

# Carmichael Times



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Volume 29 Issue 18

Serving Carmichael and Sacramento County since 1981

May 5, 2009

## Sacramento County Fails in Air Pollution Report



38 of California's 58 Counties Fail State of the Air Report

Sacramento - Sacramento County is one of 38 California counties that have been given a failing grade in the annual State of the Air Report, released today (April 29) by the American Lung Association. Placer and El Dorado counties also received failing grades. The report analyzes air pollution measurements taken by the Environmental Protection Agency to determine whether or not air quality conditions meet accepted standards. "Some Californians want to believe that air pollution is only an environmental problem, but the fact is that bad air quality seriously compromises lung health," said Dr. George Bensch, Director of Allergy, Immunology, Asthma at San Joaquin Hospital and volunteer spokesperson for the American Lung Association in California. "Study after study shows that those living in poor air quality are more prone to lung disease than those who don't. Children who live in areas with poor air quality like Sacramento County are particularly susceptible to lung disease. This report should be a wake-up call for every resident of the county."

The State of the Air report includes a national air quality "report card" that assigns A-F grades to counties across the country and ranks cities and counties most affected by the three most widespread types of pollution; ozone (or smog), annual particle pollution, and 24-hour particle pollution levels. The report also details trends for the 25 most polluted cities. Grades for the 1,000 counties with air pollution monitors can be found by entering

a zip code at [www.stateoftheair.org](http://www.stateoftheair.org). "The State of the Air Report once again highlights the work yet to be done on meeting air quality goals for the Sacramento region," said Larry Greene, Executive Director and Air Pollution Control officer with the Sacramento Metropolitan Air Quality Management District. "Air agencies and their many partners make progress each year and remain dedicated toward that task."

Ozone is the most widespread form of air pollution. Ozone pollution immediately irritates the lungs when inhaled, resulting in something like bad sunburn. The health effects of breathing it can be immediate. Ozone can cause wheezing, coughing and asthma attacks. Breathing ozone pollution can even shorten lives. Breathing ozone and particle pollution is bad even for healthy children and adults. The ozone grades incorporate the new national air quality standard for ozone, adopted in March 2008. This standard recognizes that even lower levels of ozone can be more harmful than previously thought. Particle pollution is a toxic mix of soot, diesel exhaust, chemicals, metals and aerosols. Breathing in particle pollution can increase the risk of early death, heart attacks, strokes and emergency room visits for asthma and cardiovascular disease. Particle pollution also affects how children's lungs grow and function.

The American Lung Association's State of the Air 2009 report finds that 6 out of 10 Americans -- 186.1 million people -- live in areas where air

pollution levels endanger lives. State of the Air 2009 acknowledges substantial progress against air pollution in many areas of the country, but finds nearly every major city still burdened by air pollution. Despite America's growing "green" movement, the air in many cities became dirtier since the last report.

The report finds that air pollution now hovers at unhealthy levels in almost every major city, threatening people's ability to breathe and placing lives at risk. Some of the biggest sources of air pollution, including power plants, old diesel engines, and ocean-going vessels, also worsen global warming.

Emerging research has redefined the severity and immediate health impacts of particle and ozone pollution. New data show that women in their 50's may be particularly threatened by air pollution. Diesel truck drivers and dockworkers who are forced to breathe exhaust on the job may face a greater risk of developing lung cancer or chronic obstructive pulmonary disease.

Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association's "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association, a Charity Navigator Four Star Charity and holder of the Better Business Bureau Wise Giving Guide Seal, or to support the work it does, call 1-800-LUNG-USA (1-800-586-4872) or visit [www.lungusa.org](http://www.lungusa.org).

## Elks Honor Students With Awards



High School Seniors line up at the awards presentation

Carmichael - Eleven area high school seniors were honored with a delicious dinner and a certificate presentation at the Carmichael Elks

Lodge. The senior students introduced their proud family members and their attending school's faculty member. The event attendance and the

support shown for these students was wonderful. Elk's Exalted Ruler, Bob Lowe presented the Most Valuable Student Scholastic Achievement Certificate to each student. The students also received a scholarship check by mail from the Lodge. These scholarship checks totaled \$6,400.00. Six other seniors, three girls and three boys, advanced through to the district level. The qualities of the applicants were readily apparent, as all six won at the district level and are now waiting for the State judging to be completed.

The 2010 seniors need to obtain an Elk Scholarship Form in September 2009 from the Elk's Lodge in their area.

Elks care about our children and their education.

Submitted by Rita Lowe

## River-Friendly Landscape Coalition Wins Environmental Award

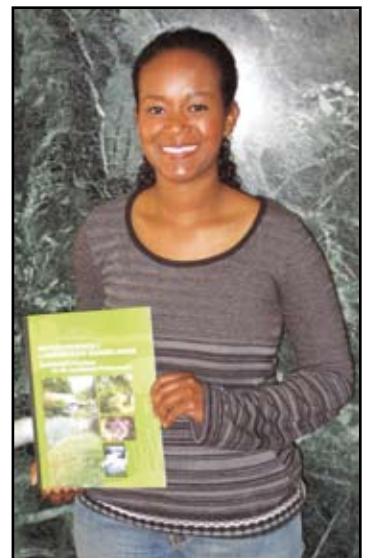
Sacramento - The River-Friendly Landscape Coalition is being recognized as a leader in protecting and enhancing the environment in the greater Sacramento community by the Sacramento Environmental Commission. The coalition consists of multiple government agencies, academic institutions, and non-profits in this region all working together to promote landscaping practices and designs that address multiple environmental issues, such as water, air, energy, and habitat. "Whenever one Coalition member promotes River Friendly Landscaping, all the members benefit from the program's holistic approach and shared message," said Dave Tamayo, Environmental Specialist with the Sacramento County Stormwater Program.

The RFL program is a whole systems approach to the design, construction and maintenance of landscapes to support the integrity of the Sacramento River watershed. There are seven main principles which are: 1) Landscape Locally, 2) Landscape for Less to the Landfill,

3) Nurture the Soil, 4) Conserve Water, 5) Conserve Energy, 6) Protect Water & Air Quality, 7) Create & Protect Wildlife Habitat.

The Sacramento County Stormwater Program has promoted River-Friendly Landscaping (RFL) since 2005 beginning with its publication of the River Friendly Landscape Guidelines, and including free workshops for landscape professionals and home gardeners. Building on the success of these efforts, the county led the formation of the RFL Coalition in 2008, to enhance cooperation and mutual support among its member organizations. The Coalition includes SMUD, EcoLandscape California, Cities of Folsom, Roseville, Sacramento; Association of Professional Landscape Designers, and Regional Water Authority to name a few.

The Sacramento Environmental Commission presented the Leadership Award to the River-Friendly Landscape Coalition on April 20th at the County Administration Building, 700 H Street.



Jeanette Watson with Sacramento County Department of Water Resources accepts the Leadership award on April 20, on behalf of the River-Friendly Landscape Coalition.

For more information on the RFL program and for a complete list of coalition members, visit [RiverFriendly.org](http://RiverFriendly.org).

## Mother of Twelve Celebrates Mother's Day



Virginia Breault

By Julie Parker

All twelve of Virginia Breault's children were delivered via C-Section. "People always make it sound like it was a big deal, but it really wasn't. It wasn't like they all came at once."

Sunlight shines through the window onto Virginia, who sits in an easy chair in the corner of her living room. Two shelves of family photographs extend out from either side of her, mimicking her own rays of sunshine.

"I thought of the age difference between my youngest and oldest child, and about cried -- almost 30 years. I just thought, 'Oh my God.' I couldn't believe it. Lordy."

She fondly remembers the process from her first birth. "You stayed in the hospital for ten days, getting a lot of bed rest, back rubs, and alcohol rubdowns." Three years later, things had changed. "Fathers couldn't be in the room when mothers were in labor. Nobody could come in; not

even my aunt. She was my closest relative. I was in this little, dark room; you'd think I was in prison, with a little window. I could see day, then night. It was terrible. You could hear other women in there screaming. Today, it's so different. I've seen my grandchildren being born, and everybody's in the delivery room; there's a crowd. One's got a movie camera."

She enjoyed motherhood immensely, sewing her own diapers and little kimonos by hand, when she didn't have a sewing machine. When the kids were older, she would shop at the old White Front store on Watt and Arden.

Cooking for a large family involved a lot of spaghetti and casseroles. "I'd be sure that I made it to last two days. There was one called 'Shipwreck Casserole.' I'm sure it had hamburger in it. I never did try Hamburger Helper. There was something about it that just didn't appeal to me. I thought, I do have my standards. When I was going to make a potato salad, I bought a ten pound bag of potatoes. I wouldn't know what it would mean to buy anything less.

I was in the kitchen fixing dinner one night. The kids were all on the floor watching some sporting event on TV and chattering. I peeked my head around the wall, looking at them. I thought, 'Oh, my gosh. Where did they come from? Haven't I been blessed?' There is no other word for it. I do know one thing for sure. That God gives babies to young mothers for a very specific reason, and that's because they have the energy to do it."

The family spent their vacations

along the beaches of Southern California or north to Mt. Shasta, Weed, Dunsmuir and Mt. Lassen. "The kids absolutely loved it. Every place we went, we took one of our kid's friends. There weren't enough of our own, so we'd always have to take one of theirs. 'You've got six sisters. Why do you need to take a friend with you?'"

To instill the true meaning of Christmas, she would have the children select small items that they would enjoy, and then donate them to the Wellspring Women's Center. "I wanted them to get into the idea of giving and not just taking, and I think my children do a wonderful job. They are very good at working with people that have problems, like my daughters would be driving down by the mall, see a young woman standing with a baby, and put \$10 in her hands for diapers."

It's been a wonderful life. I think today I have 27 grandchildren, and 11 or 12 great-grandchildren already, and what's more fun than that?

I saw the Grand Canyon once. I thought it was beautiful. It's a sight. I have no desire to see it again. But, you can bring my grandchildren in here everyday, and I would never get tired of watching them."

Everybody has the best intentions, but Julie Parker will help you preserve your family history. As a biographer-personal historian, she can organize your photographs and documents, interview relatives, and perform historical research. Call Julie now to preserve your family legacy for future generations. (916) 487-3837; [www.yourfamilybiography.com](http://www.yourfamilybiography.com)

## Local High School Students Earn Environmental Award

Sacramento - California Integrated Waste Management Board Executive Director Mark Leary presented awards to local high school students for their efforts to enhance California's creeks, streams, and rivers on Friday, April 17, 2009. "Creek Week", celebrating its 19th year, is an annual event organized by the Sacramento Area Creeks Council and made possible by sponsorships and in-kind donations. It promotes the long-term protection of our creek systems and creek banks by controlling trash,

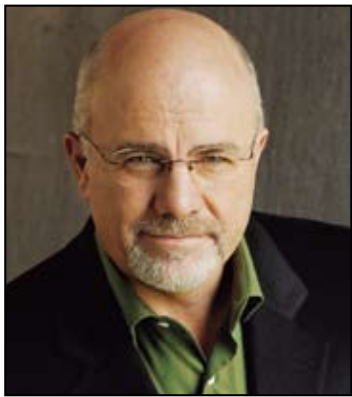
pollutants, and non-native plants that are overtaking native riparian habitat—a goal that benefits the entire community.

"The Board congratulates the students of Mira Loma High School for their outstanding efforts in keeping local waterways pristine, and helping to protect the fragile ecosystem that surrounds us," said Leary. "It's encouraging to see the young people of this school taking the health of the environment to heart."

Arca Creek Project is in the fifth

year at Mira Loma High School and is run entirely by students in the International Baccalaureate Program, who carefully monitor the health of Arca Creek in Sacramento County. Clean creeks promote proper drainage, which is necessary to sustain plants and wildlife along the creeks and to ensure safe drinking water. Not throwing trash or harmful chemicals like used oil down storm drains or dumping them into creeks is essential to maintaining a healthy ecosystem.

# Dave Says



## How Much is Enough?

Dear Dave,  
In your plan, you talk about Baby Step 3 as saving enough to have three to six months of expenses in your emergency fund. My husband and I were wondering how you can determine whether you need to be on the low end or high end of that range?.

- Amanda

Dear Amanda,  
Lots of times in a marriage you'll have a situation where one person wants to save more, while the other is excited to move on toward investing. Technically, neither is wrong, so the emergency fund really deals with someone's own personal level of peace. Remember Murphy's Law, and how it says that says if something can go wrong it will go wrong? Your emergency fund is Murphy Repellant. Some people just want to make sure he doesn't knock on the door, while others want to make sure he stays in the next county!

There are always practical considerations you can use to determine the amount of your emergency fund. If you both have very stable jobs, you'll probably be okay saving up three or four months of expenses. But if just one of you works outside the home, or if one is self-employed or on commission, leaning toward the six month side is probably a good idea. Plus, you can always compromise. Start out with three months, but add a little every once in a while until you reach a point where you're both comfortable!

- Dave

## Finding the Deal

Dear Dave,  
You mentioned on your show that you once bought a truck below wholesale price. Do you have any tips for finding a good deal on a used car?

- Anonymous

Dear Anonymous,  
When it comes to things like this, I just go on a big treasure hunt. I don't really care where I buy something, because the best deals will sometimes pop up in the most unlikely places. The rule to remember when buying big ticket items is this: He who has the most patience and the most information wins.

If you do a little research and don't get car fever, you can find some pretty sweet deals. I'm all about good deals, so the patience part of the equation wasn't a big thing for me. I did a lot of digging around while I was looking, and in the process became an expert on certain types of trucks in particular areas. It's really hard to get burned if you have a little patience, and plenty of good, solid information!

## Keeping the Money From the Scumbag

Dear Dave,  
My nephew was recently left a large sum of money from a life insurance policy after his mother died. She did not have a will. His father, who has been out of the picture for some time, is about to be granted custody, and he's been asking lots of suspicious questions about the money. We don't trust his motives. How can we help make sure the money is protected?

- Anonymous

Dear Anonymous,  
You need to talk to a lawyer, and take this matter to probate court immediately. Tell the judge about the situation and your concerns. Ask him to put your nephew's money into a trust through a bank or other third party. Otherwise, as his guardian, there's a good chance the father will be granted control of the money.

I'm not big on bank trust departments, but I am big on keeping scumbags from taking money away from kids!

- Dave

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

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## Sink or Swim Cardboard Boat Race

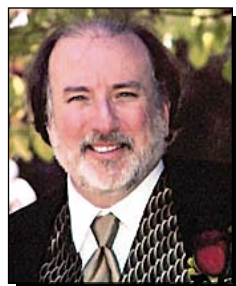
We've been busy at Arden Manor Recreation and Park District. We're celebrating summer by opening the Deterding Pool with a splash! Arden Manor Recreation and Park District be hosting the first Sink or Swim Cardboard Boat Race. There will be live music, BBQ, games, and a boat showcase before the races begin. Teams of all ages are invited to participate in this fun event for the whole family. For the success of this event, we would love to extend an invitation to

take the "Sink or Swim" Challenge and register a boat in the races. The Sink or Swim Cardboard Boat Race will be held on May 23rd, at 12pm, at the Deterding Park and Pool Complex. For more information about online registration, rules and regulations, and how to make a cardboard boat, visit our website at [www.amrpd.org](http://www.amrpd.org) and click on the Sink or Swim icon. Attached is an event flyer and registration form to download and get started!

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# 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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Karen Linamen

## Raise Your Hand if You Had a Crush on MacGyver

he had to save himself were egg whites but—wouldn't you know it?—that's exactly what he needed to do the job. But back to the crush thing. Not that I'm advocating having crushes on fictional characters or even celebrities. For one thing, these kinds of relationships can feel one-sided. This is because fictional characters and celebrities rarely return phone calls. The best you can hope for is that, after placing hundreds of phone calls to a celebrity, you might get a response in the form of a restraining order. So you can see that, for the amount of effort you have to expend in order to get any kind of response at all, you really are better off owning a fish.

Nevertheless, we've all done the celebrity crush thing. And not just women. Guys have crushes, too.

Last week I attended a banquet for couples and singles in their forties and above.

At my table, eight acquaintances chatted politely about their careers, the ages of their children, the price of gas and the economy. It was all very grownup and eventually I couldn't stand it one more minute.

I looked at the guy across from me and said very seriously, "Dave, can I ask you something?" He said, "Sure."

I said, "Your answer will reveal alot about you, but please be as honest as possible. Are you ready?"

By now we had the attention of everyone at our table. Dave sat

up straighter and squared his jaw.

I posed my question: "Ginger or Mary Ann?"

Turns out, among the men at our table, three'd had crushes on Mary Ann and one still carried a torch for Mrs. Howell. When the choice was between Jan and Marsha, I thought we'd have an even split until one man opted out and voted for Emma Peel of the Avengers. When someone brought up police women and the choice came down to Angie Dickenson or Sharon Gless as Chris Cagney, the boys at our table scoffed and said no contest: Angie won hands down.

By now, there wasn't a single grownup at our table. Oh, to the casual observer I imagine we still looked like men and women approaching fifty. But I knew differently. I knew that, at least for a moment, the year was 1969 and we were all in the throes of our first adolescent crushes.

For the rest of the evening, memories and laughter flowed freely, and by the time we parted ways, there were promises to get together again, perhaps at someone's home, maybe for dinner, maybe to watch The Wizard of Oz with the sound muted and Pink Floyd on the stereo.

We'd come a long way from casual acquaintances making grownup small talk. And, if you ask me, that's a feat even MacGyver could appreciate.

*KarenLinamenisaprofessionalspeaker 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.*

Raise your hand if you used to have a crush on MacGyver.

In case you've been living on another planet, Richard Dean Anderson created the television character MacGyver in the '80s. The first thing you probably noticed about this character was his boyish smile and great hair.

After that, it might dawn on you that he also had a knack for using common household items to get himself out of life-threatening dilemmas. In fact, the climax of every show involved MacGyver surviving situations like getting trapped in a room with a ticking bomb with nothing to save himself except, oh, I don't know, dryer lint and a Bic pen.

Okay, I made up the part about the dryer lint. But the real storylines didn't sound any more plausible. For example, once he had to destroy a laser. Thank goodness he had cigarettes and binoculars on hand!

He plugged an acid leak with chocolate. He repaired a blown fuse with a gum wrapper. He recharged a battery with wine. And when his getaway car had a broken radiator, all

## Monthly Military/Spouse Retiree Meeting

Our next monthly meeting for retirees and their spouses will be held on 13 May 2009 at the North Highlands Park and Recreation District. The meeting starts promptly at 1030 hrs and the location

is on the corner of Watt Ave and Freedom Parkway.

Our speaker is Steve Almy, who is a retired CIA Agent and he has an interesting presentation. If you want to eat lunch at the North Highlands

Community Center, please call Jo Jo at 344-6249 at least 24 hrs in advance of our meeting.

Questions can be referred to our volunteer staff at 561-7476, Mon thru Thurs between 0900 to 1500 hrs. See you there.

## Mission Oaks Computer Club

The Mission Oaks Computer Club meeting will be 14 May 2009 at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael, from 1-3 PM. Phil Kempel,

Pardee's Cameras, will discuss What's New in Digital Cameras for Summer 2009. A question and answer session will follow the meeting. Visitors welcome.

For additional information, call 366-1687

or visit our website: <http://missionoakscomputerclub.org>

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## Carmichael Cactus and Succulent Society Presents Our 33rd Annual Cactus & Succulent Show

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# POPPOFF!

with Mary Jane Popp

## MOTHER'S DAY MAGIC

How can you show MOM you really care on her special day? You can do the usual...flowers, candy, dinner. Wait a minute! What did Mom do for you when you were growing up? Remember the time she held your hand when you missed that home run pitch? And the time she kissed that boo-boo after you toppled off your bike? Or the time she stayed up all night to help mend that broken heart? It's not how much you spend for Mom on any day. It's more like doing something from hand and heart that will leave an impression she'll long remember. Easier said than done? Not really. I checked out a couple of sources and jotted down a few ideas that will make you her kid hero all year 'round!

From Susan Stone's Book "Memories In Moments"...cherished ideas for every holiday and season including Mother's Day like:

- 1) Freeze edible flowers in ice cube trays. Fill each cube halfway with water, place flowers and freeze. Then fill each to the top and freeze. It'll warm her heart.
- 2) Plant your favorite bedding plant in a small basket. Tie on a gift tag with a checkered ribbon.
- 3) Bake bread in flower-shaped tubes.
- 4) Surprise Mom with a quiet retreat in her own bathroom.

Make sure it's clean first. Bring in scented candle, flowers, new magazine or book, a cold drink, and a portable stereo with soothing music. The most important part would be a sign on the door reading "JUST FOR MOM... PLEASE DO NOT DISTURB!"

Then I turned to Casey Kellar for some wonderful tips to complete the picture from one of her books "The Good Earth Bath, Beauty,AndHealthBook"withmore than 75 easy-to-make formulas for self-pampering and gift-giving like:

### 1) Luxurious Scented Bath Oil.

You Will Need:

- ½ Cup apricot kernel oil
  - 1 teaspoon jojoba oil
  - 2 tablespoons olive oil
  - one 400 unit Vitamin E capsule (pierce it with a needle and squeeze oil into mix)
  - 3-6 drops essential (your choice)
- Mix all together. Use 1 tablespoon per bath. Store in bottle in cool place. Shelf life:4-8 months

### 2) Super Moisturizing Massage Oil.

You will need:

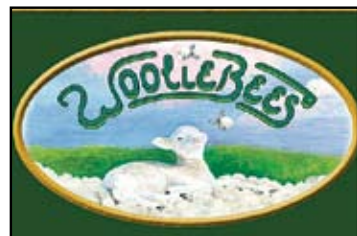
- ½ cup sweet almond oil
  - ¼ cup coconut oil
  - 4 tablespoons jojoba oil
  - 1-½ tablespoons avocado oil
  - 3-5 drops essential oil of your choice (either one or a combination)
- Mix all together. Store in cool dry place. Shelf Life: 3-6 months

### 3) All-in-one Linen and Sweater Protector And Cedar Chest Revitalizer.

You will need:

- 1 cup white rice
  - 6 drops cedar wood essential oil
  - 1 drop orange essential oil
- Add essential oil to the rice and blend with spoon about 30 seconds. Shelf Life: Approximately. 6-8 months (then can be re-fragranced again

Remember, the best gift you can give your Mother is love. Spend time with Mom. Let her know you care. There will be a day when she is gone. I know. But her memories will always be in my heart. I know they will be in yours too.



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## Partners in Caring

### Annual Seminar for Faith Leaders on End-of-Life Care is Set for June 3

Seriously ill and dying individuals, and their families, often turn to faith communities for support during their illness. Yet faith leaders may feel unprepared to care for people coping with complex medical, ethical and interpersonal issues that surround a person's last days. The Center for Healthcare Decisions will host Partners in Caring, an engaging seminar to help faith leaders gain confidence in supporting people near life's end. The program will be held from 8:30 am - 4:30 pm on Wednesday, June 3 at the Sierra Health Foundation Conference Center in Sacramento.

Partners in Caring is intended for community clergy, rabbis and priests; staff and volunteer chaplains; parish nurses and health ministers. Presenting faculty include physicians, other health professionals and faith leaders who will discuss: Important concepts in setting goals for care near

the end of life, Legal issues around life-sustaining treatment and advance directives, Information about pain management, including myths and misconceptions, How to partner with the medical team to address issues around suffering, Ways to address the spiritual needs of patients and families, and How to facilitate communication and be present with the dying.

Attendees have given high marks for the quality, value and sensitivity of material presented. Past participant Pastor Debbie Naramore with The Rock of Roseville Church notes that the program included "amazingly dedicated, professional speakers. This was one of the best seminars I've ever attended."

"Partners in Caring grew out of interviews with area faith leaders who said that while they often are called upon to minister to families facing end-of-life issues, most haven't received training about these issues

in their educational preparation," said Kathy Glasmire, CHCD Associate Director. "We designed this seminar to meet their needs."

Partners in Caring is sponsored by the Center for Healthcare Decisions, a nonprofit organization that has played a leadership role since 1994 in local and state activities around end-of-life care, and the Compassionate Care Alliance, a regional coalition of healthcare professionals and community members encouraging discussion about end-of-life issues.

The registration fee for the seminar is \$60, which includes a light breakfast, lunch and all program materials. If two or more people attend from the same congregation or organization, the cost is reduced to \$50 per person.

For more information and a registration flyer, visit: [www.chcd.org](http://www.chcd.org) or call the Center for Healthcare Decisions at (916) 851-2828.

## Fall and Injury Prevention

May 18th at 1:30 p.m.

The Senior Health Education Program of Sacramento County will be offering this interactive forum to educate older adults and seniors on how to identify how they can prevent falls and injuries.

Please join us for this very informative presentation, friends, fun and refreshments. Free.

Ethel Hart Senior Center  
915 27th Street  
Sacramento 95816, 808-5462

## Splash Into Summer at Swanston Park

2350 Northrop Ave,  
Sacramento 95825  
Saturday, May 16, 2009  
10:00 a.m. to 2:00 p.m.

Be here as we turn on the water in our Spray Ground, for the beginning of another fun summer! The event will also include...

- Health and Wellness Faire, promoting healthy children through physical activity and healthy nutrition.
- Interactive booths and games!
- Live Entertainment!
- 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.

## Confused About the May 19 Election Issues?

To learn more and get the five propositions sorted out, join the Sacramento Republican Women at their May 6 monthly meeting.

A panel of speakers will present both sides of the issue on the five propositions pertaining to the 2008/9 budget. It's a great opportunity to get the facts and ask your questions so you can make a truly informed decision at the ballot box. There'll be a fun and interactive session to

help all of us understand in practical terms current federal legislation too.

Don't miss this highly charged, informative and fun program and luncheon. Make plans today to come to: Northridge Country Club, 7600 Madison Avenue, Fair Oaks, Wednesday May 6, 2009 at 11:30 am. Luncheon cost \$25.00.

For reservations call Cammie at 939-9560.

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The Staff  
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Steve Nugent & Staff  
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**Aegis Living**  
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**Mission Oaks Recreation & Park District**  
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3344 Mission Avenue, Carmichael  
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**Mercy San Juan Medical Center**  
The Doctors and Staff  
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557-5000  
[www.mercysanjuan.org](http://www.mercysanjuan.org)

**Eskaton Village**  
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Marketing Directors  
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974-2000

**Carmichael Oaks Senior Living**  
Denise Evans, Executive Director  
Denise Brandt, Virginia Stone  
Marketing Directors  
8350 Fair Oaks Blvd., Carmichael  
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**Phoenix Schools**  
The Staff  
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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.

**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 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.

## SACRAMENTO COUNTY FAIR

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**FOR MORE INFORMATION AND DISCOUNTS CALL: 916.263.2975 OR GO TO WWW.SACFAIR.COM**

2nd Annual

### Alzheimer's Aid Society Memorial 5k Run/Walk

City of Sacramento 5k Championship

**Saturday July 25, 2009**  
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For registration or more info:  
[www.memory5k.org](http://www.memory5k.org)

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1530 KFBK

## 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

# River Cats & Esurance Announce Interactive "High School Heroes" Promotion

Online voting to determine Bobbleheads to honor local favorite sports products

The Sacramento River Cats and Esurance have announced a first-of-its-kind promotion this season at Raley Field where fans and online voters have the ability to decide who is the Sacramento area's favorite homegrown athlete. "High School Heroes" will start with an online vote, which began on Wednesday, April 29th at [Rivercats.com/HighSchoolHeroes](http://Rivercats.com/HighSchoolHeroes), where fans can vote between ten (10) of the area's most prominent, recognizable sports stars from local high schools. Voting runs through Wednesday, May 20th and fans can vote as many times as they like. The top three (3) vote-getters in the online vote will have bobbleheads made in their likeness - donning their high school uniform! The three (3) finalists will be announced on Thursday, June 4th. On Saturday, August 22nd at Raley Field, fans will get to choose which of the three (3) finalists' bobbleheads they want to receive that night. Whoever's bobblehead runs out



first will be named the favorite son/daughter of local high school sports fans and the "2009 High School Hero!" The list of semi-finalists is:  
 1. Dusty Baker (Baseball) - Del Campo High School  
 2. Lance Briggs (Football) - Elk Grove High School  
 3. Teddy Bruschi (Football) - Roseville High School  
 4. Natalie Gulbis (Golf) - Granite Bay High School  
 5. J.P. Howell (Baseball) - Jesuit High School  
 6. Kevin Johnson (Basketball) - Sacramento High School

7. Derrek Lee (Baseball) - El Camino High School  
 8. Dustin Pedroia (Baseball) - Woodland High School  
 9. Summer Sanders (Swimming) - Oakmont High School  
 10. Greg Vaughn (Baseball) - Kennedy High School

Individual tickets for this game and all games this season at Raley Field are currently available at the Raley Field Ticket Office or online at [Rivercats.com](http://Rivercats.com). Premier seating at every River Cats game throughout the 2009 season can be secured through purchase of River Cats Full Season Tickets, Mini Plans or Group Packages. 2009 River Cats Season Tickets or Mini Plans can be purchased at the Raley Field Ticket Office or by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

For more information about the 2009 River Cats season, visit [www.rivercats.com](http://www.rivercats.com). For information on other events at Raley Field, visit [www.raleysfield.com](http://www.raleysfield.com).



## Celebrate Mom This Mother's Day

Lilies, gerbera daisies and roses are among American mothers' favorite blooms.

(NAPSA) - Ever since Woodrow Wilson's official proclamation of Mother's Day in 1914, nervous husbands and eager children have struggled to find the perfect gift for Mom. One of the most traditional and appreciated ways to celebrate Mom is to shower her with gorgeous flowers. And according to a recent survey, some of Mom's favorite plants include gardenias, hydrangeas, and minirose. Topping the list of favorite blooms are lilies, gerbera daisies and roses. When buying a beautiful bouquet for mom, show off your smarts and give her these handy tips from the floral and gift giving experts at 1-800-Flowers.com:

- Arrange the flowers in a deep vase filled with cool water, and then mix in the floral preservative provided by the florist.
- Remove all leaves from the stem that

fall below the waterline in the vase, as they will promote bacterial growth.

- Use a knife or shears to cut an inch from the bottom of the stem on an angle while holding it under water. This allows the stem to draw in the water, instead of air.
- Keep cut flowers and arrangements looking fresh by adding cool water to the vase every day and keeping it in a cool spot. Always keep the vase full, and change the water every three to four days. Mother's Day is a great opportunity for the kids to get creative, too. All moms appreciate a personalized gift, and they will love this pseudo flower arrangement: a bouquet of handprints made with lots of love. Here's how it's done from Celebrations.com, a Web site that offers expert advice and fun, simple planning tools for your next party:
- You will need colorful paper, scissors,

pens or colored pencils, green craft paint (optional), small vase, craft glue, floral foam, and for the stems use either small dowels, wooden skewers or straws.

- Trace and cut out each child's handprints using different colors of paper. Make as many as you want. Ask kids to write one thing he or she loves about Mom on each handprint. Paint dowels or skewers with green paint, if desired. Glue handprints to the front of stems. Put florist foam in the vase and insert flowers. Place decorative grass or candies around the base of the flowers to cover the florist foam.

Go to [Celebrations.com](http://Celebrations.com) for more inspiration for life's most important celebrations, and visit 1-800-Flowers.com for a beautiful selection of gifts including the Mother's Embrace arrangement.

### Kiwanis Annual Taste of Carmichael

Please join the Kiwanis of Carmichael for the 7th Annual Taste of Carmichael to be held on May 8th, 5:30 - 9 pm at the La Sierra Community Center, 5325 Engle Road.

Tickets are still only \$35 per person to taste wines, beers and local menu samplings while enjoying well rounded entertainment - including vintage cars and music sets provided

by the Carmichael Cats (comprised of several member of the New Christy Minstrels,) Hal Geist and the Little Big Band and Sister Swing.

For tickets or more information contact Clyde Whitaker 967-7627 or George White 481-0196. Proceeds benefit local children's and youth activities

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## KING Crossword

1	2	3	4		5	6	7		8	9	10	11
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53						54				55		

### ACROSS

- 1 Long cut
- 5 Scrooge's c
- 8 Treaty
- 12 Ready for th picking
- 13 Leading lady?
- 14 Perjurer
- 15 Concept
- 16 Author Fleming
- 17 Set of "Risk" tokens
- 18 Mark over a long vowel
- 20 Catnap
- 22 Trophy wife' partner
- 26 Speak like
- 29 Central
- 30 100 square meters
- 31 Unctuous

- 32 Carton
- 33 Circulate
- 34 Praiseful poem
- 35 Entertain-ment
- 36 Horn noises
- 37 Britney and Christina, e.g.
- 40 Suspended
- 41 Spoof
- 45 Bridge
- 47 Part of UCL
- 49 Respons-ibility
- 50 Teller's partner
- 51 Farm female
- 52 Elevator ma
- 53 Bohemian
- 54 Gender
- 55 Zilch

### DOWN

- 1 Gloomy
- 2 Verdi opera
- 3 Detail, for short
- 4 Inadmissible testimony of a sort
- 5 Existence
- 6 Ms. Gardner
- 7 Woodstock headliner
- 8 Shopping center
- 9 Black-and-tan terrier
- 10 Rotating part
- 11 Attempt
- 19 Chic no more
- 21 Peculiar
- 23 Surrounded by
- 24 Let fall

- 25 Some evergreens
- 26 Not-so-ugly Betty
- 27 Beach resort
- 28 GOP symbol
- 32 Messes up
- 33 Decorate
- 35 Half a sawbuck
- 36 Support system?
- 38 Optimistic
- 39 New Jersey county
- 42 Digging
- 43 Destruction
- 44 Latin 5-Down
- 45 Masseur's workplace
- 46 Apiece
- 48 Have bills

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## Weekly SUDOKU

by Linda Thistle

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

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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Aloette Cosmetics offers the very best Aloe-based skin care products in North America. If interested in "Buying or Selling" contact me at 916-624-2303.(MPG)

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Help Wanted

In-Home Caregivers Wanted Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

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AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchildren.org (MPG)

WANTED-AVON Party Sales Hostess Earn 50% Total Party Sales 50% off Hostess order/Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

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Assistant Administrator Group Home Must have Administrator certificate for adult. Must have DSP1 and DSP2. Good DMV record and one-year experience. Located in Carmichael. Call 916-487-6758. (MPG)

Aide for Group Home One-year Experience. Good DMV record. Located in Carmichael. Call 916-487-6758. (MPG)

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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)

\*\*AWESOME CAREER\*\* Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call 1-800-370-0146 ext 52 (NANIG)

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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.



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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)

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG)

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TRUCK DRIVERS: CDL training. Up to \$15,000 bonus. Part-time driving job with fulltime benefits. Get paid to train. The California Army National Guard. 1-800-GO-GUARD.com/truck (Cal-SCAN)

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Homesitters on Wheels, Office needs two RVers with RV's for PetSitting 916-483-5146 (MPG)

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Men's Suits Men's 42 Jacket, 36-38 Waist Assorted used men's suits in very good condition. \$25-\$35 each. Buy one or all. Call 773-7337 (MPG)

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\*\*ALL Satellite Systems are not the same. HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

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)

Discounted Steel Buildings Big & Small. Get the Deal of Deals! Placement to Site. www.scg-grp.com Source#03. Phone: 916-248-4416 (MPG)

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG)

Kawai upright piano and bench, used, excellent condition, oak finish. \$3000 Call: 916-988-2927 (MPG)

FREE DIRECTV 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! 1-800-620-0058 (NANI)

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

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

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)

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

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Home Sitters on Wheels office needs two RVers with RV's for pet sitting. Call 916-483-5146 for more information. (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)

Wanta go to heaven without dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG)

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# LEGAL ADVERTISING

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FICTITIOUS BUSINESS NAME STATEMENT #0903352. Bobby D. Gregg, Jr., 6551 24th St., Rio Linda, CA 95673 and Gerald S. Sandoval, 5110 Ruscal Way, Fair Oaks, CA 95628 are doing business under the Fictitious Business Name "Downtown Dogs" at corner of 10th & "H" St., Sacramento, CA 95814. Filed with the Clerk of Sacramento County on April 7, 2009. Publish: April 14, 21, 28, May 5, 2009. DOWNTO 90402 5-5-09

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

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 Tapo 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

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

Sacramento County on March 11, 2009. Publish: May 5, 12, 19, 26, 2009. ARTWOO 905-1 5-26-09

FICTITIOUS BUSINESS NAME STATEMENT #0903036. Jerrold A. Azevedo, 6130 Dahlin Dr., Carmichael, CA 95608 is doing business under the Fictitious Business Name "RGS" at 6130 Dahlin Dr., Carmichael, CA 95608. Filed with the Clerk of Sacramento County on March 27, 2009. Publish: May 5, 12, 19, 26, 2009. RGS 905-1 5-26-09

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

FICTITIOUS BUSINESS NAME STATEMENT #0903422. 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

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

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

FICTITIOUS BUSINESS NAME STATEMENT #0902411. Artur Ryabtev, 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

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 23, 2009. Loren E. McMaster Judge of the Superior Court Publish: May 5, 12, 19, 26, 2009. HUIWON 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



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# Business & Service Directory

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<p><b>Hair Salon</b></p> <p><b>PRO CUT</b>                  We Serve Men &amp; Children                  603 Douglas Blvd.                  Roseville                  916-642-3269                  Open M-F 9-5:30PM                  Sat 9:30-4pm</p>	<p><b>Tree Care</b></p> <p><b>Tree Care Incorporated</b>                  10% Senior Discount                  On Tree Pruning, Removal &amp; Stump Grinding                  ISA Certified Arborists                  Free Estimate - Fully Insured                  Lic # 475196  <b>852-9500</b></p>	<p><b>Heating &amp; Air</b></p> <p><b>Christopher's Heating &amp; Air</b>                  Commercial/Residential                  We Service All Brands  <b>FREE ESTIMATE</b>                  Call Today  <b>916-223-1744</b></p>	<p><b>Garage Doors</b></p> <p><b>ACTION DOOR SERVICE</b> CALIF. STATE LIC. #650461                  Garage Doors and Openers, service, repair, replace.                  Serving greater Sacramento area since 1987.                  Free Estimates • Senior Discounts                  Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex                  (916) 635-5951</p>	<p><b>Household Help</b></p> <p><b>DeAna's HOUSEKEEPING</b>                  Immaculate, Fast, Honest, Dependable.                  I care about what I do.                  Call me,  <b>(916) 549-4915</b></p>
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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>                  www.capitalcleaning.net                  Residential Commercial Windows                  Construction Emergencies Vacancies                  Cleaning for a reason™                  (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>                  SPECIALIZING IN BRIDAL &amp; FORMAL                  11082 Coloma Rd., Suite 7                  Coloma Village Shopping Ctr. • Rancho Cordova                  (916) 853-1078                  WWW.ALTERATIONSBYP.PATINAMARK.</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>	<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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