



Fourth Furlough Day Goes Too Far

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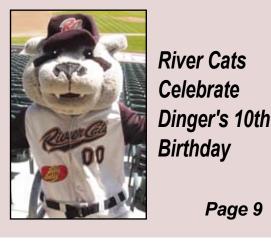


Priority 1 Wins Parade Award

Page 8

KCRA

Meteorologist Eileen Javora



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Page 9

Volume 29 Issue 28

Serving Carmichael and Sacramento County since 1981

Sacramento

July 15, 2009

Hiring Report Shows Promise



Anticipated third quarter sales are motivating businesses to increase hiring.

From Pacific Trends Quarterly

After two dismal Quarters in 2009, hiring projections are on the rise for the Sacramento area. In direct contacts with a 100 top regional companies group, Pacific Staffing has learned that sixty-two percent (62%) of those employers polled plan to hire in July, August or September. While hiring remains primarily driven by demands for replacements or seasonal workers within the existing workforce, twenty percent (20%) of respondents cited expected business growth as their motivation to hire workers in the third quarter. Thirty-six percent (36%) of companies polled in the telephone survey between May 25 and June 22 indicate they were hiring for attrition/replacements. Warmer weather, increased public construction, more recreationandagriculturalchanges are driving fourteen percent (14%)

of regional employers to seek seasonal workers. Bottling plants, reservation & call centers, parks and amusements, construction companies and agriculture all require more seasonal hiring in the Sacramento region. While many Sacramento companies were cutting jobs in the first six months of 2009, fewer anticipate a need far to reduce their workforce by layoffs in the next three months. In the second quarter fifty-nine percent (59%) of Sacramento employers polled reported they were not hiring anyone in April, May or June. Now, just thirty-eight percent (38%) of companies are not planning any hiring for the Quarter ahead, July, August and September. In the second quarter sixteen percent (16%) of companies indicated they were cutting jobs because of the recession and reduced business expectations. The potential for additional

cutbacks is always present, but just four percent (4%) of companies expect to layoff any workers in the next three months. All attribute likely reductions to continuing slow business. Companies anticipating reductions are being impacted by the slowdown in home and commercial construction and auto industry reductions. When asked what workplace or human resource challenge companies face in the next three months, ten percent (10%) of companies report healthcare costs of most concern. Sacramento Regional Top 100 Companies By Industry are 40% are Service, 35% are Manufacturers, 15% are Construction and 10% are Retail. How does this Quarter compare to last quarter, or last year? Find out for vourself, for more information & surveys go to www.pacificstaffing.com.

knows first hand how Alzheimer's disease can affect families. "My grandmother was a wonderful lady with elegant fashion," Eileen said, remembering her beautiful dresses and extravagant scarves. "I loved talking to her the most. When she developed Alzheimer's disease, the hardest part was not being able to communicate with her the way I used to when I was younger." Eileen's grandmother battled Alzheimer's for several years before passing away. She and her family experienced the trials and challenges with this devastating disease. Alzheimer's is a degenerative disease of the brain which causes memory loss, mental deterioration with disorientation, and dementia ultimately leading to death. It is the 7th leading cause of death in America, and over 5.2 million people suffer from it. Holidays were what Eileen remembers that as being the in the East Lawn Memorial hardest. "It was difficult because it limited the places where we could celebrate. We always had to think how we can involve her so she would feel included in our celebrations. Holidays just were not like they used to be." Eileen became involved with the Alzheimer's Aid Society when she was asked to play in their charity golf tournament last fall. She worked with former KCRA 3 Anchors Dave Walker and Lois Hart, who raved about the organization and all that they do



KCRA3 Meteorologist to Help With

Alzheimer's Aid Society's Annual Event

Eileen Javora

for families and patients who deal with Alzheimer's. "My grandmother struggled with this degenerative disease, and I watched as her life diminished away. So, I want to take action by helping out those who may be affected by this disease." On Saturday, July 25, 2009, Eileen Javora will serve as the master of ceremonies for the 2nd Annual Alzheimer's Aid Society 5K Walk/Run. It will take place Park at 4300 Folsom Blvd, Sacramento, with all proceeds benefiting the Alzheimer's Aid Society of Northern California. Being a part of KCRA 3, she can help get the word out about this society and anything to help make the public aware with her role. "Alzheimer's affects so many people," Eileen said. "This event makes people aware of this disease and the people who are struggling from it. It is more of a down home community event." The Alzheimer's Aid Society of

Northern California, is a nonprofit, independent organization that helps Alzheimer's patients and families with in-home support services, legal and financial services. written resources, support groups and scholarships for students studying gerontology. The Alzheimer's Aid Society assisted more than 3,900 families and financially contributed more than \$45,000 to research, scholarships and direct services to families in the last year. From her first experiences at the charity golf event and all the success from the last year run/walk, Eileen is looking forward to the event this year. "The importance of the walk is to share the wonderful memories you have with your loved ones," Eileen said. "It's a great way to connect with the community to raise funds for this organization, all in a lovely setting." Eileen has always had a love for

the weather. Her earliest memory

of loving weather was as a little girl she used to beg her mother to sit on the front porch and watch the lightening storms. Every morning, she gives Sacramento area viewers the KCRA 3 Weather Plus Forecast on KCRA 3 Reports from 4:30-7pm and KCRA3 News from 7-9am on KQCA My58. For more information about Alzheimer's aid and the run/walk, please contact the Alzheimer's Society of Northern Aid California (916) 448-7001 or visit www.memory5k.com.

Mercy Imaging Centers Receive National Award for Exceeding Patient Expectations



Staff members of the Carmichael office pictured left to right: John Micheels, Operations Manager, Cynde Jackson, Patient Care Representative Supervisor, Penni Carvidi, Chief Tech, Dana Andrezjczyk, Patient Care Representative and Lori Bull, RN. Photo from CHW/Mercy Hospitals.

Carmichael – Mercy Imaging Centers, a service of CHW Medical Foundation, has been named a 2008 national award winner in healthcare service quality with the "Exceeding Patient Expectations" award by Avatar International, Inc., a leader in healthcare research consulting. Mercy and Imaging Centers locations in both Carmichael and Roseville have been named Avatar 5-star patient care facilities patient satisfaction. for

"Patient satisfaction is our top priority at Mercy Imaging Centers," said Sigrid Owyang, executive director of Mercy Imaging Centers. "I'm proud that our physicians and staff have been recognized for the compassionate care and patient centered service they deliver daily and I'm honored to accept this award on their behalf."

"The hallmark of exceptional service to patients is to consistently meet or exceed their expectations not always an easy task," said David Medvedeff, PharmD, MBA, CEO of Avatar. "Mercy Imaging Centers has demonstrated that it exceeds its patients' expectations in a tangible and measurable manner. As a winner of AVATAR'S EXCEEDING PATIENT EXPECTATIONS AWARD, I congratulate Mercy Imaging Centers for its continued and impressive efforts to put patients first."

Mercy Imaging Centers include locations in Carmichael, Folsom, Roseville, San Juan Plaza & Timberlake.

Avatar (www.avatar-intl. com), a research and consulting company based in Orlando, FL, specializes in Evidence Based Intelligent SurveysTM and Innovative Strategies™ to transform information into significant quality and efficiency of care improvement for the healthcare industry. In addition to conducting surveys, Avatar also actively engages healthcare providers in process improvement, including training in service Avatar serves quality. healthcare organizations nationally, including small community hospitals, academic medical centers, large regional medical centers, integrated healthcare systems, long-term care and behavioral health organizations.

At-Risk Youth to be Recognized for Positive Life Changes

"Step Up Positive Change Awards" Deadline is July 24

Sacramento - The California a significant and lasting life Exposition & State Fair announced the deadline for its Step Up Positive Change Awards, a non-traditional scholarship program that will highlight significant and productive life changes made by at-risk youth. Application forms are due by Friday, July 24. Award winners will be announced and recognized during the California State Fair.

"The Positive Change Awards were designed to highlight and recognize youth who are often overlooked by mainstream society," said Norb Bartosik. Cal Expo General Manager and CEO. "Our goal is to demonstrate that every person can choose to "Step Up" and be positive at some point in their lives." Any California resident. aged 16-25 who has made

change is encouraged to apply. Ideal candidates are youth who may have been in trouble in the past, but are making significant strides to improve their lives and their communities. Candidates need to be actively involved as a member, employee or volunteer in an outreach program non-profit organization. or

A prize pool of \$1,000 has been donated by the American Federation of State, County Municipal Employees and (AFSCME) and will be divided among the top three winning candidates. Three individual winners will be chosen with 1st place awarded \$500, 2nd place \$300 and 3rd place \$200. Award winners must designate an organization to receive the monetary reward.

Applications may be picked up at the California State Fair administration building, by calling (916) 263-3912 or by e-mailing stepup@calexpo. com. Applications may also be delivered, if requested, before the application deadline.

Step Up is an outreach program from Cal Expo that reinforces positive behavior and provides productive activities for young people. Step Up includes an awards program and a number of special events during the California State Fair. Step Up has reached thousands of youth since its inception in spring 2005 and has grown in momentum each year. The 2009 California State Fair will be held August 15 to September 1 at Cal Expo in Sacramento.



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Effie Yeaw Nature Center - July/August Events

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

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

<u>Maidu Summer Village Tour</u>

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

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

<u>Twilight Highlight</u>

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 sometimeselusive 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.







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

R) (B

Carmichael Park Clubhouse 5750 Grant Avenue Carmichael, CA 95608

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





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Carmichael Times

Serving Carmichael and Sacramento County since 1981



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Publisher - Paul V. Scholl

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compared to the amount of time

you spend looking for work is

important in determining whether

the trip is primarily personal or is

primarily to look for a new job.

search expenses if there was a

substantial break between the

end of your last job and the time

vou begin looking for a new one.

6. You cannot deduct job

search expenses if you are

looking for a job for the first time.

For more information about

job search expenses, see IRS

Publication 529, Miscellaneous

Deductions. This publication is

available on the IRS Web site,

IRS.gov or by calling 800-TAX-

FORM (800-829-3676).

5. You cannot deduct job

POPPOFF!

with Mary Jane Popp

1001 WAYS TO BE ROMANTIC

Do you think romance rolls around only once a year? Think again, if you want your love life to be spectacular. According to America's Romance Authority, Greg Godek, a little attention and affection can go a long way towards a really nice love life. And let's not forget a heat generating romance that can last a lifetime. He tells all in "1001 Ways To Be Romantic" and from Oprah to my POPPOFF Radio Show, we need to listen up. Godek is a living and breathing resource for romance, and he proves like his advice to men:

"Manymenthink their love lives are pretty good if they are having sex. Unfortunately, many don't know their partner's thoughts on the relationship, or are completely misguided about romance is." He teaches men how to keep a relationship burning strong. Godek speaks to women also: "Women are constantly looking for ways to spice up their relationship. They are blessed and cursed with the intuition and insight to know the relationship needs a makeover. " He tells his readers if his first taste is hot enough, not only will he be back for more but he may do the cooking!

Greg also has Romance Tips: For Single People: Create and fill out an application for the job of boyfriend or girlfriend. How do you know when to get serious? When intimacy becomes more important than excitement.

For Newlyweds: Present your new wife or husband with a lifetime relationship warranty or send a card that says Happy 100th Anniversary...99 years in advance! Go on a second, third, and fourth honeymoon. For Married People: Get a vintage wine for every year of your marriage or hang your wedding vows in your bedroom. Renew your vows. Create a private

ceremony just for the two of you. Then you can go to a Year's Worth of Romance starting with: Everyday: Compliment your partner. Spend 20 minutes of uninterrupted time together. Say"I love you" at least three times a day. Take an extra minute when kissing goodbye. Look for romantic concepts in the newspaper.

Weekly: Bring home one small unexpected gift or present. Share an afternoon or evening together. Write at least one little love note. Mail something to your partner.

Romance to last 30 Days: Plan at least one romantic surprise for the month. Rent at least two romantic movies. Set aside one day a month as date night.

Annual Romance: Think of an unusual way to celebrate your partner's birthday. Create a special romance category in your household budget. Make plans for your anniversary way in advance.

And don't let lack of moola get in the way. Matinees are cheap or have a wine and cheese picnic. Don't forget shop at second hand shops and vintage stores. The most important message of "1001 Ways To Be Romantic" is maintaining romance on





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an everyday basis, because romance isn't something you do because you have to...it's a way of improving life. So get out there and live it to the fullest!!!

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

Tax Benefits For Job Seekers

your employer pays you back

in a later year for employment

agency fees, you must include the

amount you receive in your gross

income up to the amount of your

tax benefit in the earlier year.

you spend for preparing and

mailing copies of a résumé to

prospective employers as long

as you are looking for a new

job in your present occupation. .

to look for a new job in your

present occupation, you may be

able to deduct travel expenses

to and from the area. You can

only deduct the travel expenses

if the trip is primarily to look for

a new job. The amount of time

you spend on personal activity

4. If you travel to an area

3. You can deduct amounts

Sacramento – Many taxpayers spend time during the summer months polishing their résumé and attending career fairs. If you are searching for a job this summer, you may be able to deduct some of your expenses on your tax return.

Here are the top six things the IRS wants you to know about deducting costs related to your job search.

1. In order to deduct job search costs, the expenses must be spent on a job search in your current occupation. You may not deduct expenses incurred while looking for a job in a new occupation.

2. You can deduct employment and outplacement agency fees you pay while looking for a job in your present occupation. If

Singles Luau Dance July 18th

Carmichael - Christian Singles Network, will hold a Luau Dance for single adults Saturday, July 18, 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 John Maricich and dance lessons in the Hawaiian Line Dance from 7-8 PM by Janine Wright. Dress is casual or tropical. 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 interchurch singles group founded in 1992, holds 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 CSN has been holding dances 16 years, 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 Family Book Store in Roseville; Wayside Bookstores in Auburn,

Berean Bookstore in Sacramento, and Jireh's Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722, or on line at www.christiansinglesnet. com 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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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.

ou. For another part, you return the favor. When the time comes, we can help. Mostly, by making sure to honor your parents for a life well lived. If you need it, check out our Alzheimer's and Dementia care with revolutionary Snoeselen therapy. Call 916-972-1313 or go to aegisliving.com.



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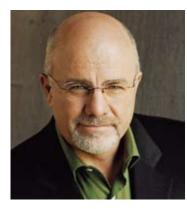


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Dave Ramsey is a personal *money management expert*, *popular* national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his 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.

The Level Pay Utility Option Dear Dave,

Our utility company offers a level-pay option. They average out our bills over the last 24 months, and bill us a consistent amount each month based on that average. Do you think this is a good idea, or would you just pay the regular bills? - Christy

Dear Christy,

Lots of people like the idea of having a level of predictability built in to their utility bills. There's absolutely nothing wrong with

this idea, as long as you have a good, steady income. You need to be aware, though, that most of these plans have a "make-up" schedule attached to them. You'll get something back at the end of 12 months if you've overpaid, but you have to make up the difference if the payments come up short.

Ultimately, if evening things out from month to month makes you feel better or helps with your budgeting process, then I say go for it. You'll still only pay for the services you use, and the utility company still gets their money, so it's really just another path to the same destination! - Dave

The Key to Being a Great Salesman?

Dear Dave,

What's the key to becoming a great salesman?

- Brent

Dear Brent.

I can sum it up in one word - serving. And don't think for a second that serving means being *subservient*. I'm talking about being proactive, and making an effort to ensure that customers and potential customers alike are served well. Serving means you're excited about what you have to offer, and you believe you've got a great product at a great price. It means you're determined your customer is going to have a great experience, and if you happen to hit a bump in the road you will take care of it in a way that will make them forget it ever happened. Serving is an attitude. You have to provide goods or services in a way that makes your customers willing to trade their time or money - things that are very precious to them – to interact with you and your business. You can pressure people if you want, but that's going

to lead to a dull and frustrating life of one-shot deals. But if you serve people well, you'll not only have clients for life but they'll also send all of their friends your way. If you help enough people, Brent, and make that your first order of business, you'll never have to worry about money. That's

a different attitude, isn't it? But I've got news for you - it works! - Dave

Should He Spend More?

Dear Dave,

My husband makes significantly more money in his job than I do in mine. Since he makes more, he feels he should be able to spend more. He wants to set up an account where we both put 20 percent of our income for discretionary spending. Of course, his 20 percent would be more than my 20 percent, and I feel like we should both put in the same amount. What do you think?

- Lisa

Dear Lisa,

I'm sure your husband is basically a decent guy, but he's really being selfish and immature about this situation. It's a very bad plan. My

wife is pretty gentle and forgiving, but if tried that mess at home she'd get very un-gentle in a hurry! Think about it this way. There

are lots of families out there where only one person works outside the home and generates income. Would it be fair to say that whoever brings home a paycheck is the only one who can have fun spending a little money once in a while? Of course not! When you two were married, the preacher pronounced you "as one." That means you have one income, and that's our income; just like it's our house, our kids or our dogs. Marriage is not a "me" proposition, it's always a "we" thing. And it sounds like your husband needs to be reminded of this! - Dave

*Please visit www.davesays.org for more financial advice.

California Small Businesses Face \$50,000 Cost from State Implementation of AB 32

Study Finds Greenhouse Gas Program Will Eliminate

A Silver Lining

It's All About the Grape

Greg Shaw recently returned from a business conference in Temecula, CA. During a break between sessions, Greg decided he needed to explore the wine industry in the area. "It was interesting seeing cacti alongside the vineyards." Greg, who earned his PhD in Geography, was curious as to what wine made from grapes grown in this dry, arid land will taste like.

I guess you do this when you're a wine aficionado, as Greg is, and a member of the Cultural Advisory Council for the California State Fair. This is the group that recently put on the Grape and Gourmet event at the Sacramento Convention Center, the nation's largest state wine competition. Greg has coauthored a chapter in an upcoming book titled, "Tourism in a Bottle: The California Winescape," along with Deborah Elliott-Fisk of UC Davis. He has also a member of the Association of African-American Vintners since 2005. In addition, Greg teaches a class at Sacramento State called "California Wine Tourism," a very popular class that even Sacramento State's President, Alexander Gonzales, has shown an interest in knowing more about.

I asked Greg how his passion for wine started. "In France," was the response, "you just drink wine there." He also reads and investigates the literature on winemaking, tasting

"Fourth Furlough Day Goes Too Far" Says Veteran Republican Sen. Cox

Sal Arrigo, Jr.

and growing grapes. "If I was

going to be teaching a class on this

subject, I'd better know as much as

I can." Okay, Greg, so how do we

taste wines the proper way? For a

red at basically room temperature,

Greg said to follow these steps: look

at the color (he said as you become

more of an expert, color will become

a factor in the entire process, but

don't worry so much about it if

you're just a beginner), sniff, give

the wine a vigorous swirl, sniff

again ("you should detect different

flavors from your first smell"), and

now, taste. I like to taste and chew

the reds." A white wine should be

cold; sniff, swirl, sniff, and taste. It

should have crispness to it and you

should detect some floral bouquet

as well. For a white, "take a good

sip" to get the true flavor of the wine.

to learn as a beginner, or even for

To say the least, there is much



Senator Dave Cox

Sacramento -- Republican State Senator Dave Cox, who negotiated three budgets while serving as Assembly Republican Leader, Legislature will accept expressed reservations and concerns

"Like the Governor, I am frustrated that he and the Legislature have not been able to reach an agreement to our state's \$26 billion cash flow crisis," said Sen. Cox. "But asking state workers to take a fourth furlough day, without a comprehensivesolution to the overall budget problem, is not reasonable." In the Governor's latest budget proposal to the Legislature, he presents an additional 5 percent salary reduction on top of the current three-day furlough state workers are taking. If the Legislature accepts this plan, it puts the total salary reduction at 20 percent for current state employees. While it is unlikely that the

by Sal Arrigo, Jr.

someone who has a good knowledge of wines and wine tasting. I said to Greg, we are talking about drinking, but what foods do we match up with our wine choices? "I like a Syrah (red) that has an earthy flavor along with Filet Mignon on the grill." There is so much more to know and study, but one should not be intimidated by the process. Get to know enough about wines to satisfy your taste buds and you can always learn more, if you so desire.

Greg said his desire is to help promote wine to populations that typically don't drink wine or do wine tourism. So, Greg, can you tell me there is truly a difference between a \$5 bottle of wine and a \$20 bottle of wine? Dr. Shaw explains that there is "a huge difference, especially if you're going to let the wine age." He said it is important how a wine "finishes," but we'll leave that information for another day. You may want to join both of us as we launch the "Wine and Tourism" bus tour of Northern California wineries in the near future. I'll announce the dates and price in an upcoming column.

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

issuance of another furlough day. On January 29, Judge Patrick Marlette of the Sacramento County Superior Court ruled that the Governor has broad authority to furlough state workers. Cox further stated, "During these unprecedented financial times, state worker compensation will be reduced but a sudden and immediate 20 percent reduction to a family's monthly income is too much."

Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or

1.1 Million Jobs and Increase Expenses for Families

Sacramento -- (Business Wire) -- A new study released today (July 13, 2009) found that small businesses in California will pay an additional \$49,691 as a result of the California Resources Board's Air implementation of AB 32. Citing severe economic impacts, a coalition of small business organizations called today for the suspension of the regulatory proceedings to implement California's greenhouse gas program until the report's findings are analyzed and mitigation measures are added to the state plan. The report concluded that when the program is fully implemented, the average annual loss in gross state output from small businesses alone would be \$182.6 billion, approximately a 10% loss in total gross state output. This will translate into nearly 1.1 million lost jobs in California. Lost labor income is estimated to be \$76.8 billion, with nearly \$5.8 billion lost in indirect taxes.

"We support the state's efforts to curb greenhouse gas emissions, but we are very concerned that these costs will apply disproportionally to California small business. Consumers will be hurt and environmental goals the will not be achieved," said Esteban Soriano, Chairman of the California Small Business Association and a founding member of the California Small Business Roundtable.

Sanjay Varshney, Dean of the College of Business Administration, California State University, Sacramento and Dennis H. Tootelian, Ph.D., Professor of Marketing and Director, Center for Small Business, California State University, Sacramento. The study reveals that when the plan is fully implemented, California families will increased be facing annual costs of \$3,857. Varshney explained that the study's cost analysis was based on the California Air Resources Board's own findings, which revealed significant cost increases. The study's findings are consistent with the Peer Review analysis that CARB commissioned, which also concluded that the cost of the AB 32 Scoping Plan would be significant, and that CARB had significantly underestimated these costs.

"Given California's current economic plight, the state must refrain from imposing new fees on taxpayers to pay for an expanded bureaucracy," said Michael Shaw of the Federation National of Independent Business. "When Assembly Bill 32 authorized this program in 2006, CARB promised to develop a greenhousegasplanthatwould provide benefits to small business, not bankruptcy." The study also found that in

ordertocopewiththeincreased generated by costs the AB 32 program, consumers will be forced

Scoping Plan was led by to cut their discretionary spending by 26.2%. "Californians will be getting less and paying more. How can the small business community survive in a political climate so determined to put us out of business,?" asked Griselda Barajas, owner of Tex Mex Restaurant in downtown Sacramento, where the study was released. "Many lawmakers who enjoy our tacos will see a significant increase in their daily lunch bills if these problems are not addressed," said Barajas. "All of the

Capitol community folks who dine at Tex Mex will have to bear the burden of an unfunded mandate placed against my business."

According to the authors, the study utilized IMPLAN, a widely used economic modeling program that has more than 1,500 active users in the United States and internationally. These include clients in federal state and government, universities, and private sector consultants. Joining the California Small Business Roundtable and the National Federation of Independent Business at Monday's event were the California Hispanic Chamber of Commerce and the Sacramento Black Chamber of Commerce.

For a copy of the study, please contact Alison MacLeod at *916-225-6317 or amacleod*@ ka-pow.com.

Source: California Small

about news reports of a possible fourth furlough day for state workers.

proposal, the Governor can execute this reduction simply through the

via email at senator.cox@sen.ca.gov.

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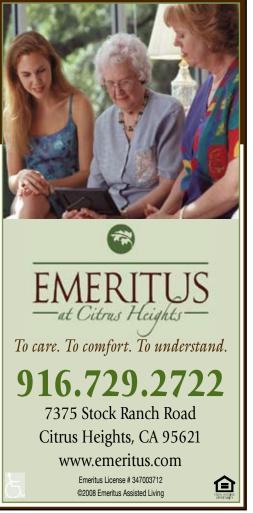


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Spacious Clean Townhome in Carmichael, \$1,050/month. 1400+ sq feet, 2 car garage, washer/dryer dishwasher, community pool. Call 831-521-2403 for appt. (MPG)

"In-Law" Quarters for rent. 1 bed/1 bath, kitchen,washer/ dryer hookup, separate entrance Beautiful Fair Oaks neighborhood \$700/mo.(916) 952-6454 or email jehtesham@gmail.com (MPG)

2 bed, 2 bath, 2 car garage halfplex home Backyard, fireplace, near nice park. Includes refrigerator and washer/dryer Easy access to I-80 and American River College. \$1100/mo.(916) 952-6454 or email jehtesham@ gmail.com. (MPG)

MPG

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook. Excel and PowerPoint. Word. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted -Education

VACANCIES: TEACHER of MIDDLE Education 6-8 Math, Teacher of High School Math, Speech Pathologist - Prince Edward Schools, Farmville, VA -(434) 315-2100. Website: www pecps.k12.va.us Closing: Until filled. EOE. (Cal-SCAN)

Help Wanted -Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

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Aide for Group Home Graveyard Shift. Requirements: House Cleaning Sparkling clean home guaranteed. Professional petcare. Experienced, dependable, One-year Experience, Good DMV reasonable rates. Call Madeline Record. Located in Carmichael. Call 916-487-6758. (MPG) 916-723-1608. (MPG) (MPG)

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High Cost of Cable Got You Down? GET DISH w/FREE install plans start at \$9.99/mo Over 50 Free HD Channels! New Cust's only Call FREE for full details!1-800-606-9050 (NANI)

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Mount Vernon Single Cemetery Lot Garden of Humility (front-east side of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

Tupperware Please call for any service. Chris Krcmar 916-483-1671 Call for a free catalog (MPG)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! T-\$299 F-\$349 Q-\$399 K-\$499 ADJUSTABLES -\$799 FREE DELIVERY. 25 YEAR WARRANTY 90 NIGHT TRIAL 1-800-ATSLEEP 1-800-287-5337 WWW.MATTRESSDR.COM (NANI)

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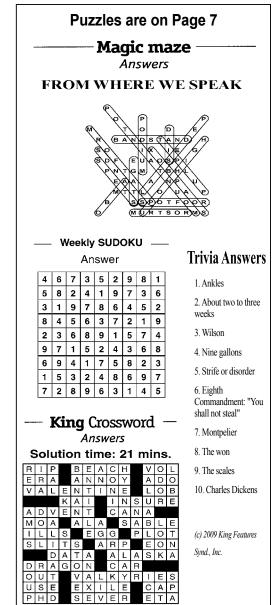
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8-5-09

90703

WHEREAS, Robin Elise St.

John has filed a petition with

this court for a decree changing

name of Robin Elise St. John to Lucas Robert St. John.

petition for a decree changing

petitioner's gender from female

to male and for the issuance of

a new birth certificate reflecting

the gender and name changes. IT IS ORDERED that all

persons interested in the above entitled matter appear before this

court at 2 p.m. on Aug. 20, 2009

in Dept. 53, located at 800 9th St., Third Floor, Sacramento, Ca

95814 and show cause, if any,

why the petition for change of name should not be granted. IT

IS FURTHER ORDERED that a

copy of this order to show cause

be published in the Carmichael

Times, a newspaper of general

circulation, printed in Sacramento County, California, once a week

for four consecutive weeks prior

to the date set for hearing on the petition. Dated: July 9, 2009.

90703

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532-2113

8-5-09

Judge of the Superior Court Publish: July 15, 22, 29,

Loren E. McMaster

August 5, 2009.

STJOHN

Petitioner has also filed a

CHANGE OF NAME AND

#34-2009-00051086

GENDER

Legal Advertising Hotline Legal Advertising LEGAL ADVERTISING 916-532-2113 P.O. Box 14 Legal Advertising Fax Carmichael, CA 95609 916-773-2999 Adjudicated For and By the County of Sacramento, Adjudication No. 317294 - February 7, 1984 FICTITIOUS BUSINESS NAME creditors and contingent creditors of Court of California, County of to the date set for hearing on the SILICO 90605 7-7-09 9th St., Third Floor, Sacramento, Construction Co." at 2355 W. #1500, Plano, TX 75093. Filed STATEMENT #0904767. CAMU, LLC, 900 "G" St. #202, Ca 95814 and show cause, if any, why the petition for change petition. Dated: June 18, 2009. Loren E. McMaster with the Clerk of Sacramento County on July 6, 2009. Publish: and persons who may be otherwise Sacramento, requesting that Paul M. Tolley be appointed Utopia, Phoenix, AZ 85027. Filed SUPERIOR COURT OF with the Clerk of Sacramento interested in the will or estate. Sacramento, CA 95814 is doing or both of VERNON TISDALE, July 15, 22, 29, August 5, 2009. CALIFORNIA of name should not be granted. IT as personal representative to County on June 12, 2009. Publish: Judge of the Superior Court business under the Fictitious Business Names "California Mutual COUNTY OF SACRAMENTO June 30, July 7, 14, 21, 2009 CORP20 90605 7-21-09 Publish:June30,July7,14,21,2009. WHITNE 90605 7-21-09 IS FURTHER ORDERED that a VERNON MCIVER TISDALE, JR. administer the estate the decedent. CORP20 ORDER TO SHOW CAUSE copy of this order to show cause 7-21-09 A petition has been filed by The petition requests the SUPERIOR COURT OF LLC; CAMU, LLC at 900 "G" St CHANGE OF NAME be published in the Carmichael Michael J. Tisdale in the Superior decedent's will and codicils, if #202, Sacramento, CA 95814. Filed with the Clerk of Sacramento any, be admitted to probate. The will and any codicils are CALIFORNIA COUNTY OF SACRAMENTO #34-2008-00046595-CU-PT-GDS STATEMENT OF Times, a newspaper of general Court of California, County of ABANDONMENT WHEREAS. circulation, printed in Sacramento Sacramento, requesting that County on May 15, 2009. Publish: ORDER TO SHOW CAUSE

The petition requests authority

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.

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.

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.

90605

NOTICE OF PETITION TO

DOROTHY M. TOLLEY,

ESTATE NO. 34-2009-44263

To all heirs, beneficiaries,

creditors, and contingent creditors of

7-14-09

The name and address of

YOU MAY EXAMINE the

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

June 16, 23, 30, July 7, 2009 CALMUT 90603 7-7-09

7-7-09

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 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 be abandoned by LULA PEOPLES, whose last address was <u>9650</u> Rivage Way, Elk Grove, <u>CA 95624</u> will be sold at public Auction at 9650 Rivage Way, Elk Grove, CA 95624 On <u>TUESDAY</u>, 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.

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. CHARGI 90604 7-14-09

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:June23,30,July7,14,2009. JANSON 90604 7-14-09 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 Jeanette 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

County, California, once a week Michael J. Tisdale be appointed for four consecutive weeks prior to the date set for hearing on the as personal representative to administer the estate the decedent. petition. Dated: June 17, 2009. The petition requests the decedent's will and codicils, if Judge of the Superior Court any, be admitted to probate. Publish: June 23, 30, July 7, 14, The will and any codicils are available for examination in the file kept by the court.

LOPEZ 90604 7-14-09 SUPERIOR COURT OF to administer the estate under the Independent Administration CALIFORNIA COUNTY OF PLACER of Estates Act. This will avoid the 2nd Amended SUMMONS1st need to obtain court approval for Amended Complaint many actions taken in connection CASE #SCV 24413 with the estate. However, before NOTICE TO DEFENDANT: MILEE KATE SMITH, taking certain actions, the personal EMILEE KATE representative will be required to give notice to interested persons

DEAVER, JEANETTE DANIELLE BERNSTEIN, PARIS GRAYSON, DENNY SMITH, JODEE SMITH (individuals) and DOES 1 through 50 inclusive .: You are being sued. Plaintiff's NAME IS:

Shandiz Gousheh. You have 30 Calendar

Loren E. McMaster

2009.

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

and persons who may be otherwise VERNON M. TISDALE, JR., interested in the will or estate. or both of DOROTHY M. TOLLEY ESTATE NO. 34-2009-46787 To all heirs, beneficiaries, A petition has been filed by Paul M. Tolley in the Superior

TISDAL

ADMINISTER

ESTATE OF

decedent

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 aive 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 30, 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 petitioner or petitioner's

attorney is: Cheryl L. Tuck-Smith, 2725 Esplanade, Chico, 530-898-0777 95973; Publish: June 30, July 7, 14, 2009. TUCKSM 90605 7-14-09

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

FICTITIOUS BUSINESS NAME STATEMENT #0905606. Southwest Administrators, Inc., 1000 East William St. #204, Carson City, NV 89701 is doing business under the Fictitious Business "National Name Powerline 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:June30,July7,14,21,2009. CORP20 90605 7-21-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME AND

GENDER #34-2009-00047222-CU-PT-GDS WHEREAS, Amy Catherine Whitney has filed a petition with this court for a decree changing name of Amy Catherine Whitney to Miles Emile Whitney. Petitioner has also filed a petition for a decree changing petitioner's gender from female to male and for the issuance of a new birth certificate reflecting the gender and name changes. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p m on Aug 4 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, Ca 95814 and show cause, if any why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO

ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00047367-CU-PT-GDS WHEREAS, Hanh My Vo filed a petition with this court for a decree changing name of Kristen Nhung Vo to Kristine Nhung Vo. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on July 31, 2009 in Dept. 54, located at 800 9th St. Third Floor, Sacramento, Ca 95814 and show cause, if any why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: June 19, 2009. Shelleyanne W.L. Chang

Judge of the Superior Court Publish: June 30, July 7, 14, 21, 2009. VO 90605 7-21-09

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

FICTITIOUS BUSINESS NAME STATEMENT #0906267. Vantium

Capital, Inc., 6500 International Pky #1500, Plano, TX 75093 is doing business under the Fictitious Business Names "Acqura Loan Services; Strategic Recovery Group" at 6500 International Pky

ONES LAW FIRM

4790 Dewey Drive, Suite C Fair Oaks, CA 95628 The Law Firm provides the following legal services:



gbones@boneslawfirm.com

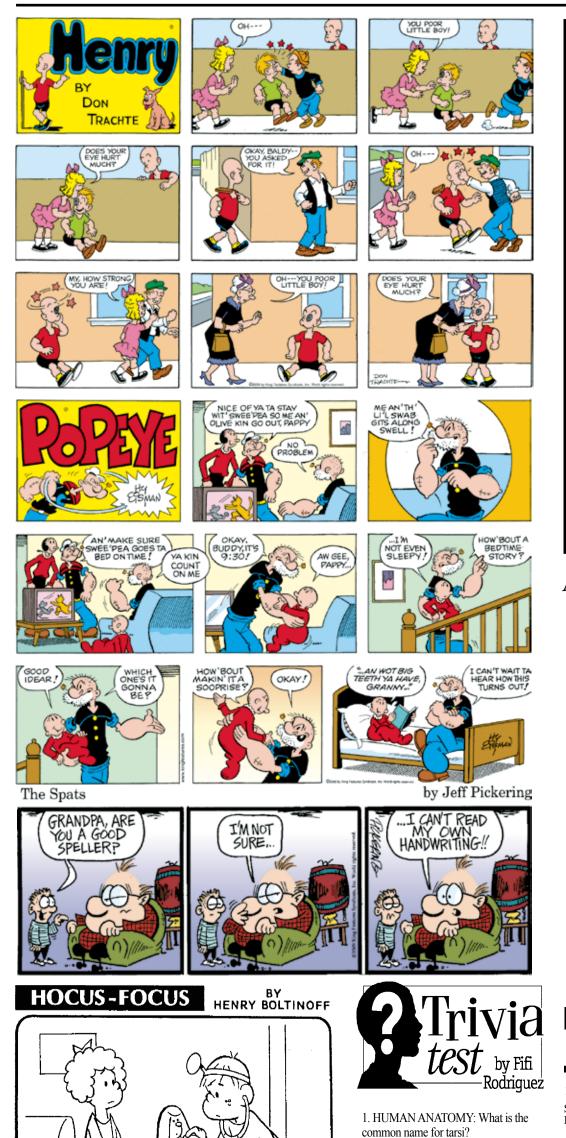
Business & Service Directory

decedent.

Gordon G. Bones Attornev at Law



FUN & GAMES



Weekly SUDOKU

by Linda Thistle

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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: $\star \star \star$

★ Moderate ★★ Challenging $\star \star \star$ HOO BOY!

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Podium Soapbox Pulpit Mountain top Stage

Upon high

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All Answers on Page 5 **Contract Bridge**

IT ONLY HURTS FOR A MINUTE South dealer. Both sides vulnerable.

Dais

NORTH 🛧 J 5

returns, you can then establish the diamonds, losing a trick to East's jack along the way, and so make your game. The trouble with this line of play is

takes the ace. Regardless of what he

Sacramento German **Genealogy Society**

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

The meetings are held at 1pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way. St Mark's is located directly behind Country Club Plaza near Watt and El Camino Avenues.

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

Presenter:

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

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

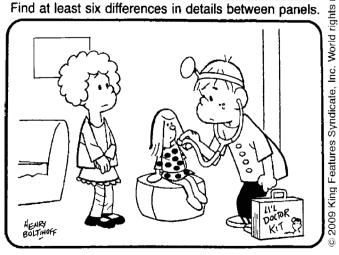
This meeting is quite special. because there is no one in the entire United States who knows more about German resources that are available on the internet and besides that, no one else who keeps up to date on them as well







Find at least six differences in details between panels.



puttons. 5. Bag is moved. 6. Sofa leg is missing. skirt has ruffle. 3. Bow is missing. 4. Boy's shirt has Differences: 1. Doll's dress has polka dots. 2. Girl's

2. ANIMAL KINGDOM: What is the average lifespan of a housefly?

3. MOVIES: What was the name of the volleyball that became Tom Hanks' companion in "Cast Away"?

4. MEASURES: How much beer would a firkin hold?

5. MYTHOLOGY: What area of life did the Roman goddess Discordia rule?

6. BIBLE: Which of the Ten Commandments forbids thievery?

7. U.S. CITIES: What is the capital of

Vermont?

8. GEOGRAPHY: What is the basic currency of North Korea?

9. ASTROLOGY: What is Libra's symbol?

10. LITERATURE: What famous author went by the pseudonym of "Boz"?

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• K Q 6 4 3 2 ♣A 10 8 WEST EAST ♠ 10 9 8 6 2 **•**743 ▼A 10 8 3 **♥**K 6 • A J 9 10 5 **+**97532 **#**64 SOUTH ♠ A K Q ♥ Q J 9 5 2 ♣K Q J East

The bidding: West South North 1 🖤 2 ♦ Pass Pass 3 NT

Opening lead - ten of spades.

Let's say you're declarer at three notrump in today's hand and West leads a spade. You count six quick tricks and can surely score a diamond for a seventh trick. The question is how to get the two additional tricks you need for your contract.

Obviously the diamond suit is a more promising source of tricks than the heart suit, since the diamonds are longer and stronger, so let's say that after taking the queen of spades you lead a diamond to dummy's queen. All will be well if East cooperatively

KING Crossword

that East may not take the ace of diamonds when you play the queen from dummy. If that happens, the best you can possibly do is hold yourself to down one.

The way to prevent this is to lead a diamond at trick two and, regardless of what West plays, follow low from dummy instead of playing the queen! In the actual deal, East would win with the nine, but the defense could not then stop you from scoring nine tricks

It is necessary to assume from the outset that the diamonds are divided 3-2. Once this is granted, the contract is virtually assured regardless of where the ace is located, provided the king or queen is not played at the first opportunity.

It is true that this method of play will cost you a trick if it turns out that West has the ace. However, this trick is relatively unimportant because it affects only the question of making three or four notrump, whereas if East has the ace, it affects the more vital question of making the contract or going down.

Making the contract is always the primary consideration.

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Answers on Page 5

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- 30 Sicilian volcano

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Sacramento - At a time when many colleges and universities are seeing their bond ratings downgraded, the Los Rios Community College District was just informed that ratings agency Standard & Poor's (S&P) has upgraded its bond ratings to AA- from A+.

"This is tremendous news and a real vote of confidence in this district's fiscal management and health," said Los Rios chancellor Brice Harris. "More importantly, it will save our taxpayers millions of dollars in debt repayment over the life of our building program." In its ratings report, S&P officials cited good financial

management, moderate debt

levels, adequate reserve funds and continued demand for the district's services as reasons for the upgrade. The Los Rios District passed local bond measures in 2002 for \$265 million and in 2008 for \$457 million. The district will soon issue the last of the 2002 bonds and will begin release of the first of the 2008 bonds in 2011. It is estimated that over the

remaining years of the district's construction program, the rating upgrade will save taxpayers nearly \$36 million in debt service. Through the local bond measures, Los Rios has been able to modernize and construct

new facilities at all of its four

colleges. It also has acquired

land and begun building educational centers in Natomas, West Sacramento, Davis, Rancho Cordova and Elk Grove.

"Thanks to the generosity of our voters, we have truly changed the face of our district and made huge improvements in our educational facilities for our students," said Los Rios board president Pamela Haynes. "We have done this while keeping taxes quite low and this new rating will allow us to save our taxpayers even more."

The Los Rios District enrolls nearly 90,000 students at its colleges— American four River, Cosumnes River, Folsom Lake and Sacramento City.

Mandatory Recycling for Multi-Family Dwellings

17, multi-family dwellings in Sacramento County must provide recycling programs for their residents as required by an amended Business Ordinance. Recycling

"Recycling programs will provide opportunities for the multi-family community to reduce the amount of waste going into landfills and also provide new life for discarded recyclable materials," SWA states Board Chair Sandy Sheedy. The Multi-family Recycling

Sacramento-BeginningJune law applies to apartments, and multi-family dwellings such as condominiums, mobile home parks, and senior care facilities in the City of Sacramento and in the unincorporated areas of the County of Sacramento, that have ten or more cubic yards of garbage service per week. Also, multi-family dwellings with five (5) or more units must recycle paper, cardboard, bottles, plastic, aluminum and steel cans. "It is important to reuse

materials recyclable to preserve our

resources for generations to come," states SWA Board Member Don Nottoli. Many apartment complexes have already implemented recycling programs that help preserve natural resources, keep our community clean, create jobs and save money. The Rental Housing Association of Sacramento Valley is assisting the SWA with outreach and education to

July 15, 2009

For more information, visit: www.sacramentoswa.com

the multi-family community.





From Lower Left: Tim Fenrich, Mark Burwell, Tony Lopez; From Upper Left: Don Kruse, William Lowe, Fred Rivas.

Priority 1 Electric won 1st for Senior Theme in the Carmichael 4th of July parade honoring Bob Hope as a great American Patriot Citizen. Presented by Carmichael Elks Lodge Parade Coodinator Jim Warrick.

Roger Niello's Community Meetings

U		•
Orangevale	Fair Oaks	Arden Arcade/
Friday, July 17th	Friday, July 16th	North Highlands
Denny's Restaurant	Dianda's Italian	Friday, July 31st
8841 Greenback Lane	Bakery	Mimi's Café
Orangevale	and Café	2029 Alta Arden
Folsom/Granite Bay	10131 Fair Oaks Blvd.	Expressway
Torsoland Info 21 at	Fair Oaks	Sacramento



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Tuesday, July 21st Mimi's Café 2719 East Bidwell Street Folsom



Mission Oaks Genealogy Club July Meeting Notice

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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River Cats Celebrate Dinger's 10th Birthday



Bash Presented by Jelly Belly with Pre-Game Mascot Kick-Ball Featuring Nearly 30 Mascots! Sunday, July 19th (1:05 p.m. game time, gates open at 12:00 p.m. – ARRIVE EARLY: MASCOT KICK-BALL BEGINS AT 12:10)

Celebrate Dinger's 10th birthday with Dinger and all of his mascot pals, presented by Jelly Belly. Nearly 30 mascots will be on hand to mascot kick-ball game (from fun with fans all game long. For more information, visit Rivercats.com/dingersbirthday. More information on all of

these events, and the rest of of River Cats Full Season the 2009 season, is available online at Rivercats.com. Individual tickets for all games this season at Raley participate in a pre-game Field are currently available at the Raley Field Ticket 12:00 - 12:30) and to have Office or online at Rivercats. com. Premier seating at every River Cats game throughout the 2009 season can be secured through purchase

Tickets, Mini-Plans or Group Packages. River Cats Season Tickets or Mini-Plans can be purchased at the Raley Field Ticket Office or by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

For information on other events at Raley Field, visit Raleyfield.com.



By Laura Snyder

To all the childless women I have ever talked to about having children: I'm sorry. Why is it that when women who have children are in a room with childless women, we want to impart every horror we have ever encountered in child-rearing to the unsuspecting, wide-eyed novice? Most times it doesn't take anything more than a simple polite query to set us off:

"How are the kids?"

"Oh, they're fine, now, but I nearly had a heart-attack when I found them on the roof preparing to see if our cat, who was tied to a plastic garbage bag would survive a free-fall of two stories."

Now, my childless friends, this is where you must not even raise an eyebrow. No evidence of shock on your face, no gaping mouths - nothing. Because if you show the slightest sign of interest, you will undoubtedly hear the rest of the story whether you like it or not. One quirk of your lips is all it takes. "Yeah, they thought they'd

try the cat first and if it survived

Laura on Life **Preparing Potential Parents**

smallest of them because she weighed the least. Good thing I caught them when I did."

Invariably, there will be another mom who joins the conversation. "You know my little Johnny weighs the least now, but when he was born he was 9lbs 2 oz!"

The floodgates have now been opened and you will now hear about enormous baby weights, maternity room horrors of 30-hour labors, Cesarean Sections, water breaking in the grocery store, Lamaze and all its subsequent lies, and needles in your spinal cord to alleviate the pain (which sounds counter-intuitive, doesn't it?). Good heavens, ladies! Do

we really want to so shellshock the younger generation into never having children? Do you ever want grandchildren? What is wrong with us?

The truth is, our stretch marks and Cesarean scars are badges of honor. Our story-telling has the same therapeutic effect for us as the stories of a war veteran.

We have been through the sleepless nights, the endless worry, the terrible twos, potty training, and the countless boxes of Band-Aids, cases of Lysol, 409, and Kleenex. This is what we do because we love a child. The pain and fear of childbirth is just the beginning, but it prepares us for what is to come

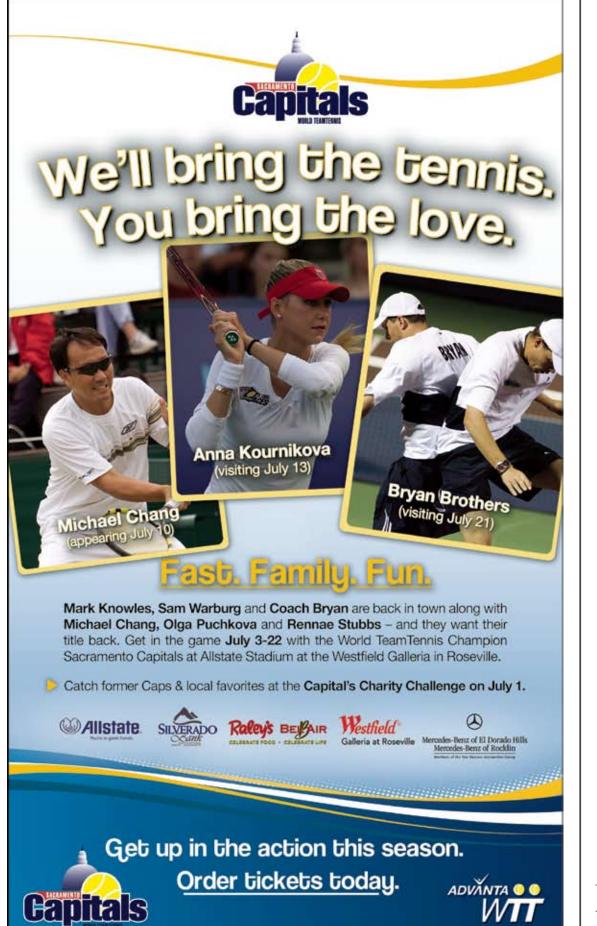
they were going to try it with the like nothing else could. If we can get through that - we know we can get through anything!

What I don't understand, though, is why we never mention all the good stuff to these potential new moms. Are we really being kind to prepare them for the worst, without mentioning what they would miss if they never went through with it?

Why don't we talk about the sweet good-night kisses? Or the way it feels when a toddler takes his first steps? Or how soft their hair is after a bath? What about the pride in our hearts the first time he recites the ABC's flawlessly? Or catches a football? Why don't we tell them about the spontaneous hugs or the Kool-Aid smiles or the way she dances when the Sesame Street song comes on?

What about the times they crawl into bed with you in the morning for a quiet half-hour of snuggling? And all the homemade Mother's Day gifts that we save forever? Did I ever mention how lonely we would be without our children and how empty life would be without them? No?... I'm so sorry.

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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Sunrise of Carmichael Grand Opening Celebration



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Saturday, July 25th and Sunday, July 26th from 11:00a.m. to 4:00p.m. 5451 Fair Oaks Blvd. Carmichael, CA 95608

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Celebrate Carmichael's Founders Day

Saturday, September 26th, 2009

To Volunteer or become a Vendor, Call the Chamber of Commerce at 481-1002