are zipped inside an insulated, soft-sided lunch box that's easy to clean and perfect for back-to-school. School lunchtime fun is also in the bag for Bob the Builder, Barney and Thomas & Friends. Grade A

Tom and Jerry's Greatest Chases, Volume 2 (ages 2-8, now available, not rated): Parents and grandparents who remember when cartoons regularly preceded family films will enjoy the 14 original "Tom and Jerry" shorts from 1943 to 1951. Two of



them -- "Mouse Trouble" and "Quiet Please" -- won Oscars. Grade: A

Scooby-Doo! Meets the Harlem Globetrotters and Scooby-Doo Meets Batman (ages 5-10, released Aug. 11, not rated): A double-feature of animated special episodes from Scooby-Doo's prime, the early '70s, makes for one pretty good DVD. Villains range from the Joker and Penguin to the ghost of Paul Revere and a fire-spouting sea serpent. Grade: B+

Coraline (ages 6-12, now available, PG): The dark and delightful stop-motion animation feature follows a girl who discovers an alternate version of her life on the other side. Coraline (voiced by Dakota Fanning) winds up needing to save her family when this seemingly perfect world she entered turns treacherous -- and perhaps a bit too scary for little ones. Grade B

Clean Hands Can Help Prevent Infection



An antiseptic skin cleaner can help you keep flu germs from your family..

(NAPSA) -- Concerns about the recent outbreaks of a new influenza virus-H1N1 Flu (Swine Flu)-have raised questions about effective ways to reduce the risk of flu infection.

According to the Centers for Disease Control and Prevention (CDC), there are simple precautions-such as washing hands-that can help reduce that risk. CDC has reported that the spread of H1N1 influenza A (swine) virus is thought

to be happening in the same way that seasonal flu spreads. Flu viruses are spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose.

There are several simple precautions CDC recommends everyone practice in order to stay healthy:

- Cover your nose and mouth with a tissue when you cough

or sneeze. Throw the tissue in the trash after you use it.

- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home from work or school if you get sick and limit contact with others to keep from infecting them.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleansers are also effective.

Education is a critical component of managing the risk of flu transmission. All members of the family should be educated on simple methods to limit the spread of potential infection in their household. Using an antiseptic product like Betadine(r) Skin Cleanser is one example. Povidone-iodine, the active ingredient in Betadine(r) Surgical Scrub and Skin Cleanser products, can help reduce germs on the skin that can potentially cause infections. Betadine products are for external use only and should not be used for longer than one week unless directed by your doctor.

To learn more about Betadine(r) antiseptic products, you can visit www.betadine.com.

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opening on August 14

Picasso at the Lapin Agile

(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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straight talk for teens by teens

Boyfriend the biggest loser if girl gets caught

by Lauren Forcella

Dear Straight Talk: My 17-year-old daughter has approached me to start birth control. Her boyfriend is 19. I told her that using a condom in addition to the pill is best, and that because of her boyfriend's age, she needs to wait until she turns 18. The problem is that my husband believes in abstinence until marriage. I don't want my daughter going to a clinic behind my back, but if my husband discovers my awareness, I'm worried for her and my own marriage. — Caught between two hearts, Redding, CA

Julian, 17, Auburn, CA: I have three separate friends in situations where the mother is more understanding and the father more intense. Because of it, each was afraid to approach either parent, and all obtained free, informed birth control at Planned Parenthood. Everything has worked out well. One has now told both parents, one has told her mother, and the other still flies below the radar.

Hannah, 18, Auburn, CA: To not compromise your relationship with your husband, let your daughter take care of things on her own through Planned Parenthood. If she can't handle it alone, she's probably not responsible enough for sex.

Kyle, 17, Colfax, CA: The secrecy and guilt of going behind your husband's back

will hurt your marriage. As for your daughter, she will do what she wants to do (like most teens). If you raised her well she will make smart decisions.

Nicole, 19, Arcata, CA: I wouldn't be surprised if your daughter is having sex already and wants birth control so they can quit using condoms.

Ashley, 21, Auburn, CA: My mom believed in waiting until marriage, too, but when I asked for birth control she figured better safe than sorry and took me to the doctor without asking too many questions.

Brie, 18, Ashland, OR: In Oregon, an age-gap provision in the age-of-consent law allows a 17-year-old to have sex with a 19-year-old because there is less than 3 years age difference.

Liz, 17, Sacramento, CA: It's great that your daughter trusts you enough to come to you. But it doesn't mean she isn't already having sex. When I first started the pill I'd already had sex using a condom. The age thing might not stop her either as my boyfriend and I continued secretly after he turned 18.

I guarantee if you don't help her she will go to a clinic. I did and I was only 15. Six months later, I told my mom. After that we communicated openly but I wish I had come to her first because I feel I betrayed her and I could've used her support. I don't think my dad ever knew.

Most parents want kids to wait until marriage, but that reality is so improbable that it's best to be involved. In your case, whether you are involved or not, your husband will be unhappy — and considering that you already ARE involved, and that your marriage must be shaky for this to cause divorce, I would support your daughter. If he found the pills, she could always claim they are to regulate her menstrual cycles.

Dear Caught: Good God, I'm most worried for the boyfriend. Considering your daughter's age (almost 18) and that she acted responsibly in approaching you, the only unsafe thing about this sex is your husband. If he is so morally insane that you're "worried for [your daughter] and [your] own marriage", he sounds like the type to also sue the boyfriend for statutory rape. California's age-of-consent is 18, but there is no age-gap provision like in Oregon. If convicted, this young man could be registered as a sex-offender for the rest of his life. Show your daughter this column and beg her, for her boyfriend's sake, to back off until she turns 18. Tell your husband NOTHING.

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

This morning started out like any other morning. I had forgotten to pull the shade down again last night, so the sun was beaming into my fully dilated eyeballs at dawn. I blindly sat up and tried to find the floor with my feet.

Dragging myself to the bathroom, I stepped on a Lego man and stubbed my toe on the rocking chair. That's the third toe this week. Either I have to move that chair or acquire more toes. As for that Lego man... he's goin' down!

I ate my Cheerios and choked down some vitamins. By that time, I could see clearly enough to turn on my computer and then... and then I checked my e-mail.

Suddenly my computer went whatever the digital version of insane is. There were red things flashing on the screen, sirens and whistles, beeping. I felt like I had just stepped into the Cash Cab.

I read the words "Trojan Horse" on the screen and "Security Threat." Even in my digitally-challenged world, I knew that this was not good.

Laura on Life A Trojan Horse From Zamboni

The e-mail with the issue had a return address that ended with the letters "za." Some computer genius living in a third world country, no doubt. He had some time on his hands and an axe to grind and apparently decided he'd like to make his mark on history in the same way as Bonnie and Clyde and Blackbeard, but with a less labor-intensive activity. I was simply his mark.

Why hasn't he been caught yet? I mean, there can't be that many countries that begin with the letter z. There's Zimbabwe... I think. And Zealand; the new one and the old one. And Zamboni, probably. Tell me, how many computer geniuses could there possibly be in a country called Zamboni? He should be easy to catch. Perhaps Zamboni doesn't have an FBI or a Homeland Security.

Anyway, my husband happens to be a computer genius, but he was in the shower. So I did the only thing I could under the circumstances: I went to the kitchen and turned the hot water on full blast until I heard him mutter an obscenity and turn the shower off.

Then I yelled to him through the bathroom door, "Honey, my

computer is about to blow up!" Now, just between you and me, I knew it probably wouldn't actually blow up, but I had to say something sufficiently ominous that would lure him out of the bathroom.

He opened the door with a towel wrapped around his waist. Hm... sexy... but first things first. I've got a computer in imminent danger of a full-blown crash! I grabbed his hand, "Come on, my computer's in meltdown mode and only you can save it, Technoman!" He responds faster when I talk to him like he's a superhero.

Technoman took one look at the computer, says, "Interesting..." and clicked on one button. The threat immediately disappeared and my computer was back to normal.

"Kind of anti-climactic, isn't it?" I mumbled.

"Yeah," our towel-draped superhero says, "But I think our hot water heater is broken. The shower was cold."

I looked away. "Imagine that."

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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Photo courtesy of Getty Images

SMART LESSONS IN

Back-to-School Savings

HOW ONLINE SHOPPING MAKES THE GRADE

FAMILY FEATURES

Back-to-school shopping is an annual ritual that millions of parents participate in each year. In fact, back-to-school time is one of the biggest shopping seasons of the year, second only to the winter holidays. Last year, Americans spent more than \$54 billion on supplies, clothes and electronics for school and college-age kids, according to the National Retail Federation, with jeans, backpacks and electronics as some of the most popular back-to-school products.

Getting what students need and keeping the costs reasonable calls for some smart shopping strategies. The easiest place to start is at your computer. These tips will help you study the online possibilities and earn some A+ deals.

Add Up Extra Savings

Before you start hunting down everything on the must-have list, check for printable coupons or online coupon codes on Web sites such as:

Couponcabin.com: The site is updated several times a day, and you can sign up to get a weekly newsletter alerting you to new deals.

Retailmenot.com: Get helpful feedback from users on what coupon codes worked and which ones didn't.

Smartsources.com: Entering your zip code lets you find deals specific to your area.

Be on the lookout for free shipping offers on these sites, as well. If you're not careful, shipping costs can negate any savings you may have found.

Do Your Homework

You might find a great deal on a backpack or computer, but is the cost savings really worth a possible trade off in quality? Find out how products stack up to real world use at sites such as Epinions.com, where users share their product experience. At ConsumerSearch.com, there are expert and user reviews shown side by side for each product. A little research can save you time, hassle and money down the road.

Get the Latest Scoop

If you know exactly what you want to buy, sign up for notifications from Craigslist.com and eBay.com. Both sites will notify you of new listings matching your search criteria — so when someone wants to sell that Juicy Couture jacket you're looking for, you'll know right away.

If you need help deciding how to get the best product for your money, look at online buying guides. Not sure which laptop to get? Need help figuring out what kind of backpack or desk chair to get? Check out a mix of user and professional reviews at Bing.com/shopping or read Overstock.com buying guides — there are helpful tips on what to look for and how to make a smart choice.

Another way to stay in the loop on savings is to sign up for retail newsletters and emails. You can also check online retailer sites for RSS feeds that automatically send you updates on promotions as they occur. A well-timed update on a new sale lets you get in on the savings early.

Get Cash Back

A growing trend in smart online shopping is participation in programs that give you cash back. Web sites such as Bing.com have partnerships with major retailers to offer items at great prices. Registered users shop for name brand items and

when purchases are made through the site, they automatically get a percentage of the purchase price back as a cash rebate. More details on how this works can be found at bing.com/shopping/pages/howtouse.aspx.

The amounts, which change daily, can be sent via check to your address or deposited into a bank account or PayPal account, and after a 60-day waiting period, the money is yours.

"This is a great way to save money on school supplies," said Bridget Tate, Bing Shopping product manager. "When you look at how much back-to-school items such as laptops, clothes, backpacks and tech gadgets can cost, that 5 or 10 percent really helps." During back-to-school season, adds Tate, Bing Shopping will be offering even higher percentages of cash back (up to 50 percent more).

Getting the kids ready for school again doesn't have to cost a fortune. Smart shopping will send them off in style and leave you with a smile.

To learn more about how to be a smart online shopper and get cash back this back-to-school season, visit Bing.com/shopping.



Photo courtesy of Getty Images

SHOPPING THAT PAYS YOU BACK

Shopping with the following merchants through Bing.com could give you savings like these:

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- OfficeMax.com, 3 to 5%
- BarnesandNoble.com, 10%

Back to School Fashion

- Shoemall.com, 19%
- Sears.com, 2 to 8%
- Old Navy, 4%
- Ebags.com, 11%
- Foot Locker, 20%
- Benefit.com, 2%
- Beautychoice.com, 10%
- Nordstrom.com, 3%



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