

# Carmichael Times



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Serving Carmichael and Sacramento County since 1981

July 29, 2009

## Efforts to Help Seniors Afford Prescription Medications Applauded



*Sacramento, (Business Wire) --* Congressional leaders and leading pharmaceutical companies have come up with a plan to reduce medication costs for millions of senior citizens enrolled in the Medicare Part D Prescription Drug program. In combination with other discount programs and rebates, the savings to the U.S. government could represent \$80 billion. The Pharmaceutical Research and Manufacturers of America (PhRMA) is leading the charge to specifically close the coverage gap for patients whose medications costs fall into the "doughnut hole." Seniors prescription medication costs fall into the "doughnut hole" (above \$2,700 but lower than \$6,153.75 per year) and then they must pay out of pocket for

their prescriptions. Affordability and adherence to medication become serious issues that can compromise their care when this occurs. "This announcement could not have come at a better time," states Lynn Rolston, Chief Executive Officer of the California Pharmacists Association. "In order to maintain patients' health and keep health care costs down, it is critical for patients to adhere to their medication therapies." "Under the proposed plan, pharmaceutical companies will provide a 50 percent discount to most beneficiaries on brand-name medicines covered by a patient's Part D plan when purchased in the coverage gap," states PhRMA President and CEO Billy Tauzin. "In addition, the entire

negotiated price of the Part D covered medicine purchased in the coverage gap would count toward the beneficiary's out-of-pocket costs, thus lowering their total out-of-pocket spending. Importantly, the proposal would not require any additional paperwork on the part of the beneficiary nor would an asset test be used for eligibility."

As this program rolls out, CPhA will be monitoring the implementation plans and providing assistance where appropriate to ensure that patients get the full intended value. It will be critical that pharmacists are treated fairly and given enough information to administer this program smoothly. For now, the news seems very positive and pharmacists stand ready to support this effort.

The California Pharmacists Association is the largest state pharmacy association in the nation and the professional society representing all pharmacists in California. The mission of the Association is to act as the leader in advocating the role of the pharmacist as an essential provider of health care and to support pharmacists in providing optimal patient care.

For more information about CPhA, please visit our website at [www.cpha.com](http://www.cpha.com).

Source: California Pharmacists Association

## Airshow Seeks Nominations for Hometown Hero Special Flights



**Local Heroes Still Have Opportunity to Fly with Civilian Performers**

*Sacramento County* - The 2009 California Capital Airshow is offering another chance for someone from our community to fly with one of the civilian airshow pilots. The lucky few chosen to fly will enjoy first hand the rush of a jet, the thunder of a warbird or loops and rolls with some of the most experienced aerobic performers in the country. This program is designed to highlight someone from our area who has given of themselves to better our community. Heroes might include an average citizen who saved a life; a renowned

teacher; a community humanitarian; a local firefighter, paramedic, police officer, or someone who mentors children or volunteers as a coach or tutor in a youth program. Nominees must be in good physical condition and must meet the following requirements: Weight of between 103-245 lbs; maximum height of 6'5"; age limit 18 to 55. For more information about Air Force Week Sacramento 2009 event schedule and the California Capital Airshow information can be found on their website. The nomination deadline is August 26th. Nomination forms and

information on how to submit a nomination can be obtained at [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com). Tickets for the 2009 California Capital Airshow as well as details regarding the event are now live at [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com). General admission tickets are available for \$15 (\$20 at the gate) and children ages 12 and under get in free. Reserved seats are available for \$40 (\$20 for children 12 and under) and Exclusive Governor's Club tickets that include VIP parking are available for \$175. Sponsorship opportunities are also available.

## Field of Dreams



Jack Pefley and wife Jeri rejoice in two acres of volunteer sunflowers in their Carmichael vineyard. Photo and story by Susan Skinner.

*Carmichael* - Jack and his beanstalk have nothing on Jack Pefley's Carmichael garden. At 85, he figured he'd seen about everything that historic Palm Drive could offer. But as spring warmed the vineyard his pioneer grandfather planted there in the early 1900s, the unexpected happened. Sunflower seedlings sprouted between vines that green-fingered Pefleys have cultivated for five generations. Bemused, Jack and son John Pefley went about the annual task of turning their vineyard soil. But Jack's wife, Jeri, held the tractor at bay and transplanted a few volunteers

for her homestead garden. She need not have bothered. In days, tens of thousands more emerged from tilled vineyard soil. Within two months, the family beheld a golden forest, high as an elephant's eye. "It happened for the first time a few years ago," marvelled Jack. No one ever intentionally grew sunflowers here. I guess birds dropped seeds over the years; these must have lain dormant in the soil until, 2005. Then the heavy rain that fell that spring suddenly activated them. Up they came by the thousand. I've never seen so many volunteers." While neighbors' gardens wilted in

three-digit temperatures last month, Jack's stalks just got taller and taller. "Everyone who comes down the street sure enjoys looking at them," grinned Jack. "We haven't watered them, not a drop. They just keep growing. When it comes time for the grape harvest, I wonder if we'll be able to find any of my vines..." Navy veteran Jack approves of volunteerism and was not tempted to weed out the encroaching saffron hordes. "My wife picked a bouquet," he said. "They looked nice in a vase but I prefer flowers with a better fragrance. Next spring, perhaps two acres of roses might volunteer..."

## Sunrise Community Opens



Pepper Bell, Executive Director (center), Sondra Campbell (left) and Karrie Taylor (right), Directors of Community Relations welcomed the overwhelming number of visitors to their open house.

**Sunrise Assisted Living of Carmichael** had their Grand Opening Celebration and ribbon cutting event on Thursday, July 23rd. The community and Carmichael Chamber of Commerce members came out in large number to show their support and welcome the new staff. Cocktails and hors d'oeuvres

were served to the many guests who came to support the newest assisted living community to the area. The event was first class, as the food for the guests was excellent and the service even better. Since 1981, Sunrise has been providing supportive services, dedicated caregivers and individualized service plans designed

to give each resident the care and comfort of home. In addition, they offer nationally recognized programs for seniors with memory loss. The staff at Sunrise wish to thank all those who attended. Sunrise of Carmichael is located at 5451 Fair Oaks Blvd, Carmichael. [www.sunriseSeniorLiving.com](http://www.sunriseSeniorLiving.com)



# Carmichael Park Gets Between a Rock and a Blues Place



Sacramento star Mick Martin (left) and guitarist Jimmy Pailer delivered a rocking repertoire for fans in Carmichael Park. Photo and copy by Susan Skinner.

Carmichael - Continuing a hot July night musical season, Carmichael Park turned bluesy last week. Sacramento band Mick Martin and Blues Rockers closed a Saturday night series that was hosted by Carmichael business people Burnie Lenau, Steve Caretto.

The popular blues band's performance drew almost 2,000 fans to the park. Lenau and Caretto's series began with the Beatles tribute band Because. The second concert featured Latin artists of the Familia Loca ensemble. Other event sponsors were Lawnman Inc., Aegis Living,

Point West Insurance Services and the Carmichael Chamber of Commerce. Sunday Carmichael Park concerts continue until late September. All are free and begin at 6:30 p.m. For information on upcoming performances, call (916) 485-5322.

## Effie Yeaw Nature Center - August Events

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

### 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

### Habitat Improvement

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

### Sunday Safari

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

### Wet and Wild Pond Animals

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

### Skye's the Limit

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



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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

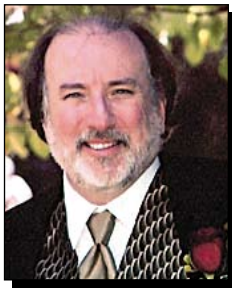
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Serving Carmichael and Sacramento County since 1981



**Publisher - Paul V. Scholl**

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# CRIME REPORTS

From The Sacramento County Sheriff

Carmichael	Time	Crime	Address	Location Type
2009-07-06	09:30	Burglary Residential	4700 Block Manzanita Ave	Residence/home
2009-07-06	13:22	Simple Assault	North Ave / Arya Way	Highway/road/alley
2009-07-06	21:30	Robbery	Fair Oaks Blvd / North Ave	Highway/road/alley
2009-07-07	09:30	Burglary Residential	2500 Block Gunn Rd	Residence/home
2009-07-07	14:00	Larceny/Theft	6300 Block Fair Oaks Blvd	Gas/service station
2009-07-07	16:45	Aggravated Assault	5000 Block Marconi Ave	Parking lot/garage
2009-07-07	21:00	Burglary From Vehicle	6200 Block Rampart Dr	Vehicle
2009-07-08	02:43	Burglary Business	4100 Block Manzanita Ave	Retail/dept/discount store
2009-07-08	04:58	Larceny/Theft	5800 Block Landis Ave	School/college
2009-07-08	06:30	Burglary Residential	5100 Block Glancy Dr	Residence/home
2009-07-08	08:35	Burglary From Vehicle	6300 Block Fair Oaks Blvd	Vehicle
2009-07-08	08:45	Burglary From Vehicle	6300 Block Fair Oaks Blvd	Vehicle
2009-07-08	09:30	Burglary Business	5600 Block Manzanita Ave	Other/unknown
2009-07-08	18:30	Simple Assault	5200 Block Manzanita Ave	Residence/home
2009-07-08	20:00	Vandalism	4700 Block Robertson Ave	Vehicle
2009-07-08	20:27	Larceny/Theft	4000 Block Manzanita Ave	Retail/dept/discount store
2009-07-08	22:00	Larceny/Theft	4000 Block Manzanita Ave	Convenience store
2009-07-08	22:55	Burglary From Vehicle	2300 Block Via Camino Ave	Vehicle
2009-07-09	01:00	Vandalism	5200 Block Robertson Ave	Vehicle
2009-07-09	07:15	Burglary Residential	5500 Block Cypress Ave	Residence/home
2009-07-09	10:06	Robbery	6000 Block Northcrest Cir	Residence/home
2009-07-10	01:40	Burglary From Vehicle	5100 Block Arden Way	Vehicle
2009-07-10	06:30	Vandalism	4100 Block Manzanita Ave	Commercial/office building
2009-07-10	19:00	Burglary Residential	3600 Block Winston Way	Residence/home
2009-07-10	20:30	Burglary From Vehicle	Walnut Ave / Whitney Ave	Highway/road/alley
2009-07-10	20:30	Larceny/Theft	6000 Block Madison Ave	Retail/dept/discount store
2009-07-11	17:30	Simple Assault	6000 Block Rye Way	Residence/home
2009-07-11	20:45	Burglary From Vehicle	5700 Block Grant Ave	Public use area
2009-07-12	05:09	Vandalism	4100 Block Manzanita Ave	Restaurant/fast food
2009-07-12	05:30	Burglary Business	4700 Block Whitney Ave	Retail/dept/discount store
2009-07-12	14:30	Larceny/Theft	Root Ave / Heatherdale Ln	Construction site
2009-07-12	20:09	Robbery	4700 Block Manzanita Ave	Grocery/supermarket
2009-07-13	08:00	Burglary Residential	3600 Block Comstock Way	Residence/home
2009-07-14	09:30	Burglary From Vehicle	6300 Block Aslin Way	Vehicle
2009-07-14	13:15	Larceny/Theft	4700 Block Marconi Ave	Residence/home
2009-07-14	22:00	Burglary Business	4900 Block Whitney Ave	School/college
2009-07-15	00:00	Burglary From Vehicle	5700 Block Thames Way	Vehicle
2009-07-15	04:35	Burglary From Vehicle	2700 Block Walnut Ave	Parking lot/garage
2009-07-15	20:50	Burglary From Vehicle	Fair Oaks Blvd / Marconi Ave	Parking lot/garage
2009-07-17	03:00	Burglary From Vehicle	5000 Block Marconi Ave	Residence/home
2009-07-17	10:00	Burglary From Vehicle	1800 Block Walnut Ave	Parking lot/garage
2009-07-17	17:00	Burglary From Vehicle	4100 Block Tyrone Way	Residence/home
2009-07-18	00:30	Burglary From Vehicle	5200 Block Cypress Ave	Residence/home
2009-07-18	12:10	Simple Assault	2400 Block Mission Ave	Grocery/supermarket
2009-07-18	23:00	Burglary Residential	2200 Block Hillcrest Way	Residence/home

## Community Report by Supervisor Susan Peters

### Business Seminars on Government Contracting

The Federal government spends more than \$500 billion on goods and services every year. To help local businesses take advantage of contracting opportunities, the Federal Technology Center was created to promote economic development by teaching small businesses how to successfully compete for government contracts. During July the FTC will be offering seven free seminars for businesses to learn how to sell their products or services to the government. Courses will be held at different locations throughout the area and offerings this

month include Getting Started with Government Contracting, Introduction to Federal Contracting, Responding to Requests for Proposal and the Small Business Administration's 8(a) Business Development Program. To learn more amount how the FTC can help your small business, please visit TheFTC.org

### Closing a Local Sidewalk Gap

This summer construction is planned to fill a sidewalk gap in Carmichael along Fair Oaks Boulevard east of Miles Lane. Such gaps are common in many of our older suburban neighborhoods

in the unincorporated area that were developed when standards did not require that type of infrastructure. The Department of Transportation has a sidewalk continuity program to address these pedestrian challenges that identifies and prioritizes these gap locations with the goal to construct sidewalk facilities when funding is available to reduce the number over time. For this project, developer fees and Measure A sales tax funds are being used.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

## Carmichael Parks Need Help

Carmichael Recreation and Park District was founded in 1945. For nearly 65 years, CRPD has been an integral part of the Carmichael Community. Even during lean times the District has managed to maintain Carmichael Park as the heart of the community. Over the years Carmichael Park has been the host of many community events and is heavily used nearly every day of the year. The District has 7 other parks and operates the La Sierra Community Center. In 2008, the award

winning Patriots' Park opened. While much has been accomplished since 1945 Carmichael Park and other parks are tired and need repairs. In 2004, the Carmichael Pool was closed because of lack of funding for required renovation. The District and community leaders are committed to building a new Aquatic Center and ensuring no other parks or facilities are closed. The District has identified the most needed repairs at all the parks. Recent community surveys

indicate residents feel parks are very important to Carmichael's quality of life. In 2008, The District created a committee of local leaders dedicated to improving existing parks and replacing the Carmichael Pool with a new Aquatic Center. This committee, called CAPPs is exploring all avenues for raising the needed funds. Neighbors are encouraged to keep up to date on the committee progress by visiting the District web site at www.carmichaelpark.com.

## Singles Hot August Nites Dance August 8th in Carmichael

Carmichael - Christian Singles Network, will hold a Hot August Nites Dance for single adults Saturday, August 8, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael. The evening features DJ dance music of all types from 8-11:30 by Ed Murray and dance lessons in the Swing by Dancing Dave from 7-8 PM. Dress is casual or retro- 50's, 60's or 70's attire. The ticket price of \$15 presale or \$20 at the door includes hors d'oeuvres, non alcohol beverages and the dance lessons.

Christian Singles Network, Northern California's largest inter-

church singles group founded in 1992, holds weekly events and dances every 3 weeks through the rest of the year. Call the number below for directions or more information. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome August 2009 marks 27 years CSN has been holding events in the Sacramento area, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at www.

christiansinglesnet.com, or at Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722, Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

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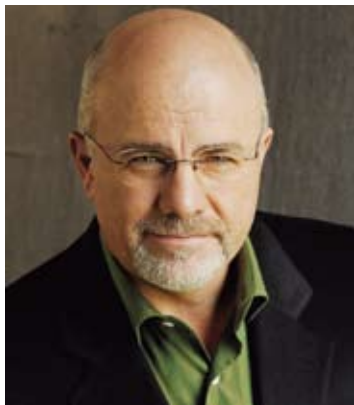
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# Dave Says



Dear Daniel,

First, I don't believe that religion is the answer. I do, however, advocate God. I believe with all my heart that there is a God. I also believe that He's in control, and that He's crazy about us and wants good things for us. That's my value system. It's how I approach every equation, whether it's financial or not.

I'm not mad at people who don't feel this way. When someone who's in debt or behind on their mortgage asks advice, I don't tell them the answer is to go read their Bible. I give them financial advice. If they speak in Christian terminology, I answer in Christian terminology because I'm a believer. I know how to speak the language and can connect with them. But you'll never hear me beat someone up just because they're not a person of faith. At the same time, I'll never back away from the idea that God is real just because someone else isn't a believer!

Personal finance is 80 percent behavior, and 20 percent head knowledge. I've said that for years. If people can grasp that one statement, I can teach them lots of great stuff. Yet it would be naïve to try and have a discussion about behavior modification without including relationships, emotions, psychology, and spirituality. That's not just my opinion. It's a logical, well-rounded view of the facts.

But when it comes right down to it, I advocate a belief in God and study of the Bible as the answer to almost every question, because they will take you places you need to go!

- Dave

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.

**Another Perspective**

Dear Dave,

I'm a big fan of your work, but I have to ask one question. Why do you advocate belief in religion for dealing with financial hardship, even for those who don't believe in religion?

- Daniel

**Teaching Them How to Spend**

Dear Dave,

We follow your plan and give our kids commissions for working around the house. We also try to teach them about spending, saving and giving. Still, it bugs us when they blow their money on junk, or on things we don't approve of, and immediately start worrying about the next thing they can buy. Should this bother us, and what can we do?

- Mike

Dear Mike,

Of course it should bother you. It bothers me just to hear about it!

It sounds like you're on the right track when it comes to handling money, but your kids are badly in need of adult leadership. There are some things that are just a bad idea because they're getting ripped off with low-quality stuff. But give them enough rope to hang themselves once in a while, too. That way, when they buy something cheap that breaks in a few days, you can say, "I told you so." Only don't use those exact words, although you'll be tempted. Just remind them of the principle involved.

Don't be afraid to draw the line and let them know that there are things you don't want in your house. If there are video games or music that you feel are inappropriate, then they don't get to buy that stuff – period! If they put trash, filth, and nastiness into their minds and spirits, they're going to become trashy, filthy and nasty. It's not anarchy; it's responsible parenting! You guys are the leaders of a benevolent dictatorship, and the kids should learn to appreciate that fact and be grateful when you're benevolent.

- Dave

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

## Upcoming Ribbon Cutting

On August 1, 2009 The Wall Carmichael is having a Ribbon Cutting to celebrate the Grand Opening of their new location at 5933 Sutter Avenue in Carmichael. The celebration is from 11:00am until 4:00pm with the

Ribbon Cutting at 11:30am. The Wall Carmichael provides youth services at after school centers for children in the community, including computer, reading, and mentoring and intervention services.

For more information call 482-2088. [www.thewallcarmichael.com](http://www.thewallcarmichael.com)



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- compassionate staff who use gentle words, reassuring touch and other "best practices" to enhance the lives of those with memory loss.



Through *The Club*, our Memory Day Care program, senior attendees enjoy meaningful activities, care and companionship, while their family caregivers run errands, visit with friends or simply relax and rejuvenate.

*The Club* is open weekdays from 8:00 a.m. to 5:30 p.m.

Be our guest for a trial, two half-days free!

LIMIT ONE COUPON PER FAMILY

*The Club*  
Carmichael Park  
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Good for trial ~ two half-days FREE.

Call Linda to make a reservation (916) 482-2850

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Would you be interested in Memory Day Care during the weekends? We will extend our hours if there is a significant need. Call Cheryl today (916) 481-7105 or email her at [chinton@HankFisherProperties.com](mailto:chinton@HankFisherProperties.com)



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FICTITIOUS BUSINESS NAME STATEMENT #0903519.  
 Samantha J. Romero, 4301 Elizabeth Ave., Sacramento, CA 95821 is doing business under the Fictitious Business Name "AmericanConex" 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 Names "Acura Loan Services; Strategic Recovery Group" at 6500 International Pky #1500, Plano, TX 75093. Filed with the Clerk of Sacramento County on July 6, 2009. Publish: July 15, 22, 29, August 5, 2009. CORP20 90703 8-5-09

FICTITIOUS BUSINESS NAME STATEMENT #0905829.  
 Steven James Henry and Renee Shannon Henry, both of 4924 Oak Leaf Ave., Carmichael, CA 95608 are doing business under the Fictitious Business Name "Sierra Storage" at 8550 Unworth Ave., Sacramento, CA 95828. Filed with the Clerk of Sacramento County on July 7, 2009. Publish: July 22, 29, August 5, 12, 2009. CAMELL 90704 8-12-09

FICTITIOUS BUSINESS NAME STATEMENT #09053196.  
 Suzanne Elaine Leonard has filed a petition with this court for a decree changing name of Suzanne Elaine Leonard to Suzanne Elaine Austen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on August 28, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 15, 2009. SHELLYANNE W.L. CHANG Judge of the Superior Court Publish: July 22, 29, August 5, 12, 2009. CARPEN 90704 8-12-09

FICTITIOUS BUSINESS NAME STATEMENT #09052706.  
 Sahr G. Musa and Kailie Armstrong have filed a petition with this court for a decree changing name of Kailie Forever Mustapha to Kailie 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 15, 2009. LEONAR 90704 8-12-09

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

FICTITIOUS BUSINESS NAME STATEMENT #0905312.  
 Max Alvarado and Michelle Alvarado have filed a petition with this court for a decree changing name of Angel Joseph Gutierrez-Alvarado to Angel Joseph Alvarado. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Sept. 2, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 10, 2009. LOREN E. McMASTER Judge of the Superior Court Publish: July 29, August 5, 12, 19, 2009. HARPER 90705 8-19-09

FICTITIOUS BUSINESS NAME STATEMENT #0905257.  
 Harry Adam Harper has filed a petition with this court for a decree changing name of Harry Adam Harper to Adam Harry Harper. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Aug. 21, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: July 17, 2009. REID 90705 8-19-09

FICTITIOUS BUSINESS NAME STATEMENT #0905257.  
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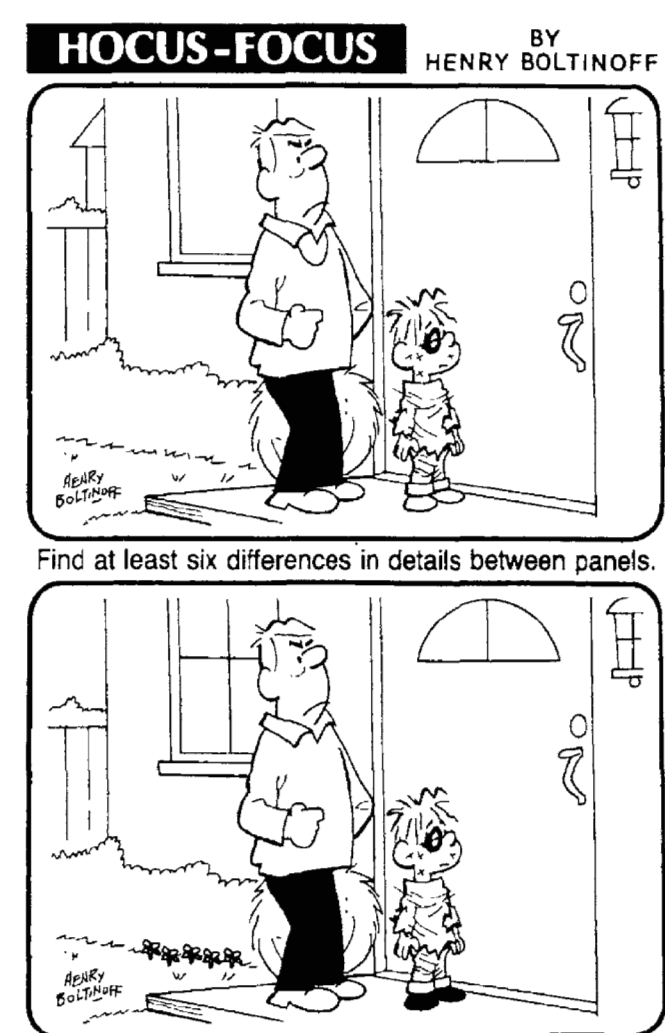
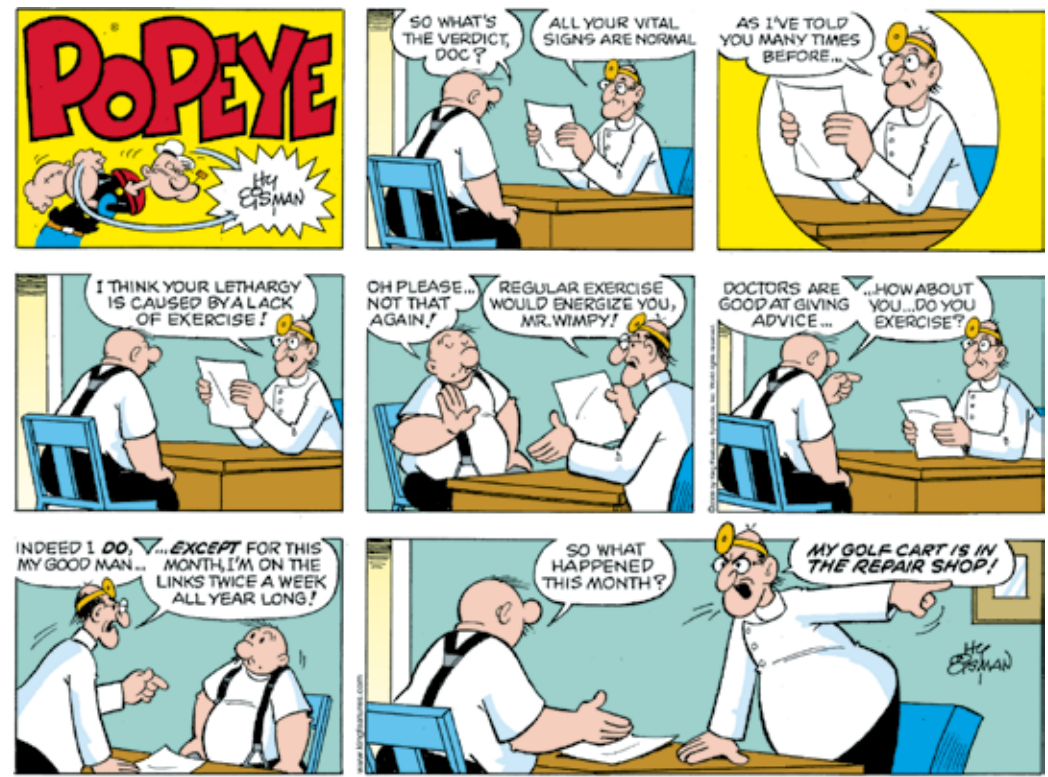
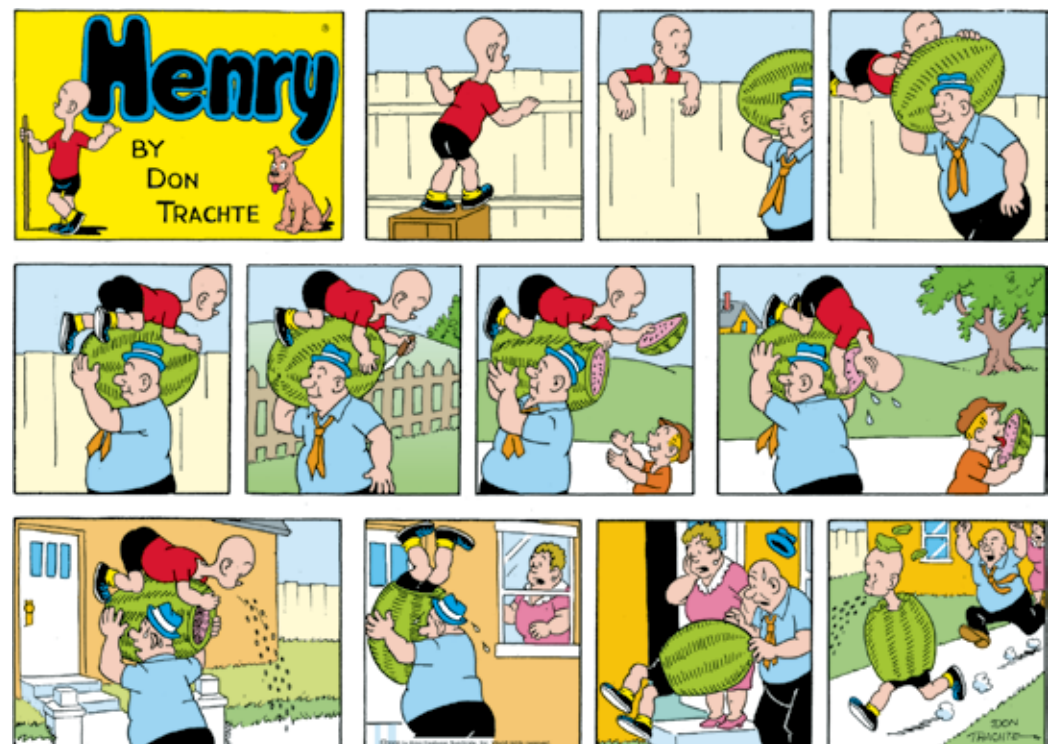
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### Trivia test

1. GEOGRAPHY: What country claims Addis Ababa as its capital?
2. MUSIC: What is the real name of Irish rock band U2's lead singer Bono?
3. SCIENCE: Which famous scientist was known as "the Wizard of Menlo Park"?
4. MOVIES: What was the name of the fictional town that was the setting for "Back to the Future"?
5. SPACE: Who was the last astronaut to step on the moon?
6. ENTERTAINERS: What was the name of Michael Jackson's pet chimpanzee?
7. ANIMAL KINGDOM: What is the name for an animal that eats insects?
8. MEDICINE: Who produced the first vaccine for rabies?
9. TELEVISION: What was Andy Kaufman's character named on the comedy series "Taxi"?
10. LITERARY: Who wrote the novel "The Bridge of San Luis Rey"?

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★**

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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### 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,  
AUGUST 25, 2009  
Topic: "German Research on the Internet"  
Presenter:  
Baerbel Johnson, AG

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

### MAGIC MAZE • TURNING 50 IN 2009

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

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

Alexander Emeril Fabio J. Hahn    Laurie M. Osmond M. Phillips Magic    McEnroe Olbermann R. Travis S. Cowell    Sarah Ferguson Spacey V. Kilmer

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### All Answers on Page 5

#### Contract Bridge

MULTIPLYING YOUR CHANCES

South dealer.  
North-South vulnerable.

**NORTH**  
♠ A 9  
♥ 7 3  
♦ K 10 8 5  
♣ A 9 8 7 3

**WEST**  
♠ K J 5 3  
♥ 6 2  
♦ Q 9 2  
♣ Q J 10 4

**EAST**  
♠ 10 8 7 2  
♥ A 8 4  
♦ J 6 4  
♣ K 6 2

**SOUTH**  
♠ Q 6 4  
♥ K Q J 10 9 5  
♦ A 7 3  
♣ 5

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

Opening lead — queen of clubs.

In choosing between alternative methods of play, it is obviously better for declarer to select the one that offers two chances to make the contract rather than just one.

Consider this deal where South is in four hearts and West leads the club queen, taken by dummy's ace. How should declarer continue?

One possibility is to play the ace and another spade, hoping to find East with the king. If he has it, declarer becomes an overwhelming favorite to make the contract.

But if West has the king, he would take South's queen at trick three and shift to a trump. The defense would then presumably remove both of dummy's trumps, and declarer would ultimately go down one, losing two spades, a diamond and a trump.

Instead of subjecting himself to this possibility, declarer is better advised to lead the nine of spades from dummy at trick two rather than the ace. If East has the king, the contract is virtually assured, while if West has the king, an entirely different way of making the contract presents itself.

In the latter case, East-West must play two rounds of trumps to stop South from ruffing a spade in dummy. But the trouble with this defense is that it gives declarer an opportunity to establish an extra diamond trick in dummy.

Thus, in the actual case, after drawing a third round of trumps, South next plays the ace and another diamond. When West produces the nine, declarer plays dummy's ten and later makes the contract when the diamonds divide 3-3.

It is surely best for declarer to retain the spade ace in dummy at trick two rather than relinquish spade control by playing the ace first. This gives South two ways to make four hearts instead of just one, and that's the edge declarer should always try to give himself.

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by Steve Becker



### 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		

### Answers on Page 5

**ACROSS**

- 1 Malaria symptom
- 5 Bowl-shaped utensil
- 8 Vaulted alcove
- 12 Lion's share
- 13 Previous to
- 14 Litigant
- 15 Outdoor vendor's wagon
- 17 Scheme
- 18 Walk leisurely
- 19 1-Across component
- 21 Perch
- 22 Medal earner
- 23 Chart
- 26 Advanced deg.
- 28 Windsor's merry ones
- 31 Piece of work
- 33 Evergreen type
- 35 Literary sleuth Wolfe
- 36 After-dinner speech?
- 38 Runic letter (Var.)
- 40 Liotta or Romano
- 41 Burden
- 43 Bud's partner
- 45 Baffle
- 47 PC variety
- 51 Winged board
- 52 Bulletin accessories
- 54 Crooned
- 55 Indivisible
- 56 Ostriches' kin
- 57 Otherwise
- 58 Youngster
- 59 Leftovers
- 6 Bobby of hockey
- 7 Sailing vessel
- 8 Headache remedy
- 9 Sweater type
- 10 Signet
- 11 Sea flock holder?
- 16 Office
- 20 Chop
- 23 Unruly bunch
- 24 Mimic
- 25 Sleeper cars
- 27 Morning moisture
- 29 Historic period
- 30 Sauce source
- 32 Cause of great pain
- 34 Established firmly
- 37 Owns
- 39 Ham's dad
- 42 Station
- 44 Top
- 45 Contemptible
- 46 Hebrew month
- 48 Opportunity
- 49 Responsibility
- 50 "Hey!"
- 53 Popular card game

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# Niello's Statement Regarding the Passage of the Budget



Assemblyman Roger Niello

Sacramento - Assemblyman Roger Niello (R-Fair Oaks) voted this afternoon (July 24th) during a marathon 20-hour session to support some elements of a 2009 Budget reduction package that

will reduce our current level of spending, stop the issuance of IOU's, and alleviate our current \$26 billion budget crisis, while adopting additional government reforms that change the way we operate state government.

"There were many positives to be found in this budget reduction package. We significantly reduced the size of government, eliminated some waste and abuse in our welfare system, and protected local law enforcement funding, all while avoiding a suspension of Proposition 98 funding to education," said Assemblyman Niello.

"In addition, the budget package contains no new taxes, makes \$15 billion in budget cuts, eliminates several outdated

boards and commissions, preserves park funding, and sells off some state assets to generate needed revenues."

"While there were some elements of the package that I could not support, a budget agreement is always a work of compromise and I commend Assembly Republican Leader Sam Blakeslee for his difficult work in negotiating this package."

"Unfortunately, the other major concern with this package is that if the state's economy continues to decline as predicted, it is likely that this will be a temporary fix and we will be right back here this fall with another budget shortfall to deal with," said Assemblyman Niello.



# Riley Reviews

## COMEDY NOT ALWAYS PRETTY AND THAT'S "THE UGLY TRUTH"

### THE UGLY TRUTH (Rated R)

Not every romantic comedy involving the battles of the sexes must necessarily fall into the obligatory category of "chick flick." In any event, some have attached that label to "The Ugly Truth," perhaps for no other reason than this frequently raunchy film has been curiously authored by three women. My guess is that these women were probably crafting a vehicle for Gerard Butler, best known for running around half-clothed in the role of Leonidas, the Spartan King, in "300." However, Butler doesn't so much as drop a towel here, leaving that sort of disrobing to his rival.

Comedy is not always pretty, particularly when outrageous chauvinism bumps up against the sensitivity of a work environment where minimum standards of decency must be upheld. "The Ugly Truth" takes gleeful joy in pushing some of the buttons of political correctness, and that approach alone is almost certain to generate visceral distaste from certain quarters that are practically obsessed with avoiding anything crass and crude. It's important to realize from the start that this comedy will take delight in outrageously racy situations while dropping the F-bomb like a bunch of Italian mobsters trading insults.

There's little that's new or exceptionally revealing about

the comedic aspects of a heated battle between the sexes, but "The Ugly Truth" aims, though perhaps in the gutter, to deliver laughs at any cost. Katherine Heigl's Abby Richter is an ambitious, yet uptight, morning talk show producer on a Sacramento TV station. She's a control freak who mistakenly believes in her ability to solve any problem. Her show is suffering a ratings slump, a situation that is not improved by the fact that the morning anchors are a bickering married couple (Cheryl Hines and John Michael Higgins). For the sake of greater laughs, it would have been more fun if the squabbling newscasters had more screen time.

Abby's boss decides to spice up the morning show by hiring Mike Chadway (Gerard Butler), a "shock jock" cable personality whose primal approach to relationship advice is guaranteed to cause friction. Indeed, most of the tension is between Mike and his show producer, Abby, who is greatly offended by her on-air talent's Neanderthal style. As part of a segment on the morning show entitled "The Ugly Truth," Mike spills the beans on what makes men tick in the gleefully chauvinistic manner that rubs Abby in all the wrong ways. To make matters worse, Mike's rants become an instant ratings bonanza, sealing his network status.

Just when Abby despairs of finding Mr. Right, she meets her new neighbor Colin (Eric

Winter), a hunky surgeon who's suave, polite and ultimately boring. The good doctor is the opposite of Mike Chadway, an aficionado of female jello wrestling, and yet for some inexplicable reason, Abby decides she needs the loathsome TV personality's insight into the male psyche in order to impress Colin on a date. Like a modern day Cyrano, Mike coaches Abby through an earpiece at a baseball game, leading to predictable comic mishaps. The obliging Mike even helps her to dress seductively with a push-up bra in a low-cut cocktail dress. He also thoughtfully gives her remote-controlled vibrating panties that unexpectedly functional all-too-well during an important business dinner.

Now, it is time for a movie quiz, because if you have been even remotely conscious while sitting through a string of romantic comedies, you already know the ugly truth of these screen relationships. Does Abby end up with the handsome doctor, the man with impeccable manners and taste who could easily be Mr. Right, though he is as bland as white bread? Or does she get swept off her feet by the most unlikely suitor on the face of the planet, Mike the self-declared misogynist and defender of the primitive male? You might get a clue from the popular notion that opposites attract.

The truth about "The Ugly Truth" is that it offers plenty of laughs that have often been missing in the slew of female-oriented romantic comedies released in recent months. Another truth that should not be overlooked is that there are many absurdly comic situations that bear absolutely no relationship to reality. For instance, the crass-talking Mike Chadway would most likely never last a week on network TV. Only Andy Rooney can get away with constant rambling rants.

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## Don't be a flake, break up properly

by Lauren Forcella

**Dear Straight Talk:** I've been going out with my boyfriend since last September. But recently I've met someone at work who I like better and we have been flirting. The problem is I do not know how to break up with my boyfriend. He thinks we are "very much in love" even though I'm not anymore. This is the hardest thing I've ever had to go through! He is so nice and I know it will hurt his feelings a lot. Each day it just gets worse with me making excuses for not seeing him and pretending everything is okay, while feeling guilty because I am dying over this other guy. What is the best way to say it's over? — "Chantelle" from Clearlake, CA

**Brie, 18, Ashland, OR:** I wish there was a graceful way, but as far as I know, he'll be hurt any way you do it. It's best to just be honest and let him know the feelings are no longer mutual. But you must do this in person. Technology has its perks, but breaking up over the phone or by text is a lousy way to end things.

**Maureen, 17, Redding, CA:** You've done the hardest part already, and that is deciding what you want. Definitely do not tell him you are interested in someone else. This will make him feel he wasn't

special and is easily replaced. If you are having difficulty getting up the nerve it might be easiest over the phone, but anything less personal than that, such as instant message, text, or email, is rude. I can't give you word-for-word advice, but assure him that you enjoyed your time together, that he didn't do anything wrong, that you are just young and need new experiences in order to grow up. Don't be surprised if it hits you harder than you expect though. You can never fully prepare for a break-up.

**Peter, 22, Monterey, CA:** There's no good way to break up. No matter what you say, he's going to feel how he's going to feel. That's why it's called breaking up and not "happy separation party time." At least if you're honest, he'll respect you for it. Heartache is part of the growing-up process.

**Ashley, 20, Auburn, CA:** Your boyfriend probably already suspects you are going to break up with him. When I broke up with my boyfriend I never told him there was anyone else, but I wish I had since he found out anyway. Yes, it's going to hurt no matter what, but lying and having him find out the truth later will hurt worse. Don't lead him on. Make it clear that it's final. That will help him move on from you.

**Hannah, 17, Auburn, CA:** Since you guys have been together for such a long time and he is "crazy in love", you owe him an honest conversation. I've hurt some ex-boyfriends by just letting it fade away and not talking to them anymore. The best way is to sit him down and tell him of your changing feelings. But don't tell him you like someone else. That's just unneeded hurt that has no helpful value for either of you.

**Dear Chantelle:** Let me get this straight. You're attracted to someone else so you want to split up with your boyfriend and create the opportunity to explore something new? Congratulations, this is the proper way to do things! But only if you actually break up before the new thing starts — as opposed to letting things progress because you're too weak or flakey to tell a difficult truth. When presenting any truth, ask yourself: Is this truth necessary? Is it helpful? Is it kind? Too much information (in your case, sharing that you find someone else more attractive) usually bombs everywhere.

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

Have you heard about Twitter? It is the newest digital time-waster designed to hi-jack people's lives. I'm not saying it isn't a great tool for people to see just exactly what you are doing every half-hour or so. It's wonderful to be able to track your favorite celebrity's every move, but in 1999 we called that stalking.

What puzzles me is that anyone would want to let complete strangers know where they are and what they are doing at any particular moment. I thought it was creepy when Santa Claus knew when you were sleeping and if you'd been good or bad.

"Yes," these fanatics tell me, "but you don't have to let strangers see your Tweets." The problem is that many people think that if they have heard someone's name or carry their business card, they are no longer strangers: As if axe murderers don't have jobs or names.

It's become a status symbol to have a high number of "followers" on Twitter, so why wouldn't you adopt someone as a friend just for follower bragging rights?

Tweets, by the way, are the posts made to your Twitter

## Laura on Life Twittering

account. These posts have a limit of 140 characters; just enough to let someone know that you are taking the dog for a walk, or taking a shower, or leaving for Jamaica tomorrow. Presumably, this is so your followers will know where and when to send a hit man.

I Tweet regularly (which sounds obscene) but I'm not really sure why I bother. My PR people, my husband, the loony lady that lives in my head, and a toothless old woman that smiles at me on my way into Walmart, tell me that I must use every tool at my disposal to promote myself and my column. I have a total of four Twitter followers and one is my husband, so I fail to see how this will further my career in any appreciable way.

Also, it's kind of irritating to realize that if Twitter is the tool and tweeting is what you do with it, then - I did the math (or English) - those who use Twitter to Tweet must be referred to as Twits. In 1999, this was considered an insult.

Don't get me wrong, I'm not against letting friends and family know what is going on in my life. In fact, if I've just gone somewhere warm and tropical, I can't wait to show off my sunburn.

On the other hand, I don't really think anyone I know would be interested in what stain I found on my daughter's skirt or how I conquered the garbage disposal.

I suppose if I lived in the

Amazon and was living with a remote primitive tribe of natives, my life might be more interesting to the average National Geographic reader. I wonder if they still have dial-up in the Amazon.

Perhaps the stains I found there would be so unusual that women around the world would tune-in just to compare. Or maybe my means of disposing of garbage without regular trash pick-up would be noteworthy to a certain small percentage of people.

In 1999, when someone wanted to know such details about you, we called them nosy and told them to mind their own business. Now we invite them to view a news feed.

My fellow twits, may I simply encourage you to Tweet only high-minded profound thoughts and nuggets of wisdom that will benefit our superfluous society and provoke thoughts that will lift our generation up rather than plunge us into a digital swirl of the mundane?

For an example of such high-minded and profound thoughts, see my Tweets by going to [www.Twitter.com/LauraOnLife](http://www.Twitter.com/LauraOnLife) ... and if you wanted to become my follower, I wouldn't consider you a stranger.

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