

# Carmichael Times



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Rancho Cordova, CA

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Serving Carmichael and Sacramento County since 1981

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## Almost \$1 Million in Fines



### 64 Gas Stations Closed; 149 More on Brink of Closure

Contrary to public statements and political maneuvering, local air districts continue to issue fines to struggling gas stations to the tune of \$943,815 statewide for not complying with its expensive mandates. A recent survey of local air control districts revealed that standards for issuing fines vary from region to region.

"Our nation continues to cope with a deep recession," said Senator Dave Cox. "The inability of air control officers to understand the economic impact and the financial strain of their regulations on small businesses defies common sense. Regulators at CARB and local air districts should be more flexible when it comes to protecting Californians' jobs."

Senator Roderick D. Wright (D-25), a member of the Legislative Black Caucus, further criticized the narrow and unfair application of the regulations. He stated, "I am an advocate for clean air but we are talking about the closing of viable businesses and the loss of thousands of jobs for rank-and-file workers. Many of the stations that are trying to comply are being hampered by high fees and

difficult local permitting processes." Senator Ron Calderon (D-Montebello), a prominent member of the Latino Legislative Caucus added, "Whether local air control districts are directly shutting down gas stations or the stations are closing because of the high fines, the end result is the same - stations are closing, workers are out of jobs and gas prices will go back up."

Survey results were compiled after a bipartisan group of lawmakers demanded full transparency of enforcement practices on gas stations by the California Air Resources Board (CARB) and 35 local air pollution control districts of the CARB Enhanced Vapor Recovery Regulation.

Senator Cox introduced a legislative proposal - Senate Bill 507 - to extend the effective date of enforcement for a year. Senate Bill 507 will be heard on Monday, May 18 in the Senate Environmental Quality Committee.

Of the estimated 10,000 gas stations operating in California, one third are deemed out of compliance with CARB's requirement. This

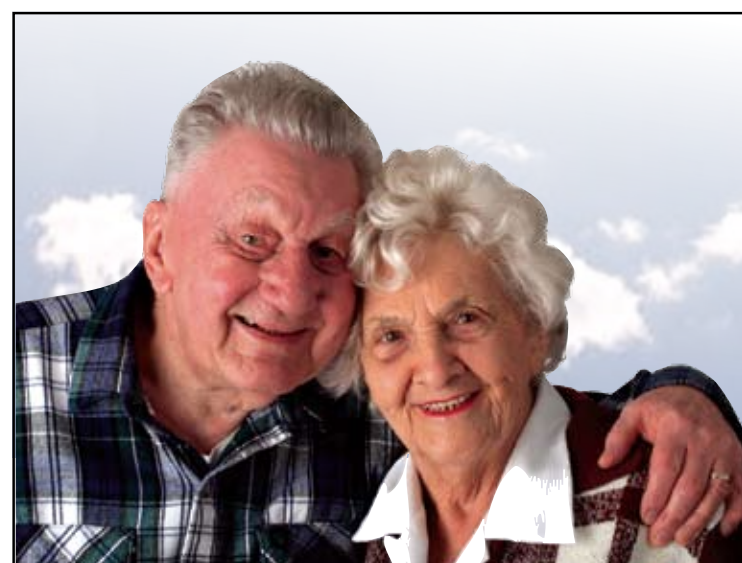
mandates that gas stations install new gas-dispensing nozzles to capture 98% of the vapor emissions instead of the current 95%.

Prior to the April 1 deadline, the President of the California Air Pollution Control Officers Association (CAPCOA) sent an open letter to legislative leaders assuring them that gas stations will not be shut down; and that there will be an open line of communication to "develop workable solutions."

In spite of this public relations spin, members of CAPCOA continue to fine small businesses.

"The \$1 million that has been collected from mom and pop shops will not be spent to help them comply. It goes into the Air District's General Fund. If the Air Resources Board and local air control districts don't stop punishing gas stations with these fines, more than 64 will be going out of businesses."

Sources: Letters from regional air control districts as of April 17, 2009, and Senator Dave Cox office.



### Citrus Heights: 2nd annual Senior Health Fair on Saturday, May 16th from 9 a.m. to 1 p.m. Fountain Square Rose Garden, 6237 Fountain Square Drive in Citrus Heights

More than 75 exhibits are expected, with demonstrations, and presentations dedicated to senior issues and concerns.

Presentation topics will include "Fraud and ID Theft", "Senior Nutrition", and "Driving Wellness". Other features include blood pressure readings, eye screenings, free massages and

hands-on demonstrations in dental health and animal care. There will be booths with information about legal services, healthcare, in-home care, housing, and other medical topics. Other exhibits will feature ideas and suggestions for leisure and fun activities.

Live entertainment will include Hank Henderson, Jr. on the piano,

## Soaring to Healthy Heights

Rachele Junkert on the accordion, dance groups and popular country singer, Bobby Maytum. The entire event is free to the general public.

Partnering with SOAR to sponsor the Health Fair are Allied Waste, Area 4 Agency on Aging, City of Citrus Heights, Citrus Heights Collaborative, Mercy San Juan Medical Center, Northwest Neighborhood Association, Sacramento County Adult and Aging Commission, SMUD, Sunrise Recreation and Park District, and Wal-Mart.

The entire event is free to the general public. The first 500 senior attendees will receive a tote bag and hand fan.

For more information call (916) 722-8647.



## Kick Start Your Summer!

### 2009 Sacramento County Fair Gets The Fun Started On The Right Foot!

Sacramento - The fun is heating up at Cal Expo! Final preparations are underway for the 73rd annual Sacramento County Fair. The event -beginning on Friday, May 21st and running through Memorial Day, promises an abundance of affordable entertainment for the entire family to enjoy.

"Simple pleasures are priceless, and we understand how important it is for families to enjoy quality time," said T.J. Plew, Manager of the Sacramento County Fair. "The fair offers activities that will hopefully create special moments for children, and bring back fond memories for parents and grandparents alike."

The Sacramento County Fair features competitions showcasing talent from our region, arts and crafts displays, agricultural exhibits, a carnival with 30 thrilling rides, and of course, an assortment of food ranging from traditional fair favorites to contemporary cuisine.

Local bands and musicians will get your summer rockin' and rollin' on two stages this year. Each night, talented artists are guaranteed to impress audiences including:

- Mother Mayhem, One Eyed Rhino, Brian Curtis and The High Pilots
- Hypnotic Comedy by Tyzen and Spike's Extreme Juggling
- Youth dance groups, local vocalists, choirs and athletes

The excitement is happening across the fairgrounds: a variety of enjoyable acts, such as Las Vegas Magician Will Roya, the Royal White Tiger Discovery Exhibit, the Fido 500 Miniature Dog Races and the popular Sacramento County Fair Demolition Derby will make the day fly by. Best of all, the price for hours of entertainment won't leave you sweating it out: children 0-12 years old, and seniors 62 and older get in the

fair for FREE. Otherwise, admission for adults is \$3 and parking is \$10. Tickets for the carnival begin at just 95 cents with limited special deals for an unlimited ride wristband.

For more information about the Sacramento County Fair call 916-263-2975.

You can also go log on to [www.SacFair.com](http://www.SacFair.com) or visit [www.facebook.com/sacfair.com](http://www.facebook.com/sacfair.com)



# Got Something To Say... By CM Ricks

## Here's An Answer!

The article I wrote last week reaped some very satisfying finds. Finding a community within our limits with people truly doing their part to insure the happiness of others was not at all that difficult to locate. On Marconi Avenue, there is a community garden of sorts, that feeds a multitude of families. All the space is donated by the complex owner, the work is done by a tenant and the products are donated and raised by a variety of locals.

As one pulls into this particular, undisclosed apartment building, greetings include a beautiful memorial in amongst an unbelievable garden. The tenant who is responsible for this little slice of heaven's name is Marcia. She is so full of energy, one can not help but want to lasso onto it and bottle it up. If you are blessed enough to enter while she is outside, you are greeted with a smile the size of a football field and chances are, she will be checking on her fruits and veggies guiding them towards the sky, preparing to feed the 20 plus families she takes care of with this oasis, she calls home.

Marcia's summer garden includes tomatoes, onions, lettuce, spinach, zucchini's, cucumber's, snow peas and sunflowers. Apparently, she has taught everyone to roast their own sunflower seeds. My guess is, they blow the store bought spits away! Fortunately for her neighbors, the food chain does not stop there. She grows her garden year round! Her

winter garden includes broccoli, lettuce, and the spinach and snow peas continue on. Marcia just pulled 300 potato's out of the garden and dispersed them to her families.

I asked her how her garden does so well and here you go 95608er's; 10/10/10. Fertilize with 10/10/10 every 10 days, water, welcome the sunshine and stay out of Mother Nature's way.. Marcia says it is imperative to follow the 10 rule to have a successful, healthy garden. Believe me, you want to listen to this woman when it comes to giving, growing and nurturing a living breathing entity. We, in Carmichael are a select few that get to ask Marcia questions about how to start a community garden, how to maintain a healthy diet and pick her brain on what it takes to give back to our community on such an awesome level. Copy this down guys, you can e mail Marcia at 3marcias@sbeglobal.net. She loves to help, knows how to take on a task and clearly, knows how to pay it forward.

Getting to know Marcia has been a long traveled road for me. Meeting her through one of my family members whom she has been friends with for eons, she has been "one of the family" since I can remember and has always done what she can to help out. Whether it be lugging something up the stairs for a neighbor or buying a family Thanksgiving dinner, Marcia, Marcia, Marcia has got it goin on! From a massage therapist for the stars to soccer mom to the gardener, she keeps

her chin up and her heart open.

With this article coming on the heels of last weeks suggestion regarding a community garden, I again, feel so privileged to be able to share this with my home town. Carmichael never seems to let me down and always makes me grateful to be a resident of our community.

*Go Grow Something,*  
CM RICKS

The trick to a good garden is 10/10/10. I am using compost for the first time this year and I am very happy with it. I use grass cuttings, leaves, coffee, eggshells and tea bags. Stir it up and watch your garden grow!

*Marcia Rinella, Massage Therapist the Stars*

We have a couple of beautiful gardens here in our complex. Other than Marcia's we have some flower gardens that are to die for! I really enjoy watching my tenants build these garden's, they are so pretty all summer long. Our residents keep them nice and tidy, why not allow them to enjoy their homes?  
*Jeanette Baker, Manager of a Local Apartment Complex*

Keeping up with my garden is not easy, however, every time I get going I remember why I do it. Watering is my relaxation, my serenity. And the reward at the end is fresh strawberries!

*Carol Anne Michaels, Mom of Two, Substitute Teacher*

## Singles Dateless Prom May 16 in Carmichael

*Carmichael* - Christian Singles Network, will its annual Dateless Prom for single adults Saturday, May 16, from 7 PM to 11:30 PM. at a new location, Carmichael Elks Lodge, 5631 Cypress Ave., Carmichael.. The evening features DJ dance music of all types from 8-11:30 by John Maricich and dance lessons in the Fox Trot from 7-8 PM by Siggys. Dress is semi-formal-formal or party attire, jacket and tie suggested for men. The ticket price of \$15 presale or \$20 at the door includes catered hors d'oeuvres by the Elks Lodge, and the dance lessons.

CSN dances are non alcohol. Christian Singles Network, Northern California's largest inter-church singles group founded in 1992, has over 7,500 singles on its roster and holds dances every 3 to 4 weeks. 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 Most attendees fall between the ages of 35 to 65 but all ages are welcome. CSN has been holding dances 16 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

The next dance will be Saturday, June 6, held at Carmichael Presbyterian Church. CSN also holds dinners and game nights on all non-dance Saturdays.

Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Wayside Bookstore 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. 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](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.

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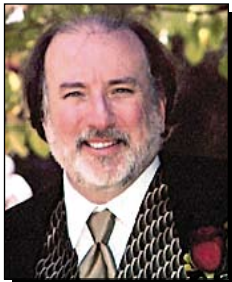
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Serving Carmichael and Sacramento County since 1981



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## Laura on Life

By Laura Snyder

I'm a pretty light sleeper. Most people who have children have taught themselves to sleep with one ear open. This is because when you have children, the "fun" doesn't stop when the lights go out.

This is because children do not know the difference between night and day even after they reach adolescence. In their first few months of life, Mom and Dad desperately try to get them to sleep through the night. The effort, of course, keeps us awake all night. When they reach the teenage years, we try in vain to keep them awake during the day, which... makes us tired too.

In twenty-five years of parenthood, I can count on one hand the number of times I've actually slept through the entire night. My children do much better than that, but there are five of them. So even if an incident happened only once a week to each of them, that would cover the weeknights. The two days that are remaining, I spend lying awake thinking about what might happen. It's a Mom-thing.

The reasons for this nocturnal madness are many. "I think I'm

going to be sick!" is a common complaint and the one a parent least wants to hear at 2:00 am. Compassion dictates that you don't say what you really want to say here: "Well, don't puke in my bedroom."

Or, "Hie yourself to the bathroom and camp out there until you're not contagious."

Or, "Okay fine. Turn around and I'll push the magic button on the back of your head that makes you all better."

Or, "So you're going to be sick. Did you need an audience?"

No, instead, you drag your exhausted carcass out of bed, put your arm around your sick child, watching carefully for signs of heaving, and escort him to the bathroom before he erupts on your new carpet.

"I had a nightmare." It is a well-known fact that Mom and Dad's bed is a nightmare-free zone and is open to any child who is being spooked by boogey men. Parents themselves have propagated this myth, so it's our own fault that we have children jumping in and out of our bed at odd hours of the night. "I have a loose tooth."

"I'm too cold."

"I'm too hot."

"I heard a noise."

"My pillow is wet."

"My (insert body part of choice) hurts."

And a perennial favorite, "I can't sleep."

"Well, thanks to you, I can't either. Have you tried lying down with your eyes closed and your mouth shut? Because I'm no expert, but it seems to me that you could probably sleep better if you weren't wandering around with your eyes open and talking to people who were already ASLEEP!"

I know. I know. A good Mommy would've asked "Why?" Well, I'm not that good of a Mommy. What do I look like? A psychotherapist? I don't care why, I just want to sleep!

This nocturnal activity is not limited to my children, either. I was blessed with a husband who has his share of night-time hallucinations. They are never quiet ones, either.

He'll sit straight up in bed dragging my blankets with him and say something guaranteed to keep me awake, like: "There's a spider in the bed." Last night, while sleeping in our own bed, in our own bedroom, my blankets jerked and I woke up knowing that he was having a "moment." I looked over my shoulder to find out what new adventure we were headed for tonight. He looked me straight in the eyes and asked, "What are you doing here?"

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



Karen Linamen

I'm writing this at three thirty in the morning.

An hour ago my cell phone gave three short chirps, waking me from a dead sleep. Who could be texting at this hour? I suspected it was my sister Michelle who works nights as a police dispatcher, or my daughter Kaitlyn, a college student. "R u sleeping?" It was Michelle.

I typed, "Depends what you mean by sleeping. If you mean that unconscious-REM-phase thing, yeah, I was sleeping. You ok?"

"Kinda down. But go back to sleep. We'll talk tomorrow."

I wrote, "Look, if it's about men, everything's going to be okay. Sure, we may be single right now, but we're strong and beautiful women and we'll be fine. Cross me heart." Noticing the typo, I added, "When did I turn into a pirate?" and hit send.

Immediately my phone chirped again and, lo and behold, it was a text from Kaitlyn! She wrote: "I hate my life. A coffee shop charged me two HUNDRED dollars on my debit card instead of TWO dollars and four checks bounced and now

## The Doctor is Awake

I have to call my bank but I'm too overwhelmed to even make the call."

I wrote back, "Sometimes we have to find our strong inner cores and rise to the occasion and do the thing we think we cannot do, but really can."

I looked for a reply from Michelle on my pirate quip. Nothing. I texted: "Stop saving lives and answer me."

She keyed back, "Sorry. Just sending units rolling on an ax murderer-terrorist-sniper call. My bad for making you wait. Now what were you saying?"

By now Kaitlyn had responded to my comment about finding her inner core. She wrote, "I'll try."

I responded by firing off a series of texts reminding her that, in the middle of the night, it's easy to let fears and worries eclipse hope and reason. I encouraged her to separate the task at hand from any feelings of inadequacy or anxiety, pick up the phone, talk to the bank and get it solved. I assured her she could handle this simple call with one hand tied behind her back. As long as it wasn't her dialing hand.

Returning to my conversation with Michelle, I wrote: "Things could be worse. I was at the tire store today with Dad and we couldn't tell if the clerk was a man or woman. Even the nametag didn't help. It said Jess. Just as I came to the conclusion that Jess was a woman, Dad blurted, 'You're a fine young man. You'll go far in this business.' Which is why you and I need to cheer up. We may not be dating men right now, but at least no one *thinks* we're men."

In the middle of all this texting, I wondered why psychologists and life coaches don't offer night hours. Then again, if therapists had night hours, I guess the rest of us wouldn't get to

pick up the slack and encourage each other. People I love have certainly been there to diffuse MY midnight-fears. I considered myself blessed to be there for Michelle and Kaitlyn now.

Texting Michelle, I assured her there is a male who adores us and would love to take us for moonlit strolls in the park, even if he does wear a rabies tag and lick his own fur.

I texted Kaitlyn: "I must be getting tired. I just told your aunt that Buddy would make a good date."

Suddenly it dawned on me that I hadn't gotten any texts back in awhile.

I texted Michelle. "Where are you?"

She wrote, "My break ended half an hour ago. Back at work. Can't text. Go to bed. Luv u."

I dialed Kaitlyn. She answered on the fourth ring sounding groggy.

I said, "Are you SLEEPING?"

"Yeah. I went to bed awhile ago. Can we talk tomorrow, Mom? I'm beat. Besides, do you know what time it is?"

We hung up.

I blinked at my phone for several minutes before replacing it on the nightstand. I rolled over and closed my eyes. I adjusted my pillow. After awhile I went downstairs and got my laptop. Back in bed, I logged on and stared for five more minutes at a blank page and blinking cursor. Eventually I typed, "I'm writing this at three thirty in the morning..." Do I know what time it is? You bet I do. Time to start posting office hours, that's what time it is.

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](mailto:karen@karenlinamen.com).



### Custody battle makes teen insane

by Lauren Forcella

**Dear Straight Talk:** I hope you can help me. My parents are in the middle of a divorce and are fighting over us kids. Every little thing, like soccer practice, or one of them having to be gone a few hours, causes huge disruptions in the custody schedule and they won't stick to it. And every time we are supposed to switch houses we are made to feel like we shouldn't. We are legally old enough to choose parents, but neither is so horrible that we only want to be with one. To add to it, my dad's girlfriend tempts me with clothes shopping on my mom's custody time and my mom goes ballistic. I would just like our parents to follow the custody plan without fighting and let it be flexible when we need it to be. Is this so unreasonable? My brother has quit soccer and all he does is play video games to escape. Our life is total hell. What have other kids done to make things sane? — Complete insanity

**Jennifer, 15, Fair Oaks, CA:** My parents fought a lot at first and my older brother fell into video games, too, taking his anger out on me. My dad would get extra time by guilt-tripping us, which worked for awhile because my mom stopped battling him when she

saw the strain it put on us. When I would finally return to her house I would be completely drained from the unhealthy environment at his house. In seventh grade, he wanted even more time. But now I was strong enough to make my own choices and I chose to live with my mom and visit him when I wanted. He pushed but I held my ground. He still pushes, but there is no real issue because it's MY choice. My advice is to live primarily at the healthiest house for your upbringing and visit the other parent as much or as little as you want. They can pressure you, but you have to do what's best for your life.

**Jessie, 16, Ashland, OR:** It's been 10 years since my parents divorced and they still can't decide who gets us when. What my brother and I did was force them to stick to the custody plan. If the parent needed to be gone during their custody time, they had to find a sitter (which could be the other parent). It was hard, but our firmness to the plan pulled us through. Now that we're older, WE decide what house we want to stay at and when. When my parents made life completely insane, it was relaxing to vent with a school counselor and see what they suggested.

**Rachel, 17, Fair Oaks, CA:** My parents divorced when I was tiny and you'd think over the course of my life they'd get the trading and sharing down to a science, but that never happened! Parents seem to think of us as the ball in a rugby game, whoever can smother it most, or tackle the opponent harder, wins. You have to become the ref not the ball; I know it seems unfair, we're supposed to be the kid, but trust me, they need the guidance.

**Dear Insanity:** Be the ref not the ball, force your parents to stick to the custody plan, recognize bribes, hold your ground to stay where it is healthiest, know they love you regardless of your choice, seek a counselor. Advice doesn't get better — more is on the website. But notice that to solve things, the teens ended up taking charge. They were the sane ones. The day is coming when letting kids become videogame-addicted will be grounds for custody loss, in the meantime, if your brother doesn't snap out of it, you must take charge on your own. I guarantee you'll feel better immediately.

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

## POPPOFF!

with Mary Jane Popp

### NITEY NIGHT

Do you say nitey night and then have a nitey not? You know what I mean. You toss and turn and sleep just never comes. Then look out the next day! You are miserable and so are the people around you. We just don't get enough sleep. So I checked in with two folks that gave me some sleep solutions..

A few years back, I had the privilege of co-authoring "Sleep Solutions" with an internationally known doctor who specialized in sleep disorders. Dr. Israel Perlestein dedicated his life to helping people find rest. Here are a few of his thoughts. 1) Going to bed at different times can cause you to toss and turn, or find your usually comfortable pillow aggravating. It can cause you to have those weekend headaches and feel groggy if you sleep late on weekends. The body's time clock prepares us for better sleep if we go to bed at approximately the same time each evening, and get up at regular times. Oversleeping has a negative effect on physical and mental abilities.

2) If you're a stomach sleeper, you are a problem waiting to happen. When you sleep on your stomach, you have to keep your head turned to one side. This twists your neck, thus stretching the blood vessels, nerves, muscles, and connective tissue. Vertebrae are squeezed together adding pressure on the discs, and nerves are compressed. Pinched nerves, thinning of the discs, muscle spasms, and headaches can be the result.

3) Bed readers beware. Unless your eyes are focused so that you are looking straight ahead, your eye muscles will develop fatigue.

For the least strain on the arm and neck muscles, as well as the eyes, reading should be done in a sitting position, or one nearly so.

4) If any little noise bothers you... dogs barking, water dripping, keep a radio by your bed tuned to something soothing. Or try turning on a small electric fan to diffuse the noise.

And then I spoke with Nyna Nelson RN-CS, GNP, Founder of Alternative Wellness Solutions. She gave me a few insights into a good rest like: 1) Insomnia can be caused by being too warm. Make sure home temperatures are down and comforters can breathe.

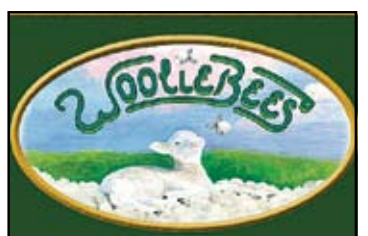
2) Are you eating too late at night? It can lead to indigestion. Make sure you don't eat within two hours of going to bed. Make sure you're not eating rich foods for your evening snack.

3) Are you watching TV or reading a book too late? If you do like to read, it should be serene and not an action adventure that will stir up your mind and senses. Even watching late night news can lead to an overactive mind when you try to unwind.

4) Do to the economic times, you may think your insomnia is due to stress in your life, but it could be a hormone imbalance.

5) Your pets and partner could be contributing to your sleeplessness. It could their coughing or snoring. We do love our pets, but if they don't settle down, they could impede your sleep. It may be necessary in the shot-term to make separate sleeping arrangements until you are caught up with your rest.

If you need more help, Check out [www.wemakeyouwell.com](http://www.wemakeyouwell.com). Lots of good stuff on your life. Oh, and SWEET DREAMS!!!



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- Free BBQ! • Bounce House!

This event is free and all community members, family and friends are welcome!

*For more information visit our website at [www.morpd.com](http://www.morpd.com) or call (916) 333-6464. In partnership with the Sacramento County Childhood Obesity Prevention Coalition.*

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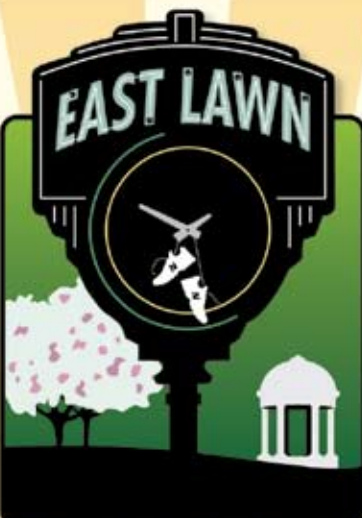
## First Pitch for Baseball Academy Coming July 19th

The Dusty Baker Baseball Camp opens this year on July 19th in Rancho Cordova. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group of top-flight coaches providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college or professional baseball.

For more information call **Bruce Carmichael** at 1-530-644-3067, or E-Mail: [bdcarmichael@sbcglobal.net](mailto:bdcarmichael@sbcglobal.net). Visit the camp website at [www.dustybakerbaseballcamp.com](http://www.dustybakerbaseballcamp.com)

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

2nd Annual



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

**Saturday July 25, 2009**  
Start and finish lines at the historic East Lawn Memorial Park

For registration or more info:  
[www.memory5k.org](http://www.memory5k.org)



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## 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.

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!

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

The Genealogy Association of Sacramento meeting will meet Wednesday 20th of May at Belle Coolidge Library, 5600 South Land Park Drive, Sacramento.

Lynn Brown is our speaker, and she will talk about Family Search "Labs" on how to navigate the FamilySearch.org site on the internet. It should be very enlightening for those of us who are slow learning to use computers. Visitors and prospective members are always welcomed.

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# Celebrating Older American's Month



Kiyoko Sato

Why Older Americans Month? The United States of America is a little over 230 years old. We weren't part of the Renaissance Era or the French Revolution. But, we had the Old West and the American Revolution. America's unique history includes baseball, Southern plantations, the redwood highway, Model A's, Elvis Presley, Louis Armstrong, cattle drives, cruising, Marilyn Monroe, Gary Cooper, surfing, Martin Luther King, Andy Warhol and, of course, the original Native Americans. Older Americans are an integral part of this country's core spirit and historical revue. They each have stories; a legacy to share. They should be acknowledged, appreciated and respected. They should also be offered a variety of options for health care, income and just plain fun. In 1965, the Older Americans Act was signed into law, and the U.S. Administration on Aging declared May as Older Americans Month. This year's theme "Living Today for a Better Tomorrow" reflects AoA's continued focus on efforts and programs throughout the country that are assisting older adults to improve their health, and avoid the risks of chronic disease, disability and injury.

### The Inspiring Story of Kiyoko Sato

Kiyoko Sato was 19 years old when her family was sent to an intern camp in Arizona during World War II. Her autobiography, "Kiyoko's Story," ultimately led to a speaking engagement at the Smithsonian Institution and a membership with The Poston Memorial Monument Committee. As a member of the Veterans of Foreign Affairs, Nisei Post 8985 (Air Force nurse), she created a speaking bureau to speak at high schools and colleges. "Teachers love it. Sacramento Magazine featured us as the Best Public Servants Over the Age of 70. Now, we're 80. It's kind of a worry. The younger veterans aren't joining Posts. How do we continue this education?" As a pre-school nurse, her challenges of vision testing three and four-year-olds inspired her to develop the Blackbird Vision Screening System ([www.blackbirdvision.com](http://www.blackbirdvision.com)). It received the National Grand Prize from RN Magazine and is utilized throughout the country. "My crusade is to see that all four-year-olds have their eyes screened, because if you wait beyond that, the brain sets. If children are caught

by age four or five, at the latest, then you can prevent a visual loss." She practices Tai Chi and hula dancing for exercise. "We have maybe 15 ukulele players and two of us dance. We perform at nursing and retirement homes." Her only medication is for high blood pressure. She believes in eating fresh vegetables. "My brother comes every spring and plants my vegetable garden." "I am feeling so fortunate to be able to pursue the things I believe in. There are times when I think, I just got to slow down, but I don't know what I would quit. I would suggest to any senior to volunteer for something you really like to do. There are so many things to choose from."

### Be Active

By living an active, healthy lifestyle, you not only reap the physical and mental benefits, but you are also demonstrating to younger generations that age really is just a number, and that their own futures can be of high quality.



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## KING Crossword

1	2	3	4		5	6	7		8	9	10	11
12				13					14			
15									16			
			17				18	19				
20	21	22				23						
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	32		33						34			
			35					36				
37	38	39					40					
41					42	43			44	45	46	
47					48							
49					50				51			

### ACROSS

- 1 Split apart
- 5 Track circuit
- 8 Taj Mahal city
- 12 Phone number prefix
- 14 Reach 212 degrees F.
- 15 Be sycophantic toward
- 16 A single time
- 17 Prompt
- 18 Semblances
- 20 Little bird's call
- 23 Despot
- 24 Pianist Dame Myra
- 25 Unknown man
- 28 A Gershwin
- 29 "The Old — Bucket"
- 30 Boxer
- 32 Fastened a belt
- 34 Gambling game
- 35 NC school
- 36 Serf
- 37 "Ed Wood" Oscar winner
- 40 Crib
- 41 Notion
- 42 Stop progressing
- 47 Bellow
- 48 Cinched
- 49 Venomous snakes
- 50 Biblical verb ending
- 51 Building block name
- 3 Fresh
- 4 Trips the light fantastic
- 5 Adore
- 6 Lemony quaff
- 7 Ceased to exist
- 8 On the ship
- 9 Talent show prop
- 10 Wedding snower?
- 11 Microbrewery output
- 13 — d'état
- 19 "Death in Venice" author
- 20 Actor McBride
- 21 34-Down, for one
- 22 Jacob's brother
- 23 Bus fare, sometimes
- 25 Louvered window
- 26 October birthstone
- 27 37-Down replacer
- 29 Tex. neighbor
- 31 Comprehensive
- 33 Lebanese trees
- 34 Finocchio
- 36 Lofty
- 37 Old Italian money
- 38 Commotions
- 39 Tide type
- 40 "Splish Splash" activity
- 43 Potent stick
- 44 Mr. Lincoln
- 45 Playground game
- 46 Self

### DOWN

- 1 U.K. fliers
- 2 Historic period

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## Weekly SUDOKU

by Linda Thistle

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

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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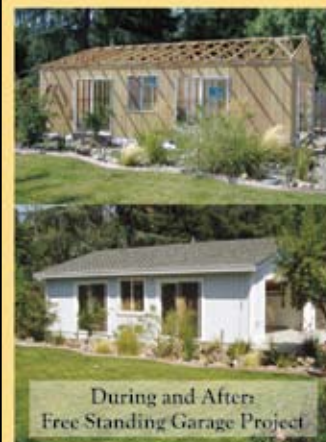
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HAIR STYLIST NEEDED - We are a contemporary, new, drama-free salon located in Carmichael. Must have clientele following-low booth rent, move-in specials. Call 916-481-3864 (MPG)

MANICURIST NEEDED - We are a contemporary, new, drama-free salon located in Carmichael. Must have clientele following-low booth rent, move-in specials. Call 916-481-3864 (MPG)

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Exp & professional filing clerk needed to organize and file for private residence. Must have own trans. Hrs: 12:30-5:30pm, m-w-f. \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (MPG)

Web Work We are seeking someone to help post articles to our many websites. No editing required. Weekly updates can be done in just a few hours each week. Flexible times. Contract work. Must have web design work experience. Call 773-1111. Messenger Publishing Group.



Government Jobs-\$12-\$48/hr Paid Training, Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-9353 x2100 (NANIG)

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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, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (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, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

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TUPPERWARE Please call for a Free Catalog. Chris Krcmar 916-483-1671 (MPG)

Miscellaneous Items For Sale

DIRECTV FREE 4 Room -System! 265+ Channels! Starts \$29.99/FREE HBO, Showtime, Starz! 130 HD Channels! FREE DVR/HDI! No Start Up Costs! DirectStarTV Local Installers! 1-800-973-9044 (NANI)

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

Reclining Sofa Dark Green \$400.00 Excellent condition, Amoire light wood 3 Drawers \$200.00. White dining table w/leaf and 4 chairs \$50.00 Call 916.803.7247 (MPG)

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Prayers & Novenas

THANKSGIVING NOVENA TO ST. JUDE O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen. Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. (MPG)

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**FICTITIOUS BUSINESS NAME STATEMENT #0903498.** Duane Casebolt, 8007 Creekfront Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Pure Water Pools" at 8007 Creekfront Lane, Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on April 10, 2009. Publish: April 21, 28, May 5, 12, 2009. PUEWA 90403 5-12-09

**FICTITIOUS BUSINESS NAME STATEMENT #0903142.** Teresa Coleman, 1620 53rd St., Sacramento, CA 95819 is doing business under the Fictitious Business Name "Capital City Transaction Coordination" at 1620 53rd St., Sacramento, CA 95819. Filed with the Clerk of Sacramento County on April 1, 2009. Publish: April 21, 28, May 5, 12, 2009. CAPCIT 90403 5-12-09

**FICTITIOUS BUSINESS NAME STATEMENT #0903218.** Mitchell L. Hoeffel, 3841 Doty St., Carmichael, CA 95608 and Anna Sullivan, 6920 Fair Oaks Blvd. #105, Carmichael, CA 95608 are doing business under the Fictitious Business Name "B&H Holdings" at 6920 Fair Oaks Blvd. #208, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on April 3, 2009. Publish: April 21, 28, May 5, 12, 2009. B&HHOL 90403 5-12-09

**FICTITIOUS BUSINESS NAME STATEMENT #0903665.** Horizon Nonprofit Collective, 3600 Power Inn Rd., Sacramento, CA 95826 is doing business under the Fictitious Business Name "Horizon Collective" at 3600 Power Inn Rd., Sacramento, CA 95826. Filed with the Clerk of Sacramento County on April 15, 2009. Publish: April 21, 28, May 5, 12, 2009. HORIZO 90403 5-12-09

**FICTITIOUS BUSINESS NAME STATEMENT #0902633.** Rita Matthews Foster, 7449 Minnesota Dr., Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "KM Dance Arts Studio" at 6104 San Juan Ave., Citrus Heights, CA 95610. Filed with the Clerk of Sacramento County on March 17, 2009. Publish: April 21, 28, May 5, 12, 2009. KMDANC 90403 5-12-09

**STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0707189.**  
 The following person has abandoned the use of the FICTITIOUS BUSINESS NAME OF RWR Electronics, located at 5073 7th Ave., Sacramento, CA 95820.  
 Wade Tai, 5073 7th Ave., Sacramento, CA 95820.  
 The Fictitious Business Name Statement was filed on June 22, 2007 in the County of Sacramento.  
 Filed with the Clerk of Sacramento County on March 26, 2009. Publish: April 21, 28, May 5, 12, 2009. RWRELE 90403 5-12-09

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00039529-CU-PT-GDS**  
 WHEREAS, Mae Phoo Saechao has filed a petition in this court for a decree changing name of Mae Phoo Saechao to Cindy Mae Saechao. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on May 21, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 14, 2009. Loren E. McMaster Judge of the Superior Court. Publish: April 21, 28, May 5, 12, 2009. SAECCHA 90403 5-12-09

**SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00040322-CU-PT-GDS**  
 WHEREAS, Ross Patrick Woodard has filed a petition in this court for a decree changing name of Ross Patrick Woodard to Ross Patrick Stein. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on May 20, 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: April 8, 2009. Shelleyanne W.L. Chang Judge of the Superior Court. Publish: April 21, 28, May 5, 12, 2009. WOODAR 90403 5-12-09

**NOTICE OF TRUSTEE'S SALE TS No. 09-0003906 Title Order No. 09-8-021035 APN No. 232-0283-010-0000 YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED 09/19/2005. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER. Notice is hereby given that RECONTRUST COMPANY, N.A., as duly appointed trustee pursuant to the Deed of Trust executed by**

**ANNA L. CHRISANTHIS AND PETER CHRISANTHIS JOINT TENANTS** dated 09/19/2005 and recorded 09/26/05, as Instrument No. , in Book 20050926, Page 2706), of Official Records in the office of the County Recorder of Sacramento County State of California, will sell on 05/19/2009 at 11:00AM, At the main entrance to the County Courthouse, 720 9th Street, Sacramento at public auction to the highest bidder for cash or check as described below, payable in full at time of sale, all right, title, and interest conveyed to and now held by it under said Deed of Trust, in the property situated in said County and State and as more fully described in the above referenced Deed of Trust. The street address and other common designation, if any of the real property described above is purported to be: 6130 ORSI CIRCLE, CARMICHAEL, CA, 95608. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. The total amount of the unpaid balance with interest thereon of the obligation secured by the property to be sold plus reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of Sale is \$305,748.13. It is possible that at the time of sale the opening bid may be less than the total indebtedness due. In addition to cash, the Trustee will accept cashier's checks drawn on a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. Said sale will be made, in an "AS IS" condition, but with out covenant or warranty, express or implied, regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed of Trust, advances thereunder, with interest as provided, and the unpaid principal of the Note secured by said Deed of Trust with interest thereon as provided in said Note, plus fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust. If required by the provisions of section 2923.5 of the California Civil Code, the declaration from the mortgagee, beneficiary or authorized agent is attached to the Notice of Trustee's Sale duly recorded with the appropriate County Recorder's Office. DATED: 04/28/2009 RECONTRUST COMPANY, N.A. 1800 Tapa Canyon Rd., CA6-914-01-94 SIMI VALLEY, CA 93063 Phone/Sale Information: (800) 281 8219 By: Trustee's Sale Officer RECONTRUST COMPANY, is a debt collector attempting to collect a debt. Any information obtained will be used for that purpose. FEI # 1006.47957 4/28, 5/05, 5/12/2009 FEI 90404 5-12-09

**NOTICE OF PETITION TO ADMINISTER ESTATE OF GARY RICHARD KYPKE, decedent.**  
 ESTATE NO. 34-2009-41715  
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of GARY RICHARD KYPKE.  
 A petition has been filed by Teresa D. Woodside in the Superior Court of California, County of Sacramento, requesting that Teresa D. Woodside be appointed as personal representative to administer the estate of the decedent.  
 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 5, 2009 at 9 a.m.  
 IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.  
 IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.  
 YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.  
 The name and address of petitioner or petitioner's attorney is: Teresa D. Woodside, 2089 Bailey Circle, El Dorado Hills, CA 95762; 916-358-5667. Publish: April 28, May 5, 12, 2009. WOODSI 90405 5-12-09

**BEACHW 90405 5-19-09**  
**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.  
 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](http://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](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp.org](http://www.courtinfo.ca.gov/selfhelp.org)), 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

**FICTITIOUS BUSINESS NAME STATEMENT #0904124.** Rob Carpenter, 6219 Hilltop Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "Carpenter Auto Group" at 701 Del Paso Road, Sacramento, CA 95834. Filed with the Clerk of Sacramento County on April 28, 2009. Publish: May 5, 12, 19, 26, 2009. CARPEN 905-1 5-26-09

**NOTICE OF PETITION TO ADMINISTER ESTATE OF GRACE G. HESER aka OLLIE GRACE GUTH, decedent.**  
 ESTATE NO. 34-2009-43057  
 To all heirs, beneficiaries, creditors, and contingent creditors

**FICTITIOUS BUSINESS NAME STATEMENT #0902411.** Artur Ryabstev, 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

**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 1, 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 #34-2009-00042109-CU-PT-GDS**  
 WHEREAS, Arick Cheng-Hui Wong has filed a petition in this court for a decree changing name of Arick Cheng-Hui Wong to Arick C. Corona. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on June 4, 2009 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this order to show cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: April 23, 2009. Loren E. McMaster Judge of the Superior Court. Publish: May 5, 12, 19, 26, 2009. HUIWON 905-1 5-26-09

**NOTICE OF PETITION TO ADMINISTER ESTATE OF GRACE G. HESER aka OLLIE GRACE GUTH, decedent.**  
 ESTATE NO. 34-2009-43057  
 To all heirs, beneficiaries, creditors, and contingent creditors

**FICTITIOUS BUSINESS NAME STATEMENT #0904226.** Barbara J. Chaney, 9345 Rolling Acres Ct., Orangevale, CA 95662 is doing business under the Fictitious Business Name "B and C Flooring" at 9345 Rolling Acres Ct., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 30, 2009. Publish: May 12, 19, 26, June 2, 2009. BARNHA 90502 6-2-09

**FICTITIOUS BUSINESS NAME STATEMENT #0904323.** Jerrold A. Azevedo, 10523 Fair Oaks Blvd. #325, Fair Oaks, CA 95628 is doing business under the Fictitious Business Names "RGS; Carpools And More" at 10523 Fair Oaks Blvd. #325, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on May 4, 2009. Publish: May 12, 19, 26, June 2, 2009. RGSCAR 90502 6-2-09

**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 12, 19, 26, June 2, 2009. BARNHA 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 12, 19, 26, June 2, 2009. BARNHA 90502 6-2-09

**FICTITIOUS BUSINESS NAME STATEMENT #0904226.** Barbara J. Chaney, 9345 Rolling Acres Ct., Orangevale, CA 95662 is doing business under the Fictitious Business Name "B and C Flooring" at 9345 Rolling Acres Ct., Orangevale, CA 95662. Filed with the Clerk of Sacramento County on April 30, 2009. Publish: May 12, 19, 26, June 2, 2009. BARNHA 90502 6-2-09

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 time for filing claims will not expire before four months from the date of the hearing noticed above.  
 YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in Section 1250 of the California Probate Code.  
 The name and address of petitioner or petitioner's attorney is: Michael Hesper, 4680 Rocklin Rd., Rocklin, CA 95677; 916-251-7313. Publish: May 12, 19, 26, 2009. HESER 90502 5-26-09

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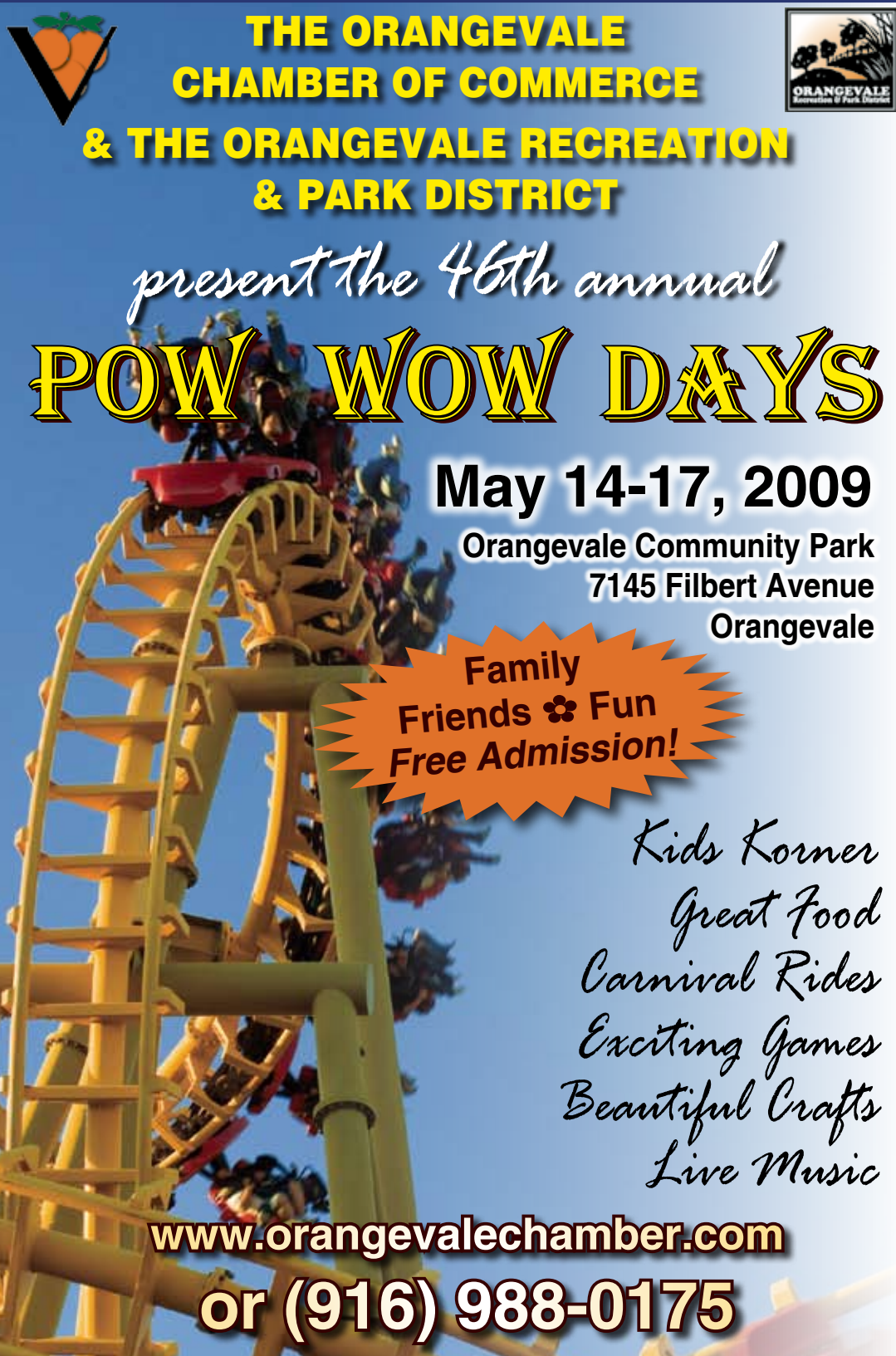
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<p><b>Funeral Services</b></p> <p><b>RUSS MONROE'S</b>                  FUNERALS &amp; CREMATIONS                  FD 1404                  7960 WINDING WAY                  FAIR OAKS, CA 95628                  Tel (916) 9611265                  Fax (916) 9612430</p>	<p><b>Janitorial</b></p> <p><b>CAPITAL CLEANING</b>  <a href="http://www.capitalcleaning.net">www.capitalcleaning.net</a></p> <p>Residential Construction                  Commercial Emergencies                  Windows Vacancies  <i>Cleaning for a reason™</i></p> <p>(916) 973-9999                  John Cassietto, Owner                  18 Years of Trust, Reliability                  and a commitment to Excellence</p>	<p><b>Alterations</b></p> <p><b>ALTERATIONS                  by Patina</b>  <b>SPECIALIZING IN BRIDAL &amp; FORMAL</b>                  11082 Coloma Rd., Suite 7                  Coloma Village Shopping Ctr. • Rancho Cordova  <b>(916) 853-1078</b>                  WWW.ALTERATIONSBYPATINA.NET</p>	<p><b>Italian Bakery &amp; Cafe</b></p> <p><i>Dianda's                  Italian Bakery &amp; Cafe</i>  <b>(916) 966-3757</b>                  RUM CAKE • ST. HONORE • GANNOLI                  COOKIES • PASTRIES • ALMOND TORTE  <i>Located in Fair Oaks Village</i>                  10131 Fair Oaks Blvd.   Fair Oaks, CA 95628</p>	<p><b>Funeral Services</b></p> <p><b>RUSS MONROE'S</b>                  FUNERALS &amp; CREMATIONS                  FD 1404                  7960 WINDING WAY                  FAIR OAKS, CA 95628                  Tel (916) 9611265                  Fax (916) 9612430</p>





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