

Carmichael Times



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Volume 29 Issue 20

Serving Carmichael and Sacramento County since 1981

May 19, 2009

Saving the Dynamite Tree



Photos by Paul Scholl



Ed Nicholson & Vern Chang (pictured), played around the Dynamite Tree as kids. They are just two of the contractors who are delighted at the opportunity to help develop O'Donnell Park.

By Vern Chang

Carmichael - There is a mighty Heritage Oak in the O'Donnell Heritage Park known as the Dynamite Tree. It was struck by lightning many years ago and fell to the ground. With its large trunk lying flat on the ground, it continued to live, and its branches reached up and grew. Thus, the name - Dynamite Tree. Children and adults played around and on the Dynamite Tree for decades, and developed many fond memories of this magnificent tree. One rumor has it that a three-legged dog climbed onto the Dynamite Tree's supine trunk and chased the squirrels to the upper branches. Now, the Dynamite Tree is in danger of being lost. Why? O'Donnell Heritage Park is a 9.3 acre open lands park located at the corner of Rappahannock Way and Charleston Drive in Carmichael, California. It is one of

14 parks managed by the Carmichael Recreation and Park District (CRPD), and has lain fallow for the past 30 years due to the lack of development funds. The CRPD updated its 2008 Master Plan to develop its remaining undeveloped parks. With the best of intentions to generate funds, the Master Plan required the sale of acreage from each park to housing developers. In O'Donnell's case, it will sell the 3.3 acres of prime nature area, which includes the Dynamite Tree. The community formed a non-profit O'Donnell Neighborhood Park Committee (ONPC) to oppose the sale of precious parklands and to save the Dynamite Tree. (The ONPC now has an active core of 50 volunteers and a database of 300 supporters). The ONPC and CRPD then agreed on an alternate "Plan B" to develop O'Donnell Heritage Park without the sale of acreage, thus saving the Dynamite Tree. Plan B requires

\$495,000 to develop the park. CRPD will fund \$260,000, and the ONPC will contribute \$235,000. Final due date is 31 August 2009. If the funds are not raised, the original plan will prevail and the 3.3 acres will be sold along with the Dynamite Tree. To date, the ONPC has raised \$160,000 through donations (\$40,000), engineering support (\$38,000), volunteer labor (\$40,000) and initial contractor discounts (\$42,000). In addition to cash donations, ONPC began their brick sales to memorialize contributions (\$125.00 per brick) and will begin their garage sales in May. They have set a target of 400 bricks, and have sold 60 in 4 weeks. Contact the following people, if you wish to help with this worthy project: Donations - Call Ben Yates, Fund Raising Chair (967.6349), Brick Sales - Call Steve Cavender, Brick Sales Chair (965.7561), to Volunteer - Call Ed Nicholson, Committee Chair (806.0437)

Remembering Those Who Have Sacrificed the Most

By Bob Eoff, Sacramento Valley Campus Director, University of Phoenix

We live in a country that is defined by "liberty and the pursuit of happiness", a gift that has been handed to us by soldiers and veterans who put their lives on the line or, in some cases, given their lives so that we may have this precious gift. In order to help us remember those sacrifices, Memorial Day was enacted as a national holiday in 1971, and its observance has become an annual tradition for many United States citizens. While we cannot personally thank those who have passed in the line of duty, there are many things we can do in Northern California to assist California's veterans and active duty military. There are over 2 million veterans and active duty military personnel in California who are all facing an array of challenges that no previous generation has dealt with. Active military are facing multiple deployments, veterans are dealing with the effects of Post Traumatic Stress Disorder and struggling with the transition from military life to a standard 9 to 5 workday. Veterans, Active Duty and those serving in the California Army National Guard need flexibility

while transitioning from military life to civilian life, from their families, friends, employers and educators. Many veterans are returning to a job climate where employers would love to hire these talented young men and women, but there are no jobs to offer them. Thus, many veterans are choosing to expand their education, or begin their journey with higher education for the first time. As educators, we feel a personal responsibility to ensure the success of any veteran looking for assistance or guidance in their higher education pursuits. We also feel a great sense of pride every time an active military member or veteran receives a degree, as we know the amount of personal obstacles they must surmount to achieve such a great accomplishment. In honor of these brave individuals, we take part in community events that assist veterans and troops who are currently deployed. As Memorial Day weekend approaches, I call upon everyone in the community to take a moment to think about those who have and who are putting themselves in harm's way. These brave men and women are our

modern-day heroes, and deserve our admiration on this day. I also call upon our legislators and policymakers at all levels to consider the special circumstances of California's veterans and active duty military. The sacrifices they have made should not be in vain. Our elected officials must remember them in their decisions and take an active role in making sure their needs are being met when it comes to transitioning from combat to everyday life. Last of all, I call upon the education community to help veterans make a positive transition to being a civilian. There is so much potential for these individuals who have given all in the defense of our country. Their real life experiences will enrich our classrooms, and bring perspective to our students and faculty. We must reach out to them and help them achieve their educational goals. I encourage all of us to include in our Memorial Day traditions an opportunity to pay tribute to those veterans who have served faithfully in the defense of our country. It is their sacrifices that we memorialize, and their commitment to freedom that we honor.

Rio Americano Students Win Downbeat Music Awards

Carmichael - Six Rio Americano High School students are winners in the 32nd Annual DownBeat Student Music Awards. Rio Sophomore, Victor San Pedro, was chosen as 'High School Outstanding Performer' on guitar in the jazz soloist category and Rio combo members Zach Giberson (alto sax and guitar), Zachary Darf (tenor sax), Kai Ambrose (piano), Nathan Swedlow (bass) and Cashel Barnett (drums) were awarded 'High School Outstanding Performance' in the jazz combo category. DownBeat magazine is one of the most respected jazz publications in the country and its annual student awards are among the most coveted in jazz education, attracting entries from throughout the US and abroad. Student recordings were evaluated anonymously by a panel of judges and awards made on the basis of musicianship, creativity, improvisation, technique, and sound quality. A complete list of winners will be featured in the June edition of DownBeat Magazine. The Rio Americano band program,



Combo members: (left to right) Cashel Barnett, Nathan Swedlow, Zachary Darf, Kai Ambrose, and Zach Giberson.

under the combined direction of Josh Murray and Max Kiesner, provides high quality music education to over 180 students in four levels of concert band and three jazz ensembles. Rio bands have toured in Australia, Europe, Japan and China and won national recognition at such prestigious events as the Essentially Ellington

and Monterey Jazz Festivals. Plans are currently underway for a summer 2010 performance tour of Argentina. For additional information on the Rio Americano High School band program visit www.rioband.net or contact Josh Murray (jomurray@sanjuan.edu or 916-971-7512).

Youth Mission Trip to Camp Mattole



Sacramento - Ten youth and six adults from the Northminster Presbyterian Church journeyed recently on a mission trip, via a 7-hour car ride, to Camp Mattole in Humboldt County. The camp is nestled in what is called the Emerald triangle, the lush coastal area with towering Redwood forests, wild mountain streams tenderly

cared for by local restoration groups alive with the hope that the streams will one day be teeming with native Salmon and miles of deserted coastlines that time somehow forgot. Camp Mattole is a Presbyterian camp and conference center, home to writers and artist workshops, a summer camp for northern

California Presbyterian children and youth, environmental training for tree planting and native species advocates, weddings, and the Petrolia Senior Prom. The group had lots of opportunity to ready the camp for the summer. Members pulled massive weeds, raked the volleyball court, scraped picnic tables, swept decks, piled logs, cleared trailheads, prepped and painted wood for a new shed, and built (sans the roof) a new storage shed for the camp. Pastor Jeanie Shaw, commenting on the trip, "There is something that happens on mission trips, something sacred and life changing. Our faith in God and in each other grows deeper in ways that will mark us all our lives. This last week among God's towering Redwoods, we grew taller too."

16th Annual Sacramento SPCA Doggy Dash to Celebrate Peace, Love and Pets



Enjoy a Fun Run/Walk and Bark at the Park Festival

Sacramento -- The Sacramento SPCA will hold its 16th Annual Doggy Dash and Bark at the Park Festival. The 2k and 5k fun run/walk and festival is Sacramento's premier dog-friendly event, featuring live music, hundreds of vendors, demonstrations,

pug races and canine contests, the new KidZone and much more. The event is scheduled for Saturday, May 30, At William Land Park (Village Green Area) - Corner of Freeport Boulevard and Sutterville Road, Sacramento. Registration

begins at 7:30 am; run/walk begins at 9:00 am; festival begins at 10:00 am; live entertainment by The Indestructibles begins at 11:00 am. The Sacramento SPCA will care for more than 12,000 animals this year alone. Funds raised through the Doggy Dash go directly to help homeless animals at the SPCA. In addition to being an important fundraiser, Doggy Dash and the Bark at the Park Festival is a great way to enjoy fun in the sun with or without your canine friend. Registration is \$25 before May 22, \$30 thereafter. You may also form a group and register as a fundraising Pack for \$40 per person. Children eight and under are free. Free parking is available at Sacramento City College on Sutterville Road. For more information or to register: Log on to www.sspca.org/doggydash, call (916) 383-7387, ext. 9102, or email specialevents@sspca.org.

Got Something To Say... By CM Ricks

Love Thy Neighbor

Well, well 95608er's, I must say that I am very happy to see the giving tree continue to grow. A couple weeks ago I wrote about a gentleman who paints the house numbers on the curb for us and lo and behold, I was doing a job in the area, looked out the window and guess what I saw? A bike parked on the side of the road, a pile of stencils and a man on his knees painting a house number on the curb! It was him!

The joy it bestowed upon me was to say the least, overwhelming. Taking care and loving our neighbors is not only the right thing to do, depending on your beliefs, it is a rule! The truth is folks, it is actually very easy to pay it forward. Something as simple as taking the garbage out for your neighbor, mowing the mid-lawn for them, giving out some of the fruit off of your cherry tree can make someone's seemingly bad day brighter.

Doing unto others as you would have done unto you should not be a task, a chore, it should be in our second nature. Everybody knows that feeling of sheer happiness when a task done for another is completed, yet some of us just need to be reminded every now and then. So for one day give this a shot, do something every hour for someone all day. Not really a big order, pour someone a cup of

coffee, pay for the person behind you in line at Starbucks, allow someone to go ahead of you in line at the grocery store, give up that parking space and walk a few more feet. Look over your day at the closing of your evening and smile, knowing that you made a difference in another human beings life.

Now, this is a thought, Deepak Chopra states that every time an act of kindness occurs; the party receiving the act of kindness, the person giving the act of kindness and, all parties to witness the act of kindness, experience an amount of serotonin being released into their brains. Serotonin is found in a very popular drug called zoloft. So, smiling, caring and paying it forward, is proven to make us happy!

I may be a little biased, however, I think that I live in the friendliest neighborhood around. No joke Carmichael, I am smiled at, waved to and spoken to at least three times a day before 8am. By the end of the day, when we are all sitting outside, watering our lawns or just pulling in, I can guarantee you that a conversation will strike up on either side of my home between neighbors and I can hear the laughter through my living room window. I know that if my son or myself needed something I have neighbors on all sides in which I could ask for help. There is a comfort in that, there is a sense

of camaraderie in knowing that you are not alone in your neighborhood.

Go next door today and introduce yourself to your neighbor, ask them if they need anything and watch a beautiful, lifetime friendship begin.

Take Care of Each Other,
CM RICKS

I have a great relationship with my neighbor. We exchange enchiladas, we discuss new fences, etc. We have never had an issue that we can not fix because we have built a friendship. I am grateful for my neighbor.

Brandy Lipari, Soccer Mom

I have been in this neighborhood since I was born! I love my neighbors. We all look out for each other and some of them, I have known for many many years.

Chad Gulden, Colorist at Salon's Within, Wrestling Coach for SJUSD

I have been in Carmichael all my life and one of the reasons I will never leave is because I love my neighbor's. I am called Auntie by all the kids around. I have buried some friends and helped bring some into the world. My memories are in my neighborhood, as well as my future.

Catherine Stewart, Retired U.S. Postal Service

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Sacramento Valley Symphonic Band

Concerts Saturday June 6 and Sunday June 7

The Sacramento Valley Symphonic Band Association presents the annual Carmichael Park Community Band Festival, Carmichael Park Amphitheater. There will be a community band, one every hour on the hour, both days from noon to 6 pm. Saturday and 11 am to 7 pm Sunday. Included in this year's line-up is the Association of the United States Army Band, "The Sounds of Freedom" from Fresno, performing Saturday at 4 pm. and the 59th Army National Guard Band "The Governor's Own" at 6 pm Sunday. Bring the entire family, a picnic, lawn chairs, and enjoy a lovely afternoon of music under the shade trees!

Admission: FREE

Parking: FREE

Location: Carmichael Park: 5750

Grant Ave. Carmichael 95608

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Information: (916) 489-2576

Website: <http://svsba.org> or

www.sacwinds.org

Additional Info:

Saturday - June 6

12:00 - Milpitas Community Concert Band

Band

1:00 - North Bay Wind Symphony

2:00 - Roseville Community Band

3:00 - Pleasanton Concert Band

4:00 - US Army "The Sounds of Freedom"

5:00 - Elk Grove Community Band

Sunday - June 7

11:00 - Three Note Band

12:00 - Capitol Pops Concert Band

1:00 - Solano Winds

2:00 - Sacramento Symphonic Winds

3:00 - Capital City Concert Band

4:00 - Sacramento Concert Band

5:00 - River City Concert Band

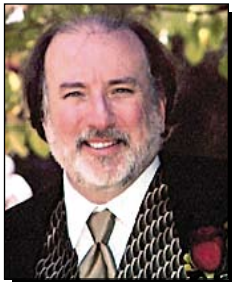
6:00 - 59th Army National Guard

Band "The Governor's Own"

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This Week

Carmichael Times

Serving Carmichael and Sacramento County since 1981



Publisher - Paul V. Scholl

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Subscriptions should be mailed to Carmichael Times, P.O. Box 14, Carmichael, CA 95609. Subscription rate is \$39 per year within Carmichael, \$49 within Sacramento County. The Carmichael Times is published weekly. Call 916-773-1111 for more information.

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Advertising Sales -
Classified Sales

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Web Master RJ at thesitebarn.com • JWS Promotions

News Services King Features Syndicate • PRWEB NewsWire

North American Precis Syndicate • Blue Ridge Press

ARA Content • Family Features • WorldNetDaily

Photography Amanda Morello • Mary Pearson

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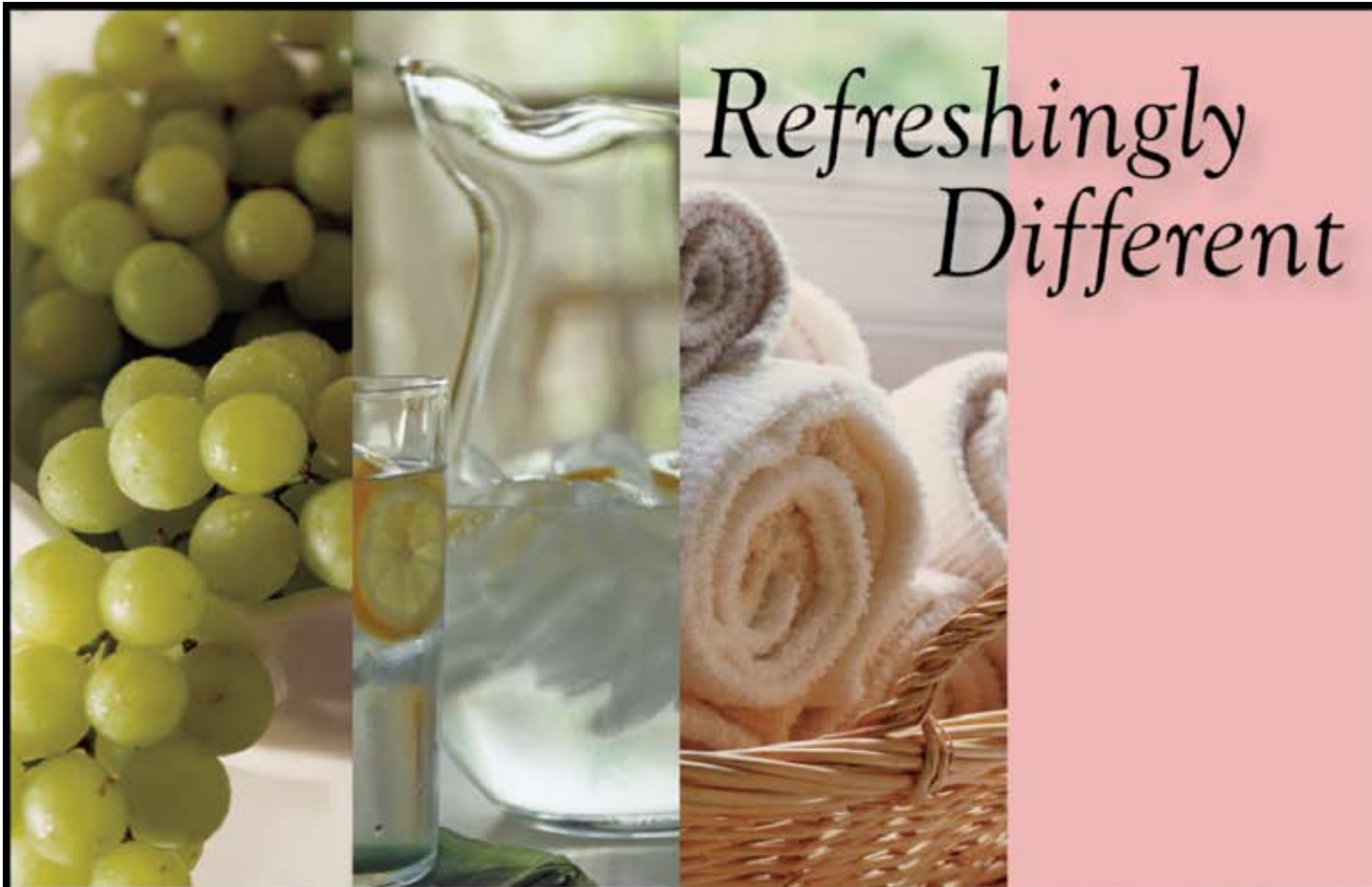
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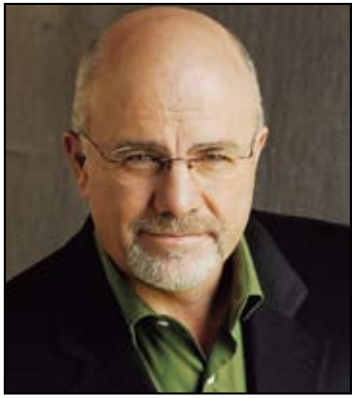
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Dave Says



of the mic. More than 500,000 people have attended Ramsey's live events. He resides with his wife, Sharon, and their three children, Denise, Rachel, and Daniel, in Nashville, Tennessee.

Back in the Stupid Again!

Dear Dave,
My wife and I had a bankruptcy discharged about 18 months ago. We'd gotten in over our heads with credit cards and couldn't keep up the payments or take care of things around the house. Afterwards, a friend told us we needed to re-build our credit score with a low-limit credit card. Since then we've missed a few payment, and owe about \$400. Should I try to settle for a lower amount?

- Rodney

Dear Rodney,
Okay, let's re-hash what you just said. You went into debt, and couldn't pay your bills. Then you filed bankruptcy. After suffering through that and being discharged, you went right back into debt and messed up again.

What's wrong with this picture? Stop taking advice from this "friend," who hasn't got a clue when it comes to money. A high credit score is an "I love debt" score. It isn't an indication that you have money and manage it wisely. It's an indication you have a lot of debt! Borrowing has not been a blessing in your life. It pushed you into bankruptcy, and now it's gotten you into trouble again! It's time to stop!

I realize \$400 seems like a lot of money right now, but it's not the end of the world. Get on a written, monthly budget, and give every dollar you make a name on paper before the month begins. You'll

have to pay some Stupid Tax, but you can take care of this in no time if you stop eating out for a while and have a monster, blow-out garage sale this weekend. Close the account, cut that card into tiny, little pieces, and never go back into debt again!

You are living proof that if you keep doing what you've been doing, you'll keep getting what you've been getting. The solution? Change! Beginning now!

- Dave

Do More Than Pay Early

Dear Dave,
Will it improve my credit score, and help my ability to buy home later, if I pay my rent 30 days early for the next two or three years?

- Tanner

Dear Tanner,
No. Your landlord probably isn't going to report early payments to the credit bureaus. Just make sure you pay it on time. It is smart to pay a few days early, though - maybe seven to 10 days ahead of time, but for a different reason. That way if something goes wrong at the bank, you've still got time to fix the problem. Chances are your credit score won't be impacted by your rental payments unless you're late, and especially if you have several late payments. That could sure become a black mark against you later!

I'm not a big fan of the FICO score, because it doesn't measure things like assets, income or net worth. It's really just an indicator of your interaction with debt! This is one of the reasons why it's really dumb for companies to base lending decisions solely on a FICO score. Fortunately, you can still find lenders that provide mortgage loans based on manual underwriting procedures, but they're getting harder and harder to find.

- Dave

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

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.

Ramsey earned his Bachelor of Science degree in Finance and Real Estate from the University of Tennessee. A frequent speaker around the country at large-scale live events, Ramsey is a passionate and inspiring presenter who is at ease on both sides

Giving Depression the Boot



Karen Scaif Linamen

Ever feel down? I mean REALLY down?

A couple months ago I was wrestling with putting on my socks and boots when it dawned on me that one of my socks was too thick for my boot. So I did the only thing that seemed fitting at that moment: I collapsed weeping onto the couch.

As I bawled, I found myself pondering the fact that most people aren't defeated by a single sock and shoe. In fact, lots of people not only handle this same challenge every morning with finesse, many of them dress themselves fully and even go on to do productive things with the rest of their day like hold down jobs or watch youtube.

But this small challenge left me feeling exhausted and overwhelmed.

I'm fine now, but it was an eye-opening moment.

Which leads me to my question of the day: What do we do when it dawns on us that we're not coping particularly well?

They say that knowledge is power, and I tend to agree, so the first thing I did when I dried my eyes after my little sock-inspired bawl-fest on the couch was put aside my denial and admit that I was depressed.

The second thing I did was try to get a handle on what this newsflash really meant. After all, if knowledge is power, then perspective is power harnessed. What meaning was I going to assign to my little discovery? I decided that no matter what I was feeling right then (which happened to be hopeless and fatigued) my feelings were NOT an accurate portrait of my life or my future. I embraced the viewpoint that, at that very moment, my body/brain chemistry was askew, kinda like a broken thermostat, and that I needed to do whatever it took to get it fixed so I could start measuring my life in a healthy, accurate fashion once again.

The third thing I did was let someone who loved me know that I was having a hard time. Letting people who care about us know when we are struggling is a great step. There are lots of ways to do this. For instance, we can wear T-shirts with informative slogans. One of my sisters bought me a T-shirt once featuring the cartoon of a cow lying on its back with all four hooves in the air. The caption? "Really. I'm fine." A shirt like this is a great choice when you realize you're in trouble but there's a part of you that still wants to stay in denial.

And later, when you've progressed beyond the denial phase into the expedient-solutions phase you can always change into the T-shirt I saw at the mall that said bluntly, "I'll have a Venti Decaf Vodka Marijuana Latte to go."

But I was beyond both those phases and into the I'm-serious-about-dealing-with-this phase, so I picked up the phone and called one of my sisters, telling her I realized

I was depressed and that I was going to take steps to deal with it.

The same three baby-steps that got me going in the right direction can work for you, too. The next time you feel numb or blue-and find your lifestyle hamstrung as a result-try this:

1. Forget the denial. If you've been depressed, admit it. If you're not sure, talk to your doctor or visit www.depression-screening.org and take their online evaluation.
2. Be intentional about what perspective you embrace and what meaning you assign to your depression. For example, don't tell yourself you're a mess and will never be whole again. Instead, embrace the perspective that your depression is NOT an accurate reading of your future and that your emotional thermostat is wonked but fixable. This viewpoint will not only make you feel better, it's the truth!
3. Take an action, like making an appointment to see a doctor or calling someone who cares and telling her you're depressed. Talk about further steps you can take to address the problem.

Depression is treatable. Everybody has seasons when they get depressed, but no one has to stay there. If and when you experience depression, there's hope. You CAN climb out of the pit, one baby step at a time.

Even if you are only wearing one shoe.

*Karen Linamen is a professional speaker and the author of a dozen humorous self-help books. Her newest release is *Only Nuns Change Habits Overnight*. Write to her at karen@karenlinamen.com.*

Laura on Life



By Laura Snyder

rice. Though, as it turns out, those foods seem to be the only ones that make you want to get up in the morning. So... that was a problem.

When I whined about it one morning, lying on my side of the bed like a corpse, my husband had an idea.

Jokingly, he said, "You know, I heard that Viagra is going to offer a stimulus package."

My eyes rolled toward him and I managed a bit of biting sarcasm when I said, "Well, you don't need any stimulation, so until Viagra comes out with a little pink pill, I think we can pass on that offer."

A little miffed, he got out of bed while I prayed my electric blanket would short circuit and give me the jolt I needed to start another day. Why couldn't I like coffee?

My low-carb diet did get results, though. And I never felt hungry. Of course, I never felt much of anything except tired.

The hardest thing to get used to is figuring out what to have for breakfast each morning. I couldn't have fruit or breads or cereals and there is only so many ways to cook eggs before they begin to sport a pitchfork and grow horns. I began to experiment with vegetable medleys. Perhaps if I put some peas in a bowl and poured milk into them, I could pretend it was a bowl of Cocoa Puffs. But though I could

fake color-blindness for a short time, there was no getting past the taste. Nope, definitely peas... with milk.

Carrots and yogurt, maybe? My stomach started to erupt at the thought. Broccoli and cheese? It sounds good at any other time, but breakfast was made for carbs.

So okay, what about meat for breakfast? I started with bacon because, well, I associate bacon with breakfast. But bacon and cottage cheese is... not good. And if I had to choke down another egg, I just might have to start a campaign to sterilize chickens!

A banana turned out to be the end of my weight-loss program. Like Eve, a seemingly innocuous fruit led me into temptation. Once I allowed myself the sweet pleasure of fruit for breakfast, my body would not stop at anything less than a cookie jar full of Double Stuff Oreos. "Take that!" it said. "How dare you keep me away from real food!"

When your body starts yelling at you as if it's a separate entity, you know you've gone too far.

As I munched on my Oreos, I wondered how I could get out of wearing a bathing suit all summer.

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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Babysitter's cleavage invites trouble

by Lauren Forcella

Dear Straight Talk: I'm 15 and what you call "well-endowed". I have been babysitting for a family down the street since I was 13. The parents divorced shortly after I started, and the father ("Jon") moved out and I haven't seen him for awhile. Last night, after I'd put the kids to bed, Jon let himself into the house with a key and said he wanted to see the kids. When I told him they were asleep, he got this weird look on his face, looked straight at my cleavage and said, "Do you have a boyfriend?" I felt my face turn bright red. Thankfully, "Sophia", the mother, pulled up right then so that was the end of it. Then Sophia, who usually drives me home if it's dark, told Jon to drive me home! Nothing happened, but it was really uncomfortable and neither of us spoke. What should I do? It's not like he did anything. Some of my friends would have even been flattered because Jon is really hot. Don't tell me to tell my mom. I just want to know what to do if he comes over again. — Creeped-out in Dixon, CA

Nicole, 19, Arcata, CA: If you think men looking at you is bad now, it only gets worse. Rule of thumb: if a man looks at your breasts and you don't mind, he's probably harmless; if you feel unsafe, follow your instincts. If that means quitting, do it.

Lennon, 22, Fair Oaks, CA: Girls are crazy to show cleavage and not expect men to look. It's like a guy in a Speedo expecting girls not to look down. Looking should not be a form of sexual abuse, especially when the cleavage is just there. Regardless, you should err on the side of safety. If you were my daughter, I'd want to know about it.

Peter, 21, Monterey, CA: If you won't talk to your mother, talk to your client. Sophia needs to know about conditions affecting her household. Plus, she used to be Jon's wife and should know how to handle it. If she doesn't take protective steps, quit.

Emily, 16, Sacramento, CA: Tell Sophia you're concerned Jon may barge in and do something with the kids you may not approve of. You, as caregiver, have the responsibility to eliminate anything threatening. Ask Sophia to take Jon's key.

Elise, 17, Fair Oaks, CA: If he comes in again, stay far away from him and keep conversation light and clear. If he makes you feel uncomfortable or tries to touch you in any way, walk home. Also, if this happens again, you MUST tell your mom or some other adult.

Jennifer, 15, Sacramento, CA: A friend and I both babysit at different times for the same family. She wears a double D. The dad transports us and always talks inappropriately about intimate subjects such as his divorce. Nothing

ever happens, but there's definitely a weird vibe. Here's what to do: Tell Sophia she can't allow Jon to come over when you're there. If he comes in again with his key, call 911 and say you thought someone was breaking in. If he knocks, tell him through the door that guests aren't allowed while Sophia is out. But, seriously, why show cleavage on the job! My friend covers it, so can you.

Graham, 15, Fair Oaks, CA: Make sure Jon knows he's stepping over the line in a polite way. If that doesn't work, just ignore it. If at all possible, make sure that you are alone with John as little as possible. If it gets worse, you can always stop working there or tell his wife... I don't know the family but that might clear things up.

Dear Creeped-out: In an ideal world, everyone should get to wear what they like, but as you're finding out, revealing too much skin in the real world isn't the most intelligent dressing style. Each panelist has good advice, and if communicating with Sophia gets you nowhere, do what Jennifer says: call 911 if Jon "breaks in" again. And NEVER EVER get in a car with a man when your instincts tell you not to.

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



Time to Crash, Smash and Ram!

The Destruction Derby Returns to the Sacramento County Fair

Sacramento -- Drivers will put their cars to the ultimate test as spectators get into the spirit of "approved destruction." On Saturday, May 23rd, at 6 p.m. the heart-pounding excitement gets underway in the Rodeo Arena at Cal Expo.

Going metal to metal during five intense rounds, these adrenaline junkies will unleash their fury by inflicting the most possible damage to their opponent's vehicles. Judges will determine who advances to the championship round based on skill and the level of destruction.

"This is one of the most popular events during the Sacramento

County Fair," said T.J. Plew, Manager of the Sacramento County Fair. "The revving of engines, the crunching of car parts, the amazing feel of controlled chaos...it's awesome."

The featured event, produced by Dutch Holland Racing Promotions, allows two-wheel drive cars except full framed Imperials: all glass must be removed, doors and trunks welded solid or chained and other rules strictly observed. The destruction derby is open to the public with \$1,200 for the first-place winner, and monetary prizes for each hear. Trophies will also be awarded.

Tickets can be purchased beforehand for \$10 for adults (which

includes Fair admission) and \$6 for children 12 and younger. On the day of the derby, tickets and fair admission are separate.

If you're interested in being part of this intense competition, call the racing office at 707-485-8687, or go to the Web site www.dutchhollandracingpromotions.net to get the entry form and official rules. For more information about the Sacramento County Fair call 916-263-2975. You can also go online at www.sacfair.com or visit www.facebook.com/sacccfair

Sacramento German Genealogy Society

Monthly Meetings & Annual Seminar
<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. The seminar will be at the Turn Verein 3349 J St.

TUESDAY, MAY 26, 2009
Topic: "Stories and Demonstrations of German Folk-dancing"
Presenter: Mario Herger, speaking on German dance, with demonstrations by the "Alpentänzer"

Mario Herger's life work is the preservation of ethnic dancing. This meeting and demonstration will be one to remember! We'll move the furniture around so that Mario Herger can introduce examples of actual German dances performed by the dance group Alpentänzer – which we'll witness up close!

The Genealogy Association of Sacramento meeting will meet at 1 p.m. June 16, 2009 at Belle Coolidge Library, 5600 South Land Park Drive, Sacramento.

Dr. Bob LaPerriere will be speaking on "Women's Health Issues on the Overland Trail" and "Gold Rush Medicine". Early Medical terms are sometimes a problem for researchers.

We are the oldest active genealogy organization in the Sacramento area, and the public and prospective are always cordially invited to attend meetings.

Celebrating Older American's Month



Dave Wilmott

By Julie Parker

Dave Willmott's wife hiked through a women's club in New Mexico, and she showed him places she had hiked, he began hiking as well. He was 52 years old.

Since then, he has hiked every mountain peak in Tahoe, climbed Mt. Whitney, was a Sierra Club hike leader for 12 years and last year, at age 72, hiked Mt. Kilimanjaro. "It was via the Lemosho route, which is 65 miles and takes eight days. The trip starts at 8,000 feet and the summit is 19,343 feet. It is 0 degrees at the top. It was one of the more moving experiences in a lifetime." He recently had surgery for a torn rotator cuff, but he continued to hike. He's also a cross-country skier.

Dave agrees that anyone can lose weight and become healthier through simple exercise, regardless of age. "After my father retired at age 65, he just sat on the sofa and bloomed up to 200 pounds. He started walking around the block, and then running around the block, until he lost all 200 pounds and kept it off."

To begin your walking program,

he suggests going to places that are beautiful, because "they will inspire you to keep going." If you prefer company on your walks, Dave is also an assistant organizer for a local hiking group (www.meetup.com).

The benefits of regular physical activity include weight control, healthy bones, muscles and joints, arthritis relief, reduced symptoms of anxiety and depression and improved circulation. Exercise does not have to be strenuous and is safe for people of all age groups. In fact, it's healthier to exercise than eliminate it altogether. Older Americans can greatly benefit from a regular exercise routine that includes strength, balance, stretching, and endurance exercises.

Be Active

There are a variety of ways that you can enjoy an active life in Sacramento. There are groups which are always appreciative of volunteers, such as Hands on Sacramento (www.handsonsacto.org) and Volunteer Center of Sacramento (www.volunteersac.org). There is the Senior Baseball League (www.smsbl.com) and rafting down the South

Fork of the American River (www.raftwet.com/SFAmerican.html).



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KING Crossword

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ACROSS

- 1 Vacating
- 4 Weapon handle
- 8 Major leagues
- 12 Carnival city
- 13 Look lecherously
- 14 Norway's capital
- 15 Bully
- 17 Revolution period
- 18 Bill
- 19 Come before
- 21 Talcum, e.g.
- 24 In an earlier time
- 25 "— not choose to run"
- 26 Long sandwich
- 28 Different
- 32 Belgrade resident
- 34 Wrigley product
- 36 Domesticate
- 37 Inquired
- 39 Petrol
- 41 Zero
- 42 Melody
- 44 Gaudy
- 46 Stunt double, e.g.
- 50 "Of course"
- 51 Flock
- 52 youngster
- 52 MySpace alternative
- 56 Neighborhood
- 57 Pinocchio, at times
- 58 X-ray descendant
- 59 Designer
- 60 "Desire Under the —"
- 61 Chow down

DOWN

- 1 Scepter topper
- 2 Christmas tree, often
- 3 Adroit maneuvering
- 4 Calvin's companion
- 5 Time of your life?
- 6 Envelope feature
- 7 Aquarium favorite
- 8 Refuse to buy
- 9 "Gotcha"
- 10 Pleased
- 11 Angry
- 16 Bankroll
- 20 Freudian concept
- 21 Tower city
- 22 Pindaric works
- 23 Bad hairpiece
- 27 Annoy
- 29 Attractive
- 30 Eastern bigwig
- 31 Depend (on)
- 33 Pellet-filled chair
- 35 Wrestlers' surface
- 38 Accomplished
- 40 Lord Wimsey's creator
- 43 Soldier's arm
- 45 Symbol of intrigue
- 46 Cabbage salad
- 47 The O'Hara estate
- 48 Congregation's cry
- 49 Manicurist's concern
- 53 Rotating part
- 54 Man-mouse link
- 55 Set of equipment

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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: ★

- ★ Moderate
- ★★ Challenging
- ★★★ HOO BOY!

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Answers on Page 6

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FICTITIOUS BUSINESS NAME STATEMENT #0903609. GSM Investments Ltd., 117 Waterworks Way, Irvine, CA 92618 is doing business under the Fictitious Business Name "Beachworks" at 117 Waterworks Way, Irvine, CA 92618. Filed with the Clerk of Sacramento County on April 14, 2009. Publish: April 28, May 5, 12, 19, 2009. BEACHW 90405 5-19-09

on April 28, 2009. Publish: May 5, 12, 19, 26, 2009. CARPEN 905-1 5-26-09
FICTITIOUS BUSINESS NAME STATEMENT #0902411. Artur Ryabitsv, 5726 Jana Ct., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Art Wood Works" at 5726 Jana Ct., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 11, 2009. Publish: May 5, 12, 19, 26, 2009. ARTWOO 905-1 5-26-09

ESTATE NO. 34-2009-43057 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of GRACE G. HESER aka OLLIE GRACE GUTH. A petition has been filed by Michael Hesper in the Superior Court of California, County of Sacramento, requesting that Michael Hesper be appointed as personal representative to administer the estate of the decedent. The petition requests the decedent's will and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority. The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Room 214, Sacramento, CA 95826 on June 4, 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 name and address of petitioner or petitioner's attorney is: Michael Hesper, 4680 Rocklin Rd., Rocklin, CA 95677; 916-251-7313. Publish: May 12, 19, 26, 2009. HESER 90502 5-26-09

BLVD. #B-600, Sacramento, CA 95829 on THURSDAY, JUNE 4th, 2009 at 12:00 o'clock PM. DESCRIPTION OF PROPERTY: Office Items including, but not limited to 2 office desks, approximately 40 filing cabinets, fax machine, photo copier, office chairs, portable radio, 2 computers, approximately 60,000 24¢ postage stamps, office supplies, microwave plus any and all other items in or on said property. Publish: May 19, 26, 2009. SILICO 90503 5-26-09

court at 2 p.m. on June 16, 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: May 4, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 12, 19, 26, June 2, 2009. BARNHA 90502 6-2-09

COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043355-CU-PT-GDS WHEREAS, Huong Nguyen and Wendy Huong Quan have filed a petition in this court for a decree changing name of Huu Phuc Quan Nguyen to Timothy Phuc Nguyen. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on June 23, 2009 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: May 5, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. NGUYEN 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043644-CU-PT-GDS WHEREAS, David Smith and Alyssa Smith have filed a petition in this court for a decree changing name of Kyah Lynn Dietz to Kyah Lynn Smith. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 18, 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: May 7, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. SMITH 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO SUMMONS CASE #07AS02674 NOTICE TO DEFENDANT: Jennifer R. Scholes, Permanent General Insurance Group, and DOES 1 through 100, inclusive. You are being sued. PLAINTIFF'S NAME IS: Lisa Crowder.

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00041822-CU-PT-GDS WHEREAS, Sergey Bekishev Jr. has filed a petition in this court for a decree changing name of Sergey Bekishev Jr. to John Bekishev. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 11, 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: April 21, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 5, 12, 19, 26, 2009. BEKISH 905-1 5-26-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00042897-CU-PT-GDS WHEREAS, Crystal Sallander has filed a petition in this court for a decree changing name of Caelan Robert Stanley to Caelan Robert Sallander. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 11, 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: April 30, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 12, 19, 26, June 2, 2009. SALLAN 90502 6-2-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043220-CU-PT-GDS WHEREAS, Aaron Barnhart and Lucie Barnhart have filed a petition in this court for a decree changing name of Christopher Dylan Bojorquez to Christopher Dylan Barnhart. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 16, 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: May 4, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. ISBUTT 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043942-CU-PT-GDS WHEREAS, Mary McGuire Driscoll has filed a petition in this court for a decree changing name of Mary McGuire Driscoll to Mary Constance McGuire. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 23, 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: May 12, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. DRISCO 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043178-CU-PT-GDS WHEREAS, Michael Elliott Isbutt has filed a petition in this court for a decree changing name of Michael Elliott Isbutt to Michael Elliott Salman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 16, 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: May 4, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. ISBUTT 90503 6-9-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00043178-CU-PT-GDS WHEREAS, Michael Elliott Isbutt has filed a petition in this court for a decree changing name of Michael Elliott Isbutt to Michael Elliott Salman. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 16, 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: May 4, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 19, 26, June 2, 9, 2009. ISBUTT 90503 6-9-09

You have 30 Calendar Days after this Summons and legal papers 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. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp.org), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site (www.lawhelpcalifornia.org), the California Courts Online Self-Help Center (www.courtinfo.ca.gov/selfhelp), or by contacting your local court or county bar association.

The name and address of the court is: Superior Court of California, County of Sacramento, 720 Ninth St., Sacramento, CA 95814. The name, address and telephone number of plaintiff's attorney, or plaintiff without an attorney, is: Law Offices of Richard E. Lehrfeld, 604 10th St., Sacramento, CA 95814; 916-446-2545. Dated: June 11, 2007. Publish: April 28, May 5, 12, 19, 2009. LEHRFE 90405 5-19-09

Notice is hereby given that under and pursuant to Section 1988 of the California Civil Code the Property listed below believed to be abandoned by BROOKE INVESTMENT INC. whose last address was 8355 ELK GROVE BLVD. #B-600, Sacramento, CA 95829 Will be sold at public auction at 8355 ELK GROVE

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