

Carmichael Times



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Volume 29 Issue 17

Serving Carmichael and Sacramento County since 1981

April 28, 2009

Carmichael Woman Becomes Peace Corps Volunteer in Paraguay



Anne Seiler of Carmichael joins the Peace Corps.

Carmichael - Anne Seiler of Carmichael, has been accepted to the Peace Corps in Paraguay. Seiler, 22, arrived in the South American country February 4 to begin intensive language, cultural and skill training to serve as a community health volunteer. Having successfully completed training, she swears-in as a Peace Corps Volunteer on April 22 and will begin a two-year assignment. Seiler is a 2004 graduate of Ligonier Valley High School in Pennsylvania. She received a bachelor's degree in international business and finance from the University of Pittsburgh in 2008. "During college, I worked and volunteered with amazing people, who inspired me to become very interested in global

health, social justice, and the environment," Seiler says. She has previous volunteer experience in Peru, where she build stoves and taught children about nutrition and hygiene. As a Peace Corps Volunteer, she will work in one community for two years, living in the style and manner of the people in her host community. "Although I will miss my friends and family very much, I am very excited to be able to live in a new culture, practice new languages with new friends, and learn and teach about being healthy," she says. Seiler's decision to join Peace Corps reflects an increased interest in international service. Currently, 7,876 Peace Corps Volunteers serve in 76 countries. Applications to join Peace

Corps rose 16 percent in 2008. Since 1961, more than 195,000 Americans have served as Peace Corps Volunteers in 139 countries. More Peace Corps Volunteers come from California than any other state. Peace Corps is a 27-month commitment. Volunteers must be skilled U.S. citizens, at least 18-years old, and in good health. There is no upper age limit to serve. More information and online applications are available at www.peacecorps.gov. Peace Corps will host its annual celebration for Returned Peace Corps Volunteers and applicants in Sacramento on Wednesday, April 29: 6PM to 8PM, Sierra 2 Center, 2791 24th Street, Sacramento, CA 95818

He Came, Gamed and Left 'Magic' in the Hearts of Those Who Knew Him

Carmichael - For his friends he was a tenacious fighter known for his fairness, and remembered for his love of the games. Former A-1 Comics Store Manager, Joe Guardalibene passed away but his strong example of the importance of knowing right from wrong lives on. Many of the kids who played in his game tournaments, including the popular Magic games, discovered a role model who inspired them beyond the game board. Joe was an important part of the Sacramento gaming community for over 8 years. He made many friends managing a local comic book and gaming store where he took great pride in keeping up to date on the latest popular games, comics, anime and was an expert on the market for older comic collectibles. Participants say he was one of the best around at running Magic and other types of tournaments. Joe was tenacious, with a strong sense of right from wrong. If Joe said he was going to do something, he made sure the job got done. He will be greatly missed.



Joe Guardalibene was an important part of the Sacramento gaming community.

Avrom Oliver owner of Adventure in Comics and Games and Mary Beth Avila choose to honor Joes' life with a Memorial Magic Charity Tournament with proceeds benefiting The Wall Youth Center in Carmichael. On Saturday April 18th fifty players showed up to honor Joe's legacy and enjoy the game of Magic. Jason Smyth and Chia Lee battled

round after round with Smyth taking home first prize in the touney. The Memorial Tournament raised \$455.00 for the youth center where Joe is still remembered by the kids who played the games. Learn more about The Wall Youth Center by visiting, www.thewallcarmichael.com Submitted by Rick Reed.

Swine Flu Alert in Sacramento County

Sacramento - At a media availability today, April 26, Sacramento County Health Officer Glennah Trochet, M.D., announced a possible Sacramento County case of the new flu virus that has sickened people in Mexico, southern California and other states. The possible case involves a local teenager who has been tested after feeling ill with flu-like symptoms. The sample taken was determined to be Type-A Influenza but was unable to be sub-typed, so it has been sent to the Centers for Disease Control for analysis on Monday. In the meantime, the Fair Oaks school that the student attended - St. Mel's - will be closed to all 275

students until at least Thursday. "We are acting out of an abundance of caution," said Sacramento County Health Officer Glennah Trochet. "We recommended to the school that they close until there are no new cases of respiratory illness in the students that attend the school, and they agreed with our recommendation." Trochet said that the Public Health Division will be closely monitoring the health of the school's students and staying in touch with parents. She also said that Public Health has activated its Division Emergency Operations Center and that the City/County Emergency Operations office is aware and supporting Public Health.

"We continue to recommend the same, prudent precautions to the public that we always recommend during the flu season: that everyone should wash their hands frequently, stay home from work or school if they feel ill, and cover their mouths with a tissue if they are coughing," Trochet said. Public Health has posted helpful links to swine flu information at CDC and California Department of Public Health web sites on its own web site: www.SCPH.com. And Twitter users can sign up to receive periodic messages and advisories at www.Twitter.com/SacPublicHealth. See update on page 7

San Juan Schools Sweep NorCal Science Olympiad, Advance to Nationals

Carmichael - Months of preparation has paid off for Science Olympiad teams in San Juan Unified schools with Mira Loma High taking first place in the high school division and Arden Middle School taking first place for middle schools in last weekend's NorCal Science Olympiad. The event held on April 18 also ended with San Juan's Bella Vista High taking second place in the high school division and Churchill Middle School taking second in the middle school division. Barrett Middle school placed fifth for middle schools. Both Mira Loma High School and Arden Middle School teams will advance to the National

Science Olympiad set for May 14 - 17 in Augusta, Georgia. This will be Arden Middle School's seventh trip to the national competition and the sixth trip in the last seven years for Mira Loma. "Mira Loma is very proud of this year's Olympiad team," said Mira Loma Team Coordinator and Co-Coach Dean Karagianes. "This is a very powerful team and has the potential to do extremely well at nationals. They have the support of the entire school as they head off to nationals." The 2009 Mira Loma team beat last year's winning Mira Loma team score by 26 points for a total of 202 points at the Nor Cal Olympiad

while earning six gold medals, six silver medals, and one bronze medal in individual events. "Each time we raise the bar, these kids not only reach it, they rise above it," said Arden Coach Chris Watson. Arden's 2009 team scored a total of 221 points with gold medals in 10 events, silver medals in four events, and bronze medals in three events. Science Olympiad is a national non-profit organization with the goal of increasing interest in science and science education. More than 5,000 teams nationwide compete for a chance to participate in the national event which tests student's problem solving skills, teamwork, and knowledge.

Tough Times Call for Innovative Solutions



Denio's is the time tested facility that continues to bring buyers and sellers together.

Roseville - It goes without saying we all know someone who is struggling in today's economy. Families have been affected by layoffs or decreased working hours and benefits. Businesses have been affected by decreasing sales, increasing expenses, forced staff reductions, excess inventory and more. As local and state budgets are being slashed, parents, concerned citizens and service organizations are being called upon to develop funding sources for sports, music and other important community programs. Enter, Denio's Farmers Market in

Roseville where families and groups can turn unused or unwanted items into ready cash. Garage sales at Denio's are safe, inexpensive, easy to do and attract thousands of shoppers each weekend. Trying to save gas money? How about combining a shopping trip and an outing by spending the day at Denio's? Find everything from a pony ride for the kids to shoes, clothes and items for the home - and of course, there is that spectacular Farmers Market! The opportunities don't stop at the individual or group level, however. Over the years, many businesses have been started and "incubated" at Denio's while growing financially strong before

moving to a more conventional brick and mortar storefront. Do you already own a business, but are looking for ways to increase sales and profits without straining your budget? Would you love the opportunity to have a "satellite" location where you can showcase your products and services to thousands of shoppers every weekend? Denio's is the perfect solution, a familyowned, time tested facility that continues to bring buyers and sellers together. I guess that is why so many of their vendors have been there for years. And, it's a heck of a lot of fun, too! As their ads say, "Great bargains, great times, that's shopping at Denio's!"

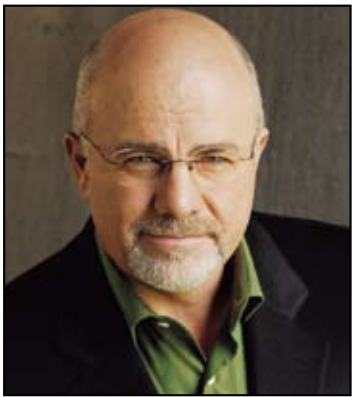
Candle Light Vigil Tuesday April 28th for Laura Ling at Del Campo High School

Carmichael - The Del Campo High School community will hold a candlelight vigil for Laura Ling and Euna Lee. The two Current TV reporters have been held by the North Korean government since March 21. The event will take place on Tuesday, April 28 from 7 to 8 p.m. at Del Campo High School,

4925 Dewey Drive in Fair Oaks. Laura Ling is a Del Campo graduate who went on to a career as a journalist. She and Lee were arrested by the North Korean government for reportedly illegally crossing the North Korea-China border. New reports indicate that North Korean officials plan

to put the two women on trial. Organizers of the vigil will keep the attention focused on Ling and Lee's situation as negotiations for their release continue. For more information contact Isabelle Johnson at (916) 971-5360 extension 0548.

Dave Says



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

Banks Versus Credit Unions

Dear Dave,
We're completely debt-free, and my husband and I have been very conservative with our investments our entire lives. Considering the current state of the economy, we were wondering if a credit union would be a safer place than a traditional bank for some of our savings.
- Beverly

Dear Beverly,
With a traditional bank, you've got the Federal Deposit Insurance Corporation (FDIC) looking out for you. Late last year, Congress temporarily increased the basic FDIC insurance coverage limit from \$100,000 to \$250,000. This change is scheduled to remain in effect throughout 2009. The National Credit Union Administration (NCUA) is the FDIC of the credit union world, and they also increased their coverage limits in 2008.

The biggest thing you want to look at is the "hassle factor" if your institution goes broke and closes up shop. I haven't done business with big banks for years, primarily because of the awful customer service you get at most of them. I like local, community banks, and I believe whole-heartedly in credit unions. As a rule, these institutions practice excellent customer service. Plus, most of them didn't get mixed up in the sub-prime debacle.

Community banks and credit unions are both safe, and in most

cases, they're both fabulous places to put your money!

- Dave

Not Wanting to Cancel

Dear Dave,
My wife and I are a few months away from being completely debt-free, except for our house. Our combined income is about \$100,000 a year. We've been looking into long-term disability insurance. What is non-cancellable guaranteed long-term disability insurance, and how much should we get?
- Tim

Dear Tim,
Ask yourself this question: If I become disabled, how much money will I need to live on? In most cases, the maximum you can get is around \$75,000. Since you guys have a pre-tax income of \$100,000, you'd be able to live on that, even a little bit less, if something happened to one of you. Check out the tax situation. Historically, employer-furnished disability payments were taxable as replacement income, while payments on individual policies were considered insurance proceeds, and not taxable. This will make a big difference in how much available cash you will be getting.

I don't worry about short-term disabilities, because if you're debt-free and have an emergency fund, you can handle those. It's the things that could incapacitate you for years, or even the rest of your life that should concern you.

If you get into a bad health situation, non-cancelable, long-term disability is definitely the kind you want as long as the additional premium for such a feature isn't sky high. But if you can get this for a few more dollars a month, I'd go for it!

- Dave

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

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Publisher - Paul V. Scholl

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Got Something To Say... By CM Ricks

Carmichael is Hungry!

How many people do we have living on the streets in our area? Why do we have empty buildings lining our streets, food being thrown away and a countless number of people hungry, homeless and absolutely scared to death?

I drive my son to school every morning and watch people coming out of the wood work with disheveled hair, dirty clothes on and digging through dumpsters. Yes, 95608er's, I see it right here in our own backyards. Homelessness is a growing epidemic in our area and food banks can not keep up with the amount of families needing help right now.

I was fortunate enough this last Thanksgiving to have a family in my life that took giving to a whole new level. Together, we cooked a turkey, made salads, got together flash lights, clothing, womens personal items and off to tent city we went. Standing in a circle with the tenants of tent city, holding hands and saying grace enveloped me with a sense of happiness I have only felt a very few times in my life.

The space in which we choose to help is up to each one of us as individuals. However, we need to help. The homeless in our area need us. These children go to school with our children, the parents are our

neighbors. Here is a scary thought, Oprah did a show on the homeless and discovered that over 40% of middle class families are less than three paychecks away from being homeless. Three paychecks! One layoff in a family can have them living in a car. Where do you think they will live? They have kids in school here, they are going to be living in our neighborhoods.

There is a gentlemen who came around last week wanting to paint new numbers on the curb for \$5-10 dollars. I sat on my porch and watched not one person open the door to him. Most of us spend that amount of money on Espresso's. This gentlemen may have received a good meal, gotten a motel with a shower in it and a good nights rest if just 5 of us would have had our numbers re painted.

Believe me, I get frustrated as I am driving home from work and see people holding up signs for what seems to be a free hand out after I broke a sweat all day. So, as I do understand the frustration, I want to express the need for help in our area. The help you give is your choice, it is not any body's business, nor does anyone have a right to tell you what to give up in order to help.

What I have always imagined in our area is a community garden. A garden would have the ability to feed hundreds of families fresh fruit and vegetables. On Whitney Avenue

there is a vacant lot that has been vacant since I can remember. The space is perfect for a garden run by the community. It would pay for itself by the sale of fresh fruit and vegetables at an affordable price. All extra produce from the week should be bagged up and given to families in need, who reside in Carmichael, for free. The set up is simple, it would be run the same as a food bank, a family calls, and picks up their bag of produce at a given time.

We have solutions people, we just need to put them into action. A dream was once put out there back in the 80's to end world hunger. I can honestly say, I didn't do much to help with that dream. Maybe this, now, is my contribution.

Happy Giving,
CM RICKS

Thank God for this food bank. I have four boys and need the help.
Chris, Food Bank Patron

I know the co-op downtown was cool and people really enjoyed it. I would like to participate in a community garden. It's a healthy and nutritious way to feed your family.
Tascha Geisreider, Single Mom of Two Boys

I would love to buy my produce at a community garden. I would definitely support the communities effort.
Linda Boravac, HR at USSBA

Tax Day Tea Parties A HUGE Success!

An Estimated 8,000-10,000 People Attend the Sacramento Event



An Enthusiastic Tax Day Tea Party Crowd Rallies Behind Mark Meckler

By Mark Meckler

On April 15, 2009, at over 800 locations across this great country, the Tea Party Patriots gathered to protest government spending, bailouts, deficits and high taxes. The events were peaceful, patriotic and non-partisan, involving Democrats, Republicans, and many who no longer associate with any political party. Events included speakers, entertainment, and plenty of strong words for politicians who the Patriots see as corrupt, self-interested and disconnected from the lives of average Americans. While the final numbers are still coming in, they are huge by any standards. 20,000+ in Atlanta, 20,000+ in Sacramento, 7,500+ in Fresno, 10,000+ in Houston, and the list goes on and on. At this time it's clear that when the tally is complete, the total number of participants will have exceeded 1,000,000. All across the nation, people came out

to protest against government irresponsibility and politicians who are no longer interested in the public good. A great wave is sweeping the nation.

One speaker summed it up well when he said, "For too long politicians have used party affiliation, social issues, and the intentional promotion of class warfare to divide the American people. They have caused Democrats to hate Republicans, conservatives to hate liberals, pro-life advocates to hate pro-choice advocates, and the list goes on and on. Using the strategy of divide and conquer, politicians of all parties have distracted the American people while they destroyed our economy, increased our taxes, and lined their own pockets and the pockets of the special interests to whom they are obligated. The have consolidated their power, to the detriment

of the people they serve. Many groups are trying to take credit for the Tea Parties, and many are trying to promote their own organizations by taking that credit. But here at the Official home of the grassroots Tea Party movement, we know where the credit really belongs, and it's not to any organization. The credit belongs to the 800+ citizen patriot organizers around the nation. The credit belongs to the 1,000,000+ patriots who sacrificed work or family to come out to protest their lack of representation in the political system. The credit belongs to you, the Tea Party Patriots.

The New Official website is WWW.teapartypatriots.com To View and Purchase Photos from the Sacramento Tea Party Event (monies will be donated back to the Sacramento Tea Party for the next event) Visit <http://amandamorellophotography.com> or <http://goptrumpeter.com>

Photo Credit Amanda Morello

Supervisor Susan Peters to Hold "Office Hours" in Carmichael

County Supervisor Susan Peters will be holding "Office Hours" on Saturday, May 9, at Carmichael Park during the annual Canine Craze Fun Dog Show. Peters will set up a table near the event between 10 to 11:30 a.m. for residents who wish to drop by and discuss with her items of interest. No appointment is necessary; visits will be handled on a first come first served basis.

"Carmichael's annual dog show is a great event that provides a lot of fun and laughs for the entire family," says

Peters. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure. I'll be available to talk about county matters while people can enjoy watching the canine contestants vie for such honors as the 'Waggiest Tail' or 'Biggest and Smallest Dog'."

"I hope everyone and their four-legged best friend participates in the annual fun sponsored by the Carmichael Recreation and Park District," Peters added, who will be there with her Welsh terrier, Bryn.

In April Peters held

"Office Hours" during Carmichael's annual egg hunt and pancake breakfast.

Last year she held these public meetings at several community events in Carmichael, East Sacramento and Old Foothill Farms. The dog contest runs from 10 a.m. to 1 p.m. Carmichael Park is located at 5750 Grant Avenue.

For more information about the dog show, call the Carmichael Recreation and Park District at 485-5322 or go online to carmichaelpark.com.

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.
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- Live Entertainment!

- Free BBQ!
- Bounce House!

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Sacramento Fine Arts Center Sponsors Art Show

The Sacramento Fine Arts Center (SFAC), 5330-B Gibbons Drive, Carmichael, CA 95608 is sponsoring the Greater Sacramento Business and Community Juried Art Show from May 4-16. The hours of the exhibit will be Monday-Saturday 11-5p.m. The exhibit

will feature local artists in all media and is being judged by Diana Daniels, Associate Curator for the Crocker Art Museum.

For further information contact Marie Dixon at 916-205-9861 or the Sacramento Fine Arts Center web site: www.SacFineArts.org

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
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Send A Card To Iraq

If you go to the web site at www.letsay-thanks.com you can pick out a thank you card and the Xerox Corporation will print it and it will be sent to a soldier that is currently serving in Iraq. You can't pick out who gets it, but it will go to some member of the armed services.

It is Free and it only takes a second. Wouldn't it be wonderful if the soldier received a bunch of these? Make the site a favorite and send one every day!

For more information contact Joe Fraccola, 916-638-8720

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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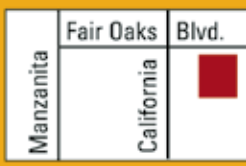
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Pet of the Week: Rosie



Pet ID#: A494707

She's big, she's lovable and she doesn't have a home. Rosie is a 7-year-old calico cat with some extra weight that she needs help losing. She wants to be adopted soon so that she will have the opportunity to get out of her kennel and get some exercise. She weighs approximately 19 pounds and needs to lose close to 10 pounds to be at a healthy weight. A good diet and exercise regimen for Rosie would

consist of weight control food and lots of play time. She doesn't mind dogs and gets along fine with other cats. She is a gigantic love bug and would love nothing more than to cuddle-up with you and rub her head against your hand. If Rosie isn't adopted soon her risk of heart disease, arthritis and other health problems may increase due to life in the kennel, preventing her from getting the amount of exercise she needs to drop weight.

To meet Rosie and other adoptable animals visit:

Sacramento County Animal Shelter
4290 Bradshaw Rd
Sacramento, Ca 95827

Open Tuesday – Saturday,
and the first Sunday
of every month

www.saccountyshelter.net
(916) 368-7387 (PETS)



Pregnancy, STDs: How savvy are today's girls?

by Lauren Forcella

Dear Straight Talk: My granddaughter "Tamara" is 16 and I suspect she is sexually active. Her mother travels for weeks at a time with her work and she and Tamara do not appear bonded. What I'd like to know is what girls this age are doing to protect themselves from pregnancy and transmitted disease. Once I have a snapshot from your teen panel, I can approach her in a way that doesn't alienate. — Pacific Grove, CA

Abi, 21, Pope Air Force Base, NC, (deployed): The average age is probably 15 for girls to start using birth control pills. The pill is the most commonly used product because there is a wide selection of hormone levels. As for condoms, most girls are oblivious to HIV and other STDs and "wrapping it before tapping it" usually goes out the window.

Laura, 22, Fair Oaks, CA: Both in high school and college, the pill is the default birth control. I knew one girl in high school, and now one in college, on Depo-Provera (the birth control shot), but that's the only exception. The common time to begin birth control is during high school, but age varies from girl to girl. For STDs, most girls use condoms. But girls on the pill often don't use condoms because they feel it's redundant, even though the pill doesn't protect them

from STDs. I have college friends that use neither condoms nor birth control. They know they're not being smart, but they have the mindset that nothing happened to them before so nothing's going to happen now.

Nicole, 19, Arcata, CA: About 80 percent of my friends are on the pill and most began taking it around 15 and 16.

Callie, 18, Redding, CA: Not counting condoms, of the girls I know using birth control, about 90 percent use the pill. The remaining 10 percent use things like the shot, patch, or NuvaRing, which also use hormones like the pill. The average age girls start using birth control is 16 to 17, although some begin as early as 14 to get their body used to the hormones.

Brie, 17, Ashland, OR: Most sexually active girls I know are on the pill and they obtain it from my high school student health center or Planned Parenthood. The pill is preferred because it's one of the most effective methods — but only if the pills are taken at the same time every day.

Rachel, 17, Fair Oaks, CA: For their first time having sex, every girl I know only used a condom. But once girls have boyfriends they usually just use the pill figuring they're in a relationship and their partner doesn't have STDs. However, none of my friends have been tested, with or

without their partners, so how they assume they are clean is beyond me. In my school sex-ed is coed and everyone laughs everything off awkwardly. I'm disappointed that most girls aren't open about their sex lives with even their mothers, but then, most parents aren't supportive.

Dear Pacific Grove: There's your snapshot. The panel's observations match 2006 Guttmacher Institute statistics which show that sex is fairly rare at age 15 with only 13 percent of teens ever having intercourse. But by age 19, that figure jumps to 70 percent, with 17 being the age when most teens have first sex. Although the pill is definitely the most popular birth control for teens, with condoms second, the US leads the developing world in teen pregnancies and adolescent sex accounts for half the new STI cases each year. Every "Tamara" out there needs a mother-figure to talk to as nearly half her peer group is sexually active. Be understanding and non-judgmental, take small, patient steps as if charming a feral cat. At this stage, connection, not control, will give you the most influence. Good luck.

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

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

California State Button Society Show and Sale Celebrates the Art of Buttons

Thousands of antique, vintage, and modern collectible clothing buttons will be exhibited and sold by dealers from across the country. The show will spotlight the changing styles of button art from the 1700's to contemporary

times. Artistic movements, seen in button designs, have chronicled wars, politics, and current events.

The hobby of button collecting was born during the Depression era of the 1930's, when it became a form of inexpensive entertainment, provided by Grandma's button box. Collecting clothing buttons is far from a mainstream hobby today, but many California collectors are finally recognizing the button as a miniature art form. Even though buttons have made a comeback in the fashion industry, as designers are embellishing the latest styles, collectors see buttons as much more than clothing fasteners. Now, these small treasures are highly valued for their outstanding workmanship and nostalgic past.

You'll find 18th Century miniature paintings under glass, and the ancient art of Neo-Classicism alongside of Art Deco and Pop Art buttons. Studio artists continue to create contemporary collectible buttons, complementing today's imported designs from around the world. Whether you collect a specific type of art, or you just want to browse and discover your passion, this show is an opportunity not to be missed!

When you perceive the button

as art, the creative possibilities are endless. Many collectors prefer to mount their buttons in shadow boxes (trays) to share their beauty. Grouping buttons by similar materials like glass, pearls, woods, plastics, ceramics, or enamels are striking when displayed in button trays. Be original and use picture buttons featuring subjects like architecture, children, transportation, sports, animals, or plant life, to suit your décor. You don't have to be an artist to create a fabulous piece of button art to hang on your wall, or to change clothing into wearable button art. Most people are fascinated when they see collectible buttons for the first time, because they're seldom seen in today's marketplace.

The California State Button Society show and sale is returning to Sacramento once again this Memorial Day weekend, due to the popularity of last year's event. Open to the public on Saturday, May 23, 10:00 AM to 5:00 PM and Sunday, May 24, 10:00 AM to 3:00 PM at the Sacramento Holiday Inn I-80 NE, 5321 Date Avenue. Suggested donation is \$4.00.

Visit our website for more information <http://www.cabutton.org>

Making Work Pay Credit is Increasing Payroll

Submitted by IRS Media Relations Sacramento - In 2009 and 2010, the Making Work Pay provision of the American Recovery and Reinvestment Act will provide a refundable tax credit of up to \$400 for working individuals and up to \$800 for married taxpayers filing joint returns.

This tax credit will be calculated at a rate of 6.2 percent of earned income and will phase out for taxpayers with modified adjusted gross income in excess of \$75,000, or \$150,000 for married couples filing jointly.

For people who receive a paycheck and are subject to withholding, the credit will typically be handled by their employers through automated withholding changes in early spring. These changes may result in an increase in take-home pay.

The amount of the credit will be computed on the employee's 2009 income tax return filed in 2010. Taxpayers who do not have taxes withheld by an employer during the year can also claim the credit on their 2009 tax return.

It is not necessary to submit a Form W-4 to get the automatic withholding change. However, an employee with multiple jobs or a married couple whose combined income places it in a higher tax bracket should consult the IRS withholding calculator and, if necessary, submit a revised Form W-4 to ensure enough tax is withheld. Publication 919 provides additional guidance for tax withholding including a special Making Work Pay worksheet.

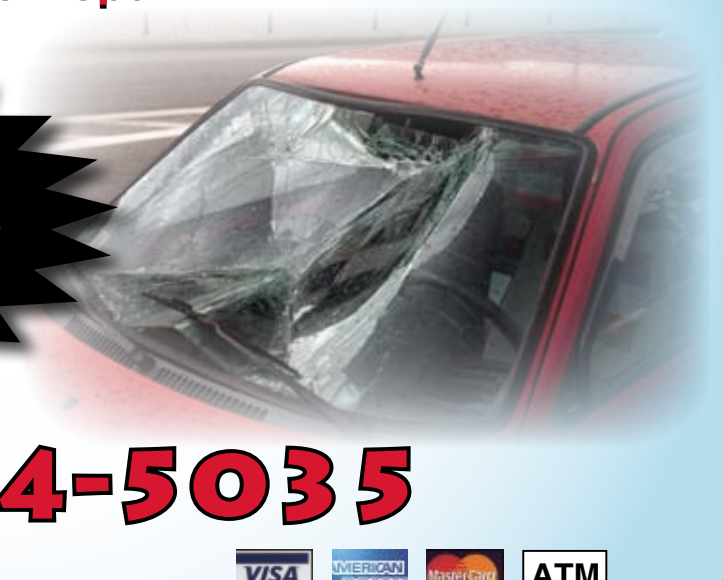
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insurance deductible
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916-944-5035

* Some restrictions apply. Exp. 4/30/09.



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

Benefiting
ALZHEIMER'S AID SOCIETY
Of Northern California

Caring & Sharing since 1981

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.

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.

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 and click on the Sink or Swim icon. Attached is an event flyer and registration form to download and get started!

Sacramento Fine Arts Center Offers Workshop Series

The Sacramento Fine Arts Center, 5330-B Gibbons Drive, Carmichael, will be conducting a workshop series during its May 4-16 exhibit of the Greater Sacramento Community and Business Art Show. Local artists will be featured each day and box lunch will be provided by the Lido Cafe. For further information contact, Marie Dixon, 916-205-9861.

Ken Potter -- American Watercolor Society (AWS) Signature Artist, internationally known and accomplished teacher. He will give a demonstrated overview of his approach to watercolor painting on Monday, May 4 from 10-2p.m. Students should bring reference material to develop. Ken request students work at least a half-sheet size, using rather large brushes and a puddle type of palette. Ken will help with

your composition in advance of the painting. A special scholarship to the session is available to a student who writes a 200-word essay on "Why I want to paint with Ken Potter" (send to gsbcartshow@gmail.com by April 20, 2009.) On Wednesday, May 6 from 7-9p.m. Ken will give a slide show of his various media at the SFAC studio. See: www.californiawatercolor.com and Who's Who in America.

SMUD Asks Customers to Keep Neighborhood Transformer Boxes Clear for Safety

Springtime's warmer weather marks the beginning of the yard work season. Customers with neighborhood high-voltage equipment and transformers in their yards can help themselves, their neighbors and SMUD work crews by maintaining clearance around the green metal boxes that house high-voltage equipment and transformers. When planting trees and

shrubs or building fences and other structures, remember to keep eight feet of space around this equipment. Proper clearance helps SMUD crews restore power more quickly and safely during a power outage. It also helps them perform scheduled maintenance more safely and efficiently. The clearance is required by the California Code of Regulations. But before starting to shovel,

call Underground Service Alert (USA) at 811 or visit call811.com a minimum of two business days before beginning the job to find out if there are any dangerous underground utilities such as power lines in the area. For safety's sake, never climb on, plant or dig around neighborhood electrical transformers.

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 or call the Center for Healthcare Decisions at (916) 851-2828.

Carmichael Cactus and Succulent Society Presents
Our 33rd Annual Cactus & Succulent Show
 May 16, Saturday, 9:00am-4:00pm & May 17, Sunday, 10:00am-2:30pm

Place: Carmichael Park Clubhouse
 5750 Grant Avenue, Carmichael, CA

FREE - The Public is Invited!
916-729-3475

There will be displays of plants as well as plant and pottery sales.
 Free plants for the first 100 visitors on both days, one per family

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,

Ken Potter -- American Watercolor Society (AWS) Signature Artist, internationally known and accomplished teacher. He will give a demonstrated overview of his approach to watercolor painting on Monday, May 4 from 10-2p.m. Students should bring reference material to develop. Ken request students work at least a half-sheet size, using rather large brushes and a puddle type of palette. Ken will help with

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.

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A Silver Lining *by Sal Arrigo, Jr.*



Sal Arrigo, Jr.

beloved Diane dealt with Alzheimer's. Once a vibrant, energetic lady who devoted many years in helping make the Elk Grove Strauss Festival such a success, Boyd said he watched his wife "take a long march to the grave. I know this disease, I've been through it, and it is terrible!" Boyd, a caregiver for seven years, who took an early retirement to care for Diane, had much support from their seven children and their families, but he began to realize he was living in a dark cave. "I was depressed; I was trying to do everything. I was trying to make Diane as comfortable as possible." Even a trip to the dentist was a welcome respite for Boyd. He told me he was living in "Alzheimer's prison," but he never lost his sense of humor, and Diane provided many funny moments at the most unexpected times. For instance, Diane once broke into song at a pharmacy, entertaining an elderly woman. Boyd "let out a laugh and thanked the woman for listening" he told me.

Having a need to express himself, Boyd is now the Volunteer Coordinator for the 2nd Annual Alzheimer's Aid Society Memorial 5K Run/Walk to take place on July 25, 2009. He is doing this to honor Diane, to keep active, and to let people know this terrible disease needs much more support. Boyd feels a great satisfaction from volunteering - letting other caregivers and their families know there is help for them in this community -- you just have to ask. In a final comment, Boyd urged others "to put their talents to use and volunteer at the 5K." You can do so by calling Boyd at 916-635-5107. Go to the race website at www.memory5k.org for detailed information. *Sal Arrigo, Jr. has worked in the field of Gerontology for more than 25 years. He is a professor at Sacramento St. University and American River College. Sal is also the Development Chair for the Alzheimer's Aid Society and will have A Silver Lining as a regular column in this newspaper. You can contact him at 916-448-7001.*

Swine Flu Public Health Update

Sacramento - In addition to the one sample from a student at St. Mel's school in Fair Oaks that was sent to the Centers for Disease Control on Saturday April 25 for additional testing, on Sunday, April 26, Sacramento County Public Health identified three additional children at St. Mel school in Fair Oaks who were ill during the week of April 20 through April 24. Samples from all three children will be tested at the Sacramento County Public Health Laboratory today. If any of these samples turn out to be an un-subtypable Influenza A virus, the sample will be sent to the State Public Health Lab and to CDC for identification. One child has recovered completely, the other two children still had symptoms yesterday. All illnesses have been mild.

At this time, the last onset of symptoms for an influenza-like illness in students of St. Mel school was Thursday, April 23. Therefore the earliest the school would reopen is Thursday, April 30. However, if we identify other onset of illness the opening may be postponed. Sacramento County Health Officer Dr. Glennah Trochet says there are three things the public should do at this time: "We continue to recommend the same, prudent precautions to the public that we always recommend during the flu season: that everyone should wash their hands frequently, stay home from work or school if they feel ill, and cover their mouths with a tissue if they are coughing." Trochet said. Public Health has posted helpful links to swine flu information at

CDC and California Department of Public Health web sites on its own web site: www.SCPH.com. And Twitter users can sign up to receive periodic messages and advisories at www.Twitter.com/SacPublicHealth. **Received April 27, 2009 at 10:00 AM (after our front page was completed).**
SWINE FLU CONFIRMED AT 11:00 AM
Sacramento County Public Health Officer Dr. Glennah Trochet reports that the Centers for Disease Control has confirmed that a sample sent to their lab Saturday was positive for Swine Flu. The sample was collected from a student at St. Mel's school in Fair Oaks. This is the first known confirmed sample in Northern California.

American Red Cross Sacramento Sierra Chapter Needs Help Honoring Local Heroes

Sacramento - Last October, Kelly Garcia of Sacramento was honored as an American Red Cross Hometown Hero for saving her infant cousin from choking to death. In total, the Red Cross honored thirteen area residents in categories including Animal Rescue, Education, Good Samaritan, Law Enforcement, Medical, Military, Professional Rescue, Workplace, and Spirit of the Red Cross at the 2008 Hometown Heroes event. The Sacramento Sierra Chapter of the American Red Cross needs help to honor a new group of local heroes in 2009. Area residents that have

witnessed an act of extraordinary bravery or courage between July 1st 2008 and June 30th 2009 should visit www.sacsierrareddcross.org to submit a hero nomination to the chapter. Winners will be honored at the 2009 Hometown Heroes event on October 13th. For more information about the event, please contact Matt Lingo at (916) 368-3172. Founded in 1898, the Sacramento Sierra Chapter of the American Red Cross serves two million people in Amador, Alpine, Calaveras, El Dorado, Placer, Sacramento, Tuolumne, East Yolo and

East Nevada counties. The Chapter responds to roughly one emergency each day, providing victims of disasters like wildfires, floods, earthquakes and housefires with shelter, food, clothing and comfort in those crucial first days after a disaster. The Sacramento Sierra Chapter also provides health and safety training to the community, equipping more than 50,000 people each year with skills like CPR, first aid, aquatics safety and more. *For more information on local Red Cross programs and services, visit www.sacsierrareddcross.org.*

United States Synchronized Swimming Age Group Championships to be Held May 15-17

The Sacramento Synchronized Swim Team will host a championship meet at Folsom's Aquatics Center for three days starting May 15. Approximately 150 athletes representing teams from Monterey, Santa Clara, Walnut Creek, San Francisco, Los Gatos, and Sacramento are expected to compete in this exciting event. Local swimmers from Arden-Arcade, Carmichael, Citrus Heights, Davis, El Dorado Hills, Fair Oaks, Natomas, Orangevale,

and Sacramento will be competing. The Folsom event is the championship meet for Northern and Central California in the Age Group category of synchronized swimming. Top finishing routine entries will qualify for entry into the 2009 ESYNCHRO Age Group National Championships to be held June 27-July 4 in Gainesville, Fla. The Sacramento Synchronized Swim Team will be competing in both the 18-19 and 13-15 age group levels in the solo, duet, trio, and team

routine competitions. The local girls ranked sixth in the nation in the 16-17 age group at the 2008 Age Group National Championships. The competition begins on Friday afternoon with the Solo event. Figures will take place on Saturday morning, followed by the Team routine event. Duets and Trios will compete on Sunday. Admission is free for all three days of the championships. *The Folsom Aquatics Center is located at 1200 Riley Street in Folsom.*

KING Crossword

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ACROSS

1 Friend

5 Egos' counterparts

8 Leading man?

12 Sax-playing Simpson

13 Born

14 Arizona city

15 Greek war god

16 Somewhat sore, as a throat

18 Know-it-all, maybe

20 Desert waterway

21 Bound

23 Distant

24 Wrote hastily

28 Philosopher Immanuel

31 Gorilla

32 Done in

34 Plaything

35 Cleanse

37 Ice-removing gadgets

39 Pitch

41 Medal earner

42 Illinois city

45 Mythological maidens

49 Prepare eggs, in a way

51 Repast

52 "— a Lady"

53 Vegas intro

54 Therefore

55 Throw

56 Sullivan and McMahon

57 Strong yearning

DOWN

1 Applaud

2 Employ

3 Secondhand

4 Spice blend of Indian cuisine

5 Sets up for use

6 Last calendar pg.

7 Antitoxins

8 National Railroad Passenger Corporation

9 Adorn

10 Wan

11 BLT topper

17 "Bow-wow!"

19 Information

22 Fuzzy fruit

24 Witnessed

25 Bookkeeper (Abbr.)

26 Makes good as new

27 Tragic condition

29 Neither mate

30 Pennington and Cobb

33 — a soul (nobody)

36 Bother repeatedly

38 Saddle knob

40 Edge

42 Hushed "Hey, you!"

43 Reverberate

44 Skilled

46 South American land

47 Crones

48 Coin aperture

50 Young fellow

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Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★ ★ Challenging
★ ★ ★ HOO BOY!

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Unearthing Your Family Tree

Rooted in History

FAMILY FEATURES

Have you ever wondered if you were related to someone famous? Did you grow up hearing stories about a distant relative and wonder if they were true? Or are you curious about what part of the world your family really came from?

If so, you're not alone. Millions of people are asking the same questions and trying to find the answers.

A success story

Amanda Bloom, of Huntington Beach, Calif., heard a family mystery story from her mother that she just had to solve. Amanda's grandfather served in World War II. While he was gone, his first wife placed their son and two daughters in an orphanage. Amanda's mother, born from a second marriage, didn't find out about these siblings until she was a teenager and had always wondered what had become of them. As a present for her mother's 60th birthday, Amanda began the search to find them.

She started by joining Ancestry.com, the largest online source of family history information. She was able to learn some research techniques and started searching records in the 26,000 databases of information. "I obtained copies of my grandfather's naval records, confirming his children's birth names and birth dates," she said. She then found birth and death records on the site and used census records to learn more about the family. This information led her to a long-lost living relative.

"I made my mother's lifelong dream of knowing her siblings come true," said Amanda. "I found her brother living in the Midwest. I was a little apprehensive to contact him, but when I did, it was one big cry fest!" He told Amanda that she had filled a void that had been with him his entire life. He was only six-years old when the family was split up, and had spent his life wondering what had happened to his sisters. Together, they later found his sisters and have all since met and grown very close.

What's your story?

So what secrets are waiting to be discovered about the people who made you who you are today? "Our roots influence us in ways we can't even imagine," said Loretto Szucs, a genealogist at Ancestry.com. "Studying your family history actually lets you discover more about yourself."

With online databases and research tools, it's easier than ever to start putting the pages of your family story together, preserving your heritage and passing it on to future generations.

Create a family tree.

You can easily create a family tree online with what you already know. Begin with yourself and add your parents and grandparents. Record each person's name, birthplace, birth date, death place and death date. If you don't know the exact information, take your best guess — vague clues can lead to amazing finds. Family members may be able to help as well.

Search historical records.

Online historical records are full of clues that connect individuals and events in your family history. From military records to census records to old newspaper archives, there's an entire host of resources available when researching your family tree.



Brother and sister David Murphy and Cheryl Varella spent a lifetime apart, but were brought together by Amanda Bloom's family history research.

Preserve your own family treasures.

Besides online content, what family treasures are hidden in your shoebox, your attic, even your garage? Look for family Bibles, photographs, diaries, letters and — most importantly — birth, marriage and death certificates. Scan these items and add them to your family tree — helping to preserve them for future generations. Older relatives, in particular, can often provide a wealth of information, stories, pictures and other family heirlooms.

Collaborate with a community.

Search other peoples' family trees and communicate with them through online message boards or other social networks. You can share information, ask questions, receive help and add new and surprising details to your family story.

Share your discoveries.

Share the excitement by inviting family members and friends to view your tree. Then encourage them to add old photos, stories or historical records to help your tree grow even more.

We're all reflections of the ancestors who came before us — from our natural talents to the places we live and traditions we honor. Understanding our ancestors truly helps us understand ourselves.

For more on how to discover your family's story, visit www.Ancestry.com.

Branching Out: Getting the Kids Involved

Involving children in your genealogy research is a great family project. Some activities include:

- Let them play detective by helping you find old photographs or mementos in the attic or basement.
- Challenge computer-savvy kids to use their skills to help research online resources for more family clues.
- Ask children to interview a grandparent with questions such as what they did for a living, memories of favorite relatives or what they did for fun when they were their age.

Digging Up Information

There's a wealth of data available online, but you need to know where to look. According to Szucs, records such as these are constantly updated with new information.

- Census records can tell you where your ancestors lived, where they were born, what their occupation was, names of family members and other clues to the family puzzle.
- Newspaper collections carry birth, marriage and death notices, all of which provide valuable family information. You may also find your ancestor's name mentioned in legal or social notices, articles or advertisements.
- Military records also hold important clues. You can search for your family military heroes in records from the Revolutionary War to the Vietnam War. Draft registration cards hold personal statistics such as height, weight, and eye color. Service records tell you what unit your relative served in, and whether they were injured or received commendations.



Part of the joy of tracing your family roots is customizing and sharing the information with others. Create a digital photo book that tells your family story in an easily assessable way.

A Growing Trend

Family history research is one of the fastest-growing hobbies in America. In fact, nearly 80 percent of Americans are interested in or are actively researching their family history. And getting started is easy. With the help of the Internet, you can be on your way in just minutes:

- By using a family history research site such as Ancestry.com, in just five to 10 minutes you can begin your family tree, upload photos and start uncovering hints that can link you to valuable clues in resources such as census and military records.
- In one to two hours, you can complete a three-generation family tree, create a book using your online family tree, and print and frame a set of family photos and records from the site.
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FICTITIOUS BUSINESS NAME STATEMENT #0903043. Abdelnasser Himed, 8319 Piper Glen Way, Antelope, CA 95843 is doing business under the Fictitious Business Name "Computers 'N' Support Services" at 8319 Piper Glen Way, Antelope, CA 95843. Filed with the Clerk of Sacramento County on March 27, 2009. Publish: April 7, 14, 21, 28, 2009. COMPUT 90401 4-28-09

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

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. SAECHA 90403 5-12-09

FICTITIOUS BUSINESS NAME STATEMENT #0902412. Andrey Voronenu, 6121 16th St., Rio Linda, CA 95673 is doing business under the Fictitious Business Name "Horizon Collective" at 3600 Power Inn Rd., Sacramento, CA 95826 is doing business under the Fictitious Business Name "AV's Cabinets Design" at 6121 16th St., Rio Linda, CA 95673. Filed with the Clerk of Sacramento County on March 11, 2009. Publish: April 7, 14, 21, 28, 2009. AVSCAB 90401 4-28-09

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

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

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

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. 09-0003906, 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

FICTITIOUS BUSINESS NAME STATEMENT #0903273. Arther L. Katz and Don T. Standage, both of 4225 Hill St., Fair Oaks, CA 95628 are doing business under the Fictitious Business Name "Katz Rentals" at 25 Cadillac D4, #240, Sacramento, CA 95825. Filed with the Clerk of Sacramento County on April 3, 2009. Publish: April 14, 21, 28, May 5, 2009. KATZRE 90402 5-5-09

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0707189

WOODAR 90403 5-12-09

FICTITIOUS BUSINESS NAME STATEMENT #0903498. Duane Casebolt, 8007 Creeksfront Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Pure Water Pools" at 8007 Creeksfront 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

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 PETITION TO ADMINISTER ESTATE OF GARY RICHARD KYPKE, decedent. ESTATE NO. 34-2009-4715 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

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

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00039259-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

FICTITIOUS BUSINESS NAME STATEMENT #0903218. Mitchell L. Hoffelt, 3841 Doty St., Carmichael, CA 95608 and Anna

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

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Carmichael Times

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