

# Carmichael Times

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March 10, 2009

## California Seniors Overlooked

### New Data Gives Face to California's Struggling Elderly

### Singer/Songwriter Bryan to Perform in Orangevale



*Sacramento* – New data on the staggering number of California seniors who are unable to cover the cost of their most basic needs was recently released at the State Capitol. The UCLA Center for Health Policy Research and the Insight Center for Community Economic Development have used the Elder Economic Security Index (Elder Index) to quantify for the first time, how many seniors are struggling in each California county, as well as who is struggling most by age, race, gender, and housing type.

The Elder Index is a county-specific benchmark that shows how much it costs retired older adults to cover their

most basic needs (e.g. food, housing, health care and transportation), living independently. The data being released today was calculated using the most up-to-date US Census Bureau ACS data available. In counties across California, the data demonstrates that elders living alone are having a tough time making ends meet. But some seniors living alone are struggling more than others. Noted in the report are: 1) Almost 3/4 of elder renters are trying to survive on incomes below the Elder Index. 2) Elders who own their own home outright are doing better, more than 1/3 of them are still unable to meet their basic needs. 3) In

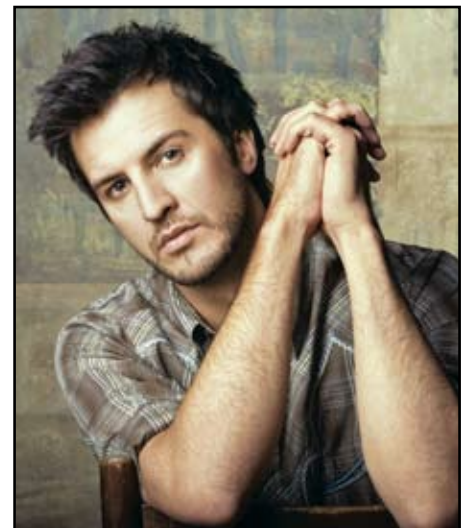
the face of increasing costs and fixed incomes, more than half can't make ends meet in California.

The Elder Index for California reveals that the Federal Poverty Line (FPL) covers only a fraction of the basic cost of living experienced by adults age 65 and older – yet the FPL is used to determine income eligibility for most public programs, and state and federal resource allocations to local communities. In 2007, the FPL identified only 8% of older Californians as “poor,” overlooking the other 39% with incomes under the Elder Index. That’s nearly 1.5 million California seniors who can’t afford to live on their own, but are not qualifying to receive help. Most of these elders have worked their entire lives, paid their taxes, and are now living on incomes comprised of Social Security, retirement accounts and pensions, but they are still not making ends meet.

“This new data finally provides us a window into the reality our seniors face on a daily basis,” said Susan Smith, Director of the California Elder Economic Security Initiative at the Insight Center. “In most California counties, we’re seeing that nearly half the retired population is struggling to make impossible decisions like whether they should buy enough groceries to eat three meals a day or purchase medications prescribed by their doctors. That’s simply unacceptable in the world’s richest country.”

The California Elder Economic Security Initiative (Cal-EESI) is a statewide, research-driven initiative at the forefront of a national effort to raise awareness and promote policy change to ensure that older adults can live with dignity and economic well-being in their own homes. For more information go to [www.insightcced.org](http://www.insightcced.org). Read the UCLA policy brief at [www.healthpolicy.ucla.edu](http://www.healthpolicy.ucla.edu).

Submitted by  
Kathleen Russell Consulting.



*Georgia native - Luke Bryan will be performing at The Boardwalk in Orangevale, CA on March 20, 2009. Luke will perform at 10:30pm. Tickets are \$20 in advance and \$25 day of show and may be purchased at [tickets.com](http://tickets.com).*

Even before Capitol Records Nashville released his debut single, “All My Friends Say,” to radio in early 2007, Bryan was already earning significant media attention, including being named one of Billboard magazine’s new faces to watch in 2007. He was the only country music performer selected for the honor. Bryan was also included in Country Weekly’s “Who’s Hot in 2007” feature and the single was chosen as an iTunes “Discovery Download” of the week. He made his debut on the world famous Grand Ole Opry early last year which Luke says was “truly a dream come true.”

Described as a talented triple threat vocalist, songwriter and musician – Bryan, who moved to Nashville in 2001 quickly, landed a publishing deal with top independent publisher Murrah Music. There, Bryan found his voice as a writer by sticking close to the life experiences he knows best, as evidenced on such album cuts as “Country Man” and his signature song, “We Rode In Trucks,” a favorite among his Georgia fans. He not only wrote songs for himself but he also had songs cut by other artists like fellow Georgian Travis Tritt and he wrote the 3 week #1 song “Good Directions” for Billy Currington.

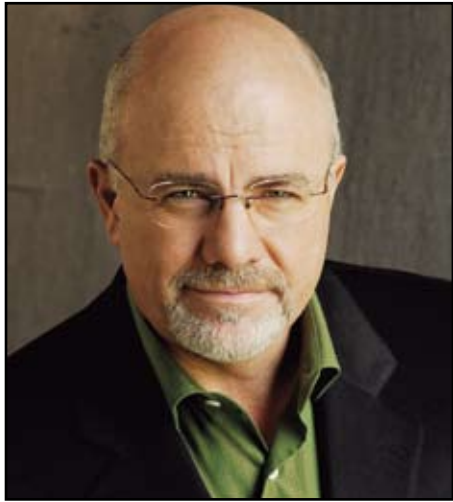
“I’ll Stay Me” – Bryan’s debut album – released last summer - is a fresh and contemporary-sounding album that’s just country enough to represent Bryan’s rural Georgia upbringing, but rocking enough to reflect the years he spent honing his live chops at bars and fraternity houses in his home state, where he is already a bona fide star.

Luke has opened shows for country superstars Kenny Chesney, Brooks & Dunn, Sugarland and label-mate Dierks Bentley to name a few. “I don’t consider one thing I’ve done since I’ve been in Nashville work,” says Bryan.

“I still get shocked all the time when I meet random people and they say ‘You’re Luke Bryan.’ That’s still pretty neat,” the singer says of his home state fan base.

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# Dave Says



*advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.*

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

**Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.**

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## **The House Will Take You**

Dear Dave,  
My brother is 30-years old, and he just lost his job. He doesn't have any debt, but he's started gambling in order to make money. He's won a few times, and when he does he's very generous with the winnings. Still, how can I make him see this is a disaster waiting to happen  
- Emily

Dear Emily,

You say he's "started" gambling. Is this new behavior? Is he an addict, or just desperate? That will affect how willing he's going to be to listen to you.

Either way, what he's doing is really dumb. Sure, you can have a loving, heart-to-heart, sit-down conversation with him, and let him know how much you're worried. In fact, this is something you should do very soon. But the question remains, is he mature enough and rational enough that it will make a difference?

The movies and cable networks have glamorized poker and the world of gambling. But there's one sure way to tell whether the house will win or you will win in the long run. Look at your place, and then look at theirs. You may pick up a few dollars here and there by sheer luck, but they throw down millions just to re-decorate a lobby. Where do you think they got that money? From dummies who thought they could beat the system!

Really, what he needs is a job!

- Dave

## **Starting Off**

Dear Dave,

My husband and I want to open our own franchise health club business. Currently, we have no debt and live in an apartment. We've also got about \$70,000 in savings. Is a small business loan the best way to get things started?

- Kelly

Dear Kelly,

No! Never go into debt to open a business. This is especially true in the health club industry. Health clubs and gyms come and go like the wind. Besides, you can easily open one of these businesses without borrowing money or tossing it into a franchise deal.

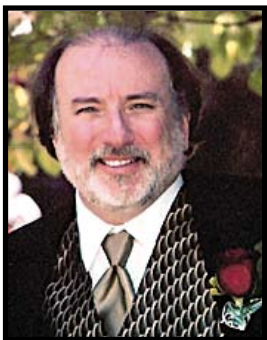
A gym or health club is really like any other business. Start small, even if it means only a few pieces of equipment and a handful of programs in the beginning. If you go all out and finance dozens of the latest and greatest exercise machines, the debt will be like an anchor around your neck, and it will pull you under. Do you get what I'm saying here? It is absolutely vital that you do not borrow money to make this business happen! Besides, you just told me you guys have \$70,000 saved up. There's your seed money for the business! If you don't believe in your business idea enough to put your own money into it, then it's probably not what you should be doing!

I'm not against franchises, Kelly. I'm against people going tens of thousands of dollars into debt to open something that's supposed to be a magic pill. A franchise doesn't guarantee success any more than a rabbit's foot guarantees good luck. To make any business work you've still got to be smart, have a good idea and a head for business, and you still have to work your tail off every day!

- Dave

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

# Carmichael Times



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## Horseless Carriage Club of America Fair Oaks



On Sunday, March 15, the Northern California Regional Group of the Horseless Carriage Club of America will have a driving tour from Fair Oaks through Carmichael to the home of Pete and Suzi Kneedler on Garfield Avenue. The tour will start from the old hardware store in the center of Fair Oaks and traverse on toward Carmichael. The event is to commemorate St. Patrick's Day with a corned beef and cabbage dinner at the Kneedler's.

Some of the antique cars on tour will include a 1915 Hudson Touring, 1928 Franklin, 1915 Model T Speedster and others from the 60 year old car club.

## Back to Basics Networking Works Very Well In Our Difficult Economy

Sacramento area members of the National Association of Professional Women, or N.A.P.W., decided to utilize old-fashioned face to face networking to support one another and advance their business goals.

They met for the first time for lunch on February 2, 2009, in the hope that getting together to meet would provide a much more powerful and cost-efficient way of supporting one another. The first meeting attracted a diverse group from a wide variety of businesses large and small, including government, law enforcement, legal, medical, insurance, real estate, financial,

publishing, education, personal services, construction, and retail -- a good reflection of the N.A.P.W. membership as a whole.

The N.A.P.W. is the most rapidly growing and recognized association for women in the United States, with members ranging from those just starting out to those with established careers. Their website, [www.napw.com](http://www.napw.com), outlines many modern methods and opportunities for women to advance their growth. It is hoped that these luncheon meetings here in Sacramento might spark a revival of old-fashioned personal networking here and across the country.

## United Way Elects Three New Board Members, Re-elects Three Others



Diana Borroel



Kent Fortune



Rick Young

Sacramento - United Way California Capital Region's board of directors has elected three new members and re-elected three others to new three-year terms.

Newly elected to the board were Elk Grove's Diana Borroel, former president and CEO of the Sacramento Hispanic Chamber of Commerce, Sacramento's Kent Fortune, vice president of USAA Insurance, and Shingle Spring's Richard Young, senior vice president of State Street Bank and Trust.

Re-elected to new three-year terms were: IBM's Kim Hewitt, Wells Fargo's Brian Johnson and AT&T's Carolyn Mullins.

Young has been in the Sacramento area since 1993. He has been a supporter of United Way in one form or another since graduating with an economics degree from Southern Oregon University in 1989. Young said joining the board of directors was a natural fit.

"My position at State Street encourages community involvement at all levels," Young said. "In 2008 we donated more than 300 person days to charities in the Sacramento region and plan to double that involvement in 2009. When we have town hall meetings I stand in front of 400 people and talk about the importance of community service. My wife is a member of the United Way Women in Philanthropy membership group and joining the board of directors was just another way for me to lead by example."

Borroel is joining the United Way organization for the first time since moving from a position with New York Life in New Mexico where she led employee campaigns. Borroel helped increase membership by nearly 40 percent during her three years as the Hispanic Chamber president.

Fortune has been giving to United Way since he started with USAA in 1989. He said his position on the board of directors is a way for him to be more involved with the agencies that make his community even better.

"United Way agencies have made a positive difference in a number of my employee's lives and I wanted to be able to give back to the organization that has helped them as well as my community at large," Fortune said.

Fortune also serves on the board of the United Cerebral Palsy of Sacramento.

United Way California Capital Region is an independent local affiliate of United Way of America and works with nonprofit partners to create lasting results on local community issues through local United Way Projects: Coverage for Kids, Foster Youth Flourish, Keeping Kids Safe and Turning Teens Toward Success. Governed by a local board of volunteer directors, United Way partners with nearly 750 employers to raise money through workplace giving campaigns.

For more information, visit [www.yourlocalunitedway.org](http://www.yourlocalunitedway.org).



## BACH'S BIRTHDAY CELEBRATION

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# File Your 2009 Business Property Statement On-line with E-SDR!

Over 25,000 2009 Business property Statements (Form 571-L) are being mailed by the Sacramento County Assessor's Office to business taxpayers during the first week of February. They are due back to the Assessor's Office by April 1, 2009. Business personal property includes all supplies, equipment, and any fixtures used in the operation of a business and is appraised annually at its current market value as of the January 1 property tax lien date.

The Business Property Statement Form 571-L can now be filed electronically!

A program known as "E-SDR" (for "electronic Standard data record") was developed by a consortium of California Assessors to allow those who have a small number of business locations in California to file their annual Business Property Statement Form 571-L electronically over the Internet. Using E-SDR to e-file the 571-L rather than mailing back a hard copy increases efficiency for both taxpayers and the Assessor.

In the first year, E-SDR filers will save mailing costs, though it will take about the same amount of time to fill out the form. In subsequent years, E-SDR filers will only need to input changes to their list of business personal property, thereby saving both time and mailing costs. It has been estimated that using E-SDR takes only about half the preparation and filing time after the first year. In addition to the savings for business taxpayers,

E-SDR helps the Assessor's Office process the e-filed BPS statements more efficiently than hard-copy statements, savings both time and money.

Business taxpayers who are interested in filing their Business Property Statement Form 571-L electronically using E-SDR should go to the web site [www.calbpsfile.org](http://www.calbpsfile.org) and look for the red E-SDR button. In order to file using E-SDR, the filer must have the 18-digit personal property account number and the E-SDR "BIN" (Business Identification Number) number from the 2009 Business Property Statement Form 571-L they received from the Assessor's Office.

Business taxpayers who did not receive a 2009 Business Property Statement Form 571-L for a new location in Sacramento County should contact the Sacramento County Assessor's Office, Business Property Division at (916) 875-0730.

### SDR

There is a companion program known as "SDR" that was developed specifically for large-scale taxpayers who annually file business property statements for numerous locations throughout the state. For detailed information regarding SDR, the filing requirements for Sacramento County, and what such taxpayers need to do to register for the SDR program, use the SDR portion of the [www.calbpsfile.org](http://www.calbpsfile.org) web site.



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# Joni Hilton What Did You Say?

age 7, sitting in the back seat, gasped, "You weigh 180?!" Talk about your ugly rumors.

And it must be contagious, because now I've got it. The other day the phone rang and when I answered it, a man said, "Hello, I'm calling Joni Hilton about Frog Prevention."

"Frog Prevention?!" I shouted. What the heck was this? It was a recording, so I listened and heard something about Southwest Airlines. So there's a frog invasion on Southwest? Like "Snakes on a Plane," only frogs? I kept listening and it occurred to me that possibly he said FRAUD prevention. Good grief—why can't people enunciate?

Our Visa card earns us travel miles on Southwest, so, master detective that I am, I put it together and turned the situation over to Bob The Responsible. He is also Bob The Brave, Bob The Wise, and Bob The Guy Who Handles What I Can't.

Bob called to check it out, and sure enough, some idiot had tried to charge TWENTY-ONE THOUSAND DOLLARS on our card. And get this—they were trying to do this in a Christian bookstore! What on earth could cost twenty-one thousand dollars in there—the entire inventory? Nicole suggested maybe they were buying artwork. But if you're a crook, why would you want religious artwork? Isn't that a bit hypocritical, like donating to your church with Monopoly money?

At least we were able to clear things up with Visa, and I'm hoping they caught the perpetrator of the truly sacrilegious crime.

Meanwhile, I personally feel better that no one is out there heading up a drive to rid the world

of frogs. But somewhere, somebody needs to head up a drive to help us all speak and hear more clearly.

*Joni Hilton is an award-winning playwright, the author of 16 books, holds a Master of Fine Arts degree in Professional Writing from USC, and is frequently published in major magazines. A former TV talk show host in Los Angeles, she is also a TV spokeswoman across the U.S. for various corporations, and highly in demand as a public speaker. She is Founder of Holy Cow, an organic line of cleaning products (holycowproducts.com), the winner of dozens of cooking contests, and a former model and Miss California. She is married to Bob Hilton, and they are the parents of four children. For book reviews, recipes, purchasing information about her books, and more, simply type Joni Hilton into Google or Yahoo.*

Listen to "The Joni Hilton Show" streaming live, weekdays 9-10 am on [www.KAHI.com](http://www.KAHI.com) or 950 AM

## "Does This Show Make My Butt Look Fat?"

Columnist and KAHl radio host Joni Hilton is bringing a new comedy play to Sacramento in April. It's called "Does This Show Make My Butt Look Fat?" It will be staged at the Three Penny Playhouse, 1725 25th St., at the intersection of 25th and R. Streets. It's the smallest theatre in the complex, seating about 38 people, so early reservations are a must. Tickets are \$15 general admission and \$12 students, seniors and SARTA members. To reserve your seats, please email [contact@beyond-pro.org](mailto:contact@beyond-pro.org) or call 916-456-1600. Showtimes are Fridays and Saturdays at 8 pm, from April 3 through May 3, with Sunday matinees at 2 pm.

The play deals with middle age spread, chocolate, body image, chocolate, accepting oneself, and chocolate. It's a fun couples date, OR a great ladies' night out. And men will finally learn the correct response to the question it asks, too. Director Ann Tracy is pairing it with another play, by L.A. playwright Anna Baum, called "Something I Smoked Last Summer" which takes a satiric look at the works of Tennessee Williams. She is cleverly calling the entire evening "Smoked Butt." Call now while seats are still available!

Nobody in my family can hear a thing. I must spend half my life repeating what I've said. Maybe some of that is NOBODY IS LISTENING TO MOM, surprise, surprise, but even when they're paying attention, nobody seems to get anything straight.

I once told my son, Cassidy, that in a minute I'd be rested and he thought I was confessing that I've been arrested (this is how rumors start.) I tell my husband that somebody has a Jenn-Air, meaning the stove, and he thinks I'm telling him the woman has chin hairs.

"I'm eating this if no one wants it," becomes "A meeting is at nine at Wanda's."

Someone says, "You'd better invite Floyd," and Nicole hears, "Cuba invaded Florida."

One time my son, Richie, told us crepes make you live longer because they contain anti-oxidants, to which someone scoffed, "That's impossible—they're just pancakes!" to which Richie said, "Grapes, not crepes."

"Close your eyes and go to sleep, you kids," becomes "A ghost your size will go and eat you kids."

And one of the worst was on a trip to Texas, when I was trying to find the right freeway, turning the map various ways and muttering to myself. "Highway 180," I said. At this, Nicole,

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# Proposition 1A: Keeping Taxpayers in the Dark



By Jon Coupal

All those who favor putting the breaks on Sacramento's ability to overspend, please raise your hands.

I see that is most of you. Those against? I see a couple of public employee union bosses over in the corner are opposed.

Well those Sacramento politicians who made a "deal" last month to resolve the budget process with a tax increase that will cost the typical California family over \$1,100, are offering another deal they hope will appeal to the majority of you.

What they are offering is Proposition 1A on the May 19 Special Election ballot. 1A is being promoted as a spending limit that will compel those under the Capitol dome to behave responsibly.

If taxpayers are wary of any offer of reform coming from those who have behaved so irresponsibly that they have run up a \$42 billion deficit, their suspicions are justified.

Masked behind a weak spending limit - the limit goes up with each and every tax increase - is a two year extension of the massive tax increase that was supposed to expire in two years, doubling the damage to California taxpayers.

So anxious is Senate leader, and number one tax cheerleader, Darrell Steinberg to see that this measure passes, he selected a pro-tax colleague, Sen. Loni Hancock to draft the official ballot argument against a measure that extends taxes. What's wrong with this picture?

To select Hancock, Steinberg rejected an argument submitted by anti-tax lawmakers, Senator Bob Dutton and Assemblyman Chuck DeVore along with the president of the Howard Jarvis Taxpayers Association, Jon Coupal (that's me).

Here is what makes this process a farce, and a scary one at that. As a result of Steinberg's selection of Hancock as the author of the argument against, the word "taxes" will not appear anywhere in the official arguments for or against Proposition 1A.

So in the interest of full disclosure, and to confound those who would like to keep adult citizens in the dark, like mushrooms, and feed them fertilizer, here is the

accurate ballot argument against Proposition 1A that was submitted by Senator Dutton, Assemblyman DeVore and me: **WARNING TO VOTERS: THIS IS A TAX INCREASE!**

A two-thirds vote of the Legislature and the signature of the governor have made California the highest taxed state in the nation -- at least for the next two years.

Proposition 1A will extend these taxes for an additional two years costing taxpayers another \$20 billion.

The already approved tax increase will cost a typical California family more than \$1,100 annually.

We will be paying higher sales taxes, which hits low income residents the hardest.

We will be paying a higher car tax, which hits everyone who must drive to work.

We will be paying higher income taxes which hurt everyone.

We will see a reduction in the tax credit for dependents, costing California families \$200 per child.

Proposition 1A extends all these taxes well into the future in return for meaningless "budget reform." Meaningless? Yes, Meaningless. Under Proposition 1A, every time taxes are raised, the so-called spending cap can be adjusted upward. Where's the spending discipline in that?

Proposition 1A is not budget reform; it is a massive \$20 billion tax increase!

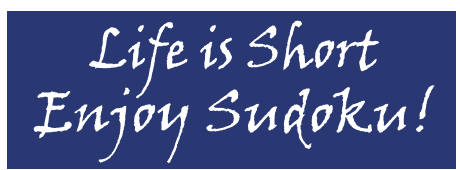
Vote NO!

Senator Bob Dutton  
31st Senate District

Assembly Member Chuck DeVore  
70th Assembly District

Jon Coupal, President  
Howard Jarvis Taxpayers Association.

*Jon Coupal is President of the Howard Jarvis Taxpayers Association-- California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.*



## Weekly SUDOKU

### Answer

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

# Volunteers Needed for 'THE GREAT RACE'® Saturday, July 18, 2009

The success of the area's best-known run-cycle-paddle triathlon, THE GREAT RACE®, is dependent on the generous support of hundreds of volunteers. THE GREAT RACE® is in its 36th year and is once again calling on volunteers to help assist with crowd control, equipment, course and water safety, as well as to support the Kaiser Permanente Kids Duathlon.

THE GREAT RACE® is a fundraising event benefiting programs for the Sacramento County Therapeutic Recreation Services (TRS) that support mentally and physically challenged people.

THE GREAT RACE®, presented by Eppie's Great Race Foundation, will take place on July 18, 2009. Participants run 5.82 miles, cycle 12.5 miles and paddle boats 6.35 miles on a racecourse located on and alongside the American River Parkway. Teams and individuals can compete in a variety of divisions. Continuing this year is the Kaiser

Permanente Kids Duathlon, a 2.5-mile run and a 6-mile bike ride. Sponsored by Kaiser Permanente, this duathlon provides kids with their own event to compete in while family members are tackling THE GREAT RACE®.

**When: Saturday, July 18, 2009**

**THE GREAT RACE®- 8 a.m.**

**Kaiser Permanente Kids Duathlon- 10 a.m.**

**Where: American River Parkway, Rancho Cordova and Sacramento, CA.**

\*Begins at William Pond Recreation Area

To date, THE GREAT RACE® has raised approximately \$850,000 for TRS accounting for over 20 percent of the program's budget.

To volunteer or register for the event, visit [www.thegreatrace.org](http://www.thegreatrace.org), or call (916) 381-0255.

## HUD Housing Public Notice

There is help available for homeowners facing the loss of their Home! there are options to "STOP" Foreclosure.

- \* You should call if you are delinquent on your mortgage loan.
- \* Are unable to make upcoming payments.
- \* Are currently in foreclosure.
- \* Have questions regarding your mortgage terms
- \* Would like homeownership advice / consultation
- \* If you currently own more than your house is worth.

We provide "Free" confidential counseling to homeowners. We are HUD Certified Housing Counselors and knowledgeable about foreclosures. We will help you identify

who your Loan Servicer and or Lender is and how to contact them. We will prepare you for the questions the Lender will ask you to evaluate your situation for workout solutions. We will help you prepare all information required by your Lender on your behalf.

NID-HCA IntegriFund is a national housing counseling agency charged with assisting homeowners who have difficulty making their mortgage payments. We are familiar with all the various options including possible loan modifications that lenders will consider to help you avoid foreclosure.

Call us today at (916) 487-7500 for immediate homeownership Free counseling. The sooner you call, the sooner help is available. There is no costs for our services.

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bass trombone soloist

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Argentine tango  
Big band favorites

**Sunday, March 29, 2009 - 3:00 pm**  
**La Sierra Community Center - Smith Hall**  
5325 Engle Road, Carmichael Map on website: [www.sacwinds.org](http://www.sacwinds.org)

General Admission \$5  
Child, Student, Senior FREE

Ticket orders: 916 489-2576  
or email [MLehr@sbcglobal.net](mailto:MLehr@sbcglobal.net)

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\* Some restrictions apply. Exp. 3/31/09.



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- Lifetime Warranty Covers Pads Only
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Must Present Coupon. Expires 3/31/09.

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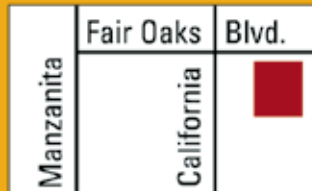
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# Sheila is a Real Queensland "Healer"



Millie Finch, is shown with her two-year old, forty pound, Tri Colored Queensland Healer named Sheila. Commonly known as an Australian Cattle Dog, this breed were at one time bred to a Dingo, a wild dog prevalent in Australia.

Millie is the owner of Trends-n-Treats, a pet store, spa and boutique in the Quail Pointe Shopping Center in Fair Oaks at Madison & Sunrise, near Trader Joe's.

Sheila, an Australian name for female, is a very high-energy, lovable dog that gives long hugs to everyone including her Veterinarian.

Happiest in wide open spaces, the Queensland Healers are extremely intelligent

so they need a job-such as herding, obedience or agility to keep them happy.

Shelia spends her days with a couple of good friends who are owners of some acreage in the Foothills. At least one or two weekends a month Shelia is able to chase the Scottish cattle they have there. When she sees her special friend he slaps his leg and Shelia jumps right into his arms and he catches her. She loves to hear the guitar. When her friend picks up his guitar and plays the first few lines of "The Rain Song" by Led Zeppelin, Sheila will howl like a Coyote out in the wild.

While wary of strangers, the Queensland Healers bond closely to family, though the owner must establish themselves as the pack leader. Their smooth, short coat requires only occasional baths and brushing. Always alert, extremely intelligent, watchful, courageous and trustworthy, with a devotion to duty making this an ideal dog.

*Kay Burton is a longtime columnist and supporter of the SSPAC and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.*

[www.trendsn-treats.com](http://www.trendsn-treats.com)



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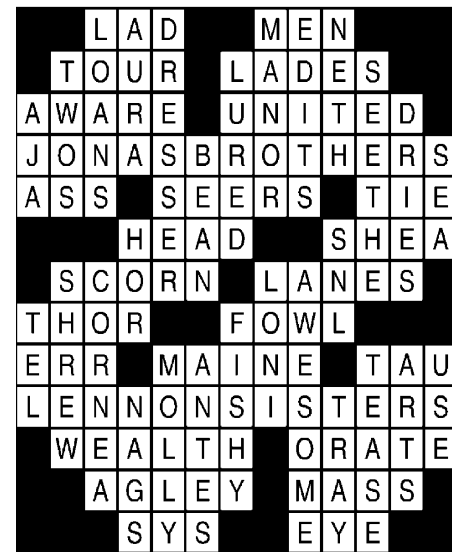
Dancing with live music provided by:  
**Delta Breeze**  
from 1:00 to 3:00 P.M.

For more information call:  
**916-333-6464**

## King Crossword

Answers

Solution time: 25 mins.



# Weekly SUDOKU

by Linda Thistle

Answers on page 6

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

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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# POPPOFF!

with Mary Jane Popp



## DATING SECRETS

Ahhhh sweet mystery of love. The days are longer. The bloom is spicy and aromas fill the air. But how spicy is your dating life? How would you like a thousand tips to spice up your dating life? No problem! Enter best selling author Cyndi Haynes with her latest endeavor "1000 Best Dating Secrets" to give you a hand with your love life. After all, more than 90% of the American population eventually gets married. In the meantime, they're dating! Cyndi has checked out our love lives with twelve self-help books from "2002 Things To Do On A Date" to "2002 Romantic Ideas", and "Keeping Love Alive." She has been written about in Cosmo, Glamour, and Redbook. But now she has advice to give love a chance.

Cyndi makes the game of love exciting to play. She wants it to be an adventure, not a chore. Dating should be fun-filled until you settle down. So her book includes networking ideas for dating success, tips to double the size of your dating pool, advice on surviving a break up, and she told me on my Radio Show "POPPOFF" there are times that the decision to break must be made. Then it's get right back into the dating game.

This is a "how to" of practical information like becoming your partner's dream date, how to start conversations easily, ask out your secret crush, even avoid dating disasters. There are 68 different categories of dating tips like:

**DATING SECRET 70:** Learn to accept people for who they really are. Take off your rose-colored glasses to see who your date is in the real world. If you feel hesitant about him or her, move on.

**DATING SECRET 213:** When you're on vacation, send a postcard to someone you'd like to get to know better. Suggest getting together when you get back to share your vacation stories with them. Make it a fun interesting read.

**DATING SECRET 760:** Never turn a date into a job interview. You are looking for a soul mate, and it takes time to get to learn about one another. Let things unfold naturally.

## Start high school, lose best friends?

by Lauren Forcella

**Dear Straight Talk:** I'm a freshman and high school has split my best friends apart. One became a cheerleader, another went alternative/emo, another is too immature to handle. I'm the only one who hasn't joined a new group and because I'm lousy at making new friends, I feel I need to pick which friend to be with. I am closest to the cheerleader, but she's stuck up now with all her snobby girlfriends that I hate. The immature one still plays Tinker Bell online, and when she goes fourth grade on me I go brain-dead. The emo friend is amazing, but unless we're gossiping or talking music, I can't communicate with her like the cheerleader. Where do I stand in all this? If I hang out with the cheerleader, I feel I'm intruding on her time with the snooty girls, but if I hang with the punk, I feel I'm intruding there. And the immature one I just can't tolerate anymore. Please help. — Clearwater, Florida

**Katie, 15, Auburn CA:** My best friends drifted apart this year, too. Don't take sides. Try to balance between the alternative and cheerleader. If you honestly can't stand your immature friend, leave her behind.

**Emily, 16, Sacramento CA:** To this day, my best friend from middle school continues trying to make "us" work. It used to be annoying, but since we went through a rough patch we did become closer. Though we will never be what we were, giggly and always laughing, we are there for each other when life gets tough. Let your friends grow. The best way to meet new friends is through an activity you already enjoy — or through sports because you are thrown together as a team.

**Liva, 20, Hudson NY:** Your question made me mad. You should value your friends for who they are, not how they dress or who they hang out with. When you're young, it's hard to realize how easily you can lose someone to death, moving, college,

etc. If you love these girls, trivial things shouldn't matter. Maybe you can be friends with all of them and get different needs met: personal talk with the cheerleader, music with the alternative, chill-out time with the immature one. You only have so much time with your friends, value it.

**Mariah, 17, Collinsville OK:** High school knocked my friends apart, too. But if your friends are inviting you into their groups, that's not intruding. Be friends with all of them, just do it separately so the cliques don't collide. If you must choose, hanging with someone who thinks she's better than you just isn't right.

**Ashley, 20, Auburn CA:** Step out of your comfort zone! Talk to people in class, make new friends — and stop feeling like you're intruding on your existing friends! Get to know their groups; maybe you'll like people and enjoy yourself.

**Elise, 17, Fair Oaks CA:** It's hard watching best friends go, but high school changes people, including you. Talk to the cheerleader about feeling inferior. If she shifts her behavior in your favor, she is a true friend still. It sounds corny, but just be yourself and you will find lifelong friends.

**Shelby, 17, Auburn CA:** You say you haven't fallen into a category, but you have. You've joined the group that judges and labels people. I've never heard anyone say so much crap about her friends. In middle school I was friends with three girls too. One is now a social bug, another went artsy, another is totally smart, and I'm the athletic one. Yet we're still friends and hang out when we can.

**Dear Florida:** Everyone is immature at 15. It's hard to imagine now, but life is long. If you give your friends freedom, shrug off their immaturities, and don't burn bridges, you'll be amazed at who will seek you down the road.

Write to Straight Talk at  
www.StraightTalkForTeens.com or  
PO Box 963, Fair Oaks CA 95628

When someone you love has Alzheimer's, the whole family is affected.

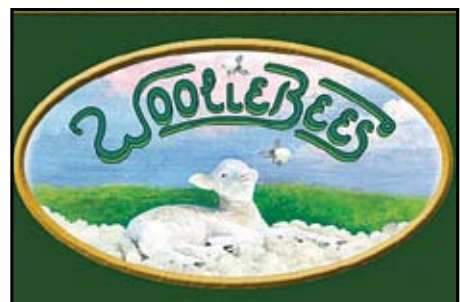
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1.800.ACS.2345  
[www.cancer.org](http://www.cancer.org)

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Carmichael Times

# March 14 Concert at ARC Connects African Music & American Jazz

By Stephen Peithman, Public Information Officer

"Jazz: The African Connection," on Saturday, March 14, highlights the connection between traditional African music and American jazz, with guest artists Essiet Essiet (bass), Geoff Keezer (piano/keyboard), Gene Jackson (drums), JB Butler (guitar) plus percussion. The afternoon concert, from 3:00-5:00 p.m. in the American River College Theatre, will be introduced by Joe Gilman, music faculty member and founder of the Capital Jazz Project.. Jazz has its roots in the African music that was brought to this country with slavery. Once here, it blended with the music of other Americans, and eventually evolved into what we now know as jazz. In the late 20th century, jazz musicians began

looking back to Africa as a source of inspiration and development of the form. Essiet Essiet and his fellow musicians are part of this development. Concert tickets are \$15/general, \$10/student & seniors, and may be purchased at the door, or in advance at the American River College Business Office, or through the American River College Center for Teaching and Learning. Call (916) 484-8558 for more information. American River College is located at 4700 College Oak Drive, between Madison Avenue and Winding Way. Concert parking is free in Lot D, adjacent to the theatre, at the corner of College Oak and Myrtle Ave. on the north side of the campus.

# Soulmates Walking Events for March

Walkers are invited to join the Solemates Walking Club on the following March walks. There is no cost. Participants must be able to walk the minimum number of miles noted below. Saturday, March 21st, 8:30 AM - Solemates easy 4-mile walk along New York Creek in El Dorado Hills. No children or pets please. Bring water. Stop for coffee after. Carpooling from Sunrise Mall available. Contact Dan O'Donahue @ 967-9361. Saturday, March 28th, 8:30 AM - Solemates moderate 4+ mile walk from Powerhouse in Folsom up to site of the new Folsom Landing Bridge opening. No children or pets please. Bring water, snack and walking stick. Coffee after. Rain cancels. Carpooling from Sunrise Mall available. Contact Dan O'Donahue @ 967-9361.

## CALENDAR ITEM

The Genealogical Association meets at 1 p.m. Wednesday, March 18th at the Colonial Heights Library, 21st Avenue at 4799 Stockton Blvd., Sacramento, CA. Most important business is our planned chartered bus trip on March 25th for an all-day research trip to the Sutro Library in San Francisco, CA. Cost is \$35.00 for members and \$40.00 for non-members who are very welcome. Contact person is **President Melanie at (916) 383-1221** for details/information regarding bus pick-up times & places. She needs the bus charges paid immediately so it won't be necessary to cancel this wonderful research trip. Our March program will be a surprise, but as always informative, interesting, and visitors welcomed. Do join us if you like researching ancestors with like-minded people, and if you're having problems possibly a member can be of help. Anyway, you are welcome!

# 1st Annual Playground Classic to be Hosted by Arden Manor Recreation and Park District

Arden Manor Recreation and Park District will host the 1st Annual Playground Classic. The Playground Classic is a series of three friendly, yet competitive tournaments of your favorite childhood games, Dodgeball, Kickball, and Capture the Flag. The Playground Classic can be used as a team building experience for business associates, gathering a group of friends, or just because you enjoy bombarding others with red rubber balls and stealing flags. The event will be held on three consecutive Saturdays, at Jonas Larkspur Park, located on the corner of Jonas Avenue and Larkspur Lane in Sacramento, 95864. Each

Saturday features a different game; April 18th, Dodgeball; April 25th, Kickball; and May 2nd, Capture the Flag. Games begin at 10am, and tournaments will be finished no later than 3pm. Registration is currently open for co-ed adult teams of 10 to 12 people, across the Sacramento area. Teams should be equally divided between men and women players. Teams can register for the full tournament for \$150 or each tournament for \$60. Teams that register for the full tournament before April 3rd will receive a team t-shirt. Registration forms and further information are available on the Arden Manor Recreation District website; www.amrpd.org.

Marketing and sponsorship opportunities are available for this event. For more information, refer to the Playground Classic section of the Arden Manor website and see "Sponsorship."

For more information on this event, as well as upcoming programs, please visit our website at www.amrpd.org or call the District Office at (916) 487-7851.

FOR FURTHER INFORMATION CONTACT Marisa Lacampagne, Recreation Coordinator Arden Manor Recreation and Park District 916.487.7851 • marisa@amrpd.org

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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>Advertise Here</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>Plumbing</b></p> <p><b>VICTORY</b> <b>PLUMBING-SEWER-DRAIN</b> Superior Quality...Outstanding Values! Your Local Plumbing Expert Family Owned &amp; Operated Licensed &amp; Insured Small Jobs &amp; Remodels Welcome Monday to Saturday 7 am to 7 pm Call 916-482-4190</p>	<p><b>Garage Doors</b></p> <p><b>ACTION</b> DOOR SERVICE 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>Landscaping</b></p> <p><b>Tall Weed Cutting</b> Low Rates (916) 524-7477</p>	<p><b>Handyman</b></p> <p><b>Local Handyman</b> All the typical 'handyman' services</p> <ul style="list-style-type: none"> <li>• Deck &amp; Fence Repair</li> <li>• Dry Rot/Termite Damage</li> <li>• All Phases of Remodeling 30 Years Experience</li> <li>No Job Too Big or Small!</li> </ul> <p>Call Tom (916) 868-2715</p>	<p><b>Photo Restoration</b></p> <p><b>Restore Old Photographs</b> Share memories of special places and times with your family. (916) 483-6051 Laws Studio, Crestview Center Manzanita at Winding Way in Carmichael</p>	<p><b>Business for Sale</b></p> <p><b>Salon for Sale</b> GREAT LOCATION!!, GREAT LEASE !! 1500 plus sq ft., \$22,400 NEW REDUCED PRICE!, utilities included, NO CAM CHARGES. Lease is unbelievable \$1 sq. foot and this building has lots of rooms, lots of options. Purchase salon and furnishings, new remodel. Cable and internet ready. I am selling because I need to down-size due to life changes. (916-333-4367 or 481-3864)</p>	<p><b>Pets</b></p> <p><b>DOG RESCUE</b> Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com</p>	

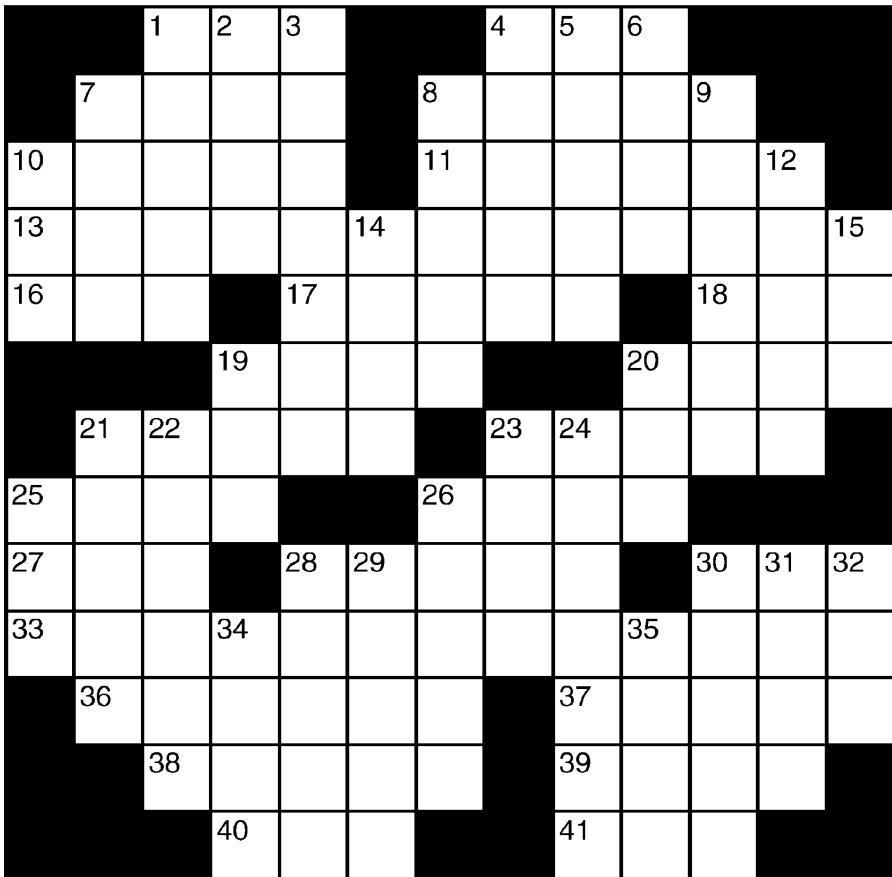
# King Crossword

## ACROSS

- 1 Young bloke  
 4 Lavatory sign  
 7 Go sightseeing  
 8 Fills the cargo hold  
 10 Cognizant  
 11 One  
 13 Joseph, Kevin and Nicholas  
 16 Donkey  
 17 Prognosticators  
 18 Dead heat  
 19 One of the 4-H Club's H's  
 20 Citi Field forerunner  
 21 Disdain  
 23 Bowlers' milieu  
 25 Son of Odin  
 26 Poultry  
 27 Mess up  
 28 Where to find Augusta
- 30 Greek cross  
 33 Dianne, Peggy, Kathy and Janet  
 36 Affluence  
 37 Speechify  
 38 "The best-laid schemes o' mice an' men gang aft —"  
 39 Church service  
 40 Method (Abbr.)  
 41 CBS logo

## DOWN

- 1 Bank transactions  
 2 Emanation  
 3 Bureau  
 4 Estate house  
 5 Tends texts  
 6 Benelux nation (Abbr.)  
 7 Pairs  
 8 Enticed  
 9 Boil slowly
- 10 "Mirrors" director Alexandre  
 12 Desiccates  
 14 Noggin  
 15 Red or Black  
 19 Perp. to vert.  
 20 Mr. Bill's home, briefly  
 21 Termagant  
 22 Part of 41-Across  
 23 Actress Anderson  
 24 "Radical, dude!"  
 25 Aviv lead-in  
 26 Arousing suspicion  
 28 Pitcher for the Yankees?  
 29 Initial stakes  
 30 Rib  
 31 Crafts' mates  
 32 Work with  
 34 Kvetches  
 35 Salver



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Answers on page 8



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FICTITIOUS BUSINESS NAME STATEMENT #0901039. Robert Keplinger, 43 Claydon Way, Sacramento, CA 95864 is doing business under the Fictitious Business Name "Keplinger Engineering" at 430 Claydon Way, Sacramento, CA 95864. Filed with the Clerk of Sacramento County on Feb. 3, 2009. Publish: February 17, 24, March 3, 10, 2009. KEPLIN 90203 3-10-09

FICTITIOUS BUSINESS NAME STATEMENT #0901373. Mortgage Source Direct, L.L.C., 555 Bend Creek Road, Atlanta, GA 30338 is doing business under the Fictitious Business Name "Residential Mortgage Source Direct" at 5545 Bend Creek Road, Atlanta, GA 30338. Filed with the Clerk of Sacramento County on Feb. 11, 2009. Publish: February 17, 24, March 3, 10, 2009. CORP2 90203 3-10-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00034234-CU-PT-GDS WHEREAS, Suzanne Lee Seymour has filed a petition in this court for a decree changing name of Suzanne Lee Seymour to Leana Suzanne de Rose. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on March 2, 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: Feb. 11, 2009. Loren E. McMaster Judge of the Superior Court Publish: February 17, 24, March 3, 10, 2009. SEYMOU 90203 3-10-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00033799-CU-PT-GDS WHEREAS, Joe E. Beaver has filed a petition in this court for a decree changing name of Joe E. Beaver to Plexico B. Michaux. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on March 18, 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: Feb. 4, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 17, 24, March 3, 10, 2009. BEAVER 90203 3-10-09

FICTITIOUS BUSINESS NAME STATEMENT #0900514. Jennifer Snook, 3Marshall Ave., Carmichael, CA 95608 is doing business under the Fictitious Business Name "The Studio" at 7421 Winding Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Jan. 20, 09. Publish: February 24, March 3, 10, 17, 2009. THESTU 90204 3-17-09

FICTITIOUS BUSINESS NAME STATEMENT #0901262. RehabCare Group East, Inc. (DE Corporation),

7733 Flrsyth Blvd. #2300, St. Louis, MO 63105 is doing business under the Fictitious Business Name "CPR Rehab Therapy" at 7733Flrsyth Blvd. #2300, St. Louis, MO 63105. Filed with the Clerk of Sacramento County on Feb. 9, 2009. Publish: February 24, March 3, 10, 17, 2009. CPRREH 90204 3-17-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00034588-CU-PT-GDS WHEREAS, Michelle Summers Shogun has filed a petition in this court for a decree changing name of Michelle Summers Shogun to Michelle Astudillo Shogun. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 2, 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: Feb. 18, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2009. SHOGUN 90204 3-17-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00034910-CU-PT-GDS WHEREAS, Melinda Johnson has filed a petition in this court for a decree changing name of Melissa Lynn Gregory to Melissa Lynn Johnson. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 3, 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: Feb. 20, 2009. Loren E. McMaster Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2009. JOHNSO 90204 3-17-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00034528-CU-PT-GDS WHEREAS, Eileen Marie Kvasager has filed a petition in this court for a decree changing name of Eileen Marie Kvasager to Eileen Marie Selph. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 1, 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: Feb. 17, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2009. KVASAG 90204 3-17-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00034483-CU-PT-GDS WHEREAS, Marvin Banks Martinez has filed a petition in this court for a decree changing name of Marvin Banks to Marvin Martinez. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 1, 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: Feb. 17, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: February 24, March 3, 10, 17, 2009. MARTIN 90204 3-17-09

FICTITIOUS BUSINESS NAME STATEMENT #090GCG Rose & Kindel, 22 Cortlandt St., 14th Floor, New York, NY 10007 is doing business under the Fictitious Business Name "R&K Grayling Communications" at Capitol Place, 915 "L" St. #1210, Sacramento, CA 95814. Filed with the Clerk of Sacramento County on Feb. 19, 2009. Publish: March 3, 10, 17, 24, 2009. R&KGRA 90301 3-24-09

FICTITIOUS BUSINESS NAME STATEMENT #0901346. Gregory Len Odenthal and Laura Jean Odenthal, both of 3459 Quail Haven Lane, Carmichael, CA 95608 are doing business under the Fictitious Business Name "Pinnacle Consulting" at 3459 Quail Haven Lane, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Feb. 11, 2009. Publish: March 3, 10, 17, 24, 2009. PINNAC 90301 3-24-09

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0606401 The following person has abandoned the use of the FICTITIOUS BUSINESS NAME of Above & Beyond Building Design, located at 8037 Fair Oaks Blvd. #108, Carmichael, CA 95608.. Chris Willard, 2740 Lupine Ct., Rocklin, CA 95677. The Fictitious Business Name Statement was filed on June 1, 2006 in the County of Sacramento. Filed with the Clerk of Sacramento County on Dec. 22, 2009. Publish: March 3, 10, 17, 24, 2009. ABOVE& 90301 3-24-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00034960-CU-PT-GDS WHEREAS, Dongyun Chen; Mo Shi have filed a petition in this court for a decree changing name of Xiang Cheng to Michael Xiang Cheng. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 10, 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: Feb. 20, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 3, 10, 17, 24, 2009.

CHEN 90301 3-24-09 SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00035114-CU-PT-GDS WHEREAS, Sergio Ivan Canchola has filed a petition in this court for a decree changing name of Sergio Ivan Canchola to Tanya Serena Marie Canchola. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 10, 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: Feb. 23, 2009. Loren E. McMaster Judge of the Superior Court Publish: March 3, 10, 17, 24, 2009. CANCHO 90301 3-24-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00035578-CU-PT-GDS WHEREAS, Elizabeth Carolyn Rossetti has filed a petition in this court for a decree changing name of Dizabath Carolyn Rossetti to Carolyn Rossetti. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 8, 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: Feb. 25, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 3, 10, 17, 24, 2009. ROSSET 90301 3-24-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00035659-CU-PT-GDS WHEREAS, Ismail Dastagirzada and Majgan Dastagirzada have filed a petition in this court for a decree changing name of Yusuf Dastagirzada to Hakeem Dastagirzada. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on April 9, 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: Feb. 26, 2009. Loren E. McMaster Judge of the Superior Court Publish: March 3, 10, 17, 24, 2009. DASTAG 90301 3-24-09

NOTICE OF APPLICATION FOR CHANGE IN OWNERSHIP OF ALCOHOLIC BEVERAGE LICENSE

To Whom It May Concern: Fresh & Easy Neighborhood Market Inc. is applying to the Department of Alcoholic Beverage Control to sell alcoholic beverages at: 5025 Marconi Ave., Carmichael, CA 95608 with 20-Off-Sale Beer and Wine license. Filed: Feb. 17, 2009 Publish: March 10, 17, 24, 2009. FRESH& 90302 3-24-09

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2009-00036044-CU-PT-GDS WHEREAS, Ashleigh R. Statham has filed a petition in this court for a decree changing name of Gyamie Michael Mahoney to Gyamie Michael Statham. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 13, 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: March 2, 2009. Shelleyanne W.L. Chang Judge of the Superior Court Publish: March 10, 17, 24, 31, 2009. STATHA 90302 3-31-09

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# Del Campo To Get A New Gym



Celebrating in the groundbreaking for the new gym are: pictured left to right: Senior Director for Facilities and Planning Don Myers, Superintendent Dr. Pat Jaurequi, Board President Rick Launey, Board Vice President Lucinda Luttgen, Del Campo Principal Vera Veccaro, Board Member Larry Masuoka, Board Member Greg Paulo, Board Member Larry Miles, Del Campo's Student Body President, Teacher Jim Jordan.

Ground was broken this past week, Friday, February 27th at noon, for a new second gym on the Del Campo High School campus. The 8,500 square foot gymnasium will provide practice space for athletic teams and instructional space for physical education classes.

The groundbreaking ceremony was attended by SJUSD Board Members Richard Launey, Lucinda Luttgen, Larry Masuoka, Greg Paulo, and Larry Miles, Del Campo High School students and staff, the Del Campo Booster Club Members and San Juan Unified School District Superintendent Dr. Pat Jaurequi.

The entire cost of the \$4.3 million structure

will be paid for using voter approved Measure J Bond dollars. Passed in 2003, Measure J is a \$350 million bond measure dedicated to repairing and expanding San Juan Unified schools. Del Campo High School is located at 4925 Dewey Drive in Fair Oaks.

While many construction projects in the state have been put on hold due to the state budget crisis, San Juan has been able to move ahead with projects at school sites using local funding. Building funds are held separately from district general funds and can only be spent on construction



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**56<sup>83</sup>**  
P155/60SR-13

**ECLIPSE**

STARTING AT  
**104<sup>64</sup>**  
195/60HR-15

**TOUREVO LS**

STARTING AT  
**123<sup>27</sup>**  
P205/75SR-15

**OPEN COUNTRY A/T**

STARTING AT  
**126<sup>56</sup>**  
205/70HR-15

**OPEN COUNTRY H/T**

**PASSENGER CAR RADIALS**

**LIGHT TRUCK/SUV RADIALS**

**GREAT-BUY!**

STARTING AT **29<sup>99</sup>**

155/80TR-13 TREAD DESIGN MAY VARY

This is an excellent value on highway and all season radials. Offers a smooth quiet ride and tough steel belt construction.

**Free** MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR

SIZE	REFERENCE PRICE	SIZE	REFERENCE PRICE
155/80TR-13	29.99	215/75SR-15	64.41
165/80TR-13	38.96	235/75SR-15	69.77
185/75SR-14	54.91	175/70TR-13	43.68
195/75SR-14	56.55	185/70TR-13	49.72
205/75SR-14	58.75	185/70TR-14	51.98
205/75SR-15	62.40	195/70TR-14	56.37

**UNBELIEVABLE SAVINGS ON CUSTOM WHEELS**

## LARGEST DISCOUNTS EVER!

See your local Les Schwab Tire Center for incredible savings on select styles! Limited to stock on hand.

**GREAT-VALUE!**

STARTING AT **104<sup>25</sup>**

TREAD DESIGN MAY VARY P215/70TR-16

Low cost rib tread design that delivers a smooth, quiet ride for highway applications.

**Free** MOUNTING • AIR CHECKS • ROTATIONS ROAD HAZARD • FLAT REPAIR

SIZE & REFERENCE PRICE	SIZE & REFERENCE PRICE
LT215/95R-16 \$17.69	P235/75SR-16 \$16.66
LT235/95R-16 \$142.89	P245/75SR-16 \$22.45
P235/75R-15 \$111.17	P205/75SR-16 \$26.26
LT235/75R-15 \$108.16	P235/75SR-16 \$36.15
LT235/75R-16 \$36.25	P265/75SR-17 \$51.72
LT265/75R-16 \$48.53	LT205/75R-17 \$168.00
LT265/75R-16 \$129.05	P245/65SR-17 \$30.00
P265/70TR-16 \$35.76	\$110.50R-15 C \$44.63
P215/70TR-16 \$94.25	PLUS FLT-SELECT SIZES

## WHY LES SCHWAB BRAKES?

- Over 25 Years Experience
- Professionally Trained Technicians
- Best Brake Warranty
- Premium Quality Parts

**LES SCHWAB BRAKE SERVICE INCLUDES:**

**DISC BRAKE SERVICE**

CALIPER ASSEMBLY

WE RESURFACE BRAKE ROTORS

**DRUM BRAKE SERVICE**

REAR DRUM BRAKE ASSEMBLY

WE RESURFACE BRAKE DRUMS

There are many important parts that wear out in your brake system. This is why we don't just replace your brake pads and shoes. It's also why we can stand behind our brake service with the best brake warranty (Free Replacement 25,000 Miles - Parts & Labor).

**BRAKE SYMPTOMS TO WATCH FOR:**

Do your brakes grab?

Do your brakes squeal when you step on the pedal?

Does your vehicle pull when you apply the brakes?

Do you hear a grinding noise when you step on the brakes?

Is your brake pedal spongy or maybe too hard?

**FREE BRAKE INSPECTIONS**  
(ON MOST VEHICLES)

### THE LES SCHWAB WARRANTY

"At Les Schwab, we're proud of our FREE Warranty. It's a tremendous value worth up to \$250 of valuable services."

**Free** MOUNTING, AIR CHECKS, FLAT REPAIR, ROTATIONS & ROAD HAZARD...WITH THE TIRES YOU BUY!

We stand behind our warranty at over 420 stores throughout the West. Visit [LesSchwab.com](http://LesSchwab.com) for the store nearest you!

### LES SCHWAB REVOLVING CREDIT PLAN

ENDING MONTHLY BALANCE	MINIMUM PAYMENT DUE
\$0.01 - \$10.00	BALANCE
\$10.01 - \$50.00	\$10.00
\$50.01 - \$100.00	\$15.00
\$100.01 - \$250.00	\$25.00
\$250.01 - \$500.00	\$50.00
\$500.01 - \$1,500.00	\$75.00
\$1,500.01 - \$2,500.00	\$150.00
OVER \$2,500.00	1/3 OF BALANCE

### CREDIT

OR CHOOSE **90 DAYS** SAME AS CASH O.A.R.

ASK STORE FOR DETAILS - PAYMENT PROGRAMS ON APPROVED CREDIT  
DAILY PERCENTAGE RATE OF 0.04931% - 18% PER ANNUM