

Carmichael Times



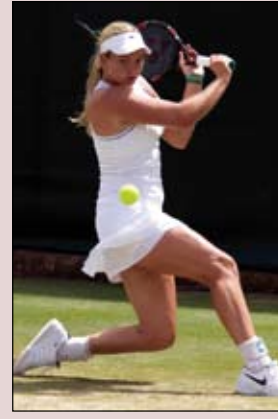
Celebrating Independence Day

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Volume 29 Issue 27

Serving Carmichael and Sacramento County since 1981

July 8, 2009

Local Sailors Win National Regatta

"It's as American as it Gets"



Carmichael Team shows excitement and perfect sailing trim as they cross the finish line for their second consecutive first place finish at the Catalina 25 National Sailing Regatta, held on San Francisco Bay Fathers Day weekend. Left to right Pat McIntosh, Gary Preston, (crew) and Scott Hefty (skipper).

Carmichael - The Catalina 25/250 National Sailing Regatta was held Father's Day weekend Jun 20th and 21st on the Berkeley Olympic Circle. Folsom Lake sailor, Scott Hefty, of Carmichael, and crew Pat McIntosh and Gary Preston also of Carmichael sailed Hefty's Catalina 25 Ho'O Kolohe, to four consecutive first place finishes and a second to win the Catalina 25 National Championship. The Berkeley Yacht Club, BYC, hosted the event and rolled out the welcome mat to all. They urged all participants to race in their already scheduled Friday night Beer Can race followed by an informal BBQ at the club. This provided all of Catalina out of towners the opportunity to experience racing on the Olympic Circle and meet and visit with many local sailors.

Activa sponsored the event and provided online registration services for all participants. The process provided not only for the receipt of registration fees, but a listing of skippers,

crew, spectators, lodging requests, banquet reservations just to mention a few. The Catalina 25s had the first start in PHRF div 1 for the Friday night Beer Can race. There were about 15 boats in the division. The nice touch was that the race started at the normal start finish line, but finished at the BYC clubhouse. The National Regatta started Saturday morning with the first start at 11 am followed by two more races that day. The first two were windward leeward 4 miles in length. The third was 5.7 miles and finished at the BYC Clubhouse. The wind starts and never lost the lead finishing with bullets in all three races. Second place at the end of day one was held by Paul Zell, Sparky, of Half Moon Bay with a 2nd, 2nd 3rd. Sunday morning racing resumed at 11 am with two races scheduled. The first was in about 8 knots of wind out of the WSW. The boats were fairly spread out at the windward mark. On the 2nd leg it was evident that new wind was consolidating the fleet. About a quarter of a mile from the leeward mark the wind line finally reached the leader and it was a new boat race to the finish. The final race of the regatta was in 17 to 20 knots of wind out of the West. It was a tight race to the finish with Paul Zell finishing 2 seconds ahead of Hefty for his first bullet of the regatta. Catalina 25 results: 1st. Scott Hefty, Ho'O Kolohe, Folsom Lake Yacht Club, 6 points, 2nd. Paul Zell, Sparky, Half Moon Bay, 9 points, 3rd. Bill Briner, Dancer, Berkeley Yacht Club, 14 points.



Official Photo of Catalina 25 winners. Left to Right: Gary Preston, Scott Hefty (skipper), and Pat McIntosh all of Carmichael pose after winning the Catalina 25 National Sailing Championship.

Carmichael - The 2009 Independence Day Parade in Carmichael featured Ruthie Bolton, Olympic Gold Medalist, Monarch's WNBA star and community leader serving as Grand Marshal for the Carmichael Elks 51st Annual Fourth of July Parade. The parade theme "Honoring Citizen Patriots", celebrated the accomplishments of all American patriots.

The Sons of the American Revolution served as Color Guard to start the parade. The parade included fire engines from the Sacramento Metro Fire Department, many classic cars from the 20's, 30's, 40's, 50's and 60's. Hundreds of families lined Fair Oaks Blvd. to honor our country and show their patriotism by waving the flag of this great nation.

Fun and entertainment after the parade included free swimming, live music and dancing, an outdoor BBQ, children's games, a hole-in-one contest, and parade awards at the Carmichael Elks Lodge. It was truly an All-American holiday shared by hundreds of families from Carmichael and the surrounding areas. Hundreds of children could be



Beauty Queens and Boy Scouts enjoy the ride on one of the classic Sacramento Metro Fire Department Trucks



Hundreds of families came out to show their appreciation for our great nation on this Fourth of July.

seen waving flags, clapping and enjoying one of the largest parades in the Sacramento area.

This year's fireworks display was co-sponsored by the Carmichael Recreation and

Park District and Mission Oaks Recreation and Park District and the Sacramento Metropolitan Fire Fighter Association

Photos by Paul V. Scholl

Final Push to Save the O'Donnell Park Dynamite Tree and Nature Area

The O'Donnell Neighborhood Park Committee's efforts to raise \$235,000 by August 31st, 2009 to fully fund their Plan B proposal is only \$35,000 short to meet the final goal.

Plan B will develop O'Donnell Heritage Park without selling off the park's nature area and the Dynamite Tree for housing development. If Plan B fails, the Original Master Plan will prevail and require the sale of 3.3 acres of the nature area. The neighborhood will lose precious and scarce parklands and could see diminished property values if the acreage is converted for use into dense multiple housing.

If You Support Saving Park Lands, Now is the Time to Contribute!

Make your check payable to the "Carmichael Recreation and Park District" with a notation on the face of the check "Donation



for O'Donnell Heritage Park" and mail it to the "O'Donnell Neighborhood Park Committee" at PO Box 1878, Carmichael, CA 95609. For Donation questions, call Ben Yates, Fund Raising Chair (967.6349). For Brick Sales information, call Steve Cavender, Brick Sales Chair (965.7561). For Volunteer information, call Ed Nicholson, Committee Chair (806.0437).

Patrick Cavender has donated his efforts to enhance their website. It is now an easy-to-use

interactive website that will tell an inquiring mind everything it wants to know about O'Donnell Heritage Park and its supporters. By providing credible information, they hope this interactive website will build a sense of trust, appeal to the reader's sense of civic duty, and move readers who wish to help. The website will instruct readers on how they can make a contribution, volunteer, buy a brick, or make an on-line credit card contribution. You can find the website at www.

New Carmichael Concert Series Begins July 11th



This summer the Chamber will present the first annual Carmichael Concert series produced by Steve Caretto & Burnie Lenau. We have 3 great concerts lined up and we hope that you can all attend, bring friends and neighbors, your kids, and dogs for this free community event. Bring a blanket, lawn chairs, a picnic and drinks and you will have a cool time watching these concerts under the trees. The 1st concert is July 11, 6-8 PM at the Carmichael Park band shell and it will feature: Because, a Tribute to the Beatles. This is a great group of guys and they perform a unique show of the

history of the Beatles, from their first Ed Sullivan show appearance, to the Sergeant Peppers period, and closing with the Abbey Road music. They look, sing, and use the same equipment that the Beatles used and they will do 3 costume changes for this performance. Don't miss this show because it is fun for the whole family. And, you will know the words to all the songs! Our 2nd concert is July 18, 6-8 PM and it will feature the band: La Familia Loca. This is a dynamic 11 piece Latin group with horns, a strong rhythm section and featuring a female singer. They play music from "old school" to Santana, to

Latin and every song will have your feet bouncing with their great energy. Our 3rd concert is July 25, 6-8 PM and this will feature: Mick Martin & the Blues Rockers. Mick has a radio show on Saturdays on Capitol Public Radio and he is most known and highly respected blues musician in Sacramento. With a 25 year history and strong following, you don't want to miss this great outdoor performance. Mick is also a great music historian and he educates as much as entertains. *The Chamber would like to thank our Concert Sponsors: Lawnman, Inc., Steve Caretto, Aegis Living and Point West Insurance Services.*

Effie Yeaw Nature Center - July Events

Interactive Exhibit: Endangered Species of California's Central Valley
 Park entrance fee: \$5.00 per car or FREE to ARNHA members.
 Open 9:00 a.m. - 5:00 p.m. daily

Evening Beaver Walks

Meet up with volunteer Jack Hiehle and search for one of nature's engineers, the beavers. 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.
Friday the 10th and Tuesday the 21st, call for times

Hawk Talk

Come learn about these amazing raptors that have color vision eight times better than humans. Get a rare close look at a red-tailed hawk and learn more about the hawk family, which includes eagles and kites.
Saturday the 11th at 10:30AM

Home Sweet Habitat

From a hole in a dead tree to a damp spot under a log, many critters find their homes in the Nature Area. Join a naturalist and discover what makes a habitat.
Sunday the 12th at 10:30AM

Wildlife Care Association

What do you do when you find an injured or sick bird or animal? Meet Doug from the Wildlife Care Association and find out what to do.
Saturday the 18th at 1:30PM

Habitat Improvement

Come and help Jack improve the Nature Area. Call Jack if you are planning to come at 967-0777.
Sunday the 19th at 8:00AM

Nature Area Tour

Join a staff naturalist for a guided tour through the lovely 77-acre nature preserve and learn about the flora, fauna and history of the area.
Sunday the 19th at 1:30PM

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



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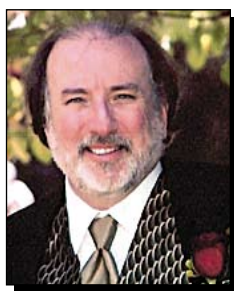
Saturday, September 26th, 2009

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Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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Be sure to place in the subject field "Attention to Publisher".
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POPOFF!

with Mary Jane Popp

WAKING THE WARRIOR GODDESS

Did you know that the incidence of Breast Cancer has risen 21% in the last four years? And it seems that "greater cultural affluence seems to be directly related to the higher levels." Women in Asia, on average, have six times lower risk of Breast Cancer until they move to the United States. Then they rapidly become on par with American women. "How we eat and live in the U.S. is a prescription for disaster." Those words come from Dr. Christine Horner, a nationally known Surgeon and leader in the field of advocating for women. She initiated, organized, and managed the successful campaign to pass laws requiring insurance companies to pay for breast reconstruction following mastectomy. But now Dr. Horner has taken on more extensive work on natural health topics and natural approaches to Breast Cancer prevention. Her latest endeavor is "Waking The Warrior Goddess": Harnessing the power of nature and natural medicines to achieve extraordinary health. Dr. Horner's program is directed at protecting against and fighting Breast Cancer.

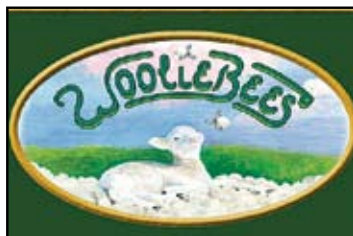
When I spoke with the good Doctor on my "POPOFF" Radio Program, she was adamant about raising awareness of dozens of natural research-proven approaches that are highly effective at protection from Breast Cancer. They range from foods and supplements to herbs and can reduce the risk by some 50% or

more. Additionally, the protective effects of many supplements, herbs, foods, and even spices do not only add-up, they multiply.

Her program integrates the key principles of Ayurveda...the oldest and most complete system of prevention-oriented holistic health still practiced today. Add lifestyle choices, and you can lower the risk, slow tumor growth, prevent metastasis, shrink the size of tumors, and protect against the side effects of Chemotherapy and Radiation. The spice Turmeric, for example, greatly enhances Breast Cancer-blocking qualities of soy. And when the Turmeric is consumed in the same meal with green tea, each makes the other's anti-cancer properties more powerful. Turmeric makes green tea eight times more effective and green tea, in turn, makes Turmeric three times more effective.

Dr. Horner also identifies toxins to avoid and bad habits to eliminate. Her lifestyle recommendations include soothing treatments that detoxify the body, and balancing rest and activity. And here's the best part. Everything that lowers the risk of Breast Cancer, also decreases the risk of developing a multitude of other diseases.

Dr. Horner told me this time is more personal than ever. While she waged the war for women and breast reconstruction, she lost her own mother to Breast Cancer. She also witnessed the major increase in her own practice of Breast Cancer in younger and younger women. She was celebrated as a member of Oprah's "Angel Network" on national television, and she is determined to wake the warrior goddess in all of us. By the way, Dr. Horner says it's never



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too early or too late to incorporate health promoting habits. Dr "H" says we have the power to influence our own state of health more than we ever imagined. She has made a believer out of me!

Join Mary Jane for the KAHI Noon News Monday - Friday and then again for POPOFF 10 PM - Midnight.

Fourth of July Parade Photos

Pictured (L-R) Carys Hawkey, visiting from Wales, and her local friends Miranda and Rachel Stiewig of Carmichael served as members of The Sons of the American Revolution for the parade march.



Another great family showing their love of country and each other on this year's Independence Day.

Local classic cars reach the parade finish line in style with horns honking and flags waving.



All photos by Paul Scholl



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 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



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Hank Fisher Properties Names Deborah Godt Corporate Marketing Director



Deborah Pontynen Godt

Hank Fisher Properties has established a full-time corporate marketing position and named Ms. Deborah Pontynen Godt to the

post. She will assist in maintaining high occupancy in the company's four full-service senior living communities as well as provide oversight, resources and training to the company's marketing team, which consists of three additional marketing directors.

Ms. Godt has been involved in the development and marketing of senior living communities for over a decade. She began working with Hank Fisher Properties in 2006, assisting seniors and their families in selecting appropriate housing and long-term care. She served with River's Edge, Hank Fisher Properties' premier independent senior community in the Campus Commons neighborhood, as well as with the Chateau at

River's Edge and the Chateau at Carmichael Park. In addition to her corporate marketing duties, she remains Marketing Director of River's Edge.

A native Californian, Ms. Godt received a Bachelor of Science degree in business administration in 1980 from Pacific Union College, Angwin, California. She went on to earn a Master's degree in administration with an emphasis on marketing from Andrews University, Berrien, Michigan, in 1989. She also received administrator certification from the State of California for Residential Care Facilities for the Elderly (RCFEs).

She resides with her husband, Russell, in Carmichael.

County Files Suit Against Aerojet-General and Boeing Corporations

Companies Fail to Remedy Groundwater Contamination Impacts Center

Sacramento - On July 1, 2009, the Sacramento County Water Agency initiated legal action to remedy significant impacts on its ability to supply drinking water to its existing and future customers. These impacts result from groundwater contamination caused by industrial chemical disposal practices of the Aerojet-General and McDonnell-Douglas Corporations.

At various times over the past 50 years, both Aerojet and McDonnell-Douglas (since acquired by the Boeing Corporation) disposed of industrial chemicals at their Rancho Cordova sites in a manner that resulted in the contamination of groundwater under a large area of eastern Sacramento County. As a result, many public drinking water wells have been shut down, including six wells operated by the Water Agency in its Mather-Sunrise service area, and many more continue to be at risk.

As part of the cleanup program directed by U.S. Environmental Protection Agency, the State Department of Toxic Substances Control and the Central Valley Regional Water Quality Control Board, Aerojet and Boeing will pump, treat and discharge approximately 40,000 acre-feet of groundwater every year for an estimated 200 years --enough water to meet the needs of more than 60,000 homes.

Keith DeVore, Director of the Sacramento County Department of Water Resources said, "Action needs to be taken. The Water Agency is disappointed that after more than nine years of discussion, Aerojet and Boeing have yet to accept their responsibility and provide any meaningful proposal to resolve the very serious damages they have inflicted on the area's water supply." A 2003 agreement between the parties was terminated by the Agency in 2008

when it failed to provide a viable project without putting Agency customers at significant financial risk. "Our customers need to have the reliability of their water supply assured now and in the future, with complete confidence that they will not have to bear any of the financial burden for the extraordinary measures that will be required to mitigate past contamination impacts," said Mr. DeVore.

The Sacramento County Department of Water Resources manages the county's groundwater and surface water resources and actively participates in strategic regional planning for future water supplies through the powers of the County of Sacramento and the Sacramento County Water Agency. The governing body of the County of Sacramento and Sacramento County Water Agency is the County Board of Supervisors.

Sacramento County Press Release



Girl piles on pounds, parents at a loss

by Lauren Forcella

Dear Straight Talk: I'm concerned about my 14-year-old daughter. She is rapidly gaining weight and is now 130 lbs at only 5'1". She eats obsessively, sometimes hiding food in her room. I've asked if she is hungry when she's randomly snacking and she usually isn't, explaining that "cheese is tasty". I've stopped buying full-fat cheeses and other processed foods but am unable to control what she eats. My husband and I are extremely active and exercise daily while eating the correct foods. We encourage her to exercise, even participating with her, but she generally declines. She doesn't seem to notice herself getting larger. How do I even approach this subject without giving her a complex or saying something damaging? — Mom in Medford, OR

Farren, 21, Redding, CA: It's good you're being sensitive. While it may seem like your daughter doesn't notice, everyone cares what they look like, especially 14-year-olds. Overeating is usually a coping mechanism, so find out if there is an emotional root to her habit. Is something going on at school or elsewhere that you don't know about? I also recommend having a doctor test her hormone levels and rule out conditions like hypothyroidism or polycystic ovarian syndrome, to name a few. I can't stress the importance of testing for these things even if they don't run in the family. Do your online

research, get second opinions, enlist a nutritionist to develop a food and exercise program. As you look into all these factors with your daughter, let her know it is because you are worried and want to help.

Brie, 18, Ashland, OR: Sit down and tell your daughter the facts of what being overweight will do to her (heart disease, diabetes, self-esteem issues, etc.). Try to get her involved in a sport because that is a fun way to work out while spending time with friends.

Jessie, 17, Ashland, OR: Usually when somebody has an eating problem, either something psychological is going on or there is a chemical imbalance. Ask her if something is wrong, and if she won't discuss it, have her see a counselor. At the same time, educate her on the dangers of overeating and obesity. Maybe she doesn't fully realize the risks.

Ashley, 21, Auburn, CA: Does your daughter have emotional problems? Could she be pregnant? Can you talk to each other about things like this? You definitely need to, but don't trip out and tell her she looks fat. Usually if you set a good lifestyle example kids will follow, if not in high school, then later.

Dear Medford: The panel is correct that emotional issues and/or chemical imbalances are the root of most overeating habits. I also wouldn't rule out pregnancy or sexual abuse. The latter can compel a girl to overeat to

make herself unattractive and "hide" her shame.

An honest, proactive approach is best (you are the parent after all, and obesity is deadly), but weight-control is hugely emotional and demonstrative love and affection MUST accompany your actions. Then, tough as your questions, doctor's appointments, and boundary-setting might be, your daughter will know she is loved. I want to "pound" this home because many parents reject their children when they are ugly, fat, or unmanageable, and this not only leads to personal guilt, but will undermine your actions and, ultimately, your relationship. The antidote is to be demonstrative in your affection, even when you don't feel it. Extra-long hugs from you, regardless of your daughter's progress, are the "food" you both need.

Nutritionally, the healthiest diet regimen, even for overeating, can be found among the traditional whole-food diets discovered in living use by Dr. Weston Price (see www.westonaprice.org and our column JUN 10). If your daughter's overeating is emotionally driven, I also recommend private counseling and/or Overeaters Anonymous to address the problem at the root.

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

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



(L) Warren Harrison, Susan Madden, Georgann Wallace, Chris Lamb
Photo Credit: Warren Harrison

CHAUTAUQUA PLAYHOUSE

to revive the comedy
The Odd Couple - Female Version

The hysterical comedy THE ODD COUPLE-FEMALE VERSION by Neil Simon will be presented in a revival opening at Chautauqua Playhouse on Friday, June 26th at 8:00pm. THE ODD COUPLE-FEMALE VERSION continues to play on Fridays and Saturdays at 8:00pm through July 19 (no performance on July 4th). Sunday matinee performances will play at 2:00 pm. There will also be two Thursday performances on July 2nd and 9th at 8 pm. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

Because of popular demand, Chautauqua Playhouse will again present the popular play with the same cast as the 2008 sell-out production. Neil Simon adapted this script from his original ODD COUPLE story line, but with a new twist - Felix and Oscar have now become Florence and Olive, and the poker game has become a weekly Trivial Pursuit game. The Pidgeon sisters have been replaced by the Costazuela brothers from upstairs.

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

The production is directed by Jill McMahon and features Susan Madden as Olive Madison and Georgann Wallace as Florence Unger, with Chris Lamb and Warren Harrison as the Costazuela Brothers. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver.

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FICTITIOUS BUSINESS NAME STATEMENT #904767. CAMU, LLC, 900 "G" St. #202, Sacramento, CA 95814 is doing business under the Fictitious Business Names "California Mutual LLC; CAMU, LLC at 900 "G" St. #202, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on May 15, 2009. Publish: June 16, 23, 30, July 7, 2009. CALMUT 90603 7-7-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SANTA CLARA CITATION re: ADOPTION CASE #1-09-AD-021604

THE PEOPLE OF THE STATE OF CALIFORNIA. To Dale Wayne Schmitz: YOU ARE HEREBY CITED to appear at 10:30 a.m. on July 28, 2009, in Department 15 of the above entitled court, located at 191 North First St., San Jose, CA 95113. At that time and place, you must show cause why the Petition of **DION LORUSSO** to adopt your minor child, **KELLY SCHMITZ**, should not be granted without your consent in the above-entitled proceeding, on the grounds that you have abandoned that child. The above-referenced adoption Petition alleges that, for a period in excess of one year beginning September 16, 2004, you willfully failed to communicate with, and pay for the care, support, and education of, the above-named child, although able to do so. YOU ARE FURTHER ADVISED that if you appear at the above hearing, and wish to have legal counsel but are unable to afford counsel, the court will appoint counsel on your behalf. Dated: June 5, 2009. David H. Yamasaki Clerk, Chief Executive Officer/ Clerk. Publish: June 16, 23, 30, July 7, 2009. SHAPIR 90603 7-7-09

NOTICE OF SALE OF ABANDONED PERSONAL PROPERTY Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by LULA PEOPLES, whose last address was 9650 Rivage Way, Elk Grove, CA 95624 will be sold at public Auction at 9650 Rivage Way, Elk Grove, CA 95624 On TUESDAY, JULY 14, 2009 at 12:01 o'clock P.M. DESCRIPTION OF PROPERTY: Household Personal Property consisting of but not limited to 2 ironing boards, Fan, 4 dressers, Wood chairs, Metal chair, Plastic stool, Table, Iron, Lamps, Clothes, Blankets, 2 tv's, 2 Entertainment centers, Pictures, Office chair, 2 coffee tables, Radio, Love seat, Couch, Dishes, Pots/pans, Baking dishes, Pillows, End tables Desk, Candle holders, Book shelf, Toys, Suit case, DVD player, Decorative flowers, and all other items in and on said property.

Dated: June 26, 2009 Publish: June 30, July 7, 2009. SILICO 90605 7-7-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00046595-CU-PT-GDS

WHEREAS, Wolfgang Chargin has filed a petition with this court for a decree changing name of Wolfgang Chargin to David Wolfgang Chargin. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on July 22, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 10, 2009. Loren E. McMaster Judge of the Superior Court Publish: June 23, 30, July 7, 14, 2009. LOPEZ 90604 7-14-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00042785-CU-PT-GDS

WHEREAS, Frederick Scott Christopher Jean Marie de Forbin Janson has filed a petition with this court for a decree changing name of Frederick Scott Christopher Jean Marie de Forbin Janson to Frederick Christopher Janson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 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: June 16, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: June 23, 30, July 7, 14, 2009. JANSON 90604 7-14-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2008-00047174-CU-PT-GDS

WHEREAS, Lisa Jeannette Lopez has filed a petition with this court for a decree changing name of Lisa Jeannette Lopez to Lisa Jeannette Helms. IT IS ORDERED that all persons interested in the

above entitled matter appear before this court at 2 p.m. on July 29, 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: June 17, 2009. Loren E. McMaster Judge of the Superior Court Publish: June 23, 30, July 7, 14, 2009. LOPEZ 90604 7-14-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF PLACER 2ND AMENDED SUMMONS 1st Amended Complaint CASE #SCV 24413

NOTICE TO DEFENDANT: EMILEE KATE SMITH, JEANETTE DEEVER, DANIELLE BERNSTEIN, PARIS GRAYSON, DENNY SMITH, JODEE SMITH (individuals) and DOES 1 through 50 inclusive: You are being sued. Plaintiff's NAME IS: Shandiz Goushesh. You have 30 Calendar Days after this Summons and Petition are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. If you do not file your Response on time, the court may make orders affecting your marriage or domestic partnership, your property, and custody of your children. You may be ordered to pay support and attorney fees and costs. If you cannot pay the filing fee, ask the clerk for a fee waiver form. If you want legal advice, contact a lawyer immediately. You can get information about finding lawyers at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), at the California Legal Services web site (www.lawhelpcalifornia.org), or by contacting your local county bar association. The name and address of the court is: Superior Court of California, County of Placer, 10820 Justice Center Dr., Roseville, CA 95678; 916-408-6000. The name, address, and telephone number of petitioner's attorney, or petitioner without an attorney, is: Chad Dunigan, Esq. And Jennifer A. Welner, Esq., Koeller, Nebeker, Carlson & Haluck, 3010 Lava Ridge Ct. #160, Roseville, CA 95661; 916-724-5700; 916-788-2850. Dated: April 27, 2009. Publish: June 23, 30, July 7, 14, 2009. KOELLE 90604 7-14-09

NOTICE OF PETITION TO ADMINISTER ESTATE OF VERNON M. TISDALE, JR., decedent. ESTATE NO. 34-2009-46787

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of VERNON TISDALE, JR. A petition has been filed by Michael J. Tisdale in the Superior Court of California, County of Sacramento, requesting that the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on July 23, 2009 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Michael J. Tisdale, in pro per, 8673 Hodge Place, Orangevale, CA 95662; 916-989-5965. Publish: June 30, July 7, 14, 2009. TISDALE 90605 7-14-09

NOTICE OF PETITION TO ADMINISTER ESTATE OF DOROTHY M. TOLLEY, decedent. ESTATE NO. 34-2009-44263

To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of DOROTHY M. TOLLEY. A petition has been filed by Paul M. Tolley in the Superior Court of California, County of Sacramento, requesting that Paul M. Tolley be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on July 23, 2009 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney. IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above. YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Michael J. Tisdale, in pro per, 8673 Hodge Place, Orangevale, CA 95662; 916-989-5965. Publish: June 30, July 7, 14, 2009. TISDALE 90605 7-14-09

STATEMENT #905606. 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 FILE #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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME AND GENDER #34-2009-00047367-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 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

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

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0710763

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STATEMENT #905573. 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

FICTITIOUS BUSINESS NAME

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME AND GENDER #34-2009-00047367-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 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

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

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FICTITIOUS BUSINESS NAME

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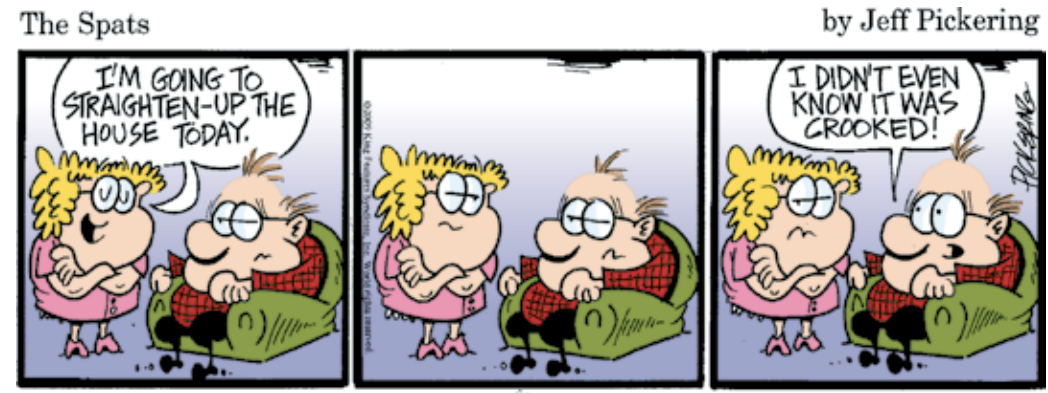
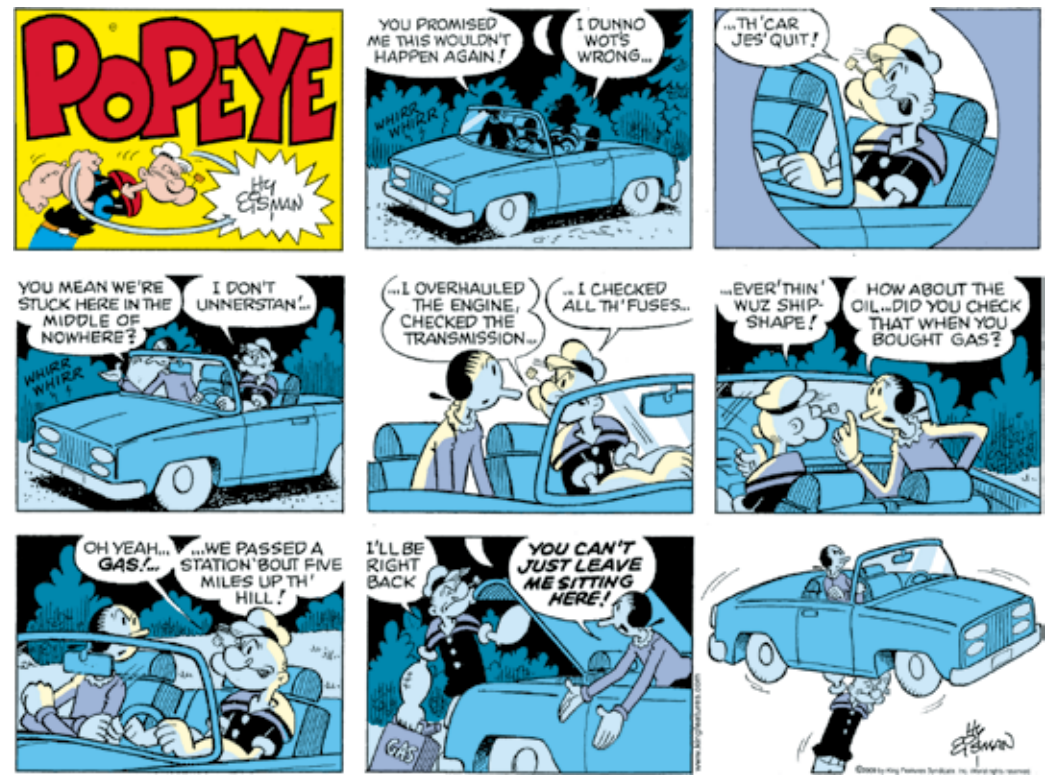
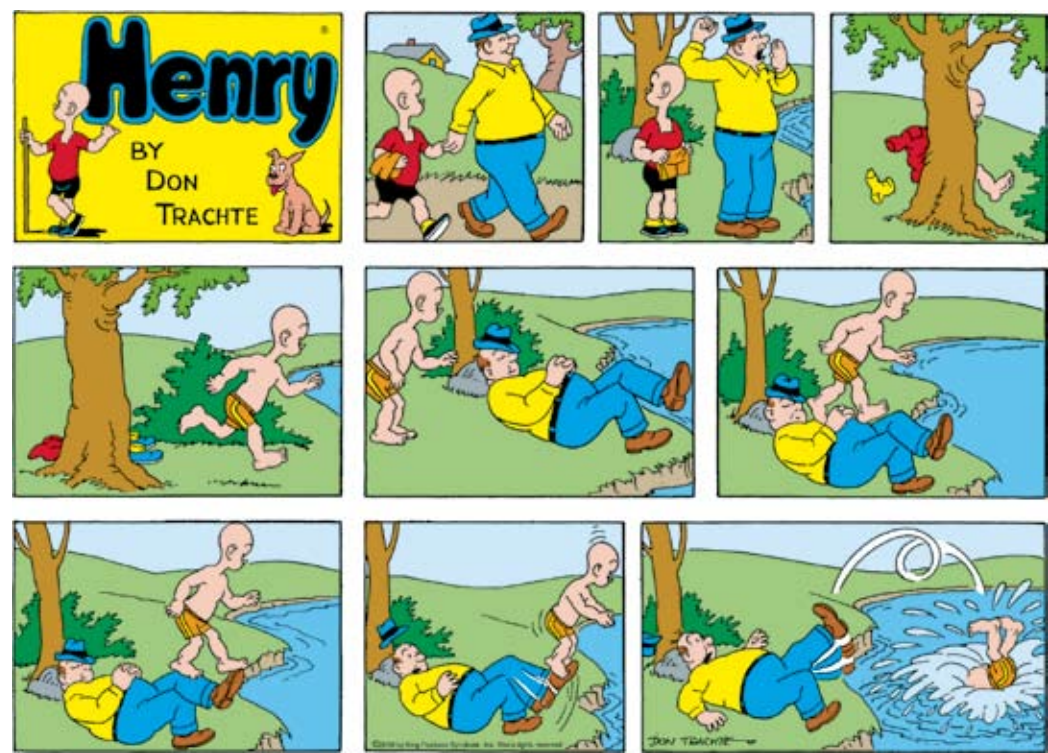
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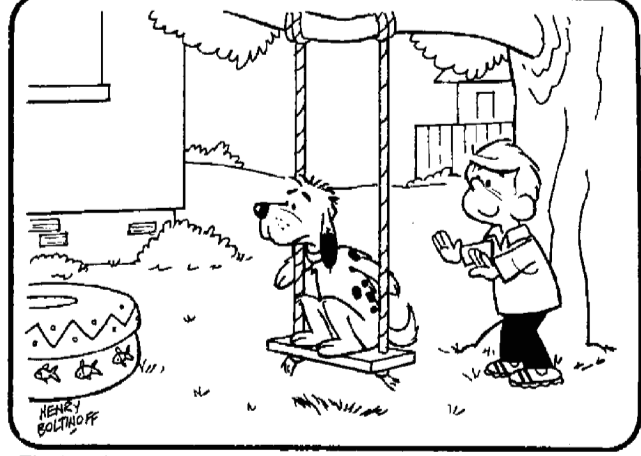
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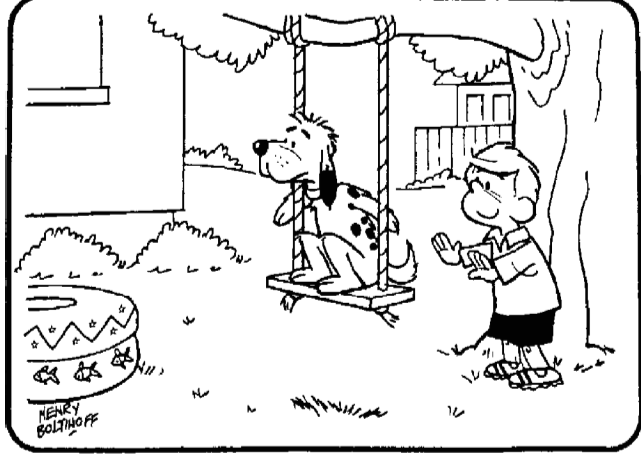




HOCUS-FOCUS BY HENRY BOLTHOFF



Find at least six differences in details between panels.



Differences: 1. Swing is shorter. 2. House has two windows. 3. Boy is wearing shorts. 4. Bricks on house are missing. 5. Pool has stars. 6. Bush added near house.

Trivia test by Fifi Rodriguez

- CITY NICKNAMES:** What U.S. city is known by the nickname "Bison City"?
- ANIMAL KINGDOM:** What kind of creature is a goat?
- SPORTS:** Which sport might include a maneuver called a "closed choctaw"?
- GENERAL KNOWLEDGE:** What color is amaranth?
- LANGUAGE:** What is the U.S. equivalent of the British pram?
- COMMUNICATION:** What is the standard word that represents the letter "P" in the international radio alphabet?
- MOVIES:** What was the name of the cat in the movie "Men in Black"?
- TELEVISION:** Who played the role of Gus McCrae in the "Lonesome Dove" television series?
- THE BODY:** What is a human's normal temperature in Centigrade?
- PSYCHOLOGY:** Someone suffering from nyctophobia would be afraid of what?

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★
 ★ Moderate ★★ Challenging
 ★★ ★ HOO BOY!

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MAGIC MAZE ● **BRIDGE: UNITED STATES**

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

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

Brooklyn	Green	Rainbow	Sunshine
Eads	London	Royal Gorge	Tobin
Fremont	McKinley	Seven Mile	Vicksburg
Golden Gate	Oakland Bay	Stone Arch	

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All Answers on Page 5

Contract Bridge

NOW YOU SEE IT, NOW YOU DON'T

South dealer.
Neither side vulnerable.

NORTH
 ♠ A K 7 3
 ♥ A 8 4
 ♦ K 7 5
 ♣ K 8 2

EAST
 ♠ Q J 6
 ♥ J 9 8 4 2
 ♦ Q 9 7 6 5

WEST
 ♠ 9 8 4
 ♥ K 7 5 2
 ♦ Q 10 3
 ♣ J 10 4

SOUTH
 ♠ 10 5 2
 ♥ Q J 10 9 6 3
 ♦ A 6
 ♣ A 3

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

Opening lead — jack of clubs.

example. A study of all four hands reveals that South has two inescapable losers — one in spades and the other in trumps. From West's viewpoint, once dummy appears he has every right to feel certain of scoring a trump trick with his king, come what may. But if South pays close attention to his knitting, West will wind up a sadder but wiser man.

Declarer wins the club lead with the ace and finesses the queen of hearts. West does not cover, of course, and also does not cover when the jack is led. South now abandons trumps, leading a club to the king and ruffing a club. These plays are followed by the A-K of diamonds and a diamond ruff.

Declarer next leads the A-K and another spade, East winning with the queen. At this point, South has the 10-9 of hearts, West the K-7 of hearts, and dummy the ace of hearts and seven of spades.

When East now returns a diamond or a club, South ruffs with the nine, and West's "sure" trump trick disappears. Whether he overruffs with the king or underuffs with the seven makes no difference whatever. Either way, the king is dead. In effect, West's king is "smothered."

And, as a matter of fact, that's how the "smother play" got its name. But don't hold your breath waiting for it!

Today's hand provides a good

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by Steve Becker

Monthly Military Spouse Retiree Meeting

Our next monthly military retiree/spouse meeting is scheduled for Tuesday, 14 Jul 2009. Start time is 1030 hrs. Location of the meeting is in the North Highlands Recreation and Park District Bldg, 6040 Watt Ave, North Highlands, CA 95660. If you get lost, the number to call is: 332-7440. Our Speaker is Steve Morgan, and he will discuss the TRICARE DENTAL program. If you want to have lunch, call JoJo at 344-6249 at least 24 hrs prior to the meeting date. See you all at the meeting.

Monthly Meeting of Mission Oaks Genealogy Club, Carmichael

On July 16, 2009, Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Subject will be: Intro to Genealogy with a panel discussion. Visitors are welcome. For additional info call Robert Noyes (916-332-5753) or visit website: <http://missionoaksgenealogyclub.org>.

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KING Crossword

1	2	3	4	5	6	7	8	9	10	11	
12			13				14				
15			16				17				
18			19				20				
		21		22	23		24		25	26	27
28	29	30					31		32		
33				34			35		36		
37			38		39				40		
41			42		43						
		44		45			46		47	48	49
50	51	52			53	54			55		
56				57					58		
59				60					61		

- ACROSS**
- | | | | |
|--|----------------------------------|---------------------|-------------------------|
| 1 Do sums | 33 Submachine gun | 59 Banana castoff | 7 Easy bounding gait |
| 4 Apprehend | 34 Jazz style | 60 Took to the pool | 8 Dress |
| 8 Film segment | 36 A Gershwin | 61 Chaps | 9 Tyler or Ullmann |
| 12 Anger | 37 Raised | | 10 White House nickname |
| 13 Medley | 39 Pirate | | 11 Apiece |
| 14 Similar to | 41 Comic Silverman | | 17 Western st. |
| 15 Brooks or Torme | 43 Cornfield trespasser | | 19 Crony |
| 16 Chair protector | 44 Scratch | | 22 Birds, to |
| 18 Filch | 46 Tangle | | Brutus |
| 20 Corrode | 50 Read quickly | | 23 Violin's ancestor |
| 21 Open somewhat | 55 Dinner for Dobbin | | 25 Tel — |
| 24 Tibet's capital | 56 Staffer | | 26 Paddock papa |
| 28 One with lots of four-legged friends? | 57 "David Copperfield" character | | 27 Winged |
| 32 Satan's specialty | 58 Swelled head | | 28 Taverns |
| | | | 29 Pound of poetry |
| | | | 30 Wedding cake feature |
| | | | 31 Bellow |
| | | | 35 Telecast |
| | | | 38 Maiden |
| | | | 40 Possess |
| | | | 42 Possesses |
| | | | 45 Fishing gear |
| | | | 47 Attention getter |
| | | | 48 Storm |
| | | | 49 French city |
| | | | 50 Space |
| | | | 51 Falsehood |
| | | | 52 Praise in verse |
| | | | 53 Solemn |
- DOWN**
- | | | |
|--|----------------------|---------------------|
| 1 Intentions | 11 Apiece | 42 Possesses |
| 2 Bob's "The Price Is Right" successor | 17 Western st. | 45 Fishing gear |
| 3 Sandwich shop | 19 Crony | 47 Attention getter |
| 4 Rhinoplasty | 22 Birds, to Brutus | 48 Storm |
| 5 The whole enchilada | 23 Violin's ancestor | 49 French city |
| 6 Midafternoon hour on a sundial | 25 Tel — | 50 Space |
| | 26 Paddock papa | 51 Falsehood |
| | 27 Winged | 52 Praise in verse |
| | 28 Taverns | 53 Solemn |
| | 29 Pound of poetry | |
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Reforming Lawsuit Abuse Can Help Rebuild California

While our state's political leaders have spent the past year promoting ballot measures, tax increases and budget cuts as a way to tame the ever-growing \$24 billion budget deficit, little attention has been given to increasing state revenues by making it easier for California employers to be more profitable and create jobs. California is among the most taxed and regulated states in the U.S. and, according to the Wall Street Journal, California leads the country in job losses. California's economy and job market are further compromised by the fact that it is one of most litigious states in the country. Californians pay more than \$32 billion a year in a "lawsuit tax", or more than \$3,300 a year for a family of four. That money could go a long way toward addressing the budget problem if it were used to

purchase products and services that create jobs and generate tax revenue for local and state government. While largely ignored by many elected officials and today's candidates, California's small business owners know that the issue of lawsuit abuse is a very real and costly one. The U.S. Chamber of Commerce has ranked California's legal climate as fifth worst among all states for treatment of class action suits, punitive damages and jury predictability. According to a survey done by California Citizens Against Lawsuit Abuse (CALA) and the National Federation of Independent Business-California, 98 percent of respondents believe that lawsuits have hurt our economy, one-third have been sued in the last five years and six-in-ten small business owners have been threatened by lawsuits

during the same period of time. Victims of frivolous lawsuits are not just businesses, but government too. A study conducted by CALA reported that California cities and counties are spending millions of dollars annually for outside counsel and court settlements rather than providing public services that benefit us all. The real challenge for today's elected leaders and the candidates for constitutional offices up for grabs in 2010 lies in the need to rebuild our economy, create jobs and bring financial stability to public services by reforming lawsuit abuse. With a legal system that is out of control we all pay and we all lose. Consumers have less disposable income, businesses are less profitable and less tax revenue is available for critical public services. By cutting the fat

associated with frivolous lawsuits, we can redirect those dollars to support our small business owners and their employees and strengthen our state's flat lined economy. As the leading voice for lawsuit reform in California, CALA will continue to expose the real costs associated with unfettered lawsuit abuse. However, we can't do it alone. Our success is dependent on consumers and small business owners stepping forward and demanding from their elected officials and top-of-the-ticket candidates a legal system that facilitates justice, not greed. Marko Mikotin is the Northern California Regional Director for California Citizens Against Lawsuit Abuse. For more information on lawsuit abuse, visit www.cala.com.

New Laws Take Effect

From the Office of Roger Niello
July 1 marks the beginning of California's fiscal year and with it come a number of new laws. One of the most visible changes to California law will be new nutrition reporting requirements at restaurant chains. Restaurant patrons can expect to know the total calories, grams of carbohydrates, grams of saturated fat, and milligrams of sodium at chains with 20 or more restaurants operating in California. Nutritional information will be provided in a variety of ways including menus, brochures, and table tents. Additional reporting requirements will be effective January 1, 2011. California's students will likely see a different menu next school year. Legislation taking effect July 1st prohibits K-12 schools from offering food containing artificial

trans fat. This regulation applies to vending machines as well as food prepared by the food service establishment. Artificial trans fats occur in hydrogenated oils often used to extend shelf life. These fats do not promote good health and have been linked to coronary heart disease. The California Legislature continues to crack down on drunk drivers by requiring DUI offenders to install ignition interlock devices (IID). Upon conviction, an ignition interlock device is immediately installed in a vehicle's dashboard and is used as a breathalyzer to measure blood alcohol content. The IID prevents the vehicle from starting if the breathalyzer test fails. People convicted of a DUI will have to install IIDs in every vehicle they own or operate for a period of one to three years.

Roger Niello's Community Meetings

- | | | |
|--|--|---|
| Citrus Heights
Friday, July 10th
Denny's Restaurant
6215 Sunrise Blvd.
Citrus Heights | Folsom/Granite Bay
Tuesday, July 21st
Mimi's Café
2719 East Bidwell
Street
Folsom | Arden Arcade/
North Highlands
Friday, July 31st
Mimi's Café
2029 Alta Arden
Expressway
Sacramento |
| Orangevale
Friday, July 17th
Denny's Restaurant
8841 Greenback Lane
Orangevale | Fair Oaks
Friday, July 16th
Dianda's Italian Bakery
and Café
10131 Fair Oaks Blvd.
Fair Oaks | |

First Pitch for Baseball Academy Coming July 19th

The Dusty Baker Baseball Camp opens this year on July 19th in Rancho Cordova. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group of top-flight coaches providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball. For more information call Bruce Carmichael at 1-530-644-3067, or E-Mail: bdcarmichael@sbcglobal.net. Visit the camp website at www.dustybakerbaseballcamp.com

Session One Ages 9-12
Sunday, July 26 – Friday, July 31
Session Two Ages 13-15
Sunday, July 26 – Friday, July 31
Advanced Session, Ages 15-19
Sunday, July 19– Friday, July 24

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Relief Is Just A Call Away!
Serving Sacramento and surrounding areas, this caring doctor is available when most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours by appointment. Deaf and hearing impaired are welcome.

Business Owner Benefits:
Increase employee production and satisfaction by providing regular chiropractic check-ups and fine tune them for high performance. Healthcare benefits for you and your employees are tax deductible.

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jimstirtondc@comcast.net

SUMMER TRAVEL TIME



<h3>PASSENGER TIRES</h3>  <p>ECLIPSE ALL SEASON RELIABILITY 70,000 MILE WARRANTY STARTING AT 64⁸⁰ 155/80R-13 FREE MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR CALL FOR YOUR SIZE & PRICE.</p>	<h3>LIGHT TRUCK/SUV TIRES</h3>  <p>OPEN COUNTRY H/T URBAN HIGHWAY USE SMOOTH HANDLING STARTING AT 136⁴⁰ P205/70R-15 FREE MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR CALL FOR YOUR SIZE & PRICE.</p>
 <p>HI-427 H, V, & Z SPEED RATED RESISTS HYDROPLANING STARTING AT 79⁵⁷ 185/60R-14 FREE MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR CALL FOR YOUR SIZE & PRICE.</p>	 <p>OPEN COUNTRY A/T MONEY BACK GUARANTEE ALL TERRAIN TRACTION STARTING AT 131⁸⁰ P205/75R-15 FREE MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR CALL FOR YOUR SIZE & PRICE.</p>
<h3>GREAT BUY!</h3>  <p>QUIET RIDE EXCELLENT VALUE STARTING AT 29⁹⁹ 155/80R-13 FREE MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR CALL FOR YOUR SIZE & PRICE.</p>	 <p>SPECTOR L/T LOW COST RIB DESIGN STARTING AT 84³⁸ P235/75R-15 FREE MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR CALL FOR YOUR SIZE & PRICE.</p>

BETTER GAS MILEAGE WITH PROPERLY INFLATED TIRES

Recently Les Schwab teamed with the Rubber Manufacturers Association to check the tire air pressure on vehicles that came into some of our stores. Approximately 1,100 vehicles were inspected, and this is what we found:

- Only 5% of vehicles had four properly inflated tires.
- 58% of vehicles had at least one under inflated tire.
- 26% of vehicles had at least one tire under inflated by 8 psi.
- 34% of vehicles had at least one tire under inflated by 6 psi.
- 47% of vehicles had at least one tire under inflated by 4 psi.
- Tires may lose up to 1 psi per month.

Many vehicles equipped with tire pressure monitoring systems would not issue a warning even after a drop in tire pressure of 8 psi. These systems issue a low pressure warning only after tire pressure drops 25%.

Properly inflated tires can improve fuel efficiency by 3.3% and save \$.06 a gallon at the pump. Approximately 1.2 billion gallons of fuel are wasted each year by U.S. motorists driving on under inflated tires.

STOP BY FOR A FREE AIR CHECK AT ANY LES SCHWAB LOCATION.

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- Premium Quality Parts

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WE RESURFACE BRAKE ROTORS

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REAR DRUM BRAKE ASSEMBLY

WE RESURFACE BRAKE DRUMS

There are many important parts that wear out in your brake system. This is why we don't just replace your brake pads and shoes. It's also why we can stand behind our brake service with the best brake warranty (Free Replacement 25,000 Miles - Parts & Labor)

BRAKE SYMPTOMS TO WATCH FOR:

Do your brakes grab?

Do your brakes squeal when you step on the pedal?

Does your vehicle pull when you apply the brakes?

Do you hear a grinding noise when you step on the brakes?

Is your brake pedal spongy or maybe too hard?

FREE BRAKE INSPECTIONS (ON MOST VEHICLES)

STOP IN FOR OUR FREE 6 POINT INSPECTION

FREE BRAKE CHECK FREE TIRE CHECK FREE SHOCK/STRUT CHECK FREE AIR CHECK FREE VISUAL ALIGNMENT CHECK FREE BATTERY CHECK

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FREE 25,000 Mile Replacement • Warranty on Brake Parts and Labor

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Of the many parts in your car, light truck or SUV, none are more important than those which make up your braking system. At Les Schwab, we're proud of the brake service we provide our customers. That's why we do it right, and we do it complete. We feel a brake system is only as good as its weakest part.

JULY 18, 2009 • THEGREATRACE.org

EPPIE's Great Race Foundation presents:

4th Annual KAISER PERMANENTE thrive **KIDS DUATHLON**

- Only \$5 for Iron Kids
- Only \$10 for Teams.
- For kids 17 & under
- 2-year age divisions.
- T-shirts, finishers ribbons, awards, refreshments, & Youth Pavilion activities.
- Held the same day and near the same location as:

THE GREAT RACE® 36
"The World's Oldest Triathlon"

5.82-mi. run 12.5-mi. bike 6.35-mi. paddle

Held along the scenic American River Parkway in Sacramento & Rancho Cordova. Events benefit Sacramento Co. Therapeutic Recreation Services.

Capitals Open Season with Win



Recently acquired CoCo Vandeweghe

Roseville- The Capitals opened their 2009 season at home when they hosted the Kastles on July 3rd. The Capitals posted a thrilling come-from-behind win to take

their first match win of the year at Allstate Stadium in Roseville. Sacramento plays in the Western Conference. All local matches begin at 7:30 pm. A team schedule can be

found at www.gocaps.net. There are seven local match dates this year. Marquee players coming to the Sacramento area this year include Michael Chang, hometown favorites Sam Warburg and Mark Knowles, and recently acquired Angela Haynes and CoCo Vandeweghe hope to drive the Capitals toward their seventh championship run.

Haynes excels in the WTT format, winning the Female MVP Award during her rookie season in Delaware in 2006. Haynes has won seven ITF doubles and two ITF singles titles since turning pro. Vandeweghe, 17, is one of the rising stars of American tennis. The native Californian captured the 2008 US Open Junior Singles championship and has an impressive athletic lineage. Her uncle Kiki was an NBA standout and her mother won Olympic silver medals in swimming (1976) and volleyball (1984).

The 2009 Advanta WTT Pro League season runs July 2-26 in 10 U.S. markets, and concludes with the Advanta WTT Finals on July 26 in Washington, D.C. Allstate Stadium is located at the Galleria Mall in Roseville. Parking is free in the Galleria parking lot adjacent to the stadium.

River Cats Send Four to Triple-A All-Star Game

River Cats infielder/outfielder Eric Patterson, catcher Eric Munson, left-handed reliever Jay Marshall and hitting coach Brian McArn have been selected to represent Sacramento at the 2009 Triple-A All-Star Game on Wednesday, July 15th at PGE Park in Portland, Oregon. Fan balloting helped to determine the rosters for the All-Star Game, accounting for one-third of the total vote along with ballots cast by members of the media and each club's field manager, coaches and general manager. Also named to the All-

Star Team was Fresno Grizzlies outfielder John Bowker, a Rio Americano High School graduate.

Patterson, acquired by the Chicago Cubs via trade on July 8, 2008, is currently batting .308 with a team-high 54 runs (sixth in the PCL). Patterson ranks third in the league in stolen bases (27), and has stolen home twice this season.

Munson, who was signed by the Oakland A's organization this offseason, is second on the team with 38 RBIs and has a .275 batting average. Marshall, who has played in the Oakland organization

for the past three years, leads the team with a 1.75 ERA. Marshall has been dominant against lefties, holding left-handed batters to a paltry .161 batting average.

The Triple-A All-Star Game pits the top prospects of the Pacific Coast League (PCL) against the best young stars of the International League (IL). This year's game is the 22nd year of the Triple-A tradition. First pitch is set for 7:05 p.m. PST and the game will be televised nationally at ESPN2 and aired locally on the River Cats Flagship Radio Station, K-Hits 92.1 FM.



By Laura Snyder

Dear Reader: This column is a selection from my first book, "Laura On Life: Wahoo For Dinner!"

A sprinkler is a kid magnet. I am convinced that if I lived alone in the middle of a 100-acre piece of property, and I turned on a sprinkler somewhere in the far reaches of this property, the children would come from the four corners of the world to accidentally-on-purpose get wet.

For some reason, my children, indeed every child I know, think that the occurrence of a sprinkler set in the "on" position is a social event. As soon as they hear that sound (a cross between a soda fountain and a machine gun), they come out of the woodwork and merrily prance around, trampling the grass and flowers I meant to water. Some of them, just to make their parents believe that they didn't really want to get wet, I guess, will even cry when they first get hit with water; as if it's a big surprise or something. But soon the criers join the fray and are giggling and shrieking with glee just like the rest of the kids.

I believe that if I were of a

Laura on Life Sprinkler Mania

mind to turn on a sprinkler in the middle of the winter, a half dozen or so children in their mittens, hats, and boots would arrive to celebrate the event by getting hypothermia. I want to assure my husband, though, that I have no intention of turning on the sprinkler in the winter, because he has warned me many times that if I do, something catastrophic will happen, like the house blowing up or some such nonsense.

Whatever. Besides, I don't want to be responsible for all those four-foot human popsicles trying to shuffle home so to thaw out.

On top of turning out for the sprinkler event, the children will sometimes forget to bring their brains along. I have one child who decided it would be fun to run around the sprinkler with his eyes closed. He ran smack into a tree. Whatever trait it is that caused that child to think this was a good idea was obviously from my husband's side of the family.

For nearly all children, it is not enough to merely dance in the stream of water. They are compelled, for some unfathomable reason, to try to stop the water from coming out of the sprinkler. However, they don't actually want to stop the water, because if I turned it off, they'd go ballistic. They just want to see if they can.

Even if I was using the garden hose to water my grass, my children would find some way to be in front of the hose. They will

unerringly discover a perfectly logical reason to have to go over the water, under it, or through it, but never around it. Once, while I was watering my garden, I tried to avoid an oncoming child because I didn't want to change his clothes, again. Unfortunately, I yanked the hose up to avoid the child and the water hit my husband square in the face. He was... less than pleased. I, of course, thought it was hilarious.

My neighbor has a built-in, underground, sprinkler system. Wisely, I suppose, so as not to attract children, he has his system automatically set to start sprinkling at 5:00 am in the morning. I know this, because I am usually trying to sleep at this time. Everybody knows that it's not actually morning until at least 8:00 am. Consequently, when his sprinkler system kicks on, it sounds like enemy fire to my sleep-deprived brain; and every morning, at 5:00 am, I'm diving under my bed like a lunatic frantically trying to locate the gun turrets and wondering whether we should make a run for it. I can see the headlines of our local paper now: *Writer Dies of Heart Attack, Sprinkler System Blamed.*

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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Call the Carmichael Chamber of Commerce
481-1002

Sunrise of Carmichael Grand Opening Celebration



Enjoy light refreshments, meet our friendly staff and tour our new community.

Saturday, July 25th and
Sunday, July 26th
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Mark Knowles, Sam Warburg and Coach Bryan are back in town along with Michael Chang, Olga Puchkova and Rennae Stubbs – and they want their title back. Get in the game July 3-22 with the World TeamTennis Champion Sacramento Capitals at Allstate Stadium at the Westfield Galleria in Roseville.

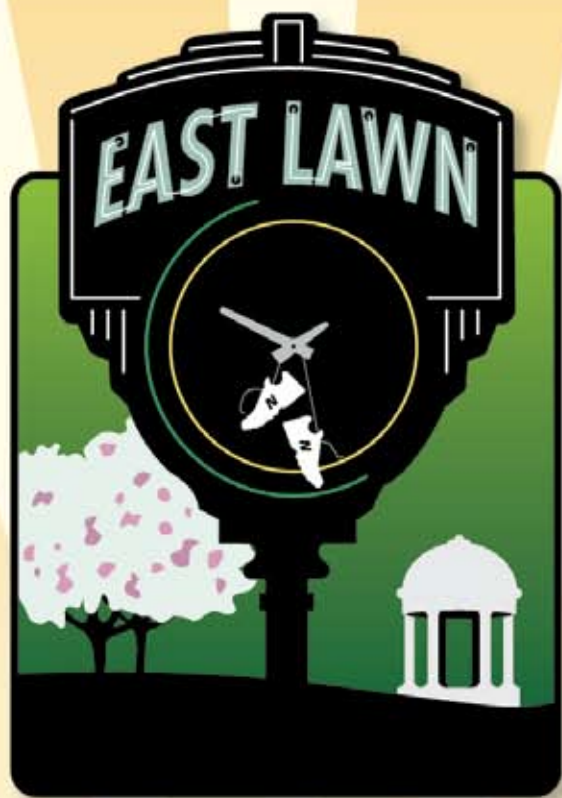
▶ Catch former Caps & local favorites at the Capital's Charity Challenge on July 1.

Get up in the action this season.
Order tickets today.

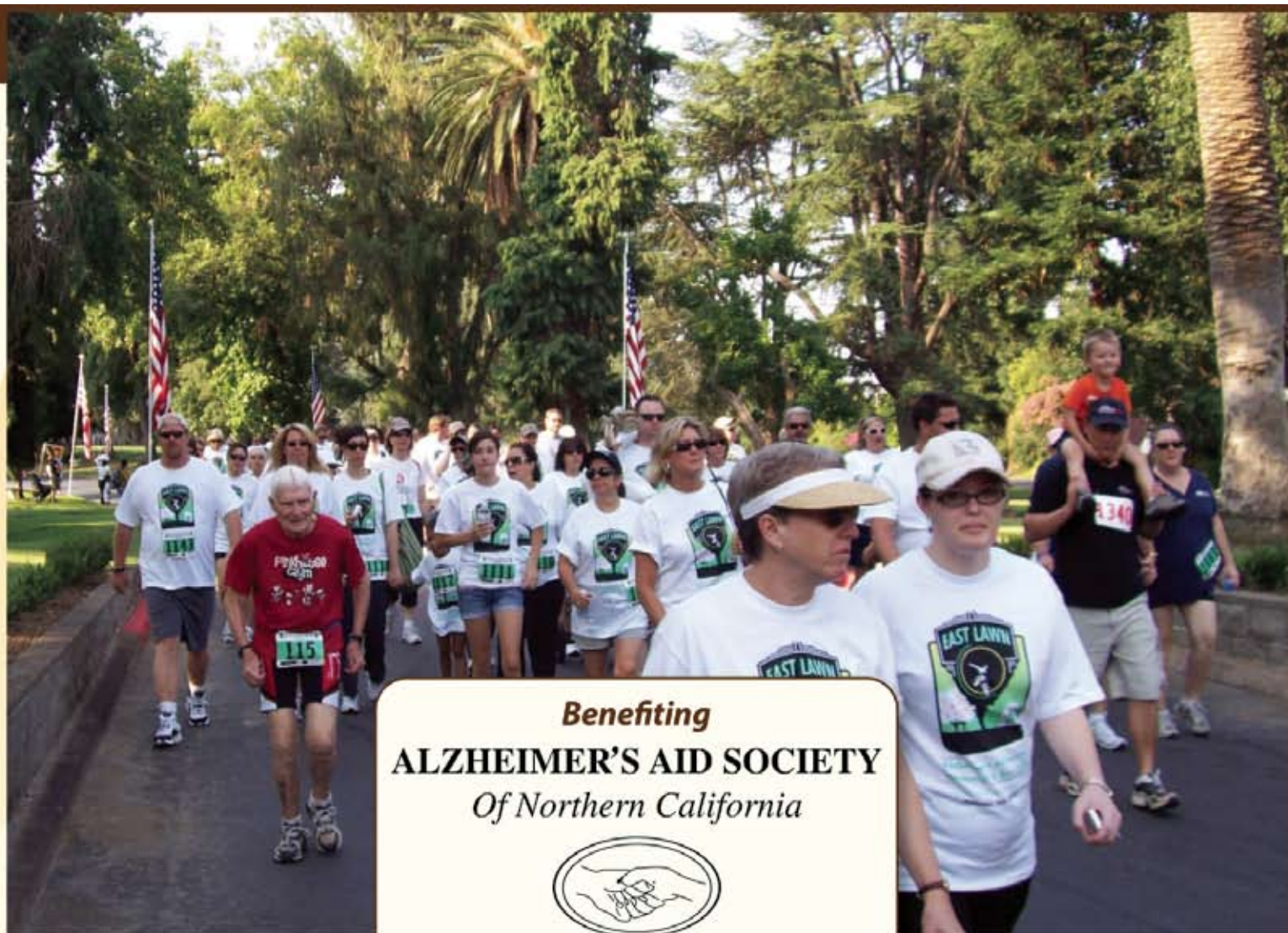
ADVANTA WTT

Call 916.638.4001 or visit gocaps.net

2nd Annual



**Alzheimer's Aid Society
Memorial 5k Run/Walk**
City of Sacramento 5k Championship



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Of Northern California



Caring & Sharing since 1981

Saturday July 25, 2009

Start and finish lines at the historic
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For registration or more info:

www.memory5k.org



To participate in the event or to donate, visit the Alzheimer's Aid Society website at www.memory5k.org

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Celebrate Carmichael's Founders Day

**Saturday,
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To Volunteer or become a Vendor,
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