

# Carmichael Times



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Serving Carmichael and Sacramento County since 1981

July 22, 2009

## Chain Restaurants Must Now Provide Nutritional Information

Consumers can make healthier food choices when they eat out



Carmichael - California is the first state in the nation to adopt a statewide menu labeling law (SB 1420). The landmark legislation requires California chain and fast-food restaurants to post calorie counts on menus and menu boards, part of an effort to address the state's growing obesity epidemic. The new law applies to chain restaurants with 20 or more locations statewide and is designed to provide consumers with the information they need to make healthier food choices. In California, over 17,000 restaurants

will be affected by SB 1420. The Environmental Management Department is the local enforcement agency for Sacramento County. Compliance efforts for this law will be incorporated into food facility inspections. The bill will be phased-in with full implementation January 1, 2011. During the first phase, July 1, 2009 to December 31, 2010, restaurants have two options to comply with the law. Restaurants must provide a brochure placed at the point of sale that includes

calorie, sodium, saturated fat, and carbohydrate information for every standard menu item. For sit-down restaurants, the information must be provided at the table. Drive-thrus or fast-food restaurants are required to have the brochures available upon request.

As a second option, restaurants can comply with the second phase requirements and list calorie information for all standard menu items on menus and menu boards next to the menu item. Drive-thrus shall continue to have a brochure available upon request and must have a notice that the information is available. By 2011, all restaurant chains will be required to post calorie information for all standard menu items on menus, menu boards, and display tags.

Environmental Health Chief John Rogers notes that the new law will allow consumers to make informed decisions about the food they and their families eat. "It is a good start to address obesity issues and it will get people's attention," he said. "I believe consumers will be surprised at what they will see."

For more information about menu labeling in Sacramento County, go to [www.emd.saccounty.net](http://www.emd.saccounty.net).

## Sacramento SPCA Announces Record Mid-Year Numbers



Sacramento - The Sacramento SPCA is busy setting records and saving lives. Despite, or maybe because of the weakened economy, the Sacramento SPCA's adoption and spay/neuter numbers improved substantially in the first six months of 2009.

Between January and June of 2009, the SPCA placed 2,448 homeless animals in new adoptive homes - an increase of 30% over the same six-month period in 2008.

"I think people are looking for something uplifting, positive and of course, affordable during these times," said Rick Johnson,

Sacramento SPCA Executive Director. "The SPCA offers the unconditional love of a pet at a very reasonable price, which I believe has led to such a significant increase in our adoption rates in 2009."

The SPCA also saw considerable increase in spay and neuter surgeries performed through its spay/neuter clinic during the first six months of 2009. SPCA veterinarians spayed and neutered 7,402 animals - an increase of more than 30% over mid-year 2008 numbers. A record 1,325 surgeries were performed in the

SPCA clinic in June 2009 alone. The Sacramento SPCA operates the only low-cost, high-volume spay/neuter clinic in northern California. More than 14,000 animals will be spayed or neutered through the clinic in 2009 - preventing the birth of thousands of unwanted animals and saving countless animal lives.

The Sacramento SPCA will care for more than 12,000 homeless animals in 2009. The SPCA is a local, independent non-profit organization that has been providing human and animal services in the greater Sacramento area since 1894.

## Junior Olympics Brings Home Gold



Front row: Bernadette Swain (Setter), Maddy Deters (Outside Hitter), Taylor Nelson (Setter, Outside Hitter), Kirsten Schauble (Libero), Morgan Lees (Outside Hitter) Allie Kourmelis (Outside Hitter), Katie Carte (Defensive Specialist); Back row: Marcella Lees (Assistant Coach), Vera Nelson (Head Coach), Kyndra Trevino-Scott (Middle Blocker), Allison Child (Middle Blocker/Outside Hitter), Sara Sheehy (Middle Blocker/Outside Hitter), Coach Todd. Team photo was taken by Family Schauble.

By Jill McGuire

Carmichael - Kyndra Trevino-Scott - an eighth grade graduate from Winston Churchill M.S. - is on the NCVC 14-1 Black Volleyball Team based out of Rocklin. During the Club Season, the team accrued enough points to win an American bid to play in the Junior Olympics in Miami, Florida. The bid alone is difficult

to attain due to a number of other high-qualified teams in California. Only 48 teams from around the United States were invited to play.

The team started tournament play at the Miami Convention Center July 2nd and finished on July 5th. They played a number of teams from around the country, including Kansas, Texas and Nebraska. They played 12 matches, 2 out

of 3 sets. NCVC won 10 out of 12, going on to win the Gold Medal. In a strong win over Nebraska, in the Championship Match, NCVC beat Nebraska Elite 25-21 and 25-13.

We are so proud of these girls and coaches. This is the first Junior Olympics National Champion in the Sacramento Area to bring home gold.

## First 5 Sacramento Approves Funding for 16 Additional Tot Lots

Sacramento - The First 5 Sacramento Commission approved funding of over \$1.5 million for 16 Tot Lots. The Commission currently funds eight outdoor Tot Lots and one Indoor Tot Lot.

Tot Lots are specifically designed for children under the age of five so the equipment is pint sized to meet their needs. To date, there have been Tot Lot Grand Openings at Morse Park in Elk Grove, Freedom Park in North Highlands, Patriots Park in Carmichael and Cottage

Park in Sacramento with many more to follow through 2010.

First 5 Sacramento funds the building of Tot Lots as one strategy to reduce obesity rates for children under age five in Sacramento County. Currently, one in five children are overweight and the number is rising. Obese/overweight children become sick more often, perform more poorly in school, are at heightened risk for a number of diseases and conditions, and are increasingly diagnosed with type 2 diabetes, hypertension and increased blood cholesterol.

The First 5 Sacramento Commission, in partnership with Parks and Recreation Districts and other entities, will continue to build safe environments designed for young children to increase physical activity and encourage play. These playgrounds have a minimum life span of 15 years and will continue to be a community asset for many



years for families. For a map and street locations of the Tot Lots, go to [www.First5Sacramento.net](http://www.First5Sacramento.net) or call 876-5866.

California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages zero to five. First 5 Sacramento distributes approximately \$17 million a year in Prop. 10 revenues to programs and services that meet local needs.



# Budget Crisis Forces Us to Look Beyond Government Solutions



By Assemblyman Roger Niello

California's budget situation is a shaky bridge with a weak foundation, distorted by structural deficit and buckling under ongoing obligations; just one crisis away from collapse. Enter the recent national financial meltdown. Such was the backdrop as I sat through the testimony as a member of the Budget Conference Committee this past month. The writing should have been on the wall: deep cuts had to be made, priorities had to be set. Yet throughout the conference committee meetings,

the conversation centered less on priorities, and more on "either government does it, or it doesn't get done. Members of the conference committee were wringing their hands at the thought of having to make budget cuts and scaling back the size of government.

This budgetary crisis has provided us with an opportunity to help people understand that we don't have to be so reliant on government. As this crisis has taught us, government can't be all things to all people. Surely, certain obligations are the province of government and a safety net must exist, but I have always insisted that the private sector must play a strong role in any real recovery.

Recently, I had the opportunity to attend a conference on workforce development where I met Barry Hathaway, CEO of the STRIDE Center, <http://stridecenter.org/> located in the SF Bay Area.

The STRIDE Center is a computer training center with a steady focus on employment. STRIDE focuses on the importance of the goal at the end; the job itself, not abstract skills, but what employers are asking for

as a pre-requisite to employment. So often the State funnels money into programs that tend to keep people on a perpetual runway... never taking off, never translating their skills into a lasting career.

For this reason, the employment-centric STRIDE Center model is compelling. It instills real skills for careers that are hiring right now. I left feeling optimistic about the ability of motivated community based organizations to help turn this economy around by training the jobless or underemployed for this new economy with good, high-paying jobs. Developing skill sets that not just anyone can do, providing real, transferable certificates. It is conceivable that organization such as STRIDE could connect with the State's CalWORKS program to transition those who are down on their luck into sustaining, fulfilling employment.

Community based organizations like STRIDE prove that it doesn't always have to be a choice between what government does and what is left undone.

## Effie Yeaw Nature Center - July/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

### JULY

#### Insects: Miniature Marvels

At over a million species, insects may be the most "successful" creatures on the planet! Join a naturalist for a close look at insects commonly found in and around the Nature Area. Then take a creature safari and observe insects in their natural habitat.

Saturday the 25th at 1:30PM

#### Maidu Summer Village Tour

The Maidu people have lived in this area since long before Europeans came to California. Join a naturalist to view cultural artifacts and craftwork, then take a tour of the Nature Center's replica Maidu village

Sunday the 26th 10:30AM

### AUGUST

#### Field Trip Scheduling Opens

Make your reservations for academic year 2009 - 2010 school group programs. Book early for your choice of dates! Call 489-4918, x229.

Opening Monday the 3rd at 8:30 AM

#### Twilight Highlight

Meet our resident western screech owl, Twilight. She was permanently injured when a cat caught her, so

she now lives at the Nature Center. Explore the wonders of these nighttime hunters.

Saturday the 1st at 10:30AM

#### Beaks, Claws and Jaws

Who eats whom and how? Join a naturalist and find out how animals have adapted for survival.

Sunday the 2nd at 10:30AM

#### 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

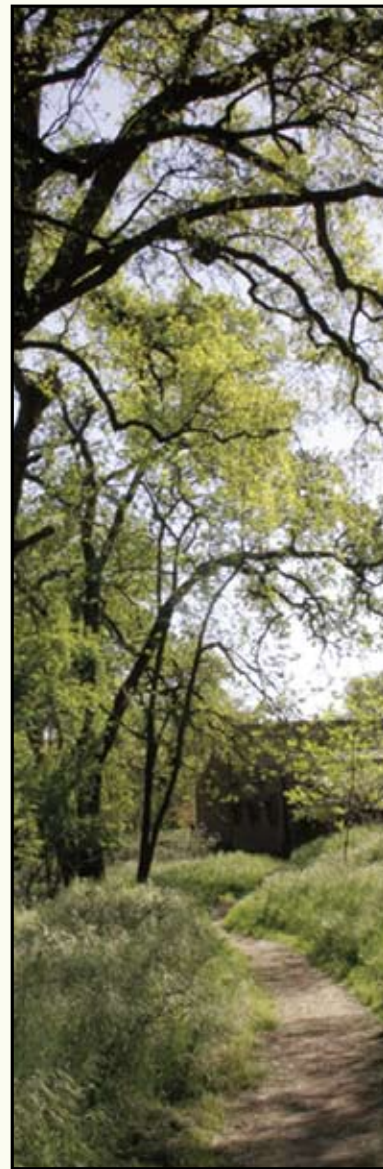
Can a turtle climb out of its shell? Do snakes blink? Can you really tell the age of a rattlesnake by the number of buttons on its rattle? Discover all this and more in this program. All ages welcome.

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



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## Carmichael Cactus and Succulent Society

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



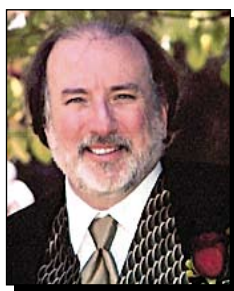
Carmichael Park Clubhouse  
5750 Grant Avenue  
Carmichael, CA 95608

Cost: Free! Visitors are Welcome!  
Ph: 916-729-3475

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### Carmichael Times

Serving Carmichael and Sacramento County since 1981



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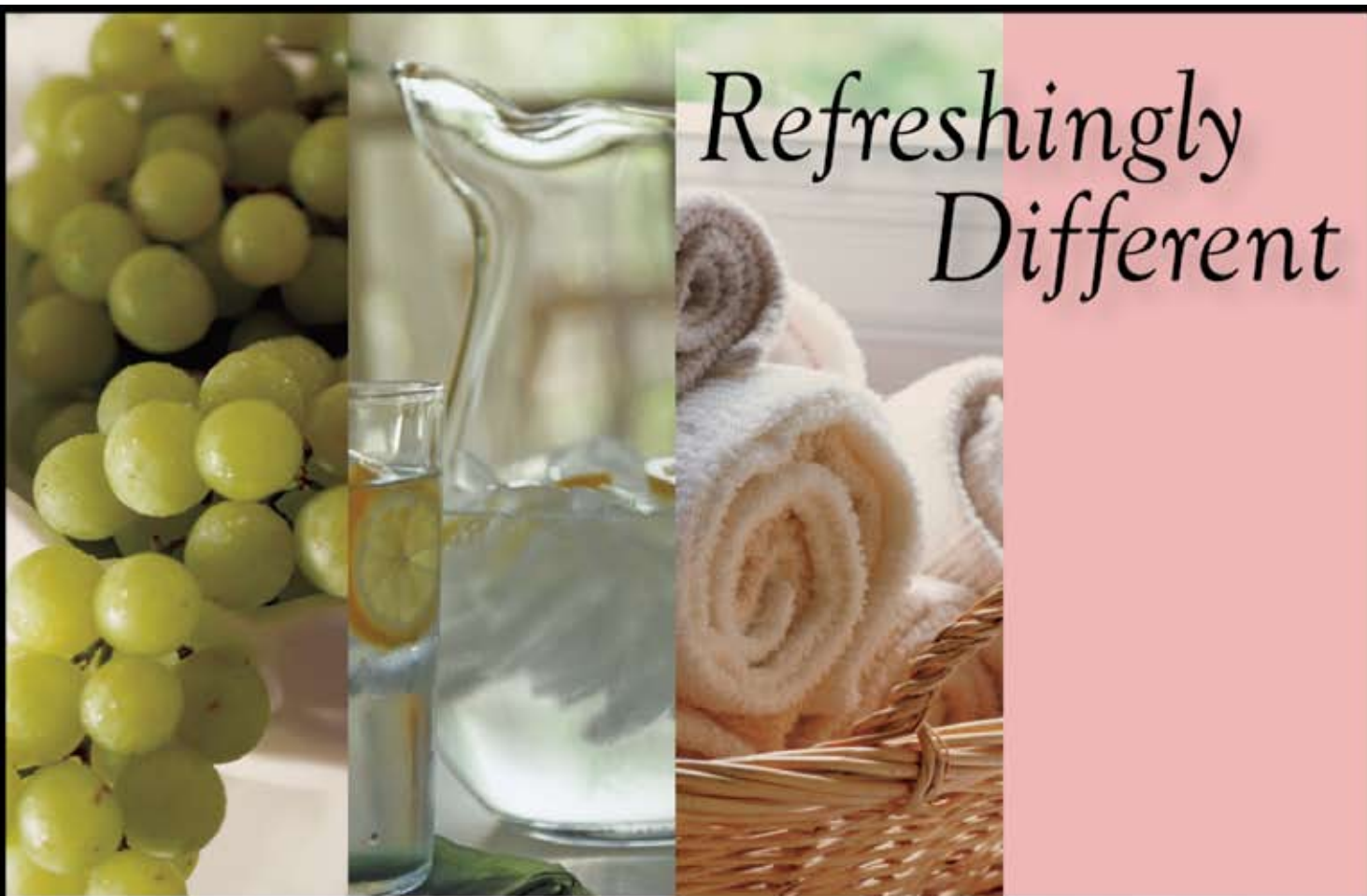
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## Park District Seeks Nominees for Wall of Honor



Last year the Carmichael Recreation and Park District opened its newest park... Patriots Park at 6827 Palm Avenue off Dewey Drive. Patriots Park offers the latest in park design features. Included in the park is a "Wall of Honor" to provide a lasting monument to residents of the District who gave their life while serving

their country or community. The District is seeking nominations for Patriots Park Wall of Honor. Candidates must meet the following criteria:

- The individual gave their life for their Country or Community
- The individual was a resident of the CRPD or the town of Carmichael or worked or served the community of Carmichael
- The individual must not have

been convicted of a felony. Candidates for nomination must be submitted by July 31, 2009

Go to [www.carmichaelpark.com](http://www.carmichaelpark.com) and click on the navigation bar "Wall of Honor" for an application and the list of our current heroes.

Call (916) 485-5322 x23 for more information.

## Carmichael Student Completes Astronaut Training

Hutchinson, Kan -- Nick Stanton, son of Sam Stanton and Marjie Lundstrom, graduated from level 4 of the Future Astronaut Training Program (FATP) June 13 at the Kansas Cosmosphere and Space Center. Nick will be a 10th grader at Rio Americano High School, Sacramento, in the fall. Nick is the grandson of Max Lundstrom, Des Moines, IA, and the late Margaret Lundstrom, both formerly of Hutchinson, KS. Developed by Cosmosphere staff, FATP is a nationally-recognized camp that teaches campers teamwork, leadership, and problem solving skills. The camp

motivates kids to pursue careers in science, or space-related industries. Before attending Level 4, campers must have completed FATP levels 1-3, also held at the Cosmosphere. The knowledge gained from the prior camps helps prepare campers for the challenges faced during level 4. FATP level 4 campers spend five days at Kennedy Space Center in Cape Canaveral, Fla. While there, they visit Space Florida, where they work in teams to build a payload for a weather balloon. They launch and track the balloon, which can reach altitudes of more than 80,000 feet. Level 4 campers also tour

Kennedy Space Center and visit the Rocket Garden, Early Spaceflight Exploration Center, and Florida Space Authority. In a private tour, campers see the launch pads at Cape Canaveral used for the Mercury, Gemini, and Apollo spaceflights. They also get a program briefing on the NASA Constellation Program. The trip culminates with a visit to the Astronaut Hall of Fame and time at Cocoa Beach. For more information on the Future Astronaut Training Program call 800.397.0330, ext. 323, or visit the Cosmosphere's Web site at [www.cosmo.org](http://www.cosmo.org).

## Forcing Small Businesses to Offer Health Insurance Will Kill Jobs

By John Kabateck, NFIB/CA Executive Director

There has been a lot of discussion in Congress over the past few weeks about legislation that would have profound and long-lasting effects on 17 percent of our nation's economy—our healthcare system.

Most Americans agree that the system is broken and it's high time it's fixed. Small employers, who have the hardest time offering and maintaining health insurance for their employees, are at the forefront of those demanding solutions now.

Yet many in Washington – and Sacramento, for that matter – would address the problem by making all employers, large and small, offer health insurance. You just can't force small business owners to pay for something they can't afford. That would be the biggest mistake policymakers could make. This policy, if enacted, would do great harm and virtually no good.

There are three arguments against this idea:

- It's a regressive tax that falls mainly on low-income individuals, who will pay for this obligation through jobs lost, depressed wages and the erosion of other benefits.

- It doesn't distinguish between those people who need help to purchase health insurance and

those who don't. It's unfair to small businesses and their employees because it imposes punitive costs while ignoring their central problem—high prices resulting from their lack of market purchase power and the lack of a competitive insurance market.

Reforming the insurance marketplace would do far more to help small businesses and their employees by ensuring greater competition. That in turn would encourage insurers to keep prices under control.

To simply pass a law that would force employers to do something they just can't afford is destructive in any economic environment, but in these incredibly trying times, it's absolutely lethal. And it would hardly have the positive effects so many are eager to claim. This policy, if enacted, would be a job killer, plain and simple.

Small business owners frequently tell me how much they toss and turn at night, terrified about how they're going to meet payroll, cover the cost of their utilities or keep their doors open one more day. How, then, do our government leaders expect struggling small employers – the majority of whom already feel the pain with little to no profit margin – to pay for a one-size-fits-all

health care program they can't afford? It's not as though there's an extra \$20,000 sitting around in the till somewhere. Something – someone – will ultimately suffer, and that will most likely be working men and women in California and throughout the nation.

A recent National Federation of Independent Business research project found that if you force employers to offer health insurance, it would destroy more than 1.6 million jobs (assuming the employer contributes half the cost). Small firms would suffer the most, accounting for 66 percent of the jobs lost.

Think about it like this, because it may give you pause: Employees won't have health insurance, nor could they afford it, if they don't have jobs. In a time when we're looking to our country's job creators—don't forget small business creates two-thirds of new jobs each year—now is not the time to impose a new burden on the very people we're counting on to lead us out of this recession.

If we want to help Americans access healthcare, we need to tackle the real problem, and that is cost. We need to transform the broken marketplace of today into one where quality, affordable health insurance is available in the private market for everyone.

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## Creating Connections for You and Your Children

First 5 Sacramento Community Grants



Social relationships are essential to healthy child development. First 5 Sacramento offers **community grants** up to \$5,000 for small groups of parents or caregivers in Sacramento County who have ideas that bring people together and support on-going connections. The activities need to benefit children age five and under. Examples of grant-funded activities include:

- playgroups
- arts and crafts activities
- book clubs
- singing or music circles

### Applying for a Community Grant Is Easy!

- Visit [www.first5sacramento.net](http://www.first5sacramento.net) for some examples of activities.
- Develop an **idea** with your group.
- Call First 5 Sacramento at 916-876-5865.



The community grants are provided through the Community Building Initiative (CBI) of the First 5 Sacramento Commission. The Commission uses Proposition 10 (tobacco tax) funds to support the healthy development of children age zero to five.

[www.first5sacramento.net](http://www.first5sacramento.net)

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# Dave Says



*Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.*

*Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.*

**How to Not be a Hypocrite**

Dear Dave,  
My husband and I are taking your classes. We own a roofing company. We offer six months, same as cash,

and we accept credit cards. What are your feelings about our doing this? Does it make us hypocrites?  
- Monique

Dear Monique,  
If I accepted credit cards, it would make me an absolutely huge hypocrite, but you don't do what I do for a living.

If this bothers you, it might be a good time to search your heart and ask yourself if these practices are blessing your customers. If you conclude that they are not, and you decide to discontinue those financing deals, you'd better come up with some other marketing strategies. You will lose clients over such an unusual decision!

Of course you could still offer some of those kinds of deals while actively discouraging their use. You could tell your customers that if you were in their situation, you'd just save up for a few months and pay cash rather than using a credit card or other financing options. That way the decision is theirs. But how will they react to such an uninvited suggestion? The last thing you want to do is encourage more credit, but the next-to-last is to run good business off.

No, I don't think you're being hypocritical, Monique. You have some big decisions to make about the quality of your customer service, though. Ten years from now, you want to know you tried your best to do the right thing for them, and you'll always want to know you've done the right thing for your business.  
- Dave

**A Very High Lifestyle**

Dear Dave,  
I'm 23-years old. I make \$23,000 a year. I have a Rolex and a BMW. I also have \$20,000 in credit card debt and a \$26,000 car loan. I'm having a hard time making all the payments. Would a debt settlement company be a good idea?  
- Darren

Dear Darren,  
Debt settlement companies are awful. They charge you for doing what you can do on your own for free! Let's get to the root of your problem. What were you thinking? You can't get rich while you're busy trying to look rich! Take a look at the stuff you've bought. I expect the watch and the car are only part of the picture. Do you see a pattern? I do.

The average millionaire doesn't wear fancy clothes and drive a fancy car. Your world is all about flash and looking good, but real life and real life finance are not.

Sell the Rolex. That heavy watch is holding you down. Sell everything that isn't absolutely necessary. Sell the car, too. Get a small loan to make up the difference and pay it off as quickly as possible. It's better to owe \$6,000 than \$26,000 in debt.

It's always easier to build wealth when you don't have payments hanging around your neck. Work an extra job nights or weekends. You'd be surprised how much you can make throwing boxes at UPS or delivering pizza.

You've made a really big mess, but with some hard work you can clean it up. I figure it will take you about 18 months. Why don't you surprise us both and do it quicker than that?  
- Dave

*\*Please visit [www.davesays.org](http://www.davesays.org) for more financial advice.*

# A Silver Lining *by Sal Arrigo, Jr.*

July 20, 1969



Sal Arrigo, Jr.

As a kid, I always had a fascination with outer space. I begged my Dad to purchase Estes Model Rockets so my sister and I could launch them and pretend that we were going to the moon. I read as much as possible on the nine planets (in those days) and could not wait until something celestial was going to happen.

Would there be a meteor shower, the planets aligning themselves for the first time in hundreds or thousands of years, or a total solar eclipse? I'm not saying all these events happened when I was a kid, or may happen when I'm an adult, but it is the fascination of what has been accomplished-- or what remains to be accomplished-- as we look toward the heavens.

"Houston, Tranquility Base here, the Eagle has landed . . .", and then "That's one small step for Man, one giant leap for mankind."

I can recall the chills as Neil Armstrong, first human to step on the moon, relayed these words from approximately 238,000 miles in space to a nation who watched in amazement as this historic event unfolded. In fewer than 10 years since President John F. Kennedy had challenged the nation to send a man to the moon, Americans did what many thought impossible. For this, we have to thank Alan Shepard, the first man into orbit for the United States. Russia blasted

become a bit cavalier, it seems, about these events, forgetting how amazing it is that they take place at all. Once in a while, go out and observe these wonders-- can you locate those satellites that were launched so that we might enjoy cell phone service and digital television? Think back in time and wonder -- what did July 20, 1969, do for the conscience of America and those heroes who were launched into space?

I like to walk outside and observe the night sky or look through a telescope and see the moon up close and personal. When was the last time you went out into a rural or mountain area, away from any artificial light, and really looked at the beautiful night sky, just on the off-chance you might see a shooting star? If you have young children, think about doing just that one of these nice summer nights. You may be cultivating the imagination of someone who one day will become the Neil Armstrong, Buzz Aldrin or Michael Collins of his or her generation!

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

# Mercy San Juan Guild Hosts Annual Fundraising Event

Carmichael - The Mercy San Juan Medical Center Guild will host its annual Art Auction & Spirits event on Saturday, August 1. This marks the second year for this event, which serves to raise funds for the hospital. "All of us with the Mercy San Juan Guild extend an invitation to our friends and neighbors in the community to join us for this fun, worthwhile event," says Marti McDade, Mercy San Juan Board Member and Chairman for the event. "This is a great way to show your support for the services and care Mercy San Juan provides to patients in our area."

This year's event will feature a variety of pieces from local artists, including ceramics, oil paintings, watercolors, sculptures

and photography. Attendees will have the opportunity to bid on the various items during both silent and live auctions. In addition, there will be appetizers and wine and beer tasting. The evening's wines will be provided by Bogle Wineries and Sierra Nevada Brewery will be providing the beer. To participate in the evening's tastings, attendees must purchase a souvenir tasting glass for \$10. Cash, check and credit cards will be accepted at the event.

CBS 13's Dave Bender will serve as the evening's auctioneer. The silent auction will take place between 5-7 pm and the live auction will get underway at 6 pm at 6555 Coyle Ave., Room 150, Carmichael (Entrance

on North Side of Building)

This fun evening provides the community with an exciting way to support Mercy San Juan as it continues its healing ministry. It's also a great way to support local artists and to purchase wonderful art at great prices.

The Mercy San Juan Guild is a coalition of men and women who help comprise the more than 300 individuals who volunteer regularly at Mercy San Juan Medical Center. The Guild supports the hospital's gift shop, information desk, personnel services and various other programs. The Guild also conducts fundraisers, such as the Art Auction & Spirits event, to support patient care projects at the hospital.

When someone you love has Alzheimer's, the whole family is affected.

That's why we make sure the whole family is involved.

It takes a special kind of person – and a special kind of place – to provide Alzheimer's care. You'll find both at Emeritus at Citrus Heights.

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FICTITIOUS BUSINESS NAME STATEMENT #0905773. Southwest Administrators, Inc., 1000 East William St. #204, Carson City, NV 89701 is doing business under the Fictitious Business Name "NBC Traffic Control" at 2355 W. Utopia, Phoenix, AZ 85027. Filed with the Clerk of Sacramento County on June 17, 2009. Publish: June 30, July 7, 14, 21, 2009. CORP20 90605 7-21-09

for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 18, 2009. Loren E. McMaster Judge of the Superior Court Publish: June 30, July 7, 14, 21, 2009. WHITNE 90605 7-21-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00047367-CU-PT-GDS WHEREAS, Hanh My Vo filed a petition with this court for a decree changing name of Kristen Nhung Vo to Kristine Nhung Vo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 31, 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: June 19, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 30, July 7, 14, 21, 2009. VO 90605 7-21-09

FICTITIOUS BUSINESS NAME STATEMENT #0905606. Southwest Administrators, Inc., 1000 East William St. #204, Carson City, NV 89701 is doing business under the Fictitious Business Name "National Powerline Construction Co." at 2355 W. Utopia, Phoenix, AZ 85027. Filed with the Clerk of Sacramento County on June 12, 2009. Publish: June 30, July 7, 14, 21, 2009. CORP20 90605 7-21-09

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME #0710763. The following person has abandoned the use of the FICTITIOUS BUSINESS NAME of Northern Powerline Construction Co., located at 2355 W. Utopia, Phoenix, AZ 85027. Northern Pipeline Construction Co., 199 East Williams St. #204, Carson City, NV 89701. The Fictitious Business Name Statement was filed on Sept. 25, 2007 in the County of Sacramento. Filed with the Clerk of Sacramento County on June 12, 2009. Publish: June 30, July 7, 14, 21, 2009. CORP20 90605 7-21-09

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 #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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME AND GENDER #34-2009-00047222-CU-PT-GDS WHEREAS, Amy Catherine Whitney has filed a petition with this court for a decree changing name of Amy Catherine Whitney to Miles Emile Whitney. 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. 4, 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

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

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

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

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

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00052706 WHEREAS, Sahr G. Musa and Kaile Armstrong have filed a petition with this court for a decree changing name of Kaile Forever Mustapha to Kaile 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

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

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.

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

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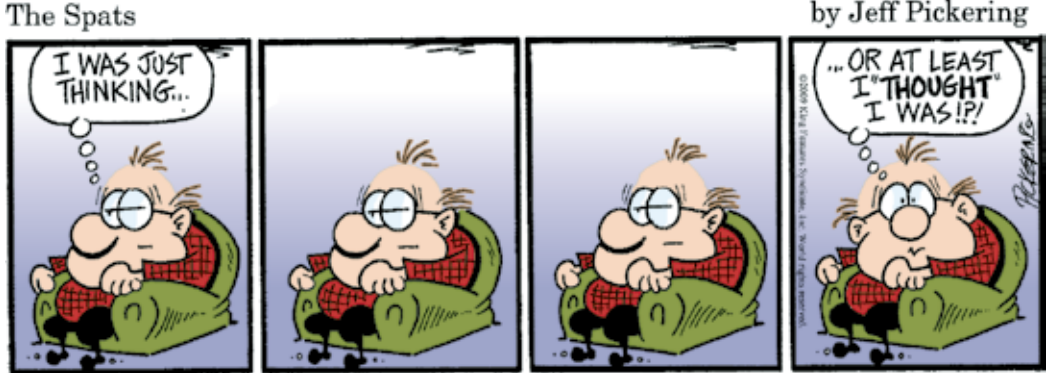
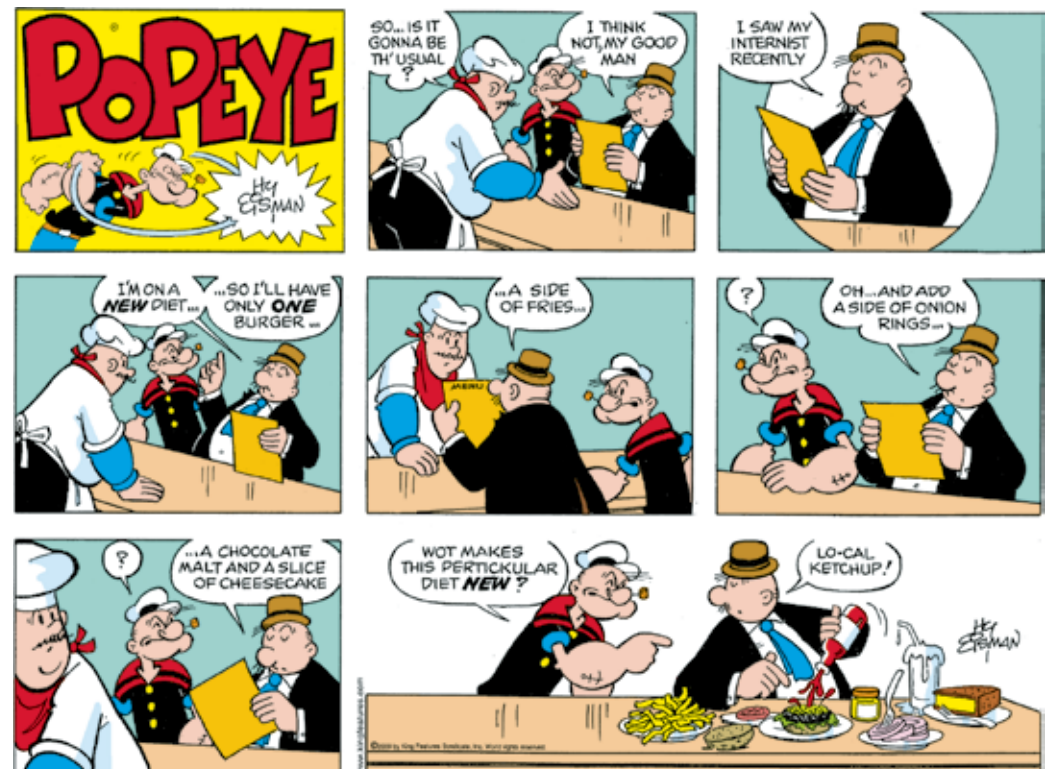
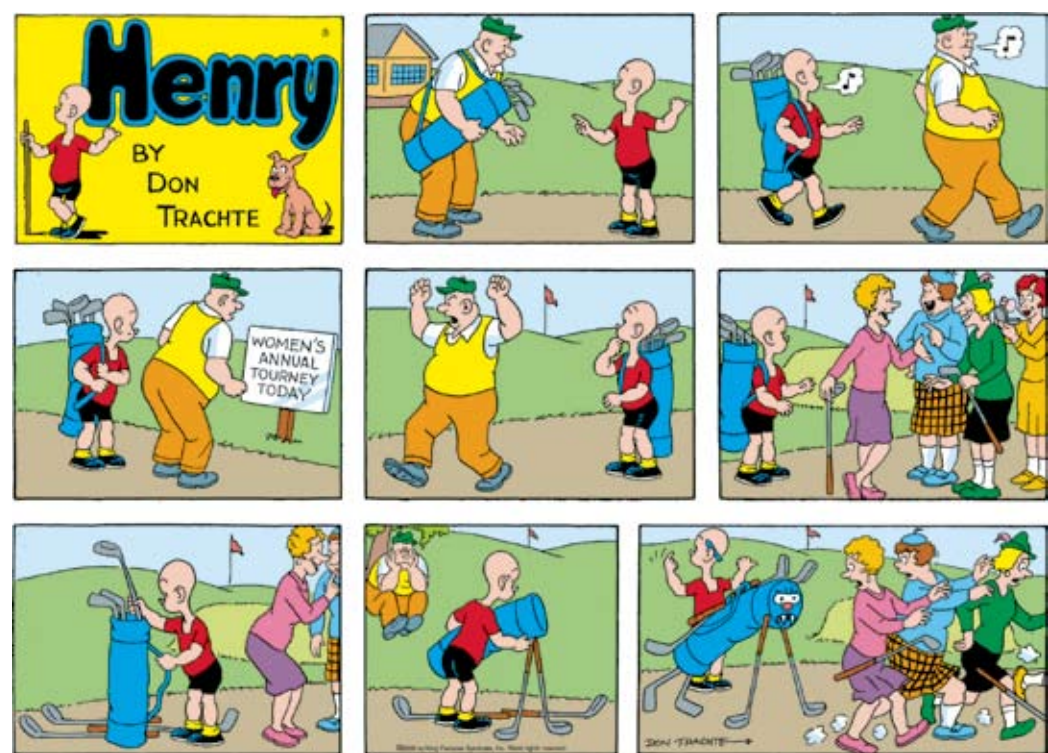
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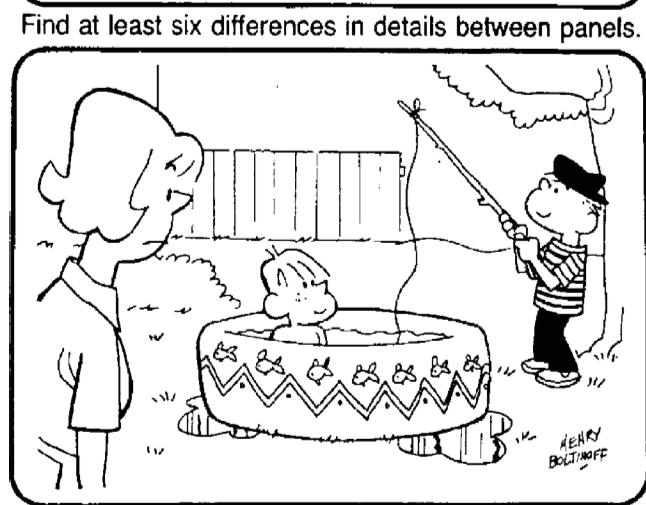
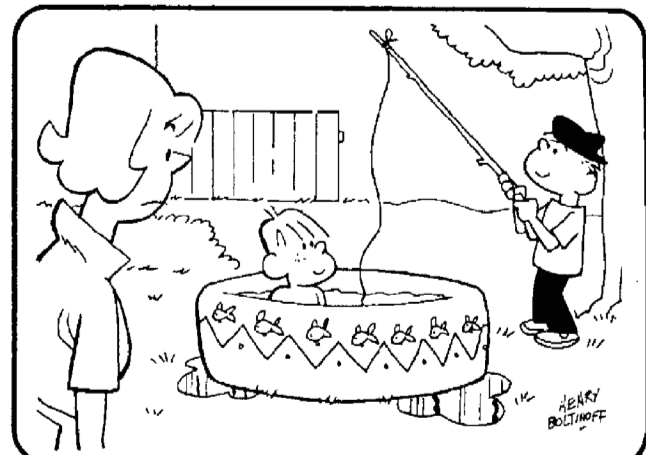
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**HOCUS-FOCUS** BY HENRY BOLTINOFF



Differences: 1. Pool zigzag is different. 2. Shirt has stripes. 3. Mom's collar is different. 4. Fence is longer. 5. Fishing pole is shorter. 6. Boy's nose is different.

**Trivia test** by Fifi Rodriguez

1. GEOGRAPHY: On which continent is the country of Djibouti located?
2. FOOD & DRINK: Who is credited with naming, if not inventing, the sandwich?
3. MOVIES: Who played the lead in "The Invisible Man"?
4. GAMES: In Monopoly, what are the four railroad spaces named?
5. HUMAN ANATOMY: What is a more common name for the umbilicus?
6. GENERAL KNOWLEDGE: A Big Band dance called the "Lindy Hop" was inspired by which real person?
7. RELIGION: Noah's Ark landed on what mountain, according to the Old Testament?
8. ENTERTAINMENT: Who created the catchphrase "Bam!" on television?
9. HISTORY: What was the Stanley Steamer?
10. SCIENCE: Why does the brain produce endorphins?

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**Weekly SUDOKU**

by Linda Thistle

3				8	1	2	
6		7		4			3
	8		5	9		6	
	7			2	1		3
	3	1			7		6
4			3			5	1
	9		2			4	8
8		4			6		2
		5	7	8			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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A B L Z O O X L G G W S U R E  
B S O O (Z I N F A N D E L E) E D  
E R T P I O G T O M M T L N L  
R J I G T B O N O E D I B A O  
N A Y R X N B W A N U T T C R  
E S O Q I P O E N S I E L H E  
T N K P O L L I N A R P M E T

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

- Gamay, Grenache, Malbec, Merlot
- Mourvèdre, Nebbiolo, Norton, Petite Siran
- Pinot Noir, Pinotage, Sangiovese, Syrah
- Tempranillo, Teroldego, Zinfandel

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**All Answers on Page 5**

**Contract Bridge**

IT TAKES TWO TO TANGO  
East dealer.  
East-West vulnerable.

NORTH			
♠	10 7 2		
♥	Q J 2		
♦	A Q 8 2		
♣	A 10 3		

WEST			
♠	A K Q 9 3		
♥	8 3		
♦	10 9 7		
♣	Q J 7		

EAST			
♠	8 6 5 4		
♥	10 5 4		
♦	—		
♣	K 9 8 5 4 2		

SOUTH			
♠	J		
♥	A K 9 7 6		
♦	K J 6 5 4 3		
♣	6		

The bidding:  
East: 1♥, 2♣, 4NT, Dblc  
South: Pass, 4NT  
West: 1♠, 5♣  
North: 2♦, 6♥

Opening lead — king of spades.

enough, though six diamonds would have been a better contract.  
West led the king of spades, East playing the four, and continued with the ace, South ruffing. Declarer drew trumps, claimed the balance and chalked up 1,210 points for making six hearts doubled.  
Of course, the slam should have been defeated. West had two chances to beat the contract and muffed them both!  
First of all, the opening lead should have been a diamond. East, the player not on lead, had doubled six hearts, which called for an unusual lead in accordance with the slam-doubling convention. The only side suit that had been bid by North-South was diamonds, so this was the unusual lead being requested.  
If West had led a diamond, East would have ruffed, returned a spade and then gotten another ruff to defeat the slam two tricks — 300 points.  
Even after West led the king of spades, he still could have saved the day by switching to a diamond. But he blithely ignored East's play of a low spade on the king — which clearly told West to stop playing spades — and continued with the suit. After that it was curtains.  
The moral, if there is one, is that bridge is a partnership game, and you can't afford to ignore warning signals from your own partner. Once, maybe there's some excuse for, but twice, never!

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**Roger Niello's Community Meeting**

Arden Arcade/  
North Highlands  
Friday, July 31st  
Mimi's Café  
2029 Alta Arden  
Expressway  
Sacramento  
Come Voice  
Your Opinion!



**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,  
JULY 28, 2009  
Topic: "Effects of the Feudal System on Our Family History Research"

Presenter:  
Roger P. Minert, PhD, AG  
We make sure every year to arrange a visit with the ever-popular Dr. Roger Minert. This year we're luckier than usual — we'll hear him speak twice! In this presentation, he will show us how the "rules of life" in feudal times, mostly obscure to the modern mind, give strong clues to our interpretations of our ancestors' lives.

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.

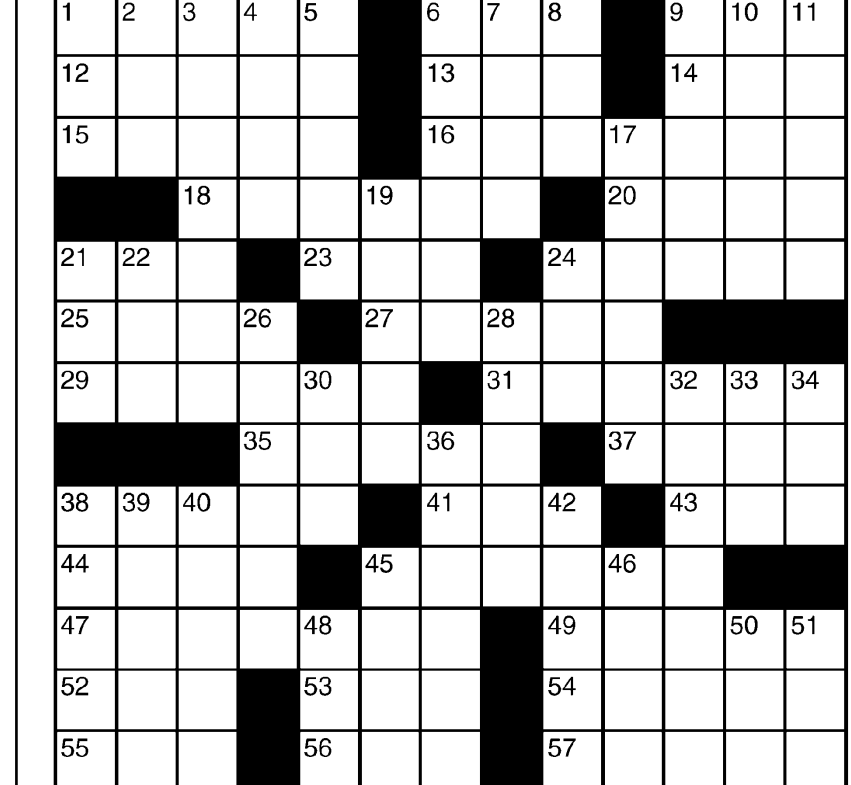
**Got Community News?**

Call 773-1111



**KING Crossword**

Answers on Page 5



- ACROSS**
- 1 Cried like a crow
  - 6 Sweet potato
  - 9 Plead
  - 12 Open-mouthed
  - 13 Microbrewery product
  - 14 Ostrich's kin
  - 15 Gondolier, typically
  - 16 "Ben-Hur" author
  - 18 Race place
  - 20 Augments, with "out"
  - 21 Long March leader
  - 23 Copper head?
  - 24 Thing of value
  - 25 Heidi's home
  - 27 Some exams
  - 29 Grated
  - 31 Petunia, for one
  - 35 That is (Lat.)
  - 37 Church section
  - 38 New again
  - 41 Congregant's seat
  - 43 Started
  - 44 Bocelli solo
  - 45 Breakfast option
  - 47 Southern Belgian
  - 49 Lessen
  - 52 Superlative ending
  - 53 Disencumber
  - 54 Emphasize slyly
  - 55 In medias —
  - 56 Golfer Ernie
  - 57 Fashion
  - DOWN**
  - 1 Upper limit
  - 2 Past
  - 3 Belts
  - 4 Duel tool
  - 5 Skin (Suff.)
  - 6 Bored one
  - 7 Remark re Yorick
  - 8 He spoke for Bugs
  - 9 Birds' bills
  - 10 Host
  - 11 Visitor
  - 17 Textbook chapter
  - 19 Home
  - 21 Scratch
  - 22 Miss.
  - 23 neighbor
  - 24 The whole shooting match
  - 26 Helix
  - 28 Following
  - 30 Tokyo, once
  - 32 Midsize kangaroo
  - 33 Prior night
  - 34 Wine option
  - 36 Pays out
  - 38 Less refined
  - 39 Obliterate
  - 40 Isn't perpendicular
  - 42 Sports
  - 45 Spring wind?
  - 46 Touch
  - 48 Tramcar contents
  - 50 Up to, in verse
  - 51 Compass pt.

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## Smoking heroin leads teen to deadly addiction

by Lauren Forcella

**Dear Straight Talk:** I've been hiding my boyfriend in my basement bedroom because his parents kicked him out. What nobody knows is that he is addicted to heroin. We both began smoking it in our cigarettes, or sometimes snorting it, and now he has started shooting it. Please help. I don't want to do it anymore. He says he wants to stop, but all he does is get more. Maybe he sounds awful to be a heroin addict but he is a beautiful person and I love him. I don't want him to go to jail or be homeless if I tell my parents about him. How can I get him to quit? – Desperate in Salinas, CA

**Brie, 18, Ashland, OR:** A wonderful friend of mine got hooked on meth. His father kicked him out, too. He dropped out of school and was couch surfing and living on the streets. He kept saying he'd quit, that he'd go to rehab, but then he would just get high again. A group of us contacted his father about how worried we were. I don't think he ever would have gone to rehab if we hadn't informed his parents how bad it was. They sent him to a rehab facility for over a year. He's clean and sober now but will forever have to be careful.

**Michael, 17, Fair Oaks, CA:** My cousin became addicted to heroin

after knee surgery when he was prescribed OxyContin. It took two years before anybody realized how bad it was. At that point, our family gathered for a rehab intervention and I was part of it. We walked into complete chaos. His floor was covered with syringes, strainers, dumped over pill bottles, cigarette butts, little chunks of black heroin tar, everything just littered. He was so far gone he could do nothing but feed the habit and not get sick. Every two hours he was having withdrawals.

Seeing him was one of the scariest things I've ever witnessed. Here was a guy I had looked up to my whole life. Now his skin was white and hanging, his cheeks puffy and distorted, his eyes rimmed with dark purple. He looked like the guy from Beetlejuice. When we took him outside, the sun made him sick. Just driving to the airport, he had to shoot up.

The interventionist was a recovered addict himself, and he said that once you start shooting you need rehab for at least a year just to manage — and even after 30 years clean, you can slip-up in a second. It's so addictive it takes over. You're no longer you, you become the drug.

Nobody in their right mind

would ever do this to themselves, that's why it's so important to NEVER use these drugs. It's a one-way ticket to being dead or losing all your freedom to feeding the addiction. You need to tough up and blow the whistle on both of you. He won't do it. He's already too far gone. It's up to you.

**Dear Desperate:** It IS up to you. And blowing the whistle means getting yourselves to a HOSPITAL, so please stop worrying about jail. If you're afraid to tell your parents the truth, drive to the hospital and tell the doctors the truth. They know exactly how to help you and how to involve your parents constructively. If your boyfriend won't go, go on your own and help him from there. He really is too far gone. You say you love him. Now prove it.

**Readers:** if you know someone using heroin, meth, crack, or cocaine, be a true friend and tell someone who can help them. As you heard from Brie and Michael, families aren't always aware. Required reading for all teens and parents: *Tweak* by Nic Scheff and *Beautiful Boy* by David Scheff.

To ask a question or be a panelist, write us at [www.straighttalkforteens.com](http://www.straighttalkforteens.com) or P.O. Box 963, Fair Oaks, CA 95628.



By Laura Snyder

Interpretation is all a matter of who is doing the interpreting, isn't it? Our planet's inhabitants have so many diverse languages. It's not surprising that very often leaders of nations are misinterpreted and misquoted. If the world were less tolerant than it already is, the lack of understanding caused by misinterpretation could've ended our species long ago.

Fortunately, the human species has learned to realize that interpretation is not infallible. We've learned this fact through our children. As parents, we try to understand our children and to make ourselves clear, but a child interprets what we say through the filter of their own limited experiences.

For example, a few years ago, my daughter, who is a very smart cookie, was having some trouble in Math. It was second grade. She was doing subtraction and just couldn't understand the concept of borrowing the one. I was trying to get her to understand by repetitiously going over the drill: Borrow the one, then take away the smaller number from the larger number. Suddenly she stopped me

## Laura on Life It's All in the Interpretation

with, "So, mommy, when do we put it back?"

"Put what back?"

"The one."

"Well, we don't."

"Then that's not borrowing, it's stealing."

She had a valid point. The lights suddenly came on in my head as I realized that she was taking the word "borrow" very literally and that's why she was having a hard time. She wanted to give that "borrowed" one back at some point, and it wasn't happening.

"Okay, here's what we're going to do," I said. "When you are subtracting, you are going to pretend you are a robber and you are going to take away and you are going to steal not borrow. And when you are adding, you are going to be the good guy by adding to and giving, not lending."

From that time on, she never had a problem with her math. It was all in her interpretation of the words.

My son, when he was younger, knew that when he threw something in the trash, he never saw it again. It was very traumatic for him, apparently. He didn't know where it went, just that it was gone. Because he heard that the garbage men buried the trash somewhere, he called our trashcan the "portal to the underworld;" something he undoubtedly picked up from his older brother. His reasoning was a little skewed, of course. Interpretation of this

logic needed the back-story before it could be understood.

You see, children have a language and understanding all their own. Each one is different. It is for adults to determine the correct interpretation while leaving our minds wide-open to account for the almost certain inaccuracies in their logic. Or, in some cases, for our inaccurate representation of certain words.

You can't take anything for granted when interacting with a child. One day, a few years ago, when I threatened to ground one of my kids for some transgression, a look of horror came over his face as he cried, "Please don't bury me!" Apparently, he thought that graveyards were for "grounding" people who did bad things. I felt like I had just run over a puppy.

I believe that the best foreign diplomats probably are those who have a lot of children. Consider this: If war is the result of a breakdown of diplomacy, and diplomacy can only be reached with understanding and a wide margin for interpretation errors, then truly, our children may very well be the reason the human race has not only survived, but thrived. Our children have taught us that interpretation is everything.

Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at [lsnyder@lauraonlife.com](mailto:lsnyder@lauraonlife.com) Or visit her website [www.lauraonlife.com](http://www.lauraonlife.com) for more info.

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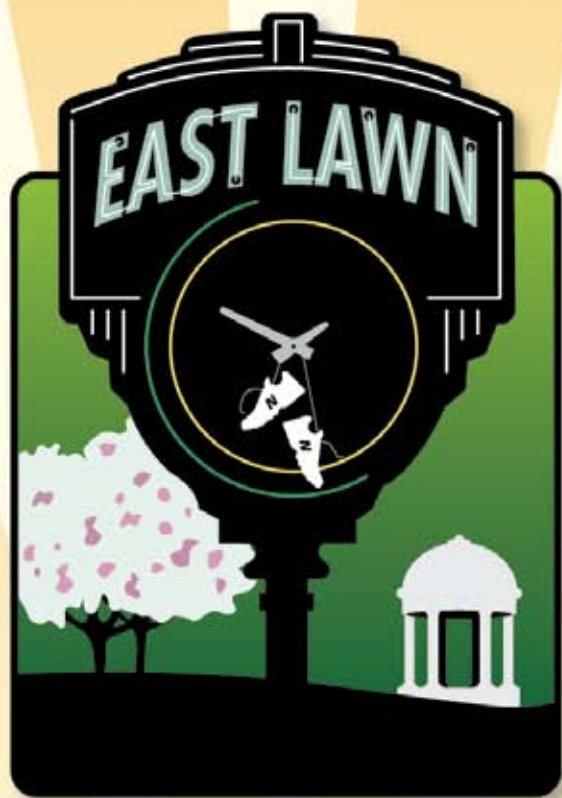
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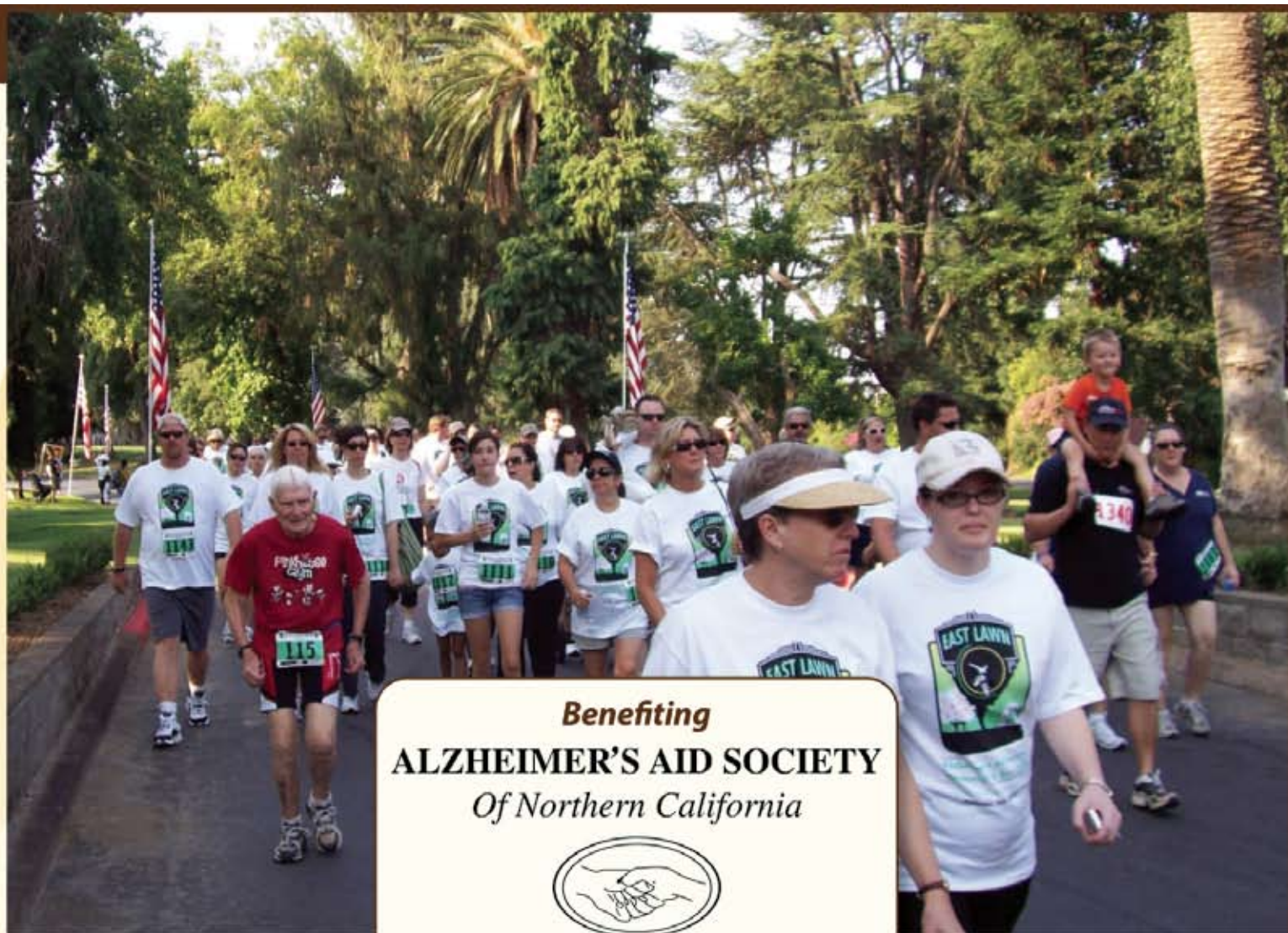
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